**Sunday, March 24, 2013**

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| 6:00AM | **Stitch! (R)** | G | Dads Day  Stitch goes out to seek Yuna's dad's research ship in the hope to bring him back in time for 'Dads Day' at Yuna's school. |
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| 6:30AM | **Handy Manny (R)** | G | Leela's Birthday Party / Abuelito's Mower  The tools keep everyone happy when Fluffy breaks the bounce house at Leela's birthday party. |
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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 | **AFL Game Day 'CC'** | PG | AFL Legend Leigh Matthews and Brisbane Lions coach Michael Voss headline the action on AFL Game Day as host Hamish McLachlan reviews and previews all of the AFL action with a star-studded panel |
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| 11:10AM | **Iron Chef Australia (R) 'CC'** | PG | Tonight, Herb Faust, the Head Chef at Scotch College in Perth will go knife to knife in Kitchen Stadium against one of Australia's Iron Chefs. |
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| 12:10PM | **Iron Chef Australia (R) 'CC'** | PG | This week, Sacha Meier, Head Chef at Ba Ba Lu Restaurant goes head to head with three of Australia's world-class top chefs! Hosted by Grant Denyer. |
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| 1:10PM | **Iron Chef Australia (R) 'CC'** | PG | Dan Hong, Head Chef at Lotus Bistro and Bar, Sydney, goes head to head with three of Australia's world-class top chefs in the Kitchen Stadium! |
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| 2:10PM | **That '70s Show (R) 'CC'** | PG | Hyde Moves In  When Hyde's mum takes off with a trucker and leaves Hyde home alone with no money for food, Eric's parents step in to help. 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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| 2:30PM | **Sunday Afternoon Movie (2008)** | PG  (A,L,V) | The Express  Based on the incredible true story of college football hero Ernie Davis, the first African-American to win the Heisman Trophy. A remarkable player on the field, Davis would also become, by refusing to follow the unspoken racist rules of the day, an icon for the burgeoning civil rights movement that divided America in the early 1960s. Though tragedy would prevent the star athlete from ever playing on the professional field, his tale would forever change the face of sports and American culture. Starring ROB BROWN, DENNIS QUAID, DARRIN DEWITT HENSON, OMAR BENSON MILLER, NELSAN ELLIS, CHARLES S DUTTON, JUSTIN MARTIN, JUSTIN JONES, NICOLE BEHARIE, AUNJANUE ELLIS, ELIZABETH SHIVERS, CLANCY BROWN and REGINA HOYLES. |
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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, March 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 (R) 'CC'** | PG | Officers question a man after he attempts to bribe them. Some cartoon characters reveal a sinister plan and a band's dream of a national tour starts crumbling when officers discover the true identity of their drummer. Narrated by Grant Bowler. |
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| 8:00PM | **The Force - Behind The Line** |  | Details To Be Advised. |
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| 8:30PM | **Downton Abbey 'CC'** | M | There may finally be some good news at Downton after all the recent trauma. Matthew continues to insist that his way of managing the estate is the correct one, but is he going to be able to do things the way he wants to or will he continue to meet resistance? The arrival of one of Branson's relatives isn't the only problem surrounding him at Downton, and Edith is the recipient of admiration from an unexpected person. 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, MAGGIE SMITH, DAN STEVENS and PENELOPE WILTON. |
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| 9:40PM | **Castle (R)'CC'**  **\*\*Double Episode\*\*** | M  (V,A) | Pandora / Linch Pin  Castle and Beckett pursue a ruthless killer who is part of a sinister, international conspiracy. The duo are joined on the case by a smart, sexy CIA operative who has a complicated past with Castle. Castle & Beckett race to find the Linchpin in order to stop the first domino in a chain of events which will plunge the US into war, aided in their investigation by a smart and sexy CIA operative. Starring NATHAN FILLION, STANA KATIC, SUSAN SULLIVAN, MOLLY QUINN, PENNY JOHNSON, TAMALA JONES, JON HUERTAS, SEAMUS DEVER, JENNIFER BEALS, JOSH STAMBERG, DAVID CHISUM and MARTIN DANBERG. |
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| 11:40PM | **Law & Order: LA (R) 'CC'** | M  (D,A) | Runyon Canyon  When pre-med freshman Beth Garrett is found strangled to death, a mysterious text leads the detectives to a potential suspect. After some investigating at her sorority, the detectives learn that there is more to this mild mannered bookworm than initially meets the eye. Meanwhile, Dekker and Rubirosa are forced to change their strategy when game-changing evidence is discovered at the last minute. Starring TERRENCE HOWARD, ALFRED MOLINA, COREY STOLL, WANDA DEJESUS, TERI POLO, RACHEL TICOTIN and JILLIAN NELSON. |
