

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		Wild Jet	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 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. 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!						Como dice el dicho		Noticiero Nosotr.		Hoy		La madrastra		Amor eterno		El gordo y la flaca		Impacto	Varied
A&E	52	55	118	265	Parking Parking		Parking Parking		Varied Programs										First 48		Varied Programs			
AMC	60	45	131	254	Paid Prg. Paid Prg.		Movie		Varied (:45) Movie		Varied Programs												Movie	Varied
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	Varied Programs																			
CARTOON	25	59	177	297	Teen Teen		Teen Teen		Craig Craig		Craig Craig		Teen Teen		Gumball Gumball		Gumball Gumball		Craig Craig		Craig Craig		Total Total	Total
CNN	68	44	200	202	At This Hour-Kate		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Jake Tapper		Situation Room		Erin Burnett OutFront		Anderson Cooper	
COM	77	56	107	249	Futurama Futurama		South Pk South Pk		South Pk South Pk		South Pk Varied		South Pk South Pk		Varied South Pk		Varied South Pk		South Pk Varied		Office Office		Office Office	
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Puppy Puppy		Bluey Bluey		Puppy Puppy		Bluey Bluey		Ladybug Ladybug		Ladybug Ladybug		Big City Big City		Big City Big City		Varied Programs		Big City Big City	Jessie Jessie
E!	64	76	114	236	Varied Programs				Teyana Teyana		Daily Pop		Varied Programs											
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		Jalen Question		LLWS Varied Programs				Around Pardon		SportCtr Varied Programs					
ESPN2	34	28	143	209	(7:00) Get Up		First Take		Varied Programs		SportCtr Varied		Jalen Question		NFL Live Varied		Football Varied		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		Middle Varied Programs													
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself				Undisputed		NASCAR Race Hub		Varied Programs			
FX	65	24	136	249	(7:00) Movie		Mike Varied		Movie			Varied	Movie		Varied Programs		Movie Varied Programs							
FXX	35	64	125	259	Mom Mom		Varied Programs		Movie		Varied Programs													
GOLF	88	88	401	218	Varied Programs		Golf Varied Programs		Golf Varied Programs				Golf Central		Varied Programs		Varied Programs		Golf Central		Varied Programs			
HALL	87	87	185	312	Gold Girls Gold Girls		Gold Girls Gold Girls		Gold Girls Gold Girls		Middle Middle		Middle Middle		Reba Reba		Reba Reba		Reba Reba		Movie			
HALLMM	86	86	187	565	M	Diagnosis Murder	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Monk		Monk		Monk		Monk		Aurora Teagarden Mysteries				Aurora Teagarden	
					T	Diagnosis Murder	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Monk		Monk		Monk		Monk		Monk		Monk		Monk		Monk
					W	Diagnosis Murder	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Monk		Monk		Monk		Monk		Monk		Monk		Monk		Monk
					Th	Diagnosis Murder	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Monk		Monk		Monk		Monk		Monk		Monk		Monk		Monk
					F	Diagnosis Murder	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote	Monk		Monk		Monk		Monk		Monk		Monk		Monk		Monk
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		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	SKY Sports News				Varied Programs															
NBCSNW	426	37	424		Varied Programs								Relief Paid Prg.		Varied Programs									
NGEO	55	78	197	276	Varied Paid Prg.		Varied Programs																	
