**Sunday, February 24, 2013**

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| 6:00AM | **Stitch! (R)**  | G | Link-ageWhen 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 | Disney Handy Manny Big RaceJoin Handy Manny, who with the help of his set of talking tools is the town's expert when it comes to repairs. Manny and the tools help Elliot fix up his used race car to enter the big Wood Valley race.  |
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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 | **Iron Chef Australia (R) 'CC'**  | PG | Three of Australia's world-class top chefs will go knife to knife in the Kitchen Stadium with young gun challengers. Hosted by Grant Denyer.  |
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| 12:00PM | **Sunday Morning Movie 'CC' (2012)** **\*\*Premiere\*\*** | C | The Woodlies MovieThe Woodlies are small troll-like creatures who live in harmony alongside us human 'uglies'. They notice their tummies begin to rumble at the onset of autumn and set forth to scavenge food from the nearby camp ground. But in a swamp close by, a menacing gang of Woodlies called 'Swamp Rats' also have food on their mind...and will stop at nothing to take what's not rightfully theirs.  |
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| 1:40PM | **That '70s Show (R) 'CC'** | PG | Career DayWhen the school has a career day, Eric goes to the hospital with Kitty and faints in the delivery room. Starring TOPHER GRACE, MILA KUNIS, ASHTON KUTCHER, DANNY MASTERSON, LAURA PREPON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS, DON STARK and WILMER VALDERRAMA. |
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| 2:10PM | **Sunday Afternoon Movie (R) (1974)** | PG(A) | Brief EncounterThe dramatic story about two strangers who meet by chance at an English train station. Both unhappy in their marriages, they find love and understanding together for a brief time. Starring SOPHIA LOREN, RICHARD BURTON, JACK HEDLEY, ROSEMARY LEACH, JOHN LE MESURIER, GWEN CHARELL, JUMOKE DEBAYO and MADELINE HINDE. |
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| 4:30PM | **Live Healthy, Be Happy 'CC'**  | G | Live Healthy, Be HappyLife balance is that delicate tightrope we walk each day between what we need and what we want. So we're asking the question, can you have too much of a good thing? Like chocolate or sunshine, and is it possible to feel as happy at work as you do at home? Olympic swimmer Matt Targett shares his secrets to a better work life balance. We delve into the Vitamin D dilemma, juggling the risks of skin cancer versus the dangers of low vitamin D. Plus, one of the country's top chefs has a tasty recipe to boost your Vitamin D. Then meet a women whose Jeckyll and Hyde balancing act is her formula for success. Presented by GEOFF HUEGILL, ASH HART and HAMISH MCLACHLAN and JESINTA CAMPBELL. |
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| 5:00PM | **Drive Thru Australia (R) 'CC'**   | G | Cheese Cake At The RacesOn route to Shepparton, Ben cooks on the banks of the mighty Goulburn River before sourcing local cherries for his White Chocolate and Cherry Cheese Cake. Hosted by BEN O'DONOGHUE. |
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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 Giaan Rooney updating the weather. Sport is with Sandy Roberts.  |

**Sunday, February 24, 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 | Go behind-the-scenes of our Immigration Customs and Quarantine departments. Narrated by GRANT BOWLER. |
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| 8:00PM | **The Force - Behind The Line 'CC'** **\*\*New Episode\*\*** | PG | Operation Karup is a massive operation for Perth's Child Sex Crime police department. With new computer technology, police are able to quickly pin-point people accessing child exploitation material online. In this week long operation, officers will execute 47 search warrants and uncover thousands of child exploitation files. Hosted by SIMON REEVE.  |
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| 8:30PM | **Downton Abbey 'CC'**  | M | Edith's happiness is overshadowed by her family's opposition to her plans regarding Anthony Strallan but will their disapproval change things? As the mounting financial pressures threaten to engulf the estate and everyone connected with it, Mary decides that she must make an urgent move before all is lost for good. Starring HUGH BONNEVILLE, JESSICA BROWN FINDLAY, LAURA CARMICHAEL, JIM CARTER, BRENDAN COYLE, MICHELLE DOCKERY, SIOBHAN FINNERAN, JOANNE FROGGATT, THOMAS HOWES, ROB JAMES-COLLIER, PHYLLIS LOGAN, ELIZABETH MCGOVERN, SOPHIE MCSHERA, LESLEY NICOL, AMY NUTTALL and MAGGIE SMITH. |
