**Sunday, August 4, 2013**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Battleplan: Siege (R)** Siege warfare, is almost as old as history itself. We look at three different sieges which illustrate the different aspects of the Battleplan, and show how the basic requirements played a vital role. | **PG** |
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| 7:30AM | **Battleplan: Battlefleet (R)** The use of one's battlefleet to establish control of the sea, or to frustrate an enemy's attempt has been a key aspect of naval warfare. We analyse the fundamentals of this type of Battleplan. | **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: Coldplay Concert To Hockey Rink (R)** How do they convert a rock concert arena to a hockey rink in less than one day? Matt joins the stage crew to help find out for the concert of hit rock group Coldplay. | **PG** |
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| 10:00AM | **Is It Real?: Stigmata (R)** It's a religious mystery that captivates the imagination - stigmata wounds that duplicate those that Christ endured at his crucifixion. The Catholic Church has eventually beatified or canonized some stigmatics. But are these wounds really gifts from God? Or is it more likely they're self-inflicted? | **PG (V,A)** |
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| 11:00AM | **Big!: Motorcycle Part 1 (R)** Frank wants the team to build the World's Biggest Chopper. Since this will be their toughest build yet, Frank brought in Billy Lane to help out. | **PG** |
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| 12:00PM | **Treasure Divers: Mystery of the Gold Plate (R)** 25 years ago, a diver lost his life off the coast of Key West bringing up a gold plate similar to one found on the Atocha. | **PG** |
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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. | **G** |
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| 1:30PM | **Special: The Secret World of Aircraft Carriers** Delve into the secret world of aircraft carriers. | **PG** |
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| 2:30PM | **Verminators: Wild West Skunks (R)** Verminators follows charismatic company CEO Michael Masterson and his team of pest-busters on their mission to eradicate infestations. | **PG** |
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| 3:30PM | **Wild Justice: California: Gold Fever** California Fish and Game wardens storm a mountain compound, arrest 16 marijuana growers and confiscate $28 million worth of marijuana. | **PG** |
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| 4:30PM | **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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| 5:30PM | **Mythbusters: Painting With Explosives / Mind Control (R) 'CC'** Adam and Jamie attempt to blow open a home improvement myth with dynamite. Then, the 3 MythBuilders tackle mind control by manipulating someone's mind remotely. | **PG** |
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| 6:30PM | **7Mate Sunday Night Movie: Scott Pilgrim vs. the World (R) (2010)** Scott Pilgrim just literally met the girl of his dreams. But before they can date, he must defeat her evil exes - an infamous skateboarder, a vegan rock star and fearsome identical twins! Starring MICHAEL CERA, MARY ELIZABETH WINSTEAD, KIERAN CULKIN, CHRIS EVANS and ANNA KENDRICK. | **PG (V,S,L)** |
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| 9:00PM | **7Mate Sunday Night Movie: Red (R) 'CC' (2010)** Frank is a former black ops CIA agent living a quiet life alone... until the day a hit squad shows up to kill him. Starring BRUCE WILLIS, MARY-LOUISE PARKER, MORGAN FREEMAN, HELEN MIRREN and JOHN MALKOVICH. | **M (V,L)** |
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| 11:30PM | **Operation Repo (R)** Froy and Matt encounter big ballers when they repo a 2003 Dodge Neon SRT4 which is parked at a basketball court. Luis and Sonia target a 2005 Chevy Impala but encounter at least 10 Mexicans from a cookout. | **M**  |
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| 12:00AM | **Deadliest Warrior: IRA Vs Taliban (R)** The Taliban - deadly extremists battling in the mountains of Afghanistan , versus the I.R.A. - elusive, hard-hitting masters of Ireland's urban jungles. | **M** |
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| 1:00AM | **Battleplan: Siege (R)** Siege warfare, is almost as old as history itself. We look at three different sieges which illustrate the different aspects of the Battleplan, and show how the basic requirements played a vital role. | **PG** |
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| 2:00AM | **Battleplan: Battlefleet (R)** The use of one's battlefleet to establish control of the sea, or to frustrate an enemy's attempt has been a key aspect of naval warfare. We analyse the fundamentals of this type of Battleplan. | **PG** |
