

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	(7:00) KOIN AM Extra		DailyMail DailyMail		Paternity Court		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		Income 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		Como dice el dicho		Me declaro culpable		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. Varied		Stooges Varied Programs																				
ANP	24	49	184	282	Crikey... Irwins		Secret Life-Zoo		The Zoo		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs												
BET	4	72	124	392	Martin Martin		Martin Martin		Martin Martin		Parkers Parkers		Parkers Varied Programs														
BRAVO	54	65	129	237	Varied Programs																						
CARTOON	25	59	177	297	Teen Teen		Teen Teen		Craig Craig		Teen Teen		Victor Victor		Gumball Gumball		Gumball Gumball		Teen Teen		Teen Teen		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	Corden Futurama		Futurama Futurama		Futurama Futurama		Futurama Futurama		The Cleveland Show Cleveland		Cleveland Cleveland		Cleveland Cleveland		Cleveland Cleveland		Cleveland Cleveland		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 Mickey		T.O.T.S. T.O.T.S.		Bunk'd Bunk'd		Amphibia Big City		Big City Big City		Big City Big City		Gabby	Jessie	
E!	64	76	114	236	Varied Programs						Pop of the Morning		Daily Pop		Varied Programs												
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		Varied 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				Jalen & Jacoby		Varied Programs				Noon Question		Daily Wager		College Basketball						
FNC	66	25	205	360	America's Newsroom		Outnumbered		Outnumbered		The Daily Briefing		Bill Hemmer Reports		Neil Cavuto		The Five		Special Report		The Story		Tucker Carlson				
FOOD	61	54	110	231	Paid Prg. Paid Prg.		Varied Pioneer		Varied Programs																		
FREE	32	33	180	311	Super Super		Super 700 Club		The 700 Club		Movie				Varied Middle		Middle Middle		Middle Middle		Middle Middle		Simpsons	Simpsons			
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Varied Lock It In		Varied Skip		Hub Varied Programs		Varied Programs						
FX	65	24	136	249	(7:00) Movie		Varied Mike		Mike Varied Programs								Movie Varied Programs		Varied Programs								
FXX	35	64	125	259	Mom Mom		Mom black-ish		black-ish black-ish		black-ish Movie				Varied Movie		Varied Programs										
GOLF	88	88	401	218	Varied Programs														Central		Varied Programs						
HALL	87	87	185	312	Gold Girls Gold Girls		Gold Girls Gold Girls		Home & Family				Home & Family				Movie				Movie						
HALLMM	86	86	187	565	M	Matlock		Matlock		Matlock "The Narc"		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					T	Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					W	Matlock		Matlock "The Biker"		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					Th	Matlock		Matlock "The Critic"		Matlock		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
HGTV	62	57	112	229	Varied Programs																						
HIST	50	60	120	269	Varied Programs																						
LIFE	29	29	108	252	King King		King King		King King		King King		King King		King King		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																				
NBCSNW	426	37	424		Rip City		Paid Prg. Paid Prg.		Varied Programs		Mecum Blazers		The Brian Noe Show						Rip City Drive with Travis & Chad		Varied Programs						
NGEO	55	78	197	276	Paid Prg. Paid Prg.		Varied Programs																				
NICK	27	51	171	299	PAW PAW		Bubble Paddingtn		PAW PAW		Blue PAW		PAW Ryan		Blaze PAW		PAW PAW		Sponge. Sponge.		Sponge. Sponge.		Loud Casagran				
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		Bar Rescue		Mom Mom		Mom Mom		Mom Mom		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						Paid Prg.		The Dan Patrick Show						Varied Programs						
SYFY	67	50	122	244	Varied Programs						Movie		Varied Programs														
TCM	56	73	132	256	M	"The Red Shoes"		(:15) *** "La Ronde" (1950)		*** "The Young Girls of Rochefort"		(:15) ** "Le Plaisir" (1952, Comedy)		*** "That Man From Rio" (1964)		"Two Women"											
					T	"Cain and Mabel"		*** "Bachelor Mother"		** "B.F.'s Daughter" (1948) Van Heflin		**** "Mutiny on the Bounty" (1935) Clark Gable		*** "The Barretts of Wimpole Street"		"The Divorcee"											
					W	"They Were Ex."		(:15) *** "The Long Voyage Home"		(:15) **** "The Enchanted Cottage"		*** "Foreign Correspondent" (1940)		(:15) ** "Primrose Path" (1940)		"Swing Time" (1936)											
					Th	"The Devil and Daniel Webster"		** "Music in Manhattan"		(:15) ** "Bombardier" (1943, War)		(:15) ** "Captain Kidd" (1945, Adventure)		* "Beneath the 12-Mile Reef" (1953)		"Broken Lance"											
TDC	51	42	182	278	Varied Programs																						
TLC	49	62	183	280	Varied Programs		Extreme Extreme		Varied Programs				Hoard-Buried		Hoard-Buried		My 600-Lb. Life		Varied Programs		Hoard-Buried		Say Yes, Dress				
TMNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Varied Programs		Varied Programs		Ghost Adventures		Ghost Adventures		Ghost Adventures				
TRAV	53	38	196	277	Varied Programs						Jokers Varied		Jokers Varied Programs										Jokers Jokers				
TRUTV	73	75	242	246	Varied Programs						Jokers Varied		Jokers Varied Programs										Jokers Jokers				
TVL	75	74	106	304	Paid Prg. Paid Prg.		Andy G. Andy G.		Andy G. Andy G.		Bonanza		Gunsmoke		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	260	Paid Prg. Varied		LifeLock Paid Prg.		Law Order: CI Law Order: CI		Law Order: CI Law Order: CI		Law Order: CI 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 Friends		American American		American American				
HB0	518	518	303	504	M	(:05) ** "Van Helsing" (2004) Hugh Jackman.		(:20) "Happy Death Day 2U"		** "Glass" (2019) Bruce Willis.		(:10) "Baltimore Rising" (2017)		(:45) "Rise of the Planet of the Apes"		Last											
					T	(7:45) "The Tuskegee Kitchen" (2018)		(9:50) "Intolerable Cruelty"		** "The Ring" (2005)		(:05) ** "Aquaman" (2018) Jason Momoa.		(:35) ** "Due Date" (2010)		Whitmer Thomas											
					W	(7:35) "Red Eye"		** "Ain" (2018) Myles Tuit.		(:45) ** "Valkyrie" (2008) Bill Nighy		(:45) ** "Green Lantern" (2011, Action)		(:40) ** "Unknown" (2011, Suspense)		"Rise of Planet of Apes"											
					Th	(7:20) ** "Eragon"		(:05) *** "Moulin Rouge" (2001)		REAL Sports Gumbel		(:15) ** "Mortal Engines" (2018) Hera Hilmar.		(:25) *** "Shazam!" (2019, Action)		(:40) ** "The Island"											
MAX	531	531	311	516	F	Mortal		(:20) ** "Alita: Battle Angel" (2019)		** "Godzilla: King of the Monsters"		REAL Sports Bryant Gumbel		(:1:50) *** "Casino Royale" (2006)		We Are the Dream		(:15) "The Others"									
					M	Some		(:35) ** "Uncle Drew" (2018)		(:20) ** "Savages" (2012)		(:35) *** "Buried" (2010)		(:15) "Collision" (2013) Frank Grillo.		*** "Innerspace" (1987) Dennis Quaid.											
					T	(7:10) *** "Opening Night"		(:35) *** "The Hate U Give" (2018) Regina Hall		(11:50) *** "Ready Player One" (2018)		(:10) * "Billy Madison"		(:40) *** "The Hurricane" (1999, Drama)													
					W	"The Last Emperor"		(8:54) *** "Hanna" (2011) Eric Bana		(10:50) ** "I, Robot"		(:45) ** "Suspect Zero" (2004)		(:25) "A Fish Called Wanda"		(:15) ** "The Beautician and the Beast"											
SHOW	578	578	319	546	Th	Tree		*** "The American" (2010, Suspense)		(:17) *** "Rescue Dawn" (2006, War)		(:05) *** "Cast Away" (2000, Drama) Tom Hanks.		** "Night School" (2018)													
					F	Pride		(:20) ** "The Fountain"		** "Shocker" (1989) Michael Murphy.		"Sky Captain-World"		(:40) ** "Proof" (2005, Drama)		(:25) "Manhattan Night" (2016, Mystery)		Jesse									
					M	(:15) *** "Peggy Sue Got Married"		*** "Little Women" (1994, Drama)		** "Remember Me" (2010, Romance)		** "Peppermint" (2018)		(:45) **** "The Terminator" (1984)		Parts											
					T	*** "Molly's Game" (2017) Jessica Chastain.		"The Professor" (2018)		(:15) ** "Girl, Interrupted" (1999) Winona Ryder.		**** "Stand by Me" (1986)		** "Last Action Hero" (1993, Action)													
STARZ	621	621	351	526	W	"Made of Honor"		(:15) ** "Bewitched" (2005) Will Ferrell		** "Five Feet Apart" (2019, Romance)		*** "Pavarotti" (2019) Bono.		*** "Green Book" (2018)		(:15) "Platoon", War											
					Th	(:05) *** "A League of Their Own"		(:15) ** "Girl, Interrupted" (1999) Winona Ryder.		"The Parts You Lose" (2019)		(:15) "Them That Follow" (2019, Drama)		*** "District 9" (2009) Jason Cope													
					F	*** "The Company Men"		(:45) ** "The Hummingbird Project"		(:45) ** "The Wedding Guest" (2018)		**** "Platoon" (1986) Tom Berenger.		*** "At Eternity's Gate" (2018)		Professor											
					M	(7:35) *** "Red Dragon"		(:43) ** "Premonition" (2007, Suspense)		(:22) Wrong Man		(:17) ** "Superfly" (2018) Jason Mitchell		Outlander		(:13) *** "Red Dragon" (2002) Anthony Hopkins.		Colm									
TMC	591	591	327	554	T	"Dog's Way"		(8:52) ** "The Vow"		(:39) ** "Holmes & Watson"		(:12) "David Crosby: Remember My Name"		Outlander		(:44) *** "Bowfinger" (1999, Comedy)		(:24) ** "Venom" (2018)									
					W	(7:37) "All Is True"		(:15) **** "Forrest Gump" (1994) Tom Hanks.		(:40) "Underworld: Awakening" (2012) ** "My Cousin Vinny" (1992)		(:14) "Slaughterhouse Rulez" (2018)		(:01) "Bad Teacher"													
					Th	(:02) ** "The X-Files" (1998)		(:06) "The X-Files: I Want to Believe"		(11:53) "No Country for Old Men" (2007)		(:1:58) "River Runs Red" (2018)		(:35) Wrong Man		"Once Upon a Time in Mexico"											
					F	"The Equalizer 2"		(8:54) ** "Jack and Jill" (2011)		(:28) ** "Men in Black: International"		(:26) Outlander		(:22) "Night at the Museum"		(:14) *** "Spider-Man: Far From Home" (2019)		Outlander									