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| 9:40PM | **Castle 'CC'** **\*\*Double Episode\*\*****\*\*Includes New Episode\*\*** | M(V,A,S) | After Hours / Dial M For MayorIn the aftermath of a disastrous 'meet the parents' dinner, a bickering Castle and Beckett are sent to retrieve the only witness to a murder. But when they get ambushed, they're forced to take the witness on the run. Stranded in the middle of the night in a bad part of town, with no phone, badge or gun, Castle and Beckett must find a way to protect him from a team of mobsters who want him silenced - that is, if they don't kill each other first. Starring NATHAN FILLION, STANA KATIC, TAMALA JONES, JON HUERTAS, SEAMUS DEVER, MOLLY QUINN and SUSAN SULLIVAN. |
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| 11:40PM | **Law & Order: LA (R) 'CC'**  | M | ResedaWhen a bank robber hands a teller a photo of her kidnapped son, she quickly hands over the money in order to save his life. When a second bank is robbed with the same motive, a potential suspect comes to the surface and the team finds themselves in a dangerous situation, causing one of their own to pay the price. Starring TERRENCE HOWARD, ALFRED MOLINA and COREY STOLL.  |
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| 12:35AM | **Special (R)** | PG | Cameltrain DownstreamExplorer Noel Fullerton gives us a taste of high adventure as he leads a camel safari down the Finke River in the Northern Terrirory.  |
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| 1:30AM | **Room For Improvement (R) 'CC'**   | G | Castle Hill - Bed/BathThe team transforms a drab bedroom and en-suite into a tasteful parents' retreat.  |
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| 2:00AM | **Home Shopping** |  | Shopping program.  |
| 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 25, 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 (R) 'CC' (1997)** | M(S,A) | Blood On Her HandsA beautiful and deadly seductress destroys any man whose passion threatens her independence. Starring SUSAN LUCCI, PHILIP CASNOFF and JOHN O'HURLEY. |
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| 2:00PM | **Dr Oz 'CC'**  | PG(S) | When Sex Kills: Could You Be At Risk For A Heart Attack During Sex?Could you be at risk for a fatal heart attack during sex? Learn the biggest indicators that you're at risk. Plus, Dr. Oz reveals the sex test you need to take to find out.  |
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| 3:00PM | **Minute To Win It**  | G | Show Us The BlueprintA 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 frisky young elephant is on the hunt for a bachelor pad. Then, a baby koala is rescued from the Victorian bushfires.  |
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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 Giaan Rooney 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 25, 2013**

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| 7:00PM | **Home and Away 'CC'**  | PG(V,A) | Natalie and Zac begin a romantic relationship, Brax has to fix the mess Heath has made of Angelo's in his absence and Jamie is intimidated into beating up Casey. Meanwhile, Celia stays strong and leaves Sheldon. Starring STEVE PEACOCKE, DAN EWING and LINCOLN YOUNES. |
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| 7:30PM | **My Kitchen Rules 'CC'**  | PG | Will the gatecrashers finally take their place at the dinner table tonight? Following two rounds of instant restaurants, the tables have been turned on our MKR teams. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Revenge 'CC'**  | M | IntuitionPlaying with the Graysons is definitely playing with fire, and Amanda learns that the hard way. Meanwhile, Emily and Aiden each become blindsided, and the wheels start turning as Daniel begins to take matters into his own hands. Starring EMILY VANCAMP, MADELEINE STOWE, HENRY CZERNY, JOSH BOWMAN, NICK WECHSLER, GABRIEL MANN, ASHLEY MADEKWE, CHRISTA B ALLEN, CONNOR PAOLO, MARGARITA LEVIEVA, JENNIFER JASON LEIGH, BARRY SLOANE, ALYVIA ALYN LIND, DILSHAD VADSARIA, JR BOURNE and MICHAEL NARDELLI. |
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| 9:45PM | **How I Met Your Mother 'CC'** **\*\*New Double Episode\*\*** | PG(S) | The Stamp Tramp / Twelve Horny WomenMarshall recommends his old law school classmate Brad for a job at his firm, but the interview goes awry, leaving Marshall to do damage control with his boss. Meanwhile, Robin helps negotiate Barney's return to the strip club circuit. Then, Marshall takes on his old friend/new nemesis Brad in the biggest case of his career. Meanwhile, the gang reminisces about their own run-ins with the law, leading to a debate over who was the biggest delinquent as a teenager. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, COBIE SMULDERS, ALYSON HANNIGAN and BOB SAGET (NARRATOR). |
