

SUNDAY AFTERNOON 7/24/22

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)						Today's Home-owner	Hearts of Heroes (N) (E) 'G' (HD)	Free Enterprise (N) (E) 'G' (HD)	Sharyl Attkisson	KATU News at 5 (N) (Live) (HD)	ABC World News	
KTVZ (NBC)	5	5	5	21	21	IndyCar Series Pre-Race (N)	IndyCar Racing Hy-Vee Salute to Farmers 300 From Iowa Speedway in Newton, Iowa. (N) (Live) (HD)				IndyCar Series Post Race (N)	Outdoorsman/Buck McNeely	Paid Program 'G' (HD)	Weather Gone Viral	Weather emergencies test everyone. 'G'	Family Feud (N) 'PG' (HD)	NBC Nightly News	
KBNZ (CBS)	6	6	6	7	7	PGA Tour Golf 3M Open, Final Round (N) (Live) 'G' (HD)						Entertainment Tonight (N) (HD)		More Than the Music 'G' (HD)	HouseSmarts (N) 'G' (HD)	Inside Edition Weekend 'PG' (HD)	CBS Weekend News (N) (HD)	
KOHD (ABC)	9	9	9	61	9	(10:00) X Games 2022 (N) (Live) (HD)						Journey Church Service		Judge Judy (N) 'PG' (HD)	Judge Judy (N) 'PG' (HD)	Coffee With America (N) 'G' (HD)	ABC World News	
KFXO (FOX)	10			69	69	The American Athlete (N) 'PG' (HD)	Cars.TV (N) 'PG' (HD)	NHRA Drag Racing DENSO Sonoma Nationals From Sonoma Raceway in Sonoma, Calif. (N) (Live) (HD)						Paid Program 'G' (HD)	Paid Program 'G' (HD)	Modern Family Starry Night 'PG' (HD)	Modern Family (N) 'PG' (HD)	
KPDx (MNT)		19	19			Animal Rescue (N) (E) 'G' (HD)	Dog Tales (N) (E) 'G' (HD)	Paid Program 'G' (HD)	True Crime: Identity Theft	Storm of Suspicion Spring thaw reveals clues to a murder. 'PG'	Bull The Woman in 8D A female pilot is accused of negligence. '14'		Bull Unambiguous Bull and the team tackle jury bias. (N) '14' (HD)		Bloodline Detectives A woman is found dead in her home. (N) 'PG'			
KOAB (PBS)	7	3	3	3	11	Great Performances at the Met Madama Butterfly With Hui He and Andrea Care. (N) '14' (HD)						Antiques Roadshow Recut 'G' (HD)	Focus on Europe 'G' (HD)	GZERO World With Ian Bre	To the Contrary With Bonnie	Washington Week (N) (HD)	Firing Line With Margaret Hoover	PBS News Week-end (N) (HD)
KGW (NBC)		8				IndyCar Series Pre-Race (N)	IndyCar Racing Hy-Vee Salute to Farmers 300 From Iowa Speedway in Newton, Iowa. (N) (Live) (HD)				IndyCar Series Post Race (N)	Find More Joy in Every Moment	Paid Program 'G' (HD)	Grant's Getaways	Laura McKenzie's Traveler 'G'	KGW News at 5 (N) (HD)		
KTVZD2T (CW)	12	7	7	22	12	MyPillow Bed 'G' (HD)	Paid Program 'G' (HD)	True Crime: Identity Theft	black-ish Twinependence 'PG' (HD)	★ ★ "The Elizabeth Smart Story" (2003, Docudrama) Dylan Baker. The Utah teenager is kidnapped from her own bedroom in 2002. 'PG' (HD)		American Ninja Warrior Competitors tackle six obstacles. 'PG'		Highway Thru Hell Colin gets a crack at Mo's push bumper. 'PG'				
OPBPL	175					Afropop: Cultural Exchange		8 Days: To the Moon and Back (N) 'PG' (HD)			Chavis Chron.	Rivers of Life The Nile 'PG' (HD)		Rivers of Life The Mississippi 'PG'		Burt Wolf	Steves' Europe	
BASIC CABLE CHANNELS																		
*A&E	130	44	44	265	118	50/50 Flip Buy One Add One Cottage with a steal of a list price. 'PG'		★ ★ ★ "Edge of Tomorrow" (2014, Science Fiction) Tom Cruise, Emily Blunt, Brendan Gleeson. A soldier in an alien war gets caught in a time loop. (N) (HD)				★ ★ "Jack Reacher: Never Go Back" (2016, Action) Tom Cruise, Cobie Smulders, Aldis Hodge. Jack Reacher goes on the lam to investigate a conspiracy. (N) (HD)						
