

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	Ellenor 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	Paid Prg.	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.	Varied	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 Maria		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																												
AMC	60	45	131	254	Car Re	Varied	Movie	Varied Programs																													
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	Parkers	(:38) The Parkers	Parkers	Martin	Martin	Martin	Martin	Prince	Prince	Prince	Prince	Movie						Varied													
BRAVO	54	65	129	237	Jersey	Varied Programs																															
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Craig	Craig	Victor	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Total	Total													
CNN	68	44	200	202	Newsroom-Kate	Inside Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		Erin Burnett OutFront		Anderson Cooper															
COM	77	56	107	249	Futurama	Futurama	Varied Programs										South Pk		South Pk	South Pk	Varied Programs																
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	Kardas	Varied	Kardas	Varied	Kardas	Varied	Daily Pop		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		Australian Open		Varied Programs				Daily Wager		Basket	Varied Programs		College Basketball		Varied Programs																
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	331	Varied Programs																																
FREE	32	33	180	311	Melissa	Melissa	The 700 Club		700 Club		Varied Programs				Movie		Varied Programs				Movie		Varied Programs														
FS1	41	85	150	219	Undisputed	Herd		Varied Programs				Speak		Varied Programs								NASCAR	Varied Programs														
FX	65	24	136	249	(7:00) Movie	Mike	Mike	Mike	Varied Programs														Movie	Varied Programs													
FXX	35	64	125	259	Mom	Mom	Mom	black-ish	Varied	Movie	Varied Programs				Movie		Varied Programs				Movie		Varied Programs														
GOLF	88	88	401	218	Varied Programs		Golf Today		Golf Today		Varied Programs		Central	Varied Programs				Central	Varied Programs																		
HALL	87	87	185	312	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Movie		Movie				Movie				Movie																
HALLMM	86	86	187	565	M Monk	Monk		Matlock "The D.A."		Matlock		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch															
					T Monk	Monk		Matlock		Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch															
					W Monk	Monk		Matlock		Matlock "The Narc"		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch															
					Th Monk	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															
HGVTV	62	57	112	229	F Monk (Part 1 of 2)	Monk (Part 2 of 2)		Matlock		Matlock "The Biker"		Matlock		Little House/Prairie		Little House/Prairie		Little House/Prairie		Good Witch		Good Witch															
					Varied Programs																																
					Varied Programs																																
					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		Major Crimes		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	Sports	Varied Programs																															
NBCSNW	426	37	424		Blazers	Varied	The Brian Noe Show				Paid Prg.		Paid Prg.	Varied Programs		SKY Sports News		Rip City Drive with Travis		Blazers Game Day-Chad Doing																	
NCEO	55	78	197	276	Varied	Car Re	Varied Programs																														
NICK	27	51	171	299	Peppa	Peppa	Deer S	Umizoomi	PAW	PAW	Blue	Blaze	PAW	PAW	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Tooned In	Loud													
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.	Varied Programs																														
SYFY	67	50	122	244	Movie	Varied Programs				Movie		Varied Programs				(2:53) Movie				Varied Programs																	