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| 10:45PM | **The Mindy Project 'CC'**  | PG | ThanksgivingMindy decides to cook Thanksgiving dinner at Gwen's house, but she is completely caught off guard when her former blind date, Dennis, arrives with his new girlfriend. Meanwhile, a lonely Danny mans the empty office while Betsy and Jeremy visit Betsy's eccentric family for the holiday. Starring MINDY KALING, CHRIS MESSINA, ANNA CAMP, ZOE JARMAN and STEPHEN TOBOLOWSKY. |
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| 11:15PM | **Happy Endings 'CC'** **\*\*New Double Episode\*\*** | PG | No-Ho-Ho / Fowl Play/DateThe gang is shocked to discover that Jane is really a Christmas baby and has been lying about her birthday this whole time because she hated being overshadowed by the holiday. Then, after Brad and Penny accidentally break Alex's beloved childhood memento, they try to glue it back together. Meanwhile, Jane and Dave try a little too hard to find a match for Max. Starring ELIZA COUPE, ELISHA CUTHBERT, ZACHARY KNIGHTON, ADAM PALLY, DAMON WAYANS, JR, CASEY WILSON and ANDREW FRIEDMAN. |
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| 12:15AM | **Last Chance Learners (R) 'CC'**   | PG | This week, our learners are tested like never before as they attempt to reverse park in one of Sydney's busiest streets. Tensions in the Red Class reach boiling point as one learner walks out of the school.  |
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| 1:00AM | **Home Shopping** |  | Shopping program.  |
| 3:30AM | **Room For Improvement (R) 'CC'**   | G | The RFI team goes up the river to transform a grotty old shed into a living room with a spectacular view.  |
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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 26, 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 (2009)**  | PG(A) | Gifted Hands: The Ben Carson StoryStruggling with poverty, anger and a single-parent household, Ben Carson overcomes enormous obstacles to achieve his dream of becoming a physician. Starring CUBA GOODING JR, KIMBERLY ELISE, AUNJANUE ELLIS, GUS HOFFMAN, JAISHON FISHER, DANNY GOLDRING and ALECIA MCGILL. |
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| 2:00PM | **Dr Oz 'CC'**  | M(D) | Are Carbohydrates The New Cocaine?Carbs and cocaine can provide a very similar high. Learn the 3 signs you're addicted. You can break the habit in just 28 days.  |
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| 3:00PM | **Minute To Win It**  | G | A 60 Second MiracleA popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by GUY FIERI. |
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| 4:00PM | **The Zoo (R) 'CC'**  | G | A francois langur baby is abandoned by her parents. Then, Bruiser the lion visits the dentist, and the rat renovation gets underway at Taronga.  |
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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 Giaan Rooney 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 26, 2013**

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| 7:00PM | **Home and Away 'CC'**  | PG(V,A) | Brax promises to help Heath win back visitation with Darcy, Indi and Romeo prove to themselves they can own their own business and Brax is furious with Zac for letting Casey be beaten up. Meanwhile, Liam steals money from the till, and Kyle catches him. Starring AXLE WHITEHEAD, SAMARA WEAVING, LUKE MITCHELL, STEVE PEACOCKE, DAN EWING, LINCOLN YOUNES and ALEA O'SHEA. |
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| 7:30PM | **My Kitchen Rules 'CC'**  | PG | Will the gatecrashers finally take their place at the dinner table tonight? Following two rounds of instant restaurants, the tables have been turned on our MKR teams. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Packed To The Rafters 'CC'**  | PG(D) | DisplacementJulie is in denial that Ted may have dementia and Dave carefully voices his own concerns about Ted's condition but Julie doesn't want to discuss it. Jake is still having issues with Alex who's partying too hard. After visiting his estranged father, cashed up, Alex goes on a bender, forcing Jake and Dave to come to his rescue. Meanwhile, Carbo too is feeling out of place - being outnumbered by women in the house. Retta conspires with Voula to restore his sense of self, but it typically backfires. And just as order seems to be restored, it looks like a new housemate is destined to shake up the mix...Starring REBECCA GIBNEY, ERIK THOMSON, MICHAEL CATON, HUGH SHERIDAN, GEORGE HOUVARDAS, JAMES STEWART, RYAN CORR, HANNAH MARSHALL, MERRIDY EASTMAN, ZOE CRAMOND, JACOB ALLAN, BROOKE SATCHWELL and KRISTIAN SCHMID. |
