

tonight’s best



Kristen Bell

8:30 p.m. on NBC
The Good Place

This wildly creative comedy — which is set in the afterlife — ends its four-season run tonight with the 90-minute finale titled “Whenever You’re Ready,” which includes a post-show special hosted by Seth Meyers. While it may not have dominated the TV ratings race, this sitcom picked up both a Humanitas Award and Peabody Award during its time on the air. Kristen Bell, Ted Danson, D’Arcy Carden and William Jackson Harper star.

8:30 p.m. on FREE
Everything’s Gonna Be Okay

Nicholas’ (Josh Thomas) unlucky streak when it comes to romance continues in the new episode “Silkmoths” when he invites Genevieve (Maeve Press) to join him and boyfriend Alex (Adam Faison) for a night out, an evening that turns tense when she betrays her ambivalence toward the guys’ relationship. Kayla Cromer also stars.

8:31 p.m. on CBS
The Unicorn

In the new episode “Worst Case Scenario,” Wade (Walton Goggins) decides to redo his will, a process that forces him to consider who should get custody of his kids if something happens to him. Meanwhile, Michelle (Maya Lynne Robinson) urges Ben (Omar Miller) to undergo a vasectomy after they go through a pregnancy scare. Michaela Watkins and Rob Corddry also star; Cindy Drummond guest stars.

9 p.m. on FREE
The Bold Type

Kat (Aisha Dee) feels a sharp pang of regret when she runs into a closeted singer who once asked her for help coming out in the new episode “scarlet.” After Jane (Katie Stevens) has her first mammogram, she falls into an anxiety spiral while awaiting the results, as well as how — or even if — Ryan (Dan Jeannotte) fits into whatever the situation turns out to be. Meanwhile, Sutton and Richard (Meghann Fahy, Sam Page) hit a snag in their long-distance relationship.

10 p.m. on CBS
Evil

In the Season 1 finale, “Book 27,” David, Kristen and Ben (Mike Colter, Katja Herbers, Aasif Mandvi) try to assess whether an expectant mother is possessed after she claims one of the twins she is carrying is evil. The investigation leads the team to a fertility clinic, where they are surprised to discover a common thread running through all the encounters they have had this season. After realizing that she herself had used that same clinic, Kristen also considers whether one of her daughters has a potential for evil.

