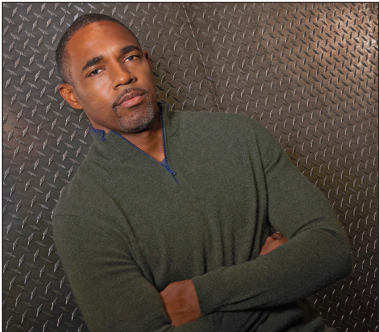


tonight’s best



Jason George

8 p.m. on ABC
Station 19

A significant scheduling switch is made in order to give this Season 3 returnee the night’s lead-off spot, to be followed by network veteran “Grey’s Anatomy,” which previously held that position. In storytelling terms, however, it makes sense. The hospital drama’s action picks up where the fall season climaxed which saw a car crash through the walls of Joe’s Bar, where Warren, Herrera (Jason George, Jaina Ortiz) and the Station 19 interns were relaxing.

8 p.m. on CW
Supernatural

This long-running spookfest moves into the second half of its 15th and final season with a new episode called “The Heroes’ Journey,” which finds the brothers Winchester (Jensen Ackles, Jared Padalecki) hitting the road once again to come to the assistance of an old friend in distress. This time around, their uncanny luck seems to have abandoned them, as Sam and Dean wind up the ones who may need rescuing.

8 p.m. on FREE
grown-ish

In a new episode simply entitled “Damn,” the whole group struggles to cope in the face of a genuinely shocking surprise. Meanwhile, yet another completely unexpected bombshell sends a stunned Zoey (Yara Shahidi) into a spiral of depression. Trevor Jackson, Emily Arlook, Francia Raisa, Jordan Buhat, Deon Cole and Luka Sabbat also star.

8:30 p.m. on FOX
Outmatched

Maggie Lawson (“Psych”) and Jason Biggs (“Orange Is the New Black”) star in this new comedy series from writer and executive producer Lon Zimmet (the short-lived “LA to Vegas”), playing a blue-collar couple in Atlantic City, N.J., who have their hands full trying to raise four kids — three of whom have to be certified geniuses. Tisha Campbell-Martin, Jack Stanton, Connor Kalopsis, Ashley Boettcher and Oakley Bull also star.

9 p.m. on FREE
The Bold Type

The Season 4 premiere, “Legends of the Fall Issue,” finds the staff at Scarlet reeling over their new dynamic, forcing them to make some frustrating adjustments. Changes to Jacqueline’s (Melora Hardin) role at the publication present new coping challenges for Jane (Katie Stevens), who teams up with Kat and Sutton (Aisha Dee, Meghann Fahy) to make it clear to the powers that be how much Jacqueline means to them. Meanwhile, Richard (Sam Page) ponders the world beyond Scarlet. Aidan Devine also stars.

