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		GMA3-Need to Know		General Hospital		Afternoon Live		Tamron Hall		KATU News First		News	ABC
PBS	3	5			SciGirls	Biz Kid$	NOVA		History Detectives		Field	Oregon	Varied Programs		Raw to Ready		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																			
AMC	60	45	131	254	Paid Prg.	Paid Prg.	Movie		Varied Programs			Movie			Varied Programs									
ANP	24	49	184	282	Varied Programs																			
BET	4	72	124	392	Payne	Varied	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	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 Programs		South Pk	(:15) South Park		South Pk	South Pk	South Pk	Varied	South Pk	South Pk	South Pk	South Pk	South Pk	Varied	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	Varied Programs									Daily Pop	Varied Programs									
ESPN	33	27	140	206	(7:00) First Take		Varied	SportCtr	Varied Programs		NFL Live		The Jump	Varied Programs			SportCtr	Varied	SportsCenter		Varied Programs			
ESPN2	34	28	143	209	(7:00) Get Up		First Take		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.	Paid Prg.	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	Movie	Varied
FS1	41	85	150	219	First Things First		The Herd with Colin Cowherd						Speak for Yourself		Varied Programs				NASCAR Race Hub		Varied Programs			
FX	65	24	136	249	(7:00) Movie		Varied	Mike	Movie	Varied Programs														
FXX	35	64	125	259	Mom	Mom	Mom	black-ish	black-ish	Varied Programs					Movie				Varied Programs					
GOLF	88	88	401	218	Varied Programs														Golf 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 (Part 1 of 2)		Monk (Part 2 of 2)		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	NBC Sports Football		Premier League		Premier Soccer		Varied Programs		Premier Soccer		Varied Programs		Prem Goal Zone		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.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Dylan	Loud
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		To Be Announced		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	(:15) Mom	(:44) Mom	Two Men	Two Men	Two Men	Two Men
ROOT	37	26	426	687	Paid Prg.	Paid Prg.	Tennis Classics		Varied Programs				Vitamin D	Chess	Pro Footvolley Tour		Varied Programs							
SYFY	67	50	122	244	Varied Programs																			
TCM	56	73	132	256	M (:15) ★★★ "The Seven Year Itch" (1955)				(:15) ★★★ "Love in the Afternoon" (1957)					★★★★ "Some Like It Hot" (1959)				(:45) ★★★★ "The Apartment" (1960) Jack Lemmon.					"Jazz-Summer's"	
					T Calamity	(:45) ★★★ "The Unsinkable Molly Brown" (1964)					★★★ "Kings Row" (1942) Ann Sheridan.					(:15) ★★★ "Little Women" (1933)				(:15) ★★★ "Pat and Mike" (1952)				"I Was-Bride"	
					W Painted	(:45) ★★ "Prairie Law" (1940)			★★ "Stampede" (1949)			"Timber Stampede"		(:45) ★★ "The Big Trees" (1952)				"Telegraph Trail"		★★ "Cattle King" (1963)			"Beach Party" (1963)
					Th "Beach Blanket"		(:15) ★★ "How to Stuff a Wild Bikini"				★★★ "Murder, She Said"			"Murder at the Gallop" (1963)			(:15) ★★★ "Murder Most Foul" (1964)				"Hollywd-Home"		"New Orleans"	
					F "Strange Cargo"		★★★ "Hotel Berlin" (1945) Andrea King				★★ "Scent of Mystery" (1960)				★★★★ "The Maltese Falcon" (1941)				★★★★ "M" (1931) Peter Lorre.				"Madchen-Unif"	
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 ...		Dumbest	Varied	Carbon	Carbon	Carbon	Carbon	Jokers	Jokers
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.	Paid Prg.	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 "Overnight Delivery"		★★★ "Loving" (2016) Joel Edgerton.				(:05) ★★ "Jobs" (2013, Biography) Ashton Kutcher.					(:20) ★★★ "Hanna" (2011)			(:15) ★★ "Quantum of Solace" (2008)				Last	Mason
					T Forces	★★ "Wimbledon" (2004)			(:10) ★★ "Water for Elephants" (2011)				The King	★★ "U-571" (2000) Bill Paxton				★★★ "Shazam!" (2019) Zachary Levi.			Axios	Real, Bill Maher	
					W Midnight	(:45) ★★★ "A Monster Calls" (2016)				(:35) ★★★ "Doubt" (2008) Meryl Streep.				(:20) "The Sun Is Also a Star"			(:05) ★★ "Planet of the Apes" (2001)				(:05) ★★★ "X-Men" (2000, Action)			
					Th "The Tree of Life"		(8:55) ★★ "The Fountain"			(:35) ★★★ "War of the Worlds" (2005)				(:35) ★★ "Alita: Battle Angel" (2019)					(:40) ★★★ "X-Men: First Class" (2011, Action)				REAL Sports Gumbel	
