tonight's best



Jake Herak

8 p.m. on FREE grown-ish

The police shooting of an unarmed Black man draws a surprisingly diverse range of reactions from Zoey (Yara Shahidi) and her crew in a new episode called "A Boy Is a Gun." Meanwhile, Doug (Diggy Simmons) clashes with his new romantic interest when she wants to use his party as a platform to raise the cultural and political awareness of his guests. Trevor Jackson and Francia Raisa also star.

8 p.m. on HIST Mountain Men

John battles a ferocious blizzard and an onslaught of equally fierce predators to protect his bison in the new episode "Winter's Fury." Elsewhere, a stranded pack mule in dire straits forces Kidd and Harry to navigate treacherous rapids in a risky rescue mission. Mike has a frighteningly close encounter with a bear while repairing an old mountain cabin, while Jake Herak responds to a mountain lion attack at a local ranch. Meanwhile, Tom and Nancy help open a new trading post.

8 p.m. on LMN Movie: Deadly Mom Retreat

Struggling yet fiercely determined to move on since her divorce, Jules (Lara Amersey) jumps at the chance to participate in a singles retreat with her new friend Marissa (Christina Cox). The word "retreat" takes on a different context, though, when a series of near-fatal accidents befall Jules almost immediately upon her arrival — and they all seem to involve a fellow visitor. Chris Violette, Rebecca LaMarche and Jon Welch also star in this 2021 thriller.

9 p.m. on CW The Outpost

As Garret (Jake Stormoen) leads a rebellion, Talon and Zed (Jessica Green, Reece Ritchie) track a Lu Qiri to find a new enemy in the new episode "Going to Meet the Gods." Elsewhere, Falista (Georgia May Foote) recruits Wren and Janzo (Izuka Hoyle, Anand Desai-Barochia) for a very specific mission. Meanwhile, Luna (Maeve Courtier-Lilley) faces her greatest challenge ever.

