

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

October, 2023

Sun, Oct 01, 2023

05:00:00:00 00:41:58:26

EDUCATION

The Huunam of Paakuma

"Local schoolchildren from Paakuma' K-8 School in San Bernardino, CA experience California Native American Day by taking a field trip to California State University, San Bernardino's campus to interact with Native tribal educators from San Manuel Band of Mission Indians and others in the Southern California area and learn about native culture and history in the region."

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

EDUCATION

Curious Crew

Collisions

Bouncy Balls and Bumper Cars! The Curious Crew explores elastic and inelastic collisions! STEM Challenge: Designing Better Bumper Cars. Curious About Careers: Meteorologist Emily Wahls.

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

EDUCATION
DIY Science Time

Friction

Mister C and the Science Crew build hovercrafts to explore friction. This is one show you won't be able to resist!

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

YOUTH
Albie's Elevator

Moth Quilt/Postcard for Huggy

Moth Quilt/Postcards for Huggy: Albie is shocked to discover that a moth has chewed holes in her very favorite blanket, but a visit to a quilter inspires a way to mend it with her neighbors; Huggy is on vacation and Albie misses her friend so much she makes a postcard to let him know.

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

YOUTH
The Infinite Art Hunt

Art In Unexpected Places (Curation)

Art in Unexpected Places (Curation): Freddie and Uncle Mars are dreading their time at the airport - he's afraid to fly, and she's afraid she'll be bored. Grandma Tilly introduces them to her friend Leah, who curates art throughout the airport including funky rocking chairs, a giant mural, and mini museums to showcase local artists and keep travelers entertained. The impact of art helps cure both of their fears.

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

HEALTH/HEALTH CARE
School of Greatness with Lewis Howes

Susan Pierce Thompson

Professor of Brain and Cognitive Science and Author Susan Pierce Thompson shares the science behind food addiction, how it affects your brain and how you can overcome your negative eating habits.

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

HEALTH/HEALTH CARE
Our Time

Self Image & Non-Conformity

Societal ideals of beauty have promoted images of ultra-thin models resulting in an epidemic of eating disorders. Makayla de la Cruz tackles her life-long battle with weight and body image, while Casey Gurtler eschews the self-policing that young people employ when conforming to societal norms. Both films reveal family and parenting strategies that resist peer conformity.

18:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Pacific Heartbeat

Hawai'i's Precious Resources

Three short films that explore the delicate balance in Hawai'i's ecosystems, that encourage us to reflect on our relationship with the natural world and show us that even the smallest species, like Hawaiian tree snails, and ornamental trees, like the coconut, are worth saving.

19:30:00:00 01:25:59:00

CULTURE
Mariposas Del Campo

Indigenous teenagers from Mexico strive to change their families' destinies in the strawberry fields of Oxnard, California. Through a stormy year of sanctioned racism and antiimmigrant policies, their journeys are captured with help from their own videos as they navigate cultural identity, parental expectations, economic challenges, and the justice needs of their migrant farmworker community.

21:00:00:00 00:43:39:02

ARTS
Shakespeare & Hathaway-Private Investigators

Most Wicked Speed

Frank and Luella are employed by American private investigator Joe Venice who has been arrested

for murder by Sergeant Keeler. He offers them \$15,000 to prove his innocence and find an old American car, worth \$150,000, for a collector in Hollywood. Frank crosses path with criminals and boy racers from his past life, in the police, discovers the car had been used in a Post Office robbery in 2003. A tattooist injured by the car at the time and a petty criminal watching her lead Frank and Luella to the murderer and the solution of the robbery.

Mon, Oct 02, 2023

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

EDUCATION
Curious Crew

Bubble Science

Bubbling Over with Bubbles! Dr. Rob and the Curious Crew are "bubbling over" with investigations into the science behind soapy, sudsy bubbles! STEM Challenge: Design and Build a Bubble Wand.
Curious About Careers: Soap Maker Julie Konkle.

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

YOUTH
Wimee's Words

Kindness

Wimee and friends sing about things they do with friends and also write a story about popcorn; Moby tells us about kindness chemicals in our brain; Brody makes a cool Wimage; Ms. Stephanie teaches us the key story words in ASL; Jim sings about sharing; and Mr. Grumpfry gives Siblee the day off.

08:00:00:00 00:21:52:24

YOUTH
Tiga Talk

Giving Gifts

Getting gifts is great but giving them can be even better. With Dad's birthday coming up the kids have to be creative to give him a gift without spending any money. Gertie teaches Gavin another important part of giving and getting gifts? saying 'thank you' and 'you're welcome'.

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

HEALTH/HEALTH CARE

Yndi Yoga

Yndi Heart Opening Flow

This all level vinyasa practice will strengthen, improve flexibility and balance, and open your heart. Nestled in the gorgeous sunlight spilling through the leaves of a stoic tree, the heart opening vinyasa will guide you through a fluid practice connecting the breath with the body and solidifying your connection with the earth, which is also enhanced by the heartfelt drumming of Master Guinean Drummer Namory Keita. There is the perfect balance between focus on alignment and building the right structure while also keeping awareness of the energy that's opening up in the body. The practice will nurture, challenge and empower you to embrace your highest version of self.

09:00:00:00 00:26:51:03

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Hamstring Stretches

Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.

20:00:00:00 00:56:39:24

ARTS

Evening with Quincy Jones

An Evening With Quincy Jones gives an inside look into the life and career of the music impresario.

21:00:00:00 00:52:06:20

ARTS

Silent Witness

Redemption Part One

When Jack and Nikki enter a high-security prison to investigate the suspicious death of an inmate, the case brings up disturbing memories for Nikki. The victim's cellmate is Scott Weston, the student responsible for a mass shooting she witnessed ten years earlier. Nikki becomes increasingly convinced that Scott is their prime suspect, but Jack worries she is not following the evidence.

Tue, Oct 03, 2023

03:30:00:00 01:24:04:08

AGRICULTURE
Urban Farmers

In this revealing new documentary, Nick and Rachel Caccese take the viewer on a fascinating journey that will correct the widespread misconception that urban areas cannot be used to produce food for their own citizens by telling the hidden agricultural history behind New York City, which supported dozens of urban farm facilities well into the twentieth century.

05:30:00:00 00:23:13:12

HEALTH/HEALTH CARE
Cradling The Heart Community-Based Medical Massage for Diabetes Type

2

In this inspiring documentary, Dr. Leslie Korn, of the Center for World Indigenous Studies and her team, bring traditional massage and exercise to rural indigenous communities experiencing high rates of diabetes type 2.

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

EDUCATION
Curious Crew

Muscular System

Get Moving with Muscular Electricity! The Curious Crew "exercises" their minds when it comes to understanding the complexity of the muscular system! STEM Challenge: Design a Bicep Support Device. Curious About Careers: Athletic Trainer LouAnne Jefferson.

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

YOUTH
Wimee's Words

Recycled Art

Wimee makes a peanut puppet friend and Moby becomes a puppeteer; Wimee and his peanut get scared by a ghost in their story; Michael makes a Wimage; words from the story are translated into Spanish; Wimee's friend Matt McGee shows us how to make a robot puppet out of recycled materials; and more!

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

YOUTH
Tiga Talk

Camping

Everybody is getting ready for a camping trip! You need gear when you camp so Dad takes the kids to a store to make sure they have everything for their trip. But when plans fall through the kids and the puppets come up with a fantastic new idea.

08:30:00:00 00:26:46:09

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Peaceful Lake Beauty

Breathe in the peaceful forest lake beauty as you stay low on your mat for this gentle yoga practice. Enjoy stretches for your whole body as you release tension in your hips, hamstrings, spine and more.

09:00:00:00 00:27:04:21

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Upper Back Strength

Get a strong, flexible upper back in this full body Classical Stretch workout. The standing

exercises will help improve your posture and stretch your chest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.

21:00:00:00 00:43:34:17

ARTS
Hope Street

When Clint jeopardizes his wedding day by doing something unbelievably dumb, it's up to Finn and Leila to sort out the mess. At the reception, the whole town is stunned by the reappearance of a notorious face from the past.

Wed, Oct 04, 2023

03:30:00:00 00:29:56:29

CULTURE
Searching for Capomo

Capomo is a nutritious and medicinal tree whose bark seed sap and leaves have sustained indigenous peoples of Mexico Central America and the Caribbean for millennia. This video is made with the Indigenous Community of Chacala in west Mexico and explore the diverse medicinal and nutritional uses, and the challenges facing this imperiled tree.

05:00:00:00 00:57:13:00

ARTS
The Spirit of New Mexico Through The Lens of Ed Breeding

This video shares the beautiful Spirit of New Mexico's environment through the Lens of Ed Breeding. As a photographer, painter, filmmaker and author he spends as much time as he can in nature. He enjoys sharing the beauty of Earth Mother with viewers as he sees her through the camera in New Mexico.

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

EDUCATION
Curious Crew

Electric Lights

"Watts" up, Dr. Rob? The Curious Crew "brightens up" on the science behind lights! STEM Challenge: Making a Light Bulb. Curious About Careers: Urban Forest Hydrologist Asia Downtin.

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

YOUTH
Wimee's Words

Peanut Butter

Wimee and friends write a song about peanut butter sandwiches; Moby shares some facts; Wimee and a friend meet some ants; Miss Sara helps us translate words to Spanish; Michael creates a Wimage; Sparky shows us how to make peanut puppets; and the team plays an alphabet game and Find It Fast!

08:00:00:00 00:22:00:04

YOUTH
Tiga Talk

Laughter

Gavin can't stop laughing and the children and puppets learn how infectious laughter can be. While Tiga, Gavin and Gertie exchange 'knock-knock' jokes, Dad takes Jason and Jodie to the Trick & Joke Shop. The children decide to play some practical jokes on their backyard friends, but discover that jokes aren't always funny. All ends well and they eventually find out what gave Gavin the giggles in the first place.

09:00:00:00 00:27:01:04

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Improve Your Posture

Unlock your spine by stretching and lubricating connective tissue in your back, chest and core. By gently and effectively working on your range of motion, your joints in your spine, hips and feet will feel liberated, making you feel taller. This beginner, full-body workout is a great way to improve your posture at your own pace.

13:30:00:00 00:28:44:29

ARTS

Paint This with Jerry Yarnell

Old Faithful, Part 1

Acrylic on 18x24 stretched canvas. In this opening segment, Jerry talks with his viewer about the awesome beauty and power in nature and encourages his viewers to visit Yellowstone and Old Faithful. Then he discusses his canvas choice and preparation. Now he shows his reference material and how to create a composite using multiple photos. Then takes his soft vine charcoal and makes a rough sketch of the main composition. He then finishes by painting phase one of the sky and distant trees.

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

ARTS

Best of the Joy of Painting

Country Cabin

Today Bob Ross takes us to a small cabin nestled deep in the snowy forest. A chilling yet lovely landscape scene!

14:30:00:00 00:27:01:00

ARTS

Pocket Sketching with Kath Macaulay

Scraping

Using an area already wet with water, scrape with any tool to clear an area. We used a credit card to clear rocks in a stream, then the end of the pen lid to scrape out bushes and trees. Thumb nails work well as scrapers.

20:00:00:00 00:59:00:00

ARTS

Ink & Linda

Ink & Linda is a feature documentary chronicling the unexpected friendship and collaboration between Inksap, a Vietnamese American urban artist in his 20s, and Linda, an elder stateswoman of the modern dance scene in her 70s-as they team up to form LA's most unlikely street art duo.

Thu, Oct 05, 2023

02:00:00:00 00:22:00:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Power to the People

Six Nations of the Grand River, On

Home to the largest First Nations population in Canada,
Six Nations established a corporation to
manage economic opportunities on behalf of their people.
That effort now sees Six Nations
invested in some of the largest wind and solar power
plants in the nation.

04:00:00:00 00:50:31:22

CULTURE
The Incas Remembered

Centuries ago, they performed miraculously technical
brain surgery, built modern irrigation
canals, made agricultural discoveries still used by
modern man, and were master builders...the
stone village of Machu Picchu at 9,000 feet above sea
level standing as the awe-inspiring monument
to their genius. How did they get the stones up the
mountain to construct this architectural
marvel? They were the Incas, a wondrous people who once
ruled half of South America before falling
to the Spanish Conquistadors.

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

EDUCATION
Curious Crew

Acids & Bases

Disappearing Ink and soapy pH! The Curious Crew "mixes"
it up with Dr. Rob when they investigate
acids and bases! STEM Challenge: Making and Testing pH
Indicator Paper. Curious About Careers:
Food Quality Assurance Manager Kelly Stano.

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

YOUTH
Wimee's Words

Babies

Wimee and friends sing a song about what babies do; Moby tells us about baby animals; Wimee and friends write a story; Brody creates a fun Wimage; Ms. Stephanie translates the key story words into ASL; Jim sings a song about what babies shouldn't do; the team plays rhyming game and scavenger hunt!

08:00:00:00 00:21:53:14

YOUTH
Tiga Talk

Hands and Feet

Gertie has hurt her paw and Jodie has sore feet because her shoes are getting too small. The backyard friends think about how important our hands and feet are and make up a song about all the things we use them for. Jodie goes with Dad to the Hearing Impaired Centre to meet Suzanne who uses her hands to talk. Later, Tiga, Gavin and Gertie try to tickle Dad's feet while he snoozes - will they get caught?

08:30:00:00 00:26:46:04

HEALTH/HEALTH CARE
Yoga In Practice

Our Breath Is Our Conversation with the World

Focusing on the breath is one of the essential practices of Yoga. Breathing creates a dynamic conversation between ourselves and our surroundings, connecting us to the world. In this episode Five Point Star opens us to our breath.

09:00:00:00 00:27:19:03

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Leg Toning

Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing

and floor workout will leave your body feeling energized throughout the day.

21:00:00:00 00:44:53:23

ARTS
Coroner

Gilt

A small group of treasure hunters scour the fields by the clifftops. As the weather worsens Ray suggests they stop, but Errol refuses. The rest are about to leave when Errol's detector beeps - he reaches into the soil and pulls out a gold coin. In The Black Dog, Debs and Anthony suggest sharing the loot equally but Errol insists on keeping the coins with him and reporting it properly as he dials the Coroner's Office. That night, a fearful Errol thinks someone is outside his house. In the morning the police arrive to find him in a locked house, dead in his armchair, still clutching the box of coins. Davey thinks he died of natural causes but Jane's not so sure and takes the box of coins for analysis to Professor Tal Greening who tells Jane that the coins are fakes, before asking her to lunch. Later Jane wonders if Errol was actually 'dead' before he arrived home and her suspicions are confirmed at the mortuary; Errol had been poisoned...

23:30:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Nuclear Waste

The US is the only country with permanent storage for low & intermediate-level nuclear waste. But we're one of the few countries with nuclear power plants that don't have a plan for high-level waste. Dr. Kathryn Huff, Assistant Secretary, Office of Nuclear Energy at DOE, and Dr. Allison Macfarlane, Former Chairman of the Nuclear Regulatory Commission, discuss potential solutions.

Fri, Oct 06, 2023

01:00:00:00 00:23:39:29

ARTS
Rabbit Falls

Welcome to Rabbit Fall

A professional indiscretion lands Constable Tara Wheaton in the remote northern town of Rabbit Fall, where she's immediately plunged into the case of a missing girl and a house party that ends in murder. Tara has no leads on the missing girl and the murder case seems to be going nowhere when the only witness is a child too afraid to speak. The investigation leads Tara into the forest where she makes a disturbing discovery-one that links both cases and ties Tara directly to them.

