

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	Xavier	Sesame	Dinosaur		Varied Programs				Pink	Arthur	Odd	Wild Kratt	Varied Programs						
CBS	6	6	6	6	(7:00) CBS Mornings		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		
NBC	8	8	8	8	(7:00) Today		Today 3rd Hour		Today-Hoda		Blast		News		Paid Prog.		Days of our Lives		Blast		Varied		Ellen DeGeneres		KGW News at 4		
CW	9	9	32	32	KOIN AM Extra		Tamron Hall		Maury		Steve Wilkos Show		Friends		Friends		King		King		Mom		Mom		Last Man		
FOX	12	12	12	12	Good Day Oregon		Good Day Oregon		Rachael Ray		Kelly Clarkson		12 O'Clock News		Wendy Williams		The People's Court		Jdg Judy		Jdg Judy		News		5 O'Clock News		
MMNT	13	13	49	49	Good Day Oregon		Paid Prog.		Paid Prog.		Nick Cannon		The Real		Relative		Relative		Divorce		Divorce		Judge Mathis		FamFeud		
UNIV	22	22	16	47	(7:00) ¡Despierta América!						Como dice el dicho		Noticiero		Nosotr.		Hoy		Amor eterno		La madrastra		Gordo		You Bet		
A&E	52	55	118	265	Parking		Parking		Parking		Parking		Varied Programs				First 48		Varied		First 48		Varied		Varied		
AMC	60	45	131	254	Paid Prog.		Paid Prog.		Movie		Varied Programs						Movie				Varied Programs				Varied		
ANP	24	49	184	282	Treehouse Masters		Tanked				Pit Bulls-Parole		Pit Bulls-Parole		Lone Star Law		Varied Programs								Varied		
BET	4	72	124	392	Lv Single		Lv Single		black-ish		black-ish		Parkers		Parkers		Martin		Martin		Martin		Martin		Varied		
BRAVO	54	65	129	237	Varied Programs																				Varied		
CARTOON	25	59	177	297	Pocoyo		Pocoyo		Thomas		Thomas		Bing		(:20) Bing		Bing		Pocoyo		Caillou		Caillou		Varied		
CBSSN	410	410	158	221	Varied Programs		The Jim Rome Show		Varied Programs				Tiki & Tierney		Varied Programs				Schein		Varied Programs				Varied		
CNN	68	44	200	202	At This Hour-Kate		Ins. Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Jake Tapper		Jake Tapper		Situation Room		Erin Burnett OutFront		Anderson Cooper 360		
COM	77	56	107	249	Futurama		Futurama		South Pk		South Pk		South Pk		South Pk		South Pk		South Pk		South Pk		South Pk		Seinfeld		
COOK	123	123	113	232	Varied Programs																				Seinfeld		
DISN	26	48	173	290	Varied		Squad		Spidey		Bluey		Bluey		Puppy		Bluey		Bluey		Ladybug		Ladybug		Seinfeld		
E!	64	76	114	236	Varied Programs								Daily Pop		Varied Programs										Seinfeld		
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		This Just In		NBA Today		NFL Live		Around		Pardon		SportCtr		Varied Programs		Seinfeld		
ESPN2	34	28	143	209	Get Up		Varied		First Take		Varied Programs		SportCtr		Varied Programs		Jalen		Football		NFL Live		Varied Programs		Seinfeld		
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				Seinfeld		
FOOD	61	54	110	311	Varied Programs																				Seinfeld		
FREE	32	33	180	311	black-ish		black-ish		The 700 Club		700 Club		Varied		Middle		Varied Programs		Movie		Varied Programs				Seinfeld		
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Varied Programs		Hub		Varied Programs						Seinfeld		
FX	65	24	136	249	Mom		Movie		Varied Programs				Movie		Varied Programs										Seinfeld		
