**Sunday, August 11, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Battleplan: The Defensive Battle (R)** We look at the conditions in which a commander might choose to fight a Defensive Battle, and the special requirements which they will need to consider. | **PG** |
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| 7:30AM | **Battleplan: Breaking A Fortified Line (R)** Breaking a fortified line is the Battleplan every soldier fears, and every commander's last resort. It means attacking defences head-on that are dug in and protected. | **PG** |
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| 8:30AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **Home Shopping** Shopping program. | **G** |
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| 9:30AM | **Project Xtreme: Aquarium And Zoo (R)** Join Matt Blashaw as he goes into a working Aquarium and Zoo and what it takes to keep these places going. | **PG** |
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| 10:00AM | **Is It Real?: Predicting the Future (R)** Since time immemorial, humans have sought to be able to predict the future - consulting oracles and seers. Whether it be Nostradamus or The Bible Code, books claiming to predict the future fly off the shelves of bookstores. With mathematicians and one of today's premier 'seers', examine the truthfulness and mistakes in some of the most popular prophets. | **PG** |
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| 11:00AM | **Engineered: Car / Pasta / Snow Blower / Compound Bow** How does a huge coil of steel become the frame and parts for new cars? Why is semolina used to make dry pasta? How does a snow blower pick up and throw over a ton of snow a minute? | **G** |
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| 12:00PM | **Engineered: Bread / Tires / Electric Guitar / Golf Ball** How does something called a 'sponge' give us the greatest thing since sliced bread? How do magnets help bring the sounds of music to the masses? How can dimples improve your golf game? | **G** |
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| 1:00PM | **Style in Steel (R)** Style in Steel explores the multiple and complex roles that automobiles have played in our lives. This series is a celebration of the automobile and its enduring beauty. | **PG** |
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| 1:30PM | **Demolition Day: Vault (R)** The Demolition Day Vault Challenge gives two teams three days to build a vault to protect a fragile vase from the impact of a falling car. | **G** |
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| 2:30PM | **Wild Justice: California: Quicksand** California Fish and Game wardens hunt down a wanted felon from Oregon, rescue a cow that's been stuck in quicksand for days and release bear cubs from a dumpster. | **PG** |
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| 3:30PM | **Monster Nation** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 4:30PM | **Mythbusters: Great Gas Conspiracy / Exploding Pants (R) 'CC'** The three Mythkateers investigate a fashion disaster when a farmers' trousers suddenly explode. Then, see if gas and car companies deliberately make gas- guzzling cars to increase profits. | **PG** |
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| 5:30PM | **How I Met Your Mother: Little Minnesota / Benefits (R) 'CC'** Ted refuses to believe that his immature, irresponsible sister has grown up. Starring JOSH RADNOR, JASON SEGEL and NEIL PATRICK HARRIS. | **PG (S)** |
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| 6:30PM | **7Mate Sunday Night Movie: Despicable Me (R) 'CC' (2010)** Vying for the title of 'World's Greatest Villain', Gru - along with his hilarious crew of mischievous minions - plots to pull off the craziest crime of the century: steal the moon! Starring STEVE CARELL, JASON SEGEL, RUSSELL BRAND, JULIE ANDREWS and WILL ARNETT. | **PG (V)** |
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| 8:30PM | **How I Met Your Mother: The Perfect Week (R) 'CC'** Barney is about to complete the perfect week - landing seven different girls in seven days. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **M** |
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| 9:00PM | **7Mate Sunday Night Movie: Bridesmaids (R) 'CC' (2011)** Annie is a maid of honour whose life begins to unravel as she leads her best friend, Lillian, and a group of colourful bridesmaids on a wild ride down the road to matrimony. Starring KRISTEN WIIG, MAYA RUDOLPH, ROSE BYRNE, JILL CLAYBURGH and MELISSA MCCARTHY. | **MA (S,L)** |
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| 11:35PM | **Operation Repo (R)** Follow the rough and tough Operation Repo team as they carry out car repossessions from California's San Fernando Valley. | **M** |
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| 12:00AM | **Deadliest Warrior: Back For Blood (R)** The best warriors from the series are resurrected once again to vie for the titles of Deadliest Ancient and Modern Warrior. | **M** |
