

tonight s best



Nathalie Morris

8 p.m. on CW
Bump

Produced and set in Australia, this new character-driven dramedy primarily revolves around ambitious and overachieving high school student Olympia "Oly" Davis-Chalmers (Nathalie Morris), whose unexpected pregnancy leads to complications for two families. Angus Sampson (Netflix's "The Lincoln Lawyer"), Claudia Karvan, Carlos Sanson Jr. ("Legacies") and Paula Garcia ("Little White Lies") star.

9 p.m. on HIST
Alone: Frozen

Six of "Alone's" strongest participants are dropped onto the frigid North Atlantic Coast just days before the start of winter in this new series. With just a few supplies and their previous experience fresh in their minds, the survivalists will set out to last 50 days in polar bear country. Those who persevere will win their share of \$500,000. With no camera crew and no outside help, this is as brutal as it gets as they search for ideal shelter locations.

10 p.m. on FOOD
It's CompliPlated

Bestselling author Tabitha Brown hosts this entertaining new cooking show in which determined chefs do everything they can think of to please an insanely picky panel of eaters with the same plate of food. The show is aimed at helping home cooks who want to make some of the favorite dishes everyone seems to love, but also need to accommodate all the various diets, food allergies and simple personal tastes in their group. Chef Maneet Chauhan joins the fun each week to help decide which chef is most successful.

10 p.m. on FREE
Good Trouble

After talking things through with Evan (T.J. Linnard), Mariana (Cierra Ramirez) reconsiders her relationship with Joaquin (Bryan Craig). Meanwhile, Dennis (Josh Pence) has a change of heart about parenthood. Davia (Emma Hunton) inspires her home-school family to seek therapy and Isabella's (Priscilla Quintana) parents bring her history to light in the new episode, "You Know You Better Watch Out." Zuri Adele, Sherry Cola, Tommy Martinez and Maia Mitchell also star.

