tonight's best

Jamie Roy

8 p.m. on FREE
grown-ish

Devastated and shaken to learn that he has been expelled, Vivek (Jordan Buhat) is filled with dread at the prospect of breaking this bad news to his parents, since he knows a conversation about his disappointing history of failures is sure to follow in the new episode "Daddy Lessons." As they deal with the aftermath of Mexico, Doug (Diggy Simmons) meets a new resident at Hawkins.

8 p.m. on TDC
Homestead Rescue

In a new episode called "Tropic Thunder," Marty, Misty and Matt Raney try to rescue a family who is descended from rock 'n' roll royalty by reclaiming their homestead from the relentlessly encroaching jungle around their place on Kauai, Hawaii. Despite their best efforts, however, when a dangerous flash flood strikes, the Raneys find themselves on the wrong side of the river and out of time.

8 p.m. on LMN
Movie: Burning Little Lies

After a close brush with death in the form of a car accident of suspicious origin, a young woman somewhat predictably falls for the handsome and gallant firefighter who puts himself in peril to pull her from the wreckage. What at first seems like selfless concern for her welfare soon takes on a darker tone, however, when this dashing first responder's overprotective behavior turns into a suffocating attempt to control her life. Annika Foster, Jamie Roy, Mark Hapka and Ashlynn Yennie star in this 2021 thriller.

9 p.m. on CW
The Outpost

Garret (Jack Stormoen) is released, but his freedom means he'll have to serve a new ruler not of his choosing in the new episode "The Gods Thank You." Meanwhile, Talon and Zed (Jessica Green, Reece Ritchie) discover a tragedy when they return to save the Blackbloods. Elsewhere, Falista (Georgia May Foote) does what she can in pursuit of peace.

