**Sunday, February 17, 2013**

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| 6:00AM | **Stitch! (R)** | G | Princess Penny  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. |
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| 6:30AM | **Handy Manny (R)** | G | The Twisty Turn Twist / Mayor Rosa's Chimney  Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. Then the tools discuss their lifelong dreams, Felipe is not sure about is. |
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| 7:00AM | **Weekend Sunrise 'CC'** |  | Wake up to a better breakfast with Andrew O'Keefe and Samantha Armytage for all the latest news, sport and weather. |
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| 10:00AM | **The Morning Show - Weekend 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:00AM | **Kochie's Business Builders 'CC'**  **\*\*Final\*\*** | G | David Koch provides practical advice to small and medium-sized business owners to help cement future growth and success. |
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| 11:30AM | **Dinner Date Australia (R) 'CC'** | PG | Nick  Firefighter Nick has a shyness that's not helping his love life. But, he knows his gourmet food and hopes this is the way to a girl's heart. Will Nick find his city girl on one of his 3 dates? Hosted by MANU FEILDEL. |
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| 12:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 4:30PM | **Live Healthy, Be Happy 'CC'** | G | Live Healthy, Be Happy  We're all chasing the dream of a healthier and happier life, but there are two things that could be holding us back...sleep and relaxation. So what happens to our bodies when we don't get enough sleep and how can we get more from the sleep we're getting? And is relaxation all about slowing down, or can speeding up relax you too? Plus, can what you eat help you sleep? Ash wears herself out looking at very different ways to relax while Hamish learns how your brainwaves hold the keys to improving your sleep. AFL Legend Tom Harley lets us in on his sleep secrets and one of the country's most exciting chefs serves up a healthy recipe for relaxation. Then meet two guys with two very different lives - an early bird and a night owl - but which lifestyle is really better for you? Presented by GEOFF HUEGILL, ASH HART and HAMISH MCLACHLAN and JESINTA CAMPBELL. |
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| 5:00PM | **Drive Thru Australia (R) 'CC'** | G | Diving For My Dinner  Driving south, Ben arrives in Torquay, Victoria, where he dives for Cray and prepares a Panzanella with some local sourdough. |
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| 5:30PM | **Coxy's Big Break 'CC'** | G | Take a break around Australia and beyond with Coxy as he discovers the best food, entertainment and travel destinations. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with David Brown updating the weather. Sport is with Sandy Roberts. |

**Sunday, February 17, 2013**

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| 6:30PM | **Sunday Night 'CC'** |  | Chris Bath leads a team of Australia's best reporters, breaking the stories that matter. |
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| 7:30PM | **Border Security - Australia's Front Line 'CC'**  **\*\*New Episode\*\*** | PG | Officers suspect there are a few illegal stowaways hiding amongst a large tour group but the big challenge is to work out who they are. There is a very unpleasant surprise in this shipment from Egypt. A man has arrived with some large wooden statues and officers take drastic steps after they get positive drug tests. Narrated by |
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| 8:00PM | **The Force - Behind The Line 'CC'**  **\*\*New Episode\*\*** | PG | At just nineteen Martin Riley is already a wanted man. He's been committing serious burglaries, getting away with goods worth hundreds of thousands of dollars and putting countless lives at risk fleeing from police in stolen cars. Perth's Regional Investigations Unit has been handed the job for an all-out hunt for Riley to put a stop to his aggressive and dangerous crime spree. Next, Police set up a roadblock on one of Australia's busiest highways, enlisting the NSW Police Dog Unit to help identify people couriering drugs. The night heats up when a dog senses something very suspicious in one of the cars. Officers are called to an accident where a female motor bike rider has been hit by a car. The bike rider is in a bad way and while paramedics get on with their job, police investigate the accident. Hosted by SIMON REEVE. |
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| 8:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 9:40PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 11:40PM | **Law & Order: LA (R) 'CC'** | M  (V,A) | Silver Lake  Don Alvin's quiet life is destroyed when an intruder ambushes he and his family in their home, killing his wife and son. After searching for clues, the detectives discover similar cases that lead them to one powerful common thread. Meanwhile, Dekker and Rubirosa have to tread carefully in order to get a guilty verdict after Morales' puts their case in jeopardy. Guest starring Tim DeKay. Also starring TERRENCE HOWARD, ALFRED MOLINA, COREY STOLL, WANDA DEJESUS, TERI POLO and RACHEL TICOTIN. |
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| 12:35AM | **Special (R) 'CC'** | G | MacArthur's Dream  Jack Thompson presents the story of Australian wool - the building of a nation going behind the scenes of the fashion capitals of the world. |
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| 1:35AM | **Room For Improvement (R) 'CC'** | G | An old backyard carport is magically transformed into a tropical cabana, complete with the coolest furniture and latest colours! |
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| 2:00AM | **Home Shopping** |  | Shopping program. |
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| 3:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 4:00AM | **NBC Meet The Press 'CC'** |  | David Gregory interviews newsmakers from around the world. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Monday, February 18, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Your Heart's 7 Lucky Numbers  Don't leave your heart health up to chance. Learn the indicators of heart disease and what you can do to keep your heart healthy and strong. Dr. Oz has 7 lucky numbers to help you win the jackpot of heart health. |
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| 3:00PM | **Minute To Win It** | PG | Go For Broke  A popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by |
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| 4:00PM | **The Zoo (R) 'CC'** | G | In an Australian first, two Giant Panda's have just moved to Adelaide Zoo, which will be their new home for the next ten years. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with David Brown updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. |

