

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	Varied	General Hospital		Afternoon Live		Tamron	Varied	KATU News First		News	ABC		
PBS	3	5			Curious	Go Luna	Tiger	Tiger	Pink	Sesame	Dinosaur	Xavier	Varied Programs			Splash	Molly	Cat in the	Odd	Arthur	Peg	Ready Jet	Wild Kratt		
CBS	6	6	6	6	CBS This Morning		Let's Make a Deal		The Price	Varied	Young	Varied	News	Bold	The Talk	Varied	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	Varied	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	Varied	Springer	Varied	Mel	Varied	King	Friends	Mom	Last Man	black-ish	black-ish	
FOX	12	12	12	12	Good Day Oregon		Good Day	Varied	Good Day Or.		Kelly Clarkson		News	Varied	Wendy Williams		The People's Court		Jdg Judy	Jdg Judy	News	Varied	News	Varied	
MMNT	13	13	49	49	News	Varied	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!						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		Varied Programs																
AMC	60	45	131	254	Paid Prg.	Varied	Movie	Varied Programs														Movie			
ANP	24	49	184	282	The Zoo		Varied Programs		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs						Movie		Varied Programs				
BET	4	72	124	392	Martin	Martin	Martin	Martin	Martin	Martin	Browns		Browns	Varied Programs											
BRAVO	54	65	129	237	Varied Programs						(10:59) Below Deck		Below Deck		Below	Varied	Below Deck		(2:58) Below Deck		Below	Varied	Below Deck		
CARTOON	25	59	177	297	Teen	Teen	Teen	Varied	Teen	Teen	Teen	Teen	Teen	Teen	Varied	Teen	Varied Programs				Teen	Teen	Teen	Teen	
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																				
COOK	123	123	113	232	Varied Programs						Good Eat		Varied Programs												
DISN	26	48	173	290	Mickey	Mickey	Mickey	T.O.T.S.	Big City	Big City	Big City	Big City	Jessie	Jessie	Bunk'd	Bunk'd	Varied Programs		Sydney	Sydney	Varied Programs		Raven	Raven	
E!	64	76	114	236	Varied Programs								E! News: Daily Pop		Varied Programs								Movie		
ESPN	33	27	140	206	First Take	Varied	SportsCenter		Varied Programs																
ESPN2	34	28	143	209	Get Up		Varied Programs				College Basketball		Varied Programs				College Basketball		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	Paid Prg.	Paid Prg.	Paid Prg.	Pioneer	Varied Programs				Pioneer		Varied Programs										
FREE	32	33	180	311	Middle	Middle	Middle	700 Club	The 700 Club		Movie		Varied Programs						Movie		Varied Programs				
FS1	41	85	150	219	Undisputed		Herd		Varied Programs				Speak for Yourself		Varied	Lock It In	Varied	Fair	Varied Programs				Basket	Varied	
FX	65	24	136	249	(7:00) Movie		Varied Programs										Movie		Movie				Varied Programs		
FXX	35	64	125	259	Mom	Varied Programs						Movie		Varied Programs				Movie				Varied Programs			
GOLF	88	88	401	218	Varied Programs														Central	Movie	Varied Programs				
HALL	87	87	185	312	Movie		Home & Family		Movie		Movie		Movie						Movie						
HALLMM	86	86	187	565	M	"Town Christmas"		"Christmas in the Air" (2017) Eric Close		*** "Moonlight and Mistletoe" (2008)		"A Godwink Christmas: Meant for Love"		"Hope at Christmas" (2018) Ryan Paevey.		"Romance Rein"									
					T	"The Christmas"		"Hearts of Christmas" (2016, Drama)		"A Christmas Miracle" (2019) Tara Wilson		"Operation Christmas" (2016) Tricia Helfer.		"Catch a Christmas Star" (2013, Romance)		"Rocky Mountain"									
					W	"Christmas With"		"Return to Christmas Creek" (2018, Drama)		"Holiday Hearts" (2019) Ashley Williams.		"Two Turtle Doves" (2019) Michael Rady.		"The Christmas Note" (2015) Leah Gibson		"Help Holidays"									
					Th	"Hear-Christmas"		"A Godwink Christmas: Meant for Love"		"Christmas at Grand Valley" (2018)		"A Christmas to Remember" (2016, Drama)		"The Christmas Shepherd" (2014, Drama)		"Fir Crazy" (2013)									
