



MARYLAND PUBLIC TELEVISION
 QUATERLY PROGRAM ISSUES
 TOPIC REPORT
 MPT; WFPT; WWPB; WGPT; WMPB; WCPB

MPT-HD
 January 1, 2024 - March 31, 2024

TOPIC/ISSUE	TITLE/RESPONSIVE PROGRAMMING	DATE	TIME	DURATION		
Health Issues						
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". Programs focus on therapeutic exercises that make everyday activities easier to perform; including core strengthening, balance work, stretching and relaxation. Designed to make exercise fun, easy and safe for people of all ages.	1-Jan	5:00 AM	30 Minutes		
Collagen Diet with Dr. Josh Axe		1-Jan	6:30 AM	150 Minutes		
		2-Jan	2:30 AM	150 Minutes		
		6-Mar	2:30 AM	90 Minutes		
		9-Mar	1:15 AM	60 Minutes		
SIT AND BE FIT - "Brain and Balance"	Mary Ann shares exercises that improve postural strength and finger dexterity.	2-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Tone and Stretch"	Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout.	3-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Balance your Body"	Mary Ann showcases a workout designed to balance out the body to improve functional fitness.	4-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Muscle Isolations"	Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.	5-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Grow Strong Effortlessly"	A variety of exercises to improve circulation, range of motion, mobility and balance are showcased.	6-Jan	5:00 AM	30 Minutes		
Dr. Fuhrman's End Dieting Forever!	Dr. Fuhrman discusses a lifestyle in which you seek foods and recipes that are nutrient rich.	7-Jan	8:30 AM	120 Minutes		
		8-Jan	1:00AM	120 Minutes		
		20-Jan	8:00 AM	120 Minutes		
		7-Jan	12:00 AM	120 Minutes		
Young Forever with Mark Hyman, MD	Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the aladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and do stress for healthy aging; and get your way to a long life.	20-Jan	11:00 AM	120 Minutes		
		21-Jan	11:00 AM	120 Minutes		
		10-Feb	7:00 AM	120 Minutes		
		10-Feb	11:00 PM	120 Minutes		
		23-Feb	11:32 PM	120 Minutes		
		24-Feb	6:30 PM	120 Minutes		
		27-Feb	10:30 PM	120 Minutes		
		2-Mar	11:30 PM	120 Minutes		
		7-Mar	1:00 AM	120 Minutes		
		10-Mar	12:30 AM	120 Minutes		
		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.	8-Jan	5:00 AM	30 Minutes
		SIT AND BE FIT - "Pulse, Press, Pull-Up"	Mary Ann introduces a variety of new movements targeting different muscle groups and joints.	9-Jan	5:00 AM	30 Minutes
SIT AND BE FIT - "Warm Up, Circulate, Strengthen & Stretch"	Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics.	10-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Functional Fee-Good Exercises"	Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion.	11-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Breathing, Posture and Balance"	Mary Ann uses a towel to improve tactile stimulation, grip strength and wrist flexibility.	12-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Exercises Potpourrie"	Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength.	13-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Core Strength and Yoga Inspired Exercises"	Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening.	15-Jan	5:00 AM	30 Minutes		
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.	16-Jan	5:00 AM	30 Minutes		
		20-Jan	5:30 AM	60 Minutes		
		3-Feb	11:30 PM	60 Minutes		
		10-Feb	5:30 AM	60 Minutes		
		11-Feb	3:00 AM	60 Minutes		
		27-Feb	3:00 AM	60 Minutes		
		27-Feb	1:00 PM	60 Minutes		
		29-Feb	11:30 PM	60 Minutes		
		4-Mar	2:40 AM	60 Minutes		
		8-Mar	1:00 AM	60 Minutes		
9-Mar	2:45 AM	60 Minutes				
SIT AND BE FIT - "Core Strengthening"	Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.	29-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Healthy Aging"	A variety of unique exercises are introduced which are all designed to promote healthy aging.	30-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Exercise is Fun"	Mary Ann focuses on fun and functional exercises set to some of her favorite music.	31-Jan	5:00 AM	30 Minutes		
SIT AND BE FIT - "Strength Coordination"	This episode features a potpourri of movements to enhance strngth and coordination.	1-Feb	5:00 AM	30 Minutes		
SIT AND BE FIT - "Reaction Times"	Mary Ann shows how to use a ball to test you reaction time	2-Feb	5:00 AM	30 Minutes		
SIT AND BE FIT - "Balance"	Improving balance through weigh training, stretching and leg strengthening in deomonstrated.	3-Feb	5:00 AM	30 Minutes		