THURSDAY EVENING

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

MOVIES

SPORTS

AUGUST 11, 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 Texas and California. (N)		Generation Gap "What's Tik Tok??" (N)		The Con "The Black Widow Con" (N)		KATU News at 11 (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 "Go Dog Go"	Broadchurch Dealing with the aftermath.		Around the World in 80 Days on Masterpiece		The Seaside Hotel Frigh visits Kitty in Copenhagen.	
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Young Sheldon (N)	(:31) Ghosts "Sam's Mom"	Big Brother A houseguest is evicted and interviewed.		CSI: Vegas A cargo plane lands autonomously.		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 "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	Bump "Sor-presa!"	Bump (N)	Great Chocolate Showdown "A Sweet Meet and Greet"		KOIN 6 News at 10p (N)		Seinfeld (Part 1 of 2)	Seinfeld "The Barber"
FOX	12	12	12	12	(4:00) MLB Baseball Chicago Cubs vs Cincinnati Reds. (N)		Family Feud	Family Feud	8 O'Clock News (N)		9 O'Clock News (N)		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 noro-este 6P	Noticiero Univision (N)	La rosa de Guadalupe		La mexicana y el güero		Mi fortuna es amarte		El último rey: El hijo del pueblo		Noticias noro-este 11P	Noticiero Univision:
A&E	52	55	118	265	The First 48		The First 48		The First 48 (N)		60 Days In The top 20 most unforgettable moments. (N)				(:06) The First 48	
AMC	60	45	131	254	(5:00) **** "The Shawshank Redemption" (1994, Drama) Tim Robbins, Morgan Freeman, Bob Gunton.				*** "Tombstone" (1993, Western) Kurt Russell, Val Kilmer, Michael Biehn. Doc Holiday joins Wyatt Earp for the OK Corral showdown.						*** "Under Siege" (1992, Action) Steven Seagal.	
ANP	24	49	184	282	Naked and Afraid: Frozen		Naked and Afraid XL		Naked and Afraid		Naked and Afraid		Naked and Afraid "Bite Club"		Naked and Afraid	
BET	4	72	124	392	Tyler Perry's Sistas		Tyler Perry's The Oval		Celebrity Family Feud		** "Tyler Perry's I Can Do Bad All By Myself" (2009) Tyler Perry, Taraji P. Henson.					
BRAVO	54	65	129	237	Housewives of NJ		Southern Charm		Southern Charm (N)		Watch What Southern Charm				Below Deck	
CARTOON	25	59	177	297	Bears	Teen Titans	Teen Titans	Teen Titans	King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American	American	American	Rick, Morty
CBSN	410	410	158	221	World Series of Poker (N)		World Series of Poker (N)		World Series of Poker (N)		World Series of Poker		World Series of Poker		World Series of Poker	
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	South Park	South Park	Daily Show	Hell-Week
COOK	123	123	113	232	Fire Masters "Blazing a Trail"		Bizarre Foods	Bizarre Foods	Bizarre Foods	Bizarre Foods	Fire Masters "You Go Grill!"		Fire Masters "Blazing a Trail"		Bizarre Foods	Bizarre Foods
DISN	26	48	173	290	Ladybug	Ladybug	Big City Green	Big City Green	*** "Moana" (2016) Voices of Dwayne Johnson.				The Villains	Big City Green	Ladybug	Ladybug
E!	64	76	114	236	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	** "27 Dresses" (2008) Katherine Heigl, James Marsden.				Nightly Pop	
ESPN	33	27	140	206	The Captain		The Captain (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N)		SportsCenter (N)	
ESPN2	34	28	143	209	Athletes Unlimited Lacrosse		World Chase Tag (N Same-day Tape)				UFC	The Captain		The Captain (N)		UFC Top Ten
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	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	It's CompliPlated		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	PBC Collection		2022 FIFA U-20 Women's World Cup				2022 FIFA U-20 Women's World Cup Ghana vs United States.				Fri. Night SmackDown	
FX	65	24	136	249	(5:00) *** "X2" (2003, Action) Patrick Stewart, Hugh Jackman. A power-mad militarist pursues the mutants.		*** "Jumanji: The Next Level" (2019, Adventure) Dwayne Johnson, Kevin Hart, Jack Black. Four friends re-enter the fantastical world of Jumanji.		*** "Jumanji: The Next Level" (2019, Adventure) Dwayne Johnson, Kevin Hart.							
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	Wom. Golf		Golf Central (N) (Live)		PGA Tour Golf FedEx St. Jude Championship, First Round.							
HALL	87	87	185	312	"Season for Love" (2018, Romance) Autumn Reeser, Marc Blucas. A woman signs up for a barbecue competition.		*** "Your Love Never Fails" (2011) Elisa Donovan, Brad Rowe. Laura has to move to Texas with her daughter, Kelsey.		"Love in the Limelight" (2022, Romance) Alexa PenaVega. A woman wants to keep her relationship with a single secret.		The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
HALLMM	86	86	187	565	Monk A death-row inmate is murdered.		*** "Your Love Never Fails" (2011) Elisa Donovan, Brad Rowe. Laura has to move to Texas with her daughter, Kelsey.		"Big Sky River" (2022) Emmanuelle Vaugier. A woman returns to Parable, Mont., and meets a handsome man.						Murder, She Wrote Murder occurs at a variety-show reunion.	