					F	"Christmas"		"Help for the Holidays" (2012) Eva La Rue		"Rocky Mountain Christmas" (2017)		"Charming Christmas" (2015) Julie Benz.		"Last Vermont Christmas" (2018, Romance)		"Nostalgic Chr"									
HGTV	62	57	112	229	Varied Programs																				
HIST	50	60	120	269	Varied Programs																				
LIFE	29	29	108	252	Movie				Movie		Movie		Movie		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																		
NBCSNW	426	37	424		Rip City	Varied	Paid Prg.	Paid Prg.	Varied Programs		Sports	Varied	The Brian Noe Show		Varied Programs										
NGEO	55	78	197	276	Paid Prg.	Varied Programs																			
NICK	27	51	171	299	PAW	PAW	Varied Programs		PAW	Varied	Sponge.	Varied Programs		Sponge.	Sponge.	Varied	Sponge.	Varied	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Varied	
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	Mom	Mom	Mom	Mom	Mom	Mom	King	King	King	King	King	King	King	King	King	King	Two Men	Two Men	Two Men	Two Men	
ROOT	37	26	426	687	Paid Prg.	Paid Prg.	The Rich Eisen Show				Varied Programs		Dan Patrick		Varied Programs										
SYFY	67	50	122	244	Varied Programs												(2:25) Movie		Varied Programs						
TCM	56	73	132	256	M	Patient-18 **** "Green for Danger"		(:15) "While the Patient Slept"		"Night Nurse" (1931)		(:45) ** "The Nurse's Secret"		** "Where Danger Lives"		** "Hysteria" (1965)		"Goodbye-Chips"							
					T	"Pay-Demand"		(:15) *** "The Star"		(1952) Bette Davis.		*** "The Catered Affair"		(:45) *** "The Scapegoat" (1959)		*** "Pocketful of Miracles" (1961) Glenn Ford.		"What-BabyJane"							
					W	(7:30) *** "Paris, Texas" (1984, Drama)		*** "Being There" (1979) Peter Sellers.				**** "Das Boot" (1981, War) Jürgen Prochnow.		(:15) *** "In the Mood for Love"		"Lawrnce-Arabia"									
					Th	"Muppets Take"		*** "Heidi" (1937)		(:45) *** "Tom Thumb" (1958)		**** "National Velvet" (1944, Drama)		(:45) ** "Annie" (1982, Children's) Aileen Quinn.		"Sitting Pretty"									
					F	"The Pink Panther"		*** "A Shot in the Dark" (1964)		*** "The Return of the Pink Panther"		*** "The Pink Panther Strikes Again"		** "Revenge of the Pink Panther"		"Sullivan's Travels"									
TDC	51	42	182	278	Varied Programs																				
TLC	49	62	183	280	Varied Programs				Long Island Medium		Varied Programs		Untold Stories of ER		Untold Stories of ER		Gypsy Sisters		Gypsy Sisters		Varied Programs				
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Varied Programs				Movie		Varied Programs				Movie		
TRAV	53	38	196	277	Varied Programs																				
TRUTV	73	75	242	246	Varied Programs																		Jokes		
TVL	75	74	106	304	Paid Prg.	Paid Prg.	Andy G.	Andy G.	Andy G.	Varied Programs										M*A*S*H		M*A*S*H	M*A*S*H	Varied	
USA	58	39	105	242	NCIS		Varied Programs																		
WE	118	118	128	660	Paid Prg.	Varied	LifeLock	Paid Prg.	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	Friends	Friends	Friends	Fam. Guy		
HBBO	518	518	303	504	M	Big Trble		(:40) "Liberty: Mother of Exiles"		(:05) ** "Meet the Fockers" (2004)		(:05) *** "Crazy, Stupid, Love." (2011)		His Dark Materials		(:10) ** "Little" (2019) Regina Hall.		Silicon		Watch					
					T	Nick Buoniconti		** "Notting Hill" (1999) Julia Roberts.		(:35) *** "Chocolat" (2000, Drama)		We Are Not		(:25) ** "Wild Hogs" (2007)		(:05) ** "Night School" (2018, Comedy)									
					W	Corky R		(:25) *** "Hail, Caesar!"		(:15) ** "Nine Months" (1995, Comedy)		His Dark Materials		** "Rush Hour 2" (2001)		*** "The Rundown" (2003)		REAL Sports Gumbel		"Bruce Almighty"					
					Th	How Lose		** "Isn't It Romantic"		*** "Big" (1988)		(:45) ** "Little" (2019) Regina Hall.		(:45) *** "Bohemian Rhapsody" (2018)		His Dark Materials		His Dark Materials							
					F	Signs		** "Jingle All the Way"		(:05) ** "I, Robot" (2004) Will Smith.		"Fantastic Beasts: Crimes of Grindelwald" (2015) ** "The A-Team" (2010, Action)		(:15) "Ernie & Joe: Crisis Cops" (2019)											
