

tonight's best



Adam Scott

6 p.m. on TRAV Ghost Adventures

In "Quarantine: Perimeter of Fear," the first of a four-part miniseries, Zak Bagans and his teammates — Aaron Goodwin, Jay Wasley and Billy Tolley — quarantine themselves inside Zak Bagans' Haunted Museum in Las Vegas to test a paranormal hypothesis: that rising levels of fear have an impact on the dark energies attached to some of the world's most haunted objects. While practicing social distancing, the team examines some of the museum's most menacing artifacts, including the Devil's Rocking Chair, Peggy the Doll and the Dybbuk Box.

9 p.m. on ABC Don't

Executive produced by Ryan Reynolds and hosted by Adam Scott ("Parks and Recreation"), this new game show is dedicated to proving that sometimes there's great value in knowing when to do nothing. Each episode finds members of a four-person team working together to build their collective bank (winnings). If they fail one of their challenges — like "Don't Blink" or "Don't Look Back" — they don't win money, but pay some ridiculous consequence.

9 p.m. on HGTV Design at Your Door

HGTV stars provide virtual help, as well as a delivered box of specially curated decor elements, to 16 homeowners who try their hand at do-it-yourself design. Each episode pairs the featured homeowners with a designated design coach, who oversees the DIY design process while the homeowners perform the physical tasks themselves. The featured families include a firefighter, a cafeteria worker, an ER nurse, and several parents who are juggling their makeover project with homeschooling their kids. David Bromstad, Tiffany Brooks and Tamara Day are among the designers. Another episode follows.

10 p.m. on FREE The Bold Type

The soapy Freeform drama returns to complete its fourth season with new episodes that find Jane (Katie Stevens) struggling to accept her new, post-mastectomy body while getting a handle on her new responsibilities at Scarlet. Sutton (Meghann Fahy) loves being married to Richard (Sam Page) and her new stylist position, until shocking news blows up that happy world. Kat (Aisha Dee), meanwhile, searches for new direction in her life. Melora Hardin, Matt Ward and Stephen Conrad Moore also return to their roles.

