

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!				Como dice el dicho		Noticiero	Nosotr.	Hoy				Contigo si		S.O.S. me estoy		El gordo y la flaca		Primer impacto	
A&E	52	55	118	265	Parking	Parking	Parking	Parking	First 48	Varied	First 48	Varied Programs												
AMC	60	45	131	254	Paid Prog. Paid Prog.		Stooges	Varied Programs																Movie
ANP	24	49	184	282	Dr. Jeff: RMV		Tanked		Tanked		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs									
BET	4	72	124	392	Lv Single	Lv Single	Martin	Martin	black-ish	black-ish	Martin	Martin	Celebrity Family Feud		Movie	Varied Programs						Movie	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	Lellobee	Thomas	Mecha	Thomas	Craig	Craig	Craig	Craig	Teen	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Bears	Craig	Craig	Craig
CBSN	410	410	158	221	Varied Programs		The Jim Rome Show						Maggie and Perloff						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	Varied	South Pk	South Pk	Varied	South Pk	South Pk	South Pk	Seinfeld	Seinfeld	Seinfeld	Seinfeld	The Office	The Office
COOK	123	123	113	232	Varied Programs		Carn Eats	Carn Eats	Varied Programs															
DISN	26	48	173	290	Bluey	Spidey	Bluey	Bluey	Bluey	Bluey	Big City	Big City	Big City	Ladybug	Ladybug	Ladybug	Big City	Varied Programs		Big City	Big City	Big City	Big City	Ladybug
E!	64	76	114	236	Movie	Varied Programs					Daily Pop		Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City
ESPN	33	27	140	206	2022 Wimbledon Championships												SportCtr	Around	Pardon	SportsCenter		Varied Programs		
ESPN2	34	28	143	209	(7:00) First Take		SportsCenter		SportsCenter		This Just In		NBA Today		Jalen	This Just	The Point	Varied	Daily Wager		Varied Programs			
FNC	66	25	205	360	The Faulkner Focus		Outnumbered		America Reports				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	Varied Programs														
FS1	41	85	150	219	First Things First		The Herd with Colin Cowherd						Speak for Yourself				First	Varied	NASCAR Race Hub		USFL		Varied Programs	
FX	65	24	136	249	Mom	Mom	Mom	Movie	Varied Programs				Cleveland	Cleveland	Cleveland	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	Simpsons	Simpsons	Movie
FX	35	64	125	259	(7:00) Movie		Movie		Varied Programs															
GOLF	88	88	401	218	Varied Programs		Golf Today		Varied Programs		Golf	Varied Programs			Golf Central		Varied Programs		Golf Central		Varied Programs			
HALL	87	87	185	312	Reba	Reba	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Movie											
HALLMM	86	86	187	565	M "Kingsbury's Maggie's Christmas Miracle"		"A Heavenly Christmas" (2016) Kristin Davis.		"The Christmas Train" (2017, Drama)		"Christmas With Holly" (2012) Sean Faris.		"Just in Time for Christmas" (2015)											
					T "Journey Back to Christmas" (2016, Drama)		"A Little Christmas Charm" (2020, Drama)		"Rocky Mountain Christmas" (2017)		"Project Christmas Wish" (2020, Drama)		"Marry Me at Christmas" (2017, Romance)											
					W "Cherished Memories: A Gift to"		"Dashing Through the Snow"		"Christmas in Love" (2018) Brooke D'Orsay.		"Two Turtle Doves" (2019) Nikki Deloach.		"Christmas on Honeysuckle Lane" (2018)											
					Th "Christmas Bells Are Ringing" (2018)		"Christmas Under the Stars" (2019)		"Northern Lights of Christmas" (2018)		"Christmas in My Heart" (2021, Drama)		"A Gingerbread Romance" (2018, Romance)											
					F Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk (Part 1 of 2)		Monk (Part 2 of 2)		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		Grey's Anatomy		The Mentalist		The Mentalist		The Mentalist		Castle		Castle		Castle	
MAGN	81	81	111	230	Varied Programs																			
MSNBC	71	67	209	356	MSNBC Reports		Andrea Mitchell		Chris Jansing		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	Blaze	Bubble	Varied	PAW	PAW	PAW	Alvinn!!!	Smurfs	Sponge.	Sponge.	Sponge.	Sponge.	Patrick	Sponge.	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	
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	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																			
TCM	56	73	132	256	M "The Reluctant Debutante"		(:45) "Doctor, You've Got to Be Kidding"		**** "National Velvet" (1944, Drama)		(:45) ** "A Date With Judy" (1948)		"The Girl Who Had Everything"		"Nine to Five" (1980)									
					T (:15) ** "Easy to Love" (1934)		"Kansas City"		(:45) *** "G-Men" (1935)		(:15) *** "Special Agent"		(:45) "Bullets or Ballots" (1936)		(:15) *** "Each Dawn I Die" (1939)		"The Spoilers" (1942)							
					W (:15) *** "The Time Machine" (1960)		* "The Swarm" (1978, Horror) Michael Caine.		Middle	** "The Beginning or the End" (1947)		** "Dr. Strangelove Or: How I Learned"		"Murder by Death"										
					Th *** "Devil's Doorway" (1950)		(:45) ** "Side Street" (1950)		(:15) ** "The Tall Target"		(:45) *** "The Naked Spur" (1953)		** "Cimarron" (1960) Glenn Ford, Maria Schell.		** "Westworld"									
					F (7:45) "They Live by Night"		**** "Strangers on a Train"		(:15) **** "42nd Street"		(:45) ** "Footlight Parade" (1933, Musical)		*** "The Boy Friend" (1971) Twiggy, Max Adrian.		"Some Like It Hot"									
TDC	51	42	182	278	Varied Programs																			
TLC	49	62	183	280	Varied Programs																			
TNT	57	52	138	245	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs				Movie		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
TVL	75	74	106	304	Paid Prog. Paid Prog.		M*A*S*H	M*A*S*H	M*A*S*H	Bonanza	Varied Programs		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		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.		Varied Programs															
WEATH	14	19	214	362	AMHQ		Patrnr		Weather Underground		Weather Underground		Weather Underground		Patrnr		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	Sheldon	Sheldon	
HBO	518	518	303	504	M Dance	Last	** "She's All That" (1999)		(:40) *** "Say Anything..." (1989)		Gary Gulman		(:40) ** "Cry Macho" (2021, Drama)		(:25) ** "Red" (2010) Bruce Willis.		Last							
					T "Moonrise Kingdom"	** "Stuck on You" (2003) Matt Damon.	** "My Boss's Daughter"		** "The Holiday" (2006) Cameron Diaz, Jude Law.		(2:50) ** "Man of Steel" (2013, Action)		Real Time, Bill Maher											
					W (:15) ** "Alex & Emma" (2003)	(9:55) ** "The Eyes of Tammy Faye"	(:05) ** "Remember Me" (2010, Romance)		*** "3:10 to Yuma" (2007) Christian Bale		(:05) *** "Nobody" (