

WEEKDAY DAYTIME				LG - La Grande BC - Baker City D - DISH DTV - DirecTV										MOVIES		SPORTS											
				LG	BC	D	DTV	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
ABC	2	2	2	2	Good Morning		AM Northwest		The View		Kelly and Ryan		GMA3: Strahan		General Hospital		Afternoon Live		Tamron Hall		KATU News First		News	ABC			
PBS	3	5			Curious Go Luna		Tiger	Tiger	Pink	Sesame	Dinosaur	Cat in the	Varied Programs			Splash	Molly	Odd	Odd	Arthur	Arthur	Ready Jet	Wild Kratt				
CBS	6	6	6	6	CBS This Morning		Let's Make a Deal		The Price Is Right		Young & Restless		News	Bold	The Talk		The 700 Club		Dr. Phil		KOIN 6 News at 4		News	News			
NBC	8	8	8	8	(7:00) Today		Today 3rd Hour		Today-Hoda		Blast	Blast	News	Paid Prg.	Days of our Lives		The Dr. Oz Show		Ellen DeGeneres		KGW News at 4		News	News			
CW	9	9	32	32	Paternity Court		DailyMail	DailyMail	Steve Wilkos Show		Steve Wilkos Show		Maur		Jerry Springer		Mel Robbins		King	Friends	Mom	Mom	black-ish	black-ish			
FOX	12	12	12	12	Good Day Oregon		Good Day Or.		Good Day Or.		Kelly Clarkson		News	Varied	Wendy Williams		The People's Court		Jdg Judy	Jdg Judy	News	Varied	5 O'Clock News				
MNT	13	13	49	49	Good Day Oregon		Paid Prg.	Paid Prg.	TMZ Live		Rachael Ray		Protection	Divorce	Judge Mathis		Hot	Hot	Jerry	Jerry	Jdg Judy	Jdg Judy	25 Words	25 Words			
UNIV	22	22	16	47	(7:00) ¡Despierta América!				La Gata		Noticiero		Nosotr.	Hoy		Y mañana será		Hijas de la luna...		El gordo y la flaca		Primer impacto					
A&E	52	55	118	265	The First 48		The First 48		The First 48		Varied Programs																
AMC	60	45	131	254	Paid Prg.	Paid Prg.	Movie	Movie	Varied Programs				(:15) Movie		Varied Programs												
ANP	24	49	184	282	The Zoo		Secret Life-Zoo		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs														
BET	4	72	124	392	Martin	Martin	Martin	Martin	Martin	Martin	Browns	Browns	black-ish	black-ish	Payne	Payne	Payne	Payne	Movie			Varied Programs					
BRAVO	54	65	129	237	Varied Programs																						
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Craig	Craig	Gumball	Gumball	Ben 10	Victor	Teen	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Varied Programs	Varied Programs			
CNN	68	44	200	202	At This Hour-Kate		Inside Politics		CNN Right Now		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		Erin Burnett OutFront		Anderson Cooper				
COM	77	56	107	249	King/Hill	King/Hill	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Varied Programs								Office		Office				
COOK	123	123	113	232	Varied Programs						Good Eat		Good Eat		Varied Programs												
DISN	26	48	173	290	Mickey	Varied	Mickey	T.O.T.S.	Puppy	Varied Programs			Elena		Rapunzel	Hotel	Ladybug	Ladybug	Amphibia	Big City	Big City	Jessie	Jessie	Bunk'd			
E!	64	76	114	236	Varied Programs								E! News: Daily Pop		Varied Programs		The Kardashians		Kardas	Varied	The Kardashians		The Kardashians				
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		Outside		NFL Live		Varied		NBA: The Jump		Noon	Question	Around	Pardon	SportsCenter		Varied Programs				
ESPN2	34	28	143	209	(7:00) Get Up		First Take				Jalen & Jacoby		NFL Live		Varied		Football	Noon	Question	Daily Wager		Varied Programs					
