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.	Varied	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!						Varied Programs		Noticiero	Nosotr.	Hoy		Contigo sí		S.O.S. me estoy		Gordo	Varied	Primer impacto	
A&E	52	55	118	265	Parking	Parking	Parking	Parking	Varied Programs								First 48	Varied	First 48	Varied	First 48	Varied Programs		
AMC	60	45	131	254	Varied Programs		Movie	Varied Programs								Movie			Varied Programs					
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						Movie			
BRAVO	54	65	129	237	Varied Programs																			
CARTOON	25	59	177	297	Lellobee	Thomas	Mecha	Bugs	Total	Total	Bears	We Bare	Teen	Teen	Craig	Craig	Craig	Gumball	Gumball	Gumball	Teen	Teen	Teen	Teen
CBSSN	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																			
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	Varied Programs						Daily Pop		Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Sex-City	Varied Programs				
ESPN	33	27	140	206	(7:00) First Take		SportsCenter		SportsCenter		SportsCenter		This Just In		NFL Live		Around	Pardon	SportsCenter		Varied Programs			
ESPN2	34	28	143	209	(7:00) Get Up		First Take			Varied Programs							NFL Live		Daily Wager		The Basketball Tournament			Varied
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			Movie	Varied Programs									The Office
FS1	41	85	150	219	Undisputed		The Herd with Colin Cowherd						Skip and Shannon: Undisputed			Varied	Herd	Varied	NASCAR Race Hub		Varied Programs			
FX	65	24	136	249	Mom	Mom	Movie	Varied Programs					Movie	Varied Programs										
FXX	35	64	125	259	(7:00) Movie		Varied	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				Golf Today		Varied Programs		Golf Central		Varied Programs		Golf Central		Varied Programs			
HALL	87	87	185	312	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Movie				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 (Part 1 of 2)		Monk (Part 2 of 2)	
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	Car Re	Paid Prog.	Varied Programs																	
NICK	27	51	171	299	(7:50) PAW Patrol		Varied Programs		PAW	PAW	PAW	PAW	PAW	PAW	Sponge.	Varied	Smurfs	Movie	Varied Programs			Loud	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	Oxygen	Paid Prog.	Varied Programs		Mariners	Mariners	Baseball	Varied Programs					Mariners	Varied Programs						
SYFY	67	50	122	244	Movie		Varied Programs				(:08) Movie		Varied Programs		Movie	Varied Programs								
TCM	56	73	132	256	M Woman	★★ "Rhapsody in Blue" (1945) Robert Alda.					"Case-Black Cat"		(:15) ★ "The Green Slime" (1969)				White Ma	(:45) ★★★ "The Yellow Rolls-Royce" (1964, Comedy)					★★ "Breakin'"	
					T "Tattooed Str."		"Stranger on the Third Floor"			★★ "Walk Softly, Stranger"			"Talk-Stranger"		(:15) ★★★ "I See a Dark Stranger"				(:15) ★★★★ "Strangers on a Train" (1951)				"In Harm's Way"	
					W "The Frozen Dead"		★★ "The Devil's Brigade" (1968, War)				(:15) ★★ "The Kissing Bandit" (1948)				(:15) ★★ "Higher and Higher" (1943)				★★★ "The Tender Trap" (1955, Comedy)				"Medicine-Mel"	
					Th (:15) ★ "Heart of the North"			(:45) ★★ "Timber Stampede"					★★ "Valley of the Giants"		★★ "The Big Trees" (1952)			"God's Country and the Woman"		(:45) ★★ "Sequoia" (1934)			"Mysterious Island"	
