

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	Life From Above		Forces of Nature		Shakespeare		Body	Varied		Amer. Experience		Amer. Experience	
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.		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		Paid Prg.	Varied	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 America!						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		First 48	Varied	First 48	Varied Programs									
AMC	60	45	131	254	Paid Prg.	Paid Prg.	Movie	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	Parkers	Varied Programs					Movie		Varied Programs			
BRAVO	54	65	129	237	Varied Programs																				
CARTOON	25	59	177	297	Apple	Apple	Teen	Teen	Craig	Craig	Conn	Total	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 Programs								
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					SportsCenter		Varied Programs				
ESPN2	34	28	143	209	(7:00) Get Up		First Take		Varied Programs		SportsCenter		First Take	Varied Programs				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.	Paid Prg.	Varied Programs							Varied	Middle	Middle	Middle	Middle	Middle	Middle	Simpsons	Simpsons	Simpsons	
FREE	32	33	180	311	Melissa	Melissa	Melissa	700 Club	The 700 Club		Movie				Varied	Middle	Middle	Middle	Middle	Middle	Middle	Simpsons	Simpsons	Simpsons	
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	Varied Programs																	
FXX	35	64	125	259	Mom	Varied Programs													Movie		Varied Programs				
GOLF	88	88	401	218	Golf	Varied Programs							PGA Tour Golf		Varied Programs				Central		Central		Varied Programs		
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 Break-in.		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		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	
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	NBC Sports Football		Lunch Talk Live		The Rich Eisen Show				Lunch Talk Live		Varied Programs		NHL Hockey				Varied Programs				
NBCSNW	426	37	424		Varied Programs		The Brian Noe Show						Paid Prg.	Paid Prg.	Varied Programs		Lunch Talk Live		Varied Programs						
NGEO	55	78	197	276	Paid Prg.	Paid Prg.	Varied Programs																		
NICK	27	51	171	299	Bubble	Bubble	Blue	PAW	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	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		(9:58) Bar Rescue		(10:56) Bar Rescue		(11:54) Bar Rescue		(12:52) Bar Rescue		Mom	(:45) Mom	Mom	(:45) Mom	Two Men	Two Men	Two Men	Two Men	
ROOT	37	26	426	687	Paid Prg.		Varied Programs																		
SYFY	67	50	122	244	Battlestar		Varied Programs																		
TCM	56	73	132	256	M	"Out of the Past"	(:15) *** "Laura" (1944)		(:45) *** "Gilda" (1946) Glenn Ford		(:45) *** "To Have and Have Not"		*** "Now, Voyager" (1942, Drama)		MGM		"Gentlemn-Blnd"								
					T	*** "Murder, She Said"	"Strangers on a Train" (1951)	(:15) *** "Dial M for Murder" (1954)		(:15) *** "Julie" (1956) Doris Day.		*** "Wait Until Dark" (1967) Alan Arkin		"The Group" (1966)											
					W	"Saturdays Child"	*** "Powder Town" (1942)	*** "Fast Life" (1932)	Buzzin'	*** "Flying High" (1931)	*** "Excuse My Dust"	*** "The Yellow Cab Man"	"Inconvenient Truth"												
					Th	(:15) *** "Primary" (1960)	*** "Executive Action" (1973)	(:15) *** "The Candidate" (1972)		"Gabriel Over the White House"	(:45) ***** "Seven Days in May" (1964, Suspense)	"The Goodbye Girl"													
					F	Sym	"Bed of Roses"	(:45) "The Half-Naked Truth"	*** "My Man Godfrey"	(:45) "Fifth Avenue Girl" (1939)	(:15) ** "Primrose Path" (1940)	"Holly.-Makeup"	"Double Indemnity"												
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		Varied Programs						
TRAV	53	38	196	277	Varied Programs																				
TRUTV	73	75	242	246	Funniest	Funniest	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Varied Programs		World's Dumbest ...		World's Dumbest ...		Carbon	Carbon	Carbon	Carbon	Varied	Jokes	
TVL	75	74	106	304	Paid Prg.	Varied	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 Programs		Paid Prg.		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	
HBO	518	518	303	504	M	(:05) ** "Unknown" (2011, Suspense)		*** "Midnight Special" (2016)		*** "Rise of the Planet of the Apes"		(1:50) *** "Casino Royale" (2006) Daniel Craig.		Last	(4:50) Westworld										
					T	"Moulin Rouge"	(:10) ** "The Island" (2005) Ewan McGregor.	*** "Blinded by the Light" (2019)	Gemstones	Gem	Gem	(:45) *** "Bridesmaids" (2011) Kristen Wiig.													