**Monday, February 18, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Heath is told by Connie he'll be allowed supervised visits of Darcy only. Casey goes job hunting, having decided he and Tamara are going to move in together. Meanwhile, Spencer convinces Maddy they should go home and give their parents another chance. Starring DAN EWING and LINCOLN YOUNES and ALEA O'SHEA. |
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| 7:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 8:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 9:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 10:15PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 11:15PM | **Happy Endings 'CC'**  **\*\*New Double Episode\*\*** | PG | P&P Romance Factory / To Serb With Love  Penny meets a terrific new guy, Pete, but her frantic attempt to hide the fact that she's wearing a prescription helmet because of her concussion really limits their potential romance. Jane, as always, tries too hard to break into the 'boys' club' at the car dealership and enlists Brad to be her 'trophy wife'. Max and Dave's fist bump issues bring back painful childhood memories. Then, Jane and Alex's parents plan a huge party to celebrate the 20th anniversary of the family mattress business. Jane struggles for a joke to make her humourless dad laugh for her toast, while Alex quietly informs Dave that she hasn't told her mom and dad that they're back together. Meanwhile, Max, feeling left out now that Penny's relationship with Pete is going so well, looks for a new BFF to replace her. Starring ELIZA COUPE, ELISHA CUTHBERT, ZACHARY KNIGHTON, ADAM PALLY, DAMON WAYANS and JR and CASEY WILSON. |
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| 12:15AM | **Last Chance Learners (R) 'CC'** | PG | Follow ten of Australia's worst drivers as they attempt to pass their driving test. Hosted by MIKE WHITNEY. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 3:30AM | **The Real Seachange (R) 'CC'** | G | It's opening day at the Boardwalk Restaurant but there's already dissent in the ranks. Hosted by JOHN HOWARD. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Tuesday, February 19, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (2008)** | PG  (S,L) | Flirting With Forty  A divorced mother approaching her 40th birthday falls for a younger man while on vacation. Starring HEATHER LOCKLEAR, ROBERT BUCKLEY, VANESSA VILLIAMS, CHELAH HORSDAL and STEFANIE VON PFETTEN. |
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| 2:00PM | **Dr Oz 'CC'** | PG  (S) | Vanity Sizing: What's Your Real Size?  Dr. Oz uncovers the truth about vanity sizing. Are you being tricked into thinking you're thinner than you are? Plus, five articles of clothing that can help to prevent the wearer from gaining weight. |
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| 3:00PM | **Minute To Win It** | PG | Army Of Gamers  A popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by |
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| 4:00PM | **The Zoo (R) 'CC'** | G | A team from Taronga travel to the Snowy Mountains in the hope of finding eggs that will help save the Corroboree frog. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with David Brown updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. |

