

SATURDAY AFTERNOON 7/23/22

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-DirectTV; D2-Dish Network

BROADCAST/CABLE CHANNELS																		
	BD	PM	L	D1	D2	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	
KATU (ABC)		2				(10:00) X Games 2022 (N) (Live) (HD)						MyDestination.TV (N) (PG)	Wildlife Nation With Jeff Corwin	oh baby! Furs of a Feather (N) (G)	Game Time With Boomer Esiason	KATU News at 5 (N) (Live) (HD)	ABC World News	
KTVZ (NBC)	5	5	5	21	21	IRONMAN World Championship From Kona, Hawaii. (N) (HD)	IndyCar Racing Hy-Vee deals.com 250 From Iowa Speedway in Newton, Iowa. (N) (Live) (HD)					Earth Odyssey With Dylan	The Voyager-Josh Garcia	Vets Saving Pets (G) (DVS)	Earth Odyssey With Dylan	Soledad O'Brien	NBC Nightly News	
KBNZ (CBS)	6	6	6	7	7	PGA Tour Golf 3M Open, Third Round (N) (Live) (G) (HD)						Real Green (G) (HD)	Today's Home-owner	Steel Dreams (G) (HD)	Raw Travel Spirituality (N) (PG)	Auto Racing Camping World SRX Series (N) (Live) (HD)		
KOHD (ABC)	9	9	9	61	9	(10:00) X Games 2022 (N) (Live) (HD)						American Ninja Warrior The top competitors vie for the prize. (PG)	Outback Adventures With Tim	Hearts of Heroes (N) (EI) (G)	Raw Travel Spirituality (N) (PG)	ABC World News		
KFXO (FOX)	10			69	69	RightThisMinute (N) (HD)	RightThisMinute (N) (HD)	Entertainers: With Byron Allen (N) (PG) (HD)		Paid Program (G) (HD)	Paid Program (G) (HD)	RaceWeek (N) (G)	Game Time With Boomer Esiason	MLB Baseball San Francisco Giants at Los Angeles Dodgers From Dodger Stadium in Los Angeles. (N) (Live) (HD)		Los Angeles Dodgers		
KPDx (MNT)		19	19			*** "Real Genius" (1985, Comedy) Val Kilmer, Gabe Jarret, William Atherton. Science students go after their idea-stealing professor.				Weather Gone Viral Weather emergencies test everyone. (G)		SEAL Team Prisoner's Dilemma A search for a drug cartel leader. (14)		SEAL Team Jason and the team must deploy early. (N) (14) (HD)		Major Crimes Frozen Assets A wealthy dog is murdered. (14) (HD)		
KOAB (PBS)	7	3	3	3	11	Fit 2 Stitch (G) (HD)	It's Sew Easy (G) (HD)	Christopher Kimball's Milk Street	America's Test Kitchen	Cook's Country (G) (HD)	The Migrant Kitchen (N) (G)	MotorWeek Mazda CX-50 (G)	The American Woodshop (G)	Woodsmith Shop (G) (HD)	Ask This Old House (G) (HD)	This Old House (G) (HD)	PBS News Weekend (N) (G)	
KGW (NBC)		8				IRONMAN World Championship From Kona, Hawaii. (N) (HD)	IndyCar Racing Hy-Vee deals.com 250 From Iowa Speedway in Newton, Iowa. (N) (Live) (HD)					Rare Silver Coins	Paid Program (G) (HD)	Grant's Getaways	Earth Odyssey With Dylan	KGW News at 5 (N) (HD)		
KTVZDT2 (CW)	12	7	7	22	12	Made in Hollywood (PG) (HD)	Relief from inflammation	Paid Program (G) (HD)	black-ish Sink or Swim (PG) (HD)	*** "Rampart" (2011, Crime Drama) Woody Harrelson, Ben Foster. A veteran cop asserts his own code of justice on the streets. (HD)				American Ninja Warrior The top competitors vie for the prize. (PG)		Bloodline Detectives A woman is found dead in her home. (N) (PG)		
OPBPL	175					Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)	Simply Ming (G)
BASIC CABLE CHANNELS																		
