



Topics:

- (A) Health Issues**
- (B) Environment/Ecology**
- (C) Education**
- (D) Diversity/Minorities**
- (E) Government Issues**

(A) Health Issues

October 2, 05:00-05:30 a.m.

SIT AND BE FIT - "Posture and Breathing"

Mary Ann demonstrates how to maintain good posture while exercising.

October 3, 05:00-05:30 a.m.

SIT AND BE FIT - "Facial Exercises"

Facial exercises increase sensory awareness in mouth and encourage facial expression.

October 5, 05:00-05:30 a.m.

SIT AND BE FIT - "Don't Forget Your Fingers"

Paying special attention to the finger joints is important to keeping our hands functioning well.

October 7, 05:00-05:30 a.m.

SIT AND BE FIT - "Breathing"

Learn how to get the most out of each breath by toning and stretching muscles around the ribcage.

October 7, 06:30-07:30 a.m.

AGING BACKWARDS 3 WITH MIRANDA ESMONDE-WHITE

Learn how to keep your mind sharp and your body active as you age using gentle daily movement.

October 10, 05:00-05:30 a.m.

SIT AND BE FIT - "Relaxation"

Mary Ann explores the healing touch of massage and demonstrates effective ways to release tension.

October 11, 05:00-05:30 a.m.

SIT AND BE FIT - "Maintain Independence"

Functional movements to help improve performance of the activities of daily life are demonstrated.

October 12, 05:00-05:30 a.m.
SIT AND BE FIT - "Resistance Exercises"
Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

October 13, 05:00-05:30 a.m.
SIT AND BE FIT - "Feel Your Best"
Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

October 16, 05:00-05:30 a.m.
SIT AND BE FIT - "Kinesthetic Awareness"
A focus on the importance of kinesthetic awareness and weight shifting as they relate to balance.

October 17, 05:00-05:30 a.m.
SIT AND BE FIT - "Static Balance"
Weights are incorporated into the standing exercises to challenge static balance.

October 18, 05:00-05:30 a.m.
SIT AND BE FIT - "Pelvic & Ribcage Mobility"
Pelvic and rib cage mobility exercises take center stage in this fun full-body workout.

October 19, 05:00-05:30 a.m.
SIT AND BE FIT - "Strong Back Strong Core"
Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles.

October 20, 05:00-05:30 a.m.
SIT AND BE FIT - "Neuromuscular Coordination"
Heel tapping, patting, clapping and changing of rhythm patterns are used to improve coordination.

October 23, 05:00-05:30 a.m.
SIT AND BE FIT - "Strengthening Muscles & Joints"
This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

October 24, 05:00-05:30 a.m.
SIT AND BE FIT - "A Healthy Back"
Mary Ann focuses on exercises that involve back flexibility, strengthening and stretching.

October 25, 05:00-05:30 a.m.
SIT AND BE FIT - "Better Balance"
Good balance begins with proper spinal alignment and strong core muscles.

October 26, 05:00-05:30 a.m.
SIT AND BE FIT - "Improve Your Mood"
Tactile stimulation is used to increase circulation and elicit a relaxed state of body and mind.

October 27, 05:00-05:30 a.m.
SIT AND BE FIT - "Lighthearted Exercises"
Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening.

October 28, 05:00-05:30 a.m.

SIT AND BE FIT - "Back and Abdominal Strengthening"

The focus is on stretching and strengthening the abdominal and back muscles to protect the spine.

October 30, 02:30-04:00 a.m.

KETO DIET WITH DR JOSH AXE

Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

October 30, 05:00-05:30 a.m.

SIT AND BE FIT - "Exercising with Accessories"

These exercises incorporate a large ball and a small ball for finger flexibility and strengthening.

October 31, 05:00-05:30 a.m.

SIT AND BE FIT - "Somatosensory Work"

Mary Ann focuses on the somatosensory system for good balance and everyday functioning.

November 1, 05:00-05:30 a.m.

SIT AND BE FIT - "Releasing Muscle Tightness"

A small ball, a towel and large ball help release restrictions that build up in connective tissue.

November 2, 05:00-05:30 a.m.

SIT AND BE FIT - "Myofascial Relief & Gait"

Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula.

November 4, 05:00-05:30 a.m.

