**Sunday, July 8, 2012**

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| 6:00AM | **Home Shopping** Shopping program. | **G**  |
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| 6:30AM | **The Virginian: Stopover In Western Town (R)** A bored young woman, stranded in Medicine Bow with her mother decides to pass the time by seducing the Virginian. Starring JAMES DRURY, DOUG MCCLURE and JOAN FREEMAN. | **PG**  |
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| 8:00AM | **Newsradio: Jail - Part 1 (R)** Jimmy is accused of being the legendary hijacker, D.B. Cooper. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, MAURA TIERNEY and STEPHEN ROOT. | **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 | **The Jeff Foxworthy Show: Twister Of Fate (R)** A tornado prompts Jeff and Karen to consider an appropriate guardian for their sons. Starring JEFF FOXWORTHY, ANN CUSACK, HALEY JOEL OSMENT, JONATHAN LIPNICKI and BILL ENGVALL. | **PG**  |
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| 10:00AM | **Ned And Stacey: Paranoia On The 47th Floor (R)** Ned is convinced that an up-and-coming new employee is out to get his job. Starring THOMAS HADEN CHURCH, DEBRA MESSING, GREG GERMANN and NADIA DAJANI. | **PG**  |
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| 10:30AM | **Ned And Stacey: The Tender Trap (R)** Ned romances a publishing executive to help land Stacey a job. Starring THOMAS HADEN CHURCH, DEBRA MESSING, GREG GERMANN and NADIA DAJANI. | **PG**  |
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| 11:00AM | **The Incredible Hulk: The First - Part 2 (R)** Good fights evil as the Hulk battles the creature that holds the secret to the antidote Banner needs to get rid of the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: Thieves' Highway (R)** Hooker helps a group of independent truck drivers who are being squeezed out of business by a mob-connected trucking company owner. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG**  |
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| 1:00PM | **The Drew Carey Show: Lisa Gets Married (R) 'CC'** Drew inadvertently ruins Lisa's marriage engagement. Oswald and Lewis work as elves with the store's drunken Santa Claus. Starring DREW CAREY, DIEDRICH BADER, CHRISTA MILLER, KATHY KINNEY and CRAIG FERGUSON. | **PG**  |
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| 1:30PM | **Seven's V8 Supercars 2012: V8 Supercars: Townsville 'CC'** The V8s are in Queensland and today's coverage of the Sucrogen Townsville 400 includes Qualifying and all the supports action from Porsche City Index Carerra Cup Australia and the FW1 Aussie Racing Cars. |  |
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| 3:30PM | **Seven's V8 Supercars 2012: V8 Supercars: Townsville 'CC'** The V8 Supercars are in North Queensland for Races 14 and 15 of the Championship. Today's coverage of the Sucrogen Townsville 400 includes Race 15, 200km/72 laps. |  |
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| 5:30PM | **Scrubs: My Own Personal Hell / My Extra Mile (R) 'CC'** JD urges Cox and his fellow doctors to do special, unconventional thingsfor their patients, but even JD is unsure go that extra mile. Starring Starring ZACH BRAFF, SARAH CHALKE, DONALD FAISON, JOHN C MCGINLEY and KEN JENKINS. | **PG**  |
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| 6:30PM | **7Mate Sunday Night Movie: The Next Karate Kid (R) (1994)** A teenage girl struggles to balance the trials of high school, the discipline of martial arts, and the thrill of her first romance. Starring HILARY SWANK, PAT MORITA, MICHAEL IRONSIDE, CONSTANCE TOWERS and CHRIS CONRAD. | **PG (V,A)** |
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| 8:45PM | **Family Guy: Burning Down The Bayit 'CC'  \*\*ALL NEW\*\***Overwhelmed with financial troubles, Mort asks Peter and Quagmire to help him save his pharmacy. | **M**  |
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| 9:15PM | **American Dad: The Wrestler 'CC'  \*\*ALL NEW\*\***When Barry threatens Stans old high school wrestling record, Stan enlists Roger in school to beat Berry and defend his small claim to fame. | **M**  |
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| 9:45PM | **7Mate Sunday Night Movie: Shaun Of The Dead (R) 'CC' (2004)** A hapless man, Shaun, is faced with a crisis that threatens the human race: zombies arising from the dead and feasting on the living. Starring SIMON PEGG, KATE ASHFIELD, NICK FROST, LUCY DAVIS and DYLAN MORAN. | **MA (V,L)** |
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| 11:45PM | **My Name Is Earl: The Birthday Party (R) 'CC'** Earl tries to spend his birthday party reflecting on the good deeds he has done but his guests re-hash all the misdeeds instead. Starring JASON LEE, ETHAN SUPLEE, JAIME PRESSLY, NADINE VELAZQUEZ and EDDIE STEEPLES. | **PG**  |
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| 12:15AM | **My Name Is Earl: Two Balls, Two Strikes (R) 'CC'** After Richard Chubby dies, Little Chubby comes to town to take over the business. Guest starring Burt Reynolds and Norm MacDonald. Starring JASON LEE, ETHAN SUPLEE, JAIME PRESSLY, NADINE VELAZQUEZ and EDDIE STEEPLES. | **PG**  |
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| 12:45AM | **The Jeff Foxworthy Show: Twister Of Fate (R)** A tornado prompts Jeff and Karen to consider an appropriate guardian for their sons. Starring JEFF FOXWORTHY, ANN CUSACK, HALEY JOEL OSMENT, JONATHAN LIPNICKI and BILL ENGVALL. | **PG**  |
