Turkey Trot raises money for warming stations

By TAMMY MALGESINI East Oregonian

Before succumbing to the relaxing effects of a tryptophan-rich turkey dinner, people are invited to participate in the annual Turkey Trot.

Featuring both a 5K run/ walk and a kids 1-mile dash, the event is coordinated by Club 24. Money raised from the Turkey Trot helps provide support to warming stations in both Pendleton and Hermiston.

A family-friendly event, people are encouraged to bundle up and wear costumes. Check-in and race day registration is Thursday, Nov. 22 — Thanksgiving Day — from 8-9 a.m. in front of Sno Road Winery, 111 W. Main St., Echo. The race officially starts at 9 a.m., offering participants plenty of time to get home afterward to put the turkey in the oven.

The registration fee is \$15 for adults, \$10 for youths 16 and younger and free for children under age 6. The course is wheelchair accessible and people can bring their well-mannered dogs.

In addition to financial support, both warming stations are in need of volunteers.

Neighbor 2 Neighbor Pendleton runs the warming station in Pendleton. It's located at 715 S.E. Court Ave. According to a press release from executive direc-

St. Anthony offers

free car seat checks



Participants line up to register for a past Turkey Trot. This year's event is Nov. 22 - Thanksgiving Day starting in front of Sno Road Winery in Echo. Money raised benefits warming stations in Pendleton and Hermiston.

tor Dwight Johnson, it plans to open overnight when temperatures are expected to be colder than 32 degrees. Information is posted on its Facebook page and www. n2npendleton.org.

Participation in a training session is required to volunteer. Upcoming training is available Wednesday at 6 p.m. or Saturday at 9 a.m. The sessions will be held at the warming station and people don't have to pre-register to attend. For questions about the Pendleton warming station, call 765-791-8332.

In Hermiston, the opening date has been pushed back to Dec. 1 due to a lack of volunteers. Upcoming training is available Friday from noon to 3 p.m. and Saturday from midnight to 3 a.m. or noon to 3 p.m. Potential volunteers need to attend a training, be at least 18 and pass a background check. Although not required, the board of directors requests a \$10 donation to pay for volunteer background checks.

The Hermiston Warming Station is located at 1075 S. Highway 395 (across from Tower Apartments, next to Cornerstone Plaza). For more information, call board chair Tessie Hill at 541-289-2150 or text to 541-561-9485.

For more information or to pre-register for the Turkey Trot, visit www.brownpapertickets.com or stop by local Club 24 locations: 1720 S.W. Court Ave., Pendleton; or 832 S. Highway 395, Hermiston. For questions, contact pendleton@club-24fit.com or 541-429-4195.

Contact Community Editor Tammy Malgesini at tmalgesini@eastoregonian. com or 541-564-4539

SUPPORT GROUPS

TUESDAY, NOVEMBER 13 TOPS CHAPTER OR 1110, 8 a.m., Missionary Baptist Church, 125 E. Beech St., Hermiston, 8 a.m. weigh-in followed by meeting at 8:45 a.m. (Margaret

Wetterling 541-720-0276)

TOPS, 8:30-10 a.m., Landmark Baptist Church,
125 E. Beech Ave., Hermiston. (Barb 541-580-

GRIEFSHARE, 1-3 p.m., Sun Terrace Assisted Living, 1550 N.W. 11th St., Hermiston. (Terri or Beth

541-667-3543 or 541-564-2595) CANCER SURVIVORS LUNCHEON, 1-2 p.m. St. Anthony Hospital, 2801 St. Anthony Way, Pend-

leton. (Lori Weaver 541-278-3233) WOMEN'S AA MEETING, 1 p.m., First United Methodist Church, 352 S.E. Second St., Pendleton.

Children are welcome

TOPS CHAPTER OR 1169, 4-5:30 p.m., Hermiston Assembly of God Church, 730 E. Hurlburt Ave., Hermiston. Use west side door. (Janell Bailey

LOST AND FOUND YOUTH OUTREACH, 4 p.m., Hailey Place Apartments community room, 696 S.W. 30th St., Pendleton. Help for youth 12-18

696 S.W. 30th St., Pendleton. Help for youth 12-18 facing challenges. (Leslie 541-276-3987)

OPEN AA MEETING, 5 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. (Ed D. 541-207-2548)

RELEASE AND REFOCUS, 5:30 p.m., Light-house Church, 417 N.W. 21st St., Pendleton. Learn to release life's negative experiences and emotions

and embrace positive ones. (541-240-9690)

AL-ANON, 5:30 p.m., St. Anthony Hospital conference room 3, 2801 St. Anthony Way, Pendleton.

