



Topics:

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

(A) Health Issues

October 1, 05:01-05:31 a.m.

SIT AND BE FIT "Vestibular and Core"

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

October 3, 07:30-08:00 a.m.

SIT AND BE FIT "Resistance Exercises"

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

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

SIT AND BE FIT "Breathing"

Mary Ann offers several techniques to develop healthy breathing habits.

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

SIT AND BE FIT "Back Health"

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

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

SIT AND BE FIT "Functional Fitness"

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

October 7, 07:30-08:00 a.m.

SIT AND BE FIT "Static Balance"

Weights are incorporated into the standing exercises to challenge static balance.

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

SIT AND BE FIT "Lymphatic System"

Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.

October 12, 05:00-05:30 a.m.

SIT AND BE FIT "Mobility and Balance"

This episode highlights a variety of exercises to improve balance and concludes with stroking.

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

SIT AND BE FIT "Your Feet, Your Foundation"

Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.

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

SIT AND BE FIT "Release Tension Through Exercise"

This fast-paced workout ends with a peaceful relaxation, leading to a place of complete tranquility.



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

SIT AND BE FIT "Flabby Arms"

Mary Ann introduces a new way to strengthen arms using your own body as resistance.

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

SIT AND BE FIT "Strengthening Muscles & Joints"

This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

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

SIT AND BE FIT "Flexibility and Range of Motion"

All the exercises in this program highlight range of motion throughout the shoulders and back.

October 18, 05:00-05:30 a.m.

SIT AND BE FIT "Brain Booster"

These exercises activate the brain and includes great movement patterns for balance and gait.

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

SIT AND BE FIT "Improve Your Mood"

Tactile stimulation is used to increase circulation and elicit a relaxed state of body and mind.

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

SIT AND BE FIT "Back and Abdominal Strengthening"

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

October 26, 05:00-05:30 a.m.

SIT AND BE FIT "Circulation"

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

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

SIT AND BE FIT "Hip Mobility"

Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

October 29, 06:30-08:00 a.m.

KETO DIET WITH DR JOSH AXE

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

October 29, 08:00-10:00 a.m.

MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

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

AGING BACKWARDS 3 WITH MIRANDA ESMONDE-WHITE

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

November 2, 07:30-08:00 a.m.

SIT AND BE FIT "Happy Feet, Healthy Body"

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

November 5, 06:30-08:00 a.m.

LONGEVITY PARADOX WITH STEVEN GUNDRY, MD

Dr. Gundry shares an easy approach to help us all feel better and more youthful, at any age.



November 6, 02:00-04:00 a.m.
MEMORY RESCUE WITH DANIEL AMEN, M.D.
Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

November 17, 07:30-08:00 a.m.
SIT AND BE FIT "Functional Fitness"
These exercises will promote healthy living and being able to perform daily activities with ease.

November 19, 05:00-05:30 a.m.
SIT AND BE FIT "Tone and Stretch"
Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout.

November 22, 05:00-05:30 a.m.
SIT AND BE FIT "Muscle Isolations"
Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.

November 23, 05:00-05:30 a.m.
SIT AND BE FIT "Grow Strong Effortlessly"
A variety of exercises to improve circulation, range of motion, mobility and balance are showcased.

November 29, 05:00-05:30 a.m.
SIT AND BE FIT "Breathing, Posture and Balance"
Mary Ann uses a towel to improve tactile stimulation, grip strength and wrist flexibility.

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

December 1, 02:30-04:00 a.m.
KETO DIET WITH DR JOSH AXE
Dr. Axe Josh puts his own fresh spin on the widely successful and well- researched keto diet.

December 2, 05:00-05:30 a.m.
SIT AND BE FIT "Fun Exercises for the Core and More"
Mary Ann kicks off this lively episode with a variety of core strengthening exercises followed by a fast paced circulation segment. A small ball is used to improve grip strength, reaction time and finger dexterity. Weights are utilized to target muscles of the core, arms and lower body while a large ball is used for standing balance work and pelvic mobility. Gretchen leads a stretch segment using a towel and Dr. Emily closes the episode with a balance homework exercise.

