

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) 'G' (66)	Wheel of Fortune (N) (66) 'G' (66)	Bachelor in Paradise (N) (66) '14' (66) (DVS)					The Good Doctor A famous marriage counselor is injured. (N) '14'	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 (N) (66) 'PG' (66)	The Voice The Battles Part 2 The artists perform dueling duets. (N) (66) 'PG' (66)					Quantum Leap Ben leaps to a frontier town in 1898. (N) (66) 'PG' (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)	The Neighborhood (N) (66) 'PG' (66)	Bob Hearts Abishola (N) 'PG' (66)	NCIS Guardian (N) (66) '14' (66) (DVS)			NCIS: Hawaii! Sudden Death Lucy looks for a new apartment. (N) '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) 'G' (66)	Wheel of Fortune (N) (66) 'G' (66)	Bachelor in Paradise (N) (66) '14' (66) (DVS)					The Good Doctor A famous marriage counselor is injured. (N) '14'	CO Daily News at 11pm (N)	(11:35) Jimmy Kimmel Live! '14'		
KFXO (FOX)	10			69	69	The Big Bang Theory (66) 'PG' (66)	The Big Bang Theory (66) 'PG' (66)	Last Man Standing 'PG' (66)	Last Man Standing 'PG' (66)	9-1-1 Home Invasion A man is trapped in an attic. (N) (66) '14'		(9:02) The Cleaning Lady The Brit (N) (66) '14' (66)			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' (66)	Family Feud (N) (66) 'PG' (66)	The Big Bang Theory (66) 'PG' (66)	The Big Bang Theory (66) 'PG' (66)	8 O'Clock News (N)		9 O'Clock News (N)			The Big Bang Theory (66) '14' (66)	The Simpsons '14' (66)	Family Guy (66) '14' (66)		
KOAB (PBS)	7	3	3	3	11	This Old House (66) 'G' (66)	BBC World News Outside	PBS NewsHour (N) (66)		Antiques Roadshow A Navajo Germantown blanket. (N) 'G' (66)		Class of 2025: Freshman Year		Oregon Experience 'PG' (66)	(10:01) Rising Against Asian Hate: One Day in March (66) '14' (66)	POV Muslim Americans on U.S. history and policy. (N) (66) 'PG' (66)			
KGW (NBC)		8				KGW News at 6: The Story (N)	KGW News at 6:30 (N)	The Good Stuff (N) (66)	Inside Edition (N) 'PG' (66)	The Voice The Battles Part 2 The artists perform dueling duets. (N) (66) 'PG' (66)					Quantum Leap Ben leaps to a frontier town in 1898. (N) (66) 'PG' (66)	KGW News at 11 (N) (66)	Tonight Show-J. Fallon		
KTVZD2 (CW)	12	7	7	22	12	Judge Lauren Lake	Judge Lauren Lake	Divorce Court (66) '14' (66)	Divorce Court (66) '14' (66)	All American Layla makes a power play. (N) (66) 'PG' (66)		All American: Homecoming No Love (N) (66) '14' (66)		The Liquidator 'PG' (66)	Chicago P.D. Investigating a pedophilia ring. (66) '14' (66)		Family Guy (66) '14' (66)		
OPBPL	175					Maria's-Table	My Greek Table	The Good Road	The Good Road	Rick Steves Art of Europe (66) 'PG' (66)				Cruising the Mediterranean		Amanpour and Company (N) (66)	Downwinders and the Radioactive		
BASIC CABLE CHANNELS																			
*A&E	130	44	44	265	118	(5:00) ** "The Equalizer" (2014, Action) Denzel Washington, Marton Csokas. A former commando champions the helpless. (66)				** "Central Intelligence" (2016, Action) Dwayne Johnson, Kevin Hart, Amy Ryan. A CIA agent recruits an ex-classmate for a top-secret case. (66)				** "The Magnificent Seven" (2016, Western) Denzel Washington, Chris Pratt, Ethan Hawke. (66)					
