



### 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.

### Discovering Mexico

every Saturday at 11:30 PM Pacific, and every Sunday at 6:00 PM Pacific on TUFF TV.

### 2016 Olympic Qualifier: Beach Volleyball

This Olympic qualifier takes to the sand as 12 Caribbean countries compete for their spot in Rio this Summer. Catch all the action from the event in a jammed pack 30-minute special at 1:30 PM Pacific on Saturday, March 26th.

Time (PT)	MONDAY MARCH 21	TUESDAY MARCH 22	WEDNESDAY MARCH 23	THURSDAY MARCH 24	FRIDAY MARCH 25	SATURDAY MARCH 26	SUNDAY MARCH 27
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	BLEND LINE TV	HEARTLAND POKER	HEARTLAND POKER	TCW WRESTLING	OFF THE STREETS	WHO?MAG TV	GLADIATORS OF THE CAGE
2:00 AM	THE MOTOCROSS FILES	HEARTLAND POKER	HEARTLAND POKER	TCW WRESTLING	TALKING PICTURES	DMTV	GLADIATORS OF THE CAGE
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 AMERICA
1:30 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	OLYMPIC BEACH VOLLEYBALL	STHL TIMBERSPORTS
2:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	GOLF AMERICA	WOODWALKERS
2:30 PM	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	COLLEGE TENNIS REPORT	SLED HEAD 24/7
3:00 PM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	WORLD TENNIS	AMERICAN BUILDER
3:30 PM	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	JXC MMA	YAMAHA'S WHITELAT DIARIES
4:00 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	AMERICAN OUTDOORS	AMERICAN OUTDOORS
4:30 PM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	SLED HEAD 24/7	HOOK IT & COOK IT
5:00 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	RACE CENTRAL TV	MAD DOG AND MERRILL
5:30 PM	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	TALKING PICTURES	DISCOVERING MEXICO
6:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	HIGHWAY TO FAME	THE MARVIN SHOW
6:30 PM	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	RACELINE	THE FLAMING GREEK
7:00 PM	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	AUTO WARS	FIRE HOUSE KITCHEN
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	DESTINATION TQ	ANGLES TV
8:00 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	LARYSA UNLEASHED	BRAWL CALL
8:30 PM	RECON	RECON	BATTLEGROUND	RECON	RECON	TUFF FLICK	UNITED FIGHT ALLIANCE
9:00 PM	MIDTOWN	IN THE FIGHT	IN THE FIGHT	IN THE FIGHT	IN THE FIGHT	TOBY MCEAGUE	HIP SHOW
9:30 PM	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MCW- MICRO CHAMP. WRESTLING	MMA-30
10:00 PM	JBTV	JBTV	JBTV	JBTV	JBTV	BLITZ TV	LAKE COMMANDOS
11:00 PM	JBTV	JBTV	JBTV	JBTV	JBTV	DISCOVERING MEXICO	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 television service possible.