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| 1:00AM | **Monster Nation** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 2:00AM | **Is It Real?: Predicting the Future (R)** Since time immemorial, humans have sought to be able to predict the future - consulting oracles and seers. Whether it be Nostradamus or The Bible Code, books claiming to predict the future fly off the shelves of bookstores. With mathematicians and one of today's premier 'seers', examine the truthfulness and mistakes in some of the most popular prophets. | **PG** |
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| 3:00AM | **Wild Justice: California: Quicksand** California Fish and Game wardens hunt down a wanted felon from Oregon, rescue a cow that's been stuck in quicksand for days and release bear cubs from a dumpster. | **PG** |
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| 4:00AM | **Battleplan: The Defensive Battle (R)** We look at the conditions in which a commander might choose to fight a Defensive Battle, and the special requirements which they will need to consider. | **PG** |
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| 5:00AM | **Battleplan: Breaking A Fortified Line (R)** Breaking a fortified line is the Battleplan every soldier fears, and every commander's last resort. It means attacking defences head-on that are dug in and protected. | **PG** |
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 **Monday, August 12, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **A.N.T Farm: ManagemANT (R) 'CC'** Cameron pretends to be Chyna's manager when they meet music producer, Hippo. Chyna thinks it might be her big break. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: So-Fish-Ticated/ Milo And Oscar Move In (R)** Bea and Milo try to help Oscar pick out a tie, but when Milo is barred from the store because of his ice cream-stained shirt, he enlists his friends to teach him how to become sophisticated. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: I, Skatebot (R) 'CC'** Local businessman Mr. Fitzle has built a skater-hating robot to keep skaters away from Ramps, but when the robot gets out of control, he seeks Zeke and Luther's help to stop the machine. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Dog Walker, Puppet Theatre (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 10:00AM | **NBC Meet The Press (R) 'CC'** David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Engineered: Learjet** Why is the skin of a Learjet 45 XR made from an aluminium sheet that's only 1/10th of an inch thick? And just what makes it capable of flying high above airline traffic and most weather? | **G** |
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| 12:00PM | **Homicide: Life On The Street: Fire - Part 1 (R)** Detective Frank Pembleton is forced to work with Arson Detective Mike Kellerman on an arson homicide. Pembleton is sure its murder, but Kellerman is convinced it's an arson. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 1:00PM | **Warehouse 13: The Greatest Gift (R)** When Pete accidentally activates an artifact in the Christmas Artifact Section, he is transported to a world where he doesn't exist. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M** |
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| 2:00PM | **Motor Mate: Jaguar E Type - A Celebration (R)** This wonderful celebration, made to mark the E-Types 50th anniversary, recalls the history and sporting pedigree of the British masterpiece. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Pimp My Ride: Ice Cream Truck / T-100 (R) 'CC'** Xzibit turns a liquidated Ford ice cream truck into a frozen asset. | **PG (L)** |
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| 5:30PM | **Seinfeld: The Pilot - Part II (R) 'CC'** While Jerry and George await news of the future of their pilot, Kramer lobbies to play himself in the show. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: Seinfeld (R) 'CC'** Jerry is ecstatic that a woman he met on the road is coming to stay with him in New York, but his flabbergasted when he discovers she's engaged to be married. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS, JULIA LOUIS-DREYFUS and JERRY SEINFELD. | **PG** |
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| 6:30PM | **How I Met Your Mother: The Rough Patch (R) 'CC'** When Barney and Robin hit a rough patch in their relationship, Lily devises the perfect plan to break them up, and calls Alan Thicke. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **PG (S,A)** |
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| 7:00PM | **How I Met Your Mother: Three Days Of Snow (R) 'CC'** A blizzard hits New York City, threatening a tradition of Marshall and Lily's; and leaving Ted and Barney to keep McClaren's doors open. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Ultimate Factories: Super Subway (R)** In New York City, the new R160 subway car must be tough, fast and long lasting It carries 246 passengers per car along 1350km of track. Follow as we look at its journey from concept to construction. | **G** |
