

WEDNESDAY EVENING

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

MOVIES

SPORTS

JUNE 29, 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)	KATU Wildfire	Jeopardy! (N)	Wheel of Fortune	The Conners	The Goldbergs	Abbott Elementary	(:31) Home Economics	Press Your Luck Essential workers compete.		KATU News at 11 (N) (Live)	(:35) Jimmy Kimmel Live!
PBS	3	5			Home Diagnosis	BBC World News Outside	PBS NewsHour (N)		Nature Tom Mustill investigates whales.		NOVA Emission-free electric planes.		Planet California California's wild creatures.		Future of Work Disruptions to the world of work.	
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	The Price Is Right at Night		The Price Is Right at Night Actress Rachel Brosnahan.		S.W.A.T. "Short Fuse" A terminally ill inmate escapes.		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)	Chicago Med Maggie helps Halstead treat a patient.		Chicago Fire "Fire Cop" Severide and Seager team up.		Chicago P.D. "Still Water" Upton saves a car crash victim.		KGW News at 11 (N)	Tonight Show-J. Fallon
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family (Part 1 of 2)	Modern Family (Part 2 of 2)	The Flash The team rallies to support The Flash.		Wellington Paranormal	Wellington Paranormal	KOIN 6 News at 10p (N)		Seinfeld "The Boyfriend"	Seinfeld (Part 2 of 2)
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	MasterChef Chefs travel to U.S. Coast Guard base. (N)		(:01) So You Think You Can Dance "Around the World" (N)		10 O'Clock News (N)		11 O'Clock News (N)	(:35) People (N)
MNT	13	13	49	49	Family Feud	Family Feud	Timbers Pre-Game	MLS Soccer Houston Dynamo at Portland Timbers. From Providence Park in Portland, Ore. (N) (Live)			Timbers Post-Game		The Big Bang Theory	The Big Bang Theory	Family Guy	Family Guy
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univision (N)	La rosa de Guadalupe "Con distinta alma" (N)	La mexicana y el güero René amenaza a Tyler. (N)			Mi fortuna es amarte (N)		Mujer de nadie Lucía denuncia a don Heriberto. (N)		Noticias noroeste 11P	Noticiero Univision:
A&E	52	55	118	265	(5:00) *** "Friday" (1995)		*** "Next Friday" (2000, Comedy)		Ice Cube, Mike Epps.		Right to Offend: The Black Comedy Revolution				(:04) ** "Next Friday"	
AMC	60	45	131	254	(5:00) *** "Live Free or Die Hard" (2007, Action) Bruce Willis, Justin Long. America's computers fall under attack.		*** "Moneyball" (2011, Drama) Brad Pitt, Jonah Hill, Philip Seymour Hoffman. A baseball manager challenges old-school traditions.								** "Draft Day" (2014, Drama) Kevin Costner.	
ANP	24	49	184	282	(5:00) The Zoo: San Diego (N)		Crikey! It's the Irwins		Crikey! It's the Irwins		The Zoo: San Diego				Crikey! It's the Irwins	
BET	4	72	124	392	Ambitions "Through the Wire"		The Family Business		Celebrity Family Feud		Tyler Perry's Sistars (N)		All the Queen's Men (N)		Tyler Perry's Sistars	
BRAVO	54	65	129	237	Below Deck "Cool Beans"		Real Housewives/Beverly Hills (N)		The Real Housewives of Beverly Hills (N)		Real Housewives/Beverly Hills (N)		Southern Charm		Chrissy	
CARTOON	25	59	177	297	Steven Univ.	Steven Univ.	Steven Univ.	Steven Univ.	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American	American	American	Rick, Morty
CBSSN	410	410	158	221	PGA Golf		UEFA Champions League Soccer		UEFA Champions League Soccer		UEFA Champions League Soccer		Villarreal vs Liverpool.		Combate Global Highlights (N)	
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	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	(:06) South Park		The Daily Show	
COOK	123	123	113	232	Brew & 'Que	Brew & 'Que	Food Paradise		Food Paradise		Brew & 'Que	Brew & 'Que	Brew & 'Que	Brew & 'Que	Food Paradise	
DISN	26	48	173	290	Ladybug	Ladybug	Big City Green	Big City Green	Big City Green	Big City Green	Raven's Home	Raven's Home	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	Nightly Pop
ESPN	33	27	140	206	37 Words		37 Words		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	34	28	143	209	ESPN Films		30 for 30		37 Words		37 Words		Around/ Horn	Interruption	30 for 30	
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	Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games (N)		Guy's Grocery Games		Guy's Grocery Games	
FREE	32	33	180	311	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The 700 Club
FS1	41	85	150	219	USFL Football: Stars vs Generals		MLS Soccer FC		Dallas at Los Angeles FC. (N) (Live)		TMZ Sports		Drag Racing			
FX	65	24	136	249	(5:30) *** "Ted" (2012) Mark Wahlberg, Mila Kunis. A grown man has a live teddy bear as a constant companion.		*** "Horrible Bosses" (2011) Jason Bateman, Charlie Day. Three oppressed workers plot against their employers.		*** "Horrible Bosses" (2011) Jason Bateman, Charlie Day. Three oppressed workers plot against their employers.		*** "Horrible Bosses" (2011) Jason Bateman, Charlie Day. Three oppressed workers plot against their employers.		*** "Horrible Bosses" (2011) Jason Bateman, Charlie Day. Three oppressed workers plot against their employers.			
FXX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Bob's Burgers	Bob's Burgers
GOLF	88	88	401	218	(5:00) Golf's Greatest Rounds		Golf Central		Golf's Greatest Rounds		Golf Central		Golf Central		PGA of America Highlights	
HALL	87	87	185	312	"From Friend to Fiancé" (2019) Jocelyn Hudon, Ryan Paevey. A woman's best friend asks her to help plan his wedding.		"A Summer Romance" (2019) Erin Krakow, Ryan Paevey. A Montana ranch owner falls for a real estate developer.		"The Golden Girls		The Golden Girls		The Golden Girls		The Golden Girls	The Golden Girls