THURSDAY EVENING

THURSDAY EVENING					LG - La Grande BC - Baker City D - DISH DTV - DirecTV					MOVIES		SPORTS		JANUARY 30, 2020				
	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! (N)		Wheel of Fortune (N)		Station 19 The new fire chief is introduced. (N)		Grey's Anatomy Bailey returns to work. (N)		(:01) A Million Little Things "We're the Howards" (N)		KATU News at 11 (N)	(:35) Jimmy Kimmel Live!
PBS	3	5			Wild Travels	BBC World	PBS NewsHour (N)		Oregon Art Beat	Oregon Field Guide	Inspector Morse "Infernal Serpent" Morse investigates a scientist's death.				Resistance Lili is sure there is a traitor. (Part 2 of 6)			
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight	Young Sheldon (N)	(:31) The Unicorn (N)	(:01) Mom (N)	Carol's Second Act (N)	Evil A woman claims her unborn child is evil.		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)	Superstore (N)	The Good Place "Whenever You're Ready" Various conversations occur. (Part 2 of 2)		Law & Order: Special Victims Unit (N)		KGW News at 11 (N)	Tonight Show		
CW	9	9	32	32	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Supernatural Sam and Dean play high-stakes pool. (N)	Legacies Landon seizes an opportunity. (N)		KOIN 6 News at 10p (N)				Seinfeld "The Shoes"	Seinfeld	
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud (N)	Family Feud (N)	Last Man Standing (N)	Outmatched "The Talk"	Deputy Paula is put in a tough position. (N)		10 O'Clock News (N)		11 O'Clock News (N)	(:35) The Big Bang Theory		
MNT	13	13	49	49	Family Feud	Family Feud	The Big Bang Theory	The Big Bang Theory	8 O'Clock News (N)		9 O'Clock News (N)		The Simpsons	Family Guy (Part 2 of 2)	Bob's Burgers	The Game		
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión	La Rosa de Guadalupe		Ringo (N)		Amor eterno		Rubi	Noticias noroeste 11P		Noticiero Uni		
A&E	52	55	118	265	The First 48 "Blood Lust"		The First 48		The First 48 (N)		Alaska PD (N)		(:01) 60 Days In (N)		(:05) The First 48			
AMC	60	45	131	254	*** "I Am Legend" (2007) Will Smith, Alice Braga. Blood-thirsty plague victims surround a lone survivor.				** "Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf, Megan Fox, Josh Duhamel. Sam Witwicky holds the key to defeating an ancient Deception.				(:29) "Total Recall"					
ANP	24	49	184	282	Lone Star Law: Uncuffed (N)		Lone Star Law: Bigger and		(:01) Lone Star Law		Lone Star Law: Uncuffed				Lone Star Law: Bigger and			
BET	4	72	124	392	We Belong		** "White Chicks" (2004, Comedy) Shawn Wayans, Marlon Wayans.				*** "Friday" (1995, Comedy) Ice Cube, Chris Tucker.				** "Next Friday" (2000)			
BRAVO	54	65	129	237	Below Deck	Below Deck	Project Runway		Project Runway "Sheer Genius" (N)				Watch What		Chrisley	Chrisley		
CARTOON	25	59	177	297	Teen Titans	Teen Titans	Gumball	Gumball	Home Movies	Burgers	Burgers	Rick, Morty	Amer. Dad	Amer. Dad	Family Guy	Family Guy		
CNN	68	44	200	202	Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		Anderson Cooper 360			
COM	77	56	107	249	(:15) The Office "Turf War"		The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	Daily Show	Lights Out		
COOK	123	123	113	232	Man v. Food		Man v. Food	Best Thing	Best Thing	Best Thing	Man v. Food	Man v. Food	Man v. Food	Man v. Food	Best Thing	Best Thing		
DISN	26	48	173	290	Gabby Duran		Raven	(:35) Bunk'd	Bunk'd	Gabby Duran	Sydney-Max	Roll With It	Coop & Cami	Sydney-Max	Bunk'd	Gabby Duran		
E!	64	76	114	236	Very Cavallari		Very Cavallari		Very Cavallari		Very Cavallari (N)		The Biggest Loser "Time for Change"				Nightly Pop	
ESPN	33	27	140	206	30 for 30 A comprehensive look back at each chapter of former NFL quarterback Michael Vick's saga. (N)				SportsCenter (N) (Live)		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)			
ESPN2	34	28	143	209	College Basketball Arizona at Washington. (N) (Live)				College Basketball Colorado at UCLA. (N) (Live)				Around/Horn		Interruption	Now/Nev.	30 for 30 (N)	
FNC	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	Restaurant: Impossible		Restaurant: Impossible (N)		Restaurant: Impossible (N)		(:04) Restaurant: Impossible		(:04) Restaurant: Impossible			
FREE	32	33	180	311	(:5:30) *** "21 Jump Street" (2012) Jonah Hill.				grown-ish (N)	Everything	The Bold Type "scarlet" (N)		grown-ish	Everything	The 700 Club			
FS1	41	85	150	219	Basketball	College Basketball Utah at USC. (N) (Live)				Hoops Extra	WWE Backstage		TMZ Sports	FOX Sports	Shannon	Turning Point		
FX	65	24	136	249	(:5:00) *** "Logan" (2017, Action) Hugh Jackman. Logan must protect a young mutant girl from dark forces.				** "Transformers: The Last Knight" (2017, Action) Mark Wahlberg, Anthony Hopkins, Josh Duhamel. The war between Transformers and humans threatens Earth.				*** "Logan" (2017)					
FXX	35	64	125	259	Simpsons	Simpsons	Simpsons	Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	* "Baywatch" (2017) Dwayne Johnson, Zac Efron.					
GOLF	88	88	401	218	(:5:00) PGA Tour Golf Waste Management Phoenix Open, First Round.				PGA Champions		Golf Central							
HALL	87	87	185	312	"Appetite for Love" (2016) Taylor Cole, Andrew Walker. A woman must convince her ex-beau to sell his restaurant.				"Love at the Shore" (2017) Amanda Righetti. An author's plans are disrupted by an unconventional surfer.				"My Secret Valentine" (2018, Comedy) Lacey Chabert. A young woman takes advice from chalkboard notes.					