FNC	66	25	205	360	America's Newsroom		Outnumbered		Outnumbered		The Daily Briefing		Shepard Smith		Neil Cavuto		The Five		Special Report		The Story		Tucker Carlson				
FOOD	61	54	110	231	Paid Prg.	Paid Prg.	Paid Prg.	Pioneer	Varied Programs				Pioneer		Pioneer	Varied Programs											
FREE	32	33	180	311	Middle	Middle	Middle	700 Club	The 700 Club		Varied Programs				(:40) Movie				Varied Programs								
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Varied	Lock It In	Fair		NASCAR Race Hub		Varied Programs						
FX	65	24	136	249	Movie	Varied Programs			Movie		Varied Programs										Movie		Varied Programs				
FXX	35	64	125	259	Mom	Mom	Mom	black-ish	black-ish	black-ish	Varied Programs																
GOLF	88	88	401	218	Varied Programs						LPGA Tour Golf				Varied Programs		Golf Central		Varied Programs								
HALL	87	87	185	312	Gold Girls Gold Girls		Gold Girls Gold Girls		Home & Family		Varied Programs		Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs				
HALLMM	86	86	187	565	M	(7:00) Columbo	Matlock		Matlock		Matlock		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder				
					T	(7:00) Columbo	Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Matlock		Matlock "The Narc"		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder						
					W	(7:00) Columbo	Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Matlock		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder						
					Th	(7:00) Columbo	Matlock "The Biker"		Matlock		Matlock		Matlock "The Critic"		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder						
					F	(7:00) Columbo	Matlock		Matlock		Matlock		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder						
HGTV	62	57	112	229	Varied Programs																						
HIST	50	60	120	269	Varied Programs																						
LIFE	29	29	108	252	The Closer		The Closer		The Closer		The Closer		The Closer		King	King	King	King	King	King	King	King	King	King			
MSNBC	71	67	209	356	MSNBC Live		Andrea Mitchell		MSNBC		MSNBC Live		MSNBC Live		Deadline		MTP Daily		The Beat With		Hardball Matthews		All In With				
NBCSN	89	89	159	220	SKY Sports News		Varied Programs										NASCAR America		NHL Live		NHL Hockey		Varied Programs				
NBCSNW	426	37	424		Rip City		Paid Prg. Paid Prg.		Varied Programs		The Brian Noe Show						Rip City		Varied Programs								
NCEO	55	78	197	276	Varied	Paid Prg.	Varied Programs																				
NICK	27	51	171	299	PAW	PAW	Bubble	Abby	PAW	PAW	Ryan	PAW	Blaze	Ricky	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Varied	Loud	Loud			
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Varied Programs						
OXY	30	69	127	251	Varied Programs																						
PARMT	42	43	241	241	Bar Rescue		Bar Rescue		(:02) Bar Rescue		(:04) Bar Rescue		(:06) Bar Rescue		(:08) Bar Rescue		(:10) Mom (:45) Mom (:15) Mom Mom		Mom		(:25) Mom		Two Men	Two Men			
ROOT	37	26	426	687	Paid Prg.	Paid Prg.	The Rich Eisen Show						Eat Well		Varied	The Dan Patrick Show				Varied Programs							
SYFY	67	50	122	244	Movie		Varied Programs																				
TCM					M	"Men of the North"	(:15) ★ "Yellow Dust"		★★ "Barbary Coast Gent"		"Haunted Gold"		"Ghost Valley"		"Don't Tell the Wife"		(:15) ★★ "Gold Is Where You Find It"				"The Good Earth"						
