

tonight's best



Danielle Savre

8 p.m. on ABC
Station 19

This action drama returns from an agonizingly long hiatus (at least for its fans) with "Train in Vain," a cross-over event with sister show "Grey's Anatomy." As the action resumes, Drs. Carina and DeLuca (Stefania Spampinato, Giacomo Gianniotti) are on the trail of Opal (guest star Stephanie Kurtzuba), who is suspected of sex trafficking. Elsewhere, Maya (Danielle Savre) leaves Andy (Jaina Lee Ortiz) in charge of the yearly inspection, while Vic and Dean (Barrett Doss, Okieriete Onaodowan) struggle to cope with the fallout from Dean's arrest. Boris Kodjoe also stars.

8 p.m. on FREE
grown-ish

Zoey (Yara Shahidi) continues to wrestle with the ambiguous status of her relationship with Aaron (Trevor Jackson) in the new episode "All in Love Is Fair." Meanwhile, Sky and Jazz (Halle and Chloe Bailey) return from the Olympic trials but struggle to say goodbye. Elsewhere, Jillian (Ryan Destiny) decides to continue working on her documentary in Tokyo.

9:30 p.m. on CBS
The Unicorn

Ben (Omar Miller) is nervous about undergoing a colonoscopy, so in a show of solidarity, Wade and Forrest (Walton Goggins, Rob Corddry) schedule appointments for the same procedure at the same time in the new episode "Out With the Old." Meanwhile, Michelle (Maya Lynne Robinson) is determined not to get involved in her sister Meg's (Nicole Byer in her recurring guest role) boyfriend drama, but Delia (Michaela Watkins) inadvertently gets sucked into the mess herself.

10:01 p.m. on ABC
A Million Little Things

As the COVID-19 pandemic spreads more widely across the United States, the city of Boston goes into lockdown, threatening the fate of Rome's (Romany Malco) movie, while Maggie (Allison Miller) is forced to come home from Oxford in the new episode "Non-essential." With area hospitals maxed out by coronavirus patients, Eddie's (David Giuntoli) back surgery is canceled, driving him to desperate measures to manage his severe pain. Chris Geere, Nikiva Dionne and Terry Chen guest star.

