# tonight s best

## Gordon Ramsay

**8 p.m. on FOX**
**MasterChef**

The hit culinary competition returns for its eighth "MasterChef Junior" edition that gives talented chefs between the ages of 8 and 13 a chance to show off their prodigious kitchen skills in a series of increasingly complicated challenges. Among this season's featured venues for the pint-size prodigies are a historical renaissance fair and a monster truck rally. The ultimate winner as chosen by host Gordon Ramsay and fellow judges Aarón Sánchez and Daphne Oz receives a trophy and the $100,000 grand prize.

**9 p.m. on FOX**
**Call Me Kat**

When a new business moves into Kat's (Mayim Bialik) neighborhood, she tries to make the new arrivals feel welcome, but the owner seems to think he can get away with whatever he wants in the new episode "Call Me the Bad Boy of Cheese." Meanwhile, Randi (Kyla Pratt) tries to come up with a great gift idea for Carter (Julian Gant). Andy Favreau and Tim Bagley guest star; Christopher Rivas, Swoosie Kurtz, Cheyenne Jackson and Leslie Jordan also star.

**9:30 p.m. on FOX**
**Welcome to Flatch**

Adapted from a hit British mockumentary series, this new comedy from Paul Feig ("The Office") and Jenny Bicks ("Sex and the City") follows a documentary crew as it seeks to study the dreams and concerns of residents in a small American town: Flatch, a midwestern community teeming with eccentric personalities. The ensemble cast is led by newcomer Chelsea Holmes and Sam Straley ("The Kids Are Alright") as two of the locals, cousins and best friends Kelly and Lloyd "Shrub" Mallet; Seann William Scott, Aya Cash and Taylor Ortega also star.

**10:30 p.m. on FREE**
**Single Drunk Female**

On the day of her wedding, Brit's (Sasha Compere) nuptial jitters lead her to make a completely unexpected decision in the Season 1 finale, "A Wedding." Meanwhile, Carol and Bob (Ally Sheedy, Ian Gomez) take their relationship to a new level, and Sam (Sofia Black-D'Elia) is shaken to the core about what her future might hold when she learns the truth about James (Garrick Bernard).