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| 12:35AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 1:00AM | **Special (R)** | G | The Passion Of Spain - Part 2  Greg Grainger continues his journey through Spain and its pilgrimage to El Rocio where Spaniards take part in a week-long religious procession. |
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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, March 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' (2004)** | M  (V,A) | Murder Without Conviction  Christine Bennet, a former nun, becomes embroiled in murder mystery surrounding twin brothers who are accused of killing their mother. Starring MEGAN WARD, MORGAN WEISSER, RUTANYA ALDA, DAVID PROVAL, RAFAEL FELDMAN, DARYL SABARA, YAN FELDMAN, EVAN SABARA and LAURA KIRK. |
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| 2:00PM | **Dr Oz 'CC'** | PG | 7 Day Miracle Plan To Boost Your Metabolism  Dr. Oz rolls out his 7-Day Miracle Plan to Boost Your Metabolism, plus three metabolism boosters for under $20 that will help you shed that middle-age spread. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Lisa needs to fix some DIY surgery. Elsewhere, everyone loves a lucky little lion. Then, some naughty penguins have a new mum, and a royal visitor is sent packing. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Not Just A Pretty Face Off  Two friends go head-to-head in an effort to win the top prize. They begin with the 'Candelier' challenge where they must stack five levels of cans - with one on the bottom, five on the top, and a paper plate between each level. Hosted by GUY FIERI. |
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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. Hosted by Helen Kapalos. |

**Monday, March 25, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (N) | Casey and Tamara move into the flat. Kyle's charges are dropped. Tamara realises that Kyle has a crush on her. Meanwhile, Sid tries to persuade Romeo to tell Indi about his cancer and warns him of the risks of postponing chemo. Starring ROBERT MAMMONE, SAMARA WEAVING and LUKE MITCHELL and LINCOLN YOUNES. |
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| 7:30PM | **Program T.B.A.** |  |  |
| 8:45PM | **Revenge 'CC'** | M  (V) | Lineage  Hindsight's 20/20 when a flashback to 2006 has Victoria getting a surprise visit from her estranged mother, triggering memories of her tumultuous upbringing. Emily embarks on her first mission under Takeda's training, where she meets Aiden and learns of his revenge path. 2006 is also the year Nolcorp goes public, and Carl Porter gets into hot water when he crosses the wrong people on the docks. Starring EMILY VANCAMP, MADELEINE STOWE, HENRY CZERNY, JOSH BOWMAN, NICK WECHSLER and GABRIEL MANN. |
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| 9:35PM | **How I Met Your Mother 'CC'**  **\*\*New Episode\*\*** | PG | P.S. I Love You  Barney uncovers the lost episode of Robin's 'Underneath the Tunes' as Robin Sparkles. Meanwhile, Marshall and Lily are concerned that Ted's new girlfriend is a stalker. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, COBIE SMULDERS, ALYSON HANNIGAN, BOB SAGET (NARRATOR) and PAUL SHAFFER. |
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| 10:00PM | **The Mindy Project 'CC'**  **\*\*Series Return\*\*** | PG  (S) | Teen Patient  Mindy is confronted with an awkward situation when her teenage neighbour comes to her for birth control. Meanwhile, Danny receives an anonymous complaint that Morgan has been inappropriately ogling Shauna. Starring MINDY KALING and CHRIS MESSINA. |
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| 10:30PM | **Private Practice 'CC'** | M | You Don't Know What You've Got Till It's Gone  Sheldon fears the worst when a little girl goes missing from the ER; Addison and Jake have a disagreement about one of his patients; and a new doctor joins the team at Saint Ambrose. Meanwhile, Stephanie questions Sam about his past with Addison. Starring KATE WALSH, BENJAMIN BRATT, KADEE STRICKLAND and PAUL ADELSTEIN. |
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| 11:30PM | **Happy Endings 'CC'**  **\*\*New Episode\*\*** | PG | Our Best Friend's Wedding  When newly-engaged Penny learns that Pete wants to elope, would-be wedding coordinator Jane takes the lovebirds and the rest of the gang to a wedding expo in hopes that Pete will change his mind. Meanwhile, Max and Brad are stuck with a 'couples' pass and end up in the gay wedding part of the expo, and Alex and Dave are forced to deal with their own unresolved wedding issues. Starring ELIZA COUPE, ELISHA CUTHBERT and ZACHARY KNIGHTON. |
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| 12:00AM | **Last Chance Learners (R) 'CC'** | PG | With only ten days left at the school, some of the learners are still struggling with the basics. Can Sharni take the pressure as she prepares for her driving test? Hosted by MIKE |
