



### Inside The Ring

This jam-packed two-hour series will debut on March 12th and air every Saturday at 12:00 AM Pacific on TUFF TV.

### American Roundtable

will debut on March 12th at 9:00 AM Pacific on TUFF TV.

### Gulf South Outdoors

The series will debut Match 12th at 12:30 PM Pacific on TUFF TV.

### Discovering Mexico

This new series will premiere March 12th, and run every Saturday at 11:30 PM Pacific, and every Sunday at 6:00 PM Pacific on TUFF TV.

### Hook It & Cook It

"Hook It & Cook It" will debut on March 13th at 5:00 PM Pacific on TUFF TV.

Time (PT)	MONDAY MARCH 7	TUESDAY MARCH 8	WEDNESDAY MARCH 9	THURSDAY MARCH 10	FRIDAY MARCH 11	SATURDAY MARCH 12	SUNDAY MARCH 13
12:00 AM	ROCKTAGON MMA	WRESTLING WAR CLASSICS	FUTURE STARS OF WRESTLING	PPW - PARAGON PRO WRESTLING	PPW - PARAGON PRO WRESTLING	INSIDE THE RING	RINGSIDE BOXING
12:30 AM	STREET KINGS	WINDY CITY POKER	BLITZ TV	HIP SHOW	MCW- MICRO CHAMP WRESTLING		
1:00 AM	SLED HEAD 24/7		XFC MMA	XFC MMA	DAY ZERO		
2:00 AM	BLEND LINE TV	HEARTLAND POKER	HEARTLAND POKER	TCW WRESTLING	OFF THE STREETS	WHO?MAG TV	GLADIATORS OF THE CAGE
2:30 AM	THE MOTOCROSS FILES				TALKING PICTURES	DMTV	
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	
9:00 AM	ON THE POLE	ON THE POLE	REELIN' IN THE KEYS	ON THE POLE	WORLD TENNIS	AMERICAN ROUND TABLE	COOP DREAMS
9:30 AM	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	BLEND LINE TV	ANGLING EDGE	3B OUTDOORS BC006
10:00 AM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS (CURRENT)	LIP 'EM & RIP 'EM	REELIN' IN THE KEYS
10:30 AM	PLANET X	PLANET X	PLANET X	PLANET X	HOME TALK	SPORTINGDOG ADVENTURES	HOT RODS, CUSTOMS, CLASSICS
11:00 AM	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	LAKE COMMANDOS	RESTLESS JOSIE
11:30 AM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	FISHING THE FLATS	AMERICAN BUILDER
12:00 PM	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	FINNS AND SKINS	RACE CENTRAL TV
12:30 PM	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	GULF SOUTH OUTDOORS	GOLF AMERICA
1:00 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	USA COLLEGE POWERLIFTING	GOLF IN AROUND
1:30 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	US IN BASKETBALL	STHL TIMBERSPORTS
2:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	GOLF IN AROUND	WOODWALKERS
2:30 PM	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	GOLF AMERICA	SLED HEAD 24/7
3:00 PM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	COLLEGE TENNIS REPORT	RACELINE
3:30 PM	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	WORLD TENNIS	AMERICAN BUILDER
4:00 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	JFK MMA	YAMAHA'S WHITETAIL DIARIES
4:30 PM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	XUNC'D	AMERICANA OUTDOORS
5:00 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	SLED HEAD 24/7	HOOK IT & COOK IT
5:30 PM	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	PLANET X	MAD DOG AND MERRILL
6:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	TALKING PICTURES	DISCOVERING MEXICO
6:30 PM	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	HIGHWAY TO FAME	THE MARVIN SHOW
7:00 PM	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	RACELINE	THE FLAMING GREEK
7:30 PM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	AUTO WARS	FIRE HOUSE KITCHEN
8:00 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	DESTINATION TQ	ANGLES TV
8:30 PM	RECON	RECON	RECON	RECON	RECON	LARYSA UNLEASHED	BRAWL CALL
9:00 PM	IN THE FIGHT	IN THE FIGHT	IN THE FIGHT	IN THE FIGHT	IN THE FIGHT	TUFF FLICK	UNITED FIGHT ALLIANCE
9:30 PM	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	LICENSE TO KILL	HIP SHOW
10:00 PM	JBTU	JBTU	JBTU	JBTU	JBTU	MCW- MICRO CHAMP. WRESTLING	MMA-30
11:00 PM						BLITZ TV	LAKE COMMANDOS
11:30 PM						DISCOVERING MEXICO	AUTO WARS

## SLTV Channel 44.7 Changes to Frost Great Outdoors

Luken Communications has consolidated its PBJ programming with its other networks and has replaced the exited network with Frost Great Outdoors on SLTV channel 44.7.

