

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		Drew Barrymore		KATU News First		News	ABC	
PBS	3	5			Tiger	Tiger	Elinor Clifford		Pink Sesame		Dinosaur Xavier		Varied Programs				Go Luna	Nature	Hero	Odd	Arthur	Peg	Ready Jet	Wild Kratt	
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		Blast	Varied	Ellen DeGeneres		KGW News at 4		News	News	
CW	9	9	32	32	KOIN AM Extra		Tamron Hall		Dr. Phil		Steve Wilkos Show		Maury		Jerry Springer		Steve Wilkos Show		King	Friends	black-ish	Last Man	Mom	Mom	
FOX	12	12	12	12	Good Day Oregon		Good Day Or.		Rachael Ray		Kelly Clarkson		12 O'Clock News		Wendy	Varied	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.	Paid Prg.	Mike	Mike	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	Parking	Parking	Parking	Parking	Varied Programs													First 48	Varied	Varied	
AMC	60	45	131	254	Paid Prg.	Paid Prg.	Movie		Varied Programs										Movie				Varied	Movie	
ANP	24	49	184	282	Treehouse Masters		Tanked		Pit Bulls-Parole		Pit Bulls-Parole		Lone Star Law		Varied Programs										
BET	4	72	124	392	black-ish	black-ish	Prince	Prince	Prince	Prince	Parkers	Parkers	Parkers	Parkers	Martin	Martin	Martin	Martin	Movie						
BRAVO	54	65	129	237	Varied Programs																				
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Craig	Craig	Victor	Teen	Varied	Teen	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Craig	Craig	
CNN	68	44	200	202	CNN Newsroom		Inside Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		Situation Room		Erin Burnett OutFront	Total	Total
COM	77	56	107	249	Futurama	Futurama	South Pk	South Pk	South Pk	South Pk	Varied	South Pk	South Pk	South Pk	Varied Programs								Office	Office	
COOK	123	123	113	232	Varied Programs																				
DISN	26	48	173	290	Puppy	Puppy	T.O.T.S.	T.O.T.S.	Puppy	Puppy	Bluey	Bluey	Ladybug	Ladybug	Big City	Big City	Varied Programs		Jessie	Jessie	Big City	Big City	Bunk'd	Bunk'd	
E!	64	76	114	236	The Kardashians		The Kardashians		The Kardashians		Daily Pop		Kardas	Varied Programs											
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		Jalen	Question	NBA: The Jump		NFL Live		Around	Pardon	SportsCenter		Basket	Varied Programs			
ESPN2	34	28	143	209	(7:00) Get Up		First Take				SportsCenter		Jalen	Question	Varied	Football	Varied Programs		Daily Wager		College Basketball				
FNC	66	25	205	360	The Faulkner Focus		Outnumbered		America Reports With John Roberts		The Story		Neil Cavuto				The Five		Special Report		FOX News Primetime		Tucker Carlson		
FOOD	61	54	110	231	Varied Programs																				
FREE	32	33	180	311	Melissa	Melissa	The 700 Club		700 Club	Middle	Middle	Middle	Varied Programs												
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Varied Programs						College Basketball				
FX	65	24	136	249	(7:00) Movie		Varied	Mike	Mike	Mike	Varied Programs														
FXX	35	64	125	259	Mom	Mom	Mom	black-ish	black-ish	Varied Programs															
GOLF	88	88	401	218	Varied Programs		Golf Today				Golf Today		Varied Programs		Golf Central		Varied Programs		Golf Central		Varied Programs				
HALL	87	87	185	312	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Movie				Movie				Movie				Movie				
HALLMM	86	86	187	565	M	Monk			Matlock "The Star"		Matlock		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch
					T	Monk			Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch		
					W	Monk			Matlock		Matlock		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch		
					Th	Monk			Matlock		Matlock "The Victim"		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch		
					F	Monk			Matlock "The Pro"		Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Little House/Prairie		Little House/Prairie		Little House/Prairie		Little House/Prairie		"Good Witch: Spellbound" (2017, Drama)		
HGTV	62	57	112	229	Varied Programs																				
HIST	50	60	120	269	Varied Programs																				
LIFE	29	29	108	252	Grey's Anatomy		Grey's Anatomy		The Closer		The Closer		Major Crimes		Major Crimes		Rizzoli & Isles		Rizzoli & Isles		Rizzoli & Isles		Rizzoli & Isles		
MSNBC	71	67	209	356	MSNBC Live		Andrea Mitchell		MTP Daily		MSNBC Live		MSNBC Live		Deadline: White House		The Beat With		The ReidOut		All In With				
NBCSN	89	89	159	220	SKY Sports News		Varied Programs																		