HALLMM	86	86	187	565	"A Joyous Christmas" (2017) Natalie Knepp, Michael Rady. A motivational speaker learns the true meaning of Christmas.		"The Christmas Doctor" (2020, Drama) Holly Robinson Peete. A doctor encounters a man from her past at Christmastime.		"Our Christmas Journey" (2021) Holly Robinson Peete. A single mother and her teenage son come to a crossroad.							
HGTV	62	57	112	229	Bargain Block		Bargain Block		Bargain Block (N)		Bargain Block (N)		Hunters	Hunters	Hunters	Hunters
HIST	50	60	120	269	Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire "Out to Sea"		More Power	More Power	More Power	More Power
LIFE	29	29	108	252	Castle "The Greater Good"		Castle "That '70s Show"		Married at First Sight "Kicking Off San Diego" (N)						(:03) Married at First Sight	
MAGN	81	81	111	230	Fixer Upper: Welcome Home		Fixer Upper		Fixer Upper		Fixer Upper: Welcome Home		Fixer Upper		Fixer Upper	
MSNBC	71	67	209	356	MSNBC Prime (N) (Live)		The Last Word With		The 11th Hour-Stephanie		MSNBC Prime		The Last Word With		The 11th Hour-Stephanie	
NGEO	55	78	197	276	To Catch a Smuggler: Brazil		To Catch a Smuggler: Brazil		To Catch a Smuggler: Madrid		To Catch a Smuggler: Madrid		To Catch a Smuggler: Madrid		To Catch a Smuggler: Madrid	
NICK	27	51	171	299	Loud House	Loud House	*** "Despicable Me" (2010) Voices of Steve Carell.		Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
OWN	40	41	189	279	Fatal Vows		Fatal Vows "Death Brawl"		Love It or List It		Love It or List It "Tall Tale"		Love It or List It		Love It or List It	
OXY	30	69	127	251	Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered	
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	*** "The Fugitive" (1993, Suspense) Harrison Ford, Tommy Lee Jones, Sela Ward.						*** "Air Force One"	
ROOT	37	26	426	687	Mariners	Mariners Pre.	MLB Baseball Baltimore Orioles at Seattle Mariners. From T-Mobile Park in Seattle.		Mariners Post.		MLB Soccer: Dynamo at Timbers					
SYFY	67	50	122	244	(5:45) ** "xXx: Return of Xander Cage" (2017) Vin Diesel.		*** "Spider-Man" (2002, Action) Tobey Maguire, Willem Dafoe.		(:35) *** "Spider-Man 2" (2004, Action)							
TCM	56	73	132	256	(5:00) *** "Murder by Death" (1976) Peter Falk.		*** "Spaceballs" (1987) Mel Brooks, John Candy. Mel Brooks' big-budget sendup of science-fiction movies.		*** "Support Your Local Sheriff!" (1969, Western) James Garner, Joan Hackett.				(:45) *** "The Silencers" (1966, Action) Dean Martin, Stella Stevens, Daliah Lavi.			
TDC	51	42	182	278	Expedition Unknown		Expedition Unknown		Expedition Unknown (N)						(:09) Expedition Unknown	
TLC	49	62	183	280	My Feet Are Killing Me		My Feet Are Killing Me		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		My Feet Are Killing Me (N)		Hoarding: Buried Alive	
TNT	57	52	138	245	Lucifer Lucifer and Chloe look for answers.		Lucifer Detective Pierce's past is revealed.		*** "Aquaman" (2018, Action) Jason Momoa, Amber Heard, Willem Dafoe. Aquaman must save Atlantis from his power-hungry brother.				(:45) *** "The Silencers" (1966, Action) Dean Martin, Stella Stevens, Daliah Lavi.		*** "Wonder Woman" (2017) Gal Gadot, Chris Pine.	
TRAV	53	38	196	277	Eli Roth Presents: A		A Haunting "Nevermore"		A Haunting		Eli Roth Presents: A Ghost Ruined My Life				A Haunting "Nevermore"	
TRUTV	73	75	242	246	Inside Jokes	Inside Jokes	Inside Jokes	Inside Jokes	Inside Jokes	Inside Jokes	Inside Jokes	Inside Jokes	Imp. Jokers	Imp. Jokers	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	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
WE	118	118	128	260	NCIS "Freedom"		NCIS		NCIS "Defiance"		NCIS "Kill Screen"		NCIS "One Last Score"		NCIS	
WEATH	14	19	214	362	Highway Thru Hell		Heavy Rescue: 401		Weather Gone Viral		Frozen Gold "Make or Break"		Frozen Gold "Storm Struck"		Frozen Gold	
WTBS	59	40	139	247	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (N Same-day Tape)		Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers
HBO	518	518	303	504	(5:40) ** "Non-Stop" (2014, Action) Liam Neeson, Julianne Moore. 'PG-13'		Pause With Sam Jay		* "Runner Runner" (2013, Suspense) Ben Affleck, Justin Timberlake. 'R'		(:35) Irma Vep "The Poisoner"		(:35) "The Janes" (2022) Unlikely outlaws support women with unwanted pregnancies. 'NR'			
MAX	531	531	311	516	*** "Joe" (2013, Drama) Nicolas Cage. An abused teen stirs protective instincts in a lumber crew boss. 'R'		*** "Escape Plan 2: Hades" (2018, Action) Sylvester Stallone, Dave Bautista. 'R'		(:35) *** "Red Eye" (2005, Suspense) Rachel McAdams, Cillian Murphy. 'PG-13'				(:02) * "The Benchwarmers" (2006) David Spade.			
SHOW	578	578	319	546	(4:45) *** "The Green Knight" (2021) Dev Patel. 'R'		(:15) *** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy. A Detroit cop goes west to avenge his friend's death. 'R'		The Chi "Overnight Celebrity"		*** "Last Vegas" (2013, Comedy) Michael Douglas, Robert De Niro. 'PG-13'				(:45) The Chi	
STARZ	621	621	351	526	(5:55) ** "Inferno" (2016) Tom Hanks. Robert Langdon must stop a madman from unleashing a virus. 'PG-13'		Who Is Gishlaine Maxwell? "Queen Bee"		(8:54) ** "Snow White and the Huntsman" (2012, Fantasy) Kristen Stewart, Charlize Theron. 'PG-13'				(:05) Becoming Elizabeth "Either Learn or Be Silent"			
TMC	591	591	327	554	(:15) *** "Love Story" (1970, Romance) Ali MacGraw, Ryan O'Neal, Ray Milland. 'PG'		"Monday" (2020, Romance) Sebastian Stan, Denise Gough. A DJ is introduced to a woman on a summer night in Athens. 'R'		"The Nest" (2020, Suspense) Jude Law, Carrie Coon. A family begins to unravel in an old English country manor. 'R'							

