

WEDNESDAY EVENING

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

MOVIES

SPORTS

JULY 20, 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	The 2022 ESPYS Celebrating inspiring humanitarian efforts and the year in sports; Dick Vitale is honored. (N Same-day Tape)					KATU News at 11 (N) (Live)		(:35) Jimmy Kimmel Live!	
PBS	3	5			Home Diagnosis	BBC World News Outside	PBS NewsHour (N)		The Green Planet Plants adapt to the seasons. (N)		NOVA The history of the Milky Way.		Expedition With Steve Backshall (N)		Rip Current Rescue		
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Big Brother Houseguests compete to win a veto. (N)		The Challenge: USA "Declarations of Independence" (N)		S.W.A.T. The squad is surprised by a new leader.		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)	Chicago Med Rival gangs bring their war to Med.		Chicago Fire Cruz forms a bond with an immigrant boy.		Chicago P.D. "Closer" Anna gets closer to her target.		KGW News at 11 (N)	Tonight Show-J. Fallon	
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Mysteries Decoded Encounters with an unknown creature.		Wellington Paranormal		Wellington Paranormal		KOIN 6 News at 10p (N)	Seinfeld	
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef The chefs must cook a Southern dish. (N)		(:01) So You Think You Can Dance "Starry Starry Night"		10 O'Clock News (N)		11 O'Clock News (N)	(:35) Family Feud	
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 (Part 2 of 2)	
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univision (N)	La rosa de Guadalupe "Fresas con crema" (N)		La mexicana y el güero Todos exigen justicia. (N)		La herencia "Julietta pierde el control" (N)		Mujer de nadie Michelle decide irse del club. (N)		Noticias noroeste 11P	Noticiero Univision:	
A&E	52	55	118	265	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam (N)	Court Cam (N)	Neighborhood	Road Wars (N)	Court Cam	Court Cam	
AMC	60	45	131	254	(5:30) *** "Back to the Future Part II" (1989) Marty's time traveling is threatened by a dangerous rival.		*** "Moneyball" (2011, Drama) Brad Pitt, Jonah Hill, Philip Seymour Hoffman. A baseball manager challenges old-school traditions.										
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 Hunter the koala is looking for a mate.		Crikey! It's the Irwins				
BET	4	72	124	392	Tyler Perry's The Oval		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	Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		The Real Housewives of Dubai (N)		Real Housewives/Beverly		Dubai		
CARTOON	25	59	177	297	Bears	Total Drama	Total Drama	Total Drama	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American	American	American	Rick, Morty	
CBSSN	410	410	158	221	(5:00) NWSL Soccer		PWBA Bowling		Auto Racing								
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	Yankers	Yankers	South Park	South Park	South Park	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	Disney's Summer Magic		Big City Green	Big City Green	Ladybug	Ladybug	
E!	64	76	114	236	(5:00) ** "Just Go With It" (2011)		Love Island		** "Just Go With It" (2011)		Adam Sandler, Jennifer Aniston, Nicole Kidman.					Nightly Pop	
ESPN	33	27	140	206	The Basketball Tournament Third Round: Teams TBA. (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N)						
ESPN2	34	28	143	209	Soccer: International Friendly		NFL Live		To Be Announced		Around/Horn	Interruption	To Be Announced				
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	grown-ish	Trash	The 700 Club		
FS1	41	85	150	219	2022 Copa America Feminina		MLB Baseball		Best of A-Rod		TMZ Sports		PBA Bowling Strike Derby.				
FX	65	24	136	249	(5:30) ** "The Twilight Saga: Breaking Dawn Part 1" (2011) Kristen Stewart, Robert Pattinson. Bella and Edward marry.		** "The Twilight Saga: Breaking Dawn Part 2" (2012, Romance) art. The Cullens gather other vampire clans to protect Renesmee.		Kristen Stewart		** "The Twilight Saga: Breaking Dawn Part 2" (2012, Romance) Kristen Stewart.						
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	The Open Highlights		The Open Highlights		The Open Highlights		The Open Highlights		Golf Central		School of Golf Play Lessons		
HALL	87	87	185	312	"Never Kiss a Man in a Christmas Sweater" (2020, Romance-Comedy) Ashley Williams, Niall Matter, Lisa MacFadden.		"My Christmas Family Tree" (2021) Aimee Teegarden, Andrew Walker. A woman discovers her family tree during the holidays.		"Five Star Christmas" (2020) Bethany Joy Lenz, Victor Webster. Lisa plots to get a five-star review from a travel critic.								
HALLMM	86	86	187	565	Monk Monk races to find a stolen diamond.		Murder, She Baked "A Peach Cobbler Mystery" Hannah discovers her competitor's body.		Aurora Teagarden Mysteries "How to Con a Con" Aurora investigates a murder.		Murder, She Wrote American tourist killed in Ireland.						