*AMC	102	50	50	254	113	** "Candyman" (1992, Horror) Virginia Madsen, Tony Todd, Xander Berkeley. A doctoral candidate uncovers a mythological killer. (66)				** "Halloween H20: 20 Years Later" (1998, Horror) Jamie Lee Curtis. A woman's lethal brother returns for her 20 years later. (66)				* "Halloween: Resurrection" (2002, Horror) Jamie Lee Curtis, Brad Loree. College-gans spend the night in Michael Myers' childhood home. (66)					
*ANPL	68	48	48	282	184	Naked and Afraid (66) '14'				Naked and Afraid (66) '14'				Naked and Afraid (66) '14'		Naked and Afraid (66) '14'			
BRAVO	138	58	58	237	129	Below Deck '14' (66)				Below Deck Mediterranean (N) '14'				Real Girlfriends in Paris (N) '14'		Below Deck Mediterranean '14'			
CBSSN	262			221	58	Equestrian				Up and Down... APGA Tour				Timberspo		Timberspo			
CMT	190	80	80	327	166	Last-Standing		Last-Standing		Last-Standing		Last-Standing		Mike & Molly (66)		Mike & Molly (66)			
CNBC	54	70	70	355	208	Shark Tank (66) 'PG' (66) (DVS)				Shark Tank (66) 'PG' (66) (DVS)				Shark Tank (66) 'PG' (66)		The News With Shepard Smith			
CNN	55	67	67	202	200	CNN Tonight (N) (Live) (66)				CNN Tonight (N) (Live) (66)				Anderson Cooper 360 'PG' (66)		CNN 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'			
COTV	11					CO Daily News				CO Daily News				CO Daily News		CO Daily News			
CSPAN	61	15	15	350	210	Public Affairs Events (66)								Public Affairs Events (66)					
*DIS	87	23	23	291	173	Ladybug & Cat		Ladybug & Cat		Big City Greens		Big City Greens		"Under Wraps 2" (2022) Malachi Barton. (66) 'G' (66)		Hamster &			
*DISC	156	43	43	278	182	Street Outlaws: No Prep Kings '14'				Street Outlaws: Full Throttle '14'				Street Outlaws: No Prep Kings (N) (66) '14' (66) (DVS)					
*E!	136			236	114	Modern Family				Modern Family				Modern Family		Modern Family			
ESPN	21	28	28	206	140	(5:00) NFL Football Denver Broncos at Los Angeles Chargers (N) (66)				Postgame				SportsCenter With Scott Van Pelt		NFL Rewind (66)			
ESPN2	22	29	29	209	143	(5:00) UFC 267: Blachowicz vs. Teixeira (66)				College Football Final (66)				Baseball Tonight		SportsCenter (N) (Live) (66)			
ESPNN	24	29	31	207	142	This Just In (66)				Around the Horn				Interruption		Jalen & Jacoby			
FNC	57	65	65	360	205	Hannity (N) (Live) (66)				The Ingraham Angle (N) (66)				Gutfeld! (N) (66)		Fox News at Night (N) (Live) (66)			
*FOOD	177	56	56	231	110	Halloween Baking Championship Baking with a hated ingredient. 'G'				Kids Baking Championship (N) 'G'				Halloween Baking Championship		Halloween Cookie Challenge 'G'			
FREE	67	62	62	311	180	(5:05) "The Haunted Mansion" (66)				(7:10) *** "Tim Burton's The Nightmare Before Christmas" (1993) (66)				(8:50) ** "Hocus Pocus" (1993, Comedy) Bette Midler. (66)					
FX	131	46	46	248	136	** "Bad Moms" (2016, Comedy) Mila Kunis, Kristen Bell. (66)				** "Sweet Home Alabama" (2002) Reese Witherspoon, Josh Lucas. (66)				** "The Broken Hearts Gallery" (2020) (66)					
