

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 Donkey		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 700 Club		Dr. Phil		KOIN 6 News at 4		News	News	
NBC	8	8	8	8	(7:00) Today		Today 3rd Hour		2020 Tokyo Olympics										News		News		News	Olympic	
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	
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. Smile		Mike Mike		TMZ Live		Jerry		Protection		Divorce Divorce		Judge Mathis		Hot		Hot	Jdg Judy	
UNIV	22	22	16	47	(7:00) Despierta América!				Como dice el dicho		Noticiero		Nosotr.		Rosa de Guadalupe		La madrastra		Amor eterno				El gordo y la flaca	Primer impacto	
A&E	52	55	118	265	Varied Programs												First 48		Varied		First 48		Varied Programs		
AMC	60	45	131	254	Paid Prg. Paid Prg.		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	Parkers Parkers		Parkers Parkers		Martin Martin		Martin Martin		Martin Martin		Prince Prince		Browns Browns		Movie						Varied Programs
BRAVO	54	65	129	237	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Varied Programs												Varied Programs
CARTOON	25	59	177	297	Teen Varied		Teen Teen		Craig Craig		Craig Craig		Teen Teen		Gumball Gumball		Gumball Gumball		Craig Craig		Craig Craig		Craig Craig	Total Total	
CNN	68	44	200	202	At This Hour-Kate		Ins. Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		Situation Room		Erin Burnett OutFront	Anderson Cooper	
COM	77	56	107	249	Futurama Futurama		South Pk South Pk		South Pk South Pk		South Pk South Pk		South Pk South Pk		South Pk South Pk		South Pk South Pk		South Pk South Pk		South Pk South Pk		Office Office	Office Office	
COOK	123	123	113	232	Varied Programs																				
DISN	26	48	173	290	Puppy Puppy		Bluey Bluey		Ladybug Ladybug		Ladybug Ladybug		Bluey Bluey		Big City Big City		Big City Big City		Big City Big City		Big City Big City		Big City Big City	Jessie Jessie	
E!	64	76	114	236	Varied Programs								Bluey Pop		Varied Programs										
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		Jalen		Question		NBA: The Jump		NFL Live		Around Pardon		SportsCenter		Varied Programs		
ESPN2	34	28	143	209	(7:00) Get Up		First Take				SportCtr		Varied		Question Jalen		Question Football		NFL Live		Daily Wager		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	231	Varied Programs																				
FREE	32	33	180	311	black-ish black-ish		The 700 Club		700 Club Middle		Varied Programs				Movie		Varied Programs								
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd								Speak for Yourself										
FX	65	24	136	249	(7:00) Movie		Varied Programs																		
FXX	35	64	125	259	Mom Varied Programs																				
GOLF	88	88	401	218	Varied Programs																				
HALL	87	87	185	312	Gold Girls Gold Girls		Gold Girls Gold Girls		Family Varied		Middle Middle		Middle Middle		Reba Reba		Reba Reba		Reba Reba		Reba Reba		Movie		
HALLMM	86	86	187	565	M Diagnosis Murder		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Monk		Monk		Monk		Monk		Good Witch		Good Witch	Mystery 101	
					T Diagnosis Murder		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Monk		Monk		Monk		Monk		Good Witch		Good Witch	"At Home"	
					W Diagnosis Murder		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Monk		Monk		Monk		Monk		Good Witch		Good Witch	"A Feeling of Home"	
					Th Diagnosis Murder		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Monk		Monk		Monk		Monk		Good Witch		Good Witch	"Irresistible Blue"	
					F Diagnosis Murder		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Monk		Monk		Monk		Monk		★★ "The Lost Valentine" (2011, Drama)			"In My Dreams"	
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		Grey's Anatomy		The Closer		The Closer		The Closer		Major Crimes		Major Crimes		Major Crimes		Major Crimes	Rizzoli & Isles	
