

tonight s best



John Lithgow

6:30 p.m. on TCM  
Movie: **It Came From Beneath the Sea**

Ray Harryhausen's stop-motion animation special effects were the chief attraction of this 1955 sci-fi monster movie starring Kenneth Tobey as a nuclear submarine commander on maneuvers in the Pacific Ocean when his vessel is attacked by some kind of monstrous sea creature. Spoiler alert: It's a giant octopus that is enormously peeved at being awakened by nuclear testing in the area. Faith Domergue and Donald Curtis also star in this early thriller, part of a "tentacular" mini-marathon of octopi-centric creature features.

10 p.m. on FOOD  
**Me or the Menu**

Much to Jessica's dismay, James hires a manager to handle their PR in the new episode "Not My Baby." Meanwhile, Jeannette returns from vacation to find work on Whispers is behind schedule, and Randi needs her to return to brunch service so he can complete the renovation. Kathleen reveals that Nate is not an owner of the restaurant because she just doesn't trust him. Elsewhere, Nicole and Alan hire one of her old Army buddies to be the chef of their pop-up event.

10 p.m. on FREE  
**Good Trouble**

In a new episode called "Pick a Side, Pick a Fight," the FCGs vote on who will lead their team, while Davia (Emma Hunton) finally is able to settle into a routine with her homeschooling of Elliot. Malika (Zuri Adele) tries to get her boss on board with her Women's Center project and gets into an argument with Angelica (Yasmine Aker). Elsewhere, Dennis (Josh Pence) wrestles with whether to expose Ryan to The Coterie.

10 p.m. on FX  
**The Old Man**

The critically acclaimed series adaptation of Thomas Perry's taut novel about a former CIA operative forced to go on the run wraps up its first season as Dan Chase (Jeff Bridges) is forced to confront the consequences of his past choices. Meanwhile, Harper (John Lithgow) learns something that strikes him as an impossible truth.

