

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		Pandemic-You		General Hospital		Afternoon Live		Tamron Hall		KATU News First		News	ABC				
PBS	3	5			SciGirls Biz Kid\$		NOVA		History Detectives		Varied Oregon		Breakthrough		Human Body		Varied Programs				Amer. Experience		Varied Programs					
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 Varied		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.		Rachael Ray		Kelly Clarkson		12 O'Clock News		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		Varied Programs		25 Words 25 Words		TMZ Live		Jerry Protection		Divorce Divorce		Judge Mathis		Hot Hot		Jdg Judy Jdg Judy		FamFeud	FamFeud				
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		The First 48		First 48		Varied		First 48		Varied Programs									
AMC	60	45	131	254	Paid Prg. LifeLock		Varied Programs																					
ANP	24	49	184	282	Tanked		Tanked		Tanked		Tanked		Tanked		Varied Programs													
BET	4	72	124	392	Martin	Martin			Martin	Martin	Parkers	Parkers	Parkers	Parkers	Browns	Browns	Browns	Browns	Varied Programs									
BRAVO	54	65	129	237	Varied Programs																							
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Total	Total	Teen	Teen	Victor	Victor	Gumball	Gumball	Gumball	Gumball	Total	Total	Teen	Teen	Craig	Craig				
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	Futurama	Futurama	Daily	South Pk	South Pk	South Pk	South Pk	Varied	South Pk	South Pk	South Pk	South Pk	Varied	South Pk	Varied	South Pk	Varied	South Pk	South Pk	Office	Office			
COOK	123	123	113	232	Varied Programs						Good Eat Good Eat		Varied Programs															
DISN	26	48	173	290	Puppy	T.O.T.S.	T.O.T.S.	Mira	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Raven	Raven	Bunk'd	Bunk'd	Bunk'd	Jessie	Jessie	Big City	Big City	Big City				
E!	64	76	114	236	Varied Programs																							
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		NFL Live		The Jump Varied Programs		The Jump		SportsCenter		SportsCenter		Varied Programs							
ESPN2	34	28	143	209	(7:00) Get Up		First Take				SportsCenter		SportsCenter		First Take				NFL Live		Varied Programs							
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 Programs		Middle		Middle		Middle		Middle		Simpsons	Simpsons	Simpsons	Varied
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Skip and Shannon: Undisputed		Hub		Varied Programs									
FX	65	24	136	249	Movie	Varied	Mike	Mike	Varied Programs								Movie		Varied Programs				Movie		Varied Programs			
FXX	35	64	125	259	Mom	Mom	Mom	Varied Programs				Movie		Varied Programs														
GOLF	88	88	401	218	Varied Programs														College Golf									
HALL	87	87	185	312	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Home & Family				Movie				Movie				Movie							
HALLMM	86	86	187	565	M	Monk	Monk	Monk	Monk	Monk	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder			
					T	Monk	Monk	Monk	Monk	Monk	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder		
					W	Monk	Monk	Monk	Monk	Monk	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	
					Th	Monk	Monk	Monk	Monk	Monk	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	
					F	Monk	Monk	Monk	Monk	Monk	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder	Diagnosis Murder
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			
MSNBC	71	67	209	356	MSNBC Live		Andrea Mitchell		MSNBC		MSNBC Live		MSNBC Live		Deadline		MTP Daily		The Beat With		Decision 2020		All In With					
NBCSN	89	89	159	220	Dan Patrick		Varied Programs																					
NBCSNW	426	37	424		Varied Programs		Brian Noe Varied Programs						Paid Prg. Paid Prg.		Varied Programs													
NCEO	55	78	197	276	Paid Prg.	Paid Prg.	Varied Programs																					
NICK	27	51	171	299	Bubble	Bubble	Blue	PAW	PAW	PAW	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Ollie's	Sponge.	Loud	Loud				
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	Paid Prg. Paid Prg.		Varied Programs																					
SYFY	67	50	122	244	Varied Programs																							
TCM	56	73	132	256	M	(:15) *** "Royal Wedding" (1951)		"Seven Brides for 7 Brothers"		(:45) *** "It's Always Fair Weather"		**** "On the Town" (1949)		(:15) **** "Singin' in the Rain" (1952)		"His-Woman"												
					T	(:15) *** "Journal of a Crime" ** "Violence" (1947, Mystery)		** "Crossroads" (1942)		** "Two in the Dark" (1936)		** "Two O'Clock"		(:15) *** "Hysteria" (1965, Suspense)		"Cheaper-Dozen"												
					W	"Shall We Dance" **** "The Gay Divorcee" (1934)		*** "The Band Wagon" (1953, Musical)		*** "Swing Time" (1936) Fred Astaire.		*** "Top Hat" (1935) Fred Astaire.		"Dark Victory"														
					Th	** "The Lost Continent"		(:45) "Miss Robin Crusoe"		(:15) ** "Last of the Pagans" ** "From Hell It Came"		*** "Isle of the Dead"		** "The Devil Doll" (1936)		"A Star Is Born"												
					F	(:7:30) **** "Sounder"		"A Hard Day's Night" (1964)		Eva Marie Saint		(:15) **** "North by Northwest" (1959, Suspense)		(:45) **** "Some Like It Hot" (1959) Tony Curtis.		"Harold and Lillian"												
TDC	51	42	182	278	Varied Programs																							
TLC	49	62	183	280	7 Little Johnstons		Varied Programs																					
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Movie		Varied Programs							
TRAV	53	38	196	277	Varied Programs																		Ghost Adventures					
TRUTV	73	75	242	246	Funniest	Funniest	Funniest	Jokers	Jokers	Jokers	Jokers	Jokers	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...				