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| 3:00AM | **Is It Real?: Stigmata (R)** It's a religious mystery that captivates the imagination - stigmata wounds that duplicate those that Christ endured at his crucifixion. The Catholic Church has eventually beatified or canonized some stigmatics. But are these wounds really gifts from God? Or is it more likely they're self-inflicted? | **PG (V,A)** |
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| 4:00AM | **Verminators: Wild West Skunks (R)** Verminators follows charismatic company CEO Michael Masterson and his team of pest-busters on their mission to eradicate infestations. | **PG** |
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| 5:00AM | **Wild Justice: California: Gold Fever** California Fish and Game wardens storm a mountain compound, arrest 16 marijuana growers and confiscate $28 million worth of marijuana. | **PG** |
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 **Monday, August 5, 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: StudANT Council (R) 'CC'** After Chyna is denied access into the school dance, Olive suggests Chyna run for A.N.T. representative to change the rules. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Rock Lobster Yeti/ Spoiler Alert (R)** The gang are all on a student camping retreat when out of the bushes appears a bloodthirsty beast - the Yeti Lobster! Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Pair Of Kings: Pair Of Prom Kings (R) 'CC'** Boomer and Brady head back to their high school prom in Chicago to flaunt their royal status. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Art Attack: Dinosaur, Animal Noses (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: Frozen Pizza / Leatherman / Wool / Airbag** Why is it necessary to roll out pizza dough over and over again? Why does simply spinning yarn make it stronger? How do you ensure that an airbag deploys within milliseconds of an accident? | **PG**  |
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| 12:00PM | **Homicide: Life On The Street: Law And Disorder (R)** Bayliss investigates the murder of Gordon Pratt and suspects his fellow officers but no-one wants to help him, and no-one seems to want to see it solved. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 1:00PM | **Warehouse 13: Past Imperfect (R)** Myka hunts for the man who murdered her old partner, and the warehouse agents think there's a link between the killer and the Secret Service. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M** |
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| 2:00PM | **Motor Mate: 1987 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G**  |
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| 3:00PM | **Motor Mate: 1987 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **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: 1998 Mitsubishi Eclipse / 1976 Pacer (R) 'CC'** Xzibit takes a 1998 Mitsubishi Eclipse that's been in the dark and really lights it up. | **PG** |
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| 5:30PM | **Seinfeld: The Old Man (R) 'CC'** Good Samaritans Jerry, George and Elaine volunteer to comfort and assist senior citizens in their homes. Unfortunately, Jerry is assigned to a nasty old man who he loses on the streets. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: The Implant (R) 'CC'** Jerry dumps a girlfriend because she has breast implants. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:30PM | **Guys With Kids: The Bathroom Incident** Gary enlists Emily's help after complaining to Marny about their messy apartment. Chris and Nick have a situation on their hands when Freddie and Ernie lock themselves in the bathroom. Starring ANTHONY ANDERSON, JESSE BRADFORD, ZACH CREGGER, TEMPESTT BLEDSOE and ERINN HAYES. | **PG** |
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| 7:00PM | **How I Met Your Mother: Intervention (R) 'CC'** Ted discovers that the gang ditched their plans to stage an intervention against his engagement to Stella. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Ultimate Factories: Ducati  \*\*NEW EPISODE\*\***With special access to the factory in Italy, investigate the Ducati design process, how the hand built engines are assembled and what it takes to create these finely tuned racing machines. | **G** |
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| 8:30PM | **Pawn Stars: Whale Of A Time / Deals From Hell (R) 'CC'** The Pawn Stars are presented with an engraved whale's tooth believed to be authentic 1800's scrimshaw. Can the gang make a whale of an offer or will it be a fluke? | **PG** |
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| 9:30PM | **American Restoration: Hopalong Rick / Lights Out (R)** Rick attempts to restore a 1960's three wheeled Marketeer Golf Cart for the Pawn Stars. And later, after a severe storm destroys a local magicians street lamp, Rick needs some magic to fix it. Starring RICK DALE, TYLER DALE, RON DALE, KOWBOY and TED. | **PG** |