December 7, 07:30-08:00 a.m.
SIT AND BE FIT "Yardsticks and Bands"
Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

December 8, 07:30-08:00 a.m.
SIT AND BE FIT "Shoulder and Back Strength"
This lively workout showcases exercises that help strengthen the shoulders and back.

December 12, 07:30-08:00 a.m.
SIT AND BE FIT "Circulation"
This upbeat episode focuses on movements designed to get the blood flowing through the body.



December 13, 07:30-08:00 a.m.
SIT AND BE FIT "Core Strengthening"
Exercises that help build core strength play an important role in balance and back strength.

(B) Environment/Ecology

October 1, 11:00 p.m.-12:00 a.m.
RIVERS OF LIFE: NILE "The Nile"
The Nile River provides a lifeline for Africa's wildest beasts and for some incredible cultures.

October 5, 09:00-10:00 p.m.
NOVA "Ending HIV In America"
Scientists work on innovative drugs that could end the AIDS epidemic in America.

October 9, 04:00-05:00 p.m.
NOVA "Saving Notre Dame"
Engineers and scientists are racing to protect and ultimately rebuild France's Notre Dame cathedral.

October 12, 09:00-10:00 p.m.
NOVA "Computers V. Crime"
Artificial intelligence is being used to help fight crime but it has hidden biases and privacy risks.

October 13, 02:00-04:00 p.m.
MARYLAND 5 STAR
The equestrian sport of Eventing is showcased with four days of competition in Dressage, Cross Country, and Show Jumping.

October 15, 02:00-04:00 p.m.
MARYLAND 5 STAR
The equestrian sport of Eventing is showcased with four days of competition in Dressage, Cross Country, and Show Jumping.

October 15, 10:00-11:00 p.m.
WILD PONIES OF CHINCOTEAGUE
Follow a teenagers' journey to buy her first foal at the Chincoteague wild pony swim and auction.

October 19, 09:00-10:00 p.m.
NOVA "Can Psychedelics Cure?"
Scientists explore the potential for profoundly positive clinical impacts of mind-altering drugs.

October 26, 09:00-10:00 p.m.
NOVA "Ocean Invaders"
Host Danni Washington investigates what makes the lionfish such a successful invasive species.

November 2, 09:00-10:00 p.m.
NOVA "Nazca Desert Mystery"
Explore who created the Nazca lines, one of archaeology's greatest enigmas, in the Peruvian desert



November 5, 03:30-05:00 p.m.
ALONE IN THE WILDERNESS
Self-sufficient wilderness life of Richard Proenneke.

November 9, 09:00-10:00 p.m.
NOVA "Crypto Decoded"
Go beyond the hype and skepticism to unravel the truth behind crypto technology.

November 16, 09:00-10:00 p.m.
NOVA "Zero to Infinity"
Discover the surprising story of how the concepts of zero and infinity revolutionized mathematics.

December 24, 02:30-03:00 p.m.
FOREST HER: THE NEXT WAVE OF CONSERVATION
Exploration of the historical roles women have provided in forest management.

December 28, 09:00-10:00 p.m.
NOVA "The Truth About Fat"
The mysteries of fat and its role in hormone production, hunger and even pregnancy are explored.

(C) Education

October 1, 10:30-11:00 a.m.
WAYS TO PAY FOR COLLEGE "2023"
Join host Mario Armstrong as he guides you through the many twists and turns of finding money for college. Meet financial pros and watch several student success stories as you consider careers and which school is right for you. What fits your budget? Do the financial aid numbers add up? Hold on tight and enjoy the ride!

October 6, 11:00-11:30 a.m.
RICK STEVES' EUROPE "Dublin and Mystical Sidetrips"
Explore the town's foreboding castle, patriotic jail, Trinity College and the Wicklow Mountains.

October 7, 11:00-11:30 a.m.
RICK STEVES' EUROPE "South Ireland: Waterford to the Ring of Kerry"
Scenic charms include Waterford's crystal factory and Kinsale's star-shaped fortresses.

October 8, 06:00-06:30 p.m.
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.

October 10, 04:00-05:00 a.m.
RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER
The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

October 23, 08:30-09:00 a.m.
CLOSER TO TRUTH "Freeman Dyson, Part I: from Physics to the Far Future"
Freeman Dyson, visionary extraordinaire, was one of the most inventive thinkers of our age.



