

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		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		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		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												Movie	Varied			
AMC	60	45	131	254	Paid Prg. LifeLock		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	Parkers	Parkers	Movie	Varied Programs				Movie		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	The Cleveland Show	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	Bluey	Mickey	Mickey	T.O.T.S.	Puppy	Puppy	Vampirina	Giganto	Muppet	Mickey	T.O.T.S.	T.O.T.S.	Bunk'd	Bunk'd	Amphibia	Big City	Big City	Big City	Gabby	Jessie			
E!	64	76	114	236	Varied Programs						E! News	Pop of the Morning	Daily Pop		Varied Programs												
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		Baseball		Varied Programs				Noon	Question	Around	Pardon	SportsCenter	College Basketball		Varied Programs					
ESPN2	34	28	143	209	(7:00) Get Up		First Take		NFL Live		Varied Programs		NBA: The Jump		NFL Live	Varied Programs		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	Melissa	Melissa	Melissa	700 Club	The 700 Club		Movie				Varied	Middle	Middle	Middle	Middle	Simpsons	Simpsons	Simpsons	Simpsons				
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd				Varied	Speak	Varied Programs		Lock It In	Varied	Skip	Hub	Varied Programs								
FX	65	24	136	249	Movie	Varied Programs		Mike	Varied Programs																		
FXX	35	64	125	259	Mom	Mom	Mom	black-ish	black-ish	Movie	Varied Programs																
GOLF	88	88	401	218	Varied Programs														Golf 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	Monk			Monk			Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					T	Monk			Monk			Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					W	Monk			Monk			Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					Th	Monk			Monk			Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.			
					F	Monk			Monk Break-in.	Monk Murder.		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	Varied			
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 America		Varied Programs										
NBCSNW	426	37	424		Rip City	Paid Prg.		Paid Prg.	Varied Programs		SKY Sports News		The Brian Noe Show		Varied Programs				Rip City	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		Bar Rescue		Bar Rescue		Bar Rescue		Mom		Mom	Mom	Mom	Two Men	Two Men	Two Men	Two Men		
ROOT	37	26	426	687	Varied Programs																						
SYFY	67	50	122	244	Varied Programs																		Movie	Varied			
TCM	56	73	132	256	M	(7:30) **** "Lawrence of Arabia" (1962) Peter O'Toole, Alec Guinness.				(10:10) ** "Little" (2019) Regina Hall.		(11:50) *** "Mad Max" (1983, Drama)		(12:50) ** "Skyscraper" (2018)		(1:57) Outlander		(2:58) "Four Weddings and a Funeral"		(4:58) "Bandits"							
					T	(7:15) "The Beast of the City" (:45) **** "Libeled Lady" (1936)		(10:45) ** "Wife vs. Secretary" (1936)		(11:55) *** "Red Dust" (1932)		(12:55) ** "Unbreakable"		(1:59) Weather Underground													
					W	StolenLife *** "The Letter" (1940)		(15:15) "What Ever Happened to Baby Jane?" (1962)		(16:45) *** "The Nanny" (1965, Horror)		(17:45) *** "Dead Ringer" (1964) Bette Davis.		** "Circus Clown"													
					Th	"Story-3 Loves" (:15) ** "Along the Great Divide"		(11:55) *** "Out of the Past"		(12:45) *** "Young Man With a Horn"		(13:45) **** "Lust for Life" (1956) Kirk Douglas.		"Paths of Glory"													
					F	(7:15) "North by Northwest" (:45) *** "Born Yesterday" (1950)		(10:45) *** "Lolita" (1962) James Mason, Shelley Winters.		(11:55) *** "8 1/2" (1963, Fantasy) Marcello Mastroianni.		"Beach Party" (1963)															
TDC	51	42	182	278	Varied Programs																						
TLC	49	62	183	280	Extreme	Extreme	Extreme	Extreme	Varied Programs		Untold Stories of ER		Untold Stories of ER		My 600-Lb. Life		Varied Programs		Hoard-Buried		Say Yes		Say Yes				
TTNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs						Ghost Adventures				
TRAV	53	38	196	277	Varied Programs																						
TRUTV	73	75	242	246	Brooklyn	Brooklyn	Brooklyn	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	Carbon	Carbon	Carbon	Carbon	Varied Programs	Jokes	Jokes				
TVL	75	74	106	304	Paid Prg.	Paid Prg.	Andy G.	Andy G.	Andy G.	Andy G.	Bonanza	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	M*A*S'H	M*A*S'H	M*A*S'H	M*A*S'H	M*A*S'H	M*A*S'H					
USA	58	39	105	242	NCIS		Varied Programs		Chicago P.D.		Chicago P.D.		Chicago P.D.		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Varied Programs						