TCM	56	73	132	256	M Johnny	"The Postman Always Rings Twice" (1946)				★★ "Slightly Dangerous" (1943, Comedy)				★★ "A Life of Her Own" (1950)				★★★ "Ziegfeld Girl" (1941, Musical) James Stewart.				"Bad-Beautiful"															
					T "Act of Violence"	★★★ "The Set-Up"		(15) ★★ "Born to Be Bad" (1950)		★★★ "The Secret Fury"		★★ "Trail Street" (1947)		★★★ "Clash by Night" (1952, Drama)		★★ "Marriage on the Rocks" (1965)		★★ "Moonrise"																			
					W ★★ "The Keyhole"	"The Goose and the Gander"		★★★ "In Name Only" (1939)		(15) ★★★ "Private Lives"		(45) "Merry Wives of Reno"		★★ "Marriage on the Rocks" (1965)		★★ "Moonrise"																					
					Th Maybe	"Goodbye Again"		(45) "Beauty and the Boss"		"Honeymoon for Three" (1941)		★★ "Ever Since Eve"		"A Girl, a Guy and a Gob"		(45) ★★ "Man Wanted" (1932)		"Written-Wind"																			
TDC	51	42	182	278	F "Prizefighter"	(15) "Two Girls on Broadway"		(45) ★★★ "Bachelor in Paradise" (1961)		(45) ★★★ "Silk Stockings" (1957)		Fred Astaire.		★★ "Party Girl" (1958) Robert Taylor.		"Casablanca" (1942)																					
					Varied Programs																																
					Varied Programs																																
					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		Supernatural		Supernatural		Supernatural		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 ...		World's Dumbest ...		Jokes	Jokes	Jokes	Jokes													
TVL	75	74	106	304	Paid Prg.	Varied	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	Larry	Car Re	MAXX	Varied	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		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	American	American	American	American														
HBBO	518	518	303	504	M (7:20) ★★★ "Life of Pi"	Axios		(11) ★★ "The Mummy" (1999) Brendan Fraser.				(1:57) ★★ "The Sentinel"		(45) ★★★ "True Grit" (2010, Western)		Axios																					
					T Dirty	(25) ★★ "The Whole Ten Yards"		(10) ★★ "Far and Away" (1992) Tom Cruise.		(35) Kareem: Minority of One		(05) ★★ "Ray" (2004, Biography) Jamie Foxx.		(40) C.B. Strike		Real Time																					
					W Grudge	(20) ★★★ "Drumline" (2002)		(20) ★★ "Collateral Beauty"		★★ "The Scorpion King"		Black Art: In the Absence		★★ "The Chronicles of Riddick" (2004)		"Mummy Return"																					
					Th Last Exor	(40) ★★★ "Jojo Rabbit" (2019)		★★★ "Just Mercy" (2019, Drama) Michael B. Jordan.		(12:50) ★★ "The Mummy" (1999)		★★★ "True Grit" (2010) Jeff Bridges.		(4:55) "Joker" (2019)																							
MMAX	531	531	311	516	F "Black Christmas"	(05) ★★ "The High Note" (2020)		★★★ "Shazam!" (2019) Zachary Levi.		(15) Cap		(35) ★ "Wrath of the Titans" (2012)		(120) ★★★ "Lincoln" (2012) Daniel Day-Lewis.																							
					M Shack	(31) ★ "Abandon" (2002)		(12) ★★ "The Judge" (2014) Robert Downey Jr.		(35) ★★ "Hall Pass" (2011) Owen Wilson.		(22) ★★ "Before Sunrise"		(05) ★★ "Crash" (2004, Drama)																							
					T Shanghai	★★ "Company Business"		(10) "American Son" (2008)		(35) ★ "House" (2008)		(05) ★★ "Brown Sugar" (2002)		(2:55) ★★ "Hackers" (1995)		(42) ★ "Vice" (2015)																					
					W (7:03) "Her Smell" (2018)	(120) ★★ "John Q" (2002) Robert Duvall		(18) ★★ "Surrogates"		(12:49) ★★ "Half Nelson"		(38) ★★ "Dark Shadows" (2012)		(33) ★ "The Return" (2006)																							
SSHOW	578	578	319	546	Th Art Rac	(33) "The Sun Is Also a Star"		(15) ★★ "The Watch" (2012) Ben Stiller.		(11:59) ★★ "Shaft" (2019) Jessie T. Usher		(1:53) ★★ "Valkyrie" (2008) Bill Nighy		(3:56) "Bangkok Dangerous"		Judge																					
					F (7:52) "American Woman" (2018, Drama)	(9:46) ★★ "The Man in the Iron Mask"		★ "Envy" (2004) Ben Stiller.		(40) ★★★ "Lady in White" (1988, Horror)		(1:35) ★★★ "Walk the Line" (2005) Joaquin Phoenix.																									