November 2, 07:00-07:30 p.m.

OUT TO VOTE

Former incarcerated individuals from Baltimore advocate voting rights.

November 5, 10:30 p.m.-12:30 a.m.

ED SLOTT'S RETIREMENT FREEDOM!

A new public television special that educates viewers on key retirement savings strategies to have more, keep more and make their money last,

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

LAST RING HOME

The incredible story of the Annapolis ring of US Navy officer and hero, Lt. Minter Dial. Lt Dial was awarded the Navy Cross and was captured after the fall of Corregidor in the Philippines in May 1942.

November 12, 07:00-08:00 p.m.

12TH GRADE FROM WEST BALTIMORE

Baltimore high school seniors continue their journey to become college students.

November 13, 08:30-09:00 a.m.

CLOSER TO TRUTH "Freeman Dyson, Part II: Mind, God, Religion"

The visionary extraordinaire Freeman Dyson and realities inaccessible to science are discussed.

November 20, 08:30-09:00 a.m.

CLOSER TO TRUTH "What Are Scientific Breakthroughs In Physics?"

Science explores how the world works. Physics is foundational. What are Breakthroughs in physics?

November 26, 09:00-11:00 a.m.

SUZE ORMAN'S ULTIMATE RETIREMENT GUIDE

The personal finance expert provides essential advice on planning for and thriving in retirement.

December 18, 08:30-09:00 a.m.

CLOSER TO TRUTH "What Are Scientific Breakthroughs In Biology?"

The mysteries of life constitute the science of biology. What are Breakthroughs in biology?

December 21, 09:30-10:00 p.m.

EMERY BLAGDON AND HIS HEALING MACHINE

The story of Nebraska artist Emery Blagdon and the men responsible for preserving his art is told.

December 25, 08:30-09:00 a.m.

CLOSER TO TRUTH "What Is Philosophy of Scientific Breakthroughs?"

The deep essence or general nature of scientific breakthroughs is explored.

December 31, 02:30-03:00 p.m.

OVER THERE "The Adventures of Maryland's Traveling Faculty"

Imagine traveling all over the world, braving bombs and bunkers, and teaching college classes to the United States military. That's just what these road scholars have been doing for the past 70 years. They are the education foreign legion. Listen to their stories and adventures in this half hour documentary.



(D) Diversity/Minorities

October 4, 08:00-09:00 p.m.

HARRIET TUBMAN: VISIONS OF FREEDOM

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

October 4, 09:00-10:00 p.m.

MAKING BLACK AMERICA: THROUGH THE GRAPEVINE "Episode 1"

Explores how free Black people in the North and South, built towns, established schools and more.

October 8, 07:00-08:55 p.m.

MORGAN CHOIR, THE: A JOYFUL CELEBRATION

Diverse repertoire by award-winning Morgan State University choir directed by the late Dr. Nathan Carter.

October 10, 09:00-10:05 p.m.

100 YEARS FROM MISSISSIPPI

Mamie Lang Kirkland left Mississippi to escape racial violence and did not return for a century.

October 11, 08:00-09:00 p.m.

BECOMING FREDERICK DOUGLASS

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

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

MAKING BLACK AMERICA: THROUGH THE GRAPEVINE "Episode 2"

Explore how African Americans turn within, creating a community that not only sustains but empowers.

October 18, 09:00-10:00 p.m.

MAKING BLACK AMERICA: THROUGH THE GRAPEVINE "Episode 3"

African Americans relied on informal economies to dismantle the oppressive realities of Jim Crow.

October 25, 09:00-10:00 p.m.

MAKING BLACK AMERICA: THROUGH THE GRAPEVINE "Episode 4"

Black political and cultural movements provide a safe space to debate, organize and celebrate.

October 26, 07:00-07:30 p.m.

SOUNDS OF THE GAME

This MPT special report provides an inside look at what makes HBCU homecomings special. The report includes the film Blue and Gold Marching Machine that follows the NC A&T marching band, plus original interviews with members of the Morgan State, Howard and Bowie State University Bands.

November 6, 12:00 p.m.-01:30 p.m.

UNDERGROUND RAILROAD: THE WILLIAM STILL STORY

Discover the inspiring story of William Still, one of the most important heroes of the Underground Railroad. The documentary blends history, characters and evocative reenactments with sometimes shocking, often touching, accounts from the day.

