

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	Varied Programs		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		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		Maury		Jerry Springer		Mel Robbins		King		Friends		Mom	Last Man	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	black-ish		
MNT	13	13	49	49	Good Day Oregon		Paid Prg.	Varied	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!						Que te Perdone		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		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											
BRAVO	54	65	129	237	Varied Programs								Below Deck		Below Deck		Below Deck		(2:58) Below Deck		(3:59) Below Deck		Below Deck							
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Craig	Craig	Gumball	Gumball	Ben 10	Victor	Teen	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Total	Total						
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	Varied Programs																		Office		Office					
COOK	123	123	113	232	Varied Programs								Good Eat		Good Eat		Varied Programs													
DISN	26	48	173	290	Mickey	Mickey	Mickey	T.O.T.S.	Puppy	Puppy	Muppet	Giganto	Vampirina	Elena	Rapunzel	Amphibia	Ladybug	Ladybug	Jessie	Jessie	Big City	Big City	Bunk'd	Bunk'd						
E!	64	76	114	236	The Kardashians		The Kardashians		The Kardashians		The Kardashians		E! News: Daily Pop		The Kardashians		The Kardashians		The Kardashians		Varied Programs									
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		Outside		NFL Live		Varied		NBA: The Jump		Noon	Question	Around	Pardon	SportCtr	Varied Programs								
ESPN2	34	28	143	209	(7:00) Get Up		First Take				Jalen & Jacoby		NFL Live		Varied	Football	Noon	Question	Wager	Varied Programs										
FNC	66	25	205	360	America's Newsroom		Outnumbered		Outnumbered		The Daily Briefing		Fox News Reporting		Neil Cavuto		The Five		Special Report		The Story		Tucker Carlson							
FOOD	61	54	110	231	Varied	Paid Prg.	Paid Prg.	Pioneer	Varied Programs						Pioneer	Pioneer	Varied Programs													
FREE	32	33	180	311	Middle	Middle	Middle	700 Club	The 700 Club		Middle	Varied Programs																		
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Lock It In		Varied	Fair	Hub	Varied Programs										
FX	65	24	136	249	(7:00) Movie		Varied	Mike	Movie	Varied Programs												Movie	Varied Programs							
FXX	35	64	125	559	Mom	Mom	Mom	black-ish	black-ish	Varied Programs		Movie		Varied Programs		Movie		Varied Programs				Movie	Varied Programs							
GOLF	88	88	401	218	Varied Programs														Golf Central		Varied Programs									
HALL	87	87	185	312	Movie		Home & Family		Movie		Movie		Movie		Movie		Movie		Movie											
HALLMM	86	86	187	565	M	"I'll Be Home"		"Catch a Christmas Star" (2013, Romance)		"One Starry Christmas" (2014, Romance)		"Just in Time for Christmas" (2015)		"Two Turtle Doves" (2019) Michael Rady.		"Journey Back"														
					T	"Hear-Christmas"		"A Heavenly Christmas" (2016, Drama)		"A Christmas for the Books" (2018)		"Operation Christmas" (2016) Tricia Helfer.		"Christmas in Angel Falls" (2017, Drama)		"Christmas Miracle"														
					W	"Love at Thanks"		"Time for Me to Come Home"		"Debbie Macomber's Trading Christmas"		"Christmas Wonderland" (2018, Romance)		"Small Town Christmas" (2018, Drama)		"Two Turtle Doves"														
					Th	"Joyous Chris"		"Last Vermont Christmas" (2018, Romance)		"Magical Christmas Ornaments" (2017)		"Hearts of Christmas" (2016, Drama)		"Help for the Holidays" (2012) Eva La Rue		"Godwink"														
					F	"Christmas"		"Fir Crazy" (2013) Sarah Lancaster.		"Charming Christmas" (2015) Julie Benz.		"Catch a Christmas Star" (2013, Romance)		"Nostalgic Christmas" (2019, Romance)		"Christmas"														
HGTV	62	57	112	229	Varied Programs																									
HIST	50	60	120	269	Varied Programs																									
LIFE	29	29	108	252	Movie				Movie				Movie								Movie									
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		Varied Programs													
NBCSNW	426	37	424		Rip City		Paid Prg.	Paid Prg.	Varied Programs				The Brian Noe Show				Rip City Drive with Travis		Varied Programs											
NGEO	55	78	197	276	Paid Prg.	Varied Programs																								
NINICK	27	51	171	299	PAW	PAW	Bubble	Abby	PAW	PAW	Ryan	PAW	Blaze	Ricky	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud						
OWN	40	41	189	279	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud						
OXY	30	69	127	251	Varied Programs		Snapped		Snapped		Snapped		Varied Programs																	
PARMT	42	43	241	241	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Mom		Mom	Mom	Mom	Mom	Mom	Mom	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men				
ROOT	37	26	426	687	Paid Prg.	Paid Prg.	The Rich Eisen Show						Varied Programs		The Dan Patrick Show						Varied Programs		College Basketball							
SYFY	67	50	122	244	Varied Programs																									
TCM	56	73	132	256	M	(7:45) ** "Torch Song"		(45) ** "Too Young to Kiss"		(15) *** "The Woman in White"		(15) "Holiday for Sinners"		(45) *** "The Three Musketeers" (1948)		"Great Gilder."														