(Sandy 541-278-0162)
"LOVE IS A CHOICE" CO-DEPENDENCY SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries, 319 W. Locust Ave., Hermiston. (541-

GENERAL SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries, 319 W. Locust Ave., Hermiston. (541-564-1041)

OVERCOMERS OUTREACH, 6 p.m., Living Word Christian Center, 401 Northgate, Pendleton. Christ-centered 12-step program with individual sponsors for those wishing to overcome addictive

behavior. (541-278-8082)

AA OPEN BOOK STUDY, 6 p.m., St. John's Episcopal Church, 235 N.E. Seventh St., Hermis-

NARCOTICS ANONYMOUS, 6:30 p.m., Helping Hand, 346 S.E. Second St., Pendleton.

GRIEFSHARE, 6:30-8 p.m., Seventh-day Adventist Church, 205 Tumbleweed Blvd., Irrigon. Group discussion, prayer, DVD lessons, workbook exercises and more for those undergoing the grieving process. Everyone welcome. (Beth Harrington

MEN'S OPEN AA MEETING, 6:30 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St.,

HEPPNER MIRACLES OPEN AA MEETING, 7:30 p.m., St. Patrick's Catholic Church parish hall,

7.30 p.m., 3t. Patilicks Catholic Chulch painst Hall, 525 N. Gale St., Heppner. (800-410-5953)

NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

CANDLELIGHT OPEN AA MEETING, 8 p.m.

complex, 680 W. Harper Road, Hermiston. (800-

WEDNESDAY, NOVEMBER 14

TOPS, 8 a.m., Oregon Trail Manor, 2430 S.W. Perkins Ave., Pendleton. 8:15 a.m. weigh-in, 9 a.m. meeting and program. (541-276-6370)

AL-ANON, 5-6 p.m., St. John's Episcopal Church, 665 E. Gladys Ave., Hermiston.

GRIEFSHARE, 6-7:30 p.m., New Hope Community Church, 1350 S. Highway 395, Hermiston. (Terri or Beth 541-667-3543 or 541-564-2595) NARCOTICS ANONYMOUS, 6:30 p.m., Help-

ing Hand, 346 S.E. Second St., Pendleton. WOMEN'S OPEN AA MEETING, 6:30 p.m. complex, 680 W. Harper Road, Hermiston. (800-

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second

St., Pendleton.

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal

Health Center, 73265 Confederated Way, Mission.

H.O.W. OPEN AA MEETING, 8 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

THURSDAY, NOVEMBER 15
OPEN SUPPORT GROUP, 10 a.m.-12 p.m.,
Bowman Building, 17 S.W. Frazer Ave., Pendleton.
(541-276-6671 or 541-379-1589)

AS BILL SEES IT AA MEETING, 12 p.m., com-

plex, 680 W. Harper Road, Hermiston. **ALZHEIMER'S SUPPORT GROUP,** 2 p.m. Milton-Freewater Public Library, 8 S.W. Eighth Ave., Milton-Freewater. Support, education and discussion of problem-solving techniques. All family, friends and caregivers for people with dementia welcome. (800-272-3900)

LOST AND FOUND YOUTH OUTREACH, 3 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Help for youth 12-18 facing challenges. (Leslie 541-276-3987)

HEALTHY CHOICES AA MEETING, 5-6:30 p.m., St. Anthony Hospital conference room 1, 2801 St. Anthony Way, Pendleton. (541-207-2548)

WOMEN FOR SOBRIETY SUPPORT GROUP, 5:30-7 p.m., First Christian Church, 516 S. Main St., Milton-Freewater. New members welcome. (Kim-

TOPS, 6 p.m., Peace Lutheran Church, 210 N.W. Ninth St., Pendleton. 6 p.m. weigh-in, 6:30-7:30 p.m. meeting. (Heather Endersby 541-969-

