

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		News	
NBC	8	8	8	8	(7:00) Today		Today 3rd Hour		Today-Hoda		Blast Blast		News Paid Prog.		Days of our Lives		Blast Varied		Ellen DeGeneres		KGW News at 4		News		News	
CW	9	9	32	32	KOIN AM Extra		Tamron Hall		Maury		Steve Wilkos Show		Friends Friends		King King		Mom Mom		Friends Friends		Last Man Last Man		Goldbergs Goldbergs		Goldbergs	
FOX	12	12	12	12	Good Day Oregon		Good Day Oregon		Rachael Ray		Kelly Clarkson		12 O'Clock News		Wendy Varied		The People's Court		Jdg Judy Jdg Judy		News Varied		5 O'Clock News			
MNT	13	13	49	49	Good Day Oregon		Paid Prog. Paid Prog.		Nick Cannon		The Real		Relative Relative		Divorce Divorce		Judge Mathis		Hot Bench Hot Bench		Jdg Judy Jdg Judy		FamFeud You Bet			
UNIV	22	22	16	47	(7:00) ¡Despierta América!						Como dice el dicho		Noticiero Nosotr.		Hoy		Amor eterno		La madrastra		El gordo y la flaca		Primer impacto			
A&E	52	55	118	265	Parking	Parking	Parking	Parking	Varied Programs										First 48	Varied	First 48	Varied	First 48	Varied		
AMC	60	45	131	254	Paid Prog. Paid Prog.	Movie	Varied Programs											Movie				Varied Programs				
ANP	24	49	184	282	Tree	Varied	Tanked	Varied	Pit Bulls-Parole		Pit Bulls-Parole		Lone Star Law		Varied Programs											
BET	4	72	124	392	Lv Single	Lv Single	black-ish	black-ish	Parkers Parkers		Parkers Parkers		Martin Martin		Martin Martin		Martin Martin		Movie				Varied Programs			
BRAVO	54	65	129	237	Varied Programs																					
CARTOON	25	59	177	297	Pocoyo Pocoyo		Thomas Thomas		Bing Bing	(:20) Bing	Bing Pocoyo		Caillou Caillou		Mush Mush		Teen Teen		Teen Teen		Teen Teen		Teen Teen		Teen Teen	
CBSSN	410	410	158	221	Varied Programs		The Jim Rome Show						Tiki & Tierney				Varied Programs									
CNN	68	44	200	202	At This Hour-Kate		Ins. Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Jake Tapper				Situation Room		Erin Burnett OutFront		Anderson Cooper 360	
COM	77	56	107	249	Futurama Futurama		South Pk	Varied Programs	South Pk		South Pk	South Pk	South Pk	South Pk	Varied	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Seinfeld Seinfeld	Seinfeld Seinfeld	Seinfeld Seinfeld		
COOK	123	123	113	232	Varied Programs																					
DISN	26	48	173	290	Mickey Squad		Spidey Bluey		Bluey Puppy		Bluey Bluey		Ladybug Ladybug		Ladybug Ladybug		Big City Big City	Big City Big City	Big City Big City		Varied Programs		Big City Big City	Bunk'd Bunk'd	Bunk'd Bunk'd	
E!	64	76	114	236	Varied Programs								Daily Pop		Varied Programs											
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		This Just In		NBA Today		NFL Live		Around Pardon		SportsCenter		Varied Programs					
ESPN2	34	28	143	209	(7:00) Get Up						SportCtr	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		Skip		Varied Programs				College Basketball				Varied	
FX	65	24	136	249	Mom Mom		Movie	Varied Programs																		
FXX	35	64	125	259	(7:00) Movie		Movie						King/Hill King/Hill	King/Hill King/Hill	King/Hill King/Hill	King/Hill King/Hill	King/Hill King/Hill	Futurama Futurama	Futurama Futurama	Futurama Futurama	Simpsons Simpsons	Simpsons Simpsons				
GOLF	88	88	401	218	Varied Programs		Golf Today		Golf Today				Varied Programs	Golf Central	Varied Programs	Golf Central	Varied Programs	Golf Central	Varied Programs							
HALL	87	87	185	312	Movie		Movie		Movie		Movie		Movie		Movie		Movie		Movie		Movie					
HALLMM	86	86	187	565	M	"Hats Off to Christmas!" (2013) Haylie Duff.			"A Song for Christmas" (2017) Becca Tobin.			"A Christmas for the Books" (2018)			"A Family Christmas Gift" (2019, Romance)			"Lucky Christmas" (2011) Elizabeth Berkley.								
