

WHUT-TV Quarterly Report

Jan. 1, 2019 – March 31, 2019

Category: Aging

Category: Aging
Title: Truth About Dementia
Length: 60 minutes
Airdate: 1/24/19, 9pm
Format: Documentary
Description: In this thought-provoking program, presenter Angela Rippon - a prominent campaigner for dementia awareness - investigates the condition that took her mother's life. Visiting the world's foremost research centers, Angela sees for herself how Alzheimer's changes the brain. On her journey, she learns why getting a good night's sleep might help prevent Alzheimer's, what impact learning a new language can have, and how a new drug trial might offer our best hope for a cure. Identifying lifestyle choices that may prevent mental deterioration, The Truth About Dementia shows there is hope for the future.

Category: Aging
Title: I'll Have It My Way with Hattie Bryant
Length: 90 minutes
Airdate: 2/24/19, 11:30pm; 3/17/19, 11:30pm
Format: Lecture
Description: As much as we all want to believe we can live forever, we all know deep down that it simply can't be true. From this program viewers learn that there are things each of us can do to live fully, all the way to the end. Anyone who is willing to take four simple steps now, while healthy, can minimize if not avoid entirely, the pain, suffering, confusion and disagreements that can arise when end-of-life healthcare wishes are not clearly spelled out. Americans need this information because 70% say they want to die peacefully surrounded by friends and family ... while actually 70% are dying in institutions surrounded by strangers. Few people choose to contemplate critical illness or the inevitability of death until their time comes. Because possibilities are rarely discussed, many people are unprepared or unable to make critical end-of-life decisions and spend their last days in over-medicalized and unnecessarily painful and protracted situations. Breaking through the taboo of discussing death, Hattie Bryant shows that we have choices. Inspired by the peaceful death her mother was almost denied, Bryant began gathering information from national experts in palliative care, geriatrics, oncology, bio-ethics, psychology, and spirituality. I'll Have It My Way credibly and passionately presents the case for personal responsibility in the healthcare, legal, and procedural decisions that all of us must make - if they are not to be made for us. By making our

wishes known and communicating them effectively, we remove the burden from our loved ones of making our choices for us that will enable us to live our lives more fully to the end. I'll Have It My Way provides useful information and a thought-provoking four-step guide that takes the viewer on a journey of discovery to learn what a life well-lived means to them.

Category: Aging
Title: Aging Backwards 2 with Miranda Esmonde-White
Length: 60 minutes
Airdate: 1/1/19, 12:30pm
Format: Lecture
Description: Many people think that how they age – if they remain mobile, healthy, and pain free throughout their entire lives – is simply the result of luck. As though there's a randomness to it, or it's a lottery in which only a few winners enjoy golden years of youthful vitality. But did you know that you actually have a choice in how you age? In AGING BACKWARDS 2: CONNECTIVE TISSUE REVEALED, former professional ballerina Miranda Esmonde-White uses new and groundbreaking science to help put an end to this defeatist attitude towards aging.

Category: Aging
Title: Super Woman Rx with Dr. Taz
Length: 120 minutes
Airdate: 3/2/19, 10am
Format: Lecture
Description: Navigating busy lives can make it can seem almost impossible to maintain physical health. Overwhelmed and exhausted, many women find themselves falling into unhealthy eating habits, with no time for exercise or self-care. But diet and fitness plans are usually one-size-fits-all, and those universal programs don't work for every woman and every personality, especially for women ages 60+. Integrative health and wellness expert Tasneem Bhatia, MD, known to her patients as Dr. Taz, has a plan that is anything but cookie-cutter. Her mission is to help women over the age of 60 achieve optimum health and she is passionate about helping women with her personalized plans in Super Woman Rx With Dr. Taz.

Category: Aging
Title: Memory Rescue with Daniel Amen MD
Length: 120 minutes
Airdate: 3/11/19, 9pm
Format: Lecture
Description: "One of the most exciting lessons I've learned from looking at all our scans is that your brain does not have to deteriorate. With the right plan, you can slow or even reverse the aging process." - Dr. Daniel Amen In this program, award-winning

psychiatrist, neuroscientist and 10-time New York Times bestselling author Dr. Daniel Amen will show you how to supercharge your memory and remember what matters most to you. In Memory Rescue with Daniel Amen, MD, we're going to talk about how you can improve your memory and even rescue it if you think it's headed for trouble.

Category: Aging
Title: Food Over 50 #101
Length: 30 minutes
Airdate: 3/11/19, 4:30am
Format: Lecture/Demonstration
Description: The mission of the cooking series FOOD OVER 50 is to inform, instruct and entertain America's late Gen-X, Boomer and senior audiences with artistic and appetizing preparations of wide-ranging international recipes that are nutritionally enticing. This episode introduces good health and nutrition to the meals we eat and sets the theme for the entire first series with one of the most common dietary dilemmas in America, the issue of red meat and cholesterol.

Category: Aging
Title: Retire Safe & Secure with Ed Slott 2019
Length: 120 minutes
Airdate: 3/5/19, 7pm
Format: Lecture
Description: America needs Ed Slott now more than ever! Greedy Wall Street bankers and Congress have just upended 30+ years of the tax code - what does it all mean for you and your family!? And more importantly, how can you protect your hard-earned savings?! Retire Safe & Secure with Ed Slott is a dynamic, all NEW program shot on location in a theater in front of an enthusiastic audience of 700. As he's done in all of his hit pledge specials, Ed combines a vast in-depth knowledge of retirement tax rules with his legendary humor, "...so you know that Uncle Sam isn't your real uncle, don't you?" Ed Slott makes talking about taxes FUN! And he's put together a gift package that has everything you'll need to "...get YOUR plan, not the government plan!" As Ed always says, "It's not how much you make, it's how much you keep!"

Category: Aging
Title: Nobody Dies: A Film About A Musician Her Mom and Vietnam
Length: 30 minutes
Airdate: 3/4/19, 9am
Format: Documentary
Description: Singer-songwriter Thao Nguyen journeys to Vietnam for the first time and brings her aging mother- who hasn't been back since the fall of Saigon. The trip causes Thao to reflect on her upbringing in the United States, her extended family in Vietnam, all the while unraveling like a love letter to her mom.

Category: Aging
Title: Food Over 50 #103
Length: 30 minutes
Airdate: 3/25/19, 4:30am
Format: Lecture/Demonstration
Description: Description: The mission of the cooking series FOOD OVER 50 is to inform, instruct and entertain America's late Gen-X, Boomer and senior audiences with artistic and appetizing preparations of wide-ranging international recipes that are nutritionally enticing. Healthy Omega-3 fatty acids are found in a variety of fresh foods, but according to resident dietician and "Second Helpings" co-host, Elizabeth Kelsey, seafood, particularly finned fish like salmon and mackerel, is the most efficient source for our bodies. We take a dive in Uig Bay for an undersea "Earn What You Eat" segment, re-emphasizing the importance of both healthy food and appealing exercise as the years go by.

