

tonight’s best



Tu Lam

8 p.m. on CW
The Outpost

Talon and Zed (Jessica Green, guest star Reece Ritchie) embark on a high-risk mission to capture a cold-blooded killer in the new episode “A Crown for the Queen.” Meanwhile, Gwynn (Imogen Waterhouse) dispatches Janzo (Anand Desai-Barochia) to find a cure for the plagueelings, as well as a patient who has become delusional. Elsewhere, Gwynn is reunited with Garret (Jake Stormoen).

8 p.m. on HIST
Ax Men

Fighting a losing battle to stay on schedule and on budget, the Rygaard Logging team scrambles desperately to complete four settings and three yarder moves in the new episode “Man Down.” Elsewhere, falling trees incapacitate one of the workers on the Pihl Logging crew and Frank Harkness endures a white-knuckle struggle to maintain traction as he drives the processor up an ice-covered logging road.

8 p.m. on OXY
Killer Affair

A small town is rocked by the vicious stabbing death of a local dentist who by all appearances led a conventional life away from the office in the new episode “Murder in a Small Town.” As investigators start delving into this murder, however, they expose a complicated web of extra-marital affairs and infidelity. Ultimately, it’s the odd behavior of an unexpected suspect that helps detectives crack the case.

9 p.m. on ABC
Reef Break

Cat Chambers (Poppy Montgomery) comes face to face with a dangerous old adversary when she tries to rescue Petra (Tamala Shelton), who has become swept up in illegal activity involving the sister (guest star La La Anthony) of local criminal Doug O’Casey in “Blue Skies,” the first of two new back-to-back episodes. Then, in “Dream Lover,” it’s Cat’s birthday, but as her friends gather, she falls ill, landing her in a life-threatening situation. Desmond Chiam also stars.

10:03 p.m. on HIST
Forged in Fire: Knife or Death

Host Bill Goldberg and Special Forces veteran Tu Lam return with new episodes of this competition series, in which blade smiths, martial artists and knife experts make their way through a tough gauntlet that stands between them and a \$20,000 grand prize. Each episode opens with that timed run through the show’s obstacle course, which is especially designed to test their blade’s strength, sharpness and craftsmanship. The two with the fastest times advance to the final round, the daunting Dead Run, for a spot in the championship finale.