SIT AND BE FIT - "Variety, The Spice of Life"

Exercises that improve function are shared. The fingers and breath help control abdominal muscles.

November 5, 08:30-09:30 a.m.

AGING BACKWARDS 3 WITH MIRANDA ESMONDE-WHITE

Learn how to keep your mind sharp and your body active as you age using gentle daily movement.

November 6, 05:00-05:30 a.m.

SIT AND BE FIT - "Finger Dexterity"

This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises.

November 7, 05:00-05:30 a.m.

SIT AND BE FIT - "Happy Feet, Healthy Body"

Mary Ann stresses the importance of foot health and uses a small ball to share foot exercises.

November 8, 05:00-05:30 a.m.

SIT AND BE FIT - "All Systems Go!"

Exercises for the brain and several body systems including vestibular and lymphatic are shown.

November 9, 05:00-05:30 a.m.

SIT AND BE FIT - "Fit from Head to Toe"

A variety of exercises ranging from vestibular system to feet and gait are demonstrated.

November 10, 05:00-05:30 a.m.

SIT AND BE FIT - "Sensory Awareness and Breathing"

Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.

November 11, 05:00-05:30 a.m.

SIT AND BE FIT - "Fun with the Large Ball"

The large ball is used in many ways, from postural alignment to helping with balance.

November 13, 05:00-05:30 a.m.

SIT AND BE FIT - "Footwork and Core"

Mary Ann uses a variety of new exercises to focus on the importance of your feet.

November 14, 05:00-05:30 a.m.

SIT AND BE FIT - "Controlled Breathing"

Several ways to control breathing to efficiently distribute oxygen throughout the body are shared.

November 15, 05:00-05:30 a.m.

SIT AND BE FIT - "Vestibular and Core"

Mary Ann combines a mix of vestibular and core work. Gretchen showcases gait training exercises.

November 16, 05:00-05:30 a.m.

SIT AND BE FIT - "Posture"

Mary Ann breaks down techniques to improve posture. Guest Jeff Brooks provides a balance exercise.

November 17, 05:00-05:30 a.m.

SIT AND BE FIT - "Breathing"

Mary Ann offers several techniques to develop healthy breathing habits.

November 18, 05:01-05:31 a.m.

SIT AND BE FIT - "Back Health"

Exercises to gently loosen the thoracic spine with subtle shoulder and back movements are shared.

November 20, 05:00-05:30 a.m.

SIT AND BE FIT - "Functional Fitness"

These exercises will promote healthy living and being able to perform daily activities with ease.

November 21, 05:00-05:30 a.m.

SIT AND BE FIT - "Good Alignment"

By doing exercises with eyes closed, you can build an awareness of how good spinal alignment feels.

November 22, 05:06-05:36 a.m.
SIT AND BE FIT - "New Challenges"
A new abdominal exercise called the "Ski Jump" and a balance challenge are highlighted.

November 23, 05:00-05:30 a.m.
SIT AND BE FIT - "Coordination and Reaction Time"
This episode focuses on being aware of your body's movements and how it contributes to coordination.

November 24, 05:00-05:30 a.m.
SIT AND BE FIT - "Lymphatic System"
Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.

November 25, 01:15-03:15 a.m.
YOUNG FOREVER WITH MARK HYMAN, MD
Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

November 25, 05:00-05:30 a.m.
SIT AND BE FIT - "Mobility and Balance"
This episode highlights a variety of exercises to improve balance and concludes with stroking.

November 27, 05:00-05:30 a.m.
SIT AND BE FIT - "Your Feet, Your Foundation"
Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.

November 28, 02:30-04:00 a.m.
KETO DIET WITH DR JOSH AXE
Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

November 28, 05:00-05:30 a.m.
SIT AND BE FIT - "Flabby Arms"
Mary Ann introduces a new way to strengthen arms using your own body as resistance.

November 29, 05:00-05:30 a.m.
SIT AND BE FIT - "The Power of Small Movements"
This episode demonstrates what can be achieved with small gentle movements.

November 30, 01:30-03:00 a.m.
KETO DIET WITH DR JOSH AXE
Dr. Axe Josh puts his own fresh spin on the widely successful and well researched keto diet.

November 30, 05:00-05:30 a.m.
SIT AND BE FIT - "Flexibility and Range of Motion"
All the exercises in this program highlight range of motion throughout the shoulders and back.