*A&E	130	44	44	265	118	Living Smaller (N) (HD)	Living Smaller (N) (HD)	Road Wars (N) (HD)	Road Wars (N) (14) (HD)	The First 48 A dice game leaves a bystander dead. (N) (PG) (HD)		The First 48 Gunfire erupts at a football tournament. (N) (14) (HD)		The First 48 A woman is beaten and stabbed to death. (N) (14) (HD)		The First 48 A man is murdered after a game of pool. (N) (PG) (HD)		
*AMC	102	50	50	254	113	(11:45) *** "A League of Their Own" (1992, Comedy-Drama) women's professional baseball league debuts in 1943. (HD)		Tom Hanks, Geena Davis, Madonna. A		(2:45) *** "Fast Times at Ridgemont High" (1982, Comedy) nia teenagers enjoy malls, sex and rock 'n' roll. (HD)		Sean Penn. California teenagers enjoy malls, sex and rock 'n' roll. (HD)		(4:45) *** "Uncle Buck" (1989) John Candy. An easygoing relative takes care of three children. (HD)				
*ANPL	68	48	48	282	184	Louisiana Law (N) (14)		Louisiana Law Skull Evidence (14)		Louisiana Law (N) (14)		Louisiana Law (N) (N) (14)		Dr. Jeff: Rocky Mountain Vet (PG)		Dr. Jeff: Rocky Mountain Vet (PG)		
BRAVO	137	58	58	237	129	Below Deck (14)	Below Deck Under Cover Boss (14)	Below Deck Hot Mess Express (14)		Below Deck (14) (HD)		Below Deck (14) (HD)		Below Deck (14) (HD)		Below Deck (14)		
CBSSN	262			221	58	3ICE Event 6 (N) (Live)								Soccer Club Friendly: Paris Saint-Germain vs Urawa Red Diamonds		Sides of Story		
CMT	190	80	80	327	166					To Be Announced				(4:15) *** "Grease" (1978) John Travolta, Olivia Newton-John. (HD)				
CNBC	54	70	70	355	208	Jay Leno's Garage (PG) (HD)		Jay Leno's Garage (PG) (HD)		Horse Race		Undercover Boss (N) (PG) (HD)		Undercover Boss (N) (PG) (HD)		Track & Field		
CNN	55	67	67	202	200	CNN Newsroom With Jim Acosta		CNN Newsroom With Jim Acosta		CNN Newsroom With Jim Acosta		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown		
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)	The Office (14)	The Office (14)	
COTV	11					The Dr. Nandi Show (N) (G) (HD)		CO Daily News		Coffee With	Sports Stars	The Dr. Nandi Show (N) (G) (HD)		CO Daily News		Think Big (G)	Coffee With	
CSPAN	61	15	15	350	210	Washington This	Washington This Week (HD)											
*DIS	87	23	23	291	173	*** "The Boss Baby" (2017, Children's) (N) (HD)		Raven's Home		Raven's Home	Ultra Violet	Ultra Violet	The Villains	The Villains	Jessie (G) (HD)	Jessie (G) (HD)	Jessie (G) (HD)	
*DISC	156	43	43	278	182	Expedition Unknown (N) (PG) (HD)		Expedition Unknown Josh travels to the D-Day battlefields. (PG) (HD)				Expedition Unknown (N) (14) (HD)		Expedition Unknown (N) (PG) (HD)		Expedition Unknown (N) (PG) (HD)		
*E!	136			236	114	Last-Standing *** "Bringing Down the House" (2003, Comedy) Steve Martin. (HD)				*** "The Other Guys" (2010, Comedy) Will Ferrell, Mark Wahlberg, Eva Mendes. (HD)						"Forgetting Sarah Marshall" (2008)		
ESPN	21	28	28	206	140	The Basketball Tournament		Dickie V (N)			SportsCenter (N) (Live) (HD)		Soccer International	Friendly: Manchester City vs Bayern Muenchen (N) (Live)				
ESPN2	22	29	29	209	143	(11:30) UEFA Women's EURO 2022 Fourth Quarterfinal: Teams TBA (N)				UFC Archival		The Captain		The Captain		X Games 2022 BMX Best Trick (N)		
