

QUARTERLY

ISSUES STATEMENT

The KRCB TV, KPJK TV and PBS Television issues that Northern California Public Media has determined to be most significant to our audience include: Aging, Agriculture, Arts, Community Politics/Government, Culture, Economy, Education, Environment/Nature/Natural Disasters, Health/Health Care, Poverty/Hunger, Women, and Youth. These issues were given significant treatment by the programs/descriptions that follow.

K

PJK

Quarterly

Program Topic Report

April, 2024

Mon, Apr 01, 2024

07:00:00:00 00:26:45:27

EDUCATION
Curious Crew

Soapy Science

The crew learns all about the science of soap with a lesson on saponification and surfactants.

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Chairs

Pull up a seat as Wimee and friends sing and play together, and learn all about chairs!

08:00:00:00 00:21:53:11

YOUTH
Tiga Talk

Camping

08:30:00:00 00:26:46:00

HEALTH/HEALTH CARE
Yndi Yoga

Structure

The right structure creates safety so you can receive optimal benefits from the practice.

09:00:00:00 00:26:11:09

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Psoas & Hip Strengthening

Today's episode of Classical Stretch re-balances, stretches and strengthens your hips and psoas.

09:30:00:00 00:27:29:27

HEALTH/HEALTH CARE

Sit and Be Fit

Functional Feel-Good Exercises

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

10:30:00:00 00:26:46:05

ENVIRONMENT/NATURE/NATURAL DISASTERS

Crossing South

Guerrero Negro Whale Petting

Follow Jorge as we check out Guerrero Negro, where we not only see the whales, but pet them!

19:00:00:00 00:26:46:00

CULTURE

Fly Brother with Ernest White II.

Jaipur: City of Kings

Fly with Ernest to the Pink City and capital of Rajasthan—Jaipur, India—for a royal feast of friendship, history, culture, and lots of flavor!

20:00:00:00 00:57:15:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Arctic Dance: The Mardy Murie Story

Harrison Ford narrates a look at the life of naturalist, adventurer and conservationist Mardy Murie.

21:00:00:00 00:52:12:07

ARTS
Silent Witness

History Part 4

A secret sends Jack to Belfast while Simone and Nikki investigate a mystery.

Tue, Apr 02, 2024

07:00:00:00 00:26:47:28

EDUCATION
Curious Crew

Circulatory System

Balloon valves and tennis balls are used to explain how the heart pumps blood throughout the body.

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Soup

Grab a spoon to slurp up some fun as Wimee and friends play, create, and sing about soup!

08:30:00:00 00:26:47:00

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Flowing River

Focus on coordinating movement and breath and improving circulation in the upper body.

09:00:00:00 00:26:45:25

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Waist Slenderizing

This workout strengthens every muscle around your core and waist leaving you longer and leaner.

09:30:00:00 00:26:45:22
HEALTH/HEALTH CARE
Sit and Be Fit

Breathing, Posture and Balance

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

10:30:00:00 00:26:46:00
ARTS
Rick Steves' Europe

Rick Steves' Europe: Art of the Impressionists and Beyond

Shimmering Impressionist canvases by Monet and Renoir, plus Van Gogh, Gauguin and more.

20:00:00:00 00:57:03:14
ENVIRONMENT/NATURE/NATURAL DISASTERS
Golden Eagles: Witnesses to a Changing West

Eagle researchers in Wyoming strive to discover how eagles are adapting to their many challenges.

21:00:00:00 00:43:32:02
ARTS
Shakespeare & Hathaway-Private Investigators

If Music Be The Food of Love

Frank and Luella investigate a curse on her Dance School that has caused three accidental deaths.

Wed, Apr 03, 2024

07:00:00:00 00:26:47:18
EDUCATION
Curious Crew

Bioplastics

The crew learns about the chemical makeup of bioplastics and a Bioplastic Sculpture is designed.

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Clapping

Give Wimee a hand as he and his friends explore, learn and create in the Clapping episode!

08:30:00:00 00:27:30:00
HEALTH/HEALTH CARE
Wai Lana Yoga

Stand Strong

Try a variety of standing poses and tense and release parts of your body until you are relaxed.

09:00:00:00 00:28:00:02
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Feet Strengthening

Join Miranda Esmonde-White for a foot strengthening Classical Stretch workout.

09:30:00:00 00:26:45:24
HEALTH/HEALTH CARE
Sit and Be Fit

Exercise Potpourri

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

10:30:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
In The Americas with David Yetman

The Lower Colorado River: Dwindling Lifeblood
of the

Southwest
Forty million people rely on water released from Lake Mead, on the Colorado River near Las Vegas.

13:30:00:00 00:28:40:10
ARTS
Paint This with Jerry Yarnell

Two of a Kind, Part 1

Jerry shows how to use water miscible oils and focuses on the proper painting of the background.

14:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Hidden Stream

A small trickling stream and a large old tree are the subjects for this painting.

14:30:00:00 00:25:46:26

ARTS

Painting with Wilson Bickford

Making An Impression, Part 2

Wilson uses a painting knife to create a vase full of colorful flowers and adds a bouquet of blooms.

19:00:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Living with Climate Change, Part 1

19:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Living with Climate Change, Part 2

20:00:00:00 00:56:48:18

ENVIRONMENT/NATURE/NATURAL DISASTERS

Fossil Country

Fossil hunters in Wyoming make discoveries that change what we know about the earth's history.

21:00:00:00 00:46:26:03 #206H

ARTS

Traces

Sarah works with McKinven to prevent another explosion before making decisions about their future.

Thu, Apr 04, 2024

05:00:00:00 00:57:54:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Golden Eagles: Witnesses to a Changing West

Eagle researchers in Wyoming strive to discover how eagles are adapting to their many challenges.

07:00:00:00 00:26:47:25
EDUCATION
Curious Crew

Soccer Science

Dr. Rob and the kids take the field to explore the science of soccer, including banana kicks and more!

07:30:00:00 00:29:00:00
YOUTH
Wimee's Words

Number Two

It's a good one... learn about twos while you play, sing, and create with Wimee and friends!

08:30:00:00 00:26:45:17
HEALTH/HEALTH CARE
Yoga In Practice

Connect to Your Softer Side

This fluid sequence incorporates the Moon Salutation and provides equilibrium in an uncertain world.

09:00:00:00 00:26:45:27
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Connective Tissue

Strengthen and stretch every muscle and all of your connective tissue with Miranda Esmonde-White.

09:30:00:00 00:26:45:23
HEALTH/HEALTH CARE
Sit and Be Fit

Core Strength and Yoga Inspired Exercises

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

21:00:00:00 00:56:45:28
ARTS
Wendell Castle: A Portrait

The life and prolific career of the master furniture artist, designer and sculptor are highlighted.

Fri, Apr 05, 2024

01:00:00:00 00:23:30:29
ARTS
Rabbit Fall

Bloodletting Part 1

04:00:00:00 00:26:46:00
CULTURE
Return to Rainy Mountain

Writer N. Scott Momaday takes a road trip that highlights Native American ancestral myths.

07:00:00:00 00:26:45:20
EDUCATION
Curious Crew

Paper Airplane Science

The aerodynamics behind boomerangs, gliders and more kinds of paper airplanes is explored.

07:30:00:00 00:29:00:00
YOUTH
Wimee's Words

Yellow

Feeling blue? Not during this bright episode of Wimee's Words, all about yellow!

08:30:00:00 00:26:44:22
HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Peaceful Woods

A rejuvenating modified flow practice includes a spacious hips and hamstrings sequence.

09:00:00:00 00:26:45:28
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hip & Glute Flexibility

This workout stretches your hips and glutes, leaving your entire lower body liberated and flexible.

09:30:00:00 00:26:45:22
HEALTH/HEALTH CARE
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.

15:00:00:00 00:26:46:02
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Bats & Blooms

Discover the cause of algae overgrowth in fresh and salt water, from Florida to the Great Lakes.

16:00:00:00 00:26:46:00
HEALTH/HEALTH CARE
Native Report

The impact of the Covid-19 pandemic on Native communities is examined.

20:00:00:00 01:34:00:00

ARTS
Norcal Classic Movies

The Lady Vanishes

21:34:00:00 00:11:08:09

YOUTH
My Planet, My Voice

Causes

21:45:09:00 00:15:23:02

YOUTH
My Planet, My Voice

Impacts

Sat, Apr 06, 2024

04:00:00:00 00:26:47:18

ARTS
KVCArts

Audiopharmacy

07:00:00:00 00:26:46:02

EDUCATION
Curious Crew

Electromagnetism

Suspended bowling balls, homemade speakers and compasses help explain electromagnetism.

07:30:00:00 00:26:46:06

EDUCATION
DIY Science Time

Kinetic and Potential Energy

Mister C and the Science Crew have tons of stored energy and are ready to experiment!

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Elevator Voice/Blue Rectangle

An opera singer teaches volume control; Friends can have different favorites.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

The Flamingo Fiasco (Public Art)

Grandma Tilly introduces the kids to public art, and they learn from a photographer.

09:00:00:00 00:27:35:19

YOUTH
Kids for Positive Change

Focus: Forests, Chimpanzees, Birds

10:00:00:00 00:26:46:01

AGRICULTURE
Growing A Greener World

Locavores and Yard-Sharing

A cottage industry made up of young urbanites is changing the way we grow and eat.

10:30:00:00 00:26:47:19

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Marine Life Impacts

Marine experts weigh in on solutions that will shape their futures of whales, manatees and sharks.

16:30:00:00 00:25:46:00

ARTS
Skindigenous

Gordon Sparks

Mi'kmaw mask carver Gordon Sparks is turning his skills to handpoke tattooing.