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| 12:30AM | **Room For Improvement (R) 'CC'** | G | Engadine Kitchen  Join the RFI team as they take a Jurassic kitchen into the 21st Century. Then, see all the latest gadgets for your home. Hosted by TOM WILLIAMS, SOPHIE WARD and ROB PALMER. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
| 3:30AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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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, March 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 (R) 'CC' (2010)** | M  (V,A) | Patricia Cornwell: At Risk  A Boston detective is dispatched to Tennessee by his district attorney to crack a cold case that froze up two decades earlier. Starring ANDIE MACDOWELL, DANIEL SUNJATA, ASHLEY WILLIAMS, ANNABETH GISH, DIAHANN CARROLL, MARCIA BENNETT, PAULA BOUDREAU, CHAD CONNELL and DANE DEHAAN. |
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| 2:00PM | **Dr Oz 'CC'** | PG  (S) | Oz Gone Wild: 50 Embarrassing Questions  The no-embarrassment zone is back and wilder than ever. Fifty people reveal all as Dr. Oz takes on their most-pressing and intimate health questions. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Kate Mcinnes leads a DOC team looking for short-tailed bats in Fiordland, Mike puts a tiger into an embarassing position in Hamilton and down in Nelson Mana is trying to save a baby penguin called Pixie. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | There's No Place Like Home  Two contestants come together to try and win a million dollars. Hosted by GUY FIERI. |
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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. Hosted by Helen Kapalos. |

**Tuesday, March 26, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Kyle tells Tamara that he has feelings for her and he thinks she feels the same, however she shuts him down when she tells him he's delusional. Mollie tells Gina, John and Jett that Richard is coming from Perth to discuss the adoption. Meanwhile, Sasha is worried that Rosie is hanging around the wrong crowd. Starring SONIA TODD and SHANE WITHINGTON. |
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| 7:30PM | **Program T.B.A.** |  |  |
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| 8:45PM | **Packed To The Rafters 'CC'** | PG | Weathering The Storm  Given the circumstances with Coby, Dave and Julie try to end their business dealings with Duncan. Unable to avoid Frankie, Coby steps up, taking full responsibility for everything. With everything that's going on, the last thing Jake needs is to run into Sian - and her new rich, handsome boyfriend. And if that wasn't enough, Ted is rushed to hospital after taking a confronting turn. As the day from hell ends, Jake arrives home to more bad news: Coby's gone. Starring REBECCA GIBNEY, ERIK THOMSON, MICHAEL CATON, GEORGE HOUVARDAS, JAMES STEWART, RYAN CORR, HANNAH MARSHALL, MERRIDY EASTMAN, ZOE CRAMOND, JACOB ALLAN, BROOKE SATCHWELL and CELIA IRELAND and SAMANTHA TOLJ. |
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| 9:35PM | **Parenthood 'CC'** | PG  (S,A) | Small Victories  Drew and Amy receive news that will forever change their relationship, leading Mark to express his concerns to Sarah. Adam and Kristina are presented with new parenting dilemmas as they help Max navigate through life as a teenager. Meanwhile, Crosby is growing increasingly impatient with his mother-in-law Renee causing conflict with Jasmine. 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, RAY ROMANO and TINA LIFFORD. |
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| 10:30PM | **Private Practice 'CC'**  **\*\*Now Twice A Week\*\*** | M | The Next Episode  A reality show centered around Sam sheds some light on issues in his colleagues' personal lives. Meanwhile, Sam's mother seeks his help after her boss falls ill; and the search continues for a girl who went missing from St. Ambrose. Starring KATE WALSH, BENJAMIN BRATT, KADEE STRICKLAND, PAUL ADELSTEIN, BRIAN BENBEN, CATERINA SCORSONE, GRIFFIN GLUCK and TAYE DIGGS and AMY BRENNEMAN. |
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| 11:30PM | **Against The Wall** | M  (D,V) | Lean On Me Or Die  Abby and Lina investigate one of their own. They look into whether Nikki, an undercover IA detective, may have gotten herself in too deep while posing as a stripper to infiltrate a corrupt cop's inner circle. Meanwhile, Brody solicits Abby's mother Sheila's advice on how to best woo Abby. Starring RACHAEL CARPANI, TREAT WILLIAMS, KATHY BAKER, BRANDON QUINN, MARISA RAMIREZ and MAYKO NGUYEN and AMY BRUNNER. |
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| 12:30AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
|  |  |  |  |
| 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. |