Category: Aging
Title: Consuelo Mack WealthTrack 1533
Length: 30 minutes
Airdate: 2/4/19, 6:30am
Format: Discussion
Description: Guests: Fredrik Axsater, Head of Strategic Business Segments, Wells Fargo Asset Management; Christine Benz, Director of Personal Finance, Morningstar. Running out of money is the greatest retirement fear. On this week's Consuelo Mack WealthTrack, Morningstar's Christine Benz and Wells Fargo's Fredrik Axsater share advice on how to avoid it.

Category: Community Politics, Government

Category: Community Politics, Government
Title: Amanpour and Company 191
Length: 60 minutes
Airdate: 1/12/19, 3am; 1/14/19, 9:30am
Format: Discussion
Description: Christiane Amanpour speaks with furloughed Fire Captain Mark Munoz; British Justice Minister Rory Stewart; author Afua Hirsch; and director Florian Henckel von Donnersmarck. Michel Martin speaks with Baltimore Police Officer Monique Brown & Alex Long about "Charm City."

Category: Community Politics, Government
Title: 1964: The Fight for a Right
Length: 60 minutes
Airdate: 1/20/19, 4pm
Format: Documentary
Description: By the mid twentieth century, Mississippi's African Americans had suffered from nearly 75 years of slavery by another name - Jim Crow discrimination. In 1964 in Mississippi, people died in an effort to force the state to allow African Americans to exercise their constitutional right to vote. Although, the 50th anniversary of Freedom Summer has passed, the struggle for voting rights is still pertinent. According to the NAACP, states have recently passed the most laws limiting voter participation since Jim Crow. Moreover, these laws also disenfranchise other people of color, the elderly, poor, and disabled. With the 2015 anniversary of the Voting Rights Act as well as the upcoming presidential primaries and general election, voting rights will remain at the forefront of a national debate. With historical footage and interview with Freedom Summer architects and volunteers, as well as present day activists, 1964: THE FIGHT FOR A RIGHT uses Mississippi to explain American voting issues in the last 150 years. For instance, why are red states red?

Category: Community Politics, Government
Title: Open Mind 3922
Length: 30 minutes
Airdate: 1/2/19, 6:30am
Format: Discussion
Description: Guest: Alexandra Rojas. Alexandra Rojas, millennial grassroots organizer and executive director of Justice Democrats talks about a new Democratic agenda and a Green New Deal.

Category: Community Politics, Government
Title: Rock Newman Show 715
Length: 60 minutes
Airdate: 1/2/19, 8pm
Format: Discussion
Description: The guest is Maryland Gov. Larry Hogan talking about government and issues related to the state of Maryland.

Category: Community Politics, Government
Title: Story in the Public Square 202
Length: 30 minutes
Airdate: 1/16/19, 9am
Format: Discussion
Description: Former Secretary of State and Democratic Senator of Massachusetts John Kerry is interviewed.

Category: Community Politics, Government
Title: Rock Newman Show 801
Length: 60 minutes
Airdate: 1/16/19, 8pm
Format: Discussion
Description: We welcome Howard University President Dr. Wayne Frederick, who joins Rock for the hour to assess the national impact of the government shutdown, and to especially explore and outline his concerns about its impact on Howard University.

Category: Community Politics, Government
Title: Open Mind 3925
Length: 30 minutes
Airdate: 1/23/19, 6:30am
Format: Discussion
Description: Guest: John Kasich. Former Ohio Governor John Kasich discusses preserving the Republican Party.

Category: Community Politics, Government
Title: Rock Newman Show 803
Length: 60 minutes
Airdate: 1/23/19, 8pm
Format: Discussion
Description: We speak with Baltimore mayor, Catherine Pugh

Category: Community Politics, Government
Title: City Rising
Length: 60 minutes
Airdate: 1/30/19, 9pm
Format: Documentary
Description: City Rising illuminates the history of discriminatory laws and practices at the root of the gentrification and affordable housing crisis in the United States, revealing how gentrification is traditionally molded and dictated by those in power. Through the stories of California's rapidly developing urban centers, City Rising features a growing movement of advocacy as communities fight gentrification and seek responsible development across the state. People of color who cherish their neighborhood's culture and sense of community mobilize against unsustainable rents and other forces that are pushing neighbors into homelessness.

Category: Community Politics, Government
Title: Rock Newman Show 809
Length: 60 minutes
Airdate: 3/6/19, 7pm
Format: Discussion
Description: Guest Angela Alsobrooks, the Prince Georges County Executive discusses issues pertaining to county government.

Category: Crime/Legal Issues/Law Enforcement

Category: Crime/Legal Issues/Law Enforcement
Title: Rick Steves Special: The Story of Fascism in Europe
Length: 60 minutes
Airdate: 1/2/19, 9pm
Format: Documentary
Description: In this one-hour special, Rick Steves travels back a century to learn how fascism rose and then fell in Europe - taking millions of people with it. He traces fascism's history from its roots in the turbulent aftermath of World War I, when masses of angry people rose up, to the rise of charismatic leaders who manipulated that anger, and the totalitarian societies they built. In addition, Rick chronicles the brutal measures the leaders used to enforce their ideologies and discusses the horrific consequences of genocide and total war. And yet despite all this, inspiration can be found by those who resisted. Along the way, Rick visits poignant sights throughout Europe relating to fascism, and talks with Europeans whose families lived through those times. The goal of the RICK STEVES SPECIAL: THE STORY OF FASCISM IN EUROPE is to learn from the hard lessons of 20th-century Europe, and to recognize that ideology in the 21st century.

Category: Crime/Legal Issues/Law Enforcement
Title: Silent Sacrifice - Stories of Japanese American Incarceration
Length: 2 hours
Airdate: 1/7/19, 8pm
Format: Documentary
Description: Silent Sacrifice - Stories of Japanese American Incarceration illuminates a dark chapter in American history. In February 1942, just 10 weeks after the Japanese bombed Pearl Harbor, President Franklin D. Roosevelt signed Executive Order 9066, which authorized the removal of any or all people considered a threat to

national security from designated military areas. SILENT SACRIFICE shares the experiences of Japanese Americans who were living in the San Joaquin Valley prior to Executive Order 9066. Interviewees discuss what drew them to the area, the businesses and farms their families established, and both the discrimination many faced in their adopted land as well as the friendships they formed. They then reveal the shock and confusion felt in the immediate aftermath of Pearl Harbor and the tragic and disorienting uprooting of lives as families were forced to abandon their homes and move into temporary assembly centers before being sent to permanent internment camps.

Category: Crime/Legal Issues/Law Enforcement
Title: Amanpour and Company 191
Length: 60 minutes
Airdate: 1/12/19, 3am; 1/14/19, 9:30am
Format: Discussion
Description: Christiane Amanpour speaks with furloughed Fire Captain Mark Munoz; British Justice Minister Rory Stewart; author Afua Hirsch; and director Florian Henckel von Donnersmarck. Michel Martin speaks with Baltimore Police Officer Monique Brown & Alex Long about "Charm City."

Category: Crime/Legal Issues/Law Enforcement
Title: Dictator's Playbook 101
Length: 60 minutes
Airdate: 1/28, 9pm
Format: Documentary
Description: Witness Kim Il Sung's transformation from guerrilla fighter to brutal dictator of North Korea. How did he build the most controlled society on earth and launch a dictatorship that has lasted for three generations?

