

tonight s best



Sofia Black-D'Elia

7 p.m. on TRAV
Fright Club

In the new episode "Scream-Filled Donuts," host Jack Osbourne and the Ghost Brothers totally freak each other out with footage of a jealous entity terrorizing a couple. Other segments feature some creepy spectral disturbances inside an allegedly haunted donut shop, and a father struggling desperately to protect his family from a ghostly intruder.

8 p.m. on LMN
Movie: Deadly Infidelity

Awakening from a month-long coma, a woman is dismayed to discover the last five years of memories of her husband and daughter are completely gone. However, things go from bad to dangerous when, just as she is feeling most vulnerable, a man she doesn't remember appears, claiming the two of them had a passionate affair. Kate Watson, Houston Rhines and Anna Dobbins star in this melodrama.

10 p.m. on FREE
Single Drunk Female

Sofia Black-D'Elia ("The Mick") stars in this new half-hour dramedy as Samantha Fink, an alcoholic in her 20s, who has a public flameout at a New York media company so mortifying that she is forced to move back home with her control-freak mother, Carol (Ally Sheedy), to avoid jail time. Back in Boston, Samantha gets a job at a local grocery store and begins the process of moving beyond her very worst self and making a new start. Rebecca Henderson, Sasha Compere and Garrick Bernard co-star. Another episode follows.

10 p.m. on WE
Double Cross

Kidnapped by their sister, Robin (Jodie Johnson), twins Eric and Erica Cross (Jeff Logan, Ashley A. Williams) hatch a scheme to escape from the bizarre school of brainwashed victims as this action-packed thriller returns for Season 2 with "Alive and Kicking." Meanwhile, Detective Ryan (Darrin Dewitt Henson) refuses to lie in a hospital bed while his partner's murderer is on the loose. Another new episode immediately follows.

