

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		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		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		4 O'Clock News		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!						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		First 48 Varied Programs								Movie Varied Programs								
AMC	60	45	131	254	Paid Prg. LifeLock		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 Martin		Martin Martin		Browns Browns		black-ish black-ish		Varied Programs						(:32) 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		Varied Programs												
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		Outside NFL Live		Varied Programs		NBA: The Jump		Noon Question		Around Pardon		SportsCenter		Varied Programs						
ESPN2	34	28	143	209	(7:00) Get Up		First Take		Varied		Jalen & Jacoby		NFL Live Varied Programs		Football		Varied Programs		Daily Wager		Basket 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	Movie Varied Programs						Movie		Varied Programs				Movie		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	Movie Varied Programs																						
FXX	35	64	125	259	Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons		Simpsons Simpsons				
GOLF	88	88	401	218	Varied Programs														Central		Varied Programs						
HALL	87	87	185	312	Movie		Home & Family		Movie		Movie		Movie						Movie								
HALLMM	86	86	187	565	M	"Operation Chr"		"Debbie Macomber's Trading Christmas"		"Kingsbury's Maggie's Christmas Miracle"		"Christmas Encore" (2017) Maggie Lawson.		"Christmas in Montana" (2019, Drama)		"Fam Christmas"											
					T	"Magical Christmas"		"A Joyous Christmas" (2017) Michael Rady		"The Christmas Note" (2015) Leah Gibson		"Rocky Mountain Christmas" (2017)		"Holiday for Heroes" (2019) Marc Blucas		"Christmas"											
					W	"Magic Stocking"		"A Song for Christmas" (2017, Romance)		"Our Christmas Love Song" (2019)		"Holiday Hearts" (2019) Ashley Williams.		"A Godwink Christmas: Meant for Love"		"A Blue Ridge"											
					Th	"Return"		"Christmas at Grand Valley" (2018)		"Matchmaker Santa" (2012) Lacey Chabert.		"Northern Lights of Christmas" (2018)		"A Christmas Miracle" (2019) Tara Wilson		"Time for You"											
HGVTV	62	57	112	229	F	"Christmas for"		"Christmas on Honeysuckle Lane" (2018)		"Christmas in Angel Falls" (2017, Drama)		"Hearts of Christmas" (2016, Drama)		"A Gingerbread Romance" (2018)		"Christmas Day"											
						Varied Programs																					
						Varied Programs																					
						Movie		Varied Programs		Movie Varied Programs		Movie		Movie		Movie											
HIST	50	60	120	269	Varied Programs																						
LIFE	29	29	108	252	Movie		Varied Programs		Movie Varied Programs		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		SKY Sports News		The Brian Noe Show				Rip City Drive with Travis		Varied Programs								
NGEO	55	78	197	276	Paid Prg. Varied Programs																						
NIK	27	51	171	299	PAW PAW		Bubble Abby		PAW PAW		Blue PAW		Ryan Blaze		PAW PAW		Varied 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		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						Varied Programs						
SYFY	67	50	122	244	Varied Programs								Movie Varied Programs		Movie		Varied Programs						Varied Programs				
TCM	56	73	132	256	M	"3 Musketeers"		(:15) "The Age of Innocence" (:45) *** "The Age of Innocence" (1993)		(:15) "The Adventures of Huckleberry Finn"		(:15) "The Adventures of Huckleberry Finn"		"Little Women"													
					T	"Woman-Die"		(:15) *** "This Woman Is Dangerous"		"Cole Younger, Gunfighter"		** "Roughshod" (1949)		"Crime by Night"		(:15) *** "Out of the Past" (1947)		"Creature-Black"									
					W	"Taming-Shrew"		"Affairs-Martha" (:15) *** "The Canterville Ghost" (1944) *** "The Naked City" (:45) * "Young Ideas"		(:15) *** "Brute Force" (1947)		"The Yearling"															
					Th	Cat-Roof (:45) *** "Rebel Without a Cause" (:45) "Saturday Night and Sunday Morning" *** "All Fall Down" (1962, Drama)		* "Parrish" (1961, Drama) Troy Donahue.		"Topper Returns"																	
TDC	51	42	182	278	F	(7:45) "Viva Las Vegas" (1964) "Bus Riley's Back in Town" (:15) ** "Wild Seed" (1965) Celia Kaye		*** "The Happening" (1967, Comedy)		** "Savannah Smiles" (1982)		"Zorba the Greek"															
						Varied Programs																					
						Varied Programs																					
						Medium Medium		Medium Medium		Medium Medium		Medium Medium		Medium Medium		Medium Medium											
TLC	49	62	183	280	Varied Programs				Medium Medium		Medium Medium		Varied Programs														
TTNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs										
TRAV	53	38	196	277	Varied Programs																						
TRUTV	73	75	242	246	Varied Programs				Brooklyn Brooklyn		Brooklyn Brooklyn		Varied Programs		World's Dumbest ...		Dumbest Varied		Misery Misery		Jokers Jokers						
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																Law & Order: SVU				
WE	118	118	128	360	Varied Programs		LifeLock Varied		Law Order: Cl Law Order: Cl		Law Order: Cl Law Order: Cl		Law Order: Cl Law Order: Cl		Law Order: Cl 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		American American		American American		Fam. Guy Fam. Guy				
HB	518	518	303	504	M	Calendar (:40) ** "Little Boy" (2015) Jakob Salvati.		His Dark Materials		(:25) ** "The Fourth Kind"		(:05) ** "The Ringer"		24/7: Kelly Slater		(:40) ** "Bad Times at the El Royale" (2018)											
					T	(7:40) *** "Bounce" (2000) *** "All the Way" (2016, Docudrama)		(:45) *** "The Hate U Give" (2018) Regina Hall		*** "The Kid Who Would Be King"		** "Mortal Engines" (2018) Hera Hilmar.															