NBCSNW	426	37	424		Blazers Outsiders		The Brian Noe Show						Paid Prg.	Paid Prg.	Varied Programs		Sports	Varied	Rip City		Varied Programs				
NGEO	55	78	197	276	Paid Prg.	Paid Prg.	Varied Programs																		
NICK	27	51	171	299	Peppa	Peppa	Deer S	Umizoomi	PAW	PAW	Blue	Blaze	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Casagran	
OWN	40	41	189	279	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		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.	Tennis Classics		Varied Programs																
SYFY	67	50	122	244	Varied Programs																				
TCM	56	73	132	256	M	(7:30) "San Francisco" (1936)		** "Saratoga" (1937)		(:15) *** "Test Pilot" (1938) Clark Gable.				** "Forsaking All Others"		** "Strange Cargo" (1940)							"Plan 9-Space"		
					T	(:15) *** "Snowed Under" (1936)		** "Ski Party" (1965)		Snow	** "Spring Madness"	Sunkist	(:15) ** "Palm Springs Weekend"		** "Where the Boys Are" (1960)			"Postman Rings"							
					W	"The Mayor of Hell"	(:15) "The Doorway to Hell"		Crime	(:15) *** "The Beast of the City" (1932)	Crime	*** "Little Caesar" (1930)		*** "The Public Enemy"	Crime	"Cry-Beloved"									
					Th	5 Million	Future Is	** "The Giant Behemoth"		"Fantastic Planet"	(:45) * "The Snow Devils" (1966)		* "The Wild, Wild Planet"		Voyage	"Thing From Another World"		"My Favorite Wife"							
					F	(:15) *** "Ride the High Country"		** "The Shooting" (1967)		** "Welcome to Hard Times" (1967)		** "Chandler" (1971)		(:15) *** "Badlands" (1973)			"Year of Living"								
TDC	51	42	182	278	Varied Programs																				
TLC	49	62	183	280	Say Yes	Say Yes	Say Yes	Say Yes	Sister Wives		Sister Wives		Hoard-Buried		Hoard-Buried		My 600-Lb. Life		Varied Programs						
TNT	57	52	138	245	Charmed		Charmed		Supernatural		(:01) Supernatural		(:02) Supernatural		(:03) Supernatural		(:04) Supernatural		Varied Programs						
TRAV	53	38	196	277	Varied Programs																				
TRUTV	73	75	242	246	Carbon	Carbon	Jokers	Jokers	Carbon	Carbon	Carbon	Carbon	World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Dumbest	Varied	Jokes	Jokes	Jokes	Jokes	
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	Varied Programs																				
WE	118	118	128	260	Paid Prg.	Paid Prg.	Varied Programs		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	Broke Girl	Broke Girl	Broke Girl	Broke Girl	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	American	American	American	American	
HBO	518	518	303	504	M	"Lars and Girl"		Axios	(:40) *** "Just Mercy" (2019) Michael B. Jordan.				** "The Chronicles of Riddick" (2004)		*** "Bessie" (2015) Queen Latifah.		(3:55) *** "Drumline" (2002)								
					T	(7:00) "Jojo Rabbit"	(8:50) "Wrath of the Titans"	(:35) *** "Black Christmas"	(:10) ** "The High Note" (2020)	(:05) *** "The Blind Side" (2009)	(:15) C.B. Strike	Real, Bill Maher													
					W	(:15) ** "The Whole Ten Yards" (2004)	REAL Sports Gumbel	(10:55) *** "Shazam!" (2019, Action)	(:10) "Stockton on My Mind" (2012, Musical)	(:40) ** "Rock of Ages" (2012, Musical)	(:45) ** "The Mummy"														
					Th	(7:35) ** "Grudge Match"	*** "The Namesake" (2006) Kal Penn.	Wed	(11:50) "Snow White and the Huntsman"	"The Apollo" (2019)	(:45) C.B. Strike	(:45) "Independence Day"													
					F	Mavis!	(:40) ** "The Sentinel" (2006, Suspense)	* "Cats" (2019, Musical) Taylor Swift.	(:20) *** "X-Men: First Class" (2011)	(:35) *** "Up in the Air" (2009)	"Birds of Prey (Fantabulous)"														
MAX	531	531	311	516	M	Shooting	** "Hercules" (1983, Adventure)	(:10) **** "Apocalypse Now" (1979, War)	(:38) **** "8 Mile" (2002) Eminem.		** "Hitman" (2007, Action)	(:05) *** "Long Shot" (2019)													
					T	Bowfinger	(:18) "The Station Agent" (2003)	(9:50) *** "Rush" (2013) Daniel Brühl	(11:55) ** "Bloodsport"	"Showdown in Little Tokyo"	"Army of Darkness" (:10) *** "Crimson Peak" (2015, Horror)														
					W	(7:54) *** "Dark Shadows" (2012)	(9:47) *** "Crash" (2004)	(:41) *** "Pearl Harbor" (2001, War) Ben Affleck, Josh Hartnett.	(2:46) * "The Watch"	** "Good Boys" (2019)															
					Th	(:07) "My Super Ex-Girlfriend"	(:45) *** "The Score" (2001) Robert De Niro.	(11:51) *** "Alita: Battle Angel" (2019)	(1:55) *** "Unbreakable"	(:42) ** "The Judge" (2014) Robert Downey Jr.															