20:00:00:00 00:29:00:00

ARTS
Music California

Get a look at award-winning videos like *Strange*, *Set It Off Tonight*, and *Lovely*.

20:30:00:00 00:28:33:01

ARTS
Sound On Tap

Moon Tokki

21:00:00:00 00:56:44:04

ARTS
The Kate

Sheila E

World-class drummer and percussionist Sheila E. discusses her life and her musical career.

22:00:00:00 01:56:46:03

ARTS
Nightmare Theatre

The Little Shop of Horrors

Join the gang for Roger Corman's non-musical original version of *Little Shop of Horrors*.

Sun, Apr 07, 2024

04:30:00:00 00:26:42:29

CULTURE
Merging Destinies

An Understanding of Culture

07:00:00:00 00:26:48:02

EDUCATION
Curious Crew

Diffusion and Osmosis

Diffusion and osmosis are explored using tea bags, scented balloons and jelly marbles.

07:30:00:00 00:26:46:06

EDUCATION
DIY Science Time

Optical Illusions

Mister C and the Science Crew have all the tricks to make science exciting today.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Pirouette Upset/Mail Team

Ballet dancers teach Albie about personal space; No job is too small at a maker's studio.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

The Birdhouse (Creative Reuse)

Freddie learns creative reuse techniques to build the perfect birdhouse.

13:00:00:00 01:37:00:00

ARTS
Norcal Classic Movies

Topper

20:30:00:00 00:27:23:00

ARTS
On The Road with Chatham Rabbits

The North Carolina State Fair provides Chatham Rabbits a unique venue for music making.

Mon, Apr 08, 2024

07:00:00:00 00:26:47:28

EDUCATION
Curious Crew

Collisions

Bouncy Balls and Bumper Cars! The Curious Crew explores elastic and inelastic collisions!

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Potluck

Hungry to learn about potluck? Join Wimee and friends as they explore this shared meal.

08:30:00:00 00:26:46:00

HEALTH/HEALTH CARE
Yndi Yoga

Roots

With solid roots we can face our world with more strength and resilience.

09:00:00:00 00:26:28:04

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Stretch Your Spine

Decompress your vertebrae, stretch your spine and enjoy breathtaking views of the Caribbean sea.

20:00:00:00 00:56:45:27

CULTURE
Cultivating The Wild

Six Southerners are committed to reclaiming the nature of the South through art, science and culture.

21:00:00:00 00:52:07:26

ARTS
Silent Witness

History Part 5

Sam finds himself in the spotlight when an investigative journalist is found dead.

Tue, Apr 09, 2024

07:00:00:00 00:26:46:03

EDUCATION
Curious Crew

Bubble Science

Dr. Rob and the Curious Crew investigate the science behind soapy, sudsy bubbles!

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Cats

MEOW! Join Wimee and friends to explore, create, and learn all about cats in this episode!

08:30:00:00 00:26:46:02

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Splendor

Gently stretch and lengthen the spine in a full range of motion using a chair for balance.

09:00:00:00 00:26:45:25

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Upper Body Pain Relief

This workout liberates your entire body while focusing on your shoulders, back and neck.

21:00:00:00 00:44:39:02

ARTS
Shakespeare & Hathaway-Private Investigators

Too Much of Water

A businessman hires Frank and Luella to investigate the death of his wife at a river party.

Wed, Apr 10, 2024

07:00:00:00 00:26:45:27

EDUCATION
Curious Crew

Muscular System

The Curious Crew "exercises" their minds and explores the complexity of the muscular system!

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Pickles

Pickles have been around since ancient times. Learn all about them with Wimee and friends!

08:30:00:00 00:27:30:00

HEALTH/HEALTH CARE
Wai Lana Yoga

Butterfly Shoulderstand

Go from Plough to Shoulderstand to Butterfly and Bridge in a fun flow of upside down poses.

09:00:00:00 00:26:45:24

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Balance

Join Miranda Esmonde-White for a workout that strengthens your core and improves your balance.

10:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
In The Americas with David Yetman

Wrangell-St. Elias National Park: Wilderness of Ice, Salmon

Wrangell-St. Elias National Park and Preserve in south central Alaska is explored.

13:30:00:00 00:28:45:10

ARTS

Paint This with Jerry Yarnell

Two of a Kind, Part 2

Jerry shows the proper mixing and blending of greens while using the water miscible oil palette.

14:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Woodland Peace

Bob Ross shows how to create a woodland scene complete with fir trees.

14:30:00:00 00:27:11:04

ARTS

Painting with Wilson Bickford

Swan Duet, Part 1

Wilson demonstrates his "Paint Smart, Not Hard" technique to create a pair of graceful waterflow.

19:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Greener Power - Bay Area Energized

23:00:00:00 00:27:30:23

ARTS

Love and Respect with Killer Mike

Fab Five Freddy

New York hip hop pioneer Fab Five Freddy joins Killer Mike for a look at his influence on music.

Thu, Apr 11, 2024

07:00:00:00 00:26:46:01

EDUCATION

Curious Crew

Electric Lights

"Watts" up, Dr. Rob? The Curious Crew "brightens up" on the science behind lights!

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Keys

What kind of key doesn't open locks? Find out in this episode all about keys!

08:30:00:00 00:26:45:11

HEALTH/HEALTH CARE
Yoga In Practice

Simplicity, Patience, Compassion - Chair Yoga

Chair yoga is a gift of simplicity and compassion, meeting us where we are on any given day.

09:00:00:00 00:25:57:26

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Stomach Flattening

This workout will stretch and strengthen every muscle needed to smooth out your tummy.

10:30:00:00 00:26:48:23

ENVIRONMENT/NATURE/NATURAL DISASTERS
Outside: Beyond The Lens

Super Bloom

Heavy winter rains in California lead to a springtime phenomena call the "Super Bloom."

15:00:00:00 00:26:46:04

ENVIRONMENT/NATURE/NATURAL DISASTERS
My World Too

Passive Solar, Tree Waste Into Mulch, Glass
Bottle Recycling

Visit a company that turns yard waste and tree debris into garden mulch for the retail market.

15:30:00:00 00:26:27:29
HEALTH/HEALTH CARE
Conscious Living

TVPG

Disappearing Disease

An African-American pastor uses a whole food, plant-based diet for his Type-2 Diabetes.

20:00:00:00 00:56:53:12
WOMEN
Bonnie Boswell Presents: Saving Moms

Examine why groups of women experience higher mortality rates during childbirth.

21:00:00:00 00:56:48:29
ENVIRONMENT/NATURE/NATURAL DISASTERS
Power of the River: Expedition to the Heart of Water In Bhutan

Explore Bhutan and learn about the world's most ambitious commitment to protect nature.

Fri, Apr 12, 2024

01:00:00:00 00:23:30:29
ARTS
Rabbit Fall

Bloodletting Part 2

02:30:00:00 00:21:42:16
ARTS
Studio 49

The Blue Agave

07:00:00:00 00:26:45:29
EDUCATION
Curious Crew

Acids & Bases

The Curious Crew "mixes" it up with Dr. Rob when they investigate acids and bases!

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Sand

Join Wimee and friends to explore, learn, and create in this episode all about SAND!

08:30:00:00 00:26:45:02

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

River Waterfall

Enjoy a warrior series designed to build strength and flexibility in the lower body.

09:00:00:00 00:26:26:19

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Shoulder Strengthening

This full-body workout will strengthen every muscle in your body while targeting your shoulders.

15:00:00:00 00:29:00:00

AGRICULTURE
Ecosense for Living

Farming Reimagined

Jack's Solar Garden and a team of biologists work to reduce methane through conservation.

20:00:00:00 01:35:00:00

ARTS
Norcal Classic Movies

Night Train to Munich

21:40:00:00 00:18:33:05

YOUTH
My Planet, My Voice

Solutions & Action

Sat, Apr 13, 2024

04:00:00:00 00:26:47:18

ARTS
KVCArts

Audiopharmacy Part 2

04:30:00:00 00:24:02:05

ARTS
Mixed Blessings

Traditional Wedding

07:00:00:00 00:26:46:03

EDUCATION
Curious Crew

Springs

Jack-In-The-Box and pogo sticks! The Curious Crew
"jumps" right into the science of springs!

07:30:00:00 00:26:46:06

EDUCATION
DIY Science Time

Static Electricity

Mister C and the Science Crew demonstrate amazing things
you can do with static electricity!

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Knit Knostalgia/Rock Marathon

Albie learns how to upcycle give her old mitten a new
purpose; Taking a break to recharge.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

The Summer Dance Off (Hip Hop)

Ty faces his fear of dancing after a confidence-boosting hip-hop lesson.

09:00:00:00 00:26:45:04

YOUTH
Kids for Positive Change

Focus: Sharks, Whales, Dolphins

10:00:00:00 00:26:46:01

AGRICULTURE
Growing A Greener World

Abundant Harvest

Tips for achieving a truly abundant harvest and answer for tough harvesting questions are shared.

10:30:00:00 00:26:46:04

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

The Future of Fire

Scientists, ecologists and other experts search for solutions to control wildfires in America.

16:30:00:00 00:25:45:26

CULTURE
Skindigenous

Kahnawake

Kanentokon Hemlock began the art of tattooing to revitalize lost tradition and ancient protocols.

17:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Greener Power - Bay Area Energized

20:00:00:00 00:29:00:00

ARTS
Music California

Get a look at videos like Emily, Lover of the World, and Nobody Trust Nobody.

