TUFF



United States Junior National (USJN) Basketball

This half-hour program will highlight the play of the women's AAU and Olympic development basketball league, and follow their dream of being recruited and receiving a Division 1 scholarship. These competing athletes represent women's basketball at the highest high school level. Part one of this series of specials will air on TUFF

TV Saturday, January 23rd at 1:30 PM Pacific. A repeat will air Saturday, January 30th at 1:30 PM Pacific.

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Time (PT)	MONDAY JANUARY 18	TUESDAY JANUARY 19	WEDNESDAY JANUARY 20	THURSDAY JANUARY 21	FRIDAY JANUARY 22	SATURDAY JANUARY 23	SUNDAY JANUARY 24
12:00 AM	ROCKTAGON MMA	WRESTLING WAR CLASSICS	FUTURE STARS OF WRESTLING	DDW DADAGON DDO WDESTLING	PPW - PARAGON PRO WRESTLING	WHO?MAG TV	
12:30 AM		WRESTEING WAR CLASSICS				DMTV	RINGSIDE BOXING
1:00 AM	SLED HEAD 24/7	WINDY CITY POKER	BLITZ TV	HIP SHOW	MCW- MIDGET CHAMP. WRESTLING	HEARTLAND POKER	KINGSIDE BOXING
1:30 AM	STREET KINGS	WINDTCTTFOREK	XFC MMA	XFC MMA	DAY ZERO	(CURRENT)	
2:00 AM	BLEND LINE TV	HEARTLAND POKER	HEARTLAND POKER	TCW WRESTLING	MIDTOWN	THE MARVIN SHOW	GLADIATORS OF THE CAGE
2:30 AM	THE MOTOCROSS FILES	-	-		SOPWITH TV	TALKING PICTURES	
3:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
3:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
4:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
4:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
5:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
5:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
6:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
6:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
7:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
7:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
8:00 AM	BETA RECORDS E/I	THE OUTDOORSMAN E/I	BETA RECORDS E/I	THE OUTDOORSMAN E/I	BETA RECORDS E/I	PETS IN PARADISE E/I	HEART OF HEALTH LIVE!
8:30 AM	WM GREAT OUTDOORS	WM GREAT OUTDOORS	WM GREAT OUTDOORS	WM GREAT OUTDOORS	INSIDER EXCLUSIVE	MONEY TV	2000 0054442
9:00 AM	ON THE POLE	ON THE POLE	ON THE POLE	ON THE POLE	WORLD TENNIS	LIP 'EM & RIP 'EM	COOP DREAMS
9:30 AM 10:00 AM	SUZUKI GREAT OUTDOORS HOUSECALLS	SUZUKI GREAT OUTDOORS HOUSECALLS	SUZUKI GREAT OUTDOORS HOUSECALLS	SUZUKI GREAT OUTDOORS HOUSECALLS	BLEND LINE TV	ANGLING EDGE DIVERS DOWN TV	3B OUTDOORS BC006 REELIN' IN THE KEYS
10:00 AM	PLANET X	PLANET X	PLANET X	PLANET X	HOUSECALLS (CURRENT) HOME TALK	SPORTINGDOG ADVENTURES	HOT RODS, CUSTOMS, CLASSICS
11:00 AM	PLANET X	PLANEIX	PLANEIX	PLANELX	HOME TALK		RESTLESS JOSIE
11:00 AM	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	LAKE COMMANDOS FISHING THE FLATS	AMERICAN BUILDER
12:00 PM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	FINS AND SKINS	RACE CENTRAL TV
12:30 PM	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REELIN' IN THE KEYS	GOLF AMERICA
1:00 PM	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	USAPL SEC POWERLIFTING	GOLF AMERICA GOLFIN' AROUND
1:30 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	V8TV	USJN BASKETBALL	STIHL TIMBERSPORTS
2:00 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	GOLFIN' AROUND	WOODWALKERS
2:30 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	GOLF AMERICA	DESTINATION TQ
3:00 PM	EYE FOR AN EYE	EYE FOR AN EYE	EYE FOR AN EYE	EYE FOR AN EYE	EYE FOR AN EYE	COLLEGE TENNIS REPORT	RACELINE
3:30 PM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	WORLD TENNIS	AMERICAN BUILDER
4:00 PM	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	XFC MMA	YAMAHA'S WHITETAIL DIARIES
4:30 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	JUNK'D	AMERICANA OUTDOORS
5:00 PM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	SLED HEAD 24/7	GREG'S GARAGE
5:30 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	RACE CENTRAL TV	MAD DOG AND MERRILL
6:00 PM	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	TALKING PICTURES	CHEF ROC
6:30 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	HIGHWAY TO FAME	THE MARVIN SHOW
7:00 PM						RACELINE	THE FLAMING GREEK
7:30 PM	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	AUTO WARS	FIRE HOUSE KITCHEN
8:00 PM	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	AT YOUR LEISURE	ADVENTURES S. OF THE BORDER	ANGLES TV
8:30 PM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	MCW- MIDGET CHAMP. WRESTLING	LARYSA UNLEASHED	BRAWL CALL
9:00 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	FREEDOM FIGHTERS		UNITED FIGURAL LANCE
9:30 PM	RECON	RECON	BATTLEGROUND	RECON	RECON	TUFF FLICK	UNITED FIGHT ALLIANCE
10:00 PM	IN THE FIGHT	IN THE FIGHT	MIDTOWN	IN THE FIGHT	IN THE FIGHT	THE PROUD AND THE DAMNED	BROOKLYN BRAWLS
10:30 PM	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION		MMA:30
11:00 PM	JBTV	JBTV	JBTV	JBTV	JBTV	HIP SHOW	LAKE COMMANDOS
11:30 PM	JDIV	JDIV	JDIV	JDIV	JDIV	OFF THE STREETS	AUTO WARS