					F	(:13) * "Trail of the Pink Panther"	"Dodgeball: Underdog"	(:25) *** "Altered States"	(:08) * "Stigmata" (1999, Suspense)	(2:52) *** "Crimson Peak" (2015)	"Poltergeist II"														
SHOW	578	578	319	546	M	Hotel Rw	** "The Upside" (2017) Kevin Hart.	(:45) *** "Hitch" (2005) Will Smith.	(:45) *** "The Express" (2008) Dennis Quaid.		"Waves" (2019) Kelvin Harrison Jr., Taylor Russell.	Hotel Rw													
					T	(7:30) ** "Five Feet Apart"	** "Equals" (2015)	** "America's Sweethearts" (2001)	*** "Eighth Grade" (2018)	(:45) ** "Tommy Boy" (1995, Comedy)	*** "Gone Baby Gone"														
					W	Assault in the Ring	Macho: Hector Camacho Story	(:40) ** "XXX" (2002) Vin Diesel.	(:45) ** "XXX: State of the Union" (2005)	* "Alex Cross" (2012) Tyler Perry.	(:25) *** "Source Code"														
					Th	(7:00) *** "Rudy"	** "Leatherheads" (2008)	* "The Ladies Man" (2000)	"The Jesus Rolls" (2019)	"Belushi" (2020) John Landis, Jim Belushi.	(3:55) Shameless	(4:55) "Crooklyn"													
					F	(7:15) *** "Ghost" (1990)	*** "Blow Out" (1981) John Travolta.	(:25) *** "Meet the Parents"	(:15) ** "Meet the Fockers" (2004)	(:15) ** "Little Fockers" (2010)	*** "Hitch"														
STARZ	621	621	351	526	M	Animal	(:28) ** "Into the Blue" (2005, Adventure)	(:21) ** "The Hollars"	(11:52) "Stranger Fruit" (2017)	(:43) *** "Something's Gotta Give" (2003)	American Gods	(4:47) "Into the Blue"													
					T	Finding	(:25) *** "Elf" (2003)	(:05) ** "Christmas With the Kranks"	(11:47) *** "Hope Springs"	(:29) American Gods	(:23) ** "Godzilla" (1998) Jean Reno	(:45) *** "The Contractor"													
					W	"Benchwarmers"	(:06) ** "Resident Evil: Retribution"	(10:46) * "The Cookout"	(:19) *** "Carlito's Way" (1993) Al Pacino.	(2:47) * "All About Steve"	"Adam" (2019) Premiere.														
					Th	(7:36) "Here Comes the Boom"	(:25) ** "What Lies Beneath" (2000)	(:39) * "Meet the Blacks" (2016)	(:17) *** "Little Women" (2019)	Long Run	(:02) * "Get Carter" (2000, Suspense)														
					F	(7:19) ** "Rent" (2005)	(:38) * "Get Carter" (2000, Suspense)	(:24) ** "Hide and Seek"	(:09) *** "Good Will Hunting" (1997, Drama)	Gods	(:14) ** "Into the Blue" (2005, Adventure)														
TMC	591	591	327	554	M	"Hollywoodland"	** "The Switch" (2010)	(:45) "Dragon: The Bruce Lee Story" (1993)	(:45) "The Current War: Director's Cut"	"The Humanity Bureau" (2017)	(:05) *** "Fright Night" (2011, Horror)														
					T	(7:45) "The Cold Light of Day"	(:20) *** "Bandslam" (2009)	(:15) *** "Being John Malkovich"	(:10) ** "Madea's Family Reunion"	"I Don't Know How"	"Last Night" (2010, Drama)														
					W	(7:15) *** "Honey"	* "Honey 2" (2011) Katerina Graham.	"Honey 3: Dare to Dance"	(:35) "Ophelia" (2018, Drama) Daisy Ridley.	*** "The Rover" (2014)	(:15) ** "Mo'jave" (2015) Oscar Isaac.														
					Th	Long Hot Sum	(:15) *** "Laggies" (2014)	"Sword of Trust" (2019)	"Inside the Rain" (2019)	*** "Working Girl" (1988)	** "Faded to Black" (200														