**Sunday, March 3, 2013**

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| 6:00AM | **Stitch! (R)** | G | Pteradon/Pokopon  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 Earth Day Challenge / Dario Dance  With the help of Sheet Rock Hills mechanic Gary, Manny and the tools replace Manny's truck engine with a new environmentally-friendly electric motor, which they enter into a competition. |
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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 | Judyta Slupnicki, Head Chef and owner of Adelaide's Phore Seasons restaurant steps into Kitchen Stadium to take on an Iron Chef. |
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| 12:00PM | **Live Healthy, Be Happy 'CC'** | G | Live Healthy, Be Happy  Discover easy ways to make your life happier and healthier. Join Geoff Huegill, Ash Hart, Hamish McLachlan and Jesinta Campbell as they set out to answer questions that could change your life. |
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| 12:30PM | **That '70s Show (R) 'CC'** | PG | Prom Night  Even though they have broken up, Jackie is upset because Michael is taking someone else to the prom. 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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| 1:00PM | **Seven's V8 Supercars 2013 'CC'** |  | V8 Supercars: Clipsal 500  It's the beginning of a new era for V8 Supercars with Mercedes and Nissan joining Holden and Ford on the grid for the 2013. Today's coverage includes all the support action from Carrera Cup and the V8 Utes. |
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| 3:00PM | **Seven's V8 Supercars 2013 'CC'** |  | V8 Supercars: Clipsal 500  It's the beginning of a new era for V8 Supercars with Mercedes and Nissan joining Holden and Ford on the grid for the 2013. Coverage includes the final 250km race of the weekend on the streets of Adelaide. |
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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 3, 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 | A woman has a major meltdown when officers find a big problem with her handbag. An elderly New Zealand traveller with a criminal record says he's turned over a new leaf but could his past still stop him from attending an important event. Then, when a box of cereal is found with suspicious contents, it might not be the best way to start the day. Narrated by GRANT BOWLER. |
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| 8:00PM | **The Force - Behind The Line 'CC'**  **\*\*New Episode\*\*** | PG | Police target a POI who has led Police on a pursuit through the city streets. A team of officers surround his house and ask him to meet them face to face. Not even a phone call from a relative will get the POI out. What will the Police do to finally capture their wanted and dangerous man? Hosted by SIMON REEVE. |
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| 8:30PM | **Downton Abbey 'CC'**  **\*\*New Episode\*\*** | M | Trouble looms for Lady Sybil and her husband, Tom Branson, as his strong views on political matters get him into all sorts of trouble causing her to feel forced to take sides. A new young footman by the name of Jimmy Sparks is causing quite a bit of interest below not to hire him. Meanwhile, Ethel must decide what is best for little Charlie as she tries to make vital decisions regarding his future. Starring HUGH BONNEVILLE, JESSICA BROWN FINDLAY, LAURA CARMICHAEL, JIM CARTER, BRENDAN COYLE, MICHELLE DOCKERY, SIOBHAN FINNERAN, JOANNE FROGGATT, THOMAS HOWES, ROB JAMES-COLLIER and PHYLLIS LOGAN. |
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| 9:40PM | **Castle 'CC'**    **\*\*Double Episode\*\***  **\*\*Includes New Episode\*\*** | M  (V,A) | Secret Santa / An Embarrassment Of Bitches  When a man in a red Santa suit falls from the sky in Central Park, Castle and Beckett are on the hunt to find who killed Santa. Castle and Becket prepare for their first Christmas together. Then, when a famous dog trainer is killed, the investigation keeps coming back to charismatic reality TV star Kay Cappuccio, but there seems to be more to her story than she is letting on. Starring NATHAN FILLION, STANA KATIC, TAMALA JONES, JON HUERTAS, SEAMUS DEVER, MOLLY QUINN, SUSAN SULLIVAN, PENNY JOHNSON JERALD, DAKIN MATTHEWS, LESLIE HOPE, STEVEN ECKHOLDT, TEMBI LOCKE, TITUS MAKIN JR, HILARIE BURTON, JUSTIN HARTLEY, NANA VISITOR and ED F MARTIN. |
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| 11:40PM | **Law & Order: LA (R) 'CC'** | M | Big Rock Mesa  When a destructive wildfire suddenly rips through the hills of Malibu, arson is immediately suspected. Once the blaze is contained, the detectives soon realize that a second fire was intended to cover up a gruesome crime. Meanwhile, Dekker and Rubirosa stumble upon some information crucial to the case. Starring TERRENCE HOWARD, ALFRED MOLINA, COREY STOLL and WANDA DEJESUS. |