SIT AND BE FIT - "March Your Way to Fitness"	Mary Ann marches her way to fitness with fun routines and patriotic music.	5-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Pelvic Floor"	This workout shows some easy movements to keep the important muscles of pelvic floor strong.	6-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Posture and Breathing"	Mary Ann demonstrates how to maintain good posture while exercising.	7-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Facial Exercises"	Facial exercises increase sensory awareness in mouth and encourage facial expression.	8-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "We've Gone Country"	Country music sets the tone and pace for this fun full body workout.	9-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Don't Forget Your Fingers"	Paying special attention to the finger joints is important to keeping our hands functioning well.	10-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Vestibular System"	Challenge your vestibular system with a fun ball routine and functional movements set to jazz music.	12-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Breathing"	Learn how to get the most out of each breath by toning and stretching muscles around the ribcage.	13-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Stretching"	Strengthening should always be followed by stretching as an important component to any workout.	14-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Relaxation"	Mary Ann explores the healing touch f massage and demonstrates effective ways to release tension.	14-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Maintain Independence"	Functional Movements to help improve performance of the activities of daily life are demonstrated.	16-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Resistance Exercisese"	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercises band.	17-Feb	5:00 AM	30 Minutes
Wai Lana Yoga - "Lunge!"	Combine a lunge with a hamstring stretch and strength your arms with Two-Hand Snake Pose.	18-Feb	9:00 AM	30 Minutes
SIT AND BE FIT - "Feel Your Best"	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercises band.	17-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Fundamental Moves"	Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.	20-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Kinesthetic Awareness"	A focus on the importace of kinesthetic awareness and wright shifting as they relate to balance.	21-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Static Balance"	Weights are incorporated into the standing exercises to challenge static balance.	22-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Pelvic & Ribcage Mobility"	Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.	23-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Strong Back Strong Core"	Mary Ann combines a variety of exercises to emphasize the importance of strong core mscls.	24-Feb	5:00 AM	30 Minutes
Raising Mentally Strong Kids with Daniel Amen, MM	Raising mentally strong kids and young adults is the most important work parents and grandparents ever do. Yet, parenting seems harder now than ever before with social media, digital addictions, and the epidemic rise of anxiety, depression, and ADHD in this program, psychiatrist and founder of Amen Clinics Dr. Daniel Amen will share 7 Core Converssations to help parents and grand parents raise happy, responsible, and mentally strong kids.	24-Feb	10:00 AM	120 Minutes
Keto Diet with Dr. Josh Axe	Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.	26-Feb	11:30 PM	120 Minutes
		26-Feb	2:10 AM	50 Minutes
		1-Mar	12:30 AM	90 Minutes
		6-Mar	11:30 PM	90 Minutes
		10-Mar	8:30 AM	90 Minutes
		11-Mar	1:15 AM	90 Minutes
SIT AND BE FIT - "Neuromuscular Coordination"	Heel tapping, patting, clapping and changing of rhythm patterns are used to improve coordination.	26-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Release Tension through Exercise"	This fast-paced workout ends with a peaceful relaxation, leading to a place of complete tranquility.	27-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Strengthening Muscles & Joints"	This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.	28-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "A Health Back"	May Ann focuses on exercises that involved back flexibility, strengthening and stretching.	29-Feb	5:00 AM	30 Minutes
SIT AND BE FIT - "Better Balance"	Good balance begins with proper spinal alignment and strong core muscles.	1-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Improve Your Mood"	Tactile Stimulation is used to increase circulation and elicit a relaxed state of body and mind.	2-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Lighthearted Exercises"	Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening.	4-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Back and Abdominal Strengthening"	The focus is on stretching and strengthening the abdominal and back muscles to protect the spine.	5-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Exercising with Accessories"	These exercises incorporate a large ball and a small ball for fiinger flexibility and strengthening.	6-Mar	5:00 AM	30 Minutes
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.	7-Mar	3:00 AM	60 Minutes
SIT AND BE FIT - "Somatosensory Work"	Mary Ann focuses on the somatosensory system for good balance and everyday functioning.	7-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Releasing Muscle Tightness"	A small ball, a towel and large ball help release restrictions that build up in connective tissue.	8-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Myofacial Relief & Gail"	Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula.	9-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Keep the Fun in Functional Fitness"	Mary Ann focuses on the fun side of exercise with novelty music and imaginative choreography.	11-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Variety, The Spice of Life"	Exercises that improve function are shared. The fingers and breath help control abdominal muscles.	12-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Finger Dexterity"	The episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises.	13-Mar	5:00 AM	30 Minutes