02:30:00:00 00:26:45:18

ARTS
Studio 49

Olivia Komahcheet

Olivia Komahcheet, aka, Liv the Artist (Comanche) picked up the viola in the 3rd grade, then added cello, violin, piano and guitar to her repertoire. Her style is a combination of alternative rock, accented with R&B and hip-hop influences reinforced by a vocal style that merges the passionate with a gritty undertone.

04:00:00:00 00:56:46:00

CULTURE
Growing Native

Growing Native Northwest: Coast Salish

Venture to the Pacific Northwest to capture the stories of ongoing traditions and perseverance of its original inhabitants. For the tribes of this region, water is life. The rivers that crisscross this land were the highways for trade and fresh water grocery stores for thousands of years. Today, tribes celebrate their cultures by participating in a yearly canoe journey, an opportunity for people to gather and travel to all the places their ancestors once inhabited. From totem poles, to language preservation to traditional crafts, host Chris Eyre (Cheyenne Arapaho) discovers the wilds of the North.

05:00:00:00 00:57:25:29

ARTS

Sculpting In Wood and Words

The Art of Kent Nerburn

This Common Ground special, "Sculpting in Wood & Words: The Art of Kent Nerburn", details the author's development from a wood sculptor to a writer of Native American and spiritual subjects.

Nerburn reveals insights on his process and details the creation of his latest book in the Neither Wolf Nor Dog trilogy: The Girl Who Sang to the Buffalo.

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

EDUCATION

Curious Crew

Springs

Jack-In-The-Box and pogo sticks! The Curious Crew "jumps" right into the science of springs! STEM Challenge: Design a Jack in the Box. Curious About Careers: Auto Design Director LaShirl Turner.

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

YOUTH

Wimee's Words

Pink

Wimee and friends rhyme about pink things; Puppet Kevin fills in for Moby; Wimee writes a story about climbing on a mountain of pink marshmallows; Mr. Brad translates our key story words into Swahili; Sparky explores paint colors; Wimee chats with two cool kids; and the team plays games together!

08:00:00:00 00:21:58:16

YOUTH

Tiga Talk

Listen to the World

Dad takes the kids to the studio where he is recording a song in Cree. Kokum takes them on a magical journey and teaches them all about sound waves and how they help us hear.

08:30:00:00 00:26:46:29

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Panoramic Wilderness

Revel in the beauty of the panoramic wilderness as you enjoy a modified yoga session using a chair for support. Including gentle seated stretches designed to create more mobility in your upper body, standing balance poses to strengthen and tone the legs, and seated warrior moves to open your hips.

09:00:00:00 00:26:50:27

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Upper Back & Posture

Increase your range of motion in your hips and shoulders to strengthen your upper back and improve your posture. In this episode specific isolation exercises are done to stabilize muscles and joints, and correct imbalances due to weaknesses that often occur after an injury or a sedentary lifestyle. Combined with large sweeping movements, this rejuvenating workout will rebalance your body, liberate your shoulders and improve your overall posture.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

The Future of Fire

From east to west, in nearly every corner of America, wildfires are fiercer and more frequent. Climate change coupled with our past misguided management has inspired some creative innovations like high tech Minecraft-style fire management software. The urgent need to control fire is becoming a fast-growing and diverse field for scientists, ecologists, and trailblazers of all kinds.

15:30:00:00 00:26:46:00

AGING

Getting Dot Older

Widowing Well?

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. We meet

Charles, the sculptor & cyclist; Karen, the drummer
Michael, the golfer; Cori, the martial
artist; Guest Expert: Dr. Lesley Fernow,
Geriatrician.

20:00:00:00 00:26:46:00

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. This music venue holds many special memories for Austin and Sarah: it's where Austin first saw Sarah on stage and a place that the couple sold out a few years ago. Chatham Rabbits play a concert with their full band to celebrate being back on the road.

20:30:00:00 00:26:46:00

ARTS

Tradfest: The Dublin Castle Sessions

A Cuig

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many unexpected places. Guests: Maighread & Triona Ni Dhomhnaill, Mark Redmond, Ultan O'Brien, Eoghan O Ceannabhain, David Kitt & Conchur White.

21:00:00:00 00:59:00:00

ARTS

Whitechapel

With no leads to go on, a frustrated Miles informs Chandler that the copycat killer has struck again, as a man called Billy Bunhill is shot dead in a former Kray haunt. A barmaid offers up a name - Jimmy Kray. The team are stunned when an interview with Jimmy's mother, Angie Brooks

reveals a former relationship with Ronnie Kray which resulted in identical twins - Jimmy & Johnny. The team focus on the twins, finding that they are genuine criminals, although Cazenove believes them to be nothing but small time thugs. But Chandler insists on pursuing the twins, realizing in the process that he can no longer trust anyone - even his colleagues. Not even snout, Jack Cheshire, seems able to help Chandler and with little to go on, his OCD worsens. A suggestion from Buchan to meet the twins results in a massive shoot out - is there any way that Chandler will be able to bring down the Krays?

23:30:00:00 00:29:00:00

HEALTH/HEALTH CARE
Your Fantastic Mind

Psychedelics

After being stigmatized for decades, psychedelic medications are making a comeback on the world stage as the most promising new mental health treatments in the past 50 years. Research indicates psychedelic-assisted therapy may help promote emotional well-being by triggering a variety of experiences, providing people with an enhanced sense of meaning and purpose in their lives. This episode follows a participant in a clinical trial studying the use of psychedelics to alleviate mental suffering and depression. Leading researchers and clinicians discuss the latest scientific breakthroughs and the challenges in bringing this innovative therapy to a wider audience.

Sat, Oct 07, 2023

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

ARTS
KVCArts

Audiopharmacy

KVCR and FNX interview Audiopharmacy, the San Francisco based international art / music collective. The music is a fusion of live world, hip hop, dub, soul and roots culture.

04:30:00:00 00:24:00:23

ARTS
Mixed Blessings

Choices

Once again Josie wants to end their relationship, despite their new married (but still secret) status. Hank insists on sorting it out, and during an arranged tryst, Mick drops by with friends. Hank is forced to make a naked escape, only to land in jail, where he and Mick have their final confrontation.

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

EDUCATION
Curious Crew

Convection

Fire and ice, candles and snowflakes! The Curious Crew cycles through carousels, boiling water, and soap to understand convection! STEM Challenge: Designing a Candle Convection Carousel. Curious About Careers: US Fire Management Officer Persephone Whelan.

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

EDUCATION
DIY Science Time

Kinetic and Potential Energy

Mister C and the Science Crew have tons of stored energy and are ready to experiment! Pendulums, marble tracks and more!

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

YOUTH
Albie's Elevator

Little Door/The Full Tomato Twist

Little Door/The Full Tomato Twist: When someone new takes over Albie's special cubby, her happy place now makes her sad, but a violinist helps explain emotions as we all make different notes from the same instrument; Albie is frustrated trying to learn Jay and Rosie's cool dance until a young aerialist learning a new skill inspires her to break the dance down into smaller pieces.

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

YOUTH

The Infinite Art Hunt

The Wanda Blob (Mosaic)

The Wanda Blob (Mosaic): Freddie and Hildegard are headed to an immersive mosaic art garden, but Hildegard is not quite in the mood after breaking her favorite cat figurine, Wanda. Freddie can't understand why it would upset her so much but after exploring the art environment she learns that art can be a way to see into someone's emotions - and finds a way to make Hildegard feel better and honor Wanda.

10:00:00:00 00:26:45:25

AGRICULTURE

Growing A Greener World

The Foodscape Revolution

Mingling food crops with your front yard ornamental garden is not only practical, it can add more visual appeal too. Limitations on where to create a designated food garden is often an obstacle in urban settings, so foodscaping - or landscaping to include edibles - is rapidly growing in popularity. Brie Arthur provides guidelines and examples for success and beauty, all from her personal foodscape garden.

10:30:00:00 00:28:16:19

AGRICULTURE

Wild Hope

Coffee for Water

Decades of war and unsustainable agriculture have ravaged the rainforest atop Mozambique's Mount Gorongosa. The devastation threatens the watershed that sustains life in nearby communities and in Gorongosa National Park. Now, park experts and local farmers are uniting to plant shade-loving coffee, which will help restore the forest and ensure a more prosperous future for humans and wildlife alike.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Untamed

Invasive Species

Although world ecosystems are in danger from a whole host of varied and distinct threats, there are few issues more difficult to tackle or more complex to understand than invasive species control. These species arrive in an ecosystem in which they are not native and have not evolved, with no existing space within the habitat.

16:30:00:00 00:25:45:08

CULTURE

Skindigenous

New Zealand

Written and directed by Angie-Pepper O'Bomsawin. Julie Paama-Pengelly is a veteran in the revitalization of ta moko Maori tattooing. Her studio in Mount Maunganui mixes contemporary and traditional designs and cultivates artists from all walks of life. With twenty years teaching experience, her art practice ranges from the use of symbolic imagery to pure abstraction in graphic design, painting, mixed media, and tattooing. Over time many misconceptions have surfaced about who has the right to wear and practice tã moko. Julie is one of the first women to practice in the male-dominated field. She is a strong voice for Maori women's rights and continues to break down barriers to give women a place in tã moko and in the arts.

20:00:00:00 00:55:10:27

ARTS

Front and Center

Drew Holcomb and the Neighbors

The Americana band play an intimate show at Analog at the Hutton Hotel in Nashville, performing "What Would I Do Without You," "Dragons," "American Beauty" and more.

21:00:00:00 00:56:46:02

ARTS

Discover Vivaldi's Four Seasons

22:00:00:00 01:59:00:00 #213H

ARTS
Nightmare Theatre

Dead Eyes of London

Scotland Yard investigates a series of murders of heavily insured men in this dreary 1961 Anglo-German production, as the NMT crew prepare for a special celebrity studio guest: beloved British actor Colin "Doctor Who" Baker!

Sun, Oct 08, 2023

02:30:00:00 00:26:47:18

ARTS
KVCArts

Audiopharmacy

KVCR and FNX interview Audiopharmacy, the San Francisco based international art / music collective. The music is a fusion of live world, hip hop, dub, soul and roots culture.

03:00:00:00 00:12:24:00

CULTURE
Culture Stories

Indigenous Place Names Movement

This episode features a conversation with cultural leaders and community stakeholders, including, Aaron Leggett, the Chief of the Denaina Eklutna Athabascan people, and the Special Exhibit Curator at the Anchorage Museum. The subject of these conversation is about the Indigenous Place Names Movement, and an event that was taking place on this particular day of unveiling the first place marker reclaiming the Denaina Eklutna Athabaskan original place name of Chanstnu, which for many years prior had been called Westchester Lagoon. A goal of Aaron and others behind this movement is to carry out the rest of this project's vision by reclaiming the original indigenous place names and denoting them with place markers all over the city of anchorage. There are also plans for a

digital, oral history walking tour that people can use to explore anchorage and understand its indigenous history. The hope is that the take away is why indigenous place renaming is important, and how it helps community members define their cultural identities today by strengthening their resolve to chart their path forward as an individual connected to their heritage. A goal for the Indigenous Place Names project is for it to be used as a model for other places around the state of Alaska and other places that have strong indigenous ties. It's a model for indigenous place renaming that is sustainable and meant to last.
<https://anchorageparkfoundation.org/current-projects/indigenous-placemaking/> Thank you for watching this episode of Culture Stories.

03:15:00:00 00:09:08:24

AGING

Chizh for Cheii

Chizh for Cheii (Dine' for 'firewood for grandpa') is providing a warm home environment for Dine' elders living on the Navajo Nation. Many elders on Navajo Nation live in remote rural areas with limited resources to acquire their household needs, such as firewood. Fire plays a huge factor in offering warmth, cooking food, and purifying hauled water for many Dine' relatives during the cold seasons that do not have electricity. Chizh For Cheii (CFC) is a grassroots organization founded in 2011 by Dine' Actor/Musician/Activist Loren Anthony. In 2020 Loren and his team cut and delivered 1,700 loads of firewood which is over \$500,000 in mutual aid. With his team of dedicated volunteers Loren not only provided firewood , but over 112, 000 food boxes and supplies and home repairs throughout the winter to the elders in our Dine' community. What began as an idea to aid our community, has turned into a movement of love, hope, and inspiration under Loren's leadership.

03:30:00:00 00:26:19:01

ENVIRONMENT/NATURE/NATURAL DISASTERS

Hupa Fire: Traditional and Cultural Fire Management

The Hoopa Fire Department, tells the story of how traditional fire burning or cultural burns helped California prevent major fires. This story is told by Hupa culture keepers who have

firsthand accounts of their relationship to fire.

04:00:00:00 00:56:40:11

WOMEN
Apache 8

APACHE 8 tells the story of an all-women wildland firefighter crew from the White Mountain Apache Tribe who has been fighting fires in Arizona and throughout the U.S., for over 30 years. The film delves into the challenging lives of these Native firefighters. Four extraordinary women from different generations of the Apache 8 crew share their personal narratives with humor and tenderness. They speak of hardship and loss, family and community, and pride in being a firefighter from Fort Apache. APACHE 8 weaves together a compelling tale of these remarkable firefighters, revealed for the first time.

05:15:30:00 00:14:07:29

ARTS
Native Hope Champions

Las Morenas

Lucinda Hinojos, known professionally as La Morena, was commissioned by the NFL as the first Native American artist to design theme art for a Super Bowl. Her artwork was featured on Super Bowl LVII tickets, displays, footballs and more. Amongst this notable work is a 9, 500-square-foot mural, the largest to date created for a Super Bowl. La Morena, who is Chicana, Apache, O'odham and Yaqui, enlisted the help of other Indigenous Artists from various Native and Indigenous Nations to complete the mural in just 22 days. It was a team driven by strong and resilient women. Native Hope Champions: Las Morenas, is a segment that highlights some, but not all of the artists, including "CC" Carie Sage Curley (Apache), Eunique Yazzie (Navajo), Anitra "Yukue" Molina (Pascua Yaqui), and Jessie Yazzie (Dine').

05:30:00:00 00:18:25:29

ARTS
KVIE Native American Art Stories

KVIE Arts Showcase celebrates arts from around the world and right here at home. Come with us as

we experience America's most interesting and talented artists.

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

EDUCATION
Curious Crew

Piano Science

Digital banana pianos and amplified forks! It's a "pitch perfect" episode as the Curious Crew investigates the science of playing the piano with Dr. Rob! STEM Challenge: Make a Digital Banana Piano. Curious About Careers: Musician Jen Sygit.

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

EDUCATION
DIY Science Time

Optical Illusions

Mister C and the Science Crew have all the tricks to make science exciting today. There is more than meets the eye when you try these cool optical illusions.

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

YOUTH
Albie's Elevator

On Boredway/Box Town

On Boredway/ Box Town: Albie is looking forward to a day of playing with her neighbors, but Inspector Johnny has shut the elevator down and she is forced to use her imagination to fight boredom; Albie's city of boxes is taking up a lot of space in the elevator, but she doesn't want to take it down until she visits with a mandala artist whose creations also aren't meant to last forever.

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

YOUTH
The Infinite Art Hunt

The Crestfallen Mallard (Video Games)

The Crestfallen Mallard (Video Games): Ty won't accept Freddie's help on his latest masterpiece,

and his painting of a duck is turning out to be kind of a bummer. Frustrated, Freddie leaves the studio, while Ty plays host to Grandma Tilly's friends - video game designers who work in a collaborative process. Ty sees that masterpieces aren't always created by one person and agrees to let his younger cousin lend a hand.