THURSDAY EVENING

LG - La Grande BC - Baker City D - DISH DTV - DirecTV

MOVIES

SPORTS

JUNE 11, 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	Holey Moley A bartender and government official. (N)		Don't Contestants from Brooklyn, N.Y.		To Tell the Truth Mark Duplass; Patti LaBelle. (N)		KATU News at 11 (N)	(:35) Jimmy Kimmel Live!
PBS	3	5			In the Americas-David	BBC News	PBS NewsHour (N)		The Brain Fitness Program		Change in the brain.		Red, White and Rock (My Music)	Patriotic celebration of America.		
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight	Young Sheldon	(:31) Man With a Plan	(:01) Mom	Broke "Cinco de Mayo" (N)	To Be Announced		KOIN 6 News at 11 (N)	Late Show-Colbert
NBC	8	8	8	8	KGW News at 6 (N)	KGW News at 6:30 (N)	The Good Stuff (N)	Inside Edition (N)	Council of Dads "The Best-Laid Plans" (N)		Blindspot The team must save Jane and Weller. (N)		Law & Order: Special Victims Unit		KGW News at 11 (N)	Tonight Show
CW	9	9	32	32	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Burden of Truth "Desperate Measures" (N)		In the Dark Jess makes a bold move with Sterling. (N)		KOIN 6 News at 10p (N)		Seinfeld	Seinfeld
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud	Family Feud	Celebrity Watch Party "Episode 6" (N)		Labor of Love Kristy and the men have a game night.		10 O'Clock News (N)		11 O'Clock News (N)	(:35) The Big Bang Theory
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 Simpsons	Family Guy	Family Guy "Holy Crap"	Bob's Burgers
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión	La Rosa de Guadalupe		Ringo (N)		Amor eterno (N)		Sin miedo a la verdad		Noticias noroeste 11P	Noticiero Uni
A&E	52	55	118	265	The First 48		The First 48		The First 48 "Last Rap"		The First 48		First 48: Case-Haunts Me		The First 48 "Knock Knock"	
AMC	60	45	131	254	(5:00) ** "White House Down" (2013, Action) Channing Tatum. Paramilitary soldiers take over the White House.				** "Gladiator" (2000, Historical Drama) Russell Crowe, Joaquin Phoenix, Connie Nielsen. A fugitive general becomes a gladiator in ancient Rome.							** "The Hunted"
ANP	24	49	184	282	Deadliest Catch		Deadliest Catch		Deadliest Catch: Bloodline		Deadliest Catch		Deadliest Catch		Deadliest Catch	
BET	4	72	124	392	* "Til Death Do Us Part" (2017, Suspense) Taye Diggs, Annie Ilonzeh.				"We Belong Together" (2018, Suspense) Cassidey Fralin, Ross Fleming, Draya Michele.							
BRAVO	54	65	129	237	Housewives of NJ		Housewives/NYC		Housewives/NYC				Top Chef "Parma" (N)		Watch What	Housewives
CARTOON	25	59	177	297	Apple	Gumball	Gumball	We Bare	Amer. Dad	Amer. Dad	Amer. Dad	Rick, Morty	Burgers	Burgers	Family Guy	Family Guy
CNN	68	44	200	202	Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Coronavirus: Facts		Cuomo Prime Time		CNN Tonight w/ Don Lemon	
COM	77	56	107	249	The Office	The Office	Daily Show	The Office	The Office	The Office	RENO 911!	RENO 911!	RENO 911!	RENO 911!	Daily Show	The Office
COOK	123	123	119	232	Carnival Eats	Carnival Eats	Yum-Yummer	Yum-Yummer	Best Thing	Best Thing	Carnival Eats	Carnival Eats	Carnival Eats	Carnival Eats	Yum-Yummer	Yum-Yummer
DISN	26	48	173	290	(:05) Jessie	Raven	Raven	(:35) Bunk'd	Bunk'd		Raven	(:40) Bunk'd	(:05) Bunk'd	Gabby Duran	Bunk'd	Raven
E!	64	76	114	236	Total Bellas		Total Bellas "Sweat It Out"		Total Bellas "The Proposal"		Total Bellas (N)		Total Bellas		Nightly Pop	Sex-City
ESPN	33	27	140	206	Boxing		Boxing		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt	
ESPN2	34	28	143	209	(2:00) 2020 MLB Draft (N) (Live)				NFL Live		The Last Dance		The Last Dance		Korean Baseball	
FNC	66	25	205	360	Hannity (N) (Live)		The Ingraham Angle (N)		Fox News at Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		Summer Rush (N)		Beat Bobby	Beat Bobby
FREE	32	33	180	311	(4:30) "The Hangover"		*** "The Blind Side" (2009, Drama) Sandra Bullock, Tim McGraw, Quinton Aaron.						The Bold Type (N)		The 700 Club	
FS1	41	85	150	219	(5:00) WWE: WrestleMania III Recall				WWE Backstage		WWE WrestleMania 31					
FX	65	24	136	249	*** "Blockers" (2018) Leslie Mann, Ike Barinholtz. Three parents chase down their daughters on prom night.				** "Bad Moms" (2016, Comedy) Mila Kunis, Kristen Bell. Three overworked and stressed-out mothers go wild.				** "Bad Moms" (2016, Comedy) Mila Kunis, Kristen Bell. Three overworked and stressed-out mothers go wild.			
FX	35	64	125	259	Simpsons	Simpsons	Simpsons	Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	Cake (N)	Cake	Cake	Cake
GOLF	88	88	401	218	PGA Tour Golf Charles Schwab Challenge, First Round.		PGA Tour Golf Charles Schwab Challenge, First Round.		PGA Tour Golf Charles Schwab Challenge, First Round.		PGA Tour Golf Charles Schwab Challenge, First Round.					Golf Central
HALL	87	87	185	312	"The Story of Us" (2019) Maggie Lawson, Sam Page. The owner of a bookstore butts heads with an architect.				"Wedding Bells" (2016) Danica McKellar. Two commitment-phobes find unexpected romance at a wedding.				The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
