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		Good Day Oregon		Kelly Clarkson		12 O'Clock News		Rachael Ray		Wendy Williams		Jdg Judy	Jdg Judy	4 O'Clock News		5 O'Clock News	
MNT	13	13	49	49	Good Day Oregon		Varied Programs		Nick Cannon		The Real		Relative	Divorce	The People's Court		Judge Mathis		Hot Bench	Hot Bench	Jdg Judy	Jdg Judy	You Bet	You Bet
UNIV	22	22	16	47	(7:00) ¡Despierta América!						Dicho	Varied	Noticiero	Nosotr.	Hoy		Contigo sí	Varied	S.O.S. me estoy		El gordo y la flaca		Primer impacto	
A&E	52	55	118	265	Varied Programs												First 48	Varied	First 48	Varied	First 48	Varied Programs		
AMC	60	45	131	254	Paid Prog.	Varied	Stooges	Movie	Varied Programs															
ANP	24	49	184	282	Dr. Jeff: RMV		Tanked		Tanked		Pit Bulls-Parole		Varied Programs											
BET	4	72	124	392	Lv Single	Lv Single	Martin	Martin	black-ish	black-ish	Martin	Celebrity	Varied	Celebrity	Varied Programs		Celebrity	Varied	Movie	Varied Programs				
BRAVO	54	65	129	237	Varied Programs																			
CARTOON	25	59	177	297	Lellobee	Thomas	Mecha	Bugs	Total	Total	Total	Total	Craig	Craig	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Teen	Teen
CBSSN	410	410	158	221	Varied Programs		Jim Rome	Varied Programs					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	South Pk	South Pk	South Pk	Varied	South Pk	Varied Programs		Seinfeld	Seinfeld	Seinfeld	Seinfeld	The Office	The Office
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Bluey	Spidey	Bluey	Bluey	Bluey	Bluey	Mickey	Bluey	Bluey	Bluey	Big City	Big City	Big City	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Varied Programs	
E!	64	76	114	236	Varied Programs						Daily Pop	Varied	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Varied Programs					
ESPN	33	27	140	206	(7:00) First Take		2022 U.S. Open Tennis												Varied Programs		2022 U.S. Open Tennis			
ESPN2	34	28	143	209	(7:00) Get Up		SportsCenter		SportsCenter		This Just In		Wager	Football	NFL Live	Varied	Around	Pardon	SportsCenter		U.S. Open	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	Movie				Varied Programs						The Office	The Office	The Office	The Office	The Office
FS1	41	85	150	219	Varied Programs								Horse Racing				Varied Programs		NASCAR Race Hub		Varied Programs			
FX	65	24	136	249	Mom	Mom	Varied Programs																	
FXX	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				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				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	
					T	Murder, She Wrote	Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	
					W	Murder, She Wrote	Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	
					Th	Murder, She Wrote	Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		Monk		Monk	
					F	Murder, She Wrote	Murder, She Wrote		Murder, She Wrote		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Diagnosis Murder		Monk		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		Grey's Anatomy		Grey's Anatomy		Grey's Anatomy		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	PAW	PAW	PAW	PAW	PAW	PAW	PAW	PAW	PAW	Koral	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	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													Mariners	Baseball	Varied Programs		
SYFY	67	50	122	244	(7:00) Movie		Varied Programs								(:07) Movie			Varied Programs						Movie
TCM	56	73	132	256	M	(7:30) "Men in White"		★★ "Stamboul Quest"		★★ "Whipsaw" (1935)			★★★★ "The Best Years of Our Lives" (1946) Fredric March.						"The Bachelor and the Bobby-Soxer" (1947)				"The Thin Man"	
					T	★★★ "Roughly Speaking" (1945)			★★ "The Time, the Place and the Girl"				★★ "Love and Learn" (1947)			"Romance on the High Seas"			(:15) ★★ "It's a Great Feeling" (1949)				"My Dream Is Yours"	
					W	Mouse	★★ "Only Two Can Play" (1962)			★★★ "The World of Henry Orient"				★★★ "I Love You, Alice B. Toklas"				★★★ "Being There" (1979, Comedy) Peter Sellers.					"Dr. Strangelove"	
					Th	(7:30) "Heaven Can Wait" (1943)		★★★ "Meet Me in St. Louis" (1944)			★★★ "The Harvey Girls" (1946)				(:15) ★★ "Rationing" (1944)					★★ "Gentle Annie" (1944) James Craig.			"The African Queen"	
					F	"Dark Passage"		★★★ "The Corn Is Green" (1945)			★★★★ "Goodbye, Mr. Chips" (1939)				★★★ "Blackboard Jungle"			(:45) ★★ "Bright Road"			"Zéro de conduite"	"It Should-You"	
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		Supernatural		Varied Programs					
TRAV	53	38	196	277	Varied Programs																			
TRUTV	73	75	242	246	Ad. Ruins	Ad. Ruins	MythBusters		MythBusters		Jokers	Jokers	Jokers	Jokers	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	Bonanza		Gunsmoke		Gunsmoke		Gunsmoke		Gunsmoke		Andy G.	Andy G.	Andy G.	Andy G.