Dorena/Culp Creek: 11.1 - ABC/KEZI (Eugene)

- 11.2 CBS/KVAL (Eugene)
- 11.3 NBC/KMTR (Eugene)
- 11.4 FOX/KLSR (Eugene)
- 11.5 PBS/OPB (Eugene)
- 11.6 MeTV (Eugene)
- 11.7 KVAL/This TV (Eugene)
- 11.8 CW Network

London Springs: 9.1 - ABC/KEZI (Eugene)

- 9.2 MeTV (Eugene)
- 13.1 CBS/KVAL (Eugene) 13.2 - KVAL/This TV (Eugene)
- 13.3 Grit-TV
- 16.1 NBC/KMTR (Eugene)
- 16.2 CW Network
- 16.3 Comet TV
- 28.1 PBS/OPB (Eugene) 28.2 - PBS/OPB Plus (Eugene)
- 28.3 OPB Radio (Eugene)
- 34.1 FOX/KLSR (Eugene)
- 34.2 My TV/KEVU (Eugene)



Stay tuned!

These messages are brought to you as a public service by South Lane Television. Our goal is to continue serving the community with the highest quality free over-the-air

South Lane Television, Inc. A non profit organization serving South Lane County since 1957.

Cottage Grove: 5.1 - NBC/KOBI (Medford)

- 9.1 ABC/KEZI (Eugene)
- 9.2 MeTV (Eugene)
- 13.1 CBS/KVAL (Eugene)
- 13.2 KVAL/This TV (Eugene) 13.3 - Grit-TV
- 14.1 ION Network
- 14.2 QUBO
- 14.3 ION Life
- 14.4 SLCB CG High School 16.1 - NBC/KMTR (Eugene)
- 16.2 CW Network
- 16.3 Comet TV 17.1 - KWVT (Portland)
- 27.1 KSLM (Salem) 28.1 - PBS/OPB (Eugene)
- 28.2 PBS/OPB Plus (Eugene)
- 28.3 OPB Radio (Eugene)
- 34.1 FOX/KLSR (Eugene)
- 34.2 My TV/KEVU (Eugene)
- 37.1 Azteca/Oregon (Spanish)
- 38.1 KHWB/NRB (Springfield)
- 38.2 KHWB/Cornerstone (Spfd) 38.3 - KHWB/Daystar (Springfield)
- 44.1 Pursuit TV (Hunting/Fishing)
- 44.2 360 North (KTOO2, Alaska)
- 44.3 NEWSMAX-TV
- 44.4 FAMILY
- 44.5 Heartland Network
- 44.6 Rev'n-TV Network
- 44.7 PBJ TV Network 47.1 - AMG-TV (Movies)

Grove 1 SLTV London
47.4 - TV SCHEDULE/KNND Radio
47.3 - BIZ-TV (Bus. News & Features)
47.2 - TUFF-TV Network

