

Television Week

Local Listings For The Week Of February 2-8, 2013

'30 Rock' Blessed Us With Many Memorable Moments

After seven kooky, smart, high-energy, and completely delirious seasons, Tina Fey's "30 Rock" has signed off for good, and, quite frankly, it doesn't make us feel like "high-fiving one million angels." In fact, it's a total bummer.

But rather than mourn, we prefer to laugh. To help us do just that, we've delved into the vaults and come up with 10 of the funniest, most memorable moments produced by the three-time Emmy champ:

1. Therapy with Jack and Tracy — To help Tracy deal with his daddy issues, Jack summons the NBC therapist. But a family role-playing session goes crazily off track when Jack pretends to be, in quick succession, Tracy's father, his "moms," the "white dude" she left his father for, the Hispanic female neighbor and Tracy himself. Mixed into the hilariously subversive bit are impressions of Redd Foxx and Jimmy "J.J." Walker. Our one-word review? "DY-NO-MITE!" ("Rosemary's Baby"; Season 2, Episode 4).

2. Liz Meets Oprah — In one of the show's most hilarious guest appearances, Liz is ecstatic to meet Oprah on a plane flight. Unfortunately, she has taken a sleeping pill that provokes side effects like "dizziness, sexual nightmares and sleep crime." A dazed Liz bares her soul to Oprah, telling her how she didn't lose her virginity until 25, how at summer camp she kissed a girl on a dare (and the girl later died) and how she once had a sex dream involving Nate Berkus and Dr. Oz. ("Believe in the Stars"; Season 3, Episode 2).

3. Tracy does Conan — Here we honor not just a moment, but an entire episode — one in which "30 Rock" truly began to hit its stride. A frantic Liz, as usual, is putting out lots of workplace fires while preparing Tracy to go on Conan O'Brien's show, and, unfortunately, Tracy is off his meds. In this episode, we get our first reference to Jenna's movie, "The Rural Juror," and the first appearance of Dr. Spaceman. It's also notable for one of the first great Liz-Jack exchanges: She: "Why are you wearing a tux?" He: "It's after 6. What am I, a farmer?" ("Tracy Does Conan"; Season 1, Episode 7).

4. Liz gets married — Liz and Criss (James Marsden) spontaneously decide to get married to enhance their adoption chances, but Liz claims she doesn't want the fancy fairy-tale princess wedding many girls dream of. Instead, she'll get hitched at city hall "in a sweatshirt, no bra." But once there, she changes her mind and what ensues is one of the most chaotic and bizarre TV weddings ever, complete with an appearance by Tony Bennett. The caper: Liz is, indeed, a princess bride — donning her white "Star Wars" Princess Leia dress and those classic jumbo hair buns. ("Mazel Tov, Dummies!" Season 7, Episode 7).

5. Meat is the new bread — Tracy is strapped for cash, so Jack advises him to come up with a product that he can endorse and sell. The result is a bit of culinary genius called the Tracy Jordan Meat Machine. It's a dual-press grill that melts various chunks of meat into one glorious "food ball." Raves Tracy, "You no longer have to suffer through the bread part of your sandwich." We crack up just typing those words. ("The Rural Juror"; Season 1, Episode 7).

6. Not camera-ready — After Liz's dating-advice book, "Dealbreakers," becomes a bestselling sensation, Jack is eager to turn it into a talk show with Liz as host. (He envisions her as "a swarthy, big-hipped Kelly Ripa.") But those plans go awry when Liz's nerves get the best of her during the filming of a promotional segment. Even after 500-plus takes, she comes off as awkward and stiff and just can't "sass it up." Even worse: The unforgiving high-definition camera reveals a facial minefield. Oh, the pressures of being a woman on TV. ("Dealbreakers Talk Show #0001"; Season 4, Episode 7).

7. An unhappy reunion — Liz wants to blow off her high school reunion because she has awful memories of being a lonely nerd tortured by her classmates. But Jack convinces her to go and tags along. Once there, she's horrified

SATURDAY PRIMETIME/LATE NIGHT

	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	
BROADCAST STATIONS	America's Test Kitchen	The Victory Garden	The Prairie	Hometime	Classic Gospel	Singing around a campfire.	The Lawrence Welk Show	A salute to Nat King Cole.	Guy Lombardo	As Time Goes By	Keeping Up	Last of the Summer Wine	The Red Green Show	The Red Green Show	No Cover, No Minimum	Austin City Limits	Country singer Tim McGraw.	Underground	Sun Studio Sessions	Globe Trekker	A double-decker bus tour of London.		
PBS KUED 2 (8 2)	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	PGA Tour Golf	

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PAY CHANNELS	HBO 17 (40)	HBO2	MAX (42)	MAX2	SHOW 18 (43)	SHOW2	TMC																
CABLE STATIONS	A&E 57 (41)	AMC 41 (54)	ANPL 19 (43)	BRAVO 25 (55)	CMTV 38 (77)	CNBC 53 (52)	CNN 33 (49)	COM 45 (61)	CSPAN 49 (17)	DISC 34 (44)	DISN 64 (36)	DISXD 65 (68)	E!TV 51 (62)	ENC (48)	ESPN 28 (24)	ESPN2 29 (25)	EWTN 74 (65)	FAM 62 (40)	FX 23 (56)	FXNWS 50 (48)	FOXSP 55 (38)	HALL 22 (33)	HGTV 54 (34)

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BROADCAST STATIONS	Statehouse	Rick Steves' Europe	Nature Adventures	Antiques Roadshow	The Lawrence Welk Show	Santa Lucia and "Tarantella."	Masterpiece Classic	Classic Robert and Cora are not speaking.	Masterpiece Classic	Robert and Cora are not speaking.	Masterpiece Classic	Robert and Cora are not speaking.	Shakespeare Uncovered	Richard II With Derek Jacobi	Shakespeare Uncovered	With Jeremy Irons	Washington Week	NBC News	Austin City Limits	Country singer Tim McGraw.		
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