					F ★★★ "The Barkleys of Broadway" (1949)				★★★ "The Drum" (1938) Sabu.			(:45) ★★★ "Blithe Spirit" (1945)				★★ "Yolanda and the Thief" (1945)					"The Boy With Green Hair"		"Barry Lyndon"	
TDC	51	42	182	278	Varied Programs																			
TLC	49	62	183	280	Varied Programs																			
TNT	57	52	138	245	Charmed		Charmed		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 ...		Varied Programs			
TVL	75	74	106	304	Paid Prog.	Varied	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	IRS Debt?	Varied Programs															Criminal Minds		Criminal Minds	
WEATH	14	19	214	362	AMHQ		Pattrn		Weather Underground		Weather Underground		Weather Underground		Pattrn		Storm Center		Storm Center		Storm Center		Varied Programs	
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 Last		(:40) "The Fast and the Furious: Tokyo Drift"		(:25) "Lara Croft: Tomb Raider"				Edge of the Earth		(:15) ★★ "The Wolverine" (2013) Hugh Jackman.					(:25) ★★★ "Free Guy" (2021) Jodie Comer				Last
					T REAL Sports		(:15) ★★ "The Stepford Wives" (2004)				Tig Notaro	(:45) ★★ "Overboard" (1987, Comedy)				(:40) "Golden Arm" (2020)			(:15) "For a Good Time, Call ..."		Nikki Glaser		Murder
					W (7:45) ★★★ "West Side Story" (2021) Ansel Elgort.				(:25) ★ "Leap Year" (2010)				(:05) ★★ "Warm Bodies"			(:45) ★★ "Snitch" (2013) Barry Pepper				(:40) ★★ "Non-Stop" (2014, Action)				Sports
					Th (7:45) "One for the Money"			(:20) ★★★ "Pacific Rim" (2013) Idris Elba				(:35) ★★★ "Colossal" (2016, Comedy)				Edge of the Earth		"We Met in Virtual Reality"			(:05) ★★★ "The Batman" (2022, Action)			
					F ★★ "The X-Files" (1998) Martin Landau				(:05) ★★ "Dracula Untold"			(:40) ★★ "Transporter 2"			Edge of the Earth		(:15) ★★ "Greenland" (2020, Action)				(:15) ★★★ "Gravity" (2013, Drama)		
MAX	531	531	311	516	M "Excess Baggage"		★ "What's the Worst That Could Happen?"				(10:50) "Dragon Blade" (2015)		(:35) ★★ "You, Me and Dupree" (2006)				(:25) ★ "Max Steel" (2016)				(3:58) ★★ "Julia" (2008) Tilda Swinton.			
					T "My Cousin Vinny"		(8:57) ★★ "Oblivion" (2013) Tom Cruise.				(:02) ★★★ "Rising Sun" (1993, Mystery)				(:13) ★★ "The Faculty" (1998, Horror)				(2:58) ★★ "Stargate" (1994)			(:01) "Red Eye"	
					W (7:07) ★ "The Empty Man"			(:25) ★★ "Accepted" (2006)			★ "R.I.P.D." (2013, Action)			(:36) ★★ "The Great Gatsby" (2013, Drama)					★★ "Land" (2021, Drama)			★★★ "The Last Five Years"	
					Th (7:50) ★★ "Gossip" (2000)			(:23) ★★ "Taken 2" (2012)			(:03) ★★★ "Solaris" (2002)			(:43) ★★★ "The Mustang" (2019)				(:21) ★★★ "American Psycho"			(:05) ★★★ "Black Hawk Down" (2001)		
					F "Death Warrant"		(:02) ★★★ "Back to School"			★ "What's the Worst That Could Happen?"			(:20) ★★ "Little Man" (2006)				★★ "Vanilla Sky" (2001) Tom Cruise, Penélope Cruz.					(:17) ★★ "Jennifer Eight" (1992)	
SHOW	578	578	319	546	M (7:30) "World Trade Center"			(:45) ★★★ "Mission: Impossible III" (2006, Action)					"Ida Red" (2021) Josh Hartnett, Frank Grillo.				"Deadlock" (2021) Bruce Willis			(:45) ★★ "The Mexican" (2001) Brad Pitt.				