CELEBRATE RECOVERY, 6-9 p.m., First Assembly of God Church, 1911 S.E. Court Ave., Pendleton. 6-7 p.m. large group, 6-8 p.m. Celebration Place (children K-5), 7-8 p.m. open short group, 19 p. Celebration Place (Children K-5), 8-2 p.m. open short group). 8-9 p.m. Solid Rock Cafe social time (all ages Christ-centered 12-step program for those with hurts, habits and hangups. Childcare is available for

children ages 1-5. (541-276-6417)

DOMESTIC VIOLENCE/SEXUAL ASSAULT WOMEN'S SUPPORT GROUP, 6-7:30 p.m., call for location, Hermiston. Sponsored by Domestic Violence Services. (541-567-0424)

DOMESTIC VIOLENCE/SEXUAL ASSAULT

WOMEN'S SUPPORT GROUP, 6-7:30 p.m., call for location, Pendleton. Sponsored by Domestic Vi-

NARCOTICS ANONYMOUS, 6:30 p.m., Helping Hand, 346 S.E. Second St., Pendleton.

ADDICTION RECOVERY PROGRAM, 7 p.m., Seventh-day Adventist Church seminary building, 800 S. First St., Hermiston. Everyone is welcome. (Kim Puzey 541-567-3622)

NARCOTICS ANONYMOUS, 7:30 p.m., Wesley United Methodist Church, 816 S. Main St., Mil-

HEPPNER MIRACLES OPEN AA MEETING, 7:30 p.m., All Saints Episcopal Church parish hall, 140 W. Church St., Heppner. (800-410-5953)

OPEN AA MEETING, 7:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

OPEN AA MEETING, 8 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953)

FRIDAY, NOVEMBER 16

CELEBRATE RECOVERY GROUP, 6 p.m., Salvation Army, 150 S.E. Emigrant Ave., Pendleton. (541-276-3369)

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission. (800-410-5953)

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St.,

OPEN AA MEETING, 7 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

OPEN AA MEETING, 7:30 p.m., lone Community Church, 395 Main St., lone. (800-410-5953)

NARCOTICS ANONYMOUS, 7:30-9 p.m.,
First United Methodist Church, 191 E. Gladys Ave.,

NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

car seat.

PENDLETON — Parents are invited to have an inspection of their child's

The event is Saturday

from 2-4 p.m. in the parking lot at St. Anthony Hospital, 2801 St. Anthony Way, Pendleton. There is

Statistics indicate that 70 percent of the children traveling in cars are improperly restrained. The public is invited to stop by to have a safety technician evaluate your child's car seat.

For more information or to schedule an appointment at another time, call 541-278-2627.

