**Sunday, March 16, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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| 7:00AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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| 7:30AM | **Home Shopping**  Home Shopping | **G** |
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| 9:30AM | **Ultimate Factories: Apache Helicopter (R)**  Delve into the workings of Boeing's Apache helicopter and what sets this machine apart, transforming it into a 'flying tank.' | **PG** |
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| 10:30AM | **T.J Hooker: King Of The Hill (R)**  A series of supermarket hold ups lead Hooker to suspect the crooks are using the money to build illegal racing cars. | **PG** |
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| 11:30AM | **Just Shoot Me!: In The Company Of Maya (R) 'CC'**  Maya asks a freelance writer out on a date but is stunned when he files a harassment complaint against her. Meanwhile, Elliott's new girlfriend stars in a commercial for a hemorrhoid medication. | **PG** |
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| 12:00PM | **Seinfeld: The Smelly Car (R) 'CC'**  A valet's body odor haunts Jerry and Elaine and George discovers some surprising news about Susan. | **PG** |
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| 12:30PM | **Seinfeld: The Pilot - Part 1 (R) 'CC'**  Jerry and George finally have their pilot produced by the network. | **PG** |
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| 1:00PM | **Seinfeld: The Pilot - Part II (R) 'CC'**  While Jerry and George await news of the future of their pilot, Kramer lobbies to play himself in the show. | **PG** |
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| 1:30PM | **Seinfeld: The Note (R) 'CC'**  To get a free massage, Jerry asks his dentist friend to sign a note saying he needs treatment from a certified therapist but when his friend loses his job over it Jerry must find a way to help him. | **PG** |
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| 2:00PM | **Seinfeld: The Truth (R) 'CC'**  After a tortuous evening with a new girlfriend, George tells her they should stop seeing each other. He then makes of accommodating her when she insists on hearing the reason. | **PG** |
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| 2:30PM | **Ultimate Factories: Lego (R)**  It's one of the most popular construction toys in the world. From R&D and engineering to robotic assembly lines, we take you behind the scenes as their most popular set is completely redesigned. | **G** |
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| 3:30PM | **Special: Inside Super Carrier (R) 'CC'**  Step inside one of the most dominant and advanced 'super carriers' in the U.S Navy's arsenal: the U.S.S. Eisenhower. | **G** |
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| 4:30PM | **Extreme Engineering: Iceland Tunnel (R)**  Just 100 miles south of the Arctic Circle lies Iceland's desolate plateau of Eastern Highland, the site of one of the world's boldest extreme engineering challenges. | **PG** |
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| 5:30PM | **Mythbusters: Shattering Subwoofer / Rough Road Driving (R) 'CC'**  Can a car stereo destroy a car with just sound? Tory, Kari, and Grant hit the road to take on two tall tales from down under. | **PG** |
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| 6:30PM | **7Mate Sunday Movie: Mr Deeds (R) 'CC' (2002)**  Adam Sandler is a small-town guy who inherits $40 billion and a stake in a media conglomerate. He quickly discovers that money changes everything, but not everyone. Starring ADAM SANDLER, WINONA RYDER, PETER GALLAGHER, JOHN TURTURRO and ALLEN COVERT. | **PG (V,L,S)** |
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| 8:35PM | **7Mate Sunday Movie: Deuce Bigalow: Male Gigolo (R) 'CC' (1999)**  A professional fish tank cleaner, Deuce finds himself in desperate need of cash so offers his services as a lover for hire! Starring ROB SCHNEIDER, WILLIAM FORSYTHE, AMY POEHLER, ARIJA BAREIKIS and ODED FEHR. | **M (S)** |
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| 10:30PM | **7Mate Sunday Movie: American Pie: The Book Of Love (R) (2009)**  Three new hapless virgins have stumbled upon the Book of Love. Unfortunately for them, the book is ruined, and with incomplete advice, it leads them on a hilarious journey to lose their virginity. Starring BUG HALL, KEVIN M HORTON, BRANDON HARDESTY, BETH BEHRS and MELANIE PAPALIA. | **MA (S,A)** |
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| 12:30AM | **Boom**  It all starts with a letter from a certain private Culp. He wanted to see RVs destroyed and that is exactly what the crew set out to do. They push an RV off a cliff with less than perfect results. | **PG** |
|  |  |  |
| 1:00AM | **Ultimate Factories: Lego (R)**  It's one of the most popular construction toys in the world. From R&D and engineering to robotic assembly lines, we take you behind the scenes as their most popular set is completely redesigned. | **G** |
|  |  |  |
| 2:00AM | **Special: Inside Super Carrier (R) 'CC'**  Step inside one of the most dominant and advanced 'super carriers' in the U.S Navy's arsenal: the U.S.S. Eisenhower. | **G** |
|  |  |  |
| 3:00AM | **Extreme Engineering: Iceland Tunnel (R)**  Just 100 miles south of the Arctic Circle lies Iceland's desolate plateau of Eastern Highland, the site of one of the world's boldest extreme engineering challenges. | **PG** |
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| 4:00AM | **Extreme Jobs: Oil Rig Descaler / Extreme Makeover / World's Deepest Spa (R)**  Meet a diver who is 40 times more likely to die at work than in any other profession in the US, and a man with a particular talent for death, horrific injury and the plain bizarre. | **M** |