THURSDAY EVENING

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

MOVIES

SPORTS

MARCH 11, 2021

	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 Carina and DeLuca pursue Opal. (N)	Grey's Anatomy Maggie and Winston reconnect. (N)		(:01) A Million Little Things Boston goes into lockdown.	KATU News at 11 (N)		(:35) Jimmy Kimmel Live!	
PBS	3	5			Bare Feet With Mickela	BBC World News Outside	PBS NewsHour (N)		70s Soul Superstars (My Music) Motown, R&B, soul and disco artists.			The Brain Revolution Maximizing and protecting the brain.				
CBS	6	6	6	6	KOIN 6 News at 6 (N)	CBS Evening News	Extra (N)	Entertainment Tonight (N)	Young Sheldon	(:31) B Positive (N)	(:01) Mom (N)	The Unicorn (N)	Clarice Clarice is drugged and confined to bed. (N)	KOIN 6 News at 11 (N)	Late Show-Colbert	
NBC	8	8	8	8	KGW News at 6 (N)	KGW News at 6:30 (N)	The Good Stuff (N)	Inside Edition (N)	Superstore (N)	Young Rock	Law & Order: Special Victims Unit	Dateline NBC (N)	KGW News at 11 (N)		Tonight Show	
CW	9	9	32	32	Modern Family "Lake Life"	Modern Family	The Goldbergs "RAD!"	The Goldbergs	Walker "Bar None" Geri decides to sell the bar. (N)	Legacies Hope agrees to help Lizzie. (N)	KOIN 6 News at 10p (N)		Seinfeld "The Engagement"	Seinfeld		
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	Hell's Kitchen The teams must make burgers. (N)	Call Me Kat "Moving In"	Last Man Standing (N)	10 O'Clock News (N)		11 O'Clock News (N)	(:35) People (N)	
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)	
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univision (N)	Vencer el miedo (N)		La Rosa de Guadalupe (N)		Médicos, línea de vida (N)		Como tú no hay dos (N)		Noticias noroeste 11P	Noticiero Uni
A&E	52	55	118	265	The First 48 "Predator"		The First 48		The First 48		The First 48 (N)		(:01) Nightwatch (N)		(:04) The First 48	
AMC	60	45	131	254	(5:30) ★ "Law Abiding Citizen" Gerard Butler, Colm Meaney.		(2009, Suspense) Jamie Foxx, Chrisley		★★ "Hancock" (2008) Will Smith, Charlize Theron. A scruffy superhero carelessly wreaks havoc in Los Angeles.		★ "Legion" (2010, Horror) Paul Bettany, Lucas Black. God sends forth an army of angels to wipe out mankind.					
ANP	24	49	184	282	Lone Star Law: Uncuffed (N)		Lone Star Law		Lone Star Law		Lone Star Law: Uncuffed "Trouble on the Lake"		Lone Star Law			
BET	4	72	124	392	★ "Tyler Perry's Temptation: Confessions of a Marriage Counselor" (2013, Drama)		★★ "Notorious" (2009, Biography) Angela Bassett, Derek Luke, Jamal Woolard.		★★ "Notorious" (2009, Biography) Angela Bassett, Derek Luke, Jamal Woolard.		★★ "Notorious" (2009, Biography) Angela Bassett, Derek Luke, Jamal Woolard.					
BRAVO	54	65	129	237	Chrisley	Chrisley	Chrisley	Chrisley	Summer House		Summer House (N)		Watch What	★★ "Burlesque" (2010, Drama) Cher.		
CARTOON	25	59	177	297	Teen Titans	Teen Titans	Wrld, Gumball	Apple	Bob's Burgers	Bob's Burgers	American Dad	American Dad	Rick, Morty	Rick, Morty	Family Guy	Family Guy
CNN	68	44	200	202	Cuomo Prime Time (N) (Live)		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight-Don Lemon	
COM	77	56	107	249	The Office		The Office (:45) The Office "Money"		The Office		The Office		South Park		Daily Show	South Park
COOK	123	123	113	232	Bizarre Foods	Bizarre Foods	Man v. Food	Man v. Food	Man v. Food	Man v. Food	Delicious	Delicious	Bizarre Foods	Bizarre Foods	Man v. Food	Man v. Food
DISN	26	48	173	290	Jessie	Jessie	Raven	Raven	Jessie	Jessie	Bunk'd	Bunk'd	Big City	Bunk'd	Bunk'd	Sydney-Max
E!	64	76	114	236	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Nightly Pop
ESPN	33	27	140	206	College Basketball ACC Tournament, Fourth Quarterfinal: Teams TBA. (N) (Live)		To Be Announced		College Basketball Pac-12 Tournament, Fourth Quarterfinal: Teams TBA. (N) (Live)		SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter W/Van Pelt		SportsCenter W/Van Pelt	
ESPN2	34	28	143	209	Basketball	College Basketball			SportsCenter	SportsCenter (N) (Live)	SportsCenter	E60	UFC Fight Night: Dos Anjos			
FNC	66	25	205	360	Hannity (N) (Live)		The Ingraham Angle (N)		Fox News at Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)	Dinner: Impossible (N)	Beat Bobby	Beat Bobby	Beat Bobby	
FREE	32	33	180	311	(5:30) ★★ "Sweet Home Alabama" (2002) Josh Lucas		Postgame		College Basketball Teams TBA.		★★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. British spies join forces with their American counterparts.		★★ "Kingsman: The Golden Circle" (2017, Action)			