Luken has had some challenges with its children's network recently. Program acquisition costs, sponsorship issues, and rising technical costs were cited as reasons for making a change. We hate to see the loss of the children's programming but we understand their situation. The QUBO Network on channel 14.2 is still available as a primary destination for children, along with the many other networks that cater to children as a part of their service, such as OPB.

Many of the PBJ programs will be eventually be available on The Family Channel on 44.4, as a part of Luken Communications' goal of bringing quality family television into homes across America. In addition to Frost Great Outdoors, SLTV also offers Luken's Rev'n Network, an auto and motorcycle enthusiast network on 44.6, Heartland TV, a country music channel on 44.5, TUFF-TV on channel 47.2, and Retro-TV which SLTV rebroadcasts from KSLM in Salem on channel 27.1.

Frost Great Outdoors features outdoor lifestyle adventures and is a good complement to Pursuit TV on our channel 44.1.

Viewers are invited to watch the rolling program schedule on Channel 47.4 to see what is on Frost Great Outdoors and all 35 channels of South Lane Television's FREE-TV service in Cottage Grove.

South Lane Television also operates two rural FREE-TV systems at London Springs and Dorena/Culp Creek.

Happy TV viewing,  
Lloyd Williams, President  
SOUTH LANE TELEVISION, INC.



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 television service possible.

**Stay tuned!** South Lane Television, Inc.  
A non profit organization serving South Lane County since 1957.

### WEEKDAY MORNING

Charter Cable SLTV Cottage Grove 1 SLTV London

	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	28.1 Nature	Curious	Tiger	Tiger	Sesame	Peg	Dinosaur	Dinosaur	Super	Thomas	Varied Programs	
KEVU	34.2 Varied	Paid	Good Day Oregon		Minute	Celebrity	Movie				Crime Watch Daily	
KEZI	9.1 Good Morning America				Live With Kelly		The View		KEZI 9 News Midday		The Chew	
KLRS	34.1 KVAL News on Fox	Copeland	Wom		Varied	Divorce	Judge Mathis		The People's Court		The 700 Club	
KMTR	16.1 Today				Today		Today		The 700 Club		The Doctors	
CW	16.2 Intellig.	Cops Rel.	Steve Wilkos Show		Steve Wilkos Show		Crazy	Crazy	Cheaters	Cheaters	Maury	
KOBI	Today				Today		Today		Paid	Insider	The Doctors	
KPTV	Good Day Oregon				Good Day Or.		The 700 Club		Paid	Paid	Rachael	Varied
KRCW	(6:00) Eye Opener	Celebrity	Celebrity		Jerry Springer		Maury		Steve Wilkos Show		Jerry Springer	
KVAL	13.1 CBS This Morning				KVAL News at 9am		The Price Is Right		Young & Restless		News	Bold
THIS	13.2 Movie			Varied	Movie		Varied Programs					
PURS	4.1 Paid	Varied Programs										
KTOO2	4.2 Varied Programs											
OPB+	28.2 Newsline	St/Be Fit	Varied Programs									
A&E	23 Paid	Varied	Duck D.	Duck D.	Dog	Dog	Dog	Varied	Criminal	Varied	Criminal	Varied
AMC	24 Paid	Paid	Paid	Paid	Movie	Varied Programs						
AMG	4.1 Balancing	Balancing	Varied	Business	Judge	Judge	Ask Dr. Nandi		Insider	OK! TV	Varied	Traveler
DISC	30 Paid	Paid	J. Meyer	Paid	Varied Programs							
DISN	21 Mickey	Mickey	Varied	PJ Masks	Mickey	Goldie	Sofia	Doc	Varied	Mickey	PJ Masks	Mickey
ESPN	31 SportsCenter		SportsCenter		College Basketball		Varied	Basket	Varied Programs			
FREE	32 Daddy	Gilmore Girls		Gilmore Girls	700 Club	The 700 Club	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man
FX	45 Movie				Movie	Varied Programs			Two Men	Mother	Mother	
ION	20 1.1 Paid	Feldick	Varied Programs		NUMB3RS	NUMB3RS	Varied Programs					
LIFE	29 Paid	Balancing	Unsolved Mysteries		Unsolved Mysteries	Unsolved Mysteries	Frasier	Frasier	Mother	Mother		
NICK	39 Sponge.	Sponge.	Sponge.	Blaze	PAW	PAW	Mutt	Umizoomi	Bubble	PAW	Shimmer	PAW
SPIKE	38 Paid	Paid	Paid	Paid	Varied Programs							
TBS	10 Married	Married	Married	Married	King	King	King	King	Cleveland	Cleveland	American	American
TLC	41 The Willis Family		The Little Couple		The Little Couple		48 Hours: Hard Evid.		48 Hours: Hard Evid.		48 Hours: Hard Evid.	
TNT	42 Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural	
USA	15 Varied Programs				Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	