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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. |
| 1:00AM | **Special (R)** | G | Cambodia - Fields Of Hope  Go on a journey through Cambodia and meet a new generation of youngsters who are bringing their old customs back to life. Presented by GREG GRAINGER. |
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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 4, 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' (2007)** | M  (A) | What If God Were The Sun?  A grieving nurse finds comfort and inspiration in her new assignment: a terminally ill woman with a strong faith. Starring LACEY CHABERT, GENA ROWLANDS, MIKE BELL, MARIAM BERNSTEIN, DOREEN BROWNSTONE, AMANDA BRUGEL, YOGESH CHOTALIA, CHARLES CROSSIN and DAVID STUART EVANS. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Don't Let This Happen To You: 5 Biggest Health Mistakes  Today Dr Oz discusses the five top health mistakes women make. Also today, varicose veins - what causes them and how to reduce their appearance. Plus, 'as-seen-on-TV' products. |
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| 3:00PM | **The Zoo (R) 'CC'** | G | A potentially deadly hyena birth is caught on camera, a giraffe faces a medical mystery and a baby quokka faces life as an orphan. Narrated by |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Kids Rule - Part 2  The Bishop family continues to play for the $1 million and make it to the Supercoin challenge where they must bounce and land one quarter off of a table and into the opening of a 5-gallon water jug 15' away. 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 4, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Dex and April don't know how to treat each other post break up. Celia feels bad for the damage she's caused to Heath and Bianca. Roo and Harvey enjoy being parents to Maddy and Spencer. Starring RHIANNON FISH, LISA GORMLEY, GEORGIE PARKER, DAN EWING, MARCUS GRAHAM and CHARLES COTTIER. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | Herbs are on the menu tonight in the first rapid cook-off of the competition. One team has already won the People's Choice award, earning them safety from elimination, while the weakest team has been condemned to the first sudden death cook-off. Tonight, the remaining teams must cook at Kitchen HQ for the first time where the judges have a few tricks up their sleeve. Who will rise to the challenge? And who will miss the mark? The team with the least impressive dish will go to the sudden death cook-off. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Revenge 'CC'**  **\*\*New Episode\*\*** | M | Forgiveness  Faces from the past are appearing all around the Hamptons, as Emily's mother and Mason Treadwell both reemerge, making Victoria very uneasy. Meanwhile, Jack's sense of duty grows exponentially after Amanda gives birth, and Padma makes a move that could have major ramifications for Nolcorp. Starring EMILY VANCAMP, MADELEINE STOWE, HENRY CZERNY, JOSH BOWMAN, NICK WECHSLER, GABRIEL MANN, ASHLEY MADEKWE, CHRISTA B ALLEN, CONNOR PAOLO, JAMES TUPPER, BARRY SLOANE, ROGER BART, DILSHAD VADSARIA and JR BOURNE. |
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| 9:45PM | **How I Met Your Mother 'CC'**  **\*\*New Double Episode\*\*** | PG | Lobster Crawl / The Over-Correction  Robin is determined to get Barney back no matter what it takes. Ted fills in as Marvin's Nanny, leading Marshall and Lily to realise that Ted is using baby Marvin to replace his other baby: the GNB building. Robin becomes increasingly suspicious of Barney's relationship with Patrice. Meanwhile, Marshall discovers his mother is moving on in her romantic life...with a very disturbing partner. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, COBIE SMULDERS, ALYSON HANNIGAN AND CORNELIUS PETER. |
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| 10:45PM | **Program T.B.A.** |  |  |
| 11:45PM | **Happy Endings 'CC'**  **\*\*New Episode\*\*** | PG | Ordinary Extraordinary Love  When a hot young pop star stops in and buys a dress at Alex's store, Penny helps Alex turns it into a press opportunity...but not all publicity is necessarily good publicity. Meanwhile, Max is having an identity crisis, so Jane and Derrick take him on a tour of Chicago's themed gay bars to help him find his niche, and Brad and Dave try to be 'men' and fix things around the house. 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 | It's time for mother Naida to confront her paralysing fear of traffic as instructor Chris pushes her to the limit. Robert is about to take his driving test, but does he have what it takes to pass? Hosted by MIKE WHITNEY. |