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| 9:45PM | **Parenthood 'CC'** **\*\*New Double Episode\*\*** | PG | There's Something I Need To Tell / I'll Be Right HereKristina shares heavy, emotional news with the family and Julia makes a life changing decision. Sarah experiences an awkward moment at work and Kristina is at a loss when she learns Max must give his speech for for class president on the same day as her surgery. Meanwhile, Joel is concerned for Julia's health as she attempts to be 'super mum'. Starring PETER KRAUSE, LAUREN GRAHAM, DAX SHEPARD, MONICA POTTER, ERIKA CHRISTENSEN, SAM JAEGER, SAVANNAH PAIGE RAE, JOY BRYANT, TYREE BROWN, CRAIG T NELSON, MAX BURKHOLDER, MILES HEIZER, MAE WHITMAN, BONNIE BEDELIA, XOLO MARIDUENA and MATT LAURIA and RAY ROMANO. |
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| 11:45PM | **Against The Wall**  | M(S) | Baby, Did A Bad ThingWhen Abby and Lina investigate the case of a murdered stripper, they discover she was killed at a 'members only' cop club house where Abby's father, Don happens to be a member. Meanwhile, Richie finds out about Brody and Abby. Starring RACHAEL CARPANI, TREAT WILLIAMS, KATHY BAKER, BRANDON QUINN, MARISA RAMIREZ, 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 27, 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 | **Program T.B.A. \*\*** |  |   |
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| 1:00PM | **Afternoon Movie (R) 'CC' (1999)**  | M(A,V) | As Time Runs OutIn a desperate race against time to save his young son, a millionaire must team up with the police to outwit a madman. But as the clock runs down, will they reach the boy before time runs out? Starring STEPHEN COLLINS, KAREN SILLAS, EMMETT SHOEMAKER, BLU MANKUMA, SHEILA MOORE and GABRIELLE MILLER. |
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| 3:00PM | **Minute To Win It**  | G | A Family AffairA popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by GUY FIERI. |
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| 4:00PM | **The Zoo (R) 'CC'**  | G | A panda is about to become a first-time mum. Then, an electrical storm leaves a flying fox orphaned, while an orangutan faces a cancer scare.  |
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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 Giaan Rooney 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 27, 2013**

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| 7:00PM | **Home and Away 'CC'**  | PG | Liam continues lifting money from the till. Romeo gives Casey a job at the gym. April worries she's pushed Dex into going back to uni too soon. Meanwhile, Dex is angry that April doesn't believe in him. Starring AXLE WHITEHEAD, LUKE MITCHELL, RHIANNON FISH, LINCOLN YOUNES and CHARLES COTTIER. |
|  |  |  |  |
| 7:30PM | **My Kitchen Rules 'CC'**  | PG | Will the gatecrashers finally take their place at the dinner table tonight? Following two rounds of instant restaurants, the tables have been turned on our MKR teams. Hosted by PETE EVANS and MANU FEILDEL. |
|  |  |  |  |
| 8:45PM | **Last Resort 'CC'**  | M | Blue On BlueMore than 20 warships are closing on the 200-mile perimeter that Marcus Chaplin declared as a no man's land around the island. And as XO Sam Kendal is drawn into a battle on the ground to keep them alive, Prosser confronts Marcus about something personal to him that could be impacting his judgment as Captain of the Colorado. Starring SCOTT SPEEDMAN, CAMILLE DE PAZZIS, DAISY BETTS, DANIEL LISSING, DICHEN LACHMAN, SAHR NGAUJAH, JESSY SCHRAM, ANDRE BRAUGHER and AUTUMN REESER and ROBERT PATRICK. |
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| 9:45PM | **Highway Patrol 'CC'** **\*\*New Episode\*\*** | PG | Inches From DeathSenior Constable Dean Pickering is called to a nasty crash where two kids have stolen a car, with their reckless driving leading them to wrap the car around a tree. The driver is trapped in the car and as paramedics frantically try to free the boy, Constable Dean tries to work out just what these kids have been doing. Then, a driver is stopped in Epping for driving an unregistered car and it turns out to be no easy intercept. Hosted by HUGH WADE. |
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| 10:15PM | **World's Wildest Police Videos 'CC'** **\*\*New Episode\*\*** | M(V) | A gang fight in Pelican Bay Prison explodes into a jail-wide free-for-all, silver-haired pharmacists fight back against a pistol-packing drug thief, and cruisers go bumper-to-bumper with a crook in a stolen school bus!  |
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| 11:15PM | **Air Crash Investigations 'CC'** **\*\*New Episode\*\*** | PG | Impossible LandingUnited Airlines Flight #232 is 37,000 feet over Iowa when one of its three engines explodes. The pilots shut it down but soon discover they have a much more serious problem on their hands. The plane is in a steep right bank, and the pilots are unable to restore its flight path. The DC-10 has suffered a complete failure of all hydraulic systems, and the pilots have no way to maneuver the plane other than by alternating the power to the remaining engines. The pilots manage to fly the crippled plane to the nearest airport but, unable to configure the wings for a normal landing, they have no choice but to keepthe engines at nearly full power. After a crash that claims 111 of the 296 people on board, it's up to investigators to figure out how a foolproof system failed.  |