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.	14-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "All Systems Go!"	Exercises for the brain and several body systems including vestibular and lymphatic are shown.	15-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Fit from Head to Toe"	A variety of exercises ranging from vestibular system to feet and gait are demonstrated.	16-Mar	5:02 AM	32 Minutes
SIT AND BE FIT - "Sensory Awareness and Breathing"	Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.	18-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Fun with the Large Ball"	The large ball is used in many ways, from postural alignment to helping with balance.	19-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Footwork and Core"	Mary Ann uses a variety of new exercises to focus on the importance of your feet.	20-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Controlled Breathing"	Several ways to control breathing to efficiently distribute oxygen throughout the body are shared.	21-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Vestibular and Core"	Mary Ann combines a mix of vestibular and core work. Gretchen showcases gait training exercises.	22-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Posture"	Mary Ann breaks down techniques to improve posture. Guest Jeff Brooks provides a balance exercise.	23-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Breathing"	Mary Ann offers several techniques to develop healthy breathing habits.	25-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Back Health"	Exercises to gently loosen the thoracic spine with subtle shoulder and back movements are shared.	26-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Functional Fitness"	These exercises will promote healthy living and being able to perform daily activities with ease.	27-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "Good Alignment"	By doing exercises with eyes closed, you can build an awareness of how good spinal alignment feels.	28-Mar	5:00 AM	30 Minutes
SIT AND BE FIT - "New Challenges"	A new abdominal exercise called the "Ski Jump" and a balance challenge are highlighted.	29-Mar	5:00 AM	30 Minutes
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.	30-Mar	5:00 AM	30 Minutes

Environment/Ecology

NOVA "Arctic Drift"	Join scientists as they embark on the most ambitious Arctic research expedition of all time.	3-Jan	9:00 PM	60 Minutes
		4-Jan	1:00 AM	60 Minutes
		4-Jan	4:00 AM	60 Minutes
Ken Burns: "The National Parks"	Explore the beauty and grandeur of our nation's magnificent parks, from Acadia to Yosemite.	6-Jan	1:30 PM	120 Minutes
NOVA "High-Risk High -Rise"	The risks of sky-high buildings, from the structural limits to threats by nature, are explored.	10-Jan	9:00 PM	60 Minutes
		11-Jan	1:00 PM	60 Minutes
		11-Jan	4:00 AM	60 Minutes
NOVA "Easter Island Origins"	Discover the stories and theories behind the giant stone heads of Easter Island.	7-Feb	9:00 PM	60 Minutes
		8-Feb	1:00 AM	60 Minutes
		8-Feb	4:00 AM	60 Minutes
NOVA "Hunt for the Oldest DNA"	Explore the quest to recover DNA that may reveal a lost world before the last Ice Age.	21-Feb	9:00 PM	60 Minutes
		22-Feb	1:00 AM	60 Minutes
		22-Feb	4:00 AM	60 Minutes
NOVA "Hidden Volcano Abyss"	Join scientists as they investigate one of the most powerful volcanic eruptions in recorded history.	13-Mar	9:00 PM	60 Minutes
		14-Mar	1:00 AM	60 Minutes
		14-Mar	4:00 AM	60 Minutes
NOVA "Arctic Sinkholes"	Scientists examine evidence that melting soil in the Arctic is releasing vast amounts of methane.	13-Mar	1:00 AM	60 Minutes
NOVA "Polar Extremes"	Uncover the bizarre history of the poles, from miles-thick ice sheets to warm polar forests.	20-Mar	1:00 AM	120 Minutes
		21-Mar	1:00 AM	120 Minutes

Education

NOVA "Ultimate Space Telescope"	The dramatic story of NASA's ambitious James Webb Space Telescope is explored.	17-Jan	9:00 PM	60 Minutes
		18-Jan	1:00 AM	60 Minutes
		18-Jan	4:00 AM	60 Minutes
NOVA "When Whales Could Walk"	Egyptian desert fossils reveal clues to the evolution of the biggest animals on Earth.	31-Jan	9:00 PM	60 Minutes
		1-Feb	1:00 AM	60 Minutes
		1-Feb	4:00 AM	60 Minutes
NOVA "Building the Eiffel Tower"	Learn about the revolutionary engineering behind Paris's most iconic landmark, the Eiffel Tower.	14-Feb	9:00 PM	60 Minutes
		15-Feb	1:00 AM	60 Minutes
		15-Feb	4:00 AM	60 Minutes
NOVA "A.I. Revolution"	Explore the benefits and drawbacks of A.I. and what lies ahead.	27-Mar	9:00 PM	60 Minutes
		28-Mar	1:00 AM	60 Minutes
		28-Mar	4:00 AM	60 Minutes
NOVA "Star Chasers of Senegal"	A NASA spacecraft named Lucy blasts off from Cape Canaveral on a mission to the Trojans, a group of asteroids over 400 million miles from Earth. Just hours	27-Mar	10:00 PM	60 Minutes
		28-Mar	2:00 AM	60 Minutes