20:30:00:00 00:27:01:23

ARTS
Sound On Tap

Tribes

21:00:00:00 00:56:29:04

ARTS
The Kate

Owen and Moley O Suilleabhain

Owen and Micheal "Moley" O Suilleabhain mix Irish and traditional Celtic folk with Pop and Irish rap.

22:00:00:00 01:56:46:03

ARTS
Nightmare Theatre

Track of the Moon Beast

Meteors, giant lizards and 1970s-era California take the stage in Track of the Moon Beast.

Sun, Apr 14, 2024

03:00:00:00 01:26:30:17

CULTURE
Indian Country Diaries

A Seat at the Drum

Learn how Native Americans in Los Angeles preserve a tribal identity and cope with assimilation.

04:30:00:00 01:26:30:19

CULTURE
Indian Country Diaries

Spiral of Fire

The Eastern Band of Cherokee Indians fuse tourism, community and cultural preservation for

survival.

07:00:00:00 00:26:47:25

EDUCATION
Curious Crew

Convection

The Curious Crew cycles through carousels, boiling water and soap to understand convection!

07:30:00:00 00:26:47:07

EDUCATION
DIY Science Time

Solar Balloons

Mister C and the Science Crew build a balloon that flies using only the power of the sun.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Good Day/Big Orange Fuzzy Thing

Having a good day despite a bad moment; Telling the truth even though a fib is easier.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

Sonic Sable (Comic Books)

A bully has Sable ready to give up her dreams until a comic book artist's super solution.

13:00:00:00 01:20:00:00

ARTS
Norcal Classic Movies

Topper Takes A Trip

20:30:00:00 00:27:23:00

ARTS
On The Road with Chatham Rabbits

Chatham Rabbits go back to where it all began with a night at Cat's Cradle in Carrboro.

22:30:00:00 00:29:00:00

WOMEN
Ndigo Studio

Dream Catchers

It's the story of a former prostitute who now works to save women from human trafficking.

Mon, Apr 15, 2024

07:00:00:00 00:26:46:02

EDUCATION
Curious Crew

Piano Science

It's a "pitch perfect" episode as the Curious Crew investigates the science of playing the piano.

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Whistles

What's that whistling noise? Join Wimee to explore, create, and learn all about whistles!

08:30:00:00 00:26:46:00

HEALTH/HEALTH CARE
Yndi Yoga

Truth

Slow down and connect with the heart, the breath, and stillness to find the truth within.

09:00:00:00 00:26:45:28

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Leg Toning

Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.

20:00:00:00 00:57:24:03
ENVIRONMENT/NATURE/NATURAL DISASTERS
Beneath The Polar Sun

A research team sets out to measure the world's largest and oldest sea ice floes.

21:00:00:00 00:52:00:00
ARTS
Silent Witness

History Part 6

The team uncovers a plot that could lead everyone they love into danger.

Tue, Apr 16, 2024

07:00:00:00 00:26:45:29
EDUCATION
Curious Crew

Waves

The Curious Crew gets an "earful" from Dr. Rob on the science behind sound waves!

07:30:00:00 00:29:00:00
YOUTH
Wimee's Words

Laughter

What makes you laugh? Join Wimee and friends to explore, create, and learn about laughter!

08:30:00:00 00:26:45:29
HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Lush Mountain

Enjoy simple stretches designed to unravel tension in the shoulders and upper back.

09:00:00:00 00:26:18:19
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Body Shaping

Today's workout will shape every muscle in your body leaving you with more definition and tone.

21:00:00:00 00:43:39:02
RTS
Shakespeare & Hathaway-Private Investigators

Most Wicked Speed

Frank and Luella must clear the name of a private investigator who has been arrested for murder.

Wed, Apr 17, 2024

07:00:00:00 00:26:45:29
EDUCATION
Curious Crew

Bowling Science

Strikes, spares and SCIENCE! Dr. Rob "strikes" up a Curious Crew lesson on the science of bowling!

07:30:00:00 00:29:00:00
YOUTH
Wimee's Words

Robots

Join Wimee the robot to explore, learn, and create in this episode all about robots!

08:30:00:00 00:27:29:27
HEALTH/HEALTH CARE
Wai Lana Yoga

Backbend Boons

Try a range of backbends to strengthen your spine, stretch your abdominal organs, and build stamina.

09:00:00:00 00:26:42:12
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Quad Flexibility

A workout that focuses on strengthening and stretching the quad muscles is presented.

13:30:00:00 00:28:45:12
ARTS
Paint This with Jerry Yarnell

Two of a Kind, Part 3

Jerry finishes the green blending of the first pepper and begins the blocking in of the red pepper.

14:00:00:00 00:27:00:00
ARTS
Best of the Joy of Painting

Cabin in the Woods

It's a black canvas masterpiece as Bob Ross creates a lonely cabin in the woods.