THURSDAY EVENING

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

MOVIES

SPORTS

JANUARY 20, 2022

	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)	Women of the Movement "Mothers and Sons; The Last Word" (Season Finale) The verdict is reached. (N)			(:31) Let the World See		KATU News at 11 (N) (Live)	(:35) Jimmy Kimmel Live!		
PBS	3	5			A Craftsman's Legacy	BBC World News Outside	PBS NewsHour (N)		Oregon Art Beat	Oregon Field Guide	Return to Cranford The return of Mr. Buxton and his son.		Thou Shalt Not Kill		Atlantic Crossing on Masterpiece "Fires Spread"		
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Young Sheldon (N)	(:31) United States of AI	(:01) Ghosts "The Vault"	B Positive (N)	Bull "Family Matters" Bull faces off against Marissa. (N)		KOIN 6 News at 11 (N)	Late Show-Colbert	
NBC	8	8	8	8	KGW News at 6: The Story	KGW News at 6:30 (N)	The Good Stuff (N)	Inside Edition (N)	The Blacklist Dembe is put in imminent danger. (N)		Law & Order: Special Victims Unit (N)		Law & Order: Organized Crime "As lago Is to Othello"		KGW News at 11 (N)	Tonight Show-J. Fallon	
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "Two Points for Honesty" Capt. James is shot. (N)		Legacies The squad tries to help Hope.		KOIN 6 News at 10p (N)		Seinfeld "The Pool Guy"	Seinfeld "The Doodle"	
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	Joe Millionaire: For Richer or Poorer (N)		Call Me Kat (N)	Pivoting "The Giving Tree"	10 O'Clock News (N)		11 O'Clock News (N)	(:35) People	
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 (Part 1 of 2)	Family Guy "Chap Stewie"	Family Guy	
UNIV	22	22	16	47	Noticias noro-este 6P	Noticiero Univisión (N)	¿Qué le pasa a mi familia? (N)		La rosa de Guadalupe "Historia de una obsesión" (N)		Vencer el pasado Javier y Mauro buscan venganza. (N)		Madre (N)		Noticias noro-este 11P	Noticiero Univisión:	
A&E	52	55	118	265	The First 48		The First 48		The First 48		The First 48 (N)		Taking Stand		Taking Stand		
AMC	60	45	131	254	(5:30) *** "Lethal Weapon 2" (1989) Mel Gibson. Detectives nail a South African diplomat who is a drug-runner.				* "Gone in 60 Seconds" (2000, Action) Nicolas Cage, Angelina Jolie, Giovanni Ribisi. A retired thief must steal 50 cars to save his brother.				(:45) *** "Edge of Tomorrow" (2014) Tom Cruise, Emily Blunt. Premiere.				
ANP	24	49	184	282	North Woods Law: Uncuffed		North Woods Law		North Woods Law		North Woods Law: Uncuffed "Mystery on Merrill Island"		North Woods Law				
BET	4	72	124	392	* "Nobody's Fool" (2018, Romance-Comedy) Tiffany Haddish, Tika Sumpter.				** "Love Don't Cost a Thing" (2003, Romance-Comedy) Nick Cannon, Christina Milian.								
BRAVO	54	65	129	237	Below Deck	Below Deck Mediterranean	Project Runway "Haute Hair Collab"		Project Runway (N)		Watch What		To Be Announced				
CARTOON	25	59	177	297	Teen Titans	Teen Titans	Bears	Total Drama	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	Futurama	Futurama	American Dad	American Dad	
CBSSN	410	410	158	221	College Basketball San Diego at BYU. (N) (Live)		College Basketball Santa Clara at Saint Mary's. (N) (Live)		Basketball		Basketball		World Series of Poker				
CNN	68	44	200	202	CNN Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight		
COM	77	56	107	249	The Office	The Office	The Office "(:45) The Office "The Client"		The Office		The Office		The Office	The Office	The Office	South Park	
COOK	123	123	113	232	Good Eats (N)	Good Eats	Back in Time for Dinner (N)		Best Thing		Best Thing		Good Eats	Good Eats	Good Eats	Good Eats	Back in Time for Dinner
DISN	26	48	173	290	Jessie	Jessie	Holly Hobbie	Holly Hobbie	Big City Green	Big City Green	Jessie	Jessie	Big City Green	Big City Green	Ladybug	Ladybug	
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	Mod Fam	Nightly Pop
ESPN	33	27	140	206	Wm. Basketball	NHL Hockey Colorado Avalanche at Los Angeles	Los Angeles. (N) (Live)		Kings. From Staples Center in		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		