November 30, 09:30-11:00 p.m.

QUINCY JONES A MUSICAL CELEBRATION IN PARIS

World-class musicians perform "Soul Bossa Nova," "Billie Jean" and more to celebrate Quincy Jones.



December 20, 09:00-10:00 p.m.

SPIRITUAL AUDACITY: THE ABRAHAM JOSHUA HESCHEL STORY

An engaging profile of one of the 20th century's most prominent Jewish theologians and philosophers.

(E) Government Issues

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

DIRECT CONNECTION "Previewing Harriet Tubman: Visions of Freedom"

Out of this world images from deep space courtesy the James Webb Space Telescope, plus, previewing Harriet Tubman: Visions of Freedom.

October 7, 07:00-07:30 p.m.

STATE CIRCLE "Celebrating Maryland's Hispanic Community"

New poll in the Maryland Governor race; a century of service to young people; plus celebrating Maryland's Hispanic community.

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

DIRECT CONNECTION "Previewing Becoming Frederick Douglass"

Out of this world images from deep space courtesy the James Webb Space Telescope, The Banneker Douglass Museum, and Frederick Douglass, plus, previewing Becoming Frederick Douglass.

October 12, 07:00-08:00 p.m.

MARYLAND GUBERNATORIAL DEBATE 2022 "Wes Moore and Dan Cox"

Maryland gubernatorial candidates Dan Cox and Wes Moore debate the issues.

October 14, 07:00-07:30 p.m.

STATE CIRCLE "Who Won The Gubernatorial Debate?"

Who won the Gubernatorial Debate? We'll hear from the candidates running mates, plus, we'll meet the candidates for Attorney General, and preserving a slice of Eastern Shore history.

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

DIRECT CONNECTION "Fighting Inflation. Efforts to Attract Workers."

Fighting inflation. New efforts to attract workers.

October 21, 07:00-07:30 p.m.

STATE CIRCLE "Candidates for Comptroller. Marijuana Referendum."

A big leap forward for the Maryland 5 Star, plus, the candidates for Comptroller, the marijuana referendum and what you might call grassroots campaigning.

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

DIRECT CONNECTION "Working Remotely. Breast Cancer Screening."

More than 40% of the DC area workforce is working remotely, according to a new study, what does that mean for the future of jobs? Plus, overcoming barriers to breast cancer screening.

October 28, 07:00-07:30 p.m.

STATE CIRCLE "Downtown Partnership Connections; Quilting Gratitude"

Why the Downtown Partnership is looking to make connections, showing gratitude through quilting, plus, candidates in the state's two hottest congressional races face off.



October 31, 07:00-07:30 p.m.

DIRECT CONNECTION "Open Enrollment"

One million transplants, what this milestone means and how more people may benefit in the years ahead, plus expert answers to your open enrollment questions on the Maryland Health Benefit Exchange.

November 3, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "Open Enrollment"

One million transplants, what this milestone means and how more people may benefit in the years ahead, plus expert answers to your open enrollment questions on the Maryland Health Benefit Exchange.

November 4, 07:00-07:30 p.m.

STATE CIRCLE "Rebirth of Lexington Market"

How Baltimore's incoming State's Attorney plans to fight crime, the rebirth of the famed Lexington Market and as election day approaches, how has early voting gone?

November 7, 07:00-07:30 p.m.

DIRECT CONNECTION "Top Issues Facing Maryland Voters"

information you need about the top issues facing Maryland voters, plus, closing arguments from top candidates for statewide office and both sides on big ballot questions.

November 8, 08:00 p.m.-12:30 a.m.

VOTE 2022: ELECTION NIGHT SPECIAL

Judy Woodruff of PBS NewsHour leads live coverage of the election results as they come in.???

November 10, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "Top Issues Facing Maryland Voters"

information you need about the top issues facing Maryland voters, plus, closing arguments from top candidates for statewide office and both sides on big ballot questions.

November 11, 07:00-07:30 p.m.

STATE CIRCLE "Students in the UMB Cure Scholars Program"

Reaction to Democrats recapturing the Maryland governor's office and sweeping statewide races, plus, the latest in a series of films following students in the UMB Cure Scholars Program.