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| 10:30PM | **American Pickers: Civil War Special (R)** Mike and Frank head off on a picking trip, tracing the routes of some of the most famous Civil War battles. | **PG** |
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| 11:30PM | **Bid America: Woody's Favourites (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: Anna Howard Shaw Day (R) 'CC'** To avoid feeling lonely on Valentine's Day, Liz Lemon schedules a root canal but realises she hasn't thought it through. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Future Husband (R) 'CC'** Jack's dreams come crashing down when he learns a cable company is rumoured to buy out NBC. And, Liz tracks down the man of her dreams. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Chappelle's Show (R) 'CC'** Best of Season 2 (Except for Rick James), Vol. 2. Prince hoops it up and the public chooses ethnically ambiguous celebrities in a racial draft. | **MA (L)** |
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| 1:30AM | **The Chaser's War On Everything (R) 'CC'** In the final episode of Season 1, The Chaser take the McDonalds Upsell Challenge and Chas reaches out to Jihad Jack. Starring CHRIS TAYLOR, JULIAN MORROW, CRAIG REUCASSEL, ANDREW HANSEN and CHAS LICCIARDELLO. | **M (L,S)** |
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| 2:00AM | **Monster & Mega Machines (R)** The Grimway Carrot Harvester is 14 feet high, plants its wheels 14 foot apart and stretches 28 feet long. Powering this giant is a 400 horsepower diesel engine that can harvest at 6 miles per hour! | **G** |
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| 3:00AM | **Homicide: Life On The Street: Law And Disorder (R)** Bayliss investigates the murder of Gordon Pratt and suspects his fellow officers but no-one wants to help him, and no-one seems to want to see it solved. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 4:00AM | **Motor Mate: 1960's - Part 1 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
|  |  |  |
| 5:00AM | **Pimp My Ride: 1998 Mitsubishi Eclipse / 1976 Pacer (R) 'CC'** Xzibit takes a 1998 Mitsubishi Eclipse that's been in the dark and really lights it up. | **PG** |
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 **Tuesday, August 6, 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: Bad RomANTs (R) 'CC'** Fletcher repeatedly tries to sweet-talk Chyna, but she doesn't notice because she is too busy feeling sorry for Gibson who is lonely now that his Nana has a new boyfriend. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Merry Fishmas, Milo/ Just One Of The Fish (R)** Follow three friends from Freshwater High, a school submerged in a giant fish tank in a pet store. | **G** |
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| 8:00AM | **Zeke and Luther: Not My Sister's Keeper (R) 'CC'** When Zeke's parents go out of town, they put him in charge of watching his little sister Ginger, but he instead opts to compete in a contest for a new skateboard. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Alien Costume, Break Dance (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: Tennis Ball / Pencil / Hot Dog** How does a tennis ball achieve its signature bounce? Can you really get lead poisoning from a number two pencil? If a hot dog isn't made from dog meat, what's actually inside one? | **G**  |
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| 12:00PM | **Homicide: Life On The Street: The Old And The Dead (R)** Howard returns to work and proves to herself she is ok by making calls on the Gasperino murder, consequentially solving the case without leaving her desk. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 1:00PM | **Warehouse 13: The 40th Floor (R)** Attempting to save a group of regents, Artie and Myka find themselves trapped in a building that is disintegrating under the power of an artifact. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M (V)** |
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| 2:00PM | **Motor Mate: 1960's - Part 2 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
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| 3:00PM | **Motor Mate: 1988 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **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: 2003 Corolla / 1986 Chevy Pickup (R) 'CC'** Xzibit takes a 2003 Corolla that has been in a bad accident and turns it into a musicians dream. | **PG** |
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| 5:30PM | **Seinfeld: The Handicap Spot (R) 'CC'** George parks his father's car in a handicapped spot inciting an angry mob to trash the vehicle when a disabled woman is injured as a result of the illegal parking. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: The Junior Mint (R) 'CC'** Elaine's interest in an old boyfriend is rekindled when he loses weight. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:30PM | **Guys With Kids: First Birthday** Chris decides to throw Ernie's first birthday and Gary and Marny decide to get back in shape and begin a strict kale-only diet, which quickly proves challenging. Starring ANTHONY ANDERSON, JESSE BRADFORD, ZACH CREGGER, TEMPESTT BLEDSOE and ERINN HAYES. | **PG** |