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| 8:30PM | **Pawn Stars: Message In A Bottle / A Christmas Special (R) 'CC'** The Pawn Stars are presented with a mysterious whisky flask from the Civil War era believed to have come from a Confederate spy. Can they crack the code and make the deal? Starring RICHARD HARRISON, RICK HARRISON, COREY HARRISON and CHUMLEE. | **PG** |
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| 9:30PM | **American Restoration: Double Trouble / Space Kowboy** Rick gets an eye full when a 100 year old mutoscope comes into the shop. Then later, it's double the fun when Rick's brother and son spot a tarnished bike at a client's house. Starring RICK DALE, TYLER DALE, RON DALE, KOWBOY and TED. | **PG** |
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| 10:30PM | **American Pickers: An Indian Reunion (R)** In Florida, Mike and Frank visit a hangar-sized barn full of treasures, owned by a couple of junkyard junkies who've been picking since 1948. | **PG** |
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| 11:30PM | **Bid America: You Must Be Nuts (R)** A major auction company in the heartland of America, 'Penn Auctions', unveils the most amazing 'made in America' collections ever assembled for auction! | **PG** |
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| 12:00AM | **30 Rock: Seinfeldvision (R) 'CC'** The gang return from their summer hiatus and Liz is excited to see Jack, until he tells her that despite what she thinks, she is not over Floyd. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Jack Gets In The Game (R) 'CC'** On the heels of Jack realizing that GE head, Don Geiss may be retiring, Devin, returns engaged to Don's daughter. Guest starring RIP TORN, WILL ARNETT and SHERRI SHEPHERD. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Chappelle's Show (R) 'CC'** Dave finally gets his chance to meet the great and powerful Show Business and introduces us to a group of monsters victimized by discrimination. | **MA (A)** |
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| 1:30AM | **The Chaser's War On Everything (R) 'CC'** Charles Firth asks Hilary Clinton if he can be her intern, and Julian Morrrow takes on the Bra Boys in The Fixers. | **M (A)** |
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| 2:00AM | **Homicide: Life On The Street: Fire - Part 1 (R)** Detective Frank Pembleton is forced to work with Arson Detective Mike Kellerman on an arson homicide. Pembleton is sure its murder, but Kellerman is convinced it's an arson. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 3:00AM | **Motor Mate: Jaguar E Type - A Celebration (R)** This wonderful celebration, made to mark the E-Types 50th anniversary, recalls the history and sporting pedigree of the British masterpiece. | **G** |
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| 5:00AM | **Pimp My Ride: Ice Cream Truck / T-100 (R) 'CC'** Xzibit turns a liquidated Ford ice cream truck into a frozen asset. | **PG (L)** |
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 **Tuesday, August 13, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **A.N.T Farm: PhilANThropy (R) 'CC'** When Principal Skidmore makes drastic cuts to the school's budget and has to release Gibson from the staff, Chyna, Olive and Fletcher host a web-athon to raise money to cover his salary. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: All Fins On Deck/ Cattlefish, Ho!** Bea and Oscar plan the cruise of the lifetime, but what starts out as morning of merrymaking quickly turns into a swashbuckling adventure. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: Law And Boarder (R) 'CC'** After Zeke and Luther crash into Ginger's potato wedge stand, she gets even by convincing the home owners association to begin regulating skateboarders. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Whale (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Engineered: Gun / Ice Cream / Mattress / Matches** What's a stabilizer and what's it doing in your ice cream? Why is Kevlar thread used to sew a mattress? And why do safety matches only light up when you strike them on the box? | **PG** |
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| 12:00PM | **Homicide: Life On The Street: Fire - Part 2 (R)** Penbleton and Kellerman trail an anonymous tip about a suspect but when they haul the guy in, the detectives differ in their approach of the interrogation. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 1:00PM | **Homicide: Life On The Street: Auto Focus (R)** Lewis and Kellerman partner up to investigate a murder and seemingly random purse-snatching. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 2:00PM | **Motor Mate: The Story of RS Fords (R)** Fords bearing the legendary RS badge are among the most sought after. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Pimp My Ride: Limo / Celica (R) 'CC'** Xzibit takes a throwback 1988 Cadillac Limo and kicks it into the 21st century with a 50' plasma screen. | **PG** |
