

MONDAY EVENING

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

MOVIES

SPORTS

JULY 25, 2022

Table with columns for channel (e.g., ABC, CBS, NBC, FOX), time slot (e.g., 6 PM, 7 PM, 8 PM), and program details. Includes various news, entertainment, and sports programs.

tonight's best



Natalie Portman

9 p.m. on HGTV
The Great Giveback With Melissa McCarthy and Jenna Perusich

In the season finale episode called "Wall-to-Wall Fabulous," co-hosts Melissa McCarthy and Jenna Perusich give back to Ryan, a singer and pianist who shares his love of music by performing at a senior care facility.

9 p.m. on NGEQ
Running Wild With Bear Grylls: The Challenge

In this new series, host and survivalist Bear Grylls steps up the challenges he posed to his celebrity guests in the original "Running Wild" series, teaching them essential survival skills and then letting them prove they can put what they've learned to good use in an emergency situation.

Sudoku solution (puzzle is on page 9)

9x9 Sudoku grid with numbers 1-9 in each cell, representing the solution to the puzzle.