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| 7:00PM | **How I Met Your Mother: Shelter Island (R) 'CC'** Ted and Stella's impromptu wedding plans are jeopardized by the presence of their ex-es. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Swamp People: Swamp Wars (R)** As the swampers race against the end of the gator season, Tommy and Joe have a poacher after their catch and vow swamp justice. | **PG** |
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| 8:30PM | **Hardcore Pawn: Cash Money Moron (R)** Les takes a customer's word on an item's value and forks over massive cash. But later, Ashley makes a discovery that leaves Les looking like a fool. Can he turn around this catastrophe? Starring LES GOLD, SETH GOLD, ASHLEY GOLD and RICH. | **M**  |
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| 9:00PM | **Hardcore Pawn: Combat: Shoot House (R)** A possible security threat puts the staff on higher alert and leads to a confrontation between manager Martin and salesman Ethan. | **M** |
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| 9:30PM | **Auction Kings: Windows Of Opportunity / Top Ten Odd Items  \*\*NEW EPISODE\*\***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 (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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| 11:00PM | **Operation Repo: Warehouse Bullrun / Biker Cowgirl / Truck Where Art Thou (R)** The whole repo crew confronts a shady import/export warehouse filled with unpaid cars. Then Matt and Sonia lasso a pair of reckless rodeo gals but they end up taking Matt for a ride. | **M** |
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| 11:30PM | **South Beach Tow: Taking Out The Trash** Robert Jr. lets his guard down while attempting to repo a Porsche, with brutal consequences. But new driver Perez saves the day, impressing everyone at Tremont, except Robert Jr. | **M** |
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| 12:00AM | **30 Rock: Don Geiss, America And Hope (R) 'CC'** Liz keeps running into Wesley, forcing them to question their destiny. And Jack tries to establish himself with the new cable company. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Floyd (R) 'CC'** Liz's ex-boyfriend, Floyd, returns with big news, and Danny learns the method of pulling a prank. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Crank Yankers: Kevin Nealon, 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 examine the Mercedes Corby vs Jodie Power current affairs stoush, and Chris sees how easy it is to get Free Hugs in Pitt Street Mall. | **M (N)** |
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| 2:00AM | **Motor Mate: 1988 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G**  |
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| 3:00AM | **Homicide: Life On The Street: The Old And The Dead (R)** Howard returns to work and proves to herself she is ok by making calls on the Gasperino murder, consequentially solving the case without leaving her desk. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 4:00AM | **Motor Mate: 1960's - Part 2 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
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| 5:00AM | **Pimp My Ride: 2003 Corolla / 1986 Chevy Pickup (R) 'CC'** Xzibit takes a 2003 Corolla that has been in a bad accident and turns it into a musicians dream. | **PG** |
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 **Wednesday, August 7, 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 InformANT (R) 'CC'** Chyna wants a new designer bag that all the girls in high school are wearing, but her father, Darryl, gets her a hideous used bag from the evidence locker. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Send Me An Angel Fish/ Little Fish Sunshine (R)** After Oscar meets the head of the rival debate team, Angela, he falls head over heels in love and they start hanging out. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: Rollerdorks (R) 'CC'** When a group of dancing rollerskaters, begin practicing their dance routines at the skate park where Zeke, Luther and the rest of the skateboarders hone their skater skills, a turf war erupts. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Shark Fin, Robot (R) 'CC'** Anyone can have an "art attack" and Anyone can have an "art attack" and 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: Money / Plywood / Cheese / Taster** Why is plywood stronger and more durable than actual wood? Where does money actually come from? And what does it actually feel like to be on the receiving end of a Taser? | **PG**  |
