Star Advertiser

JULY 25 - 31, 2021

STAR CHANNELS

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YOUR TV & ENTERTAINMENT MAGAZINE

CLOSE ENCOUNTERS

Aliens walk among humans in the science fiction drama **Roswell, New Mexico**, which returns for its third season. This season, series star Nathan Parsons does double duty as alien Max and a new character, the mysterious Mr. Jones.

Premiering Monday, July 25, on CW.

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Worlds collide

Aliens and humans work together in 'Roswell, New Mexico'

By Kyla Brewer
TV Media

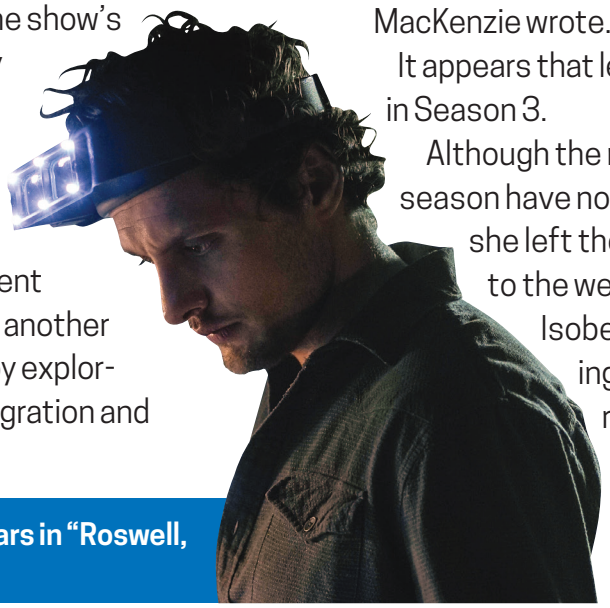
When the Pentagon officially released videos showing "unidentified aerial phenomena" in 2020, it rekindled the debate about extraterrestrial life. As the conversation about aliens rages on, a sci-fi drama series that has captured the imaginations of millions of fans with its alien story is returning for Season 3.

Aliens and their human allies struggle to keep their existence a secret in "Roswell, New Mexico," which kicks off its highly anticipated third season on Monday, July 26, on CW.

The story centers on biologist Liz Ortecho (Jeanine Mason, "So You Think You Can Dance"), her former crush Max (Nathan Parsons, "General Hospital"), an alien, and troubled alien drifter Michael (Michael Vlamis, "New Girl"). Max's alien sister, Isobel (Lily Cowles, "BrainDead"), and Michael's love interest, a human named Alex (Tyler Blackburn, "Pretty Little Liars"), have also played heavily into the plot lines.

Set in the city famous for being the site of an alleged UFO crash in 1947, the show is based on the "Roswell High" book series by Melinda Metz. This is not the first time Metz's novels have been adapted for television. "Roswell" aired on The WB and UPN from 1999 to 2002 but failed to strike a chord with audiences.

The new version seems to be faring better than the original. The show's creator, Carina Adly MacKenzie ("The Originals"), "aged up" the characters when she developed the current series, thus adding another layer of relevance by exploring issues like immigration and sexuality.



Michael Vlamis stars in "Roswell, New Mexico"

MacKenzie, who also served as an executive producer and co-showrunner for "Roswell, New Mexico," announced via Twitter that she would be leaving the show before Season 3's debut due to "fundamental differences." Despite her imminent departure, she had nothing but praise for the series.

"I am so proud of what we built over the last two years, and I believe in the heart and soul of the show: asking tough questions, striving to make the world better, amplifying marginalized voices and fighting the good fight," MacKenzie wrote.

It appears that legacy is poised to continue in Season 3.

Although the main plot points of the new season have not been confirmed, before she left the show, MacKenzie talked to the website Digital Spy about Isobel's next love interest being a woman. What's more, reports have indicated that the third season would also touch on racism within the police department — another hot topic.

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A Summer of Love

Lily James-led romance comes to Prime

Andrew Scott and Lily James as seen in "The Pursuit of Love"

WHAT'S NEW ON PRIME

"The Pursuit of Love" - Season 1

Amazon's new original miniseries, "The Pursuit of Love," is coming to Prime on Friday, July 30. This British drama is based on the 1945 novel of the same name by Nancy Mitford and stars Lily James ("Cinderella," 2015) as the lead character, Linda Radlett. Set in pre-World War II Europe, charismatic Linda goes on fearless adventures alongside her best friend and cousin, Fanny Logan (Emily Beecham, "Daphne," 2017). Entranced by the idea of love and marriage, the pair set out to find their perfect whirlwind, heart-stopping romance and, consequently, their ideal husbands. A classic romance story, this limited series consists of three hour-long episodes. Emily Mortimer ("Mary Poppins Returns," 2018) directs, writes and stars in the series alongside James and Beecham. The cast is rounded out by Dominic West ("The Wire"), Dolly Wells ("Pride and Prejudice and Zombies," 2016), John Heffernan ("Eye in the Sky," 2015), Shazad Latif ("The Second Best Exotic Marigold Hotel," 2015), Annabel Mullion ("Victoria,"), Andrew Scott ("Sherlock") and Beattie Edmondson ("Bridget Jones's Baby," 2016).

WHAT'S NEW ON NETFLIX

"Outer Banks" - Season 2

Join the treasure hunt when "Outer Banks" returns to Netflix for its second season on Friday, July 30. This teen mystery drama is set in a coastal town along the outer banks of North Carolina and focuses on a stark social divide between the wealthy seasonal residents and the working-class locals who live there year-round. When a group of teenagers set out to solve the mysterious death of one of their friends' fathers, they find a legendary treasure map that comes with an unbelievable prize and a dark secret. Now returning for a second season, "Outer Banks" returns with all the mystery and drama that made the premiere season so popular. The series comes from creators and writers Shannon Burke ("Abandon," 2002), Jonas Pate and Josh Pate (both of "Surface" and "Good vs Evil") and stars Chase Stokes ("Stranger Things"), Madelyn Cline ("Boy Erased," 2018), Madison Bailey ("Black Lightning"), Jonathan Daviss ("Revolution," 2013), Rudy Pankow ("The Politician"), Austin North ("I Didn't Do It"), Charles Esten ("Nashville") and Drew Starkey ("Love, Simon," 2018).

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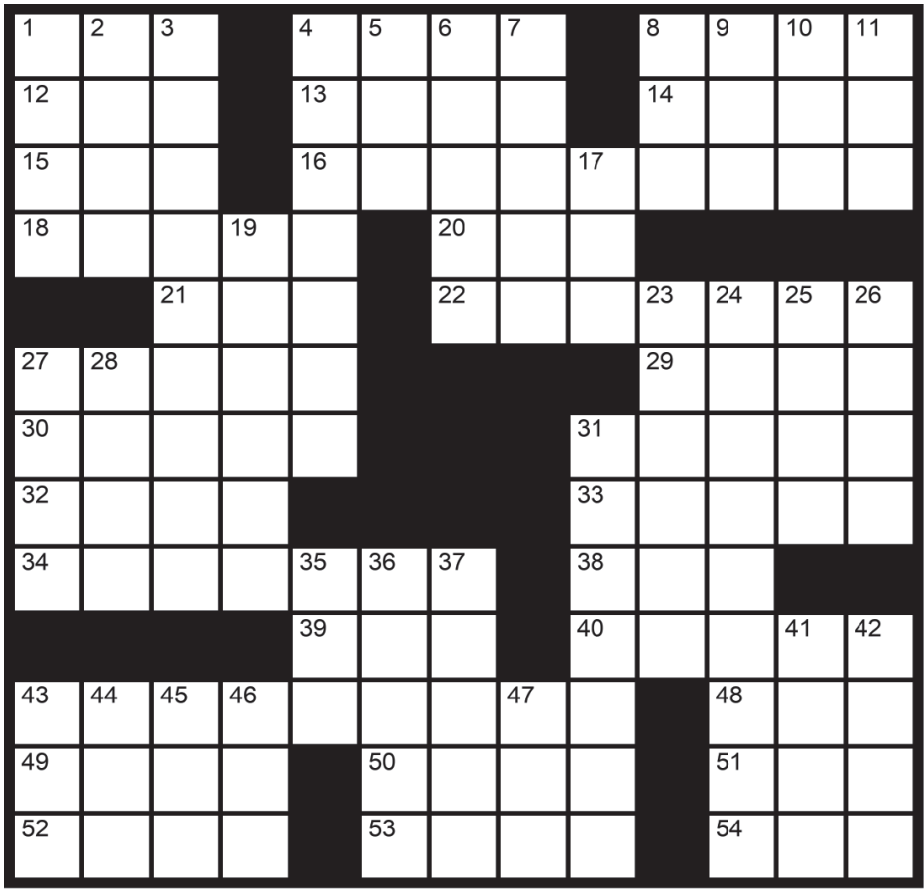
CROSSWORD

Across

1. "That ___ lie!"
4. Jabba the ___
8. Get wrong
12. Moo ___ pork
13. Suffix with switch
14. Kelly Clarkson, for one
15. Small songbird
16. Sci-fi series that returns to television this week: "Roswell ___"
18. Cut off
20. Poetic time of day
21. Sorority letter
22. Guy from Hollywood
27. Deadly nerve agent
29. Opera set in Egypt
30. "On the contrary!"
31. "Abandon all hope, ye who ___ here"
32. Rick's love in "Casablanca" (1942)
33. Nervously walks back and forth
34. 'La La Land" (2016) star Ryan
38. Sound of relief
39. The "S" of R.S.V.P.
40. "The Man from ___"
43. Parent show of "Superman & Lois"
48. Human suffix
49. "So what ___ is new?"
50. Slight advantage
51. Mil. authority
52. Silents star Jannings
53. Just in case
54. Door opener

Down

1. True believers
2. ___ Tzu (dog breed)
3. Popular motor sport
4. "Petticoat Junction" star Linda Kaye
5. Script ending
6. Rapunzel's prison
7. Hollywood star Marisa
8. A little of this, a little of that
9. Infamous Amin
10. Assn.
11. ___-mo replay
17. Talking tree
19. Relating to the nose
23. Biblical land
24. Hollywood's "Master of Suspense"
25. ___ fixe (obsession)
26. Corn units
27. Deep drink
28. He sang of Alice
31. Shoulder adornment
35. Medit. country
36. "So You Think You Can Dance" judge Nigel
37. Fly without power
41. Green citrus fruit
42. Water whirl
43. Must ___ TV
44. German city on the Danube
45. Last Greek consonant
46. Electrifying swimmer
47. QB protectors



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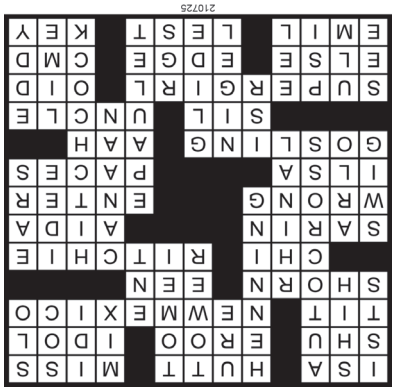

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07/25	D	HT	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	S1	S2
(2) KHON	3	3	Sports	Paid ◻	Games ◻		Games ◻		Games ◻		Games ◻		Cars.TV	Paid ◻	Feud ◻	Feud ◻	Paid ◻	Hollywd.	Paid ◻	Ins. Ed.	Kapuna	Fishing	2	2
(4) KITV	4	4	Pastor Han ◻		X Games ◻		X Games ◻		TBA ◻		Paid ◻	DestinTV	Ocean	SRescue	Heroes	Outback	Enterpr	OhBaby!	This Week ◻		News ◻	News ◻	4	4
(9) KHII	5	5	Sp. Net	Paid ◻	Homeo.	Hazelton	Paid ◻	T.Music	Paid ◻	Sp. Net	Whack	Paid ◻	★★ "Mao's Last Dancer" ◻				Weather	Magic	Murdoch ◻		Homes	Waves	5	5
(5) KGMB	7	7	Racing	OneShot	PGA Golf ◻						Church	9 Island	Queen (N) ◻				Pet Vet	All In ◻	Press ◻	FaceNtn	News ◻	News ◻	9	9
(11) KHET	10	11	Jet Go!	PinkaP.	D.Tiger	Super ◻	George	Arthur	WordG	WildK ◻	Antiques	Rd. ◻	Hawaiiana ◻		Insights PBS ◻		Hiki No	Na Mele	Opinion	History	News	Insight	11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics ◻								OneTeam	News ◻	Tokyo 2020 Summer Olympics ◻									News ◻	13	13
(14) KWHE	11	14	King's	Lord ◻	In Touch ◻		P. Stone	Worship	Paid ◻	Tap In	Inspire	Sports	Heartl.	WildAm.	Hollywd.	Awesme	LRanger	LRanger	Obsess	Musky	Blessing ◻		14	-
(20) KIKU	9	20	Watches (N) ◻		Watches (N) ◻		Watches (N) ◻		Watches (N) ◻		Watches (N) ◻		Watches (N) ◻		Watches (N) ◻		Invicta (N)		Invicta (N)		Invicta (N)		20	20
KFVE	6	13	Wondra	Dragon	Voyage	VetsSav.	Media ◻	Media ◻	Home	RawTrav.	Entertain. (N) ◻		TMZ (N)		Extra (N) ◻		Storm ◻		Carbon.	Carbon.	Queen ◻			
(26) KAAH*	26	26	Change	Frankie	Sumrall	Carpet	Heaven	BeyondB	Youssef	Shook	AStanley	Life ◻	J.Hagee	R.Morris	Osteen	David J.	Huckabee ◻		Metaxas	Creflo	Praise ◻		-	-
(32) KBFD	2	6	Off Air ◻		Your Lady (N) ◻				Agape	Scientis	Penthouse III		Good Manager			My Ugly Duckling ◻			Alley Restaurant (N) ◻				-	-
(44) KWBN		44	Pastor	D.Wilton	Love ◻	R.D.West	T. Bates	Grace ◻	David J.	Ankerb.	Jeffress	G.Laurie	TDJakes	Bronner	Rejoice ◻		Ankerb.	Youssef	Jewish	David J.	Lindsey	End Age		
(46) KHLU	35	-	Aquí y ahora ◻		Al Punto ◻		Fútbol	MFL Fútbol ◻					Republica (N) ◻		Rosa ◻		María	Notice	Fútbol	CONCACAF Fútbol ◻			-	-
(50) KKAI	50	50	Paid ◻	Paid ◻	Spotlight Hawaii		SLHawaii	Ha.Thing	Culturi.	Runn'n	Wine &	HotRock	Paid ◻	Paid ◻	Paid ◻	Paid ◻	UKE	ChefRoc	TheMike	Planet X	Planet X	PX Kids		
(66) KPXO	27	27	Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Criminal Mind ◻		Crim. Minds ◻			
A&E	547	129	Hoarder	Rot Cleaners ◻	Killer Kids ◻		Killer Kids ◻		Killer Kids ◻		Killer Kids ◻		Killer Kids ◻		Killer Kids ◻		Bars "Lost for Life" ◻		Kids Who Kill ◻				118	265
AHC*	345	137	Evolution of ◻		Evolution of ◻		Legends of ◻		Legends of ◻		Nazi Secret ◻		Apocalypse ◻		Apocalypse ◻		Apocalypse ◻		Apocalypse ◻		Apocalypse ◻		195	287
AMC	600	159	★★★ "Only the Brave" ('17, Dra) *Taylor Kitsch.* ◻						★★★ "The Perfect Storm" *George Clooney.* ◻						★★★ "Forrest Gump" *Tom Hanks.* ◻						Witches (N) ◻		131	254
ANPL	329	107	Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Woods Law ◻		Law (N) ◻		184	282
BBCA	341	135	★★ "Evolution" ◻		★★ "Ender's Game" *Asa Butterfield.* ◻						★★★ "Space Cowboys" *Clint Eastwood.* ◻						★★★ "The Fifth Element" *Bruce Willis.* ◻						135	264
BRAVO	560	237	Below Deck ◻		Below Deck ◻		Below Deck ◻		Below Deck ◻		Below Deck ◻		Below Deck ◻		Below Deck ◻		Below Deck ◻		Housewives ◻		Housew. (N) ◻		129	237
BSWS	226	-	MLB Baseball L.A. Angels vs Minnesota (L) ◻						Pstgame	Angels	Focus.	Spot. ◻	#InsideThe		AquaX ◻		P1APBAOff. ◻		WPT Poker ◻		WPT Poker ◻		-	692
BSSC	228	-	P1APBAOff. ◻		Saratoga Live (L) ◻							ATP Tennis Classics 2020 Paris Masters ◻					ATP Tennis Classics ◻			Beyond	Boxing ◻		-	-
CNBC	116	176	Paid ◻	Paid ◻	Blue ◻	Under Boss ◻		Under Boss ◻		Under Boss ◻		Under Boss ◻		Tokyo 2020 Summer Olympics ◻									208	355
CNN	113	172	CNN (N) ◻		CNN (N) ◻		CNN (N) ◻		CNN (N) ◻		CNN (N) ◻		CNN (N) ◻		CNN Rep. (N) ◻		Sitcom (N) ◻		Jerusalem (N) ◻		CNN Report ◻		200	202
COMEDY	545	142	★★★ "Shrek" ◻				★★★ "Shrek 2" ◻				★★★ "Shrek Forever After" ◻				★★★ "Bee Movie" ◻				SouthPk	SouthPk	SouthPk	SouthPk	107	249
CSPAN	45	61	Washington This Week ◻								Newsmk	Washington This Week ◻			Q & A ◻		Question	Public Affairs Events ◻			Q & A ◻		210	350
CW	93	2	Homeo.	Hazelton	NewHpe	House	Pets.TV	LiveLife	Y. Icons	Career	Magic ◻	Celeb	★★ "Hyena Road" *Paul Gross.* ◻				Kickin' It ◻		AAthlete	Whack	2½ Men	2½ Men	3	395
DISC	333	131	Naked ◻		Naked ◻		Naked ◻		Naked ◻		Naked ◻		Serenget /Naked		Naked ◻		Naked ◻		Naked ◻		Naked ◻		182	278
DISNEY*	444	98	BigCity	BigCity	BigCity	BigCity	Owl ◻	Cat Noir	Cat Noir	Miraculous ◻	BigCity		BigCity	BigCity	Liv/Mad	Liv/Mad	Liv/Mad	Liv/Mad	★★★ "Descendants" ◻				173	291
E!*	549	240	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	SexCity	Sex & City ◻		114	236
ESPN	222	70	Basketball The Tournament (L) ◻				Basketball The Tournament (L) ◻				Baseball T. ◻		MLB Baseball Chi. White Sox vs Milwaukee (L) ◻				SportsC. (N) ◻		SportsC. (N) ◻				140	206
ESPN2	224	74	30 for 30 ◻		E:60		ATL Track & Field (L) ◻				UFC Fight Night Site: UFC Apex -- Las Vegas, Nev. ◻						MockDft	Woj&L.	X Games (N) ◻		X Games (N) ◻		144	209
FILI	688	320	Karerin Natin ◻		Asap Natio 'To ◻				Tuloy ◻	Star	BidaStar	I Feel U		Janelle	Adobo	Citizen	TV Patrol ◻		K-World ATM ◻		Face	PBB ◻	-	-
FNC	109	178	News Sunday ◻		Journal Edit. ◻		FOX News (N) ◻		Big Sunday		Fox Report ◻		Sunday Night		Liberty & Levin		NextRevoluti ◻		Sunday Night		Liberty & Levin		205	360
FOOD	321	231	GirlFarm	Cooking	Southrn	Southrn	The Kitchen ◻		BBQ Brawl: ◻		Guy's Game ◻		Guy's Game ◻		Guy's Game ◻		Guy's Game ◻		Guy's Game ◻		Guy's Game ◻		110	231
FREE*	538	122	★★★ "Back to the Future" ◻				★★★ "Back to the Future II" ◻					★★★★ "Descpicable Me" ◻				★★ "Despicable Me 2" ◻			★★ "Minions" ◻				180	311
FX	554	124	Movie		★ "Spider-Man: Into the Spider-Verse" ◻				★★ "Transformers: Age of Extinction" *Mark Wahlberg.* ◻						★★★ "Bumblebee" *Hailee Steinfeld.* ◻						★ "Furious 7" ◻		136	248
GOLF	216	86	PGA Golf ◻		Golf The Evian Championship ◻						Golf Cent. (L) ◻		PGA Golf 3M Open Site: TPC Twin Cities -- Blaine, Minn. ◻									Golf ◻	401	218
HALL	452	128	★ "Christmas Land" ◻				★★ "Let It Snow" ◻				★ "12 Gifts of Christmas" ◻				★ "A Royal Christmas" ◻				★ "Christmas Under Wraps" ◻				185	312
HGTV	323	232	Renovation Isl		Renovation Isl		Renovation Isl		Renovation Isl		Renovation Isl		Renovation (N)		Renovation (N)		BattleBeach (N)		Bargain	Bargain	MedLife	MedLife	112	229
HISTORY	327	133	Marvels ◻		Marvels ◻		Marvels ◻		Marvels ◻		Marvels ◻		Marvels ◻		Marvels ◻		Marvels ◻		Mch America ◻		Mch America ◻		120	269
HBO	611	502	★ "The Aviator"		★★ "Disturbia" *Shia LaBeouf.* ◻				★ "Judas and the Black Messiah"				100 Ft. Wave ◻		Music Box ◻				★★ "Freaky" *Vince Vaughn.* ◻				303	504
HBO2	612	503	100 Ft. Wave ◻		★★ "Let Him Go" ◻				★★ "Drumline" *Nick Cannon.* ◻				★★★★ "The Watch" ◻			★★★ "It" ('17, Dra) *Bill Skarsgård.* ◻					White Lotus ◻		304	505
KBS	80	-	Evacuati	Window	Revolutionary Sisters			Revolutionary Sisters		Korea Sings			News	Two Days One Night ◻			Open Concert ◻		Revolutionary Sisters			Superm.	-	-
LIFE	448	226	★ "My Night...		★ "Ruthless Realtor" ◻				★ "The Boy Next Door" ◻				★ "Killer Dream Home" ◻				★ "Next Door Nightmare" ◻				★ "Murder on ...		108	276
LMN	449	227	★ "Pretty Littl...		★ "His Fatal Fixation" ◻				★ "Sinister Stalker" ◻				★ "Black Hearted Killer" ◻				★ "Just What the Doctor Orde...				★ "The Stra...		109	253
MAX	622	515	★ "The Invisi...		★★ "Underwater" ◻				★★★ "Gangs of New York" *Leonardo DiCaprio.* ◻				★ "Confessions of a Dangero...						★★ "Golden Arm" ◻		★ "Superstar"		311	516
MSNBC	107	175	Alex Witt (N) ◻		Y. Vosso. (N) ◻		Y. Vosso. (N) ◻		Politics (N)		American (N)		American (N)		M. Hasan (N) ◻		The Week (N)		American		Mehdi Hasan ◻		209	356
NATGEO	347	130	Triangle ◻		Bull Shark ◻		Sharks ◻		Whale ◻		SharkvTuna ◻		Man vs ◻		Tuna "End of the Line" ◻		Wicked Tuna ◻				W. Tuna (N) ◻		186	276
NGN	677	-	JpnPops	Keishicho ◻		YokaiShr	LtlDncrs	HakkenR	News ◻	Ochoyan/Mogitate	HakkenR		Ariyoshi-kun ◻		Ochoyan	PONPON	Erin ◻		Mogitate TV ◻	Hakken	TOYOKc	Zatoichi	-	-
NICK	446	100	Loud H.	Loud H.	Loud H.	Loud H.	Loud H.	Loud H.	Loud H.	Loud H.	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	DangerF	Dylan	★ "The Spong...		171	300
OC16	16	-	Crafting	Braddah	Painting	Pet Hui	Cutty ◻	Fashion	Outside	Fishing	Ocean	Cook. ◻	Girlz	Hawaii	Japan	Driver	Showcse	Champ	Sports P	Diver	Hawaii Fish (N)		-	-
OCSPT	12	89	Baseball	NCAA Football Classics UNLV vs. Hawaii ◻							NCAA Volleyball UC Irvine vs. Hawaii ◻						NCAA Baseball Hawaii-Hilo vs Hawaii ◻					Tennis	-	-
OLELO53	53	53	Educational Programming ◻								Pmi Honolulu		100Year	Educat.	Ariel		Educational Prog. ◻			Focus	Keiki ◻	Convers	-	-
OLELO54	54	54	Social/Politic ◻		Tai Chi	Aloha ◻	Everyday Tai Chi		Vegetarian		Social/Politic ◻		Envirow.	Social Programming ◻			Kokua Hawaii		Country Talk ◻		Tech	Social	-	-
OLELO55	55	55	4thWtch	Ekalesia	View Calvary ◻		Inspirational Prog. ◻			Miracles	Inspirational Programming ◻					Perf.You	Inspirational Programming ◻				Jesus Cares ◻		-	-
OWN*	343	242	Soul Sunday ◻		Soul Sunday		Fix My Life ◻		Fix My Life ◻		Fix My Life ◻		Fix My Life ◻		Fix My Life ◻		Fix My Life ◻		20/20OWN ◻		20/20 OWN		189	279
OXY	558	229	Snapped ◻		Snapped ◻		Snapped ◻		Snapped ◻		Snapped ◻		Snapped ◻		Snapped ◻		Snapped (N) ◻		Charmed (N) ◻		Snapped ◻		127	251
PARMT	559	141	Bar Rescue ◻		Bar Rescue ◻		Bar Rescue ◻		Bar Rescue		Bar Rescue		Bar Rescue ◻		Bar Rescue ◻		Bar Rescue ◻		Bar Rescue ◻		Bar Rescue ◻		241	241
SHOW*	633	451	★★★ "Winter's Bone" ◻				★ "Silver Linings Playbook" ◻				★★★ "I Love You, Man" ◻				The End	The End	Flatbsh	BlackM.	The Chi ◻		The End	The End	319	546
SYFY	557	144	★★★ "Deep Impact" ◻				★★ "Blood Father" ◻				★★ "Cowboys and Aliens" *Daniel Craig.* ◻						★★ "The Magnificent Seven" ◻					Movie	122	244
TBS	551	121	MLB Baseball N.Y. Y./Bos. (L) ◻				Seinf. ◻	Seinf. ◻	The Cube ◻		The Cube ◻		Miracle	Miracle	★★ "Star Wars: The Force Awakens" ◻						★ "Star Wars...		139	247
TCM	602	157	Movie	★★★★ "The Best Years of Our Lives" ◻						★ "La Hoguera De Las Vanidades"					★★ "Dragonwyck" ◻				★★★ "Jane Eyre" ◻				132	256
TLC*	331	132	Say Yes	Say Yes	Say Yes-Dress ◻		Say Yes-Dress ◻		Say Yes-Dress ◻		Say Yes-Dress ◻		Yes Dress ◻		Yes Dress ◻		Yes Dress ◻		Darcey ◻		Darcey ◻		183	280
TMC	644	467	★ "The Longe...		★★★ "Born on the Fourth of July" ◻					★ "Death at a Funeral" ◻			★★ "The Art of War" ◻				★★★★ "1917" ◻				★ "Born on t...		329	554
TNT	553	125	★★ "Taken 3" *Liam Neeson.* ◻				★★★ "Wanted" *James McAvoy.* ◻					★★★ "Godzilla: King of the Monsters" ◻					★★★ "Guardians of the Galaxy Vol. 2" ◻						138	245
TOON	440	103	Craig	Craig	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Victor	Victor	Titans!	Titans!	TeenTitanGo! ◻		Gumball	Gumball	Gumball	Gumball	BobBrg	BobBrg	177	297
TRAVEL*	325	139	Paradise ◻		Legend of Bigfoot				Survivorman: "Sasquatch Chase"				Survivorman: "Forest Foe"				Mountain		Mountain ◻		Mountain		196	277
TVLAND	441	127	Golden Girls ◻		G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ◻																				105	242
WE	451	230	NCIS ◻		NCIS "Bait" ◻		NCIS ◻		NCIS ◻		NCIS ◻		NCIS "Family" ◻		NCIS ◻		NCIS ◻		NCIS "Recoil" ◻		NCIS ◻		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

