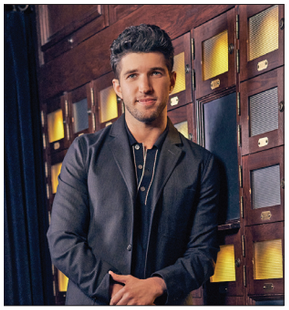
tonight s best



Bryan Craig

8 p.m. on TDC
Tracy Morgan Presents: Sharks! with Tracy Morgan

"The Last O.G.," "30 Rock" and "Saturday Night Live" actor/comedian takes a deep dive with viewers to highlight his favorite sharks, based on their capabilities and ways they adapt to their surroundings. By teaming up with experts across the country, Morgan shines the spotlight on some of the craziest and most ferocious sharks in the ocean.

9 p.m. on HIST
Alone

A fierce snowstorm blasts through the already-rugged Labrador terrain, wreaking more havoc on the exhausted and dispirited survivalists still remaining in a new episode called "Winter's Grasp." That assault is especially bad news for one participant who already is struggling with some troubling health issues. Meanwhile, another resilient candidate tries to find a way to heat their shelter.

10 p.m. on FREE
Good Trouble

The FCG try to hire Zelda (guest star Teala Dunn) as a brand influencer, while Malika and Tracy (Zuri Adele, guest star Marisela Zumbado) work together on the Women's Shelter. Elsewhere, Joaquin (Bryan Craig) fears that Jenna (Maiara Walsh) may have joined a cult, while Alice (Sherry Cola) feels like she is falling behind in her career. Meanwhile, Gael (Tommy Martinez) struggles for a way to forgive Isabella (Priscilla Quintana).

10 p.m. on BBCA
Top Gear

In the wake of the pandemic, Britain has been struggling to find enough truck drivers, so co-hosts Freddie Flintoff, Chris Harris and Paddy McGuinness decide to do the public-spirited thing and become licensed to drive these vehicles themselves in the new episode "HGV Heroes." Of course, as soon as they become licensed, the trio almost immediately sets out to tackle some heavy-duty challenges to prove which of them is the best big-rigger.