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| 1:15AM | **V.I.P: Val In Space (R)** Val and company are hired to protect a heroic astronaut who harbours a secret that could cost him his life. Starring PAMELA ANDERSON, NATALIE RAITANO, MOLLY CULVER, SHAUN BAKER and LEAH LAIL. | **PG (V)** |
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| 2:10AM | **T.J Hooker: Thieves' Highway (R)** Hooker helps a group of independent truck drivers who are being squeezed out of business by a mob-connected trucking company owner. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG**  |
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| 3:05AM | **The Incredible Hulk: The First - Part 2 (R)** Good fights evil as the Hulk battles the creature that holds the secret to the antidote Banner needs to get rid of the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 4:00AM | **The Virginian: Stopover In Western Town (R)** A bored young woman, stranded in Medicine Bow with her mother decides to pass the time by seducing the Virginian. Starring JAMES DRURY, DOUG MCCLURE and JOAN FREEMAN. | **PG**  |
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| 5:30AM | **Home Shopping** Home Shopping | **G**  |
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 **Monday, July 9, 2012**

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| 6:00AM | **Home Shopping** Shopping program. | **G**  |
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| 6:30AM | **K-Zone - Stitch!: Stitch! (R)** When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. | **G**  |
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| 7:00AM | **K-Zone - Handy Manny: Handy Manny (R)** Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. | **G**  |
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| 7:30AM | **K-Zone - Kick Buttowski: Kick Buttowski: Suburban Daredevil (R)** Kick vows to spend a night in the untamed wilderness. Then, Kick must track down Mrs. Chicarelli's dog after it runs away. | **G**  |
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| 8:00AM | **K-Zone - Pair Of Kings: Pair Of Kings (R) 'CC'** Fraternal twins Brady and Boomer relocate to the island of Kinkow to claim their throne as joint Kings of an island filled with odd superstitions and customs. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G**  |
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| 8:30AM | **K-Zone - Phineas And Ferb: Phineas And Ferb (R) 'CC'** There is no such thing as an ordinary summer's day, as step-brothers Phineas and Ferb take their dreams to extremes. | **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 | **The Incredible Hulk: The Harder They Fall (R)** Paralysed from the waist down after an accident, Banner's only hope to walk again lies in the regenerative powers of the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: The Connection (R)** A high school student's bad drug trip leads Hooker and Romano to a thriving illegal drug lab. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (A,D,V)** |
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| 1:00PM | **S.W.A.T: The Chinese Connection (R)** Hondo and a Chinese-American police lieutenant team up to crack a drug and protection ring which is terrorising the Chinese community. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V)** |
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| 2:00PM | **Adam 12: Dana Hall (R)** Dana Hall must prove her abilities as a full-fledged cop to her peers, especially Officer Wells who constantly intimidates her. Starring MARTIN MILNER, KENT MCCOLL, WILLIAM BOYETT, FRED STROMSOE and GARY CROSBY. | **PG**  |
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| 2:30PM | **Newsradio: Bill's Autobiography (R)** When Bill decides to write his autobiography, he slips into a depression. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
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| 3:00PM | **Seven's V8 Supercars 2012: V8 Supercars: Townsville 'CC'** The V8 Supercars are in North Queensland for Races 14 and 15 of the Championship. |  |
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| 4:00PM | **Seven's V8 Supercars 2012: V8 Supercars: Townsville 'CC'** The V8 Supercars are in North Queensland for Races 14 and 15 of the Championship. |  |
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| 5:00PM | **V8 Xtra: Sucrogen Townsville 400 Preview 'CC'** The V8 Xtra team previews the Sucrogen Townsville 400 from the pit paddock on site in Townsville. Hosted by Neil Crompton and Mark Skaife, with reporters Mark Larkham, Aaron Noonan and Riana Crehan. | **G**  |
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| 5:30PM | **Gene Simmons Family Jewels: Fan-tastic / Sexercise (R)**A competition winner spends the day with Gene and Shannon, and the kids think it's about time Gene had a makeover. Then, Sophie goes to work with Gene for Career day. | **PG**  |
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| 6:30PM | **Scrubs: My Bright Idea / My Chopped Liver (R) 'CC'** Turk finds out that Carla is pregnant before she does, so JD convinces him to get the entire hospital staff to surprise Carla with the news. Starring ZACH BRAFF, SARAH CHALKE, DONALD FAISON, JOHN C MCGINLEY and KEN JENKINS. | **PG**  |