					W	(7:10) "Empire of the Sun" (:45) * "Sphere" (1998) Dustin Hoffman.		His Dark Materials		** "Sucker Punch" (2011) Abbie Cornish		Queen of the World		(:35) *** "Bridesmaids" (2011)													
					Th	*** "In Her Shoes" (2005) Toni Collette		(:15) ** "Little" (2019) Regina Hall.		Lindsey Vonn: The Final Season		(:35) ** "Van Helsing" (2004) Hugh Jackman.		Finding, Way		REAL Sports Gumbel											
MMAX	531	531	311	516	F	"Ever-Cinderella" (:15) ** "Jobs" (2013, Biography) Ashton Kutcher.		(:25) ** "Robin Hood" (2018, Action)		Belichick & Saban		(:40) "Big Mommas: Like Father, Like Son"		The Shop		(:10) "Long Shot"											
					M	Quantum *** "The Descent" (2005)		(:10) ** "Child's Play 2"		"Johnny English Strikes Again"		(:05) ** "The Take" (2016)		(:40) *** "Reclaim" (2014) John Cusack.		(:20) *** "Deadpool 2"											
					T	"In-Name-Father" (8:57) *** "Midnight Run" (1988)		(:05) *** "Hero" (2002)		(:45) *** "Buried" (2010, Suspense)		(:25) "Manhattan Night" (2016, Mystery)		"The Count of Monte Cristo"													
					W	(6:40) "The Last Emperor" (:25) "The Sugarland Express" (:15) *** "The Post" (2017)		(:15) *** "Ready Player One" (2018) Tye Sheridan.		(:35) *** "Jaws" (1975) Roy Scheider.		Tree															
SHOW	578	578	319	546	Th	(:05) ** "EdTV" (1999) Jenna Elfman		(:10) *** "Deadpool 2" (2018, Action)		(:10) "Collision" (2013) Frank Grillo.		(:15) ** "Proof" (2005)		(:35) *** "Prisoners" (2013) Hugh Jackman.													
					F	(:15) "Water for Elephants" (:40) "Beyond the Reach" (2014)		(:15) *** "Buried" (2010, Suspense)		(12:55) ** "Lights Out"		(:20) *** "Enemy of the State" (1998)		(:35) ** "Skyscraper" (2018)													
					M	"Fighting Tempt" (:15) * "An Acceptable Loss" (2018)		** "The Shadow" (1994) John Lone		** "Absolute Power" (1997, Suspense)		*** "Unforgiven" (1992, Western)		"Mom Christmas"													
					T	About *** "The Wedding Planner" (:15) ** "Beyond Borders" (2003) Angelina Jolie.		** "Faster" (2010, Action)		(:15) *** "Green Book" (2018) Mahershala Ali		(:25) ** "Mile 22" (2018)															
STARZ	621	621	351	526	W	Hotel (:45) *** "The King's Speech"		(:45) *** "American Gangster" (2007) Denzel Washington.		(:25) * "Peppermint" (2018)		(:10) *** "Point Break" (1991, Action)		(:15) "The Patriot"													
					Th	(:15) ** "Second Act" (2018)		"Man Invented Christmas" (:45) ** "A Bad Moms Christmas" (2017)		** "Why Did I Get Married?" (2007)		*** "I Feel Pretty" (2018) Amy Schumer.		Second													
					F	Sid & (:25) "The School of Rock"		(:15) "The House With a Clock in Its Walls" "Tyler Perry's the Family That Preys"		"The Professor" (2018)		*** "Absolute Power" (1997, Suspense)		Thieves													
					M	(7:49) "Holmes & Watson" (:23) * "The Intruder" (:08) ** "The Front Runner" (2018, Biography)		(:16) "Slaughterhouse Rulez" (:02) Dublin Murders		(:03) *** "State of Play" (2009)																	
TMC	591	591	327	554	T	Miss Ball (:18) "This Changes Everything" (9:58) *** "State of Play" (2009)		(:07) Dublin Murders		(:08) ** "Escape Room" (2019, Horror)		(2:50) * "Jack and Jill" (2011)		(:23) "This Changes Everything"													
					W	"The Da Vinci Code" (8:58) ** "Angels & Demons" (2009) Tom Hanks.		(:19) ** "Superfly" (2018) Jason Mitchell		"The Ghost and the Darkness" (:11) ** "The Girl in the Spider's Web" "Angels & Demons"																	
					Th	"Master-Comm" (8:51) ** "All Is True" (:35) *** "The Wife" (2017, Drama)		(:19) * "Holmes & Watson" (:04) *** "The Family Man" (2000)		(:13) ** "All Is True" (2018)						</											