WE	EΚ	DA	Υ	MORN	IING	(1 Charter	Cable 🚺 S	LTV Cottag	e Grove 1 S	LTV Londo	n			
				7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30
KEPB	7	28.1	28.1	Nature	Curious	Tiger	Tiger	Sesame	Peg	Dinosaur	Dinosaur	Super	Thomas	Varied Prog	grams
KEVU	12	34.2	34.2	Varied	Paid	Good Day	Oregon	Minute	Celebrity	Movie		Varied Pro	grams	ch Daily	
KEZI	4	90	9.1	Good Morn	ing America	1	-	Live With H	Kelly	The View		KEZI 9 Nev	vs Midday	The Chew	
KLSR	11	34.1	34.1	KVAL News	s on Fox	Copeland	Wom	Varied Divorce Judge Mathis				The People	's Court	The 700 Cli	ub
KMTR	6	(61)	16.1	Today				Today		Today		The 700 Cl	ub	The Doctor	rs
CW	14	162	16.2	Intellig.	Cops Rel.	Steve Wilk	os Show	Steve Wilk	os Show	Crazy	Crazy	Cheaters	Cheaters	Paid	Varied
KOBI		61)		Today				Today		Today		Paid	Insider	The Doctor	rs
KPTV		121)		Good Day	Oregon			Good Day	Or.	The 700 Cli	ub	Varied	Paid	Rachael	Varied
KRCW	14			(6:00) Eye	Opener	Celebrity	Celebrity	Jerry Sprin	nger	Maury		Steve Wilk	os Show	Jerry Sprin	nger
KVAL	8	131)	13.1	CBS This N	Morning			KVAL New	s at 9am	The Price I	s Right	Young & R	estless	News	Bold
THIS		13.2	13.2	(6:30) Movie Varied Programs Movie Varied Programs Movie									Varied		
PURS		44.1		Paid											
KT002		44.2		Varied Programs											
OPB+		28.2	28.2	Newsline	Sit/Be Fit	Varied Pro	grams								
A&E	23			Parking	Parking	Dog	Dog	Dog	Dog	Criminal M	inds	Criminal M	inds	Criminal M	inds
AMC	24			Paid	Paid	Paid	Paid	Stooges	Movie				Varied Pro	grams	
AMG		471)		Balancing	Balancing	Varied	Business	Judge	Judge	Ask Dr. Na	ndi	Insider	OK! TV	Varied	Traveler
DISC	30			Paid	Paid	J. Meyer	Paid	Varied Pro	grams						
DISN	21			Pirates	Mickey	Tmrrwlan	Varied Pro	grams	The Lion	Sofia	Doc	Varied	Mickey	PJ Masks	Mickey
ESPN	31			SportsCent	ter	SportsCen	ter	SportsCen	ter	SportCtr	Outside	Football	NFL Inside	rs	NFL Live
FAM	32			Gilmore Gi	rls	Gilmore Gi	rls	700 Club S	pecial Prog	ramming		Varied Programs			
FX	45			Movie				Varied	Movie				Two Men	Two Men	Mother
ION	20	41)		Paid	Feldick	Varied Pro	grams	NUMB3RS		NUMB3RS		Varied Pro	grams		
LIFE	29			Paid	Balancing	Unsolved I	Mysteries	Unsolved I	Mysteries	Unsolved N	Mysteries	Frasier	Frasier	Mother	Mother
NICK	39			Sponge.	Sponge.	Sponge.	Blaze	PAW	PAW	Mutt	Umizoomi	Bubble	Shimmer	PAW	PAW
SPIKE	38			Paid	Paid	Paid	Paid	Varied Pro	grams						
TBS	10			Married	Married	Married	Married	King	King	King	King	Cleveland	Cleveland	American	American
TLC	41			Family	Varied	Quints	Quints	Couple	Varied	48 Hours: I	lard Evid.	48 Hours:	Hard Evid.	48 Hours: I	Hard Evid.
	42			Charmed		Charmed		Supernatu	ral	Supernatur	al	Supernatu	ral	Supernatur	ral
TNT	-		_									Law & Order: SVU Law & Order:			