THURSDAY EVENING

THURSDAY EVENING					LG - La Grande BC - Baker City D - DISH DTV - DirecTV					MOVIES		SPORTS		JANUARY 23, 2020				
	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 (N)		Station 19 A car crashes into Joe's Bar.		Grey's Anatomy The doctors work to save their own.		(:01) A Million Little Things "The Kiss" (N)		KATU News at 11 (N)	(:35) Jimmy Kimmel Live!
PBS	3	5			Wild Travels	BBC World	PBS NewsHour (N)		Oregon Art Beat	Oregon Field Guide	Inspector Morse "The Secret of Bay 5B" A parking lot murderer leaves two clues.				Resistance (Part 1 of 6)			
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight	Young Sheldon	The Unicorn	Young Sheldon	Mom	The Gayle King Grammy Special (N)		KOIN 6 News at 11 (N)	Late Show- Colbert		
NBC	8	8	8	8	KGW News at 6 (N)		Tonight With Cassidy (N)	Inside Edition (N)	Superstore "Favoritism"	The Good Place "Patty"	Will & Grace (N)	Perfect Harmony	Law & Order: Special Victims Unit		KGW News at 11 (N)	Tonight Show		
CW	9	9	32	32	Modern Family	Modern Family	The Gold-bergs	The Gold-bergs	Supernatural Sam and Dean try to help an old friend. (N)		Legacies The witches celebrate Coven Day. (N)		KOIN 6 News at 10p (N)		Seinfeld "The Watch"	Seinfeld		
FOX	12	12	12	12	6 O'Clock News (N)		Family Feud (N)	Family Feud	Last Man Standing (N)	Outmatched "Pilot"	Deputy Charlie must patrol with Joseph. (N)		10 O'Clock News (N)		11 O'Clock News (N)	(:35) The Big Bang Theory		
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 Simp-sons	Family Guy	Bob's Burg-ers	The Game		
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión	La Rosa de Guadalupe		Ringo (N)		Amor eterno		Rubi	Noticias noroeste 11P		Noticiero Uni		
A&E	52	55	118	265	The First 48: 15th Anniversary "Chain of Death"				The First 48 "The Invader"		Alaska PD "Arctic Survival"		(:01) 60 Days In (N)		(:05) The First 48			
AMC	60	45	131	254	(5:30) ** "Night at the Museum: Battle of the Smithsonian" (2009) Ben Stiller, Robin Williams.				** "Jack the Giant Slayer" (2013) Nicholas Hoult, Eleanor Tomlinson. A young farmhand must defend his land from fearsome giants.				*** "X-Men: First Class" (2011, Action) James McAvoy, Michael Fassbender.					
ANP	24	49	184	282	Lone Star Law: Uncuffed (N)		Lone Star Law: Bigger and		(:01) Lone Star Law		Lone Star Law: Uncuffed				Lone Star Law: Bigger and			
BET	4	72	124	392	New Jack	*** "Creed" (2015, Drama) Michael B. Jordan, Sylvester Stallone.				** "White House Down" (2013, Action) Channing Tatum, Jamie Foxx.								
BRAVO	54	65	129	237	Below Deck	Below Deck	Project Runway "There Is Only One You"		Project Runway (N)		Project Runway (N)		Watch What		** "Enough" (2002)			
CARTOON	25	59	177	297	Teen Titans	Teen Titans	Gumball	Gumball	Amer. Dad	Amer. Dad	Burgers	Burgers	Family Guy	Family Guy	Rick, Morty	Chicken		
CNN	68	44	200	202	Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight w/ Don Lemon			
COM	77	56	107	249	(:15) The Office "Mafia"		The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	Daily Show	Lights Out		
COOK	123	123	113	232	Man v. Food	Man v. Food	Best Thing	Best Thing	Best Thing	Best Thing	Man v. Food	Man v. Food	Man v. Food	Man v. Food	Best Thing	Best Thing		
DISN	26	48	173	290	Gabby Duran	Raven	Raven		(:35) Bunk'd	Bunk'd	Gabby Duran	Sydney-Max	Roll With It	Coop & Cami	Sydney-Max	Bunk'd		
E!	64	76	114	236	The Kardashians		Very Cavallari		Very Cavallari		Very Cavallari (N)		Nightly Pop	Very Cavallari	Botched			
ESPN	33	27	140	206	2020 Pro Bowl Skills Show-down (N)		X Games (N) (Live)				SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)			