*AMC	102	50	50	254	113	(9:30) "A League of Their Own"	★ ★ ★ "The Breakfast Club" (1985) Emilio Estevez, Molly Ringwald. Five teenagers make strides toward mutual understanding. (HD)				(2:45) ★ ★ "Red Dawn" (1984, Action) Patrick Swayze, C. Thomas Howell, Lea Thompson. High-school guerrillas take on invading Soviet troops. (HD)			★ ★ "Armageddon" (1998) (HD)				
*ANPL	68	48	48	282	184	Deadliest Catch (N) '14' (HD)		Deadliest Catch (N) '14' (HD)			Deadliest Catch (N) '14' (HD)		Deadliest Catch (N) '14' (HD)		Deadliest Catch Rip Tide (N) '14'			
BRAVO	137	58	58	237	129	The Real Housewives of Dubai '14'		The Real Housewives of Dubai '14'			The Real Housewives of Dubai '14'		The Real Housewives of Atlanta		The Real Housewives of Atlanta		The Real Housewives of Atlanta	
CBSSN	262			221	58	Cornhole 2022 ACL Pro Shootout 6		SRO America	P1 Powerboat	Auto Racing Ferrari Challenge NA		Auto Racing GT World Challenge: America From Watkins Glen, N.Y. (N)		Auto Race				
CMT	190	80	80	327	166	★ ★ ★ "Tombstone" (1993) Kurt Russell. Doc Holliday joins Wyatt Earp for the OK Corral showdown. (HD)						★ ★ ★ "Silverado" (1985) Kevin Kline. The paths of four cowboys converge en route to a showdown. (HD)						
CNBC	54	70	70	355	208	2022 Tour de France Femmes (N) (HD)		Shark Tank (N) 'PG' (HD)			Shark Tank (N) 'PG' (HD)		Shark Tank (N) 'PG' (HD)		Track & Field			
CNN	55	67	67	202	200	CNN Newsroom		CNN Newsroom With Jim Acosta			CNN Newsroom With Jim Acosta		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown		Patagonia: Life on the Edge	
COM	135	73	73	249	107	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	CNN Newsroom With Jim Acosta	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'	Seinfeld (N) 'PG'
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		Moose Smarts	Coffee With
CSPAN	61	15	15	350	210	Washington This Week (HD)											Q & A (HD)	
*DIS	87	23	23	291	173	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ultra Violet	Ultra Violet	The Villains	The Villains	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Big City Greens
*DISC	156	43	43	278	182	Great White Abyss (N) 'PG' (HD)		Legend of Deep Blue 'PG' (HD)			Alien Sharks Greatest Hits (N) 'PG'		Tiffany Haddish Does Shark Week		Air Jaws: Going for Gold (N) 'PG'		Jackass Shark Week (N) '14' (HD)	
*E!	136			236	114	★ ★ ★ "The Other Guys" (2010, Comedy)		Will Ferrell, Mark Wahlberg, Eva Mendes. (HD)			★ ★ ★ "Forgetting Sarah Marshall" (2008) Jason Segel, Kristen Bell, Mila Kunis. (HD)				★ ★ ★ "Pitch Perfect" (2012) (HD)			
ESPN	21	28	28	206	140	The Captain		The Captain			Baseball Tonight (N) (Live) (HD)		Baseball: Sunday Night Countdown		MLB Baseball San Diego Padres at New York Mets (N) (Live)			
ESPN2	22	29	29	209	143	Premier Lacrosse League		UFC Archival			Premier Lacrosse League Chrome LC vs Waterdogs LC (N) (Live)		Streetball		The Basketball Tournament Virginia Dream vs Best Virginia First Round.			