FXX	35	64	125	259	(7:00) Movie		Varied		Movie		Varied Programs				King/Hill		King/Hill		King/Hill		King/Hill		King/Hill		Simpsons		
GOLF	88	88	401	218	Varied Programs		Golf Today		Varied Programs		Golf Today		Golf C'tral		Varied Programs		Golf C'tral		Golf C'tral		Varied Programs				Simpsons		
HALL	87	87	185	312	Movie				Movie				Movie				Movie				Movie				Simpsons		
HALLMM	86	86	187	565	M	"Angel of Christmas" (2015, Romance)		"Road to Christmas" (2018) Jessy Schram.		** "Angels Sing" (2013, Children's)		"Holly & Ivy" (2020, Drama) Janel Parrish.		"Once Upon a Christmas Miracle" (2018)													
					T	"Love at the Thanksgiving Day Parade"		"Christmas in Conway" (2013) Andy Garcia.		"Christmas at Cartwright's" (2014, Drama)		"A Christmas Love Story" (2019) Scott Wolf		"Christmas on Honeysuckle Lane" (2018)													
					W	"A Gingerbread Romance" (2018, Romance)		"Angel Falls: A Novel Holiday" (2019)		"A Homecoming for the Holidays" (2019)		"Christmas on My Mind" (2019, Romance)		"A Christmas Miracle" (2019) Kendall Cross													
					Th	"Christmas Homecoming" (2017) Julie Benz.		"Holiday for Heroes" (2019) Marc Blucas		"Entertaining Christmas" (2018, Romance)		"A Veteran's Christmas" (2018) Sean Faris		"Time for Me to Come Home for Christmas"													
					F	"Just in Time for Christmas" (2015)		"Christmas Everlasting" (2018) Tatyana Ali.		*** "Christmas Song" (2012, Romance)		"Fir Crazy" (2013) Sarah Lancaster.		*** "A Boyfriend for Christmas" (2004)													
HGTV	62	57	112	229	Varied Programs																						
HIST	50	60	120	269	Varied Programs																						
LIFE	29	29	108	252	Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs				
MSNBC	71	67	209	356	Craig Melvin Reports		Andrea Mitchell		MTP Daily		Katy Tur Reports		Hallie Jackson		Deadline: White House				The Beat With		The ReidOut		All In With				
NBCSN	89	89	159	220	SKY Sports News		Varied Programs																				
NGEO	55	78	197	276	Paid Prog.		Paid Prog.		Varied Programs																		
NICK	27	51	171	299	PAW		PAW		Peppa Pig		PAW		Bubble		Blaze		Blaze		Blaze		PAW		PAW		Varied		
OWN	40	41	189	279	Tamron Hall		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Court		Court		Court		Court		Dr. Phil		Varied		
OXY	30	69	127	251	Varied Programs																				Varied		
PARMT	42	43	241	241	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Mom		Mom		Mom		Mom		Varied		
ROOT	37	26	426	687	Paid Prog.		Paid Prog.		Varied Programs								Mom		Mom		Mom		Mom		Varied		
SYFY	67	50	122	244	Varied Programs		Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs								Varied		
TCM	56	73	132	256	M	"The Big Street"		"Nancy Drew"		(:15) * "Before Dawn"		*** "Shield for Murder"		** "The Long Night"		(:45) ** "Up the Down Staircase" (1967, Drama)		"The Band Wagon"									
					T	(:15) *** "Sounder" (1972, Drama)		(:15) ** "Behave Yourself"		(:45) *** "Lassie Come Home" (1943)		** "Son of Lassie" (1945)		(:15) ** "Challenge to Lassie" (1949)		*** "Walkabout"											
					W	Bulldog		"Bulldog's Bride"		So You		"Arrest Bulldog"		"Bulldog Drmnd"		"Bulldog's Revenge"		"Bulldog Escapes"		Detective		"Bulldog Drum."		"Calling Bulldog Drummond"		"Flamingo Road"	