ESPNN	24	29	31	207	142	Boxing		Boxing		Cornhole ACL Final Chase				CFL Football Toronto Argonauts at Saskatchewan Roughriders (N) (Live)				
FNC	57	65	65	360	205	The Journal Editorial Report (N) (N)		Fox News Live (N) (Live) (HD)		The Big Saturday Show (N) (HD)		Fox Report With Jon Scott (N)		Gutfeld! (HD)		One Nation With Brian Kilmeade		
*FOOD	177	56	56	231	110	Symon's Dinners	Symon's Dinners	BBQ USA (G) (HD)		Beachside Brawl (G) (HD)		Beachside Brawl (G) (HD)		Beachside Brawl (G) (HD)		Beachside Brawl Yacht Living (G)		
FREE	67	62	62	311	180	*** "The Jungle Book" (2016, Children's) Neel Sethi, Voice of Bill Murray. (HD)				*** "Shrek Forever After" (2010) Voices of Mike Myers. (HD)				(4:35) *** "The Princess and the Frog" (2009)				
FX	131	46	46	248	136	"Mission: Impossible" *** "Mission: Impossible -- Fallout" (2018, Action) Tom Cruise, Henry Cavill, Ving Rhames. (N) (HD)								*** "Mechanic: Resurrection" (2016, Action) Jason Statham. (N) (HD)				
HGTV	176	55	55	229	112	Home Town (G) (HD) (DVS)		Great Giveback With Melissa		100 Day Dream Home (G) (HD)		100 Day Dream Home (G) (HD)		100 Day Dream Home (G) (HD)		100 Day Dream Home (G) (HD)		
*HIST	155	76	76	269	120	American Pickers (N) (PG)		American Pickers (N) (PG)		American Pickers Catch-32 (PG)		American Pickers (N) (PG)		American Pickers (N) (PG)		American Pickers (N) (PG)		
LIFE	138	59	59	252	108	"A Murder to Remember" (2020, Docudrama) Maddie Nichols. (HD)				"Jailbreak Lovers" (2022, Drama) Catherine Bell, Tom Stevens. (HD)				Flowers in the Attic: The Origin The reality of living at Foxworth Hall.				
MSNBC	59	69	69	356	209	Yasmin Vossoughian Reports (N)		Symone (N) (Live) (HD)		PoliticsNation (N) (Live) (G) (HD)		Voices-Alicia Menendez		Voices-Alicia Menendez		Ayman (N) (Live) (HD)		
MTV	192	81	81	331	160	Ridiculousness	Ridiculousness	Ridiculousness	*** "The Longest Yard" (2005, Comedy) Adam Sandler, Chris Rock. (N) (HD)					*** "Dodgeball: A True Underdog Story" (2004) Vince Vaughn. (N) (HD)				
NICK	82	35	25	300	171	(12:15) *** "The SpongeBob SquarePants Movie" (2004) (N) (HD)				SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	
OWN	161	213		279	189	Dr. Phil (N) (PG) (HD)		Belle Collective (N) (14)		Belle Collective Sistervention (14)		Belle Collective (N) (14)		Belle Collective Sip & See (N) (14)		Belle Collective Reunion Part 1 (14)		
PAC12	47	33	33		406	Pac-12 Football in 60 (HD)		Pac-12 Football in 60 (HD)		Pac-12 Football in 60 (HD)		Pac-12 Football in 60 (HD)		Pac-12 Football in 60 (HD)		Pac-12 Football in 60 (HD)		
PARMT	132	75	75	241	241	NCIS Gibbs works with Kort. (14)		NCIS Toxic (N) (PG) (HD)		NCIS Legend (14) (HD)		NCIS Legend (14) (HD)		NCIS Semper Fidelis (N) (14) (HD)		*** "Ocean's Thirteen" (2007)		
SYFY	133	49	49	244	122	*** "Tomb Raider" (2018, Adventure) Alicia Vikander, Dominic West. (HD)				*** "The Bourne Ultimatum" (2007, Action) Matt Damon, Julia Stiles, Joan Allen. (HD)				*** "Wanted" (2008) (HD)				
TBN	205	61	61	372	260	Crushing	Chr. World News	Turning Point with David		Graham Classic	BillyGraham.TV	Precious Memories		In Touch With Dr. Charles Stanley		Huckabee (N) (PG) (HD)		
