

Wednesday Best Bets

MasterChef

KFFX KTVF 8:00 p.m.

Contestants have 60 minutes to create an elevated one-pan-wonder dish using a cast-iron pan in this new episode. Judges Gordon Ramsey, Joe Bastianich and Aarón Sánchez look for a dish that is delicious and highlights the efficiency of the pan.

Guy's Grocery Games

FOOD 9:00 p.m.

Host Guy Fieri welcomes chefs from four distinct American regions in this new episode. As they vie for culinary supremacy, they're challenged to turn a hometown hit into a homerun using just five ingredients. Later, they use frozen food to make supper.



Peri Zarella in "Psychic Kids"

Snowfall

FX 10:00 p.m.

Andre (Darius McCrary) has no choice but to ask Franklin (Damson Idris) for help in this new episode. At the same time, Julia (Peta Sergeant) comes up with a new plan for Teddy (Carter Hudson). Sergio Peris-Mencheta also stars.

Psychic Kids

A&E 10:00 p.m.

Young adults with psychic abilities work alongside licensed therapists to mentor a new generation of child psychics in this premiere. Together, they try to show the youngsters how to take control of their unique gifts.

Wednesday Evening

August 21, 2019

	CH	DISH	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	12 AM	12:30
BROADCAST																	
KFFX (11)	11	-	11	Modern Family	Modern Family	2 Broke Girls	2 Broke Girls	Chef "One Pan Wonder" (N)	BH90210 "The Photo Shoot" (N)	First at Ten (N)	:35 Dateline "The Inside Man"	:35 Mike&M.	:05 Mike&M.	:35 2½Men			
KPTV	3	-	-	6 O'Clock News (N)		Family Feud	Family Feud	Chef "One Pan Wonder" (N)	BH90210 "The Photo Shoot" (N)	10 O'Clock News (N)	News (N)	Page Six TV	TMZ Live! (N)				
KEPR (19)	2	19	19	News (N)	Inside Edition	The Big Bang	The Simpsons	Big Brother (N)	SEAL Team "Payback"	S.W.A.T. "Invisible"	News (N)	:35 The Late Show	:35 J.Corden				
KOIN	19	-	-	News (N)	News (N)	Extra	Ent. Tonight (N)	Big Brother (N)	SEAL Team "Payback"	S.W.A.T. "Invisible"	KOIN6News (N)	:35 The Late Show	:35 J.Corden				
KNDU (25)	6	25	23	News (N)	Family Feud	Wheel Fortune	Jeopardy!	Got Talent "Live Results 2" (N)	Songland (N)	Hollywood Game Night (N)	News (N)	:35 The Tonight Show	:35 Late Night				
KGW	8	-	-	KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	Got Talent "Live Results 2" (N)	Songland (N)	Hollywood Game Night (N)	News (N)	:35 The Tonight Show	:35 Late Night				
KVEV (42)	4	42	-	News (N)	Local News (N)	Ent. Tonight (N)	Extra (N)	The Goldbergs	Schooled	Modern Family	Single Parents	Celebrity Family Feud	News (N) :05 Jimmy Kimmel	:05 Nightline	:35 Minute		
KATU	5	-	-	KATU News at 6:00 p.m. (N)		Jeopardy!	Wheel Fortune	The Goldbergs	Schooled	Modern Family	Single Parents	Celebrity Family Feud	News (N)	:35 Jimmy Kimmel Live	:35 Nightline		
KTNW	-	31	31	PBS NewsHour (N)		News	WealthTrack	Maneater "Great White Shark"	Nova "Why Sharks Attack"	Koko: The Gorilla Who Talks	Amanpour and Company (N)	Newsline	Journeys Japan				
OPB (59)	13	-	-	Journeys Japan	Business (N)	PBS NewsHour (N)		Nature		Koko: The Gorilla Who Talks	Genius "Where Are We?"	PBS NewsHour					
CABLE																	
A&E	52	118*	265*	Ghost "Fortress of Phantoms"	Ghost "Fort Ticonderoga"	Ghost "Back on the Hunt" (N)	Ghost Hunters "School Spirit" (P)	Psychic Kids (N)	:05 Ghost Hunters	:05 Ghost "Back on the Hunt"							
AMC	60	131*	254*	5:00 ★ ★ ★ ★ Lethal Weapon 4 (98, Act) Mel Gibson.	★ ★ ★ ★ Ace Ventura: Pet Detective ('94, Com) Jim Carrey.	:05 ★ ★ ★ Ace Ventura: When Nature Calls ('95, Com) Jim Carrey.	:10 ★ National Lampoon's Ch...										
ANPL	24	184*	282*	North Woods Law	Woods Law "Triple Threat"	North Woods "Dawn Patrol" (N)	Law "Treacherous Trails" (N)	I Was Prey "Backyard Bite" (N)	Prey "Grisly Encounters" (SP) (N)	Law "Treacherous Trails"							
