

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 Good            | Days of our Lives     |                      |                      | Blast Varied         |                      | Ellen DeGeneres      | KGW News at 4        | News                  | NBC                  |                      |                       |
| CW      | 9   | 9   | 32  | 32  | KOIN AM Extra  |  | Everyday Northwest  | Tamron Hall  |   |   | Steve Wilkos Show  | Maury  |                      | 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 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 Prog. Paid Prog.   | Nick Cannon  |   |   | The Real   |  | Relative Relative    | Divorce Divorce       |                      |                      | Judge Mathis         |                      | Hot Bench Hot Bench  | Jdg Judy Jdg Judy    | You Bet You Bet       |                      |                      |                       |
| UNIV    | 22  | 22  | 16  | 47  | (7:00) Despierta América!  |  |   |  |   |   | Simplemente Maria  |  | Noticiero Nosotr.    | Hoy                   |                      |                      | Papá a toda madre    |                      | Como dice el dicho   | 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               |                       |
| 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 | Martin   | (:44) Martin   |   | Martin   | black-ish   | black-ish   | Lv Single  | Lv Single  | Martin               | Martin                | Martin               | Martin               | Martin               | Martin               | Martin               | Martin               | Martin                | Martin               | Martin               | Varied Programs       |
| BRAVO   | 54  | 65  | 129 | 237 | Varied Programs  |  |   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| CARTOON | 25  | 59  | 177 | 297 | Pocoyo   | Thomas   | Mecha Mecha   | Mush   | Baby Lny.   | Teen  | Teen   | Teen   | Teen                 | Teen                  | Teen                 | Teen                 | Teen                 | Teen                 | Teen                 | Teen                 | Teen                  | Teen                 | Teen                 | Teen Titans Go!       |
| CBS2N   | 410 | 410 | 158 | 221 | Varied Programs  |  | The Jim Rome Show   | Varied Programs  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      | Schein               | 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  | South Pk   | South Pk  | South Pk  | South Pk   | South Pk   | South Pk             | South Pk              | Varied               | South Pk             | Seinfeld             | Seinfeld             | Seinfeld             | 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             | Big City             | Ladybug              | Varied Programs      | Ladybug              | Big City             | Big City              | Big City             | Ladybug              |                       |
| 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         | SportCtr             | Varied Programs      |                       |                      |                      |                       |
| ESPN2   | 34  | 28  | 143 | 209 | (7:00) Get Up  |  | First Take  | SportsCenter   |   |   | SportsCenter   |  | Varied Programs      | Jalen This Just       |                      |                      | Around Pardon        | SportsCenter         | Daily Water          | Varied Programs      |                       |                      |                      |                       |
| FNC     | 66  | 25  | 205 | 360 | The Faulkner Focus   |  | Outnumbered   | America Reports With John Roberts  |   |   | The Story  |  | The Story            | Neil Cavuto           |                      |                      | The Five             |                      | Special Report       | Jesse Waters         | 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   |  |  |                      |                       |                      |                      |                      |                      |                      | The Office           | The Office            | The Office           | The Office           |                       |
| FS1     | 41  | 85  | 150 | 219 | Undisputed   |  | The Herd with Colin Cowherd   | Varied Programs  |   |   | Speak  | Varied Programs  |                      |                       |                      |                      | Skip                 | Varied               | NASCAR Race Hub      | Varied Programs      |                       |                      |                      |                       |
