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		Field	Oregon	Amer. Experience		Varied Programs		Story	On Story	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		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 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	After the First 48		Varied Programs				First 48	Varied	First 48	Varied	First 48	Varied Programs							First 48	Varied
AMC	60	45	131	254	Paid Prg.	Hempvan	Movie	Varied Programs																
ANP	24	49	184	282	Varied Programs																			
BET	4	72	124	392	Martin	Martin	Martin	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	Craig	Craig	Total	Total	Teen	Teen
CNN	68	44	200	202	Pandemic		Pandemic		CNN Newsroom		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	Varied	South Pk	(:15) South Park		South Pk	South Pk	Varied	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Office	Office
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Puppy	Mira	T.O.T.S.	T.O.T.S.	(9:55) Mickey Mouse		Big City	Amphibia	Big City	Gabby	Raven	Raven	Sydney	Sydney	Bunk'd	Big City	Big City	Big City	Jessie	Jessie
E!	64	76	114	236	Varied Programs									Daily Pop	Varied Programs									
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		NFL Live		The Jump	First Take	Jalen	Question	SportsCenter		SportsCenter		Varied Programs			
ESPN2	34	28	143	209	(7:00) Get Up		First Take		Varied Programs		Korean Baseball		Varied Programs				NFL Live		Jalen	Question	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	Best	Varied Programs															
FREE	32	33	180	311	Melissa	Melissa	Melissa	700 Club	The 700 Club		Movie				Middle	Middle	Middle	Middle	Middle	Middle	Simpsons	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				Movie			Varied Programs									
FXX	35	64	125	259	Mom	Mom	Varied Programs						Movie	Varied Programs										
GOLF	88	88	401	218	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. "L.A."		Magnum, P.I. "L.A."		Magnum, P.I.	
					Th Monk Murder.		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. "Kapu"		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	King
MSNBC	71	67	209	356	MSNBC Live		Andrea Mitchell		MSNBC Live					Deadline: White House			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	PAW	Sponge.	It's Pony	Sponge.	Sponge.	Sponge.	It's Pony	Sponge.	Sponge.	Sponge.	It's Pony	Sponge.	Loud	Loud
OWN	40	41	189	279	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.	MLS Soccer				Varied Programs		Paid Prg.	Paid Prg.	Pro Footvolley Tour		Varied Programs							
SYFY	67	50	122	244	Varied Programs						Movie	Varied Programs												
TCM	56	73	132	256	M Stranger	(:45) ★★★★ "The Great Ziegfeld" (1936) William Powell.						(:45) ★★★ "The Human Comedy" (1943)					"The Great Morgan"		★★★ "The Stratton Story" (1949)				"Streetcar-Desr."	
					T George	★★ "Turnabout" (1940)			(:15) ★★ "Topper Takes a Trip" (1939)				★★★★ "A Star Is Born" (1937, Drama)				★★ "Fifth Avenue Girl"			(:45) ★★ "Living on Love"			"Black Legion"	
					W ★★★ "Cool Hand Luke" (1967)				(:15) "Dust Be My Destiny"			(:45) ★★ "Road Gang" (1936)			★★ "Deep Valley" (1947) Ida Lupino.				★★ "My Six Convicts" (1952) John Beal				Peckinpah Suite	
					Th ★★★ "The Citadel" (1938, Drama)				★★ "Mourning Becomes Electra" (1947, Drama)				(:45) ★★★ "The Women" (1939) Norma Shearer.						(:15) ★★★★ "His Girl Friday" (1940)				"Cabin in the Sky"	
					F Stallion	★★★ "The Animal Kingdom"			"Forget-Me-Not"		(:15) ★★ "Serenade" (1956) Mario Lanza.					★★ "Frankie and Johnny"			★★★ "Moonstruck" (1987) Cher.				"Monkey Business"	
TDC	51	42	182	278	Varied Programs																			
TLC	49	62	183	280	Outdaughtered		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	World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Dumbest	Varied Programs				
TVL	75	74	106	304	Paid Prg.	Paid Prg.	Andy G.	Andy G.	Andy G.	Andy G.	Bonanza		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		Andy G.	Andy G.	Andy G.	Andy G.