| | | | | | | | | | | | | | Nort | heast Or | egon TV | Weekly |
|---------------|-----|----------|-----|------------|------------------------------------|---|--|---------------------------------|---------------------------------------|---|-------------------------------------|------------------------------|-----------------------------------|--|--|--------------------------------|
| THUR | SE | Α | ΥΙ | ΕV | ENING | | LG - La G | rande BC - Bake | r City D - DISH | DTV - DirecTV | MOVIES | SPOR | rs | | AUGUST | 5, 2021 |
| | LG | вс | 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 S take the sport p | tephen wants to | When Nature C Mirren | alls With Helen | The Hustler Th Lady Gaga are | | KATU News at 11 (N) | (:35) Jimmy Kimmel Live! |
| PBS | 3 | 5 | | | Bare Feet With Mickela | BBC World News Outside | PBS NewsHou | | Oregon Art Beat | Outdoor Idaho | Shakespeare a Private Inves | | , , | se "The Secret of | Bay 5B" A parki | |
| CBS | 6 | 6 | 6 | 6 | KOIN 6 News | CBS Evening | Extra (N) | | Big Brother (N | I Same-day | (:01) Love Islan | | Bull "The Bad | Client" A contro- | KOIN 6 News | Late Show- |
| NBC | 8 | | 8 | 8 | | News kyo Olympics Sk | | Tonight (N) ing, Track and F | Tape) Field, Beach Vol- | 2020 Tokyo | (:05) 2020 Toky | o Olympics Car | versial news co noe/Kayak, Wor | | at 11 (N) Dan Haggerty | Colbert 2020 Tokyo |
| | | 8 | | Ť | Modern | in Progress) (N) Modern | (Live) The Gold- | The Gold- | William & Kate | Olympics a's Royal An- | (N) (Live) The Outpost Ga | arret leads a | KOIN 6 News a | at 10n (N) | Seinfeld "The | Olympics Seinfeld "The |
| CW | 9 | 9 | 32 | 32 | Family | Family season Football | bergs | bergs | niversary 8 O'Clock New | • | rebellion. (N) 9 O'Clock News | | 10 O'Clock Ne | , | Statue" | Little Kicks" (:35) People |
| FOX | 12 | 12 | 12 | 12 | Steelers. (N) (L | ive) | | | | | | | | - () | News (N) | (N) ' |
| MNT | 13 | 13 | 49 | 49 | Family Feud | Family Feud | The Big Bang Theory | Theory | 8 O'Clock New | | 9 O'Clock News | , | Theory | The Simpsons | Family Guy | Family Guy |
| UNIV | 22 | 22 | 16 | 47 | Noticias noro- este 6P | Noticiero Univisión (N) | La Rosa de Gu prueba de todo" | adalupe "A | Diseñando tu a | amor (N) | Si nos dejan El Yuri es arrestad | | La hija del em | bajador (N) | Noticias noro- este 11P | Noticiero Univision: |
| A&E | 52 | 55 | 118 | 265 | The First 48 | | The First 48 | /al I/ilman Daa | The First 48 "D | | The First 48 "Sr | | The First 48: S | | (:04) The First | |
| AMC | 60 | 45 | | 254 | Holliday joins W | ombstone" (1993 Vyatt Earp for the | OK Corral show | down. | security expert | lan" (2013, Action must break out of | f a formidable pris | son. | | Arnold Schwarz | enegger, Rachel | Ticotin. |
| ANP BET | 24 | 49 72 | 184 | 282 392 | (5:00) Deadlies | st Catch Down the House | Deadliest Catcle 2 (2003, Comed) | | Deadliest Cato Queen Latifah | | Deadliest Catch ★ "Nobody's Fe | | | | Deadliest Catc Tika Sumpter. | h |
| BRAVO | 54 | 65 | 129 | 237 | Below Deck M | editerranean | Below Deck Me | diterranean | Million Dollar I | Listing | ChefAmateurs | Watch What | *** "Harry P | otter and the Ch | amber of Secre | |
| CARTOON | 25 | 59 | 177 | 297 | Teen Titans Cuomo Prime | Teen Titans | Wrld, Gumball | | | Bob's Burgers onight (N) (Live) | | | American Dad Cuomo Prime | | Family Guy Don Lemon To | Family Guy |
| COM | 77 | 56 | 107 | 249 | The Office | The Office | The Office | (:45) The Office | | The Office | The Office | The Office | The Office | The Office | The Office | The Office |