Diversity/Minorities

Finding Your Roots "Born to Sing"	Henry Louis Gates, Jr. explores history and music with singers Alanis Morissette and Ciara.	2-Jan	8:00 PM	60 Minutes
		3-Jan	12:00 AM	60 Minutes
		3-Jan	3:00 AM	60 Minutes
A Morgan Choir: "A Joyful Celebration"	This special highlights once of the nation's most prestigious university choral ensembles and salutes Dr. Nathan Carter, who led the choir for 34 years. Diverse	7-Jan	6:00 PM	115 Minutes
		20-Jan	8:00 PM	115 Minutes
		21-Jan	12:30 PM	115 Minutes

	repertoire by award-winning choir dir. by late Dr. Nathan Carter.	3-Feb	6:00 PM	115 Minutes
		4-Feb	10:00 AM	115 Minutes
Cost of Inheritance: "An America Reframed Special"	Explore the issue of reparations for African Americans and the ramifications it holds.	8-Jan	10:00 PM	60 Minutes
		9-Jan	2:00 AM	60 Minutes
Finding Your Roots "Forever Young"	Henry Louis Gates, Jr. meets Valerie Bertinelli and Brendan Fraser, who learn their roots and their ancestors who paved the way for their success.	9-Jan	8:00 PM	60 Minutes
		10-Jan	12:00 AM	60 Minutes
		10-Jan	3:00 AM	60 Minutes
One Night in March	Mississippi State University's basketball program during the Civil Rights movement is highlighted. This is the story of an unwritten rule that fostered prejudice and segregation. How a university president, his head basketball coach and their players	13-Jan	7:00 PM	60 Minutes
100 YEARS FROM MISSISSIPPI	Mamie Lang Kirland left Mississippi to escape racial violence and did not return for a century.	14-Jan	4:00 PM	60 Minutes
Finding Fellowship	In 1968, three churches, two white and one black, merge following the MLK assassination.	15-Jan	9:00PM	60 Minutes
		16-Jan	1:30 AM	60 Minutes
POV "Brief Tender Light"	Take a decade long journey with four African students who come to the US for schooling.	15-Jan	10:00 PM	90 Minutes
		16-Jan	2:30 AM	90 Minutes
Finding Fellowship	In 1968, three churches, two white and one black, merge following the MLK assassination.	16-Jan	2:30 AM	60 Minutes
		16-Jan	8:00 PM	60 Minutes
Finding Your Roots "Fathers and Sons"	Henry Louis Gates, Jr. introduces LeVar Burton and Wes Studi to the family they've never known.	17-Jan	12:00 AM	60 Minutes
		17-Jan	3:00 AM	60 Minutes
		20-Jan	3:30 PM	90 Minutes
Becoming Frederick Douglass	Discover how a man born into slavery became one of the nation's most influential leaders. Explore the role Frederick Douglass played in securing the right to freedom for African Americans.	31-Jan	4:00 AM	60 Minutes
		10-Feb	6:30 PM	60 Minutes
		18-Feb	5:00 PM	60 Minutes
		4-Mar	9:31 PM	90 Minutes
Quincy Jones A Musical Celebration in Paris	World-class musicians perform "Soul Bossa Nova," "Billie Jean" and more to celebrate Quincy Jones.	20-Jan	10:00 PM	90 Minutes
		21-Jan	1:30 AM	90 Minutes
		10-Feb	9:30 PM	90 Minutes
Harriet Tubman: "Visions of Freedom"	Go beyond the legend and meet the woman who became one of the greatest freedom fighters in U.S. history.	21-Jan	4:30 PM	90 Minutes
		10-Feb	8:00 PM	90 Minutes
Independent Lens "Racist Trees"	A historically Black neighborhood in Palm Springs fights for the removal of a wall of trees.	22-Jan	10:00 PM	90 Minutes
		23-Jan	2:30 AM	90 Minutes
Finding Your Roots "Buried Secrets"	Henry Louis Gates, Jr. helps Sammy Hagar and Ed O'Neill discover deep family secrets.	23-Jan	8:00 AM	60 Minutes
		24-Jan	12:30 AM	60 Minutes
		24-Jan	3:20 AM	60 Minutes
Mending Walls: The Documentary	Artists from different cultural backgrounds collaborate on murals about race, status and experiences.	29-Jan	9:00 PM	60 Minutes