Ken Jennings is a Chaser in "The Chase"

Freaky

HBO 4:10 p.m.

When a high school student accidentally switches bodies with a serial killer who has been terrorizing the local townspeople, she finds herself even more terrified to discover the situation could become permanent. Kathryn Newton and Vince Vaughn star.

The Chase

KITV 8 p.m.

A new episode from Season 2 of this fun British game show adaptation airs tonight. Hosted by Sara Haines, teams of three try to beat some of the world's best trivia masters, including James Holzhauer, Ken Jennings and Brad Rutter, at their own game.

07/25	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) □	Sam Choy	Duncan □	Housebro	Simps. □	North □	BobBrg □	Fam.Guy □	News (N) □	New Hope	Wahine □	Mom □	2	2
(4) KITV	4	4	Home Videos □		Family Feud (N) □		The Chase (N) □		To Tell the Truth (N) □		News (N) □	Church □	American Ninja 2/4 □		4	4
(9) KHII	5	5	News (N) □	BigBang □	Wahine □	Asia □	Celeb (N)	Empower	Wipeout □		News (N) □	Sam Choy	Ins. Ed. □	2½ Men □	5	5
(5) KGMB	7	7	60 Minutes □		Big Brother (N) □		Love Island (N) □				News (N) □	Goodwill Goes Glam □		In Depth □	9	9
(11) KHET	10	11	Firing □	News (N) □	Roval Travel □		Masterpiece (N) □		Professor T. (N) □		Jane Austen □		ToCont □	OpenMind	11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics □				Tokyo 2020 Summer Olympics □								13	13
(14) KWHE	11	14	Paid □	Paid □	Healthy □	Life □	Inspire □	Word □	Apocalyp	P. Stone □	Paid □	Yukon □	Breakthr. Blessing □		14	-
(20) KIKU	9	20	Invicta Watches (N) □		Invicta Watches □		Waterford Crystal □		E-Wheels Scooters □		Health Solutions □		Cevherun 24K Gold □		20	20
KFVE	6	13	Queen Lili'uokalani Keiki Hula Celebration □						News (N) □	Haole Do It	Friends □	Seinfeld □	News (N)	Press □		
(26) KAAH	26	26	Praise □		TheScenes	TreeLife □	OrganicSupergreens □		Kennedy □	Forward □	Organic □	Messiah □	Church □	Furtick □	-	-
(32) KBFD	2	6	News (N) □	Man Setting the Table (N) □					News (N) □	/Good Manager (N)		The Butlers (N) □			-	-
(44) KWBN		44	King □	Faith □	Franklin □	Corner □	Tab.Talk □	Reflect. □	Super. □	Reflections □		Reflections □		J. Prince □		
(46) KHLU	35	-	CONCACAF Fútbol □		Fútbol □	CONCACAF Fútbol □					María	Notice □	Rosa Guadalupe □		-	-
(50) KKAI	50	50	Brave TV	Hawaii	Augie LIVE		Paid □	Paid □	Spotlight Hawaii		SL Hawaii	Ha.Thing	Culturised	Runn'n		
(66) KPXO	27	27	Crim. Minds Pt. 2 of 2 □		Criminal Minds □		Criminal Minds □		Criminal Minds □		Criminal Minds □		Criminal Minds □			
A&E	547	129	Kids Who Kill □		Juvenile Lifers □		Killer Kids □		Kids Who Kill □				Juvenile Lifers □		118	265
AHC*	345	137	Apocalypse "Fury" □		Apocalypse "Fear" □		Apocalypse "Hell" □		Apocalypse "Rage" □		Apocalypse: WWI □		Nazi Secret Files □		195	287
AMC	600	159	Kevin Can F (N) □		Discovery Witches □		Kevin Can F "Broken" □		★★★★ "The Silence of the Lambs" *Jodie Foster.* □					Kevin Ca □	131	254
ANPL	329	107	Woods Law (N) □		North Woods Law □		North Woods Law □				North Woods Law □		Law "Meltdown" □		North Woods Law □		184	282
BBCA	341	135	★★★ "Space Cowboys" ('00, Sci-Fi) *Clint Eastwood.* □						★★★ "The Fifth Element" ('97, Sci-Fi) *Bruce Willis.* □						135	264
BRAVO	560	237	Shahs of Sunset (N) □		Watch □	Housewives P. □		Shahs of Sunset □		★★★ "Selena" ('97, Bio) *Jennifer Lopez.* □					129	237
BSWS	226	-	#InsideTheAssocia.		WPT Poker □		WPT Poker □		MLB Baseball L.A. Angels vs Minnesota □				Postgame	Angels	-	692
BSSC	228	-	Boxing Classics □		Mixed Martial Arts □		Mixed Martial Arts □		WPT Poker □		WPT Poker □		P1 APBA Offshore □		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics □				Tokyo 2020 Summer Olympics □						Worldwide Exchange □		208	355
CNN	113	172	History Sitcom □		Jerusalem □		CNN Live (N) □		CNN Live (N) □		CNN Live (N) □		Early Start (N) □		200	202
COMEDY	545	142	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	SouthPk □	Paid □	Paid □	107	249
CSPAN	45	61	Questions	Public Affairs Events □											210	350
CW	93	2	Feud □	Feud □	LegendsTomorrow □		Normal □	Pixels □	Nightwatch □		Forensic Factor □		Bloodline Detectives □		3	395
DISC	333	131	Naked and Afraid □		Naked "Surthrive" □		Naked and Afraid □		Naked "Forsaken" □		Naked "The Swarm" □		Naked and Afraid □		182	278
DISNEY*	444	98	★★ "Descendants 2" *Dove Cameron.* □				★★ "Descendants 3" *Dove Cameron.* □				Jessie □	Jessie □	BigCity □	BigCity □	173	291
E!*	549	240	★★★★ "Sex and the City" ('08, Com) *Sarah Jessica Parker.* □						★★ "Sex and the City 2" ('10, Com) *Sarah Jessica Parker.* □						114	236
ESPN	222	70	SprtC □	SportsCenter □			SportsCenter □			SportsCenter □			SportsCenter □		140	206
ESPN2	224	74	E:60		UFC Archival □		MLB Baseball Chi. White Sox vs Milwaukee □				UFC200 Fight "100-61"		UFC200 Fight "60-31"		144	209
FILI	688	320	Iba Yan □		Asap Natio 'To □						Halik □			Abangan	-	-
FNC	109	178	The Next Revolution □		Sunday Night		Fox News Sunday □		The Next Revolution □		Fox & Friends First (N)				205	360
FOOD	321	231	Buddy vs. Duff (N)		Buddy vs. Duff (N) □		BeatFlay □	BeatFlay □	Buddy vs. Duff		Buddy vs. Duff □		BeatFlay □	BeatFlay □	110	231
FREE*	538	122	★★ "Minions" □		★★ "Despicable Me 3" *Steve Carell.* □				★★★ "Coco" ('17, Ani) *Benjamin Bratt.* □					Movie	180	311
FX	554	124	★★ "Furious 7" ('15, Act) *Vin Diesel.* □				★★ "Furious 7" ('15, Act) *Vin Diesel.* □						Amr Horror: 1984 □		136	248
GOLF	216	86	Golf Senior Open Championship Site: Sunningdale Golf Club -- Berkshire, England □								EPGA Golf Cazoo Open Site: The Celtic Manor Resort □				401	218
HALL	452	128	Good Witch □		★ "The Nine Lives of Christmas" □				G. Girls □	G. Girls □	G. Girls □	G. Girls □	G. Girls □	G. Girls □	185	312
HGTV	323	232	Battle on the Beach		Bargain □	Bargain □	MedLife □	MedLife □	Renovation Island		Home Town □		Home Town □		112	229
HISTORY	327	133	Mch America (N) □		Modern Marvels (N) □		Machines America □		Machines America □		Modern Marvels □		Machines America □		120	269
HBO	611	502	The White Lotus (N) □		100 Foot Wave (N) □		Last Wk □	The White Lotus □		100 Foot Wave □		Last Wk □	The White Lotus □		303	504
HBO2	612	503	★★ "My Super Ex-Girlfriend" □			★★★ "Matchstick Men" *Nicolas Cage.* □				"Butter" *Jennifer Garner.* □			★★★ "Backdraft" □		304	505
KBS	80	-	The Return of Superman □			Mountain	News □	Boss in the Mirror			Fortunetellers □		Entertainment □		-	-
LIFE	448	226	"Murder on Maple ...		"Secrets of a Marine's Wife" □				"Murder on Maple Drive" *Bea Santos.* □				"Secrets of a Mari...		108	276
LMN	449	227	"The Stranger She...		"The Killer in My Backyard" □				"The Stranger She Brought Home" □				"The Killer in My B...		109	253
MAX	622	515	★★ "Fifty Shades of Black" *Marlon Wayans.* □				"The Angriest Ma...		★★ "Cocoon: The Return" *Jessica Tandy.* □				"The Brady Bunch ...		311	516
MSNBC	107	175	The Week		Dateline □		Dateline "A Dangerous Man" □				Mehdi Hasan □		Way Too Early (N)		209	356
NATGEO	347	130	Gordon Ramsay (N) □		Unknown Waters (N) □		Gordon Ramsay □		Unknown Waters □		Wicked Tuna □		Gordon Ramsay □		186	276
NGN	677	-	Daisuke □	News □	The Tetsuwan Dash □		Video □	Seiji o	Daisuke □	News (N) □	News □	Ariyoshi-kun Shojiki □	EJH □		-	-
NICK	446	100	"The SpongeBob...		Friends □	Friends □	Friends □	Friends □	Friends □	Mom □	Mom □	Mom □	Mom □	F.House □	171	300
OC16	16	-	Outside	Crafting	Fashion □	Hawaii (N)	Ocean	Fishing	Pet Hui	Japan (N)	Driver	Sports	Cook. □	Painting	-	-
OCSPT	12	89	NCAA Tennis Classics Washington vs. Hawaii □				NCAA Basketball Long Beach State at Hawaii □				NCAA Basketball UCD/Haw. □			W.Polo □	-	-
OLELO53	53	53	Sports Program □		Stu1122	Sports Programming □					Educational Programming □				-	-
OLELO54	54	54	Social/ Political Programming □								Ho'olok. □	Social/ Political Programming □			-	-
OLELO55	55	55	Sauniga Lotu □		Christ □	Arab Preaches Christ			Insp. □	Times □	Tupulaga Talavou □		Hawaii Para Cristo □		-	-
OWN*	343	242	20/20 on OWN □		20/20 on OWN □		20/20 on OWN □		20/20 on OWN □		20/20 on OWN □		20/20 on OWN □		189	279
OXY	558	229	Snapped □		Snap. "Pamela Moss" □		Snapped □		Snapped □		Charmed to Death □		Charmed to Death □		127	251
PARMT	559	141	Bar Res. "Gutterball" □		Bar Rescue □		Bar Rescue □		Bar Res. "Gutterball" □		Bar Rescue □		Bar Rescue		241	241
SHOW*	633	451	The Chi (N) □		BlackMon	Flatbush □	DesMero □	The Chi □		Flatbush □	DesMero □	BlackMon	The Chi □		319	546
SYFY	557	144	★★ "Constantine" *Keanu Reeves.* □				Futur. □	Futur. □	Futur. □	Futur. □	Futur. □	Futur. □	"The World's End" □		122	244
TBS	551	121	★★ "Star Wars: The Last Jedi" *Daisy Ridley.* □				★★ "Star Wars: The Force Awakens" ('15, Act) *Daisy Ridley.* □						"Star Wars: The La...		139	247
TCM	602	157	Short Films □				★★ "Ma vie en rose"			★★★★ "The Umbrellas of Cherbourg" □					132	256
TLC*	331	132	90 Fiancé "Bubble Baths and Family Wraths" □				90 Day Fiancé "Let's Talk About Sex" □				You, Me & My Ex □		90 Day Fiancé □		183	280
TMC	644	467	"Born on the Fourth of July" □		★★ "The Firm" ('93, Dra) *Tom Cruise.* □						★★★ "The Master" *Joaquin Phoenix.* □				329	554
TNT	553	125	Animal "Freeride" (N) □		Animal "Freeride" □		★★ "Just Friends" *Ryan Reynolds.* □				★★★ "Tag" ('18, Com) *Jeremy Renner.* □				138	245
TOON	440	103	Am.Dad □	Am.Dad □	Fam.Guy □	Fam.Guy □	RickMort	Tuca (N) □	Birdgirl □	AquaT.	Fam.Guy □	Fam.Guy □	Am.Dad □	Am.Dad □	177	297
TRAVEL*	325	139	Mountain (N) □		These Woods are Haunted (N)				Mountain Monsters		Mountain Monsters □		Woods are Haunted		196	277
TVLAND	441	127	Two and a Half Men □		2½ Men □	2½ Men □	2½ Men □	2½ Men □	2½ Men □	2½ Men □	Rose. □	Rose. □	Rose. □	Rose. □	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) □												105	242
WE	451	230	NCIS "Cloak" □		NCIS "Caged" □		NCIS "Toxic" □		NCIS "Aliyah" □		L&O: CI "Collective" □		Law Order CI □		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