ESPNN	24	29	31	207	142	The Charlie		ISKA World Championships			Teqball USA Tour: Miami		USA Teqball Tour: Los Angeles		Formula 1 Racing France Grand Prix			
FNC	57	65	65	360	205	Sunday Morning Futures		Fox News Live (N) (Live) (HD)			The Big Sunday Show (N) (HD)		Fox Report With Jon Scott (N)		Sunday Night in America With Trey		Life, Liberty & Levin (N) (HD)	
*FOOD	177	56	56	231	110	Delicious Miss		Guy's Grocery Games 'G' (HD)			Restaurant: Impossible 'G' (HD)		Restaurant: Impossible 'PG' (HD)		Guy's Grocery Games 'G' (HD)		Guy's Grocery Games 'G' (HD)	
FREE	67	62	62	311	180	★ ★ "Shrek Forever After" (2010) Voices of Mike Myers. (HD)		★ ★ ★ "Hercules" (1997) Voices of Tate Donovan, Josh Keaton. (HD)			(4:05) ★ ★ ★ "Aladdin" (1992, Children's)		Voices of Scott Weinger. (HD)					
FX	131	46	46	248	136	"Mission: Impossible -- Fallout"		★ ★ "Mechanic: Resurrection" (2016, Action) Jason Statham. (N) (HD)			★ ★ "Skyscraper" (2018) Dwayne Johnson, Neve Campbell. (N) (HD)		★ ★ "Jurassic World: Fallen Kingdom"					
HGTV	176	55	55	229	112	Fixer to Fabulous 'G' (HD) (DVS)		Love It or List It 'PG' (HD)			Love It or List It 'PG' (HD)		Love It or List It 'PG' (HD)		Love It or List It 'PG' (HD)			
*HIST	155	76	76	269	120	Pawn Stars Million Dollar Deal 'PG'		Pawn Stars (N) 'PG' (HD) (DVS)			Pawn Stars Boats and Bros 'PG'		Pawn Stars (N) 'PG' (HD) (DVS)		Pawn Stars (N) 'PG' (HD) (DVS)		Pawn Stars (N) 'PG' (HD) (DVS)	
LIFE	138	59	59	252	108	"Next-Door Nightmare" (2021) Julia Borsellino, Mark Taylor. (HD)		"Deadly House Call" (2022) Joanne Jansen, Neville Edwards. (HD)			"Pool Boy Nightmare" (2020) Jessica Morris, Ellie Darcey-Alden. (HD)		Voices-Alicia Menendez		The Mehdi Hasan Show (N) (HD)		Ridiculousness	
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		Ridiculousness	
MTV	192	81	81	331	160	Ridiculousness		Ridiculousness			Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness	
NICK	82	35	35	300	171	SpongeBob		SpongeBob			SpongeBob		Patrick Star		SpongeBob		"Madagascar: Escape 2 Africa"	
OWN	161	213		279	189	Super Soul Sunday 'PG' (HD)		Couples Court			Couples Court		Couples Court		Couples Court		Couples Court	
PAC12	47	33	33	406		Our Stories		Women's Basketball Encore: The 12 Best			Women's Basketball Encore: The 12 Best		Women's Basketball Encore: The 12 Best		Women's Basketball Encore: The 12 Best		The 12 Greatest	
PARMT	132	75	75	241	241	NCIS Good Cop, Bad Cop (N) '14'		NCIS Code of Conduct '14' (HD)			NCIS Outlaws and In-Laws (N) 'PG'		NCIS Endgame (N) '14' (HD)		NCIS Citywide blackout. '14' (HD)		★ ★ ★ "Ocean's Eleven" (2001)	
SYFY	133	49	49	244	122	(10:59) ★ ★ ★ "The Bourne Ultimatum" (2007) (HD)		★ ★ ★ "The Bourne Legacy" (2012, Action) Jeremy Renner, Rachel Weisz, Edward Norton. (HD)			★ ★ ★ "John Wick" (2014, Action) Keanu Reeves. (HD)							
TBN	205	61	61	372	260	Dave and Kate		Ron Carpenter	Unsung Hero: Mother's Day	Michael Youssef	Kerry Shook	Your Move	Joyce Meyer	Hagee Ministries	Pastor Robert	Joel Osteen 'PG'	Turning Point	
*TBS	16	41	41	247	139	★ ★ ★ "Ant-Man" (2015, Action) Paul Rudd, Michael Douglas, Evangeline Lilly. Ant-Man uses his shrinking skills to battle Yellowjacket. (HD) (DVS)					★ ★ ★ "Ant-Man and The Wasp" (2018, Action) Paul Rudd, Evangeline Lilly, Michael Douglas. Ant-Man and the Wasp battle a powerful new enemy. (HD) (DVS)		★ ★ ★ "Avengers: Age of Ultron" (2015, Action) Robert Downey Jr.					
