

ALSO IN HD; ADD 600 TO CHANNEL No.

MOVIES

SPORTS

KIDS

*In HD, these channels run three hours ahead. / Sports programming may vary.
BD-Bend/Redmond/Sisters/Black Butte (Digital); PM-Prineville/Madras; L-La Pine; D1-DirecTV; D2-Dish Network

BROADCAST/CABLE CHANNELS																	
	BD	PM	L	D1	D2	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
KATU (ABC)		2				KATU News at 6 (N) (Live) (66)		Jeopardy! (N) (66)	Wheel of Fortune (G) (66)	Shark Tank A product designed for dancers. (G) (66) (DVS)		(9:01) 20/20 (N) (66)				KATU News at 11 (N) (66)	(11:35) Jimmy Kimmel Live! '14'
KTVZ (NBC)	5	5	5	21	21	NewsChannel 21 at 6 (N) (66)	NewsChannel 21 at 6:30 (N) (66)	NewsChannel 21 at 7 (N) (66)	Family Feud (66)	American Ninja Warrior Semifinals 1 The semifinals begin. (66) (PG) (66) (DVS)				Dateline NBC (N) (66)		NewsChannel 21 at 11 (N) (66)	Tonight Show-J. Fallon
KBNZ (CBS)	6	6	6	7	7	CO Daily News at 6pm (N)	CO Daily News at 6:30pm (N)	CO Daily News at 7pm (N)	CO Daily News at 7:30pm (N)	Secret Celebrity Renovation Comic and actor Billy Gardell. (N) (66) (PG)		Magnum P.I. A homeless veteran goes missing. (66) '14' (66)		Blue Bloods A wealthy college student is murdered. (66) '14'		CO Daily News at 11pm (N)	Late Show-Colbert
KOHD (ABC)	9	9	9	51	9	Inside Edition (N) (PG) (66)	ABC World News	Jeopardy! (N) (66)	Wheel of Fortune (G) (66)	Shark Tank A product designed for dancers. (66) (PG) (66) (DVS)		(9:01) 20/20 (N) (66)				CO Daily News at 11pm	(11:35) Jimmy Kimmel Live! '14'
KFXO (FOX)	10			69	69	The Big Bang Theory (66) (PG)	Last Man Standing (PG) (66)	You Bet Your Life	The Big Bang Theory (66) (PG)	WWE Friday Night SmackDown (N) (66) (PG)				News Channel 21 First on FOX (N) (66)		TMZ (N) (66) (PG) (66)	Two and a Half Men '14' (66)
KPDx (MNT)		18	18			Family Feud (66) (PG)	Family Feud (66) (PG)	The Big Bang Theory (66) (PG)	The Big Bang Theory (66) (PG)	8 O'Clock News (N)		9 O'Clock News (N)		The Big Bang Theory (66) (PG)	The Simpsons (66) (PG)	Family Guy (66) '14' (66)	Family Guy (66) 'PG' (66)
KOAB (PBS)	7	3	3	3	11	Woodsmith Shop Bride's Chest 'G'	BBC World News Today (N)	PBS NewsHour (N) (66)		Frankie Drake Mysteries Nora is visited by a ghost. (66) (PG) (66)		The Hunter Mazza and Saverio are hot on the trail. (66) '14' (66)		How To Be Likable In A Crisis (66) (PG)		Jamestown Henry and Winganusk clash. (66) '14' (66)	
KGW (NBC)		3				KGW News at 6: The Story (N)	KGW News at 6:30 (N) (66)	Straight Talk (N) (66)	Inside Edition (N) (PG) (66)	American Ninja Warrior Semifinals 1 The semifinals begin. (66) (PG) (66) (DVS)				Dateline NBC (N) (66)		KGW News at 11 (N) (66)	Tonight Show-J. Fallon
KTVZD2 (CW)	12	7	7	22	12	Nick Cannon Rapper Rick Ross; nurse survives cancer. (PG) (66)		Family Guy (66) '14' (66)	Family Guy (66) 'PG' (66)	Penn & Teller: Fool Us Rick Smith Jr. & Rokas; Lindsey Noel. (66) (PG)		World's Funniest Animals (66) (PG)	World's Funniest Animals (66) (PG)	The Goldbergs (66) (PG)	The Goldbergs Bill/Murray (PG)	Bob's Burgers (66) (PG)	Bob's Burgers (66) '14'