ESPN2	34	28	143	209	2022 Australian Open Tennis Third Round. (Taped)				UFC Top Ten		NFL Live		Around/Horn		Interruption	UFC 270 Countdown	
FNC	66	25	205	360	Hannity (N) (Live)		The Ingraham Angle (N) (Live)		Gutfeld! (N)		Fox News at Night		Tucker Carlson Tonight		Hannity		
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		Beat Bobby	Throwdown	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	
FREE	32	33	180	311	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	Single-Female	Single-Female	The 700 Club		
FS1	41	85	150	219	College Basketball Connecticut at Butler. (N) (Live)		College Basketball UCLA at Utah. (N) (Live)		Elite Youth (N)		TMZ Sports		Fri. Night SmackDown				
FX	65	24	136	249	(5:00) ** "The Expendables" (2010) Jason Statham, Jet Li.	** "The Expendables 2" (2012, Action) Sylvester Stallone, Jason Statham, Jet Li.		** "The Expendables 3" (2014, Action) Sylvester Stallone, Jason Statham, Antonio Banderas. Barney Ross brings in new blood to fight an old associate.		** "The Expendables 3" (2014, Action) Sylvester Stallone, Jason Statham, Antonio Banderas. Barney Ross brings in new blood to fight an old associate.		** "The Expendables 3" (2014, Action) Sylvester Stallone, Jason Statham, Antonio Banderas. Barney Ross brings in new blood to fight an old associate.		** "The Expendables 3" (2014, Action) Sylvester Stallone, Jason Statham, Antonio Banderas. Barney Ross brings in new blood to fight an old associate.		** "The Expendables 3" (2014, Action) Sylvester Stallone, Jason Statham, Antonio Banderas. Barney Ross brings in new blood to fight an old associate.	
FX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy		Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	
GOLF	88	88	401	218	PGA Champions		Golf Central	PGA Tour Golf	The American Express, First Round.						DP Tour Golf		
HALL	87	87	185	312	"The Secret Ingredient" (2020) Erin Cahill, Brendan Penny. A baker reunites with her ex-fiance in New York City.		"Christmas in My Heart" (2021, Drama) Heather Hemmens. A violinist and a country music star meet at the holidays.		"The Perfect Pairing" (2022) Nazneen Contractor, Brennan Elliott. A food and wine critic finds love after losing her memory.		The Golden Girls		The Golden Girls		The Golden Girls		
HALLMM	86	86	187	565	(5:00) "North to Home" (2022, Drama) Kimberley Sustad.		"Christmas in My Heart" (2021, Drama) Heather Hemmens. A violinist and a country music star meet at the holidays.		"Truly, Madly, Sweetly" (2018) Nikki DeLoach, Dylan Neal. Sparks fly when a man and a woman inherit an old bakery.		Murder, She Wrote Former student authors book.		Murder, She Wrote Former student authors book.		Murder, She Wrote Former student authors book.		
HGTV	62	57	112	229	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Hunters		Hunters Int'l		Flip or Flop	Flip or Flop	
HIST	50	60	120	269	Swamp People		Swamp People		Swamp People: Blood and Guts		"Best of Gators Gone Wild" Joey and Zak hunt for a beast. (N)						
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles		Rizzoli & Isles "Love Taps"		Rizzoli & Isles "Sister Sister"		(:03) Rizzoli & Isles		(:03) Rizzoli & Isles "5:26"		
MSNBC	71	67	209	356	The Rachel Maddow Show (N)		The Last Word		The 11th Hour (N) (Live)		The Rachel Maddow Show		The Last Word		The 11th Hour		
NBCSN	89	89	159	220	(Off Air)		(Off Air)										
NGEO	55	78	197	276	Life Below Zero		Life Below Zero		Life Below Zero		Life Below Zero		(:15) Port Protection Alaska: Off the Grid (N)		Life Below Ze		
NICK	27	51	171	299	"SpongeBob Movie"		Danger Force	Warped!	That-Lay Lay	SpongeBob	*** "Despicable Me 2" (2013) Voices of Steve Carell.		Friends		Friends		
OWN	40	41	189	279	20/20 on OWN "Frenemies"		20/20 on OWN		48 Hours: Hard Evidence (N)		20/20 on OWN		20/20 on OWN		20/20 on OWN		
