

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		2022 Winter Olympics						Ellen DeGeneres		News NBC		News Olympic		2022 Winter Olympics	
CW	9	9	32	32	KOIN AM Extra		Everyday Northwest		Tamron Hall		Maury		Steve Wilkos Show		King King		Mom Mom		Friends Friends		Last Man Last Man		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		4 O'Clock News		5 O'Clock News	
MNT	13	13	49	49	Good Day Oregon		Paid Prog. Smile		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!				Dicho Varied		Noticiero Nosotr.		Hoy				Amor Varied Programs				El gordo y la flaca		Primer impacto	
A&E	52	55	118	265	Parking Parking		Parking Parking		Varied Programs												First 48		Varied	First 48
AMC	60	45	131	254	Paid Prog. Paid Prog.		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	Lv Single Lv Single		black-ish black-ish		Parkers Parkers		Parkers Parkers		Martin Martin		Martin Martin		Martin Martin		Martin Martin		Varied Programs			
BRAVO	54	65	129	237	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
CARTOON	25	59	177	297	Love M Cailou		Thomas Thomas		Mush Care		Craig Craig		Craig Teen		Teen Teen		Teen Teen		Gumball Gumball		Gumball Gumball		Bears Craig	Craig Craig
CBSN	410	410	158	221	Varied Programs		The Jim Rome Show		Varied Programs		Maggie and Perloff		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	Cleveland Cleveland		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		The Office The Office	
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Bluey Mickey		Spidey Bluey		Bluey Alice's		Bluey Bluey		Ladybug Ladybug		Big City Ghost		Amphibia Big City		Varied Programs		Big City Big City		Raven Raven	
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		Basketball		Varied Programs	
ESPN2	34	28	143	209	(7:00) Get Up		First Take		SportsCenter		This Just In		Jalen This Just		Around Varied Programs				Daily Wager		College Basketball			
FNC	66	25	205	360	The Faulkner Focus		Outnumbered		America Reports With John Roberts		The Story		Neil Cavuto		The Five		Special Report		Jesse Watters		Tucker Carlson			
FOOD	61	54	110	231	Varied Programs																			
FREE	32	33	180	311	black-ish black-ish		The 700 Club		700 Club Movie		Varied Programs													The Office
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself		Varied Programs									
FX	65	24	136	249	Mom		Varied Programs										Movie		Varied Programs				Movie	Varied
FX	35	64	125	259	(7:00) Movie		Varied Programs						Cleveland Cleveland		Cleveland Cleveland		King/Hill King/Hill		King/Hill King/Hill		King/Hill King/Hill		Simpsons Simpsons	
GOLF	88	88	401	218	Varied Programs		Golf Today		Varied Programs		Golf Today		Varied Programs		Golf Central		Varied Programs		King/Hill King/Hill		King/Hill King/Hill		Varied Programs	
HALL	87	87	185	312	Reba Reba		Gold Girls Gold Girls		Gold Girls Gold Girls		Gold Girls Gold Girls		Movie				Movie							
HALLMM	86	86	187	565	M Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	"Frozen in Love"
					T Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	Chronicle Mysteries
					W Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	"Stop the Wedding"
					Th Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	"Country at Heart"
					F Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	Crossword Mysteries
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		Castle		Castle		Castle		Castle	
MAGN	81	81	111	230	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	
NGEO	55	78	197	276	Paid Prog. Paid Prog.		Varied Programs																	
NICK	27	51	171	299	PAW PAW		Blaze Blaze		Bubble Bubble		PAW PAW		Baby Blaze		PAW PAW		Sponge. Sponge.		Sponge. Sponge.		Sponge. Sponge.		Loud Loud	
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Court Court		Court Court		Court Court		Court Court		Dr. Phil	
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		Mom Mom		Two Men Two Men	
ROOT	37	26	426	687	Oxygen Paid Prog.		Varied Programs																	
SYFY	67	50	122	244	Movie		Varied Programs		Movie		Varied Programs		(:25) Movie		Varied Programs		Movie		Varied Programs		Movie		Varied Programs	
TCM	56	73	132	256	M "Waterloo Bridge" (:15) *** "A Farewell to Arms" (1932) **** "Queen Christina" (:45) ** "Anna Karenina" (1948) (:45) *** "Romeo and Juliet" (1936, Romance) "The Way We Were" (:7:30) "Yankee Doodle Dandy" (:45) ** "Born to Be Bad" (1950) (:45) *** "The Hard Way" (1942, Drama) (:45) ** "The Sky's the Limit" (1943) "Skipper Surprised Wife" "Mad-Manton" (7:15) "Stage Struck" ** "That Certain Woman" (:45) *** "Sex and the Single Girl" (1964) (:45) *** "Who's Afraid of Virginia Woolf?" (1966) ** "Reflections in a Golden Eye" (1967) *** "Red River" (7:45) *** "The Harvey Girls" (:45) ** "Right of Way" (1931) *** "The Oklahoma Kid" (:45) ** "The Cheyenne Social Club" (:45) *** "The Life and Times of Judge Roy Bean" *** "Laura" F "The Dawn Patrol" *** "Around the World in 80 Days" (1956) David Niven. * "Almost a Bride" (1949) *** "The King's Thief" (1955) ** "Where the Spies Are" (1966) "A Kind of Loving"																			
TDC	51	42	182	278	Varied Programs																			
TLC	49	62	183	280	Varied Programs																			
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernat. Varied Programs									
TRAV	53	38	196	277	Varied Programs																			
TRUTV	73	75	242	246	Ad. Ruins Ad. Ruins		Jokers Jokers		Carbonaro Carbonaro		Carbonaro Carbonaro		Dumbest Varied		Dumbest Varied		Dumbest Varied		Dumbest Varied		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		Gunsmoke		Andy G. Andy G.	Andy G. Andy G.