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| 12:00PM | **Homicide: Life On The Street: In Search Of Crimes Past (R)** Michael Bigelow's daughter Lee kidnaps Colonel Barnfather in an attempt to stop his imminent execution. Lewis investigates a suicide that casts doubt on Michael's guilt. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 1:00PM | **Warehouse 13: Shadows (R)** Pete enters Jane's memories to investigate the Regents' murders. Myka and Claudia look into a string of mysterious disappearances that started with a local t-shirt shop owner. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M** |
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| 2:00PM | **Motor Mate: 1960's - Part 3 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **PG** |
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| 3:00PM | **Motor Mate: 1989 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **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: Mini Van (R) 'CC'** X and the boys turn a dried up Mini- van into an Oasis on wheels. | **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 Smelly Car (R) 'CC'** A valet's body odor haunts Jerry and Elaine and George discovers some surprising news about Susan. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:00PM | **Seinfeld: The Pilot - Part 1 (R) 'CC'** Jerry and George finally have their pilot produced by the network. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 6:30PM | **Guys With Kids: Thanksgiving** Chris and Sheila decide to spend Thanksgiving together with his friends, so Sheila plans a very traditional dinner in hopes of befriending the group. Starring ANTHONY ANDERSON, JESSE BRADFORD, ZACH CREGGER, TEMPESTT BLEDSOE and ERINN HAYES. | **PG** |
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| 7:00PM | **How I Met Your Mother: Happily Ever After (R) 'CC'** A chance run-in with Stella causes everyone to recall their own experiences with avoidance and confrontation. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **Pawn Stars: Aw Shucks! / Chumlee's Dummies (R) 'CC'** The Pawn Stars meet a man hoping to sell a mysterious coin from the 1800's believed to be from George Washington's funeral. Starring RICHARD HARRISON, RICK HARRISON, COREY HARRISON and CHUMLEE. | **PG** |
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| 8:30PM | **Hardcore Pawn: Pay To Play / You're Fired, I Quit!  \*\*NEW EPISODE\*\***When a rare guitar finds its way into the shop, the Golds' can't decide if it's the real deal, or a fake. Then later, Seth schemes to get some fresh cash into his internet department. Starring LES GOLD, SETH GOLD, ASHLEY GOLD and RICH. | **M** |
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| 9:30PM | **American Pickers: Full Steam Ahead / Frank Bears All  \*\*NEW EPISODE\*\***After taking a joyride on a rare 100 year old monster tractor, Mike and his brother Robbie take to a property packed with amazing steam engines and rusty relics. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 11:30PM | **Rude Tube: Internet Villains (R)** From the outrageously wacky to the downright rude, see many of the internet's wonderful video offerings in one place. | **MA (L)** |
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| 12:00AM | **30 Rock: Lee Marvin Vs. Derek Jeter (R) 'CC'** Jack's torn between Avery and Nancy. And Toofer is appalled when Tracy tells him his writing job at TGS is affirmative action. Guest starring WILL FERRELL. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 12:30AM | **30 Rock: Khonani (R) 'CC'** Liz proves she can be fun to party with while Jack must make a tough decision with the janitors. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
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| 1:00AM | **Crank Yankers: Jimmy Kimmel, Fred Armisen (R) 'CC'** The outrageous comedy where puppets are used to recreate real prank phone calls. Set in the bizarre fictional land of Yankerville. | **MA (A)** |
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| 1:30AM | **The Chaser's War On Everything (R) 'CC'** The Chaser test passengers out with a blind taxi driver, and try to tempt the West Coke Eagles at the airport. | **M** |
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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'** The truth of Wayne's pressure tactics are revealed to Barbara, who unleashes a scatching attack on him, whilst simultaneously endeavouring to keep the truth from Gordon in the interest of his health. | **G** |
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| 4:00AM | **Homicide: Life On The Street: In Search Of Crimes Past (R)** Michael Bigelow's daughter Lee kidnaps Colonel Barnfather in an attempt to stop his imminent execution. Lewis investigates a suicide that casts doubt on Michael's guilt. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 5:00AM | **Motor Mate: 1989 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G**  |
