

VIEWING GUIDE FOR SUNDAY

SUNDAY WORLD

- ### UTV
- 5.30 **ITV MORNING NEWS** 92992 6.00 **GMTV** 7157485 9.25 **CITY 7950089** 9.25 **COW AND CHICKEN** 7969737 9.50 **SWEAT** 5221909 10.15 **SCOOBY AND SCRAPPY** 90751379 10.30 **SUNDAY MORNING** 22602 11.30 **JONATHAN DIMBLEBY** 2142089
 - 12.25 **UTV NEWS**; Weather 6557534
 - 12.30 **F1: MONACO GRAND PRIX LIVE** Jim Rosenthal introduces the seventh race of the season from Monte Carlo, where David Coulthard will be hoping to secure a double victory after clinching first place in Austria. Murray Walker and Martin Brundle commentate. 31445973
 - 3.20 **THE MAGNIFICENT SEVEN** 2935027
 - 4.15 **SIMPLY GARDENING** 9160553
 - 4.30 **WHEEL OF FORTUNE** Game show. 824
 - 5.00 **WITNESS** 5057398
 - 5.05 **CRIMECALL** 5071911
 - 5.15 **HIGH ROAD** Lafferty spins his web ever tighter around Dominic, provoking Eddie's suspicions. 424718
 - 5.45 **SCHOOL AROUND THE CORNER** Castle Gardens Primary, Newtownards. 423089
 - 6.15 **UTV NEWS**; Weather 669911
 - 6.20 **UTV SPORT ON SUNDAY** 657176
 - 6.30 **PARTY ELECTION BROADCAST** By the SDLP. 633756
 - 6.35 **ITV NEWS**; Weather 458992
 - 6.50 **LILY SAVAGE'S BLANKET BLANK** With Liz Dawn and Claire Sweeney. 203466
 - 7.30 **CORONATION STREET** Duggie and Norris take centre stage at the Rover's drag night. Steve and Karen name the day for the wedding, and Emma helps Curly adjust to his new role. 553
 - 8.00 **WHERE THE HEART IS** A new nurse arrives in Skelthwaite, while Anna is annoyed that the whole village appears to know about her pregnancy. David's job begins to take its toll and Henry nurses a broken heart. Leslie Ash stars. 6602
 - 9.00 **THE GLASS NEW DRAMA** series, starring John Thaw as Jim Proctor, founder of a successful double glazing company, and Sarah Lancashire as Carol Parker, his employee and long-term girlfriend. In the first instalment, Jim decides to hand over the running of the business to his dashing young nephew. 9832961
 - 10.05 **HIGH STAKES** Bruce and Nicholas set out to recoup a £30million loan from an international jet-setting tycoon with a reputation for giving bankers a run for their money. Last in the comedy series, starring Richard Wilson. 118263
 - 10.35 **ITV WEEKEND NEWS**; Weather 764089
 - 10.50 **HOAXBUSTERS** John Lenahan exposes the tricks of the con-man's trade, revealing the public's gullibility. 848350
 - 11.50 **THE APOSTLES** The mythology surrounding Jesus' disciple Matthew. 44973
 - 12.15 **F1: MONACO GRAND PRIX** 6711428
 - 1.20 **THE JERRY SPRINGER SHOW**; Outrageous US chat; ITV News Headlines 4047003
 - 2.10 **FILM: JUST MY IMAGINATION** (1992) ■ A rock star releases a song recording a night of illicit passion — with hilarious results. Romantic comedy, starring Jean Smart and Tom Wopat. 8165732
 - 3.40 **CYBERNET** Computer innovations; ITV News Headlines 47321374
 - 4.10 **ITV NIGHTSCREEN** 5716916
 - **HTV changes:**
 - 12.25 **HTV News**; Weather □ 3.20 **Waterfront** □ 3.50 **Anatomy of Disaster** □ 4.40 **The Planet's Funniest Animals** □ 5.05 **The Magnificent Seven** □ 5.55 **Fishlock's Wild Tracks** □ 6.25 **HTV News**; Weather □ 10.49 **HTV Weather**