**Tuesday, February 19, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Tamara finds a place to live at Irene's, Casey's sacked by John at the Surf Club, and Heath turns a new leaf and takes over Angelo's. Starring LYNNE MCGRANGER, SHANE WITHINGTON and DAN EWING and LINCOLN YOUNES. |
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| 7:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 8:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 9:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 11:45PM | **Against The Wall** | M | The Fifth Body  Abby and Lina investigate improprieties at the coroner's office when a woman's corpse goes missing but turns up in a twisted comedic video that goes viral online. If the body isn't found, the woman's murderer could go free. Starring RACHAEL CARPANI, TREAT WILLIAMS, KATHY BAKER, BRANDON QUINN, MARISA RAMIREZ and MAYKO NGUYEN and AMY BRUNNER. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Wednesday, February 20, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (2005)** | M  (V,S) | Cool Money  Bobby Comfort was a convicted thief, before he escaped from prison and cleared himself of all charges. He returns home but finds himself unsatisfied with domestic life. Starring MARGOT KIDDER, JAMES MARSTERS, LARRY MANETTI, JOHN CASSINI, ROBIN BRULE, WAYNE ROBSON and JASON SCHOMBING. |
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| 2:00PM | **Dr Oz 'CC'** | PG  (S) | The Cancer You Don't Know You're At Risk For: Oral Cancer  Dr Oz explains the risk factors and symptoms of oral cancer. Also today, natural cures for anxiety, plus the finale of the Weight Watchers married-couple challenge. |
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| 3:00PM | **Minute To Win It** | PG | Opposites Attract A Million  A popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by |
|  |  |  |  |
| 4:00PM | **The Zoo (R) 'CC'** | G | Keepers are thrilled when Binjai the Sumatran Tiger's four cubs are born but just a few weeks later vets have to call in an Animal Neurologist. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
|  |  |  |  |
| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with David Brown updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. |

**Wednesday, February 20, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (V) | Heath demotes Liam and promotes himself at Angelo's, Liam steals money from the till and Sasha gives April a hard time after she discovers she helped Tamara with a place to stay at Irene's. Meanwhile, Jett's made to do an assignment on his own by bully Tilda. Starring LYNNE MCGRANGER, AXLE WHITEHEAD and RHIANNON FISH and DAN EWING. |
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| 7:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 8:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 9:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 10:15PM | **World's Wildest Police Videos 'CC'**  **\*\*New Episode\*\*** | M | A violent offender opens fire at a police precinct, trying to slaughter cops. A gang of smash-n-grabbers gets run off by a feisty grandma, and a newlywed bride tries hiring a hitman to whack her wealthy husband! |
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| 11:15PM | **Air Crash Investigations 'CC'**  **\*\*New Episode\*\*** | PG | Nowhere To Land  May 24, 1988: Flying through a violent tropical thunderstorm, TACA Flight #110 begins its final descent towards New Orleans when both engines fail and the plane begins dropping from the sky. The pilots restart both engines but almost immediately they overheat forcing the pilots to shut them down. Without power for the second time and falling fast, they consider ditching the plane in a canal but aim instead for a narrow grass levee. With 38 passengers bracing for a crash, the pilots manage one of the most remarkable landings in the history f commercial aviation. Then it's up to investigators to determine why the engines of a brand new Boeing 737 failed in mid-flight. |
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| 12:15AM | **Room For Improvement (R) 'CC'** | G | Molly is a brave girl who has beaten the odds. Now the team have some big, bold and inexpensive ideas to revamp her tiny apartment! |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 3:30AM | **The Real Seachange (R) 'CC'** | G | Alan and Michelle are ready to jump into the deep end. But can Alan's medical condition take it? Hosted by JOHN HOWARD. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Thursday, February 21, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
|  |  |  |  |
| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) 'CC' (1995)** | M  (A) | Seduced And Betrayed  A spurned fatal attraction turns dangerous and ultimately deadly, when a wealthy older woman sets out to destroy the younger man who has rejected her. Starring SUSAN LUCCI, DAVID CHARVET and GABRIELLE CARTERIS. |
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| 2:00PM | **Dr Oz 'CC'** | PG | How Old Will You Be When You Die?  How old will you be when you die? Will your health habits cut your life short? A revolutionary new calculator can help predict your longevity. |
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| 3:00PM | **Minute To Win It** | PG | Girls Got Game  A popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by |
|  |  |  |  |
| 4:00PM | **The Zoo 'CC'** | G | Australia's Biggest Baby (Part 1)  This special takes us on an emotional journey from the days before the September birth of baby Ongard at Melbourne Zoo through to the mother's difficult and anxious three day labour. Hosted by MELISSA DOYLE. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
|  |  |  |  |
| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with David Brown updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. |