THU	JR	SD	ΑY	' EVEN	IING	(1 Charter	Cable 🚺 S	LTV Cottage	Grove 1 S	LTV Londo	n	JANUARY 21			
				7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	
KEPB	7	28.1	28.1	PBS News	Hour (N)	Art Beat	Field	Midsomer I	Midsomer Murders		Midsomer (:33) Mercy		Film PBS Newsl		Hour ()	
KEVU	12	34.2	34.2	Dr. Phil 🛈	Phil (1) CC The Dr. Oz Show			The Mental	ist 🚾	The Mental	ist 🚾	Portland	Tosh.0 ()	Broke Girl	Two Men	
KEZI	4	91)	9.1	ET	Insider	Beyond the	Tank (N)	My Diet Is I	Better Than	Yours (N) (1	CC	News	Jimmy Kin	nmel Live	Nightline	
KLSR	11	34.1	34.1	Fox News	Million.	American I	dol "Audition	s No. 6" (N)	CC	News	Fox	Mod Fam	Mike	Two Men	Anger	
KMTR	6	161	16.1	Big Bang	Big Bang	Heroes Rel	orn ()	The Blackli	st (N) 0	Shades of	Blue (N)	News	Tonight Sh	ow	Meyers	
CW	14	16.2	16.2	Fam. Guy	Fam. Guy	DC's Leger	nds	The 100 ()	CC	Seinfeld	Seinfeld	Cougar	Cougar	Raising	Commun	
KOBI		610		NBC	ET	Heroes Rel	orn ()	The Blackli	st (N) 0	Shades of	Blue (N)	News	Tonight Sh	ow	Meyers	
KPTV		12.1		FamFeud	FamFeud	American I	dol "Audition	s No. 6" (N)	CC	10 O'Clock	News (N)	News	Raymond	Raymond	(:35) TMZ	
KRCW	14			Mod Fam	Mod Fam	DC's Leger	nds	The 100 ()	CC	News	Holly	Mother	Mother	Friends	Friends	
KVAL	8	13.1	13.1	Jeopardy!	Wheel	Big Bang	Life in	(:01) Mom	Angel-	Elementary	(N) (News	Late Show	Late Show-Colbert		
THIS		13.2	13.2	★★ "I Spy "	" (2002) Edd	ie Murphy. 🛭	C	★★★ "The	Pope of Gr	eenwich Vill	age" (1984)	© ★★★ "The		Believers"	(1987)	
PURS		441		Explosion	Colorado	Deer Soc	DESTINA	Game	The Long	ATSN:	American	Paid	Paid	Paid	Paid	
KT002		44.2		Wood	Travel	Americas	Cooking	Kitchen	Fresh	Taste	Peregrine	Cooking	Kitchen	Chefs	Moveable	
OPB+		28.2	28.2	Doc Martin	Û CC	New Tricks	CC	World	T. Smiley	Charlie Ros	se (N) ()	PBS NewsHour ()		T. Smiley	T. Smiley	