| FX      | 65  | 24  | 136 | 249 | Movie  | Varied Programs  | Movie   | Varied Programs  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| 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  |  |   |  |   |   |  |  |                      |                       |                      |                      | Women's College Golf |                      |                      | Varied Programs      |                       |                      |                      |                       |
| HALL    | 87  | 87  | 185 | 312 | Reba   | Reba   | Gold Girls  | Gold Girls   | Gold Girls  | Gold Girls  | Gold Girls   | Gold Girls   | Movie                |                       |                      |                      | Movie                |                      |                      | Movie                |                       |                      |                      |                       |
| HALLMM  | 86  | 86  | 187 | 565 | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote   | M Murder, She Wrote  | M Murder, She Wrote   | M Murder, She Wrote   | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote   | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote   | M Murder, She Wrote  | M Murder, She Wrote  | M Murder, She Wrote   |
| HALLMM  | 86  | 86  | 187 | 565 | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote   | T Murder, She Wrote  | T Murder, She Wrote   | T Murder, She Wrote   | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote   | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote   | T Murder, She Wrote  | T Murder, She Wrote  | T Murder, She Wrote   |
| HALLMM  | 86  | 86  | 187 | 565 | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote   | W Murder, She Wrote  | W Murder, She Wrote   | W Murder, She Wrote   | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote   | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote   | W Murder, She Wrote  | W Murder, She Wrote  | W Murder, She Wrote   |
| HALLMM  | 86  | 86  | 187 | 565 | Th Murder, She Wrote   | Th Murder, She Wrote   | Th Murder, She Wrote  | Th Murder, She Wrote   | Th Murder, She Wrote  | Th Murder, She Wrote  | Th Murder, She Wrote   | Th Murder, She Wrote   | Th Murder, She Wrote | Th Murder, She Wrote  | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote  | Th Murder, She Wrote | Th Murder, She Wrote | Th Murder, She Wrote  |
| HALLMM  | 86  | 86  | 187 | 565 | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote   | F Murder, She Wrote  | F Murder, She Wrote   | F Murder, She Wrote   | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote   | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote   | F Murder, She Wrote  | F Murder, She Wrote  | F Murder, She Wrote   |
| 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  | Varied Programs  |   |   | The Mentalist  |  | The Mentalist        | The Mentalist         |                      |                      | Castle               |                      | Castle               | Castle               | Castle                | Castle               | Castle               | Varied Programs       |
| MAGN    | 81  | 81  | 111 | 230 | Varied Programs  |  |   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| MSNBC   | 71  | 67  | 209 | 356 | MSNBC 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  | PAW  | Blaze   | PAW  | PAW   | PAW   | PAW  | PAW  | Blaze                | PAW                   | PAW                  | Smurfs               | Sponge.              | Sponge.              | Sponge.              | Patrick              | Sponge.               | Loud                 | Loud                 |                       |
| OWN     | 40  | 41  | 189 | 279 | Dr. Phil   |  | Dr. Phil  | Dr. Phil   | Dr. Phil  | Dr. Phil  | Dr. Phil   | Dr. Phil   | Dr. Phil             | Court                 | Court                | Court                | Court                | Court                | Court                | Court                | Dr. Phil              | 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   | Bar Rescue   | Bar Rescue           | Bar Rescue            | Bar Rescue           | Mom                  | Mom                  | Mom                  | Mom                  | Mom                  | Two Men               | Two Men              | Two Men              | Two Men               |
| ROOT    | 37  | 26  | 426 | 687 | Paid Prog. Paid Prog.  |  | Varied Programs   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| SYFY    | 67  | 50  | 122 | 244 | Varied Programs  |  |   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      | Movie                 |