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		Varied Programs					
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	American
HBO	518	518	303	504	M "Johnny English"		(:05) ★★ "Jobs" (2013) Ashton Kutcher.				(:15) ★★ "The Sun Is Also a Star" (2019)				Last	"Bad Education" (2019) Allison Janney.				(:25) "Quantum of Solace"			REAL Sports Gumbel	
					T Tree	(:40) ★ "Glitter" (2001) Mariah Carey.				★★ "Alita: Battle Angel" (2019)				(:35) "Suited" (2016)			(1:55) ★★★ "The Others"			(:40) ★★ "The Fountain" (2006)				Ready
					W Western	★★ "Kin" (2018) Myles Truitt.			(:15) "Pokémon Detective Pikachu" (2019)				"Johnny English Strikes Again"		★★ "Planet of the Apes" (2001) Tim Roth				★★★ "Doubt" (2008, Drama)			(:15) "Shazam!"		
					Th (7:45) ★★ "Little Boy" (2015)			(:35) ★★ "The Recruit" (2003)				The Out List		★★★ "War of the Worlds" (2005)				★★ "Shaft" (2019) Samuel L. Jackson.				(:35) "Bohemian Rhapsody"		
					F (7:45) ★★ "Becoming Jane"			The King	★★ "The Honeymooners"			★★ "The Island" (2005, Action)				(:45) ★ "Down to You" (2000)				(:20) ★★★ "Casino Royale" (2006, Action)				Die Hard
MAX	531	531	311	516	M (7:20) ★★★★ "Patton" (1970, War)				(:10) ★★★ "The Favourite" (2018)				(:10) ★★★ "The Pledge" (2001)				(:15) ★★ "The Sentinel" (2006, Suspense)				(:05) ★★ "The Lucky Ones" (2008)			
					T (7:50) ★★ "Happy Gilmore"			(:21) "Thank You for Smoking"			(10:55) ★★★ "Enemy of the State" (1998)			(:10) ★★ "Annapolis" (2006, Drama)					(2:55) ★★ "Project X" (2012)		(:25) ★★ "The Dilemma"			
					W "A Cool, Dry Place"		"Twilight Zone: The Movie"			"Master of the Nine Dragon Fist"				(:25) "The Human Stain" (2003)			(:15) ★★ "Sanctum" (2011) Ioan Gruffudd				(:05) ★★ "The Thing" (2011, Horror)			
					Th (:05) ★★★ "Déjà Vu" (2006) Val Kilmer				(:15) ★★ "Bad Times at the El Royale" (2018)					(:40) ★★★ "The Favourite" (2018)				(:40) ★★ "Reclaim" (2014) John Cusack.			(:20) ★★★ "Brothers" (2009)			
					F Marine	(:35) ★★ "Stay Alive" (2006)			(:05) "The Old Man & the Gun"			(:40) ★★ "Just a Kiss" (2002)			(:15) "Isn't It Romantic" (2019)			"Jackie Chan's First Strike"			(:10) ★ "Billy Madison"			Last
SHOW	578	578	319	546	M Poms	(:35) ★★ "Failure to Launch"			(:15) ★★★ "My Best Friend's Wedding"				★ "Peppermint" (2018)			Penny Dreadful: City		(:40) ★★ "Road House" (1989, Action)				(:35) Billions		Clear
					T (7:45) ★★ "Sabrina" (1995) Premiere.				★★★ "Rudy" (1993) Sean Astin. Premiere.				Jesus Trejo: Stay		(:05) ★★★ "Grosse Pointe Blank" (1997)				"Semper Fi" (2019) Jai Courtney, Nat Wolff.			(4:50) Billions		
					W (7:05) "City Slickers"	★★★ "Chicago" (2002, Musical)				★★ "The Stepford Wives"				(:45) ★★★ "While You Were Sleeping"				"Sleepless in Seattle" (1993)			(:15) ★ "Leap Year" (2010) Premiere.			