MSNBC	71	67	209	356	Craig Melvin Reports		Andrea Mitchell		MTP Daily		Katy Tur Reports		Ayman Mohyeldin		Deadline: White House						The Beat With		The ReidOut	All In With	
NBCSN	89	89	159	220	Tokyo Olympics		Tokyo Olympics		Varied Programs															Olympics Varied	
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	Varied Paid Prg.		Varied Programs																		
NICK	27	51	171	299	Blaze Blaze		Baby Blaze		PAW PAW		PAW PAW		Sponge. Sponge.		Sponge. Sponge.		Sponge. Sponge.		Sponge. Sponge.		Sponge. Sponge.		Loud Loud	Loud Loud	
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Varied Programs				
OXY	30	69	127	251	Dateline: Secrets		Dateline: Secrets		Varied Programs																
PARMT	42	43	241	241	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Mom Mom		Mom Mom		Mom Mom		Two Men Two Men	Two Men Two Men	
ROOT	37	26	426	687	Medicare Relief		Games Varied		Guide to the Games		Varied Programs										Mariners Mariners		MLB Baseball		
SYFY	67	50	122	244	Varied Programs								Movie		Varied Programs		Movie		Varied Programs						
TCM	56	73	132	256	M (6:45) "The Longest Day" (1962)		★★ "The Comedians" (1967) Elizabeth Taylor.		(:15) ★★★ "The Sandpiper" (1965)		(:15) ★★★ "Where Eagles Dare" (1969, War)		Richard Burton.		"Anne-Thousand"										
					T Middle		★★★ "Kiss Me, Stupid" (1964)		(:45) ★★★ "The Notorious Landlady" (1962)		★★★ "The Man With the Golden Arm"		★★★ "Picnic" (1955) William Holden.		"Bell Book Cndl"										
					W Going		★★ "Cabin in the Sky" (1943, Musical)		★★★ "Pennies From Heaven"		★★ "Glory Alley" (1952)		★★ "A Man Called Adam" (1966)		Satchmo: Life										
					Th (:15) "The Importance of Being Earnest"		★★★ "Chimes at Midnight" (1965)		★★★ "The V.I.P.s" (1963)		★★ "The Runaway Bus"		"The Mouse on the Moon"		"Murder, She Said"										
					F (7:30) "One Minute to Zero"		★★ "Angel Face" (1952)		(:15) "Where Danger Lives"		(:45) ★★★ "The Lusty Men" (1952)		(:45) ★★★ "The Sundowners" (1960, Drama)		"Out of the Past"										
TDC	51	42	182	278	Varied Programs																				
TLC	49	62	183	280	Varied Programs																				
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs				
TRAV	53	38	196	277	Varied Programs																				
TRUTV	73	75	242	246	Ad. Ruins Ad. Ruins		Jokers Jokers		Carbon Carbon		Carbon Carbon		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Jokes Jokes		Jokes Jokes	Jokes Jokes	
TVL	75	74	106	304	Paid Prg. Paid Prg.		M*A*S*H M*A*S*H		M*A*S*H M*A*S*H		Bonanza		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		Andy G. Andy G.	Andy G. Andy G.	
USA	58	39	105	242	Olympics Varied		Tokyo Olympics		Varied Programs		Olympics		Varied Programs								Tokyo Olympics		Varied Programs	Olympics Varied	
WE	118	118	128	260	Varied Paid Prg.		Varied Medicare		Varied Programs																
WEATH	14	19	214	362	AMHQ		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Underground		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		Friends Friends		American American	American American	
					M Last		(:35) ★★ "Proof" (2005)		Dishwash ★★ "The Man in the Iron Mask" (1998)		(:45) ★★★ "Ford v Ferrari" (2019) Matt Damon, Jon Bernthal.		REAL Sports Gumbel		REAL Sports Gumbel		REAL Sports Gumbel		REAL Sports Gumbel		REAL Sports Gumbel		"Judas and the Black Messiah"		
					T (:05) ★★ "Brown Sugar" (2002)		★★★ "Dreamgirls" (2006, Musical)		(:15) Andre the Giant		(:40) "For Your Consideration"		(:10) ★★ "The Photograph" (2020)		Real, Bill Maher										
					W (7:45) "Chasing Mavericks"		(:45) ★★ "Drillbit Taylor" (2008, Comedy)		(:40) ★★ "Dunkirk" (2017, War)		★★ "Dark Shadows" (2012, Comedy)		(:25) "King Arthur: Legend of the Sword"		Back										
					Th (7:10) "Dolphin Tale" (:05) "The Accidental Spy"		(:35) ★★ "Hardball" (2001) Diane Lane																		