USA	58	39	105	242	Law & Order: SVU		Varied Programs				Premier League Live		Premier Soccer		Varied Programs		Goal Zone	Varied	Law & Order: SVU		Law-SVU	Varied	Law & Order: SVU	
WE	118	118	128	260	Varied Programs																			
WEATH	14	19	214	362	AMHQ		Pattrn		Weather Underground		Weather Underground		Weather Underground		Pattrn		Storm Center		Storm Center		Storm Center		Highway Thru Hell	
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
HBO	518	518	303	504	M	(7:52) ★★ "Kin" (2018)		(:35) ★★★ "Jurassic Park" (1993)			Last Week To.		(:20) "My Boss's Daughter"				(1:50) ★★★ "West Side Story" (2021) Ansel Elgort.				"Katrina Babies" (2022)			
					T	(6:40) "Man of Steel"		REAL Sports		(:10) ★★ "Point Break" (2015) Luke Bracey			(:05) ★★ "Cellular" (2004)			(:45) ★★★ "The Night House" (2020)				(:35) ★★★ "King Richard" (2021) Will Smith.					
					W	Percy J	(:40) ★★ "Red" (2010) Bruce Willis.			(:34) ★★ "Red 2" (2013) Bruce Willis.				"The League of Extraordinary Gentlemen"				★★★ "The Incredible Hulk" (2008, Action)			(:25) ★★ "Jurassic Park III"			
					Th	(7:45) "Big Game"		(:13) ★★ "Next" (2007) Nicolas Cage.				"The Day the Earth Stood Still"			(:35) ★★★ "Colossal" (2016, Comedy)				(:25) ★★★ "Hellboy" (2004) Ron Perlman.				"Terminator 2: Judgment Day"	
					F	"X-Files: Believe"		(8:50) ★★ "Ender's Game" (2013)				(10:50) ★★ "Fast & Furious 6" (2013)				(:05) ★★ "The Wolverine" (2013, Action)			(:15) ★ "Geostorm" (2017) Jim Sturgess				(:05) "Dune" (2021)	
MAX	531	531	311	516	M	(:10) ★ "The Animal" (2001)			(:35) ★★★ "Romancing the Stone" (1984)				"This Is Where I Leave You"			(:08) ★★★ "Monster's Ball" (2001, Drama)				(:01) ★★★ "Limbo" (2020) Vikash Bhai				"Reservation Road"	
					T	"Harley Davidson-Marlboro"			(:35) ★★ "Rambo III" (1988, Action)				(:18) ★★ "Half Brothers" (2020)			(12:55) ★★ "Jack the Giant Slayer" (2013)				(2:50) ★★★ "The Queen"			(:36) ★★ "Promised Land"	
					W	(7:15) ★★★ "Eight Men Out"			(:17) ★★ "The Jacket"			(:02) ★★★ "First Blood" (1982)			(:37) ★★★★ "12 Years a Slave" (2013)				(2:53) ★★ "Cymbeline"				(:33) ★ "Ghost Ship" (2002)	
					Th	(7:18) ★★ "Julia" (2008)			(:43) ★★ "Boogie" (2021)			(:15) ★★★ "High Fidelity" (2000)				(:09) ★★ "Never Die Alone"			(:38) ★★★ "No Country for Old Men"				(:42) ★★★ "Never Let Me Go"	
					F	(7:03) "Hoodlum"		(:15) ★★★ "Freaky" (2020) Vince Vaughn.				(10:58) ★★ "The Big Hit" (1998)			★★ "Basic" (2003, Suspense)		(:10) ★★★ "Frida" (2002) Salma Hayek.				(:15) ★★ "Notorious" (2009, Biography)			
SHOW	578	578	319	546	M	(7:30) ★★★ "Private Benjamin"		★★★ "Buffalo Soldiers" (2001)				(:15) ★★ "Robin Hood: Prince of Thieves" (1991)					(:45) "Old Henry" (2021) Tim Blake Nelson.			★★★ "World Trade Center" (2006, Drama)				(:45) VICE