A&E	23			The First 4	8 CC	The First 4	8 CC	The First 4	8 (N) ((:01) Nightv	vatch (N)	(,		(12:01) The	First 48	
AMC	24			(4:30) "The	Patriot"	★ "Gone in	Sixty Seco	nds" (2000)	Nicolas Cag	icolas Cage. © ★★★ "Top			Gun" (1986, Action) Tom Cruise. ©			
AMG		471)		Sanctuary	() CC	Da Vinci's	Inquest	"Chasing the Green" (2009) Ryan Hurst				Cold Squa	d ()	Forensic	Forensic	
DISC	30			Fast N' Lou	ıd cc	Fast N' Lou	ıd cc	Diesel Brot	hers ()	Diesel Brothers ()		Fast N' Loud ©		Fast N' Loud CC		
DISN	21			Mako	Mako	★★ "High	School Mus	ical 2" (2007	') û	Austin	Best Fr.	Girl	Austin	Jessie ()	Jessie ()	
ESPN	31			College Ba	sketball	SportsCent	ter (N)	SportsCent	nter (N) SportsCenter (N)			SportsCen	ter (N)	SportsCen	SportsCenter ©	
FAM	32			(:15) ***	"Harry Pott	er and the H	lalf-Blood P	rince" (2009	, Fantasy) D	aniel Radcliff	е.	The 700 Club © ★ "Little Fockers"			ockers"	
FX	45			Iron Mn 3	★★ "The H	leat" (2013)	Sandra Bullo	ck. Premiere).	Baskets	Baskets	★ "The Wa	tch" (2012)	Ben Stiller.		
ION	=	14.1		Blue Blood	s cc	Blue Blood	s cc	Blue Blood	s cc	Blue Blood	s CC	Blue Blood	ls 🚾	Blue Blood	Blue Bloods ©	
LIFE	29			Runway: J	unior	Child Geni	us: Battle	Runway: Ji	unior	Child Geniu	ıs: Battle	Runway: J	unior	Child Geni	us: Battle	
NICK	39			Make,	Thunder	** "Scool	by-Doo " (20	02) 🕦 🚾		Full H'se	Full H'se	Friends	Friends	Friends	Friends	
SPIKE	38			(6:30) ***	"Coming t		· ,	. ,	Lip Sync	Lip Sync	Lip Sync	Movie ()				
TBS	10			Seinfeld		Broke Girl	Broke Girl	-	Big Bang	Broke Girl	Broke Girl	Conan (N)		Broke Girl		
TLC	41			My 600-Lb.		My 600-Lb.			eight Loss '	'Ashley" 🚾		Skin Tight 🛈 🖾 My 600-Lb. Life				
TNT	42			Basket	NBA Baske	tball San Ar	ntonio Spurs	at Phoenix S	iuns.	Inside the I	IBA (N)	NBA Basketball: Clippers at Cavali			rs	
USA	15			Law & Ord	er: SVU	WWE Smad	kDown! (N)	() CC		Colony (N)		Law & Ord	er: SVU	Law & Ord	er: SVU	