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| 4:30AM | **Extreme Jobs: Politician's Bodyguard / Highrise Handyman / Aerobatic Pilot (R)**  Meet a politician's bodyguard in Colombia who suspects everyone and trusts no-one, and a high-rise handyman who is only one of 8 in the USA and whose predecessors are either dead or paraplegics. | **M** |
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| 5:00AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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| 5:30AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |

**Monday, March 17, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Home Shopping**  Home Shopping | **G** |
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| 7:00AM | **Good Luck Charlie: Teddy's Broken Hearts Club Band (R) 'CC'**  After discovering that Spencer was dating them both, Teddy and Skylar decide to produce a mean music video about him. | **G** |
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| 7:30AM | **Kick Buttowski: Suburban Daredevil: Sister Pact / SHH! (R) 'CC'**  Kick has to do a report on a nuzzlet, but when the fuzzy animal escapes in the library, he has to catch it without waking up the malevolent librarian. | **G** |
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| 8:00AM | **Shake It Up: Start It Up (R) 'CC'**  When best friends CeCe and Rocky audition for a popular teen dance show, CeCe gets a bad case of stage fright and ruins the audition. But Rocky has a plan to get them on the show. | **G** |
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| 8:30AM | **Zeke and Luther: Crash Dummies (R) 'CC'**  Zeke and Luther enter a video contest hosted by local TV personality Dale Davis, and must come up with an extreme skate trick to beat the reigning three-time video champion, The Goose. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 10:00AM | **NBC Meet The Press 'CC' (R)**  David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Motor Mate: Great Performance Cars (R)**  Blistering speed, exotic looks, ear-splitting noise, rubber-burning power and outrageous price tags - these are the world's Great Performance Cars. | **G** |
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| 12:00PM | **Motor Mate: Aston Martin DB7 - Supercar (R)**  Discover the exciting spirit and verve of the Aston Martin DB7 for which its predecessors are famous world-wide. Take a look at the planning, testing and production of this classic car. | **G** |
|  |  |  |
| 1:00PM | **Sports Disasters (R)**  A nail-biting glimpse into the dangerous side of sports competition, featuring riveting footage of terrifying moments. When the rules of the game break down and when competition turns into combat, anything can happen. | **M** |
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| 2:00PM | **Bid America: Whatever Floats Your Boat (R)**  Paul Mikkelson collected anything that had to do with classic and antique boats and motors. In fact several of his pieces are the last surviving examples known to exist, and all are rare. | **PG** |
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| 2:30PM | **Bid America: Can't You Read The Signs (R)**  Desmond is the man with one leg and one name. Desmond has the world's premier neon sign collection starting from the 1940's right up to today's beer and soft drink signs, but it's time to downsize. | **PG** |
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| 3:00PM | **Mounted In Alaska: Bear-ly Alive (R)**  Russ is shocked when his friend says he's finally ready to mount the grizzly that tried to eat him alive, and wants the real teeth in the mount. | **PG** |
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| 3:30PM | **T.J Hooker: A Cry For Help (R)**  When Hooker tries helping a young deaf gang member stay out of trouble, he must also protect him from his vengeful gang colleagues. | **PG (V,D)** |
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| 4:30PM | **Pimp My Ride: Galant (R) 'CC'**  Xzibit creates poetry in motion for a '94 Mitsubishi Galant and its owner. | **PG** |
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| 5:00PM | **Mythbusters: Straw Through The Palm Tree / Primary Perception (R) 'CC'**  Can a straw go through a palm tree? Can a hurricane really take the feathers off a chicken? Then, Plant Polygraphing. | **PG** |
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| 6:00PM | **Seinfeld: The Dog (R) 'CC'**  Jerry is stuck at home when he gets roped into dog-sitting a rambunctious hound. Without Jerry around, George and Elaine find they have little in common. | **PG** |
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| 6:30PM | **Seinfeld: The Library (R) 'CC'**  The library contacts Jerry about an overdue book dating back to 1971. According to Kramer, with a fine of 5 cents a day for 20 years, the cost could come to $50,000. | **PG** |
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| 7:00PM | **Seinfeld: The Pen (R) 'CC'**  Jerry and Elaine visit Jerry's parents in Florida, where Jerry's father is being honored by his condominium association. | **PG** |
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| 7:30PM | **Talking Footy 'CC'  \*\*LIVE\*\***  Details TBC | **PG** |
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| 8:30PM | **Pawn Stars: Honest Abe / Back Room Brawl 'CC'  \*\*NEW EPISODE\*\***  The gang are presented with an 1860 Abraham Lincoln presidential campaign ribbon. Then, a mysterious pocket-sized sundial from the 16th Century is is pawned, complete with a concealed secret inside! | **PG** |
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| 9:30PM | **American Restoration: Train Trouble / Cold War Cruisin'  \*\*NEW EPISODE\*\***  It's time for some stepbrother bonding when Tyler and Brettly volunteer to tow in a 1947 railroad speeder. Meanwhile, Rick and his crew try to obey the speed limit when a 1962 Czech scooter zooms in. | **PG** |