HGTV	62	57	112	229	Help! I Wrecked My House		No Demo Reno		No Demo Reno (N)		No Demo Reno (N)		Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	(4:00) "Hacksaw Ridge", War		Alone "Winter's Grasp"		Alone "Fight, Flight or Freeze"		Alone: Frozen		Alone	Alone	(:03) Alone: Frozen	
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles		Rizzoli & Isles "Born to Run"		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		Gordon Ramsay: Showdown		Gordon Ramsay: Uncharted		Running Wild With Bear Grylls		Gordon Ramsay: Showdown		Gordon Ramsay: Uncharted	
NICK	27	51	171	299	(5:00) "Despicable Me 2"		Young Dylan	That-Lay Lay	SpongeBob	SpongeBob	** "Open Season" (2006) Voices of Martin Lawrence.		Friends	Friends	Friends	Friends
OWN	40	41	189	279	20/20 on OWN (Part 2 of 2)		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				Dateline: Unforgettable	
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	*** "Titanic" (1997) Leonardo DiCaprio, Kate Winslet, Billy Zane. A woman falls for an artist aboard the ill-fated ship.							
ROOT	37	26	426	687	Swing Clinic	Fairways of Life	Golf Life		Endless Golf	World Tennis	National Senior Games 2022		Fight Sports: World Class Championship Boxing			
SYFY	67	50	122	244	(5:37) ** "Snow White and the Huntsman" (2012) Kristen Stewart.		** "The Huntsman: Winter's War" (2016, Fantasy) Chris Hemsworth.						Resident Alien "Autopsy"			
TCM	56	73	132	256	(5:00) *** "The Manchurian Candidate" (1962)		(:15) *** "Walk on the Wild Side" (1962) Laurence Harvey, Capucine. A drifter learns his old flame is working in a brothel.		(:15) *** "Room at the Top" (1959, Drama) Laurence Harvey, Simone Signoret. A man romances the daughter of a wealthy industrialist.						"Of Human Bondage"	
TDC	51	42	182	278	BattleBots (N) (Part 1 of 2)		BattleBots (N) (Part 2 of 2)		BattleBots The Sin City Slugfest. (N)				(:02) BattleBots Beta vs. Rotator; Gruff vs. Hypershock.			
TLC	49	62	183	280	Seeking Sister Wife		Seeking Sister Wife		Dr. Pimple Popper		Dr. Pimple Popper (N)		My 600-Lb. Life Lindsey goes on a weight loss journey.			
TNT	57	52	138	245	** "Ride Along 2" (2016) Ice Cube, Kevin Hart. Lawmen James Payton and Ben Barber pursue a Miami drug lord.		** "Step Brothers" (2008) Will Ferrell, John C. Reilly. Two spoiled men become rivals when their parents marry.						*** "Blades of Glory" (2007, Comedy) Will Ferrell, Jon Heder, Will Arnett. Rival male skaters compete as a pair.			
TRAV	53	38	196	277	Paranormal Caught- Camera		Fright Club "Cat Caller" (N)		Fright Club "Demon Cyclone"		Paranormal Caught on Camera		A caver becomes trapped.		Fright Club "Cat Caller"	
TRUTV	73	75	242	246	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. 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	Field-Dreams	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Austin Dillon	(:02) Snake in the Grass		Chrisley	Chrisley
WE	118	118	128	260	Criminal Minds		Criminal Minds		Growing Up Hip Hop (N)		Brat Loves Judy		Terror Lake Drive "T.H.U.G."		Brat Loves Judy	
WEATH	14	19	214	362	Highway Thru Hell		Heavy Rescue: 401		Weather Gone Viral		Weird Earth		Weird Earth		Weird Earth	
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	(5:00) *** "Total Recall" (1990, Science Fiction) R'		Westworld Bernard and C try to put Maeve together.		Westworld "Metanoia"		*** "Belfast" (2021, Drama) Caitriona Balfe, Judi Dench, Jamie Dornan. 'PG-13'		(:40) Industry "The Giant Squid"		(:40) The Anarchists	
MAX	531	531	311	516	(:11) ** "Days of Thunder" (1990, Action) Tom Cruise. Upstart stock-car driver goes to the edge. 'PG-13'		** "Ghost Ship" (2002, Horror) Julianna Margulies, Ron Eldard. 'R'		(:32) *** "Master and Commander: The Far Side of the World" (2003) Russell Crowe. A British captain chases a French ship in 1805. 'PG-13'							
SHOW	578	578	319	546	(5:20) ** "Indiana Jones and the Kingdom of the Crystal Skull" (2008) 'PG-13'		(:25) ** "Road Trip" (2000, Comedy) Seann William Scott, Breckin Meyer, D.J. Qualls. 'R'		*** "Jackass Forever" (2022, Comedy) Johnny Knoxville, Steve-O, Chris Pontius. 'R'		(:35) City on a Hill "A Program of Complete Disorder"					
STARZ	621	621	351	526	(5:15) *** "Almost Famous" (2000, Comedy-Drama) Billy Crudup. 'R'		(:22) ** "Kicking & Screaming" (2005, Comedy) Will Ferrell, Robert Duvall. 'PG'		*** "Jumanji: Welcome to the Jungle" (2017, Adventure) Dwayne Johnson, Kevin Hart, Jack Black. 'PG-13'		(:03) ** "Scream 4" (2011) Neve Campbell. 'R'					
TMC	591	591	327	554	(:15) * "Silent Hill: Revelation" (2012, Horror) Adelaide Clemens. Demonic forces threaten to engulf a teenager. 'R'		* "Vampire Academy" (2014, Fantasy) Zoey Deutch, Lucy Fry. 'PG-13'		(:45) * "A Haunted House" (2013, Comedy) Marlon Wayans, Essence Atkins. 'R'		(:15) "13 Fanboy" (2021, Horror) Corey Feldman. 'NR'					