**Thursday, February 21, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (A) | Marilyn tries to help Alf and Celia resolve their issues, Rosie reveals the truth about her family to Sasha, and Romeo and Indi decide to re-open the gym. Meanwhile, Sid opens up to a psychiatrist but, having told the kids he's at a medical convention, is busted by Dex. Starring RAY MEAGHER, ROBERT MAMMONE, SAMARA WEAVING, LUKE MITCHELL and EMILY SYMONS and CHARLES COTTIER. |
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| 7:30PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 8:45PM | **Program T.B.A. \*\*** |  | Details TBA. |
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| 9:45PM | **Grimm 'CC'**  **\*\*Final\*\*** | M | Woman In Black  As Nick delves deeper into his life as a Grimm, a trail of grotesque murders reignites the search for the elusive gold coins. The arrival of a mysterious woman in black begins to get in the way of Nick and Hank's investigation as extra precautions have to be taken to ensure their safety. Meanwhile, Nick's ability to keep his true nature secret from Juliette comes to a tipping point. Starring DAVID GIUNTOLI, RUSSELL HORNSBY, REGGIE LEE, SILAS WEIR MITCHELL, SASHA ROIZ, BITSIE TULLOCH, DAVID GREENWALT, JIM KOUF, MARY ELIZABETH MASTRANTONIO and BREE TURNER. |
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| 10:45PM | **Nazi Hunters 'CC'**  **\*New Episode\*\*** | M | Joseph Mengele  Arguably the most notorious Nazi fugitive of all, Dr. Joseph Mengele earned the nickname the 'Angel of Death' for his perverse and sadistic experiments at Auschwitz-Birkenau. After the war, Mengele escaped to Buenos Aires where he lived the high life on the run. That is, until 1959 when the West German government indicted Mengele for mass murder and demanded his extradition. With his carefree life now long-gone, the Nazi doctor went into hiding and the investigation team struggled to track him down for years on end. But what happens when they finally capture the man they've been hunting all these years? |
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| 11:45PM | **Up All Night 'CC'**  **\*\*New Episode\*\*** | PG | Daddy Daughter Time  When Chris gets a segment on the Ava show, Reagan starts to realise how much she needs her own space at work. Meanwhile, Ava's dad visits with his family, who are more interested in meeting celebrities like Sharon Osbourne, Ava's rival, than spending time with Ava. Guest starring HENRY WINKLER and SHARON OSBOURNE. Also starring CHRISTINA APPLEGATE, MAYA RUDOLPH, WILL ARNETT, JENNIFER HALL and NICK CANNON. |
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| 12:15AM | **Last Chance Learners (R) 'CC'** | PG | The ten hopeless learners are let loose with their co-drivers. Can any of the learners pass their driving test in the remaining 28 days at school? Hosted by MIKE WHITNEY. |
|  |  |  |  |
| 1:00AM | **Home Shopping** |  | Shopping program. |
|  |  |  |  |
| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
|  |  |  |  |
| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Friday, February 22, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (2003)** | M  (A) | Lucy  The life of Lucille Ball, focusing on the loving yet tumultuous relationship with Desi Arnaz. Starring RACHEL YORK, DANNY PINO, LA CHANZE SAPP-GOODING, ANN DOWD and MADELINE ZIMA. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Viewers' All-Time Favourite Tips  Dr. Oz is celebrating the viewers that have used his tips to change their lives. From losing weight to beating cancer to boosting energy, find out viewers' best tips of all-time. |
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| 3:00PM | **Minute To Win It** | PG | Like Mother, Like Daughter  A popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by |
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| 4:00PM | **The Zoo 'CC'** | G | Australia's Biggest Baby (Part 2)  This special takes us on an emotional journey from the days before the September birth of baby Ongard at Melbourne Zoo through to the mother's difficult and anxious three day labour. Hosted by MELISSA DOYLE. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather. Sport is with Tim Watson. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. |