THURSDAY EVENING

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

MOVIES

SPORTS

JULY 21, 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 Contestants from Chicago and Cleveland.		Generation Gap (N)		The Fatal Flaw -- A Special Edition of 20/20 (N)		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 "A Leg Up"	Broadchurch A new murder suspect comes to light.		Unforgotten on Masterpiece		The Seaside Hotel Madsen has pledged his wife's jewelry.	
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Young Sheldon (N)	(:31) Ghosts "Halloween"	Big Brother A houseguest is evicted and interviewed.		CSI: Vegas A couple is slain on their wedding day.		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 A private school's headmaster is shot.		Law & Order: Special Victims Unit		Law & Order: Organized Crime "Guns & Roses"		KGW News at 11 (N)	Tonight Show-J. Fallon
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker Walker partners with Denise.		The Flash Things take a dire turn with Despero.		KOIN 6 News at 10p (N)		Seinfeld "The Stakeout"	Seinfeld "The Stakeout"
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef The chefs must cook a Southern dish.		(:01) Welcome to Flatch	Call Me Kat	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 (Part 1 of 2)	Family Guy
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univision (N)	Noche de estrellas: Premios Juventud 2022		Premios Juventud 2022 (N)						Noticias noroeste 11P	Noticiero Univision:
A&E	52	55	118	265	The First 48		The First 48 "Truly Lost"		After the First 48 "Truly Lost"		Accused: Guilty or Innocent?		(:01) Interrogation Raw (N)		(:04) The First 48 "Stray Shot"	
AMC	60	45	131	254	(5:00) *** "Moneyball" (2011, Drama) Brad Pitt, Jonah Hill. A baseball manager challenges old-school traditions.				** "The Great Outdoors" (1988) Dan Aykroyd. Man and family camp with obnoxious brother-in-law and family.				** "National Lampoon's Vacation" (1983) Chevy Chase. A vacationing family detours into screwball side trips.			
ANP	24	49	184	282	Deadliest Catch "Bad Moon"		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
BET	4	72	124	392	Tyler Perry's The Oval		The Family Business		Celebrity Family Feud		** "Tyler Perry's Meet the Browns" (2008, Comedy-Drama) Tyler Perry, Angela Bassett.					
BRAVO	54	65	129	237	Southern Charm		Southern Charm		Southern Charm (N)		Watch What	Southern Charm			Speed (1994)	
CARTOON	25	59	177	297	Bears	Total Drama	Total Drama	Rama	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American	American	American	Rick, Morty
CBSN	410	410	158	221	Concacaf World Cup		FIFA World Cup 2022 Qualifying				Post-Match	Karate Combat		FIFA World Cup 2022 Qualifying		
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 Office	The Daily Show
COOK	123	123	113	232	Fire Masters (N)		Bizarre Foods	Bizarre Foods	Bizarre Foods	Bizarre Foods	Fire Masters		Fire Masters		Bizarre Foods	Bizarre Foods
DISN	26	48	173	290	Ladybug	Ladybug	Big City Green	Big City Green	Big City Green	Big City Green	Jessie	Jessie	Big City Green	Big City Green	Ladybug	Ladybug
E!	64	76	114	236	(3:30) ** "He's Just Not That Into You" (2009, Romance-Comedy) Ben Affleck, Jennifer Aniston, Drew Barrymore. Men and women navigate through complex relationships.											Nightly Pop
ESPN	33	27	140	206	The Captain (N)		MLB Baseball San Francisco Giants at Los Angeles Dodgers. From Dodger Stadium in Los Angeles.						SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	34	28	143	209	Athletes Unlimited Lacrosse	Team Gold vs. Team Orange. (N)			SportsCenter (N) (Live)		SportsCenter (N) (Live)		Around/Horn	Interruption	The 2022 ESPYS	
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	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		Beat Bobby	Beat Bobby	Me or the Menu (N)		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	Good Trouble (N)		The 700 Club	
FS1	41	85	150	219	2022 Copa America Femenina		WWE Friday Night SmackDown		Undisputed				TMZ Sports	Road to Glory	2022 Copa America Femenina	
FX	65	24	136	249	(4:30) ** "Pacific Rim Uprising" (2018) John Boyega.		*** "Thor: Ragnarok" (2017, Action) Chris Hemsworth, Tom Hiddleston, Cate Blanchett. Thor must battle the mighty Hulk and the all-powerful Hela.						The Old Man "VII" Harper learns an impossible truth.		The Old Man "VII" Harper learns an impossible truth.	
FX	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		2022 Senior Open Championship	First Round.					2022 Evian Championship	First Round.		
HALL	87	87	185	312	"Pride, Prejudice and Mistletoe" (2018) Lacey Chabert. Darcy returns to her hometown and reconnects with a rival.				"You, Me & the Christmas Trees" (2021, Romance-Comedy) Danica McKellar, Ben Ayers, Jason Hervey.				"Good Morning Christmas!" (2020, Romance) Alison Sweeney. Two squabbling TV hosts are forced together in a small town.			