WE	DN	IES	D/	AY EV	ENING	j (1 Charter	Cable 🚹 S	LTV Cottag	e Grove 1 S	SLTV Londo	n	J	ANUAF	RY 20	
				7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	
KEPB	7	28.1	28.1	PBS News	Hour (N)	Nature (N)	() CC	NOVA (N)	Ô	Earthflight-Nat		The Last R	idge ()	PBS NewsHour ()		
KEVU	12	34.2	34.2	Pregame	NBA Baske	tball: Hawk	s at Trail Bla	zers		The Closer	() CC	The Closer	() CC	Broke Girl	Two Men	
KEZI	4	91)	9.1	ET	Insider	Middle	Gold	Mod Fam	blackish	American (Crime (N)	News	Jimmy Kim	mel Live	Nightline	
KLSR	11	34.1	34.1	Fox News	Million.	American I	ldol (N) 🕦	Second Ch	ance (N)	News	Fox	Mod Fam	Mike	Two Men	Anger	
KMTR	6	161)	16.1	Big Bang	Big Bang	Myst-Laura	1	Law & Ord	er: SVU	Chicago Pl	O (N) O	News	Tonight Sh	ow	Meyers	
CW	14	16.2	16.2	Fam. Guy	Fam. Guy	Arrow "Blo	od Debts"	Supernatu	ral (N) û	Seinfeld	Seinfeld	Cougar	Cougar	Raising	Commun	
KOBI		61)		NBC	ET	Myst-Laura	3	Law & Ord	er: SVU	Chicago PI	O (N) O	News	Tonight Sh	ow	Meyers	
KPTV		12.1		FamFeud	FamFeud	American I	ldol (N) 🛈	Second Ch	ance (N)	10 O'Clock	News (N)	News	Raymond	Raymond	(:35) TMZ	
KRCW	14			Mod Fam	Mod Fam	Arrow "Blo	od Debts"	Supernatu	ral (N) 🛈	News	Holly	Mother	Mother	Friends	Friends	
KVAL	8	13.1	13.1	Jeopardy!	Wheel	Broke Girl Mike Criminal Minds (N) Code Black (N) (N) News Lat					Late Show	-Colbert	Corden			
THIS		13.2	13.2	*** "Sta	rship Troop	ers" (1997) (Casper Van I	Dien.	*** "Rol	lerball" (197	5) James Ca	an. 🚾		★★ "Runa	way"	
PURS		44.1		Best of We	st	Frnds	Deer Soc	Road	The Hit	Turkey	Colorado	Paid	Paid	Paid	Paid	
KT002		44.2		House	Steves	Music	Lidia	Cook	BBQ	Mexican	Italy	Lidia	Cook	Project	Moveable	
OPB+		28.2	28.2	Drawn to P	aint	Barnes Collect		World	T. Smiley	Charlie Ro	se (N) ()	PBS Newsl	Hour ()	T. Smiley	T. Smiley	
A&E	23			Duck Dyna	sty 🚾	Duck D.	Duck D.	Duck D.	Duck D.	TBA	Duck D.	(:02) Duck	Dynasty	Duck D.	Duck D.	
AMC	24			"Bourne S	uprm."	*** "The	Patriot" (20	000, War) Me	el Gibson, He				★★★ "Firs	★★★ "First Blood" (1982)		
AMG		47.1		Sanctuary	O CC	Da Vinci's Inquest ★ "House Arrest" (1996			6) Jamie Lee Curtis. Cold Squad					Forensic		
DISC	30			Dual Survi	val CC	Dual Survi		Dual Survi	. (/	(:01) Surviv	orman: Wil	d Instincts (N) CC	Survivorman ©		
DISN	21			Mako	Mako	★★ "High	School Mus	ical" (2006)	() CC	Bunk'd	Best Fr.	Girl	Austin	So Raven	So Raven	
ESPN	31			Basket	NBA Baske	etball: Hawk	s at Trail Bla	zers		SportsCen	ter (N)	SportsCen	ter (N)	NBA Baske	etball	
FAM	32			(6:45) * * *	The Pare	nt Trap" (19	98, Comedy)	Lindsay Lob	nan.	Shadowhu	nters ()	The 700 Cl	ub 🚾	"Robin Ho	od"	
FX	45			"The Wolve	erine"	*** "Iror	n Man 3" (20	13) Robert D	Downey Jr., C	wyneth Palti	OW.	★★ "The V	Volverine" (2013, Action))	
ION	20	141)		Law & Ord	er "Gaijin"	Law & Ord	er 🚾	Law & Ord	er 🚾	Law & Ord	er 🚾	Law & Ord	er 🚾	Law & Ord	er 🚾	
LIFE	29			(6:00) Movi	ie		ts of Girlfrie	ends Past" (2009)	(:02) * * "	The Switch"	(2010) 🚾		"Ghosts-Girlfrnd"		
NICK	39			Make,	Thunder	"Rufus" (2	016) 🛈	Full H'se	Full H'se	Full H'se	Full H'se	Friends	Friends	Friends	Friends	
SPIKE	38			(6:00) **	"Parker" (20	13) Jason S	tatham.	★★ "Home	efront" (2013	3) Jason Stat		re. O	* ★ "Death	Race" (200	08) 🛈	
TBS	10			Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N)	CC	Broke Girl	Conan	
TLC	41			My 600-Lb.	Life ()	My 600-Lb.	. Life ()	My 600-Lb.	Life (N)	Skin Tight	(N) CC	My 600-Lb.	Life ()	Skin Tight () CC		
TNT	42			Castle "I, W	/itness"	Castle		Castle "Red	ckoning"	Castle ()		Castle ()	:C	Castle () ©		
	1 —															