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| 10:30PM | **American Pickers: Super Scooter (R)**  Mike and Frank find a museum of antiques and collectibles, and negotiate for an old soda fountain and cigarette machine. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 11:30PM | **SportsFan Clubhouse**  Bill Woods is joined by Candice Falzon and Chris Lawrence plus the regular gang for a lively hour of sports news and views. | **PG** |
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| 12:30AM | **Extreme Jobs: Pyrotechnician / Eiffel Abseiler / Jackpot Jockey**  Meet two men whose trade requires propane, high explosives, snow, flood, winds and lots of smoke. Then it's one of the most arduous and extreme jobs on the planet, painting the Eiffel Tower. | **PG** |
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| 1:00AM | **Extreme Jobs: Stunt Rider / Lost Tribe Photographer / Weapons Commander**  Meet some new recruits of a job where falling off the horse is all part of the learning curve. Then meet the woman who travels to the most remote parts of the world and gets paid for it! | **PG** |
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| 1:30AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **PG** |
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| 2:30AM | **Sports Disasters (R)**  A nail-biting glimpse into the dangerous side of sports competition, featuring riveting footage of terrifying moments. When the rules of the game break down and when competition turns into combat, anything can happen. | **M** |
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| 3:30AM | **Motor Mate: Great Performance Cars (R)**  Blistering speed, exotic looks, ear-splitting noise, rubber-burning power and outrageous price tags - these are the world's Great Performance Cars. | **G** |
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| 4:30AM | **Motor Mate: Aston Martin DB7 - Supercar (R)**  Discover the exciting spirit and verve of the Aston Martin DB7 for which its predecessors are famous world-wide. Take a look at the planning, testing and production of this classic car. | **G** |
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| 5:30AM | **Bid America: Can't You Read The Signs (R)**  Desmond is the man with one leg and one name. Desmond has the world's premier neon sign collection starting from the 1940's right up to today's beer and soft drink signs, but it's time to downsize. | **PG** |

**Tuesday, March 18, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Home Shopping**  Home Shopping | **G** |
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| 7:00AM | **Good Luck Charlie: Teddy Rebounds (R) 'CC'**  When Gabe realises he has little in common with his stuffy new neighbour Austin, he tries to pawn him off on Teddy. | **G** |
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| 7:30AM | **Kick Buttowski: Suburban Daredevil: Dead Man's Roller Coaster / Kick Or Treat (R) 'CC'**  Kick vows to trick-or-treat at every house in Mellowbrook, including Mary Van Der Death's creepy mansion, even though no one has ever made it out alive. | **G** |
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| 8:00AM | **Shake It Up: Meatball It Up (R) 'CC'**  CeCe and Rocky's newfound 'cool' status may be jeopardized when their classmates find out that they are just background dancers on 'Shake It Up, Chicago!’ | **G** |
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| 8:30AM | **Zeke and Luther: Adventure Boy (R) 'CC'**  When Rutger Murdoch, the star of TV's 'Adventure Boy,' comes to town to visit Olivia, Zeke finally decides to make his move to try to win her over before she falls for the TV hunk. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
|  |  |  |
| 11:00AM | **Motor Mate: American Muscle Cars - Part 1 (R)**  Sit back and enjoy the sights and sounds of the new era of American Muscle Cars as we take look at the new kids on the block, and of course, the most iconic of Muscle Cars, the Mustang. | **G** |
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| 1:00PM | **Sports Disasters (R)**  A nail-biting glimpse into the dangerous side of sports competition, featuring riveting footage of terrifying moments. When the rules of the game break down and when competition turns into combat, anything can happen. | **M** |
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| 2:00PM | **Bid America: Toys In The Attic (R)**  The Mikkleson Collection of Toy Boats is second to none. Toy Boat Collectors are some of the most ravenous collectors and in this episode we found one collector who started early - at the ripe age of 10. | **PG** |
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| 2:30PM | **Bid America: Play It Safe (R)**  In this episode we see avid collector Bob Evans back at it selling his prized possession, a 'Mosler Salesman Sample Safe' for over $20,000. | **PG** |
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| 3:00PM | **Mounted In Alaska: Later Alligator (R)**  Russ reaches deep into his past and busts out an alligator that he took with a bow 20 years ago. And Sam is furious when he has to rebuild the face of a mount when the new shop intern destroys it. | **PG** |
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| 3:30PM | **T.J Hooker: Thieves' Highway (R)**  Hooker helps a group of independent truck drivers who are being squeezed out of business by a mob-connected trucking company owner. | **PG** |
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| 4:30PM | **Pimp My Ride: Ice Cream Truck (R) 'CC'**  Xzibit turns a liquidated Ford ice cream truck into a frozen asset. | **PG** |
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| 5:00PM | **Mythbusters: Tesla's Earthquake Machine / Exploding Lava Lamp (R) 'CC'**  Adam and Jamie take on one of the greatest scientist/inventor and myth creator legends of all time, Nikolai Tesla and his Earthquake Machine. Tory and Kari investigate a lethal lava lamp. | **PG** |