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 **Thursday, August 8, 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: ReplicANT (R) 'CC'** Chyna has her eye on a new student in the A.N.T. Farm named Nigel who is from England and using a robot to attend school remotely. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 7:30AM | **Fish Hooks: Bea Sneaks Out/ Unfinished Doll Business (R)** Bea and the girls get invited to a super cool ferret party, but when her parents tell her she's not allowed to go, she sneaks out. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: Crash Dummies (R) 'CC'** Zeke and Luther enter a video contest hosted by local TV personality Dale Davis, and must come up with an extreme skate trick to beat the reigning three-time video champion, The Goose. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 8:30AM | **Art Attack: Guitar, Fish (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: Light Bulbs / Beer / Escalator / Fire** Why is the glass of a fluorescent light bulb white? What's the secret ingredient that gives Budweiser beer its distinctive taste? And why are there grooves on every step of an escalator? | **PG**  |
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| 12:00PM | **Homicide: Life On The Street: Colors (R)** Pembleton strains his partnership with Bayliss, when Bayliss's cousin Jim shoots an intruder in unusual circumstances. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
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| 1:00PM | **Warehouse 13: Emily Lake (R)** Pete and Myka investigate the theft of a top-secret file from the warehouse, which brings them to a high school in Wyoming where H.G Wells is working as a teacher named Emily Lake. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M** |
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| 2:00PM | **Motor Mate: 1960's - Part 4 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
|  |  |  |
| 3:00PM | **Motor Mate: 1990 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G** |
|  |  |  |
| 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: 68 Chevelle Malibu / 1989 Ford Taurus (R) 'CC'** Alex has a classic 68 Chevelle Malibu convertible but is lacking the look of a pimped out ride. Then Xzibit and the boys at blow the doors off an 89 Ford Taurus in a whole new way. | **PG** |
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| 5:30PM | **Pimp My Ride: 1986 Buick Century / 1957 Panel Truck (R) 'CC'** Xzibit turns an audiophiles world upside down when he installs the world's largest subwoofer into an 86 Buick Century. | **PG** |
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| 6:30PM | **Guys With Kids: Christmas** Concerned that their friends' marriage is in a rut, Nick and Emily attempt to help Gary and Marny rekindle their romance. Starring ANTHONY ANDERSON, JESSE BRADFORD, ZACH CREGGER, TEMPESTT BLEDSOE and ERINN HAYES. | **PG** |
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| 7:00PM | **How I Met Your Mother: Not A Father's Day (R) 'CC'** Barney creates a holiday to celebrate the fact that he's not a father. And Lily and Marshall consider having a baby, taking opposing advice from Ted and Robin. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:30PM | **How I Met Your Mother: Woooo! / The Fight (R) 'CC'** A birthday party for one of Lily's co-workers leads to Robin connecting with a group of single partiers, aka Wooo Girls. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG (S,L,V)** |
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| 8:30PM | **Family Guy: Sibling Rivalry (R) 'CC'** A pregnancy scare forces Peter to undergo a vasectomy, but not before wreaking havoc at a sperm bank. | **M** |
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| 9:00PM | **American Dad: A.T. The Abusive Terrestrial (R) 'CC'** When Steve refuses to play with him, Roger finds a new best friend who becomes physically abusive. | **PG** |
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| 9:30PM | **Family Guy: Deep Throats / Peterotica (R) 'CC'** Brian and Stewie go undercover in order to expose the mayor as corrupt after Meg gets a job as intern in his office, and Peter and Lois revert to the old habits from the 60's after entering a local talent show. | **M** |
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| 10:30PM | **American Dad: Black Mystery Month / Apocalypse To Remember (R) 'CC'** While researching a paper about George Washington Carver in celebration of Black History Month, Steve uncovers a conspiracy that's been going on since the Civil War. | **PG (A,S)** |
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| 11:30PM | **Scare Tactics: Chupacabra Attack / Deadly Secret / Lights Out / Black Magic** 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: Two Million Dollar Dead Drop (R)** Agents are on the heels of a multi- million dollar cocaine deal. Working undercover a major ecstasy trafficker is sniffed out, agents learn they are dealing out of a suburban mansion. | **M** |
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| 1:00AM | **30 Rock: Argus (R) 'CC'** Liz must deal with the repercussions of Grizz's wedding announcement and Jack inherits a gift from his mentor. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