					Th (:15) ★★★ "Back to the Future Part II"				(:15) ★★★★ "Unforgiven" (1992) Clint Eastwood.					★★★ "Seven" (1995) Brad Pitt.				(:45) ★★★★ "Almost Famous" (2000) Billy Crudup.						Penny Dreadful: City
					F (7:30) "Semper Fi"		(:15) ★★★★ "Rocky" (1976) Talia Shire				(:15) ★★★ "Rocky Balboa" (2006, Drama)				★★★ "Hustlers" (2019) Julia Stiles				★★ "Poms" (2019, Comedy)			★★ "Failure to Launch" (2006)		
STARZ	621	621	351	526	M "You, Dupree"		(8:47) ★★★ "The Wife" (2017)		(:29) ★★★ "Adventureland" (2009)					(:18) ★★★ "Up in the Air"			(:09) Hightown		(:06) ★★ "From Hell" (2001, Suspense)			(:11) "Forrest Gump"	
					T Forrest	(:19) "Stockholm" (2018)			(9:53) "Assault on Precinct 13"			(:43) ★ "Snake Eyes" (1998)				(:23) Hightown		(:21) ★★ "Seven Pounds" (2008, Drama)				(:27) ★★ "Mo' Money"	
					W The Grey	(:39) ★★ "Nutty Professor II: The Klumps"			(:28) "Slaughterhouse Rulez"				(:14) "Ghost Rider: Spirit of Vengeance"				(1:51) ★★★ "The Grey" (2012, Adventure)			(3:50) "Half Baked"		"Hollywoodland"	
					Th "Once Upon a Time"		(8:57) ★★ "Meet Joe Black" (1998) Brad Pitt, Anthony Hopkins.						★★ "30 Minutes or Less"			(:26) "Zombieland: Double Tap"		(:08) ★★★ "Red Dragon" (2002)					"Once Upon a Time"	
					F (:09) ★★★★ "Forrest Gump" (1994) Tom Hanks.				(:33) ★★★★ "Pulp Fiction" (1994) John Travolta.					(:10) ★★ "Black and Blue" (2019)				Hightown		(3:58) ★★★★ "Forrest Gump" (1994)				
TMC	591	591	327	554	M Zathura	(:45) "Colewell" (2019, Drama)			(:05) ★★ "The Nines" (2007)			(:45) ★ "Twisted" (2004) Ashley Judd.				"Ambition" (2019, Horror)			★★ "Head of State" (2003)			(:35) "Breakin' All the Rules"		
					T (7:50) ★★ "The Eye" (2008)		★★ "The Fog" (2005, Horror)				(:10) ★★ "Charlie's Angels: Full Throttle"				★★ "The Hummingbird Project" (2018)				★★★ "The Hours" (2002, Drama)				"Goodland" (2017)	
					W Anaconda	★★ "Second Act" (2018)			(:15) ★★ "Striking Distance" (1993)					★ "Anaconda" (1997) Ice Cube		(:35) "Project Ithaca" (2019)			"Abducted" (2020, Suspense)			(:35) "When a Stranger Calls"		
					Th (:10) ★★ "Charlie's Angels: Full Throttle"				★★ "Indecent Proposal" (1993)					"Ambition" (2019, Horror)		★ "Down to Earth" (2001)			"The 4th" (2016) Andre Hyland.			"Cold Brook" (2018)		
					F (7:45) ★★★ "Wildlife"				★ "Loosies" (2011)				★★ "The Hummingbird Project" (2018)					"Abducted" (2020, Suspense)			(:05) ★★ "The Fog" (2005)			Serpico