| TCM     | 56  | 73  | 132 | 256 | M (7:45) "Bright Lights" (:15) ** "She Had to Say Yes" Three Che Calling ** "Born to Sing" (1942) ** "Two Weeks With Love" (1950) ** "Two Tickets to Broadway" (1951) "Million Dollar" | T (7:00) "Mogambo" (:15) ** "Lovers Courageous" (1932) **** "Lawrence of Arabia: Director's Cut" (1962) Peter O'Toole, Alec Guinness. *** "Kismet" (1944) Ronald Colman. *** "Exodus"      | W (7:00) *** "Kwaidan" (1964, Horror) (:15) *** "Nothing But a Man" (1964) ** "Freedom on My Mind" (1994) "American Revolution 2" (1969) "The Murder of Fred Hampton" "Seven Days in May" | Th (:15) "Nothing Sacred" (1937) ** "Hard to Get" (1938) ** "Beyond Tomorrow" ** "Little Nellie Kelly" (:15) ** "Living in a Big Way" (1947) (:15) MGM Parade "Lady-Chung" | F Breakfast *** "It's Love I'm After" (:15) *** "Joy of Living" (1938) "Having Wonderful Time" (1938) ** "It's a Wonderful World" (:15) *** "No Time for Comedy" (1940) "12 O'Clock"  |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| TDC     | 51  | 42  | 182 | 278 | Varied Programs  |  |   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| TLC     | 49  | 62  | 183 | 280 | Varied Programs  |  |   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| TNT     | 57  | 52  | 138 | 245 | (:02) Charmed  | (:03) Charmed  | Varied Programs   |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      | NHL Hockey           | 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 ...  | World's Dumbest ...  | World's Dumbest ...  | World's Dumbest ...  | 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   | M*A*S*H   | Bonanza  |  | Gunsmoke             | Gunsmoke              | Gunsmoke             | Gunsmoke             | Gunsmoke             | Gunsmoke             | Gunsmoke             | Andy G.              | Andy G.               | Andy G.              | Andy G.              |                       |
| USA     | 58  | 39  | 105 | 242 | NCIS   |  | Varied Programs   | Law & Order: SVU   | Law & Order: SVU  | Law & Order: SVU  | Law & Order: SVU   | Law & Order: SVU   | Law & Order: SVU     | Law & Order: SVU      | Law & Order: SVU     | Law & Order: SVU     | Law & Order: SVU     | Law & Order: SVU     | Law & Order: SVU     | Law & Order: SVU     | Law & Order: SVU      | Law & Order: SVU     | Varied Programs      |                       |
| WE      | 118 | 118 | 128 | 260 | Paid Prog. Varied Programs   |  | Paid Prog. Varied Programs  |  |   |   |  |  |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |
| WEATH   | 14  | 19  | 214 | 362 | AMHQ   |  | Patrn   | Patrn  | Weather Underground   | Weather Underground   | Weather Underground  | Weather Underground  | Storm Center         | Storm Center          | Storm Center         | Storm Center         | Storm Center         | Storm Center         | Storm Center         | Storm Center         | Storm Center          | Storm Center         | Storm Center         | Varied Programs       |
| WTBS    | 59  | 40  | 139 | 247 | George   | George   | Broke Girl  | Broke Girl   | Broke Girl  | Broke Girl  | Broke Girl   | Broke Girl   | Friends              | Friends               | Friends              | Friends              | Friends              | Friends              | Friends              | Friends              | Friends               | Friends              | Friends              | Friends               |
| HBO     | 518 | 518 | 303 | 504 | M Last (:45) ** "Reminiscence" (2021) (:45) ** "I, Robot" (2004) Will Smith. (:40) ** "The Peacemaker" (1997, Action) (:45) ** "The Mule" (2018) Last Week To. (:20) Barry             | T Wonder (:34) *** "Much Ado About Nothing" (:25) ** "The Stepford Wives" * "Killers" (2010, Action) (:40) *** "Hellboy" (2004) Ron Perlman. (:45) ** "The Forever Purge" (2021) Real Time | W (7:35) ** "The Wolverine" (:45) "The Hitman's Wife's Bodyguard" ** "Next" (2007) Nicolas Cage. (:40) ** "Greenland" (2020) Time Traveler's Wife ** "Mortal Kombat" (2021) Lewis Tan.    | Th (:05) ** "Superstar" (1999) *** "Venus and Serena" (:10) *** "The Queen" (2006) Gentleman Jack REAL Sports (2:55) *** "The Night House" The Gift Sam Jay The Baby       | F Leap Year "William Shakespeare's Romeo & Juliet" (:40) ** "Little Black Book" (2004) ** "Dear Evan Hansen" (2021) Ben Platt, Amy Adams. REAL Sports Gentleman Jack Spring Awakening | M Joe Vs. (:35) ** "How to Be Single" (2016) (:25) ** "Robin Hood" (2018, Action) (:23) *** "Moonstruck" (:06) * "Something Borrowed" (2011) *** "News of the World" (2020) | T (6:13) "The Aviator" (:03) "Body Brokers" (2021) Jack Kilmer. (10:57) *** "Super 8" (2011) Elle Fanning (12:50) * "The Snowman" (2017) "Seeking a Friend" (:32) "The 40-Year-Old Virgin" | W "Young Woman" (8:55) *** "Best in Show" (:27) * "Fun Size" ( |                      |                       |                      |                      |                      |                      |                      |                      |                       |                      |                      |                       |