Category: Crime/Legal Issues/Law Enforcement
Title: Rock Newman Show 805
Length: 60 minutes
Airdate: 2/13/19, 8pm
Format: Discussion
Description: On a peaceful evening in June of 2015, White nationalist Dylan Roof calmly walked into Charleston, South Carolina's historic Mother Emanuel AME Church and murdered nine people as they were engaged in a prayer service. On this episode of the Rock Newman Show, Rock welcomes Rev. Dimas Salaberrios, producer of Emanuel - a new documentary focusing on that tragedy and its effects on surviving family members of the victims. We'll also introduce viewers to one of the surviving family members, Rose Simmons. Emanuel is produced by NBA star Steph Curry's production company in partnership with award-winning actress Viola Davis.

Category: Crime/Legal Issues/Law Enforcement
Title: Dictator's Playbook 103
Length: 60 minutes
Airdate: 2/11, 9pm
Format: Documentary
Description: See why Benito Mussolini was considered a pioneer among 20th century dictators. From undermining judges to indoctrinating children, he forged key tactics for seizing power. He also created fascism, an ideology that would plunge Europe into darkness.

Category: Crime/Legal Issues/Law Enforcement
Title: America ReFramed 606
Length: 60 minutes
Airdate: 2/12/19, 8pm
Format: Documentary
Description: MILWAUKEE 53206 introduces viewers to a community with the highest rate of incarcerated African American men in the U.S. Viewers meet Beverly Walker and her husband, Baron, who is in prison and caught between changing parole laws. Beverly tirelessly advocates for his release and keeps their family together. Chad Wilson, once a drug dealer, served a total of 17 years in the criminal justice system. Five weeks after his release, he hopes to turn his life around and get at least some of his record expunged. Dennis Walton has one goal in life: that his children love him as much as he loved his dad. Yet, as a teenager he took a wrong turn and found himself in jail. He finds atonement by giving back and establishing the Fatherhood Project to offer support to men seeking re-entry. Caught in a web of imperfect laws, poverty and unemployment, MILWAUKEE 53206 renders a portrait of citizens often dehumanized in the media and illuminates, beyond headlines, the decimating toll and trauma families of color face as a result of the mass incarceration of African American men. But in the end, money laundering, drug trafficking and political crimes led to his downfall.

Category: Crime/Legal Issues/Law Enforcement
Title: Evening with Eric Holder
Length: 60 minutes
Airdate: 1/20/19, 2pm
Format: Discussion
Description: An Evening with Eric Holder is a one-on-one interview with former U.S. Attorney General Eric H. Holder, Jr. whose career that has been committed to service and racial justice. Join Washington Post blogger and MSNBC contributor, Jonathan Capehart, as he engages in conversation with the third longest-serving Attorney General in U.S. history and the first African American to hold that office.

Category: Crime/Legal Issues/Law Enforcement
Title: Open Mind 3923
Length: 30 minutes
Airdate: 1/9/19, 6:30am
Format: Discussion
Description: Guest: Joy Buolamwini. Joy Buolamwini, founder of the Algorithmic Justice League, talks about facial recognition bias and ethical standards for Artificial Intelligence technology.

Category: Crime/Legal Issues/Law Enforcement
Title: Story in the Public Square 201
Length: 30 minutes
Airdate: 1/9/19, 9am
Format: Discussion
Description: Since 1976, nearly 1500 Americans have been executed in the name of justice. Sister Helen Prejean, though, cautions about the human cost of the death penalty and the innocent victims wrongfully put to death.

Category: Education

Category: Education
Title: Doing the Reptile Rumba from the Rainforest of Ranomafana
Length: 60 minutes
Airdate: 1/5/19, 10am
Format: Documentary
Description: Doing the Reptile Rumba from the Rainforest of Ranomafana features Erik Callender, a herpetologist who has turned his lifelong fascination with reptiles into a professional teaching career. In the one-hour program, viewers see first-hand Erik's excitement for teaching and exposing children to the wonders of science and education through his classroom visits in the U.S., where he brings along a menagerie of exotic animals, including lizards, reptiles and snakes. He also travels to the Ranomafana rainforest in Madagascar, where Callender engages with the locals, studies the animals, feeds the crocodiles, and introduces the children of two cultures to some of the most fascinating creatures on earth - as well as each other through webcasts.

Category: Education
Title: Dunbar: The Alchemy of Achievement
Length: 30 minutes
Airdate: 2/9/19, 11:30am
Format: Documentary
Description: This new local documentary looks at the history and impact of Dunbar High School

Category: Education
Title: Rock Newman Show 801
Length: 60 minutes
Airdate: 1/16/19, 8pm
Format: Discussion
Description: We welcome Howard University President Dr. Wayne Frederick, who joins Rock for the hour to assess the national impact of the government shutdown, and to especially explore and outline his concerns about its impact on Howard University.

Category: Education
Title: Tim Wise: A Minds That Matter Presentation
Length: 60 minutes
Airdate: 1/14/19, 9pm
Format: Discussion
Description: We feature American anti-racism activist and writer, Tim Wise, in a discussion about race and society, politics, poverty and economic inequality, and his own journey and experiences that have led Mr. Wise to the controversial topics and thoughts he is known for today. This special was taped on February 10, 2017 at White Concert Hall on the campus of Washburn University.

Category: Education
Title: Sci Girls 106
Length: 30 minutes
Airdate: 2/3/19, 7am
Format: Instruction/Demonstration
Description: SciGirl Hannah and her friends design and build their own working miniature wind farm.

Category: Education
Title: Portrayal & Perception: African American Men & Boys 102
Length: 30 minutes
Airdate: 2/5/19, 11:30pm
Format: Documentary
Description: How do you teach an African American boy to become a leader? In "Teaching Success," three different approaches will be taken on the road to success: a program for young entrepreneurs and one of its star pupils; the commitment of African American educators at Pittsburgh's Manchester K-8 school on the North Side; and the Black Male Leadership Development Institute, a seven-day leadership training collaboration between Robert Morris University and the Urban League of Greater Pittsburgh.

Category: Education
Title: Peg + Cat 126
Length: 30 minutes
Airdate: 1/11/19, 1pm
Format: Educational/Instructional
Description: The Pizza Problem - Peg's Pizza Place. When Peg and Cat get orders for halves of pizzas, they must learn about fractions to keep their patrons pleased. The Pizza Pirate Problem - Peg's Pizza Place/Giant Land/Prehistoric Valley/Ancient Egypt. As Peg and Cat deliver pizzas far and wide, they are menaced by the flying Pizza Pirates who are determined to "take away one!"

Category: Education
Title: Wild Kratts 131
Length: 30 minutes
Airdate: 1/8/19, 4pm
Format: Educational/Instructional
Description: As they prepare for a creature costume party, the Wild Kratts team begins to notice all sorts of strange things happening in the Tortuga HQ. Jimmy is sure there is a ghost or monster living with them, but the Kratt brothers are convinced it's some kind of creature. When the gang sets out to discover who is causing all the trouble, they discover that certain animals gravitate towards human habitation because it provides food and protection from predators.

