

This week's TV Highlights

THURSDAY, December 8

MY SRI LANKA WITH PETER KURUVITA
Where **SBS One** Time **7:30pm**
Peter meets the fishermen of Sri Lanka's south coast.

JIMMY'S FOOD FACTORY
Where **ABC1** Time **8:00pm**
Jimmy Doherty takes a look at how instant noodles are made.



MOVIE: THE MAN IN THE IRON MASK
Where **GEM** Time **8:30pm**
The musketeers decide to replace their cruel monarch.

FRIDAY, December 9

MOVIE: MISSION: IMPOSSIBLE
Where **Ten** Time **8:30pm**
A secret agent sets out to discover who double-crossed him and killed his colleagues.

FRIDAY NIGHT LIGHTS
Where **ABC2** Time **8:30pm**
Coach Taylor tries to remind the team why they love the sport.

MOVIE: THE PRESTIGE
Where **GEM** Time **9:30pm**
Two obsessive magicians devote their lives to a bitter rivalry.



SATURDAY, December 10

THE ONE RONNIE
Where **ABC1** Time **7:30pm**
Comic legend Ronnie Corbett headlines a one-hour sketch show in celebration of his 80th birthday.



MOVIE: THE POLAR EXPRESS
Where **Nine** Time **7:30pm**
A young boy who doesn't believe in Santa Claus is transported to the North Pole.

MOVIE: MAO'S LAST DANCER
Where **Nine** Time **9:40pm**
An 11-year-old boy is selected to study classical ballet in Beijing.

SUNDAY, December 11

CRICKET
Where **Nine** Time **10:00am**
Second Test. Australia v New Zealand. Day 3.

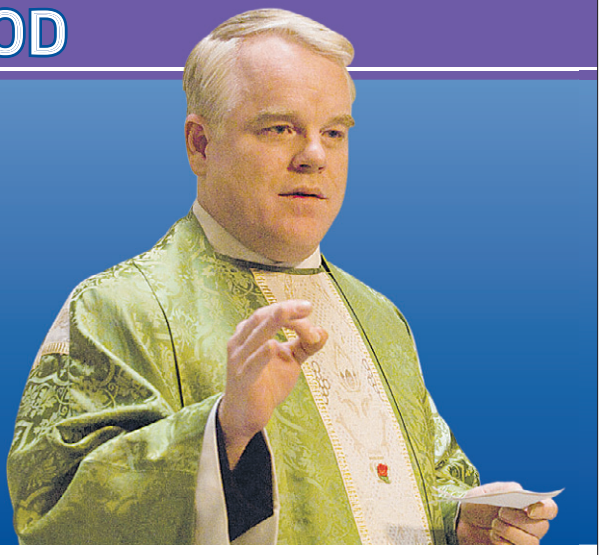
SUNDAY BEST: SPELLBOUND
Where **ABC2** Time **8:30pm**
Follows eight children competing in the US National Spelling Bee.



MOVIE: MISS PETTIGREW LIVES FOR A DAY
Where **GEM** Time **8:30pm**
A desperate nanny wrangles a job as an assistant.

UNDOUBTEDLY GOOD

MOVIE: DOUBT
Where **Seven** Time **8:50pm, Saturday**
John Patrick Shanley's compelling drama set in a Catholic school, circa the early 1960s, is the tale of razor-tongued nun Sister Aloysius (Meryl Streep) who confronts popular parish priest Father Flynn (Philip Seymour Hoffman) when she suspects him of abusing an African-American student. There may not be two better actors working today, and Amy Adams is well-cast as the sweet-natured but suspicious Sister James. It's just a pity the movie is less than the sum of its individually powerful parts.



MONDAY, December 12

HOT IN CLEVELAND
Where **Nine** Time **8:00pm**
Elka goes on a 24-hour bender.



WHO'S BEEN SLEEPING IN MY HOUSE?
Where **ABC1** Time **8:00pm**
Archaeologist Adam Ford explores the history behind Invercloy.

KEVIN MCCLLOUD'S GRAND TOUR
Where **ABC1** Time **9:30pm**
Part 3 of 4. Kevin follows in the footsteps of Robert Adam.