THURSDAY EVENING

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

JULY 28, 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 YouTuber Colleen Ballinger. (N)		The Fatal Flaw -- A Special Edition of 20/20		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 Time is running out to solve the murder.		Around the World in 80 Days on Masterpiece		The Seaside Hotel "Strandvaskeren"	
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Young Sheldon (N)	(:31) Ghosts	Big Brother A houseguest is evicted and interviewed.		CSI: Vegas A video game developer is found dead.		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)	Law & Order "Severance" A successful CFO is murdered.		Law & Order: Special Victims Unit		Law & Order: Organized Crime		KGW News at 11 (N)	Tonight Show-J. Fallon
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker Walker and Liam investigate a cold case.		The Flash "Armageddon, Part 4" An epic battle begins.		KOIN 6 News at 10p (N)		Seinfeld "The Hot Tub"	Seinfeld "The Junior Mint"
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef "Bake to Win" A chef selects a dessert.		(:01) Welcome to Flatch Kelly and Shrub volunteer.		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
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión (N)	La rosa de Guadalupe Netito es llevado a la delegación.		La mexicana y el güero Andrea sufre por Tyler. (N)		La herencia "Cornelio es atacado" (N)		Mujer de nadie "Lucía está confundida" (N)		Noticias noroeste 11P	Noticiero Univision:
A&E	52	55	118	265	The First 48		The First 48		The First 48: Scared Silent (N)		Accused: Guilty or Innocent?		(:01) Interrogation Raw (N)		(:04) The First 48	
AMC	60	45	131	254	★★ "Caddyshack" (1980) Chevy Chase, Rodney Dangerfield. A vulgar newcomer clashes with the country club set.				★★ "Sixteen Candles" (1984, Comedy) Molly Ringwald, Anthony Michael Hall. A teenager's parents forget her birthday.				★★★ "Fast Times at Ridgemont High" (1982) Sean Penn. California teenagers enjoy malls, sex and rock 'n' roll.			
ANP	24	49	184	282	Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
BET	4	72	124	392	Tyler Perry's The Oval		Tyler Perry's Sistas		Celebrity Family Feud		★ "G.I. Joe: The Rise of Cobra" (2009, Action) Channing Tatum, Dennis Quaid.					
BRAVO	54	65	129	237	Southern Charm		Southern Charm		Southern Charm (N)		Southern Charm (N)		Watch What	★ "Billy Madison" (1995) Adam Sandler.		
CARTOON	25	59	177	297	Bears	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American	American	American	Rick, Morty
CBSSN	410	410	158	221	WNBA Basketball		WNBA Basketball Los Angeles Sparks at Phoenix Mercury.				BIG3 Basketball Week 6. (Taped)				The 2022 SBD	The 2022 SBD
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	Daily Show	Hell-Week
COOK	123	123	113	232	Fire Masters The chefs grill.		Bizarre Foods America		Bizarre Foods	Bizarre Foods	Fire Masters		Fire Masters The chefs grill.		Bizarre Foods America	
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	★★★ "Pretty Woman" (1990) Richard Gere, Julia Roberts, Ralph Bellamy.					(:45) ★★★ "Pretty Woman" (1990, Romance-Comedy) Richard Gere, Julia Roberts.						Nightly Pop
ESPN	33	27	140	206	The Captain (N)		The Captain (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	34	28	143	209	TBT	Streetball	30 for 30		Streetball	NFL Live		The Captain (N)		The Captain (N)		Interruption
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	Beat Bobby	Beat Bobby	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	(5:00) MLB Seattle Mariners at Houston Astros. (N) (Live)				MLB on FS1 Postgame (N)		WWE Friday Night SmackDown				TMZ Sports	Triathlon
FX	65	24	136	249	(5:00) ★★ "Kingsman: The Golden Circle" (2017) Colin Firth. British spies join forces with their American counterparts.				★★ "Talladega Nights: The Ballad of Ricky Bobby" (2006, Comedy) Will Ferrell, John C. Reilly, Sacha Baron Cohen. A NASCAR driver has a new rival.					★★ "Talladega Nights: The Ballad of Ricky Bobby" (2006, Comedy) Will Ferrell.		
FXX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy "It's a Trap!"		Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
GOLF	88	88	401	218	PGA Golf		PGA Tour Golf Rocket Mortgage Classic, First Round.						Golf Central		PGA Golf	
HALL	87	87	185	312	"The Christmas Contest" (2021) Candace Cameron Bure. A former couple compete in a Christmas contest to win money.				"Christmas in Toyland" (2022) Vanessa Lengies, Jesse Hutch. A toy store data analyst tries to save hundreds of jobs.				"Never Kiss a Man in a Christmas Sweater" (2020, Romance-Comedy) Ashley Williams, Niall Matter, Lisa MacFadden.			