Category: Education
Title: Super Why 317
Length: 30 minutes
Airdate: 1/29/19, 12:30pm
Format: Educational/Instructional

Description: Pig and Princess are scanning the sky for rainbows, but they can't find any and they don't know why. This is a super big problem and to solve it The Super Readers jump into the book Mathis' Book of Why. There they meet Mathis, a curious kid who loves to ask WHY? He introduces them to a singing cloud, sun, and rainbow they can ask WHY? for themselves and find the answer. Educational Objectives: To learn to look for answers in books. Kids will play with the alphabet and identify the letters J, E, and T. They'll use the power to read to choose just the right word to change the story and save the day.

Category: Education
Title: Odd Squad 105
Length: 30 minutes
Airdate: 1/9/19, 4:30pm
Format: Educational/Instructional
Description: My Better Half - When symmetrical objects become vandalized, Olive and Otto must figure out why. Curriculum: Geometry and spatial Sense; symmetry. The Confalones - Olive and Otto are called in to help when objects and, eventually, people start disappearing inside an Italian restaurant. Curriculum: Rounding numbers.

Category: Health/Health Care

Category: Health/Health Care
Title: Truth About Dementia
Length: 60 minutes
Airdate: 1/24/19, 9pm
Format: Documentary
Description: In this thought-provoking program, presenter Angela Rippon - a prominent campaigner for dementia awareness - investigates the condition that took her mother's life. Visiting the world's foremost research centers, Angela sees for herself how Alzheimer's changes the brain. On her journey, she learns why getting a good night's sleep might help prevent Alzheimer's, what impact learning a new language can have, and how a new drug trial might offer our best hope for a cure. Identifying lifestyle choices that may prevent mental deterioration, The Truth About Dementia shows there is hope for the future.

Category: Health/Health Care
Title: Story in the Public Square 206
Length: 30 minutes
Airdate: 2/13/19, 9am
Format: Discussion

Description: Recently, the Trump administration proposed defining gender as an individual's assigned sex at birth. But the medical community-including Dr. Jason Rafferty-tells us gender is not so simply expressed.

Category: Health/Health Care

Title: Power to Heal: Medicare and the Civil Rights Revolution

Length: 60 minutes

Airdate: 2/10/19, 10am

Format: Documentary

Description: POWER TO HEAL: MEDICARE AND THE CIVIL RIGHTS

REVOLUTION is an hour-long documentary chronicling the historic struggle to secure equal and adequate access to healthcare for all Americans. Central to the story is the tale of how a new national program, Medicare, was used to mount a dramatic, coordinated effort that racially desegregated thousands of hospitals across the country, all in a matter of months in 1966. Using the carrot of Medicare dollars, the federal government virtually ended the practice of segregating patients, doctors, medical staffs, blood supplies and linens. As one of the least known chapters of the civil rights movement, POWER TO HEAL examines how its leaders and grass-roots volunteers pressed and worked with the federal government to achieve justice and fairness for African Americans.

Category: Health/Health Care

Title: Joy Bauer's From Junk Food to Joy Food

Length: 90 minutes

Airdate: 2/23/19, 3:30pm

Format: Lecture

Description: Learn the secret to enjoying all your favorite foods while still losing weight, alleviating arthritis pain, boosting energy, enhancing heart health, normalizing blood pressure, flattening tummies, minimizing wrinkles and more.

Category: Health/Health Care

Title: Live Better Now with Mimi Guarneri, MD

Length: 90 minutes

Airdate: 2/23/19, 10:30am

Format: Lecture

Description: As a physician, Dr. Mimi Guarneri hears patients say over and over, "I would gladly give up my wealth just to have back my health." Every day, 2,600 Americans die of cardiovascular disease - and despite remarkable interventional and surgical procedures, over 650,000 new heart attacks occur annually. But, while practicing conventional medicine, Dr. Guarneri came to realize that the body has a secret language of healing, and that surgery does not address the root cause of illness. Dr. Guarneri's program, Live Better Now with Mimi Guarneri, MD, translates the science

of health, healing and longevity into practical answers to lead viewers to physical, emotional, mental, and spiritual health. She blends modern science and ancient wisdom to offer steps to awaken the healing potential of our bodies. Live Better Now is a comprehensive, step-by-step program that addresses everything from the foods you eat, the relationships you cultivate and the way you work and play, to the amount of stress in your life and how you can transform it.

Category: Health/Health Care

Title: ADD and Loving It?!

Length: 90 minutes

Airdate: 2/23/19, 9am

Format: Lecture

Description: Patrick McKenna is after the truth. "Everything you think you know about ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) is wrong." In this uplifting and entertaining documentary, he talks to researchers, specialists and doctors about ADD and ADHD. He also chats with ordinary Canadians & Americans who are directly dealing with the challenges of this common problem. Interwoven with these insights, Patrick shares his own life story and his personal struggle with undiagnosed and untreated ADHD, and, now, his success in living with adult ADD. Though the suffering is real, Patrick is interested in the good news. When ADD is diagnosed and treated, life can become very sweet. A liability can become an asset. As one expert explains, "This is not a diagnosis to fear. This is a diagnosis to understand and embrace."

Category: Health/Health Care

Title: Keto Diet with Dr. Josh Axe

Length: 90 minutes

Airdate: 3/2/19, 3pm

Format: Lecture

Description: In his familiar upbeat style, Dr. Axe puts his own fresh spin on the widely successful and well-researched keto diet. Unlike many fad diets that come and go with very limited rates of long-term success, the ketogenic diet (or "keto diet") has been practiced for more than nine decades and is based upon a solid understanding of physiology and nutrition science. The program showcases delicious food and recipe options. It includes a demonstration of how to make Dr. Axe's preferred keto-friendly, gut-healing smoothie recipe. Dr. Axe clearly outlines the great benefits of the keto diet beyond fasting and weight loss: reduced risk for type 2 diabetes, reduced risk of heart disease, resistance to brain and neurological disorders, and more.

Category: Health/Health Care
Title: Kamla Show from Silicon Valley 201
Length: 30 minutes
Airdate: 1/9/19, 11:30pm
Format: Discussion
Description: Jyotsna Kaki, Program Manager at Google. Kaki lost her eyesight when she was pursuing her undergrad at San Jose State University. Instead of being deterred by the loss of her vision, she became determined to overcome it and lead a regular life. She works at Google, takes care of her child and family and cooks on a regular basis. Technology has helped her rebuild her life and she shares in what way tech has helped do that.

Category: Health/Health Care
Title: Kamla Show from Silicon Valley 204
Length: 30 minutes
Airdate: 1/30/19, 11:30pm
Format: Discussion
Description: Dr. Gini Deshpande is founder and CEO of NuMedii, a funded startup in Silicon Valley. NuMedii uses Artificial Intelligence (AI) and Big Data for drug discovery. Dr. Deshpande shares how her team is harnessing AI and Big Data to find new uses for existing molecules. Being an entrepreneur was one of her dreams.