HALLMM	86	86	187	565	Magnum, P.I. Depends on a softball game.		"Witness to Murder: A Darrow Mystery" (2019, Mystery) Kimberly Williams-Paisley, Tom Cavanagh, Wendie Malick.				"Holiday Hearts" (2019) Ashley Williams. Peyton is forced together with Ben to care for a friend's daughter.				Murder, She Wrote Jessica is suspected of espionage.			
HGTV	62	57	112	229	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Christina	Christina	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop		
HIST	50	60	120	269	Swamp People		Swamp People		Swamp People		Swamp People (N)		To Be Announced					
LIFE	29	29	108	252	Wife Swap		Supernanny "Ostler Family"		Married at First Sight (N)				Supernanny (N)		(:03) Supernanny			
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	NHL Hockey		NHL Overtime (N) (Live)		The Russian Five				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			
NGEO	55	78	197	276	Turkey's Hidden Gems (N)		Wild Turkey		Alaska State Troopers		Alaska State Troopers		Alaska State Troopers		Alaska State Troopers			
NICK	27	51	171	299	It's Pony		Loud House	Casagrandes	Loud House	** "Journey 2: The Mysterious Island" (2012)		Friends	Friends	Friends	(:35) Friends			
OWN	40	41	189	279	20/20 on OWN "Witness"		20/20 on OWN		20/20 on OWN		20/20 on OWN (Part 1 of 2)		20/20 on OWN (Part 2 of 2)		20/20 on OWN			
OXY	30	69	127	251	Snapped "Patricia Monsell"		Snapped "Theresa Voss"		Snapped "Judy Flanagan"		Snapped		Murdered by Morning					
PARMT	42	43	241	241	Two Men	Two Men	Two Men	Two Men	*** "The Italian Job" (2003)		Mark Wahlberg, Charlize Theron.				*** "The Italian Job" (2003)			
ROOT	37	26	426	687	WCC All		Mark Few	College Basketball San Francisco at San Diego. (N) (Live)				PBA Bowling Oklahoma Open. From Shawnee, Okla.		College Basketball				
SYFY	67	50	122	244	Valerian		(:45) ** "Ghost in the Shell" (2017) Scarlett Johansson.				** "Hancock" (2008) Will Smith, Charlize Theron.		"Valerian & City"					
TCM	56	73	132	256	(:5:00) *** "The Magnificent Seven" (1960)		(:15) ** "Return of the Seven" (1966) Yul Brynner, Robert Fuller. Man in black forms new Magnificent Seven.				** "Guns of the Magnificent Seven" (1969, Western) George Kennedy, James Whitmore, Monte Markham.		** "The Magnificent Seven Ride!" (1972)					
TDC	51	42	182	278	Homestead Rescue		Homestead Rescue		Homestead Rescue (N)		Reclaimed (N)		Building Off the Grid (N)		Homestead Rescue			
TLC	49	62	183	280	Say Yes to the Dress		My Feet Are Killing Me		Dr. Pimple Popper		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		1000-lb Sisters (N)			
TNT	57	52	138	245	(:5:00) NBA Basketball Golden State Warriors at Boston Celtics. (Live)		NBA Basketball Utah Jazz at Denver Nuggets. (N Subject to Blackout) (Live)		From the Pepsi Center in Denver. (N Subject to Blackout) (Live)				Inside the NBA (N) (Live)		NBA Basketball: Warriors at Celtics			
TRAV	53	38	196	277	Ghost Adventures (N)		Ghost Adventures (N)		Ghost Adventures		Ghost Adventures		Ghost Adventures		Ghost Adventures			
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	After Party	Imp. Jokers	Imp. Jokers		
TVL	75	74	106	304	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Raymond	Raymond	Raymond	Raymond	King	King	King	King		
USA	58	39	105	242	Law & Order: SVU		Law & Order: SVU		** "Bad Boys" (1995, Action)		Martin Lawrence, Will Smith.		** "The Replacements" (2000)					
WE	118	118	128	260	Law Order: CI		Growing Up Hip Hop		Growing Up Hip Hop		Growing Up Hip Hop (N)		Marriage- Reality Stars		(:14) Growing Up Hip Hop			
WEATH	14	19	214	362	Hellfire Heroes		Hellfire Heroes		Secret Earth		Secret Earth		Secret Earth		Secret Earth			
WTBS	59	40	139	247	Family Guy	Family Guy	Miracle	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N)	Miracle		
HBO	518	518	303	504	(:5:30) The New Pope		** "Scary Movie 3" (2003, Comedy) Anna Faris, Anthony Anderson. 'PG-13'		Curb Your Enthusiasm		Curb Your Enthusiasm		(:15) ** "Shutter Island" (2010, Suspense) Leonardo DiCaprio, Mark Ruffalo. A 1950s lawman hunts an escaped murderer. 'R'		(:35) The Outsider			
MAX	531	531	311	516	(:15) * "Fifty Shades Freed" (2018, Romance) Dakota Johnson, Jamie Dornan, Eric Johnson. 'R'				*** "The Prestige" (2006) Hugh Jackman. Two 19th-century magicians engage in a deadly rivalry. 'PG-13'				(:15) ** "The Predator" (2018) Boyd Holbrook. Ex-soldiers battle genetically enhanced alien hunters. 'R'					
SHOW	578	578	319	546	(:4:50) *** "The Fugitive" (1993) Harrison Ford.		Shameless Lip works to convince Tami to stay.		** "The Upside" (2017) Kevin Hart. A quadriplegic develops a friendship with his caretaker. 'PG-13'		(:05) The L Word: Generation Q		(:05) Work in Progress		(:35) *** "Scream" 'R'			
STARZ	621	621	351	526	(:4:50) *** "Good Will Hunting" (1997) 'R'		** "Sicario: Day of the Soldado" (2018, Suspense) Benicio Del Toro, Josh Brolin, Isabela Moner. 'R'				(:05) *** "Jackie Brown" (1997, Crime Drama) Pam Grier, Samuel L. Jackson. A fearless flight attendant gets in trouble with the law. 'R'		(:42) "White Boy Rick" 'R'					
TMC	591	591	327	554	(:15) "They Remain" (2017) Rebecca Henderson. A scientist loses his grip on reality at a remote site. 'NR'				** "The Mechanic" (2011, Action) Jason Statham, Ben Foster. 'R'				(:35) *** "Faster" (2010, Action) Dwayne Johnson, Billy Bob Thornton. 'R'					
					(:15) ** "Den of Thieves" (2018) 'R'													