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

HEALTH/HEALTH CARE

Our Time

Teen Mental Health and Suicide In Black Families - Dom and I'll Be There
Suicide is the second leading cause of death for teens in the U.S. While leaders acknowledge a teen mental health crisis, much discourse focuses on suicide as a white issue. The disposability of black lives, coupled with taboos associated with depression and self-harm, prevent many from breaking the silence. Filmmakers Kalia Hunter (Dom) and Kallista Palapas (I'll Be There) recount two young black lives cut short by suicide, and in doing so, compel communities to act.

18:00:00:00 00:56:46:00

YOUTH

Pacific Heartbeat

High Tide, Don't Hide

In the race for existence, striking teenagers discover that activism, authority and awareness make for a steep learning curve. Determined to provoke real action, New Zealand teenagers join the global School Strike for Climate. But planning a movement and building momentum are the easy parts as they face political indifference, their own white privilege, and the ongoing struggle to be heard. Meanwhile, the tides continue to rise.

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

ARTS

Shakespeare & Hathaway-Private Investigators

Hunger for Bread

Frank and Luella are employed by Val Twigg to investigate the business model of a rival slimming

company, Fatbusters, who have stolen her clients. Luella goes undercover as a client to discover the method used to induce clients to lose weight. The head of Fatbusters is the charismatic Kit Willow who used to work with Twigg and has a new business partner in Diana Winter. One of his clients is "Slim" Jim Sandford who until recently had lost a lot of weight. Another client is Luella's sister Lia and her fractious behaviour is never far away as they are clearing their mother's house approaching the anniversary of her loss at sea. The cleaner at the club also displays irrational behaviour and Frank suspects drugs. When Willow is murdered in a frenzied attack Detective Sergeant Keeler arrests Twigg as the last person to see him alive.

23:00:00:00 00:26:46:05

AGING

The Whole Truth with David Eisenhower

What Is Our Demographic Destiny?

The French philosopher Auguste Comte is often quoted as having said, "Demography is destiny." Even if that is an overstatement, certainly demography is important-to the development of communities, economies, nations, and ultimately the entire human race. Today, demographic trends seem to be moving in what would have even very recently been considered a surprising direction-aging and declining populations. What will that mean in the later years of the 21st century? Guests: Dr. Darrell Bricker, CEO, Ipsos Public Affairs; Dr. Zachary Karabell, President, River Twice Research.

Mon, Oct 09, 2023

04:30:00:00 00:27:18:00

EDUCATION

Pathmakers

A new education program called Pathmakers is offering makerspace programming for native and non-native youth in grades K-12 throughout Humboldt County. Pathmakers activities will help all students, native and non-native, learn about the history, culture, and technologies of the tribes in the region, from pre-colonization to today. The project team is working with K-12 students,

college students, parents, teachers, tribal members, and regional native cultural and education experts to develop the programming. The curriculum will strive to bridge the gap between traditional Native technologies and maker activities using today's technologies. Traditional Native technologies employed sophisticated techniques that are still in use today. One example is the Yurok plank house, which employed many of the same "passive solar" design techniques that are now frequently, and increasingly, used by builders today. The 4-year program was developed by the Blue Lake Rancheria, the Humboldt County Office of Education, and the Northern Humboldt Union High School District.

05:00:00:00 00:25:50:20

EDUCATION

Puntos De Vida

Threads of Life

A maestra of artesania and her two 15-year-old students during their Mayan embroidery tour in Yucatan, Mexico. The trio traveled in early March, days before the pandemic shutdown, to various Mayan villages to meet artisans working in their homes and shops. They reflect on their experiences with candor and insight while capturing vibrant colors and cultural life with sincerity and appreciation.

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

EDUCATION

Curious Crew

Waves

Sloping slinky and wiggly water! The Curious Crew gets an "earful" from Dr. Rob on the science behind sound waves! STEM Challenge: Design a Gumdrop Wave Machine. Curious About Careers: Ultrasound Engineer Lalita Udpa.

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

YOUTH

Wimee's Words

Five Senses

Wimee and friends sing a bear-y sensory song; Moby shares a fascinating fact about birds; Brody upgrades Wimito's senses; Ms. Stephanie translates key story words into ASL; Jim & Laina sing a speedy five senses song; and the team wonders about tuffets and whey and then plays a scavenger hunt game!

08:00:00:00 00:21:54:01

YOUTH
Tiga Talk

Keep Smiling

Smiles are important but they don't stay healthy by themselves. Though she likes to smile Bertie doesn't like to brush her teeth. The kids teach her why she needs to brush and show her what happens if you don't.

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Fluid Flow

A vigorous and playful vinyasa flow practice fusing together different yoga disciplines that will make you feel strong and in harmony with yourself and your surroundings. The connection between the fluidity of the breath and the fluidity of the body is emphasized in this class. The class begins slowly and gently eases its way into a more challenging sequence, working the upper body and building core strength, with modifications clearly explained. The magical soundscape energizes and feeds the fluid flow. Remember to use your yoga practice to heal and meet yourself where you are.

09:00:00:00 00:27:08:26

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Back Pain Relief

Moving the spine in all directions, the way it was designed to move, can help reduce back pain. In

this easy-to-follow standing and barre workout you'll
relieve tension in the lower back with
posture and hip isolation exercises. Plus you'll
release, stretch and strengthen your psoas and
hamstrings to help keep you pain-free!

20:00:00:00 00:56:15:16

ARTS

Evening with Smokey Robinson

An Evening With Smokey Robinson provides an inside look
into the life and career of the iconic
Motown singer.

21:00:00:00 00:52:08:00

ARTS

Silent Witness

Redemption Part Two

When Jack and Nikki enter a high-security prison to
investigate the suspicious death of an inmate,
the case brings up disturbing memories for Nikki. The
victim's cellmate is Scott Weston, the
student responsible for a mass shooting she witnessed
ten years earlier. Nikki becomes
increasingly convinced that Scott is their prime
suspect, but Jack worries she is not following
the evidence.

23:30:00:00 00:26:42:03

HEALTH/HEALTH CARE

Civil Discourse

David L. Katz

Dr. David L. Katz is a preventive medicine specialist,
physician, health journalist, co-author of
How to Eat, past President of the American College of
Lifestyle Medicine, and Founding Director of
the Yale-Griffin Prevention Research Center. In this
episode of The Civil Discourse, Katz and Host
Paula Marantz Cohen examine the importance of healthy
lifestyle practices in the face of the
COVID-19 global pandemic and social determinants of
race, ethnicity, and class.

Tue, Oct 10, 2023

04:00:00:00 01:26:46:08

CULTURE
Aleut Story

ALEUT STORY recounts the rarely told story of indigenous Alaskans' forced internment during World War II and their subsequent fight for civil rights. In 1942, as World War II reached Alaska, Aleut Americans were transferred to government camps 1,500 miles away, where an estimated 10 percent perished. As they prayed for deliverance, "friendly forces" looted their homes and churches in the Aleutian and Pribilof islands. The surviving Aleuts eventually joined Japanese Americans in seeking wartime reparations from the federal government. Filmed on location in Alaska and Washington, D.C., this poignant, richly textured film contains rare archival images and compelling interviews with Aleut internment survivors - many of whom are speaking out for the first time in more than 60 years. ALEUT STORY also includes powerful performances by Emmy-winner Martin Sheen and Grammy-winner Mary Youngblood and the voice talent of John O' Hurley (Seinfeld, Dancing With the Stars) and the late Jay Hammond, former governor of Alaska.

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

EDUCATION
Curious Crew

Bowling Science

Strikes, spares, and SCIENCE! Dr. Rob "strikes" up a Curious Crew lesson on the science of bowling! STEM Challenge: Design Bowling Shoe Soles. Curious About Careers: Professional Coach and Bowler Aleta Sill.

07:30:00:00 00:26:46:05

YOUTH
Wimee's Words

Dolphins

Wimee sings about kid-like dolphins; Moby shares what helps dolphins swim quickly; Wimee and friends write a story about a rollerblading shark, a dolphin, and a snack-snatching catfish; Ms. Grace translates our key story words into Spanish; and Jim and Laina sing a song about traveling dolphins!

08:00:00:00 00:21:55:28

YOUTH
Tiga Talk

Competition

Friendly competition can be fun, but what happens when you start to take it too seriously? Jason learns about teamwork at a lacrosse practice with Dad and how trying your best is more important than winning the game.

08:30:00:00 00:26:45:29

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Fiery Ocean Sunset

Allow the natural energy of the ocean waves and golden, fiery sunset to inspire your practice. Enjoy this intermediate yoga session as we flow slowly and gracefully through standing and seated poses creating more movement around the hips and hamstrings through an effective set of postures including lunges, forward folds and hip opening stretches.

09:00:00:00 00:26:04:01

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Calf & Knee

Join Miranda for an all standing, neuromuscular workout. Through gentle and controlled movements, and imagery designed to engage your mind, your body including your knees and calves will be stretched and strengthened to help prevent injury. As an added bonus, you'll also work to increase your hip's range of motion, which will help you move faster and more easily throughout your day.

20:00:00:00 00:59:00:00

ARTS
Girl Unscripted

Family Girl

Crista was abandoned by her mother and moved into public housing with her aunt. Even after her mother ruined her credit score and broke countless promises, Crista still holds out hope that her mom will step up and be a part of her life

21:00:00:00 00:43:40:17

ARTS
Hope Street

As the police officers investigate an arson attack, they discover a much more insidious crime. Meanwhile, Siobhan is determined to get back with Inspector Finn - little knowing that he's in a relationship with his colleague Leila.

Wed, Oct 11, 2023

04:00:00:00 00:56:45:14

CULTURE
For The Rights of All: Ending Jim Crow In Alaska

Narrated by Peter Coyote, FOR THE RIGHTS OF ALL: ENDING JIM CROW IN ALASKA traces the Native Alaskan civil-rights movement. The film profiles the remarkable people behind the victories for citizenship, voting rights and school desegregation, including Alberta Schenck Adams ("Alaska's Rosa Parks") and Elizabeth Peratrovich, a unassuming young woman whose compelling testimony helped sway the Alaska State Senate to pass the first civil-rights bill since the Civil War. Blending re-enactments, rare and newly discovered historic footage and photographs, and interviews with tribal elders, FOR THE RIGHTS OF ALL chronicles Alaska Natives' efforts to honor their heritage and leverage their future.

05:00:00:00 00:56:50:00

CULTURE
Lake of Betrayal

Lake of Betrayal explores the history of Kinzua Dam on the Allegheny River in Pennsylvania and its

impact on the Seneca Nation of Indians. Completed in 1965, it was originally proposed to help mitigate flooding in Pittsburgh, almost 200 miles downriver, but the 27-mile reservoir that formed behind it inundated vast tracts of the Seneca Indians' ancestral lands, forcing their removal in breach of the United States' oldest treaty then in effect. The film looks at the Seneca Nation's fight to protect its sovereignty against the U.S. government's Indian termination policy and overwhelming political and economic forces driving the post-WWII boom.

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

EDUCATION
Curious Crew

Conservation of Mass

Measuring mass with marble fizz and massive bricks! Matter cannot be created nor destroyed. But weight, there's more to know about the Conservation of Mass! STEM Challenge: Designing a Simple Balance. Curious About Careers: Astronomer Jillian Bellovary.

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

YOUTH
Wimee's Words

Bats

Wimee has sing-song fun with compound words; Moby tells us about bumblebee bats; a glove-wearing bat is the subject of Wimee's story; Miss Holly translates our key words into Chinese; Ms. Kelaine shares a website with us all about bats; and Miss Sarah shows us how to calm down using our five senses.

08:00:00:00 00:21:51:20

YOUTH
Tiga Talk

Dressing Up

Tiga and his friends learn all about the different kinds of dress up.

09:00:00:00 00:27:12:15

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Strengthening

Strengthening the spine reduces stress on the spinal discs and joints, protects against injury and is one of the best ways to prevent back pain. Featuring standing and floor work, this rejuvenating workout will help develop a stable and aligned spine by strengthening the entire core musculature, from the abdominals to the entire back. With a strong back, you'll feel liberated and able to perform daily tasks with ease.

13:30:00:00 00:28:44:29

ARTS

Paint This with Jerry Yarnell

Old Faithful, Part 2

In this segment, Jerry starts the finishing phase of the sky and background. Then he begins the process of underpainting the middle and foreground areas. He discusses the issue of glazing to create softness. Then paints in final highlights and details in the middle and foreground areas. He finishes by explaining the compositional layout of Old Faithful as it begins to release its steam and gases.

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

ARTS

Best of the Joy of Painting

Emerald Waters

Bob Ross uses beautiful shades of Green that burst from the canvas in this exciting display of nature's wonder.

14:30:00:00 00:27:01:00

ARTS

Pocket Sketching with Kath Macaulay

Wax As A Resist

John Singer Sargent, and others in the 1800s used a candle stub for wax as a resist. It is perfect

for wind on water, bright reflections, and trees against the sky. Can be done in layers, holding each color as you build layers. It is never messy and is archival so you don't remove it.

20:00:00:00 00:56:45:22

CULTURE

Out In Rural America

OUT IN RURAL AMERICA is a film that explores the struggles and joys of being lesbian, gay, bi-sexual, transgender, and genderqueer in rural America. Following five stories from the LGBTQ+ community over six years, the film explores the issues of self-doubt, discrimination, acceptance, and small-town and Midwestern LGBTQ+ life from a cultural, social, familial, and religious perspective.

Thu, Oct 12, 2023

02:00:00:00 00:22:00:29

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Alert Bay, Bc

Hereditary Chief Ernest Alfred of the Namgis, Tlowit'sis and Mamalilikala Nation leads a group opposed to a commercial salmon farm on their traditional territory. At stake is the west coast wild salmon population and the threat that open net salmon farms pose to them. See why their movement is gaining local and international support

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

EDUCATION

Curious Crew

Sound Frequency Episode

Baffling bottle noises and perfect pitches with a pipe-a-phone! The Curious Crew and Dr. Rob explore the sound of science. STEM Challenge: Making a Straw Panpipe. Curious About Careers: Neuroscientist Liz McCullagh.

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

YOUTH
Wimee's Words

Trucks

Wimee sings about a food truck that goes all through the town; Moby wonders about different types of trucks; Wimee translates some words into Robot; Damion joins us to talk about driving his food truck; our friends point out trucks they spotted in their towns; and Wimee drives a monster truck taxi!

08:00:00:00 00:21:53:18

YOUTH
Tiga Talk

Making Music

The kids learn how to practice and makes playing instruments easier by creating a band with the puppets and other friends.

08:30:00:00 00:26:46:04

HEALTH/HEALTH CARE
Yoga In Practice

Your Practice Is A Journey

Like any journey to unknown places, the practice of yoga changes your experience and your perspective. Approach your practice today as you would any journey...with trust, curiosity, and courage. Bow Pose and Camel will help us to move into new experiences.

09:00:00:00 00:26:49:12

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Body Workout

Rev up your body with this zero impact, cardio workout that won't stress your joints. This all standing, invigorating workout features exercises that tone your abs and strengthen your hips. The flowing rotational movements will unlock your joints, improve your circulation and give you that after workout glow.

15:00:00:00 00:26:45:25

ENVIRONMENT/NATURE/NATURAL DISASTERS
My World Too

The Bee Store, Regenerative Farming, A
Free Fare City Transit System

Imagine a story dedicated to the hobby and business of
beekeeping and all things honey. We visit
the regenerative farm of Hank Wills editor at large for
Mother Earth News where he practices what
he preaches. Learn how and why a major US city provides
free fares for all city buses and street
car system.