		30-Jan	1:30 AM	90 Minutes
Independent Lens "Razing Liberty Square"	A historically Black community of Liberty City in Miami and their fight to keep the neighborhood.	29-Jan	10:00 PM	90 Minutes
		30-Jan	2:30 AM	90 Minutes
Finding Your Roots "Hold the Laughter"	Henry Louis Gates, Jr. uncovers the roots of comedians Bob Odenkirk and Iliza Shlesinger.	30-Jan	8:00 PM	60 Minutes
		31-Jan	12:30 AM	60 Minutes
American Masters "Little Richard: The King and Queen of Rock and Roll"	Energy and outrageous defiance. Discover the role Little Richard played in shaping rock music.	2-Feb	9:30 PM	60 Minutes
		3-Feb	1:30 AM	60 Minutes
The Tower Road Bus	Account of the first Black principal of a majority-white Prince George's County school.	5-Feb	9:00 PM	60 Minutes
		6-Feb	1:00 AM	60 Minutes
		6-Feb	4:00 AM	60 Minutes
Finding Your Roots "Far and Away"	Explore the roots of journalist Sunny Hostin and actor Jesse Williams.	6-Feb	8:00 PM	60 Minutes
		7-Feb	12:00AM	60 Minutes
		7-Feb	3:00 AM	60 Minutes
American masters "How It Feels to Be Free"	The lives and trailblazing careers of iconic African American entertainers are explored.	6-Feb	9:00 PM	60 Minutes
		7-Feb	1:00 AM	60 Minutes
		31-Mar	3:00 PM	120 Minutes
Gospel Live! Presented by Henry Louis Gates, Jr.	Celebrate the legacy of Gospel music in America with Henry Louis Gates, Jr.	9-Feb	9:30 PM	60 Minutes
		10-Feb	1:30 AM	60 Minutes
Great Performances at the Met "X: The Life and Times of Malcolm X"	Experience Anthony Davis's groundbreaking opera directed by Tony Award nominee Robert O'Hara.	11-Feb	3:00 PM	180 Minutes
Gospel "The Gospel Train/The Golden Age of Gospel"	Gospel's hour 1 follows the sonic influences of blues and jazz music.	12-Feb	9:00PM	120 Minutes
		13-Feb	1:00 AM	120 Minutes
Finding Your Roots "The Brick Wall Falls"	Danielle Brooks and Dionne Warwick are introduced to their distant ancestors.	13-Feb	8:00 PM	60 Minutes
		14-Feb	12:00 AM	60 Minutes
		14-Feb	4:00 AM	60 Minutes
		26-Feb	8:00 PM	90 Minutes
Gospel "Take the Message Everywhere/Gospel's Second Century"	In GOSPEL's hour 3, gospel family dynasties dominate the charts while other children of the church use their musical prowess to influence soul music. Black	13-Feb	9:00 PM	120 Minutes
		14-Feb	1:00 AM	60 Minutes
Truth Tellers	Discover artist Robert Shetterly and his over 250 portraits entitled "Americans Who Tell the Truth."	18-Feb	3:00 PM	60 Minutes
Fire on the Hill: "The Cowboys of South Central LA"	Three Black Cowboys in South Central LA found purpose and freedom in the cowboy lifestyle.	18-Feb	4:00 PM	60 Minutes
Ben's Ten Chattel Slavery on Maryland's Eastern Shore	Uncovering what life may have been like for enslaved Marylanders - including a young Harriet Tubman.	19-Feb	9:00 PM	60 Minutes
		20-Feb	2:00 AM	60 Minutes
Finding Your Roots "Mean Street"	Tracy Morgan and Anthony Ramos get looks at their family trees with Henry Louis Gates, Jr.	20-Feb	8:00 PM	60 Minutes
		21-Feb	12:30 AM	60 Minutes
		21-Feb	4:00 AM	60 Minutes
Black Broadway "A Proud History, A Limitless Future"	Join an all-star cast performing songs from the hit musicals Dreamgirls, Ain't Misbehavin', The Color Purple, Porgy and Bess and so many more to celebrate the rich history and evolution of Black roles and voices on Broadway.	26-Feb	9:30 PM	120 Minutes
Rick Steves' Europe "Dublin and Mystical Sidetrips"	Explore the town's foreboding castle, patriotic jail, Trinity College and the Wicklow Mountains.	31-Mar	1:00 PM	30 Minutes