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| 6:00PM | **Seinfeld: The Parking Garage (R) 'CC'**  Jerry and his friends get lost in a parking garage when no one can remember where they parked the car. | **PG** |
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| 6:30PM | **Seinfeld: The Cafe (R) 'CC'**  Noticing that few people stop to eat at a small neighborhood cafe, Jerry feels sorry for the owner and stops in to suggest ways of increasing business- which causes it to do even worse. | **PG** |
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| 7:00PM | **Seinfeld: The Tape (R) 'CC'**  Jerry frantically tries to identify the mystery woman who anonymously whispered naughty suggestions into the tape recorder he used to record his stand-up comedy act. | **PG** |
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| 7:30PM | **World's Craziest Fools (R)**  Mr T has been on a mission searching far and wide for people who dare to do things differently. He's found the stupidest and clumsiest people on the planet; he's found the world's craziest fools. | **PG (L)** |
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| 8:30PM | **Family Guy: Airport '07 (R) 'CC'**  Quagmire takes Peter to work but Peter messes things up, causing Quagmire to lose his job as a pilot. With the voice of | **M** |
| 9:00PM | **American Dad: Independent Movie 'CC'  \*\*NEW EPISODE\*\***  When Snot's dad dies, Steve and friends embark on an epic cross-country road trip to the funeral. Meanwhile, Stan and Roger invent an automatic cake-cutter for the Home Shopping Network. | **M** |
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| 9:30PM | **Family Guy: Quagmire's Quagmire 'CC'  \*\*NEW EPISODE\*\***  When Quagmire meets Sonja, who is as sexually insatiable as he is, he's thrilled to finally be with someone who won't judge him. Meanwhile, a love triangle emerges between Stewie, Brian and Rupert. | **MA (S)** |
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| 10:00PM | **Family Guy: Peter's Two Dads / The Tan Aquatic With Steve Zissou (R) 'CC'**  After Peter's dad dies, Thelma tells him his real father lives actually in Ireland. Later, when a bully harasses Chris, Peter goes to his defence but ends up beating up the bully. | **M** |
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| 11:00PM | **American Dad: Every Which Way But Lose / Weiner Of Our Discontent (R) 'CC'**  When Steve joins a junior football team in order to make Stan proud, he gets cut from the team by his own father, so he and Roger devise a plan to hit Stan where it hurts the most. | **M** |
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| 12:00AM | **Stupid Suspects**  The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG (V,L)** |
|  |  |  |
| 12:30AM | **SportsFan Clubhouse (R)**  Bill Woods is joined by Candice Falzon and Chris Lawrence plus the regular gang for a lively hour of sports news and views. | **PG** |
|  |  |  |
| 1:30AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
|  |  |  |
| 2:30AM | **Sports Disasters (R)**  A nail-biting glimpse into the dangerous side of sports competition, featuring riveting footage of terrifying moments. When the rules of the game break down and when competition turns into combat, anything can happen. | **M** |
|  |  |  |
| 3:30AM | **Motor Mate: American Muscle Cars - Part 1 (R)**  Sit back and enjoy the sights and sounds of the new era of American Muscle Cars as we take look at the new kids on the block, and of course, the most iconic of Muscle Cars, the Mustang. | **G** |
|  |  |  |
| 5:30AM | **Bid America: Play It Safe (R)**  In this episode we see avid collector Bob Evans back at it selling his prized possession, a 'Mosler Salesman Sample Safe' for over $20,000. | **PG** |

**Wednesday, March 19, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Home Shopping**  Home Shopping | **G** |
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| 7:00AM | **Good Luck Charlie: Pushing Buttons (R) 'CC'**  Teddy accidentally lets slip how she felt when her parents told her they were expecting Charlie. | **G** |
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| 7:30AM | **Kick Buttowski: Suburban Daredevil: Brad's Room / Dude, Where's My Wade? (R) 'CC'**  When Kick's room is destroyed, Dad grounds Kick and makes him move into Brad's room where he must abide by his older brother's ridiculous rules. | **G** |
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| 8:00AM | **Shake It Up: Give It Up (R) 'CC'**  Shake It Up, Chicago!' is holding a dance marathon to raise money for charity and Rocky is quick to sign up to support the local senior center as the winner will get a spotlight dance on the show. | **G** |
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| 8:30AM | **Zeke and Luther: I, Skatebot (R) 'CC'**  Local businessman Mr. Fitzle has built a skater-hating robot to keep skaters away from Ramps, but when the robot gets out of control, he seeks Zeke and Luther's help to stop the machine. | **G** |
|  |  |  |
| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
|  |  |  |
| 11:00AM | **Motor Mate: American Muscle Cars - Part 2 (R)**  Sit back and enjoy the sights and sounds of the new era of American Muscle Cars as we take look at the new kids on the block, including the Cadillac XLR, Chevrolet Corvette ZR1 and Dodge Charger. | **G** |
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| 12:00PM | **Motor Mate: Billion Dollars on the Beach in HD (R)**  Take a look at the annual Concours d'Elegance at Pebble Beach - the world's most famous exhibition of exotic and expensive cars. | **G** |
|  |  |  |
| 1:00PM | **Sports Disasters (R)**  A nail-biting glimpse into the dangerous side of sports competition, featuring riveting footage of terrifying moments. When the rules of the game break down and when competition turns into combat, anything can happen. | **M** |