CMT	43	166*	327*	Last Man St.	Last Man St.	★ ★ Invincible (2006, Drama) Mark Wahlberg, Elizabeth Banks, Greg Kinnear.	★ ★ ★ We Are Marshall (2007, Sport) Anthony Mackie, Matthew Fox, Matthew McConaughey.	★ Invincible									
CNBC	72	208*	355*	Jay Leno's Garage	Jay Leno "Going the Distance"	Leno Garage "Living the Dream"	Jay Leno's Garage "Rebels"	Leno Garage "California Cruisin"	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program
CNN	68	200*	202*	Cuomo Prime Time	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	Anderson Cooper 360	Cuomo Prime Time	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon
DISC	51	182*	278*	Expedition Unknown	Expedition Unknown	Expedition Unknown (N)	Expedition Unknown (N)	Contact "Deep State" (N)	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown
DISN	26	173	21	Coop & Cami	Coop & Cami	Sydney Max	Sydney Max	Bunk'd	Bunk'd	Raven's Home	Raven's Home	Coop & Cami	Coop & Cami	Raven's Home	Andi Mack	Bunk'd	Bunk'd
ESPN	33	140*	206*	4:30 Baseball	Baseball T.	MLB Baseball New York Yankees at Oakland Athletics Site: Oakland Alameda Coliseum (L)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	Backstory	NowNever (N)	MLB Baseball N.Y. Yankees vs Oakland	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
ESPN2	34	143*	209*	4:30 Baseball	NFL Live		SportsCenter (N)	SportsCenter (N)	Backstory	NowNever (N)	MLB Baseball N.Y. Yankees vs Oakland	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
FNC	66	205*	360*	Hannity	The Ingraham Angle	Fox News @ Night	Tucker Carlson Tonight	Hannity	The Ingraham Angle	Fox News @ Night							
FOOD	61	110*	231*	Guy's Grocery Games	Guy's Grocery Games	Game "Five-Dollar Price Check"	Game "Battle America!" (N)	Guy's Game "Judge vs. Judge"	Game "Family Style: Food Feud"	Guy's Game "Battle America!"							
FREE	32	180*	311*	The Middle	The Middle	★ ★ ★ ★ Toy Story ('95, Ani) Voices of Tim Allen, Tom Hanks.	★ ★ ★ ★ Toy Story 2 ('99, Ani) Voices of Tim Allen, Tom Hanks.	The 700 Club	★ The Hunchback of Notre Da...								
FX	65	136*	248*	4:00 ★ Spider-Man: Homeco...	★ ★ The Fate of the Furious (2017, Action) Dwayne Johnson, Jason Statham, Vin Diesel.	Snowfall (N)	Snowfall "Pocket Full of Rocks"	Snowfall "Confessions"									
GOLF	88	401*	218*	Vantage Point (N)	Feherty "Xander Schaufele"	Golf Central	Vantage Point With Mike Tirico	On the Range "Tour Championship"	Playing Lessons	Paid	Paid						
GSN	76	116*	233*	ComKnowl.	Family Feud	Family Feud	Family Feud	AmerSays (N)	America Says	America Says	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud
HALL	87	185*	312*	★ A Summer Romance (2019, Romance) Ryan Paevey, Erin Krakow.	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Frasier 1/2	Frasier Pt. 2 of 2	Frasier	Frasier	Frasier	Frasier	Frasier
HGTV	62	12*	299*	Property "Home With a View"	Property Bros. "Mountain Chic"	Property "Designing Memories"	Property "A Home to Hug" (N)	House Hunt. (N)	House (N)	Property Bros. "The Guest House"	Property Bros. "A Home to Hug"						
HIST	50	120*	269*	3:00 Forged in Fire: Cutting Deeper	Forged in Fire "The Falchion" (N)	Forged "Napoleon's Saber" (N)	:05 Face the Beast (N)	:05 Forged "The Javanese Kris"	:05 Forged "Napoleon's Saber"								
LIFE	29	180*	252*	Marrying (N)	Married "Are You Committed?"	Married at (N)	Married at First Sight "Secrets of the Past" (N)	Marrying Millions (N)	:05 Married "Secrets of the Past"	Married at First	Married						
NICK	27	171	300	Loud House	Loud House	Smarter Than	Smarter Than	★ To Be Announced	Friends	Friends	:35 Friends	:10 Friends	:45 Mom				
PRMT	42	241*	241	Mom	Mom	★ ★ ★ ★ John Wick ('14, Action) Adrianne Palicki, Bridget Moynahan, Keanu Reeves.	Yellowstone (N)	★ ★ ★ ★ John Wick ('14, Act) Adrianne Palicki, Keanu Reeves.									