					Th	(7:15) "Bombardier"		** "Torpedo Run" (1958)		(:45) *** "Fighter Squadron" (1948, War)		*** "The Dirty Dozen" (1967, War)		Lee Marvin.		(:15) *** "Paths of Glory" (1957, War)		"Best Yrs-Lives"									
					F	Day-Glory (:45) *** "Experiment Perilous" (1944)		**** "Out of the Past"		(:15) ** "Berlin Express" (1948)		** "Easy Living" (1949)		** "Wichita" (1955)		"Outsiders"											
TDC	51	42	182	278	Varied Programs																						
TLC	49	62	183	280	Varied Programs																						
TTNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Varied Programs														
TRAV	53	38	196	277	Varied Programs																						
TRUTV	73	75	242	246	Ad. Ruins		Ad. Ruins		Jokers		Jokers		Carbonaro		Carbonaro		Carbonaro		Carbonaro		World's Dumbest ...		World's Dumbest ...		Varied		
TVL	75	74	106	304	Paid Prog.		Paid Prog.		M*A*S*H		M*A*S*H		M*A*S*H		M*A*S*H		Bonanza		Varied		G'ns smoke		Varied		Varied		
USA	58	39	105	242	Varied Programs																				Varied		
WE	118	118	128	260	Paid Prog.		Paid Prog.		Paid Prog.		Paid Prog.		Varied Programs												Varied		
WEATH	14	19	214	362	AMHQ		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather Underground		Weather Underground		Weather Underground		Weather Underground		Weather Underground		Varied		
WTBS	59	40	139	247	George		George		Broke Girl		Broke Girl		Broke Girl		Friends		Friends		Friends		Friends		Friends		Sheldon		
HBBO	518	518	303	504	M	Last	Antlers	(8:55) *** "Anger Management"	(:45) *** "The Mummy" (1999) Brendan Fraser.		(12:55) *** "Le Divorce" (2003)		(2:55) *** "Hotel Rwanda" (2004, Drama)		Last		Axios										
					T	"In the Heights"		(8:55) *** "2 Fast 2 Furious"		(:45) *** "Cloverfield" (2008)		(:15) *** "The Transporter" (2002) Shu Qi		(1:50) *** "King Kong" (2005) Naomi Watts, Jack Black.		Real Time, Bill Maher											
					W	Ouila		(:45) *** "The Brothers Grimm" (2005)		(:44) *** "Tenet" (2020) John David Washington.		(:15) *** "The Fast and the Furious"		(:05) *** "The Day After Tomorrow"		(:10) "Oblivion" (2013)											
					Th	(7:35) "Words and Pictures"		(:35) ** "Employee of the Month" (2006)		(:25) ** "In the Heart of the Sea"		*** "Hotel Rwanda" (2004) Don Cheadle.		(:35) ** "Lady in the Water" (2006)		Transport											
					F	(7:45) *** "13 Going on 30"		"Daddy's Little Girls"		(:10) *** "Godsend" (2004) Greg Kinnear.		(12:55) *** "Keeping the Faith" (2000)		(:05) "Extremely Loud & Incredibly Close"		"News of the World"											
MMAX	531	531	311	516	M	Tuxedo	(:39) "The X-Files: I Want to Believe" (2008)	(:25) *** "City Slickers" (1991, Comedy)		(:20) *** "Swingers" (1996)		(1:57) *** "Just Mercy" (2019, Drama)		(:15) ** "Swimfan" (2002)		Child 44											
					T	Man Ldge		(:27) *** "The Falcon and the Snowman"		(:38) * "How to Be a Player"		(:13) *** "The Perfect Man" (2005)		(1:55) ** "Evolution" (2001)		(:37) *** "Man Up" (2015)		"Welcome-Col."									
					W	Superstar		(:20) *** "A Hidden Life" (2019) August Diehl.		(:15) *** "Lay the Favorite" (2012)		(12:50) *** "Jason's Lyric" (1994)		(2:50) ** "The Quiet Ones"		* "College" (2008) Drake Bell.											