					T Kate	★★★ "Ingrid Goes West"			(:15) "Sheryl" (2022) Sheryl Crow.				★★ "Vox Lux" (2018) Natalie Portman.				★★ "Paycheck" (2003) Ben Affleck.				★★ "The Perfect Score" (2004)		Ingrid
					W "Norman: Moderate Rise and Tragic Fall"				"Pixie" (2020) Olivia Cooke.			(:35) ★★★ "A Perfect World" (1993) Kevin Costner.					★★★ "Out of the Furnace" (2013)				★★ "Stealth" (2005) Josh Lucas. Premiere.		
					Th (7:15) "Lifeguard"		(8:55) ★★★ "Parenthood" (1989)				"Birthmarked" (2018, Comedy)			★★ "Mo' Money" (1992)			★★ "A Thin Line Between Love and Hate"				★★ "Talkin' Dirty After Dark"		Nacho
					F Thank	(:45) ★★★ "Sleepy Hollow" (1999, Horror)				★★ "The Mexican" (2001) Brad Pitt.				(:35) ★★★ "Dirty Pretty Things"			(:15) "The Nest" (2020, Suspense) Jude Law.				(:15) ★★★ "Ingrid Goes West" (2017)		
STARZ	621	621	351	526	M (7:48) ★★ "A Knight's Tale" (2001)				(:04) ★★ "Eat Pray Love" (2010, Drama) Julia Roberts.				(:28) "Show Me the Father"				"Escape Room: Tournament"			(:35) ★★★ "The King's Speech" (2010)				Shutter
					T (:13) ★★ "Venom" (2018) Tom Hardy.				(:09) "Venom: Let There Be Carnage" (2021)				(11:50) ★★ "Men in Black: International"				(1:48) ★★★ "Iron Man 3" (2013, Action)				(:02) ★★★★ "Aliens" (1986) Carrie Henn		
					W Oz Great		(:43) ★★ "Spanglish" (2004) Adam Sandler.					(10:58) ★★ "Don't Breathe 2"			(:40) ★★ "Monster Hunter" (2020, Fantasy)			"Escape Room: Tournament"			(3:59) ★★ "Homefront" (2013)		Spider	
					Th (7:41) ★★ "The Craft: Legacy"			(:19) ★★ "Brick Mansions"				(10:53) "Measure of Revenge"			(:28) ★★ "The Last Castle" (2001)			(:43) ★★★ "Spider-Man: No Way Home" (2021)					"The Craft: Legacy"	
					F Flight	(:32) ★★★ "The Legend of Bagger Vance"				(:42) "Tyler Perry's the Family That Preys"				(:35) ★★ "Pompeii" (2014) Kit Harington.				(:24) ★★ "Roll Bounce" (2005)					(:19) ★★ "Guess Who"	
TMC	591	591	327	554	M "A Genie's Tail"		(:10) ★ "The Love Guru"			(:40) ★★ "Mandela: Long Walk to Freedom" (2013)					(:05) ★★★ "Whiplash" (2014, Drama)				(2:55) "My Salinger Year" (2020)			(:40) "Last Call" (2021, Comedy)	
					T ★ "The Tuxedo" (2002)			(:40) "Dreamland" (2019) Margot Robbie.				★ "Texas Rangers" (2001)			★★ "Into the Forest" (2015)			(:45) ★★★ "Misery" (1990) James Caan.				(:35) ★★★ "The Farewell"	
					W "Run This Town"		"13 Minutes" (2021) Amy Smart, Thora Birch.			★ "The Sea of Trees" (2015, Drama)					"The Last Black Man in San Francisco"				★★ "A Perfect Man" (2012)			(:35) ★★ "The Lonely Guy"	
					Th "Undercover"		(:05) ★★ "Kingpin" (1996) Randy Quaid				"Another Girl" (2021, Suspense)			(:40) "The Gasoline Thieves"			(:15) "Six Minutes to Midnight" (2020)				★★★ "Oasis: Supersonic" (2016)		
					F (7:40) "No Man's Land" (2021)			(:35) ★★★ "The Bling Ring"				(:05) ★★ "Mandela: Long Walk to Freedom" (2013)				"Dating & New York" (2021)			(:10) ★★★ "The Lovers" (2017) Tracy Letts			"Dirty Dancing"	