## THURSDAY EVENING

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

## MARCH 17, 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 (N) | Station 19 Sullivan gives Beckett an ultimatum. (N) | | Grey's Anatomy "The Makings of You" (N) | | (:01) Big Sky Ren and Jag try to uncover the truth. (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) | | Oregon Art Beat | Oregon Field Guide | Midsomer Murders | (:43) Midsomer Murders (Part 2 of 2) | | (:31) Unforgotten on Masterpiece Details are revealed about the murder. (Part 2 of 3) | | |
| CBS | 6 | 6 | 6 | 6 | NCAA Basketball Trnt. | 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live) | | | | | KOIN 6 News | Game On - N | Extra (N) | Entertainment Tonight (N) | 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 "Fault Lines" A family court judge is murdered. | | Law & Order: Special Victims Unit (N) | | Law & Order: Organized Crime "Guns & Roses" (N) | | KGW News at 11 (N) | Tonight Show-J. Fallon |
| CW | 9 | 9 | 32 | 32 | Young Sheldon | Young Sheldon | Modern Family | Modern Family | Walker "Sucker Punch" Dan panics and asks Liam for help. | | Legacies Cleo, MG and Jed work together. | | KOIN 6 News at 10p (N) | | Seinfeld "The Deal" | Seinfeld "The Cartoon" |
| FOX | 12 | 12 | 12 | 12 | 6 O'Clock News (N) | | People (N) | Family Feud | MasterChef A wall of mystery ingredients. | | Call Me Kat (N) | Welcome to Flatch "Pilot" | 10 O'Clock News (N) | | 11 O'Clock News (N) | (:35) People |
| 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 Don Jaime se aprovecha de Karina. | | Soltero con hijas (N) | | Mi fortuna es amarte "Un traidor más" (N) | | Madre (N) | | Noticias noroeste 11P | Noticiero Univision: |
| A&E | 52 | 55 | 118 | 265 | The First 48 | | The First 48 | | The First 48 | | The First 48 (N) | | (:03) Nightwatch (N) | | (:06) The First 48 | |
| AMC | 60 | 45 | 131 | 254 | (5:00) ★★★ "Live Free or Die Hard" (2007, Action) Bruce Willis, Justin Long. America's computers fall under attack. | | | | ★★ "Man on Fire" (2004, Crime Drama) Denzel Washington, Dakota Fanning, Christopher Walken. A bodyguard takes revenge on a girl's kidnappers. | | | | | | ★★★ "The Fugitive" (1993) Harrison Ford. | |
| ANP | 24 | 49 | 184 | 282 | North Woods Law: Uncuffed | | North Woods Law | | North Woods Law | | North Woods Law: Uncuffed "Under Suspicion" | | | | North Woods Law | |
| BET | 4 | 72 | 124 | 392 | ★★ "Sleepless" (2017, Action) Jamie Foxx, Michelle Monaghan, T.I.. | | | | | | ★★ "All Eyez on Me" (2017, Biography) Demetrius Shipp Jr., Danai Gurira, Kat Graham. | | | | | |
| BRAVO | 54 | 65 | 129 | 237 | Million Dollar LA | | Top Chef "Friday Night Bites" | | Top Chef (N) | | Top Chef Family Style (N) | | Watch What | ★★ "17 Again" (2009) Zac Efron. | | |
| CARTOON | 25 | 59 | 177 | 297 | Teen Titans | Teen Titans | Teen Titans Go! | | King of Hill | King of Hill | Bob's Burgers | Bob's Burgers | American Dad | American Dad | American Dad | Rick, Morty |
| CBSSN | 410 | 410 | 158 | 221 | Electronic sports | | NCAA March Madness 360 (N) (Live) | | | | | | NCAA March Madness | | 2022 Tournament Rebound | |
| 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 | (:45) The Office | | The Office | The Office | The Office | The Office | The Office | Daily Show | South Park |
| COOK | 123 | 123 | 113 | 232 | Bizarre Foods America | | Man v. Food | Man v. Food | Man v. Food | Man v. Food | Delicious | Delicious | Bizarre Foods America | | Man v. Food | Man v. Food |
| 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 | 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 | (4:00) College Wrestling NCAA Championships, First Round. (N) (Live) | | | SportsCenter (N) (Live) | | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | |
| ESPN2 | 34 | 28 | 143 | 209 | 2022 NCAA Women's Basketball Tournament | | | | UFC Archival | | NFL Live | | E60 | | | Bad Beats |