HGTV	62	57	112	229	Bargain Block		Bargain Block (N)		Bargain Block		Bargain Block "Episode 7" (N)		Hunters	Hunters	Hunters	Hunters	
HIST	50	60	120	269	Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire (N)		More Power	More Power	(:03) Forged in Fire		
LIFE	29	29	108	252	Castle "One Man's Treasure"		Castle "The Fifth Bullet"		Married at First Sight Four couples celebrate their weddings.		(:03) 5 Guys a Week "Nicole"		(:03) Married at First Sight (N)				
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	When Sharks Attack		When Sharks Attack		Shark Attack Files (N)		Shark Attack Files (N)		Shark Side of the Moon		Shark Attack Files		
NICK	27	51	171	299	Loud House	Loud House	Nick News (N)	SpongeBob	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends	
OWN	40	41	189	279	Fatal Vows		Fatal Vows "No Accident"		Love It or List It		Love It or List It (N)		Love It or List It (N)		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	*** "Grease" (1978, Musical) John Travolta, Olivia Newton-John.		*** "Grease" (1978) John Travolta.						
ROOT	37	26	426	687	Sporting	Fishing	World Tennis	Endless Golf	Golf Life	Fairways of Life	Fight Sports		Fight Sports MMA	UFA			
SYFY	67	50	122	244	(5:25) ** "2 Fast 2 Furious" (2003) Tyrese		** "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker.		** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster.								
TCM	56	73	132	256	(5:00) "Hollywood Shuffle" (1982, Romance) Tommye Myrick. Premiere. A romance develops between two African-Americans.		(:45) ** "Losing Ground" (1982, Comedy) Bill Gunn, Seret Scott. A woman is jealous of her artist husband's model.		** "The Watermelon Woman" (1996, Comedy) Cheryl Dunye, Guinevere Turner.								
TDC	51	42	182	278	Expedition Unknown		Expedition Unknown		Expedition Unknown (N)		(:08) Expedition Unknown		(:08) Expedition Unknown				
TLC	49	62	183	280	Dr. Pimple Popper		Dr. Pimple Popper		Dr. Pimple Popper (N)		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		Hoarding: Buried Alive		
TNT	57	52	138	245	Lucifer An ecstasy maker is murdered.		Lucifer Investigating a diamond thief's murder.		*** "Ready Player One" (2018, Science Fiction) Tye Sheridan, Olivia Cooke, Ben Mendelsohn. A teen finds adventure in a virtual reality world in 2045.								
TRAV	53	38	196	277	Eli Roth Presents: A		Ghost Hunters		Ghost Hunters		Eli Roth Presents: A Ghost Ruined My Life "Followed Home"		Ghost Hunters				
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	(4:30) Track and Field World Athletics Championships. (N)		Miz & Mrs		Austin Dillon	Law & Order: SVU	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		
WE	118	118	128	260	NCIS "In the Zone"		NCIS "Recoil"		NCIS "About Face"		NCIS The team hunts a killer.		NCIS "Judgment Day"		NCIS Murder of a naval officer.		
WEATH	14	19	214	362	Highway Thru Hell		Heavy Rescue: 401		Weather Gone Viral		Could You Survive?		Could You Survive?		Mud Mountain Haulers		
WTBS	59	40	139	247	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (N Same-day Tape)		Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	
HBO	518	518	303	504	** "The Heat" (2013, Comedy) Sandra Bullock. A federal agent and a Boston cop go after a drug lord. 'R'		Nikki Glaser: Good Clean Filth		*** "Last Night in Soho" (2021) Anya Taylor-Joy. A young woman mysteriously time travels to 1960s London. 'R'		The Rehearsal		(:45) The Anarchists				
MAX	531	531	311	516	(4:30) ** "Spare Parts" (2018, Biography) Jean-Claude Van Damme, Donald Gibb. 'R'		** "The Wood" (1999, Drama) Omar Epps, Taye Diggs. A missing groom sends friends on a trip down memory lane. 'R'		(9:48) ** "You, Me and Dupree" (2006, Comedy) Owen Wilson, Kate Hudson. 'PG-13'		(:39) "The Aviator"						
SHOW	578	578	319	546	(5:00) *** "Sleepy Hollow" (1999) Johnny Depp. 'R'		**** "The Terminator" (1984) Arnold Schwarzenegger. A cyborg assassin from the future comes to present-day L.A. 'R'		** "Paycheck" (2003, Science Fiction) Ben Affleck. A technical wizard learns that his memory has been erased. 'PG-13'		*** "Zola" (2020, Comedy) Teylor Paige. 'R'						
STARZ	621	621	351	526	(5:23) *** "Brothers" (2009) Tobey Maguire. 'R'		(:12) ** "Jersey Girl" (2004) Ben Affleck, Liv Ullmann. A young woman changes the life of a single father. 'PG-13'		(8:58) Becoming Elizabeth "What Cannot Be Cured"		P-Valley The Pynk family deals with a new foe.		(06) P-Valley The Pynk staff prepares for a big night.				
TMC	591	591	327	554	(:15) *** "Philomena" (2013) Judi Dench. A journalist helps a woman search for her long-lost son. 'PG-13'		*** "The Farewell" (2019, Comedy-Drama) Awkwafina, Tzi Ma, Diana Lin. 'PG'		(:40) "Columbus" (2017, Drama) John Cho, Rory Culkin. Two strangers bond after one's father suddenly becomes ill. 'NR'		"Dating & New York"						