THURSDAY EVENING

THURSDAY EVENING					LG - La Grande BC - Baker City D - DISH DTV - DirecTV						MOVIES		SPORTS		AUGUST 29, 2019		
	LG	BC	D	DTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
ABC	2	2	2	2	KATU News at 6 (N) (Live)		Jeopardy!	Wheel of Fortune	Holey Moley A mom faces a former pro-golfer.		Reef Break Cat encounters an old adversary. (N)		Reef Break Cat becomes ill on her birthday. (N)		KATU News at 11 (N)	(:35) Jimmy Kimmel Live	
PBS	3	5			Travels With Darley	Nightly Business Report	PBS NewsHour (N)		Oregon Art Beat	Outdoor Idaho	The Doctor Blake Mysteries "Measure Twice"		The Doctor Blake Mysteries "First Dance"		The Woman in White		
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight	The Big Bang Theory	(:31) Young Sheldon	Big Brother A houseguest is evicted. (N Same-day Tape)		FBI An alt-right provocateur is murdered.		KOIN 6 News at 11 (N)	Late Show-Colbert	
NBC	8	8	8	8	KGW News at 6 (N)		Tonight With Cassidy (N)	Inside Edition (N)	The Wall "Chris and Paris" (N)		Hollywood Game Night		Law & Order: Special Victims Unit "The Good Girl"		KGW News at 11 (N)	Tonight Show	
CW	9	9	32	32	Modern Family	Modern Family	The Goldbergs	The Goldbergs	The Outpost Gwynn tasks Janzo with finding a cure.		Horror Stories	Horror Stories	KGW News	Friends	Two and a Half Men	Two and a Half Men	
FOX	12	12	12	12	6 O'Clock News (N)	Pregame Show	NFL Preseason Football Seattle. (N) (Live)		Oakland Raiders at Seattle Seahawks. From CenturyLink Field in Seattle.				Postgame Show	10 O'Clock News (N)	11 O'Clock News (N)	(:35) MasterChef	
MNT	13	13	49	49	Mike & Molly	Mike & Molly	The Big Bang Theory	The Big Bang Theory	8 O'Clock News (N)		9 O'Clock News (N)		The Big Bang Theory	Family Guy	American Dad	The Game	
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión (N)	Amor eterno (N)		La reina soy yo (N)		Juntos, el corazón nunca se equivoca (N)		Sin miedo a la verdad (N)		Noticias noroeste 11P	Noticiero Uni	
A&E	52	55	118	265	The First 48		The First 48		The First 48 "Knock Knock"		The First 48		(:(01) The First 48 "Tracked"		(:(04) 60 Days In: Narcoland		
AMC	60	45	131	254	(4:25) ★★ "Jaws 2" (1978) Roy Scheider.		★★ "Road House" (1989, Action) Patrick Swayze, Kelly Lynch, Sam Elliott. A legendary bouncer agrees to tame a notorious gin mill.		★★★ "Lethal Weapon" (1987, Action) Mel Gibson, Danny Glover, Gary Busey. A veteran detective is paired with an eccentric partner.								
ANP	24	49	184	282	Treehouse Masters		Treehouse Masters "Double Treehouse Extravaganza"				Treehouse Masters		Treehouse Masters		Treehouse Masters		
BET	4	72	124	392	★★★ "Friday" (1995, Comedy)		Ice Cube, Chris Tucker, Nia Long.				Tales "Ex Factor"		The Next Big Thing		Martin	Martin	
BRAVO	54	65	129	237	Million Dollar Listing		Million Dollar Listing		Million Dollar Listing		Million Dollar Listing		Million Dollar Listing		Watch What	Million Dollar	
CARTOON	25	59	177	297	Teen Titans		Teen Titans	Gumball	We Bare	Amer. Dad	Amer. Dad	Burgers	Burgers	Family Guy	Family Guy	Rick, Morty	Chicken
CNN	68	44	200	202	Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight w/ Don Lemon		
COM	77	56	107	249	(:15) The Office		The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office
COOK	123	123	113	232	Man v. Food		Man v. Food	Carnival Eats	Carnival Eats	Carnival Eats	Carnival Eats	Man v. Food	Man v. Food	Man v. Food	Man v. Food	Carnival Eats	Carnival Eats
DISN	26	48	173	290	Coop & Cami		Coop & Cami	Sydney-Max	Sydney-Max	Bunk'd	Bunk'd	Raven	Raven	Coop & Cami	Coop & Cami	Raven	Andi Mack
E!	64	76	114	236	The Kardashians		E! News (N)		★★★ "Hitch" (2005, Romance-Comedy) Will Smith, Eva Mendes, Kevin James.						Nightly Pop	Dating	
ESPN	33	27	140	206	(4:00) College Football UCLA at Cincinnati. (N)		(:15) College Football Utah at BYU. (N) (Live)						(:15) SportsCenter (N) (Live)		(:15) SportsCenter (N) (Live)		
