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	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	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!						Simplemente María		Noticiero	Nosotr.	Hoy		Papá a toda madre		Como dice el dicho		El gordo y la flaca		Primer impacto	
A&E	52	55	118	265	Varied Programs		The First 48		The First 48		First 48	Varied	First 48	Varied	First 48	Varied	First 48	Varied	First 48	Varied	First 48	Varied	The First 48	
AMC	60	45	131	254	Paid Prg.	Varied	Stooges	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	Varied Programs		Movie		Varied Programs			
BRAVO	54	65	129	237	Varied Programs																			
CARTOON	25	59	177	297	Apple	Teen	Teen	Teen	Craig	Victor	Teen	Teen	Teen	Mao Mao	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Total	Total	Teen	Teen
CNN	68	44	200	202	CNN Newsroom		CNN Newsroom		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	Varied	South Pk	South Pk	(:15) South Park		South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Varied Programs			Office	Office
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Puppy	Mira	T.O.T.S.	T.O.T.S.	Ladybug	Ladybug	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	Kardas	Kardas	Varied	Kardas	Varied	Kardas	Varied	Kardas	Varied	Daily Pop	Varied Programs									
ESPN	33	27	140	206	(7:00) First Take		Varied	SportCtr	Varied Programs		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		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	Best	Food Par.	Varied	Food Par.	Varied	Food Par.	Varied Programs										
FREE	32	33	180	311	Melissa	Melissa	Melissa	700 Club	The 700 Club		Movie	Varied Programs					Movie	Varied Programs						
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Skip and Shannon: Undisputed			Varied	Hub	Varied Programs				
FX	65	24	136	249	Movie	Varied Programs		Mike	Varied Programs			Movie	Varied Programs				Movie		Varied Programs				Movie	
FXX	35	64	125	259	Mom	Mom	Mom	Varied Programs																
GOLF	88	88	401	218	U.S. Open		U.S. Open	Varied Programs											Golf Central		Varied Programs		U.S. Open	
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	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		Varied Programs		The Brian Noe Show						Paid Prg.	Paid Prg.	Varied Programs		Lunch Talk Live		The Brian Noe Show		Varied Programs			
NGEO	55	78	197	276	Paid Prg.	Varied Programs																		
NICK	27	51	171	299	Bubble	Bubble	Blue	PAW	PAW	PAW	PAW	Sponge.	Varied	Sponge.	Sponge.	Sponge.	Varied	Sponge.	Sponge.	Sponge.	Varied	Loud	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.	To Be Announced						Vitamin D	Varied	Pro Footvolley Tour		Varied Programs							
SYFY	67	50	122	244	Varied Programs													(:45) Movie		Varied Programs				
TCM	56	73	132	256	M: (7:45) ★★★ "I Confess" (1953)			★★★ "From Here to Eternity" (1953)				"Indiscretion of American Wife"			★★★ "Raintree County" (1957, Drama) Montgomery Clift.						(:15) MGM Parade		"Odds Against"	
					T: (7:30) "God's Little Acre" (1958)		(:45) ★★ "Bright Leaf" (1950, Drama)					(:45) ★ "Parrish" (1961, Drama) Troy Donahue.					(:15) ★★★ "Cold Turkey" (1971, Comedy)				MGM Is on the Move		"Nora Prentiss"	
					W: "Queen Christina"		★★★ "The Haunting" (1963, Horror)				★★★ "Tea and Sympathy" (1956)				(:15) ★★★ "A Special Day" (1977, Drama)				(:15) ★★★ "My Favorite Wife" (1940)				"Tarzan-Ape"	
					Th: (7:30) ★★ "New Moon"			"The Cat and the Fiddle" (1934)			★★ "The Sun Comes Up"			(:45) ★★★ "Maytime" (1937) Jeanette MacDonald.						★★★ "San Francisco" (1936)			"The Warped Ones"
					F: "The Postman Always Rings Twice" (1946)				"Kansas City Confidential"			(:45) ★★ "Pitfall" (1948) Dick Powell.				★★★ "Niagara" (1953)			(:15) ★★★ "Night and the City" (1950)				"Rebel Without"	
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		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 ...		Dumbest	Varied Programs			Carbon	Carbon	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										Law & Order: SVU		Varied Programs					
WE	118	118	128	260	Paid Prg.	Varied	Hempvan	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: ★★★ "The Abyss" (1989, Science Fiction) Ed Harris.					(:25) ★★★ "Shazam!" (2019, Action)				(:40) ★★★ "The Tree of Life" (2011) Brad Pitt.					★★ "The Recruit" (2003) Al Pacino.				Last	I Know
					T: ★★ "Van Helsing" (2004, Fantasy)				(:15) ★★ "Planet of the Apes" (2001)				I Love You, Now Die		(:15) I Love You, Now Die			(:40) ★★★ "X-Men: First Class" (2011, Action)					"Alita: Battle Angel"	
					W: Wimbledn	(:45) ★★ "Patch Adams" (1998)					There's Something Wrong With Aunt Diane			★★ "The Island" (2005, Action)				(:45) "Bad Education" (2019)				(:35) ★★★ "Casino Royale"	
					Th: (:05) ★★★ "A Monster Calls" (2016)				(9:55) ★★★ "Downton Abbey" (2019)				★★★ "Loving" (2016) Joel Edgerton.				(:05) ★★★ "Bohemian Rhapsody" (2018)					(:25) Very Ralph		
					F: (7:15) ★★★ "Far and Away"			(:40) ★★★ "Moulin Rouge" (2001) Nicole Kidman.					(11:50) ★★ "Green Lantern" (2011, Action)				(1:50) ★★★ "X-Men" (2000)			(:40) ★★★ "Ray" (2004, Biography) Jamie Foxx.				