14:30:00:00 00:26:45:16
ARTS
Painting with Wilson Bickford

Swan Duet, Part 2

Wilson demonstrates his "Paint Smart, Not Hard" technique to create a pair of graceful waterfowl.

19:00:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Haze Daze - Bay Area Air Quality

Bay Area Bountiful visits the Bay Area Air Quality Management District to learn about the unique Bay geography and weather patterns that affect clear skies, and the District's ongoing efforts to "Spare the Air."

19:30:00:00 00:26:36:23
ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Water and Wildfires

In this Bay Area Bountiful episode, we look at two water-related topics: the potential impact of the recent fires on endangered and threatened fish species native to our rivers and streams, and the impact of wastewater treatment and reuse on drought conditions.

20:00:00:00 00:56:49:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Guardians of Our Troubled Waters

For thousands of years, our rivers and streams were considered sacred. But in the industrial era, everything changed. Major industry turned rivers into sewer systems that were brown and smelly and could barely support life. But the destruction also awoke early heroes who spoke out for the river and challenged industry and the public to fight for their waterways, their drinking water, and their lifeblood of the community.

23:00:00:00 00:26:34:18
ARTS
Love and Respect with Killer Mike

Aunjanue Ellis

Oscar-nominated actress Aunjanue Ellis discusses her new short film on the life of Fannie Lou Hamer.

Thu, Apr 18, 2024

07:00:00:00 00:26:47:22
EDUCATION
Curious Crew

Conservation of Mass

07:30:00:00 00:29:00:00
YOUTH
Wimee's Words

Lightbulbs

Things are looking bright for Wimee and team in this episode about lightbulbs!

08:30:00:00 00:26:45:25

HEALTH/HEALTH CARE
Yoga In Practice

What Makes You Come Alive?

Vinyasa, moving fluidly with the breath in a series of poses to express this fullness, is practiced.

09:00:00:00 00:26:31:22

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

This gentle workout will activate your calorie-burning mitochondria and leave you feeling energized.

15:30:00:00 00:27:34:20

ARTS
Conscious Living

Art Imitates Life

Travel to the shores of Naoshima, Japan's surreal art island, where art looms larger than life.

21:30:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Marina Del Rey Sketch Comedy Show (By Conservation Comedy)

Plenty of Trash

Get ready for the MDR Sketch Comedy Show complete with a little drama and intrigue.

23:30:00:00 00:26:45:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

The Good News About Climate Change

We've heard a lot of bad news about climate change, but is there good news?

Fri, Apr 19, 2024

02:30:00:00 00:26:46:22

ARTS
Studio 49

Lakota John, Featuring Sweet Papa John

07:00:00:00 00:26:46:01

EDUCATION
Curious Crew

Sound Frequency Episode

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

The Zoo

Make a beeline to explore and learn with Wimee and his friends in this episode about zoos!

08:30:00:00 00:26:44:22

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Ocean Sky

This energizing yoga practice focuses on strengthening the legs, abdominal muscles and lower back

09:00:00:00 00:27:02:12

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

This oceanside workout will rebalance your full body and strengthen your posture.

15:00:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Living Reimagined

See how EcoSense sheds light on the work of Red Cloud Renewables in South Dakota.

Sat, Apr 20, 2024

04:00:00:00 00:26:47:17

ARTS
KVCArts

Pete Sands Part 1

04:30:00:00 00:24:01:09

ARTS
Mixed Blessings

Pilot

06:30:00:00 00:26:47:00

HEALTH/HEALTH CARE
Native Report

Native Ways: Health and Medicine

The Jingle Dress Project helps during the pandemic and a tribal biologist champions herbal medicine.

07:30:00:00 00:26:48:01

EDUCATION
DIY Science Time

Magnetic Racer

The power of magnets is harnessed to explore magnetic fields, attraction and repulsion.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Lost Hat/Talent Show

Reuniting a hat and its owner through outreach; Expressing feelings through poetry.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

The Ketchup Catastrophe (Mask Making)

An embarrassing event makes Freddie want to cover up at a mask making workshop.

Sun, Apr 21, 2024

07:00:00:00 00:26:46:01

EDUCATION
Curious Crew

Leafy Science

07:30:00:00 00:26:45:21

EDUCATION
DIY Science Time

Surface Tension

Mister C and the Science Crew bubble over with excitement creating a square bubble.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Stories/Snowflake Heartache

Everyone has a story worth sharing; Mistakes can turn into something beautiful.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

The Me I See (Portraiture)

Freddie and Ty learn the artistic process behind self-portraits to express themselves.

Mon, Apr 22, 2024

04:45:00:00 00:12:24:00

CULTURE
Culture Stories

Indigenous Place Names Movement

07:00:00:00 00:26:46:00

EDUCATION
Curious Crew

Color Science

07:30:00:00 00:29:00:00 #216H

YOUTH
Wimee's Words

Plants

Everything's coming up roses for Wimee and friends in this plant-themed episode!

