

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 Xavier		Varied Programs				Splash Molly		Cat in the Odd		Arthur Peg		Varied		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		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		
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	¡Despierta América!		Varied Programs				Que te Perdone		Noticiero Nosotr.		Hoy Varied		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		First 48		Varied Programs														
AMC	60	45	131	254	Paid Prg. Paid Prg.		Varied Programs						Movie		Varied Programs		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 (:44) Martin		Martin		Browns Browns		Varied Programs								Movie				
BRAVO	54	65	129	237	Varied Programs																				
CARTOON	25	59	177	297	Teen Teen		Teen Teen		Craig Craig		Gumball Gumball		DC Girls Teen		Teen Teen		Teen Victor		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														South Pk South Pk		South Pk South Pk		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 Mickey		T.O.T.S. T.O.T.S.		Ladybug Ladybug		Jessie Jessie		Big City Big City		Big City Big City		
E!	64	76	114	236	The Kardashians		The Kardashians		The Kardashians		The Kardashians		E! News: Daily Pop		Kardas		Varied Programs								
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		Varied Programs		Daily 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	(7:30) Movie		700 Club		The 700 Club		Varied Programs														
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself				Lock It In		Fair		Varied Programs				
FX	65	24	136	249	Mike Varied Programs						Movie		Varied Programs		Movie		Varied Programs								
FXX	35	64	125	259	Mom Mom		Mom Varied Programs																		
GOLF	88	88	401	218	Varied Programs																				
HALL	87	87	185	312	Movie				Home & Family		Movie		Movie		Movie		Movie								
HALLMM	86	86	187	565	M	"Christmas With"		"Magic Stocking" (2015) Bridget Regan.		*** "Mistletoe Over Manhattan" (2011)		"A Godwink Christmas" (2018, Drama)		"Christmas Homecoming" (2017, Drama)		"Our Christmas"									
					T	(7:00) "Fir Crazy"		"The Christmas Note" (2015) Leah Gibson		"Small Town Christmas" (2018, Drama)		"A Homecoming for the Holidays" (2019)		"A Christmas for the Books" (2018)		"Christmas at"									
					W	"Romance Rein"		"Hearts of Christmas" (2016, Drama)		"Matchmaker Santa" (2012) Lacey Chabert.		"Time for Me to Come Home"		"Christmas on Honeysuckle Lane" (2018)		"Christmas Rem"									
					Th	"Finding Christmas"		"Hope at Christmas" (2018) Ryan Paevey.		"A Godwink Christmas: Meant for Love"		"Rocky Mountain Christmas" (2017)		"Tis the Season for Love" (2015)		"Nostalgic Chr"									
					F	"Gingerbread"		"A Bramble House Christmas" (2017)		"Our Christmas Love Song" (2019)		"Christmas Bells Are Ringing" (2018)		"A Blue Ridge Mountain Christmas" (2019)		"Angel Falls"									
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				
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		Paid Prg. Paid Prg.		Varied Programs		Sports		Varied		The Brian Noe Show				Rip City Drive with Travis		Varied Programs				
NGEO	55	78	197	276	Paid Prg. Varied Programs																				
NICK	27	51	171	299	PAW PAW		Bubble Abby		PAW PAW		Blue PAW		Ryan PAW		Blaze PAW		PAW PAW		Sponge. Sponge.		Sponge. Sponge.		Sponge. Loud		Varied
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		To Be Announced		Dr. Phil		Dr. Phil		Dr. Phil				Varied Programs				
OXY	30	69	127	251	Varied Programs																				
PARMT	42	43	241	241	Christine Christine		Mom Mom		Mom Mom		Mom Mom		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		The Dan Patrick Show						Football		Varied Programs		