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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, March 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 | **The Midday Movie (R) 'CC' (2009)** | M  (V) | Crimes Of Fashion: Killer Hair  Lacey is a fashion columnist who dreams of being a crime reporter. When a local stylist dies unexpectedly, she decides to investigate. Starring MAGGIE LAWSON, SADIE LEBLANC, SARAH EDMONDSON, VICTOR WEBSTER, JAMES MCDANIEL, MARK CONSUELOS, JOCELYNE LOEWEN and JASON SCHOMBING. |
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| 2:00PM | **Dr Oz 'CC'** | PG | 5 Habits Making You Fat  If you're surprised every time you step on the scale, you may be eating more than you think. Dr. Oz reveals the top five mindless eating habits that are making you gain weight and what you can do to break them. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Six-year-old lions Malik and Zulu are leaving behind their young cubs in Christchurch to head back to Wellington, a small monkey meets its family at Nelson's Natureland zoo. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | 127 Hours To A Million Part 1  Adventurer and survivor, Aron Ralston, the inspiration for the feature film 127 Hours plays for a million dollars for his charity. Hosted by GUY FIERI. |
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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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**Wednesday, March 27, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Hurt by Spencer's rejection, Maddy takes her frustrations out on the Roo, however Alf tells her to show some respect. Richard comes to discuss Jett's adoption and Sasha finally convinces Rosie that Mullens is bad news. Although, still desperate to feel loved, Rosie kisses Spencer, causing Maddy to become furious. Starring RAY MEAGHER and GEORGIE PARKER. |
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| 7:30PM | **Better Homes And Gardens 'CC'** | G | Easter Favourites  Visit the vintage inspired apartment of Home & Away star Demi Harman. This Easter indulge in the ultimate chocolate treat, an Easter Egg slice. Plus add a taste of the tropics to your table with an easy fish dish. Plus a little dog with a big personality. Graham tours one of Europe's finest royal treasures - Hampton Court Palace. Trick the kids into loving veggies with Karen's ham and zucchini snacks. Then Joh visits a barn that's been converted into an amazing home. 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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| 8:45PM | **Last Resort 'CC'** | M | Blue Water  Sam and James depart the island in a daring rescue attempt. Back on the island of Sainte Marina, a Chinese diplomat arrives to make a deal with Marcus. With scarcity and a prison problem plaguing him, Marcus finds himself treading down a more treacherous path than he could have imagined. Starring SCOTT SPEEDMAN, CAMILLE DE PAZZIS, DAISY BETTS, DANIEL LISSING and DICHEN LACHMAN. |
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| 9:35PM | **Highway Patrol (R) 'CC'** | PG | Sleazeball  A driver is caught doing 126kph in an 80 zone, and the Senior Constable soon discovers the car is also unregistered and has the wrong number plates. This adds up to a mountain of fines, but his biggest worry is getting the woman he's with home before her boyfriend finds out. A driver behaving badly is pulled over and decides to keep drinking, even though he's being breath tested! Two Senior Constables are on the tail of an unregistered bike. When the bike suddenly speeds off, the pursuit becomes dangerous, and they have no choice but to abandon it. They continue the hunt, tracking the address of the bike's owner and the story gets complicated. |
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| 10:00PM | **World's Wildest Police Videos 'CC'**  **\*\*Final\*\*** | M  (V) | A meth-running stripper leads police on a wild backroads pursuit, an interrogator tries to match wits with a suspected cold-blooded murderer, and a criminally insane cop-killer forces a bloody, gun-fueled showdown in a trailer park! |
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| 11:00PM | **Air Crash Investigations 'CC'**  **\*\*New Episode\*\*** | PG | Impossible Landing  A United Airlines Flight is crippled when one of its engines explodes.  The pilots manage a crash landing at an airport, but lives are lost.  Investigators work to figure out how a foolproof system failed. |
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| 12:00AM | **Last Chance Learners (R) 'CC'** | PG | After 30 days, it's the end of school for our Last Chance Learners. The remaining learners will have one last shot at passing their driving test and winning a car. Hosted by MIKE WHITNEY. |
|  |  |  |  |
| 12:30AM | **Room For Improvement (R) 'CC'** | G | See top design tips as we transform a messy rumpus room into an affordable home theatre for the entire family. |
|  |  |  |  |
| 1:00AM | **Home Shopping** |  | Shopping program. |