NICK	27	51	171	299	Peppa Blue		Blaze Blaze		Blaze PAW		PAW PAW		Sponge. Sponge.		Sponge. Sponge.		Loud Loud		Loud Loud		Loud Loud		Loud Loud	
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		To Be Announced		Dr. Phil		Dr. Phil		Dr. Phil		Varied Programs					
OXY	30	69	127	251	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		Two Men Two Men		Two Men Two Men	
ROOT	37	26	426	687	Paid Prg. Relief		Varied Programs																	
SYFY	67	50	122	244	Varied Programs														Movie		Varied Programs			
TCM	56	73	132	256	M	*** "The Doughgirls" (:45) *** "Comrade X" (1940)					*** "The Unfaithful" (1947) Ann Sheridan.		*** "Whiplash" (1948)				(:15) *** "Tea for Two" (1950)					"Our Miss Brooks"		
					T	*** "Love in the Afternoon" (1957) Gary Cooper		**** "Gigi" (1958) Leslie Caron.		(:45) *** "Can-Can" (1960) Frank Sinatra.				*** "The Merry Widow" (1934)				"Love Me Tonight"						
					W	"Crime by Night" (:15) *** "Larceny, Inc." (1942)		(:15) *** "A Kiss in the Dark" (1949)		*** "Stage Fright" (1950, Suspense)				*** "So Big" (1953) Jane Wyman.				"Johnny Belinda"						
					Th	"Boys' Night Out" *** "Pillow Talk" (1959) Doris Day		*** "Lover Come Back" (1961)		*** "Send Me No Flowers" (1964)				*** "The Brass Bottle" (1964) Burl Ives				"7 Faces of Dr. Lao"						
					F	*** "Lydia" (1941) (:45) "That Uncertain Feeling" (:15) *** "Night Song" (1947, Drama)				*** "The Cowboy and the Lady" (1938)				*** "The Divorce of Lady X" (1938)				"Wuthering Heights"						
TDC	51	42	182	278	Varied Programs																			
TLC	49	62	183	280	Varied Programs				90 Day: Other		Varied Programs		90 Day: Other		Varied Programs		90 Day: Other		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	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	
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		Andy G. Andy G.		Andy G. Andy G.	
USA	58	39	105	242	Law-SVU Varied		Law-SVU Varied		Law-SVU Varied		Law-SVU Varied		Law-SVU Varied		Law-SVU Varied		Law-SVU Varied		Law-SVU Varied					
WE	118	118	128	260	Paid Prg. Paid Prg.		Paid Prg. Varied Programs				Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Varied Programs			
WEATH	14	19	214	362	AMHQ		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		American American		American American	
HBO	518	518	303	504	M	Rat Race Last (:05) *** "Lars and the Real Girl"			Serena (:20) *** "One Day" (2011)		(:10) *** "Dante's Peak" (1997)				*** "King Arthur: Legend of the Sword"					"The Little Things"				
					T	"The Man in the Iron Mask" (:45) "For Your Consideration"		(:15) *** "Best in Show" (2000)		(12:50) *** "Half Brothers"		*** "The Dark Knight Rises" (2012, Action) Christian Bale.				Real Time								
					W	Nick Buoniconti (8:55) "Wrath of the Titans" (:35) *** "Dreamgirls" (2006) Jamie Foxx.		(12:50) *** "Matchstick Men" (2003)		(2:50) *** "War Horse" (2011) Emily Watson.				Hard										
					Th	"How to Make Quilt" (8:55) *** "A Mighty Wind" (:25) "The Accidental Spy" (11:55) *** "The Aviator" (2004) Leonardo DiCaprio.				Hard Knocks: Dallas (3:50) "The Lost World: Jurassic Park"														
					F	How Deal News *** "The Photograph" (2020) (10:50) "Jurassic Park III"		REAL Sports Gumbel Hard Knocks: Dallas (1999) (2:5) "King Arthur: Legend of the Sword"		(:35) *** "All the Way"														
MAX	531	531	311	516	M	(6:58) "Capote" (8:52) "Uncommon Valor" (1983) (:38) *** "Trance" (2013, Crime Drama)		(:38) *** "Ad Astra" (2019) Brad Pitt.		(:40) "Can You Keep a Secret?" (:15) *** "Sunshine Cleaning" (2008)														