07/26 to 07/30		D	HT	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
(2) KHON		3	3	Wake Up 2Day		Living 808		Live		The 700 Club		Rachael Ray		Feud	Feud	Drew Barrymore		Dr. Phil		News	InsEd.	News	News
(4) KITV		4	4	GM America		The View		The Dr. Oz Show		Need to Know		News	Justice	Gener. Hosp.		Funny	Funny	The Dr. Oz Show		Ellen DeGeneres		News	News
(9) KHII		5	5	Wake Up 2Day		Kupuna	Paid	Judge Mathis		People's Court		Paid	Paid	Million?	Million?	The Doctors		Wendy Williams		Live		BBang	BBang
(5) KGMB		7	7	CBS This Morning				Price Right		Media	B & B	Make a Deal		Young & R.		The Talk		Kelly Clarkson		Jeop.	Jeop.	News	News
(11) KHET		10	11	Xavier	DinoT	D.Tiger	D.Tiger	Molly	Jet Go!	Peg Cat	Hero Ele	Sesame	CatHat	Various	Various	Various	Various	Wild K.	Cat	Arthur	O.Squad	News	Various
(13) KHNL		8	8	Various										News	Olympic	Various							News
(14) KWHE		11	14	Various	Bible	Paid	Healthy	Blessing		J. Meyer	Life	Paid	Various	Various	Various	Lassie	Lassie	Roy Rog.	Roy Rog.	L.Ranger	L.Ranger	Griffith	Griffith
(20) KIKU		9	20	Various		Various		Various		Various		Various		Various		Various		Various		Various		Various	
KFVE		6	13	Today		Today III		The Real		25Words	25Words	TMZ Live!		Minute	Minute	Justice	Media	Justice	Media	Verdict	Verdict	Judy	Judy
(26) KAAH*		26	26	Life	Gospel	The 700 Club		David J.	Various	Various	BGraham	Various	Various	Church	Potter's	Various	GGospel	Various	Various	Various	Various	Various	Watch
(32) KBFD		2	6	Off Air		Paid Program				Various	Health	News/Amor Fati		Various		RktBoys/ Phoenix			Various	News	Paid Program		
(44) KWBN			44	Various	Marilyn	J.Prince	G Keesee	R.Renner	Winston	P. White	David J.	Various	Various	Various	J.Hagee	Gospel	Tab.Talk	Ministry/ M.Lamb		Various	Various	Various	CopeInd
(46) KHLU		35	-	Despierta America				Como dice dicho		Noticier	Guapos	Rosa Guadalupe		Madras./(Th) Rosa		Amor/(Th) Gordo..		Gordo..	Noticier	Impacto	Fútbol	Noticier	Notic.
(50) KKAI		50	50	Runn'n	Wine &	Dining	Planet X	Paid	Paid	Paid	Paid	SLHawaii	Ha.Thing	Culturi.	Runn'n	Wine &	TheMike	SprtFish	Race	Planet X	Planet X	Kick TV	UKE
(66) KPXO	M	27	27	NCIS: New O.		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA		NCIS: LA	
	Tu			NCIS: New O.		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire	
	W			NCIS: New O.		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods	
	Th			NCIS: New O.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.	
	F			Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0	
A&E		547	129	Various	P.Wars	Various	S. Wars	Various	S. Wars	Various	Movie	Various	Court C.	Various	Court C.	Various	Court C.	Various	Court C.	Various	Court C.	Various	Court C.
AHC*		345	137	Various		Various		Various		Various		Various		Various		Various		Various		Various		Various	
AMC		600	159	(F) Movie		(Th) Movie		(W) Movie/(F) Movie			Movie	(F) Movie / (M) Movie			(Tu) Movie		(Th) Movie / (F) Movie			(M) Movie		Movies	
ANPL	M	329	107	AirJaws		Mothersharker		Real Sharknado		JawsPhredSlash		IWasPreyDeep		IWasPreyShark		★★★★★ Jaws (Hor, '75) *Roy Scheider.*						★★★ Jaws 2	
	Tu			Treehouse		Tanked!		Pit Bull Parolees		Pit Bull Parolees		SharkVortex		Shark	LandLostSharks	★★★ Jaws 3 (Hor, '83) *Dennis Quaid.*						★★ Jaws: The...	
	W			Treehouse		Tanked!		Pit Bull Parolees		Pit Bull Parolees		Lone Star Law		Lone Star Law		Lone Star Law		Lone Star Law		Lone Star Law		Lone Star Law	
	Th			Treehouse		Tanked!		Pit Bull Parolees		Pit Bull Parolees		Lone Star Law		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
	F			Treehouse		Tanked!		Pit Bull Parolees		Pit Bull Parolees		Lone Star Law		Lone Star Law		Lone Star Law		Louisiana Law		Louisiana Law		Louisiana Law	
BRAVO	M	560	237	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
	Tu			Vanderpump R.		Vanderpump R.		Vanderpump R.		Vanderpump R.		Vanderpump R.		Vanderpump R.		Vanderpump R.		Vanderpump R.		Housewives		Housewives	
	W			Below Deck		Below Deck		Family Karma		Family Karma		Family Karma		Family Karma		Family Karma		Family Karma		Family Karma		Family Karma	
	Th			CashCb	Million Listing		Million Listing		Million Listing		Million Listing		Million Listing		Million Listing		Million Dollar List			Million Listing		Million Dollar	
	F			Below Deck		Below Deck		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Below Deck		Below Deck	
BSWS	M	226	-	Baseball L.A. A./Min.				Pstgame	Angels	#InsideTheAsso.		Poker WPT		Poker WPT		Sports	Angels	Pregame	Baseball Colorado vs L.A. Angels				
	Tu			Baseball Col/L.A. A.				Pstgame	Angels	Angler	Fishing	Waves	Polaris	#InsideThe		Icons	Angels	Pregame	Baseball Colorado vs L.A. Angels				
	W			Baseball Col/L.A. A.				Pstgame	Angels	#InsideTheAsso.		Lacrosse A.U. Boyds, Md.				Card L	Angels	Pregame	Baseball Colorado vs L.A. Angels				
	Th			Baseball Col/L.A. A.				Pstgame	Angels	Spot.	Focus.	Poker WPT		Poker WPT		Baseball	Angels	Pregame	Baseball Oakland vs L.A. Angels				
	F			Angels	Baseball Oak./L.A. A.				Pstgame	The Ten		Polaris	EpcTrail	Waves	Waves	Card L	Sports	Pregame	Baseball Oakland vs L.A. Angels				
BSSC		228	-	P1APBA	Swing	#Inside/ Saratoga		(M Tu) Tennis Classics			(M Tu) Tennis		CardL	AquaX/ Tennis		#Inside/Lacrosse		Poker	Soccer	Various	(W) Soccer		Sports
CNBC		116	176	Power Lunch		Closing Bell				Money	Options	Mad Money		The News		Various						(M) Tokyo 2020	(Th) Tokyo 2020
CNN		113	172	CNN Camerota		CNN Camerota		The Lead		SitRoom/ TheLead		The Situation		OutFront		A. Cooper 360		Cuomo		CNN Tonight		CNNTon/CNNRep	
COMEDY		545	142	SouthPk	SouthPk	SouthPk	Various	Various	Various	Various	Office	Office	Office	DailyS.	Various	Various	SouthPk	Various	Various	Various	Various	DailyS.	Office
CSPAN		45	61	HouseRepresent	(F) Public Affairs Events													Politics & Public Policy Today					
CW		93	2	Wake Up 2Day		The Doctors		Paid	Paid	Dateline		The First 48		Court	Divorce	Jerry	Jerry	Jerry Springer		Maury		Dr. Phil	
DISC	M	333	131	Fast N' Loud		FastLoud		Fast N' Loud 2/2		Fast N' Loud		Fast N' Loud		FastLoud		Fast N' Loud 2/2		Fast N' Loud		Memphis		Memphis	
	Tu			Moonshiners		Moonshiners		Moonshiners		Moonshiners		Moonshiners		DeadliestCatch		DeadliestCatch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
	W			Mys. Abandoned		Mys. Abandoned		Mys. Abandoned		Mys. Abandoned		Mys. Abandoned		Hunting Atlantis		Exp. Unkown		Exp. Unkown		ExUnknown		Exp. Unkown	
	Th			Homestead		Homestead Rescue				Homestead Rescue				Homestead Rescue				Homestea		Homestead		Homestead	
	F			Dino Hunters		Gold Rush		Gold Rush		Gold Rush		Gold Rush		GoldRushFever		GoldRushFever		GoldRushFever		GoldRushFever		Gold Fortune	
DISNEY*		444	98	Various	PupPals	Bluey	Bluey	Cat Noir	Cat Noir	Cat Noir	Cat Noir	Bluey	Bluey	BigCity	BigCity	BigCity	BigCity	Jessie	Jessie	BigCity	BigCity	Jessie	Bluey
E!*		549	240	Various	Movie	KhloéKar/ Medic.		KhloéKar/ Medic.		The Daily Pop		Various	SexCity	Kardash	SexCity	Various	SexCity	Modern	Modern	Various	Modern	Various	Modern
ESPN		222	70	J & J	Highly?	NBA: The Jump		NFLLive	Get Up!	Horn	Interrupt	SportsCenter		Various	Draft	Draft/ Soccer		(Tu) Basketball		SprtC/ Soccer		SprtC/ Draft	
ESPN2		224	74	SprtC/(F) Tonight		Highly?	J & J	Highly?	Football	Various	Wager	Wager	NBADrft	Various	Woj&Lw	Various		Basket.	Docu	SportsC.	SportsC.	Various	SportsC.
FILI		688	320	Shwtime	Palibasha Lalake		Various		Ang Sa	Forever	Walang	La Luna	TBA	Tubig At	Barangay USA / TV Patrol				News	TBA		Go Back Couple	
FNC		109	178	America Reports		The Story		Your World		The Five		Special Report		Primetim/ News		Tucker Carlson		Hannity		Ingraham Angle		Gutfeld!	
FOOD	M	321	231	The Kitchen		The Kitchen		The Kitchen		Bizarre	Bizarre	Bizarre	Bizarre	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BBQ Brawl: Flay	
	Tu			The Kitchen		The Kitchen		Chopped		Chopped		Chopped		Chopped		Chopped		Chopped		Chopped		Chopped	
	W			Pioneer	Pioneer	Pioneer	Pioneer	Guy's Game		Guy's Game		Guy's Game		Guy's Game		Guy's Game 2/2		Guy's Game		Guy's Game		Guy's Game	
	Th			Chopped		Chopped		Chopped		Chopped		BBQ Brawl: Flay		BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay	BeatFlay
	F			Food Paradise		Food Paradise		Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners...Dives		Diners	Diners	Diners	Diners	Diners	Diners
FREE*		538	122	Black	Black	The 700 Club		700 Club	Middle	Movie	Middle	Movie	Movie	Middle	Movie	Movie	Middle	Various	Movie	Movie	Fam.Guy	Fam.Guy	Various
FX		554	124	Movies	(M) Movie / (Tu) Movie			Movie	Movie	(Tu) Movie		Movie	Movie	(Tu) Movie / (W) Movie		Movie		(M) Movie		(Tu) Movie		Movies	
GOLF		216	86	TYO '20 Olympics/ TYO '20		(M) Golf		TheCUT	The CUT	(W Th) Olympics		Olympic	Various	Learn	The CUT	(M Tu) Live From the Olympics							
HALL		452	128	Movies				Movies				Movies				Movies				Movies			
HGTV	M	323	232	Fix to Fabulous		Fix to Fabulous		Fix to Fabulous		Fix to Fabulous		Fix to Fabulous		Fix to Fabulous		Celebrity IOU		Celebrity IOU		Home Town		Home Town	
	Tu			Home Town		Home Town		Home Town		Home Town		Home Town		Home Town		Good Bones		Good Bones		H.Hunt	House	H.Hunt	House
	W			Property Br.		Property Br.		Property Br.		Property Br.		Property Br.		Property Br.		Property Br.		2StepsHome		H.Hunt	House	H.Hunt	House
	Th			Christina on the		Christina on the		Christina on the		Christina on the		Christina on the		Christina on the		NotToDesign		Christina on the		H.Hunt	House	H.Hunt	House
	F			Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It		DreamH.	DreamH.	1WeekS.	1WeekS.	DreamH.	DreamH.	DreamH.	DreamH.
HISTORY	M	327	133	Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers		Amer. Pickers	
	Tu			America's Secrets				America's Secrets				America's Secrets				Man vs. History		America Secrets		Book of Secrets		America Secrets	
	W			Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire	
	Th			Pawn S.	Pawn S.	Pawn S.	Pawn S.	Pawn S.	Pawn S.	Pawn Stars		Pawn Stars		Pawn Stars		Mountain Men			Mountain Men			Mountain Men	
	F			Unidentified		Unidentified		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	

D – Spectrum Digital HT – Hawaiian Telcom *Programming on HT may not match the times listed

News Movies Sports

ON TV | WEEKDAY DAYTIME

07/26 to 07/30		D	HT	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
HBO	M	611	502	Off Air			Going in Style (Com, '17)				★★ Diary of a Mad Black Woman			Drawn			Last Wk	The White Lotus		Fatale (Thril, '20) *Hilary Swank.*			
	Tu			★★ Unforgettable			★★★ Darkest Hour (Bio, '17)				★★ 10 Years (Com, '11)			100 Foot Wave		★★ The Little Things (Dra, '21)					Catch&	★★ Snake Eyes	
	W			★★ Adventure...		★★ 13 Going on 30 (Com, '04)				★★ The Mummy Returns (Adv, '01)			★★★ Pitch Perfect (Com, '12)					Music Box				★★ Disturbia	
	Th			★★ 8 Mile (Dra, '02) *Kim Basinger, Eminem.*				★★ The High Note				★★ Battleship (Sci-Fi, '12) *Taylor Kitsch.*				Catch &	★★ Identity Thief (Com, '13)					TigNotaro:Drawn	
	F			★★ Too Fast Too Furious		★★ Man on a Ledge				★★ 13 Going on 30 (Com, '04)				★★★ The Mummy (Adv, '99)				100 Foot Wave		Real Sports		★★ Replicas	
HBO2		612	503	Movie		Movie		Movie		Movie		(Th) Movie		Various		Movie		Movie		(F) Movie		(W) White Lotus		Various	Catch &
LIFE		448	226	Closer/(F) Grey's		Closer/(F) Grey's		Closer/(F) Grey's		M.Crimes/ Grey's		M.Crimes/ Grey's		M.Crimes/ Grey's		Rizzoli/(F) Grey's		Rizzoli & Isles...		Rizzoli & Isles		Various	
MAX	M	622	515	Off Air		★★ The Peacemaker (Act, '97)			★★★ Hacksaw Ridge (Bio, '16)					Inheritance (Dra, '20) *Lily Collins.*				★★ Two for the Money (Dra, '05)				★★★ The Tra...	
	Tu			Movie		★★ The Betrayed		★★★★ Warm Bodies				★★ The Banger Sisters (Com, '02)		★★ In Secret (Dra, '14)				★★ Unleashed (Act, '05) *Jet Li.*				★★ Blue Crush	
	W			★★★ Jojo Rabbit (Com, '19)				★ Cry Wolf (Hor, '05)				★★★ Ready or Not		★★★ Just Mercy (Dra, '19)				★★ Underwater (Hor, '20)				★★★ The Ot...	
	Th			★★ In Good Company				★★★ My Blue Heaven				★★ Desperately Seeki...		★★ In the Heart of the Sea (Dra, '15)					★★ The 15:17 to Paris			★★ The Peac...	
	F			★★★★ Warm Bodies (Com, '13)				★★ Blades of Glory				★★★ A Good Day to Die ...		★★ American Reunion (Com, '12)				★★ Wonder Boys (Com/Dra, '00)				★★ Trance	
MSNBC		107	175	Katy Tur		A. Mohyeldin		Deadline: White House				The Beat		The ReidOut		All In		Rachel Maddow		The Last Word		The 11th Hour	
NATGEO		347	130	Various	CrocWr.	Various		Various		Various		Various		Various		Various		Sharks Attack		Sharks Attack		Extra/ Sharks	
NGN		677	-	Various	Various		Various	Various		News	Various	EJH	Okazu	Various	Daisuke	Various	EJH	PONPON	Erin	Utagoe	Zatoichi	Mone	PONPON
NICK		446	100	PAW	PAW	Various	Sponge	Sponge	Sponge	Various	Sponge	Sponge	PatShow	Various	LoudH.	Loud H.	Loud H.	LoudH.	LoudH.	Sponge	Sponge	Various	Sponge
OC16	M	16	-	Cutty	Fishing	Pilates	Outside	Painting	Crafting	Cook.	Diver	Driver	Pet Hui	Hawaii	Outside	Fashion	Braddah	Showcse	Champ	Japan	Painting	Pilates	Girlz
	Tu			Ocean	Pet Hui	Pilates	Outside	Fashion	Crafting	Cook.	Hawaii	Girlz	Sports	Braddah	Cook.	Cutty	Hawaii	Showcse	Champ	Hawaii Fishing		Fishing	Driver	
	W			Hawaii	Girlz	Pilates	Outside	Painting	Crafting	Cook.	Pet Hui	Fishing	Ocean	Sports P	Diver	Girlz	Crafting	Showcse	Champ	Pet Hui	Fashion	Cutty	Painting	
	Th			Hawaii Fishing		Pilates	Outside	Fashion	Crafting	Cook.	Braddahs	Cutty	Pilates	Japan	Girlz	Driver	Diver	Showcse	Champ	Sports	Crafting	Outside	Hawaii	
	F			Diver	Fashion	Pilates	Outside	Painting	Crafting	Cook.	Driver	Hawaii Fishing		Fishing	Sports P	Japan	Pilates	Showcse	Champ	Diver	Cook.	Hawaii	Braddah	
OCSPT	M	12	89	Off Air		Volleyball UC Irvine vs. Hawaii NCAA		Basket. Classics Haw.H./Haw.				Football Classics UNLV vs. Hawaii NCAA								Beach Volleyball C. Poly/Haw.			
	Tu			Baseball University of Hawaii - Hilo at Hawaii NCAA				Soccer Classics Cal Poly vs. Hawaii NCAA								Football Classic Nevada (Reno) vs. Hawaii					Volleyball L.B./Haw.		
	W			Basketball CSUF/Haw.			Basketball L.B./Haw.					Football Classics New Mexico vs. Hawaii NCAA						Baseball Hawaii Pacific University at Hawaii NCAA					
	Th			Water Polo Long Beach vs Hawaii					Soccer Classics UC Irvine vs. Hawaii NCAA					Beach Volleyball Cal Poly vs. Hawaii NCAA					Baseball L.B./Haw.				Basket.	
	F			Basket. Cl. Haw.P./Haw.			Baseball UC Davis at Hawaii NCAA					Beach Volleyball Long Beach State vs. Hawaii NCAA						Volleyball L.B./Haw.				Tennis	
OLELO53	M	53	53	Sports Programming				Kempo	Judo	Sports Programming													
	Tu			Arts Programming								Art Easy	StarTrak	Arts	Artists	Arts Programming						Leon	Arts
	W			Community Programming							Vietnam TV		Mindful	Community TV			Short Take Block			VN- TV	Democr.	Joyful	Holomua
	Th			Cultural/ Ethnic Programming																Cultural/ Ethnic Programming			
	F			Hawaii Okinawa Today		Islander				Faafiafiaga Suif		Samoa		Motu O Fiafiaga		Samoa		Pacific Islander Programming					
OLELO54		54	54	Various	Social	(Tu-Th) Inside Honolulu Hale																	
OLELO55		55	55	(M W F) Insp./(Tu Th) Arab		Jesus/ Insp.		Tap In		Nazkine	NewMan	Baptist	KumuOla	Insp.		(M) Arab Preach.		(W) Insp.	Awaken	Divine		Various	Waianae	Sanct.	Jesus
OWN*		343	242	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dateline/ Dr. Phil		Dateline/ Dr. Phil		Dateline/ Dr. Phil		Dateline/ Dr. Phil		Various		Various	FlipFlop
OXY		558	229	Various		Various		Various		Various		Various		Various		Various		NCIS/ Snapped		Various		NCIS/ Secrets	
PARMT		559	141	Bar Rescue		Bar Rescue		Bar Rescue		Mom	Mom	Mom	Mom	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	Movies			
SHOW*	M	633	451	Off Air			★ Act of Valor (Act, '12)				★★ Brokeback Mountain (Dra, '05)					Crisis (Thril, '21) *Gary Oldman.*				The End	The End	The Chi	
	Tu			★ The Honeymooners			★★ Java Heat (Act, '13)			★★★ American Gangster (Cri, '07)						★★★ Saving Private Ryan (War, '98) *Tom Hanks.*						★ The Exception	
	W			★★★★ The To...		★★ Cujo (Hor, '83)			★★ Spy Game (Dra, '01) *Brad Pitt.*			★★★ Moneyball (Bio, '11) *Brad Pitt.*						★★★ Secretary (Dra, '02)				★ Acts of Violen...	
	Th			Movie	★★ Junior (Com, '94)				★★ Vampire in Brooklyn			★★ The Legend of Bagger Vance					★★★ The Last of the Mohicans			★★★ Four Brothers			
	F			★ Richard Pryor Live on ...		★★ Brokeback Mountain (Dra, '05)						★ Crisis (Thril, '21) *Gary Oldman.*				★★★ Red (Act, '10) *Bruce Willis.*				★★★ Shooter (Act, '07)			
SYFY	M	557	144	★★ Blood Father (Act, '16)				★ The Bye Bye Man (Hor, '16)				★★★ Willy Wonka and the Chocolate Factory					★★ Constantine (Sci-Fi, '05) *Keanu Reeves.*					★★ London ...	
	Tu			Futurama				★★ The League of Extraordinary Gentlemen					★★★ Olympus Has Fallen (Act, '13)					★★ London Has Fallen (Act, '16)				WWE NXT	
	W			Movie	★★ The Host (Act, '13) *Saoirse Ronan.*					★★ Pitch Black (Thril, '00)				★★ The Chronicles of Riddick (Sci-Fi, '04)					★★ Hellboy (Fant, '19) *David Harbour.*				
	Th			Twilight	★★★ Terminator 2: Judgment Day (Sci-Fi, '91)						★★ Robin Hood (Adv, '10) *Russell Crowe.*						★★ Transformers: The Last Knight (Act, '17) *Mark Wahlberg.*						
	F			★★ Transformers: The...			★★★ Harry Potter and the Half-Blood Prince (Adv, '09)							★★★ Harry Potter and the Deathly Hallows: Part 1						★★★ Harry Potter & the Deathly...			
TBS		551	121	Friends	Friends	Friends	Friends	Friends	Friends	Am.Dad	Am.Dad	Am.Dad	Am.Dad	BobBrg	BobBrg	BobBrg	Fam.Guy	Fam.Guy	Fam.Guy	Various	Various	Various	Fam.Guy
TCM	M	602	157	★★★ A Streetcar Named Desire				Cry of the Hunted				★★★ Cool Hand Luke (Dra, '67)				★★★★ Johnny Belinda (Dra, '48)				★★★ Now, Voyager (Dra, '42)			
	Tu			★★★ The Sea...		★★★ Seventh Veil (Dra, '46)				★★★ Monterey Pop			★★★★ Shoot the Piano...			★★★ Butterfield 8 (Dra, '60)				★★★★ The Gay Divorcee			
	W			Movie	★★ An American Romance (Dra, '44)					★★★★ America, America (Dra, '63) *Lou Antonio.*						★★★ Some Came Running (Dra, '58)					★★★★ Paper Moon		
	Th			★★ Badlands (Dra, '73)			★★★ High Pressure			★★★ Fashions of 1934			★★★ Double Wedding			★★★ Tickle Me (Mus, '65)				★★★ It Happened at the World's ...			
	F			★★ The Conspirators			★★ Confidential Agent (Spy, '45)			★★★ Virginia City (Act, '40) *Errol Flynn.*						★★★ Blade Runner (Sci-Fi, '82)				★★★★ Mona Lisa (Dra, '86)			
TLC*		331	132	Various	Coupon	Various	Coupon	Various	Various	Various	Pregnant	Various	Pregnnt	Various		Various		Various		Various		Various	
TMC	M	644	467	Off Air		★★★ Annie Hall			★★ Swallow (Dra, '20)			★ Mojave (Thril, '15)			★★★ Mimic (Hor, '97)			★★★ Tremors (Hor, '90)				★ The Last Exor...	
	Tu			★★ The Jesus...		★ How to Build a Girl				★★ Dance With Me (Rom, '98)				★★★ The Last of the Mohicans				★★ Hart's War (War, '02)				★ Sahara	
	W			★★ Lucky Grandma			★★ The Parts You Lose			★★ Semper Fi (Act, '19)				★★ Before the Fire			★★★★ Rosemary's Baby (Susp, '68)					★★ The Wo...	
	Th			★★ Hit! (Dra, '73)				★★ The Rover (Dra, '14)				★★ Mob Town (Cri, '19)			★★ The Longest Yard (Com, '05)				★★ Some Kind of Won...			★ Mid90s	
	F			★★ Nighthawks		★★ Swallow (Dra, '20)			★★ Burden (Dra, '18)				★★★ Born on the Fourth of July (Bio, '89)					★★ The Art of War (Act, '00)				★★★ Death at...	
TNT		553	125	Super./ NCIS:NO		Movie/ Super.		Super./ NCIS:NO		Super.	Movie	Movie/ Super.		Movie	Movie	Bones	Movie	Movie/ Bones		Bones	Movie	Various	
TOON		440	103	Craig	Craig	Titans!	Titans!	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Craig	Craig	Drama	Drama	Titans!	Titans!	Gumball	AppOn	BobBrg	BobBrg
TRAVEL*	M	325	139	Haunting in the		Haunting in the		Haunting in the		Haunting in the		Haunting in the		Mysteries of the Unknown				Mysteries of the Unknown				Mysteries	
	Tu			Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal	
	W			Paranormal		Paranormal Surv.		Paranormal Surv.		Paranormal Surv.		Paranormal Surv.		Mysteries of the Unknown				Mysteries of the Unknown				Mysteries	
	Th			My Ghost Story		My Ghost Story		My Ghost Story		My Ghost Story		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal		Paranormal	
	F			Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.		Ghost Adven.	
TVLAND		441	127	Bonanza	Gunsmk.	(M Th F) Gunsmk.		Gunsmk./ Gunsmk.		Gunsmoke		Gunsmoke		Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Ray	Ray
USA*		555	123	Tokyo 2020 Summer Olympics																			
WE		451	230	Various		Various		Various		Various		Various		Various		Various		Various		Various		Various	