MAX	531	531	311	516	M	Kiss		(:20) ** "Twisted" (2004)		*** "Jeepers Creepers 2"		(:45) *** "Biloxi Blues" (1988, Comedy)		(:35) "The Art of Getting By" (2010, Action)		*** "Tully" (2018)		(:40) "Bad Parents" (2012)							
					T	(:05) ** "Mulholland Falls" (1996)		(9:55) "Lying and Stealing"		(:36) ** "Commando"		(:10) ** "The First Purge" (2018, Action)		(2:50) *** "Marvin's Room"		** "Super Troopers 2" (2018)									
					W	Uncle		(:31) *** "Casino Royale" (1967)		Peter Sellers.		(10:55) ** "Rapid Fire" (1992)		(:35) *** "Fist of Fury" (1972)		(:25) "Way of the Dragon"		(:10) ** "Enemy at the Gates" (2001)							
					Th	(7:45) ** "I Am Sam" (2001) Sean Penn.		** "Broken Arrow" (1996) John Travolta.		(11:50) *** "Tully" (2018)		(:25) "Bad Parents" (2012)		*** "American Pie" (1999)		(:40) "The Stepford Wives"									
					F	(7:05) *** "Far and Away"		(:25) "Knock Knock" (2015)		(:05) "Flirting With Disaster"		(:40) *** "Greenberg" (2010) Ben Stiller.		** "Along Came Polly" (2004)		(:05) "There's Something About Mary"									
SHOW	578	578	319	546	M	Hitsville		(:45) *** "In the Line of Fire" (1993, Suspense)		(10:55) *** "Misery" (1990)		(:45) *** "Dirty Harry" (1971, Action)		*** "Kill Bill: Vol. 1" (2003) Lucy Liu		*** "Kill Bill: Vol. 2" (2004)									
					T	"Hotel Artemis"		** "Invincible" (2006)		(:45) ** "Pandorum" (2009) Premiere.		(:40) *** "Gattaca" (1997) Ethan Hawke.		"The House With a Clock in Its Walls"		** "Congo" (1995, Action)									
					W	"Pariah: The Li"		Celeste Barber		*** "The Patriot" (2000, War) Mel Gibson, Heath Ledger.		*** "Apocalypse Now Redux" (1979) Marlon Brando, Robert Duvall.		(:20) "Ready for War" (2019)											
					Th	(6:30) "Godzilla"		*** "The Help" (2011, Drama) Viola Davis.		*** "A Time to Kill" (1996, Drama) Sandra Bullock.		"House With a Clock in Walls"		(:45) *** "Donnie Brasco" (1997) Al Pacino.											
					F	"Hitsville: The Making of Motown" (2019)		*** "A League of Their Own" (1992)		(:15) *** "Kill Bill: Vol. 1" (2003, Action)		(:15) ** "Peppermint" (2018, Action)		*** "Unforgiven" (1992, Western)											
STARZ	621	621	351	526	M	(7:46) * "White Noise"		(:26) **** "The Untouchables" (1987)		(:29) *** "The Big Lebowski" (1998)		(:29) *** "Searching" (2018)		(:15) Dublin Murders		(:17) "Charlie Wilson's War"									
					T	"I Now Pronounce You Chuck and Larry"		(:06) ** "The Wolfman" (2010)		(11:51) ** "Colombiana"		(:42) Dublin Murders		(:43) ** "Barbershop" (2002)		"The Day the Earth Stood Still"									
					W	(7:54) "Secondhand Lions"		(:45) ** "Ice Age: The Meltdown" (2006)		(:17) *** "Alpha" (2018)		(12:55) "Field of Dreams" (1989)		(:42) ** "McFarland, USA" (2015) Kevin Costner.		"Dog's Way"									
					Th	Chr Carol		(:43) * "Holmes & Watson"		(:15) "Prince of Persia: The Sands of Time"		(:13) ** "McFarland, USA" (2015) Kevin Costner.		(:24) "Jumanji: Welcome to the Jungle"		(:26) * "Proud Mary" (2018)									
					F	(7:32) ** "Blue Crush" (2002)		(:19) *** "Pleasantville" (1998)		(:25) "Ice Age: The Meltdown"		(12:57) ** "Alice in Wonderland"		(2:47) *** "Searching"		(:31) Dublin Murders		Jack							
TMC	591	591	327	554	M	Jeff Beck: Still on the Run		"Stray" (2019) Christine Woods.		* "Daddy Day Camp" (2007)		*** "Igby Goes Down"		(:15) "Level 16" (2018) Katie Douglas.		*** "Jacob's Ladder" (1990, Horror)									
					T	"Close Encounters"		(:45) * "Winchester" (2018, Horror)		"Grace" (2018) Katie Cassidy.		(:15) ** "Daddy and Them" (2001)		* "The Heart Specialist"		(:45) "Swing Away" (2016)									
					W	(7:55) ** "The Pink Panther"		"The House of Tomorrow"		"The Pirates of Somalia" (2017) Al Pacino		Jeff Lynne's ELO: Wembley or Bust		** "Ski Patrol" (1990)		(:35) *** "Haunter"									