| COOK | | | | | Bizarre Foods | | Fire Masters | D' 0'' | Man v. Food | Man v. Food | Delicious | Delicious | Bizarre Foods | | Fire Masters | |
| DISN E! | | | | | Raven Mod Fam | Raven Mod Fam | | Big City Mod Fam | Big City Mod Fam | Big City Mod Fam | Jessie Mod Fam | Jessie Mod Fam | Big City Mod Fam | Big City Mod Fam | Ladybug Mod Fam | Ladybug Nightly Pop |
| ESPN | 33 | 27 | | | (5:00) MLB Ba | seball Atlanta Bra in St. Louis. (N) (| aves at St. Louis | | | | SportsCenter (I | | SportsCenter | | SportsCenter (| |
| ESPN2 | | | | | Bacon Cladiani | otball Hamilton Ti | , | ipeg Blue Bomb | ers. (N) (Live) | UFC Archival | To Be Annound | ed | UFC Archival | Interruption | Now or Never | UFC Archival |
| FNC | 66 | 25 | 205 | 360 | Hannity (N) (Li | ve) | The Ingraham / | Angle (N) | Gutfeld! (N) | | Fox News at Ni | | Tucker Carlso | n Tonight | Hannity | |
| FOOD FREE | | | | | Beat Bobby (5:30) * * * "G | Beat Bobby rease" (1978, Mu | | Beat Bobby | Beat Bobby | Beat Bobby | Restaurant: Im | | Beat Bobby | Beat Bobby | Beat Bobby The 700 Club | Beat Bobby |
| FS1 | | | | | Fri. Night Sma | ckDown | PokerStars Cha | ampionship | PokerStars Ch | ampionship | WWE Friday Ni | ght SmackDow | n | | Undisputed | |
| FX | 65 | 24 | 136 | 249 | (5:00) *** "L | ogan" (2017) Hu | gh Jackman, Pat | rick Stewart. | | llizer 2" (2018, Ac rt McCall fights as | | | | | lizer 2" (2018, A edro Pascal, Asht | |
| FXX | 35 | 64 | 125 | 259 | | The Simpsons | | | | | | Family Guy | Cake | Cake | Cake | Archer |
| GOLF | 88 | 88 | 401 | 218 | | | | | | of women's golf. F | | | | | | TI O-1-1 |
| HALL | 87 | 87 | 185 | 312 | Walker. A fishe | Love" (2019) Bet rman finds a bottl | nany Joy Lenz, <i>F</i> e containing a lo | ve letter. | | ıl" (2021, Romand ends go on a reali | | s, Scott Michael | Girls | The Golden Girls | The Golden Girls | The Golden Girls |
| HALLMM | 86 | 86 | I | 1 | (5:00) "The Irre berry Farm" (2 | agiatible Dlug | "Good Morning | ı Christmas!" (2 | 2020) Alison Swe together in a sma | | Aurora Teagard | den Mysteries "l | Reunited and It F | eels So Deadly" | Murder, She W grammed for M | |
| HGTV | | 57 | 112 | 229 | No Demo Reno | 0 | No Demo Reno | | Christina on th | ne Coast (N) | Christina on the | | Hunters | Hunters Int'l | Hunters | Hunters Int'l |
| HIST | | | | | | Mountain Men | | ıyday" | | Josh battles a bli | | (:33) Alone "Th | | | (:05) Mountain | |
| LIFE MSNBC | 71 | | | | Rizzoli & Isles The Rachel Ma | | Rizzoli & Isles The Last Word | | The 11th Hour | p " (2011, Drama) | The Rachel Ma | | The Last Word | | "Simone Biles The 11th Hour | Story |
| NBCSN | _ | | _ | _ | 2020 Tokyo Ol | | 2020 Tokyo Oly | mpics | | ympics Men's Ba | | 2020 Tokyo Oly | | • | 2020 Tokyo Ol | ympics |
| NBCSNW | 426 | | | | The Bridge (N) | | Blazers Out. | | Outdoor GPS | lawal Daulsa | Talkin' Ducks | | | | Blazers Out. | Talk. Beavers |
| NGEO NICK | | | | | World's Deadl | Loud House | America's Nation | SpongeBob | America's Nati | 10001 Parks 1014) Voices of Ani | Smoky Mounta | | Texas: Spirit 8 | Friends | Reach for Friends | Smoky Moun Friends |
| OWN | _ | _ | _ | | 20/20: Homicio | de | 20/20 on OWN | | 48 Hours: Hard | | 20/20 on OWN | 200 21001120191 | 20/20 on OWN | | 20/20 on OWN | |
| OXY | 30 | | _ | _ | Dateline: Secre | _ | Dateline: Secre | | | ets Uncovered "T Hanks, Audrey Ta | | | Charmed to Do | | Dateline: Secre | |