D – Spectrum Digital HT – Hawaiian Telcom *Programming on HT may not match the times listed

News Movies Sports

07/26	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	Hell's Kitchen ▢		Housebro	Duncan ▢	News (N) ▢	News (N) ▢	News (N) ▢	InsEd. ▢	BigBang ▢	2½ Men ▢	2	2
(4) KITV	4	4	KITV News (N) ▢		The Bachelorette (N) ▢				Celebrity Dating (N) ▢		News (N) ▢	Jimmy Kimmel Live ▢		Nightl. ▢	4	4
(9) KHII	5	5	Feud ▢	Feud ▢	News (N) ▢	News (N) ▢	Living 808 ▢		Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢		Mom ▢	Mom ▢	5	5
(5) KGMB	7	7	News (N) ▢	ET ▢	Nbhood ▢	Hearts ▢	Sheldon ▢	U.S.ofAl ▢	NCIS: Los Angeles ▢		News (N) ▢	The Late Show ▢		J.Corden ▢	9	9
(11) KHET	10	11	News (N) ▢	PBS NewsHour (N) ▢		Na Mele ▢	Antiques Roadshow ▢		POV (N) ▢			POV ▢	Amanpour/Com (N) ▢		11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢								13	13
(14) KWHE	11	14	Griffith ▢	Griffith ▢	Heartland ▢		Heartland ▢		Highway to Heaven ▢		Highway to Heaven ▢		L.Ranger ▢	L.Ranger ▢	14	-
(20) KIKU	9	20	Health Solutions (N) ▢		The Closeout ▢		Invicta Watches ▢		Invicta Watches ▢		Theo ▢		Shoe Shopping ▢		20	20
KFVE	6	13	News (N) ▢	News (N) ▢	K5 Mele ▢		Ho'olamau	Ho'olamau	News (N) ▢	TMZ (N)	Seinfeld ▢	Friends ▢	News (N)	Last Man		
(26) KAAH	26	26	J. Prince	J. Cahn ▢	McManus	God ▢	LoveSpea	Forward ▢	Praise ▢		Praying ▢	CBD 40mg	Church ▢	Furtick ▢	-	-
(32) KBFD	2	6	Paid ▢	News ▢ /World ▢		Racket Boys (N) ▢			News ▢ /AmorFati ▢		Left-Handed Wife (N)		News (N) ▢		-	-
(44) KWBN		44	Life ▢	Life ▢	Ministry Now! ▢		Tab.Talk ▢	Reflect. ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince ▢		
(46) KHLU	35	-	Rosa Guadalupe ▢		Diseñando Tu Amor ▢		Si Nos Dejan ▢		La Hija del Emba ▢		Notic. ▢	Noticie. ▢	Contacto del Verano ▢		-	-
(50) KKAI	50	50	Chef Roc	SL Hawaii	Ha.Thing	Culturised	Runn'n	Wine &	Dining	Planet X ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢		
(66) KPXO	27	27	NCIS: Los Angeles ▢		NCIS: Los Angeles ▢		NCIS: Los Angeles ▢		NCIS: Los Angeles ▢		NCIS: Los Angeles ▢		NCIS: Los Angeles ▢			
A&E	547	129	Hoarders Clean (N) ▢		Rotten Cleaners (N) ▢		Hoarders ▢		Hoarders: Coming Clean "Sherry" ▢				Rotten Cleaners ▢		118	265
AHC*	345	137	Hitler's Empire ▢		Hitler "Megacities" ▢		Hitler's Empire ▢		Hitler "Recreation" ▢		Chasing Conspir. ▢		Chasing Conspir. ▢		195	287
AMC	600	159	★★★★ "Goodfellas" ▢		The Beast Must (N) ▢		★★ "The Hobbit: The Battle of the Five Armies" *Martin Freeman.* ▢						The Beast Must Die ▢		131	254
ANPL	329	107	★★★★ "Jaws 2" *Roy Scheider.* ▢			IWasPreySharks (N) ▢		Monsters	★★★★ "Jaws 2" ('78, Hor) *Roy Scheider.* ▢					Sharks ▢	184	282
BBCA	341	135	★ "O Brother, Where Art Thou?" ▢			★★★★ "O Brother, Where Art Thou?" *George Clooney.* ▢					★★★★ "Scarface" ('83, Cri) *Al Pacino.* ▢				135	264
BRAVO	560	237	Below Deck (N) ▢		Watch ▢	Below Deck ▢		Million Dollar List ▢		Below Deck ▢		Below Deck ▢		BelowD. ▢	129	237
BSWS	226	-	Baseball ▢	Postgame	Angels	Card L ▢	WPT Poker ▢		MLB Baseball Colorado vs L.A. Angels ▢				Postgame	Angels	-	692
BSSC	228	-	Mixed Martial Arts ▢		Mixed Martial Arts ▢		Boxing Classics ▢				Mixed Martial Arts ▢		Mixed Martial Arts ▢		-	-
CNBC	116	176	Tokyo 2020 Softball Bronze Medal Game (L) ▢				Tokyo 2020 Summer Olympics ▢					Greed ▢	Worldwide Exchange ▢		208	355
CNN	113	172	A. Cooper 360 ▢		Cuomo Prime Time		Don Lemon Tonight ▢		Don Lemon Tonight ▢		CNN Live (N) ▢		Early Start (N) ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	The Daily Show ▢		SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Access ▢	Daily (N) ▢	Roswell "Hands" (N) ▢		RepublicSarah (N) ▢		Creek ▢	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	BobBrg ▢	Jokers ▢	3	395
DISC	333	131	Getaway Driver ▢		Getaway Driver ▢		Street Outlaws ▢		OutlawsMemphis ▢		Getaway Driver ▢		Getaway Driver ▢		182	278
DISNEY*	444	98	Raven ▢	Raven ▢	BigCity ▢	BigCity ▢	BigCity ▢	BigCity ▢	Jessie ▢	Jessie ▢	BigCity ▢	BigCity ▢	G. Duran ▢	Sydney ▢	173	291
E!*	549	240	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Nightly ▢	114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		MLB Baseball Toronto vs Boston ▢				SportsCenter ▢		140	206
ESPN2	224	74	UFC Archival ▢		Horn (N) ▢	Interrupt	UFC Archival ▢		SportsCenter (N) ▢		SportsCenter ▢		UFC Arch	SportsC. ▢	144	209
FILI	688	320	Umaga	Walang ▢	La Luna Sangre		Late/TBA	Ang Sa Iyo Ay Akin		Tubig At ▢	Forever ▢	It's Showtime ▢			-	-
FNC	109	178	Fox News @ Night (N)		Tucker Carlson ▢		Hannity		The Ingraham Angle		Fox & Friends First (N)				205	360
FOOD	321	231	BBQ Brawl: Flay (N)		BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	BBQ Brawl: Flay		BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	110	231
FREE*	538	122	★★★★ "Back to the Future II" *Michael J. Fox.* ▢				★★★★ "Cast Away" ('00, Dra) *Tom Hanks.* ▢						The 700 Club ▢		180	311
FX	554	124	★ "Men in Black: International" ▢			★★ "Men in Black: International" *Chris Hemsworth.* ▢					★★ "The Darkest Minds" ▢				136	248
GOLF	216	86	Live From the Olympics (L)				The CUT ▢	Learn ▢	Live From the Olympics				The CUT ▢	Learn ▢	401	218
HALL	452	128	★ "Check Inn to Christmas" *Rachel Boston.* ▢				★ "The Christmas Bow" *Lucia Micarelli.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Celebrity IOU ▢		Home Town ▢		Home Town ▢		Celebrity IOU ▢		Celebrity IOU ▢		Celebrity IOU ▢		112	229
HISTORY	327	133	Amer. Pickers (N) ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		120	269
HBO	611	502	Catch&	Catch & ▢	Catch & ▢	100 Foot Wave ▢			★★★★ "The Punisher" *Thomas Jane.* ▢			★★ "Unforgettable" ▢			303	504
HBO2	612	503	★ "The Hitchhiker's Guide to the...			★★ "My Bloody Valentine" *Jensen Ackles.* ▢				★★★★ "Independence Day" ('96, Sci-Fi) *Will Smith.* ▢					304	505
KBS	80	-	Golden Oldies ▢		News ▢ /Dream Family		News ▢	Screening Humanity ▢		Mountain	K-Road ▢ /Dogs Are Incredible ▢			News	-	-
LIFE	448	226	Rizzoli & Isles ▢		Rizzoli "Doomsday" ▢		Rizzoli & Isles ▢		Rizzoli "...Goodbye" ▢		Rizzoli & Isles ▢		Rizzoli "Doomsday" ▢		108	276
LMN	449	227	★ "Psycho Prom Qu...		★ "Homekilling Queen" *Ashley Jones.* ▢				★ "Psycho Prom Queen" ('18, Thril) ▢				★ "Homekilling Quee...		109	253
MAX	622	515	Movie	★★★★ "Transporter 2" ▢			★★ "The 15:17 to Paris" ▢			★ "Desperately Seeking Susan" ▢			★ "Boys and Girls" ▢		311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		All in Chris Hayes ▢		Rachel Maddow ▢		Way Too Early (N)		209	356
NATGEO	347	130	Attack (N) ▢		Ate Jaws (N) ▢		Extra Bite ▢		Attack ▢		Ate Jaws ▢		Shark Attack Files ▢		186	276
NGN	677	-	News ▢	News ▢	Mone (N)	Ichikei no Karasu (N)			Yamatoho	News (N) ▢	News ▢	Ichikei no Karasu		Okazu ▢	-	-
NICK	446	100	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Sports (N)	Ocean (N)	Cook. ▢	Skin Diver	Hawaii Goes Fishing		Pet Hui	Japan	Pakele	Sports P	Hawaii Goes Fishing		-	-
OCSPT	12	89	Volleyball	NCAA Basketball Long Beach State at Hawaii ▢					NCAA Water Polo ▢		NCAA Basketball UC Davis vs. Hawaii ▢				-	-
OLELO53	53	53	Arts Programming ▢								Sports ▢	Short Take Block			-	-
OLELO54	54	54	Social/ Political Programming ▢										Democracy Now! ▢		-	-
OLELO55	55	55	Miracles	Inspirational Programming ▢						In the Sanctuary ▢		As We Gather ▢		Insp. ▢	-	-
OWN*	343	242	Deadline ▢		Deadline ▢		Deadline ▢		Deadline ▢		Deadline ▢		Deadline ▢		189	279
OXY	558	229	NCIS "Requiem" ▢		NCIS ▢		NCIS ▢		NCIS ▢		NCIS "Tribes" ▢		NCIS "Stakeout" ▢		127	251
PARMT	559	141	★ "The Day After T...		★★ "Mr. and Mrs. Smith" ('05, Act) *Brad Pitt.* ▢						★★★★ "The Day After Tomorrow" ▢				241	241
SHOW*	633	451	Flatbush ▢	BlackMon	First Wi	★★ "Under the Silver Lake" ('18, Com/Dra) ▢					The End ▢	The End ▢	The Chi ▢		319	546
SYFY	557	144	★ "London Has Fallen"		★★★★ "Olympus Has Fallen" ('13, Act) *Gerard Butler.* ▢					Futur. ▢	Futur. ▢	Futur. ▢	Futur. ▢	Futur. ▢	122	244
TBS	551	121	Fam.Guy ▢	Fam.Guy ▢	Am.Dad ▢	RickMort	Tuca ▢	Miracle ▢	Miracle ▢	Wipeout ▢		Brooklyn ▢	Brooklyn ▢	Brooklyn ▢	139	247
TCM	602	157	★★★★ "Casablanca" *Humphrey Bogart.* ▢				★★★★ "The Adventures of Don Juan" ▢				★★★★ "The Searchers" *John Wayne.* ▢				132	256
TLC*	331	132	sMothered ▢		Darcey & Stacey ▢		Darcey & Stacey (N) ▢		sMothered (N) ▢		So Cheap (N) ▢		Germ "Germophobia" ▢		183	280
TMC	644	467	Movie	★★ "The Turning" ▢			★ "The Texas Chain Saw Massa...				★★★★ "Enemy" *Jake Gyllenhaal.* ▢		★ "The Jesus Rolls" ▢		329	554
TNT	553	125	★★ "Shaft" ▢		Titans (N)		★★★★ "Fallen" ('98, Susp) *Denzel Washington.* ▢					★★★★ "Contagion" *Matt Damon.* ▢			138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Am.Dad ▢	RickMort	Fam.Guy ▢	Fam.Guy ▢	RickMort	Robot	AquaT.	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	177	297
TRAVEL*	325	139	Mysteries (N) ▢		Monsters and Mysteries in America (N)				Mysteries of the Unknown ▢				Monsters and		196	277
TVLAND	441	127	Ray ▢	Ray ▢	Ray ▢	Ray ▢	Queens ▢	Queens ▢	Queens ▢	Queens "S'no Job" ▢		Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢				WWE Raw (L) ▢						Tokyo 2020 (L) ▢		105	242
WE	451	230	LawOrder "Excalibur" ▢		Law&Order "Rumble" ▢		Law&O. "Challenged" ▢		Law&O. "Lost Boys" ▢		Law & Order "Falling" ▢		Law&O. "Knock Off" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

LL Cool J stars in "NCIS: Los Angeles"

Goodfellas

AMC 4 p.m.

Robert De Niro, Joe Pesci and Ray Liotta star in this classic gangster film. Henry Hill (Liotta) quits school at a young age to work for the Lucchese crime family. Now an adult, Hill goes on to tell his story about his life and involvement with the mob.

NCIS: Los Angeles

KGMB 9 p.m.

In this early Season 12 rebroadcast, Callen (Chris O'Donnell) and Sam (LL Cool J) hunt down a Russian bomber that went missing while flying over the U.S. They must track it through the desert before the pilots inside destroy the plane and the evidence.

Anthony Anderson stars in "Black-ish"

Geostorm

TNT 2:45 p.m.

Gerard Butler and Abbie Cornish star in this film about a high-tech weather service gone haywire. When satellites designed to prevent natural disasters begin causing storms worldwide, investigators find that the system is working out a sinister plan.

Black-ish

KITV 8:30 p.m.

Andre "Dre" Johnson (Anthony Anderson) and his wife, Rainbow (Tracee Ellis Ross), struggle to keep their family grounded in this comedy. Dre worries that his and his wife's success and suburban lifestyle is spoiling their kids, and he may be right.