15:30:00:00 00:26:39:01

ARTS
Conscious Living

Dancing to the Rhythm Around The World

On this episode, we're dancing to the beat of humanity
to explore the uplifting power of music to
transform and heal. We start in Joshua Tree, California
for the best yoga and music festival of
the year. Next we're off to the island of Bali,
Indonesia for an immersive didgeridoo sound
healing and a sacred dance retreat teaching women how to
reclaim their innate feminine power.
Then, we power through a magical night in Rome, Italy
fueled by raw cacao, vegan gelato and live
electronica at the center of Rome's boho Monti district
- wow!

21:00:00:00 00:45:16:14

ARTS
Coroner

Capsized

Jane, Judith and Beth wake to the news that a cargo ship
has washed up ashore and that locals are
pilfering the goods. Jane views this as theft but
Judith, Mick and Beth believe that this bounty
belongs to the community by ancient law and tradition.
Detective Sergeant Davey has a hard time
keeping order. In the midst of this, a man, Ian Igby, is
found dead in one of the containers,
apparently looting jewellery. His girlfriend Abby is
devastated but her father, Grantham is not
surprised. Ian, an ex-con, was a bad lot in his opinion.
Jane wants to find answers for Abby. Was

has Mick found? Ian the good man that she saw? And what surprising cargo

23:30:00:00 00:29:00:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Carbon Capture and Storage

One solution to reducing carbon emissions is to capture and store them underground. But there are challenges in capturing, transporting and storing the CO2, and determining who will pay for it.

Dr. Sallie Greenberg, formerly with the Illinois State Geological Survey, and Dr. Julio Friedmann, Chief Scientist at Carbon Direct, discuss current projects and how CCS could contribute in the future.

Fri, Oct 13, 2023

01:00:00:00 00:23:39:29
ARTS
Rabbit Falls

Dog Island

Two American brothers go missing on a fishing trip, leaving behind a trashed cottage, blood evidence and traces of cocaine. All roads lead to Harley, the dangerously sexy cottage owner who called in the cops. Did Tara's key suspect trash his own place? Something keeps drawing Harley back to the crime scene and Tara is determined to find out what he knows. When one brother turns up dead and an empty boat floats to shore, Tara follows her hunch that the brothers' connection to Harley and the townspeople is more than it seems. Tara learns of the mysterious Dog Island, where stray dogs were once abandoned to cannibalize each other.

02:30:00:00 00:25:29:13
ARTS
Studio 49

Def-I

Def-i is an Albuquerque native, representing the Southwest's hip-hop scene whose style is

multifaceted. His stockpile is all-inclusive: Hip-Hop, Spoken Word/Acapella, Instrumental, Breakbeat, Lyrical, Beatboxing, Downtempo, Underground/Freestyle Rap, Contemporary, and Native American.

04:00:00:00 00:56:46:00

CULTURE

Growing Native

North Growing Native Alaska: People of the

All across Alaska, Native cultures have depended on the abundant natural resources found there to support their families, cultures and ways of life. Now, however, those resources are growing scarce, and the people who have relied on them for centuries have to find new ways to adapt.

Growing Native visits some of the many communities engaged in this familiar struggle - the struggle to maintain their traditions and ways of life, while continuing to thrive in a constantly changing world. Host Chris Eyre (Cheyenne Arapaho) meets Alaska Natives who thrive and survive in this complex environment.

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

EDUCATION

Curious Crew

Wax

Crayon candles and watercolor wax wonders! The Curious Crew melts away the mysteries of wax. STEM Challenge: Crayon Candles. Curious About Careers: Firefighter Teresa Robinson.

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

YOUTH

Wimee's Words

Flowers

Wimee sings about alphabet rain; Moby tells us about state flowers; Wimee and friends write a story about orchid seeds and an ice cream party; Miss Holly translates our key words into Chinese; Ms. Kelaine shares a website to help us identify plants; and friends show us flowers that grow near them!

08:00:00:00 00:21:58:06

YOUTH
Tiga Talk

Trees

The kids have to rescue the puppets from a tree and together they find other tree games to play.

08:30:00:00 00:26:46:01

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Red Rock Sunset

Bask in the glorious red rock sunset as we enjoy a modified seated yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more mobility and flexibility in the hands, neck, chest, shoulders, back, hips and more.

09:00:00:00 00:26:46:20

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Glute & Hip Stretch

Work from head-to-toe as you stretch the entire body in this feel good Classical Stretch workout. Through twisting the spine you'll liberate your upper body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. As you continue with barre work, you'll release tension in your hips and spine so that you can stretch and strengthen your glutes and hamstrings.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Okefenokee Destiny/Everglades

Tucked away in southeast Georgia on the Florida border, the Okefenokee is the largest intact Blackwater wetland in north America. Its unique ecology makes it a candidate for a UNESCO World

Heritage site. Its unspoiled wildlife-rich habitat makes it an ideal research destination. And its mineral-filled geology makes it attractive to the mining industry. The Everglades could teach us about the wisdom of preservation over the pain of restoration.

15:30:00:00 00:26:46:00

AGING
Getting Dot Older

Taking A Big Bite

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Regge, the professor; Mike, the Cattle Rancher prt2; Jeanne, the mountain biker; Joe & Martha, the artists prt2; Guest Expert: Polly-Young Eisendrath, Psychotherapist.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE
Native Report

On this edition of Native Report... We look at the impact of the Covid-19 pandemic on Native communities. Wethen interview two Native American journalists and learn about how they're reporting on the Covid-19 pandemic. We also learn what we can do to lead healthier lives and hear from our Elders on this edition of Native Report.

20:00:00:00 00:24:14:00

RTS
The Cheech

Through the palette of the Los Tejanos Art Exhibit, The Cheech explores Cheech Marin's lifelong advocacy of the Chicano Art Movement, and his journey to develop the Cheech Marin Center for Chicano Art, Culture and Industry. With original score by Grammy Nominated musician El Dusty, The Cheech takes a fascinating look at a national icon's love affair with art, and his incredible contribution to promote and preserve a vital part of American cultural identity.

20:30:00:00 00:26:46:00

ARTS

Tradfest: The Dublin Castle Sessions

A Se

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many unexpected places. Guests: Mundy with Seana Davey, Donal Lunny, Andy Irvine, Emma Langford, The Mulchay Family.

21:00:00:00 00:47:58:02

ARTS

Whitechapel

Chandler is under stress after the shoot out and the death of McCormack. With the clock ticking and little to go on, Buchan reminds Chandler of former Inspector Nipper Read's mantra, 'attention to detail'. The team resume their investigation, helped in part by the enigmatic Jack Cheshire. But tensions begin to surface, and Buchan is forced to reveal his own investigations - into the disappearance of Miles' father. The shocking revelations bring some new leads, and when 'Blonde Boy', Jimmy's Partner, is revealed to be a woman, the team question what else could be fake about Jimmy? Chandler challenges Jimmy to a boxing match in order to obtain his DNA and with Buchan deftly stealing Ronnie's DNA from an old envelope, the team attempt to see if the twins really are Ronnie's sons as their mother so resolutely claims them to be. Will the DNA prove the twins are real successors to Ronnie, and will Chandler finally get his man?

23:30:00:00 00:29:00:00

HEALTH/HEALTH CARE

Your Fantastic Mind

Menopause

Menopause is a natural and inevitable part of aging that affects the vast majority of American women, typically between the ages of 45 and 55. This episode explores what is happening in a

woman's brain and body during menopause and its impact on daily life with common symptoms including mood changes, sleep disturbances and vaginal dryness. Experts discuss the latest on the safety and effectiveness of both hormone treatment and non-hormone treatments for managing symptoms, as well as resources to help women navigate this life transition.

Sat, Oct 14, 2023

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

ARTS

Mixed Blessings

Traditional Wedding

The marriage is finally outed and Josie announces plans to do it again, a traditional Native ceremony this time, outdoors. Mick refuses to attend, and, during the ceremony, when the groom's family retires by canoe to a distant island, they're stranded, then manage to set the island afire.

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

EDUCATION

Curious Crew

Leafy Science

Sinking spinach and floating foliage! The Curious Crew's knowledge about plant leaves grows as they have fun with photosynthesis and other leafy phenomena. STEM Challenge: Propagating Succulents. Curious About Careers: Health Geographer Dee Jordan.

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

EDUCATION

DIY Science Time

Static Electricity

Mister C and the Science Crew will have you shocked with all the amazing things you can do with static electricity! Today's activities and demonstrations will get you charged up to learn.

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

YOUTH
Albie's Elevator

Pep Talk Portrait/Movie Night

Pep Talk Portrait/Movie Night: Albie wants to make a new friend but is worried she isn't cool enough until an artist teaches her a self-portrait exercise that gives her confidence; Albie and her neighbors planned a movie night, but the elevator is a huge mess so they may need to cancel it - until a drumline team shows her a way to make tidying up fun.

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

ARTS
The Infinite Art Hunt

More Trees Please! (Collage)

More Trees Please! (Collage): Freddie is on a mission to save the trees! Her poster to get the word out needs a little help so she meets up with Grandma Tilly's friend, an artist who focuses on climate change. Freddie and Ty help with her latest piece by collaging pictures onto a canvas, which gives Freddie ideas for her own efforts at home.

10:30:00:00 00:28:16:19

ENVIRONMENT/NATURE/NATURAL DISASTERS
Wild Hope

Salamander of the Gods

The axolotl an amphibian with incredible regenerative abilities is ubiquitous in pop culture, pet stores, science labs, yet almost extinct in the wild. Now, scientists and farmers in Mexico City are using ancient Aztec farming techniques to secure the creature's future. Another team is partnering with salamander-breeding, cough syrup-making nuns to save a closely-related species the achoque.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Watersheds

Water is the great architect of Earth and a defining factor for the location and movement of life on this planet. Without water, our world would look very different; without the watersheds which capture, coalesce, move, and recycle water throughout a natural system, human and wildlife habitats would not be the same.

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

CULTURE
Skindigenous

New Zealand

Written and directed by Angie-Pepper O'Bomsawin. Pip Hartley is on a mission to infuse Auckland's city core with as much Maori culture as possible. From her Karanaga Ink studio, she practices traditional and contemporary Maori tattooing, ta moko. Although her approach is always guided in Maori style, it is a dance between artist and receiver in telling a story that will become permanent. Pip embraces the power of artistic expression to inspire and educate. Karanaga Ink has become one of Auckland's most respected Maori businesses in a very influential part of New Zealand. Pip takes every opportunity to educate, include and invite the modern world to step into Maori culture and gain a better first-hand understanding of her people.

20:00:00:00 00:52:31:14

ARTS
Front and Center

Hank Williams Jr.

The Grammy-winning Country Blues legend performs classics by Robert Johnson, Lightnin' Hopkins, R.L. Burnside and more from his latest release Rich White Honky Blues including ".44 Special Blues," with special guest/producer Dan Auerbach of the Black Keys.

21:00:00:00 00:56:46:02

ARTS
Discover Vivaldi's Four Seasons

22:00:00:00 01:59:00:00

ARTS

Nightmare Theatre

Dementia 13

The gang returns to the NMTV studios with the help of special guest Deep Roy. and dig up this creaky 1963 thriller, directed by the legendary Francis Ford Coppola - proving conclusively that even cinematic geniuses can make crummy movies. Meanwhile, Sapó gives Mittens an axe and...

Sun, Oct 15, 2023

03:00:00:00 00:56:44:00

CULTURE

Chasing Voices

The Story of John Peabody Harrington

From 1907 until his death more than 50 years later, ethnologist John Peabody Harrington crisscrossed the U.S., chasing the voices of the last speakers of Native America's dying languages. Moving from one tribal community to the next, he collaborated with the last speakers to document every finite detail before their languages were lost forever. CHASING VOICES chronicles Harrington's work and traces the impact of his exhaustive research on Native communities working to restore the language of their ancestors.

04:00:00:00 01:08:49:25

CULTURE

Traditional Indigenous Ways of Being

Traditional Indigenous Ways of Being is an excellent blueprint for us all to follow. Our Sacred Earth Mother is the Star of this film, and from her messages of great wisdom, we learn about the importance of balance and harmony with our environment and all living things. She teaches us about the need for incorporating Respect Discipline Responsibility (RDR) in all of our actions.

05:10:00:00 00:41:49:13
ENVIRONMENT/NATURE/NATURAL DISASTERS
Unshackled

This films show the majestic beauty, peace and balance of a part of our Earth Mother that is rapidly being harmed and descrated by the human hand, oftentimes for greed and power. Unshackled gives a very important and positive message about our magnificent planet, and how we can all find ways to respect and take care of it.

07:00:00:00 00:29:00:00
EDUCATION
Curious Crew

Color Science

A rainbow of colors with prisms and pigments! This is one colorful episode as the Curious Crew investigates the science of the color spectrum. STEM Challenge: Colored Spinners. Curious About Careers: Biomedical Engineer Chelsie Boodoo.

07:30:00:00 00:29:00:00
EDUCATION
DIY Science Time

Balloon Science

Let's get popping with Mister C and the Science Crew to explore balloons and polymers! Join us for a stretch today and build a balloon powered water fountain and much much more!

08:00:00:00 00:26:46:00
YOUTH
Albie's Elevator

French Toast Frank/Mystery Sound

French Toast Frank/Mystery Sound: While waiting in a never-ending line for French toast, Albie learns patience from a cymbalist who always waits until his note, then makes the time pass with a French toast song; Albie hears a mysterious sound coming from somewhere in the elevator and

Detective Patters helps her search for clues, but first she must discover her bravery.

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

YOUTH

The Infinite Art Hunt

The Art Wall (Ensemble)

The Art Wall (Ensemble): Grandma Tilly asks Freddie to hang a gallery wall in her studio, but she's at a loss on how to begin. She visits a museum to learn the 'right' way but discovers there is no one way - each person gets to bring their own unique perspective to art and ensembles can follow many themes and patterns. Back at the studio, Freddie does things her way and Grandma Tilly is thrilled with the result.

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

HEALTH/HEALTH CARE

School of Greatness with Lewis Howes

Dr. Mariel Buque

Psychologist and Intergenerational Trauma Expert Dr. Mariel Buque shares how to understand the different levels of trauma, how to deal with triggering moments and how to regulate our nervous system every day.

16:30:00:00 00:56:46:00

WOMEN

Common Ground with Jane Whitney

Power Remix: Women On Top

A century after the ratification of the Nineteenth Amendment giving women the right to vote, the uncertainty that foreshadowed the suffrage victory presages the precariousness of women's rights. "Finish The Fight!", a rallying cry from the battle to win the final battle of the women's voting rights movement, once again characterizes the ongoing struggle for full gender equality and will be the focus of Common Ground's sixth episode. The guests will discuss the history of the women's movement and the hurdles that remain. Guests: Gretchen Carlson, Megyn Kelly, Huma Abedin, Reshma Saujani, Barbara Kellerman.

19:00:00:00 00:57:28:29

WOMEN

Kitchenistas

What started as a 7-week nutrition program seven years ago in National City (CA) for women seeking healthier diets, has become a Latina-led movement to raise the health, wellbeing, and resilience of the community. National City has one of the highest rates of obesity and diabetes in San Diego County and in the state of California, and the program graduates, called "Kitchenistas", are out to change that, one healthy meal at a time. Now after 18 graduating classes, more than 275 Kitchenistas stay the course to overcome systemic barriers in bringing high-quality food solutions into their homes, schools, and city. Their stories show how women are community builders through healthy food traditions. Not to be underestimated, these women show how a range of small advocacy actions over time lead to big changes.