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

### WEDNESDAY EVENING

	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	Nature	Nature	NOVA	NOVA	NOVA	Secrets of the Dead	Mystery-Search	PBS NewsHour			
KEVU	34.2	Blazers	NBA Basketball				The Closer	The Closer	Broke Girl	Two Men		
KEZI	9.1	ET	Insider	Middle	Gold	Mod Fam	Nashville	News	Jimmy Kimmel Live	Nightline		
KLSR	34.1	Fox News	Million.	Rosewood	Hell's Kitchen	News	Fox	Mod Fam	Mike	Two Men	Anger	
KMTR	16.1	Big Bang	Big Bang	Heartbeat "Twins"	Law & Order: SVU	Chicago P.D.	NBC16	Tonight Show	Meyers			
CW	16.2	Fam. Guy	Fam. Guy	Arrow	Supernatural	Chicago P.D.	Seinfeld	Seinfeld	Cougar	Cougar	Raising	Commun
KOBI	61	NBC	ET	Heartbeat "Twins"	Law & Order: SVU	Chicago P.D.	News	Tonight Show	Meyers			
KPTV	121	FamFeud	FamFeud	Rosewood	Hell's Kitchen	10 O'Clock News	News	Raymond	Raymond	(35) TMZ		
KRCW	14	Mod Fam	Mod Fam	Arrow	Supernatural	News	Holly	Mother	Friends	Friends		
KVAL	13.1	Jeopardy!	Wheel	Survivor	Criminal Minds	Criminal Minds	News	Late Show-Colbert	Corden			
THIS	13.2	** "Scissors" (1991)	Sharon Stone		*** "The Train" (1965)	Burt Lancaster, Paul Scofield			"Criminal Law"			
PURS	411	West	West	Frnds	Paid	Road	The Hit	Turkey	Colorado	Best Sex	Cooker	Prostate
KTOO2	412	House	Stevens	Curious	Lidia	Cook	BBQ	Bake	Musor	Lidia	Cook	Moveable
OPB+	28.2	David Suchet	Irish Rebellion	World	T. Smiley	Charlie Rose	PBS NewsHour	T. Smiley	T. Smiley			
A&E	23	Wahl	Wahl	Wahlbrgs	Wahlbrgs	Wahl	Wahl	Donnie	Donnie	(02) Wahlburgers	Wahlbrgs	Wahlbrgs
AMC	24	"Bourne Identity"	*** "Enemy of the State" (1998, Suspense)	Will Smith		*** "The Fugitive" (1993)						
AMG	411	Cold Squad	Judge	Forensic	Movie	Sanctuary			Da Vinci's Inquest			
DISC	30	Bering Sea Gold	Bering Sea Gold	Bering Sea Gold	(01) Venom Hunters	Bering Sea Gold	Venom Hunters	Venom Hunters				
DISN	21	Liv-Mad.	Bunk'd	"Judy Moody-Summer"	Best Fr.	Bunk'd	Girl	K.C.	Best Fr.	So Raven	So Raven	
ESPN	31	Basket	NBA Basketball: Clippers at Warriors			SportsCenter	(N)	SportsCenter	(N)	NBA Basketball		
FREE	32	** "The Proposal"	Young	Daddy	*** "Clueless" (1995)	Alicia Silverstone.	The 700 Club			"500 Days of"		
FX	45	*** "The Avengers" (2012)	Robert Downey Jr.			The Americans	(N)	The Americans	(N)	The People v.		
ION	20	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order		
LIFE	29	Little Women: LA	Little Women	Little Women: LA	(N)	Terra	Terra	Terra	Terra	Little Women		
NICK	39	Henry	Henry	"Rufus" (2016)	Full H'se	Full H'se	Full H'se	Friends	Friends	Friends	Friends	
SPIKE	38	(5:00) ** "Blade"	** "Transformers: Revenge of the Fallen" (2009, Action)	Shia LaBeouf		** "Watchmen" (2009)						
TBS	10	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan	(N)	Conan		
TLC	41	My 600-Lb. Life	My 600-Lb. Life	My 600-Lb. Life	(N)	(01) Fat Chance	(N)	(02) My 600-Lb. Life	(12:02) Fat Chance			
TNT	42	Castle	Castle	"Batman Begins" (2005, Action)	Christian Bale	(DVS)	Castle	"Bad Santa"	CSI: NY	CSI: NY		
USA	15	Mod Fam	Mod Fam	** "Couples Retreat" (2009)	Vince Vaughn		*** "The Devil Wears Prada" (2006)	Meryl Streep.				

### WEEKDAY MORNING

	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 Cat	Varied	Dinosaur	Super	Thomas	Varied Programs
KEVU	34.2	Varied	Paid	Good Day Oregon	Minute	Celebrity	Movie				Crime W.	Varied
KEZI	9.1	Good Morning America			Live With Kelly	The View	KEZI 9 News Midday				The Chew	
KLSR	34.1	KVAL News on Fox	Copeland	Wom	Judge	Divorce	Judge Mathis			The People's Court	The 700 Club	
KMTR	16.1	Today			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	61	Today			Today	Today	Today	Paid	Insider	The Doctors		
KPTV	121	Good Day Oregon			Good Day Oregon	The 700 Club	Paid	Paid	Rachael	Varied		
KRCW	14	(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 Programs	Movie	Varied Programs						
PURS	411	Paid	Varied Programs									
KTOO2	412	Varied Programs										
OPB+	28.2	Newsline	St/Be Fit	Varied Programs								
A&E	23	Parking	Parking	Duck D.	Duck D.	Dog	Dog	Dog	Varied	Criminal Minds	Criminal Minds	
AMC	24	Paid	Paid	Paid	Paid	Stogges	Varied Programs				Movie	
AMG	411	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	Pirates	Mickey	Tmrwlan	PJ Masks	Mickey	Goldie	Sofia	Doc	Wil. West	Mickey	Varied
ESPN	31	SportsCenter	SportsCenter	SportsCenter	SportsCenter	Varied	Outside	Insiders	NFL Live		The Jump	
FREE	32	Young	Gilmore Girls	Gilmore Girls	700 Club	The 700 Club	Last Man	Last Man	Last Man	Last Man	Last Man	
FX	45	Movie			Movie	Varied Programs			Two Men	Two Men	Mother	
ION	20	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</	