THURSDAY EVENING

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

JULY 29, 2021

	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	(5:00) 2021 NBA Draft Coverage of the 2021 NBA Draft, including previews, analysis and live coverage. (N) (Live)				Special Edition of KATU News		Paid Program	Paid Program	Jeopardy! (N)	Wheel of Fortune	KATU News at 11 (N)	(:35) Jimmy Kimmel Live!
PBS	3	5			Bare Feet With Mickela	BBC World News Outside	PBS NewsHour (N)		Oregon Art Beat	Outdoor Idaho	Shakespeare and Hathaway -- Private Investigators		Inspector Morse "Deceived by Flight" Morse and Lewis pose as cricket players.			
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Big Brother (N Same-day Tape)		(:01) Love Island (N)		Bull Bull mounts a difficult trial defense.		KOIN 6 News at 11 (N)	Late Show-Colbert
NBC	8	8	8	8	(5:00) 2020 Tokyo Olympics Gymnastics, Swimming, Track and Field. (N) (Live)					2020 Tokyo Olympics	(:05) 2020 Tokyo Olympics Track and Field, Men's Volleyball. (N Same-day Tape)				Dan Haggerty	2020 Tokyo Olympics
CW	9	9	32	32	Modern Family	Modern Family "Integrity"	The Goldbergs	The Goldbergs	Roswell, New Mexico Liz settles into her new life.		The Outpost "The Gods Thank You" Garret is set free.		KOIN 6 News at 10p (N)		Seinfeld "The Busboy"	Seinfeld "The Finale"
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	Beat Shazam Three teams of two compete.		MasterChef Guest judge Paula Deen.		10 O'Clock News (N)		11 O'Clock News (N)	(:35) People (N)
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 Big Bang Theory	The Simpsons	Family Guy	Family Guy (Part 1 of 2)
UNIV	22	22	16	47	Copa Oro 2021	Fútbol central (N) (Live)	CONCACAF Copa Oro 2021				La Rosa de Guadalupe "Amor de barrio"		Primer impacto (N) (Live)		Noticias noroeste 11P	Noticiero Univision:
A&E	52	55	118	265	The First 48		The First 48		The First 48 "The Grudge"		The First 48 "Truly Lost"		The First 48: Rookie Year (N)		(:04) The First 48	
AMC	60	45	131	254	(5:30) ★★ "Night at the Museum" (2006, Children's) Ben Stiller, Carla Gugino, Dick Van Dyke.				★★★ "O Brother, Where Art Thou?" (2000) George Clooney, John Turturro. Three escaped convicts embark on an unusual odyssey.					★★★ "Crocodile Dundee" (1986, Comedy) Paul Hogan, Linda Kozlowski, Mark Blum.		
ANP	24	49	184	282	(5:00) Deadliest Catch		Deadliest Catch A US crab fleet arrives in Dutch Harbor.				Deadliest Catch The Saga is in danger of sinking.				Deadliest Catch	
BET	4	72	124	392	"Boo 2! A Madea Halloween"		★★★ "The Nutty Professor" (1996, Comedy) Eddie Murphy, Jada Pinkett.					★★ "Nutty Professor II: The Klumps" (2000) Eddie Murphy, Janet Jackson.				
BRAVO	54	65	129	237	Million Dollar LA		Million Dollar LA		Million Dollar Listing		ChefAmateurs	Watch What	★★ "How to Lose a Guy in 10 Days" (2003) Kate Hudson.			
CARTOON	25	59	177	297	Teen Titans Go!		Wrld, Gumball	Apple	Bob's Burgers	Bob's Burgers	American Dad	American Dad	American Dad	Rick, Morty	Family Guy	Family Guy
CNN	68	44	200	202	Cuomo Prime Time (N) (Live)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Anderson Cooper 360		Cuomo Prime Time		Don Lemon Tonight	
COM	77	56	107	249	The Office	The Office	The Office	(:45) The Office "Niagara"		The Office	The Office	The Office	The Office	The Office	The Office	The Office
COOK	123	123	113	232	Bizarre Foods America		Fire Masters		Man v. Food	Man v. Food	Delicious	Delicious	Bizarre Foods America		Fire Masters	
DISN	26	48	173	290	Raven	Raven	Big City	Big City	Big City	Big City	Jessie	Jessie	Big City	Big City	Gabby Duran	Sydney-Max
E!	64	76	114	236	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Nightly Pop
ESPN	33	27	140	206	(5:00) 2021 NBA Draft Coverage of the 2021 NBA Draft, including previews, analysis and live coverage. (N) (Live)				2021 NBA Draft (N) (Live)			SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter
