

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			
MMNT	13	13	49	49	Good Day Oregon		Varied Programs		TMZ Live		Rachael Ray		Protection		Divorce		Judge Mathis		Hot Hot		Jerry Jerry	Jdg Judy	Jdg Judy			
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			
A&E	52	55	118	265	The First 48		The First 48		The First 48		Varied Programs												Primer impacto			
AMC	60	45	131	254	Paid Prg. Paid Prg.		Stooges Movie		Varied Programs				Movie		Varied Programs				Movie			Varied Programs				
ANP	24	49	184	282	Crikey... Irwins		Secret Life-Zoo		The Zoo		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs				To Be Announced		Varied Programs					
BET	4	72	124	392	Martin Martin		Martin Varied		Martin Martin		Parkers Parkers		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						Pop of the Morning		Daily Pop		Varied Programs											
ESPN	33	27	140	206	(7:00) First Take		SportCtr Varied Programs								Question		Around		Pardon		SportsCenter	Basket	Varied Programs			
ESPN2	34	28	143	209	(7:00) Get Up		First Take 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 Middle		Simpsons Simpsons	Simpsons	Movie			
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd				Varied Programs		Speak		Varied Programs		Lock It In		Varied		Skip Hub	Varied Programs				
FX	65	24	136	249	Movie Varied Programs																	Movie	Varied			
FXX	35	64	125	59	Mom Mom		Mom black-ish		black-ish Varied Programs																	
GOLF	88	88	401	218	Live From THE PLAYERS		Varied Programs														Live From THE PLAYERS					
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		Monk		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.	Magnum, P.I.			
					T	Monk		Monk		Monk		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.	Magnum, P.I.					
					W	Monk		Monk		Monk		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.	Magnum, P.I.					
					Th	Monk		Monk		Monk		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.	Magnum, P.I.					
F	Monk		Monk		Monk		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	Varied Programs				
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					
NCEO	55	78	197	276	Paid Prg. Varied Programs																					
NICK	27	51	171	299	PAW PAW		Bubble Paddingtn		PAW PAW		Blue PAW		PAW Ryan		Blaze PAW		PAW PAW		PAW PAW		Varied Sponge.	Sponge.	Sponge.			
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		Varied Two Men	Two Men	Two Men			
ROOT	37	26	426	687	Paid Prg. Paid Prg.		Varied Programs																			
SYFY	67	50	122	244	Varied Programs				Movie		Varied Programs		(:15) Movie		Varied		Movie		Varied		Movie	Varied Programs				
TCM	56	73	132	256	M	Pacific Pope		"The Most Dangerous Game"		*** "Abandon Ship!" (1957, Adventure)		* "Beyond the Poseidon Adventure"		*** "The Unsinkable Molly Brown" (1964)								"Poseidon Adv."				
					T	Rock ** "Go, Johnny, Go!" (1958)		"Get Yourself a College Girl" ** "The Cool Ones" (1967) Gil Peterson		*** "Jimi Hendrix" (1973) Arthur Allen.		*** "Monterey Pop" (1969)				"It's Love Again"										
					W	Desirable (:45) *** "The Happy Road" (1957)		(:45) "The Seventh Victim" *** "Little Men" (1940)		** "Our Time" (1974)		(:15) *** "The Little Princess"			"Fireman Save"											
					Th	Summer * "Parrish" (1961, Drama) Troy Donahue.		** "Susan Slade" (1961, Drama)		** "A Distant Trumpet" (1964)		** "My Blood Runs Cold" (1965)			"Private Lives"											
F	(7:30) "Lucky Me" (:15) ** "Lucky Partners" (1940)		"Successful Cal." (:15) ** "Lucky Night"		(:45) "Man of the Moment"		(:15) ** "Fifth Avenue Girl" (1939)			"Diary of Anne"																
TDC	51	42	182	278	Varied Programs		Dirty Jobs		Dirty Jobs		Expedition Unknown		Varied Programs													
TLC	49	62	183	280	Extreme Varied		Extreme Extreme		Varied Programs				Untold Stories of ER		Untold Stories of ER		My 600-Lb. Life		Varied Programs		Hoard-Buried	Say Yes	Varied			
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs									
TRAV	53	38	196	277	Varied Programs																					
TRUTV	73	75	242	246	Brooklyn Brooklyn		Brooklyn Jokers		Jokers Jokers		Jokers Jokers		Varied Programs									Hot Ones	Hot Ones			
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	260	Paid Prg. Paid Prg.		Makeup! Paid Prg.		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	Axios (:45) *** "King Arthur" (2004) Clive Owen.		(10:55) ** "Glass" (2019) Bruce Willis.		"Dodgeball: Underdog" (:40) ** "Mr. & Mrs. Smith" (2005)										Last (:15) Axios						
					T	(:05) "Fantastic Beasts: The Crimes of Grindelwald" (:20) ** "Head Full of Honey" (2018)		(:35) ** "Freeheld" (2015) Ellen Page		(:25) ** "Little" (2019)		Curb Enthusiasm		Real, Bill Maher												