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| 2:00PM | **Bid America: Woody, A Toy Story (R)**  Woody is not your average collector as he has a real passion for diversity. Woody has amazing Toy Figurines such as 1930's model Chesterfiled Cigarette Girls, and Buddy Lee Dolls. | **PG** |
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| 2:30PM | **Bid America: Sign Of The Times (R)**  Desmond's neon sign collection is second to none with over 3,000 signs. In this episode, see the rare pieces and fantastic beer signs that made Milwaukee Famous, such as Pabst Blue Ribbon and Miller. | **PG** |
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| 3:00PM | **Mounted In Alaska: A Ton Of Bull (R)**  The ultimate jokester client gets serious when he returns to renegotiate the deal he made for his mount. | **PG** |
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| 3:30PM | **T.J Hooker: The Connection (R)**  A high school student's bad drug trip leads Hooker and Romano to a thriving illegal drug lab. | **PG (A,D,V)** |
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| 4:30PM | **Pimp My Ride: T-100 (R) 'CC'**  Xzibit helps a marine's Toyota T-100 go above and beyond the call of duty. | **PG** |
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| 5:00PM | **Mythbusters: Mentos And Soda / Postage Stamp On Helicopter (R) 'CC'**  The Mythbusters take on the controversy surrounding fizzy fountains. Then, they tackle the myth that a single postage stamp on a helicopter blade disrupts the system enough to take it down. | **PG** |
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| 6:00PM | **Seinfeld: The Nose Job (R) 'CC'**  George can't help staring at the unusually large nose of an otherwise attractive woman he's been seeing. | **PG** |
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| 6:30PM | **Seinfeld: The Alternate Side (R) 'CC'**  No sooner does Elaine tell Jerry the virtues of dating an older man when she decides to break up with her 66 year old beau; which is made more complicated when he has a heart attack. | **PG** |
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| 7:00PM | **Seinfeld: The Red Dot (R) 'CC'**  Jerry accidentally causes Elaine's breakup with her boyfriend, a recovering alcoholic, when he resumes drinking. | **PG** |
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| 7:30PM | **Pawn Stars: Fortune In Flames (R) 'CC'**  Rick has a chance to buy something he's never had before- a Flame Thrower. Then Corey and Chumlee head to an auction to auction to bid on a classic gypsy fortune-teller machine. | **PG** |
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| 8:00PM | **American Restoration: Tractors And Trucks (R)**  When a client brings in his father's 1954 Bantam tractor, Rick must mend the latent lawn wrangling machine. Can he salvage this project piece by piece, or will this farming fix up ultimately fail? | **PG** |
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| 8:30PM | **Hardcore Pawn: American Jewelry & Zoo / Melted Gold  \*\*NEW EPISODE\*\***  In the wake of Les' bum watch deal, Seth and Ashley get on his case to curb his crazy buys. Later, Les and Ashley learn the meaning of 'nut up' when they try to calm down a customer's maniacal mother. | **M** |
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| 9:30PM | **American Pickers: Reverse The Curse / White Castle On The Farm  \*\*NEW EPISODE\*\***  Freestyling near Atlantic City, Frank gambles on a set of vintage wheels. And later, the team are given a crucial mission, completely restore a NASA helmet from the 1960s Gemini missions. | **PG** |
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| 11:30PM | **Rude Tube: Cyber Stars  \*\*NEW EPISODE\*\***  From the outrageously wacky to the downright rude, see many viral videos, right here on Rude Tube. | **M (L)** |
|  |  |  |
| 12:00AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 1:00AM | **The Chaser's War On Everything (R) 'CC'**  Chas tries to take a taxi - in the boot, and the guys look at re-enactments on What Have We Learnt From Current Affairs This Week. | **M (L,S)** |
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| 1:30AM | **Pimp My Ride: T-100 (R) 'CC'**  Xzibit helps a marine's Toyota T-100 go above and beyond the call of duty. | **PG** |
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| 2:00AM | **Home Shopping**  Shopping program. | **G** |
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| 2:30AM | **Home Shopping**  Shopping program. | **G** |
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| 3:00AM | **Home Shopping**  Shopping program. | **G** |
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| 3:30AM | **Sons And Daughters (R) 'CC'**  Barbara is driven to a desperate decision when Gordon agrees to spend one last day alone with Liz. | **G** |
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| 4:00AM | **Motor Mate: Billion Dollars on the Beach in HD (R)**  Take a look at the annual Concours d'Elegance at Pebble Beach - the world's most famous exhibition of exotic and expensive cars. | **G** |
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| 5:00AM | **Bid America: Woody, A Toy Story (R)**  Woody is not your average collector as he has a real passion for diversity. Woody has amazing Toy Figurines such as 1930's model Chesterfiled Cigarette Girls, and Buddy Lee Dolls. | **PG** |
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| 5:30AM | **Bid America: Sign Of The Times (R)**  Desmond's neon sign collection is second to none with over 3,000 signs. In this episode, see the rare pieces and fantastic beer signs that made Milwaukee Famous, such as Pabst Blue Ribbon and Miller. | **PG** |

