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	Tiger	Elinor	Clifford	Pink	Sesame	Dinosaur	Xavier	Varied Programs				Go Luna	Nature	Hero	Odd	Arthur	Peg	Ready Jet	Wild Kratt
CBS	6	6	6	6	CBS This Morning		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	Varied	Days of our Lives		Blast	Varied	Ellen DeGeneres		KGW News at 4		News	News
CW	9	9	32	32	KOIN AM Extra		Tamron Hall		Dr. Phil		Steve Wilkos Show		Maury		Jerry Springer		Steve Wilkos Show		King	Friends	black-ish	Last Man	Mom	Mom
FOX	12	12	12	12	Good Day Oregon		Good Day Or.		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		Varied Programs		Mike	Mike	TMZ Live		Jerry	Protection	Divorce	Divorce	Judge Mathis		Hot	Hot	Jdg Judy	Jdg Judy	FamFeud	FamFeud
UNIV	22	22	16	47	(7:00) ¡Despierta América!						Como dice el dicho		Noticiero	Nosotr.	Hoy		Mañana es		Quererlo todo		El gordo y la flaca		Primer impacto	
A&E	52	55	118	265	Parking	Parking	Parking	Parking	Varied Programs															
AMC	60	45	131	254	Paid Prg.	Paid Prg.	Movie	Varied Programs					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	Parkers	Parkers	Parkers	Parkers	Martin	Martin	Martin	Varied	Martin	Martin	Prince	Prince	Prince	Prince	Prince	Varied Programs				
BRAVO	54	65	129	237	Varied Programs																			
CARTOON	25	59	177	297	Teen	Varied	Elliott	Teen	Varied Programs		Victor	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Total	Elliott
CNN	68	44	200	202	CNN Newsroom		Inside Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		Erin Burnett OutFront		Anderson Cooper	
COM	77	56	107	249	Futurama	Futurama	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Varied Programs						Office	Office	Office	Office
COOK	123	123	113	232	Varied Programs																			
DISN	26	48	173	290	Puppy	Puppy	T.O.T.S.	T.O.T.S.	Puppy	Puppy	Bluey	Bluey	Ladybug	Ladybug	Big City	Big City	Varied Programs		Jessie	Jessie	Big City	Big City	Bunk'd	Bunk'd
E!	64	76	114	236	Kardas	Varied Programs					Daily Pop		Varied Programs											
ESPN	33	27	140	206	(7:00) First Take		Varied Programs																	
ESPN2	34	28	143	209	(7:00) Get Up		First Take		Varied Programs				The Jump	Varied	NFL Live		Varied Programs							
FNC	66	25	205	360	The Faulkner Focus		Outnumbered		America Reports With John Roberts				The Story		Neil Cavuto		The Five		Special Report		FOX News Primetime		Tucker Carlson	
FOOD	61	54	110	231	Varied Programs																			
FREE	32	33	180	311	Melissa	Melissa	The 700 Club		700 Club	Middle	Middle	Varied Programs												
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Speak for Yourself				Fox Bet	Skip	NASCAR Race Hub		Varied Programs		CONCACAF Soccer	
FX	65	24	136	249	(7:00) Movie		Varied	Mike	Varied Programs								Movie	Varied Programs						
FXX	35	64	125	259	Mom	Mom	Movie	Varied Programs			Movie	Varied Programs												
GOLF	88	88	401	218	Live From the Masters						Varied Programs						Masters Highlights		Varied Programs					
HALL	87	87	185	312	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Home & Family		Home & Family		Movie				Movie				Movie			
HALLMM	86	86	187	565	M Little House/Prairie		Little House/Prairie		Matlock		Matlock "The Chef"		Matlock		Monk		Monk		Monk		Good Witch		Good Witch	
					T Little House/Prairie		Little House/Prairie		Matlock		Matlock "The Nurse"		Matlock		Monk (Part 1 of 2)		Monk (Part 2 of 2)		Monk		Good Witch			
					W Little House/Prairie		Little House/Prairie		Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Matlock		Monk		Monk		Monk		Good Witch		Good Witch	
					Th Little House/Prairie		Little House/Prairie		Matlock		Matlock		Matlock		Monk		Monk		Monk		Good Witch		Good Witch	
					F Little House/Prairie		Little House/Prairie		Matlock		Matlock (Part 1 of 2)		Matlock (Part 2 of 2)		Monk		Monk		Monk		Good Witch		Good Witch	
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		The Closer		The Closer		Major Crimes		Major Crimes		Major Crimes		Major Crimes		Major Crimes		Rizzoli & Isles	