Government Issues

State Circle "The 2024 Legislative Session"	As the 2024 Legislative Session gets closer, lawmakers will be tackling a worsening budget, especially for transportation funding, a housing crunch and public safety where recent juvenile justice reforms have been harshly criticized.	5-Jan	7:00 PM	30 Minutes
State Circle "General Assembly Starts Back Up; Budget Problems"	The General Assembly gets to work, budget problems on the horizon and a state takeover of the troubled racing industry.	12-Jan	7:00 PM	30 Minutes
State Circle "Future of State Finances. Juvenile Violence."	Searching for ways to stop the violence, a hazy future for state finances and a close look at juvenile justice, is it too lenient or too harsh in Maryland?	19-Jan	7:00 PM	30 Minutes
State Circle "Debates on Taxes. Speed Cameras."	Opening a debate on taxes, a green light for speed cameras, purple becomes the new state color and saluting the Air National Guard.	26-Jan	7:00 PM	30 Minutes
American Masters "Little Richard: The King and Queen of Rock and Roll"	Energy and outrageous defiance. Discover the role Little Richard played in shaping rock music.	2-Feb	9:30 PM	60 Minutes
		3-Feb	1:30 AM	60 Minutes
State Circle "Juvenile Crime"	A deal on juvenile crime, is the state too lenient on cases of vehicular homicide and making our democracy more democratic.	2-Feb	7:00 PM	30 Minutes
Maryland State of the State "2024"	Governor Wes Moore delivers the State of the State address to the people of Maryland.	7-Feb	12:00 PM	60 Minutes
		7-Feb	7:00 PM	60 Minutes
State Circle "Reaction to Governor's State of the State Address"	Reaction to Governor's State of the State address, election workers facing threats and the debate over trans athletes.	9-Feb	7:00 PM	30 Minutes
State Circle "Democratizing College Admissions"	Democratizing college admissions, protecting highway workers and the help wanted sign is out.	16-Feb	7:00 PM	30 Minutes
State Circle "Controversial Classroom Topics"	Opting out of controversial classroom topics, little room for compromise on Right to Die legislation and the Governor goes to bat for new housing.	23-Feb	7:00 PM	30 Minutes
		24-Feb	3:00 PM	60 Minutes
		28-Feb	3:30PM	60 Minutes
		10-Mar	10:00 AM	120 Minutes
Ken Burns: The Civil War	Celebrate the 25th Anniversary of the landmark documentary with an in-depth overview.	10-Mar	11:15 PM	120 Minutes
		10-Mar	11:15 PM	120 Minutes
State Circle "Childhood Poverty, Juvenile Justice Laws"	Fighting childhood poverty, rewriting juvenile justice laws and a whiff of cannabis.	1-Mar	7:00 PM	30 Minutes
State Circle "Broadband Internet Coverage, Cannabis Industry."	Expanding broadband internet coverage, an electric shock and fast growth for the cannabis industry.	8-Mar	7:00 PM	30 Minutes
The SixTripleEight	The 6888th, the only predominately-Black female battalion to serve in Europe during WWII.	11-Mar	9:00 PM	45 Minutes
		12-Mar	2:00 AM	45 Minutes
State Circle "Change of Management for Old Hilltop"	Change of management for Old Hilltop, a legislative skirmish over taxes and closing the gender pay gap.	15-Mar	7:00 PM	30 Minutes
State Circle "Racetrack Rescue. A Bill on Book Bans"	Lawmakers jittery over the racetrack rescue, a bill on book bans and debating the transportation funding.	22-Mar	7:00 PM	30 Minutes
State Circle "Key Bridge Collapse"	On a special State Circle, a runaway cargo ship destroys the Key Bridge, we're in the community and we'll hear what lawmakers have to say about the tragic event.	29-Mar	7:00 PM	30 Minutes