Category: Health/Health Care
Title: Black Women in Medicine
Length: 60 minutes
Airdate: 2/17/19, 8am
Format: Documentary
Description: BLACK WOMEN IN MEDICINE honors black female doctors around the country who work diligently in all facets of medicine. Through first-hand accounts from a cross-selection of black female pioneers in medicine and healthcare-including Dr. Claudia Thomas, the first black woman orthopedic surgeon and Dr. Jocelyn Elders, the first black woman to hold the position of United States Surgeon General-the program details the challenges these women have experienced and continue to face today in their drive to practice medicine. The documentary brings the inspiring stories of these trailblazing women within reach of those who most need to hear them, especially the next generation of medical professionals. By combining historical context with a look at the current generation coming up through the ranks, BLACK WOMEN IN MEDICINE chronicles stories of excellence and perseverance that engage, encourage and motivate, planting seeds of aspiration in the minds of future doctors.

Category: Minorities/Civil Rights

Category: Minorities/Civil Rights
Title: Independent Lens 2005
Length: 60 minutes
Airdate: 1/3/19, 8pm; 1/5/19, 10pm
Format: Documentary
Description: On June 23, 2014, a 79-year-old white Methodist minister named Charles Moore drove to an empty parking lot in his home town of Grand Saline, Texas, and set himself on fire. He left a note explaining that his act was a protest against the racism of the community and of his country at large. Moore's shocking suicide takes the quiet town of Grand Saline by surprise. With a population of less than 4,000 people, it seems an unlikely target for such a dramatic gesture. The townspeople struggle to understand Moore's motives and to reconcile his emphatic message with their own beliefs.

Category: Minorities/Civil Rights
Title: American Story: Race Amity and The Other Tradition
Length: 60 minutes
Airdate: 1/3/19, 9pm; 1/5/19, 11pm
Format: Documentary
Description: The primary purpose of the documentary project, An American Story: Race Amity and The Other Tradition, is to impact the public discourse on race. To move the discourse from the "blame/grievance/rejection" cycle to a view from a different lens, the lens of "amity/collaboration/access and equity." In contrast to the lens that focuses exclusively on the racist traditions that are rooted in America's social history, the moral counterweight of close, loving, friendship and collaboration, which have always been present in our history, represents "the other tradition." This "other tradition" is a source of inspiration and presents models of behavior that are of moral value across generations of present-day Americans. The documentary discusses the "better in us", a needed perspective in the current climate of national disunity across racial, religious, and political lines. It has significant implications for addressing the public issues and challenges that the American nation must successfully meet.

Category: Minorities/Civil Rights
Title: Silent Sacrifice - Stories of Japanese American Incarceration
Length: 2 hours
Airdate: 1/7/19, 8pm
Format: Documentary
Description: Silent Sacrifice - Stories of Japanese American Incarceration illuminates a dark chapter in American history. In February 1942, just 10 weeks after the

Japanese bombed Pearl Harbor, President Franklin D. Roosevelt signed Executive Order 9066, which authorized the removal of any or all people considered a threat to national security from designated military areas. SILENT SACRIFICE shares the experiences of Japanese Americans who were living in the San Joaquin Valley prior to Executive Order 9066. Interviewees discuss what drew them to the area, the businesses and farms their families established, and both the discrimination many faced in their adopted land as well as the friendships they formed. They then reveal the shock and confusion felt in the immediate aftermath of Pearl Harbor and the tragic and disorienting uprooting of lives as families were forced to abandon their homes and move into temporary assembly centers before being sent to permanent internment camps.

Category: Minorities/Civil Rights
Title: Amanpour and Company 190
Length: 60 minutes
Airdate: 1/11/19, 9:30am
Format: Discussion
Description: Christiane Amanpour talks with Ali Soufan & Lawrence Wright about the Middle East; & director Spike Lee about his film "BlacKkKlansman." Walter Isaacson speaks with Andrew Ross Sorkin about how credit cards are being used to finance mass shootings.

Category: Minorities/Civil Rights
Title: Amanpour and Company 193
Length: 60 minutes
Airdate: 1/16/19, 9:30am
Format: Discussion
Description: On January 15, the first woman to wear a hijab to represent us in congress. She came to the US as a Somali refugee. 23 years later she's taking her seat in congress. Plus, the one shocking statistic that can tell us so much with America today. When it comes to infant mortality, the united states ranks 32 out of 35 wealthiest nations and why the death of black newborns is driving this number. Congressman Steve King of Iowa has a well-established history of racist views, but it's what he told 'the New York Times' this week that's finally spurring some action from republican leaders.

Category: Minorities/Civil Rights
Title: The African Americans – Many Rivers to Cross
Length: 8 hours
Airdate: 2/10, 11am to 7pm
Format: Documentary

Description: This series chronicles 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, yet remains a nation deeply divided by race. It explores the origins of the people from Africa whose enslavement led to the creation of the African American people, as well as the multiplicity of cultural institutions, political strategies, and religious and social perspectives that African Americans have developed against unimaginable odds. All of these elements define black culture and society in its extraordinarily rich and compelling diversity from slavery to freedom, from the plantation to the White House. Hosted by Harvard scholar Henry Louis Gates, Jr., and drawing on some of America's top historians and heretofore untapped primary sources, the series guides viewers on a journey across 500 years and two continents to shed new light on the experience of being an African American.

Category: Minorities/Civil Rights
Title: American Masters: August Wilson: The Ground on Which I Stand
Length: 90 minutes
Airdate: 2/3/19, 2pm; 2/9/19, 10am
Format: Documentary
Description: From his roots as an activist and poet to his indelible mark on Broadway, this program captures the legacy of the man some call America's Shakespeare. Film and theater luminaries such as James Earl Jones, Viola Davis, Phylicia Rashad, Laurence Fishburne, Charles Dutton and others share their stories of the career and experience of bringing Wilson's rich theatrical voice to the stage. This film tells of his journey to the Great White Way, the triumphs and struggles along the path to such seminal works as Ma Rainey's Black Bottom, the Pulitzer Prize-winning Fences, Joe Turner's Come and Gone, the Pulitzer Prize-winning The Piano Lesson, Two Trains Running and four others before his untimely death in 2005. Directed by Emmy-winner Samuel Pollard (When the Levees Broke: A Requiem in Four Acts; Slavery by Another Name).

Category: Minorities/Civil Rights
Title: Bridging the Divide: Tom Bradley and the Politics of Race MLK Day
Length: 60 minutes
Airdate: 1/20/19, 10am; 1/23/19, 9pm
Format: Documentary
Description: Thirty-five years before the election of President Barack Obama, the question of race and the possibility of bridging racial barriers were put to the test in an overlooked story in American politics: Tom Bradley's 1973 election as Mayor of Los Angeles: the first African American mayor of a major U.S. city with an overwhelmingly white majority. BRIDGING THE DIVIDE tells the story of how Bradley's coalition of African Americans, Jews, white liberals, Latinos and Asian Americans united a divided city, brought inclusion and access, and set the

foundation for inter-racial coalitions that encouraged the elections of minority candidates nationwide, including President Barack Obama. At the same time, the film examines the complexities and contradictions of Bradley's career as a bridge builder. BRIDGING THE DIVIDE brings into sharp focus the issues of police abuse and police reform, and shows how Tom Bradley, a former police officer and a black mayor, could not break the cycles of poverty and despair that would ultimately spark the 1992 Los Angeles civil unrest, and mark the end of his era. BRIDGING THE DIVIDE is the story of multi-ethnic Los Angeles finding its voice and identity in the face of discrimination and political disenfranchisement. And it is the story of the politics of race, and complexities of coalitions in a changing America.