					M (7:00) "Ghost" (1990)	(15) ★★ "Second Act" (2018)		★★★ "The Lobster" (2015)		★★★ "Twilight" (2008) Kristen Stewart.		(15) ★★★ "Ghost" (1990) Patrick Swayze.		Burden																							
					T Red Joan	(45) "Semper Fi" (2019) Jai Courtney.		(35) ★★ "Red" (2010) Bruce Willis.		★★★ "Ex Machina" (2015) Oscar Isaac		★ "The Ladies Man" (2000)		"Made in Italy" (2004, Drama)		Honor																					
STARZ	621	621	351	526	W Mr. Mom	(45) ★★ "Save the Date" (2012)		★★★ "America's Sweethearts"		(15) ★★★ "Anna Karenina" (2012) Keira Knightley.		★★★ "The Pianist" (2002) Adrien Brody.		"Resistance" (2020)																							
					Th (15) ★★ "Swiss Army Man" (2016)	★★★ "Paranormal Activity"		★ "The Turning" (2020)		(15) ★★★ "While We're Young" (2014)		★★★ "Hitch" (2005) Will Smith.		Your Honor																							
					F (15) ★★★ "Eighth Grade" (2018)	"The Truth" (2019) Catherine Deneuve.		"Burden" (2018, Drama) Garrett Hedlund.		★★★ "The Hours" (2002, Drama)		"When Harry Met Sally..."		One Fine																							
					M "Jumanji: The Next Level"	"Seal Team 8: Behind Enemy"		(15) ★★★ "Spider-Man: Far From Home" (2019)		(27) ★★ "First Sunday" (2008)		(07) ★★ "Jumanji: The Next Level"		Long Run		Finding																					
STARZ	621	621	351	526	T "What Lies Bth"	(10) ★★ "Good Will Hunting" (1997, Drama)		(21) "A Walk in the Clouds"		(08) "The Stepford Wives"		(45) ★★ "Brightburn" (2019, Horror)		(19) ★ "The Grudge"																							
					W Whip It	(40) ★★★ "Elf" (2003) Will Ferrell.		(20) ★★ "The Hollars"		(11:52) ★★ "Into the Blue" (2005)		(1:46) "Fear and Loathing in Las Vegas"		"Zombieland: Double Tap"		Hollars																					
					Th Spider	(19) ★★★ "Spider-Man 2" (2004, Action)		★★ "Spider-Man 3" (2007) Tobey Maguire.		(12:53) "Spider-Man: Far From Home"		(06) ★★★ "The Amazing Spider-Man" (2012, Action)		Long Run																							
					F Bruce	(31) ★★ "Along Came Polly"		(05) ★★ "For Colored Girls" (2010) Kimberly Elise.		(22) "Sleepless in Seattle"		(10) ★★★ "Kingdom of Heaven" (2005) Eva Green		"Ghost Rider: Spirit"																							
TMC	591	591	327	554	M "Ginger & Rosa"	★★★ "Bandslam" (2009) Aly Michalka.		"Honey 3: Dare to Dance"		(45) ★★ "Agent Cody Banks" (2003)		"Extra Ordinary" (2019)		(05) ★★ "Rules of Engagement"																							
					T Long Hot Sum	(05) ★★ "The Queen" (2006)		(15) ★★ "Bulletproof Monk" (2003)		"Hustle and Heat" (2003)		★★ "Hollywoodland" (2006) Adrien Brody.		"Shuttlecock: Director's Cut"																							
					W Blues	"The Gasoline Thieves" (2019)		(05) "Dragon: The Bruce Lee Story" (1993)		(05) "Official Secrets" (2019) Matt Smith		★★★ "Being John Malkovich" (1999)		★★★ "Green Book" (2018)																							
					Th Last	(25) "Lucky Grandma" (2019)		★★★ "Ginger & Rosa" (2012)		(35) ★★ "The Children Act" (2017)		(20) ★★ "Bulletproof Monk"		(05) ★★ "Alfie" (2004) Jude Law.		(4:50) "The Rover"																					
TMC	591	591	327	554	F Honey	(35) ★★ "Honey 2" (2011, Drama)		★★★ "Morris From America"		(05) ★★ "Working Girl" (1988)		★★★ "First Cow" (2019) Orion Lee		(05) ★★ "The Captive" (2014, Suspense)																							