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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 5, 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'** | M  (V) | Mystery Woman: Oh Baby  Samantha Kinsey finds herself in the middle of a mob murder mystery after a mother who looks a lot like Sam leaves her baby in Mystery Woman. Starring KELLIE MARTIN, CLARENCE WILLIAMS III, NINA SIEMASZKO, CASEY SANDER, VICKI DAVIS, RICHARD LEE JACKSON, CHRISTOPHER CURRY and TRAVIS SCHULDT. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Using Intuition To Save Your Life  Most of us tend to dismiss the thoughts which tell us that something is not right. But these gut feelings may be often correct after all. Dr. goes inside the science of intuition. |
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| 3:00PM | **The Zoo 'CC'** | G | The Birth of an Elephant (Part 1) |
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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. |

**Tuesday, March 5, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (A) | Celia decides to leave the Bay. Maddy decides to move in to Summer Bay House. A jealous Rosie swims into rough surf in an attempt to get Sasha to save her. Starring |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | Tonight, it's the first elimination at Kitchen HQ and the pressure is mounting as two teams battle for survival. With the arrival of the MKR guest judges - Colin Fassnidge, Guy Grossi, Karen Martini and Liz Egan - getting it right will be even tougher, especially as all guest judges will be having bilnd tastings. And expect new judge Colin's tough love to send shivers through the teams. At the end of a frantic three courses, one team will be eliminated. Who will be going home? Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Packed To The Rafters 'CC'** | PG | Keeping Step  Julie feels at odds with both Ted and Dave over the severity of Ted's condition - and falling back into step is going to be easier said than done. Meanwhile, despite having rejected Coby's initial interest in her, Frankie is finally letting her guard down. But can she open herself up enough to admit her true feelings for Coby, or are they destined to never quite fall into lock step? Starring REBECCA GIBNEY, ERIK THOMSON, MICHAEL CATON, GEORGE HOUVARDAS, JAMES STEWART, RYAN CORR, HANNAH MARSHALL, MERRIDY EASTMAN, ZOE CRAMOND, JACOB ALLAN and BROOKE SATCHWELL and MARK LEE. |
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| 9:45PM | **Parenthood 'CC'**  **\*\*Double Episode\*\*** | PG  (V,S,D,A) | Together / One More Weekend With You  Adam and Kristina struggle to balance the pressures of daily life combined with her ongoing treatment. Camille and Crosby take on additional responsibility to alleviate the couple's burdens. Amber and Ryan's relationship develops causing Sarah and Zeek to be concerned. Zeek knows too much about Ryan's past and worries about his granddaughter. Meanwhile, Julia continues to focus on Victor's happiness and how to better connect with her new son. And Drew tries to connect with Amy after their recent break up. Then, Crosby and Jasmine continue to adjust to life as a married couple as they organise an event for Jabbar's school, and Amber learns more about Ryan's past during a spontaneous road trip. 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, MATT LAURIA, RAY ROMANO and SKYLER DAY. |
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| 11:45PM | **Against The Wall** | M | Obsessed And Unwanted  Abby and Lina investigate an officer who is accused of stalking his female police psychiatrist. When the psy chiatrist is shot, their focus shifts to her ex-husband. Meanwhile, Richie's (Brandon Quinn) ethi cs and loyalties are challenged when he is newly partnered with Edie, his father's former partner and an old family friend who plays fast and loose with the law. Meanwhile, Abby is blindsided when her relationship with Danny heats up. Starring RACHAEL CARPANI, TREAT WILLIAMS, KATHY BAKER, MARISA RAMIREZ, MAYKO NGUYEN and AMY BRUNNER. |
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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. |
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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 6, 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) (1986)** | M  (L,S) | Down And Out In Beverly Hills  Rescued from drowning in the swimming pool of a Beverly Hills couple, a bum brings hilarious changes to their entire household. Starring NICK NOLTE, BETTE MIDLER and RICHARD DREYFUSS. |