*TBS	16	41	41	247	139	(10:30) *** "Norbit" (2007) (HD)	*** "Uncle Drew" (2018, Comedy) Kyrie Irving, Lil Rel Howery, Nick Kroll. Older basketball players compete in a tournament. (HD) (DVS)			(2:45) *** "Men in Black" (1997, Action) Tommy Lee Jones, Will Smith. Secret agents monitor extraterrestrial activity on Earth. (HD) (DVS)				(4:45) *** "Men in Black II" (2002, Action) Tommy Lee Jones, Will Smith, Rip Torn. (HD) (DVS)				
TCM	101	51	51	256	132	(11:00) "In a Lonely Place" (12:45) *** "The Unforgiven" (1960, Western) Burt Lancaster, Audrey Hepburn, Lillian Gish. Pioneers feud with Kiowa Indians over a birthright. (HD)				*** "The Thomas Crown Affair" (1968) Steve McQueen, Faye Dunaway. A self-made millionaire masterminds the perfect bank heist. (HD)				*** "Rebel Without a Cause" (1955, Drama) James Dean. (HD)				
*TLC	178	57	57	280	183	My 600-Lb. Life Ashley T's Story Ashley is 24 and lives alone. (N) (14)				Dr. Pimple Popper (N) (14)		Dr. Pimple Popper (N) (14)		Dr. Pimple Popper (N) (14) (DVS)		Untold Stories of the E.R. (N) (PG)		
*TNT	17	40	40	245	138	*** "San Andreas" (2015, Action) Dwayne Johnson, Carla Gugino, Alexandra Daddario. A rescue pilot must save his family after an earthquake. (HD) (DVS)				*** "Rampage" (2018, Action) Dwayne Johnson, Naomie Harris. Three giant, mutated beasts embark on a path of destruction. (HD) (DVS)				*** "Kong: Skull Island" (2017, Adventure) Tom Hiddleston, Samuel L. Jackson. (HD) (DVS)				
*TOON	84			297	177	Wrld, Gumball	Wrld, Gumball	Adventure Time	Adventure Time	Wrld, Gumball	Wrld, Gumball	Adventure Time	Adventure Time	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	
*TRAV	179	47	47	277	196	A Haunting Grave Awakenings (PG)		A Haunting (N) (PG) (HD)		A Haunting Norman the Doll (PG)		A Haunting Gateway to Evil (N) (PG)		A Haunting (N) (14) (HD)		A Haunting (N) (14) (HD)		
TVLND	65	63	63	304	106	Roseanne (PG)	Roseanne (PG)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	Mike & Molly (N)	
USA	15	45	45	242	105	NASCAR Cup Series		Austin Dillon		NASCAR Xfinity Racing Series Explore The Pocono Mountains 225 (N) (Live) (HD)				NASCAR Post		Chicago P.D. Doubt (N) (14)		
VH1	191	82	82	335	162	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	Cheaters (N) (14)	*** "Poetic Justice" (1993) Janet Jackson, Tupac Shakur. (N) (HD)				
PREMIUM CABLE CHANNELS																		
FS1	35	35	35	219	150	Horse Race	MLB Pregame	MLB Baseball Houston Astros at Seattle Mariners From T-Mobile Park in Seattle. (N) (Live) (HD)						ARCA Racing Series Pocono (HD)				
FS2	34	324		618	397	NHRA in 30 (PG)		Horse Racing Saratoga Live (N) (Live) (PG) (HD)						Ultimate Disc AUDL: DC Breeze at Boston Glory (N) (Live) (HD)				
FXM	104	225	120	258	384	*** "Bad Times at the El Royale" 2018, Suspense Jeff Bridges, Cynthia Erivo, Jon Hamm. (R) (HD)						(2:50) *** "Once Upon a Time... In Hollywood" 2019, Comedy-Drama Leonardo DiCaprio. (R) (HD)						
GOLF	28	34	34	218	401	Golf U.S. Girls' Junior, Championship Match (N) (Live) (HD)				GOLF Films (G) (HD)		Golf Central (N) (Live) (G) (HD)		PGA Tour Golf 3M Open, Third Round (HD)				
HALL	66	60	60	312	185	"A Timeless Christmas" (2020) Ryan Paevey, Erin Cahill. (G) (HD) (DVS)				"Sister Swap: Christmas in the City" (202								