20:00:00:00 00:57:41:20

ARTS

Singing Our Way to Freedom

SINGING OUR WAY TO FREEDOM chronicles the life and music of Ramon "Chunky" Sanchez, from his humble beginnings as a farmworker in Blythe, California to the dramatic moment when he received one of our nation's highest musical honors at the Library of Congress in Washington, D.C. Chunky's arc of transformation from marginalized farm kid to charismatic social activist shows how one person can mobilize people to change the world.

21:00:00:00 00:44:39:01

ARTS

Shakespeare & Hathaway-Private Investigators

Die We Must

Frank and Luella are employed by eccentric SciFi author Greg Alban to find the last chapter of his final book stolen in an apparent burglary. Brought to his home by Alban's security guard, their phones confiscated and virtual prisoners. Frank quickly concludes the robbery was an inside job

and the 12 stolen pages are in the house with suspects;
book editor, accountant, housekeeper, and
security guard. Sebastian unable to contact Frank and
Luella is concerned for their safety and,
being rebuffed by Sergeant Keeler, seeks help from
Constable Viola Deacon. Sebastian and Viola
find the house where Frank and Luella are just as the
housekeeper finds Alban dead with a sword
through his body and the missing last chapter. The
security guard is missing and Keeler arrests
the housekeeper. Luella reading the last chapter
realises the book characters are based on Alban's
staff and a possible motive for murder.

Mon, Oct 16, 2023

03:30:00:00 00:24:54:24

CULTURE

P'urhepecha Uekani from Los Cenzontles

P'urhepecha Uekani (Beloved P'urhepecha) is a short film
depicting two young singers visiting
their P'urhepecha music elder maestro (teacher) in his
Indigenous Mexican pueblo

04:00:00:00 00:44:59:09

ARTS

Kaha:Wi - The Cycle of Life

An immersive traditional story woven into a stunning
visual feast. Indigenous Dancer
/Choreographer Santee Smith tells the story of her
intimate and powerful new work against a
dazzling cinematic performance featuring her and her
dance company. The piece is Kaha:wi and it
illustrates a traditional, but incredibly universal
story, one that shows the power of dance,
music, language and culture to heal, renew and re-emerge
with greater vitality.

05:00:00:00 00:56:44:00

ARTS

We're Still Here

Through their music and work in communities and in
schools, First Nation indigenous hip-hop
artists in Canada lead an effort to right long standing
social injustices, heal personal traumas,

and preserve their cultures.

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

EDUCATION
Curious Crew

Solar Energy Science

Gigantic balloons and goofy grasshoppers! It's an episode full of hot air - literally - as the Curious Crew investigates the power of the sun and solar energy. STEM Challenge: Building a Solar Car. Curious About Careers: Sustainable Finance Expert Marilyn Waite.

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

YOUTH
Wimee's Words

Baseball

Wimee sings a fun sports song; Moby gets a neck workout from a baseball game; Wimee and friends write a story about a picnic and a peanut trade; Lucy translates our key story words into Spanish; Wimee dreams about playing baseball with a dog; and Jim and Wimee talk baseball - Chicago-style!

08:00:00:00 00:21:53:25

YOUTH
Tiga Talk

Babies

The kids learn all about different ways to take care of babies and make crafts to decorate the baby's room.

08:30:00:00 00:26:45:29

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Restorative Flow

Slow down, heal and connect the breath with the body in gentle yoga postures and movements to help quiet the mind. YNDI Restorative Flow includes floor postures and a few standing postures that are not weight bearing for the upper body, so there's no downward facing dog and chaturanga. This yoga

class will stretch areas of the body that hold tension as well as build strength from foundational postures. The minimal aesthetics and mood of this class with an amazing ambient soundscape by Dj.Inc. will transport you. Strip away distraction to connect to something bigger.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Flexibility

Working your spine through flexion, extension, lateral and rotational movements will help you gain greater flexibility in your spine and also your neck and hips! With this energizing standing and floor workout, you'll stretch tight glutes and hamstrings, which will liberate you spine too. Plus, there are exercises for ankle mobility to help increase your walking and running speed.

15:00:00:00 00:45:01:27

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

Canada

From his home in the Squamish Nation, host Simon Baker traces the path of the proposed Northern Gateway pipeline, from the Oil Sands in Alberta to the tanker terminal planned for Kitimat, BC., to understand why First Nations are opposed.

21:00:00:00 00:51:48:12

ARTS

Silent Witness

Bad Love Part One

When a swimming instructor is found murdered in her flat, trace evidence from the scene identifies two suspects, including the victim's ex-boyfriend, a former police officer. It's the first case for new recruit Adam, and his eagerness to impress causes friction in the team. As the investigation uncovers a tragic story about the need for love and family, Jack is confronted with secrets from his own hidden past.

Tue, Oct 17, 2023

05:00:00:00 00:26:17:24

ARTS
Main Street Wyoming

Photography of Sara Wiles

Sara Wiles began taking pictures of Northern Arapaho people as a social worker on the Wind River Reservation. The photos were a chronicle and a gift to Indian families; now they tour art galleries and museums across the country. Wiles retains her close ties to reservation friends and families, even as she breaks new ground in her effort to use photographs to tell the stories of people and cultures

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

EDUCATION
Curious Crew

Fluid Power

Sinking marshmallows and squooshy balloons! The curiosity flows as the Crew learns all about fluid power. STEM Challenge: Making a Hydraulic Machine. Curious About Careers: Chemical Oceanographer Ashanti Johnson.

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

YOUTH
Wimee's Words

Word Games

Wimee and Moby play with rhyming words; Wimee and friends write a story about a singing fairy, a penguin, and a pencil; Ms. Grace translates our key story words into Spanish; Jim sings a song featuring Sparky on the bell; Ms. Trisha rhymes with Wimee; and we have fun with our daily scavenger hunt!

08:00:00:00 00:21:54:05

YOUTH
Tiga Talk

Treasures

The kids learn all about treasures and the memories that they hold.

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

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Autumn Leaves

Bask in the golden leaves of autumn as you connect to your core with a dynamic intermediate flow practice. Including postures that will help to strengthen your abdominals, legs and thighs, creating greater ease of movement and better posture in your daily life.

09:00:00:00 00:25:59:23

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Glute Toning

Powerful glutes play a key role in how efficiently your body moves. Keeping them toned and strong can relieve back pain and prevent injury. You'll also work on feet and hip alignment, and move in ways to increase your range of motion in this Classical Stretch episode. Perfect for beginners, the easy-to-follow full body movements will keep you energized throughout your day.

20:00:00:00 00:59:00:00

ARTS

Girl Unscripted

Foster Girl

Pearl longs to escape the seemingly endless cycle of temporary homes so she can return to her abusive father. And Larissa causes trouble for her sister Anoela, because whenever she acts out for attention, they're both sent to a new home.

21:00:00:00 00:43:36:24

ARTS

Hope Street

Finn is adamant that his marriage to Siobhan is over. When her former lover is arrested for assault, however, Finn can't hide his jealousy - which leads Leila to wonder if she's made a terrible mistake.

Wed, Oct 18, 2023

03:30:00:00 00:21:00:00

CULTURE

Saging The World

Sage smudging has become a viral trend. What's the truth behind the smoke? "Saging" has become common in movies, TV shows, social media, and cleansing rituals - people burning sage bundles in the hope of purifying space and clearing bad energy. Instead of healing, the appropriated use of saging in popular culture is having a harmful effect. Indigenous communities have tended a relationship with white sage for thousands of generations. White sage (*Salvia apiana*) only occurs in southern California and northern Baja California, Mexico. Today, poachers are stealing metric tons of this plant from the wild to supply international demand. Saging the World spotlights the ecological and cultural issues intertwined with white sage, centering the voices of Native advocates who have long protected and cherished this plant.

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

EDUCATION

Curious Crew

Gears

Curious contraptions full of gears! From water wheels to wind turbines, the Curious Crew is all geared up to investigate how these machines move. STEM Challenge: Design a Gear Box for a Wind Turbine. Curious About Careers: Rust Eradicator Candee Williams.

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

YOUTH

Wimee's Words

Paper Airplanes

Wimee sings about flying all over the world; Moby wonders about how paper airplanes fly; Brody shows the tiny paper airplane he made for Wimito; Mr. Brad translates the key story words into Swahili; and Ms. Bridget shows us how to make a few different types of paper airplanes!

08:00:00:00 00:21:53:25

YOUTH
Tiga Talk

Giving Gifts

The kids have to be creative to give dad a gift without spending any money.

09:00:00:00 00:27:31:25

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hip Strengthening

Learn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing workout, Miranda shows you how to work through the muscle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to improve posture and relieve neck pain. This episode is great for those who want to improve their strength and overall health.

13:30:00:00 00:28:44:29

ARTS
Paint This with Jerry Yarnell

Old Faithful, Part 3

In episode 3, Jerry continues highlighting the foreground rock area with multiple colors and various brighter highlights and details. Now he explains how to mix a specific color of gray for the underpainting of the mist and gasses from the geyser. Now he shows how to use the # 6 bristle brush to underpaint the formations of the geyser. He ends by explaining how to layer the light values to create the cloud-like formations.

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

ARTS

Best of the Joy of Painting

Storm's Arrival

Nicholas Hankins paints an evening thunderstorm that calls back to Bob Ross's final episode of The Joy of Painting for inspiration; a dazzling sunset framed by dark clouds and trees.

14:30:00:00 00:27:01:00

ARTS

Pocket Sketching with Kath Macaulay

Flowers and the Timer

Always start with a daisy: it's the easiest flower. If you get it right, the viewer will think everything's good. Everything else is out of focus and simply color, even the vase. It's decorative, fun and the opposite of scientific illustration. Relax, enjoy. These look great when matted decoratively. Complete in 25 minutes or less, using a timer. Use everything you have learned: color, contrast, focal point, wax and scraping.

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

YOUTH

Come One, Come All: A Circus with a Purpose

COME ONE COME ALL tells the story of a small mountain town circus in Colorado where kids and adults learn the circus arts, then take their skills out into the wider world to perform in places like Europe and the Middle East. Circus becomes a magical key that opens doors wherever they go. However, this is also a circus with a purpose and the skills kids learn in the circus help them find community, inclusion, a voice, and confidence in themselves.

21:00:00:00 00:43:48:03

ARTS

Traces

While Emma and Daniel prepare for the murder trial of his father, a church hall is bombed.

Thu, Oct 19, 2023

02:00:00:00 00:22:00:29
ENVIRONMENT/NATURE/NATURAL DISASTERS
Power to the People

Sechelt, Bc

The shishalh (Sechelt) Nation is located on the south coast of British Columbia in a territory gifted with steep mountains, fast flowing rivers and streams. Harnessing the natural power of gravity and water is now empowering their community through run of the river hydroelectric energy.

03:30:00:00 00:28:00:00
CULTURE
Tribal Elder Stories

James Blackbear

James grew up with traditional ways which had a tremendous influence on him. Listen in as James recalls the language of his people and his involvement with traditional dance.

05:30:00:00 00:25:18:01
CULTURE
Finding Refuge

The efforts of one dying woman to preserve her Native culture don't end when she passes, but prompts a renewal in finding pride in that culture. She confronts the violent event over two centuries ago that began the destruction of her people and the shame that colonialism created.

07:00:00:00 00:29:00:00
EDUCATION
Curious Crew

Static Electricity

"Staticized" balloons and Van de Graff fun! A "shocking" lesson on static electricity with the

Curious Crew. STEM Challenge: Electroscope. Curious
About Careers: NASA Astronaut Jessica Meir.

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

YOUTH
Wimee's Words

Shapes

Wimee sings a silly, shapely song; Wimee and friends
write a story about a dragon; Brody and Wimee
have fun with shapes together; Ms. Grace translates the
key story words into Spanish; Jim sings a
guessing game shape song; and our friend McKenna shows
us how to draw shapes and find shapes in
nature!

08:00:00:00 00:24:01:09

YOUTH
Tiga Talk

Sh Is for Sharing

It's a really hot day. Tiga is jealous that Kimmie and
Jason get to play in a cool shower of
water. He decides that Shhh is a cool sound. Kokum
takes him on a walk through the cool forests
to Saulteau Nation Reserve where Tiga and the children
explore the Shhhh sound and learn to make
bannock. Kimmie and Jason have had a hard time learning
to share their toys but with the help of
Gertie and Gavin, Tiga teaches them the Sharing Song so
they can work out how to share the lovely
birch bark basket Tiga has brought them from Saulteau

08:30:00:00 00:22:00:21

HEALTH/HEALTH CARE
Yoga In Practice

Nature and the Cycle of Creation

When we become aware of nature, we begin to align to its
rhythm, its cycles, its pulsations. As a
part of nature, we can observe how our energy patterns
change with the weather or the seasons.
This class will culminate with an energetic pose, Wild
Thing.

09:00:00:00 00:26:52:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Zero Impact Cardio

In just 23 minutes, experience the exhilaration that comes from freedom of movement, better posture, increased stamina, and a renewed sense of vitality! Zero impact means you always have one foot firmly rooted to the ground, allowing you to enjoy the benefits of a heart-pumping workout without pressure on your joints. Join Miranda as she guides you through a series of dynamic sequential exercises designed to refine your alignment and build your core, giving you the power to move through your day with ease. A final cool down will leave you feeling like you are floating on air.

15:00:00:00 00:26:45:20

ENVIRONMENT/NATURE/NATURAL DISASTERS

My World Too

Passive Solar, Tree Waste Into Mulch,

Glass Bottle Recycling

Learn how it is all in the planning to create a home that is efficient as it is beautiful nestled on the front range of the Rockies. Visit a company that turns yard waste and tree debris into garden mulch for the retail market. Learn how a company keeps literally millions of glass bottles out of the landfill and makes new glass with less energy to make more bottles.

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

CULTURE

Conscious Living

Living Zen

Living Zen is about more than just putting a Buddha fountain on your bookshelf. The reality of walking the path of mindfulness on a daily basis is far from easy. On this episode, we're bringing you the best of Zen both at home and out in the world. We visit a Zen Buddhist retreat center in Marin County, California with a robust organic farm, and learn how the simple practice of reaping

and sowing can help harvest the fruits of peace and detachment. Then, just East of Big Sur, we take a dip in the healing high mountain hot springs of the nation's oldest Zen Buddhist monastery, Tassajara. Back at home, we practice the 5,000-year-old art of feng shui. To keep the good vibes flowing, we visit with an expert who clears old energy, enhances chi and transforms living spaces through the simple art of placement.

21:00:00:00 00:45:37:18

ARTS
Coroner

The Salcombe Selkie

On a misty morning at the beach, a teenage girl emerges from the sea. Peter and Molly return home from visiting the grave of their daughter Leah and are stunned to find her standing alive and well in their driveway. At the cemetery, Jane and Clint discuss Leah's remarkable return; though they now have unanswered questions about the identity of the person buried in her grave. Jane talks to pathologist George, who blames the mistaken identification on the stress of his wife's IVF treatment at the time. Later Jane learns from Davey that Leah is suffering from a form of amnesia and from the marks on her wrists he thinks someone held her against her will. At her welcome home party Leah has a heated row with her godfather Tim, and then tells Jane and Davey that she recognises a painting on the wall - similar to one she saw when she was held captive. Suddenly, they have a lead...