07/27	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	Lego Masters ▢		Mental Samurai ▢		News (N) ▢	News (N) ▢	News (N) ▢	InsEd. ▢	BigBang ▢	2½ Men ▢	2	2
(4) KITV	4	4	KITV News (N) ▢		Goldberg	Home Ec.	Conners ▢	Black ▢	To Tell the Truth ▢		News (N) ▢	Jimmy Kimmel Live ▢		Nightl. ▢	4	4
(9) KHII	5	5	Feud ▢	Feud ▢	News (N) ▢	News (N) ▢	Living 808 ▢		Chicago P.D. ▢		Chicago P.D. ▢		Mom ▢	Mom ▢	5	5
(5) KGMB	7	7	News (N) ▢	ET ▢	NCIS ▢		Love Island (N) ▢			Hearts ▢	News (N) ▢	The Late Show ▢		J.Corden ▢	9	9
(11) KHET	10	11	News (N) ▢	PBS NewsHour (N) ▢		Hiki No ▢	Their Own Words (N) ▢		American Masters (N) ▢			Canvas ▢	Amanpour/Com (N) ▢		11	11
(13) KHNL	8	8	News (N) ▢	Tokyo 2020 Summer Olympics ▢			Tokyo 2020 Summer Olympics ▢								13	13
(14) KWHE	11	14	Griffith ▢	Griffith ▢	Heartland ▢		Heartland ▢		Highway to Heaven ▢		Highway to Heaven ▢		Breakthr. Blessing ▢		14	-
(20) KIKU	9	20	Effy Jewelrey (N)		Hearing Aid ▢		Air Purifier ▢		Dr. Sevinor Skincare ▢		Invicta Watches ▢		Invicta Watches ▢		20	20
KFVE	6	13	News (N) ▢	News (N) ▢	K.Power	LivLocal ▢	Hawaii ▢	Hawaii ▢	News (N) ▢	TMZ (N)	Seinfeld ▢	Friends ▢	News (N)	Last Man		
(26) KAAH	26	26	J. Prince ▢	Youssef ▢	Sekulow	C. Caine ▢	JewishV.	SBO ▢	Praise ▢		C. Caine ▢	Acres ▢	Church ▢	Furtick ▢	-	-
(32) KBFD	2	6	Religious	News (N) ▢ /Law (N)		Racket Boys (N) ▢			News ▢ /AmorFati ▢		Left-Handed Wife (N)		News (N) ▢		-	-
(44) KWBN		44	Life ▢	Life ▢	Ministry Now! ▢		Tab.Talk ▢	Reflect. ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince ▢		
(46) KHLU	35	-	Rosa Guadalupe ▢		Diseñando Tu Amor ▢		Si Nos Dejan ▢		La Hija del Emba ▢		Notic. ▢	Noticie. ▢	Contacto del Verano ▢		-	-
(50) KKAI	50	50	Chef Roc	SL Hawaii	Ha.Thing	Culturised	Runn'n	Wine &	Dining	Planet X ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢		
(66) KPXO	27	27	Chicago Fire ▢		Chicago Fire ▢		Chicago Fire ▢		Chicago Fire ▢		Chicago Fire ▢		Chicago Fire ▢			
A&E	547	129	Animal ▢	Animal ▢	S. Wars ▢	S. Wars ▢	S. Wars ▢	S. Wars ▢	America's Top Dog ▢		Animal ▢	Animal ▢	S. Wars ▢	S. Wars ▢	118	265
AHC*	345	137	Ancient Assassins ▢		Ancient Assassins ▢		Ancient Assassins ▢		Ancient Assassins ▢		Weapon "Waffen SS" ▢		Weapon "Tanks" ▢		195	287
AMC	600	159	★★ "Transformers: Dark of the Moon" *Shia LaBeouf.* ▢					★★★ "The Matrix" ('99, Sci-Fi) *Keanu Reeves.* ▢						Witches ▢	131	254
ANPL	329	107	"Jaws: The Reveng...		Extinct or Alive ▢		Extinct or Alive ▢		★★ "Jaws: The Revenge" *Lorraine Gary.* ▢				Extinct or Alive ▢		184	282
BBCA	341	135	★★★ "Sister Act 2: Back in the Habit" ▢				★★★ "Sister Act" ('92, Com) *Whoopi Goldberg.* ▢					★ "Sister Act 2: Back in the Habit"			135	264
BRAVO	560	237	Real Housewives (N) ▢		TBA ▢	Real Housewives ▢		Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	129	237
BSWS	226	-	Baseball ▢	Postgame	Angels	Card L ▢	WPT Poker ▢		MLB Baseball Colorado vs L.A. Angels ▢				Postgame	Angels	-	692
BSSC	228	-	Boxing Classics ▢				Best of Glory Kick.		Mixed Martial Arts ▢		P1 APBA Offshore ▢		AquaX "Sarasota, FL" ▢		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics Cycling (M) Individual Time Trial (L) ▢						Worldwide Exchange ▢		208	355
CNN	113	172	A. Cooper 360 ▢		Cuomo Prime Time		Don Lemon Tonight ▢		Don Lemon Tonight ▢		CNN Live (N) ▢		Early Start (N) ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	The Daily Show ▢		SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Access ▢	Daily (N) ▢	Penn&Teller ▢		Superman & Lois ▢		Creek ▢	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	BobBrg ▢	Jokers ▢	3	395
DISC	333	131	Deadliest Catch (N) ▢		Deadliest Catch ▢		Hunting Atlantis ▢		Deadliest Catch "The Crush" ▢				Deadliest Catch ▢		182	278
DISNEY*	444	98	Raven ▢	Raven ▢	BigCity ▢	BigCity ▢	BigCity ▢	BigCity ▢	Sydney ▢	Sydney ▢	BigCity ▢	BigCity ▢	G. Duran ▢	Sydney ▢	173	291
E!*	549	240	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Nightly ▢	114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		2021 ESPY Awards ▢						140	206
ESPN2	224	74	UFC Archival ▢		Horn (N) ▢	Interrupt	UFC Archival ▢		SportsCenter (N) ▢		SportsCenter ▢		SportsCenter ▢		144	209
FILI	688	320	Umaga	Walang ▢	La Luna Sangre		TFC/TBA	Ang Sa Iyo Ay Akin		Tubig At ▢	Forever ▢	It's Showtime ▢			-	-
FNC	109	178	Fox News @ Night (N)		Tucker Carlson ▢		Hannity		The Ingraham Angle		Fox & Friends First (N)				205	360
FOOD	321	231	Chopped (N) ▢		Chopped ▢		Chopped ▢		Chopped ▢		Chopped ▢		Chopped ▢		110	231
FREE*	538	122	★★★ "Cast Away" ▢		★★★ "X-Men: First Class" ('11, Act) *James McAvoy.* ▢						Fort Salem (N) ▢		The 700 Club ▢		180	311
FX	554	124	"Bohemian Rhaps...		★★★ "Bohemian Rhapsody" ('18, Bio) *Rami Malek.* ▢						★★ "Truth or Dare" ('18, Hor) *Lucy Hale.* ▢				136	248
GOLF	216	86	Live From the Olympics (L)				Live From the Olympics								401	218
HALL	452	128	"Christmas Wishes and Mistletoe Kisses" ▢				"Christmas by Starlight" *Paul Campbell.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Good Bones ▢		H.Hunt ▢	House ▢	H.Hunt ▢	House ▢	Good Bones ▢		Good Bones ▢		Good Bones ▢		112	229
HISTORY	327	133	America Secrets (N) ▢		Man vs. History (N) ▢		Book of Secrets ▢		America's Secrets "Menaces to Society" ▢				Man vs. History ▢		120	269
HBO	611	502	★★ "Snake Eyes" ▢		Real Sports (N) ▢		The White Lotus ▢		Music Box ▢				"Adventureland" ▢		303	504
HBO2	612	503	Music Box (N) ▢		Last Wk ▢	"Judas and the Black Messiah" ▢				Real Sports (N) ▢		★★★ "The Four Feathers" ▢			304	505
KBS	80	-	Suits ▢		News ▢ /Dream Family		News ▢	Screening Humanity ▢		Red Shoe	Entertainment Weekly ▢		News		-	-
LIFE	448	226	Rizzoli & Isles ▢		Rizzoli & Isles ▢		Rizzoli & Isles ▢		Rizzoli & Isles ▢		Rizzoli & Isles ▢		Rizzoli & Isles ▢		108	276
LMN	449	227	"Twisted Twin" ▢		"Birthmother's Betrayal" *Tanya Clarke.* ▢				"Twisted Twin" ('20, Thril) *Jennifer Taylor.* ▢				"Birthmother's B...		109	253
MAX	622	515	Movie	★★★ "My Blue Heaven" ▢			★★★ "Rock of Ages" ('12, Com) *Tom Cruise.* ▢					★★★ "Jojo Rabbit" ▢			311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		All in Chris Hayes ▢		Rachel Maddow ▢		Way Too Early (N)		209	356
NATGEO	347	130	Attack (N) ▢		Killer Shark (N) ▢		When Sharks Attack ▢		Attack ▢		Killer Shark ▢		Shark vs Predator ▢		186	276
NGN	677	-	News ▢	News ▢	Ochoyan	Keiji After 5 (N)		Mogitate TV (N) ▢		News (N) ▢	News ▢	Keiji After 5		Okazu ▢	-	-
NICK	446	100	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Sports	Ocean	Cook. ▢	Skin Diver	Hawaii Goes Fishing		Pet Hui	Japan	Pakele	Sports P	Crafting	Japan	-	-
OCSPT	12	89	NCAA Volleyball L.B./Haw. ▢			NCAA Tennis Classics GCU/Haw. ▢			NCAA Volleyball UC Irvine vs. Hawaii ▢						-	-
OLELO53	53	53	Community Programming ▢			VN- TV	Community TV ▢		Vietnam TV Hawaii ▢		B-Side Hnl	Stu1122	Arts Programming ▢		-	-
OLELO54	54	54	Social/ Political Programming ▢				Veterans Talk ▢		Social Programming ▢		News ▢	Hea;th ▢	Democracy Now! ▢		-	-
OLELO55	55	55	Arab Preaches Christ			Insp. ▢	Kumu Ola	Marriage ▢	Inspirational Programming ▢						-	-
OWN*	343	242	David Man (N) ▢		Haves/ Have Nots ▢		Haves/ Have Nots ▢		David Man "Vizcaya" ▢		Haves/ Have Nots ▢		Haves/ Have Nots ▢		189	279
OXY	558	229	Dateline: Secrets Uncovered "A Deadly Path" ▢				Secrets "The Sting" ▢		Secrets "Dark Valley" ▢		Charmed to Death ▢		Charmed to Death ▢		127	251
PARMT	559	141	"Mr. & Mrs. Smith"		★★ "Fast & Furious 6" ('13, Act) *Vin Diesel.* ▢						★★ "xXx" ('02, Act) *Vin Diesel.* ▢				241	241
SHOW*	633	451	"The Exception" ▢		The Chi ▢		BlackMon	Flatbush ▢	"The Overnight" *Adam Scott.* ▢			★★★★ "The To-Do List" ▢			319	546
SYFY	557	144	WWE NXT (N) ▢		★★ "Hellboy" ('19, Fant) *David Harbour.* ▢					★★ "The League of Extraordinary Gentlemen" ▢					122	244
TBS	551	121	BigBang ▢	BigBang ▢	BigBang ▢	Miracle ▢	Miracle ▢	Wipeout "Rats!" ▢		Wipeout ▢		Brooklyn ▢	Brooklyn ▢	Brooklyn ▢	139	247
TCM	602	157	★★★ "Mogambo" ('53, Act) *Ava Gardner.* ▢				★★ "Cahill, U.S. Marshal" *John Wayne.* ▢				★★★ "Chisum" ('70, West) *John Wayne.* ▢				132	256
TLC*	331	132	So Freakin Cheap ▢		So Freakin Cheap ▢		Little People ▢		Little People (N) ▢		Doubling Down (N) ▢		Doubling Down ▢		183	280
TMC	644	467	★ "Sahara" ▢		★ "Texas Rangers" ▢			★★★ "The Last of the Mohicans" ▢				"Brimstone" *Dakota Fanning.* ▢			329	554
TNT	553	125	"Jack Reacher: Never Go Back"		★★★★ "Jack Reacher: Never Go Back" *Tom Cruise.* ▢						NCIS: New Orleans ▢		NCIS:NO "My City" ▢		138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Am.Dad ▢	RickMort	Fam.Guy ▢	Fam.Guy ▢	Tuca ▢	Robot	AquaT.	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	177	297
TRAVEL*	325	139	Paranormal Caught on Camera (N) ▢				Paranormal ▢		Paranormal ▢		Paranormal Caught on Camera ▢				196	277
TVLAND	441	127	Ray ▢	Ray ▢	Ray ▢	Ray ▢	Queens ▢	Queens ▢	Queens ▢	Queens "No Retreat" ▢		Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢												105	242
WE	451	230	Law & Order ▢		Law & Order ▢		Law&Order "All New" ▢		Law&O. "Exchange" ▢		Law & Order ▢		L&O: CI "Shibboleth" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

07/28	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	MasterChef ▢		MasterChef ▢		News (N) ▢	Aloha ▢	News (N) ▢	InsEd. ▢	BigBang ▢	2½ Men ▢	2	2
(4) KITV	4	4	KITV News (N) ▢		Press Your Luck ▢		100K Pyramid (N) ▢		Match Game (SF) (N) ▢		News (N) ▢	Jimmy Kimmel Live ▢		Nightl. ▢	4	4
(9) KHII	5	5	Feud ▢	Feud ▢	News (N) ▢	News (N) ▢	Living 808 ▢		Dateline ▢		Dateline ▢		Mom ▢	Mom ▢	5	5
(5) KGMB	7	7	News (N) ▢	ET ▢	Big Brother (N) ▢		Love Island (N) ▢		S.W.A.T. ▢		News (N) ▢	The Late Show ▢		J.Corden ▢	9	9
(11) KHET	10	11	News (N) ▢	PBS NewsHour (N) ▢		Family ▢	Nature ▢		Nova ▢		Secrets of the Dead ▢		Amanpour/Com (N) ▢		11	11
(13) KHNL	8	8	News (N) ▢	Tokyo 2020 Summer Olympics ▢			Tokyo 2020 Summer Olympics ▢								13	13
(14) KWHE	11	14	Griffith ▢	Griffith ▢	Heartland ▢		Heartland ▢		Highway to Heaven ▢		Highway to Heaven ▢		L.Ranger ▢	L.Ranger ▢	14	-
(20) KIKU	9	20	Personal Safety (N) ▢		Personal Safety ▢		One World Fashions		Tiffany Style Light ▢		Lab Beauty Tools ▢		Michael Kors ▢		20	20
KFVE	6	13	News (N) ▢	News (N) ▢	9 Island ▢	Weddings	Hawaii	Hawaii	News (N) ▢	TMZ (N)	Seinfeld ▢	Friends ▢	News (N)	Last Man		
(26) KAAH	26	26	J. Prince ▢	CBD2 ▢	G.Laurie	Binions ▢	Heaven ▢	Worship ▢	Praise ▢		JordanRubinProtein ▢		Church ▢	Furtick ▢	-	-
(32) KBFD	2	6	Paid ▢	News ▢ /Destiny ▢		Phoenix 2020 (N) ▢			News ▢ /AmorFati ▢		Home Summer (N) ▢		News (N) ▢		-	-
(44) KWBN		44	Life ▢	Life ▢	Ministry Now! ▢		Tab.Talk ▢	Reflect. ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince ▢		
(46) KHLU	35	-	Rosa Guadalupe ▢		Diseñando Tu Amor ▢		Si Nos Dejan ▢		La Hija del Emba ▢		Notic. ▢	Noticie. ▢	Contacto del Verano ▢		-	-
(50) KKAI	50	50	Chef Roc	SL Hawaii	Ha.Thing	Culturised	Runn'n	Wine &	Dining	Planet X ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢		
(66) KPXO	27	27	Blue Bloods ▢		Blue Bloods ▢		Blue Bloods ▢		Blue Bloods ▢		Blue Bloods ▢		Blue Bloods ▢			
A&E	547	129	Court C. ▢	Court C. ▢	FastBelt ▢	FastBelt ▢	Hustle ▢	Hustle ▢	Court C. ▢	Court C. ▢	Court C. ▢	Court C. ▢	FastBelt ▢	FastBelt ▢	118	265
AHC*	345	137	Weaponology ▢		Weaponology ▢		Weapon "Rangers" ▢		Weaponology "SAS" ▢		Hitler "The Downfall" ▢		Hitler "The Victor" ▢		195	287
AMC	600	159	★★★ "Night at the Museum" ▢		★★ "Night at the Museum: Battle of the Smithsonian" ▢						★★ "The Last Witch Hunter" *Vin Diesel.* ▢				131	254
ANPL	329	107	Lone Star Law		Northwest Law: Uncuffed "Caught in a Snag" ▢				Lone Star Law "Busted, Boozing and Boating"				Northwest Law ▢		184	282
BBCA	341	135	Law & Order "Haven" ▢		Law&O. "Sideshow" ▢		LawOrder "Disciple" ▢		★★★ "The Fifth Element" ('97, Sci-Fi) *Bruce Willis.* ▢						135	264
BRAVO	560	237	Family Karma (N) ▢		TBA ▢	Housewives P. ▢		Shahs of Sunset ▢		Family Karma ▢		Watch ▢	CashCb ▢	CashCb ▢	129	237
BSWS	226	-	Baseball ▢	Postgame	Angels	Baseball ▢	WPT Poker ▢		MLB Baseball Colorado vs L.A. Angels ▢				Postgame	Angels	-	692
BSSC	228	-	Soccer ▢	Post-ga.	MLS Soccer Minnesota vs Los Angeles FC ▢				Post-ga.	Card L ▢	Mixed Martial Arts ▢		Mixed Martial Arts ▢		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢						Worldwide Exchange ▢		208	355
CNN	113	172	A. Cooper 360 ▢		Cuomo Prime Time		Don Lemon Tonight ▢		Don Lemon Tonight ▢		CNN Live (N) ▢		Early Start (N) ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	The Daily Show ▢		SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Access ▢	Daily (N) ▢	Animals ▢	Animals ▢	Whose ▢	Whose ▢	Creek ▢	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	BobBrg ▢	Jokers ▢	3	395
DISC	333	131	Hunting Atlantis ▢		Exp. Unkown "The Fortune of the Buzzard" ▢				Expedition Unknown ▢		Hunting Atlantis ▢		Expedition Unknown ▢		182	278
DISNEY*	444	98	Raven ▢	Raven ▢	BigCity ▢	BigCity ▢	BigCity ▢	BigCity ▢	Bunk'd ▢	Bunk'd ▢	BigCity ▢	BigCity ▢	G. Duran ▢	Sydney ▢	173	291
E!*	549	240	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Nightly ▢	114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		MLB Baseball N.Y. Yankees vs Tampa Bay ▢				SportsCenter ▢		140	206
ESPN2	224	74	UFC Archival ▢		Horn (N) ▢	Interrupt	NFL Live ▢		SportsCenter (N) ▢		SportsCenter ▢		UFC Archival ▢		144	209
FILI	688	320	Umaga	Walang ▢	La Luna Sangre		BUSA+	Ang Sa Iyo Ay Akin		Tubig At ▢	Forever ▢	It's Showtime ▢			-	-
FNC	109	178	Fox News @ Night (N)		Tucker Carlson ▢		Hannity		The Ingraham Angle		Fox & Friends First (N)				205	360
FOOD	321	231	Guy's Game (N) ▢		Guy's Game ▢		Guy's Game ▢		Guy's Game ▢		Guy's Game ▢		Guy's Game ▢		110	231
FREE*	538	122	★★★ "The Breakfast Club" ▢		★★ "The Other Woman" ('14, Com) *Cameron Diaz.* ▢						Good Trouble (N) ▢		The 700 Club ▢		180	311
FX	554	124	★★ "The Hangover Part II" ▢		★★ "The Hangover Part III" *Bradley Cooper.* ▢				★★ "The Hangover Part III" *Bradley Cooper.* ▢					MikeMoll	136	248
GOLF	216	86	Tokyo 2020 Summer Olympics Golf (M) Round 1 (L) ▢						LiveFromOlympics (L)		Live From the Olympics				401	218
HALL	452	128	"Christmas Town" *Candace Cameron Bure.* ▢				"A Little Christmas Charm" *Ashley Greene.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Two Steps Home		H.Hunt ▢	House ▢	H.Hunt ▢	House ▢	Property Brothers: F ▢		Property Brothers ▢		Property Brothers ▢		112	229
HISTORY	327	133	Forged in Fire (N) ▢		Forged in Fire ▢		Forged in Fire ▢		Forged in Fire ▢		Forged in Fire ▢		Forged in Fire ▢		120	269
HBO	611	502	Movie	100 Foot Wave ▢		Catch & ▢	The White Lotus ▢		★★ "The Empty Man" ('20, Hor) *James Badge Dale.* ▢					"8 Mile"	303	504
HBO2	612	503	★★ "Killerman" ('19, Act) *Liam Hemsworth.* ▢		★★ "Kajillionaire" ▢					★★ "King Arthur: Legend of the Sword" ▢				Movie	304	505
KBS	80	-	Suits ▢		News ▢ /Dream Family		News ▢	Screening Humanity ▢	Red Shoe		WalkNeighbourhood ▢		Annyeong	News	-	-
LIFE	448	226	Married1stSight (N) ▢		First Sight (N)		Married1stSight (N) ▢		Married "Houston, We Have a Marriage" ▢				Married/First Sight		108	276
LMN	449	227	"Evil Stepmom" ▢		★★ "Sleeping With the Enemy" ▢				"Evil Stepmom" *Tara Spencer-Nairn.* ▢				"Sleeping With th...		109	253
MAX	622	515	Movie	★★ "The Hills Have Eyes II" ▢			★★★ "The Rules of Attraction" ▢				★★ "Ouija: Origin of Evil" ▢			Movie	311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		All in Chris Hayes ▢		Rachel Maddow ▢		Way Too Early (N)		209	356
NATGEO	347	130	Sharks Attack (N) ▢		Shark (N) ▢		When Sharks Attack ▢		When Sharks Attack ▢		Shark ▢		Most Wanted Sharks ▢		186	276
NGN	677	-	News ▢	News ▢	Ochoyan	Saiko no (N)		Ikouyo! ▢	Senmu (N)	News (N) ▢	News ▢	Saiko no		Okazu ▢	-	-
NICK	446	100	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Sports (N)	Ocean (N)	Cook. ▢	Skin Diver	Hawaii Goes Fishing		Pet Hui	Japan	Pakele	Sports P	Driver	Sports	-	-
OCSPT	12	89	NCAA Volleyball Long Beach State vs. Hawaii ▢						NCAA Basketball C. Poly/Haw. ▢			NCAA Water Polo L.B./Haw. ▢			-	-
OLELO53	53	53	Hawaii Okinawa Today (N)		Educational Programming ▢						Community Programming ▢				-	-
OLELO54	54	54	Mental ▢	Social ▢	Inside Honolulu Hale "2021 Honolulu City Council Sessions"										-	-
OLELO55	55	55	Inspirational Prog. ▢		Hawaii Para Cristo ▢		Insp. ▢	Unity Church Hawaii ▢	Insp. ▢		In God's ▢	Inspirational Programming ▢			-	-
OWN*	343	242	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	FlipFlop ▢	189	279
OXY	558	229	Snapped "Notorious: The Girl in the Box" (N) ▢				Secrets Uncovered ▢		Secrets Uncovered ▢		Accident, Suicide ▢		Accident, Suicide ▢		127	251
PARMT	559	141	"Fast & Furious 6" ▢		★★ "Red 2" ('13, Act) *Bruce Willis.* ▢						★★ "Face/ Off" ('97, Act) *John Travolta.* ▢				241	241
SHOW*	633	451	Movie	★★★ "American Psycho" ▢			The End ▢	The End ▢	★ "American Psycho 2" ▢			★★★ "Secretary" ▢			319	546
SYFY	557	144	★★ "Robin Hood" ('10, Adv) *Russell Crowe.* ▢						★★ "The Chronicles of Riddick" ('04, Sci-Fi) *Vin Diesel.* ▢					Twilight ▢	122	244
TBS	551	121	BigBang ▢	BigBang ▢	BigBang ▢	Frontal ▢	Frontal ▢	Wipeout ▢		Wipeout ▢		Wipeout ▢		New Girl ▢	139	247
TCM	602	157	Movie	★★★★ "The Last Picture Show" ▢				★★★ "Bonnie and Clyde" *Warren Beatty.* ▢				★★ "Badlands" *Martin Sheen.* ▢			132	256
TLC*	331	132	Dr. Pimple Popper ▢		Dr. Pimple Popper ▢		Dr. Pimple (N) ▢		Dr. Pimple (N) ▢		Feet Kill Me (N) ▢		1000lb "Do or Die" ▢		183	280
TMC	644	467	Movie	★★ "Scary Stories to Tell in the Dark" ▢				★★★ "Carrie" *Sissy Spacek.* ▢			★★★★ "De Palma" *Brian De Palma.* ▢				329	554
TNT	553	125	All Elite Wrestling (N)		★★★ "Law Abiding Citizen" *Jamie Foxx.* ▢				★★ "300: Rise of an Empire" ▢				NCIS: New Orleans ▢		138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Am.Dad ▢	RickMort	Fam.Guy ▢	Fam.Guy ▢	RickMort	Robot	AquaT.	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	177	297
TRAVEL*	325	139	Mysteries (N) ▢		Beyond Unknown ▢		Beyond Unknown ▢		Mysteries of the Unknown ▢				Beyond Unknown ▢		196	277
TVLAND	441	127	Ray ▢	Ray ▢	Younger ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Younger ▢	Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢												105	242
WE	451	230	NCIS ▢		NCIS ▢		NCIS ▢		NCIS ▢		Law Order CI ▢		Law Order CI "Beast" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

Drs. Brad Schaeffer and Ebonie Vincent from "My Feet Are Killing Me"

Disturbia

HBO 5 p.m.