| 3:30AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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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, March 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 | **The Midday Movie (2004)** | PG  (A,V) | Going To The Mat  Despite being blind, Jace never let anything stand in his way... on or off the mat. Starring ANDREW LAWRENCE, ALESSANDRA TORESON, KHLEO THOMAS, WAYNE BRADY, D B SWEENEY, BILLY AARON BROWN, BRENDA STRONG and BRIAN WIMMER. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Biggest Anti-Aging Hour Ever - No Makeup Show: What's The Real Age Of Your Skin?  Strip away your makeup to discover what your naked face is telling you about your health. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Brett is trying to save two takahes at Massey Wildlife Health Centre, Orana Wildlife Park's new lion cubs get their first check-up from Dave and Lisa has to deal with a monkey's ear problem in Wellington. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | 127 Hours To A Million Part 2  Adventurer and survivor, Aron Ralston, the inspiration for the feature film 127 Hours continues to play for a million dollars for his charity. |
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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. Hosted by Helen Kapalos. |

**Thursday, March 28, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Maddy apologises for her behaviour to Roo. Sid tells Romeo that he can't keep hiding his cancer from Indi, and if Romeo doesn't tell her, then he will. Romeo decides to take Indi away for a romantic weekend, leaving Heath to mind the gym. Starring ROBERT MAMMONE, SAMARA WEAVING, LUKE MITCHELL and GEORGIE PARKER and DAN EWING. |
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| 7:30PM | **2013 AFL Premiership Season 'CC'** |  | Rnd 1: Carlton v Richmond  Mick Malthouse steps out as senior coach for the first time in a premiership match in this now traditional Round 1 clash at the MCG. The Tigers will want to break their recent run of losses in this match as they make a bid for a finals berth in 2013. Hosted by Brian Taylor with expert commentary from Luke Darcy, Matthew Richardson and Cameron Ling. |
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| 11:00PM | **Castle (R) 'CC'** | M | 47 Seconds  When a bomb explodes at a protest rally killing five people, Castle & Beckett realise the key to solving the case is to reconstruct the 47 seconds prior to the explosion. Using video and witness accounts, they uncover the shocking truth about who planted the bomb. Guest starring CHRISTINE WOODS and TIM GUINEE. Also starring NATHAN FILLION, STANA KATIC, SUSAN SULLIVAN, MOLLY QUINN, PENNY JOHNSON, TAMALA JONES, JON HUERTAS, SEAMUS DEVER and JOHN RUBY. |
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| 12:00AM | **Auction Squad (R) 'CC'** | G | A family must sell their house at auction in order to move overseas for a much needed change. |
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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 29, 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 | **Special Programs 2013**  **\*\* Live special event \*\*** | G | 2013 Royal Children's Hospital Good Friday Appeal  In the annual Good Friday tradition live from Docklands, TV stars, celebrities, journalists and sports men and women come together to help raise vital funds for the country's leading Children's Hospital. |
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| 12:00PM | **Seven News Special 'CC'** |  | Good Friday Bulletin  The latest news, sport and weather from around Australia and overseas. |
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| 12:30PM | **Special Programs 2013**  **\*\* Live special event \*\*** | G | 2013 Royal Children's Hospital Good Friday Appeal  In the annual Good Friday tradition live from Docklands, TV stars, celebrities, journalists and sports men and women come together to help raise vital funds for the country's leading Children's Hospital. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents all the latest news and weather updates. 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. Hosted by Helen Kapalos. |
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**Friday, March 29, 2013**

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| 7:00PM | **Special Event 'CC'**  **\*\* Live special event \*\*** | G | Special Programs 2013  It's an Easter tradition, the annual Good Friday Appeal live from Docklands. Stars of television, celebrities from throughout Victoria, newspaper journalists, radio presenters, sports men and woman all come together and help raise vital funds for this country's leading Children's Hospital. |
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| 12:00AM | **The Late Movie (R) (2004)** | MA  (S) | Fascination  Only a few weeks after her husband's mysterious death, Maureen prepares to marry another man. Does their union hide a dark secret? Starring JACQUELINE BISSET, ADAM GARCIA, ALICE EVANS, STUART WILSON, JAMES NAUGHTON, CRAIG CADY, VINCENT CASTELLANOS and JAIME BELLO. |