HALLMM	86	86	187	565	Magnum, P.I. Rival siblings search for a will.		"Kiss at Pine Lake" (2012) Barry Watson. A man rekindles an old romance while trying to save a camp.		"A Merry Christmas Match" (2019) Kyle Dean Massey. A woman from a small ski village begins to rethink her life.				Murder, She Wrote Murder befalls a young writer.			
HGTV	62	57	112	229	Love It or List It		Love It or List It		Flip or Flop	Flip or Flop	Design-Door	Design-Door	Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	Mountain Men		Mountain Men		Mountain Men		Mountain Men (N)		(:03) Alone Participants must last 100 days.		Mnt. Men	
LIFE	29	29	108	252	King	King	King	King	King	King	King	King	King	King	King	King
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	To Be Announced				American Ninja Warrior		American Ninja Warrior		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	Gordon Ramsay: Uncharted		Gordon Ramsay: Uncharted		Gordon Ramsay: Uncharted		Gordon Ramsay: Uncharted		(:03) Alaska Animal Rescue		(:03) Alaska Animal Rescue	
NICK	27	51	171	299	Casagrandes	Loud House	SpongeBob	SpongeBob	** "Dr. Seuss' the Lorax" (2012) Premiere.				Friends	Friends	Friends	Friends
OWN	40	41	189	279	20/20 on OWN		20/20 on OWN "Bad Blood"		20/20 on OWN		20/20 on OWN		20/20 on OWN		20/20 on OWN	
OXY	30	69	127	251	Killer Couples		Killer Couples		Killer Couples		Killer Couples		Killer Couples		Killer Couples	
PARMT	42	43	241	241	Two Men	Two Men	Two Men	Two Men	*** "Coming to America" (1988) Eddie Murphy.				(:15) *** "Trading Places" (1983) Dan Aykroyd.			
ROOT	37	26	426	687	Mariners		MLB Baseball From June 29, 2018.						Mariners Mondays			
SYFY	67	50	122	244	(5:59) *** "Harry Potter and the Prisoner of Azkaban" (2004) Daniel Radcliffe.				*** "Harry Potter and the Goblet of Fire" (2005) Daniel Radcliffe, Rupert Grint.							
TCM	56	73	132	256	(5:00) *** "The Glenn Miller Story" (1953)		** "The Gene Krupa Story" (1959) Sal Mineo. The story of the famous jazz drummer's rise to stardom.		** "Sweet and Lowdown" (1994, Musical) Benny Goodman, James Cardwell.				** "Around the World" (1943, Musical) Kay Kyser, Mischa Auer, Joan Davis.			
TDC	51	42	182	278	Naked and Afraid		Naked and Afraid		Treasure Island with Bear		Naked and Afraid XL: Banished	"Hunt or Be Hunted" (N)	Naked Castaway			
TLC	49	62	183	280	Dr. Pimple Popper		Hoarding: Buried Alive		Hoarding: Buried Alive		Hoarding: Buried Alive		Hoarding: Buried Alive		Hoarding: Buried Alive	
TNT	57	52	138	245	Bones Solving a murder during a blackout.		Bones "Finder" A security guard's remains are found.		** "Shooter" (2007, Suspense) Mark Wahlberg, Michael Peña. A wounded sniper plots revenge against those who betrayed him.				** "Eagle Eye" (2008, Action) Shia LaBeouf, Michelle Monaghan.			
TRAV	53	38	196	277	Ghost Adventures (N)		The Holzer Files (N)		Ghost Adventures		Ghost Adventures		Ghost Adventures		The Holzer Files	
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers
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		Chicago P.D. "Life Is Fluid"		Chicago P.D.	
WE	118	118	128	260	Law Order: CI		Growing Up Hip Hop		Growing Up Hip Hop		Growing Up Hip Hop (N)		Untold Stories of Hip Hop		Growing Up Hip Hop	
WEATH	14	19	214	362	Deadline to Disaster		Top 100 Weather Moments		Highway Thru Hell		Highway Thru Hell		Highway Thru Hell		Mayday: Air Disaster	
WTBS	59	40	139	247	Family Guy	Family Guy	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Misery Index	Conan (N)	Misery Index
HBO	518	518	303	504	(:05) ** "Shaft" (2019) Samuel L. Jackson. Old-school cop John Shaft teams up with his FBI agent son. 'R'				Yvonne Orji: Momma, I Made It!		(:05) Insecure	(:35) *** "Ready or Not" (2019, Horror) Samara Weaving, Adam Brody. 'R'	(:15) Betty	(:45) I May Destroy You		
MAX	531	531	311	516	(:15) *** "Twilight Zone: The Movie" (1983) Vic Morrow. Four tales: bigot, oldsters, bad boy, man on plane.				** "The Thing" (2011, Horror) Mary Elizabeth Winstead, Joel Edgerton. 'R'		(:45) ** "The Last Exorcism" (2010, Horror) Patrick Fabian, Ashley Bell. 'PG-13'	(:15) Trackers "Episode 1"				
SHOW	578	578	319	546	(5:40) **** "Terminator 2: Judgment Day" (1991, Science Fiction) Arnold Schwarzenegger, Linda Hamilton. 'R'				Shameless Frank gives up drinking.		Billions "The Nordic Model" Axe's plans are threatened.	VICE	Californication		*** "Hustlers" (2019) Constance Wu. 'R'	
STARZ	621	621	351	526	(5:36) ** "America's Sweethearts" (2001) Julia Roberts, Billy Crystal. 'PG-13'		(:22) ** "A Dog's Way Home" (2019, Children's) Ashley Judd. 'PG'		*** "A Beautiful Day in the Neighborhood" (2019, Biography) Tom Hanks, Matthew Rhys. 'PG'				(10:50) *** "Duplicity" (2009) Julia Roberts. 'PG-13'			
TMC	591	591	327	554	(:15) *** "Striking Distance" (1993) Bruce Willis. A serial killer stalks women known by an outcast ex-cop. 'R'				*** "Serpico" (1973, Crime Drama) Al Pacino. Undercover cop Frank Serpico exposes police corruption. 'R'			(:10) *** "Seven" (1995, Suspense) Brad Pitt. A killer dispatches his victims via the Seven Deadly Sins. 'R'				