Shia LaBoeuf stars in this unsettling thriller film about a boy stuck on house arrest following his decision to punch a teacher at his school. Bored, the teen begins spying on his neighbors and discovers that one of them may be hiding a terrible secret.

My Feet Are Killing Me

TLC 10 p.m.

Summer has arrived in a new episode of this unscripted series, and with it many naked feet. Drs. Ebonie, Brad and Sarah take on a slew of foot-troubled patients who are experiencing everything from nasty nails to foot fungus and catastrophic corns.

Arielle Vandenberg hosts "Love Island"

What Not To Design

HGTV 2 p.m.

This new series debuts tonight. Inspired by the popular fashion series "What Not to Wear," this new show takes viewers into dated and poorly designed homes for a remodel, showing homeowners creative ways to improve upon small and awkward spaces.

Love Island

KGMB 8 p.m.

Arielle Vandenberg hosts another new episode of this hit unscripted series. Shipped off to a tropical location, a group of singles is paired and re-paired into teams of two and asked to perform a set of tasks, all with the goal of finding true love.

07/29	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	Beat Shazam ▢		MasterChef ▢		News (N) ▢	News (N) ▢	News (N) ▢	InsEd. ▢	BigBang ▢	2½ Men ▢	2	2
(4) KITV	4	4	KITV News (N) ▢		NBA Draft (N) ▢						News (N) ▢	Jimmy Kimmel Live ▢		Nightl. ▢	4	4
(9) KHII	5	5	Feud ▢	Feud ▢	News (N) ▢	News (N) ▢	Living 808 ▢		Dateline ▢		Law Order CI ▢		Mom ▢	Mom ▢	5	5
(5) KGMB	7	7	News (N) ▢	ET ▢	Big Brother (N) ▢		Love Island (N) ▢		Bull ▢		News (N) ▢	The Late Show ▢		J.Corden ▢	9	9
(11) KHET	10	11	News (N) ▢	PBS NewsHour (N) ▢		Insights PBS (N) ▢		Ho'oku'ikahi (N) ▢		Skindigo ▢	Fake or Fortune ▢		Amanpour/Com (N) ▢		11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics ▢				TYO'20 ▢	Tokyo 2020 Summer Olympics ▢							13	13
(14) KWHE	11	14	Griffith ▢	Griffith ▢	Heartland ▢		Heartland ▢		Hwy to Heaven 1/2 ▢		Hwy to Heaven 2/2 ▢		Breakthr. Blessing ▢		14	-
(20) KIKU	9	20	Invicta Watches (N) ▢		Stefano Oro Jewerly		Everyday Gems ▢		Invicta Watches ▢		Invicta Watches ▢		Fashion Talk		20	20
KFVE	6	13	News (N) ▢	News (N) ▢	KeikiCo ▢	Hi Sess. ▢	Kelly Clarkson ▢		News (N) ▢	TMZ (N)	Seinfeld ▢	Friends ▢	News (N)	Last Man		
(26) KAAH	26	26	J. Prince ▢	J.Osteen ▢	Facts ▢	Messiah ▢	Rubin ▢	Stage	WorshipWithMichael ▢		Blessed ▢	TakingC. ▢	Church ▢	Furtick ▢	-	-
(32) KBFD	2	6	Paid ▢	News (N) ▢ /SBS (N) ▢		Phoenix 2020 (N) ▢			News ▢ /AmorFati ▢		HomeSummer (N) ▢		News (N) ▢		-	-
(44) KWBN		44	Life ▢	Life ▢	Ministry Now! ▢		Tab.Talk ▢	Reflect. ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince ▢		
(46) KHLU	35	-	CONCACAF Fútbol ▢			Fútbol ▢	CONCACAF Fútbol ▢				Notic. ▢	Noticie. ▢	Primer impacto ▢		-	-
(50) KKAI	50	50	Chef Roc	SL Hawaii	Ha.Thing	Culturised	Runn'n	Wine &	Dining	Planet X ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢		
(66) KPXO	27	27	Chicago P.D. ▢		Chicago P.D. ▢		Chicago P.D. ▢		Chicago P.D. ▢		Chicago P.D. ▢		Chicago P.D. ▢			
A&E	547	129	First 48 "Truly Lost" ▢		F48 RookieYear (N) ▢		The First 48 ▢		The First 48 ▢		First 48 "Truly Lost" ▢		First 48: RookieYear ▢		118	265
AHC*	345	137	America's Civil War ▢		America's Civil War ▢		America's Civil War ▢		America's Civil War ▢		America's Civil War ▢		America's Civil War ▢		195	287
AMC	600	159	"O Brother, Where Art Thou?" ▢		★★★ "Crocodile Dundee" *Paul Hogan.* ▢					★★ "Crocodile Dundee II" ('88, Com) *Paul Hogan.* ▢					131	254
ANPL	329	107	Deadliest Catch (N) ▢		Deadliest Catch "Hell for Heroes" (N) ▢				Deadliest Catch "Siberian Winter" ▢				Deadliest Catch ▢		184	282
BBCA	341	135	★★ "Transformers: Dark of the Moon" ('11, Act) *Shia LaBeouf.* ▢						★★ "Transformers: Revenge of the Fallen" ('09, Act) *Shia LaBeouf.* ▢						135	264
BRAVO	560	237	TopChef ▢	Watch ▢	★★ "How to Lose a Guy in 10 Days" ▢					★★ "How to Lose a Guy in 10 Days" ▢					129	237
BSWS	226	-	Baseball ▢	Postgame	Angels	Card L ▢	WPT Poker ▢		MLB Baseball Oakland vs L.A. Angels ▢				Postgame	Angels	-	692
BSSC	228	-	Boxing Classics ▢				MMA WCK Full Rules ▢		MMA WCK Full Rules ▢		Mixed Martial Arts ▢		Mixed Martial Arts ▢		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢				The News		Worldwide Exchange ▢		208	355
CNN	113	172	A. Cooper 360 ▢		Cuomo Prime Time		Don Lemon Tonight ▢		Don Lemon Tonight ▢		CNN Live (N) ▢		Early Start (N) ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	The Daily Show ▢		SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Access ▢	Daily (N) ▢	Roswell "Hands" ▢		The Outpost (N) ▢		Creek ▢	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	BobBrg ▢	Jokers ▢	3	395
DISC	333	131	Homestead Rescue ▢		Homestead Rescue ▢		Homestead Rescue ▢		Homestead Rescue "Tropic Thunder" ▢				Homestead Rescue ▢		182	278
DISNEY*	444	98	Raven ▢	Raven ▢	BigCity ▢	BigCity ▢	BigCity ▢	BigCity ▢	Jessie ▢	Jessie ▢	BigCity ▢	BigCity ▢	G. Duran ▢	Sydney ▢	173	291
E!*	549	240	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Nightly ▢	114	236
ESPN	222	70	Draft ▢	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter ▢		SportsCenter ▢		SportsC. ▢	SportsCenter ▢		140	206
ESPN2	224	74	SprtC ▢	UFC Arch	Horn (N) ▢	Interrupt	UFC Archival ▢		UFC Archival ▢		UFC Arch	UFC Archival ▢		Racing ▢	144	209
FILI	688	320	Umaga	Walang ▢	La Luna Sangre		TFC/TBA	Ang Sa Iyo Ay Akin		Tubig At ▢	Forever ▢	It's Showtime ▢			-	-
FNC	109	178	Fox News @ Night (N)		Tucker Carlson ▢		Hannity		The Ingraham Angle		Fox & Friends First (N)				205	360
FOOD	321	231	Restaurant (N) ▢		BBQ Brawl: Flay		BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	BeatFlay ▢	Restaurant ▢		BBQ Brawl: Flay		110	231
FREE*	538	122	★★ "The Other Woman" *Cameron Diaz.* ▢				Grown ▢		★★ "Step Up 3" ('10, Dan) ▢				The 700 Club ▢		180	311
FX	554	124	★★★ "Instant Family" ▢				★★★ "Instant Family" ('18, Com) *Mark Wahlberg.* ▢				★★★ "Killers" ('10, Act) *Ashton Kutcher.* ▢				136	248
GOLF	216	86	Tokyo 2020 Summer Olympics Golf (M) Round 2 (L) ▢						LiveFromOlympics (L)		Live From the Olympics				401	218
HALL	452	128	"Welcome to Christmas" *Eric Mabius.* ▢				"12 Gifts of Christmas" *Katrina Law.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Christina on the Coa ▢	H.Hunt ▢	House ▢		H.Hunt ▢	House ▢	What Not To Design		Christin ▢	Christin ▢	Christin ▢	Christin ▢	112	229
HISTORY	327	133	Mountain Men: Fully Loaded "Wild and Free" (N) ▢						Mountain Men: Fully Loaded "Wild and Free" ▢						120	269
HBO	611	502	★★ "The 40-Year-Old Virgin" *Steve Carell.* ▢				The White Lotus ▢		Catch & ▢	"Judas and the Black Messiah" ▢				Movie	303	504
HBO2	612	503	Real Sports ▢		★★★★ "Dunkirk" *Tom Hardy.* ▢			★★ "The New Mutants" *Maisie Williams.* ▢				★★ "How to Be Single" ▢			304	505
KBS	80	-	Youth of May		News ▢ /Dream Family		News ▢	Screening Humanity ▢		Red Shoe	Stars' Top Recipe at Fun-Staurant ▢				-	-
LIFE	448	226	"The Proposal" ▢		★★ "Bride Wars" ('09, Com) *Kate Hudson.* ▢				★★★ "The Proposal" *Sandra Bullock.* ▢				★★ "Bride Wars" ▢		108	276
LMN	449	227	"Burning Little Lies"		★★ "Killer in the Guest House" ▢				"Burning Little Lies" *Annika Foster.* ▢				"Killer in the Gues...		109	253
MAX	622	515	"The Peacemaker"		★★★ "Hacksaw Ridge" ('16, Bio) *Andrew Garfield.* ▢					★★ "Endless Love" ▢			"Confessions of a...		311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		All in Chris Hayes ▢		Rachel Maddow ▢		Way Too Early (N)		209	356
NATGEO	347	130	Shark Attack (N) ▢		Shark Attack (N) ▢		When Sharks Attack ▢		Shark "No Way Out" ▢		Shark Attack ▢		Cannibal Sharks ▢		186	276
NGN	677	-	News ▢	News ▢	Mone (N)	Zatoichi (N) ▢		Ariyoshi-kun Sho (N) ▢		News (N) ▢	News ▢	Zatoichi ▢		Okazu ▢	-	-
NICK	446	100	★★★ "Rio" ▢		Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Sports (N)	Ocean (N)	Cook. ▢	Skin Diver	Hawaii Goes Fishing		Pet Hui	Japan	Pakele	Sports P	Painting	Fashion ▢	-	-
OCSPT	12	89	NCAA Basketball UC Irvine at Hawaii ▢				NCAA Volleyball UC San Diego vs. Hawaii ▢				NCAA Basket. Classics Hawaii Pac. vs Hawaii ▢				-	-
OLELO53	53	53	Maimoaga I Samoa		Motu O Fiafiaga		Samoa Mo Samoa		Faafiafiaga Suifefiloi		Cultural ▢	Hawaii "Yuntaku Live 35 2021 Feb"			-	-
OLELO54	54	54	Social/ Political Programming ▢								Veterans Talk ▢		Democracy Now! ▢		-	-
OLELO55	55	55	Bride ▢	Inspirational Programming ▢				Tupulaga Talavou ▢		Lou Lumanai Manuia ▢		Inspirational Programming ▢			-	-
OWN*	343	242	20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		189	279
OXY	558	229	Secrets Unco (N) ▢		Charmed to Death ▢		Secrets Uncovered ▢		Secrets Uncovered ▢		Cold Justice ▢		Cold Justice ▢		127	251
PARMT	559	141	Movie	★★★ "Hitch" ('05, Com) *Will Smith.* ▢						★★ "Draft Day" ('14, Spt) *Kevin Costner.* ▢					241	241
SHOW*	633	451	★★★ "Drive Angry" ('11, Act) *Nicolas Cage.* ▢				DesMero ▢	"Embattled" ('20, Spt) *Drew Scheid.* ▢				DesMero ▢	"Richard Pryor Liv...		319	546
SYFY	557	144	★★ "Godzilla" ('14, Act) *Elizabeth Olsen.* ▢					★★★ "Terminator 2: Judgment Day" *Arnold Schwarzenegger.* ▢						Movie	122	244
TBS	551	121	The Cube ▢		The Cube ▢		Wipeout ▢		Wipeout ▢		Frontal ▢	Seinfeld ▢	Seinfeld ▢	Seinfeld ▢	139	247
TCM	602	157	★★★ "The Trouble With Girls" *Elvis Presley.* ▢				★★ "Girl Happy" ('65, Mus) *Elvis Presley.* ▢				★★★★ "This is Elvis" ('81, Bio) *Elvis Presley.*				132	256
TLC*	331	132	Dr. Pimple Popper ▢		Dr. Pimple Popper ▢		Dr. Pimple Popper ▢		My 600-lb Life "J.T.'s Story" ▢				Family by the Ton ▢		183	280
TMC	644	467	Movie	"Spring Breakers" ▢			★★ "Countdown" *Elizabeth Lail.* ▢			★★ "S.F.W." *Stephen Dorff.* ▢			★★ "Nighthawks" ▢		329	554
TNT	553	125	★★ "The Equalizer" ▢			★★ "The Equalizer" ('14, Act) *Denzel Washington.* ▢						★★ "Need for Speed" ▢			138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Am.Dad ▢	RickMort	Fam.Guy ▢	Fam.Guy ▢	Tuca ▢	Robot	AquaT.	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	177	297
TRAVEL*	325	139	Paranormal (N) ▢		Paranormal ▢		Paranormal ▢		Paranormal ▢		Paranormal ▢		Paranormal ▢		196	277
TVLAND	441	127	Ray ▢	Ray ▢	Ray ▢	Ray ▢	Queens ▢	Queens ▢	Queens ▢	Queens "Lush Life" ▢		Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢												105	242
WE	451	230	Growing Up H (N) ▢		Beyond the Pole (N) ▢		Mane ▢	Growing Up Hip Hop ▢		Beyond the Pole ▢		Mane ▢	Growing Up Hip Hop ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