- ### CH 4
- 5.50 **BACPUSS** 5038466 6.05 **GRABBIT THE RABBIT** 8564878 6.15 **THE NEVERENDING STORY** 5075263 6.40 **ROCKO'S MODERN LIFE** 5745824 7.05 **BLUE'S CLUES** 1986331 7.30 **BUG ALERT** 65263 8.00 **THE KIDS FROM ROOM 402** 70305 8.30 **THE ZACK FILES** 59696 9.00 **T4**; Malibu 21756 9.30 **T4: POPWORLD** 64176 10.30 **T4: HOLLYWOODS** 46280447 12.10 **T4: AS IF** 5071466 12.45 **DAWSON'S CREEK** 603398 1.45 **DESTINY'S CHILD: THE SECRET GIG** 267350 2.15 **GULLIVER'S TRAVELS** 397060 4.00 **FOOTBALL ITALIA** 1282 5.00 **GREAT ESTATES** 9602 6.00 **CHANNEL 4 NEWS**; Weather 46553 7.00 **POLITICS ISN'T WORKING: THE F WORD** 833756 7.55 **PARTY ELECTION BROADCAST** By the Labour Party. 850756 8.00 **THE SECRET RULERS OF THE WORLD** 4244 9.00 **BIG BROTHER** 710485 9.10 **DAVID BLAINE: FROZEN IN TIME** 810756 10.10 **DERREN BROWN: MIND CONTROL** 704282 11.10 **CALLUP EXTREME MAGIC: LIVE ON TOUR** 818379 12.10 **PEOPLE'S BRITAIN** 8131003 12.15 **PENN AND TELLER'S MAGIC AND MYSTERY TOUR** 3662867 1.10 **WORLD WRESTLING FEDERATION: HEAT** 4049461
 - 2.00 **FILM: RAISE THE RED LANTERN** (1991) ■ Chinese drama, with Gong Li. 48140409
 - 4.05 **PHIN UP** 78612003 4.15 **GREAT UNDERTAKINGS** 30810374 4.40 **SECRET RULERS OF THE WORLD** 3676596 5.30 **COUNTDOWN** 13751
 - S4C changes:
 - 7.30 John Callahan's Pelswick □ 7.55 John Callahan's Pelswick □ 8.20 John Callahan's Pelswick □ 8.50 As If □ 9.20 Dawson's Creek □ 10.20 Hollyoaks □ 11.50 Futurama □ 12.15 Futurama □ 12.40 Rownd a Rownd □ 1.15 Cinderella □ 2.55 Brookside □ 4.20 Manifesto □ 5.20 Newyddion □ 5.30 Pobol y Cwm □ 7.25 Darllediad Etholiadol: Llafur □ 7.30 Gem Y Dreigiau □ 8.00 Dechrau Canu Dechrau Canmol □ 8.30 O Dan y Mor a'i Donnau □ 9.00 Fondue, Rhyw A Deinosoors □ 10.05 Newyddion □ 10.25 Big Brother □ 10.35 FILM: Multiplicity (1996) □ 12.45 World Wrestling Federation: Heat □ 1.35 Penn and Teller's Magic and Mystery Tour □ 2.30 Politics Isn't Working: The F Word □ 3.25 FILM: Tawny Pipit (1944) (b/w) □ 4.50 Diwedd
- ### CH 5
- 6.00 **RUSSELL GRANT'S POSTCARDS** 51132824 6.05 **WIDEWORLD** 91138176 6.30 **HAWAIIAN ZOO** 6081486 7.00 **BEACHCOMBER BAY** 8718669 7.30 **MILKSHAKE!** 4097911 7.35 **TICKLE, PATCH AND FRIENDS** 6790992 8.00 **FAT DOG MENDOZA** 2692379 8.30 **TINTIN** 2684350 9.00 **LASSIE** 2675602 9.30 **ALPHA ZONE** 3270961 10.00 **CORE NEWS** 7172008 10.05 **BURKE'S LAW** 3118331 11.00 **THE BIG QUESTION** 9646973 11.30 **THE MOVIE CHART SHOW** 9647602 12.00 **REMEMBER NANA MOUSKOUR?** 7118224 1.00 5 NEWS AT LUNCHTIME 47440669 1.10 **FILM: THE KID FROM TEXAS** 23468718 2.35 **EXCLUSIVE** 5775737 3.10 **FAMILY AFFAIRS** 66775911
 - 5.25 **FILM: THAT DARN CAT** (1997) ■ Comedy remake, with Christina Ricci. 30296405
 - 7.00 5 NEWS AND SPORT 6139331 7.30 **PARTY ELECTION BROADCAST** By the Labour Party. 6962973 7.35 **MOTORSPORT MAX** 2659060 8.00 **GREED**; 5 News 9736718
 - 8.00 **FILM: THE ENFORCER** (1976) ■ Thriller, with Clint Eastwood; 5 News 29154605
 - 10.55 **MURDER DETECTIVES: CASE FILES** 67412824 12.00 **LIVE BASEBALL** 5668645 4.00 **MAJOR LEAGUE REPLAY** 2848867