**Thursday, March 20, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Home Shopping**  Home Shopping | **G** |
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| 7:00AM | **Good Luck Charlie: Snow Show - Part 1 (R) 'CC'**  While on a family ski trip, Teddy meets a psychic who tells her that she will meet her true love during the vacation. | **G** |
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| 7:30AM | **Kick Buttowski: Suburban Daredevil: A Cousin Kyle Christmas / Snow Problem (R) 'CC'**  Kick battles an ice storm and bizarre obstacles in order to find a last- minute Christmas gift for Cousin Kyle. | **G** |
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| 8:00AM | **Shake It Up: Add It Up (R) 'CC'**  Cece is told if she fails algebra she will be suspended from the show. So she decides to get a tutor Ty goes on his first date with Tinka and is pleasantly surprised. | **G** |
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| 8:30AM | **Zeke and Luther: Law And Boarder (R) 'CC'**  After Zeke and Luther crash into Ginger's potato wedge stand, she gets even by convincing the home owners association to begin regulating skateboarders. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Great Racing Cars - 250F Maserati (R)**  The six-cylinder Maserati 250F was one of the favourite 2.5 litre Formula One cars of the fifties. | **G** |
|  |  |  |
| 12:00PM | **Motor Mate: Mercedes Benz - 110 Years of Excellence (R)**  A celebration of the Gottlieb Daimler and Carl Benz motorcars at The Behring Auto Museum in North Carolina. | **G** |
|  |  |  |
| 1:00PM | **Sports Disasters: Danger Zone (R)**  A female rafter is thrown from her raft in the rapids of Middle Burnt Ranch Falls in Northern Carolina. As her energy is being sapped, her struggle for survival is truly riveting. | **M** |
|  |  |  |
| 2:00PM | **Bid America: Motor Madness (R)**  Paul Mikkelson Boat Motors are a sight see. Impeccably restored, these motors are the biggest names and most powerful engines in the world. This collection will reach top dollar bids. | **PG** |
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| 2:30PM | **Bid America: Chewing The Fat (R)**  Woody's Barbershop collection is second to none. The old barbershops are distinct with their barber poles; lush chairs, and sharp razors that are on full display in this episode. | **PG** |
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| 3:00PM | **Mounted In Alaska: Sasquatch In The Shop (R)**  Dave and Doug can't believe their eyes when a menacing man looking like Sasquatch shows up unannounced. | **PG** |
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| 3:30PM | **T.J Hooker: The Fast Lane (R)**  Romano discovers that the son of an old friend who died in Vietnam is involved in selling stolen liquor to high school students. | **PG (V)** |
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| 4:30PM | **Pimp My Ride: Limo (R) 'CC'**  Xzibit takes a throwback 1988 Cadillac Limo and kicks it into the 21st century with a 50' plasma screen. | **PG** |
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| 5:00PM | **Mythbusters: Killer Cable Snap / Pottery Record (R) 'CC'**  Can a high tension cable slice a person in two when it snaps? Then, can ancient pottery contains sounds from the past and be played back and heard today? | **PG** |
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| 6:00PM | **Seinfeld: The Suicide (R) 'CC'**  Jerry frets that his creepy neighbor will awake from his coma and find out that he's been dating the sick man's girlfriend. | **PG** |
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| 6:30PM | **Seinfeld: The Subway (R) 'CC'**  Riding the subway proves both boom and bust for Jerry and his friends. | **PG** |
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| 7:00PM | **Seinfeld: The Pez Dispenser (R) 'CC'**  Jerry's practical joke causes George problems with his new girlfriend. | **PG** |
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| 7:30PM | **Swamp People: Lightning Strikes  \*\*NEW EPISODE\*\***  The season's running down and swampers scramble to save a precious day on the water as the worst storm since Hurricane Isaac hammers the gulf coast. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Bologna Ona Skillet / Pinup Problems  \*\*NEW EPISODE\*\***  Gus tries to heal burns left by the world’s worst bunny tattoo, Tommy corrects a $6000 mistake that sent his client's wife into labor and Jasmine covers tribal flames to put a prank in the past. | **M** |
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| 9:30PM | **Bad Ink: A Damsel And A Nerd In Need / Monkey Business  \*\*NEW EPISODE\*\***  Welcome to the 'Mistake Capitol of the World': Las Vegas, where tattoo legend Dirk Vermin, and his best friend, Ruckus, are on a mission to find bad tattoos and transform them into works of art. | **PG (L)** |
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| 10:30PM | **America's Hardest Prisons: Most Dangerous Women (R)**  Go inside some of America's toughest prisons. From profiling gang-life to what it is like for women who are locked up, we look at what real life is like on the inside. | **M (V,A)** |
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| 11:30PM | **SportsFan Clubhouse**  Bill Woods is joined by special guests for a lively and irreverent hour of sports news, views and social media. | **PG** |
|  |  |  |
| 12:30AM | **Zoom TV**  Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
|  |  |  |
| 1:30AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **PG** |
|  |  |  |
| 2:30AM | **Sports Disasters: Danger Zone (R)**  A female rafter is thrown from her raft in the rapids of Middle Burnt Ranch Falls in Northern Carolina. As her energy is being sapped, her struggle for survival is truly riveting. | **M** |
|  |  |  |
| 3:30AM | **Motor Mate: Great Racing Cars - 250F Maserati (R)**  The six-cylinder Maserati 250F was one of the favourite 2.5 litre Formula One cars of the fifties. | **G** |