ESPN2	34	28	143	209	(4:00) 2019 U.S. Open Tennis		Second Round. (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter	Interruption	Now/Nev.	SportsCenter	
FNCC	66	25	205	360	Hannity (N)		The Ingraham Angle (N)		Fox News at Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle		
FOOD	61	54	110	231	Beat Bobby		Beat Bobby	Chopped	Chopped "Epic Burgers!"		Chopped		Beat Bobby	The Flay List	Beat Bobby	Beat Bobby	
FREE	32	33	180	311	(:5:30) ★★ "Happy Feet" (2006) Voices of Elijah Wood.		★★★ "The Parent Trap" (1998, Children's) Lindsay Lohan, Dennis Quaid.		★★★ "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio, Jonah Hill, Margot Robbie. A stockbroker develops habits of excess and corruption.						The 700 Club		
FS1	41	85	150	219	College Football South Dakota State at Minnesota. From TCF Bank Stadium in Minneapolis. (N) (Live)		PBC Press Conference		Women's Soccer								
FX	65	24	136	249	(:5:00) ★★ "The Equalizer" (2014, Action) Denzel Washington. A former commando champions the helpless.		★★★ "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio, Jonah Hill, Margot Robbie. A stockbroker develops habits of excess and corruption.										
FXX	35	64	125	259	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons
GOLF	88	88	401	218	LPGA Golf	Golf Central	European PGA Tour Golf Omega European Masters, First Round.						Golf Central	LPGA Golf			
HALL	87	87	185	312	(:5:00) "Autumn Dreams" (2015) Jill Wagner.		"A Novel Romance" (2015) Amy Acker, Dylan Bruce. Novel-ist unknowingly falls in love with his biggest critic.		"Love on Safari" (2018) Lacey Chabert. An American web designer inherits an animal reserve in South Africa.						The Golden Girls	The Golden Girls	
HALLMM	86	86	187	565	(:5:00) ★★ "McBride: Dogged" (2007, Mystery)		Morning Show Mysteries "Countdown to Murder" A grocer is crushed to death by shelves.		"Time for Me to Come Home for Christmas" (2018, Drama) Megan Park, Josh Henderson, Susan Hogan.						Murder, She Wrote Jessica probes friend's ex's death.		
HGTV	62	57	112	229	Beach	Beach	Beach	Beach	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Hunters	Hunters Int'l	Going	Hunters	
HIST	50	60	120	269	Pawn Stars		Pawn Stars		Ax Men "Man Down" (N)		Mountain Men (N)		(:03) Forged in Fire: Knife or Death (N)				
LIFE	29	29	108	252	Wife Swap "Tassie/Tyson"		Wife Swap		Married at First Sight Romantic retreat in the mountains.		Married at First Sight Romantic retreat in the mountains.						
MSNBC	71	67	209	356	The Rachel Maddow Show		The Last Word		The 11th Hour		The Rachel Maddow Show		The Last Word		The 11th Hour		
NBCSN	89	89	159	220	American Ninja Warrior		American Ninja Warrior		American Ninja Warrior		Row		American Ninja Warrior		American Ninja Warrior		
NBCSNW	426	37	424		The Bridge (N) (Live)		Blazers Out. "Blazers Out.		Outdoor GPS		Talkin' Ducks Talkin' Ducks		Best of the Brian Noe Show		Blazers Out. Beavers		
NGEO	55	78	197	276	Locked Up Abroad		Locked Up Abroad		Locked Up Abroad		Locked Up Abroad (N)		Locked Up Abroad (N)		Locked Up Abroad		
NICK	27	51	171	299	Loud House	Loud House	American Ninja Warrior		★★★ "Napoleon Dynamite" (2004, Comedy) Jon Heder.		Friends	Friends	Friends	Friends	Friends	Friends	
OWN	40	41	189	279	20/20 on ID		20/20 on OWN		20/20 on OWN "Left to Die"		20/20 on OWN		20/20 on ID		20/20 on OWN		
OXY	30	69	127	251	Snapped		Snapped		Killer Affair (N)		Snapped		Snapped "Jane Reth"		Snapped "Donna Cobb"		
PARMT	42	43	241	241	Mom	Mom	★★★ "Training Day" (2001) Denzel Washington, Ethan Hawke.				(:45) ★★ "Man on Fire" (2004) Denzel Washington, Dakota Fanning.						
ROOT	37	26	426	687	(:5:00) MLB Baseball Seattle Mariners at Texas Rangers.		Mariners	Mariners	MLB Baseball Seattle Mariners at Texas Rangers.								