NOVEMBER 13, 2018 TUESDAY AFTERNOON & EVENING 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 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 6 PM 6:30 7 PM | 7:30 | 8 PM | 8:30 Lethal Weapon The People's Divorce Paid Last Modern Modern 2 Broke 2 Broke The Gifted "No First at 11 the Park Court Progran Man St. Man St. & Molly Court Family Family Wendy Williams Truth Truth 3 12 O' News (N) People's Court (N) Judy Judy News (N) The Gifted (N) Lethal "Bali" (N) News Page Six Judge Bold & Let's Make a Dea Judge News News The Big TheSi-NCIS "A Thousand FBI "Cops and NCIS:NewOrleans News yAsk (N) B Colbert (N) Edition mpsons Words" (N) Robbers" (N) 'Sheepdogs" (N) 19 Local 6 B & B The Talk (N) The 700 Club Dr. Phil NCIS (N) FBI (N) NCIS: New O. (N) Colbert KOIN News (N) News News News News Extra ET (N) News News Ellen DeGeneres TMZ Paid Days of Our Lives | The Wendy Daily News News News Family Wheel Jeop-Voice "Live Top 24 This Is Us New Amsterdam 6 Days of Our Lives The Dr. Oz Show News Paid E.DeGeneres (N) KGW News (N) News News KGW News (N) Cassidy InsEd. The Voice (N) This Is Us (N) NewAmst. (N) News Tonight General Hospital The Doctors Splitting The Rookie "The GMA Day (N) The Rachael Ray The Dr. Oz Show News News News ET (N) Extra Conners The Kids Black-News (N) /:05 Switch" (N) Jimmy Kimmel **KVEW** Show (N) (N) (N) ish (N) Up (N) Million? Million? KATU News (N) KATU 5 GMA Day (N) General Hospital | Afternoon Live News News News (N) Jeop. (N) Wheel | Conners | The Kids | Black | Splittin | The Rookie (N) News Kimmel We'll M "Saved in Amanpour & Cook's Fit 2 Esmon- Pinka-Nature Ready Wild Odd Arthur Business PBS NewsHour (N World Steves Native A "Cities of Native A "New Amanpour & Vietnam" (N) he Sky" (N) Country Stitch World Rising" (N) Company Cat (N) Jet Go! KTNW de Tech. Peter Kratts Squad News Europe Company (N) PBS NewsHour (N) We'll M "Saved in Wild Ask-Old Business Odd Wild Native A "Cities of Native A "New Through Jazzy Mexican Steves Nature Cat in Ready Arthur Odd Native Art Now 13 Vietnam" (N) Europe Squad Time ` Table Cat Jet Go! Kratts Kratts House World Rising" (N) OPB Squad 5 PM 5:30 6 рм 8 PM 9 PM | 9:30 | 10 PM | 10:30 12 PM 12:30 1 РМ | 1:30 3 PM 4:30 8:30 4 РМ The First 48 A&E 52 Gangland Gangland Gangland First 48 "M.I.A." The First 48 L. Remini L. Remini L. Remini Remini "The Jehovah's Witnesses" (N) :05 L. Remini ♥+★★ Shooter ('07, Act) Michael Peña, Mark Wahlberg. 60 ♥★★ Inside Man ('06, Thril) Denzel Washington. ♥★★ The Taking of Pelham 1, 2, 3 \[
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\mathfrak{N} \displau \din \displau \displau \displau :35 🛠 The Man From U.N.. 24 Dr. Dee: Alaska R. Mountain Vet Pit Bull Parolees Pit Bull Parolees Lone Star Law Star Law "Busted" Lone Star Law Lone Star Law NW Law "Repeat Offenders" (N) ANPL Lone Star Law Lone Star Law 43 Home I. Home I. Home I. Home I. Last Man Last ♥★★ Gone in 60 Seconds ('00, Act) Nicolas Cage Cops CMT Fast Money Shark Tank The Profit CNBC 72 Closing Bell Mad Money Shark Tank Shark Tank Shark Tank Profit "Tea2Go" The Profit Paid Paid CNN The Situation OutFront 68 CNN Newsroom The Lead The Situation A. Cooper 360 Cuomo CNN Tonight **CNN Tonight** A. Cooper 360 Cuomo CNN Tonight Vegas Rat Rods Vegas Rat Rods Rat Rods (N) Race Night (N) 51 Gold Rush **Gold Rush** Master of Arms Master of Arms Vegas Rat Rods Vegas Rat Rods Rat Rods (N) DuckTal. DuckTal. BigCity Bunk'd 26 Puppy Puppy Bunk'd Bunk'd StuckM. StuckM. StuckM. Raven's, Raven's, Raven's Alvin and the Chipmunks CoopCmi CoopCmi CoopCmi G. Luck G. Luck Raven's. Raven's 33 NBA: The Jump (L) H.Noon Highly? Horn (N) Interrupt SportsCenter (N) CFP Rankings Basketball: A Love Story (N) Basketball: A Love Story (N) SportsCenter (N) | SportsCenter (N) SportsCenter (N) NCAA Basketball Ga.T./Ten. (L) SportsCenter (N) 34 NFL Live (N) Football Highly? NCAA Football Western Michigan at Ball State (L) eSports "Injustice 2 BKB: Love (N) Special Report 66 Shepard Smith Your World The Story Tucker Carlson Hannity Ingraham Angle Fox News Tucker Carlson The Five Hannity Ingraham Angle 61 Southern GirlFarm Pioneer Pioneer Chopped Junior Chopped (N) Chopped Chopped Chopped Chopped Chopped Chopped Chopped Chopped 32 The Boat The Boat Middle Middle Middle Middle Middle Middle Middle Middle Middle ₩★★ Dennis the Menace :40 ♥★★ Ice Age: Continental Drift :50 ♥★★★ Despicable Me Steve Carell. The 700 Club FREE 19: ★★★ The Martian ('15, Adv) Matt Damon. 