ROOT	37	-	-	Mariners	Pre-game	MLB Baseball Seattle Mariners at Tampa Bay Rays Site: Tropicana Field -- St. Petersburg, Fla.	Post-game	Football East-West Shrine Game Site: Tropicana Field -- St. Petersburg, Fla.									
SYFY	67	122*	244	5:00 ★ ★ ★ ★ The Hunger Games: Catching Fire	★ The Hunger Games: Mockingjay, Part 1 ('14, Adv) Jennifer Lawrence.	:35 ★ ★ ★ ★ Wanted (2008, Action) Morgan Freeman, Angelina Jolie, James McAvoy.											
TBS	59	139*	247	Family Guy	Family Guy	Seinfeld	Seinfeld	The Big Bang	The Big Bang	The Big Bang	The Big Bang	The Big Bang	Full Frontal	Conan (N)	Full Frontal	New Girl	Conan
TCM	56	132*	256	Movie	:45 ★ ★ ★ ★ The More the Merrier ('43, Com) Jean Arthur.	:45 ★ ★ ★ ★ Union Pacific ('39, West) Joel McCrea, Akim Tamiroff, Barbara Stanwyck.	:15 ★ ★ ★ ★ Ride the High Country ('62, West) Joel McCrea.										
TLC	49	183*	280	Say Yes "A Walk Down the Aisle"	Say Yes to the Dress	Hoarding "Tiny Monsters"	Hoarding "This Is Garbage Land"	Hoarding "I Was Gonna Gag"	Hoarding "Full of Rats"	Hoarding "Tiny Monsters"							
TNT	57	138*	245	5:30 ★ ★ Contraband ('12, Act) Giovanni Ribisi, Mark Wahlberg.	★ ★ Remember the Titans ('00, Dra) Will Patton, Wood Harris, Denzel Washington.	Chasing the Cure	★ ★ ★ The Bourne Legacy Jeremy Renner.										
UNI	21	-	-	P. Luche	Noticiero Univ.	Amor eterno	La Reina Soy Yo	El corazón nunca	Sin Miedo a la Verdad	Impacto extra	NoticieroUni	Contacto Deportivo					
USA	59	105*	242	Law & Order: S.V.U. "Taboo"	Law&O: SVU "Betrayal's Climax"	SVU "Pomstar's Requiem"	Suits "Whatever It Takes"	Pearson "The Donor"	Law&O: SVU "Comic Perversion"	Suits "Whatever It Takes"							
WE	118	128*	260	Law & Order "Possession"	Law & Order "Formerly Famous"	LawOrder "Myth of Fingerprints"	Law&Order "The Fire This Time"	Law & Order "3 Dawg Night"	Law & Order "Prejudice"	Law & Order "The Collar"							
WGN	-	239*	307	In the Heat of the Night	★ ★ ★ Platoon (1986, War) Willem Dafoe, Tom Berenger, Charlie Sheen.	★ ★ ★ Platoon (1986, War) Willem Dafoe, Tom Berenger, Charlie Sheen.	Married, Child	Married, Child									
PREMIUM																	
HBO	518	303	504	5:30 Sports	Hard Knocks	Vice News (N)	★ Red Sparrow ('18, Myst) Joel Edgerton, Mary-Louise Parker, Jennifer Lawrence.	:25 Succession	:25 Hard Knocks	:25 Gemstones							
HBO2	520	304	505	5:50 ★ ★ Jurassic World: Fallen Kingdom ('18, Act) Chris Pratt.	Hard Knocks '19	Our Boys (N)	Real Sports (N)	★ ★ The Grudge Sarah Michelle Gellar.	:35 Doors								
HBO3	521	302*	503*	:05 ★ ★ The Lucky Ones ('08, Com) Tim Robbins.	Succession	The Righteous Gemstones	★ ★ The Meg ('18, Action) Ruby Rose, Bingbing Li, Jason Statham.	:55 ★ ★ ★ Mr. Brooks									
MAX	549	311	516	:10 ★ ★ Next of Kin ('89, Cri) Adam Baldwin, Patrick Swayze.	★ Armageddon (1997, Action) Michele R. Monique, Anthony Wong, Andy Lau.	:35 ★ ★ ★ Casino Royale (2006, Action) Judi Dench, Eva Green, Daniel Craig.											
SHOW	578	319	546	★ ★ The Saint ('97, Susp) Elisabeth Shue, Val Kilmer.	City on a Hill	★ ★ Rambo ('08, Act) Sylvester Stallone.	:35 ★ ★ ★ Total Recall ('90, Sci-Fi) Arnold Schwarzenegger.	Movie									
STARZ	621	351	526	Movie	:55 ★ ★ ★ Fallen ('98, Susp) John Goodman, Denzel Washington.	★ ★ Pitch Black ('00, Thril) Vin Diesel.	:50 ★ ★ ★ Scarface (1983, Crime Story) Michelle Pfeiffer, Steven Bauer, Al Pacino.										
STZENC	644	341	536	4:50 ★ ★ ★ A Beautiful Mind	:05 ★ ★ ★ 8 Mile ('02, Dra) Kim Basinger, Brittany Murphy, Eminem.	Power "Happy Birthday"	Power "A Changed Man?"	★ ★ Tango and Cash Sylvester Stallone.	Movie								

C - Charter; DISH - DISH; DTV - DirecTV

* Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.

SPORTS

MOVIES

NEWS