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| 2:00AM | **Auction Squad (R) 'CC'** | G | Johanna Griggs and her expert team take on a tiny inner city terrace - adding a funky new kitchen for under $4,000 and turning an ugly concrete courtyard into an urban oasis. |
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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. |
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**Saturday, March 30, 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 | **Special 'CC'** | PG | Rolex Spirit of Yachting - Sydney Hobart Yacht Race 2012  This film captures all of the drama, intrigue and stories behind the epic Sydney to Hobart Yacht race of 2012. |
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| 12:30PM | **Dr Oz (R) 'CC'** | PG | How Healthy Are You?  Dr. Oz has assembled a team of experts to help you understand the signals your body is sending you. This army of doctors are from the leading medical institutions and have developed a self-check list. |
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| 1:30PM | **Saturday Afternoon Movie (R)** | G | Disney's Leroy & Stitch  As a reward for collecting all 625 experiments, LiLo, Stitch, Jumba and Pleakley have been placed around the galaxy where each of them thinks they belong. The evil Dr Hamsterviel forces Jumba to create Leroy, the evil twin of Stitch. He then clones the creature to form his own army. Now it's up to Lilo to gather Stitch and the rest of the gang to fight the legion of Leroys. With the voices of TIA CARRERE, CHRIS SANDERS, DAVEIGH CHASE, DAVID OGDEN STIERS and JEFF BENNETT. |
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| 3:00PM | **Saturday Afternoon Movie (R) (2004)** | G | Pixel Perfect  Roscoe is a typical teenager who attends school, is tech-savvy and enjoys listening to his best friend, Samantha's band. When the band flounders because they don't have the right image, Roscoe experiments with some technology and concocts a holographic star named 'Loretta Modern' for the band. With Samantha's musical talents and Loretta fronting the band, they become an overnight sensation. Starring RICKY ULLMANAS, LEAH PIPES, SPENCER REDFORD, CHRIS WILLIAMS, BRETT CULLEN, TANIA GUNADI and PORSCHA COLEMAN. |
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| 5:00PM | **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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| 5:30PM | **Peter Mitchell's Melbourne: Our Life and Times 'CC'** | G | Join Peter Mitchell as he explores many of Melbourne's great heritage buildings, locations, and discovers untold stories and secrets about the history of this great city. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents all the latest news and weather updates. Sport is with Tim Watson. |

**Saturday, March 30, 2013**

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| 6:30PM | **2013 AFL Premiership Season 'CC'** |  | Rnd 1: Gold Coast v St Kilda  Saturday Night Footy comes from Metricon Stadium on the Gold Coast as the Saints travel north to grab precious Round 1 points. It'll be a tough task against the maturing Suns. Hosted by Brian Taylor with expert commentary from Luke Darcy, Matthew Richardson and Cameron Ling. Dr Peter Larkins provides the medical analysis with news from Sam Lane. |
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| 11:00PM | **World's Wildest Police Videos (R) 'CC'** | M | A brazen burglar falls five stories trying to dodge the law, a car thief swipes a Porsche and totals the high-dollar speedster, and a grenade- wielding madman is swarmed by police and unleashes his weapon! |
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| 12:00AM | **The Late Movie (R) (2006)** | M  (L) | No. 2  Nanna Maria, the matriarch of a Fijian family, worries about who she should name as her successor. Starring RUBY DEE, MIA BLAKE, RENE NAUFAHU, MIRIAMA MCDOWELL, TAUNGAROA EMILE, XAVIER HORAN, TUVA NOVOTNY, ANTONY STARR, TANEA HEKE, NATHANIEL LEES, PIO TEREI and BRANDON LAKSHMAN. |
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| 2:00AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 2:30AM | **Auction Squad (R) 'CC'** | G | A house that looks like a toilet block creates a massive challenge for the team. |
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| 3:30AM | **It Is Written Oceania** | PG | Prisoner Of Conscience  A Religious Program. |
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| 4:00AM | **Home Shopping** |  | Shopping program. |
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| 5:00AM | **That '70s Show (R) 'CC'**  **\*\*Double Episode\*\*** | PG | Everybody Loves Casey/ Love Wisconsin Style  Kelso dumps Jackie, Rhonda dumps Fez and Eric threatens to take on Casey if he ever hurts Donna. Donna and Casey split and Jackie and Kelso get back together. Guest starring Luke Wilson. Guest starring Luke Wilson. Also starring TOPHER GRACE, ASHTON KUTCHER, MILA KUNIS, WILMER VALDERRAMA, DANNY MASTERSON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS and DON STARK. |