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| 5:30PM | **Seinfeld: Male Unbonding (R) 'CC'** Jerry finds that trying to end a friendship with Joel, a guy he's known and disliked for years, is harder than breaking up with a woman. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: The Stake Out (R) 'CC'** Jerry and his ex-girlfriend Elaine discover the true meaning of friendship when Jerry decides to pursue romance with a gorgeous friend of Elaine's. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:30PM | **How I Met Your Mother: The Playbook (R) 'CC'** When Robin and Barney break up, Barney uses his 'playbook' to get himself back into the dating scene. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **PG**  |
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| 7:00PM | **How I Met Your Mother: Possimpible (R) 'CC'** Robin is desperate to find a job or she will be deported to Canada, she agrees to let Barney produce a video resume for her. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Swamp People: Gator Vodoo (R)** With just a week left in the season, the gators have mysteriously stopped biting, so the swampers fight back with their own tactics. | **PG** |
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| 8:30PM | **Hardcore Pawn: Kill Em All (R)** Les discovers broken merchandise and calls his staff to the carpet. The next person to step out of line is getting fired. Starring LES GOLD, SETH GOLD, ASHLEY GOLD and RICH. | **M** |
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| 9:00PM | **Hardcore Pawn: Combat: Surprise Engraving (R)** Owner Chris promises a surprise engraving for a soldier's wife but can Josh deliver? And a scorned lover looks to sell Martin a tricked out rifle so he leave town fast. | **M** |
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| 9:30PM | **Auction Kings: Mountain Man Slot Machine / Harley Bike** Business is booming at Gallery 63. The crew auctions off odd items like an iron maiden, John Wayne gun collection and more. Two new pickers and an appraiser bring a style all their own. | **PG** |
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| 10:30PM | **Operation Repo: Betrayed by Brother / Sumo You (R)** Follow the rough and tough Operation Repo team as they carry out car repossessions from California's San Fernando Valley. | **M** |
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| 11:30PM | **South Beach Tow: Assault On Tremont Towing** Perez's tow of a custom Chevy leads a pack of rowdy football fans to the tow yard. Bernice and Robert Jr team up to repo a Mustang and run afoul of trigger happy paintballers. | **M** |
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| 12:00AM | **30 Rock: The Collection (R) 'CC'** In an effort to eliminate any chance of GE digging up dirt against him, Jack hires his own private investigator, Len, to head them off. Guest starring STEVE BUSCEMI and SHERRI SHEPHERD. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Rosemary's Baby (R) 'CC'** Liz meets her longtime idol, Rosemary Howard, and invites her to be a guest writer on TGS. Guest starring CARRIE FISHER. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Crank Yankers: Ludacris, Drew Carey (R) 'CC'** The outrageous comedy where puppets are used to recreate real prank phone calls. Set in the bizarre fictional land of Yankerville. | **MA (S)** |
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| 1:30AM | **The Chaser's War On Everything (R) 'CC'** The Chaser go all the way in testing out beds in a shopping centre, and the Citizens Infringement Officer enforces low speed limits in carparks. | **M (S)** |
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| 2:00AM | **Homicide: Life On The Street: Fire - Part 2 (R)** Penbleton and Kellerman trail an anonymous tip about a suspect but when they haul the guy in, the detectives differ in their approach of the interrogation. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 3:00AM | **Homicide: Life On The Street: Auto Focus (R)** Lewis and Kellerman partner up to investigate a murder and seemingly random purse-snatching. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 4:00AM | **Motor Mate: The Story of RS Fords (R)** Fords bearing the legendary RS badge are among the most sought after. | **G** |

 **Wednesday, August 14, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **A.N.T Farm: FraudulANT (R) 'CC'** When Chyna, Olive and Fletcher meet the down-and-out Zanko, a once famous painter who was Fletcher's inspiration, Chyna convinces Fletcher to introduce himself and offer Zanko one of his paintings. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Guys' Night Out/ Milo's Magical Shake (R)** It's Oscar and Angela's one month anniversary and Oscar decides to make it official by asking Angela to go steady. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: A Very Hairy Problem (R) 'CC'** Zeke lands a role as a gorilla double on a big Hollywood movie, but risks everything to help Luther bring the movie's star, a gorilla, back to the reserve he came. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Soccer, Hula Hoop (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Engineered: Toilet Paper / Chocolate / Batteries / Bike** What is 'creping' and how is it responsible for the softness of toilet paper? Why is it important to temper chocolate before you mould it? Why do D batteries last longer than AAA? | **G** |
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| 12:00PM | **Homicide: Life On The Street: A Dolls Eye (R)** Bayliss and Pembleton are called in on a shopping mall shooting of ten year-old Patrick Garbarek. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 1:00PM | **Homicide: Life On The Street: Heartbeat (R)** While Lewis and Kellerman interrogate a suspect, Howard and Munch are sent out to investigate the skeleton of a young boy who was buried alive. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 2:00PM | **Motor Mate: 200mph Jaguar (R)** The Jaguar XJ220 spearheaded Britain's entry into the world of supercars, previously dominated by Italian stylists and engineers. | **G** |