					T	Love Crzy	★★★★ "Libeled Lady" (1936, Comedy)	★★ "Shadow of the Thin Man" (1941)		★★ "The Thin Man Goes Home"		★★★ "Manhattan Melodrama" (1934)		MGM		"Brewster's Millions"											
					W	"Dr. Socrates"	(:15) "Don't Turn 'Em Loose"		"Blondie Johnson"		(:45) ★★ "Star Witness"		"Smash-Rackets"		(:15) ★★ "Highway West"		★★ "Dillinger" (1945)		★★ "Detour" (1945)								
					Th	"If You Could"	★★★★ "You Can't Take It With You"		(:15) ★★ "Only Angels Have Wings" (1939)		★★★★ "Mr. Deeds Goes to Town"		★★★★ "Easy Living" (1937)		"The Uninvited"												
					F	"Woman-Monte"	"Gabriel Over the White House"		(:45) ★★ "Ann Vickers"		★★ "Storm at Daybreak"		"Keep 'Em Rolling"		(:45) ★★ "Transatlantic Tunnel" (1935)		"All Monsters"										
TDC	51	42	182	278	Varied Programs																						
TLC	49	62	183	280	Outdaughtered		Hoard-Buried		Hoard-Buried		Untold Stories of ER		Untold Stories of ER		Dr. Pimple Popper		Gypsy Wedding		Gypsy Wedding		Say Yes, Dress		Say Yes, Dress				
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Movie		Varied Programs						
TRAV	53	38	196	277	Varied Programs																						
TRUTV	73	75	242	246	Varied Programs				World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Carbon		Carbon	Carbon	Carbon	Jokes	Jokes		
TVL	75	74	106	304	Paid Prg.	Paid Prg.	Andy G.	Andy G.	Andy G.	(:45) Bonanza	(11:50) Gunsmoke		(12:55) Gunsmoke		Gunsmoke		Gunsmoke		M*A*S'H		M*A*S'H	M*A*S'H	M*A*S'H				
USA	58	39	105	242	(:02) NCIS		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU				
WE	118	118	128	260	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Varied Programs								
WEATH	14	19	214	362	(6:00) The Weather Channel LIVE		The Weather Channel LIVE										(1:59) Weather Underground				Varied Programs						
WTBS	59	40	139	247	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	American	Varied Programs	Baseball		Varied			
HB0	518	518	303	504	M	(:05) ★★ "Stay Alive" (2006)	(:35) "Diego Maradona" (2019, Biography)		(:45) ★★ "A Good Woman" (2004)		(:20) ★★ "Shanghai Knights"		(:15) ★★ "Green Lantern" (2011, Action)		Last		Success										
					T	(6:48) ★★ "Sphere"	(:03) ★★ "I Am Sam" (2001) Sean Penn.		(:15) ★★ "Out Cold" (2001)		(:45) ★★ "It's Kind of a Funny Story"		★★★ "The Hate U Give" (2018)		(:45) ★★ "Kin" (2018)												
					W	(7:45) ★★ "Getaway" (2013)	(:20) ★★ "Crazy Rich Asians"		(:25) ★★ "Life as We Know It" (2010)		(:25) ★★ "The Darkest Minds"		(:15) ★★ "Ever After: A Cinderella Story" (1998)		Torn												
					Th	(7:30) ★★ "Rescue Dawn"	(:40) ★★ "Happy Death Day 2U"		(:35) ★★ "The 33" (2015, Drama)		My Favorite Shapes		(:45) ★★ "I, Robot" (2004) Will Smith.		(:45) Succession												
					F	"The Fourth Kind"	★ "Sphere" (1998) Dustin Hoffman.		(:15) ★★ "Welcome to Marwen" (2018)		(:15) "Diego Maradona" (2019) (Subtitled-English)		★★ "Bad Times at the El Royale" (2018)														
MMAX	531	531	311	516	M	"Secret-Success"	(8:55) ★★ "Water for Elephants"		★★★★ "The Kids Are All Right" (2010)		(12:50) ★★ "Bye Bye, Love"		(:40) ★★ "Sorority Boys" (2002)		(:15) ★★ "Intolerable Cruelty" (2003)												
					T	(:10) ★★ "Inception" (2010) Leonardo DiCaprio.	(:40) ★★ "Loving" (2016) Joel Edgerton.		(:45) ★★ "Prisoners" (2013) Hugh Jackman, Jake Gyllenhaal.		(:20) ★★ "The Island" (2005, Action)		Ready														