NCIS "Check" ∩

NCIS CC (DVS)

Mod Fam | Mod Fam | Colony "Pilot"

NCIS CC (DVS)

NCIS CC (DVS)

				1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30	
KEPB	7	28.1	28.1	Charlie Ros	se (N) û	Sesame	Builder	Cat in the	Varied	Martha	WordGirl	Odd	Wild Kratt	Varied	Business	
KEVU	12	34.2	34.2	Law Order:	CI	Wendy Wil	liams	The Real		Dish Nat.	Holly	TMZ (N)	MZ (N) Portland		The 700 Club ©	
KEZI	4	90	9.1	General Ho	spital (N)	Rachael Ra	y cc	Hot	Hot	Jdg Judy	Jdg Judy	News	ABC	News	News	
KLSR	11	34.1	34.1	Friends	Friends	Raymond	Middle	Cleveland	FamFeud	FamFeud	Anger	Broke Girl	Mike	Mod Fam	Simpsons	
KMTR	6	161	16.1	Days of our Lives (N) Steve Harvey				Meredith V	ieira	Ellen DeGe	eneres	News	News	News	News	
CW	14	16.2	16.2	Paid	Paid	Rules	Rules	Bill Cunnin	igham	King	King	King/Hill	Cleveland	American	American	
KOBI		61)		Days of ou	Days of our Lives (N) Meredith Vieira				CC	The Dr. Oz	Show ()	News	News	News	News	
KPTV		121		Wendy Varied The Real				TMZ Live (N) CC	Jdg Judy	Jdg Judy	5 O'Clock I	News (N)	6 O'Clock News (N)		
KRCW	14			Bill Cunnin	gham	Maury 🛈 🛭	C	Steve Wilk	os Show	Crime Wat	ch Daily	Two Men	Two Men	Seinfeld	Seinfeld	
KVAL	8	131)	13.1	The Talk ()	CC	Let's Make	a Deal	The Dr. Oz Show () Dr. Phil () ©				News	CBS	News	Inside Ed.	
THIS		13.2	13.2	(9:00) Movi	е			Movie				Movie				
PURS		44.1		Varied Prog	Varied Programs											
KT002		44.2		Steves	Varied Prog	grams			Moveable	Varied Pro	grams	Lidia	Cook	Project	Moveable	
OPB+		28.2	28.2	Varied Programs T. Smiley News				DW News	Business	PBS News	Hour (N)	Varied Pro	grams			
A&E	23			Criminal M	inds	The First 4	8	The First 4	8	Varied Pro	grams					
AMC	24			Movie			Varied Pro	grams					Movie			
AMG		471)		Movie				Planet X	Whacked	Forensic	Forensic	Leverage ©	:C	Republic o	f Doyle ()	
DISC	30			Varied Prog	grams											
DISN	21			Sofia	Sofia	Varied Pro	grams									
ESPN	31			NFL Live	Question	Around	Pardon	SportsCen	ter (N)	Basket	Varied Pro	grams		College Ba	sketball	
FAM	32			Varied Prog	grams	Middle	Varied Pro	grams								
FX	45			Mother	Mother	Mother	Mother	Two Men	Two Men	Mike	Varied Pro	grams				
ION	20	141		Varied Prog	grams					Criminal M	inds	Criminal M	inds	Criminal M	linds	
LIFE	29			Grey's Ana	tomy	Grey's Ana	tomy	Grey's Ana	ntomy	Varied Pro	grams					
NICK	39			PAW	Blaze	Alvinnn!!!	Parents	Sponge.	Sponge.	Sponge.	Sponge.	Alvinnn!!!	Alvinnn!!!	Henry	Thunder	
SPIKE	38			Movie	Varied Prog	grams										
TBS	10			American	American	Fam. Guy	Fam. Guy	New Girl	New Girl	Friends	Friends	Friends	Friends	Seinfeld	Seinfeld	
TLC	41			Dateline: R	eal Life	Dateline: R	eal Life	Dateline: R	leal Life	Dateline: F	eal Life	Dateline: R	eal Life	Varied Pro	grams	
TNT	42			Bones		Bones		Bones		Varied Pro	grams					
USA	(15)			Law & Orde	ar CVII	Law & Ord	or: SVII	Law & Order: SVU Law & Order: SVU				Law & Order: SVU Law & Order: S			or: CVII	