OPBPL	175					Dishing-Julia	Mexican Table	Summoned: Frances Perkins		Washington Wk	8 Days: To the Moon and Back (66) (PG) (66)			Amanpour and Company (N) (66)		"Petit rat" (2021) (66)	
BASIC CABLE CHANNELS																	
*A&E	130	44	44	265	118	The First 48 A young mother is beaten to death. (66) '14' (66)		The First 48 Along Came a Killer (66) (PG) (66)		The First 48 Two fatal shootings are investigated. (66) '14' (66)		The First 48 A tenant's eviction does not go well. (66) '14' (66)		(10:01) The First 48 Road Rage (66) (PG) (66)		(11:04) The First 48 A man is killed in front of his fiancée. (66) '14' (66)	
*AMC	102	50	50	254	113	★★ "The Great Outdoors" (1988, Comedy) Dan Aykroyd, John Candy. Man and family camp with obnoxious brother-in-law and family. (66)				★★ "Uncle Buck" (1989, Comedy) John Candy, Amy Madigan, Jean Louisa Kelly. An easygoing relative takes care of three children. (66)				(10:15) ★★★ "Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. California teenagers enjoy malls, sex and rock 'n' roll. (66)			
*ANPL	68	48	48	282	184	North Woods Law (66) (PG)		North Woods Law Wild Winter (PG)		North Woods Law: Uncuffed Searching the Summit (N) (66) '14'				North Woods Law (66) (PG)		North Woods Law (66) (PG)	
BRAVO	138	58	58	237	129	Ocean's Twelve	★★ "Ocean's Thirteen" (2007, Comedy-Drama) George Clooney, Brad Pitt. (66)					★★ "Ocean's Eleven" (2001, Comedy-Drama) George Clooney, Matt Damon. (66)					Ocean's Twelve
CBSSN	262			221	58	WNBA Basketball: Wings at Sky		BIG3 Basketball Week 5							Cornhole 2022 ACL Pro Shootout 6 From Lakeland, Fla.		
CMT	190	80	80	327	166	Last-Standing	Last-Standing	Last-Standing	★★★ "Grease" (1978, Musical) John Travolta, Olivia Newton-John. (66)					CMT Campfire Sessions (N) (PG)		★★ "Footloose" (1984) (66)	
CNBC	54	70	70	355	208	Deal or No Deal \$5 Redemption 'G'		Deal or No Deal It Takes Two 'G'		Deal or No Deal Flying High 'G'		The News With Shepard Smith		Deal or No Deal 'G' (66)		Dateline Deadly Twist (PG) (66)	
CNN	55	67	67	202	200	CNN Special Report (66)		Don Lemon Tonight (N) (Live) (66)		Don Lemon Tonight (N) (Live) (66)		Anderson Cooper 360 (PG) (66)		CNN Special Program (66)		Don Lemon Tonight (66)	
COM	135	73	73	249	107	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'	Kevin Hart: Laugh at My Pain 'MA'	
COTV	11					CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	Law and Crime
CSPAN	61	15	15	350	210	(2:00) Public Affairs Events (66)						Public Affairs Events (66)					
*DIS	87	23	23	291	173	(5:50) ★★ "The Boss Baby" (2017) (66) (66)		Bunk'd: Learn	The Villains	Ultra Violet		Raven's Home	Raven's Home	Bunk'd 'G' (66)	Bunk'd: Learn	The Villains	Ultra Violet
*DISC	156	43	43	278	182	Gold Rush New Prospects (66) '14'		Gold Rush: Parker's Trail (N) '14'		Gold Rush Cash or Clash Tensions mount for Team Turin. (N) '14' (66)				(10:02) Outback Opal Hunters (PG)		Gold Rush: Freddy Dodge's Mine	