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| 7:30PM | **Pimp My Ride: '72 Landcruiser / 1989 Ford Escort (R) 'CC'** Gaby was a newly-dumped yoga instructor with nothing in the world but a yoga mat and her 1972 Land Cruiser. Her ex-boyfriend sold her the Land Cruiser for $200. | **PG**  |
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| 8:30PM | **How I Met Your Mother: A Change Of Heart / Legendaddy (R) 'CC'** The gang gets mad at Barney when he lies to Nora about wanting a family to impress her, and Robin begins dating a guy who seems to possess canine characteristics. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **PG (S,A)** |
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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: School Lies / License To Till (R) 'CC'** When Stan befriends Senator Buckingham in an effort to climb ranks in the CIA, he finds himself stopping at nothing to get ahead. | **M (D)** |
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| 11:30PM | **Ax Men: Ax Men Cometh (R)** To survive, Ax Men must escape falling trees, bone-crushing machinery, face impossible deadlines and awful weather. | **M**  |
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| 12:30AM | **Malcolm And Eddie: Trading Spaces (R)** Malcolm and Eddie decide to settle an argument by trading jobs for a day. Starring MALCOLM-JAMAL WARNER, EDDIE GRIFFIN, KAREN MALINA WHITE and JAIME CARDRICHE. | **PG**  |
|  |  |  |
| 1:00AM | **T.J Hooker: The Connection (R)** A high school student's bad drug trip leads Hooker and Romano to a thriving illegal drug lab. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (A,D,V)** |
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| 2:00AM | **S.W.A.T: The Chinese Connection (R)** Hondo and a Chinese-American police lieutenant team up to crack a drug and protection ring which is terrorising the Chinese community. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V)** |
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| 3:00AM | **The Incredible Hulk: The Harder They Fall (R)** Paralysed from the waist down after an accident, Banner's only hope to walk again lies in the regenerative powers of the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 4:00AM | **The Virginian: The Fatal Journey (R)** Newspaper editor Molly Wood is murdered after calling for the president to deploy the army to rid the area of outlaws. Starring JAMES DRURY and DOUG MCCLURE. | **PG**  |
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| 5:30AM | **Home Shopping** Home Shopping |  **G** |
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 **Tuesday, July 10, 2012**

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| 6:00AM | **Home Shopping** Shopping program. |  **G** |
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| 6:30AM | **K-Zone - Stitch!: Stitch! (R)** When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. | **G**  |
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| 7:00AM | **K-Zone - Handy Manny: Handy Manny (R)** Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. | **G**  |
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| 7:30AM | **K-Zone - Kick Buttowski: Kick Buttowski: Suburban Daredevil (R)** Kick goes on a quest to conquer Dead Man's Drop. Then, Kick learns that his idol is in town for a spectacular stunt. | **G**  |
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| 8:00AM | **K-Zone - Pair Of Kings: Pair Of Kings (R) 'CC'** Fraternal twins Brady and Boomer relocate to the island of Kinkow to claim their throne as joint Kings of an island filled with odd superstitions and customs. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G**  |
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| 8:30AM | **K-Zone - Phineas And Ferb: Phineas And Ferb (R) 'CC'** There is no such thing as an ordinary summer's day, as step-brothers Phineas and Ferb take their dreams to extremes. | **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 | **The Incredible Hulk: Interview With The Hulk (R)** Banner faces exposure from a desperate reporter, who outmaneuvers McGee to get an interview with the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: The Fast Lane (R)** Romano discovers that the son of an old friend who died in Vietnam is involved in selling stolen liquor to high school students. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
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| 1:00PM | **S.W.A.T: Dragons And Owls (R)** S.W.A.T. goes after a gang of misfits who steal vans and attack beautiful women. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V,A)** |
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| 2:00PM | **Adam 12: Something Worth Dying For - Part 1 (R)** Reed is torn by the futility of his job after he risks his life to save Malloy during a gun battle. Starring MARTIN MILNER, KENT MCCOLL, WILLIAM BOYETT, FRED STROMSOE and GARY CROSBY. | **PG**  |
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| 2:30PM | **Newsradio: Negotiation (R)** Unhappy with her radio career, Lisa lands a temporary job at MTV. Special musical guests Anthrax. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
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| 3:00PM | **Motor Mate: Grand Prix Legends** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds again and again on his way to victory in motorsport’s most famous events. | **G**  |
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| 4:00PM | **Fifth Gear** An exciting and informative motoring magazine programme. | **PG**  |