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| 3:30PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Pimp My Ride: Range Rover (R) 'CC'** Xzibit and the guys at GAS challenge the elements by putting a waterbed in an '89 Land Rover. | **PG** |
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| 5:00PM | **Zoom TV** Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 5:30PM | **Seinfeld: The Robbery (R) 'CC'** When Jerry's apartment is broken into, George persuades him to look at a new one. But the decision to move sets off an unhappy chain of events. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: The Stock Tip (R) 'CC'** Jerry invests in the stock market on a hot tip from George. But Jerry is depressed when it does nothing but lose money. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:30PM | **How I Met Your Mother: Slapsgiving 2: Revenge Of The Slap (R) 'CC'** It's Thanksgiving Day and Barney is on high alert. Then, Lily's estranged father shows up. Guest starring Chris Elliott. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **PG**  |
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| 7:00PM | **How I Met Your Mother: The Stinsons (R) 'CC'** The gang suspects that Barney has a girlfriend when he mysteriously leaves MacLaren's and they decide to follow him. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Pawn Stars: Fired Up / Sharks And Cobras (R) 'CC'** The Pawn Stars want to buy an airplane propeller that may be historically tied to Charles Lindbergh- - can they find an expert or documentation to confirm the link or will this deal crash and burn? | **PG** |
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| 8:30PM | **Hardcore Pawn: Unforgiven / Rich vs. Les  \*\*NEW EPISODE\*\***A behind the scenes look into Detroits largest pawnshop, American Jewelry and Loan, and the family that runs it. | **M** |
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| 9:30PM | **American Pickers: Dial F For Fritz / The Chevy Chase  \*\*NEW EPISODE\*\***In Washington State, Mike and his brother stop off for a quick freestyle and come across a 1915 Harley. And later, Pawn Stars' Rick Harrison gives the guys one week to find a 1957 Chevy for this dad. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 11:30PM | **Rude Tube: World Famous (R)** From the outrageously wacky to the downright rude, see many of the internet's wonderful video offerings in one place. | **M** |
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| 12:00AM | **30 Rock: Greenzo (R) 'CC'** As part of a GE-wide green initiative, Jack comes up with the idea of creating a green mascot for NBC. Guest starring AL GORE, DAVID SCHWIMMER and MEREDITH VIEIRA. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Somebody To Love (R) 'CC'** Liz thinks her Middle Easter neighbour is a terrorist. Guest starring FRED ARMISEN, KRISTEN WIIG and RICHARD ESPOSITO. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Crank Yankers: Andy Richter, Sarah Silverman (R) 'CC'** The outrageous comedy where puppets are used to recreate real prank phone calls. Set in the bizarre fictional land of Yankerville. | **MA (S)** |
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| 1:30AM | **The Chaser's War On Everything (R) 'CC'** The Chaser look at Menaces to Society in current affairs television, and Chris Taylor dresses up as Mr Darcy to see if it makes women swoon in real-life. | **M (N)** |
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| 2:00AM | **Home Shopping** Shopping program. | **G** |
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| 2:30AM | **Home Shopping** Shopping program. | **G** |
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| 3:00AM | **Home Shopping** Shopping program. | **G** |
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| 3:30AM | **Sons And Daughters (R) 'CC'** Katie lends a sympathetic ear to a very depressed Terry and they move closer together. Despite Amanda's attrocious behaviour, she appears to have blackmailed Wayne into submission. | **G**  |