MARYLAND PUBLIC TELEVISION
 QUATERLY PROGRAM ISSUES
 TOPIC REPORT
 MPT; WFPT; WWPB; WGPT; WMPB; WCPB

MPT-MPT2
 January 1, 2024 - March 31, 2024

TOPIC/ISSUE	TITLE/RESPONSIVE PROGRAMMING	DATE	TIME	DURATION
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Health Issues				
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SIT AND BE FIT - "Vestibular System"	Challenge your vestibular system with a fun ball routine and functional movements set to jazz music.	1-Jan	7:30 AM	30 Minutes
		15-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Breathing"	Learn how to get the most out of each breath by toning and stretching muscles around the ribcage.	2-Jan	7:30 AM	30 Minutes
		18-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Stretching"	Strengthening should always be followed by stretching as an important component to any workout.	3-Jan	7:30 AM	30 Minutes
		19-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Relaxation"	Mary Ann explores the healing touch of massage and demonstrates effective ways to release tension.	4-Jan	7:30 AM	30 Minutes
		20-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Maintain Independence"	Functional Movements to help improve performance of the activities of daily life are demonstrated.	5-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Resistance Exercises"	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercises band.	8-Jan	7:30 AM	30 Minutes
		22-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Feel Your Best"	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercises band.	9-Jan	7:30 AM	30 Minutes
		25-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Fundamental Moves"	Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.	10-Jan	7:30 AM	30 Minutes
		26-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Kinesthetic Awareness"	A focus on the importance of kinesthetic awareness and weight shifting as they relate to balance.	11-Jan	7:30 AM	30 Minutes
		27-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Static Balance"	Weights are incorporated into the standing exercises to challenge static balance.	12-Jan	7:30 AM	30 Minutes
		28-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Pelvic & Ribcage Mobility"	Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.	15-Jan	7:30 AM	30 Minutes
		29-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Strong Back Strong Core"	Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles.	16-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Neuromuscular Coordination"	Heel tapping, patting, clapping and changing of rhythm patterns are used to improve coordination.	17-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Release Tension Through Exercise"	This fact-paced workout ends with a peaceful relaxation, leading to a place of complete tranquility.	18-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Strengthening Muscles & Joints"	This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.	19-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "A Healthy Back"	Mary Ann focuses on exercises that involve back flexibility, strengthening and stretching.	22-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Better Balance"	Good balance begins with proper spinal alignment and strong core muscles.	23-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Improve Your Mood"	Tactile stimulation is used to increase circulation and elicit a relaxed state of body and mind.	24-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Lighthearted Exercises"	Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening.	25-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Back and Abdominal Strengthening"	The focus is on stretching and strengthening the abdominal and back muscles to protect the spine.	26-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Exercising with Accessories"	These exercises incorporate a large ball and a small ball for finger flexibility and strengthening.	29-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Somatosensory Work"	Mary Ann focuses on the somatosensory system for good balance and everyday functioning.	30-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Muscle Isolations"	Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.	31-Jan	7:30 AM	30 Minutes
SIT AND BE FIT - "Grow Strong Effortlessly"	A variety of exercises to improve circulation, range of motion, mobility, and balance are showcased.	1-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Head to Toe - Tone, Stretch & Strengthens"	Mary Ann uses a large ball to warm up the body and a small ball to exercise the fingers.	2-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Pulse, Press, Pull-Up"	Mary Ann introduces a variety of new movements targeting different muscle groups and joints.	5-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Warm Up, Circulate, Strengthen & Stretch"	Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics.	6-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Functional Feel-Good Exercises"	Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion.	7-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Breathing, Posture and Balance"	Mary Ann uses a towel to improve tactile stimulation, grip strength and wrist flexibility.	8-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Exercise Potpourri"	Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength.	9-Feb	7:30 AM	30 Minutes

SIT AND BE FIT - "Core Strength and Yoga Inspired Exercises"	Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening.	12-Feb	7:30 AM	30 Minutes
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.	13-Feb	7:30 AM	30 Minutes
Raising Mentally Strong Kids with Daniel Amen, MD	Raising mentally strong kids and young adults is the most important work parents and grandparents ever do. Yet, parenting seems harder now than ever before with social media, digital addictions, and the epidemic rise of anxiety, depression, and ADHD in this program, psychiatrist and founder of Amen Clinics Dr. Daniel Amen will share 7 Core Conversations to help parents and grandparents raise happy, responsible, mentally strong kids.	24-Feb	1:30 PM	120 Minutes
		1-Mar	10:00 PM	120 Minutes
5 Minute Yoga Fix with Peggy Cappy	Follow the modern-day heroes of the Royal Flying Doctor Service in the Australian outback.	26-Feb	11:00 PM	60 Minutes
SIT AND BE FIT - "Core Strengthening"	Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.	28-Feb	7:30 AM	30 Minutes
		28-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Healthy Aging"	A variety of unique exercises are introduced which are all designed to promote healthy aging.	29-Feb	7:30 AM	30 Minutes
SIT AND BE FIT - "Exercise Is Fun"	Mary Ann focuses on fun and functional exercises set to some of her favorite music.	1-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Strength Coordination"	This episode features a potpourri of movements to enhance strength and coordination.	4-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Reaction Time"	Mary Ann shows how to use a ball to test your reaction time.	5-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Balance"	Improving balance through weight training, stretching and leg strengthening is demonstrated.	6-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "March your way to Fitness"	Mary Ann marches her way to fitness with fun routines and patriotic music.	7-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Pelvic Floor"	This workout shows some easy movements to keep the important muscles of pelvic floor strong.	8-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Reaction Time"	Mary Ann shows how to use a ball to test your reaction time.	5-Mar	7:30 AM	30 Minutes
Young Forever with Mark Hyman, MD	Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the aladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health-for life.	9-Mar	9:00 AM	120 Minutes
SIT AND BE FIT - "Posture and Breathing"	Mary Ann demonstrates how to maintain good posture while exercising.	11-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Facial Exercises"	Facial exercises increase sensory awareness in mouth and encourage facial expression.	12-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "We've Gone Country"	Country music sets the tone and pace for this fun full body workout.	13-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Don't Forget Your Fingers"	Paying special attention to the finger joints is important to keeping our hands functioning well.	14-Mar	7:30 AM	30 Minutes
SIT AND BE FIT - "Maintain Independence"	Functional movements to help improve performance of the activities of daily life are demonstrated.	21-Mar	7:30 AM	30 Minutes