OXY	30	69	127	251	Buried in the Backyard		Buried in the Backyard		Buried in the Backyard (N)		Twisted Killers "Overkilled"		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	*** "Air Force One" (1997, Suspense) Harrison Ford, Gary Oldman, Glenn Close.		*** "The Fugitive" (1993, Suspense) Harrison Ford.		*** "The Fugitive" (1993, Suspense) Harrison Ford.		*** "The Fugitive" (1993, Suspense) Harrison Ford.		*** "The Fugitive" (1993, Suspense) Harrison Ford.		
ROOT	37	26	426	687	Warm-Up	Pregame	NHL Hockey San Jose Sharks at Seattle Kraken. (N) (Live)		Postgame		College Basketball Gonzaga at Pacific. (N Same-day Tape)						
SYFY	67	50	122	244	(5:45) ** "Armageddon" (1998) Bruce Willis, Billy Bob Thornton.	(:45) ** "The Last Witch Hunter" (2015, Fantasy) Vin Diesel, Elijah Wood.		** "Red" (2010, Action)									
TCM	56	73	132	256	(5:00) **** "The French Connection" (1971)	** "Patty Hearst" (1988, Docudrama) Natasha Richardson. The heiress is kidnapped by the Symbionese Liberation Army.		*** "Looking for Mr. Goodbar" (1977, Suspense) Diane Keaton, Richard Gere, Tom Berenger. Shy schoolteacher picks up strange men in singles bars.		** "Dog Day Afternoon" (1975, Drama) Al Pacino, Faye Dunaway, John Cazale. A bank teller goes mad.							
TDC	51	42	182	278	BattleBots (N) (Part 1 of 2)		BattleBots (N) (Part 2 of 2)		BattleBots More bots make their season debuts. (N)				BattleBots		BattleBots		
TLC	49	62	183	280	Dr. Pimple Popper		Dr. Pimple Popper		My 600-Lb. Life Otreon must believe in himself. (N)		1000-Lb. Sisters (N)		Hoarding: Buried Alive				
TNT	57	52	138	245	(4:30) NBA Basketball Phoenix Suns at Dallas Mavericks.		NBA Basketball Indiana Pacers at Golden State Warriors. From Chase Center in San Francisco. (N Subject to Blackout) (Live)		Inside the NBA (N) (Live)		NBA Basketball Phoenix Suns at Dallas Mavericks.						
TRAV	53	38	196	277	Fright Club		Fright Club (N)		Fright Club		Fright Club "Scary Poppins"		Fright Club		Fright Club		
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Fast Foodies	Fast Foodies	Inside Jokes	Inside Jokes	
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	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	
WE	118	118	128	260	Criminal Minds "Mr. Scratch"		Criminal Minds "Protection"		Growing Up Hip Hop		Growing Up Hip Hop (N)		Double Cross		Double Cross "High and Dry"		
WEATH	14	19	214	362	Frozen Gold "Make or Break"		Deep Water Salvage		Deep Water Salvage		Uncharted Adventure "Utah"		Uncharted Adventure		Weird Earth		
WTBS	59	40	139	247	Big Bang		Big Bang		Big Bang		Go-Big Show (N)		Full Frontal		Go-Big Show		
HBO	518	518	303	504	(5:50) ** "Real Steel" (2011, Action) Hugh Jackman. A boxing promoter and his son build a robot fighter. 'PG-13'		Euphoria		(:05) Euphoria		(:05) * "The Hitman's Wife's Bodyguard" (2021, Action) Ryan Reynolds. 'R'		Somebody Somewhere		Somebody Somewhere		
MAX	531	531	311	516	(5:45) ** "This Is 40" (2012) Paul Rudd. A long-married couple deal with personal and professional crises. 'R'		* "Identity Thief" (2013, Comedy) Jason Bateman, Melissa McCarthy. A victim of identity theft fights back. 'R'		(9:53) ** "How to Be Single" (2016, Romance-Comedy) Dakota Johnson. 'R'								
SHOW	578	578	319	546	(4:45) "Last Call" (2021)	"The Last Black Man in San Francisco" (2019) Jimmie Fails. A man and his best buddy try to save his grandfather's home.		*** "Django Unchained" (2012, Western) Jamie Foxx, Christoph Waltz, Leonardo DiCaprio. An ex-slave and a German bounty hunter roam America's South. 'R'									
STARZ	621	621	351	526	(:13) *** "Munich" (2005, Suspense) Eric Bana, Daniel Craig, Geoffrey Rush. Israelis hunt the terrorists behind 1972's Munich massacre. 'R'		*** "Escape Room: Tournament of Champions" (2021) Taylor Russell. Premiere. 'PG-13'		(:32) * "Mortdecai" (2015) Johnny Depp. An art dealer searches for a stolen painting.								
TMC	591	591	327	554	"Proximity" (2019, Science Fiction) Ryan Masson. A NASA scientist has a close encounter with aliens. 'NR'		* "Scary Movie V" (2013, Comedy) Ashley Tisdale, Simon Rex, Erica Ash. 'PG-13'		*** "Hustle & Flow" (2005, Drama) Terrence Howard. A pimp wants to rap his way out of his dead-end life. 'R'						"Beauty Shop" (2005)		