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| 4:30PM | **Monster Garage: The Hell Camino (R)** Jesse dons a disguise and buys a cherry 1971 El Camino Super Sport. One of only 700 ever made. The car is demolished and rebuilt to run in the high-speed world of figure 8 racing. Starring JESSE JAMES and BAREFOOT BILLY. | **PG (L)** |
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| 5:30PM | **Gene Simmons Family Jewels: Loose Change / The Demon Lives (R)**Gene takes Nick on a business trip to teach him about money as Shannon and Tracy go on a shopping spree. | **PG**  |
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| 6:30PM | **Scrubs: My New Suit / His Story III (R) 'CC'** J.D.'s brother Dan returns for a surprise visit and Elliot learns that J.D. has been telling Dan that she still likes him. Starring ZACH BRAFF, SARAH CHALKE, DONALD FAISON, JOHN C MCGINLEY and KEN JENKINS. | **PG**  |
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| 7:30PM | **Mythbusters: Air Cylinder Rocket / Black Powder Engine (R) 'CC'** Can a cracked valve on a compressed- air cylinder actually blast the tank right through a wall? Can a speedboat run on air cylinders, and have an engine running on gunpowder? | **PG**  |
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| 8:30PM | **Family Guy: Stewie B. Goode (R) 'CC'** Stewie vows to change his evil ways after he has a near-death experience, and Peter gets to air his gripes on the local news. | **M**  |
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| 9:00PM | **American Dad: Jenny Fromdabloc (R) 'CC'** When Hayley rejects Snots advances, Steve enlists Roger to cheer him up by pretending to be a hot girl who's interested in him. | **M**  |
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| 9:30PM | **Family Guy: Bango Was His Name-O / Stu & Stewie's Excellent Adventure (R) 'CC'** Stewie finds out that his life in the future is miserable, so he decides to go back in time and change events for the better. | **M**  |
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| 10:30PM | **American Dad: Home Wrecker / Flirting With Disaster (R) 'CC'** When Stan and Francine decide to renovate the house, they bicker so much over how to remodel it that they eventually split the house down the middle and try to live without each other. | **M**  |
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| 11:30PM | **Punk'd (R) 'CC'** Pro boxer Sugar Ray Leonard, actress Emma Roberts and pro snowboarder Hannah Teter are Ashton's latest victims to be Punk'd. | **M**  |
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| 12:00AM | **T.J Hooker: The Fast Lane (R)** Romano discovers that the son of an old friend who died in Vietnam is involved in selling stolen liquor to high school students. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
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| 1:00AM | **S.W.A.T: Dragons And Owls (R)** S.W.A.T. goes after a gang of misfits who steal vans and attack beautiful women. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V,A)** |
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| 2:00AM | **The Incredible Hulk: Interview With The Hulk (R)** Banner faces exposure from a desperate reporter, who outmaneuvers McGee to get an interview with the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 3:00AM | **Malcolm And Eddie: Like Water For Chocolate Cookies (R)** Malcolm faces a difficult decision in order to get Simone to keep making her extraordinary cookies. Starring MALCOLM-JAMAL WARNER, EDDIE GRIFFIN, KAREN MALINA WHITE and JAIME CARDRICHE. | **PG**  |
|  |  |  |
| 3:30AM | **Motor Mate: Grand Prix Legends** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds again and again on his way to victory in motorsport’s most famous events. | **G**  |
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| 4:30AM | **Fifth Gear** An exciting and informative motoring magazine programme. | **PG**  |
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| 5:00AM | **Adam 12: Something Worth Dying For - Part 1 (R)** Reed is torn by the futility of his job after he risks his life to save Malloy during a gun battle. Starring MARTIN MILNER, KENT MCCOLL, WILLIAM BOYETT, FRED STROMSOE and GARY CROSBY. | **PG**  |
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| 5:30AM | **Home Shopping** Home Shopping | **G**  |
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 **Wednesday, July 11, 2012**

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| 6:00AM | **Home Shopping** Shopping program. |  **G** |
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| 6:30AM | **K-Zone - Stitch!: Stitch! (R)** When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. | **G**  |
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| 7:00AM | **K-Zone - Handy Manny: Handy Manny (R)** Manny and the tools are enjoying a day at the beach when a marine biologist approaches them with an emergency - an orca whale has washed up on the shore. | **G**  |
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| 7:30AM | **K-Zone - Kick Buttowski: Kick Buttowski: Suburban Daredevil (R)** Kick turns his boredom of playing the piano into an unbelievable stunt. Then, Kick's beloved first bike is stolen by his sister. | **G**  |