HGTV	176	55	55	229	112	Love It or List It 'PG' (66)				Love It or List It 'PG' (66)				Love It or List It (N) 'PG' (66)		(10:01) Love It or List It 'PG' (66)			
*HIST	155	76	76	269	120	Ancient Aliens 'PG' (66) (DVS)				Ancient Aliens 'PG' (66) (DVS)				Ancient Aliens 'PG' (66) (DVS)		Ancient Aliens Special Presentation Aliens and Lost Civilizations (N)			
LIFE	138	59	59	252	108	The First 48 '14' (66)				The First 48 Taken '14' (66)				The First 48 '14' (66)		(10:03) Sleeping With a Killer '14'			
MSNBC	59	69	69	356	209	The Rachel Maddow Show (N)				The Last Word With				The 11th Hour-Stephanie		The Rachel Maddow Show (66)			
MTV	192	81	81	331	160	Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness			
NICK	82	35	35	300	171	(4:30) ** "Sonic the Hedgehog" (66)				Young Dylan				That-Lay Lay		SpongeBob			
OWN	161	213		279	189	Dr. Phil (66) 'PG' (66)				Deadline: Crime With Tamron Hall				Deadline: Crime With Tamron Hall		Deadline: Crime With Tamron Hall			
PAC12	47	33	33	406		Pac-12 Football in 60 (N) (66)				Pac-12 Football in 60 (66)				Pac-12 After Dark (66)		Pac-12 Football in 60 (66)			
PARMT	132	75	75	241	241	Two/Half Men		Two/Half Men		Two/Half Men		Two/Half Men		*** "The Italian Job" (2003, Crime Drama) Mark Wahlberg, Charlize Theron. (66)					
SYFY	133	49	49	244	122	(4:59) *** "Furious 7" (2015) Vin Diesel, Paul Walker. (66) (DVS)				** "Hitman" (2007, Action) Timothy Olyphant, Dougray Scott. (66)				** "Jumanji" (1995, Children's) Robin Williams, Bonnie Hunt. (66)					
TBN	205	61	61	372	260	Takeaways With Kirk Cameron 'G'				Derek Grlier 'G'		Centerpoint		Praise 'G' (66)		Joseph Prince			
*TBS	16	41	41	247	139	Young Sheldon (66) 'PG' (66)		Young Sheldon (66) 'PG' (66)		The Postseason Pregame (N) (66)				MLB Baseball American League Divisional Series: Teams TBA (N) (66)					
TCM	101	51	51	256	132	(5:00) ** "What's the Matter With Helen?" (1971) (66)				** "Whoever Slew Auntie Roo?" (1972, Horror) Shelley Winters, Mark Lester, Chloe Franks. (66)				(8:45) ** "The Masque of the Red Death" (1964, Horror) Vincent Price, Hazel Court. Plague spoils party at Prince Prospero's. (66)					
*TLC	178	57	57	280	183	90 Day: The Single Life 'MA' (66)				90 Day: The Single Life 'MA' (66)				90 Day: The Single Life (N) (66) '14'		sMothered (N) (66) '14'			
*TNT	17	40	40	245	138	** "The Intern" (2015, Comedy-Drama) Robert De Niro, Anne Hathaway, Rene Russo. A 70-year-old intern develops a special bond with his young boss. (66) (DVS)								** "Sweet Home Alabama" (2002) Reese Witherspoon, Josh Lucas. A New York fashion designer has a secret in the South. (66) (DVS)					
*TOON	84			297	177	Wrld, Gumball		Wrld, Gumball		** "Scooby-Doo and the Loch Ness Monster" (66)				Teen Titans Go!		Bob's Burgers			
*TRAV	179	47	47	277	196	Mysteries of the Unknown 'PG' (66)								Mysteries of the Unknown (N) 'PG' (66)					
TVLND	65	63	63	304	106	Andy Griffith		Andy Griffith		Andy Griffith		Andy Griffith		Love-Raymond		Love-Raymond			
USA	15	45	45	242	105	Chicago P.D. (66) '14' (66) (DVS)				Chicago P.D. (66) '14' (66) (DVS)				WWE Monday Night RAW (N) (66) 'PG' (66)					