SYFY	67	50	122	244	Varied Programs						Movie		Varied Programs												(:03) Movie
TCM	56	73	132	256	M	Summr H (:45) ** "Gigi" (1949)		(:15) *** "Gigi" (1958) Leslie Caron.		(:15) *** "Goodbye, Mr. Chips" (1939)		(:15) ** "Goodbye, Mr. Chips" (1969) Peter O'Toole.		"Philadelphia"											
					T	** "Bachelor Bait" (:15) ** "Luxury Liner" (1948)		"Make-Lady" (:15) "Village of Daughters" (:45) ** "Unexpected Uncle" *** "Crossing Delancey" (1988)		"The Pink Panther"															
					W	"The Merry Frinks" (:15) ** "Loose Ankles" *** "Arsenic and Old Lace" (1944)		*** "Travels With My Aunt" (1972)		*** "Auntie Mame" (1958) Rosalind Russell.		"Bell Book Cndl"													
					Th	(7:30) "Marriage on the Rocks" *** "Anchors Aweigh" (1945) Frank Sinatra.		*** "Ocean's Eleven" (1960)		(:15) *** "Some Came Running" (1958, Drama) Frank Sinatra.		** "Smarty"													
					F	"The Cuckoos" ** "Yolanda and the Thief" (1945)		** "When in Rome"		*** "Sylvia Scarlett" (1935)		(:15) *** "The Music Man" (1962) Robert Preston.		"Gone Wind"											
TDC	51	42	182	278	Varied Programs																				
TLC	49	62	183	280	Varied Programs				Medium Varied		Medium Varied Programs														
TTNT	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				World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Dumbest Varied		Dumbest Varied Programs						Jokes Jokes		
TVL	75	74	106	304	Paid Prg. Paid Prg.		Andy G. Andy G.		Andy G. Bonanza		Varied Programs		(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																		
WE	118	118	128	360	Varied Paid Prg.		Varied Programs		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Varied Programs						
WEATH	14	19	214	262	(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		American American		Fam. Guy Fam. Guy		
HBBO	518	518	303	504	M	"It's Kind of a Funny Story"		*** "The Hate U Give" (2018)		His Dark Materials		(:45) ** "Jobs" (2013, Biography) Ashton Kutcher.		(2:55) "The Old Man & the Gun" "Unfriended: Dark Web" (2018)											
					T	Rescue Lindsey Vonn: The Final Season (:05) ** "Life as We Know It" (2010)		His Dark Materials		"Big Mommas: Like Father"		REAL Sports Bryant Gumbel (3:50) *** "Shazam!" (2019, Action)													
					W	Ever After (:45) *** "All the Way" (2016) Bryan Cranston.		** "The Invasion" (2007)		(:45) ** "Jingle All the Way" (:15) ** "The Recruit" (2003)		Belichick & Saban Red Eye													
					Th	Sphere (:40) * "Head Full of Honey" (2018) Nick Nolte.		(10:50) *** "Confirmation"		(:45) ** "Happy Death Day" (2017)		(:25) ** "Sucker Punch" (:15) * "Red Riding Hood" (2011)													
					F	"Big Mommas: Like Father" Belichick & Saban		** "Jersey Girl" (2004)		(:45) ** "Green Lantern" (2011, Action)		(:40) ** "Van Helsing" (2004) Hugh Jackman. 24/7: Kelly Slater													
MMAX	531	531	311	516	M	Maze Run (:40) *** "Enemy of the State" (1998) Will Smith.		(10:55) "Manhattan Night" (2016, Mystery)		(12:50) "The Mustang" (2019)		** "Mr. Brooks" (2007) Demi Moore (:35) ** "Johnny English"													
					T	Armaged (:35) ** "Rampage" (2018, Action)		(:25) *** "Traffic" (2000) Michael Douglas.		(12:55) ** "Annapolis" (2006)		(:40) ** "Jaws 2" (1978, Suspense) (:40) * "The Marine" (2006)													
					W	Monster (:40) *** "Phenomenon" (1996) John Travolta.		(10:47) *** "Cinema Paradiso" (1988)		(12:55) *** "Margin Call"		(:45) ** "The Good Son" (:15) ** "Teen Witch" (1989, Fantasy)													
					Th	Master of (:35) *** "Z for Zachariah" (:15) *** "Eve's Bayou" (1997)		(:05) ** "The Merchant of Venice" (2004)		(:20) "Quantum of Solace" (:10) *** "Hanna" (2011) Saoirse Ronan.															