					W	"Maze Runner"	(:15) ★★ "Closer" (2004) Julia Roberts.		★★★★ "Marginal Call" (2011) Kevin Spacey.		(12:50) "Midnight Special"		(:45) ★★ "Red Eye" (2005)		(:10) ★★ "The Nice Guys" (2016)												
					Th	(7:35) ★★ "GoodFellas" (1990)	★★ "The Take" (2016, Action)		(:35) ★★ "Replicas" (2018) Alice Eve		(:25) ★★ "Traffic" (2018)		(:05) ★★ "The Tree of Life" (2011) Brad Pitt.		Armaged												
					F	Housesittr	"Dreaming of Joseph Lees"		★★★★ "Traffic" (2000) Michael Douglas.		★★★★ "Loving" (2016) Joel Edgerton.		(:35) ★★ "Due Date" (2010)		(:10) ★ "Picture Perfect" (1997)												
SHOW	578	578	319	546	M	"School of Rock"	"Hitsville: The Making of Motown" (2019)		★★★★ "Airplane!" (1980)		★★ "Den of Thieves" (2018) Gerard Butler.		★★★★ "Dazed and Confused"		"Hitsville: Motown"												
					T	Daddy	★★ "Liar Liar" (1997)		★★★★ "Baby Driver" (2017, Action)		★★★★ "Kill Bill: Vol. 1" (2003) Lucy Liu		(1:50) ★★ "Kill Bill: Vol. 2" (2004)		(:15) ★★ "A League of Their Own"												
					W	In Line	(:45) ★★ "American Outlaws" (2001)		★★★★ "Tombstone" (1993) Kurt Russell.		(:45) ★★ "Zodiac" (2007) Jake Gyllenhaal, Mark Ruffalo.		★★★★ "Nightcrawler" (2014) Rene Russo		Pepper												
					Th	"Hitsville: Motown"	(:15) ★★ "Goin' South" (1978)		(:05) ★★ "Unforgiven" (1992)		(:15) ★★ "Imperium" (2016, Suspense)		(:05) "Rust Creek" (2018) Jay Paulson		"Hitsville: Motown"												
					F	(6:15) "The Aviator"	(:15) ★★ "The Fog" (2005)		(:45) ★★ "The Faculty" (1998, Horror)		★★ "Faster" (2010, Action)		(:15) ★★ "Point Break" (1991) Patrick Swayze.		(:20) "A League of Their Own"												
STARZ	621	621	351	526	M	(7:30) "Balls of Fury"	(:04) "A Dog's Way Home"		(:43) ★★ "Raising Arizona" (1987)		(:21) "The Professor and the Madman"		(:29) Power		★ "Max Payne" (2008)		(:13) "The Eagle"										
					T	(:15) ★★ "The Other Guys" (2010)	(:05) "Drunk Parents" (2019)		(:44) Power		(:44) ★★ "Erin Brockovich" (2000) Julia Roberts.		(2:58) ★ "When in Rome"		(:31) "Drunk Parents" (2019)												
					W	(6:41) Up	(:20) ★★ "Zookeeper" (2011)		(:04) ★★ "Junior" (1994) Danny DeVito		(11:56) ★★ "Bad Teacher"		★★★★ "The Social Network" (2010)		(:33) "The Good Dinosaur"		(:09) "Up" (2009)										
					Th	(7:23) "Bad Teacher"	(8:58) ★★ "The Hunt for Red October" (1990)		(:16) "The Front Runner" (2018)		(:12) ★★ "Stan & Ollie" (2018)		(2:52) ★★ "Soul Surfer" (2011)		"The Hunt for Red October"												
					F	Domestic	(:36) ★★ "Escape Room" (2019, Horror)		"Sleeping With the Enemy" (1987)		★★ "Superfly" (2018) Trevor Jackson.		(1:59) Power		Power		(:25) Wrong Man		Wrong		(:15) Wrong Man						
TMC	591	591	327	554	M	"Lemony Snick"	★★★★ "Capote" (2005, Biography)		"You Can't Say No" (2018)		(:35) ★★ "Marci X" (2003)		★ "Ultraviolet" (2006)		★★★★ "Into the Wild" (2007) Emile Hirsch.												
					T	And Now	(:40) "Orphan Horse" (2018) Jon Voight.		★★ "Nine" (2009) Daniel Day-Lewis.		★★★★ "The Man on the Train"		(:05) ★★ "The Company Men" (2010)		"The Whole Nine Yards" (2000)		China										
					W	Sugarland	(:20) ★★ "Turner & Hooch"		★★ "Short Circuit 2																		