08:30:00:00 00:26:46:00

HEALTH/HEALTH CARE
Yndi Yoga

Acceptance

Adjusting postures and using yoga to heal is the most therapeutic and empowering approach.

09:00:00:00 00:26:45:28

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

This powerful and dynamic all-standing workout will tone your waist and activate your core.

20:00:00:00 01:00:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Great Whale Rescue

The incredible story of two beluga whales released from captivity into a wild ocean sanctuary.

21:00:00:00 00:52:06:27

ARTS
Silent Witness

Dead Head Part One

A private jet crashes into woodland outside London and Thomas is called to an apparent suicide.

Tue, Apr 23, 2024

07:00:00:00 00:26:47:18

EDUCATION
Curious Crew

Solar Energy Science

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Monkeys

It's time to monkey around with Wimee and friends to explore, learn, and create together!

08:30:00:00 00:26:45:22

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Autumn Glory

Lower body strengthening moves are combined with a series of upper body stretches.

09:00:00:00 00:26:19:25

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Strengthen your body and activate your brain with this standing and barre workout in Bermuda.

21:00:00:00 00:43:10:02

ARTS
Shakespeare & Hathaway-Private Investigators

Hunger for Bread

Frank and Luella investigate the business model of a slimming company accused of stealing clients.

Wed, Apr 24, 2024

07:00:00:00 00:26:45:20

EDUCATION
Curious Crew

Fluid Power

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Mail

Wimee has a special delivery for you - a show about mail!

08:30:00:00 00:27:30:00

HEALTH/HEALTH CARE
Wai Lana Yoga

Lunge!

Combine a lunge with a hamstring stretch and strengthen your arms with Two-Hand Snake Pose.

09:00:00:00 00:26:56:11

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Boost your energy with this standing and floor workout filmed in sunny Bermuda!

10:30:00:00 00:26:46:00

CULTURE
In The Americas with David Yetman

Mexican Carnival

Potters in northwest Mexico have been producing fine ceramics for more than a thousand years.

13:30:00:00 00:28:45:10

ARTS

Paint This with Jerry Yarnell

Two of a Kind, Part 4

Jerry adds the final details on the peppers while refining and adding the minute fine details.

14:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Dock Scene

Bob Ross completes a dockside scene with an abandoned fishing boat.

14:30:00:00 00:27:02:11

ARTS

Painting with Wilson Bickford

Evening Palms

Wilson creates a striking tropical sunset as the evening palms are swaying in the breeze.

19:00:00:00 00:29:00:02

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

California Wildlife

Bay Area Bountiful examines and defines the many facets of sustainability. Models of sustainability include a look at cutting down food waste in Sonoma County, nurturing the relationship between wildlife and agriculture and recycling initiatives. More information at bayareabountiful.org

19:30:00:00 00:28:20:01

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Birding

Go on a tour of the Bay Area and learn about the many bird species that call the region "home". We visit the Bird Rescue Center's Education and outreach Program to learn about the Raptor

"Ambassadors, " and tag along with one of the nation's foremost avian artists who draws from his life experience.

Thu, Apr 25, 2024

07:00:00:00 00:26:46:01

EDUCATION
Curious Crew

Gears

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Soap

Laugh, learn, and have good clean fun with Wimee and his friends in this show about soap!

08:30:00:00 00:26:45:13

HEALTH/HEALTH CARE
Yoga In Practice

A Moving Meditation - Gravity and Direction

Every pose has a center of gravity that you draw into with strength and out of which you extend.

09:00:00:00 00:21:00:14

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Miranda bends, twists and works the spine in In this all-standing, advanced strengthening workout.

15:30:00:00 00:25:51:21

HEALTH/HEALTH CARE
Conscious Living

The Detox Diaries

A raw food pioneer explains how a raw vegan detox can supercharge our health.

Fri, Apr 26, 2024

02:30:00:00 00:26:47:13

ARTS
Studio 49

Raye Zaragoza

07:00:00:00 00:26:45:29

EDUCATION
Curious Crew

Static Electricity

07:30:00:00 00:29:00:00

YOUTH
Wimee's Words

Pie

Laugh and learn with Wimee and friends in this episode about pie. It's as easy as pie!

08:30:00:00 00:26:45:20

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Pastel Beach

Enjoy a modified yoga practice designed to create more space in the upper body.

09:00:00:00 00:26:55:25

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Miranda works the musculature and joints of the feet in this all-standing beginner workout.

15:30:00:00 00:29:00:00

ARTS
Buzz

Southwest Virginia Ballet

Discover how the Southwest Virginia Ballet transforms lives through dance and artistry.