November 14, 07:00-07:30 p.m.

DIRECT CONNECTION "Post-Election Analysis"

A pediatrician's advice to protect kids this respiratory virus season. Plus, post-election analysis.

November 17, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "Post-Election Analysis"

A pediatrician's advice to protect kids this respiratory virus season. Plus, post-election analysis.

November 18, 07:00-07:30 p.m.

STATE CIRCLE "Education Policy Reinvention"

A major reinvention of education policy moves forward in Maryland. What will the impact of the Blueprint for Maryland Education or the Kirwan Plan mean for teachers, parents and students?

November 21, 07:00-07:30 p.m.

DIRECT CONNECTION "Best Grocery Store Deals. Respiratory Viruses."

Shopping for the best grocery store deals. Respiratory viruses.



November 25, 07:00-07:30 p.m.

STATE CIRCLE "Baltimore State's Attorney Elect"

The Downtown Partnership looking to make connections, plus preserving and documenting Chesapeake Bay history and a conversation with Baltimore State's Attorney elect.

November 28, 07:00-07:30 p.m.

DIRECT CONNECTION "Sound Advice On OTC Hearing Aids"

Sound advice on the new wave of over the counter hearing aids.

December 2, 07:00-07:30 p.m.

STATE CIRCLE "Steps Before Marijuana Goes Fully Legal; Historic"

What has to happen before marijuana goes fully legal in Maryland? A conversation with Congressman Kweisi Mfume, plus what's old is new again in Maryland's capital city where a new museum recently opened to tell the story of Historic Annapolis and a Baltimore nonprofit is getting the homeless back on their feet.

December 5, 07:00-07:30 p.m.

DIRECT CONNECTION "Working Remotely. Breast Cancer Screening."

More than 40% of the DC area workforce is working remotely, according to a new study, what does that mean for the future of jobs? Plus, overcoming barriers to breast cancer screening.

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

STATE CIRCLE "Education Policy Reinvention"

A major reinvention of education policy moves forward in Maryland. What will the impact of the Blueprint for Maryland Education or the Kirwan Plan mean for teachers, parents and students?

December 12, 07:00-07:30 p.m.

DIRECT CONNECTION "New Healthy Eating Tips. Open Enrollment."

We'll meet the author of a new book adding to the old expression, "you are what you eat," plus, the clock is ticking on Open Enrollment, what you need to know before it's too late.

December 15, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "New Healthy Eating Tips. Open Enrollment."

We'll meet the author of a new book adding to the old expression, "you are what you eat," plus, the clock is ticking on Open Enrollment, what you need to know before it's too late.

December 16, 07:00-07:30 p.m.

STATE CIRCLE "Electric-Only New Buildings. New Artworks Series."

Looking at new electric only buildings and the new season of the MPT arts focused series *Artworks*.

December 19, 07:00-07:30 p.m.

DIRECT CONNECTION "12 Scams of Christmas"

12 scams of Christmas. Plus, Your health: When to seek care in an emergency department vs urgent care or primary care.

December 22, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "New Healthy Eating Tips. Open Enrollment."

We'll meet the author of a new book adding to the old expression, "you are what you eat," plus, the clock is ticking on Open Enrollment, what you need to know before it's too late.



December 23, 07:00-07:30 p.m.

STATE CIRCLE "Baltimore State's Attorney Elect"

The Downtown Partnership looking to make connections, plus preserving and documenting Chesapeake Bay history and a conversation with Baltimore State's Attorney elect.

December 26, 07:00-07:30 p.m.

DIRECT CONNECTION "James Web Space Telescope. Harriet Tubman Life."

Out of this world images from deep space courtesy of the James Webb Space Telescope, plus, the life of Harriet Tubman.

December 29, 11:30 p.m.-12:00 a.m.

DIRECT CONNECTION "James Web Space Telescope. Harriet Tubman Life."

Out of this world images from deep space courtesy of the James Webb Space Telescope, plus, the life of Harriet Tubman.

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

STATE CIRCLE "Education Policy Reinvention"

A major reinvention of education policy moves forward in Maryland. What will the impact of the Blueprint for Maryland Education or the Kirwan Plan mean for teachers, parents and students?