FS1	41	85	150	219	College Basketball											
FX	65	24	136	249	(5:30) ★★ "The Equalizer 2" (2018) Denzel Washington. Robert McCall fights assassins to avenge his friend's death.		★★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. British spies join forces with their American counterparts.		★★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. British spies join forces with their American counterparts.		★★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. British spies join forces with their American counterparts.		★★ "Kingsman: The Golden Circle" (2017, Action)			
FXX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	Cake	Cake (N)	Cake	Cake
GOLF	88	88	401	218	(5:00) 2021 Players Championship First Round.		Live From THE PLAYERS									
HALL	87	87	185	312	(5:00) "Royal Matchmaker" (2018) Bethany Joy Lenz.		"Wedding Bells" (2016) Danica McKellar, Kavan Smith. Two commitment-phobes find unexpected romance at a wedding.		"Switched for Christmas" (2017, Drama) Candace Cameron Bure, Eion Bailey, Mark Deklin.		"Falling for You" (2018, Drama) Taylor Cole, Tyler Hynes, Lini Evans. A radio station manager meets her match.		The Golden Girls		The Golden Girls	
HALLMM	86	86	187	565	"Love at First Dance" (2018, Romance) Becca Tobin. Sparks fly between a dance instructor and a wealthy bachelor.		"Switched for Christmas" (2017, Drama) Candace Cameron Bure, Eion Bailey, Mark Deklin.		Aurora Teagarden Mysteries "A Bundle of Trouble" A dead husband on a balcony.		Aurora Teagarden Mysteries "A Bundle of Trouble" A dead husband on a balcony.		Aurora Teagarden Mysteries "A Bundle of Trouble" A dead husband on a balcony.		Aurora Teagarden Mysteries "A Bundle of Trouble" A dead husband on a balcony.	
HGTV	62	57	112	229	Property Brothers		Property Brothers		Flipping Across America (N)		(:01) Rehab Addict Rescue		Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	Swamp People		Swamp People "Heat Wave"		Swamp People		Swamp People (N)		Swamp People: Serpent Inva		(:05) Swamp People	
LIFE	29	29	108	252	Rizzoli & Isles		Rizzoli & Isles		Married at First Sight (N)		Married at First Sight (N)		Married at First Sight		(:03) Married at First Sight	
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	(4:00) Mecum Auto Auctions		Sailing America's Cup. From Auckland, New Zealand. (N)		American Ninja Warrior		Truck Tech Detroit		Cycling			
NBCSNW	426	37	424		The Bridge (N) (Live)		Blazers Out. Blazers Out.		Outdoor GPS		Talkin' Ducks Talkin' Ducks		Best of the Brian Noe Show		Blazers Out. Talk. Beavers	
NGEO	55	78	197	276	Life Below Zero		Life Below Zero		Life Below Zero		Port Protection Alaska		Mission Possible-Race		Life Below Zero	
NICK	27	51	171	299	Loud House	Loud House	Unfiltered	Young Dylan	★★★ "Rio" (2011, Children's) Voices of Anne Hathaway.		Friends		Friends	Friends	Friends	Friends
OWN	40	41	189	279	20/20 on OWN		20/20: Homicide		20/20 on OWN		20/20 on OWN		20/20 on OWN		20/20 on OWN	
OXY	30	69	127	251	Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered		Dateline: Unforgettable		Dateline: Secrets Uncovered		Dateline: Secrets Uncovered	
PARMT	42	43	241	241	Two/Half Men Two/Half Men		★★★ "The Help" (2011, Drama) Viola Davis, Emma Stone, Bryce Dallas Howard.		★★★ "My Cousin Vinny" (1992, Comedy) Joe Pesci.		★★★ "My Cousin Vinny" (1992, Comedy) Joe Pesci.		★★★ "My Cousin Vinny" (1992, Comedy) Joe Pesci.		★★★ "My Cousin Vinny" (1992, Comedy) Joe Pesci.	
ROOT	37	26	426	687	Pro Football Hall of Fame		Mariners Rewind From Aug. 11, 2001. (N)		Mariners All Access		Mariners Rewind		Mariners Rewind		Mariners Rewind	
SYFY	67	50	122	244	(4:56) ★★ "Hunter Killer" (2018, Action) ★ "Gone in Sixty Seconds" (2000, Action) Nicolas Cage, Angelina Jolie.		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan.		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan.		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan.		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan.		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan.	