USA	58	39	105	242	Olympics		Varied Programs		Olympics		Varied Programs		2022 Winter Olympics									Varied	2022 Winter Olympics	
WE	118	118	128	260	Paid Prog. Paid Prog.		Paid Prog. Paid Prog.		Law & Order		Varied Programs								Criminal Minds		Criminal Minds		Criminal Minds	
WEATH	14	19	214	362	AMHQ		Weather Underground		Weather Underground		Weather Underground		Weather Underground		Storm Center		Storm Center		Storm Center		Storm Center		Storm Center	
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		Friends Friends	
HBO	518	518	303	504	M (7:35) *** "Independence Day" (1996) ** "I, Robot" (2004) Will Smith. *** "The Dark Knight Rises" (2012) Christian Bale. (:45) *** "The Aviator" (2004, Biography) Leonardo DiCaprio. Sheldon Sheldon T Shes All (:25) ** "Dinner for Schmucks" (2010) (:20) *** "Dreamgirls" (2006, Musical) (:35) Between the World and Me (1:55) "Judas and the Black Messiah" (2021) (:05) *** "The Italian Job" (2003) W "The Eyes of Tammy Faye" (:37) ** "Jurassic Park III" (:10) ** "The Hobbit: An Unexpected Journey" (2012) Black Art: In the Absence (:26) *** "Love & Mercy" (2014) Internship Th Good Doc (:35) Kareem: Minority of One (:05) ** "The Great Gatsby" (2013, Drama) "The Gilded Age" ** "Stuck on You" (2003) Matt Damon. (:35) ** "Best Man Down" Gemstone F "Days of Thunder" (8:50) *** "Jurassic Park" (1993) ** "The Lost World: Jurassic Park" "The League of Extraordinary Gentlemen" French (:25) ** "Fast & Furious 6" (2013) Gilded M (:15) * "Just Married" (2003) (9:52) *** "The King of Staten Island" (:12) ** "Fatale" (2020) Hilary Swank. (1:56) ** "This Is 40" (2012) (:11) *** "Fatal Attraction" (1987) T (:15) *** "The Relic" (1997) Tom Sizemore (07) *** "War Horse" (2011) Emily Watson. (:35) "The X-Files: I Want to Believe" (2008) (:21) ** "The Core" (2003) Aaron Eckhart. (:38) ** "The Prophecy" W (7:17) *** "Changeling" (:40) *** "The Savages" (2007) (:35) *** "Haywire" (2011) (:10) ** "The Amityville Horror" (1979) (:10) ** "Amityville II: The Possession" (4:55) "Amityville" F Birthday (:28) "Deerskin" (2019, Comedy) (9:47) ** "10 Years" (2011) *** "Sunshine Cleaning" (:02) ** "Domino" (2005) Keira Knightley. (:11) ** "Repentance" (2013, Suspense) (4:47) "Gun Shy" T (7-12) "Phantom" (8:51) ** "The X-Files" (1998) (10:54) * "Old Dogs" (2009) (:23) *** "Michael" (1996) (:10) * "Serving Sara" (2002) Premiere. (3:50) *** "The King of Staten Island"																			
MAX	531	531	311	516	M Holler "The Ballad of Lefty Brown" (2017, Western) "Old Henry" (2021) Scott Haze (:15) *** "Good Time" (2017) Premiere. "What Breaks the Ice" (2020) (:45) *** "Titanic" (1997) Leonardo DiCaprio. T Support "Sisters With Transistors" (2020) "Sophie Jones" (2020, Drama) ** "Footloose" (1984) Kevin Bacon. *** "Chicago" (2002, Musical) ** "The Gentlemen" (2020) Gladiator W Under (:35) "Barbershop 2: Back in Business" ** "Shutter Island" (2010) Leonardo DiCaprio. (12:50) ** "Wolf" (1994) Premiere. * "Snake Eyes" (1998) (:45) "Slice" (2018) Zazie Beetz. Th *** "Road to Perdition" (2002) Jude Law *** "Misery" (1990, Horror) James Caan. *** "Hereditary" (2018) Toni Collette. (:15) *** "Lee Daniels' The Butler" (2013) "Ms. Purple" (2019) Jake Choi. F (7:00) "Moonlight" "Southside You" Teddy Pendergrass: If You Don't Know Me Bitchin': The Sound and Fury of Rick James (:15) ** "The Gentlemen" (2020) (:15) ** "Kiss the Girls" (1997, Mystery) M (:01) *** "The Kid Detective" (:44) ** "The Cable Guy" (1996) (:23) "All About the Benjamins" (:04) *** "Kingpin" (1996) Randy Quaid Power Book IV: Force (3:53) ** "Can't Hardly Wait" Kid Detect T (7:35) "All About the Benjamins" (:16) ** "Gridiron Gang" (2006) Xzibit Power Book IV: Force (:17) ** "French																			