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| 2:00PM | **Dr Oz 'CC'** | PG  (S) | The Question You're Too Embarrassed To Ask  No question too embarrassing or off-limits in this special episode of Dr Oz as he answers the questions people are usually afraid to ask. |
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| 3:00PM | **The Zoo 'CC'** | G | The Birth of an Elephant (Part 2) |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Second Chances  Contestants from across the country take on a variety of 'Minute To Win It' challenges. If they can make it through all 10 levels successfully they will win a $1 million prize. 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 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. |

**Wednesday, March 6, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (V,A) | Casey saves Sasha and Rosie from the surf, but the girls' friendship is very much in doubt. Kyle attempts to extend the olive branch to a wary Tamara. Brax swallows his pride and tells Casey to go to Zac if he needs help. Meanwhile, Zac asks Natalie to let go of Brax. Starring STEVE PEACOCKE and LINCOLN YOUNES. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | Tonight, it's market madness for the remaining teams who must open food stalls at the extremely busy Sydney Markets, which sees more than 40,000 visitors on the weekend. And in an extra twist, today's People's Choice winners also receive a special surprise reward. The weakest team, as chosen by the judges, will head straight to the sudden death cook-off. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:40PM | **Last Resort 'CC'** | M | Eight Bells  Marcus leads a search for three missing crew members of the Colorado, a search that leads them to Serrat's compound, where they receive an ominous demand. Meanwhile, a clandestine meeting between Kylie and Admiral Shepard confirms that the order to fire came through a back channel. 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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| 9:40PM | **Highway Patrol 'CC'**  **\*\*New Episode\*\*** | PG | Spiked Pursuit  The police are desperately trying to apprehend a female drink driver who has crashed a booze bus site. The speeding motorist just won't stop and with pursuing police unable to stop her, they decide to throw down stop sticks which should puncture all the offenders' car tyres. But it's a difficult and dangerous task on a dark, wet busy motorway. Narrated by |
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| 10:10PM | **World's Wildest Police Videos 'CC'**  **\*\*New Episode\*\*** | M  (V) | A drug fiend goes on a naked rampage at a daycare center and gets punchy with cops, a fast food worker tries to outwrestle a rifle-wielding robber, and a man steals a forklift and blazes a trail of mayhem through a cemetery! |
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| 11:10PM | **Air Crash Investigations 'CC'**  **\*\*New Episode\*\*** | PG | Fight For Control  Reeve Aleutian Airlines Flight #8 is 19,000 feet over the Pacific Ocean when the propeller flies off and tears a hole in the fuselage. With the engines stuck in full throttle, The plane will crash unless the pilots can find a way to regain manual control. After a very risky landing, the crew safely lands the aircraft. Investigators must figure out what went wrong, however the investigation hits a number of dead ends. |
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| 12:10AM | **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. |
| 3:30AM | **Room For Improvement (R) 'CC'** | G | A budget-breaking $100,000 double-makeover for a great cause. |
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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. |
|  |  |  |  |
| 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 7, 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' (2007)** | M  (V) | Ties That Bind  When CEO Everett Myers is accused of murder, CSA puzzle solver Cathy Davis is certain he's innocent despite all of the evidence pointing to the contrary. Starring LEA THOMPSON, JOE PENNY, WILLIAM R MOSES, JESSY SCHRAM, ZACK SHADA, ROBERT CARRADINE, DEIRDRE QUINN, DAVID PEASE and JOANNA MILES. |
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| 2:00PM | **Dr Oz 'CC'** | PG | 5 Steps To Blast Your 40 Plus Belly Fat  Dr. Oz tackles your all-time biggest complaint about your body after 40: belly fat. Here are 5 easy steps to conquer that unwanted gut, followed by 3 breakthrough superfoods to also help abolish it once and for all. |
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| 3:00PM | **The Zoo 'CC'** | G | Miracle At The Zoo (Part 1) |
