

tonight's best



"Fright Club"

7 p.m. on TRAV  
Fright Club

This spooky but often amusing series, in which host Jack Osbourne and the Ghost Brothers team up to get the facts behind the craziest paranormal clips out there, returns for its sophomore season with "How to Die in a Horror Film." As the series resumes, Osbourne and his Ghost Brothers cohorts — Dalen Spratt, Juwan Mass and Marcus Harvey — acquire some cursed artifacts, and special guest Howie Mandel weighs in on a ghostly encounter. Later, a cave-dwelling demon is vanquished by a supernatural street fighter.

8 p.m. on FOOD  
Restaurant: Impossible

Host Robert Irvine travels to Abilene, Texas, where George and Taylor, the co-owners of Texas Cowboy BBQ, are feeling desperate. Things are not going well for the couple, whose eatery and marriage are both on the rocks after a serious downturn in business. Taylor wants to be a bigger part of the restaurant, but George is closed off and reluctant to accept help from anyone. Robert quickly sees he'll have to correct that underlying attitude before he can turn their business fortunes around.

10 p.m. on FOOD  
Me or the Menu

This new docuseries follows four restaurateurs who are striving to beat the odds both in terms of personal relationships and the unforgiving restaurant business. Roughly 60 percent of restaurants fail, and half of all marriages end in divorce. The featured restaurateurs in this series are risking it all by opening a restaurant with their significant other. Among them: Kathleen Murray, a home cook turned food truck owner; Randi Lee, an industry veteran opening his first restaurant with his fiancée; and self-taught cook Nicole Baldwin, who's planning a vegetarian eatery.