MSNBC	71	67	209	356	Craig Melvin Reports		Andrea Mitchell		MTP Daily		Katy Tur Reports		Ayman Mohyeldin		Deadline: White House				The Beat With		The ReidOut		All In With	
NBCSN	89	89	159	220	Varied Programs																			
NBCSNW	426	37	424		Blazers	Varied	The Brian Noe Show						Paid Prg.	Larry	Varied Programs		SKY Sports News		Rip City Drive with Travis			Varied Programs		
NGEO	55	78	197	276	Varied	Paid Prg.	Varied Programs																	
NICK	27	51	171	299	Peppa	Peppa	Blaze	Blaze	PAW	PAW	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Varied Programs					
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	Varied	Cooking!	Tennis Classics				Varied Programs													
SYFY	67	50	122	244	Movie	Varied Programs										(:31) Movie			Varied Programs		(3:59) Movie			Varied
TCM	56	73	132	256	M Experimnt	(:45) ★★★ "The Facts of Life" (1960)			★★★ "The Fallen Idol" (1948)				(:15) ★★★★ "Far From the Madding Crowd" (1967) Peter Finch						(:15) ★★★ "A Farewell to Arms"				"Father of Bride"	
					T Foreign	(:45) ★★★ "The Fortune Cookie" (1966) Ron Rich					★★★★ "42nd Street" (1933)			(:45) ★★★ "Four Days in November" (1964)					★★★★ "The Four Feathers" (1939)				"The 400 Blows"	
					W (7:15) "Gaslight"		(:15) ★★★★ "Giant" (1956, Drama) Elizabeth Taylor, Rock Hudson.							(:45) ★★★★ "Gigi" (1958, Musical) Leslie Caron.					★★★ "The Goodbye Girl" (1977)				"Goodbye-Chips"	
					Th (:15) ★★★ "Green Dolphin Street" (1947, Adventure)				(:45) ★★★ "The Green Years" (1946) Tom Drake						"Guess Who's Coming to Dinner" (1967)				★★★★ "Gunga Din" (1939) Cary Grant.				"Guns-Navarone"	
					F (7:00) "Hangmen Also Die", War		"A Hard Day's Night" (1964)				★★★ "Harvey" (1950) James Stewart.				★★★ "The Harvey Girls"			(:45) ★★★ "The Heart Is a Lonely Hunter" (1968)				"The Heiress" (1949)	
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	Carbon	Carbon	Jokers	Jokers	Carbon	Carbon	Carbon	Carbon	World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		World's Dumbest ...		Jokes	Jokes	Jokes	Jokes
TVL	75	74	106	304	Paid Prg.	Paid Prg.	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	Varied Programs																			
WE	118	118	128	260	Varied	Paid Prg.	Varied	Makeup!	Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Varied Programs			
WEATH	14	19	214	362	Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Weather LIVE		Underground		Underground		Underground		Varied Programs	
WTBS	59	40	139	247	Broke Girl	Broke Girl	Broke Girl	Broke Girl	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	American	American	American	American
HBO	518	518	303	504	M Last		REAL Sports Gumbel		(:35) ★★★ "Hero" (2002)		(:15) ★★★ "Frequency" (2000, Fantasy)				(:15) Agents of Chaos "Part 1" (Part 1 of 2)				(:15) ★★ "Collateral Beauty" (2016)				"Independence Day"	
					T (7:55) ★★★ "All Is Lost"			(:45) ★★ "2 Fast 2 Furious" (2003, Action)				(:35) ★★★ "Ray" (2004, Biography) Jamie Foxx.					(:10) ★★ "Dark Shadows" (2012)				(:05) ★★★ "The Namesake" (2006) Tabu			
					W (7:10) "Wendy"		(:05) ★★ "Black Christmas"			(:40) ★★★ "Jojo Rabbit" (2019)				"Tina" (2021) Tina Turner, Angela Bassett.				★★ "Dante's Peak" (1997, Action)			(:20) ★★★ "Joker" (2019)			
					Th (7:40) ★★ "The Shack" (2017, Drama)				(:10) ★★ "One Day" (2011, Romance)				(:15) ★★ "The Pacifier" (2005) Vin Diesel.				(1:55) ★★★ "Rocky Balboa"			(:40) ★ "Hardball" (2001) Diane Lane				Sports	
					F (7:10) "Blue Crush"		★★★ "Doubt" (2008) Meryl Streep.					(10:50) ★★ "Midway" (2019) Ed Skrein.			(:10) ★★★ "X-Men: First Class" (2011, Action)					★★ "Fast & Furious Presents: Hobbs & Shaw"				
MAX	531	531	311	516	M Sound		★★ "John Q" (2002) Denzel Washington.			(:26) "Season of the Witch"			(:02) ★★ "The Man in the Iron Mask"				(:15) ★ "Birth of the Dragon" (2016)				(3:52) ★★★ "Walk the Line" (2005)			
					T (7:47) ★★★ "Bounce" (2000)			(:35) ★★ "Bigger Than the Sky" (2005)				(:23) ★★ "Dinner for Schmucks"				(:19) ★★★ "The Grifters"			(:10) ★★★ "Magnolia" (1999) Jason Robards, Julianne Moore.					
