

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 Varied		Oregon Varied Programs				Earth's Natural		Varied Programs		Italian Americans		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		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		Movie Varied Programs																					
ANP	24	49	184	282	Tanked		Secret Life-Zoo		The Zoo				Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs											
BET	4	72	124	392	Martin	Martin	(:12) Martin		Martin	Martin	Parkers	Parkers	Parkers	Parkers	Browns	Browns	Browns	Browns	Movie	Varied Programs								
BRAVO	54	65	129	237	Varied Programs																							
CARTOON	25	59	177	297	Apple	Apple	Teen	Teen	Craig	Craig	Total	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	Varied Programs		South Pk	South Pk	South Pk	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	Kardas		Varied Programs																					
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		NFL Live		The Jump NFL Live		The Jump		SportCtr	Varied	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	Varied	Paid Prg.	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	Varied				
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Skip	Varied Programs		Hub		Varied Programs								
FX	65	24	136	249	Movie	Varied Programs		Mike	Varied Programs																			
FXX	35	64	125	259	Mom	Mom	Mom	Varied Programs		Movie	Varied Programs				Movie				Varied Programs									
GOLF	88	88	401	218	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		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		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.				
					W	Monk		Monk		Monk		Diagnosis Murder		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		Diagnosis Murder		Magnum, P.I.		Magnum, P.I.		Magnum, P.I.				
					F	Monk		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	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		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.	Varied Programs																						
NICK	27	51	171	299	Bubble	Bubble	Blue	PAW	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Casagran	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud				
OWN	40	41	189	279	Dr. Phil	Dr. Phil		Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil				
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				
ROOT	37	26	426	687	Paid Prg.		Paid Prg.	Paid Prg.	Varied Programs																			
SYFY	67	50	122	244	Varied Programs																							
TCM	56	73	132	256	M	** "This Time for Keeps" (1947)		** "The Cuban Love Song"		"Meet the Baron"		(:45) *** "Hollywood Party"		** "Student Tour" (1934)		** "Speak Easily" (1932)		*** "Foxfire"										
					T	Guy Joe "The Horn Blows at Midnight"		*** "Angels in the Outfield"		(:45) *** "Angel on My Shoulder"		*** "The Devil and Daniel Webster"		** "Horror Hotel" (1960)		*** "Shaft"												
					W	(:15) "He Who Gets Slapped"		"The Unholy Three"		(:45) "O'Shaughnessy's Boy"		Equestri *** "Freaks"		(:45) ** "The Main Attraction" (1963)		*** "Lili" (1953) Mel Ferrer		"Magnificent"										
					Th	"The Unfaithful"		** "One for the Book" (1947)		*** "Comrade X" (1940)		(:45) *** "Mildred Pierce" (1945) Jack Carson		** "Our Miss Brooks" (1956)		**** "Network"												
					F	Period *** "Sweet Bird of Youth" (1962)		(:45) "The Roman Spring of Mrs. Stone"		(:45) *** "Cat on a Hot Tin Roof"		(:45) *** "Baby Doll" (1956, Drama) Karl Malden.		*** "Cocoon"														
TDC	51	42	182	278	Varied Programs						Expedition Unknown		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		Movie		Varied Programs					
TRAV	53	38	196	277	Varied Programs																							
TRUTV	73	75	242	246	Funniest	Funniest	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	World's Dumbest ...	Carbon	Varied Programs										
TVL	75	74	106	304	Paid Prg.	Varied	Andy G.	Andy G.	Andy G.	Andy G.	Bonanza		Gunsmoke	Gunsmoke	Gunsmoke	Gunsmoke	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	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	Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Underground		Underground		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	Fam. Guy				
HB0	518	518	303	504	M	** "Daylight" (1996) Sylvester Stallone.		*** "The Others" (2001)		(:45) *** "Van Helsing" (2004) Hugh Jackman.		** "The Island" (2005, Action) Ewan McGregor.		(:20) Run		(:4:55) Westworld												