					W	Seins (:45) ** "Seventh Son" (2014, Fantasy) ** "Isn't It Romantic" ** "Breakthrough" (2019, Drama) ** "King Arthur" (2004) Clive Owen.					REAL Sports Gumbel		(:10) McMillion\$													
					Th	(:05) ** "Welcome to Marwen" (2018) (:05) ** "The Day After Tomorrow" (:10) *** "Mrs. Doubtfire" (1993) Robin Williams.		(:20) ** "Alita: Battle Angel" (2019)		(:25) ** "Shutter Island"																
F	(7:40) "Big Momma's House 2" (:20) ** "Bedazzled" (:20) "Dodgeball: Underdog" *** "Bohemian Rhapsody" (2018)		(:45) ** "Along Came Polly" (:15) *** "Fight Club" (1999)																							
M	"Little Manhattan" (:10) *** "Life Is Beautiful" (1997) (:10) "All the Right Moves" (:40) ** "The Pallbearer" (1996)		(:20) *** "Keeping the Faith" (2000) ** "The Stepford Wives"																							
T	"Brighton Beach Memoirs" (:20) "Flight of the Phoenix" (:15) * "Your Highness" (2011) * "The Sitter" (2011)		(:25) ** "Cowboys & Aliens" (2011)		(:25) ** "The Predator" (2018)																					
W	(6:40) "Out of Africa" (1985) (:25) *** "Somewhere" (:05) ** "Alfie" (2004) Jude Law.		(12:55) ** "The Meg" (2018) Li Bingbing (:2:50) "The Dead Don't Die" (:35) "Cost of a Soul" (2010)																							
F	(7:35) "Bad Parents" (:10) ** "The Big Year" (2011) (10:50) ** "Ocean's 8" (:45) ** "Incarinate" (2016)		(:15) ** "Possession" (2002) ** "The Hurt Locker" (2008, War)																							
F	(:05) *** "Far and Away" (1992) Tom Cruise. (:28) ** "Congo" (1995) Dylan Walsh.		(:20) ** "The Ruins" (2008) (1:55) ** "Paul" (2011)		(:40) * "Robin Hood" (2018, Action)		I, Robot																			
M	(7:35) *** "The Impossible" ** "On the Basis of Sex" (2018) ** "Five Feet Apart" (2019, Romance)		"Rust Creek" (2018) Hermione Corfield. ** "Mile 22" (2018, Action)		"Den of Thieves"																					
T	Humming (:35) ** "7 Days in Entebbe" (2018) *** "Seraphim Falls" (2006, Western) ** "The Best of Enemies" (2019)		(:45) ** "Stone" (2010, Drama) ** "Shaft" (2000, Action)																							
W	*** "Searching for Bobby Fischer" ** "I Feel Pretty" (2018) Amy Schumer. ** "Captive State" (2019)		** "El Chicano" (2018) Raúl Castillo. ** "Faster" (2010, Action)		Upside																					
Th	(7:30) ** "Five Feet Apart" *** "Trumbo" (2015) Bryan Cranston. (:45) *** "Adrift" (2018) Sam Claflin		*** "The Terminator" (1984)		Kidding																					
F	(7:30) ** "Real Steel" (:45) ** "Seven Pounds" (2008, Drama) Will Smith. *** "The Legend of Bagger Vance" (:15) *** "Green Book" (2018) Mahershala Ali		*** "A Perfect World"																							
M	"4 Weddings" (:8:47) ** "Battle: Los Angeles" (2011) Wrong (:42) *** "American Gangster" (2007) Denzel Washington.		(:21) Outlander (:19) * "New in Town"		"4 Weddings"																					
T	Butterfly (:28) ** "The Bone Collector" (1999) (:29) ** "Fallen" (1998) John Goodman		(:36) Outlander (:33) *** "Schindler's List" (1993) Liam Neeson, Ben Kingsley.		(:4:51) "Brightburn"																					
Th	Tangled *** "Field of Dreams" (1989) "Legally Blonde 2" "Prince of Persia: The Sands of Time"		(1:54) ** "The Girl in the Spider's Web" (3:52) * "The Intruder"		Escape																					
Th	"Welcome Hme" (:8:47) ** "Hostage" (2005) (:43) ** "Rent" (2005, Musical) Rosario Dawson.		(:02) * "The Intruder" (2019) "David Crosby: Remember" (:24) Wrong Man		American																					
F	(7:29) "In the Line of Fire" (:41) ** "Sicario: Day of the Soldado" (2018) (:11:47) *** "American Gangster" (2007)		(:27) ** "Hulk" (2003, Fantasy) Eric Bana.		(:4:49) Outlander																					
M	591	591	327	554	Gambler (:45) *** "Stardust" (2017, Fantasy) Claire Danes. *** "The Horse Whisperer" (1998, Drama) Robert Redford.		** "A Knight's Tale" (2001)		(:15) * "An Invisible Sign" (2010)																	
					T	"A Very Britis" (:8:50) *** "Flashdance" (:25) "Better Start Running" *** "Guess Who" (2005)		(:45) "Phil" (2019) Greg Kinnear.		** "The Dark Tower" (2017)		(:05) "Peep World"														
					W	"You Can't Say No" (2018) (:45) "Different Flowers" (2017) Emma Bell. (:25) "The Aspern Papers" ** "Nine" (2009) Daniel Day-Lewis.		*** "Personal Velocity" "It's a Party" (2018) Carl Tart																		
					Th	Obses Live AID "Age of Summer" (2018) "A Very British Christmas" ** "My Father, the Hero" ** "The Baby-Sitters Club"		(:05) * "An Invisible Sign" (:45) "Obsession" (2018)																		
F	"At Eternity's Gate" (:8:50) "Accommodations" (2018) ** "Pumpkin" (2002) Christina Ricci. *** "Charlotte's Web"		(:15) "Phil" (2019) Greg Kinnear.		** "Peep World" (2010)		Duran																			