Environment/Ecology

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Education

Diversity/Minorities

They Survived Together	The story of the Neiger family's escape from certain death in the Nazi occupied Ghetto of Krakow.	25-Jan	9:00 PM	30 Minutes
Richard Bangs' Adventures with purpose Pearl River	The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.	27-Jan	5:00 PM	60 Minutes
		28-Jan	4:00 AM	60 Minutes
		4-Mar	4:00 AM	60 Minutes

Wes Bound: The Genius of Wes Montgomery	Get a look into the life and career of legendary jazz guitarist, Wes Montgomery.	1-Feb	9:00 PM	60 Minutes
Torchbearers	Torchbearers uses interviews, photos and archival footage to tell the story of Pittsburgh's struggles during the so-called golden era of civil rights. Torchbearers spans events from the 1950's through the 70's, and features many of the men and women who risked everything for their beliefs.	7-Feb	10:00 PM	60 Minutes
Shuttlesworth	It's the story of rev. Fred Shuttlesworth and how he inspired freedom movements around the world.	12-Feb	8:00 PM	60 Minutes
Truth Tellers	Discover artist Robert Shetterly and his over 250 portraits entitled "Americans Who Tell The Truth."	12-Feb	9:00 PM	60 Minutes
Pullman and the Railroad Rebellion: American Stories	Learn the story of George Pullman & the railroad rebellion as workers fought for their independence. The story of Pullman represents a nexus of race, class, and politics that defined the labor movement, laid the foundation for a Black middle class, and gave rise to the modern Civil Rights Movement.	14-Feb	10:00 PM	60 Minutes
Symphony Celebration: The Blind Boys of Alabama, WI	Celebrate a message of peace and love with the five-time Grammywinning Blind Boys of Alabama. A truly unique television program bringing together songs performed by musical legends The Blind Boys of Alabama and a full symphony orchestra. Throughout the program, a documentary storytelling thread uses small vignettes to connect the artists and their songs. Beautifully orchestrated and conducted by Dr. Henry Panion III, A SYMPHONY CELEBRATION focuses on messages of humanity, peace and love.	20-Feb	8:00 PM	60 Minutes
Ben's Ten Chattel Slavery on Maryland's Easter Shore	Uncovering what life may have been like for enslaved Marylanders - including a young Harriet Tubman.	21-Feb	9:00 PM	60 Minutes
The Dream Whisperer	Learn how NBA great, Dick Barnett began his 9-year quest to get recognition for a special team. In the midst of segregation, the all-Black Tennessee A&I Tigers made history by winning three straight national championships. Captain Dick Barnett fought to secure recognition for his team. In 2019, their induction into the Naismith Basketball Hall of Fame marked the victory of his persistence. Discover their triumph over adversity and Barnett's relentless effort to preserve their legacy.	21-Feb	10:00 PM	60 Minutes
Harriet Tubman: Vision of Freedom	Go beyond the legend and meet the woman who became one of the greatest freedom fighters in U.S. history.	9-Mar	11:00 AM	90 Minutes
Rick Steves' Europe "The Best of West Ireland: Dingle, Galway, and the Aran Islands"	Explore the rugged Aran Islands, a castle at a medieval folk banquet and the Dingle Peninsula.	16-Mar	1:30 AM	30 Minutes
		16-Mar	2:30 PM	30 Minutes
		17-Mar	4:30 PM	30 Minutes
		22-Mar	2:30 AM	30 Minutes
		23-Mar	6:00 PM	30 Minutes
25-Mar	11:00 AM	30 Minutes		
Rick Steves' Europe "Dublin and Mystical Sidetrips"	Explore the town's foreboding castle, patriotic jail, Trinity College and the Wicklow Mountains.	21-Mar	11:00 AM	30 Minutes
		22-Mar	5:00 AM	30 Minutes
Rick Steves' Europe "South Ireland: Waterford to the Ring of Kerry"	Scenic charms include Waterford's crystal factory and Kinsale's star-shaped fortresses.	22-Mar	11:00 AM	30 Minutes
		22-Mar	6:00 PM	30 Minutes
		23-Mar	5:00 PM	30 Minutes

Government Issues

Ken Burns: The Civil War	Celebrate the 25th anniversary of the landmark documentary with a in-depth overview and interviews. Between 1861 and 1865, Americans made war on each other and killed each other in great numbers if only to become the kind of country that could no longer conceive of how that was possible. What began as a bitter dispute over Union and States' Rights, ended as a struggle over the meaning of freedom in America.	25-Feb	8:00 AM	120 Minutes
		5-Mar	5:30 PM	120 Minutes