|  |  |  |
| 1:30AM | **30 Rock: The Moms (R) 'CC'** Liz meets her mother's old flame and Jack's mother, Colleen, gets tangled in his relationships with Avery and high school love, Nancy. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JACK MCBRAYER. | **PG** |
|  |  |  |
| 2:00AM | **Motor Mate: 1990 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G**  |
|  |  |  |
| 3:00AM | **Homicide: Life On The Street: Colors (R)** Pembleton strains his partnership with Bayliss, when Bayliss's cousin Jim shoots an intruder in unusual circumstances. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
|  |  |  |
| 4:00AM | **Motor Mate: 1960's - Part 4 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
|  |  |  |
| 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 9, 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: ClairvoyANT (R) 'CC'** After Principal Skidmore gives every student in school an award except Cameron, Chyna sets out to help him realize his talent. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
|  |  |  |
| 7:30AM | **Fish Hooks: Busy Bea: Rise Of The Mechanics/ Brothers' Day (R)** Bea breaks her fin and is convinced that her life is over since she can't participate in any of her school activities. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 8:00AM | **Zeke and Luther: Adventure Boy (R) 'CC'** When Rutger Murdoch, the star of TV's 'Adventure Boy,' comes to town to visit Olivia, Zeke finally decides to make his move to try to win her over before she falls for the TV hunk. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
|  |  |  |
| 8:30AM | **Art Attack: Puzzle Pizza, Toucan (R) 'CC'** Anyone can have an "art attack" and create works of art from everyday materials. | **G** |
|  |  |  |
| 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: Glass Bottle / Potato Chips / Exercise Machine / Speedboat** Why is the main ingredient in making glass bottles glass bottles? How many potatoes does it take to make a bag's worth of potato chips? | **G**  |
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| 12:00PM | **Homicide: Life On The Street: The Gas Man (R)** Pembleton is being terrorised by Victor Helms who blames Frank for ruining his life and putting him in prison for six years. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
|  |  |  |
| 1:00PM | **Warehouse 13: Stand (R)** Pete and Myka race halfway across the world to find a forgotten Warehouse secret as Sykes' plan nears its terrible fruition. Starring JACK KENNY, JOANNE KELLY, DAVID SIMKINS, EDDIE MCCLINTOCK and SAUL RUBINEK. | **M** |
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| 2:00PM | **Motor Mate: 1960's - Part 5 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
|  |  |  |
| 3:00PM | **Motor Mate: 1991 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G** |
|  |  |  |
| 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** |
|  |  |  |
| 4:30PM | **Pimp My Ride: Malibu / VW Thing (R) 'CC'** Xzibit has a close encounter with a '77 Chevelle that has suffered from the desert heat. Plus, Xzibit and the West Coast boys put a snake pit in the back of a '73 VW Thing. | **PG** |
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| 5:30PM | **Pimp My Ride: Galant (R) 'CC'** Xzibit creates poetry in motion for a '94 Mitsubishi Galant and its owner. | **PG** |
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| 6:00PM | **Program T.B.A. \*\***  |  |
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| 9:30PM | **7Mate Friday Night Movie: Disturbia (R) 'CC' (2007)** A high-school senior is placed under house arrest and watches the neighbours from his window, but soon becomes tangled in a messy altercation when he believes he witnesses a murder. Starring SHIA LABEOUF, SARAH ROEMER, CARRIE-ANNE MOSS, DAVID MORSE and AARON YOO. | **M (V,A)** |
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| 11:30PM | **Punk'd (R) 'CC'** Penelope Cruz and Banditas co-star Salma Hayek find themselves taking a potty break when a toilet overflows in Ashton's restaurant Geisha House. | **M** |
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| 12:00AM | **Unsolved Mysteries (R)** Three women, all linked to Robert Weeks, disappear years apart from each other. Are they alive or dead? | **M** |
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| 1:00AM | **30 Rock: Emmanuelle Goes To Dinosaur Land (R) 'CC'** Jack's love triangle with Avery and Nancy grows increasingly complicated. Guest starring MICHAEL SHEEN. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JUDAH FRIEDLANDER. | **PG** |
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| 1:30AM | **30 Rock: I Do I Do (R) 'CC'** Liz encounters the man of her dreams while dealing with the weddings of Cerie, Floyd, and Grizz. Guest starring MATT DAMON, WILL FORTE and MICHAEL SHEEN. Starring ALEC BALDWIN, TINA FEY, TRACY MORGAN, SCOTT ADSIT and JUDAH FRIEDLANDER. | **PG** |