					T	Poseidon (:42) "Cake" (2005) Heather Graham. (:18) "Her Smell" (2018) Elisabeth Moss.		(:35) *** "Matchstick Men" (2003)		(:31) * "Modern Problems" (:05) *** "Rapture-Palooza" *** "The Prophecy" (1995)														
					W	Jane (:28) "Sound of My Voice" (:9:55) *** "City of Ghosts" (2002) (11:52) "The Cider House Rules" (1999) (1:58) "Snow White and the Huntsman" (:07) *** "Six Degrees of Separation"																		
					Th	(7:05) *** "Lincoln" (:35) *** "The Italian Job" (2003) (:25) *** "Harriet" (2019) Cynthia Erivo.		(:31) * "Modern Problems" (:05) *** "Rapture-Palooza" *** "The Prophecy" (1995)																
					F	(:12) "The Quarry" (2020) Shea Whigham. (9:57) *** "Their Finest" (2016) "Never Rarely Sometimes" (:38) *** "Downhill" (2020) (:06) *** "Cruel Intentions" (:45) *** "Up in the Air"																		
SHOW	578	578	319	546	M	(:15) *** "Erin Brockovich" (2000) Julia Roberts. *** "School Ties" (1992) Matt Damon		*** "Boiler Room" (2000) Vin Diesel		*** "American Gangster" (2007) Russell Crowe				"Before Midnight"										
					T	Blazing Saddles (:05) *** "Borg vs. McEnroe" (2017) *** "I, Tonya" (2017) Margot Robbie.		"Pixie" (2020) Olivia Cooke. (:35) *** "Hustlers" (2019)		*** "Four Brothers" (2005)														
					W	(:15) *** "The Ring Two" (2005) Premiere. (:15) *** "The Faculty" (1998, Horror)		*** "Dark Skies" (2013) (:45) "Crisis" (2021) Gary Oldman, Armie Hammer.		(3:55) *** "Rescue Dawn" (2006, War)														
					Th	Indiana *** "Boiler Room" (2000) Vin Diesel		*** "Barbershop 2: Back in Business" "Dreamland" (2019, Drama)		(:15) *** "Unforgiven" (1992) Clint Eastwood.		Access Dexter "Born Free"												
					F	"Indiana Jones" (:15) *** "The Gentlemen" (2020) (:15) *** "A Call to Spy" (2019) Stana Katic		(:25) *** "Four Brothers" (:15) *** "Munich" (2005) Eric Bana, Daniel Craig.																
STARZ	621	621	351	526	M	(6:55) "Scream 4" (8:50) *** "The Edge" (1997) (10:52) "There's Something About Mary" (12:55) *** "Legends of the Fall" (:11) *** "The Broken Hearts Gallery" (:03) Heels																		
					T	(7:35) *** "The Missing" (2003) (9:55) *** "Monster Hunter" (:42) *** "Spider-Man" (2002) Tobey Maguire.		(1:47) *** "Spider-Man 2" (2004, Action)		(3:58) *** "Spider-Man 3" (2007)														
					W	Runaway (:20) *** "The Craft: Legacy" (9:58) "Are We Done Yet?" (:34) *** "The Kid Detective" (2020) (:17) Heels		"The Mortal Instruments: City of Bones" (:17) Heels		"Beautiful Day Neighborhood"														
					Th	Done Yet (:29) *** "Inside Out" (:07) "Charlie's Angels" (2019) Naomi Scott		(:09) *** "The Stepford Wives" (2004) (1:46) *** "Blue Streak" (:24) "The Kid Detective" (2020)		"My Soul to Take"														
					F	(7:14) "French Exit" (:10) *** "How Do You Know" (2010) "A Beautiful Day in the Neighborhood" (:07) *** "Lara Croft: Tomb Raider" (2001) (2:51) *** "French Exit" (2020)																		
TMC	591	591	327	554	M	(7:30) "Max Steel" (:05) *** "Nutty Professor II: The Klumps" * "The Turning" (2020) (:35) *** "Puppet Master" (:05) *** "Collide" (2016) Nicholas Hoult.		(3:50) *** "Amy" (2015)																
					T	(7:10) "Ghost Light" *** "The Saint" (1997, Action) Val Kilmer.		"Slice" (2018) Zazie Beetz. Andy *** "Below" (2002, Suspense) (:45) "Shuttlecock: Director's Cut" (2020) *** "UHF" (1989, Comedy)																
					W	Resis * "Love and Honor" (2012) (:10) * "Paranoia" (2013, Suspense)		*** "Silver Linings Playbook" (:05) *** "Notting Hill" (1999)		(:10) "House at the End of the Street"														