					W	(7:15) "Little Boy"	(:05) "Intolerable Cruelty" (2003)	(:45) *** "X-Men" (2000, Action)	*** "War of the Worlds" (2005)	*** "Shazam!" (2019) Zachary Levi.	(:45) *** "Die Hard"														
					Th	(6:45) ** "Jobs"	(8:55) ** "Metro" (1997) Eddie Murphy.	(10:55) "The Family Stone"	(:40) ** "The Island" (2005) Ewan McGregor.	*** "Armageddon" (1998) Bruce Willis, Liv Tyler.	Quantum														
					F	"Sucker Punch"	*** "Green Lantern" (2011) Blake Lively	(10:55) "The Diving Bell and the Butterfly"	(12:50) ** "Water for Elephants"	(2:50) ** "The Recruit"	(:45) ** "Yesterday"														
MAX	531	531	311	516	M	Thief	*** "Jaws" (1975) Roy Scheider.	(:35) ** "The Thing" (2011, Horror)	(:20) *** "The Favourite" (2018)		(:20) "8 Heads in a Duffel Bag"	** "The Chronicles of Riddick" (2004)													
					T	** "Say It Isn't So" (2001)	(:35) ** "Teen Witch" (1989)	(:10) *** "Amélie" (2001) Rufus	(:13) *** "Hanna" (2011) Saoirse Ronan.	(:05) * "The Marine" (2006)	(:40) *** "Brothers" (2009)														
					W	(6:25) "Traffic" (2000)	(8:55) "The Mustang" (2019)	(:35) "Can You Ever Forgive Me?" (2018)	(:25) *** "The Hate U Give" (2018)	(:40) *** "The Rundown" (2003)	(:25) *** "Signs" (2002)														
					Th	** "John Tucker Must Die"	*** "Ideal Home" (2018)	(:05) *** "Frequency" (2000, Fantasy)	(:05) *** "In Her Shoes" (2005) Cameron Diaz.	(:20) *** "Cast Away" (2000, Drama)	Savages														
					F	(6:45) "Beaches"	(8:50) *** "Buried" (2010)	*** "Z for Zachariah" (2015)	(:10) "Collision" (2013) Frank Grillo.	(1:55) *** "Unfaithful" (2002, Drama)	*** "The Darkest Minds" (2011) BlackKk	BlackKk													
SHOW	578	578	319	546	M	Two Play	(:45) ** "Poetic Justice" (1993)	(:45) ** "Barbershop" (2002)	*** "Booty Call" (1997)	*** "Total Recall" (1990) Sharon Stone	*** "Analyze This" (1999)	(:45) VICE													
					T	Spy Kids	*** "A River Runs Through It"	(:45) *** "Bridget Jones's Diary" (2001)	"Bridget Jones: The Edge of Reason"	*** "The Best of Enemies" (2019)	(:45) Homeland	Donnie													
					W	Sleepless	(:45) "Sword of Trust" (2019)	(:15) ** "She's All That" (1999)	"The American President"	(:45) *** "Clear and Present Danger" (1994)	(:05) *** "Good Will Hunting" (1997)														
					Th	"Charlie's Angels"	** "Anaconda" (1997) Ice Cube	"The Jane Austen Book Club"	(:15) *** "Charlie's Angels" (2000)	*** "Why Did I Get Married?" (2007)	*** "Barbershop" (2002) Ice Cube.														
					F	*** "The Cutting Edge"	(:45) *** "While You Were Sleeping"	*** "Seven Pounds" (2008) Will Smith.	(:45) *** "Twelve Monkeys" (1995) Bruce Willis.	** "Twisted" (2004)	Homeland														
STARZ	621	621	351	526	M	(7:29) "Bad Teacher"	(:03) * "Jack and Jill" (2011)	(:36) ** "Magic in the Moonlight"	(:16) Outlander	(:17) *** "The Girl With the Dragon Tattoo" (2011)	(3:58) *** "The Front Runner" (2018)														
					T	"Once Upon a Time"	(8:47) *** "21 Jump Street"	(:39) "Generation Columbine"	(:10) Outlander	(:11) * "Because I Said So" (2007)	(2:55) *** "Role Models"	(:36) "Generation Columbine"													
					W	(7:38) ** "Zookeeper"	(:22) *** "Role Models"	(:03) *** "Pulp Fiction" (1994) John Travolta.	(:40) *** "Zombieland: Double Tap"	(:22) "Spider-Man: Far From Home" (2019)	Eye in														
					Th	(7:28) "Jack and Jill"	(:01) ** "Daddy Day Care"	(:36) ** "Overcomer" (2019) Shari Rigby	(:37) *** "Surf's Up" (2007)	(:05) * "Max Payne" (2008) Mila Kunis	(3:48) ** "Killer Elite" (2011, Action)														
					F	(7:31) *** "Australia" (2008) Nicole Kidman.	(:19) "Into the Grizzly Maze"	(11:51) * "The Intruder"	(:35) *** "The Vow" (2012, Romance)	(:22) Outlander	(:23) *** "21 Jump Street"														
TMC	591	591	327	554	M	(7:30) "Beastly"	"Being Rose" (2017, Romance)	"Tell It to the Bees" (2018) Anna Paquin.	"Accommodations" (2018)	(:10) "A Demon Within" (2017)	(:45) "It's a Party" (2018)	(:05) "SuperGrid"													
					T	Blaze	*** "Peggy Sue Got Married" (1986)	(:25)																	