- ### SKY 1
- 6.00 **HOUR OF POWER** 33878 7.00 **POKEMANIA: THE ORANGE LEAGUE: POKEMON** 6617008 10.30 **THE SIMPSONS** 49176 11.00 **WORLD WRESTLING FEDERATION: METAL** 96337 12.00 **WORLD WRESTLING FEDERATION: SUPERSTARS** 79805 1.00 **ANDROMEDA** 88553 2.00 **STAR TREK** 85533 3.00 **STAR TREK: THE NEXT GENERATION** 95379 4.00 **STAR TREK: THE NEXT GENERATION** 13094 5.00 **XENA: WARRIOR PRINCESS** 1466 6.00 **THE SIMPSONS** 691485 6.25 **THE SIMPSONS** 676176 6.55 **FUTURAMA** 564992
 - 7.25 **FILM: POLICE ACADEMY III: BACK IN TRAINING** (1986) ■ Wacky comedy. Steve Guttenberg stars. 43351114
 - 9.00 **NEXT!** 13058 9.30 **GARY AND MIKE** 70534 10.00 **LAS VEGAS UNCOVERED** 17089 11.00 **RED LIGHT GIRLS** 17640 12.00 **WATER RATS** 99770 1.00 **POLTERGEIST: THE LEGACY** 29136843 5.45 **POP TV** 22663263

- ### TG4
- 7.00 **EURONEWS** 7483195 8.00 **CULA** 4 14847350 8.00 **TABALUGA** 3201495 8.25 **POWER RANGERS** REALTRA RUNDA 44018008 9.05 **MONSTER RANCHER** 24495805 9.30 **AN TRIUR AGUS JERRY** 16710737 9.50 **ANGELA ANACONDA** 14276195 10.00 **POOCHINI** 71038911 10.20 **ANGELA ANACONDA** 88271911 10.35 **FLIPPER AGUS LOPAKA** 12317824 11.00 **FANTASIA** 74907060 11.30 **GARDA, CEAMARA, GAFA** 74915089 12.00 **NBA GAME** 87919911 1.05 **AUSSIE RULES** 10465973 2.00 **FILM: HUD** 33057244 4.00 **CULA** 4 65063398 4.00 **SCEALTA AN DOAGUIN** 63476669 4.20 **PITRUL** 03 81468447 4.50 **FREAKY STORIES** 90007843 4.55 **NORMAN NORMAL** 2913076 5.20 **ANGELA ANACONDA** 29136843 5.45 **POP TV** 22663263

- 6.40 **100 BLIAN** 60009737
- 6.42 **AN AIMSIR LAITHREACH** 60009737
- 6.45 **NUACHT TG4**; Weather 22570060
- 7.00 **NUABHA GAELACH** 25731466
- 7.30 **SLAN AR EIGEAN** 65053911
- 8.00 **IBIZA** The experiences of eight people who spent a month on the party island. 25740114
- 8.30 **CRO NA CEIRDE** Messrs Rathborne Wax Chandleries. 25729621
- 9.00 **AN AIMSIR LAITHREACH** 31452814
- 9.05 **ARIS** A cynical look at Ireland over the past 30 years. 96370114
- 9.25 **CEAO ISTEAICH** 8770911
- 9.55 **BLATH NA SU CRAOHN** 77311824
- 10.25 **OLLCHAIR ROS NA RUM** 19897195
- 11.20 **AN AIMSIR LAITHREACH** 80516534
- 11.25 **RI RA** 95814114 11.55 **EURONEWS** 15280331 2.00 **CULO** 34100935

WEIGHT LOSS

"I Lost 4 stone and I have lots of Energy."