WE	118	118	128	360	Paid Prg.	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	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					
HBVO	518	518	303	504	M	Axios		(8:55) ** "Spanglish" (2004)		(10:10) ** "Pearl Harbor" (2001, War) Ben Affleck, Josh Hartnett.		(11:55) ** "Isn't It Romantic" (2019)		Last		Axios		(10:10) The Outsider									
					T	"Johnny English"		(8:55) "Bruce Almighty" (2003)		(10:15) ** "Won't You Be My Neighbor?" (2015) ** "The Day After Tomorrow" (2004)		(11:25) ** "Unbreakable"		Curb Enthusiasm		Real, Bill Maher											
					W	Big Mom *** "Les Misérables" (2012) Hugh Jackman.		(10:10) ** "Little" (2019) Regina Hall.		(11:55) *** "The Zookeeper's Wife" (2017)		(12:15) "Fantastic Beasts: The Crimes of Grindelwald" (2016)		Along													
					Th	** "Freeheld" (2015)		(10:45) ** "Seventh Son" (2014, Fantasy)		(11:55) ** "Glass" (2019) Bruce Willis.		(12:40) ** "Pearl Harbor" (2001, War) Ben Affleck, Josh Hartnett.		(13:45) The New Pope		Godzilla											
					F	(11:15) *** "Mrs. Doubtfire" (1993) Robin Williams.		(12:55) ** "Tolkien" (2019) Nicholas Hoult.		(13:45) ** "Bruce Almighty" (2003)		(14:55) ** "Crazy, Stupid, Love." (2011)		(15:55) "Fast Five" (2011)													
MMAX	531	531	311	516	M	Bad		(10:40) ** "Replicas" (2018) Alice Eve		(11:50) ** "Without a Paddle" (2004)		(12:50) ** "Your Highness" (2011)		(13:55) ** "Trust the Man"		(14:35) *** "Die Hard"		(15:35) *** "Die Hard With a Vengeance" (1995)									
					T	Dancer		(11:25) *** "Inside Moves" (1980, Drama)		(12:20) ** "The Hard Way"		(13:15) * "Bigger" (2018) Tyler Hoechlin.		(14:05) *** "The Package" (1989)		(15:35) "Die Hard With a Vengeance" (1995)											
					W	"Miracle-Anna"		(8:55) *** "Night School" (2018, Comedy)		(10:50) *** "Dick Tracy"		(11:40) ** "The Predator" (2018)		(12:35) ** "Ocean's 8" (2018, Comedy)		"Tucker: Man & His Dream"											
					Th	(7:55) ** "Havana" (1990) Robert Redford.		(8:23) *** "The Descendants" (2011)		(9:21) *** "Congo" (1995)		(10:10) ** "Jurassic World: Fallen Kingdom"		(11:20) "The Whole Ten Yards"													
					F	(6:23) "Out of Africa" (:05) *** "Shanghai Knights" (2003)		(10:59) ** "Broken Arrow" (1996, Action)		(12:50) ** "Skyscraper"		(13:35) ** "Bad Times at the El Royale" (2018)		"Crow: Angels"													
SHOW	578	578	319	546	M	"Hitsville: Motown"		(10:45) **** "Trumbo" (2015) Bryan Cranston.		(11:50) *** "Mad Max" (1983, Drama)		(12:25) ** "Stone" (2010)		(13:10) *** "The Legend of Baggar Vance" (2000)		Good Will											
					T	*** "Green Book" (2018)		(11:15) ** "Faster" (2010, Action)		(12:55) "El Chicano" (2018) Raúl Castillo.		(13:55) "Booty Call" (1997)		(14:55) ** "I Feel Pretty" (2018) Amy Schumer.		Toon											
					W	"Seraphim Falls"		*** "District 9" (2009) Jason Cope		(13:55) "Paycheck" (2003) Ben Affleck.		(14:55) "Adrift" (2018)		(15:45) *** "The Impossible" (2012)		(16:45) *** "District 9"											
					Th	** "Second Act" (2018)		(10:45) ** "The Wedding Guest" (2018)		(11:25) "Rust Creek" (2018)		(12:15) ** "Seven Pounds" (2008, Drama) Will Smith.		(13:20) *** "Spotlight" (2015, Drama)		Kidding											
					F	A. Chris		*** "Good Will Hunting" (1997)		(10:45) *** "Last Action Hero" (1993) Austin O'Brien		(11:55) *** "The Terminator" (1984)		(12:50) *** "Serpico" (1973)		(13:55) ** "Mile 22"											
STARZ	621	621	351	526	M	(7:30) * "Repo Men" (2010)		(8:24) "Four Weddings and a Funeral"		(9:24) Wrong Man		(10:18) "Maiden" (2018)		(11:57) Outlander		(12:58) "Four Weddings and a Funeral"		(13:58) "Bandits"									
					T	(7:15) "Step Up 3"		(8:04) ** "Rent" (2005, Musical) Rosario Dawson.		(9:22) "Aquarela" (2018)		(10:12:54) Outlander		(11:56) ** "Duplex" (2003)		(12:56) "Wet Hot American Summer" (:06) Outlander											
					W	"Angels & Demons"		"Legally Blonde 2: Red, White & Blonde"		"Ice Age: Dawn of Dinos"		(11:28) "A Dog's Way Home"		(12:06) *** "Secondhand Lions" (2003)		(13:58) *** "About a Boy"		Nanny									
					Th	(7:55) "Anger Management"		(8:43) ** "Just Go With It" (2011)		(9:43) ** "The Front Runner" (2018)		(10:39) Wrong Man		(11:34) ** "Welcome to Mooseport" (2004)		(12:28) ** "Are We There Yet?"											
					F	Heartbrk		(10:35) *** "The Producers" (2005) Nathan Lane.		(11:10:52) ** "The Kingdom"		(12:44) ** "The Da Vinci Code" (2006) Tom Hanks.		(13:15) Outlander "Free Will"		(14:16) ** "Brightburn" (2019)											
TMC	591	59																									