20:00:00:00 01:40:00:00

ARTS
Norcal Classic Movies

The Red House

Sat, Apr 27, 2024

04:00:00:00 00:26:47:17

ARTS
KVCArts

Pete Sands Part 2

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Magical Science

07:30:00:00 00:26:42:01

EDUCATION
DIY Science Time

Kitchen Science

Mister C and the Science Crew have the right recipe to make learning fun!.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Blueberry Kiwi Upside-Down Carrot Cake/Puzzle
Picture Perfect

Rosie is homesick, so Albie recreates a family treat; Albie and Huggy figure out a puzzle.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

A New Perspective (Sculpture)

Freddie looks for inspiration among the 300 works in a sculpture park and learns to relax.

09:00:00:00 00:26:45:04

YOUTH
Kids for Positive Change

Climate Change Focus: Animals, Across The Globe, Impacted By

10:30:00:00 00:29:00:00

AGRICULTURE
Ecosense for Living

Farming Reimagined

Jack's Solar Garden and a team of biologists work to reduce methane through conservation.

17:00:00:00 00:29:00:02

ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

California Wildlife

Bay Area Bountiful examines and defines the many facets of sustainability. Models of sustainability include a look at cutting down food waste in Sonoma County, nurturing the relationship between wildlife and agriculture and recycling initiatives. More information at bayareaboutiful.org

20:00:00:00 00:29:00:00

ARTS
Music California

This episode features videos like You Dance In The Dark, You Are Gold, and Red Light.

20:30:00:00 00:26:45:26

ARTS
Sound On Tap

Special Edition

21:00:00:00 00:56:00:04

ARTS
The Kate

Marc Cohn with Blind Boys of Alabama

Marc Cohn and the Blind Boys of Alabama perform "Ghost Train," "Walking in Memphis" and more.

22:00:00:00 01:56:44:26

ARTS
Nightmare Theatre

The Killer Shrews

This week's pick is 1959's low-budget, genetic experiment gone awry, The Killer Shrews.

Sun, Apr 28, 2024

05:30:00:00 00:26:19:01

CULTURE
Hupa Fire: Traditional and Cultural Fire Management

07:30:00:00 00:26:39:18

EDUCATION
DIY Science Time

Density

Mister C and the Science Crew have fun building their own heatless lava lamp.

08:00:00:00 00:28:47:01

YOUTH
Albie's Elevator

Moth Quilt/Postcard for Huggy

A quilter helps Albie fix her blanket; Letting friends know how much they mean to you.

08:30:00:00 00:28:46:00

YOUTH
The Infinite Art Hunt

Art In Unexpected Places (Curation)

An art curator's work in an airport helps Freddie and Uncle Mars face flying and boredom.

13:00:00:00 01:28:00:00

ARTS

Norcal Classic Movies

Topper Returns

16:00:00:00 00:26:16:00

ARTS

The Good Road

Nashville, Tn - Lost and Found On Jefferson
St.

Discover the true history of music city
Nashville, Tennessee through the community of Jefferson St

Mon, Apr 29, 2024

07:00:00:00 00:26:45:29

EDUCATION

Curious Crew

Centripetal Force

07:30:00:00 00:29:00:00

YOUTH

Wimee's Words

Milk

This show about milk with Wimee and friends just might
be what you've been thirsting for!

08:30:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

Patience

A flow with moments to pause, breathe, and slow down,
and postures to inspire calm.

09:00:00:00 00:26:28:07

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Miranda shows how to work your entire core In this
intermediate standing and floor workout.

20:00:00:00 00:29:00:00

EDUCATION

Edible Learning: Promoting Better Nutrition In Schools

Improving student wellness through garden education and cookfrom-scratch cafeterias.

20:30:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Need for Connectivity

Explore how vehicles and growth adversely affect wildlife like the endangered Florida panther.

21:00:00:00 00:52:02:14

ARTS

Silent Witness

Dead Head Part Two

Nikki and the Lyell team continue to investigate the plane crash and suspicion turns to Rowan Cole.

Tue, Apr 30, 2024

05:00:00:00 00:57:54:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Golden Eagles: Witnesses to a Changing West

Eagle researchers in Wyoming strive to discover how eagles are adapting to their many challenges.

07:00:00:00 00:26:45:27

EDUCATION

Curious Crew

Balance and Stability

07:30:00:00 00:29:00:00

YOUTH

Wimee's Words

Dragons

Wimee and friends sing, wonder, and play about dragons today!

08:30:00:00 00:26:45:23
HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Beautiful Bluffs

Reignite your energy while opening to more space and ease in the shoulders, chest and upper back.

09:00:00:00 00:26:59:09
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

This intermediate workout will activate and strengthen the muscles of your legs in a balanced way.

20:00:00:00 00:58:28:17
ENVIRONMENT/NATURE/NATURAL DISASTERS
Lost Salmon

The plight and potential recovery of spring chinook salmon of the Pacific Northwest is chronicled.

21:00:00:00 00:44:39:02
ARTS
Shakespeare & Hathaway-Private Investigators

Die We Must

A SciFi author asks Frank and Luella to find the last chapter of his book stolen in a burglary.