December 1, 05:00-05:30 a.m.
SIT AND BE FIT - "Brain Booster"
These exercises activate the brain and includes great movement patterns for balance and gait.

December 2, 01:15-03:15 a.m.

DR. FUHRMAN'S END DIETING FOREVER!

Dr. Fuhrman discusses a lifestyle in which you seek foods and recipes that are nutrient rich.

December 2, 05:00-05:30 a.m.

SIT AND BE FIT - "Practice Perfect Posture"

Postural alignment and using proper form to get the most out of each exercise are emphasized.

December 3, 08:30-10:00 a.m.

KETO DIET WITH DR JOSH AXE

Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

December 4, 05:00-05:30 a.m.

SIT AND BE FIT - "Variety: The Spice of Life"

Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.

December 5, 05:00-05:30 a.m.

SIT AND BE FIT - "Functional and Fun Exercises for the Feet"

This workout begins with a fun segment dedicated to keeping your feet happy and healthy.

December 6, 05:00-05:30 a.m.

SIT AND BE FIT - "Yardsticks and Bands"

Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

December 7, 05:00-05:30 a.m.

SIT AND BE FIT - "Shoulder and Back Strength"

This lively workout showcases exercises that help strengthen the shoulders and back.

December 8, 05:00-05:30 a.m.

SIT AND BE FIT - "Postural Alignment and Shoulder Stability"

Exercises that help increase postural awareness and stabilize the shoulders are featured.

December 9, 05:00-05:30 a.m.

SIT AND BE FIT - "Circulation"

This upbeat episode focuses on movements designed to get the blood flowing through the body.

December 9, 08:30-10:30 a.m.

YOUNG FOREVER WITH MARK HYMAN, MD

Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

December 10, 06:30-08:30 a.m.

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Dr. Fuhrman discusses a lifestyle in which you seek foods and recipes that are nutrient rich.

December 11, 02:05-03:35 a.m.

KETO DIET WITH DR JOSH AXE

Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

December 11, 05:00-05:30 a.m.
SIT AND BE FIT - "Core Strengthening"
Exercises that help build core strength play an important role in balance and back strength.

December 12, 05:00-05:30 a.m.
SIT AND BE FIT - "Hip Mobility"
Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

December 30, 05:00-05:30 a.m.
SIT AND BE FIT - "Lymphatic Health Special"
Mary Ann demonstrates a variety of movements and exercises that stimulate healthy lymphatic flow.

October 3, 07:30-08:00 a.m.
SIT AND BE FIT - "The Power of Small Movements"
This episode demonstrates what can be achieved with small gentle movements.

October 4, 07:30-08:00 a.m.
SIT AND BE FIT - "Flexibility and Range of Motion"
All the exercises in this program highlight range of motion throughout the shoulders and back.

October 5, 07:30-08:00 a.m.
SIT AND BE FIT - "Brain Booster"
These exercises activate the brain and includes great movement patterns for balance and gait.

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Postural alignment and using proper form to get the most out of each exercise are emphasized.

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SIT AND BE FIT - "Hip Mobility"
Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

October 19, 06:30-07:00 a.m.
YOGA IN PRACTICE - "Breathing into Awareness"
Learn how to align the general foundation of a pose to create overall steadiness and focus.

November 9, 07:30-08:00 a.m.

SIT AND BE FIT - "Lymphatic Health Special"

Mary Ann demonstrates a variety of movements and exercises that stimulate healthy lymphatic flow.

November 10, 07:30-08:00 a.m.

SIT AND BE FIT - "Tai Chi with Tino"

Mary Ann introduces guest Tai Chi instructor, Tino, who leads a fun "Tai Chi by The Sea" segment.

November 13, 07:30-08:00 a.m.

SIT AND BE FIT - "Brain and Balance"

Mary Ann shares exercises that improve postural strength and finger dexterity.

November 14, 07:30-08:00 a.m.

SIT AND BE FIT - "Tone and Stretch"

Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout. November 15, 07:30-08:00 a.m.

SIT AND BE FIT - "Balance Your Body"

Mary Ann showcases a workout designed to balance out the body to improve functional fitness.

November 16, 07:30-08:00 a.m.

SIT AND BE FIT - "Muscle Isolations"

Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.