ESPN2	34	28	143	209	2020 Australian Open Tennis		Third Round. From Melbourne, Australia. (N) (Live)											
FNC	66	25	205	360	Hannity (N)		The Ingraham Angle (N)		Fox News at Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle			
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Restaurant: Impossible		Restaurant: Impossible (N)		Restaurant: Impossible (N)		Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby		
FREE	32	130	311	** "Mr. Deeds"	(2002) Adam Sandler, Winona Ryder.				grown-ish (N) Everything		The Bold Type		grown-ish	Everything	The 700 Club (N)			
FS1	41	85	150	219	College Basketball		Hoops Extra		College Basketball UCLA at Oregon State. (N) (Live)		WWE Backstage		College Basketball					
FX	65	24	136	249	(5:00) *** "War for the Planet of the Apes" (2017, Science Fiction) Andy Serkis, Woody Harrelson.				** "Transformers: Age of Extinction" (2014, Action) Mark Wahlberg, Stanley Tucci, Li Bingbing. Optimus Prime and the Autobots face fearsome challengers.						"Transformers"			
FXX	35	64	125	259	Simpsons	Simpsons	Simpsons	Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	*** "Spider-Man" (2002, Action) Tobey Maguire.					
GOLF	88	88	401	218	(5:00) PGA Tour Golf Farmers Insurance Open, First Round.				PGA Tour Golf Farmers Insurance Open, First Round.				Euro PGA					
HALL	87	87	185	312	"Falling for You" (2018, Drama) Taylor Cole, Tyler Hynes, Lini Evans. A radio station manager meets her match.				"Love in Paradise" (2016, Comedy) Luke Perry. A woman finds out that a cowboy actor is a city slicker.				"Love on Iceland" (2020) Kaitlin Doubleday, Colin Donnell. Chloe gathers her friends together for a trip to Iceland.					
HALLMM	86	86	187	565	Magnum, P.I. Rick's sister goes missing from a bar.		"Just the Way You Are" (2015) Candace Cameron Bure. A matchmaker asks her husband out on a blind date.		"Journey Back to Christmas" (2016, Drama) Candace Cameron Bure, Oliver Hudson, Brooke Nevin.				Murder, She Wrote Emma becomes a murder suspect.					
HGTV	62	57	112	229	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Christina	Christina	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop		
HIST	50	60	120	269	Swamp People		Swamp People		Swamp People		Swamp People		(:03) Swamp People		(:05) Swamp People			
LIFE	29	29	108	252	Wife Swap "Wiggins/Felix"		Supernanny		Married at First Sight (N)				Supernanny (N)		(:03) Supernanny			
MSNBC	71	67	209	356	The Rachel Maddow Show		The Last Word		The 11th Hour		The Rachel Maddow Show		The Last Word		The 11th Hour			
NBCSN	89	89	159	220	Figure Skating U.S. Figure Skating Championships. (N)				Figure Skating U.S. Figure Skating Championships.				IBU		Tour Down Under Road			
NBCSNW	426	37	424		Blazers	Blazers	Warm-Up with Chad Beavers	Premier League Soccer				Blazers Postgame		Snowboarding				
NGEO	55	78	197	276	Wild Russia "East of Eden"		Wild Russia		Alaska State Troopers		Alaska State Troopers (N)		Alaska State Troopers		Alaska State Troopers			
NICK	27	51	171	299	It's Pony		Casagrandes	It's Pony	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	(:35) Friends		
OWN	40	41	189	279	20/20 on OWN		20/20 on OWN		20/20 on OWN "What If"		20/20 on OWN		20/20 on OWN		20/20 on OWN			
OXY	30	69	127	251	Snapped "Helen Moore"		Snapped "Susan Baker"		An Unexpected Killer (N)		Snapped "Danielle Parker"		Snapped "Valerie Pape"		Snapped "Crystal Weimer"			
PARMT	42	43	241	241	Two Men	Two Men	Two Men	*** "Beverly Hills Cop" (1984) Eddie Murphy, Judge Reinhold.				*** "Beverly Hills Cop" (1984) Eddie Murphy.						
ROOT	37	26	426	687	Wm. Basketball		College Basketball Pepperdine at Santa Clara. (N) (Live)		In-Line Hockey		College Basketball Pepperdine at Santa Clara.							