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| 8:00AM | **K-Zone - Pair Of Kings: Pair Of Kings (R) 'CC'** Fraternal twins Brady and Boomer relocate to the island of Kinkow to claim their throne as joint Kings of an island filled with odd superstitions and customs. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G**  |
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| 8:30AM | **K-Zone - Phineas And Ferb: Phineas And Ferb (R) 'CC'** There is no such thing as an ordinary summer's day, as step-brothers Phineas and Ferb take their dreams to extremes. | **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 | **The Incredible Hulk: Half Nelson (R)** Banner befriends a dwarf wrestler who tries to make up for his small stature by telling tall tales. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: Too Late For Love (R)** Romano's fashion model ex-girlfriend uses him in an effort to aid a gang of fur thieves. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
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| 1:00PM | **S.W.A.T: Any Second Now (R)** S.W.A.T. have only two hours to rescue the hostages and dispose of time bombs. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG**  |
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| 2:00PM | **Adam 12: Something Worth Dying For - Part 2 (R)** Back on patrol after recovering from gunshot wounds, Malloy learns Reed is considering taking a desk job. Starring MARTIN MILNER, KENT MCCOLL, WILLIAM BOYETT, FRED STROMSOE and GARY CROSBY. | **PG**  |
|  |  |  |
| 2:30PM | **Newsradio: The Cane (R)** Dave is annoyed by Bill's latest accessory: his beloved cane. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
|  |  |  |
| 3:00PM | **Motor Mate: Formula One**  | **PG**  |
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| 4:00PM | **Fifth Gear** An exciting and informative motoring magazine programme. | **PG**  |
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| 4:30PM | **Monster Garage: The Handy Cruiser (R)** Jesse and the team are tasked with transforming a Mercedes ML into the ultimate handicap-accessible vehicle. Starring JESSE JAMES. | **PG (L)** |
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| 5:30PM | **Gene Simmons Family Jewels: Shrinkwrapped / The Un-anniversary (R)**Shannon tries to make Gene use the free session with a psychotherapist she won at a school auction. And the kids hatch a plan to sell some of Gene's KISS merchandise. Gene takes his family to visit his mother in New York, where he's trying to start a bikini car-wash business; and later he gets in trouble when he forgets an important event. | **PG**  |
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| 6:30PM | **Mythbusters: Myths Revisited (R) 'CC'** Join Jamie Hyneman and Adam Savage as they debunk, decode and demystify some of the most popular urban myths and legends. | **PG**  |
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| 7:30PM | **Pawn Stars: Wheels / Shocking Chum 'CC'** The team have a chance to buy a rare 1970s Indian mini-motorcycle. Will they purchase and restore it to its former glory, or will they all be taken for a long bumpy ride and find out it's a fake? Starring RICHARD HARRISON, RICK HARRISON, COREY HARRISON and CHUMLEE. | **PG**  |
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| 8:30PM | **Hardcore Pawn: Blackout! / Whack Job** A storm is affecting Detroit, and Seth is concerned what would happen if the power goes out. Les thinks there should be no problem, as he has a contingency plan to keep the lights on with a backup generator. | **M**  |
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| 9:30PM | **American Pickers: White Castle On The Farm / Invisible Pump (R)** Mike and Frank spot a White Castle burger joint on an Ohio farmer's front lawn and discover his extraordinary collection of vintage buildings and vehicles. Starring MIKE WOLFE and FRANK FRITZ. | **PG**  |
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| 11:30PM | **Rude Tube: Ouch That Hurts (R)** Watch the net's most popular goose attack, and the boy who bit his brother's finger and received seventy-three million views. | **M (V)** |
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| 12:00AM | **T.J Hooker: Too Late For Love (R)** Romano's fashion model ex-girlfriend uses him in an effort to aid a gang of fur thieves. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
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| 1:00AM | **S.W.A.T: Any Second Now (R)** S.W.A.T. have only two hours to rescue the hostages and dispose of time bombs. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG**  |
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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 | **Room For Improvement (R) 'CC'** All aboard for the ultimate seachange, as we turn a big old bus into a studio apartment on wheels. | **G**  |
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| 4:00AM | **The Incredible Hulk: Half Nelson (R)** Banner befriends a dwarf wrestler who tries to make up for his small stature by telling tall tales. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 5:00AM | **Adam 12: Something Worth Dying For - Part 2 (R)** Back on patrol after recovering from gunshot wounds, Malloy learns Reed is considering taking a desk job. Starring MARTIN MILNER, KENT MCCOLL, WILLIAM BOYETT, FRED STROMSOE and GARY CROSBY. | **PG**  |
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| 5:30AM | **Home Shopping** Home Shopping |  **G** |
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 **Thursday, July 12, 2012**