MAX	531	531	311	516	M: "Femme Fatale"		(8:50) ★★ "The Thing" (2011)			(:35) ★★★ "Frequency" (2000, Fantasy)				(:35) "Isn't It Romantic" (2019)			(:05) "Happy Death Day 2U"			(:45) ★★★ "Enemy of the State" (1998) Will Smith.				
					T: ★★ "I, Robot" (2004) Will Smith.				(9:55) ★★★ "The Pledge" (2001)				"Sky Captain and the World of Tomorrow"				(1:50) ★★ "Running Scared" (2006)				(3:55) "The Mustang" (2019)		Bad	
					W: Eagle	(:25) ★★ "The Darkest Minds"			(:10) ★★ "Pride" (2007) Bernie Mac				★★★ "Suicide Kings" (1997) Denis Leary				(1:50) ★★ "The Mule" (2018)				(3:50) ★★★ "The Hurricane" (1999)			
					Th: "Rescue Dawn", War		★★ "The Dilemma" (2011) Vince Vaughn.				(10:56) "The Book of Henry"			(:45) ★★ "Timeline" (2003) Paul Walker.				(:45) ★★ "The Eagle" (2011, Action)					(:40) "Happy Death Day 2U"	
					F: Mortal		★★ "Collateral Beauty" (2016)		(:10) "Manhattan Night" (2016, Mystery)				(:07) ★★★ "Hero" (2002) Jet Li.				(1:50) ★★ "Savages" (2012)				(:05) ★★★ "Revolutionary Road" (2008)			
SHOW	578	578	319	546	M: Birdcage		★★ "Outbreak" (1995) Rene Russo			(:40) ★★★ "The Sixth Sense" (1999)				★★ "Mile 22" (2018, Action)			Penny Dreadful: City		(:15) ★ "Peppermint" (2018, Action)				Billions	
					T: "Tyler Perry's the Family That Preys"				"Mob Town" (2019)			"RINGSIDE" (2019)			(:05) ★★★★ "The Terminator" (1984)				★★★★ "Terminator 2: Judgment Day" (1991)					Billions
					W: (:05) ★★★ "Ghost" (1990, Fantasy)				(:15) "The House With a Clock in Its Walls"				★★ "A Dog's Journey" (2019, Children's)				"I Don't Know How"			★★★ "Something's Gotta Give" (2003) Diane Keaton				
					Th: (7:30) ★★ "Poms"		★★★ "Grosse Pointe Blank" (1997)				★★★ "The Final Girls" (2015)			★★ "Hell Fest" (2018, Horror)			★★★ "Boyz N the Hood" (1991)				Penny Dreadful: City		★★★ "Casino"	
					F: ★★★ "Clear and Present Danger" (1994, Suspense)					★★ "The Best of Enemies" (2019) Sam Rockwell					(12:50) "The Legend of Bagger Vance"				★★★ "The Birdcage" (1996, Comedy)				"Mob Town" (2019)	
STARZ	621	621	351	526	M: (:10) ★★ "The Whole Nine Yards"				(9:51) ★★ "Cuban Fury"		(:27) ★★ "First Sunday" (2008)				"The Death and Life of John F. Donovan"				(:14) Hightown		(:14) "The Texas Chainsaw Massacre"			
					T: (7:04) "Serenity"		(:05) ★★ "Stuck on You" (2003)				(:07) ★★ "Seven Pounds" (2008, Drama)				(:13) Hightown		(:14) ★★★ "No Country for Old Men" (2007)					(:20) ★★★ "Up in the Air"		
					W: Stuck	"Ghost Rider: Spirit"			"A Beautiful Day in the Neighborhood"				(11:46) "Because I Said So"			★★★ "Red Dragon" (2002, Suspense)				(:37) ★ "Whiteout" (2009, Suspense)				Ghost Rdr
					Th: (:05) ★★ "You, Me and Dupree"				(9:57) ★★ "The Da Vinci Code" (2006, Mystery)					(:28) ★★★ "Meet the Parents" (2000)				(:18) "Meet the Fockers" (2004)			(:15) ★ "Repo Men" (2010) Jude Law.			
					F: After	(:16) ★★★ "Adventureland"			(:05) ★★★ "Once Upon a Time... In Hollywood" (2019)						(12:49) ★★ "Miami Vice" (2006)				(:03) Hightown		(:03) "After the Wedding" (2019, Drama)			
TMC	591	591	327	554	M: (7:25) "Cold Brook"		(:10) ★★★ "The Jane Austen Book Club"				★ "Down to Earth" (2001)			★ "Brake" (2012, Action)			(:05) ★★ "Road House" (1989, Action)				★★ "The Upside" (2017) Kevin Hart.			
					T: Loosies	★★ "Snow Day" (2000)			★★ "Five Feet Apart" (2019, Romance)				"The Imaginarium of Doctor Parnassus"				(:05) ★★★ "Zathura: A Space Adventure"				★★★ "A River Runs Through It"			
					W: ★★★ "Election" (1999)			(:45) ★★ "Orange County"			(:10) ★★ "The Nines" (2007) Hope Davis				★★★ "Sleepless in Seattle" (1993)				(2:50) "Stranger Than Fiction"			(:45) "Goodland" (2017)		
					Th: ★★ "St. Elmo's Fire" (1985, Drama)				★★ "Snow Day" (2000)			"The Siren" (2019, Fantasy)			★ "Brake" (2012, Action)			(:35) ★★ "Phantom" (2013)			(:15) ★★ "A Knight's Tale" (2001)			
					F: (7:00) "Traitor"		"Two Can Play That Game"			(:35) "Colewell" (2019, Drama)			★★★ "Michael Jackson's This Is It"				(1:55) ★★★ "Big Fish" (2003, Drama)			★★ "Indecent Proposal" (1993)			