					T	"Another Kind of Wedding"		"As They Made Us" (2022)				(:10) ★★ "Stillwater" (2021, Drama) Matt Damon.				"The Novice" (2021, Suspense)			Spotlights	(:20) ★★ "Infinite Storm"			City on a Hill	
					W	(7:30) ★★★★ "Glory" (1989)		(:35) ★★ "Hotel Artemis"				(:15) ★ "Exit Wounds" (2001, Action) DMX				★★★★ "The Silence of the Lambs" (1991)			★★ "Be Cool" (2005) John Travolta.				"Mission: Imp. 3"	
					Th	"Thank You for Your Service"		★★★ "Arrival" (2016) Amy Adams.						"Indiana Jones and the Raiders of the"			★★ "Shaft" (2000) Premiere.		(:15) ★★★ "The Rider" (2017) Premiere.				"True Grit" (2010)	
					F	(:15) ★★★ "World Trade Center" (2006) Nicolas Cage.				★★★ "Three Kings" (1999) Premiere.				★★★ "Scream" (1996) Neve Campbell.				★★★ "Scream 2" (1997) David Arquette.				"The Novice" (2021, Suspense)		
STARZ	621	621	351	526	M	"This Is the End"		(:12) ★★ "The Equalizer 2" (2018) Denzel Washington.				(:17) ★★★ "The Kid Detective"			Power Book III		"The Mortal Instruments: City of Bones"				(:14) ★★ "Here Today" (2021) Billy Crystal.			
					T	"Jumanji: Welcome"			(:32) ★★★ "Captain Phillips" (2013) Tom Hanks.				(11:50) "Think Like a Man Too"			(:41) ★ "The Intruder" (2019, Suspense)				Power Book III			(:27) "All About the Benjamins"	
					W	(:09) ★★ "The Amazing Spider-Man 2" (2014)				(:34) ★★ "Tomorrowland" (2015) George Clooney.						"Rise of the Planet of the Apes"			"Resident Evil: Welcome to Raccoon City"				(:25) ★ "The Ugly Truth"	
					Th	(7:13) "Bewitched"		(8:59) ★★★ "A Beautiful Mind" (2001) Ed Harris				(:18) "The Hitcher"		(:45) "Marcus" (2020) Owen Miller. Premiere.				Evil by Design		(:31) ★★ "Bewitched" (2005) Will Ferrell				Bowfinger
					F	"If Beale Street Could Talk"			(:32) ★★★ "Dazed and Confused" (1993)			(:18) ★★ "The November Man"			(:10) ★ "Grown Ups 2" (2013) Kevin James				Power Book III		(3:55) ★★ "Fame" (2009)		Ghostbust	
TMC	591	591	327	554	M	(7:40) "The Florida Project"		(:35) ★★★ "Car Wash" (1976)			(:15) "23 Walks" (2020) Dave Johns.				"Birthmarked" (2018, Comedy)				★★ "Vox Lux" (2018) Natalie Portman.				★★ "Double Impact" (1991)	
					T	(7:30) ★★★ "Minari" (2020)		"The Exchange" (2021, Comedy)			"12 O'Clock Boys"			"John and the Hole" (2021)			(:15) "A Thin Line Between Love and Hate"				(:05) ★★★ "Lamb" (2021) Noomi Rapace.		
					W	★ "Vampire Academy"		(:45) "The Man Who Invented Christmas"				"In My Father's House" (2015)			(:05) ★ "Billionaire Boys Club" (2018)				★★ "Behind Enemy Lines"			★★ "Hot Summer Nights"	
					Th	Scram	"Run With the Hunted" (2020)			(:05) "Proximity" (2019) Ryan Masson.			(:05) ★★★ "First Reformed" (2017)				★★ "Falling" (2020) Viggo Mortensen.				★★★ "Lee Daniels' The Butler" (2013)		
					F	(:10) "John and the Hole" (2021, Suspense)				★★ "The Promise" (2016) Oscar Isaac.			(:15) ★★★ "Side Effects" (2013) Jude Law.				"Norman: Moderate Rise and Tragic Fall"			(:05) ★★ "Safe Haven" (2013, Romance)		