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| 6:00AM | **Home Shopping** Shopping program. | **G**  |
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| 6:30AM | **K-Zone - Stitch!: Stitch! (R)** When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. | **G**  |
|  |  |  |
| 7:00AM | **K-Zone - Handy Manny: Handy Manny (R)** Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. | **G**  |
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| 7:30AM | **K-Zone - Kick Buttowski: Kick Buttowski: Suburban Daredevil (R)** Gunther returns Kick's book signed by his idol Billy Stumps to the library. Then, Brad throws a party and tries to keep Kick out. | **G**  |
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| 8:00AM | **K-Zone - Pair Of Kings: Pair Of Kings (R) 'CC'** Fraternal twins Brady and Boomer relocate to the island of Kinkow to claim their throne as joint Kings of an island filled with odd superstitions and customs. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G**  |
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| 8:30AM | **K-Zone - I'm In The Band: I'm In The Band (R)**  | **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 | **The Incredible Hulk: Danny (R)** Banner falls in with a bunch of thieves and the Hulk has to protect a child and its mother from the gang's leader. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: The Decoy (R)** Over Hooker and Captain Sheridan's objections, Stacy agrees to be a decoy to catch a serial killer. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
|  |  |  |
| 1:00PM | **S.W.A.T: Soldier On The Hill (R)** A disoriented war veteran taking a tourist ride through a movie studio takes a beautiful star as his prisoner. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V)** |
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| 2:00PM | **Newsradio: Noise (R)** Jimmy worries about what all the stress at work is doing to Dave but his efforts to get Dave to relax backfire. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, MAURA TIERNEY and STEPHEN ROOT. | **PG**  |
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| 2:30PM | **Newsradio: Xmas Story (R)** The staff give Jimmy an expensive gift. Then, paranoid Bill fears an evil Santa. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
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| 3:00PM | **Motor Mate: Formula One**  | **PG**  |
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| 4:00PM | **Fifth Gear** An exciting and informative motoring magazine programme. | **PG**  |
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| 4:30PM | **Monster Garage: Delorean / Hovercraft (R)** Jesse and the guys take on a 1982 stainless steel DeLorean and transform it into a hovercraft. But when Jesse walks out, the crew is left leaderless. Starring JESSE JAMES. | **PG (L)** |
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| 5:30PM | **Gene Simmons Family Jewels: Behind the Makeup (R)** Gene is reluctant about Shannon's suggestion of a face lift, although he does like the sound of her TV show idea. | **PG (S)** |
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| 6:00PM | **Scrubs: My Lunch / My Fallen Idol (R) 'CC'** J.D. asks Dr. Cox out for lunch but runs into an annoying former patient who unexpectedly teaches him something about responsibility. Starring ZACH BRAFF, SARAH CHALKE, DONALD FAISON, JOHN C MCGINLEY and KEN JENKINS. | **PG**  |
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| 7:00PM | **How I Met Your Mother: The Exploding Meatball Sub (R) 'CC'** Marshall resigns from GNB to volunteer for the environment, much to Lily and Barney's dismay. Ted and Zoey have conflicting views on the Arcadian's future. Starring JOSH RADNOR, JASON SEGEL, ALYSON HANNIGAN, NEIL PATRICK HARRIS and COBIE SMULDERS. | **PG**  |
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| 7:30PM | **Swamp People: Force Of Nature (R)** A cold spell is coming, one that could end the season early, so every gator hunter in the gulf tries to beat the storm. | **PG**  |
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| 8:30PM | **America's Hardest Prisons: Lockdown (R)** The city with the highest murder rate in America. At the Wayne County Jail, committed officers and counsellors struggle to rehabilitate female offenders. | **M (A)** |
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| 9:30PM | **Operation Repo: Something in the Air / Fair Game** Matt, Froy and Sonia enter into a life-threatening situation when they accept a personal favor and repo a monster truck from a group of dubious individuals. | **M**  |
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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 | **Jail (R)** Officers offer advice to an inebriated young woman who tells the deputies of her sister-in-law, that is a 'master manipulator' who is trying to harm her. Then, a female officer is insulted and threatened by an intoxicated man. | **M**  |
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| 11:30PM | **Ax Men: Initiation Day (R)** Each crew faces their own struggles as the battles begin and one of the Ax Men will hang up his saw for good. | **M**  |
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| 12:30AM | **T.J Hooker: The Decoy (R)** Over Hooker and Captain Sheridan's objections, Stacy agrees to be a decoy to catch a serial killer. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG (V)** |