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| 12:15AM | **Room For Improvement (R) 'CC'**  | G | Brent Street - CafeSophie Monk joins the team to renovate the cafe at her old dance studio.  |
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| 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.  |

**Thursday, February 28, 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. \*\*** |  |   |
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| 2:00PM | **Dr Oz 'CC'**  | PG | Alternative Health Must-Haves: 10 Revolutionary Holistic Treatments You've Never Heard OfThese alternative health cures will change the way you think about your health. Dr. Oz details 10 of the most revolutionary holistic treatments.  |
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| 3:00PM | **Minute To Win It (R)**  | G | A Marry Me, ChristmasA popular game show that enlists contestants to play hair-raising games using household items and off-the-shelf products. Hosted by GUY FIERI. |
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| 4:00PM | **The Zoo (R) 'CC'**  | G | Bush rats overrun an exclusive Sydney suburb, an elderly black rhino loses her appetite and an oryx suffers an identity crisis. Narrated by  |
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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 Giaan Rooney 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 28, 2013**

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| 7:00PM | **Home and Away 'CC'**  | PG(A) | Dex and April take a break. Jett can't physically defend himself against Tilda because she is a girl. Spencer and Maddy are reunited and decide to stay in Summer Bay with Roo and Harvey. Meanwhile, Spencer's dad arrives looking for him in the Bay. Starring RHIANNON FISH, GEORGIE PARKER and MARCUS GRAHAM and CHARLES COTTIER. |
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| 7:30PM | **My Kitchen Rules 'CC'**  | PG | The surviving teams enter MKR kitchen headquarters for the first time tonight. Thrown straight into a challenge, the teams are tasked with catering for an inner city apartment block's annual warehouse party. They'll be cooking fresh summer party food for 50 people from the residents' kitchens, which are some of the smallest in Australia. The team with the best dish as voted by the residents will be the People's Choice and safe from the next elimination. The weakest team, as chosen by the judges, will head straight to the first sudden death cook-off. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Bones 'CC'** **\*\*New Episode\*\*** | M | The Archaeologist in the CocoonThe team investigates the murder of a well-known archeologist with a questionable reputation, who came upon a career-defining discovery right before his death. Starring EMILY DESCHANEL, DAVID BOREANAZ, T J THYNE, MICHAELA CONLIN, TAMARA TAYLOR, JOHN FRANCIS DALEY, EUGENE BYRD, AMY YASBECK, ANYA MONZIKOVA, ZORAN KORACH, GARY GRUBBS and JOSEPH WILLIAMSON. |
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| 9:45PM | **Program T.B.A. \*\*** |  |   |
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| 10:45PM | **Program T.B.A. \*\*** |  |   |
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| 11:45PM | **Up All Night 'CC'**  | PG | Letting GoReagan and Ava's changing responsibilities at home, a newly walking Amy and Julian's most recent gift to Ava, a dog, threaten to interfere with the booking of their dream guest, music legend Stevie Nicks. Meanwhile, Chris might be in over his head when he is promoted to a younger hockey league. Guest starring STEVIE NICKS AND CHRIS DIAMANTOPOULOS. 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 | This week, our learners experience the very real danger of speeding on wet roads. David and Darren learn the benefits of map reading the hard way. Hosted by MIKE WHITNEY.  |
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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.  |

**Friday, March 1, 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 (R) 'CC' (2006)** | M(V,S,A) | Jesse Stone: Death In ParadiseWhen the body of a teenager is found in the lake, the town's chief of police embarks on a quest which leads him to the Mob. Starring TOM SELLECK, VIOLA DAVIS, MAE WHITMAN, KOHL SUDDUTH, ORLA BRADY, GARY BASARABA, JOHN DIEHL and DEBRA CHRISTOFFERSON. |
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| 2:00PM | **Seven's V8 Supercars 2013 'CC'**  |  | V8 Supercars: Clipsal 500  |
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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.  |
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**Friday, March 1, 2013**