| 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 | grown-ish (N) | Single-Female | The 700 Club | |
| FS1 | 41 | 85 | 150 | 219 | CONCACAF Champions League Soccer | | | WWE Friday Night SmackDown | | | | Boxing Luis Ortiz vs. Charles Martin. (Taped) | | | | |
| FX | 65 | 24 | 136 | 249 | (3:30) ★★ "Transformers: The Last Knight" (2017) | | ★★★ "The Martian" (2015, Science Fiction) Matt Damon, Jessica Chastain, Kristen Wiig. A stranded astronaut tries to survive on Mars. | | | | | | ★★★ "The Martian" (2015) Matt Damon, Jessica Chastain. A stranded astronaut tries to survive on Mars. | | | |
| FXX | 35 | 64 | 125 | 259 | The Simpsons | The Simpsons | The Simpsons | The Simpsons | Family Guy | Family Guy | Family Guy | Family Guy | Family Guy | Family Guy | Dicktown (N) | Dicktown |
| GOLF | 88 | 88 | 401 | 218 | (4:00) PGA Tour Golf Valspar Championship, First Round. | | | | Golf Central | | PGA Tour Golf Valspar Championship, First Round. From Palm Harbor, Fla. | | | | | |
| HALL | 87 | 87 | 185 | 312 | "Falling for You" (2018, Drama) Taylor Cole, Tyler Hynes, Lini Evans. A radio station manager meets her match. | | | | "Bridal Wave" (2015, Drama) Arielle Kebbel. Just before her wedding, a woman meets a man who truly understands her. | | | | The Golden Girls | The Golden Girls | The Golden Girls | The Golden Girls |
| HALLMM | 86 | 86 | 187 | 565 | (5:00) ★★ "In My Dreams" (2014) Mike Vogel | | "Every Time a Bell Rings" (2021) Erin Cahill, Brittany Ishibashi. Three reunited sisters learn important life lessons. | | | | "Truly, Madly, Sweetly" (2018) Nikki DeLoach, Dylan Neal. Sparks fly when a man and a woman inherit an old bakery. | | | | Murder, She Wrote Faberge egg's theft leads to murders. | |
| HGTV | 62 | 57 | 112 | 229 | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Fix My Flip (N) | | Hunters | Hunters Int'l | Hunters | Hunters Int'l |
| HIST | 50 | 60 | 120 | 269 | Swamp People | | Swamp People | | Swamp People | | Swamp People "Sinkhole Giants" (N) | | | (:35) Swamp People "Secret Sauce" | | |
| LIFE | 29 | 29 | 108 | 252 | Castle "Suicide Squeeze" | | Castle | | Rizzoli & Isles | | Rizzoli & Isles "Living Proof" | | (:03) Rizzoli & Isles | | (:03) Rizzoli & Isles | |
| MAGN | 81 | 81 | 111 | 230 | Maine Cabin Masters | | Maine Cabin Masters | | Maine Cabin Masters | | Maine Cabin Masters | | Maine Cabin Masters | | Maine Cabin Masters | |
| MSNBC | 71 | 67 | 209 | 356 | The Rachel Maddow Show (N) | | The Last Word | | The 11th Hour-Stephanie | | The Rachel Maddow Show | | The Last Word | | The 11th Hour-Stephanie | |
| NGEO | 55 | 78 | 197 | 276 | Life Below Zero | | Life Below Zero | | Life Below Zero | | Life Below Zero | | (:15) Port Protection Alaska (N) | | | Life Below Ze |
| NICK | 27 | 51 | 171 | 299 | Loud House | Loud House | Warped! (N) | Side Hustle | That-Lay Lay | SpongeBob | ★★★ "Madagascar: Escape 2 Africa" (2008) Chris Rock | | | | Friends | Friends |
| OWN | 40 | 41 | 189 | 279 | 20/20 on OWN | | 20/20 on OWN | | 48 Hours: Hard Evidence | | 20/20: Homicide | | 20/20 on OWN | | 20/20 on OWN | |
| OXY | 30 | 69 | 127 | 251 | Buried in the Backyard | | Buried in the Backyard | | Buried in the Backyard (N) | | Dateline: Secrets Uncovered "The Trap" | | | | Dateline: Secrets Uncovered | |
| PARMT | 42 | 43 | 241 | 241 | Two/Half Men | Two/Half Men | ★★★ "Top Gun" (1986, Action) Tom Cruise, Kelly McGillis. | | | | | ★★★ "Point Break" (1991, Action) Patrick Swayze, Keanu Reeves. | | | | |
| ROOT | 37 | 26 | 426 | 687 | Kraken 101 | Supergirl Surf Pro | | Pro Footvolley Tour | | Pro Footvolley Tour | | Kraken | Major League Rugby: Seawolves at SaberCats | | | |
| SYFY | 67 | 50 | 122 | 244 | ★ "Leprechaun 2" (1994) Warwick Davis, Charlie Heath. | | | | ★★ "Leprechaun" (1993) Warwick Davis, Jennifer Aniston. | | | | ★ "Leprechaun 2" (1994) Warwick Davis, Charlie Heath. | | | |