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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. |

**Thursday, March 7, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (V,A) | Natalie tells Brax she has feelings for him but doesn't want to be with him. The gym loses power right before the opening. Tilda resumes her bullying. Courtney stabs Casey. Starring STEVE PEACOCKE and LINCOLN YOUNES. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | Tonight, breakfast is on the menu in the rapid cook-off. The remaining teams must cook at Kitchen HQ where the judges have a few tricks up their sleeve. Who will rise to the challenge? And who will miss the mark? Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:45PM | **Bones 'CC'**  **\*\*Double Episode\*\***  **\*\*Includes New Episode\*\*** | M  (V,A) | The Corpse On The Canopy / The Hole In The Heart  After Hodgins and Angela are drugged and wake up to a bloody corpse hanging in the canopy of their bed and flower petals around their son Michael's crib, they are forced to believe that Pelant is back for revenge against Hodgins. Although Hodgins wants to go after Pelant directly, Booth knows it's best to work within the system and not go against protocol. Then, when sniper-on-the-loose Jacob Broadsky claims another victim, Booth becomes more determined than ever to catch his elusive foe. After a bullet meant for Booth strikes an innocent victim, Booth makes it his mission to catch Broadsky once and for all. Starring EMILY DESCHANEL, DAVID BOREANAZ, MICHAELA CONLIN, T.J. THYNE, TAMARA TAYLOR and JOHN FRANCIS DALEY. |
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| 10:45PM | **Nazi Hunters 'CC'**    **\*\*New Episode\*\*** | M | Paul Touvier  One of France's worst wartime villains, Paul Touvier, an overtly anti- Semitic traitor who terrorises his own countrymen is now being hunted by high-ranking French investigator, Jean-Louis Recordon. After 40 years, it is a nearly impossible mission, but when the manhunt takes detectives to secretive religious orders all over France, so be well-prepared to discover more than you bargained for. |
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| 11:45PM | **Up All Night 'CC'**  **\*\*New Episode\*\*** | PG | Hey Jealousy  With Reagan working more closely with Luke, Chris starts to show signs of jealousy, but it takes his buddy Reeds's bad advice to send him into a full-blown panic. Meanwhile, Ava is surprised to learn that her rival will be competing against her in a 10K run for charity and enlists the help of celebrity trainer Gideon Kirk. Guest starring FRED ARMISEN, WILL FORTE and STEVEN PASQUALE. 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 learners worst driving nightmares will become a reality as they are tested by an extreme night hazard challenge. Hosted by MIKE WHITNEY. |
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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. |
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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 8, 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) (1988)** | M  (V) | Romance: Out Of The Shadows  A U.S. Embassy worker is helped by an Interpol agent to prove herself innocent of a murder in the Greek isles, and while working together, they fall in love. Starring CHARLES DANCE, ALEXANDRA PAUL, MICHAEL SHANNON, DAVID DE KEYSER, WANDA VENTHAM and GREGORY PATRIKAREAS. |
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| 2:00PM | **Dr Oz 'CC'** | PG | 5 Silent Ovarian Cancer Warning Signs Your Doctor Misses  Too many lives are lost because early warning signs are missed or misdiagnosed. This stops now. Dr. Oz teamed up with the National Ovarian Cancer Coalition to create this vital one-sheet. |
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| 3:00PM | **The Zoo 'CC'** | G | Miracle At The 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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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather, plus all the latest sport 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. |