HALLMM	86	86	187	565	Monk A killer murders women.		"A Christmas Miracle" (2019) Tamera Mowry-Housley, Kendall Cross. Emma searches for a Christmas miracle to write about.				"Rip in Time" (2022, Romance) Torrey DeVitto, Niall Matter. A farmer falls for a man who claims to be from 1787.				Murder, She Wrote Jessica's niece suspect in murder.	
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	Pawn Stars		Pawn Stars		Alone "The Ice Up"		Alone A fierce snow storm wreaks havoc. (N)			(:34) Alone: Frozen (N)		Mountain Men
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles		Rizzoli & Isles		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	Shark Side of the Moon		Shark Queens		Baby Sharks: Extra Bite (N)		The Shark That		Sharks Attack	Sharks Attack	Baby Sharks: Extra Bite	
NICK	27	51	171	299	(5:00) "The Peanuts Movie"		That-Lay Lay	Young Dylan	Side Hustle	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends
OWN	40	41	189	279	20/20 on OWN		20/20 on OWN		48 Hours: Hard Evidence		20/20 on OWN		20/20 on OWN "Left to Die"		20/20: Homicide	
OXY	30	69	127	251	Snapped: Killer Couples		Buried in the Backyard		Buried in the Backyard		Dateline: Unforgettable "Somebody's Daughter"				Dateline: Unforgettable	
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	★★★★ "The Shawshank Redemption" (1994, Drama) Tim Robbins, Morgan Freeman, Bob Gunton.							Shawshank
ROOT	37	26	426	687	(5:00) MLB Baseball Seattle Mariners at Houston Astros. (N)				Mariners Post.	Mariners Pre.	MLB Baseball Seattle Mariners at Houston Astros. From Minute Maid Park in Houston.					
SYFY	67	50	122	244	(4:07) ★★★ "Batman" (1989)		(:05) ★★ "Batman Returns" (1992, Action) Michael Keaton, Danny DeVito.						★★ "Batman Forever" (1995, Action) Val Kilmer.			
TCM	56	73	132	256	(5:00) ★★★ "Mysterious Island" (1961) Michael Craig.		★★ "Godzilla" (1954, Science Fiction) Takashi Shimura, Momoko Kochi.			(:45) ★★ "The Monster That Challenged the World" (1957) Tim Holt, Audrey Dalton.			(:15) ★★ "The Lost Continent" (1968, Science Fiction) Eric Porter, Hildegarde Neff.			"Creature-Sea"
TDC	51	42	182	278	Mission Shark Dome		Jaws vs Kraken: Fintacular		Tracy Morgan Presents		Shark House (N)		Monster Mako Under the Rig		Tiger Queen (N)	
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	(5:45) ★★ "Angel Has Fallen" (2019, Action) Gerard Butler. An agent investigates an attempt on the president's life.				(:15) ★★★ "Kingsman: The Secret Service" (2014, Action) Colin Firth, Michael Caine, Taron Egerton. A dapper spy takes a troubled youth under his wing.						Harley Quinn	Harley Quinn
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	Impractical Jokers		Imp. Jokers	101 Places to	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	Austin Dillon	Chrisley	Miz & Mrs	Miz & Mrs
WE	118	118	128	260	Criminal Minds		Criminal Minds		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	American	American
HBO	518	518	303	504	(4:05) ★★★ "The Batman" (2022) Robert Pattinson.		(:05) Westworld Maeve and Caleb try to flee Temperance.		Westworld "Zhuangzi"		★★ "Blue Bayou" (2021, Drama) Justin Chon. A Korean man learns that he could be deported from America. 'R'				Irma Vep "The Terrible Wedding"	
MAX	531	531	311	516	(4:05) "Black Hawk Down"	★ "The Unborn" (2009, Horror) Odette Yustman, Gary Oldman. 'PG-13'			"Dragon Blade" (2015, Action) Jackie Chan, John Cusack, Adrien Brody. 'R'			(:45) ★★ "47 Ronin" (2013, Adventure) Keanu Reeves. Outcast samurai seek revenge on a treacherous overlord. 'PG-13'				(:45) "You, Me and Dupree"
SHOW	578	578	319	546	(5:25) ★★ "Nacho Libre" (2006) Jack Black. 'PG'		★★★ "Bill & Ted's Excellent Adventure" (1989, Comedy) Keanu Reeves. 'PG'			★★ "Bad Santa 2" (2016, Comedy) Billy Bob Thornton, Kathy Bates, Tony Cox. 'R'			(:05) The Chi "We Don't Have to Take Our Clothes Off"		(:05) Supreme Team "Truth & Consequences"	
STARZ	621	621	351	526	(5:15) ★★ "The Craft: Legacy" (2020) Cailee Spaeny.		(6:53) ★★ "About Time" (2013, Romance-Comedy) Domhnall Gleeson, Rachel McAdams, Bill Nighy. 'R'				★★ "Pompeii" (2014, Adventure) Kit Harington. A gladiator tries to get home to save the woman he loves. 'PG-13'				(10:49) ★★ "Tyler Perry's the Family That Preys" (2008)	
TMC	591	591	327	554	(:15) "Complicit" (2013, Crime Drama) David Oyelowo, Arsher Ali. An MI5 agent tries to implicate a terror suspect. 'NR'				★★★ "Cape Fear" (1991, Suspense) Robert De Niro. An ex-convict takes revenge on the lawyer who betrayed him. 'R'				(:10) ★★★ "Midsommar" (2019, Horror) Florence Pugh. A Swedish summer festival turns into a sinister nightmare. 'R'			