TCM	56	73	132	256	(5:00) ★★ "Woman of the Year" (1942, Comedy)		(:15) ★★ "Guess Who's Coming to Dinner" (1967, Comedy-Drama) Spencer Tracy, Katharine Hepburn.		(:15) ★★ "Gunga Din" (1939, Adventure) Cary Grant, Douglas Fairbanks Jr., Victor McLaglen. Kipling's tale of a water boy in colonial India.		(:15) ★★ "Gunga Din" (1939, Adventure) Cary Grant, Douglas Fairbanks Jr., Victor McLaglen. Kipling's tale of a water boy in colonial India.		(:15) ★★ "Gunga Din" (1939, Adventure) Cary Grant, Douglas Fairbanks Jr., Victor McLaglen. Kipling's tale of a water boy in colonial India.		(:15) ★★ "Gunga Din" (1939, Adventure) Cary Grant, Douglas Fairbanks Jr., Victor McLaglen. Kipling's tale of a water boy in colonial India.	
TDC	51	42	182	278	BattleBots "Shock and Awe"		BattleBots "Shock and Awe"		BattleBots The tournament reaches its climax. (N)		BattleBots Elite bots face off for the trophy.		BattleBots Elite bots face off for the trophy.		BattleBots Elite bots face off for the trophy.	
TLC	49	62	183	280	My 600-Lb. Life Tommy wants to lose weight.		My 600-Lb. Life "Supersized: Shannon's Journey" (N)		1000-Lb. Sisters (N)		My 600-Lb. Life		My 600-Lb. Life		My 600-Lb. Life	
TNT	57	52	138	245	(4:30) NBA Basketball (N Subject to Blackout) (Live)		NBA Basketball (N Subject to Blackout) (Live)		Inside the NBA (N) (Live)		NBA Basketball		NBA Basketball		NBA Basketball	
TRAV	53	38	196	277	Extreme Paranormal Witness		Extreme Paranormal Witness		Extreme Paranormal Witness		Extreme Paranormal Witness		Extreme Paranormal Witness		Extreme Paranormal Witness	
TRUTV	73	75	242	246	Inside Jokes		Inside Jokes		Imp. Jokers		Imp. Jokers		Imp. Jokers		Imp. Jokers	
TVL	75	74	106	304	Andy Griffith		Andy Griffith		Raymond		Raymond		Raymond		Raymond	
USA	58	39	105	242	Law & Order: SVU		Law & Order: SVU		Chrisley		Chrisley		Chrisley		Chrisley	
WE	118	118	128	260	Law & Order: Criminal Intent		Law & Order: Criminal Intent		Growing Up Hip Hop Atlanta		Growing Up Hip Hop Atlanta		The TS Madison Experience		The Real Blac Chyna (N)	
WEATH	14	19	214	362	Heavy Rescue: 401		Mud Mountain Haulers		The World's		The World's		The World's		World's Deadliest Weather	
WTBS	59	40	139	247	Big Bang		Big Bang		Big Bang		Big Bang		Go-Big Show (N)		(:02) Wipeout (Part 2 of 2) Conan (N) Go-Big Show	
HBO	518	518	303	504	(:05) ★★ "Pitch Perfect" (2012) Anna Kendrick. College students enter an a cappella competition. 'PG-13'		★★★ "Downton Abbey" (2019) Hugh Bonneville. The Crawleys and their servants prepare for a royal visit. 'PG'		(:05) Allen v. Farrow (Part 3 of 4)		(:15) ★★ "Our Brand Is Crisis" (2015) Sandra Bullock.		(:15) ★★ "Our Brand Is Crisis" (2015) Sandra Bullock.		(:15) ★★ "Our Brand Is Crisis" (2015) Sandra Bullock.	
MAX	531	531	311	516	(:15) ★★ "Last Christmas" (2019) Emilia Clarke. A Christmas shop elf finds romance with a charming suitor. 'PG-13'		★★★ "Victoria & Abdul" (2017) Judi Dench. Queen Victoria forges a friendship with clerk Abdul Karim. 'PG-13'		(9:53) ★★ "The Curious Case of Benjamin Button" (2008, Fantasy) Brad Pitt, Cate Blanchett. 'PG-13'		(9:53) ★★ "The Curious Case of Benjamin Button" (2008, Fantasy) Brad Pitt, Cate Blanchett. 'PG-13'		(9:53) ★★ "The Curious Case of Benjamin Button" (2008, Fantasy) Brad Pitt, Cate Blanchett. 'PG-13'		(9:53) ★★ "The Curious Case of Benjamin Button" (2008, Fantasy) Brad Pitt, Cate Blanchett. 'PG-13'	
SHOW	578	578	319	546	(5:50) Shameless Ian and Mickey seek out gay friends.		(6:50) ★★ "XXX" (2002, Action) Vin Diesel, Asia Argento. A spy tries to stop an anarchist with weapons. 'PG-13'		(8:55) ★★ "Gridiron Gang" (2006) The Rock. A counselor turns juvenile criminals into football players. 'PG-13'		Desus & Mero (N)		Supervillain (N)		Supervillain (N)	
STARZ	621	621	351	526	(5:58) "Charlie's Angels" (2019, Action) Kristen Stewart. The Angels must retrieve a weapon of mass destruction. 'PG-13'		The Lunarians Emery and Anna have a reunion.		(:01) ★★ "Little Women" (2019, Drama) Saoirse Ronan, Emma Watson. Three sisters return home when a fourth becomes sick. 'PG'		(:20) Step Up: High Water		(:20) Step Up: High Water		(:20) Step Up: High Water	
TMC	591	591	327	554	(:15) ★★ "Enduring Love" (2004, Suspense) Daniel Craig. A man obsesses over a science professor. 'R'		★★★ "Ex Machina" (2015, Science Fiction) Domhnall Gleeson. A young coder interacts with a beautiful robot. 'R'		"Swallow" (2019, Suspense) Haley Bennett, Austin Stowell, Denis O'Hare. 'R'		(:35) "Paradise Hills"		(:35) "Paradise Hills"		(:35) "Paradise Hills"	