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| 7:00PM | **Home and Away 'CC'**  | PG | Spencer and Maddy decide to stay in the Bay, Jett reveals he feels he deserves to be bullied and Rosie is starting to smother Sasha. Starring |
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| 7:30PM | **Better Homes And Gardens 'CC'**  | G | Better Homes and Gardens set out to save you money. Joh heads to the home of Australia's finance guru and Sunrise host David Koch to find out his all-time biggest money saving tip. Add thousands to your home with a front garden makeover that barely costs a thing. Turn your veggie scraps into a thriving garden, and see how composting can save you big bucks Dr Harry meets a chook who's desperate to be a Mum. Turn an old surfboard into the coolest table around for less than $100. Fast Ed reinvents Australia's favourite salad, plus budget seafood for the barbecue. Try Karen's marinade to make lamb chops extra delicious. The Aussie home that comes complete with a converted double decker bus. Can you renovate an entire bathroom for just $2000? 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 | You May Now Kiss The...Um...Guy...Who ReceivesBrian's gay cousin Jasper comes to visit, and announces he's marrying his partner at the Griffin's house. Mayor Adam West bans gay marriage, which forces Brian to take drastic action, while Chris joins the Young Republicans to impress a girl. With the voices of SETH MACFARLANE, ALEX BORSTEIN, SETH GREEN and MILA KUNIS. |
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| 12:00AM | **The Late Movie (R)**  | AV(V,S) | The TattooistA young artist unknowingly plays a role in releasing a deadly spirit as he attempts to learn the Samoan tradition of tattooing. Starring JASON BEHR, MIA BLAKE, MICHAEL HURST, DAVID FANE, ROBBIE MAGASIVA, CAROLINE CHEONG and NATHANIEL LEES. |
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| 2:00AM | **Auction Squad (R) 'CC'**  | G | Hate dark and dingy homes? Great tips on letting in the light, plus a stunning red tree that will make your garden a crowd-stopper.  |
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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, March 2, 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 | **Dr Oz (R) 'CC'**  | PG | Jamie Oliver's Secrets To Lose WeightCelebrity chef Jamie Oliver reveals the 4 simple changes in your kitchen that will transform the way your family eats. He also shares his favourite go-to recipe that's both fast and inexpensive.  |
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| 1:00PM | **V8 Xtra 'CC'**  | G |   |
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| 1:30PM | **Seven's V8 Supercars 2013 'CC'**  |  | V8 Supercars: Clipsal 500  |
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| 3:00PM | **Seven's V8 Supercars 2013 'CC'**  |  | V8 Supercars: Clipsal 500  |
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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, March 2, 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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| 11:25PM | **Program T.B.A. \*\*** |  |   |
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| 12:25AM | **Special (R)** | PG | Along The Andes - Part 1Along the Andes is the ultimate South American trip, covering a wealth of countries and cultures from Columbia in the north down to Argentina and Chile in the south. Presented by GREG GRAINGER.  |
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| 1:25AM | **Special (R)** | G | Along The Andes - Part 2From its snow covered Volcanoes on the equator, to its mammoth spires, the Andes represent one of the world's great landmarks, and a challenge to all who dare to travel its mysterious trails. Presented by GREG GRAINGER. |
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| 2:25AM | **Auction Squad (R) 'CC'**  | G | Create the best parents retreat, and how to transform the most useless wasted space into an outdoor living room all in one day.  |
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| 3:30AM | **It Is Written Oceania**  | PG | Rest For WorkaholicsA Religious Problem.  |
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| 4:00AM | **Home Shopping** |  | Shopping program.  |
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| 5:00AM | **That '70s Show (R) 'CC'****\*\*Double Episode\*\*** | PG | Leo Loves Kitty/ Jackie's Cheese SqueezeJackie is hurt and angry when Michael takes a job as a department store model. Then, when Eric sees Jackie and Todd kissing at the cheese store, he realises he has the perfect ammunition to make Jackie's life miserable. Starring TOPHER GRACE, LAURA PREPON, ASHTON KUTCHER, MILA KUNIS, WILMER VALDERRAMA, DANNY MASTERSON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS and DON STARK and CHRISTOPHER MASTERSON. |
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