TCM	101	51	51	256	132	"It's Always Fair Weather" (1955)		★ ★ ★ "Two Weeks in Another Town" (1962, Drama) Kirk Douglas. A misguided actor finds happiness as an assistant producer. (HD)			★ ★ ★ ★ "The Lion in Winter" (1968, Historical Drama) Peter O'Toole, Katharine Hepburn, Jane Merrow. Henry II must determine which son is worthy of the crown. (HD)				★ ★ "Paris Blues" (1961) Paul Newman Joanne Woodward. (HD)			
*TLC	178	57	57	280	183	I Love a Mama's Boy (N) 'PG'		I Love a Mama's Boy (N) '14'			I Love a Mama's Boy (N) '14'		I Love a Mama's Boy (N) '14'		90 Day Fiancé (N) '14'		90 Day Fiancé (N) '14'	
*TNT	17	40	40	245	138	(10:00) ★ ★ "Batman v Superman: Dawn of Justice" (2016) (HD) (DVS)		★ ★ "Justice League" (2017, Action) Ben Affleck, Henry Cavill, Gal Gadot. Batman, Wonder Woman and other heroes unite to battle evil. (HD) (DVS)			★ ★ "Suicide Squad" (2016, Action) Will Smith, Jared Leto, Margot Robbie. Armed supervillains unite to battle a powerful entity. (HD) (DVS)							
*TOON	84			297	177	Total Drama		Adventure Time			Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek
*TRAV	179	47	47	277	196	The Alaska Triangle 'PG' (HD)		The Alaska Triangle 'PG' (HD)			The Alaska Triangle 'PG' (HD)		The Alaska Triangle 'PG' (HD)		The Alaska Triangle 'PG' (HD)		The Alaska Triangle 'PG' (HD)	
TVLND	65	63	63	304	106	The Golden Girls		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 M&M's Fan Appreciation 400 From Pocono Raceway in Long Pond, Pa. (N) (Live) (HD)					NASCAR-Post		Austin Dillon		Austin Dillon	Law & Order: Special Victims Unit		
VH1	191	82	82	335	162	Caught in the Act: Unfaithful '14'		Caught in the Act: Unfaithful '14'			My True Crime Story (N) '14' (HD)		My True Crime Story (N) '14' (HD)		★ ★ ★ "Baby Boy" (2001) Tyrese Gibson, Omar Gooding. (N) (HD)			
PREMIUM CABLE CHANNELS																		
FS1	35	35	35	219	150	Horse Racing Saratoga Live (N) (Live) 'PG' (HD)						146th Westminster Kennel Club Dog Show Day 2 From Tarrytown, N.Y. (HD)						
FS2	34	324		618	397	Motorcycle Race		Mexico Primera Division Soccer Tijuana vs América (HD)				2022 Copa América Femenina		2022 Copa América Femenina				
FXM	104	225	120	258	384	★ ★ ★ "Dawn of the Planet of the Apes" 2014, Science Fiction Andy Serkis. 'PG-13' (HD)						(2:40) ★ ★ ★ "War for the Planet of the Apes" 2017, Science Fiction Andy Serkis, Steve Zahn. 'PG-13' (HD)		Alien: Covenant				
GOLF	28	34	34	218	401	2022 Evian Championship Final Round (HD)						Golf Central (N) (Live) 'G' (HD)		PGA Tour Golf 3M Open, Final Round (HD)				
HALL	66	60	60	312	185	"On the Twelfth Day of Christmas" (2015) Brooke Nevin. 'G' (HD) (DVS)						"Campfire Christmas" (2022) Tori Anderson, Corbin Bleu. 'G' (HD) (DVS)		"If I Only Had Christmas" (2020, Romance) Candace Cameron Bure. 'G'				