07/30	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	WWE SmackDown (N) ▢				News (N) ▢	News (N) ▢	News (N) ▢	InsEd. ▢	BigBang ▢	2½ Men ▢	2	2
(4) KITV	4	4	KITV News (N) ▢		Shark Tank ▢		20/20 ▢				News (N) ▢	Jimmy Kimmel Live ▢	Nightl. ▢		4	4
(9) KHII	5	5	Feud ▢	Feud ▢	News (N) ▢	News (N) ▢	Living 808 ▢		Law Order CI ▢		Law Order CI ▢		Mom ▢	Mom ▢	5	5
(5) KGMB	7	7	News (N) ▢	ET ▢	Celeb. Reno. (N) ▢		Love Island (N) ▢		Blue Bloods ▢		News (N) ▢	The Late Show ▢		J.Corden ▢	9	9
(11) KHET	10	11	News (N) ▢	PBS NewsHour (N) ▢		W.Week ▢	Icon Music (N) ▢		Classic Albums (N) ▢		Downing of Flag (N) ▢		Amanpour/Com (N) ▢		11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics ▢				TYO'20 ▢	Tokyo 2020 Summer Olympics ▢							13	13
(14) KWHE	11	14	Griffith ▢	Griffith ▢	Heartland ▢		Heartland ▢		Highway to Heaven ▢		Highway to Heaven ▢		L.Ranger ▢	L.Ranger ▢	14	-
(20) KIKU	9	20	Stefano Oro (N)		Stefano Oro Jewerly		Pamela McCoy ▢		Health Solutions ▢		Waterford Crystal ▢		One World Fashions		20	20
KFVE	6	13	News (N) ▢	News (N) ▢	Talk Story McKenna ▢		Kelly Clarkson ▢		News (N) ▢	TMZ (N)	Seinfeld ▢	Friends ▢	News (N)	Last Man		
(26) KAAH	26	26	J. Prince ▢	SBO ▢	G. Gospel	Forward ▢	Watch ▢	Insights ▢	Worship ▢	Xtreme ▢	Organic ▢	TreeLife ▢	Forward ▢	TheScenes	-	-
(32) KBFD	2	6	Paid ▢	News ▢ /Songs ▢		Penthouse III (N)			News ▢ /AmorFati ▢		Soul Mechanic (N) ▢		News (N) ▢		-	-
(44) KWBN		44	Life ▢	Life ▢	Marcus Lamb		Tab.Talk ▢	Green ▢	W-Master	RoadTrip	Travel ▢	Reflect. ▢	Reflections ▢			
(46) KHLU	35	-	Rosa Guadalupe ▢		Diseñando Tu Amor ▢		Si Nos Dejan ▢		La Hija del Emba ▢		Notic. ▢	Noticie. ▢	Contacto del Verano ▢		-	-
(50) KKAI	50	50	Chef Roc	SL Hawaii	Ha.Thing	Culturised	Runn'n	Wine &	Dining	Planet X ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢		
(66) KPXO	27	27	Hawaii Five-0 ▢		Hawaii Five-0 ▢		Hawaii Five-0 ▢		Hawaii Five-0 ▢		Hawaii Five-0 ▢		Hawaii Five-0 ▢			
A&E	547	129	The First 48 ▢		The First 48 ▢		The First 48 ▢		The First 48 ▢		The First 48 ▢		The First 48 ▢		118	265
AHC*	345	137	(Almost) Got Away ▢		(Almost) Got Away ▢		(Almost) Got Away ▢		(Almost) Got Away ▢		UFOs: Un "Area 52" ▢		UFOs: Uncovering ▢		195	287
AMC	600	159	★★★★ "Forrest Gump" *Tom Hanks.* ▢				★★ "50 First Dates" *Adam Sandler.* ▢				★★ "Kindergarten Cop" ▢				131	254
ANPL	329	107	LALaw "Blind Rage"		LALaw "Spy in the Sky"		Louisiana Law		LALaw "Mr. Bad Guy"		LALaw "Blind Rage"		LALaw "Spy in the Sky"		184	282
BBCA	341	135	Eden: Untamed Pl ▢		Africa "Kalahari" ▢			Africa "Savannah" ▢		Africa "Congo" ▢		Eden "Borneo: Sacred Forest" ▢			135	264
BRAVO	560	237	★★★★ "Pretty Woman" ('90, Rom) *Richard Gere.* ▢					★★★★ "Pretty Woman" ('90, Rom) *Richard Gere.* ▢					★ "He's Just Not Th...		129	237
BSWS	226	-	Baseball ▢	Postgame	Angels (N)	Sports ▢	WPT Poker ▢		HonorWrestle (N) ▢		Mixed Martial Arts ▢		Mixed Martial Arts ▢		-	692
BSSC	228	-	The Ten ▢	ATP Tennis Mexican Open ▢					MMA WCK Full Rules ▢		MMA WCK Full Rules ▢		Mixed Martial Arts ▢		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢				The News		Beyond the Tank ▢		208	355
CNN	113	172	A. Cooper 360 ▢		Cuomo Prime Time		Don Lemon Tonight ▢		CNN Live (N) ▢		CNN Live (N) ▢		CNN Live (N) ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Access ▢	Daily (N) ▢	Burden of Truth (N) ▢		Dynasty (N) ▢		Aloha ▢	Fam.Guy ▢	Fam.Guy ▢	BobBrg ▢	BobBrg ▢	Jokers ▢	3	395
DISC	333	131	Dino Hunters (N) ▢		Expedition Unknown ▢		Gold Rush ▢		Gold Winter Fortune ▢		Dino Hunters ▢		Expedition Unknown ▢		182	278
DISNEY*	444	98	Bluey ▢	★★★ "The Secret Life of Pets" ▢			Bunk'd ▢	G.Duran	BigCity ▢	Bluey ▢	Bluey ▢	BigCity ▢	Bunk'd ▢	G. Duran ▢	173	291
E!*	549	240	★★ "American Pie" ('99, Com) *Chris Klein.* ▢				★★ "American Pie 2" *Jason Biggs.* ▢				★★ "American Wedding" *Jason Biggs.* ▢				114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter ▢		SportsCenter ▢		SportsCenter ▢		140	206
ESPN2	224	74	NFL Live (N) ▢		Horn (N) ▢	Interrupt	UFC Live ▢	Boxing ▢	UFC Archival ▢		NFL Live ▢		UFC Archival ▢		144	209
FILI	688	320	Umaga	Walang ▢	La Luna Sangre		Keeping	Ang Sa Iyo Ay Akin		Walang ▢	Forever ▢	It's Showtime ▢			-	-
FNC	109	178	Fox News @ Night (N)		Tucker Carlson ▢		Hannity		The Ingraham Angle		Hannity		The Five		205	360
FOOD	321	231	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	110	231
FREE*	538	122	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	The 700 Club ▢		180	311
FX	554	124	★★★★ "Deadpool 2" ▢				★★★★ "Deadpool 2" ('18, Act) *Ryan Reynolds.* ▢				★★ "Kingsman: The Golden Circle" ▢				136	248
GOLF	216	86	Tokyo 2020 Summer Olympics Golf (M) Round 3 (L) ▢						LiveFromOlympics (L)		Live From the Olympics				401	218
HALL	452	128	★ "Five Star Christmas" *Bethany Joy Lenz.* ▢				★★ "Christmas at the Palace" ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	1WeekSel	1WeekSel	Dream H.	Dream H.	Dream H.	Dream H.	Dream H.	Dream H.	Paid ▢	Paid ▢	Paid ▢	Paid ▢	112	229
HISTORY	327	133	Unidentified: UFOs in the Headlines ▢				Ancient Aliens ▢		Unidentified: UFOs in the Headlines ▢				Ancient Aliens ▢		120	269
HBO	611	502	★★ "Replicas" ▢		Bill Maher (N) ▢		To Be Announced ▢		Bill Maher ▢		To Be Announced ▢		The White Lotus ▢		303	504
HBO2	612	503	★★ "Joker" ('19, Dra) *Joaquin Phoenix.* ▢				★★ "Up in the Air" ▢			★★ "Extract" ('09, Com) *Jason Bateman.* ▢				Bill Maher	304	505
KBS	80	-	Youth of May		News ▢ /Dream Family		News ▢	Windows on Koreans ▢	Red Shoe		Yu Huiyeol's Sketchbook ▢			News	-	-
LIFE	448	226	★ "The Simone Biles...		★ "The Gabby Douglas Story" *Brian Tee.* ▢				★ "The Simone Biles Story: Courage to Soar"				★ "The Gabby Doug...		108	276
LMN	449	227	★ "Malicious Motives"		★ "Who is Killing the Cheerleaders?" ▢				★ "Malicious Motives" *Revell Carpenter.* ▢				★ "Who is Killing th...		109	253
MAX	622	515	Movie	★★★ "Event Horizon" ▢			★★ "Fled" ('96, Act) *Laurence Fishburne.* ▢				★★ "Deep Cover" ▢			Movie	311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		Dateline ▢				Dateline ▢		209	356
NATGEO	347	130	Better Dog (N) ▢		Better Dog (N) ▢		Shark Beach ▢		Dog "Fit For Service" ▢		Better Dog ▢		Shark Attack ▢		186	276
NGN	677	-	News ▢	News ▢	Mone (N)	Rikokatsu		Okikatsu ▢	Okonom.	News (N)	News ▢	Rikokatsu		Gurutto	-	-
NICK	446	100	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Sports (N)	Ocean (N)	Cook. ▢	Skin Diver	Hawaii Goes Fishing		Pet Hui	Japan	Pakele	Sports P	Flhi Girlz	Fishing	-	-
OCSPT	12	89	NCAA Tennis ▢		NCAA Basketball CSUF/Haw. ▢		NCAA Softball UC Davis vs. Hawaii ▢					NCAA Basketball C. Poly/Haw. ▢			-	-
OLELO53	53	53	Native Hawaii Programming ▢								Pacific Islander Programming ▢				-	-
OLELO54	54	54	Social/ Political Programming ▢										Democracy Now! ▢		-	-
OLELO55	55	55	Arab Preaches Christ			Inspirational Prog. ▢		Tap in, Not Out ▢		Inspirational Prog. ▢		Arab Preaches Christ			-	-
OWN*	343	242	Put a Ring on It ▢		Put a Ring on It ▢		Put a Ring on It ▢		Put a Ring on It ▢		Put a Ring on It ▢		Put a Ring on It ▢		189	279
OXY	558	229	Manson: The Women ▢				Secrets Uncovered "Deadly Valentine" ▢				Killer "Gustafsons" ▢		Killer Sibli "Stovalls" ▢		127	251
PARMT	559	141	Movie	★★★ "Indiana Jones and the Temple of Doom" ▢					★★★★ "Indiana Jones and the Last Crusade" *Harrison Ford.* ▢						241	241
SHOW*	633	451	★★★ "I, Tonya" ('17, Bio) *Margot Robbie.* ▢				★ "Crisis" ('21, Thril) *Gary Oldman.* ▢				★★★ "Red" ('10, Act) *Bruce Willis.* ▢				319	546
SYFY	557	144	★ "Harry Potter & th...		SurrealEstate (N) ▢		★★★★ "Harry Potter and the Sorcerer's Stone" ('01, Fant) *Daniel Radcliffe.* ▢							Movie	122	244
TBS	551	121	★★ "Rampage" ▢		★★★ "Pacific Rim" ('13, Act) *Idris Elba.* ▢						★★★ "Kong: Skull Island" *Tom Hiddleston.* ▢				139	247
TCM	602	157	★★★ "Tequila Sunrise" ('88, Act) *Mel Gibson.* ▢					★★ "Piranha" *Bradford Dillman.* ▢			★ "Swarm" ('06, Hor) *Jessalyn Gilsig.*				132	256
TLC*	331	132	Darcey & Stacey ▢		Darcey & Stacey ▢		90 Day Fiancé: Happily Ever After? (N) ▢				Fiancé ▢		Darcey & Stacey (N) ▢	Fiancé ▢	183	280
TMC	644	467	Movie	★★★ "Seven Psychopaths" *Colin Farrell.* ▢				★★★ "The Gentlemen" ▢				★★ "Hoodlum" ▢			329	554
TNT	553	125	★★★ "Wonder Woman" ('17, Act) *Gal Gadot.* ▢				★★ "Batman v Superman: Dawn of Justice" ('16, Act) *Ben Affleck.* ▢						Arrow ▢		138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Fam.Guy ▢	Fam.Guy ▢	RickMort	Tuca ▢	Squid	Squid ▢	Squid	Squid	Squid	Squid	177	297
TRAVEL*	325	139	Ghost Adventures "Airfield of Evil" (N) ▢				Ghost Adventures ▢		Ghost Adventures ▢		Ghost Adventures "Airfield of Evil" ▢				196	277
TVLAND	441	127	Ray ▢	Ray ▢	Ray ▢	Ray ▢	Queens ▢	Queens ▢	Queens ▢	The King of Queens ▢	Queens ▢	Queens ▢	Queens ▢		106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢												105	242
WE	451	230	Love After (N) ▢		Love After Lockup ▢		Love After Lockup ▢		Love After Lockup ▢		Love After Lockup ▢		Love After Lockup ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

Stacey and Darcey Silva from "Darcey & Stacey"

O Brother, Where Art Thou?

AMC 2:30 p.m.

George Clooney, John Turturro and Tim Blake Nelson star in this Coen brothers film as prisoners who escape from a chain gang in the late 1930s in search of hidden loot. Blending drama, musical and comedy genres, this film is well known for its soundtrack.

Darcey & Stacey

TLC 6 p.m.

Back-to-back rebroadcasts of this reality show begin with the second-season premiere. The twins' relationships are on the rocks after Darcey has a big fight with Georgi and Stacey oversteps her bounds with hubby Florian. Darcey's friends voice concern.

07/31	D	HT	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	S1	S2
(2) KHON	3	3	Marketplace □		Life □	Nature	OutSpce	Xploratn	Weird □	DIY Sci	Paid □	AAthlete	Sp. Net	Paid □	Boxing □				Sp. Net	Paid □	Weather	Waves	2	2
(4) KITV	4	4	Paid □	Paid □	30 for 30 Pt. 1 of 2 cont'd next				30 for 30 Pt. 2 of 2				Paid □	Paid □	Paid □	Paid □	Paid □	Paid □	Paid □	Paid □	News □	News □	4	4
(9) KHII	5	5	OutSpce	Xploratn	Weird □	DIY Sci	Paid □	AAthlete	LiveLife	Think □	Career	Court □	Court	Court	Court	Court	Nightwatch □		Heartland □		Sp. Net	Murphy	5	5
(5) KGMB	7	7	Tractor Pull □		BIG3 Basketball □						Media □	Media □	KeikiCo	Resorts	HI Way	HI Way	LuckyD.	Innovate	Mission	Hope □	News □	News □	9	9
(11) KHET	10	11	Xavier	W.World	D.Tiger	DinoT □	Molly □	Cat □	Hero Ele	O. Squad	Hiki No	Stretch	Painting	Paint □	W.Shop	House	O.House	Motor.	PortTabl	Cook's	Meals	Milk St.	11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics □								H.Bench	News □	EarthOd	Olympic	Tokyo 2020 Summer Olympics □							News □	13	13
(14) KWHE	11	14	Awesme	WildAm.	Sports	Heartl.	Hollywd.	Paid □	Lassie	Lassie	Obsess	Musky	Hazelton	Chasing	Unseen	Inside	Sm.Twn	Music	America	Green	Dr. Nandi □		14	-
(20) KIKU	9	20	Jewels (N) □		Home (N) □		Home (N) □		Home (N) □		Jewels (N) □		Stefano Oro (N)		Stefano Oro (N)		Home (N) □		Home (N) □		Home (N) □		20	20
KFVE	6	13	Talk Story □		Wrestling □		CarCass	Trucks	D.Muscle	Engine	Media □	Outdoor	Media	Media	Goldbrg	Goldbrg	Black □	Black □	Voice □	Doko Ga	Session	Wedding		
(26) KAAH*	26	26	CBD □	Forward	Unshake.	News □	David Jer. □		BGraham	BGraham	Memories		In Touch (N) □		Huckabee (N) □		GottaDo	Hr. Power (N) □	Youssef	Huckabee □			-	-
(32) KBFD	2	6	Off Air □		Your Lady (N) □			Animal (N) □		WoollyW	Penthouse III		Good Manager			Running Man (N) □			News □	Paid Program □			-	-
(44) KWBN		44	Dateline	Crawfrd	LveChild	Ruonala	Worship	Mission	Transfor	Larry □	Jewish	Gospel	Religious Program. □			Youssef	K.Hagin	Green	In Touch □		P. Stone	Love Is.		
(46) KHLU	35	-	Atencion	Atencion	Naturale	Naturale	Pagado	Pagado	Pagado	Pagado	Pagado	Pagado	Cuentamelo Ya!		Como dice □		Me Caigo de Risa				Vecinos	Notice	-	-
(50) KKAI	50	50	Paid □	Paid □	Spotlight Hawaii		SLHawaii	Ha.Thing	Culturi.	Runn'n	Wine &	HotRock	Paid □	Paid □	Paid □	Paid □	UKE	ChefRoc	TheMike	Planet X	Planet X	PX Kids		
(66) KPXO	27	27	Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □		Law&O: SVU □			
A&E	547	129	House	House	★★ "The Wolverine" *Hugh Jackman.* □				★★ "X-Men Origins: Wolverine" □						★★★ "Den of Thieves" ('18, Act) *Gerard Butler.* □						"John Wick"		118	265
AHC*	345	137	Legends of □		Gunslingers □		Natural Born □		Legends of □		Gunslingers □		Natural Born □		Mob Cops □		The Mafia's □		BlackSheep □		Manhunt □		195	287
AMC	600	159	★★ "50 First Dates" □		★★★ "Forrest Gump" *Tom Hanks.* □							★★ "Tommy Boy" *Chris Farley.* □					★★ "The Great Outdoors" □				Eden: Untam □		131	254
ANPL	329	107	Aquarium □		The Aquarium □		The Aquarium □		The Aquarium □		The Aquarium □		The Zoo □		The Zoo □		The Zoo □		The Zoo □		The Zoo (N) □		184	282
BBCA	341	135	Frozen Planet □		Frozen Planet □		Frozen Planet □		Frozen Planet □		Frozen Planet □		Frozen Planet □		Frozen Planet □		Planet Earth: Blue Planet II □				Eden: Untam □		135	264
BRAVO	560	237	★★ "He's Just Not That Into You" □				★★ "Bruce Almighty" □					★★ "Grown Ups" *Adam Sandler.* □					★★ "Grown Ups 2" □				"Grown Ups"		129	237
BSWS	226	-	BA Fish.	Sportsm	Angels	Pregame	MLB Baseball Oakland vs L.A. Angels (L) □						Pstgame	Angels	A.U. Lacrosse □				MLB Baseball Oak./L.A. A. □				-	692
BSSC	228	-	18 Holes	Swing	Saratoga Live (L) □								ATP Tennis Mexican Open □					ATP Tennis Mexican Open □					-	-
CNBC	116	176	Paid □	Paid □	Shark Tank □		Shark Tank □		Shark Tank □		Shark Tank □		Shark Tank □		Tokyo 2020 Summer Olympics □								208	355
CNN	113	172	CNN (N) □		CNN (N) □		CNN (N) □		CNN (N) □		CNN (N) □		CNN (N) □		CNN (N) □		Special (N) □		Sitcom (N) □		Sitcom (N) □		200	202
COMEDY	545	142	Office		"To Be Announced" □			"To Be Announced" □				"To Be Announced" □				"To Be Announced" □					"To Be An...		107	249
CSPAN	45	61	Washington This Week □									Comms.	Washington This Week □				Public Affairs Events □						210	350
CW	93	2	IntoWild	IntoWild	IntoWild	O.House	Furever	Tails V.	Think □	Y. Icons	Sports	AAthlete	Central	Central	Heartland □		Murdoch □		Monk □		Asia □	Fishing	3	395
DISC	333	131	Atlantis "Legend of the Adriatic" □		Homestead □				Homestead □		Build Off Grid □		Build Off Grid □		Build Off Grid □		Build Off Grid □		Build Off Grid □		Build Off Grid □		182	278
DISNEY*	444	98	BigCity	BigCity	BigCity	BigCity	Owl □	Cat Noir	Cat Noir	Cat Noir	Bunk'd	G. Duran	Jessie	Jessie	Sydney	Sydney	Bunk'd	Bunk'd	Bluey □	Bluey □	BigCity	BigCity	173	291
E!*	549	240	Movie		★★ "How to Lose a Guy in 10 Days" □				★★ "She's All That" □				★★ "How to Lose a Guy in 10 Days" □				★★★ "Runaway Bride" *Julia Roberts.* □				114	236
ESPN	222	70	Basketball The Tournament (L) □				ESPN Documentaries (N) □				UFC UFC Fight Night Site: UFC Apex (L) □						UFC UFC Fight Night Site: UFC Apex (L)						140	206
ESPN2	224	74	UFC Archival □		UFC Archival □		UFC Archival □		UFC Archival □		SportsC. (N) □		Basketball The Tournament (L) □				Basketball The Tournament (L) □				SportsC. (N) □		144	209
FILI	688	320	"To Be An...		Filgram.	It's Showtime □					TBA □	We Rise □		Kapamily	TV Patrol □		Halik □			Your Voice □		TBA □	-	-
FNC	109	178	FOX News (N) □		Journal E. (N) □		FOX News (N) □		Big Saturday		Fox Report □		Liberty & Levin		WattersWorld □		J. Pirro □		Unfiltered		WattersWorld □		205	360
FOOD	321	231	Kitchen (N) □		Cooking	Guy's R.	Buddy vs. Duff		Chopped □		Chopped □		Chopped □		Chopped □		Chopped □		Diners	Diners	Diners	Diners	110	231
FREE*	538	122	★★★ "Holes" □			★★★ "Kung Fu Panda" □				★★ "Kung Fu Panda 2" □				★★ "Wreck-It Ralph" *Jack McBrayer.* □				"Ralph Breaks the Internet" □					180	311
FX	554	124	★★ "Spy" □		★★ "Kingsman: The Golden Circle" □						★★ "Men in Black: International" □					★★★ "Jurassic World" *Chris Pratt.* □				"Jurassic ...		136	248
GOLF	216	86	USGA Golf U.S. Senior Women's Open (L) □						Live From Olympics (L)		Tokyo 2020 Summer Olympics Golf (M) Final Round (L) □												401	218
HALL	452	128	"Picture a Perfect Christmas"				"On the 12th Date of Christ...				"Christmas Waltz" □				★ "Christmas at the Plaza" □				"Cross Country Christmas" □				185	312
HGTV	323	232	Property Br. □		Property Br. □		Property Br. □		Property Br. □		Property Br. □		Property Br. □		House (N) □		House □		Love It/List It □		Love It/List It □		112	229
HISTORY	327	133	Mountain □		Pawn □	Pawn □	Pawn □	Pawn □	Pawn Stars □		Pawn Stars □		Pawn Stars □		Pawn Stars □		Pawn Stars □		Pawn Stars □		Pawn Stars □		120	269
HBO	611	502	Am.Utopia □		★★★ "Gone" □			Bill Maher □		★★ "Save the Last Dance" □			Catch &		Real Sports □		★★ "Spies in Disguise" □				"Tom & Je...		303	504
HBO2	612	503	"The Little...		★★ "Get Shorty" □			★★ "Orange County" □			★★★ "Lars and the Real Girl" □				★★ "Duplex" □			★★ "Disaster Movie" □			"The Aviator"		304	505
KBS	80	-	WalkAround □		Backpack □		Yu Huiyeol's Sketch □			Entertainmen □	Boss in the Mirror				Immortal Songs 2 □			Revolutionary Sisters			Music Bank □		-	-
LIFE	448	226	Married □		"Trapped Model" *Lucy Loken.* □				"Girl in the Basement" □				"Kept Woman" □				"Sleepwalking in Suburbia" □				"You're No...		108	276
LMN	449	227	"The Wron...		"The Wrong Tutor" ('19, Thril) □				"The Wrong Valentine" □				"The Wrong Real Estate Ag...				Joneses "The Wrong Family" □				The Joneses □		109	253
MAX	622	515	"Just Mercy"		★★★ "Stand and Deliver" □				★★★ "The Invisible Man" □				★★ "The Good Liar" □				★★ "Hostage" *Bruce Willis.* □				"Cry Wolf" □		311	516
MSNBC	107	175	Alex Witt (N) □		Y. Vosso. (N) □		Y. Vosso. (N) □		Politics (N)		American (N)		American (N)		The Week (N)		The Week (N)		American		The Week		209	356
NATGEO	347	130	Sharks A. □		Sharks Attack □		Sharks Attack □		Sharks Attack □		Sharks Attack □		Sharks A. □		Sharks A. □		Sharks A. □		Orca □		Great Shark □		186	276
NGN	677	-	JpnPops	"To Be Announced" □				Ikouyo!	News □	Yamatoho/Zatoichi	Gurutto		Dining □		Yamato.	PONPON	Erin □	Ikiiki	Ikouyo!	Yamato.	Mone	Tetsuw.	-	-
NICK	446	100	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	"Broken Alarm/ Karen's Baby" □			Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	Sponge	PatShow	DangerF	Dylan	171	300
OC16	16	-	Outside	Japan	Cutty □	Fishing	Hawaii	Driver	Hawaii Fishing		Sports P	Sports	Pet Hui	Braddah	Ocean	Fishing	Showcse	Champ	Pilates	Hawaii	Painting	Crafting	-	-
OCSPT	12	89	Baseball □		NCAA Basketball □			NCAA Tennis Classics Wash./Haw. □					NCAA Baseball □			NCAA Water Polo □			NCAA Baseball Haw.H./Haw. □				-	-
OLELO53	53	53	Native Hawaii Programming □																HI Prog.	Hawaii Okinawa Today			-	-
OLELO54	54	54	Social/ Political Programming □																Social/ Political Programming □				-	-
OLELO55	55	55	Insp. □	Unity Church □	Inspirational Programming □															Arab Preaches Christ			-	-
OWN*	343	242	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	H.Hunt	Huntsville □		Huntsville □		Huntsville □		189	279
OXY	558	229	Snapped □		Snapped □		Snapped □		Snapped □		Cold Justice □		Cold Justice □		Cold Justice □		Cold Justice □		Cold Justice □		Justice (N) □		127	251
PARMT	559	141	"Ferris Buel...		★★ "Bad Teacher" □				"Dodgeball: A True Underdo...				★★ "Old School" *Luke Wilson.* □				"Dodgeball: A True Underdo...				"Old School"		241	241
SHOW*	633	451	★★★ "Erin Brockovich" □				★★★ "Winter's Bone" □				★★★ "Saving Private Ryan" *Tom Hanks.* □						The End	The End	Mixed Martial Arts Bellator (L) □				319	546
SYFY	557	144	Movie		★★★★ "Harry Potter and the Sorcerer's Stone" □						★★★ "Harry Potter and the Chamber of Secrets" □								"Harry Potter & the Prisoner...				122	244
TBS	551	121	"Jack the G...		★★ "Ready Player One" ('18, Act) *Tye Sheridan.* □						Friends	Friends	Friends	Friends	Friends	Friends	BBang	BBang	BBang	BBang	BBang	BBang	139	247
TCM	602	157	"The Asphalt Jungle"		★★★ "Where Eagles Dare" □						★★★ "The Late Show" □				★★★ "A Fistful of Dollars" □				"For a Few Dollars More" □				132	256
TLC*	331	132	Untold □		Untold Stories □		Untold Stories □		Untold Stories □		Untold Stories □		Hoarding □		Hoarding □		Hoarding □		Hoarding □		Yes Dress □		183	280
TMC	644	467	"Hart's War"		"Relic" ('20, Horror) □		★★★ "Tremors" □				★★★ "Mimic" *Mira Sorvino.* □				★★★★ "1917" □				★★ "Out of the Furnace" □				329	554
TNT	553	125	★★ "Batman v Superman: Dawn of Justice" □						★★ "Suicide Squad" *Will Smith.* □						★★★ "Wonder Woman" ('17, Act) *Gal Gadot.* □					★★★ "Shazam!" □			138	245
TOON	440	103	Craig □	Craig	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Victor	Victor	Titans!	Titans!	Titans!	Titans!	Gumball	Gumball	Gumball	Gumball	Space	Space	177	297
TRAVEL*	325	139	M.Food	M.Food	Fear □		Fear □		Fear □		Fear □		Fear □		Fear □		Fear □		Fear □		Fear □		196	277
TVLAND	441	127	Roseanne □		Rose. □	Rose. □	Rose. □	Rose. □	Rose. □	Roseanne □		Rose. □	Rose. □	Rose. □	Rose. □	Rose. □	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	2½ Men	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) □																				105	242
WE	451	230	Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		Criminal Mind □		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