TUESDAY, December 13

THE GRUMPY GUIDE TO...
Where **ABC1** Time **8:30pm**
A collection of "grumpy" men and women share their memories of the '80s.

AS IT HAPPENED: THE CHILDREN'S ODYSSEY
Where **SBS TWO** Time **8:30pm**
Documents the little-known story of a group of Polish Jewish children who trekked from Europe to Palestine during World War II.

THE REAL KING'S SPEECH
Where **ABC1** Time **9:30pm**
Examines the real story behind events depicted in the Oscar-winning film *The King's Speech*.

WEDNESDAY, December 14

EXPLORE: PATAGONIA TO THE PAMPAS
Where **SBS One** Time **7:30pm**
Part 1 of 4. Simon Reeve and a team of journalists explore Argentina.

SHERLOCK
Where **Nine** Time **8:30pm**
Sherlock finds himself at the centre of a terrifying game of cat and mouse.



THE 27 INCH MAN
Where **ABC2** Time **9:30pm**
Meet Edward Nino Hernandez, who at just 65cm tall is one of the shortest men on Earth.

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NEW YEAR, NEW YOU - LOOK YOUNGER IN 2012

Local Hills expert Plastic Surgeon, Dr Mark Edinburg, talks to the Hills Shire Times about 2012's top aesthetic treatments for natural-looking facial rejuvenation.

"New Year's resolutions tend to be revolving doors but in 2012 you can finally achieve your goals" says Dr Edinburg.

"The New Year is traditionally a time of contemplation and a commitment to your resolutions".

"Many of our patients ask at this time of the year to erase the wrinkles of time or shed those love handles".

"Sadly many of us have given up by the end of January. The secret is not waiting until January to start," Dr Edinburg said.

"Don't spend another year frustrated at your lack of willpower. We all need help to achieve our dreams". Dr Edinburg said the 2012 aesthetic trends can be divided into four areas:

Lunchtime Fixes

Non-invasive procedures including wrinkle injections, dermal fillers and mild resurfacing treatments.

"People often wish they could remove wrinkles, frown lines or even improve their smile. These tiny changes can result in huge increases in confidence. What a great way to start the New Year," Dr Edinburg said.

Laser Fantastic

Minimally invasive procedures performed at the Eden Institute which may include some downtime or special post-procedure skin care. These include medical-grade laser treatments for skin rejuvenation, skin tightening, pigmentation and scar removal.

"Our new medical-grade state-of-the-art Laser is proving to be extremely effective," Dr Edinburg said.

"The supporting skin care products are constantly being refined, and are delivering more superior results than ever before.

"Because they are so concentrated and so specific for different skin types, they can only be prescribed by medical practices."

Facial Enhancements

The latest surgical techniques are designed to give maximum effect with minimum downtime and without the tell-tale signs of surgery. Procedures

About Dr Edinburg

The Eden Institute's Medical Director and Plastic, Cosmetic & Reconstructive Surgeon, Dr Mark Edinburg (MBBCH FRACS) is a well-known Plastic and Cosmetic Surgeon, specialist Hand Surgeon and Skin Cancer Surgeon. With over 20 year experience, you can be assured of Dr Edinburg's highly skilled and professional service at all times, offering clear explanations of benefits as well as risks and costs involved with all procedures.



include reshaping or refining parts of the face, such as facelifts, blepharoplasty (eyelid lift), browlifts and nose reshaping.

Body Boosts

From liposuction to the latest tummy tuck techniques or surgery after extensive weightloss. "Surgical techniques are constantly being refined and improved. My treatments are individually tailored to each person's unique concerns, so my surgery constantly evolves to suit each patient," Dr Edinburg said.

"There have been so many improvements in breast enhancement techniques and implants that today most women requesting this type of surgery are generally able to achieve a very natural, proportionate, curvy look."

Special Offer

January is the perfect time to have your dream aesthetic procedure with the Eden Institute offering a 5% summer discount on all Eden Medispa treatments booked in December.

The Eden Institute of Cosmetic and Plastic Surgery is located in Norwest Business Park, Bella Vista.

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www.edeninstitute.com.au



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