THURSDAY EVENING

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

MOVIES

SPORTS

JUNE 30, 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	Press Your Luck Three new contestants from California.		Press Your Luck Contestants from Texas and California.		Press Your Luck Contestants from California compete.		KATU News at 11 (N) (Live)	(:35) Jimmy Kimmel Live!	
PBS	3	5			A Craftsman's Legacy	BBC World News Outside	PBS NewsHour (N)		Beyond the CANVAS	This Is Utah	Broadchurch Fingerprints at the murder scene.		Unforgotten on Masterpiece		Aldwyth: Fully Assembled South Carolina artist Aldwyth.		
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 "Farnsby & B"	B Positive	Bull "Family Matters" Bull faces off against Marissa.		KOIN 6 News at 11 (N)	Late Show-C 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)	Law & Order "Fault Lines" A family court judge is murdered.		Law & Order: Special Victims Unit Rollins goes undercover.		Law & Order: Organized Crime "Ashes to Ashes"		KGW News at 11 (N)	Tonight Show-J. Fallon	
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker Walker realizes his life is at risk.		The Flash The team rallies to support The Flash.		KOIN 6 News at 10p (N)		Seinfeld "The Boyfriend"	Seinfeld "The Wait Out"	
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	MasterChef Chefs travel to U.S. Coast Guard base.		(:01) So You Think You Can Dance "Around the World"		10 O'Clock News (N)		11 O'Clock News (N)	(:35) People (N)	
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	Family Guy	Family Guy	
UNIV	22	22	16	47	Noticias noro-este 6P	Noticiero Univision (N)	La rosa de Guadalupe Gela traiciona a su hermana. (N)		La mexicana y el güero Andrea engaña a Katya. (N)		Mi fortuna es amarte "Constanza juega su última carta"		Mujer de nadie Fernando enfrenta a don Heriberto. (N)		Noticias noro-este 11P	Noticiero Univision:	
A&E	52	55	118	265	Chris Farley: Anything		Right to Offend: The		Right to Offend: The		Right to Offend: The Black Comedy Revolution				Right to Offend: The		
AMC	60	45	131	254	*** "Fast Times at Ridgemont High" (1982) Sean Penn. California teenagers enjoy malls, sex and rock 'n' roll.		*** "Bridesmaids" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. A maid of honor's life unravels as the big day approaches.		*** "The Breakfast Club" (1985) Emilio Estevez.								
ANP	24	49	184	282	Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		
BET	4	72	124	392	Ambitions		The Family Business		Celebrity Family Feud		2022 BET Awards Celebrating the best of Black culture.						
BRAVO	54	65	129	237	Below Deck "Bitch in Charge"		Below Deck		Southern Charm (N)		Southern Charm (N)		Watch What	Southern Charm		Below Deck	
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	
CBSN	410	410	158	221	Pokr		Pokr		Pokr		Pokr		Pokr		Pokr		
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	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Daily Show		
COOK	123	123	113	232	Fire Masters		Bizarre Foods	Bizarre Foods	Delicious	Delicious	Fire Masters		Fire Masters		Bizarre Foods	Bizarre Foods	
DISN	26	48	173	290	Ladybug	Ladybug	Big City Green	Big City Green	Disney Summer Magic Quest		Jessie	Jessie	Big City Green	Big City Green	Ladybug	Ladybug	
E!	64	76	114	236	(4:30) *** "Independence Day" (1996)		(4:45) *** "Independence Day" (1996) Will Smith. Earthlings vs. evil aliens in 15-mile-wide ships.		Mathis Family		Nightly Pop						
ESPN	33	27	140	206	ESPN Films		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		
ESPN2	34	28	143	209	CFL Football BC Lions at Ottawa Redblacks.		NFL Live	The Walk	UFC Archival	37 Words		37 Words		37 Words		37 Words	
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	312	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		Beat Bobby	Beat Bobby	Me or the Menu		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	The Office	The Office	The 700 Club		
FS1	41	85	150	219	MLB on FS1 Pregame (N)		MLB Baseball San Diego Padres at Los Angeles Dodgers. (N) (Live)		WWE Friday Night SmackDown								
FX	65	24	136	249	(5:30) ** "xXx: Return of Xander Cage" (2017, Action) Vin Diesel, Donnie Yen.		** "Bad Boys for Life" (2020, Action) Will Smith, Martin Lawrence, Vanessa Hudgens. Old-school cops and a new tactical unit battle a drug lord.		The Old Man "IV" Chase and Harper try to move forward.		The Old Man "IV" Chase and Harper try to move forward.						
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	Family Guy	Family Guy	
GOLF	88	88	401	218	PGA Golf		DP World Tour Golf Horizon Irish Open, First Round.		Golf Central		PGA Golf						
HALL	87	87	185	312	"Two Tickets to Paradise" (2022, Romance) Ashley Williams. A jilted bride and groom head to the same resort in Hawaii.		"A Harvest Wedding" (2017) Jill Wagner, Victor Webster. A successful wedding planner returns to her hometown.		The Golden Girls		The Golden Girls		The Golden Girls		The Golden Girls		
HALLMM	86	86	187	565	"Christmas Wonderland" (2018) Emily Osment, Ryan Rottman. Heidi returns home and comes face to face with an old flame.		"Hope at Christmas" (2018) Scottie Thompson, Ryan Paevey. Mac helps Sydney make her Christmas wishes come true.		"USS Christmas" (2020, Romance) Jen Lilley, Trevor Donovan. A reporter stumbles upon a mystery aboard a cruise ship.								