SYFY	67	50	122	244	(:5:29) ★★ "Red 2" (2013, Action) Bruce Willis.		★★ "Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf, Megan Fox.		(:15) "Hardcore Henry"								
TCM	56	73	132	256	(:5:00) ★★ "The Lady Vanishes" (1938, Mystery) Margaret Lockwood, Michael Redgrave.		★★★ "Experiment Perilous" (1944) Hedy Lamarr. A doctor falls for the wife of a possessive philanthropist.		★★★ "The Three Musketeers" (1935) Walter Abel.								
TDC	51	42	182	278	Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People "Hunted and Stalked" A new predator stalks the ranch. (N)						
TLC	49	62	183	280	90 Day Fiancé: Before the 90 Days "Love is a Battlefield"		Unexpected		Untold Stories of the ER		Brides, Grooms		My Crazy Birth Story (N)				
TNT	57	52	138	245	★★★ "Guardians of the Galaxy Vol. 2" (2017, Science Fiction) Chris Pratt, Zoe Saldana. The team unravels the mystery of Peter Quill's parentage.		★★★ "Experiment Perilous" (1944) Hedy Lamarr. A doctor falls for the wife of a possessive philanthropist.		★★★ "The General's Daughter" (1999, Suspense) John Travolta, Madeleine Stowe.								
TRAV	53	38	196	277	(:5:00) The Dead Files (N)		The Dead Files (N)		The Dead Files		The Dead Files		The Dead Files		A historic sanatorium in Virginia.		
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Inside Jokes	Inside Jokes	Inside Jokes	
TVL	75	74	106	304	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Raymond	Everybody Loves Raymond	Raymond	Raymond	Two Men	Two Men	King	King	
USA	58	39	105	242	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Queen of the South (N)		(:01) Pearson		
WE	118	118	128	260	Law Cl	Growing Up Hip Hop Atlanta (:45) Growing Up Hip Hop Atlanta		Growing Up Hip Hop Atlanta		Growing Up Hip Hop: New York		Beyond the Pole (N)		Hip Hop			
WEATH	14	19	214	362	Storm Stories		SOS: How to Survive		Top Ten Extreme Jobs		Top Weather Destinations		Top Ten Amazing Moments		Strangest Weather on Earth		
WTBS	59	40	139	247	Chasing the Cure "Chasing the Cure 104"		Amer. Dad	Amer. Dad	Amer. Dad	Amer. Dad	Family Guy	Family Guy	Family Guy	Big Bang	Conan (N)	Brooklyn	
HBO	518	518	303	504	(:5:30) ★★ "The Bourne Identity" (2002, Action) Matt Damon, Chris Cooper. 'PG-13'		VICE News Tonight (N)		★★ "Mortal Engines" (2018) Hera Hilmar. A mysterious woman must destroy a giant city on wheels. 'PG-13'				(:10) Ballers		(:40) Succession Logan eyes a rival media company.		
MAX	531	531	311	516	(:15) ★★ "Game Night" (2018) Jason Bateman. A murder mystery party turns into a wild and chaotic night. 'R'		★★ "Mr. & Mrs. Smith" (2005) Brad Pitt. A husband and wife are assassins for rival organizations. 'PG-13'		★★ "Dragged Across Concrete" (2018) Mel Gibson. Two cops descend into the criminal underworld. 'R'								
SHOW	578	578	319	546	(:15) ★★ "13 Going on 30" (2004) Jennifer Garner. An uncool girl magically becomes a successful adult.		The Affair "501" Noah gets acquainted with his star.		★ "Peppermint" (2018, Action) Jennifer Garner, John Gallagher Jr. 'R'		(:45) On Becoming a God in Central Florida		On Becoming a God				
STARZ	621	621	351	526	(4:00) ★★ "Casino" (1995) Robert De Niro. 'R'		(:01) ★★ "The Queen" (2006) Helen Mirren. Queen Elizabeth II and Tony Blair struggle over a tragedy.		(8:46) ★★ "Escape Room" (2019, Horror) Taylor Russell, Logan Miller. 'PG-13'		(:29) ★★ "Spy Game" (2001, Suspense) Robert Redford, Brad Pitt. 'R'						
TMC	591	591	327	554	(:15) ★★ "A Single Man" (2009, Drama) Colin Firth. A gay man contemplates suicide after his lover's death. 'R'		★★★ "Sling Blade" (1996) Billy Bob Thornton. A mentally impaired man with a violent past befriends a boy.		(:15) ★★ "Black Snake Moan" (2007, Drama) Samuel L. Jackson, Christina Ricci, Justin Timberlake. 'R'								