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| 4:00AM | **Homicide: Life On The Street: A Dolls Eye (R)** Bayliss and Pembleton are called in on a shopping mall shooting of ten year-old Patrick Garbarek. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 5:00AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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 **Thursday, August 15, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **A.N.T Farm: The ReplacemANT (R) 'CC'** When Olive takes over as the new history teacher, Chyna advises her to show everyone who's in charge. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Science Fair Detective Mystery/ Fish At Work (R)** Bea gets a job promotion, however her excitement is short-lived after she discovers her first responsibility is to let one of her co-workers go. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: Skate Squad (R) 'CC'** Zeke and Luther recruit Kojo and Ozzie to form a skate team as a way of getting out of PE class, but when another school challenges them to a skate relay race, it's up to Zeke to lead his team to victory. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Crocodile, Submarine (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Monster & Mega Machines (R)** Weighing 36 tons and and stretching 42 feet long, this tunnel digging device is the device of choice for companies constructing everything from railroad tunnels to sewer tunnels. | **G** |
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| 12:00PM | **Homicide: Life On The Street: Hate Crimes (R)** Pembleton and Bayliss investigate the murder of Zeke Lafeld, beaten and stabbed by skinheads in front of a gay bar. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 1:00PM | **Homicide: Life On The Street: Thrill Of The Kill (R)** The FBI notifies Homicide that a 'Thrill Killer' is making his way up from Florida on a murder spree. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 2:00PM | **Motor Mate: Cars of Bond Movies (R)** Take a look at 10 of the best-known and most popular cars which have featured in 007 movies, from the Aston Martin DB5 to the submersible Lotus Esprit. | **PG** |
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| 3:00PM | **Motor Mate: Crash Crazy (R)** An array of spectacular smashes and crashes from twenty different categories of powersports! | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Pimp My Ride: '78 Monte Carlo / '98 Contour (R) 'CC'** Xzibit turns an aspiring record producer's '78 Monte Carlo into a neck craning, head turning 'Box'. Then he and the guys rebuild a '98 Contour that has fallen prey to a bear. | **PG** |
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| 5:30PM | **Pimp My Ride: 1968 Cougar / '95 Probe (R) 'CC'** Xzibit and the guys help give a 1968 Cougar its roar back. Then they take an artist's '95 Probe and turns it into a car that can paint. | **PG** |
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| 6:30PM | **Seinfeld: The Busboy (R) 'CC'** George feels guilty for inadvertently getting a busboy fired from his job and then tries to make it up to him. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG**  |
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| 7:00PM | **How I Met Your Mother: Sorry, Bro (R) 'CC'** Lily and Marshall hear that Ted's college girlfriend Karen, whom they've never hidden their hatred for, has moved to New York City. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG (S)** |
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| 7:30PM | **How I Met Your Mother: Old King Clancy / Murtaugh (R) 'CC'** When Barney hears that Ted has made a list of things he feels the gang is too old to do, he attempts to complete every task on the list within 24 hours to prove Ted wrong. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 8:30PM | **Family Guy: You May Now Kiss The...Um...Guy...Who Receives (R) 'CC'** Brian's gay cousin Jasper comes to visit, and announces he's marrying his partner at the Griffin's house. | **M** |
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| 9:00PM | **American Dad: Four Little Words (R) 'CC'** Stan sets Bullock up in a date with one of Francine's friends, and is so worried about the outcome that he gets everybody drunk. | **PG** |
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| 9:30PM | **Family Guy: Petergeist / Untitled Griffin Family History (R) 'CC'** When Joe builds a home theatre, Peter decides to build a multiplex in his backyard. | **M** |
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| 10:30PM | **American Dad: When Stan Loves A Woman / I Can't Stan You (R) 'CC'** Stan Smith is a CIA agent living in Langley Falls, Virginia, whose main objective in life is national security. | **M** |
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| 11:30PM | **Scare Tactics: Hazmat Hell / Surgery Nightmare / Death Lunch / Bad Seed** This frighteningly funny hidden-camera show has its victims, set up by friends and loved ones, placed into elaborately staged scary situations with movie-style special effects, makeup and production. | **M** |
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| 12:00AM | **D.E.A: Under Cover Cocaine Bust (R)** Undercover work is part of the job when it comes to the DEA, risky and bold it is required to take down the big dealers. | **M** |
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| 1:00AM | **30 Rock: Cougars (R) 'CC'** Tracy and Jack take on a little league team, while Liz finds a new boy toy. Guest starring VAL EMMICH. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 1:30AM | **30 Rock: Secrets And Lies (R) 'CC'** C.C. wants to go public over her love for Jack, while Liz tries to appease both Tracy and Jenna. Guest starring EDIE FALCO and JAMES CARVILLE. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