*E!	136			236	114	★★ "Sweet Home Alabama" (2002) Reese Witherspoon, Josh Lucas. (66)				★★ "27 Dresses" (2008, Romance-Comedy) Katherine Heigl, James Marsden. (66)				★★ "27 Dresses" (2008) (66)			
ESPN	21	28	28	206	140	X Games 2022 Day 1 (N) (Live)				SportsCenter (N) (Live) (66)				SportsCenter (N) (Live) (66)		SportsCenter (N) (Live) (66)	
ESPN2	22	29	29	209	143	CFL Football Winnipeg Blue Bombers at Edmonton Elks From Commonwealth Stadium in Edmonton, Alberta.						NFL Live (66)		Interruption	X Games 2022 Day 1		
ESPNN	24	29	31	207	142	Football Live	Max on Boxing	UFC Live	Football Live	Around the Horn	Interruption		Max on Boxing	UFC Live	Around the Horn	Interruption	This Just In
FNC	57	65	65	360	205	Hannity (N) (Live) (66)		The Ingraham Angle (N) (66)		Gutfeld! (N) (66)		Fox News at Night With Shannon		Tucker Carlson Tonight (66)		Hannity (66)	
*FOOD	177	56	56	231	110	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive
FREE	67	62	62	311	180	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	The 700 Club (66)	
FX	131	46	46	248	136	(5:00) ★★★ "Mission: Impossible Rogue Nation" (2015) Tom Cruise.				★★ "xXx: Return of Xander Cage" (2017, Action) Vin Diesel. (66)				"Charlie's Angels" (2019, Action) Kristen Stewart, Naomi Scott. (66)			
HGTV	176	55	55	229	112	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
*HIST	155	76	76	269	120	Ancient Aliens Return to Mars Possible encounters beyond Earth. (PG)				Ancient Aliens (PG) (66) (DVS)		Ancient Aliens (N) (66) (PG)		(10:03) Ancient Aliens (66) (PG)		(11:05) Ancient Aliens (66) (PG)	
LIFE	138	59	59	252	108	Castle Suicide Squeeze (PG) (66)		Castle (66) '14' (66)		Castle Tick, Tick, Tick ... (PG)		Castle Boom! (66) (PG) (66)		(10:03) Castle (66) (PG) (66)		(11:03) Castle The Late Shift (PG)	
MSNBC	59	69	69	356	209	MSNBC Prime (N) (Live) (66)		The Last Word With		The 11th Hour-Stephanie		MSNBC Prime (66)		The Last Word With		The 11th Hour-Stephanie	
MTV	192	81	81	331	160	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	35	300	171	"SpongeBob SquarePants"		SpongeBob	Kamp Koral	Patrick Star	Star Trek: Prod	Star Trek: Prod	Friends (PG)	Friends (PG)	Friends (66) (PG)	Friends (66) '14'	(11:35) Friends
OWN	161	213		279	189	Dr. Phil Teen marriage. (PG) (66)		Dr. Phil (66) (PG) (66)		House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
PAC12	47	33	33	406		Women's College Volleyball Stanford at Oregon		Women's College Volleyball (66)				Women's College Volleyball UCLA at Oregon (66)		Women's College Volleyball Oregon at Oregon State			
PARMT	132	75	75	241	241	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	★★★ "The Goonies" (1985, Children's) Sean Astin, Josh Brolin, Jeff Cohen. (66)				★★★ "The Goonies" (1985) Sean Astin. (66)			
SYFY	133	49	49	244	122	Warehouse 13 Time Will Tell '14'		Warehouse 13 Mild Mannered '14'		Warehouse 13 (66) '14' (66)		Warehouse 13 (66) '14' (66)		Warehouse 13 13.1 (66) '14' (66)		Warehouse 13 (66) '14' (66)	
TBN	205	61	61	372	260	Worship F...	Worship Forever With Michael W. Smith (G) (66)			Worship Michael W. Smith	Joseph Prince	Jordan Rubin:		Gaither Gospel	Faith Bundle	The Watchman	The Middle East