| TCM | 56 | 73 | 132 | 256 | (5:00) ★★★ "The Music Man" (1962) Robert Preston, Shirley Jones, Buddy Hackett. | | | (:45) ★★★★ "Oliver!" (1968, Musical) Ron Moody, Oliver Reed, Mark Lester. Dickens' orphan meets a scoundrel and a killer. | | | | | | ★★★ "Camelot" (1967, Musical) Richard Harris, Vanessa Redgrave, Franco Nero. | | |
| TDC | 51 | 42 | 182 | 278 | BattleBots (N) (Part 1 of 2) | | BattleBots (N) (Part 2 of 2) | | BattleBots "Let the Tournament Begin!" The World Championship Tournament. (N) | | | | | | (:01) BattleBots | |
| TLC | 49 | 62 | 183 | 280 | Doubling Down With Derricos | | Doubling Down With Derricos | | Dr. Pimple Popper | | Dr. Pimple Popper (N) | | 1000-Lb. Best Friends (N) | | Hoarding: Buried Alive | |
| TNT | 57 | 52 | 138 | 245 | (:15) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live) | | | | | Fast Foodies | Fast Foodies | ★★★ "Shazam!" (2019, Action) Zachary Levi, Mark Strong, Asher Angel. Shazam squares off against the evil Dr. Thaddeus Sivana. | | | | |
| TRAV | 53 | 38 | 196 | 277 | Paranormal Caught on Camera Investigators hunt for a witch. | | | | Paranormal Caught- Camera | | Paranormal Caught- Camera | | Paranormal Caught on Camera Investigators hunt for a witch. | | | |
| TRUTV | 73 | 75 | 242 | 246 | NCAA Basketball Trnt. | | (6:55) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live) | | | | Inside March Madness (N) | | Inside Jokes | | Imp. Jokers | Imp. Jokers |
| 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 | | 9-1-1 "Ocean's 9-1-1" | | 9-1-1 "Bobby Begins Again" | | 9-1-1 | | 9-1-1 Two mail bombs go off. | | Law & Order: SVU | |
| WE | 118 | 118 | 128 | 260 | Criminal Minds "In the Blood" | | Criminal Minds "Gatekeeper" | | Growing Up Hip Hop | | Growing Up Hip Hop (N) | | Partners in | Millennials | Social Society | |
| WEATH | 14 | 19 | 214 | 362 | Heavy Rescue: 401 | | Jade Fever | Jade Fever | Jade Fever | Jade Fever | Jade Fever | Jade Fever | SOS: How to Survive | | SOS: How to Survive | |
| WTBS | 59 | 40 | 139 | 247 | NCAA Basket. | (:45) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live) | | | | | Go-Big Show | | Sheldon | Sheldon | Wipeout | |
| HBO | 518 | 518 | 303 | 504 | (4:40) ★★ "Fast & Furious 6" (2013) Vin Diesel. | | (6:55) Winning Time: The Rise of the Lakers Dynasty | | Winning Time: The Rise of the Lakers Dynasty | | ★★ "The Day the Earth Stood Still" (2008, Science Fiction) Keanu Reeves. 'PG-13' | | | (:45) The Gilded Age "Tucked up in Newport" | | Game Theory With Bomani |
| MAX | 531 | 531 | 311 | 516 | (5:43) ★★ "Vanilla Sky" (2001, Suspense) Tom Cruise. A disfigured womanizer cannot distinguish dreams from reality. 'R' | | | | "Brothers by Blood" (2020, Crime Drama) Matthias Schoenaerts, Joel Kinnaman. 'R' | | | (:32) ★ "The Snowman" (2017) Michael Fassbender. A detective plays cat-and-mouse games with a serial killer. 'R' | | | | (:32) ★ "Fun Size" |
| SHOW | 578 | 578 | 319 | 546 | (5:25) ★★★ "Road to Perdition" (2002, Crime Drama) Tom Hanks, Paul Newman. 'R' | | | (:25) ★★★★ "Pulp Fiction" (1994, Crime Drama) John Travolta, Samuel L. Jackson. Criminals cross paths in three interlocked tales of mayhem. 'R' | | | | | Super Pumped: The Battle for Uber "War" | | Desus & Mero (N) | Billions "The Big Ugly" |
| STARZ | 621 | 621 | 351 | 526 | (5:17) ★★ "Fever Pitch" (2005) Drew Barrymore. | | (:04) ★★ "Venom" (2018) Tom Hardy. A man gains superpowers when his body merges with an alien. 'PG-13' | | | | ★★★ "Inglourious Basterds" (2009, War) Brad Pitt, Mélanie Laurent, Christoph Waltz. Soldiers seek Nazi scalps in German-occupied France. 'R' | | | | | (:36) "Grown Ups 2" (2013) |
| TMC | 591 | 591 | 327 | 554 | "The Last Right" (2019, Comedy-Drama) Brian Cox. A fateful exchange on a flight has dire consequences. 'NR' | | | | "Pixie" (2020) Olivia Cooke. A thief and two misfits go on the run from Irish gangsters. 'R' | | | (:35) ★★★ "The Guard" (2011, Comedy) Brendan Gleeson, Don Cheadle. 'R' | | | (:15) ★★ "Blown Away" (1994) Jeff Bridges. 'R' | |