					T	** "So Big" (1932, Drama)		(45) "Three on a Match" (1932)		"Bureau-Missing"		(15) *** "Ex-Lady" (1933)		** "The Working Man" (1933)		** "Parachute Jumper"		Carson		"Of Human Bnd"										
					W	"On the Waterfront"		**** "North by Northwest" (1959) Cary Grant.		**** "The Bridge on the River Kwai" (1957) William Holden.		**** "The Searchers" (1956) John Wayne.		**** "The Mayor of Hell"		"Hollywd-Home"		"On the Town"												
					Th	SmartMy (45) "The Crowd Roars" (1932)		(15) ** "Winner Take All"		** "Hard to Handle" (1933)		** "Picture Snatcher"		*** "The Mayor of Hell"		"Hollywd-Home"		"On the Town"												
					F	(7:15) "Dodge City"		*** "Santa Fe Trail" (1940) Errol Flynn.		"The Charge of the Light Brigade" (1936)		*** "Captain Blood" (1935)		(15) "The Adventures of Robin Hood"		"The Big Picture"														
TDC	51	42	182	278	Varied Programs																									
TLC	49	62	183	280	Varied Programs				Medium		Varied	Medium	Medium	Untold Stories of ER	Untold Stories of ER	Gypsy Sisters	Gypsy Sisters	Varied Programs												
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Varied Programs															
TRAV	53	38	196	277	Varied Programs																									
TRUTV	73	75	242	246	Varied Programs				Dumbest		Varied	Dumbest	Varied	Dumbest	Varied	World's Dumbest ...	Dumbest	Varied Programs				Jokers		Jokers						
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	NCIS		Varied Programs						Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU							
WE	118	118	128	260	Varied	Paid Prg.	Varied	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	American	American	American	Fam. Guy	Fam. Guy						
HBBO	518	518	303	504	M	(45) ** "Without a Paddle"		(45) ** "Corky Romano" (2001)		(15) "Any One of Us" (2019)		(45) ** "Nine Months" (1995, Comedy)		** "Happy Death Day 2U"		Last		(45) Axios		Watch										
					T	Alamo		*** "First Man" (2018) Ryan Gosling.		*** "Signs" (2002) Mel Gibson.		(12:50) ** "Glass" (2019) Bruce Willis.		** "Bruce Almighty"		Silicon		(15) Axios												
					W	"Head-Honey"		REAL Sports Gumbel		*** "Crazy, Stupid, Love." (2011)		** "Notting Hill" (1999) Julia Roberts.		(45) *** "Nightingale"		"Fantastic Beasts: Crimes of Grindelwald"		His Dark												
					Th	"Jem Hologram"		"Crisis Hotline"		** "Without a Paddle" (2004)		(45) ** "Wall Street: Money Never Sleeps"		REAL Sports Gumbel		His Dark Materials		** "How to Lose a Guy in 10 Days"												
					F	(7:00) "Big"		(8:50) ** "Elektra" (2005)		* "Wild Hogs" (2007)		(15) ** "Truth or Dare" (2018, Horror)		** "I, Robot" (2004) Will Smith.		"Any One of Us" (2019)		Greta												
MAX	531	531	311	516	M	SciSchool "The Thing About My Folks"		(45) *** "Bad Influence"		(45) * "Spill" (1996)		(15) * "Incarnate" (2016)		(45) ** "Warning Sign" (1985, Horror)		(25) ** "U-571" (2000)														
					T	(6:55) *** "Evita"		(10) ** "Pushing Tin" (1999)		(15) ** "The Adjustment Bureau"		* "Fifty Shades Freed" (2018)		(2:50) ** "Tomb Raider" (2018)		(4:50) "Breaking In"														
					W	(45) *** "The Lonely Guy"		(40) ** "Pitch Perfect 3"		(15) ** "Against the Ropes" (2004)		(45) *** "In a Valley of Violence"		(2:50) "Down a Dark Hall" (2018)		*** "Unstoppable" (2010)														
					Th	Eyw		(45) ** "Jessabelle" (2014)		(15) *** "Cold Mountain" (2003) Jude Law, Nicole Kidman.		(12:50) ** "Broken Arrow"		(40) ** "U-571" (2000) Bill Paxton		(40) "Cost of a Soul" (2010)														
					F	Hin		(20) *** "Love, Simon"		(10) *** "Tully" (2018) Charlize Theron.		(11:50) * "Three to Tango"		** "American Pie 2"		(15) ** "Uncle Drew" (2018)		"Art-Getting By"												
SHOW	578	578	319	546	M	(7:45) "Wayne's World" (1992)		(20) "Wayne's World 2" (1993)		*** "Julie & Julia" (2009) Meryl Streep.		(45) ** "A Bad Moms Christmas" (2017)		** "Congo" (1995, Action) Dylan Walsh.		"Why Married?"														
					T	** "Mimic" (1997) Mira Sorvino.		*** "House of Flying Daggers" (2004)		*** "The Impossible" (2012, Drama)		*** "Nightcrawler" (2014) Rene Russo		*** "Unforgiven" (1992, Western)																
					W	(15) ** "You Better Watch Out"		(9:55) ** "The Dark Tower"		*** "Rosemary's Baby" (1968) Mia Farrow.		(1:50) *** "The Deer Hunter" (1978, War) Robert De Niro.		(3:10 to Yuma"																
					Th	(15) ** "The Shadow" (1994, Action)		(15) ** "The Foreigner" (2017)		(15) ** "Second Act" (2018)		*** "A League of Their Own" (1992)		(15) ** "Somewhere in Time" (1980)																
					F	** "Evan																								