ESPN2	34	28	143	209	(5:00) UFC 261: Usman vs. Masvidal 2				SportsCenter (N) (Live)		SportsCenter	UFC	Around/Horn	Interruption	UFC Unleashed	
FNC	66	25	205	360	Hannity (N) (Live)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News at Night		Tucker Carlson Tonight		Hannity	
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		BBQ Brawl		Beat Bobby	Beat Bobby
FREE	32	33	180	311	(5:30) ★★ "The Other Woman" (2014) Cameron Diaz.				grown-ish (N)	★★ "Step Up 3" (2010, Drama) Rick Malambri, Adam G. Sevani.					The 700 Club	
FS1	41	85	150	219	Gold Cup	Gold Cup Day	2021 CONCACAF Gold Cup Semifinal: Teams TBA. (N) (Live)					Gold Cup Day	2021 CONCACAF Gold Cup Semifinal: Teams TBA.			
FX	65	24	136	249	(5:30) ★★ "The Hangover Part II" (2011) Bradley Cooper. Phil, Stu, Alan and Doug head to Thailand for Stu's wedding.				★★★ "Instant Family" (2018, Comedy-Drama) Mark Wahlberg, Rose Byrne. A couple face challenges after adopting three siblings.					★★★ "Instant Family" (2018, Comedy-Drama) Mark Wahlberg, Rose Byrne.		
FXX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	Cake	Cake	Cake	Archer
GOLF	88	88	401	218	(3:30) 2020 Tokyo Olympics Men's Golf, Second Round. Second round coverage of men's golf. From Kasumigaseki Country Club in Kasahata, Saitama, Japan. (N) (Live)											
HALL	87	87	185	312	(5:00) "A Shoe Addict's Christmas" (2018)		"Christmas at Holly Lodge" (2017, Drama) Alison Sweeney. Sophie tries to save her Holly Lodge from a developer.				"Welcome to Christmas" (2018) Eric Mabius, Jennifer Finnigan. A real estate developer finds romance with a sheriff.				"12 Gifts of Christmas" (2015, Romance) Katrina Law.	
HALLMM	86	86	187	565	(5:00) "A Harvest Wedding" (2017, Romance) Jill Wagner.		"Christmas in Evergreen: Letters to Santa" (2018) Jill Wagner, Mark Deklin. Lisa tries to save her town's general store.				Murder, She Baked "A Plum Pudding Mystery" Hannah Swensen's customer was murdered.				Murder, She Wrote Jessica's niece is a suspect.	
HGTV	62	57	112	229	Christina on the Coast		Christina on the Coast		What Not To Design (N)		(:01) Christina on the Coast		Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	Mountain Men	Mountain Men "Feast or Famine"			Mountain Men: Fully Loaded Jake carries his best dog off the mountain after a battle with a huge Mountain Lion. (N)							
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles		★★ "The Proposal" (2009) Sandra Bullock.				(:03) ★ "Bride Wars" (2009, Comedy) Kate Hudson.			
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	2020 Tokyo Olympics Women's Volleyball -- U.S. vs Turkey.				2020 Tokyo Olympics		2020 Tokyo Olympics		2020 Tokyo Olympics		2020 Tokyo Olympics	
NBCSNW	426	37	424		Talk. Beavers	Road Trippin'	Outdoor GPS (N) (Live)		Talk. Beavers	Road Trippin'	The Bridge	Talkin' Ducks	American Ninja Warrior		Outdoor GPS	
NGEO	55	78	197	276	When Sharks Attack		When Sharks Attack		When Sharks Attack		Eyewitness Shark Attack		Eyewitness Shark Attack		When Sharks Attack	
NICK	27	51	171	299	Loud House	Loud House	SpongeBob SquarePants		★★★ "Rio" (2011, Children's) Voices of Anne Hathaway.				Friends	Friends	Friends	Friends
OWN	40	41	189	279	20/20 on OWN		20/20 on OWN "Bad Blood"		48 Hours: Hard Evidence		20/20 on OWN		20/20 on OWN		20/20 on OWN	
OXY	30	69	127	251	Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered Gary Triano lived large. (N)				Charmed to Death		Dateline: Secrets Uncovered	
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	★★ "The Day After Tomorrow" (2004) Dennis Quaid, Jake Gyllenhaal.					★★ "Bad Boys II" (2003, Action) Martin Lawrence, Will Smith, Jordi Mollà.				
ROOT	37	26	426	687	Timbers Post	Mariners	Minor League Baseball Tri-City Dust Devils at Hillsboro Hops. (N) (Live)						Building the Kraken		Minor League Baseball	