tonight s best



Dick Vitale

8 p.m. on ABC
The 2022 ESPYS

Veteran broadcaster and college basketball icon Dick Vitale will receive the Jimmy V. Award for Perseverance during this three-hour live special telecast, which celebrates inspiring humanitarian efforts and the year in sports. This award is presented to a member of the sporting world who has overcome formidable obstacles through perseverance and determination. At 82, Vitale recently underwent multiple surgeries to remove melanoma, followed by chemotherapy for lymphoma. Vitale was declared cancer-free following a March medical scan.

8 p.m. on PBS
The Green Planet

Between the extremes of the tropics and the frigid polar regions lies a place that is dominated by relentless change through the four seasons. Each of those four presents enormous challenges to plants, from intense competition with other plants or attacks by surprising enemies. The new episode "Seasonal Worlds" looks at this terrain of astonishing variety and vibrant color, but surviving there requires plans to use strategy, remarkable feats of engineering and even deception, all executed with perfect timing.

11 p.m. on SHOW
Movie: Zola

Director and co-screenwriter Janicza Bravo received warm reviews for this darkly comic 2021 crime saga based on a Rolling Stone article. Teylor Paige stars as Aziah "Zola" King, a self-assured Detroit waitress, who is seduced by a charismatic new friend into a weekend of stripping in Tampa, Fla., for some quick cash. Unfortunately, the trip becomes a sleepless 48-hour odyssey involving that dubious friend, her pimp and her idiot boyfriend. Riley Keough, Nicholas Braun ("Succession") and Colman Domingo also star.