VH1	191	82	82	335	162	Love & Hip Hop: Atlanta '14' (66)				Love & Hip Hop: Atlanta '14' (66)				Love & Hip Hop: Atlanta (N) '14'		Love & Hip Hop Miami (N) (66) '14'			
PREMIUM CABLE CHANNELS																			
FS1	35	35	35	219	150	MLS Soccer		MLS Soccer Round One: Teams TBA (N) (Live) (66)				FIFA World Cup		NHRA Drag Racing Texas FallNationals (66)					
FS2	34	324		618	397	(4:30) NHRA Drag Racing Texas FallNationals (66)				NHRA in 30 'PG' (66)		TMZ Sports '14'		All Madden (66)		College Football Wisconsin at Michigan State (66)			
FXM	104	225	120	258	384	(4:45) ** "Bloodshot" 2020 (66)				** "Bloodshot" 2020, Action Vin Diesel, Guy Pearce. 'PG-13' (66)				FXM Presents		** "Don't Let Go" 2019, Suspense David Oyelowo. 'R' (66)			
GOLF	28	34	34	218	401	PGA Tour Golf ZOZO Championship, Final Round								Golf Central 'G' (66)		School of Golf			
HALL	66	60	60	312	185	(5:45) ** "In the Key of Love" (2019, Romance) Laura Osnes. 'G' (66) (DVS)								"Love at First Glance" (2017, Drama) Amy Smart. 'G' (66) (DVS)					
HBO	425	601	501	504	303	House-Dragon		(6:42) ** "Moonfall" 2022, Science Fiction Halle Berry, Patrick Wilson. (66) 'PG-13' (66)						The Vow Tests of Loyalty (N) 'MA' (66)		Avenue 5 'MA' (66)			
IFC	105			564	133	Love-Raymond		Love-Raymond		Two/Half Men		Two/Half Men		Two/Half Men		Two/Half Men			
MAX	400	621	508	516	311	Bend It Like				(6:23) * "R.I.P.D." 2013 Jeff Bridges. 'PG-13' (66)				* "Collide" 2016 Nicholas Hoult. (66) 'PG-13' (66)		(9:40) *** "Kick-Ass" 2010, Action Aaron Johnson. (66) 'R' (66)			
NATGEO	157	77	77	276	186	Life Below Zero Falling Apart 'PG' (66)				Life Below Zero 'PG' (66)				Life Below Zero '14' (66)		Life Below Zero '14' (66)			
NBATV				216	156	Philadelphia		NBA TV Fore		NBA TV Marquee Matchup (66)				NBA Playoff Playback (66)					
NTOON	89	204	115	302	178	Alvin!!! and		Alvinnn!!! and		Alvinnn!!! and		Alvinnn!!! and		Rugrats (N) 'Y7' (66)		Rugrats (66) 'Y7' (66)			
OUTD	37	307	307	606	396	Andrew Zim		Nick's Wild Ride		Farming the Wild		Man Eats Wild		SpongeBob		SpongeBob			
SHO	500			546	319	(5:45) *** "Hereditary" 2018, Horror Toni Collette. (66) 'R' (66)								Let the Right One In Intercessors		American Gigolo Sunday Girl (66)			
STARZ	300	631	408	526	361	(6:14) ** "Tyler Perry's Madea's Big Happy Family" 2011 (66) 'PG-13'								Power Book III: Raising Kanan (66)		(9:01) Step Up Kryptonite (66)			
STZENC	106	641	401	536	341	(5:18) *** "Mamma Mia!" 2008 (66)				(7:10) ** "Fame" 2009, Drama Asher Book, Paul Iacono. (66) 'PG' (66)				*** "The Blues Brothers" 1980, Musical Comedy John Belushi. (66) 'R' (66)					
TMC	525			554	329	Hotel Artemis 'R' (66)		(6:20) ** "Shaft" 2000 Samuel L. Jackson. 'R' (66)						** "Rounders" 1998, Drama Matt Damon, John Turturro. (66) 'R' (66)		*** "Out of the Furnace" 2013 Christian Bale. (66) 'R' (66)			
*WE	143	54	54	262		Criminal Minds '14' (66) (DVS)				Criminal Minds '14' (66) (DVS)				Criminal Minds True Genius (66) '14'		Criminal Minds Snake Eyes (66) '14'			