					W Ameri	"Before the Devil Knows You're Dead"				(:18) ★★ "Anna" (2019) Sasha Luss.				(:18) "The Last of the Finest"			(:05) ★★★ "Beginners" (2010, Drama)				(3:50) ★★★ "Tully" (2018)		Doctor	
					Th Bridget	(:23) ★ "Showtime" (2002)			★ "The Pink Panther 2"			(:32) "The Station Agent" (2003)			"Showdown in Little Tokyo"			(:22) ★★ "Surrogates"			(3:52) ★★★ "The Bourne Legacy" (2012)			
					F (7:34) "Birthday Girl"	(:06) ★ "Envy" (2004) Ben Stiller.					(10:47) ★★ "Valkyrie" (2008)				(12:48) ★★★ "Black Rain" (1989)				(2:55) ★★★ "The Score" (2001)				"Rapture-Palooza"	
SHOW	578	578	319	546	M (7:25) ★★ "Sahara" (2005)			★★★ "Lethal Weapon" (1987, Action)			(:25) ★★★ "Lethal Weapon 2" (1989)					(:20) ★★★ "Lethal Weapon 3" (1992)				(:20) ★★ "Lethal Weapon 4" (1998)			Congo
					T (7:45) "Woman Walks Ahead"		"Made in Italy" (2020)				(:15) "How to Build a Girl" (2019, Comedy)			"S...house" (2020) Cooper Raiff.			(:45) ★★ "Limitless" (2011, Suspense)				★★★ "Carlito's Way"		
					W ★★★ "Hoosiers" (1986) Gene Hackman.				(9:55) ★★ "Gridiron Gang" (2006)				★★★ "RoboCop" (1987)			(:45) ★★★ "Snatch" (2000) Dennis Farina				"The Humanity Bureau" (2017)		(:05) "Arbitrage"	
					Th "Basis of Sex"		★★★ "Kate & Leopold" (2001) Meg Ryan.				★★★ "Southside With You"			★★ "The Words" (2012)			"Legally Blonde 2"			(:45) ★★ "Congo" (1995) Dylan Walsh.			Shame	
					F (6:30) ★★ "Wyatt Earp"			(:45) ★★ "The Gunman" (2015) Idris Elba				(:45) ★ "Alex Cross" (2012, Action)				★★★ "Hustlers" (2019) Julia Stiles			(:20) City on a Hill		(:20) ★★ "21 Bridges"		
STARZ	621	621	351	526	M Oculus	(:25) ★★ "Office Space"			(9:58) ★★★ "Heist" (2001) Danny DeVito				(11:51) ★★★ "Runaway Jury" (2003)				Men/Kilts	(:35) The Gloaming		(:32) "Paranormal Activity"		(:01) "The Grudge"		
					T (7:44) ★★ "Trapped"			(:33) ★★ "Zombieland: Double Tap"				Gloaming	(:13) "Paranormal Activity"			(:42) ★★ "Waitress" (2007)				(:32) ★ "Gigli" (2003) Ben Affleck.			Wedding	
					W "Scary Movie 3"		(8:58) ★★★ "Once Upon a Time... In Hollywood"					(:44) ★★★ "A River Runs Through It" (1992)					(1:51) ★ "Black Sheep"		Men/Kilts	(3:55) ★★ "Major League"			Major 2	
					Th Adam	(:31) ★★ "Bad Boys for Life" (2020)				(:38) ★★ "Blade: Trinity" (2004, Horror)				(:33) ★★ "The Forgotten"			Step Up: High Water		"Misbehaviour" (2020) Keira Knightley.			"Tears of the Sun"	
					F Ice Age	(:34) ★★ "First Knight" (1995) Sean Connery.					(10:51) ★ "The Grudge"			(:28) ★★ "The Broken Hearts Gallery"			(:19) ★★ "Tears of the Sun" (2003)					(:23) "The Stepford Wives"	
TMC	591	591	327	554	M (7:30) "Mississippi Grind" (2015)		"The Fits" (2015)		(:45) "Hampstead" (2017) Diane Keaton.					★★ "America's Sweethearts"			(:15) "Ode to Joy" (2019) Martin Freeman.				"Ophelia" (2018, Drama) Daisy Ridley.			
					T Beneath	(:35) ★★ "XXX: State of the Union" (2005)			(:20) "Along Came a Spider"				(:05) ★★ "Rambo III" (1988, Action)				★★ "The Twilight Saga: Eclipse"				(:05) ★★★ "Amy" (2015)			
					W Without	★ "The Ladies Man" (2000)		"The Aspern Papers" (2018)				Blackout	★★ "Twilight" (2008) Kristen Stewart.				(:05) ★★ "The Twilight Saga: New Moon" (2009)					(:20) "Semper Fi" (2019)		
					Th Best	(:45) "Working Man" (2019) Peter Gerety.			(:45) Lola	★ "Max Steel" (2016)			(:35) "Sword of Trust" (2019)				(:05) ★★ "One Fine Day" (1996)				★★★ "Ex Machina" (2015) Oscar Isaac			
					F "When-Kings"		★★ "Swiss Army Man"		(:40) "Olympic Dreams" (2019)				(:05) ★★★ "Eighth Grade"			Blackout	"How to Lose Friends & Alienate People"				★★★ "Rudy" (1993, Drama) Sean Astin.			