					T	(:10) *** "The Honeymooners"		(:45) * "The Skulls" (2000, Suspense)		(:35) *** "X-Men" (2000, Action)		(:20) "Quantum of Solace"		(:10) "Fast & Furious Presents: Hobbs & Shaw" (2019)		Real Time												
					W	(7:50) *** "Loving" (2016) Ruth Negga		Women of Troy		*** "The Tree of Life" (2011, Drama) Brad Pitt.		(:25) *** "Temple Grandin"		(:15) *** "Sucker Punch" (2011, Action)		"Autism: Sequel"												
					Th	(:05) ** "Alita: Battle Angel" (2019)		(:15) ** "The Sun Is Also a Star" (2019)		REAL Sports Gumbel		** "Kin" (2018) Myles Tuit.		(:45) *** "Blinded by the Light"		(:45) Westworld		Atlanta's										
					F	(:20) ** "Tolkien"		(:15) * "The Invisible" (2007)		** "Black Knight" (2001)		(:40) * "The Hot Chick" (2002) Premiere.		(:25) ** "Glass" (2019) Bruce Willis.		Atlanta's Missing		Godzilla										
MAX	531	531	311	516	M	"Midnight Run"		(8:55) * "Billy Madison"		"Sky Captain-World"		(:15) *** "The American" (2010)		** "The Lucky Ones" (2008, Drama)		(3:55) ** "Running Scared" (2006)												
					T	"The First Grader"		(:15) ** "Femme Fatale" (2002)		(:10) ** "The Last Castle" (2001, Suspense)		(:25) *** "Frequency" (2000, Fantasy)		(:25) *** "Widows" (2018)		Cast												
					W	"Towering Infer."		(8:55) *** "Pride" (2007)		(:45) ** "Mr. Brooks" (2007) Kevin Costner.		(12:50) *** "Rescue Dawn" (2006, War)		** "Lights Out" (2016)		(:25) *** "Hanna" (2011)												
					Th	"BlackKkKlansman"		"The Inevitable Defeat of Mister & Pete"		(10:50) ** "Go for It!" (2010)		(:25) ** "The Dilemma" (2011, Comedy)		(:20) ** "Grudge Match"		(:15) *** "Twilight Zone: The Movie"												
					F	(6:50) "Miracle at St. Anna"		* "The Whole Ten Yards"		(:10) ** "Tower Heist" (2011)		(12:55) ** "Congo" (1995)		(:45) ** "Final Destination 5" (2011)		(:20) *** "Monkey Shines"												
SHOW	578	578	319	546	M	Ghost		(:25) "The Parts You Lose"		* "Twisted" (2004)		(:40) *** "Airplane!"		(:10) *** "Good Will Hunting" (1997, Drama)		Penny Dreadful: City		Homeland		Donnie								
					T	"Charlie's Angels: Full Throttle"		(:45) "Hampstead" (2017) Diane Keaton.		* "When in Rome" (2010)		*** "The Terminator" (1984)		(2:55) Homeland		(:05) ** "The Upside" (2017) Kevin Hart.												
					W	(:15) *** "Bridget Jones's Diary" (2001)		** "Poms" (2019, Comedy)		** "Barbershop" (2002) Ice Cube.		(:25) ** "Be Cool" (2005) John Travolta.		(:25) *** "Donnie Brasco" (1997)		Homeland												
					Th	(:05) "Sword of Trust" (2019)		(:35) *** "Traitor" (2008) Don Cheadle.		The Longest War		Homeland		(:15) **** "Platoon" (1986, War)		(:15) *** "Swingers" (1996, Comedy)												
					F	"When in Rome"		*** "The American President" (1995)		*** "Back to the Future" (1985)		*** "Back to the Future Part III" (1989)		*** "Back to the Future Part III" (1990)		** "Faster" (2010)												
STARZ	621	621	351	526	M	(:15) *** "Eye in the Sky" (2015)		(9:59) ** "Tron: Legacy" (2010)		(:06) ** "All Is True" (2018)		(1:49) Outlander		(2:50) **** "Pulp Fiction" (1994) John Travolta.		Best Man												
					T	"Zombieland: Double Tap"		(:32) *** "The Best Man" (1999)		(:35) *** "Green Zone" (2010, Action)		(:32) Outlander		(:33) ** "Overcomer" (2019) Shari Rigby		(:35) * "Miss Bala" (2019)												
					W	White		(:44) ** "The Rocker" (2008)		"Ghost Rider: Spirit"		(:07) *** "21 Jump Street" (2012)		(1:59) "Generation Columbus"		*** "Burn After Reading"		(:09) "Sideways"										
					Th	(7:40) "The Front Runner"		(:35) *** "Friends With Benefits" (2011)		(:26) "Zombieland: Double Tap"		(:07) *** "Spider-Man 2" (2004) Tobey Maguire.		(:16) "Night at the Museum"		(:06) "All Is True"												
					F	(:03) "A Dog's Way Home"		(:41) ** "Venom" (2018) Tom Hardy.		(:35) ** "Night at the Museum"		"Legally Blonde 2"		(:02) Outlander		(:03) ** "Overcomer" (2019) Shari Rigby												
TTMC	591	591	327	554	M	"Age of Summer"		Jeff Beck: Still on the Run		New Order: Decades		"Pork Pie" (2017) Dean O'Gorman.		** "Brighton Rock" (2010) Sam Riley.		*** "The Impossible" (2012, Drama)												
					T	"High Resolution" (2018, Drama)		(:45) "Secondhand Hearts" (2017, Drama)		SexPis		* "The Three Musketeers" (2011)		** "Timeline" (2003) Paul Walker.		*** "Swingers" (1996)		LastHero										
					W	* "Biker Boyz" (2003) Derek Luke		*** "Analyze This" (1999) Billy Crystal		*** "Scream" (1996) Neve Campbell.		*** "Scream 2" (1997) David Arquette.		(:05) *** "Scream 3" (2000, Horror)														
					Th	(7:30) *** "Blaze" (20																						