DECEMBER 29th I got on the Scales at home and I was 19 stone! I decided to go on a diet but I could not stick to it as I was hungry all the time and I had no energy at all. I am a chef and my job demands that I have energy. I stuck on crash diets and lost about two stone but still had no energy. So in April I read about Tony Quinn and I said I would try these tablets. When I got home I said to myself I will be twice as fat because you eat 3 meals a day and on other diets I

was not. When I started taking them I was 17stone now 28 August; 00 I am 12 1/2 stone. I have loads of energy! I can even do sit ups and 10 press ups! I can't believe it. I would recommend them to anybody young and old alike my target is to get to 10 1/2 stone and I am determined to reach this by Christmas and I will not stop taking it. It is a new me and a new food plan for life. Thanks Tony Quinn. Lisa Mc Coy. Co. Meath.



LOVE MY FOOD
I have been using Amino-Or and Amino-Energise for the past 4 weeks didn't cut down on food and have lost 10lbs. I also found my energy levels were 100% better. M.Lyons.

DIDN'T CUT DOWN ON FOOD
I have been using Amino-Or and Amino-Energise for 1 month and have lost 1 stone in weight. I had loads of energy and didn't feel hungry at all. I didn't cut back on any of my meals which was great as I love my food. E. Ryan, Co. Tipperary

I LOST 32 POUNDS AND 9" OFF MY WAIST



OVER the past few years I noticed I was putting on weight. At the time the first picture was taken I weighed 16st 21bs and my waist was 41 inches. I ate 3 substantial meals a day and included the Energise with each meal and the Amino-Or I took before bedtime. Now I have lost 32lbs. and 9" off my waist. I am absolutely delighted with the results. It feels great when some of my friends don't even recognise me, and when they do the look of surprise, and they all

say "You look great, what have you been doing?" So if you want to feel and look great try these food supplements. I just can not recommend them enough. If only I knew about it when I was so single. Paul Donnelly Award winning hairdresser.

"These pants are mine! In three months I was totally transformed"

REDUCED ONE SIZE IN 21 DAYS

Dear Tony, I have been taking Amino-Or and Amino-Energise for 21 days and I've dropped from size 18 to 16 and I feel great and sleep a lot better. I intend to continue. Mrs O'Connor

"I Have Lost Over 3 Stone"



JUST over a year ago I was 3 stone over weight. Over the years I had joined 7 gyms plus a slimming club but could never get the weight off. I also tried virtually every slimming diet available, I just couldn't get results. I went on the Tony Quinn weight loss programme which included exercise,

diet and the supplements Amino-Or and Amino-Energise. Everything was so easy to follow, I looked and felt great and I lost the fat in all the right places. I have reduced 3 sizes in my clothes and feel just wonderful. Bernie O'Connell Shankill, Co. Dublin

EXCELLENT ENERGY AND LOST 1 1/2 STONE

In two months I have lost one and a half stone on Amino-Or plus Amino-Energise. I have excellent energy and I have slept extremely well. I have also firmed up. R. Cullinan

Website: www.tonyquinn.com Email: info@tonyquinn.com



TV

STAGGERED, BBC1, 11.25pm

★ Toy demonstrator Martin Clunes wakes up naked on a remote Scottish island after his stag night and has only three days to get back to civilisation for his wedding. But his best mate has his eyes on the bride and Clunes faces yet more humiliation. ★ The Men Behaving Badly star also directed this comedy as a classic farce and he's perfect as the bewildered groom who's forced to do a bit of growing up when confronted by bitchy in laws and a bride who doesn't deserve him.

SPECIAL OFFER Amino-Or & Amino Energise

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