HBO	425	601	501	504	303	(10:40) ★ ★ Old		★ ★ "Godzilla vs. Kong" 2021 Alexander Skarsgard. (N) 'PG-13' (HD)		(2:25) Mind Over Murder (N) 'MA'		(3:25) Irma Vep		(4:15) ★ ★ "Wonder Woman 1984" 2020 Gal Gadot. (N) 'PG-13' (HD)				
IFC	105			564	133	(10:30) "The Karate Kid Part II"		★ ★ ★ "The Karate Kid" 1984 Ralph Macchio. A Japanese handyman teaches a teenager to defend himself.					★ ★ "The Outsiders" 1983, Drama Matt Dillon. 'PG-13' (HD)					
MAX	400	621	508	516	311	(10:20) Race		(12:35) ★ ★ "Something New" 2006 Sanaa Lathan. 'PG-13' (HD)		(2:16) ★ ★ "Shall We Dance?" 2004 Richard Gere.				(4:04) ★ ★ "She's All That" 1999 Freddie Prinze Jr.		The Empty Man		
NATGEO	157	77	77	276	186	Cannibal Sharks '14' (HD)		Orca vs. Great White '14' (HD)			Jaws Invasion '14' (HD)		Counting Jaws 'PG' (HD)		Game of Sharks 'PG' (HD)		Shark vs. Tuna 'PG' (HD)	
NBATV				216	156	WNBA Basketball Dallas Wings at Indiana Fever (N) (Live)						USA Basketball: A Team		WNBA Basketball Atlanta Dream at Seattle Storm (N) (Live)		NBA 75-Stories		High Tops
NTOON	89	204	115	302	178	The Smurfs 'Y7'		The Smurfs 'Y7'		The Smurfs 'Y7'		Alvin!!! and Alvin!!! and Alvin!!! and		Alvin!!! and Alvin!!! and Alvin!!! and		Alvin!!! and Alvin!!! and Alvin!!! and		
OUTD	37	301	307	606	396	Bowhunter TV		Beyond the Hunt			Major League Fishing Cups Nine anglers race to a target weight.		MLF All Angles		Jim Shockley's		Lee & Tiffany	
SHO	500			546	319	★ ★ ★ "Minority Report" 2002, Science Fiction Tom Cruise, Colin Farrell. (N) 'PG-13' (HD)						★ ★ ★ "Sleepy Hollow" 1999, Horror Johnny Depp. (N) 'R' (HD)		★ ★ ★ "Lady Bird" 2017 Saoirse Ronan. (N) 'R' (HD)				
STARZ	300	631	408	526	361	(12:12) ★ ★ "It's Complicated" 2009, Romance-Comedy Meryl Streep. (N) 'R' (HD)					(2:16) ★ ★ "White House Down" 2013 Channing Tatum. 'PG-13' (HD)		(4:31) ★ ★ ★ "Ray" 2004 Jamie Foxx. 'PG-13' (HD)					
STZENC	106	641	401	536	341	(11:48) ★ ★ "Missing in Action" 1984 Chuck Norris.		(1:34) ★ ★ "Missing in Action 2: The Beginning" 'R'			(3:14) ★ ★ ★ "Knocked Up" 2007, Romance-Comedy Seth Rogen, Paul Rudd. (N) 'R' (HD)				★ Next Day Air			
TMC	525			554	329	(11:40) ★ ★ "Werewolves Within" 2021 Sam Richardson.		(1:20) ★ ★ ★ "Match Point" 2005 Scarlett Johansson. (N) 'R' (HD)			"Violet" 2012, Drama Olivia Munn. (N) 'R' (HD)		(5:05) ★ ★ ★ "Run Lola Run" 1998					
*WE	143	54	54	260	128	Law & Order Couples (N) '14' (HD)		Law & Order Smoke (N) '14' (HD)			Law & Order Bodies (N) '14' (HD)		Law & Order Bounty (N) '14' (HD)		Law & Order Patient Zero (N) '14'		Law & Order Shrunk (N) '14' (HD)	