Fri, Oct 20, 2023

01:00:00:00 00:23:39:29

ARTS
Rabbit Falls

The Great Rabbit

When Harley's girlfriend Gabriel is sexually assaulted and found dead in a bear trap, suspicion immediately falls on Johnny Redden, the reclusive trapper who found her. Redden insists he was led to the body by a dream interpreted by the town medicine man. But his story doesn't add up and the

evidence shows Redden was the last person to see Gabriel
alive. Deep down, Tara is not convinced
this quiet man could commit the heinous act of murder.
Little does she know her partner Bob has
tampered with the truth. Reason gives way to passion as
Tara begins a dangerous affair with
Harley.

02:30:00:00 00:17:12:24

ARTS
Studio 49

Artson

Native Hip-Hop performer Iam Artson! A descendent of the
Tarahumara people, Artson (Tarahumara)
recognized the connection between hip-hop and indigenous
culture. His unique style takes hip-hop
to a new level with the indigenous flute to beatbox and
fuse the two worlds together.

04:00:00:00 00:56:46:00

CULTURE
Growing Native

Growing Native Great Lakes: Turtle

Island

Over the Centuries, the Great Lakes have been home to
hundreds tribes and a source of fresh water,
food, and health. Indigenous creation stories describe
the world came into being on a back of a
turtle shell, and today they know the earth as Turtle
Island. Growing Native host Stacey Thunder
(Red Lake and Lac Courte Oreilles Ojibwe) guides this
journey by engaging tribal voices while
touring Indian country with those who still devote their
lives to care for the land.

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

EDUCATION
Curious Crew

Magical Science

Levitating, colorful, and floating phenomena! The
Curious Crew is spellbound as Dr. Rob conjures
up an episode all about the science of magic. Watch
before it disappears! STEM Challenge: Make a
Magic Paper Tube. Curious About Careers: Marine
Archaeologist Melanie Damour.

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

YOUTH
Wimee's Words

Farms

Wimee sings a goofy song about farm animals; Wimee and friends write a story about a lunch-stealing chicken; Brock joins us in the Wimage Lab; Miss Holly translates our key words into Chinese; Ms. Kelaine teaches us about computer farms; and Gabriel joins us to show us his marshmallow farm!

08:00:00:00 00:24:01:05

YOUTH
Tiga Talk

L Is for Listening

Tiga is not very good at listening - he continually gets distracted while Kimmie tries to read him a story. She gets fed up and decides not to bother. Tiga and Kokum take the bus to visit Jason's pre-school at Lauwel-new, the Tsartlip Band School where they learn about listening and LLL words. After school, Tiga goes to Auntie May's house to see about spinning with sheep's wool and makes pompoms for touques. Back at home Jason drums and sings the butterfly song in Sencoten, and later we see firsthand that Gavin is not good at landing. Tiga is now a much better listener and begs Kimmie to finish the butterfly story, which she does, proving that Tiga has indeed LLL Learned.

08:30:00:00 00:26:45:28

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Spectacular Sunflower

Allow the spectacular sunflower display to inspire your practice as we enjoy a modified seated yoga practice using a chair for support. Including seated sun salutations and a gentle series of stretches to increase range of motion in the shoulders and upper back while releasing tension in the neck and spine.

09:00:00:00 00:27:08:16

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Hip & Glute Strengthening

Join Miranda for this targeted no-impact workout designed to stretch and strengthen the gluteus muscles by rebalancing the entire body. In just 23 minutes, you will learn to decompress the hip joints by releasing chronically tight hip flexors - allowing you to properly activate, strengthen and tone the largest muscle group in the body (which will help burn more calories!) Easy to follow and moderately paced, this standing and floor glute-centered workout will leave you feeling strengthened, freer in the joints, while improving posture and alleviating pain in the lower back, knees and hips.

15:00:00:00 00:26:46:06

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Bats & Blooms

Zoo Miami is known for international wildlife conservation, but they're also managing patches Pine Rocklands for rare Florida Bonneted Bats who just need safe homes and decent food. There are some blooms you want, (like native plants that nurture birds, bees, and butterflies) and some you don't (like Red Tide and HABs Harmful Algae Blooms). Find out the common cause of algae overgrowth in fresh and salt water, from Florida to the Great Lakes.

15:30:00:00 00:26:46:00

AGING

Getting Dot Older

Still Dancing

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Yulan, the language teacher; Dianne, the archer prt2; Orin & Bernardo, from Hollywood; Inderpreet, the IT Director; Guest Expert: Dr. Walter Willet, Harvard Nutritionist.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE
Native Report

On this edition of Native Report... We learn about the response by the Fond du Lac Band of Lake Superior Chippewa's Health and Human Services to the Covid-19 pandemic. We look at the impact of the pandemic on the economy of the Mille Lacs Band of Ojibwe. And then we learn of how the Mille Lacs Band of Ojibwe's educational administrators and teachers are dealing with online distance learning. We also learn what we can do to lead healthier lives and hear from our Elders on this edition of Native Report.

23:30:00:00 00:26:43:00

HEALTH/HEALTH CARE
Your Fantastic Mind

Love

In this episode, we explore the human brain in love and grief and how research is being used to help people with social and emotional disorders. Renowned anthropologist and best-selling author Dr. Helen Fisher shares her decades of research on what happens to the human brain in love. Dr. Larry Young at Yerkes Primate Research Center has studied prairie voles for 25 years and his discoveries have helped us better understand what happens to the brain in love, separation and grief. Prairie voles are one of the few mammals that are monogamous for life. Young's research is being used to conduct clinical studies to see if we can treat people with autism spectrum disorder and mental health disorders, using intra-nasal sprays containing the molecules associated with connection and love.

Sat, Oct 21, 2023

00:00:00:00 00:48:07:12

ARTS
Whitechapel

DI Joseph Chandler and DS Ray Miles investigate the deaths of four people who were murdered at a tailor's workshop, a gruesome and apparently senseless crime that has left the East End of London gripped with fear. Edward Buchan joins the detectives once again, hoping his historical expertise

will help them solve the grisly case.

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

ARTS
Mixed Blessings

Pilot

The two families make the move to one house - Josie's - but Vicky isn't cooperating. As Hank and Josie look to buy a new house, Vicky finally shows up on the back of a motorcycle, and Hank loses it, bringing out his shotgun "for cleaning."

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

EDUCATION
Curious Crew

Fruit Science

Grapefruit candles and sinking citrus phenomena! It's a "rind" blowing episode as Dr. Rob and the Crew get a taste of Fruit Science! STEM Challenge: Orange Concentrate Cleaner. Curious About Careers: Flavor Historia, Nadia Berenstein.

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

EDUCATION
DIY Science Time

Sweet Science

Prepare your tastebuds for the sweet, sweet joy of learning about sugary science! Mister C and the Science Crew explore diffusion, soda geysers, and stained sugar glass in this super sweet episode! There's nothing sweeter than learning science with your Science Crew!

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

YOUTH
Albie's Elevator

Afraid of the Dark/Silly Springee

Afraid of the Dark/Lily Pad Crown: When Jay powers down the elevator lights to make a repair, Albie is afraid of the dark until she visits a visual artist who uses light and dark to tell

stories and is inspired to create her own light show;
Albie has a cool new friend with a cool new
toy she doesn't want to take turns with, so a visit with
best friends who have mastered sharing
teach them why it's more fun that way.

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

YOUTH
The Infinite Art Hunt

The Lot (Printmaking)

The Lot (Printmaking): After stepping in gunk in an
abandoned lot, Freddie and Ty want to turn it
into something clean and cool for the neighborhood. They
meet Grandma Tilly's printmaker friend
who is helping the community restore a space by screen-
printing posters to raise awareness. Ty and
Freddie are inspired and decide to take on the lot
themselves by organizing and promoting a
clean-up day.

Sun, Oct 22, 2023

03:00:00:00 00:56:45:22

CULTURE
Keep Talking

Follow four Alaska Native women fighting to save Kodiak
Alutiiq, an endangered language spoken by
fewer than 40 remaining fluent Native elders. On remote
Afognak Island, they inspire young people
to learn the language and dances of their ancestors.

04:00:00:00 00:56:46:00

CULTURE
Urban Rez

URBAN REZ explores the controversial legacy and modern-
day repercussions of the Urban Relocation
Program (1952-1973), the greatest voluntary upheaval of
Native Americans during the 20th century.
During the documentary, dozens of American Indians
representing tribal groups from across the West
recall their first-hand experiences with relocation,
including the early hardships, struggles with
isolation, and racism. Interviewees also speak about the
challenges of maintaining one's own
tribal traditions - from language to hunting - while
assimilating into the larger society. Actor,

musician, and Oglala Lakota member Moses brings plenty
of narrates of this insightful film about
this seldom-told chapter in American history.

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

"Golden Eagles: Witnesses to a Changing West" takes you
in the field with eagle researchers in
Wyoming as they strive to discover how the birds are
adapting to the many challenges facing them,
from climate change to sprawl, lead poisoning to energy
development. Rappel into eagle nests; go
behind the scenes at wildlife rehabilitation centers;
and hear stories of Indigenous peoples'
connections to the magnificent golden eagle.

07:00:00:00 00:29:00:00
EDUCATION
Curious Crew

Centripetal Force

Anti-gravity balls and poised pennies! Join the Crew and
Dr. Rob as they take a spin investigating
science of Centripetal Force! STEM Challenge:
Centripetal Spinner. Curious About Careers: Ceramic
Artist, Jae Won Lee.

07:30:00:00 00:29:00:00
EDUCATION
DIY Science Time

Light

Shine a light on amazing DIY activities with Mister C as
the Science Crew explores making
spectroscopes, magnifying glasses, kaleidoscopes, and so
much more! Seeing is believing!

08:00:00:00 00:26:46:00
YOUTH
Albie's Elevator

The 4 Beeps/Lilypad Crown

The 4 Beeps/Lilypad Crown: Albie starts a barbershop quartet with her friends but she's so excited she decides to sing everyone's parts and must learn from a professional choir that it's better when everyone has a chance to shine; Albie is disappointed when Huggy Pepper is awarded the top prize in the dance contest, but learns from dancing siblings how to celebrate even when you don't win and support her friend.

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

YOUTH
The Infinite Art Hunt

A Piece of Home (Clay)

A Piece of Home (Clay): Freddie is in a tangle of emotions - her best friend is moving, and while she's excited for Sable to have new adventures, she's sad to see her go. On an art mission to a clay studio, Freddie decides to make Sable a going away gift but finds that throwing clay on a wheel is another thing she can't control - but with guidance from a pottery instructor she learns to get through both messy situations.

19:00:00:00 00:28:05:22

COMMUNITY POLITICS/GOVERNMENT
3 Seconds In October: The Shooting of Andy Lopez

"3 Seconds in October" is the ground-breaking story of the controversial Andy Lopez shooting by then-deputy sheriff Erick Gelhaus, the historic community reaction, and the community's efforts for reform of the Sonoma County, CA Sheriff's Office.

19:30:00:00 00:29:00:00

ARTS
Appalachia Heart

APPALACHIA HEART travels with visual artist Charmaine Wheatley on a year-long project to paint portraits of people affected by the opioid crisis in two rural Eastern Kentucky communities, connecting us by our common humanity.

Mon, Oct 23, 2023

00:00:00:00 00:44:39:01

ARTS

Shakespeare & Hathaway-Private Investigators

Some Cupid Kills

Frank and Luella are employed by Pollie Grisham to find who murdered her boyfriend, actor Dalton Morley, by poisoning at Edie Brosnan's home. They both worked for As You Like It, actors who offer Shakespeare for hire for any occasion. Pollie was the PA to Ava Duffy who was selling the company. Sebastian goes undercover and discovers fellow actor Bernard Wiseau was jealous of Morley while Frank and Luella discover Morley had been given money by Brosnan whose previous husbands had died in strange circumstances and he had been having an affair with Ava Duffy unbeknown to Pollie and stealing money from the company. Keeler arrests Wiseau as Frank and Luella investigate the tangled web.

05:00:00:00 00:56:46:07

CULTURE

A Blackfeet Encounter

A BLACKFEET ENCOUNTER uncovers the rich history and culture of the Blackfeet people of Montana, traces the consequences of the expedition's arrival and investigates the struggles and triumphs of the Blackfeet today. In July 1806, Meriwether Lewis and another member of the Corps of Discovery killed two Blackfeet warriors and marked the only deadly clash between American Indians and the otherwise peaceful Lewis and Clark Expedition. A BLACKFEET ENCOUNTER skillfully pieces together this confrontation through accounts by tribal elders, Lewis' journal and interviews with historians reflecting both sides of the story. The documentary also depicts the tragedies and challenges endured by the Blackfeet people during the 19th and 20th centuries, including intertribal fighting, massacres, starvation, unemployment, poverty and racism.

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

EDUCATION

Curious Crew

Balance and Stability

Balancing bottles, quirky corks, and marshmallow mobiles! It's steady as she goes as Dr. Rob and the Crew investigate Balance and Stability! STEM Challenge: Squooshy Ball Structure. Curious About Careers: Yoga Instructor, Rebecca Gulbransen.

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

YOUTH
Wimee's Words

Friends

Wimee and Moby sing and share about their friends; Ms. Holly talks to Wimee about what it's like to have autism; Ms. Sara teaches us our key story words in Spanish; Siblee shows us a music video of Boo Lou and her friend playing games; and Miss Maddie has a dance party!

08:00:00:00 00:24:00:13

YOUTH
Tiga Talk

S Is for Smiling

In this episode Tiga is sad but his friend Gertie finds a way to shoo away the blues with her SSSSilly Song. Tiga and Kokum's adventures include a visit to the NENAS Headstart program in Fort St John where SSS sounding words are explored and an Elder teaches words in Cree that begin with SSSS. The highlight of the adventure is to watch the Spirit of Peace Dancers on the banks of the River Peace. Back home Kimmie and Jason all learn the SSSS Silly Song!

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Awaken & Strengthen

This rhythmic and strength building vinyasa yoga class will connect you with stability, resilience and make you feel amazing. The upbeat soundscape by Dj.Inc. will fuel the flow that focuses on all

parts of the body with an emphasis on foundational alignment, upper body and core strength. The music takes you on a journey in this class and really energizes the practice and creates an atmospheric oasis to rest in for the final savasana, final relaxation. In order to feel freedom and soar, we need to have a strong foundation first. This yoga class creates a profound connection to stability, resilience and freedom. Be ready to face your world with more strength and empowerment. \

09:00:00:00 00:26:34:02

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Improve Your Balance

The importance of aligning and strengthening your hips and feet to improve your balance is emphasized in this full-body, Classical Stretch episode. Balance can deteriorate as we age but just like muscles, balance can be stimulated, enhanced and improved through engagement. In this workout you'll strengthen your core and hips to improve your balance and posture, which help you move securely and stay injury-free.

15:00:00:00 00:45:01:08

COMMUNITY POLITICS/GOVERNMENT

Native Planet

Hawaii

Host Simon Baker travels to Hawaii to examine the growing native sovereignty movement and how it helped halt construction of the largest public infrastructure project in Hawaii's history.

21:00:00:00 00:50:58:02

ARTS

Silent Witness

Bad Love Part Two

Having traced Laura's last movements to a suburban house, the team struggle to identify the bodies buried in the garden. With a prowler seemingly on the loose, DI Meredith continues to suspect her former colleague. Meanwhile, Cara is furious when she finds out why Ryan is in prison, forcing

Jack to pick up the pieces and weigh up his loyalties to his brother and the truth.