Category: Minorities/Civil Rights
Title: POV Shorts 103
Length: 30 minutes
Airdate: 1/17/19, 10pm; 1/18/19, 9:30pm; 1/19/19, 11:30pm
Format: Documentary
Description: A man creates an archive of black excellence and fights for its permanence in "Give." A family's audiovisual legacy, identities, and record are revisited in Into "My Life." Two short docs explore the history and memory of African-American communities.

Category: Minorities/Civil Rights
Title: Redeeming Uncle Tom: The Josiah Henson Story
Length: 60 minutes
Airdate: 2/10/19, 7pm
Format: Documentary
Description: REDEEMING UNCLE TOM: THE JOSIAH HENSON STORY tells the story of Josiah Henson (voiced by actor Danny Glover), the real-life inspiration for Uncle Tom in Harriet Beecher Stowe's classic 1852 novel, which has been recognized as one of the sparks that ignited the Civil War. Josiah Henson was born into slavery near Port Tobacco, Maryland around 1789. As a child, he was sold to Isaac Riley, who later appointed him superintendent of the farm at an unusually young age because of Henson's strength and intelligence. Riley entrusted Henson with exceptional responsibilities and permitted him to become a preacher in the Methodist Episcopal Church. However, when Henson attempted to buy his freedom, Riley cheated him and made plans to sell him south. Fearing separation from his family, he fled north with his wife and children in the summer of 1830. After escaping through Ohio and New York, they eventually settled in Ontario, Canada.

Category: Poverty/Hunger

Category: Poverty/Hunger
Title: Slavery by Another Name
Length: 90 minutes
Airdate: 1/20/19, 12:30pm
Format: Documentary
Description: SLAVERY BY ANOTHER NAME challenges one of America's most cherished assumptions: the belief that slavery in this country ended with Abraham Lincoln's Emancipation Proclamation of 1863. This documentary tells a harrowing story of how in the South, even as chattel slavery came to an end, new forms of involuntary servitude, including convict leasing, debt slavery and peonage, took its place with shocking force -- brutalizing and ultimately circumscribing the lives of hundreds of thousands of African Americans well into the 20th century. It was a system in which men, often guilty of no crime at all, were arrested, compelled to work without pay, repeatedly bought and sold and coerced to do the bidding of masters. The program spans eight decades, from 1865 to 1945, revealing the interlocking forces in both the South and the North that enabled this "neoslavery" to begin and persist. Using archival photographs and dramatic re-enactments, filmed on location in Alabama and Georgia, it tells the forgotten stories of both victims and perpetrators of neoslavery and includes interviews with their descendants living today. The program also features interviews with Douglas Blackmon, author of the Pulitzer Prize- winning book "Slavery by Another Name" and with leading scholars of this period.

Category: Poverty/Hunger
Title: STAND! Untold Stories of the Civil Rights Movement
Length: 60 minutes
Airdate: 1/14/18, 8pm
Format: Documentary
Description: STAND! chronicles the key events which led to Dr. Martin Luther King, Jr and the Southern Christian Leadership Conference (SCLC), selecting Birmingham, Alabama as the site for the now famous 'Project C' (Project Confrontation) in 1963. Bringing to light often overlooked and unknown facts about the system of segregation in Birmingham, Alabama, STAND! features the brave men and women who risked all to bring about its demise. STAND! dispels many myths that the Birmingham Civil Rights Movement was all Black, all Male, and led by ministers who rallied in 1963 and liberated a city. In the spring of 1962, a group of students from Miles College led by Frank Dukes, their 31-year- old Student Government Association President, created and launched a Selective Buying Campaign. Supporting the students were Miles College President Dr. Lucius H Pitts, selected faculty, local housewives, and members of Birmingham's White community. These factions brought about significant desegregation before Dr. King's arrival to the city in 1963. STAND! features interviews from heroes and heroines of the movement, who have, until now, been inexplicably unsung. The music of jazz legend Cleve Eaton, who played with Count Basie, Ramsey Lewis and many others, is seamlessly interwoven

with hip hop beats from King B Low and gospel music by Nims Gay and Pat Fields. This authentic combination of music gives STAND! the true feeling and power that was the Movement.

Category: Poverty/Hunger
Title: Homeless Chorus Speaks
Length: 60 minutes
Airdate: 1/13/19, 10am
Format: Documentary
Description: THE HOMELESS CHORUS SPEAKS chronicles the efforts of musicians and homeless advocates Nina Deering and Steph Johnson to bring people off the streets and into a small church where they have formed a community of people who share a love of music. The group practices regularly and performs at venues throughout San Diego. While singing inspirational songs such as "Over the Rainbow" and "We Are Family," their voices soar and the harsh realities of the street evaporate. Together, through their shared voices, they find joy and family, and from their music comes the power to change lives. In honest and riveting interviews, the chorus members discuss their participation with the group, but also their backgrounds, why they are homeless, the inhumanity of hopelessness, and their aspirations and dreams. Through their unflinching stories, they put a human face on a critical social issue. THE HOMELESS CHORUS SPEAKS captures the difficulties of daily life without shelter, but shows that with compassion and community, there is hope.

Category: Poverty/Hunger
Title: Tim Wise: A Minds That Matter Presentation
Length: 60 minutes
Airdate: 1/14/19, 9pm
Format: Discussion
Description: We feature American anti-racism activist and writer, Tim Wise, in a discussion about race and society, politics, poverty and economic inequality, and his own journey and experiences that have led Mr. Wise to the controversial topics and thoughts he is known for today. This special was taped on February 10, 2017 at White Concert Hall on the campus of Washburn University.

Category: Poverty/Hunger
Title: America Reframed 502
Length: 60 minutes
Airdate: 2/5/19, 8pm
Format: Documentary
Description: Exploring the effects of the Plan for Transformation, an order requiring the demolition of Chicago's public housing high rises, and the building of mixed-income condominiums. 70 ACRES IN CHICAGO illuminates the layers of socio-economic

forces, and the questions behind urban redevelopment and gentrification taking place in U.S. cities today.

Category: Poverty/Hunger
Title: City Rising
Length: 60 minutes
Airdate: 1/30/19, 9pm
Format: Documentary
Description: City Rising illuminates the history of discriminatory laws and practices at the root of the gentrification and affordable housing crisis in the United States, revealing how gentrification is traditionally molded and dictated by those in power. Through the stories of California's rapidly developing urban centers, City Rising features a growing movement of advocacy as communities fight gentrification and seek responsible development across the state. People of color who cherish their neighborhood's culture and sense of community mobilize against unsustainable rents and other forces that are pushing neighbors into homelessness.