November 17, 07:30-08:00 a.m.

SIT AND BE FIT - "Grow Strong Effortlessly"

A variety of exercises to improve circulation, range of motion, mobility and balance are showcased.

November 20, 07:30-08:00 a.m.

SIT AND BE FIT - "Head to Toe - Tone, Stretch & Strengthen"

Mary Ann uses a large ball to warm up the body and a small ball to exercise the fingers.

November 21, 07:30-08:00 a.m.

SIT AND BE FIT - "Pulse, Press, Pull-Up"

Mary Ann introduces a variety of new movements targeting different muscle groups and joints.

November 22, 07:30-08:00 a.m.

SIT AND BE FIT - "Warm Up, Circulate, Strengthen & Stretch"

Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics.

November 23, 07:30-08:00 a.m.

SIT AND BE FIT - "Functional Feel-Good Exercises"

Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion.

November 24, 07:30-08:00 a.m.

SIT AND BE FIT - "Breathing, Posture and Balance"

Mary Ann uses a towel to improve tactile stimulation, grip strength and wrist flexibility.

November 25, 09:00-11:00 a.m.

YOUNG FOREVER WITH MARK HYMAN, MD

Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

November 27, 07:30-08:00 a.m.

SIT AND BE FIT - "Exercise Potpourri"

Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength.

November 28, 07:30-08:00 a.m.

SIT AND BE FIT - "Core Strength and Yoga Inspired Exercises"

Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening.

November 29, 07:30-08:00 a.m.

SIT AND BE FIT - "Fun Exercises for the Core and More"

A variety of core strengthening exercises are followed by a fast-paced circulation segment.

December 14, 07:30-08:00 a.m.

SIT AND BE FIT - "Core Strengthening"

Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.

December 15, 07:30-08:00 a.m.

SIT AND BE FIT - "Healthy Aging"

A variety of unique exercises are introduced which are all designed to promote healthy aging.

December 19, 07:30-08:00 a.m.

SIT AND BE FIT - "Strength Coordination"

This episode features a potpourri of movements to enhance strength and coordination.

December 20, 07:30-08:00 a.m.

SIT AND BE FIT - "Reaction Time"

Mary Ann shows how to use a ball to test your reaction time.

December 21, 07:30-08:00 a.m.

SIT AND BE FIT - "Balance"

Improving balance through weight training, stretching and leg strengthening is demonstrated.

December 25, 07:30-08:00 a.m.

SIT AND BE FIT - "Pelvic Floor"

This workout shows some easy movements to keep the important muscles of the pelvic floor strong.

December 26, 07:30-08:00 a.m.

SIT AND BE FIT - "Posture and Breathing"

Mary Ann demonstrates how to maintain good posture while exercising.

December 27, 07:30-08:00 a.m.
SIT AND BE FIT - "Facial Exercises"
Facial exercises increase sensory awareness in the mouth and encourage facial expression.

December 29, 07:30-08:00 a.m.
SIT AND BE FIT - "Don't Forget Your Fingers"
Paying special attention to the finger joints is important to keeping our hands functioning well.

(B) Environment/Ecology

October 4, 09:00-10:00 p.m.
NOVA - "Ancient Earth: Birth of the Sky"
See how Earth transformed from a barren hellscape to a planet capable of sustaining life.

October 11, 09:00-10:00 p.m.
NOVA - "Ancient Earth: Frozen"
How did life survive on a planet covered in ice from pole to pole?

October 18, 09:00-10:00 p.m.
NOVA - "Ancient Earth: Life Rising"
See how life made the leap to land, turning a barren landscape into a lush, green world.

October 25, 09:00-10:00 p.m.
NOVA - "Ancient Earth: Inferno"
How did life bounce back after a cataclysmic extinction wiped out some 90 percent of all species?

November 1, 09:00-10:00 p.m.
NOVA - "Ancient Earth: Humans"
How did Earth give rise to humans? See what made our species' existence possible.

December 27, 09:00-10:00 p.m.
NOVA - "Alaskan Dinosaurs"
Intrepid paleontologists discover that dinosaurs thrived in the cold and dark of the Arctic Circle.

December 15, 06:00-06:30 a.m.
FOR YOUR HOME - "What's New In Green?"
Showcases solar energy news, in-home air quality solutions and rain harvesting and storage tips.