SYFY	67	50	122	244	(5:30) ★★ "Transformers: The Last Knight" (2017) Mark Wahlberg, Anthony Hopkins.						★★ "Godzilla" (2014) Aaron Taylor-Johnson, Ken Watanabe.					Terminator 2
TCM	56	73	132	256	(5:00) ★★ "Tickle Me" (1965) Elvis Presley.		★★ "It Happened at the World's Fair" (1963, Musical Comedy) Elvis Presley, Joan O'Brien, Gary Lockwood.				★★ "The Trouble With Girls" (1969) Elvis Presley. A traveling showman runs into trouble while in the Midwest.				★★ "Girl Happy" (1965, Musical) Elvis Presley.	
TDC	51	42	182	278	Homestead Rescue		Homestead Rescue		Homestead Rescue "Tropic Thunder" The Raneys help a family in Kauai. (N)						(:03) Homestead Rescue	
TLC	49	62	183	280	Dr. Pimple Popper		Dr. Pimple Popper		Dr. Pimple Popper (N)		My 600-Lb. Life "J.T.'s Story" JT is almost 900lbs.				Family by the Ton	
TNT	57	52	138	245	Bones The murder of a billionaire explorer.		Bones A diamond is found in a corpse.		★★ "The Equalizer" (2014, Action) Denzel Washington, Marton Csokas, Chloë Grace Moretz. A former commando champions the helpless.					(:45) ★★ "The Equalizer" (2014, Action) Denzel Washington, Marton Csokas.		
TRAV	53	38	196	277	Paranormal Caught- Camera		Paranormal Caught- Camera		Paranormal Caught- Camera		Paranormal Caught- Camera		Paranormal Caught- Camera		Paranormal Caught- Camera	
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Bar Wars	Imp. Jokers	Imp. Jokers
TVL	75	74	106	304	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
USA	58	39	105	242	2020 Tokyo Olympics		2020 Tokyo Olympics Beach Volleyball.			Olympics	Olympics	2020 Tokyo Olympics Women's Basketball -- U.S. vs Japan.				Olympics
WE	118	118	128	260	Law & Order: Criminal Intent		Law & Order: Criminal Intent		Growing Up Hip Hop		Growing Up Hip Hop (N)		Beyond the Pole (N)		My Mane	Gr.- Hip Hop
WEATH	14	19	214	362	Deep Water Salvage		Jade Fever	Jade Fever	Ice Pilots "Crash Landing"		Ice Pilots "Cold Start"		Ice Pilots "Shoot-Out"		World's Deadliest Weather	
WTBS	59	40	139	247	Family Guy	Family Guy	Big Bang	Big Bang	Big Bang	Big Bang	The Cube		The Cube "Point and Pump"		Wipeout Bowl 1	
HBO	518	518	303	504	(:05) ★ "Identity Thief" (2013, Comedy) Jason Bateman, Melissa McCarthy. A victim of identity theft fights back. 'R'				Tig Notaro: Drawn		★★★ "The 40-Year-Old Virgin" (2005) Steve Carell. Three coworkers unite to help their buddy get a sex life. 'R'				The White Lotus Quinn reluctantly takes a scuba class.	
MAX	531	531	311	516	"In the Heart of the Sea"	(:25) ★★ "The 15:17 to Paris" (2018, Suspense) Spencer Stone. 'PG-13'			★★ "The Peacemaker" (1997, Action) George Clooney. A scientist and a soldier seek stolen nuclear weapons. 'R'				(:05) ★★★ "Hacksaw Ridge" (2016) Andrew Garfield. Medic Desmond Doss becomes a hero during World War II.			
SHOW	578	578	319	546	(5:30) ★★★ "The Last of the Mohicans" (1992, Historical Drama) Daniel Day-Lewis. 'R'			(:25) ★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. 'R'			(:15) ★★ "Drive Angry" (2011, Action) Nicolas Cage. A brutal felon escapes from hell to save his grandchild. 'R'				Desus & Mero (N)	"Embattled" (2020) 'R'
STARZ	621	621	351	526	(5:28) ★★ "Days of Thunder" (1990, Action) Tom Cruise, Robert Duvall. 'PG-13'			(:19) ★★ "Bloodshot" (2020, Action) Vin Diesel, Guy Pearce, Eiza González. 'PG-13'			(:12) The Deceived		Run the World	Run the World	★★ "For Love of the Game" (1999) Kevin Costner.	
TMC	591	591	327	554	"The Longest Yard" (2005)	(:25) ★★ "Some Kind of Wonderful" (1987, Romance) Eric Stoltz. 'PG-13'			★★★ "Mid90s" (2018, Comedy-Drama) Sunny Suljic, Lucas Hedges, Na-kel Smith. 'R'			★★★ "Spring Breakers" (2012, Comedy) James Franco, Vanessa Hudgens. 'R'			(:05) ★ "Countdown" (2019) Elizabeth Lail. 'PG-13'	