HALLMM	86	86	187	565	Monk A method actor gets in Monk's way.		"A Glenbrooke Christmas" (2020, Drama) Autumn Reeser. An heiress visits a small town and meets a handsome fireman.				"Follow Me to Daisy Hills" (2020, Romance) Cindy Busby. Sparks fly between a young woman and her ex-boyfriend.				Murder, She Wrote Artifacts and greed; deadly hoax.	
HGTV	62	57	112	229	No Demo Reno		No Demo Reno		No Demo Reno (N)		No Demo Reno (N)		Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	(5:00) Alone	Alone Some participants find success hunting.			Alone "Gut Feeling"		Alone The participants suffer major setbacks.		(:34) Kings of Pain (N)		Mountain Men	
LIFE	29	29	108	252	Rizzoli & Isles "Love Taps"		Rizzoli & Isles "Sister Sister"		Rizzoli & Isles	Isles "5:26"		(: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	When Sharks Attack		When Sharks Attack		Shark Attack Files "Wrecked"		Shark Attack Files (N)		Shark Beach- Chris Hems.		Shark Attack Files "Wrecked"	
NICK	27	51	171	299	(5:00) ** "Wonder Park"		That-Lay Lay	Young Dylan	SpongeBob	SpongeBob	*** "The SpongeBob Movie: Sponge Out of Water"		20/20 on OWN		20/20 on OWN	Friends
OWN	40	41	189	279	20/20 on OWN "Lost at Sea"		20/20 on OWN		48 Hours: Hard Evidence		20/20 on OWN		20/20 on OWN		20/20 on OWN	
OXY	30	69	127	251	Snapped: Behind Bars		Buried in the Backyard		Buried in the Backyard		Dateline: Secrets Uncovered A veterinarian is found dead.		Dateline: Secrets Uncovered		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.				WPT Alpha8		World Poker	
ROOF	37	26	426	687	Perfect Game	Bensinger	Mariners	Kraken	Heartland Poker Tour		World Poker		WPT Alpha8		World Poker	
SYFY	67	50	122	244	** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster.				** "Transformers: Dark of the Moon" (2011, Action) Shia LaBeouf, Josh Duhamel.							
TCM	56	73	132	256	(5:00) "Below the Sea" *** "It Came From Beneath the Sea" (1955) Kenneth Tobey, Faith Domergue.				** "Tentacles" (1977) John Huston, Shelley Winters. An enraged octopus terrorizes a California beach community.				** "Warlords of Atlantis" (1978) Doug McClure, Peter Gilmore. Victorians in diving bell find fabled city and lost race.			
TDC	51	42	182	278	Homestead Rescue		Homestead Rescue "Killzone"		Homestead Rescue		Homestead Rescue		(:01) Homestead Rescue		(:01) Homestead Rescue	
TLC	49	62	183	280	Seeking Sister Wife		Seeking Sister Wife		Dr. Pimple Popper		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		My 600-Lb. Life	
TNT	57	52	138	245	(5:15) *** "Shazam!" (2019, Action) Zachary Levi. Shazam squares off against the evil Dr. Thaddeus Sivana.				** "Batman Begins" (2005, Action) Christian Bale, Michael Caine, Liam Neeson. Bruce Wayne becomes Gotham City's Dark Knight.					Harley Quinn	Harley Quinn "Bensonhurst"	
TRAV	53	38	196	277	Paranormal Caught- Camera		Fright Club (N)		Fright Club		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	101 Places to		After Party	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	(5:00) Track and Field World Athletics Championships. Day 7.				Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
WE	118	118	128	260	Criminal Minds "Fatal"		Criminal Minds "Angels"		Growing Up Hip Hop (N)		Brat Loves Judy (N)		Terror Lake Drive (N)		Brat Loves Judy	
WEATH	14	19	214	362	Highway Thru Hell		Heavy Rescue: 401		Weather Gone Viral		So You Think You'd Survive?		So You Think You'd Survive?		So You Think You'd Survive?	
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	(:15) The Rehearsal "Orange Juice, No Pulp"		Westworld Bernard emerges with a new mission.		Westworld		(8:55) ** "2 Guns" (2013) Denzel Washington. Undercover agents go on the run after a mission goes bad. 'R'				(10:50) Irma Vep	(:40) Mind Over Murder
MAX	531	531	311	516	"Day-Tomorrow" (:26) * "Max Steel" (2016, Science Fiction) Ben Winchell, Maria Bello. 'PG-13'				*** "Transformers" (2007, Action) Shia LaBeouf, Tyrese Gibson, Josh Duhamel. Two races of robots wage war on Earth. 'PG-13'				(:25) *** "Cloverfield" (2008, Science Fiction) Michael Stahl-David, Mike Vogel. 'PG-13'			
SHOW	578	578	319	546	(:15) **** "Indiana Jones and the Raiders of the Lost Ark" (1981, Adventure) Harrison Ford, Karen Allen. 'PG'				(:15) ** "The Contractor" (2022, Action) Chris Pine. A soldier must uncover the motives of those who crossed him. 'R'				The Chi "On Me"		Supreme Team "War & Peace"	
STARZ	621	621	351	526	(5:40) ** "The Iron Lady" (2011, Biography) Meryl Streep, Jim Broadbent. 'PG-13'		(:28) *** "Spider-Man: No Way Home" (2021, Action) Tom Holland. Peter Parker discovers what it truly means to be Spider-Man. 'PG-13'						P-Valley Mercedes goes into uncharted territory.		(:03) P-Valley Keyshawn's glow-up continues.	
TMC	591	591	327	554	(:05) "13 Minutes" (2021, Suspense) Amy Smart. Townspeople have only 13 minutes to escape from a tornado. 'PG-13'				**** "Pulp Fiction" (1994, Crime Drama) John Travolta, Samuel L. Jackson. Criminals cross paths in three interlocked tales of mayhem. 'R'				(:35) ** "Drop Zone" (1994, Action) Wesley Snipes, Gary Busey, Yancy Butler. 'R'			