Category: Poverty/Hunger
Title: Firing Line with Margaret Hoover 214
Length: 30 minutes
Airdate: 2/12/19, 6:30am
Format: Discussion
Description: Guest: Jose Andres, chef. Celebrity chef Jose Andres discusses his relief work in Puerto Rico, his frequent public criticisms of President Trump, and what would happen if a political adversary showed up at his restaurant.

Category: Poverty/Hunger
Title: Open Mind 3929
Length: 30 minutes
Airdate: 3/6/18, 6:30am
Format: Discussion
Description: Harvard Professor of Education Anthony Jack discusses his new book "The Privileged Poor: How Elite Colleges Are Failing Disadvantaged Students."

Category: Poverty/Hunger
Title: Beyond the Wall: A Texas Tribune Investigation
Length: 30 minutes
Airdate: 3/18/19, 9am
Format: Documentary
Description: Guests: Fredrik Axsater, Head of Strategic Business Segments, Wells Fargo Asset Management; Christine Benz, Director of Personal Finance, Morningstar. Running out of money is the greatest retirement fear. On this week's Consuelo Mack

WealthTrack, Morningstar's Christine Benz and Wells Fargo's Fredrik Axsater share advice on how to avoid it.

Category: Poverty/Hunger
Title: America ReFramed 421
Length: 90 minutes
Airdate: 3/26/19, 8pm
Format: Documentary
Description: Historically a German, Irish, Polish and Lithuanian working-class neighborhood, Chicago's Brighton Park is primarily a mix of natural, legal and undocumented Mexican residents today. It's also home to Kelly High School, serving mostly minority students, predominantly Hispanics. In the throes of a severe budget crisis, the school is bracing for more cuts while struggling to provide basic services for its students.

Category: Women

Category: Women
Title: To the Contrary 2744
Length: 30 minutes
Airdate: 1/5/19, 6:30pm
Format: Discussion
Description: New Congress: How will the new Congress, especially new female legislators, change the nation? Senators Weigh Presidential Runs: We discuss the allegations against the Bernie Sanders campaign and Elizabeth Warren's chances of winning the primary. PANEL: Del. Eleanor Holmes Norton (D-DC), Ann Stone, Erin Matson, Rina Shah

Category: Women
Title: To the Contrary 2745
Length: 30 minutes
Airdate: 1/12/19, 6:30pm
Format: Discussion
Description: Women's March 2019: Organizers vow to march on with this year's edition amid controversy. Ageism: Millions of Americans forced into retirement because of this insidious bias.

Category: Women
Title: Breaking Through the Clouds: The First Women's National Air Derby
Length: 90 minutes
Airdate: 1/19/19, 10am
Format: Documentary
Description: In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby. There was the media darling, the Hollywood starlet, the aviatrix record breakers and the unforgettable foul-mouthed wife of a preacher. Together these women were flying in the face of anyone who believed women belonged on the ground. Breaking Through The Clouds is the documentary that tells their story.

Category: Women
Title: Independent Lens: A Ballerina's Tale
Length: 60 minutes
Airdate: 1/10/19, 8pm; 1/12/19, 10pm
Format: Documentary
Description: Explore the rise of Misty Copeland, who made history as the first African-American female principal dancer with the prestigious American Ballet Theater. Get an intimate look at this groundbreaking dancer during a crucial period in her life.

Category: Women
Title: It's All in The Game
Length: 60 minutes
Airdate: 2/2/1/, 4am
Format: Documentary
Description: Narrated by NBA Basketball Hall of Famer Bill Walton, IT'S ALL IN THE GAME profiles Leta Andrews, the all-time winningest high school basketball coach in U.S. history. During her career, Leta posted 1,416 wins and received numerous honors and awards. Leta entered the coaching profession in the 1960s, in an era before Title IX became law in 1972. Her early career has been described as an anomaly because most, if not all, of her high school coaching competitors were men. During those days, as one of the few women coaches, Leta had to constantly prove herself. Players recognized Leta as a tough, demanding coach who expected the best from her "young ladies" - both on and off the court. No exceptions. She played no favorites, not even with her own three daughters on the team. (All three would go on to play for the University of Texas). Leta witnessed firsthand the evolution of girls' basketball, including the change from half court to full court, from a six- to a five-player game, and the creation of the 3-point shot. Her determination, rise from poverty, and the trials and tribulations along the way make quite a story for a rich and engaging biography. In 2014, at the age of 76, Leta retired after 52 years of coaching girls' basketball. Over the course of her impressive career, Leta led her teams to 16 state Final Four appearances, and a state championship title in 1990. She was also inducted into the National Women's Basketball Hall of Fame as well as the

Texas Sports Hall of Fame and was named a finalist for the Naismith Memorial Basketball Hall of Fame in 2015.

Category: Women
Title: Super Woman Rx with Dr. Taz
Length: 120 minutes
Airdate: 3/2/19, 10am
Format: Lecture
Description: Navigating busy lives can make it can seem almost impossible to maintain physical health. Overwhelmed and exhausted, many women find themselves falling into unhealthy eating habits, with no time for exercise or self-care. But diet and fitness plans are usually one-size-fits-all, and those universal programs don't work for every woman and every personality, especially for women ages 60+. Integrative health and wellness expert Tasneem Bhatia, MD, known to her patients as Dr. Taz, has a plan that is anything but cookie-cutter. Her mission is to help women over the age of 60 achieve optimum health and she is passionate about helping women with her personalized plans in Super Woman Rx With Dr. Taz.

Category: Women
Title: Heather Booth: Changing the World
Length: 60 minutes
Airdate: 3/24/19, 12pm
Format: Documentary
Description: Heather Booth is the most influential person you never heard of. The newest film by critically acclaimed filmmaker Lilly Rivlin, HEATHER BOOTH: CHANGING THE WORLD launches during a time when many are wondering how to make their voices heard, when civil and women's rights are under attack, this empowering documentary is an inspiring look at how social change happens.

Category: Women
Title: Firing Line with Margaret Hoover 218
Length: 30 minutes
Airdate: 1/22/19, 6:30am
Format: Discussion
Description: Tamika Mallory, Co-President of the Women's March, responds to divisions in the movement and allegations of anti-Semitism.

Category: Women
Title: Perfect 36: When Women Won the Vote
Length: 30 minutes

Airdate: 3/23/19, 9:30pm
Format: Documentary
Description: PERFECT 36: WHEN WOMEN WON THE VOTE chronicles the dramatic vote to ratify this amendment, and the years of debate about women's suffrage that preceded it. On July 17, 1920, Carrie Chapman Catt, President of the National American Woman Suffrage Association, arrived to spend a few days in Nashville. She was traveling on the heels of Tennessee Governor A.H. Roberts' announcement of a special session of the state legislature, called at the urging of President Woodrow Wilson. One more state needed to ratify the proposed amendment, and that duty rested solely on the shoulders of Tennessee. Catt's few days dragged into weeks at her headquarters in the Hermitage Hotel, where pro- and anti- suffragists continued to clash in what came to be known as the "War of the Roses." Those in favor sported yellow roses, while those against wore red. On the sweltering day of August 18, 1920, the House convened. After two consecutive 48-48 outcomes to table the resolution, it was put to a vote. The votes were coming in neck and neck. At the last minute, 24-year-old freshman representative Harry Burn recalled a letter from his mother received that morning, urging him to, "be a good boy" and grant women the right to vote. In spite of wearing a red rose, Burn swung his vote, making Tennessee the deciding 36th state to enable passage of the 19th Amendment, and thereby granting women the Constitutional right to vote.