65 Mother Mother Mike&M. Mike&M. ♥★★★ Dawn of the Planet of the Apes Gary Oldman. **★★★ The Wolf of Wall Street ('13, Dra) Jonah Hill, Leonardo DiCaprio. GOLF 88 EPGA Golf Driver vs. Driver | Driver vs. Driver | Golf C. | Lessons | School | GolfAdv. | Driver vs. Driver | Driver (N) | Driver vs. Driver Golf C. | School | Driver vs. Driver | Driver vs. Driver | PGA Tour Learn 76 The Chase Am.Says Am.Says Feud Feud Feud CashCb CashCb Feud Caroline Feud Feud Feud Am.Says Reaction Idiotest Idiotest Feud Feud Feud Feud 87 Home and Family Martina McBride Christmas Cookies Jill Wagner 👺 A Royal Christmas Stephen Hagan. HALL Christmas Incorporated A Dream of Christmas Marry Me at Christmas Fixer Upper H.Hunt H.Hunt House Fixer Upper HGTV 62 Fixer Upper 50 Curse Oak Island Cur 29 * Twelve Wishes for Christmas ♥★★ His and Her Christmas Becoming Santa Michael Gross. HoneymIsland Honeymisland Married (N) HoneymIsland (N) :05 Married (N) :05 FirstSight (N) Machines PAW Sponge Sponge Loud H. Loud H. Keep (N) H.Danger Sponge 27 PAW Butterb PAW Sponge Sponge Loud H. Loud H. Sponge Sponge Friends Friends Friends Friends NICK NCAA Basketball UDM/But. Press (N) NCAA Football Montana at Idaho The Dan Patrick Show (N) NCAA Football Northern Colorado vs. Montana State ROOT 37 Paid Paid Mom | Mom | Mom | Friends | Friends | Friends | Friends | Friends | Friends | Ink Master SPIKE 42 Bar Rescue ₩★★ Hancock SYFY ******★★★ Harry Potter and the Chamber of Secrets ('02, Fam) Daniel Radcliffe. Futur. 59 Friends | Fri **** A Streetcar Named Desire Vivien Leigh. **** Marty Ernest Borgnine 56 :15 **9** ★ The Honeymoon Killers :15 \★★★★ The Nun's Story ('59, Dra) Audrey Hepburn. ♥★★★★ The Loved One Robert Morse Say Yes Say Yes Say Yes Say Yes 7 Little Johnstons 7 Johnstons (N) Little Couple (N) Mama Medium 49 Say Yes Say Yes L.I. Medium To Be Announced Gypsy Wedd **Gypsy Wedd** Super. "Bloodlust" | Supernatural ******★★★ The Fifth Element Bruce Willis. ******★★ Cowboys and Aliens Daniel Craig. ******★★ **The Lone Ranger** ('13, Act) Johnny Depp. :15 🐕 **Cowboys** ... 57 Supernatural Impacto Noticie. 21 Notic. Vecinos LIKE, La Leyenda Como dice dicho El Vuelo de la V El gordo y la flaca Primer impacto P. Luche Notic. Rosa Guadalupe Jesus Mi Marido Tiene Amar a Muerte UNI Law&Order: SVU SVU "Asunder' Modern Modern Modern WWE Super Smackdown 58 SVU "Honor" SVU "Closure" SVU "Legacy" SVU "Baby Killer Real Country (N) Modern Modern USA Criminal Minds 118 CSI "Blood Moon' CSI "Stalkerazzi Criminal Minds Crim. Minds "JJ" Criminal Minds Law:CI "Want" WE Criminal Minds | Criminal Minds Law & Order: C.I. In Heat of Night Blue Bloods Married Married Married Mother Mother WGN Blue Bloods Blue Bloods Cops Justice League нво 518 ♥★★ Barbershop Ice Cube. :35 ♥★★ Battle of the Sexes 1stLook :55 \ ★★ Knight and Day :45 Not Done Yet Bill Maher ('17, Act) Gal Gadot. T. vs P. D.Bivol AXIOS Camping News 520 ♥★★★ Underworld Kate Beckinsale. :55 1stLook /:10 ♥ American Made :05 VICE :35 R.104 AXIOS :35 ♥★★ Kingsman: The Golden Circle Bill Maher Last Wk R. 104 ♥ The Price of Everything Sports HBO3 521 ♥ Under the Tuscan Sun :45 \ \ ★★★ Whip It Ellen Page :40 뿟★★★ Fargo :20 ♥★★ All About Steve :05 🛠 Victoria and Abdul Judi Dench ਼ਾ਼*★★ Bring It On :45 ♥★★★ Whip It :50 \★★★ Jupiter Ascending Mila Kunis. \hspace ** ★ Beerfest ('06, Com) M.C. Gainey. TourBus 549 :15 \ ★★★ The Beach ★★★ Corky Romano Inside the NFL (N) Shut Up Dribble Inside the NFL 578 F. Throw Momma From t... From t \(\delta \delta \delta \)
 The Usual Suspects ★★★★ Traffic ('00, Dra) Michael Douglas. 621 👺★★ Legion :20 Outlander :15 ♥★★ Madea's Family Reunion :10 ♥★★ Rough Night 50 Outlander :50 \ ★★ Anna Karenina Keira Knightley. ★ Madea's Family Reunion Movie Outlander STZENC 644 :20 ♥★★★ The Lord of the Rings: The Return of the King ♥ Domestic Disturbance
♥★★★ Gladiator