FRII	DΑ	ΥI	ΞV	ENING	ì	(1 Charter	Cable 1 S	LTV Cottage	e Grove 1 S	SLTV Londo	n	JA	ANUAF	RY 22
				7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30
KEPB	7	28.1	28.1	PBS News	Hour (N)	Wash	Idols	Scott & Bailey © Luthe		Luther ()	_uther ① [©]		C	PBS NewsHour ()	
KEVU	12	34.2	34.2	Dr. Phil 🛈	CC	The Dr. Oz Show (N) Bones () CC			C	Bones ()	C	Portland	Tosh.0 ()	Broke Girl	Two Men
KEZI	4	90	9.1	ET	Insider	Last Man	Dr. Ken	Shark Tank	(00	(:01) 20/20	() CC	News	Jimmy Kim	mel Live	Nightline
KLSR	11	34.1	34.1	Fox News	Million.	MasterChe	f (N) ①	Hell's Kitch	nen (N)	News	Fox	Mod Fam	Mike	Two Men	Anger
KMTR	6	(61)	16.1	Big Bang	Big Bang	Undate	Super	Dateline NE	3C () 🚾			News	Tonight Sh	OW	Meyers
CW	14	16.2	16.2	Fam. Guy	Fam. Guy	Reign (N)	CC	Penn & Teller Seinfeld Seinfeld C			Cougar	Cougar	Raising	Commun	
KOBI		61)		NBC	ET	Undate	Super	Dateline NE	3C () 🚾			News	Tonight Sh	OW	Meyers
KPTV		121)		FamFeud	FamFeud	MasterChe	f (N) ()	Hell's Kitch	nen (N)	10 O'Clock	News (N)	News	Raymond	Raymond	(:35) TMZ
KRCW	14			Mod Fam	Mod Fam	Reign (N)	CC	Penn & Tel	& Teller News Holly		Mother	Mother	Friends	Friends	
KVAL	8	13.1	13.1	Jeopardy!	Wheel	Undercove	r Boss (N)	Hawaii Five	e-0 (N) (Blue Blood	ls (N) 🕦	News	Late Show	-Colbert	Corden
THIS		13.2	13.2	*** "Chi	tty Chitty Ba	ing Bang" (g Bang" (1968) Dick Van Dyke. © ★			★ "Anaconda" (1997) Jennifer Lop			ez. CC "The Howli		ng" 🚾
PURS		44.1		Koenig	Guns &	Paid	Outd'r	Fisher	Carnivore	Outdoors	Koenig	Paid	Paid	Paid	Paid
KT002		44.2		Old	Globe Trek	ker ()	Lidia	Cook	Simply	Sara's	Equitrek	Lidia	Cook	Project	Moveable
OPB+		28.2	28.2	WPC 56 ()	CC	The Last E	nemy	World	T. Smiley	Charlie Ro	se (N) 🕦	PBS News	Hour ()	T. Smiley	T. Smiley
A&E	23			Criminal M	inds ()	Criminal Minds ()		Criminal M	inds ()	Unforgetta	ble (N) 🛈	(:01) Crimi	nal Minds	Criminal M	inds ()
AMC	24			"Gone in S	ixty"	★★ "Armageddon" (1998) Bruce Willis, Billy Bob				b Thornton, I	nton, Liv Tyler. © ★★★			e Free or Die	Hard"
AMG		W		Sanctuary	O CC	Da Vinci's Inquest "One in the Chamber"			(2012, Action) Cold Squa		d () Forensic		Forensic		
DISC	30			Gold Rush	() CC	Gold Rush: Pay Dirt		Gold Rush (N) CC		Killing Fields		(:04) Gold Rush ()		Killing Fields	
DISN	21			K.C.	Mako	Bunk'd	Girl	Austin	Austin	Gravity	Star-For.	Bunk'd	Girl	Jessie ()	Jessie ()
ESPN	31			Basket	NBA Baske	tball: Pacer	s at Warriors	i		SportsCen	ter (N)	SportsCen	ter (N)	NBA Basketball	
FAM	32			Back-Futr	(:20) ***	"Back to th	e Future Pa	rt II" (1989)		Shadowhu	nters ()	The 700 CI	ub 🚾	"Lizzie McC	Guire"
FX	45			"White Hou	ıse"	★★ "Man o	of Steel" (20	13, Action) H	lenry Cavill,	Amy Adams.			★★ "Man	of Steel" (20	13)
ION	20	Œ		Criminal M	inds ()	Criminal M	inds ()	Criminal M	inds ()	Criminal M	inds ()	Saving Hop	oe ()	Saving Hop	oe ()
LIFE	29			Bring It! ©		Bring It! (N) CC	Bring It! (N) CC	(:02) The R	ap Game	(:02) The R	ap Game	(12:02) Brir	ng It!
NICK	39			Make,	Parents	Harvey	Pig Goat	Full H'se	Full H'se	Full H'se	Full H'se	Friends	Friends	Friends	Friends
SPIKE	38			Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Cops ()	Jail 🔯
TBS	10			Seinfeld	Seinfeld	Broke Girl	Broke Girl	Broke Girl	Broke Girl	★★ "Horri	ble Bosses"	(2011) Pren	niere.	Cougar	Cougar
TLC	41			Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Love;	Swipe	Say Yes	Say Yes	Love;	Swipe
TNT	42			Bones ()	C C	★★ "Sherl	ock Holmes	" (2009) Rob	ert Downey	Jr.	* ★ "Red 2	2" (2013, Action) Bruce Willis. © (DVS)			
USA	15			Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Law & Orde	er: SVU