					Th	"Killer Klowns From Space"		(:22) ** "Warm Bodies"		(:01) *** "The Hundred-Foot Journey"		(:05) "The Legend of Hercules"		(:45) *** "High Fidelity" (2000)		(:40) "40 Days and 40 Nights"											
					F	(6:55) "All the President's Men"		(:16) ** "Admission"		(:04) *** "At First Sight" (1999) Val Kilmer.		(:13) * "Just Before I Go"		(:45) ** "Save the Last Dance" (2001)		(:40) *** "One More Time"											
SHOW	578	578	319	546	M	Anaconda	(:45) * "Alex Cross" (2012) Tyler Perry.	**** "The Godfather, Part II" (1974) Al Pacino, Robert Duvall.		"Godfather. Coda: The Death of Michael Corleone"		The Cir		(:10) Wakefield													
					T	"Before Sunrise"		**** "Milk" (2008) Sean Penn.		(:15) *** "Boy" (2010)		(:45) ** "21 Bridges" (2019, Action)		*** "Crash" (2004) Sandra Bullock.		*** "Death Becomes Her"											
					W	Victoria		** "Beauty Shop" (2005, Comedy)		"Songs My Brothers Taught Me"		(:15) *** "Silver Linings Playbook" (2012)		(:25) ** "The Gentlemen" (2020)		(:25) *** "1917" (2019)											
					Th	(7:15) "Hoosiers"		(:15) *** "When Harry Met Sally..."		** "Last Holiday" (2006, Comedy)		More Funny Women		(:15) ** "The Yards" (2000) Premiere.		(:15) *** "Nightcrawler" (2014, Suspense)											
					F	Fury of Rick James		(:15) ** "Why Did I Get Married?"		(:15) "Queen Bees" (2021) Ellen Burstyn.		*** "Gloria Bell" (2018)		(:45) Passion Play: Russell Westbrook		(:40) "The Talented Mr. Ripley"											
STARZ	621	621	351	526	M	"Sleepy Hollow"		(:03) ** "Devil" (2010, Horror)		(:27) * "The Unholy" (2021)		(:10) ** "Piranha 3D"		(:41) "The Misfits" (2021) Pierce Brosnan.		(:19) ** "Spanglish" (2004) Téa Leoni		Hightown									
					T	(7:25) *** "Narc"		(:14) ** "The Lone Ranger" (2013) Johnny Depp, Armie Hammer.		"The House: Meet the Blacks 2"		"Spiral: From the Book of Saw"		(:04) *** "Narc" (2002) Ray Liotta.		(:01) Hightown											
					W	Legally BI		"Legally Blonde 2"		(:15) "House at the End of the Street" (2012)		(11:58) ** "Stepmom" (1998, Drama)		(:06) *** "Iron Man 3" (2012) Robert Downey Jr.		(:20) Hightown		City Lies									
					Th	Mona Lisa		(:32) "The Good Dinosaur" (2015)		(:08) * "Head Over Heels"		(:37) *** "Starship Troopers" (1997) Dina Meyer		(1:50) ** "Monster Hunter"		(:36) ** "Godzilla" (1998) Matthew Broderick.											
					F	(7:08) *** "Little Women"		"Dr. Seuss' The Cat in the Hat"		(:10:51) ** "Godzilla" (1998) Jean Reno		(:13) *** "Big Miracle" (2012) Premiere.		(:03) *** "Little Women" (2019) Saoirse Ronan.		Craft											
TMC	591	591	327	554	M	Testa		"Rose: A Love Story" (2020)		*** "Panic Room" (2002) Jodie Foster.		*** "Byzantium" (2012) Gemma Arterton.		** "The Ring Two" (2005) Naomi Watts.		"Master and Commander: The Far Side"											
					T																						