| PARMT ROOT | _ | | _ | _ | MLB Baseball | Two/Half Men | Mariners | | | Seattle Mariners | | | ** Transform | ners: Dark of the | e Moon" (2011) Mariners | Fight Sports |
| SYFY | | | | | (5:30) ★★ "Cra | nk" (2006) Amy | Smart | ** "I, Robot" | (2004, Science F | iction) Will Smith | , Bridget Moynah | an. | | | n" (2015) Chris F | lemsworth |
| тсм | 56 | 73 | 132 | 256 | "Murder, She Said" (1961) | (:45) *** "Mu Margaret Ruthe | rder at the Gallo | p " (1963) lev | | irder Most Foul" lays a jury with he | | | ** "Murder A Rutherford, Lion | hoy!" (1964, Mys | stery) Margaret | (:45) "Just My Luck" (1957) |
| TDC | | | | | Homestead Re | | Homestead Re | • | | escue Young hom | nesteaders in Ala | bama. | (:02) Homeste | | (:03) Homestea | nd Rescue |
| TLC | 49 | 62 | 183 | 280 | Dr. Pimple Pop | | Dr. Pimple Pop | | Dr. Pimple Pop | | My 600-Lb. Life | | | ++ "Choff" (00 | Family by the | |
| TNT | | | l | 245 | nan's past visits | | Bones A man d baler accident. | • | son. A bodygua | an's Bodyguard' ard and a hitman r | must bring down | a dictator. | | Jessie T. Usher | r, Richard Round | ree. |
| TRAV TRUTV | | | | | Paranormal Ca Imp. Jokers | lmp. Jokers | Paranormal Ca Imp. Jokers | ught- Camera Imp. Jokers | Paranormal Ca Imp. Jokers | aught- Camera Imp. Jokers | Paranormal Ca Imp. Jokers | ught- Camera Imp. Jokers | Paranormal Ca Imp. Jokers | aught- Camera Bar Wars | Paranormal Ca Imp. Jokers | ught- Camera Imp. Jokers |
| TVL | 75 | | | | Andy Griffith | | Andy Griffith | | Raymond | Raymond | | | Raymond | Raymond | King | King |
| USA | 58 | 39 | 105 | 242 | 2020 Tokyo Ol | ympics | 2020 Tokyo Oly | mpics | | | 2020 Tokyo Oly | mpics Women's | S Volleyball, Firs | t Semifinal. (N) | 2020 Tokyo Ol | mpics Diving. |
| WE WEATH | | | | | Law & Order: (Mayday: Air D | | Law & Order: C | | Growing Up Hi | ip Hop You'd Survive? | Growing Up Hip | | Beyond the Po Could You Sur | | My Mane Highway Thru | Gr Hip Hop |
| WEATH | | | | | Family Guy | Family Guy | Big Bang | Big Bang | Big Bang | Big Bang | The Cube "Poin | t and Pump" | The Cube | | The Cube | |
| НВО | _ | | _ | _ | (:15) The White 4 of 6) | | (:15) * * "Fatal | e" (2020, Suspe | nse) Hilary Swar a married man. 'I | nk. A one-night | Obama: In Purs The challenges | suit of a More P | | Small Town News | Small Town News | "Walk Among Tombstones" |
| MAX | | | | 516 | (:11) ** "Brid | get Jones: The E | dge of Reason' | ' (2004, | *** "Dirty Da | ancing" (1987, Ro | omance) Jen- | (:42) ★★ "The \ | Wedding Date" | (2005, | (:13) *** "The | Blind Side" |
| | + | | | | Nevter Rody no | edy) Renée Zellw arts are left at | eger, Hugh Gran Dexter Internal | | niter Grey, Patr Dexter Advice | rick Swayze. 'PG- from an unex- | 13' Dexter "Are You | Romance-Come ?" Deb tries | edy) Debra Mess Dexter Dr. Vog | | (2009) Sandra B Desus & Mero | |
| SHOW | | | | 546 | sites. | ster Hunter" (20 | pressure on Del | ora. | pected source. The Deceived | | to cover up invo | lvement. | ter's help. | | (N) ★★ "Along Car | vate Ryan" |
| STARZ | 621 | 621 | 351 | 526 | battle deadly m | onsters in a stran | ge world. 'PG-13 | , | | | women's profes | sional baseball le | eague debuts in | 1943. 'PG' | (2004) Ben Still | er. 'PG-13' |
| тмс | 591 | 591 | 327 | 554 | family begins to | t" (2020, Suspen unravel in an old | se) Jude Law, Ca I English country | manor. 'R' | | n g Lanes" (2002, I L. Jackson. 'R' | | | | i ch " (2013) Jame nab an elusive cr | | "Seven Psy- chopaths" 'R' |
| | | | | | | | | | | | | | | | | |