23:30:00:00 00:26:41:03

EDUCATION
Civil Discourse

Jeffrey Selingo

Jeffrey Selingo is a higher education expert, former top editor for The Chronicle of Higher Education, and the author of several books including Who Gets In and Why: A Year Inside College Admissions. In this episode of The Civil Discourse, Selingo and Host Paula Marantz Cohen test the climate of academic trends such as preferential admissions practices and the push for online learning alternatives.

Tue, Oct 24, 2023

03:30:00:00 00:26:50:21

COMMUNITY POLITICS/GOVERNMENT
Justice Delayed Is Justice Denied

Justice Delayed is Justice Denied tells of the ongoing struggle to ensure that the State of Hawai'i fulfills its commitments to the Native Hawaiian people stemming from the loss of their ancestral lands. The film describes the deep connection between Native Hawaiians and their ancestral lands, and how a portion of these lands were seized from the Hawaiian Kingdom after the overthrow in 1893 and placed in what today is called the Public Land Trust. The state administers this trust and is legally required to provide a portion of revenues from the trust to Native Hawaiians.

04:00:00:00 00:33:28:26

COMMUNITY POLITICS/GOVERNMENT
Ola I Ka Wai

Water Is Life

The Hawai'i State constitution, Article XI Section 7 says the state has an obligation to protect, control, and regulate the use of Hawai'i water resources for the benefit of its people for now and future generations. But why are the laws not being enforced?

05:30:00:00 00:26:42:29

CULTURE
Merging Destinies

An Understanding of Culture

Visitors from around the world visit a settlement called Old Minto to learn the traditional ways of Native Alaskans as part of cultural heritage program.

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

EDUCATION
Curious Crew

Electric Motors

Suspended spinners and battery trains! Rev up your engines as the crew and Dr. Rob explore the power behind Electric Motors! STEM Challenge: Simple DC electric motor. Curious About Careers: Engine Builder, Hannah Maloof.

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

YOUTH
Wimee's Words

Weather

Wimee and friends talk to ABC News Chief Meteorologist Ginger Zee about weather and being a scientist; Wimee and friends write a story about a boat-driving cat; Ms. Grace translates our key story words into Spanish; Jim sings about raining food; and Brock and Brody show us how to touch a cloud!

08:00:00:00 00:24:00:10

YOUTH
Tiga Talk

C Is for Calling

Gertie has a CCCough and needs to take great care not to give it to the others. Tiga and Kokum go to the Nitinat to visit the Dididaht Nation where Tiga rides in a canoe and is welcomed by the traditional chief and dancers in full regalia. Elder Jimmy Chester sings songs and carves a canoe

paddle. At school, Tiga plays a game of pretend with children where he has to guess what CCC sound word the children are pretending to be. Back at Kokum's, Kimmie is taking care of the school hamster - pretty scary stuff for Tiga - while Gavin is worried he may be put in a soup pot!

08:30:00:00 00:26:46:01

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Ocean Sundown

Allow the peaceful ocean sunset to inspire you as we enjoy a modified seated yoga practice using a chair for support. Including seated lower body poses to create strength in the legs and glutes, along with upper body stretches designed to increase mobility in the shoulders and upper back.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Waist Toning

Enhance your sense of body awareness and work at your own pace as you dynamically stretch to strengthen your abs, tone your waist and increase flexibility in your legs, hips and spine. This full-body workout loosens and lubricates your muscles and connective tissue, and is perfect for beginners and veteran Classical Stretch students- no matter what age.

20:00:00:00 00:59:00:00

ARTS

Girl Unscripted

Mad Girl

Hardship breeds insecurity that takes two very different paths, leading Rebel Without a Cause Jenny to act out against others, as the self-appointed outcast Clarissa acts out against herself.

21:00:00:00 00:44:03:27

ARTS
Hope Street

Finn's daughter Niamh goes missing. When CCTV footage indicates that the girl has been abducted, Finn turns to Leila to get him through the worst day of his life.

Wed, Oct 25, 2023

03:30:00:00 00:26:46:02

CULTURE
Across The Creek

This program is a conversation among members of the Lakota Tribe, who are seeking ways to restore their culture after a legacy of colonialism. Offering a fresh perspective into the lives of the Sioux on the Rosebud and Pine Ridge reservations, the film looks at how these Sioux communities struggle to maintain tradition while confronting the challenges of broken families, abuse, and poverty. By sharing their stories across generations, they hope to build a vision for the future.

05:00:00:00 00:55:37:00

CULTURE
Grab

An official selection at the 2011 Sundance Film Festival, GRAB is an intimate portrait of the little-documented Grab Day in the villages of New Mexico's Laguna Pueblo tribe. This community-wide prayer of abundance, thanks and renewal exists at the intersection of traditional native and contemporary Western cultures. Each year, Laguna Pueblo villagers honor Catholic saints and family members by showering food and gifts from the rooftops of their homes upon the community gathered below. GRAB explores the origins and evolution of this 300-year-old custom, from its introduction by Spanish settlers to its modern-day twists. The film, narrated by actress Parker Posey, follows three families as they prepare for the annual event, chronicling their lives for the year leading up to Grab Day.

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

EDUCATION
Curious Crew

Speed of Sound

Speedy sounds with air drums, funnel fun, and blaring bottles! The Crew is all ears as they "pump up the volume" and explore the speed of sound with Dr. Rob! STEM Challenge: Auditory loop. Curious About Careers: Sonic Strategist, Kristen Lueck.

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

YOUTH
Wimee's Words

Rocks

Wimee and friends write a story about a quest to find a magical rock; Brody shows us some of the rocks he found; Ms. Grace teaches us our key story words in Spanish; Jim orchestrates a large rock, paper, scissors game and then shows us his Rock Boy songs about Michigan's state rock and stone!

08:00:00:00 00:24:00:07

YOUTH
Tiga Talk

G Is for Growing

Kimmie is growing fast. Tiga and Gertie wonder if they are growing too. Tiga tries to grow a bean seed and is frustrated that it does not seem to be growing. Gertie suggests that all living things need love and care as well as water and sunlight to grow and teaches Tiga how to sing to the plant. Kokum takes Tiga on a ride on a quad, and en route sees a moose and a bear. When they arrive at Blueberry First Nations Reserve, Tiga learns how to make moccasins down by the Blueberry River. Back at home Tiga sees proof that it' all growing things need love and attention.

09:00:00:00 00:26:47:01

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Body Workout

In this episode, join Miranda at the Saasil Kantenah Wedding Resort in Riviera Maya, Mexico for a full-body, all-standing workout to strengthen and stretch your 650 muscles.

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

CULTURE

In The Americas with David Yetman

Favelas & Samba: Brazil

The shanty towns for which Rio Janeiro is famous (or notorious) play a pivotal role in the city's cultural history. Favelas, as they are known, rise precipitously from near the ocean far up the hillsides. Often bereft of minimal municipal services, they are home to a rich cultural life, their own social organization, and along the way in their history, have provided the artistic and dramatic talent for Brazil's most important international artistic contribution, Carnaval in Rio. David visits favelas and speaks with residents there.

13:30:00:00 00:28:46:01

ARTS

Paint This with Jerry Yarnell

Old Faithful, Part 4

In this final episode, Jerry continues layering the highlights on the explosion of mist and gases from the geyser. He explains how to carefully layer the highlights to create the progression of lighter values. Then shows how to create a very bright white to cap the multi-layered formations. Then he finishes by using the toothbrush to splatter the rock formation with various colors.

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

ARTS

Best of the Joy of Painting

Quiet Inlet

An inlet is the perfect place to escape with your thoughts and enjoy the day. Join Bob Ross as he takes you there!

14:30:00:00 00:27:01:00

ARTS

Pocket Sketching with Kath Macaulay

Cobbled Still Life

Apples in a bowl are boring. In a room pick 3 or 4 items which are not together. Go to them and block them in on your paper, one in front of the other. You are building a composition of things from different places. Go back to each to finish the sketch. Use 5 extra minutes to find your items. Now you can take things out of context in a landscape.

20:00:00:00 00:56:09:13

ARTS

Artists In NYC

"Artists in NYC" is a documentary film that looks at the importance of art and culture through the lives of visual artists living and working in New York City. The artists have traveled from across the country and around the world to make New York City their home. They have exhibited in more than 30 countries, are in museum collections, and have been in prestigious art fairs and biennials.

21:00:00:00 00:45:03:03

ARTS

Traces

A second bomb attack puts pressure on McKinven and Sarah to find and stop the bomber.

Thu, Oct 26, 2023

02:00:00:00 00:22:00:29

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Haida Gwaii, Bc

Surrounded by the Pacific Ocean and off the BC hydro grid, the Haida Nation relies on diesel generators to power their communities. Now, a home-grown group is looking to the wind, sun and sea to offset their reliance on fossil fuels.

03:30:00:00 00:28:00:00

WOMEN

Tribal Elder Stories

Marie Whiteman

Marie has a passion for preserving her Cheyenne language. Throughout her life, she has encouraged the next generation to hold their native language in a higher regard. Watch as Marie recounts her childhood growing up on a farm as well as her career in medicine and her devotion to others.

05:30:00:00 00:26:45:12

CULTURE

Spirit In Glass: Plateau Native Beadwork

This documentary celebrates the spectacular beadwork of the Northwest Plateau People. The film provides a rare opportunity to experience Plateau culture through the eyes and hearts of artists, who share their history, motivation, and the beadwork that plays an important role in binding their culture together. Native Plateau beadwork is part of the rich tapestry of American culture. Plateau culture is unique and its story of survival a quintessentially American story.

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

EDUCATION

Curious Crew

Wind Power

Winding Windmills, turbines, and wind cars! Dr. Rob and the Crew set sail on an investigation of Wind Power! STEM Challenge: Wind Car. Curious About Careers: Skydiving Instructor, Erendira Sanchez Gonzalez.

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

YOUTH

Wimee's Words

Maps

Wimee sings about traveling; Moby tells us about cartographers; Wimee and friends write a story

about a far-traveling duck; Wimee and Mr. Brad talk about oceans; Mr. Brad translates the key story words into Swahili; Miss Andrea teaches us how to map our house; and Michael shares about his travels!

08:00:00:00 00:24:00:07

YOUTH
Tiga Talk

F Is for Friends

Tiga is bored until he discovers the Fuh sound. Fuh is for fun and Fuh is for friends. Kokum takes Tiga on a ferry boat to Kuper Island Reserve. He and the children have fun making the Fuh sound and listening to a story about Freddy Fox. Tiga also gets to go to a traditional salmon bar-b-q on the beach with the school children. Back home, Gavin has a stiff neck, and Tiga, Gertie and Gavin teach Kimmie and Jason the Friendship Song.

08:30:00:00 00:26:46:04

HEALTH/HEALTH CARE
Yoga In Practice

Find Balance to Find Peace

Balance is a juggling act in our bodies and in our daily lives. To find balance in either requires us to embrace a true steadiness at our core. Yoga postures such as Revolved Warrior II help us find balance within the asymmetries of the body.

09:00:00:00 00:26:05:07

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Posture Workout

This standing and barre posture workout, filmed in Riviera Maya, Mexico will improve your posture and give you tons of energy.

15:00:00:00 00:26:45:22

ENVIRONMENT/NATURE/NATURAL DISASTERS
My World Too

Sustainable Architecture for Our
Future, A Tiny Homes Community

Visit an architecture firm with an emphasis on
sustainable design, building for a better future in
a time of climate change and limited carbon resources.
Next we visit an entire neighborhood of
tiny homes dedicated to helping homeless US veterans.

21:00:00:00 00:44:06:29

ARTS
Coroner

Napoleon's Violin

Donald Sidwell, an aristocratic, elderly gentleman,
races home in his vintage car to Sidwell Hall
and attempts to drag his agoraphobic daughter Olivia
outside as shock treatment. Meek employee,
Terence Brooks, summons the courage to tell him to stop.
Later the family, including Olivia's
brother Edward and niece Lily, find Donald repeatedly
stabbed to death behind a locked door. When
Davey and Jane arrive to interview the family, they all
claim to have been together when Donald
was killed. Local gossip from Jane's Mum, Judith,
together with Jane's careful questioning, begin
to show the cracks in this family's story. And where is
their priceless family heirloom,
Napoleon's Violin?

23:30:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

China's Energy and Climate Policies,

Part 2

While China continues to build coal plants, they intend
to reduce their use, to manage local air
pollution and meet peak CO2 and net zero goals, while
prioritizing their energy security. Can it
be done? Dr. Wei Peng, Assistant Professor, School of
Public and International Affairs & Andlinger
Center for Energy and the Environment, Princeton
University, and Dr. David Sandalow, Founder &
Director of Columbia's US-China program, conclude their
thoughts.

Fri, Oct 27, 2023

01:00:00:00 00:23:39:29

ARTS
Rabbit Falls

A Messenger, A Message

A burglar is terrorizing Rabbit Fall and the crime turns personal when Tara wakes in the middle of the night to discover a dark figure in her room. Why would the burglar invade her home and walk off with nothing but her beloved shawl? Tara fears she's losing her grip on what is real and imagined when the dark figure keeps appearing throughout the investigation. She finds comfort in Harley, who offers her the gift of a home security system. But even this can't allay her fears when she discovers the town burglar is simply a teenage girl, not the stranger in her bedroom.

02:30:00:00 00:21:42:16

RTS
Studio 49

The Blue Agave

The Blue Agave is a reflection of personal musical whimsy. Combining elements of dark surf, boleros, rancheros, flamenco, and rock.

04:00:00:00 00:56:46:00

CULTURE
Growing Native

Growing Native Oklahoma: Red People

Oklahoma is home to thirty-nine federally recognized tribes. Nowhere in North America will you find such diversity among Native Peoples, and nowhere will you find a more tragic history. Host Moses Brings Plenty (Oglala Lakota) guides this episode of Growing Native, on a journey to Oklahoma's past and present. What he discovers among the many faces of Oklahoma culture is the determination, values and respect that tribes have brought to this land, once called Indian Territory.

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

EDUCATION
Curious Crew

Structural Forces

Pasta platforms, egg-citing supports, and curious cups!
Dr. Rob and the Crew "build" an understanding of the science of Structural Forces, including compression, shear, tension, and torsion! STEM Challenge: Pasta Platform. Curious About Careers: Construction Industry Consultant, Rita Brown.

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

YOUTH
Wimee's Words

Bikes

Wimee sings about biking all over the world; Moby tells us about bike buses; Wimee and friends write a story about biking West; the key story words are translated into Swahili by Mr. Brad; Ms. Lisa shares a cool book with us; and Wimee and team play a fun scavenger hunt!

08:00:00:00 00:24:00:06

YOUTH
Tiga Talk

Dreams

This is an episode of day dreams, night dreams, drumming songs and dragons. Through stories, songs, and creative play, Tiga and the children explore the wonders of dreaming. Kokum solicits the help of an elder and her dream-catcher to banish Jodie's nightmares away.

08:30:00:00 00:26:46:27

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Red Rock Panoramic

Bask in the red rock beauty as you enjoy a well balanced intermediate flow practice with an emphasis on core strengthening moves and standing poses to open the hips, shoulders and spine.