*TBS	16	41	41	247	139	American Dad! (66) '14'	American Dad! (66) '14'	American Dad! The Shrink '14'	American Dad! (66) '14'	★★★ "Men in Black" (1997, Action) Tommy Lee Jones, Will Smith. Secret agents monitor extraterrestrial activity on Earth. (66) (DVS)				(9:50) ★★ "Men in Black II" (2002, Action) Tommy Lee Jones, Will Smith, Rip Torn. (66) (DVS)		Full Frontal With Samantha Bee	
TCM	101	51	51	256	132	(6:15) ★★★★★ "Paths of Glory" (1957, War) Kirk Douglas, Ralph Meeker. A general uses a court-martial to cover a botched attack. (66)				★★★ "Lolita" (1962, Comedy-Drama) James Mason, Shelley Winters, Sue Lyon. A middle-aged professor becomes smitten with a 12-year-old. (66) (DVS)				(10:45) ★★★★★ "Dr. Strangelove Or: How I Learned to Stop Worrying and Love the Bomb" (1964) (66)			
*TLC	178	57	57	280	183	90 Day Diaries '14' (66) (DVS)		90 Day Diaries '14' (66) (DVS)		90 Day Fiancé With bonus scenes. (N) (66) '14'				90 Day Fiancé	The Family Chantel (66) '14' (DVS)	90 Day Fiancé	
*TNT	17	40	40	245	138	(4:00) "Batman Begins" (2005)	(6:45) ★★★★★ "The Dark Knight" (2008, Action) Christian Bale, Heath Ledger, Aaron Eckhart. Batman battles a vicious criminal known as the Joker. (66) (DVS)							All Elite Wrestling: Rampage (N) '14' (66)	★★★ "Wonder Woman" (2017) Gal Gadot, Chris Pine. (66) (DVS)		
*TOON	84			297	177	Total Drama	Total Drama	Total Drama	Total Drama	King of the Hill	King of the Hill	Futurama (PG)	Futurama (PG)	American Dad!	American Dad!	American Dad!	Rick and Morty
*TRAV	179	47	47	277	196	Ghost Adventures (PG) (66)		Ghost Adventures (PG) (66)		Ghost Adventures (PG) (66)		Ghost Adventures San Antonio's Black		Swan Inn. (N) (PG) (66)		Ghost Adventures (PG) (66)	
TVLND	65	63	63	304	106	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	King of Queens	King of Queens
USA	15	45	45	242	105	(5:30) Track and Field World Athletics Championships (N) (Live) (66)				Chicago Fire (66) '14' (66) (DVS)		Chicago Fire (66) '14' (66) (DVS)		Chicago Fire (66) '14' (66) (DVS)		★★★ "The Bourne Legacy" (66)	
VH1	191	82	82	335	162	My Wife & Kids	★★ "Last Holiday" (2006) Queen Latifah. A terminally ill woman lives it up on vacation.			★★★ "Hitch" (2005) Will Smith. A smooth-talker helps a shy accountant woo an heiress. (66)							
PREMIUM CABLE CHANNELS																	
FS1	35	35	35	219	150	NASCAR Truck Series		ARCA Racing Series Pocono (66)				NASCAR RaceDay (66)		Motorcycle Race		Motorcycle Race	
FS2	34	324		618	397	Bowling	CPL	Canadian Premier League Soccer Cavalry FC at Pacific FC (N) (66)				2022 Copa América Femenina Colombia vs Chile (66)				Road to Glory	Canadian Prem
FXM	104	225	120	258	384	Greatest Show	(6:40) ★★ "The Greatest Showman" 2017 Hugh Jackman. (PG) (66)			(8:35) ★★ "Once Upon a Time... In Hollywood" 2019, Comedy-Drama Leonardo DiCaprio, Brad Pitt, Margot Robbie. 'R' (66)							
GOLF	28	34	218	401		PGA Tour Golf 3M Open, Second Round (66)								2022 Senior Open Championship Second Round (66)			Evian Champ.