					F (7:40) ★★ "Valkyrie" (2008)			(:45) ★★ "The Recruit" (2003)				(:45) ★★★ "Ford v Ferrari" (2019) Matt Damon, Jon Bernthal.						(:20) ★★ "Aquaman" (2018) Jason Momoa.					(4:50) "Transhood"	
MAX	531	531	311	516	M (7:45) "The Lucky Ones" (2008)			(:42) ★★ "Cold Pursuit" (2019, Action)				(:45) ★★ "EDtv" (1999) Matthew McConaughey.					(1:50) ★★ "Mortal Engines" (2018)					★★ "White Oleander" (2002, Drama)		
					T (6:27) "Get On Up"		(8:47) ★★ "American Dreamz"			(:37) ★★★ "Sneakers" (1992) Robert Redford.					(12:47) "The Family Fang"			(:37) ★★★ "Get Shorty" (1995)					(:26) ★★ "Contraband" (2012)	
					W "The Night Before"		(8:55) ★★ "Vital Signs" (1990)			(:38) ★★★ "The Mustang"			(:15) ★★★ "Brothers" (2009, Drama)				"The Old Man & the Gun"			"Assassination of Jesse James by Robert Ford"			
					Th Unfaithful	(:45) ★★★ "The Dogs of War" (1980)				★★ "Thief" (1981) James Caan.				(:35) "Can You Ever Forgive Me?" (2018)				(:25) "Shaun of the Dead"			(:05) ★★ "Running Scared" (2006)			
					F Eagle	(:33) "Collision" (2013)			(:15) ★★ "The Eagle" (2011, Action)				(:10) "A Kiss Before Dying"			(:45) ★★ "The Thing" (2011, Horror)				(:29) ★★ "Bad Times at the El Royale" (2018)			
SHOW	578	578	319	546	M (7:30) "Red Joan"		(:15) "Official Secrets" (2019) Matt Smith				Penny Dreadful: City		(:15) ★★ "Meet the Browns" (2008)				"Tyler Perry's the Family That Preys"				The Chi "Foe 'Nem"		"Hustlers" (2019)	
					T (7:35) ★★★ "Cop Land" (1997)			(:20) ★★ "Defendor" (2009)			"A Serial Killer's Guide to Life"			★★ "Hell Fest" (2018, Horror)			Basketball County		★★★ "Boyz N the Hood" (1991)				The Chi "Foe 'Nem"	
					W ★★★ "The Sixth Sense" (1999)				★★ "Phenomenon" (1996, Drama)				(:15) ★★★ "Seven" (1995, Suspense) Brad Pitt.					★★★ "The Professional" (1994) Premiere.				★★★ "Mean Girls" (2004)		
					Th Dog		★★★★ "Terms of Endearment" (1983)			(:45) ★★★ "Something's Gotta Give" (2003)					More Funny Women		(:10) ★★ "Mile 22" (2018)				Penny Dreadful: City of Angels		(4:55) "RINGSIDE"	
					F (7:15) "Red Joan"		Jesus Trejo: Stay		(:05) ★ "Leap Year" (2010)		"I Don't Know How"				(:15) ★★ "Sabrina" (1995) Harrison Ford.						"My Best Friend's Wedding"		(:15) "I Feel Pretty"	
STARZ	621	621	351	526	M (7:20) ★★★ "The Aviator" (2004)				(:12) ★★★★ "Schindler's List" (1993) Liam Neeson, Ben Kingsley.							(:29) ★★ "Seven Pounds" (2008, Drama)				(:34) Hightown		(:34) ★★ "No Good Deed"	
					T (7:02) "The Da Vinci Code"			(:33) ★★ "Angels & Demons" (2009) Tom Hanks.					(11:54) Hightown		(12:54) "A Dog's Way Home"			(:32) ★★ "Meet the Fockers" (2004)					(:29) ★★ "Colombiana" (2011)	
					W (7:53) ★★ "White Boy Rick" (2018)				(9:47) ★ "The Intruder"			"Eternal Sunshine of the Spotless Mind"				(:22) "The Whole Nine Yards"			(:03) ★★★ "The Game" (1997, Suspense)				(:14) "Green Zone"	
					Th (:04) ★ "Jack and Jill" (2011)			"Spy Kids 2: The Island of Lost Dreams"				(:20) "Spider-Man: Far From Home" (2019)				(:32) ★★ "Hollywoodland" (2006, Mystery)				(:40) ★★ "Superfly" (2018) Jason Mitchell				Nutty 2
					F (7:45) "A Dog's Way Home"			"Beautiful Day Neighborhood"		(:12) ★★ "Nutty Professor II: The Klumps"					★★ "The Skeleton Key" (2005)					Hightown	(:45) ★★★★ "Forrest Gump" (1994) Tom Hanks.		
TMC	591	591	327	554	M "Letters to Juliet"		(:10) ★★ "The Nines" (2007) Hope Davis				★ "Push" (2009) Chris Evans.				★★★ "Stranger Than Fiction" (2006)						★★★ "Election" (1999)		(:45) "Speed of Life" (2019)	
					T (:15) ★★★ "Michael Jackson's This Is It"				(:10) ★★★ "Sleepless in Seattle"				★★ "Failure to Launch" (2006)			(:40) ★★ "Orange County"			(:05) "The Siren" (2019, Fantasy)				"Project Ithaca" (2019)	
					W "Imaginarium"		(:05) ★★ "A Knight's Tale" (2001) Heath Ledger.					(:20) ★★ "Phantom" (2013)				"S.W.A.T. Firefight" (2011)		"Sniper: Legacy" (2014, Action)					(:10) ★★★ "Election" (1999, Comedy)	
					Th Zathura	(:35) ★★ "The Nines" (2007)			(:15) "Cold Brook" (2018) William Fichtner.				★★ "Letters to Juliet" (2010, Drama)				(1:50) ★★ "The Upside" (2017) Kevin Hart.						★★ "7 Days in Entebbe" (2018)	
					F ★★ "The Eye" (2008, Horror)			(:40) "The Siren" (2019, Fantasy)			★★ "A Knight's Tale" (2001)				(:15) ★★ "The Cutting Edge" (1992)				"Ambition" (2019, Horror)				"Abducted" (2020, Suspense)	