					F	(7:42) *** "The Nice Guys" (:40) ** "8 Heads in a Duffel Bag" (1997)		(:20) ** "Valentine's Day" (2010)		(:25) ** "Due Date" (2010)		(:05) ** "The Island" (2005) Ewan McGregor. Armaged													
SHOW	578	578	319	546	M	"The Impossible" *** "Sense and Sensibility" (1995) Premiere.		*** "At Eternity's Gate" (2018)		** "I Feel Pretty" (2018) Amy Schumer.		** "The Wedding Planner" (:15) "Second Act"													
					T	(7:45) ** "The Fighting Temptations" *** "The Royal Tenenbaums" (2001)		*** "Finding Neverland"		(:45) *** "The King's Speech" (:45) *** "The Patriot" (2000, War) Mel Gibson.															
					W	** "Poetic Justice" (1993)		** "Faster" (2010, Action)		(:40) *** "Baby Driver" (2017)		(:35) ** "Den of Thieves" (2018) Gerard Butler.		(3:55) ** "Absolute Power" (1997)											
					Th	Nutcracker (:25) ** "Wayne's World"		** "The Hummingbird Project" (2018)		** "Peppermint" (2018)		(:45) *** "Misery" (1990) James Caan. (:35) *** "Scream" (1996, Horror)		Humming											
					F	(7:45) *** "The Fugitive" (1993)		** "The Shadow" (1994) John Lone		*** "3:10 to Yuma" (2007, Western)		(:15) ** "Congo" (1995) Dylan Walsh. (:15) *** "The Fugitive" (1993)													
STARZ	621	621	351	526	M	Happning (:34) * "When in Rome"		(:06) *** "The Family Man" (2000)		(:13) *** "Duplicity" (2009) Julia Roberts.		(:19) Dublin Murders (:22) *** "Out of the Furnace" (2013)		Money											
					T	(7:41) *** "The Family Man" (2000)		(9:50) ** "All Is True"		(:34) ** "White Boy Rick" (2018)		(:28) Dublin Murders (:31) ** "Anonymous" (2011)		(:44) ** "All Is True"											
					W	Odd Life (:17) "Johnson Family Vacation" (9:57) * "The Host" (2013) Jake Abel		(:05) ** "Escape Room" (2019, Horror)		(1:48) ** "Jack and Jill" (2011)		(:22) "A Dog's Way Home" (2008)		Baby Mama" (2008)											
					Th	(7:44) "The Professor and the Madman"		(:02) ** "Just Go With It" (2011)		(:01) ** "Bad Teacher" (2011)		(:35) ** "The Girl in the Spider's Web" (:33) "Slaughterhouse Rulez" (2018)		Professor											
					F	Definitely (:45) "Stockholm" (2018) Ethan Hawke.		(:19) *** "Adventureland"		(:07) *** "Devil in a Blue Dress"		(1:52) Dublin Murders (2:54) ** "The Da Vinci Code" (2006, Mystery)		Stock											
TMTC	591	591	327	554	M	"Mail Order" (:05) "Furlough" (2018, Comedy)		"The Appearance" (2018) Jake Stormoen.		"Sniper 3" (2004) Denis Arndt		(:05) "Sniper: Legacy" (2014)		(:45) *** "Bringing Out the Dead" (1999, Drama)											
					T	(:05) *** "Metropolitan" (:45) "The Isle" (2018, Horror) Conleth Hill.		"The Aspern Papers" (2018)		(:05) ** "Goin' South" (1978)		** "Flypaper" (2011)		** "The Fog" (2005, Horror)											
					W	"Dickie Roberts" (:10) ** "She's Having a Baby"		** "They Live" (1988)		(:35) ** "The Covenant"		(:15) "What Keeps You Alive" (2018)		*** "Dead Again" (1991, Mystery)											
					Th	** "7 Days in Entebbe" (2018)		(9:50) "Everfall" (2017, Horror)		(:20) ** "The Fog" (2005)		"Sniper 3" (2004) Denis Arndt		(:35) "SuperGrid" (2018, Action)		*** "Unforgiven" (1992, Western)									
					F	"Escape From L.A." "Lynyrd Skynyrd: Leave" (:45) ** "The Covenant" (2006, Horror)		(:25) *** "Bringing Out the Dead"		"Bad Grandmas" (2017)		(:05) *** "Wildlife" (2018, Drama)													