|  |  |  |
| 4:30AM | **Motor Mate: Mercedes Benz - 110 Years of Excellence (R)**  A celebration of the Gottlieb Daimler and Carl Benz motorcars at The Behring Auto Museum in North Carolina. | **G** |
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| 5:30AM | **Home Shopping**  Home Shopping | **G** |

**Friday, March 21, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Home Shopping**  Home Shopping | **G** |
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| 7:00AM | **Good Luck Charlie: Snow Show - Part 2 (R) 'CC'**  Still on their family ski trip, Teddy asks Ivy to come meet her. | **G** |
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| 7:30AM | **Kick Buttowski: Suburban Daredevil: BWAR And Peace 'CC'**  Kick and Gunther venture to the Old Country where Gunther is mistaken as an ancient Viking warrior, celebrated by his people and by the Mayor of the Old Country. | **G** |
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| 8:00AM | **Shake It Up: Kick It Up (R) 'CC'**  Cece and Rocky have a fight and have a break from their friendship. But when Rocky meets a new group of friends Cece becomes jealous. | **G** |
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| 8:30AM | **Zeke and Luther: A Very Hairy Problem (R) 'CC'**  Zeke lands a role as a gorilla double on a big Hollywood movie, but risks everything to help Luther bring the movie's star, a gorilla, back to the reserve he came. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Cars of Bond Movies (R)**  Take a look at 10 of the best-known and most popular cars which have featured in 007 movies, from the Aston Martin DB5 to the submersible Lotus Esprit. | **PG** |
|  |  |  |
| 12:00PM | **Motor Mate: Over The Limit & Out Of Control (R)**  Non-stop action with more than 250 caught-on-camera spins, rolls, crunches and wipe-outs, courtesy of some of the best rally drivers of our time. | **PG** |
|  |  |  |
| 1:00PM | **Sports Disasters: Testing The Limits (R)**  In one of the most extraordinary skydives ever caught on tape, a jumper gets his rig caught on the wing of the plane, and hangs upside down while the plane circles at 4,000 feet. | **M** |
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| 2:00PM | **Bid America: Fight Fire With Fire (R)**  Mervyn Criser a retired firefighter is a serious collector and historian of the Firemen in Wichita's history. With several hundred pressed steel toys in his collection, Mervyn is downsizing. | **PG** |
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| 2:30PM | **Bid America: Born In A Barn (R)**  This episode takes place in the Mikkelson restoration facility where so many Mikkelson's Boats are beautifully restored. | **PG** |
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| 3:00PM | **Mounted In Alaska: Tina's Packin' Heat**  A nervous client brings in a $30,000 problem that Russ isn't sure he can fix. And a confederate rebel pulls up to the shop with a bag of lynx. | **PG** |
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| 3:30PM | **T.J Hooker: Too Late For Love (R)**  Romano's fashion model ex-girlfriend uses him in an effort to aid a gang of fur thieves. | **PG (V)** |
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| 4:30PM | **Pimp My Ride: Celica (R) 'CC'**  Nurse's aide Shawna has spent most of her money on her ride and doesn't even have enough to buy a cell phone. So Xzibit takes her 1990 Toyota Celica and gives it wings. | **PG** |
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| 5:00PM | **Mythbusters: Concrete Glider / Train Suction (R) 'CC'**  Can a 'concrete glider' fly? And a big challenge for the Mythbusters to tackle! | **PG** |
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| 6:00PM | **Seinfeld: The Boy Friend I (R) 'CC'**  While performing his comedy act, Jerry meets a former New York Mets all-star player and one of Jerry's favorite baseball players. | **PG** |
|  |  |  |
| 6:30PM | **Seinfeld: The Boy Friend II (R) 'CC'**  While performing his comedy act, Jerry meets a former New York Mets all star player and one of Jerry's favorite baseball players. | **PG** |
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| 7:00PM | **AFL Pre-Game Show 'CC'  \*\*LIVE\*\***  Join the Friday Night Footy team for all the news, views, issues and fun inside the footy world. |  |
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| 7:30PM | **7Mate Friday Night Movie** |  |
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| 9:30PM | **7Mate Friday Night Movie: Van Wilder: Party Liaison (R) (2002)**  Ryan Reynolds stars as Van Wilder, a popular and party student with no plans to graduate until a beautiful on-campus reporter attempts to expose the naked truth behind his wild exterior. Starring RYAN REYNOLDS, TARA REID, TIM MATHESON, KAL PENN and TECK HOLMES. | **MA (S)** |
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| 11:30PM | **7Mate Friday Night Movie: Neighbours (R) (1981)**  One man's quiet suburban existence takes a rambunctious turn when a strange young couple move next door. Starring JOHN BELUSHI, KATHRYN WALKER, CATHY MORIARTY, DAN AYKROYD and IGORS GAVON. | **M (S)** |
|  |  |  |
| 1:30AM | **Bid America: Fight Fire With Fire (R)**  Mervyn Criser a retired firefighter is a serious collector and historian of the Firemen in Wichita's history. With several hundred pressed steel toys in his collection, Mervyn is downsizing. | **PG** |
|  |  |  |
| 2:00AM | **Bid America: Born In A Barn (R)**  This episode takes place in the Mikkelson restoration facility where so many Mikkelson's Boats are beautifully restored. | **PG** |
|  |  |  |
| 2:30AM | **Mounted In Alaska: Tina's Packin' Heat**  A nervous client brings in a $30,000 problem that Russ isn't sure he can fix. And a confederate rebel pulls up to the shop with a bag of lynx. | **PG** |
|  |  |  |