(C) Education

November 8, 09:00-10:00 p.m.
NOVA - "Inside China's Tech Boom"
The inside story of China's meteoric rise to the forefront of global innovation.

November 15, 09:00-10:00 p.m.
NOVA - "The Battle to Beat Malaria"
Researchers are on the brink of a breakthrough in the fight against malaria with a new vaccine.

December 6, 08:00-08:55 p.m.
KEN BURNS: THE NATIONAL PARKS
Explore the beauty and grandeur of our nation's magnificent parks, from Acadia to Yosemite.

December 13, 09:00-10:00 p.m.
NOVA - "The Next Pompeii"
Experts search for clues to determine if a volcanic eruption could devastate a major Italian city.

December 20, 09:00-10:00 p.m.
NOVA - "Decoding The Great Pyramid"
Archaeologists investigate how the ancient Egyptians built the pyramids of Giza.

December 9, 09:00-11:00 a.m.
KEN BURNS: THE NATIONAL PARKS
Explore the beauty and grandeur of our nation's magnificent parks, from Acadia to Yosemite.

November 11, 09:00-10:00 p.m.
HELLO GIRLS
In 1918, 223 women were sent to France as telephone operators to help win the Great War.

(D) Diversity/Minorities

October 2, 09:00-09:55 p.m.
BARRY FARM: COMMUNITY, LAND AND JUSTICE IN WASHINGTON The
rise and fall of Barry Farm, one of DC's first thriving Black communities.

October 7, 10:00-11:30 p.m.
QUINCY JONES A MUSICAL CELEBRATION IN PARIS
World-class musicians perform "Soul Bossa Nova," "Billie Jean" and more to celebrate Quincy Jones.

October 9, 09:00-09:55 p.m.
GO-GO CITY: DISPLACEMENT AND PROTEST IN WASHINGTON Exploration
of the intersection of go-go music, gentrification, and racial justice in DC.

October 15, 04:30-05:30 p.m.
SABBATH - "Part 1"
From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a "tech-Sabbath" SABBATH ties together our collective history, our health practices, our response to God's invitation and the search for a more sustainable way of life.

October 22, 04:00-05:00 p.m.

SABBATH - "Part 2"

From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a "tech-Sabbath" SABBATH ties together our collective history, our health practices, our response to God's invitation and the search for a more sustainable way of life.

October 23, 09:00-10:00 p.m.

FAIR LEGISLATION - THE BYRON RUMFORD STORY

Byron Rumford, one of California's first African-American state lawmakers, is profiled.

October 24, 01:30-02:30 a.m.

FAIR LEGISLATION - THE BYRON RUMFORD STORY

Byron Rumford, one of California's first African-American state lawmakers, is profiled.

October 28, 02:30-03:25 p.m.

AFRICAN AMERICANS: MANY RIVERS TO CROSS - "The Black Atlantic

(1500-1800)" A chronicle of the full sweep of African American history, from the origins of slavery on the African continent through five centuries of historic events right up to present day -- when America has a black President.

November 5, 11:30 a.m.-01:00 p.m.

JEWISH JOURNEY: AMERICA

Jewish life in the old country and the establishment of communities in America are highlighted.

November 7, 10:00 p.m.-12:00 a.m.

FRONTLINE - "Shattered Dreams of Peace"

When the summer of 2000 peace talks between Israel and Palestine erupted into violence.

December 4, 08:00-09:30 p.m.

BECOMING FREDERICK DOUGLASS

Explore the role Fredrick Douglass played in securing the right to freedom for African Americans.

December 9, 05:30-07:00 p.m.

HARRIET TUBMAN: VISIONS OF FREEDOM

Go beyond the legend and meet the woman who became of the greatest freedom fighters in U.S. history.

December 23, 09:00-10:00 p.m.

STREIT'S: MATZO AND THE AMERICAN DREAM

Streit's factory in New York is a fifth-generation family business that stays true to tradition.

October 30, 11:00-11:30 a.m.

RICK STEVES' EUROPE - "Dublin and Mystical Side Trips"

Explore the town's foreboding castle, patriotic jail, Trinity College and the Wicklow Mountains.

November 22, 09:00-10:00 p.m.