**Friday, February 22, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (A) | With Dex's support, Sid moves back to the farmhouse to start all over again. Romeo and Indi get a loan to re-open the gym, and Sid joins them as a silent partner. Celia's gambling partner Sheldon arrives and offers the chance to make money off one last bet. Starring ROBERT MAMMONE, SAMARA WEAVING and LUKE MITCHELL and CHARLES COTTIER. |
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| 7:30PM | **Better Homes And Gardens 'CC'** | G | Joh visits music superstar Guy Sebastian and his family at his new beachside getaway. The bathroom renovation for just $2000. Can it really be done? No fuss baking with Fast Ed's one-bowl lemon lime cake. True blue Aussie lamb skewers perfect for the BBQ. Dr Harry meets some of Australia's most peculiar pets. Turn an old surfboard into the coolest table around for less than $100. Plus the DIY insider's tips to those annoying maintenance jobs. Plants that can handle a shady situation. And caring for your citrus to maximize your fruit crop. Karen's secrets to a Spanish feast. A simple garden seat to make this weekend. The spectacular home built into the side of a cliff. Presented by JOHANNA GRIGGS, GRAHAM ROSS, DR HARRY COOPER, ROB PALMER, 'FAST' ED HALMAGYI, KAREN MARTINI and JASON HODGES and TARA DENNIS. |
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| 9:00PM | **The Friday Movie** |  | Details TBA. |
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| 11:30PM | **Family Guy (R) 'CC'** | M | Peterotica  Peter becomes a best-selling erotic Novelist, Carter's life is ruined when he is sued for publishing Peter's books on tape, while Stewie trains for the Olympics. With the voices of SETH MACFARLANE, ALEX BORSTEIN, SETH GREEN and MILA KUNIS. |
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| 12:00AM | **The Late Movie (R) (1998)** | M  (V,L) | Alien Abduction  In the middle of a Thanksgiving dinner, a flash of light marks the beginning of a terrifying night for the McPherson family. Starring BENZ ANTOINE, KRISTIAN AYRE, MICHAEL BUIE and EMMANUELLE CHRIQUI. |
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| 2:00AM | **Auction Squad (R) 'CC'** | G | Watch the sparks fly in Fitzroy as a run down house and garden get a one-day make over. |
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| 3:00AM | **Home Shopping** |  | Shopping program. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |

**Saturday, February 23, 2013**

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| 6:00AM | **Saturday Disney 'CC'** | G | Great fun and entertainment including your favourite Disney shows. Hosted by SHAE BREWSTER, CANDICE DIXON and NATHAN MORGAN. |
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| 7:00AM | **Weekend Sunrise 'CC'** |  | Wake up to a better breakfast with Andrew O'Keefe and Samantha Armytage for all the latest news, sport and weather. |
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| 10:00AM | **The Morning Show - Weekend 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 12:00PM | **Seven's Horse Racing 2013** |  | Blue Diamond Stakes  Join Seven for one of the biggest days of the racing calendar - the Blue Diamond Stakes. |
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| 5:00PM | **Destination New Zealand (R) 'CC'** | G | Rotorua  Located in the central North Island where our presenter Doug Kamo experiences an extraordinary slice of New Zealand. He enjoys a therapeutic hot springs spa, gets up close and personal with some of New Zealand's native animal life at Rainbow Springs and finds out about some very interesting local Maori history. |
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| 5:30PM | **Coxy's Big Break 'CC'** | G | Take a break around Australia and beyond with Coxy as he discovers the best food, entertainment and travel destinations. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather. Sport is with Tim Watson. |
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**Saturday, February 23, 2013**

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| 6:30PM | **Family Movie Special** |  | Details TBA. |
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| 9:00PM | **The Saturday Movie** |  | Details TBA. |
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| 11:45PM | **Program T.B.A. \*\*** |  |  |
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| 12:45AM | **The Late Movie (R) (1997)** | M  (S,N) | Bad Manners  Mind games coil through a visit of one couple to the home of another when a sum of money goes missing and relationships are tested. Starring SAUL RUBINEK, CAROLEEN FEENEY, DAVID STRATHAIRN, BONNIE BEDELIA and JULIE HARRIS. |
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| 2:45AM | **Room For Improvement (R) 'CC'** | G | Richard might have missed out on super stardom, but now the RFI team will rock his socks off with a surprise music studio makeover! |
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| 3:30AM | **It Is Written Oceania** | PG | The Angry Heart |
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| 4:00AM | **Home Shopping** |  | Shopping program. |
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| 5:00AM | **That '70s Show (R) 'CC'**  **\*\*Double Episode\*\*** | PG | Tornado Prom/ Kelso's Career  A tornado is headed toward Point Place just as the Snow Prom gets underway, and strange things begin to occur. Desperate to earn money for Jackie's Valentine present, Kelso sells his 'love nectar' at a cryobank. Guest starring LUKE WILSON. Starring TOPHER GRACE, LAURA PREPON, ASHTON KUTCHER, MILA KUNIS, WILMER VALDERRAMA, DANNY MASTERSON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS and DON STARK. |