|  |  |  |
| 1:30AM | **S.W.A.T: Soldier On The Hill (R)** A disoriented war veteran taking a tourist ride through a movie studio takes a beautiful star as his prisoner. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V)** |
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| 2:30AM | **The Incredible Hulk: Interview With The Hulk (R)** Banner faces exposure from a desperate reporter, who outmaneuvers McGee to get an interview with the Hulk. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 3:30AM | **Motor Mate: Formula One** 1977 saw Niki Lauda start the season, scarred but fit, and determined to put his horrific accident in ’76 behind him. | **PG**  |
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| 4:30AM | **Fifth Gear** An exciting and informative motoring magazine programme. | **PG**  |
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| 5:00AM | **Newsradio: Xmas Story (R)** The staff give Jimmy an expensive gift. Then, paranoid Bill fears an evil Santa. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
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| 5:30AM | **Home Shopping** Home Shopping |  **G** |
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 **Friday, July 13, 2012**

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| 6:00AM | **Home Shopping** Shopping program. |  **G** |
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| 6:30AM | **K-Zone - Stitch!: Stitch! (R)** When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. | **G**  |
|  |  |  |
| 7:00AM | **K-Zone - Handy Manny: Handy Manny (R)** Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. hen the tools discuss their lifelong dreams, Felipe is not sure about is. | **G**  |
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| 7:30AM | **K-Zone - Kick Buttowski: Kick Buttowski: Suburban Daredevil (R)** Kick finds the perfect opportunity to launch his career. Then, Kick must stay out of trouble and baby-sit his sister Brianna. | **G**  |
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| 8:00AM | **K-Zone - Pair Of Kings: Pair Of Kings (R) 'CC'** Fraternal twins Brady and Boomer relocate to the island of Kinkow to claim their throne as joint Kings of an island filled with odd superstitions and customs. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G**  |
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| 8:30AM | **K-Zone - I'm In The Band: I'm In The Band (R)** After Tripp is dumped by the prettiest girl in his class, he's inspired to write a new song, 'I Wanna Punch Stuff.' Starring HOLLYWOOD YATES. | **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 | **The Incredible Hulk: Patterns (R)** Unknowingly, Banner is named as a partner in a garment factory which is deep in debt, and the loan shark wants his money. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **T.J Hooker: The Mumbler (R)** Hooker falls back on an old hobby of raising homing pigeons in order to get a young girl to help him bring down a gang of thieves. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG**  |
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| 1:00PM | **S.W.A.T: Dangerous Memories (R)** Hondo fights for his life after being shot while leading an operation to rescue hostages from a pair of bank robbers. Starring STEVE FORREST, ROD PERRY, ROBERT URICH, MARK SHERA and JAMES COLEMAN. | **PG (V)** |
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| 2:00PM | **Newsradio: Flowers for Matthew (R)** Joe's new smart drink has amazing effects on Matthew's intelligence. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, MAURA TIERNEY and STEPHEN ROOT. | **PG**  |
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| 2:30PM | **Newsradio: Station Sale (R)** Jimmy announces to the staff that he plans to sell the station. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, KHANDI ALEXANDER and MAURA TIERNEY. | **PG**  |
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| 3:00PM | **Motor Mate: Best Of British** Norton is one of the most evocative names in the history of British motorcycling. | **G**  |
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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. | **G**  |
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| 5:30PM | **Pimp My Ride: 1984 Cadillac Eldorado / 1991 Ford Escort (R) 'CC'** Big Ron's 1984 Cadillac El Dorado is a far cry from the literal translation meaning 'the gilded one.' | **PG**  |
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| 6:30PM | **7Mate Friday Night Movie: Blue Crush (R) 'CC' (2002)** A girl devoted to surfing must choose between her love of the waves and the new love of her life: an attractive footballer. Starring KATE BOSWORTH, MATTHEW DAVIS, MICHELLE RODRIGUEZ, SANOE LAKE and MIKA BOOREM. | **PG (L,V,S)** |
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| 8:30PM | **7Mate Friday Night Movie: The Game Plan (R) 'CC' (2007)** A sports superstar is getting ready for a run at the big championship game when the daughter he never knew existed shows up. Starring DWAYNE JOHNSON, MADISON PETTIS, KYRA SEDGWICK, ROSELYN SANCHEZ and MORRIS CHESTNUT. | **G**  |
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| 10:45PM | **Punk'd (R) 'CC'** See what happens when Rihanna pays the piper. And it's the biggest Punk'd yet when X-Men's Hugh Jackman sets the house on fire. | **M**  |