|  |  |  |
| 2:00AM | **Homicide: Life On The Street: Hate Crimes (R)** Pembleton and Bayliss investigate the murder of Zeke Lafeld, beaten and stabbed by skinheads in front of a gay bar. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
|  |  |  |
| 3:00AM | **Homicide: Life On The Street: Thrill Of The Kill (R)** The FBI notifies Homicide that a 'Thrill Killer' is making his way up from Florida on a murder spree. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 4:00AM | **Motor Mate: Cars of Bond Movies (R)** Take a look at 10 of the best-known and most popular cars which have featured in 007 movies, from the Aston Martin DB5 to the submersible Lotus Esprit. | **PG** |
|  |  |  |
| 5:00AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:30AM | **Home Shopping** Home Shopping | **G** |
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 **Friday, August 16, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping |  |
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| 7:00AM | **A.N.T Farm: MutANT Farm (R) 'CC'** It's Halloween at Webster High School and it's Chyna Parks' first day in the Mutant Program, where monsters go to school with normal high school students. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Fish Lips Sink Ships/ Bea's Birthday Surprise** Milo discovers that Mr. Baldwin has a secret crush on Ms. Lips and promises not to tell, but unable to keep the news to himself, he quickly tells Bea and Oscar. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Kick Buttowski: Suburban Daredevil: Mow Money / Love Stinks! (R) 'CC'** In order to buy the last remaining ticket to see Rock Callahan live onstage in Mellowbrook, Kick and Gunther turn against one another and form competing grass cutting ventures.  | **G** |
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| 8:30AM | **Art Attack: Fun Fishtank (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Monster & Mega Machines (R)** In this action packed hour we will put face with five of the most fearsome carving machines on Earth. From an Unloading machine to a wood eating monster we will show how these beasts rumble! | **G** |
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| 12:00PM | **Homicide: Life On The Street: Sniper - Part 1 (R)** Baltimore is under siege when a sniper terrorises the city. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 1:00PM | **Homicide: Life On The Street: Sniper - Part 2 (R)** Another sniper has invaded Baltimore but there's no Hangman game this time. Pembleton is sure this shooting is connected to Mariner. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 2:00PM | **Motor Mate: World's Greatest Rally Cars (R)** An action-packed overview of the fire- breathing beasts that have transformed the world rally scene. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **7mate Friday Afternoon Movie: Snow Buddies (R) (2008)** Disney's Snow Buddies are back! The five puppies find themselves in the frosty Arctic and race across Alaska demonstrating the power of teamwork and following your dreams. Starring JAMES BELUSHI, JIMMY BENNETT, LOTHAIRE BLUTEAU, JASON BRYDEN and KELLY CHAPEK. | **G** |
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| 6:30PM | **7Mate Friday Night Movie: Bridge To Terabithia (R) 'CC' (2007)** Tired of living a dull life, Jess and Leslie escape into the woods where Leslie opens Jess's mind to the amazing kingdom of Terabithia. Starring JOSH HUTCHERSON, ANNASOPHIA ROBB, ZOOEY DESCHANEL, ROBERT PATRICK and BAILEE MADISON. | **PG (A)** |
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| 8:30PM | **7Mate Friday Night Movie: Sister Act (R) 'CC' (1992)** After witnessing a murder, a second-rate lounge singer goes undercover in a convent, and transforms the nuns into a singing sensation in this toe-tapping feel good comedy. Starring WHOOPI GOLDBERG, MAGGIE SMITH, HARVEY KEITEL, BILL NUNN and MARY WICKES. | **PG (V)** |
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| 10:30PM | **7mate Late Movie: Starship Troopers 3: Marauder (2008)** When a Federation Starship crash-lands on a distant Alien planet, stranding the beloved leader, it's up to Colonel/General Johnny Rico to lead a daring rescue mission. Starring CASPER VAN DIEN, JOLENE BLALOCK, AMANDA DONOHOE, MARNETTE PATTERSON and STEPHEN HOGAN. | **AV (V)** |
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| 12:30AM | **30 Rock (R) 'CC'** After a cappuccino machine is installed in TGS, Kenneth tries coffee for the first time and becomes instantly addicted. Special guest stars GLADYS KNIGHT and EDWARD HERRMANN. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, JANE KRAKOWSKI and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Crank Yankers: Jimmy Kimmel, Adam Carolla (R) 'CC'** The outrageous comedy where puppets are used to recreate real prank phone calls. Set in the bizarre fictional land of Yankerville. | **MA (S,A)** |