HGTV	62	57	112	229	Christina on the Coast		Christina on the Coast		No Demo Reno		No Demo Reno (N)		Hunters	Hunters Int'l	Hunters	Hunters Int'l	
HIST	50	60	120	269	(5:00) Alone	Alone	The participants aim to procure food.		Alone "The Land Giveth..."		Alone A survivalist defends a recent catch. (N)		(:34) Kings of Pain (N)		Mountain Men		
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles "A New Day"		Rizzoli & Isles "... Goodbye"		Rizzoli & Isles		(:03) Rizzoli & Isles		(:03) Rizzoli & Isles		
MAGN	81	81	111	230	Barnwood Builders (N)		Maine Cabin Masters		Maine Cabin Masters		Barnwood Builders		Maine Cabin Masters		Maine Cabin Masters		
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	Life Below Zero		Life Below Zero "Shakedown"		Life Below Zero: First Ala		Life Below Zero: First Ala		Life Below Zero: First Ala		Life Below Zero: First Ala		
NICK	27	51	171	299	(5:00) "Despicable Me" (2010)	Danger Force	Side Hustle	That-Lay Lay	SpongeBob	*** "Shrek 2" (2004) Voices of Mike Myers, Eddie Murphy.		Friends		Friends			
OWN	40	41	189	279	20/20 on OWN "Captive"		20/20 on OWN "Frenemies"		48 Hours: Hard Evidence		20/20 on OWN		20/20 on OWN		20/20 on OWN		
OXY	30	69	127	251	Snapped "Beatrice Camper"		Buried in the Backyard		Buried in the Backyard		Dateline: Unforgettable "Under the Desert Sky"		Dateline: Secrets Uncovered				
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	*** "Air Force One" (1997, Suspense) Harrison Ford, Gary Oldman, Glenn Close.		*** "Spider-Man 3" (2007, Action) Tobey Maguire, Kirsten Dunst, James Franco.		*** "The Accountant"				
ROOT	37	26	426	687	Mariners	Mariners Pre.	MLB Baseball Oakland Athletics at Seattle Mariners. From T-Mobile Park in Seattle. (N) (Live)		Mariners Post.		Mariners Pre.		MLB Baseball				
SYFY	67	50	122	244	*** "Spider-Man 2" (2004, Action) Tobey Maguire, Kirsten Dunst, James Franco.		*** "Spider-Man 3" (2007, Action) Tobey Maguire, Kirsten Dunst, James Franco.		*** "Dead Man" (1995, Western) Johnny Depp, Gary Farmer. Premiere. Accountant becomes Old West gunslinger.		(:45) *** "Posse" (1993, Western) Mario Van Peebles, Stephen Baldwin. Premiere.						
TCM	56	73	132	256	(5:00) *** "Westworld"	Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned	
TDC	51	42	182	278	Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		Mysteries of the Abandoned		
TLC	49	62	183	280	Seeking Sister Wife		Seeking Sister Wife		90 Day Fiancé		90 Day Fiancé		90 Day Fiancé		90 Day Fiancé		
TNT	57	52	138	245	(4:00) *** "Wonder Woman" (2017) Gal Gadot.	*** "Aquaman" (2018, Action) Jason Momoa, Amber Heard, Willem Dafoe. Aquaman must save Atlantis from his power-hungry brother.		Harley Quinn		Harley Quinn		Harley Quinn		Harley Quinn		*** "Batman v Superman: Dawn of Justice" (2016)	
TRAV	53	38	196	277	Paranormal Caught- Camera		Fright Club		Paranormal Caught- Camera		Paranormal Caught on Camera		Fright Club				
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	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	Law & Order: SVU		Law & Order: SVU		Chrisley	Chrisley	Chrisley	Austin Dillon	Chrisley	Chrisley	Chrisley	Chrisley	
WE	118	118	128	260	Criminal Minds		Criminal Minds "Big Sea"		Brat Loves Judy		Brat Loves Judy (N)		Commit or Quit		For the Love of Jason		
WEATH	14	19	214	362	Highway Thru Hell		Heavy Rescue: 401		Weather Gone Viral		World's Deadliest Weather		World's Deadliest Weather		Top Ten Worst Flash Floods		
WTBS	59	40	139	247	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Full Frontal	Full Frontal	Sheldon	Sheldon	
HBO	518	518	303	504	(5:30) ** "The Matrix Resurrections" (2021, Science Fiction) Keanu Reeves, Carrie-Anne Moss. 'R'	Westworld		REAL Sports With Bryant Gumbel		** "The Holiday" (2006) Cameron Diaz. Two women from different countries swap homes at Christmas. 'PG-13'							
MAX	531	531	311	516	(5:57) ** "Deep Impact" (1998, Drama) Robert Duvall. A large comet is on a collision course with Earth. 'PG-13'	*** "The Firm" (1993, Drama) Tom Cruise, Jeanne Tripplehorn, Gene Hackman. A law-school grad signs on with a sinister Tennessee firm. 'R'		(:35) ** "Days of Thunder" (1990, Action) Tom Cruise, Robert Duvall. 'PG-13'									
SHOW	578	578	319	546	(5:30) *** "Side Effects" (2013, Drama) Jude Law, Rooney Mara, Channing Tatum. 'R'	(4:40) ** "Stillwater" (2021, Drama) Matt Damon, Camille Cottin, Abigail Breslin. A man tries to prove his daughter is innocent of murder. 'R'		The Chi "Overnight Celebrity"		The Man Who Fell to Earth "As the World Falls Down"							
STARZ	621	621	351	526	(5:23) ** "Liar Liar" (1997) Jim Carrey. 'PG-13'	(6:53) ** "Ghostbusters: Afterlife" (2021) Carrie Coon. A family learns it has a connection to the Ghostbusters.		*** "Jumanji: Welcome to the Jungle" (2017, Adventure) Dwayne Johnson, Kevin Hart, Jack Black. 'PG-13'		(03) ** "Concussion" (2015) Will Smith. 'PG-13'							
TMC	591	591	327	554	(5:00) "Pas-senger 57" 'R'	* "Daddy Day Camp" (2007, Children's) Cuba Gooding Jr., Lochlyn Munro. 'PG'		** "The War With Grandpa" (2020, Comedy) Robert De Niro, Uma Thurman. 'PG'		(:35) *** "Boy" (2010, Comedy-Drama) James Rolleston, Taika Waititi. 'NR'		(05) *** "The Farewell" (2019) Awkwafina. 'PG'					