| 3:00AM | **Sports Disasters: Testing The Limits (R)**  In one of the most extraordinary skydives ever caught on tape, a jumper gets his rig caught on the wing of the plane, and hangs upside down while the plane circles at 4,000 feet. | **M** |
|  |  |  |
| 4:00AM | **Motor Mate: Cars of Bond Movies (R)**  Take a look at 10 of the best-known and most popular cars which have featured in 007 movies, from the Aston Martin DB5 to the submersible Lotus Esprit. | **PG** |
|  |  |  |
| 5:00AM | **Motor Mate: Over The Limit & Out Of Control (R)**  Non-stop action with more than 250 caught-on-camera spins, rolls, crunches and wipe-outs, courtesy of some of the best rally drivers of our time. | **PG** |

**Saturday, March 22, 2014**

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| 6:00AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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| 6:30AM | **App Central (R)**  Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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| 7:00AM | **Monster Nation (R)**  Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 8:00AM | **Home Shopping**  Shopping program. | **G** |
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| 8:30AM | **Home Shopping**  Shopping program. | **G** |
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| 9:00AM | **Ultimate Factories: Ferrari (R)**  The fabrication of a Ferrari takes about two weeks, and as Ferrari pumps out only seventeen cars a day, making the waiting list for these elite cars longer than that of a hybrid. | **G** |
|  |  |  |
| 10:00AM | **Zoom TV**  Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 11:00AM | **Monster Fish: Mongolian Terror Trout (R)**  Follow aquatic ecologist Zeb Hogan on his quest to find the world's biggest trout, sending him on horseback into Mongolia's Eg-Uur Valley to brave its frigid waters. | **PG** |
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| 12:00PM | **Mark Berg's Fishing Addiction: Wigram Island, Gove, Northern Territory**  Father of three, Bede - a school photographer in Sydney, is the surprise winner this week. With mainly reef fishing on the agenda Bede tangles with huge Cod and magnificent Red Emperor. | **PG** |
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| 1:00PM | **Marine Machines: War**  Today Littoral or coastal defence is a major issue for many countries. Delve into the science of the crafts being developed for littoral defence and combat. | **PG** |
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| 2:00PM | **The North Sea: Trawlers, Rigs and Rescue (R)**  The SFPA track a potting vessel they suspect has been fishing illegally in British waters. Then, the Humber Lifeboat crew welcome a new full-time recruit in to their close-knit community. | **PG** |
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| 3:00PM | **Search & Restore: Military Mustang Part II**  With all of the metal work done, the coupe heads for some serious body prep and custom paint. At the same time, the Horsepower guys build power with performance headers, intake and carburetor. | **PG** |
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| 3:30PM | **Fifth Gear**  An exciting and informative motoring magazine programme. | **PG** |
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| 4:30PM | **Trucks!: Towing Test & Rolling Thunder Part 6**  We're doing a test for towing improvements using a tuner and we're picking out a new ride height for Project Rolling Thunder. | **PG** |
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| 5:00PM | **Xtreme 4x4: Budget TJ Part IV - Finale**  Our tricked out TJ gets axles, air lockers, cold air kit, and tuner, then gets trailered to the off road park for an inaugural trail run. | **PG** |
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| 5:30PM | **Muscle Car: Altered E-Go Fiberglass Hood & Torque Arm**  Rick makes a fiberglass hood for Altered E-Go, and Tommy fabs the torque arms. | **PG** |
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| 6:00PM | **Horsepower TV: 2010 Blown Camaro**  HorsePower becomes the first TV show to supercharge Chevy's new factory muscle car, the 2010 Camaro. | **G** |
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| 6:30PM | **How I Met Your Mother: Mosbius Designs (R) 'CC'**  Ted goes out on his own as an architect and hires an intern to help get things started, but all he helps himself to is Robin. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, ALYSON HANNIGAN and COBIE SMULDERS. | **PG** |
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| 7:00PM | **7Mate Saturday Night Movie** |  |
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| 9:30PM | **7Mate Saturday Night Movie** |  |
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| 12:30AM | **7Mate Saturday Night Movie: Another Stakeout (R) 'CC' (1993)**  Prankster cops Chris and Bill are joined by Gina from the DA's office and her pet rottweiler to stake out a lakeside home. Starring RICHARD DREYFUSS, EMILIO ESTEVEZ, ROSIE O'DONNELL, DENNIS FARINA and MARCIA STRASSMAN. | **M (V)** |
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| 2:50AM | **Search & Restore: '67 Nova Finale (R)**  Final assembly of our '67 Nova includes wiring, new upholstery, dash, gauges, headliner and everything else to bring this classic muscle back to life. | **PG** |
|  |  |  |
| 3:30AM | **Mark Berg's Fishing Addiction: Wigram Island, Gove, Northern Territory (R)**  Father of three, Bede - a school photographer in Sydney, is the surprise winner this week. With mainly reef fishing on the agenda Bede tangles with huge Cod and magnificent Red Emperor. | **PG** |
|  |  |  |
| 4:30AM | **Marine Machines: War (R)**  Today Littoral or coastal defence is a major issue for many countries. Delve into the science of the crafts being developed for littoral defence and combat. | **PG** |
|  |  |  |
| 5:30AM | **Home Shopping**  Home Shopping | **G** |