THESDAY LATE NIGHT & WEDNESDAY MORNING

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| 11) × KFFX | | :05 Mike & Molly | | | / Featuring | a selectio | n of produ | cts and se | vices. | | | CR TV | | AgDay | The Game | Good Da | y (N) | | | Provi- dence | Provi- dence | Live PD: Patrol | Live PD: Patrol | Chicago Into Bad N | |
| ည် KFFX KPTV | 3 | | | Celebr- ity Page | | Girls Queens | | Paid Paid This Program Program Minute | | | | | | Good Da at 6 a.m. | | Good Day Oregon (N) | | | | | | The Rachael Ray Show | | | |
| MEPR KEPR | | The Late Show | :35 James | | :35 Paid Program | :05 CBS (| Overnight | News | | | Morning News | News (N) | News (N) | News (N) | News (N) | CBS This | Morning | (N) | | Pickler & | Ben | The Price | Is Right | The Your the Restl | |
| KOIN | | The Late Show | :35 James | Corden | :35 News | :10 CBS (| Overnight | News | | News (N) | News (N) | KOIN 6 N a.m. (N) | | KOIN 6 N a.m. (N) | lews at 6 | CBS This | Morning | (N) | | Let's Mal | ke a Deal | The Price | Is Right | The Your the Restl | |
| 25) KNDU | 6 | | | | :35 Last Call | :05 Today Show | | | | Early Today | Wake Up Northwe | | st (N) | | | Today Show | | | Today Show III (N) | | Today (N | | | Hot Bench | |
| KGW | 8 | | :35 Seth Meyers Jeff Goldblum | | :35 Last Call | st :05 Steve! | | Early Today | Early Today | | | KGW News at Sunrise (N) | | KGW News at Sunrise (N) | | Today Show | | | Today Show III (N) | | | | Daily Blast (N) | Daily Blast | |
| 42 KVEW | 4 | | | | | World News Now F nd breaking news fro | | eaturing the morning' m around the world. | | | America Morning | | News (N) | News (N) | News (N) | Good Morning America (N) | | | Live Jussie Smollett (N) | | | | Paid Program | This Minute | |
| KATU | 5 | | | | | | | | | News (N) | News (N) | KATU Ne | ws This M | lorning (N | (N) Good Morning America (N) | | | | AM Northwest | | The View | | Live Jussie Smollett (N) | | |
| 31) KTNW 59 | | | | | Native America 'Cities of the Sky" | | | | The Woman in White | | | Antiques Roadsho | | Esmon- de Tech. | | Ready Jet Go! | Cat in the Hat | Sesame Street | Super WHY! | Dinosa- ur Train | Peg + Cat | Daniel Tiger | Splash & Bubbles | | |
| 59 OPB | 13 | | | Antiques Roadshow | | | | | | Independ Cleaners" | dependent Lens eaners" | | World News | Power Yoga | Wild Kratts | | Curious George | | Daniel Tiger | Daniel Tiger | Splash & Bubbles | | | Dinosa- ur Train | |