07/31	D	HT	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	S1	S2
(2) KHON	3	3	News (N) ▢	Wheel ▢	Island ▢	Feud ▢	Empower	Feud ▢	News (N) ▢	Wahine ▢	News (N) ▢	Game of Talents ▢		Hollywd. ▢	2	2
(4) KITV	4	4	News (N) ▢	IslandS. ▢	Home Videos ▢		Shark Tank ▢		The Good Doctor ▢		News (N) ▢	New Hope	American Ninja 2/2 ▢		4	4
(9) KHII	5	5	News (N) ▢	BigBang ▢	Monk ▢		Monk ▢		Castle ▢		News (N) ▢	2½ Men ▢	Comedy.TV ▢		5	5
(5) KGMB	7	7	Ent. Tonight (N) ▢		Magnum P.I. ▢		48 Hours ▢		48 Hours ▢		News (N) ▢	Hawaii ▢	Ho'olamau	NCIS ▢	9	9
(11) KHET	10	11	Dining ▢	News (N) ▢	J. Weir ▢	Places ▢	Great Performances at the Met ▢						Austin City Limits ▢		11	11
(13) KHNL	8	8	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢								13	13
(14) KWHE	11	14	Roy Rog. ▢	Roy Rog. ▢	Heartland ▢		Heartland ▢		Murdoch Mysteries ▢		Murdoch Mysteries ▢		Inspire ▢	Paid ▢	14	-
(20) KIKU	9	20	Hearing Aid (N) ▢		Home Shopping ▢		Home Shopping ▢		Home Shopping ▢		Home Shopping ▢		Home Shopping ▢		20	20
KFVE	6	13	Last Man	Haole Do It	Opry (N) ▢		K5 Mele ▢		News (N) ▢	Matter ▢	Friends ▢	Seinfeld ▢	News (N)	MikeMoll		
(26) KAAH	26	26	Gotta Do It	Spirit ▢	Organic ▢	Praise ▢		TreeLife ▢	Praise ▢		Greatest Words ▢		CBD ▢	Connect ▢	-	-
(32) KBFD	2	6	Paid ▢	News (N) ▢	/LOUD (N)	Penthouse III (N)			News (N) ▢	/Good Manager (N)		Meeting Place (N) ▢			-	-
(44) KWBN		44	Prophet. ▢	Jewish ▢	Bible ▢	Proph. ▢	Living ▢	Green ▢	In Touch Ministries ▢		Reflections ▢		Gospel ▢	Dateline ▢		
(46) KHLU	35	-	MFL Fútbol ▢				Vecinos ▢	Vecinos ▢	Guapos ▢	Guapos ▢	Guapos ▢	Notice ▢	Mas noche		-	-
(50) KKAI	50	50	Brave TV	Hawaii	Augie LIVE		Paid ▢	Paid ▢	Spotlight Hawaii		SL Hawaii	Ha.Thing	Culturised	Runn'n		
(66) KPXO	27	27	Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢		Law & Order: S.V.U. ▢			
A&E	547	129	★★★★ "John Wick" ▢		First 48 "Last Shift" ▢		The First 48 ▢		★★★★ "John Wick" ('14, Act) *Keanu Reeves.* ▢				First 48 "Last Shift" ▢		118	265
AHC*	345	137	The Mafia's Banker ▢		Mafia's Black Sheep ▢		Manhunt: Kill or ▢		The Mob Cops ▢		Natural Born ▢		Gunslingers ▢		195	287
AMC	600	159	★★★ "The Great Outdoors" *Dan Aykroyd.* ▢				★★★ "Tommy Boy" ('95, Com) *Chris Farley.* ▢					★★★ "Rambo III" ▢			131	254
ANPL	329	107	The Zoo (N) ▢		The Zoo ▢		The Zoo ▢		The Zoo: Bronx-Sized "Polar Bear's New Digs" ▢				The Zoo ▢		184	282
BBCA	341	135	Meerkat	Planet "To the Ends of the Earth" ▢			FrozPlanet "Spring" ▢		Eden: Untamed Pl ▢		Frozen Planet "Summer" ▢			Planet ▢	135	264
BRAVO	560	237	★★★ "Grown Ups" *Adam Sandler.* ▢		★★★ "Grown Ups 2" *Adam Sandler.* ▢					★★★ "Bruce Almighty" *Jim Carrey.* ▢				Below ▢	129	237
BSWS	226	-	MLB Baseball ▢		Postgame	Angels	WPT Poker ▢		ATP Tennis Mexican Open ▢					Sports ▢	-	692
BSSC	228	-	Boxing Classics ▢				Best of Glory Kick.		Mixed Martial Arts ▢		WPT Poker ▢		WPT Poker ▢		-	-
CNBC	116	176	Tokyo 2020 Summer Olympics ▢				Tokyo 2020 Summer Olympics ▢						Beyond the Tank ▢		208	355
CNN	113	172	History Sitcom ▢		History Sitcom ▢		CNN Live (N) ▢		CNN Live (N) ▢		CNN Live (N) ▢		CNN Live (N) ▢		200	202
COMEDY	545	142	★ "To Be Announced" ▢				SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Paid ▢	Paid ▢	107	249
CSPAN	45	61	Public Affairs Events ▢												210	350
CW	93	2	BigBang ▢	BigBang ▢	Castle ▢		★★ "Maid to Order" ('87, Com) *Ally Sheedy.* ▢				Celb (N)	Access H. (N) ▢		Mom ▢	3	395
DISC	333	131	Building Off the Grid ▢		Homestead Rescue "Tropic Thunder" ▢				Building Off the Grid ▢		Building Off the Grid ▢		Homestead Rescue ▢		182	278
DISNEY*	444	98	★★ "The Secret Life of Pets" ▢		BigCity ▢		BigCity ▢	BigCity	BigCity ▢	BigCity ▢	BigCity ▢	BigCity ▢	Owl ▢	Owl ▢	173	291
E!*	549	240	★★★ "Pretty Woman" ('90, Rom) *Richard Gere.* ▢					★★★ "Pretty Woman" ('90, Rom) *Richard Gere.* ▢					★ "Runaway Bride" ▢		114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter ▢		SportsCenter ▢		SportsCenter ▢		140	206
ESPN2	224	74	UFC UFC Fight Night Site: UFC Apex -- Las Vegas, Nev. ▢						UFC UFC Fight Night ▢		Boxing Top Rank ▢				144	209
FILI	688	320	To Be Announced ▢				Funny Ka		To Be Announced ▢			Ipaglaban Mo ▢		Citizen ▢	-	-
FNC	109	178	Judge Jeanine ▢		Unfiltered		Watters World ▢		Judge Jeanine ▢		Unfiltered		Watters World ▢		205	360
FOOD	321	231	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	110	231
FREE*	538	122	Movie	★★★ "Frozen" ('13, Fam) *Voices of Kristen Bell.* ▢					★★★ "Cinderella" ('15, Fam) *Lily James.* ▢					Movie	180	311
FX	554	124	★★ "Jurassic World: Fallen Kingdom" ▢				★★ "Skyscraper" *Dwayne Johnson.* ▢				Better ▢	Better ▢	Better ▢	Better ▢	136	248
GOLF	216	86	Tokyo 2020 Summer Olympics Golf (M) Final Round (L) ▢							LiveFromOlympics (L)		Live From the Olympics			401	218
HALL	452	128	★ "Love, For Real" ('21, Rom) *Chloe Bridges.* ▢				★ "A Glenbrooke Christmas" *Autumn Reeser.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Vacation House ▢		Love It or List It ▢		Love It or List It ▢		Vacation House ▢		Paid ▢	Paid ▢	Paid ▢	Paid ▢	112	229
HISTORY	327	133	Pawn Stars ▢		Pawn Stars ▢		Pawn Stars ▢		Pawn S. "Pawnanza" ▢		Pawn Stars ▢		Pawn Stars ▢		120	269
HBO	611	502	Movie	★ "The Personal History of David Copperfield"			To Be Announced ▢		The White Lotus ▢			★★ "Let Him Go" ▢			303	504
HBO2	612	503	★★★ "The Aviator" *Leonardo DiCaprio.* ▢				Movie		★ "To Be Announced"		Bill Maher ▢		Last Week Tonight ▢	Movie	304	505
KBS	80	-	Music ▢	Wild Childs at Rooftop ▢			News ▢		TopRecipeFunStaurant ▢		Immortal Songs 2 ▢				-	-
LIFE	448	226	★ "You're Not Safe...		★ "Expectant" *Emmanuelle Vaugier.* ▢				★ "You're Not Safe Here" *Haskiri Velazquez.* ▢				★ "Expectant" ▢		108	276
LMN	449	227	The Joneses ▢		The Joneses "The Wrong Blackmail" ▢				The Joneses "The Wrong Letter" ▢				The Joneses ▢		109	253
MAX	622	515	Movie	★★ "Underwater" ▢			★ "The Devil Inside" ▢			★★★ "Dead Man Walking" *Susan Sarandon.* ▢				Movie	311	516
MSNBC	107	175	The Week		Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		209	356
NATGEO	347	130	Ramsay's Shark Bait ▢		Raging Bull Shark ▢		Great Shark ▢		Ramsay's Shark Bait ▢		Raging Bull Shark ▢		Orca vs. Great White ▢		186	276
NGN	677	-	Dining ▢	News ▢	MdHawaii	Keishicho Sosaic ▢		Yokai Sharehouse ▢		News (N) ▢	News ▢	Zatoichi ▢		Gurutto	-	-
NICK	446	100	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Fashion ▢	Cook. ▢	Sports P	Driver	Outside HI	Sports	Fishing	Flhi Girlz	Ocean	Skin Diver	Braddahs	Braddahs	-	-
OCSPT	12	89	Baseball ▢	NCAA Football Classics Hawaii vs. Fresno State ▢							NCAA Volleyball UC Irvine vs. Hawaii ▢				-	-
OLELO53	53	53	Cultural/ Ethnic Programming ▢								Native Hawaii Programming ▢				-	-
OLELO54	54	54	Tai Chi	Tai Chi	Tai Chi Aloha ▢		Tai Chi ▢	Tai Chi	Topic	Social/ Political Programming ▢					-	-
OLELO55	55	55	Inspirational Programming ▢		Koolau Baptist Ch. ▢		Arab Preaches Christ				Inspirational Prog. ▢		Brethren of Christ ▢		-	-
OWN*	343	242	LoveHuntsville (N) ▢		Family or Fiancé (N) ▢		LoveHuntsville ▢		LoveHuntsville ▢		Family or Fiancé ▢		LoveHuntsville ▢		189	279
OXY	558	229	Accident, Su (N) ▢		Cold Justice ▢		SecretsUncovered "Mystery on Sunrise Drive" ▢				Charmed to Death ▢		Charmed to Death ▢		127	251
PARMT	559	141	★★ "Old School" ▢		★★ "Bad Teacher" ('11, Com) *Cameron Diaz.* ▢				★★★ "Ferris Bueller's Day Off" ▢				★ "Ace Ventura: Pet ...		241	241
SHOW*	633	451	MMA ▢	Flatbush ▢	The Chi ▢		★ "A Call to Spy" *Sarah Megan Thomas.* ▢				The Chi ▢		DesMero ▢	Movie	319	546
SYFY	557	144	★ "Harry Potter & th...		★★★ "Harry Potter and the Goblet of Fire" ('05, Adv) *Daniel Radcliffe.* ▢							★ "Valerian & the City of a Tho...			122	244
TBS	551	121	BigBang ▢	BigBang ▢	BigBang ▢	BigBang ▢	Miracle ▢	The Cube ▢		The Cube ▢		★★ "Magic Mike" ▢			139	247
TCM	602	157	Movie	★★★ "Hollow Triumph" ▢			★★★ "Secrets and Lies" *Marianne Jean-Baptiste.* ▢					★★★ "The Secret Bride"			132	256
TLC*	331	132	Say Yes to the Dress ▢		Say Yes to the Dress ▢		Say Yes to the Dress (N) ▢				Darcey & Stacey ▢		Darcey & Stacey ▢		183	280
TMC	644	467	★ "Witches in the Woods" ▢		★ "The House by the Cemetery" ▢				★ "Witches in the Woods" ▢				★ "The House by the Cemetery" ▢		329	554
TNT	553	125	★★★ "Shazam!" *Zachary Levi.* ▢		★★ "Justice League" ('17, Act) *Gal Gadot.* ▢						Titans ▢		NCIS: New Orleans ▢		138	245
TOON	440	103	Am.Dad ▢	Am.Dad ▢	Fam.Guy ▢	Fam.Guy ▢	Fam.Guy ▢	RickMort	MHAca ▢	MHAca ▢	Yasahime	FoodWar ▢	FoodWar ▢	Naruto ▢	177	297
TRAVEL*	325	139	Destination Fear (N) ▢		The Dead Files (N) ▢		D.Files "The Hunted" ▢		Destination Fear ▢		Destination Fear ▢		D.Files "He Lurks" ▢		196	277
TVLAND	441	127	Two and a Half Men ▢		2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	Tokyo 2020 Summer Olympics (L) ▢												105	242
WE	451	230	Crim. Minds "Lauren" ▢		Criminal Minds ▢		Criminal Minds ▢		Criminal Minds ▢		Law Order CI ▢		Law Order CI ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

Dan Aykroyd stars in "The Great Outdoors"

Save the Last Dance

HBO 11:50 a.m.

One-time aspiring ballerina Sara (Julia Stiles) sticks out like a sore thumb at her new inner-city school, but she soon bonds with Derek (Sean Patrick Thomas) over their shared love of dance. Kerry Washington also stars in this new-Millennium classic.

The Great Outdoors

AMC 3 p.m.

Easygoing family man Chet Ripley (John Candy) takes a back-to-nature trip to a lakeside lodge with his family in this classic comedy, but his paradise is ruined when his boorish in-laws show up uninvited. Dan Aykroyd and Stephanie Faracy also star.

Time to Reconnect & Create New Memories! ***2022! Yes! 2022! Going Fast! Call & Book Today!!***

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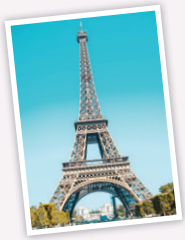

13 Nights / 16 Days
Aboard AmaKristina
March 12 – 27, 2022
Harrison Kim Han
Travel to Paris (FR) &
Return from Barcelona (ES)

Countries: France
Rivers: Rhône River

From romantic cities to foodie havens and artistic epicenters — enjoy 3 nights pre-cruise in romantic Paris with an evening illumination tour to start off your 7 nights cruise, then spend 3 nights in Barcelona taking in the top sites.

Book by 07/30/21 & ***SAVE*** **$750** Per Person!†

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BEST OF HOLLAND & BELGIUM

With 2 Nights in Amsterdam
Celebrating Floriade Expo 2022

9 Nights / 12 Days • Aboard AmaCerto
May 06 – 17, 2022 • Mildred Kimura
Travel Roundtrip Amsterdam (NL)

Countries: Belgium & Netherlands
Rivers: Dutch & Belgian Waterways

Immerse yourself in a feast for the senses as you travel through the Netherlands and Belgium — savor rich chocolates, admire the beautiful architecture and artistry of numerous castles, and feel the gentle breeze dance along your cheeks as you cruise through Amsterdam — you'll return from this cruise having experienced the best of Holland and Belgium!

Book by 07/30/21 & ***SAVE*** **$250** Per Person!†

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FROM ~~$6959~~* **$6709***

* Fares are per person, USD based on double occupancy. Travel to Europe in 2022 will require a Visa or Visa Waiver, which is not included in the price. NST reserves the right to correct errors or omissions including but not limited to, fares, fees and surcharges at any time.

RHINE & MOSELLE DELIGHTS

With 2 Nights in Zürich & 2 Nights in Lucerne
Celebrating Floriade Expo 2022

14 Nights / 17 Days • Aboard AmaPrima
June 12 – 28, 2022 • Trinh Toyofuku
Travel to Zürich (CH) & Return from Amsterdam (NL)

Countries: Switzerland, Germany, France & Netherlands
Rivers: Rhine River & Moselle River

Dramatic rivers yielding to fairy-tale towns and iconic cities all come alive as you discover four countries along the storied Rhine and Moselle Rivers — from the pristine Lucerne and Zürich to the colorful canals of Amsterdam — enjoy the best these regions offer!

Book by 07/30/21 & ***SAVE*** **$1,000** Per Person!†

COMPLETE PACKAGES! FROM ~~$9099~~* **$8099***

FLAVORS OF PORTUGAL & SPAIN

With 3 Nights in Lisbon & 3 Nights in Madrid

13 Nights / 16 Days • Aboard AmaVida
July 14 – 29, 2022 • Russell Fujioka
Travel to Lisbon (PT) & Return from Madrid (ES)

Countries: Portugal & Spain **Rivers:** Duoro River

Discover treasure troves of old world architecture and a wealth of stories about its famed explorers, taste wines from the vineyards along the Douro River Valley, and explore world-class museums and lively tapas bars on this grand journey through Portugal and Spain.

Book by 07/30/21 & ***SAVE*** **$250** Per Person!†

COMPLETE PACKAGES! FROM ~~$8309~~* **$8059***

VIETNAM, CAMBODIA AND THE CHARMS OF THE MEKONG

With 2 Nights in Ho Chi Minh City, 2 Nights in Siem Reap, 3 Nights in Hanoi & Overnight in Hạ Long Bay

15 Nights / 17 Days • Aboard AmaDara
Sept 30 – Oct 16, 2022 • Cliff Nakamura
Travel to Ho Chi Minh City (VN) & Return from Hanoi (VN)

Countries: Vietnam & Cambodia **Rivers:** Mekong River

Cruise along the Mekong, visiting rural villages, historic pagodas, local markets, and visit a Buddhist monastery where you'll be treated to a special blessing. Enjoy AmaWaterways' exclusive with an overnight sojourn on board an elegantly appointed ship in Hạ Long Bay.

Book by 07/30/21 & ***SAVE*** **$1,250** Per Person ***OR***
Receive a Special "2 For 1" Pre & Post Land Package Discount!†

COMPLETE PACKAGES! FROM ~~$7454~~* **$6204***

CHRISTMAS MARKETS ON THE DANUBE

With 2 Nights in Budapest & 3 Nights in Prague

12 Nights / 15 Days • Aboard AmaBella
Dec 01 – 15, 2022 • Jennifer Lum-Ota — *Guar!*
Travel to Budapest (HU) & Return from Prague (CZ)

Countries: Hungary, Slovakia, Austria, Germany & Czech Republic
Rivers: Danube River

Discover timeless holiday traditions and elegant pageantry — let iconic capital cities decked in holiday finery with glittering Christmas trees illuminated by thousands of lights, bells pealing from cathedral towers and children dressed as angels singing Christmas carols, dazzle you, and wander the stalls of Europe's most traditional and enchanting Christmas Markets!

Book by 07/30/21 & ***SAVE*** **$500** Per Person!†

COMPLETE PACKAGES! FROM ~~$7369~~* **$6869***

CHRISTMAS MARKETS ON THE RHINE

With 2 Nights in Amsterdam, 2 Nights in Lucerne & 2 Nights in Zürich

13 Nights / 16 Days • Aboard AmaPrima
Dec 02 – 17, 2022 • Mary Yoshino
Travel to Amsterdam (NL) & Return from Basel (CH)

Countries: Netherlands, Germany, France & Switzerland
Rivers: Rhine River

Experience the deep-rooted holiday traditions of Europe at its most festive time of year — from the iconic canals of Amsterdam to Switzerland's glittery cities — get caught up in the magic of the holidays with visits to some of the world's most timeless Christmas Markets and warm up with a mug of steamy glühwein while you meander through the majestic Christmas Markets, and marvel at the world's largest Advent calendar in Gengenbach. Cherish all the glory of the season in grand style as you cruise along the Rhine!

Book by 07/30/21 & ***SAVE*** **$500** Per Person!†

COMPLETE PACKAGES! FROM ~~$8259~~* **$7759***

† Early Booking Discount is per person. Purchase of Non-Stop Travel's complete Air and Land Package is required.

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