HALL	66	60	60	312	185	"The Christmas Cottage" (2017) Merritt Patterson. (G) (66) (DVS)				"Campfire Christmas" (2022) Tori Anderson, Corbin Bleu. (G) (66) (DVS)				"Christmas CEO" (2021) Marisol Nichols, Paul Greene. (G) (66) (DVS)			
HBO	425	601	501	504	303	(6:05) The Anarchists 'MA' (66)		★★★ "The Batman" 2022 Robert Pattinson. Batman ventures into Gotham's underworld to find a killer. (66)						Westworld Generation Loss 'MA'		The Rehearsal	The Rehearsal
IFC	105			564	133	(5:30) ★★ "Rocky III" 1982, Drama Sylvester Stallone. (PG) (66)				★★ "Rocky IV" 1985, Drama Sylvester Stallone, Talia Shire. (PG) (66)				★ "Rocky V" 1990, Drama Sylvester Stallone, Talia Shire. (PG-13) (66)			
MAX	400	621	508	516	311	(6:10) ★★ "The Vanishing" 1993, Suspense Jeff Bridges. 'R' (66)				★★★ "Black Hawk Down" 2001, War Josh Hartnett, Ewan McGregor. Premiere. 'R' (66)				(10:25) ★★ "American Psycho" 2000 'R' (66)			
NATGEO	157	77	77	276	186	When Sharks Attack Compilation		When Sharks Attack Compilation		Mau! Shark Mystery: Extra Bite (N)		Cesar Millan: Better Human		Cesar Millan: Better Human		Mau! Shark Mystery: Extra Bite	
NBATV				216	156	WNBA Basketball: Sun at Lynx		WNBA Basketball Seattle Storm at Phoenix Mercury (N) (Live)				NBA GameTime	NBA GameTime	WNBA Basketball Seattle Storm at Phoenix Mercury		NBA GameTime	
NTOON	89	204	115	302	178	Alvin!!! and	Alvin!!! and	It's Pony (66) 'Y7'	It's Pony (66) 'Y7'	It's Pony (66) 'Y7'	Rugrats (66) 'Y7'	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob
OUTD	37	301	307	606	396	Longmire '14'		Longmire The Cancer '14'		Longmire Dog Soldier '14'		Longmire '14'		Wicked Tuna Double Team '14'		Das Boat	Match Fish.
SHO	500			546	319	(5:00) "Ida Red" 2021 (66) 'R' (66)		Bellator MMA 283: Pitbull vs. Outlaw (N) (Live) (66)						The Chi On Me (N) (66) 'MA' (66)		Flatbush Mis	The Dry 2020 'R'
STARZ	300	631	408	526	361	(5:17) ★★★★★ "Alien" 1979 Tom Skerritt. 'R' (66)		(7:17) ★★ "Don't Breathe 2" 2021 Stephen Lang. 'R'				(8:58) Becoming Elizabeth (66) 'MA'		P-Valley White Knights 'MA' (66)		(11:07) P-Valley Savage 'MA' (66)	
STZENC	106	641	401	536	341	(5:39) ★★ "Commando" 1985 'R'		(7:13) ★★ "Paul" 2011, Comedy Simon Pegg, Nick Frost. (66) 'R' (66)				★★★★ "Almost Famous" 2000 Billy Crudup. (66) 'R' (66)				(11:07) ★★ "The Bone Collector" (66)	
TMC	525			554	329	(6:15) "Queen Bees" 2021, Comedy Ellen Burstyn. (PG-13) (66)				★★★ "The Bronze" 2015 Melissa Rauch. (66) 'R' (66)		(9:40) "Support the Girls" 2018 Regina Hall. 'R' (66)				(11:10) "Mainstream" 2020 'R' (66)	
*WE	143	54	54	260	128	Criminal Minds Burn (66) '14'		Criminal Minds '14' (66) (DVS)		Mama June: From Not to Hot '14'		Mama June: From Not to Hot (N) '14' (66)		Mama June: From Not to Hot '14'		Mama June	Mama June