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| 11:10PM | **Unsolved Mysteries (R)** Do ghosts inhabit the halls of the famed nightclub that made comedians Jim Carrey, Roseanne, Jay Leno and Robin Williams stars? Then, did a furniture store owner really murder his family for insurance purposes, or was he framed? | **M**  |
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| 12:00AM | **Blokesworld: Vietnam - Hit The Road** The Guys start their ride of the central highlands of Vietnam, starting in Nha Trang and making their way to Dalat. At home, Moto X Legend Dave Armstrong, Dirt Dragger Carl and comedian Jimbo put on a show. | **MA (S,N)** |
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| 12:30AM | **Unsolved Mysteries (R)** Did a mother really poison her five-month-old son? Why did Malaika Griffin harass and then murder Jason Horsley? | **M**  |
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| 1:30AM | **T.J Hooker: The Mumbler (R)** Hooker falls back on an old hobby of raising homing pigeons in order to get a young girl to help him bring down a gang of thieves. Starring WILLIAM SHATNER, ADRIAN ZMED, RICHARD HERD, APRIL CLOUGH and LEE BRYANT. | **PG**  |
|  |  |  |
| 2:30AM | **Newsradio: Flowers for Matthew (R)** Joe's new smart drink has amazing effects on Matthew's intelligence. Starring ANDY DICK, DAVE FOLEY, JOE ROGAN, MAURA TIERNEY and STEPHEN ROOT. | **PG**  |
|  |  |  |
| 3:00AM | **Motor Mate: Best Of British** Norton is one of the most evocative names in the history of British motorcycling. | **G**  |
|  |  |  |
| 5:00AM | **The Incredible Hulk: Patterns (R)** Unknowingly, Banner is named as a partner in a garment factory which is deep in debt, and the loan shark wants his money. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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 **Saturday, July 14, 2012**

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| 6:00AM | **The Virginian: A Time Remembered (R)** An opera performer shoots her husband and manager in Medicine Bow, claiming he was a stranger who tried to force himself upon her. Starring JAMES DRURY and DOUG MCCLURE. | **PG**  |
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| 7:30AM | **Ned And Stacey: Promotional Rescue (R)** Ned intercedes to get Eric a promotion, but is in for a surprise when he tries to take advantage. Starring THOMAS HADEN CHURCH, DEBRA MESSING, GREG GERMANN and NADIA DAJANI. | **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 | **The Incredible Hulk: The Phenom (R)** Banner saves the budding career of a phenomenal rookie pitcher. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
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| 12:00PM | **The Jeff Foxworthy Show: Jeff's Life 101 (R)** Jeff tries to win his father-in-law's respect by attempting to pay off their loan. Starring JEFF FOXWORTHY, ANITA BARONE and HALEY JOEL OSMENT. | **PG**  |
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| 12:30PM | **Seven's Motorsport: Dunlop Series 'CC'**  | **PG**  |
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| 1:30PM | **7mate Movie: Hercules: And The Circle Of Fire (R) (1994)** A beautiful woman, Deianeira joins forces with Hercules in order to save the world from freezing to death by locating fire. Starring KEVIN SORBO, ANTHONY QUINN, TAWNY KITAEN, KEVIN ATKINSON and STEPHANIE BARRETT. | **PG (V)** |
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| 3:30PM | **V.I.P: Val Squared (R)** An old nemesis enlists a Vallery Irons lookalike in an effort to steal a bacteria that could be converted into a deadly bio-weapon. Starring PAMELA ANDERSON, NATALIE RAITANO, MOLLY CULVER, SHAUN BAKER and LEAH LAIL. | **PG (V)** |
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| 4:30PM | **Hook Line and Sinker: Sweers Island - Part 1** The Boys travel to a remote and spectacular island in Northern Queensland called Sweers Island. The fishing and location is great. | **PG**  |
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| 5:00PM | **Hook Line and Sinker: NSW Rocks & Giant Whiting** Join hosts Nick Duigan and Andrew Hart as they put one of Australia's fastest fishing boats through its paces on Lake Macquarie. | **PG**  |
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| 5:30PM | **Swords: Life On The Line: A Perfect Storm (R)** Fishermen brave the unforgiving waters of North America's Atlantic coast, risking their lives to put fish on our tables. | **PG**  |
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|  6:30PM | **Program to be advised** |  |
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| 12:30AM | **2012 AFL Premiership Season: Rnd 16: Melbourne v Fremantle (R) 'CC'** The Dockers haven't beaten the Demons in Victoria since 2007, but this clash is at Etihad Stadium which has caused problems for Melbourne over the years. Hamish McLachlan and Basil Zempilas lead the call. |  |
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| 3:30AM | **The Incredible Hulk: The Phenom (R)** Banner saves the budding career of a phenomenal rookie pitcher. Starring BILL BIXBY, LOU FERRIGNO and JACK COLVIN. | **PG**  |
|  |  |  |
| 4:30AM | **V.I.P: Val Squared (R)** An old nemesis enlists a Vallery Irons lookalike in an effort to steal a bacteria that could be converted into a deadly bio-weapon. Starring PAMELA ANDERSON, NATALIE RAITANO, MOLLY CULVER, SHAUN BAKER and LEAH LAIL. | **PG (V)** |
|  |  |  |
| 5:30AM | **Home Shopping** Home Shopping |  **G** |
|  |  |  |