TVL	75	74	106	304	Paid Prg.	Varied	Andy G.	Andy G.	Andy G.	Andy G.	Bonanza	Bonanza	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke				
USA	58	39	105	242	NCIS		Varied Programs																					
WE	118	118	128	260	Paid Prg.	Paid Prg.	Varied	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	Law Order: CI	Law Order: CI	Law Order: CI	Law Order: CI	Law Order: CI	Law Order: CI				
WEATH	14	19	214	362	(6:00) The Weather Channel LIVE		The Weather Channel LIVE																					
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) *** "Moulin Rouge" (2001)		(:15) *** "War of the Worlds" (2005)		(:15) ** "Wimbledon" (2004)		** "Yesterday" (2019) Himesh Patel.		Last		Westworld		Wes										
					T	(7:30) ** "Salinger" (2013)		(:45) ** "The Recruit" (2003)		(:45) *** "The Others" (2001, Suspense)		** "Sucker Punch" (2011) Abbie Cornish		To Be Announced		(:25) ** "Armageddon"												
					W	(:7:50) ** "Fame" (2009)		(:40) * "Red Riding Hood" (2011)		(:20) "The Sun Is Also a Star"		Marathon: The Patriots' Day Bombing		(2:50) *** "Loving" (2016) Ruth Negga		(4:55) "Die Hard 2"												
					Th	(6:40) "Van Helsing" Bowie: The Last		** "The Lovely Bones" (2009) Mark Wahlberg.		"Rise of Planet of Apes"		(:35) ** "Unknown" (2011, Suspense)		Atlanta's Missing		Casino R												
					F	Water Ele		(:40) ** "Valkyrie" (2008) Bill Nighy		(:40) *** "Bohemian Rhapsody" (2018)		(:10) ** "The Island" (2005) Ewan McGregor.		Westworld		Westworld		Cold										
MAX	531	531	311	516	M	Hanna		(:25) ** "The Dilemma" (2011, Comedy)		(:20) *** "Mortal Engines" (2018)		*** "Z for Zachariah" (2015)		(:10) *** "Savages" (2012) Taylor Kitsch.		(:25) ** "Sleight" (2016)												
					T	Some		(:35) ** "Reclaim" (2014)		(:10) ** "Grudge Match" (2013, Comedy)		(:05) ** "The Thing" (2011, Horror)		(1:50) ** "Turistas" (2006)		(:25) ** "Running Scared" (2006)		Hurricane										
					W	(:13) *** "Get On Up" (2014) Chadwick Boseman.		(:31) "Death Becomes Her"		(:15) *** "Crazy Rich Asians" (2018)		(:20) * "Breaking In" (2018)		(3:50) *** "Revolutionary Road" (2008)														
					Th	"Manhattan Night"		(8:55) ** "Annapolis" (2006)		(:40) *** "Suspect Zero" (2004)		(:20) ** "White Oleander"		(:10) ** "The Last Castle" (2001, Suspense)		(:25) "Manhattan Night" (1997)												
					F	Bruce		(:20) "The Old Man & the Gun"		(9:55) ** "Savages" (2012)		(:10) "Thank You for Smoking"		(:45) ** "American Dreamz" (2006)		(:35) *** "City Island" (2009, Comedy)		Jesse										
SHOW	578	578	319	546	M	(7:00) "District 9"		"While You Were Sleeping"		(:45) *** "A River Runs Through It" (1992)		"Sword of Trust" (2019)		VICE		Homeland		*** "District 9" (2009) Jason Cope										
					T	The Wind		(:35) ** "The Dark Tower"		(:15) ** "Hotel Artemis" (2018)		*** "The Terminator" (1984)		(1:50) ** "What Lies Beneath" (2000)		*** "Good Will Hunting" (1997)												
					W	(7:30) *** "Bandslam"		** "Breakin' All the Rules"		*** "Charlie's Angels"		(:45) *** "Dan in Real Life" (2007)		*** "Stranger Than Fiction" (2006)		** "Booty Call" (1997)												
					Th	Bridget J		* "When in Rome" (2010)		** "A Dog's Journey" (2019, Children's)		** "Seven Pounds" (2008) Will Smith.		(:15) "Semper Fi" (2019) Jai Courtney.		Black		*** "Total Recall" (1990)										
					F	(:15) *** "Be Cool" (2005) John Travolta.		(:15) *** "Analyze This" (1999)		** "Cutting Class" (1989)		(:35) ** "The Switch" (2010)		Tone Bell		(:35) ** "Barbershop"												
STARZ	621	621	351	526	M	Stuck		(:26) ** "Daddy Day Care"		** "The Vow" (2012, Romance)		(11:46) *** "The Aviator" (2004) Cate Blanchett		(:38) Outlander		(:42) *** "Forrest Gump" (1994) Tom Hanks.												
					T	(:05) ** "You, Me and Dupree"		"Zombieland: Double Tap"		(:37) ** "The Dark" (2005)		(:12) Outlander		"Texas Chainsaw"		(3:56) *** "Spider-Man" (2002, Action)												
					W	(7:53) * "The Haunting" (1999, Horror)		"Ghost Rider: Spirit"		(:27) ** "Accepted" (2006)		"Night at the Museum: Smithsonian"		(2:49) "This Is Personal"														