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| 1:30AM | **Crank Yankers: Jimmy Kimmel, Kevin Nealon (R) 'CC'** The outrageous comedy where puppets are used to recreate real prank phone calls. Set in the bizarre fictional land of Yankerville. | **M (S)** |
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| 2:00AM | **Unsolved Mysteries (R)** See the story of a wife who refused to believe that her husband was killed in the war. Then, a con-man takes money from vunerable women. | **M** |
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| 3:00AM | **Homicide: Life On The Street: Sniper - Part 1 (R)** Baltimore is under siege when a sniper terrorises the city. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
|  |  |  |
| 4:00AM | **Homicide: Life On The Street: Sniper - Part 2 (R)** Another sniper has invaded Baltimore but there's no Hangman game this time. Pembleton is sure this shooting is connected to Mariner. Starring RICHARD BELZER, ANDRE BRAUGHER, REED DIAMOND, MICHELLE FORBES and ISABELLA HOFMANN. | **M** |
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| 5:00AM | **Pimp My Ride: '65 El Camino / '68 Bug (R) 'CC'** Tyler's El Camino is totally crimping his style with its rusted body and bad paint job so Xzibit turns his '65 El Camino into the ultimate tailgating experience. | **PG** |
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 **Saturday, August 17, 2013**

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| 6:00AM | **Battleplan: Raiding Operations (R)** A raid is an offensive military operation that aims to achieve a specific objective and then get out. It is a Battleplan which can be used against human or military targets. | **PG** |
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| 7:00AM | **Battleplan: Strategic Bombing (R)** Strategic Bombing takes war to the heartland of the enemy, striking not just at military targets, but at industry, infrastructure and civilians. | **PG (V,A)** |
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| 8:00AM | **Home Shopping** Shopping program. | **G** |
|  |  |  |
| 8:30AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Sports Special: Race To The Clouds**  | **PG** |
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| 12:00PM | **Is It Real?: Da Vinci Code (R)** A clandestine brotherhood. An enigmatic genius. A forbidden secret. Together they form the plot of Dan Brown's immensely popular novel The Da Vinci Code. Fiction? Yes, but, according the book's opening page, all based on verifiable evidence. Or is it? | **PG** |
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| 1:00PM | **Project Xtreme: Hudson Pedestrian Bridge (R)** Matt helps construct the world's longest pedestrian bridge over the Hudson River in Poughkeepsie, N.Y. | **PG** |
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| 1:30PM | **Special: Classified: Airforce One** With unprecedented access to some of the most protected U.S. government agencies, Classified opens these restricted files and takes viewers behind the surveillance cameras and curtain of national protection. | **PG** |
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| 2:30PM | **Special: Cheating Death: Bullriders** Take a look at the brave men who do battle with the bulls. | **PG (A)** |
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| 3:30PM | **Demolition Day: Aquaduct (R)** Two teams have three days to build an indestructible aqueduct and, once built, race to demolish their opponents structure. | **PG** |
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| 4:30PM | **Wild Justice: California: Bearly Legal** California Fish and Game warden track down bear hunters to see if they're illegally selling bear gall bladders on the black market. | **PG (V)** |
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| 5:30PM | **Monster Nation** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 6:30PM | **Program T.B.A. \*\***  |  |
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| 1:00AM | **Unsolved Mysteries (R)** A charismatic fugitive and paedophile lures victims by telling them he is a Scottish Prince. Then, were a mother and son killed? | **M** |
|  |  |  |
| 2:00AM | **Is It Real?: Da Vinci Code (R)** A clandestine brotherhood. An enigmatic genius. A forbidden secret. Together they form the plot of Dan Brown's immensely popular novel The Da Vinci Code. Fiction? Yes, but, according the book's opening page, all based on verifiable evidence. Or is it? | **PG** |
|  |  |  |
| 3:00AM | **Battleplan: Raiding Operations (R)** A raid is an offensive military operation that aims to achieve a specific objective and then get out. It is a Battleplan which can be used against human or military targets. | **PG** |
|  |  |  |
| 4:00AM | **Battleplan: Strategic Bombing (R)** Strategic Bombing takes war to the heartland of the enemy, striking not just at military targets, but at industry, infrastructure and civilians. | **PG (V,A)** |
|  |  |  |
| 5:00AM | **Project Xtreme: Hudson Pedestrian Bridge (R)** Matt helps construct the world's longest pedestrian bridge over the Hudson River in Poughkeepsie, N.Y. | **PG** |
|  |  |  |
| 5:30AM | **Home Shopping** Home Shopping |  |
|  |  |  |