NOVA - "Lee and Liza's Family Tree"

Scientists and genealogists help a family rediscover a history obscured by slavery.

October 31, 11:00-11:30 a.m.

RICK STEVES' EUROPE - "South Ireland: Waterford to the Ring of Kerry"

Scenic charms include Waterford's crystal factory and Kinsale's star-shaped fortresses.

November 26, 04:00-05:00 a.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

December 10, 09:00-10:30 a.m.

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Explore the role Fredrick Douglass played in securing the right to freedom for African Americans.

December 11, 09:00-10:00 p.m.

STREIT'S: MATZO AND THE AMERICAN DREAM

Streit's factory in New York is a fifth-generation family business that stays true to tradition.

December 12, 10:00-11:25 p.m.

JEWS OF THE WILD WEST

Discover Jewish pioneers from the silver screen and real life helped shape the expansion of the US.

December 30, 11:00-11:30 p.m.

ERODING HISTORY

Two Black Eastern Shore communities face the dual impacts of racism and climate change.

November 10, 10:30-11:00 p.m.

SHRAPNEL DOWN: MY KOREAN WAR STORY

Gunner's Mate Bill Rector documented his experiences during the Korean War with an 8mm camera.

(E) Government Issues

October 6, 07:00-07:30 p.m.

STATE CIRCLE - "Juvenile Justice Reform"

Maryland Congressman Glenn Ivey on the ouster of House Speaker McCarthy, why a federal judge has scaled back a new Maryland gun law, and have juvenile justice reforms gone too far?

October 13, 07:00-07:30 p.m.

STATE CIRCLE - "Reaction to Hamas Attack on Israel"

Maryland leaders condemn the Hamas attack on Israel, reaction to that, plus, gunfire on two state colleges, what's being done and the state's newest cabinet agency is open for business.

October 20, 07:00-07:30 p.m.

STATE CIRCLE - "Maryland 5 Star"

A big leap forward for the Maryland 5 Star, Governor Moore is backing local tourism zones, and Maryland has a new elections chief.

October 27, 07:00-07:30 p.m.

STATE CIRCLE - "Baltimore VA Reaching Out to Homeless Veterans"

How the Baltimore VA is reaching out to homeless veterans, the Baltimore Tech community celebrating a new federal designation and a big shift in the race to succeed retiring US Senator Ben Cardin.

November 3, 07:00-07:30 p.m.

STATE CIRCLE - "The Future of Harborplace"

New insights about the relationships between people and their environment, the latest plans to overhaul Harborplace, and we'll talk with the author of a new book about antisemitism.

November 10, 07:00-07:30 p.m.

STATE CIRCLE - "New Book on the Late Md Senator Daniel Brewster"

Congressman John Sarbanes on his decision not to seek a 10th term in Congress, what the Secretary of Maryland's Department of Veterans Affairs has to say on the eve of Veterans Day, and how local law enforcement agencies are responding to the staggering rise in hate crimes.

November 17, 07:00-07:30 p.m.

STATE CIRCLE - "New Mayors. Emergency Room Delays."

Why are Marylanders facing long waits in hospital emergency rooms? New mayors for two Maryland towns and a special birthday celebration a century in the making.

November 24, 07:00-07:30 p.m.

STATE CIRCLE - "Md National Guard's Future in Aviation"

The Maryland National Guard's future in aviation is up in the air, we'll have a conversation with the state's new top general and we'll examine the state of education in Maryland with Governor Moore.

December 1, 07:00-07:30 p.m.

STATE CIRCLE - "Women Making A Difference"

A story of hope for the holidays, how a Veteran is inspiring others after turning his life around, women making a difference in Maryland's manufacturing industry and changes could be coming to cut down on highway work zone accidents.

December 8, 07:00-07:30 p.m.

STATE CIRCLE - "DNA Databases"

How many Maryland legislators have never appeared on a ballot? Christmas yuletide festivities at Hampton National historic site, plus, how modern DNA databases are providing links to people who know nothing about their ancestors.

December 22, 07:00-07:30 p.m.

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December 29, 07:00-07:30 p.m.

STATE CIRCLE - "Marylanders Struggling to Make Ends Meet"

A special look at Marylanders struggling to make ends meet, a hot economy not trickling down and a housing squeeze facing renters and buyers.