SYFY	67	50	122	244	"King Arthur: Legend"		(:10) *** "Edge of Tomorrow" (2014) Tom Cruise, Emily Blunt.		(:42) ★ "R.I.P.D." (2013) Jeff Bridges, Ryan Reynolds.		(:45) Gamer							
TCM	56	73	132	256	(5:00) *** "Imitation of Life" (1934, Drama)		*** "Body and Soul" (1947, Drama) John Garfield, Lilli Palmer. Corrupted boxer sees light, tries to win fixed fight.				*** "The Member of the Wedding" (1952, Drama) Ethel Waters, Julie Harris.		(:45) *** "Intruder in the Dust" (1949) David Brian, Claude Jarman Jr.					
TDC	51	42	182	278	Homestead Rescue		Homestead Rescue		Homestead Rescue (N)		Reclaimed (N)		Building Off the Grid (N)		Homestead Rescue			
TLC	49	62	183	280	Say Yes to the Dress		My Feet Are Killing Me		Dr. Pimple Popper		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		1000-lb Sisters (N)			
TNT	57	52	138	245	(5:00) NBA Basketball Los Angeles Lakers at Brooklyn Nets. (N Subject to Blackout)		NBA Basketball Dallas Mavericks at Portland Trail Blazers. From Moda Center in Portland, Ore. (N Subject to Blackout) (Live)						Inside the NBA (N) (Live)		NBA Basketball Los Angeles Lakers at Brooklyn Nets.			
TRAV	53	38	196	277	Ghost Adventures (N)		Ghost Adventures (N)		Ghost Adventures		Ghost Adventures		Ghost Adventures		Ghost Adventures			
TRUTV	73	75	242	246	Carbonaro	Carbonaro	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Laff Mobb	Laff Mobb		
TVL	75	74	106	304	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Raymond	Raymond	Raymond	Raymond	King	King	King	King		
USA	58	39	105	242	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Mod Fam	Mod Fam	Mod Fam	Mod Fam		
WE	118	118	128	260	Law Order: CI		Growing Up Hip Hop		Growing Up Hip Hop		Growing Up Hip Hop (N)		(:01) Growing Up Hip Hop		(:01) Growing Up Hip Hop			
WEATH	14	19	214	362	Hellfire Heroes		Hellfire Heroes		Why Planes Crash		Why Planes Crash		Why Planes Crash		Hero Survivor			
WTBS	59	40	139	247	Family Guy	Family Guy	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N)	Full Frontal		
HBO	518	518	303	504	(4:40) ** "Shutter Island" (2010, Suspense) 'R'		The New Pope Ester shares her son's story.		** "Crazy, Stupid, Love." (2011, Romance-Comedy) Steve Carell, Ryan Gosling, Julianne Moore. 'PG-13'				Curb Your Enthusiasm		(:40) The Outsider Jack has a hair-raising experience.			
MAX	531	531	311	516	(:05) ** "Ocean's 8" (2018) Sandra Bullock. Eight female thieves try to steal a valuable necklace. 'PG-13'		*** "Die Hard With a Vengeance" (1995, Action) Bruce Willis, Jeremy Irons, Samuel L. Jackson. 'R'		(:10) *** "Contagion" (2011) Marion Cotillard. Doctors try to contain the spread of a lethal virus. 'PG-13'									
SHOW	578	578	319	546	(5:15) *** "Misery" (1990) James Caan. 'R'		(:15) Shameless Frank finds a cushy place.		(:15) ** "The Wedding Guest" (2018) Dev Patel. A man goes on the run after kidnapping a bride-to-be. 'R'				The L Word: Generation Q Bette feels conflicted.		Work in Progress			
STARZ	621	621	351	526	(5:34) *** "Underworld: Awakening" (2012) 'R'		(:05) ** "Jumping the Broom" (2011) Angela Bassett. A bride and groom's parents clash at the wedding.		** "Night at the Museum" (2006) Ben Stiller. Museum exhibits spring to life when the sun goes down. 'PG'				(10:51) ** "All Is True" (2018) 'PG-13'					
TMC	591	591	327	554	(:10) *** "About a Boy" (2002) Hugh Grant. A lonely boy finds a friend in a carefree bachelor. 'PG-13'				** "Why Did I Get Married?" (2007, Comedy-Drama) Tyler Perry, Janet Jackson, Jill Scott. 'PG-13'				*** "Ghost" (1990, Fantasy) Patrick Swayze. A murder victim returns to save his beloved fiancée. 'PG-13'					