tonight s best



Grant Gustin

8 p.m. on CW
The Flash

In the Season 8 finale "Negative, Part Two," The Flash (Grant Gustin) is still reeling and utterly exhausted from recent events, but the rest of his team rallies to support the scarlet speedster just when he needs their help most. The series also stars Jesse L. Martin, Candice Patton, Danielle Panabaker, Kayla Compton, Brandon McKnight and Danielle Nicolet.

9 p.m. on CW
Wellington Paranormal

In the new episode "Fear Factory," while Officers Minogue and O'Leary (Mike Minogue, Karen O'Leary) are on patrol, they run into a series of terrified individuals, all of whom have just been attacked by manifestations of their worst nightmares. Their investigation points the officers to an amusement park house that all the frightened victims recently visited. Maaka Pohatu also is featured.

10 p.m. on ID
See No Evil

In 2019, after a boozy night out with friends, college student Samantha Josephson makes a tragic error in judgment as she climbs into a car she mistakes for the ride she booked through an app. She never was seen again. The new episode "Ride-share Nightmare" examines how police detectives, with almost no evidence to go on, are forced to rely on CCTV footage to help pick up the killer's trail.

10:03 p.m. on HIST
More Power

Longtime sitcom colleagues Tim Allen and Richard Karn ("Home Improvement") reteam for this new 10-episode docuseries that finds the duo — joined by YouTube DIY star April Wilkerson — looking back at the fascinating history of how tools evolved from basic handheld implements to mighty industrial creations that make life easier for society at large. Allen also welcomes some of the most skilled makers in America to his personal home shop, which serves as the main base of operations for this show.