**Friday, March 8, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (V,A) | Casey survives the stabbing and is transferred out of jail to the hospital. Brax warns Jamie to stay away from Casey. Liam continues to steal from Angelo's and Tamara tells Kyle he'll never be part of the Braxton's. Then, Kyle leaves town and Jett gets the better of lying bully Tilda. Starring AXLE WHITEHEAD, STEVE PEACOCKE and LINCOLN YOUNES. |
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| 7:30PM | **Better Homes And Gardens 'CC'** | G | Graham visits Norfolk Island to see some of the world's most unique and beautiful trees. Plus the best bulbs to plant now for an explosion of spring colour. Fast Ed's triple chocolate cheesecake proves you can never have too much chocolate. Plus, the quickest and easiest way to a delicious roast chicken and Karen's quick and easy Vietnamese pork and noodle salad. Dr Harry meets an unusual pet who is destroying a Perth backyard. Expand your living space with a DIY pergola. Jason comes to the rescue of a family who need some privacy. Build a vertical veggie patch that will save space in your garden. Make the kids smile with Tara's dress ups made from everyday household items. Plus add the shimmer of metal to your walls at a bargain price. Joh visits a magnificent pavilion house. 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 To Be Advised. |
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| 11:25PM | **Law & Order: LA (R) 'CC'** | M  (V) | Benedict Canyon  When successful Hollywood stylist Lily Walker is gunned down while driving, the seemingly random murder sends shockwaves throughout the city. Following leads, the detectives uncover an unlikely twist that forces them to delve deep into Lily's past for clues to help solve the murder. Meanwhile, Dekker and Rubirosa must navigate their way through the details in hopes of bringing the real culprit to justice. Guest starring JAIME TAITE and KHLOE KARDASHIAN. Also starring TERRENCE HOWARD, ALFRED MOLINA, COREY STOLL, WANDA DEJESUS, TERI POLO and RACHEL TICOTIN. |
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| 12:25AM | **The Late Movie (2010)**  **\*\*Premiere\*\*** | M  (S,L,N) | Somewhere  A bad boy actor living the high life at the historic Chateau Marmont Hotel in Hollywood has his world turned upside-down after a visit from his 11- year-old daughter forces him to confront his problems. Starring STEPHEN DORFF, ELLE FANNING, MICHELLE MONAGHAN and CHRIS PONTIUS. |
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| 2:30AM | **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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| 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 9, 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** |  | Australia Cup |
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| 5:00PM | **Destination Ski (R)** | G | Queenstown  Explore Queenstown, a winter playground with a choice of world- class resorts for skiing and boarding. Visit the countless restaurants, cool cocktails and steaming hot pools, then play frisbie golf with the locals, experience a 5 star back packer and see the six different ski-fields in the area. Hosted by KATRINA HOBBS. |
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| 5:30PM | **Peter Mitchell's Melbourne: Our Life and Times 'CC'** | G |  |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather, plus all the latest sport with Tim Watson. |
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**Saturday, March 9, 2013**

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| 6:30PM | **Family Movie Special** |  | Details To Be Advised. |
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| 9:10PM | **The Saturday Movie** |  | Details To Be Advised. |
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| 11:25PM | **Family Guy (R) 'CC'**  **\*\*Double Episode\*\*** | M | Petergeist / Untitled Griffin Family History (FGUY5-16+17)  When Joe builds a home theatre, Peter decides to build a multiplex in his backyard. But, while digging Peter disturbs the remains of a sacred Indian burial ground, which causes a poltergeist to invade the house and suck Stewie into the TV. With the voices of SETH MACFARLANE, ALEX BORSTEIN, SETH GREEN and MILA KUNIS. |
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| 12:25AM | **The Late Movie (R) 'CC' (2001)** | M  (S,V) | The Operator  An aggressive criminal attorney meets his match when a mysterious woman wreaks her revenge, slowly unravelling his life. Starring BRION JAMES, STEPHEN TOBOLOWSKY, CHRISTA MILLER, JACQUELINE KIM and MICHAEL LAURENCE. |
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| 2:30AM | **Special (R)** | G | Sunrise Over South Africa  Discover the whole spectrum of South Africa's diverse attractions, its treasures and its truths. |
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| 3:30AM | **It Is Written Oceania** | PG | How to Give Your Scars Away  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 | Class Picture/ Prank Day  The gang recalls scenes from their past as they wait for their class picture to be taken. After being tortured by some of Kelso's pranks, Eric, Hyde and Fez swear revenge. Starring TOPHER GRACE, LAURA PREPON, ASHTON KUTCHER, MILA KUNIS, WILMER VALDERRAMA, DANNY MASTERSON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS and DON STARK. |