|  |  |  |
| 2:00AM | **Pimp My Ride: Malibu / VW Thing (R) 'CC'** Xzibit has a close encounter with a '77 Chevelle that has suffered from the desert heat. Plus, Xzibit and the West Coast boys put a snake pit in the back of a '73 VW Thing. | **PG**  |
|  |  |  |
| 3:00AM | **Homicide: Life On The Street: The Gas Man (R)** Pembleton is being terrorised by Victor Helms who blames Frank for ruining his life and putting him in prison for six years. Starring DANIEL BALDWIN, RICHARD BELZER, ANDRE BRAUGHER, ISABELLA HOFMANN and CLARK JOHNSON. | **M** |
|  |  |  |
| 4:00AM | **Motor Mate: 1960's - Part 5 (R)** Join our motoring historian as he recalls the magnificent era in which motor racing truly came of age. | **G** |
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| 5:00AM | **Motor Mate: 1991 (R)** The 1000 Lakes Rally is one of the most famous and fastest events to grace the World Rally Championship calendar. | **G** |
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 **Saturday, August 10, 2013**

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| 6:00AM | **Battleplan: Pre-Emptive Strike (R)** The Battleplan for Pre-emptive Strike is ruthless and brutal. But its use carries enormous risks - if it goes wrong it can mean national annihilation. | **PG** |
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| 7:00AM | **Battleplan: Control Of The Air (R)** We look at the requirements for Control of the Air, and the limitations of the Battleplan which commanders have to be aware of. | **PG** |
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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 | **Is It Real?: Ape Man of Sumatra (R)** When the remains of a new hobbit- sized species of human were discovered on a remote Indonesian island, the anthropological world was rocked - and enthralled. Was it possible that, deep in the jungles of Sumatra or Malaysia, the Hobbits had never gone extinct? | **PG** |
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| 12:00PM | **Treasure Divers: The Missing Galleon (R)** Fizz and Gary compile a record of shrimp hangs and zero in on a coordinate that appears, in satellite images, to show something. | **PG** |
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| 1:00PM | **Project Xtreme: Meadowlands Stadium (R)** Matt Blashaw joins the construction crew at the new Meadowlands Stadium. Right in front of his eyes, a construction worker falls from a steel beam so Matt must learn how to stay safe. | **PG** |
|  |  |  |
| 1:30PM | **Special: Auto Theft** Take an inside look as we expose the tricks of the auto-theft trade. Meet the thieves who do it and the law enforcement agents who are trying to stop them as we take you along for the ride. | **PG (A)** |
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| 2:30PM | **Verminators: Bed Bugs Bite (R)** Verminators follows charismatic company CEO Michael Masterson and his team of pest-busters on their mission to eradicate infestations. | **PG** |
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| 3:30PM | **America's Toughest Jobs: Oil Drilling (R)** 9 contestants learn the dangerous and back breaking job of working at a West Texas oil rig. | **PG** |
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| 4:30PM | **Wild Justice: California: Boozin' & Snoozin'** California Fish and Game wardens hunt down poachers shooting deer in a residential neighborhood. Then later, save a fisherman from drowning. | **PG** |
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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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| 12:00AM | **Unsolved Mysteries (R)** An ex-policeman is wanted for the rape of a Vegas showgirl. Then, a mysterious Lady in Black saves a mans life and then disappears. | **M** |
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| 1:00AM | **Unsolved Mysteries (R)** When a seventeen-year-old is abducted from her home, her mother believes that motorcycle gang the Outlaws are guilty. | **M** |
|  |  |  |
| 2:00AM | **Battleplan: Pre-Emptive Strike (R)** The Battleplan for Pre-emptive Strike is ruthless and brutal. But its use carries enormous risks - if it goes wrong it can mean national annihilation. | **PG** |
|  |  |  |
| 3:00AM | **Battleplan: Control Of The Air (R)** We look at the requirements for Control of the Air, and the limitations of the Battleplan which commanders have to be aware of. | **PG** |
|  |  |  |
| 4:00AM | **Treasure Divers: The Missing Galleon (R)** Fizz and Gary compile a record of shrimp hangs and zero in on a coordinate that appears, in satellite images, to show something. | **PG** |
|  |  |  |
| 5:00AM | **Project Xtreme: Meadowlands Stadium (R)** Matt Blashaw joins the construction crew at the new Meadowlands Stadium. Right in front of his eyes, a construction worker falls from a steel beam so Matt must learn how to stay safe. | **PG** |
|  |  |  |
| 5:30AM | **Home Shopping** Home Shopping | **G** |
|  |  |  |