09:00:00:00 00:26:46:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Weight Loss

In this episode of Classical Stretch, join Miranda Esmonde-White at the Zentropia Spa for a standing and floor workout to tone your full body and promote weight loss.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Planet of Pollinators

All eyes on the pollinators, as we explore three of the most charismatic creatures to ever work their magic on our flowering plants and crops: Bees, Monarch Butterflies, and Hummingbirds. In Asheville, host Jennie Garlington explores the North Carolina Arboretum, to find all three in a wonderland of habitats designed to attract them. In Atlanta, Ashley and Lloyd Hardrick are Black beekeepers who share their love and knowledge of bees and bee products inside the city, in schools, and now all the way up to Maine. Monarch expert, Jeanne Megal, shows us the hidden world of "America's Butterfly," (including the story of her successful wing transplant!). In the Research Triangle area of NC, Susan Campbell bands hummingbirds to better understand their lives and survival skills.

15:30:00:00 00:26:46:00

AGING

Getting Dot Older

Forgiving My Parents

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Walter, the retired mailman; Ken, the rower prt 2; Jesseca, the artist; Rebecca, the store owner prt2; Guest Expert: Gerontologist Sandra Crewe, Howard University.

16:00:00:00 00:26:47:00

HEALTH/HEALTH CARE

Native Report

Native Ways: Health and Medicine

Native Report's Dr. Arne Vainio will host a special segment on suicide; Matthew Teutimez, the tribal biologist of the Gabrieleno-Kizh tribe, battles a blood disorder and champions herbal medicine to treat himself and elders.

20:00:00:00 00:59:00:00

ARTS

Byron Janis Story

THE BYRON JANIS STORY is an illuminating documentary that unveils the life of Pittsburgh native and celebrated pianist, Byron Janis. Despite a challenging journey riddled with a debilitating childhood injury and crippling arthritis, Janis's unyielding spirit and extraordinary talent have shone through, cementing him as a living legend in the world of classical music.

21:00:00:00 00:48:07:12

ARTS

Whitechapel

DI Joseph Chandler and DS Ray Miles investigate the deaths of four people who were murdered at a tailor's workshop, a gruesome and apparently senseless crime that has left the East End of London gripped with fear. Edward Buchan joins the detectives once again, hoping his historical expertise will help them solve the grisly case.

23:30:00:00 00:23:53:15

WOMEN

Your Fantastic Mind

Motherhood

In this episode, we examine trauma and PTSD among African American mothers. The Grady Trauma Project based out of Grady Hospital, Atlanta's safety net hospital, is home to a team of female researchers who have studied 12,000 African American women over 15 years. The researchers found that PTSD impacted almost half of the African American women they studied, at 46%, far higher than the national rate of 6%. This PTSD is from various traumas including those related to childhood

trauma, domestic violence and violent crime. Researchers at GTP are conducting new studies to investigate the possibility if they treat mothers for PTSD, it improves the overall health and wellness of their children. African American women also have far less access to mental health assistance and are more likely to suffer intimate partner violence and abuse. We highlight the NIA project which works exclusively with suicidal African American women. The program aims to improve their mental health and help them lead more meaningful and purpose-filled lives free of violence. Over the past 20 years, the NIA project has worked with more than 2,000 suicidal African American women, providing individual and group therapy.

Sat, Oct 28, 2023

04:30:00:00 00:24:02:06

ARTS

Mixed Blessings

Pow Wow

Mick will be drumming at the local pow wow, and issues an invitation to the family which does not include Hank. Hank and Mick clash again over the matter, Grandma intercedes, and the entire family attends the pow wow, where Hank tries a little Native culture, with mixed results.

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

EDUCATION

Curious Crew

Marshmallow Chemistry

Marshmallow mammals and super s'more fun! Get your hands sticky with the crew as they explore the tasty science of Marshmallow Chemistry! STEM Challenge: Marshmallow Mammals. Curious About Careers: Baker and Business Owner, Nikki Frazier Thompson.

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

EDUCATION

DIY Science Time

Patterns

Dah dit dah dit dah... Let's decode some of the profound patterns of science with Mister C and the Science Crew. We explore Morse code, Caesar ciphers, fractals, and many more amazing patterns!

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

YOUTH
Albie's Elevator

Posie Patience/Gabe

Posie Patience/Gabe: Albie plants seeds expecting her flowers to immediately grow, but with the help of gardening friends she learns things she can do while she waits and how to focus on things we can control; Albie is excited to play charades with her friend Gabe, but when she doesn't seem interested, a visit with some actor friends explains how your body and face can give clues about what you're feeling.

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

YOUTH
The Infinite Art Hunt

A Goodbye for Ty (Bomba)

A Goodbye for Ty (Bomba): Ty is heading to an art immersion program in New York and even though it's months away, Freddie is determined to convince him to stay with her. Freddie's art mission takes them to learn to play bomba drums and dance, two traditions that connect their guest to his Puerto Rican roots. Freddie finds a way to keep the cousins close even when Ty goes away for a while.

10:30:00:00 00:28:16:19

ENVIRONMENT/NATURE/NATURAL DISASTERS
Wild Hope

Canine Conservationists

Dogs are often thought of as humans' best friends. But in Australia, they're also allies of other species. Canine conservationists and their sensitive noses are sniffing out dwindling populations

of koalas as the iconic marsupial's habitat is fragmented by urbanization and wildfires. Dogs are also helping scientists eliminate invasive foxes that devastate native sea turtle populations.

15:00:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Pollinators

Pollinators are a vital part of our world and are essential for creating and maintaining habitats that many animals - including us! - rely on for food and shelter. The diversity of pollinators in a particular area is a key indicator to the health of an overall ecosystem.

16:30:00:00 00:25:46:02
CULTURE
Skindigenous

Iqaluit

Written and directed by Jason Brennan. Northern Canada is home to the oldest tattooing traditions on the planet. Ippiksaut Friesen, a well-known young Inuk artist, was inspired to follow the many Inuit women before her and develop tattooing skills for her sisters. Notwithstanding the challenges in maintaining and reclaiming Inuit traditions in a world strongly affected by contemporary society and climate change, the importance of female tattooing among Inuit women continues to grow. Ippiksaut hopes to play a vital role in the resurgence of traditional tattooing.

22:00:00:00 01:59:00:00
ARTS
Nightmare Theatre

Snowbeast

Mittens is stalked by an "investigative journalist" who threatens to expose him to his local access cable audience, as the NMT crew slogs through this 1977 made-for-TV stinker about a mysterious creature wreaking havoc on a ski resort.

Sun, Oct 29, 2023

00:00:00:00 00:59:00:00 #0H

ARTS

Byron Janis Story

THE BYRON JANIS STORY is an illuminating documentary that unveils the life of Pittsburgh native and celebrated pianist, Byron Janis. Despite a challenging journey riddled with a debilitating childhood injury and crippling arthritis, Janis's unyielding spirit and extraordinary talent have shone through, cementing him as a living legend in the world of classical music.

03:30:00:00 00:24:57:15

ARTS

The Untold Tales of Tuteremoana

Tuatahi-First People Circa 850 Ad

FIRST PEOPLE is the story of Ka'o (11), a mountain patupaiarehe (fairy) who dwells in the Tararua ranges with Moe (45), her Toiroa nomadic father. Moe is dealing with the loss of his wife, Tira, and as father and daughter struggle to find healing in their daily karakia and ceremony, their relationship further deteriorates

04:00:00:00 00:25:59:29

ARTS

The Untold Tales of Tuteremoana

Tuarua-Oriori Circa 1500 Ad

Tiaki's (14) older brother Tamatea (18) has the honour of being selected to retrieve the revered tohunga safely for the birthing of the chief's heir. Tiaki scrambles to finish his pake just in time for Tamatea's departure. With his pake in hand Tiaki is sure the path will be clear for Tamatea to reunite the tohunga with their chief, allowing him to open the spiritual portal to deliver the heir and true purpose.

04:30:00:00 00:25:59:29

ARTS

The Untold Tales of Tuteremoana

Tuatoru-Whiro Circa 1769 Ad

Whiro (17) has just lost her beloved kuia but the villagers have not gathered at the sand dunes for her burial. All of Whiro's whanau mourns except Whiro, she is unable to wail and watches from the dunes above. Embarrassed by her behaviour, Whiro's aunties accuse Tita (35), her frail mother, of not raising Whiro to respect tradition and are wondering why the villagers haven't attend their well respected mothers tangi.

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

EDUCATION
Curious Crew

Wheels and Axles

Difficult doorknobs, funnel races, water wheels and pinwheel power! Explore how a round wheel works together with an axle so that they rotate together. STEM Challenge: Making a rubber band powered wheel and axle. Curious About Careers: Scientist Tonya Matthews gives an interactive tour at Michigan Science Center in Detroit.

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

EDUCATION
DIY Science Time

USSRC

3, 2, 1 blast off! Mister C suits up and rockets to the US Space & Rocket Center in Huntsville, Alabama, to learn about all things Space Camp and rockets. Plus, we build balloon rockets, DIY storage containers, and get to see Adam Splitter launch liquid nitrogen rockets!

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

YOUTH
Albie's Elevator

Elevator Voice/Blue Rectangle

Elevator Voice/Blue Rectangle: Albie's experiment using a cool new loud voice gets mixed reactions so she visits an opera singer who explains how volume can affect the meaning of what we say and inspires Albie to create her own opera to demonstrate; After Albie and Tibitz disagree about a new

piece of art, a visit to the art museum helps them understand that it's okay for friends to have different favorites.

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

YOUTH
The Infinite Art Hunt

The Flamingo Fiasco (Public Art)

The Flamingo Fiasco (Public Art): When Cousin Cal's flamingo sculpture isn't accepted for the school art show, Freddie is determined to help him stay positive about his talent. Grandma Tilly introduces the kids to the concept of public art, and they learn how to make their own public art project.

16:30:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Common Ground with Jane Whitney

Can This Planet (Still) Be Saved?

"We're the first generation to feel the sting of climate change and we're the last that can do something about it," has become something of a cliché, a summary of the existential threat posed by global warming. As climate change moves from an imminent peril to a deadly reality for vast swaths of the country, a panel of nationally recognized groundbreakers will discuss the gaping dichotomy between what scientists say needs to be done to moderate an impending disaster and the political reality of what is possible. It will be a broad ranging discussion of the science, economics and politics swirling around the alarming climate change headlines. The panel will examine what state and local communities are doing to mitigate the congressional stasis, what might break the logjam, how the issues play in national, state and local elections and the role of private citizens and companies. Guests: Jane Fonda, Varshini Prakash, Al Roker, Bill Nye, David Wallace-Wells.

21:00:00:00 00:44:39:01

ARTS
Shakespeare & Hathaway-Private Investigators

Some Cupid Kills

Frank and Luella are employed by Pollie Grisham to find who murdered her boyfriend, actor Dalton Morley, by poisoning at Edie Brosnan's home. They both worked for As You Like It, actors who offer Shakespeare for hire for any occasion. Pollie was the PA to Ava Duffy who was selling the company. Sebastian goes undercover and discovers fellow actor Bernard Wiseau was jealous of Morley while Frank and Luella discover Morley had been given money by Brosnan whose previous husbands had died in strange circumstances and he had been having an affair with Ava Duffy unbeknown to Pollie and stealing money from the company. Keeler arrests Wiseau as Frank and Luella investigate the tangled web.

22:30:00:00 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, art and culture dating back to the 1970's.

Mon, Oct 30, 2023

05:00:00:00 00:56:45:04

CULTURE

Holders of Wisdom

Holders of Wisdom shares elder wise women, the animals and Earth Mother, sharing their wisdom with the world.

07:00:00:00 00:29:00:02

EDUCATION

Curious Crew

Resonance

Resonant rods, rings and pipes and powerful pendulums! Explore how every object has the potential to vibrate, and those vibrations occur in different wave patterns. Resonance is adding an additional force with a matching frequency the wave. STEM Challenge: Making a membranophone.

Curious About Careers: Nuclear physicist Artemis Spyrou explains how an atom-smashing cyclotron works.

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

YOUTH
Wimee's Words

Astronauts

Moby tells us what astronauts do in space; Wimee and friends write a story about an astronaut who forgot to pack his fruit; Ms. Grace translates the key story words into Spanish; we go on an imaginary rocket ship trip with Jim and Sparky; and Wimee dreams about blasting off into space on a boat!

08:00:00:00 00:24:00:11

YOUTH
Tiga Talk

Birthdays

It's Jason's birthday and Kokum and Tiga have arranged for a surprise picnic celebration in the park, complete with Metis fiddlers, jig lessons, traditional M?tis artifacts, songs, popcorn, balloons and of course, lots of cake!

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Backbend Flow

A transformative back bending practice that is thoughtfully structured to safely ease your way into healing backbends. The class begins with a flow to open the hips and warm up the psoas muscle, to seamlessly guide you into a powerful back bending sequence. Modifications are clearly explained to emphasize the importance of listening to your body. This practice will strengthen your spine and back, improve flexibility, as well as open your heart and connect you with your purpose. Feel the strong connection within and to everything around you with the YNDI Backbend Flow.

09:00:00:00 00:25:51:00
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Body Flexibility

Join Miranda Esmonde-White for this full-body flexibility workout in a peaceful garden to stretch all of your muscles and help you move comfortably in every direction.

20:00:00:00 00:57:08:00
ARTS
Evening with Della Reese

An Evening With Della Reese is a must see one-on-one interview that gives a closer look at the life of the celebrated actress, singer, and minister.

21:00:00:00 00:52:00:04
ARTS
Silent Witness

Reputations Part One

Nikki, Jack and Adam are brought in to investigate the murder of a surgeon in a hospital. DNA evidence suggests the impossible when it implicates a patient who was under anaesthetic at the time of the killing. Meanwhile, Adam's friendship with the hospital director brings his impartiality into question.

Tue, Oct 31, 2023

07:00:00:00 00:26:47:28
EDUCATION
Curious Crew

Momentum

Racing cans, pencil spinners, bowling ball bangers! Explore how whenever something is moving, it has momentum, and the faster it's moving, the more momentum it has. STEM Challenge: Designing a

better bobsled. Curious About Careers: Pediatrician Mona Hanna-Attisha describes what it takes to care for children's health.

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

YOUTH
Wimee's Words

Stars

Moby shares about shooting stars; Wimee and friends write about a falling moon; Mr. Brad translates the key story words in Swahili and talks about dark sky parks; Ms. Lisa shares a book about a young aspiring astronaut; and Wimee interviews neighboring plants about what they like about stars!

08:00:00:00 00:24:00:11

YOUTH
Tiga Talk

Dance

Tiga shares a musical day with the children - instruments like glass jars filled with colored water, bells and triangles and of course, Jason's favourite, the drums! Costume-clad Gertie and Gavin have fun dancing, Kokum and Tiga travel on a horse and Jason gets a teaching from Sammy the Sandhill Crane - he learns that it doesn't matter what other people think, it's wonderful to dance.

08:30:00:00 00:26:46:01

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Glowing Sunflower Sunset

Revel in Mother Nature's beauty of a magnificent sunflower sunset as we enjoy a modified yoga practice using a chair for support. Practice seated and standing postures designed to create more balance and strength in the lower body, combined with core work, creating greater ease of movement and better posture in your daily life.

09:00:00:00 00:26:46:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Waist Toning

In this episode of Classical Stretch, join Miranda Esmonde-White at the chapel terrace for an all-barre, waist toning workout aimed at strengthening your abs and slenderizing your core.

20:00:00:00 00:59:00:00

ARTS

Girl Unscripted

The Boys

Parents prove oblivious as the 14-year-old Erica dates a 17-year-old boy, while terrible secrets hide in the shadows of Rachel's home.

21:00:00:00 00:43:58:23

ARTS

Hope Street

As the officers investigate the suspicious death of a farm worker, Concepta discovers that her daughter-in-law Siobhan is hiding a terrible secret.