### THURSDAY EVENING

Charter Cable SLTV Cottage Grove 1 SLTV London

MARCH 10

	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	28.1 PBS NewsHour (N)		Midsomer Murders		Midsomer Murders		Josh Groban: Stages Live		Rick		PBS NewsHour	
KEVU	34.2 Dr. Phil		The Dr. Oz Show (N)		The Mentalist		The Mentalist		Portland		Tosh.0	Broke Girl
KEZI	9.1 ET	Insider	Grey's Anatomy (N)		Scandal (N)		Away-Murder		News		Jimmy Kimmel Live	Nightline
KLRS	34.1 Fox News	Million.			American Idol Six finalists perform.		News		Fox		Mod Fam	Two Men
KMTR	16.1 Big Bang	Big Bang	You, Me and		The Blacklist		(:01) Shades of Blue		NBC16		Tonight Show	Meyers
CW	16.2 Fam. Guy	Fam. Guy	DC's Legends		The 100 (N)		Seinfeld		Cougar		Cougar	Raising
KOBI	Today		You, Me and		The Blacklist		(:01) Shades of Blue		News		Tonight Show	Meyers
KPTV	FamFeud	FamFeud	American Idol Six finalists perform.				10 O'Clock News (N)		News		Raymond	Raymond
KRCW	Mod Fam	Mod Fam	DC's Legends		The 100 (N)		News		Holly		Mother	Mother
KVAL	13.1 Jeopardy!	Wheel	Big Bang		Life in		(:01) Mom		Broke Girl		Elementary (N)	News
THIS	13.2 *** "Philadelphia" (1993, Drama) Tom Hanks.				** "Safe" (1995, Drama) Julianne Moore.						"Physical Evidence"	
PURS	4.1 Explosion	Colorado	Paid	DESTINA	Game	The Long	ATSN: American		Paid		Paid	Paid
KTOO2	4.2 Hometown	Travel	Journey	Martha	Kitchen	Fresh	Lifestyle	Americas	Martha	Kitchen	Chefs	Pépin
OPB+	28.2 Doc Martin		New Tricks		World	T. Smiley	Charlie Rose (N)		PBS NewsHour		T. Smiley	T. Smiley
A&E	23 The First 48		The First 48 (N)		60 Days In (Series Premiere) (N)		(:02) The First 48		(:02) The First 48		(12:01) The First 48	
AMC	24 *** "The Italian Job"		*** "The Bourne Identity" (2002) Matt Damon.		*** "Terminator 3: Rise of the Machines" (2003)				Insider	OK! TV	Forensic	Forensic
AMG	4.1 Sanctuary		Da Vinci's Inquest		"P.J." (2008) John Heard, Howard Nash.				Insider	OK! TV	Forensic	Forensic
DISC	30 Street Outlaws		Street Outlaws		Street Outlaws		Street Outlaws		Street Outlaws		Street Outlaws	
DISN	21 Bunk'd		Bunk'd		*** "Up" (2009)		K.C.		Best Fr.	Liv-Mad.	Bunk'd	Girl
ESPN	31 College Basketball		SportsCenter (N) (Live)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter	
FREE	32 "John Tucker"		(:15) *** "Grease" (1978) John Travolta, Olivia Newton-John.				The 700 Club		** "Bring It On"			
FX	45 *** "American Hustle" (2013) Christian Bale.				Baskets		Baskets		Baskets		** "The Dictator" (2012)	
ION	20 1.1 Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods	
LIFE	29 Project Runway		Project Runway		Project Runway		Child Genius: Battle		Project Runway		Project Runway	
NICK	39 Paradise		Henry		** "Diary of a Wimpy Kid" (2010)		Full H'se		Full H'se		Friends	Friends
SPIKE	38 (6:00) *** "Sherlock Holmes" (2009)		Lip Sync		Lip Sync Battle		Lip Sync		** "Iron Man 2" (2010, Action)			
TBS	10 Seinfeld		Seinfeld		Broke Girl		Broke Girl		Conan (N)		Full	Conan
TLC	41 My 600-Lb. Life		My 600-Lb. Life		Extreme Weight Loss		"Mike" (N)					