					T	"A Gift to Remember" (2017) Ali Liebert.			"Christmas on My Mind" (2019, Romance)			"Christmas Wonderland" (2018, Romance)			"Love You Like Christmas" (2016, Drama)			"A Bramble House Christmas" (2017)								
					W	** "November Christmas" (2010, Drama)			"A Nutcracker Christmas" (2016) Amy Acker.			"Journey Back to Christmas" (2016, Drama)			"Christmas at Grand Valley" (2018)			** "The Christmas Card" (2006, Romance)								
					Th	"Love Always, Santa" (2016) Mike Faiola			"A Christmas Melody" (2015) Lacey Chabert.			"A Heavenly Christmas" (2016) Kristin Davis.			"A Gingerbread Romance" (2018, Romance)			"The Christmas Doctor" (2020, Drama)								
					F	"Christmas in Angel Falls" (2017, Drama)			"Memories of Christmas" (2018, Drama)			"Time for Us to Come Home for Christmas"			"Dashing Through the Snow"			"Christmas Tree Lane" (2020) Alicia Witt.								
HGTV	62	57	112	229	Varied Programs																					
HIST	50	60	120	269	Varied Programs																					
LIFE	29	29	108	252	Movie				Movie				Movie				Movie									
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 Peppa Pig		PAW Blaze		Blaze Blaze		PAW PAW		PAW PAW		Koral Sponge.	Varied Sponge.	Sponge. Sponge.	Sponge. Sponge.	Loud Loud	Loud Loud				
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Court Court		Court Court		Court Court		Dr. Phil Dr. Phil		Dr. Phil Dr. Phil			
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	Two Men Two Men	Two Men Two Men	Two Men Two Men	Two Men Two Men				
ROOT	37	26	426	687	Paid Prog. Paid Prog.		Varied Programs								Pro Footvolley Tour		Varied Programs									
SYFY	67	50	122	244	Movie		Varied Programs																			
TCM	56	73	132	256	M	(7:45) "Hot Lead" *** "His Kind of Woman" (1951)			(:15) *** "Stagecoach" (1939, Western)			"The Treasure of the Sierra Madre" (1948)			(:15) "The Magnificent Ambersons" (1942)			"Kiss Me Kate"								
					T	(7:30) ** "The Comedians" (1967) Richard Burton			*** "The Big Sleep" (1946, Mystery)			(:45) *** "Dark Passage" (1947, Mystery)			(:45) *** "Mogambo" (1953, Adventure) Clark Gable.			Listen Flavio								
					W	"The Story of Three Loves"			*** "Lydia" (1941, Romance)			(:15) *** "Hold Back the Dawn"			(:15) *** "The Philadelphia Story"			(:15) *** "The Smiling Lieutenant" (1931)								
					Th	(7:45) *** "Girl Crazy"			** "Where the Boys Are"			(:15) ** "Millionaire Playboy"			*** "A Summer Place" (1959, Drama) Richard Egan.			** "Palm Springs Weekend" (1963)								
					F	*** "Tom Thumb" (1958)			(:45) *** "Gulliver's Travels"			(:15) "The Phantom Tollbooth"			(:45) "The Wonderful World of the Brothers Grimm"			(:15) *** "Watership Down" (1978)								
TDC	51	42	182	278	Varied Programs																					
TLC	49	62	183	280	Varied Programs																					
TNT	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 ...		World's Dumbest ...		World's Dumbest ...		Jokes Jokes	Jokes Jokes	Jokes Jokes	Jokes Jokes		
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		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		Andy G. Andy G.	Andy G. Andy G.	Andy G. Andy G.	Andy G. Andy G.		
USA	58	39	105	242	Varied Programs																					
WE	118	118	128	260	Paid Prog. Paid Prog.		Paid Prog. Paid Prog.		Law & Order		Law & Order		Law & Order		Law & Order		Law & Order		Criminal Minds		Criminal Minds		Criminal Minds			
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 Programs	
WTBS	59	40	139	247	George George		Broke Girl Broke Girl		Broke Girl Broke Girl		Friends Friends		Friends Friends		Friends Friends		Friends Friends		Friends Friends		Friends Friends		Sheldon Sheldon		Sheldon Sheldon	
HBO	518	518	303	504	M	Last (:45) "The Benchwarmers" (2006)			(:15) *** "News of the World" (2020)			(:15) *** "Cinderella Man" (2005) Russell Crowe.			(:40) ** "Disturbia" (2007, Suspense)			Last Axios								
					T	(7:15) "The Next Three Days"			(:35) ** "Oblivion" (2013) Tom Cruise.			(:45) ** "Lady in the Water" (2006)			(:40) ** "Dark Water" (2005) Tim Roth			(:25) ** "Voyagers" (2021)								
					W	"Extremely Loud & Incredibly"			(:35) ** "Transporter 2"			(:05) ** "Greenland" (2020, Action)			Antlers ** "Wonder Woman 1984" (2020) Gal Gadot.			(:05) ** "Land" (2021)								
					Th	(7:55) ** "Won't Back Down" (2012)			Hard Knocks: Colts			(10:50) *** "The Queen"</td>														