Category: Women
Title: Women's List: American Masters
Length: 60 minutes
Airdate: 3/27/19, 9pm
Format: Documentary
Description: Meet 15 women who define contemporary American culture in Timothy Greenfield-Sanders' new "List" film featuring Madeleine Albright, Margaret Cho, Edie Falco, Betsey Johnson, Alicia Keys, Nancy Pelosi, Rosie Perez, Wendy Williams and more.

Category: Youth

Category: Youth
Title: Roadtrip Nation: Beating the Odds
Length: 60 minutes
Airdate: 1/12/19, 4am
Format: Documentary
Description: ROADTRIP NATION: BEATING THE ODDS follows Esther, James and Estephanie, who all overcame obstacles to make it to college, and are taking great strides to accomplish their dreams and follow their passions. From Hollywood, California to Baltimore, Maryland, the roadtrippers cruise across the U.S. in the iconic green RV connecting with professionals in the fields of education, sports, music and politics, to find out how they achieved their personal and professional goals. On their cross-country journey they meet Linda Singh, an adjutant general in the U.S. Army National Guard, and learn how she overcame a history of

family abuse to serve in the military. ESPN commentator Michael Wilbon talks to them about paying attention to their passions and curiosities in life. In Washington, D.C., they interview Travis Robinson, head of global talent acquisition, diversity and inclusion for Spotify, as well as former First Lady Michelle Obama.

Category: Youth
Title: Roadtrip Nation: Changing Gears
Length: 60 minutes
Airdate: 1/19/19, 4am
Format: Documentary
Description: ROADTRIP NATION: CHANGING GEARS dispels long-held perceptions of auto technician work, opening up the hood on a rapidly accelerating industry that's driven by advanced training, specialized skills, and mastery of today's most cutting-edge technology. A look at this trade through the eyes of three young aspiring technicians - and the established professionals whom they seek out for advice - CHANGING GEARS takes viewers on a tour through a field that's growing fast, but needs more workers. As the Bureau of Labor reports, demand for auto technicians is the highest it's ever been, but with scarce numbers of young adults enrolling in technical training programs, a shortage of technicians in the near future is almost guaranteed. Alexandra, Dylan and Michael set off to interview successful technicians in every corner of the industry, from Dennis McCarthy, the lead technician for the Fast and the Furious franchise, to Bogi Latiener, whose female-centric garage is challenging gender expectations surrounding automotive work. It's a supercharged adventure through land and sea as the road-trippers get behind the wheel of everything from exotic supercars to giant tractors, discovering a wide array of technician careers that go far beyond wrench-turning.

Category: Youth
Title: Fostering an Unconditional Love
Length: 30 minutes
Airdate: 1/14/19, 9am
Format: Documentary
Description: Every year hundreds of thousands of children enter the foster care system. In 2014 over 100,000 youth were waiting for adoption while 50,600 were actually adopted. Worst of all, 22,392 children were emancipated, meaning they exited the foster care system without a permanent, legal family. Fostering an Unconditional Love is a documentary program that aims to educate the public on the plight of these children, to share the efforts of the people who work to help them, and to build an awareness of what can be done to address this serious national issue.

Category: Youth
Title: Portrayal & Perception: African American Men & Boys 101
Length: 30 minutes
Airdate: 1/29/19, 11:30pm

Format: Documentary
Description: In this episode, Michael Bartley shows how local African American entrepreneurs, often overlooked by commercial media, are not only experiencing financial success, they are inspiring future business leaders.

Category: Youth
Title: Biz Kids 301
Length: 30 minutes
Airdate: 2/3/19, 7:30am
Format: Documentary
Description: Understanding how to manage your money before you get to high school will make you even more successful when you head to college or move out on your own. Explore the skills of goal setting, budgeting, saving, and money management that make you financially literate!

Category: Youth
Title: Portrayal & Perception: African American Men & Boys 102
Length: 30 minutes
Airdate: 2/5/19, 11:30pm
Format: Documentary
Description: How do you teach an African American boy to become a leader? In "Teaching Success," three different approaches will be taken on the road to success: a program for young entrepreneurs and one of its star pupils; the commitment of African American educators at Pittsburgh's Manchester K-8 school on the North Side; and the Black Male Leadership Development Institute, a seven-day leadership training collaboration between Robert Morris University and the Urban League of Greater Pittsburgh.

Category: Youth
Title: Portrayal & Perception: African American Men & Boys 103
Length: 30 minutes
Airdate: 2/13/19, 11:30pm
Format: Documentary
Description: This episode continues a series that reports on African American men and boys in positive and mentoring roles. "Media Men" focuses on communications careers. Featured profiles include Pittsburgh Post-Gazette columnist Tony Norman, WQED/PCNC/KDKA Radio host Chris Moore, Pittsburgh Tribune-Review photographer Sidney Davis, and social media networker Alex Simmons.

Category: Youth
Title: Sweet Dillard
Length: 60 minutes
Airdate: 1/6/19, 9pm
Format: Documentary
Description: One of the most successful high school jazz bands in the country is in Broward County, South Florida, just steps away from highway I-95. SWEET DILLARD chronicles the 2013-2014 school year of the Dillard Center for the Arts Jazz Ensemble, and their inspirational bandleader, Christopher Dorsey. The no-nonsense Dorsey lays down the law from the first beat, calling out his students' tendency to form into cliques of black and white, automatically inhabiting separate sides of the rehearsal room, something he won't tolerate. "You don't have to like each other, but you're gonna respect each other," Dorsey declares. SWEET DILLARD follows several of the jazz students and their families, including: Ulysses, a keyboardist who lost his father at a young age; Chris, who once stole cars and sold drugs before breaking away from his pill-addicted mother; and Kim, an intense perfectionist with Asperger's Syndrome, who manages to shed his inhibitions with the band. At the end of the year, they travel to New York City for the national championships, determined to make their families and South Florida proud.

Category: Youth
Title: GZero World with Ian Bremmer 117
Length: 30 minutes
Airdate: 1/31/19, 6:30am
Format: Discussion
Description: Across the world, but especially in the Middle East, young people are using technology to connect like never before. Ian will get into it and then sit down with Emirati Youth Minister Shamma Al Mazrui, who became the world's youngest government official when she assumed office at the age of twenty-two.

Category: Youth
Title: POV 3116
Length: 90 minutes
Airdate: 3/28/19, 8pm
Format: Documentary
Description: Bing Liu's debut film is a coming-of-age saga of three skateboarding friends in their Rust Belt hometown. In his quest to understand why he and his friends all ran away from home when they were younger, Bing follows 23-year-old Zack as he becomes a father and 17-year-old Keire as he gets his first job. While navigating a complex relationship between his camera and his friends, Bing explores the gap between fathers and sons, between discipline and domestic abuse and ultimately that precarious gap between childhood and becoming an adult.