

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

August, 2023

Tue, Aug 01, 2023

05:00:00:00 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 desccrated 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 00:24:59:27

YOUTH

Teepee Time

Teepee goes to the petting zoo and takes a bath.

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

YOUTH

Waabiny Time

My Day

From the kedala, daytime right through to kedalak night-time, so many Moorditj things to day.

08:00:00:00 00:21:53:06

YOUTH  
Tiga Talk

Treasures

Everyone has treasures - things that are special to them that they keep. Some people and puppets even have special boxes to keep their treasures in. The kids learn all about treasures and the memories that they hold.

08:30:00:00 00:26:48:01

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Pastel Morning

Enjoy the pastel sunrise and calming waves as you experience a gentle seated yoga practice using a chair for support. Includes sun salutations along with easy to follow yoga moves to create more mobility and flexibility in your neck, shoulders, chest, back, hips and more.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Full Body Strengthening

Join Miranda Esmonde-White in beautiful Montego-Bay, Jamaica for a full-body workout that strengthens and stretches all 650-muscles, leaving you stronger, longer, and energized.

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

HEALTH/HEALTH CARE  
Sit and Be Fit

Practice Perfect Posture

This episode puts an emphasis on postural alignment and using proper form to get the most out of each exercise.

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

ARTS

By The River

Leslie Hooton

Holly Jackson is by the river with Leslie Hooton discussing her book, *After Everyone Else*. Leslie discusses her love for her main character and her main character's love of the South. She shares her writing process, her love of reading, and her intense love and respect for her mom's strength. The interview is peppered with humorous stories of Leslie's mom.

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

ARTS

Marina Del Rey Sketch Comedy Show (By Conservation Comedy)

Plenty of Trash

Tech bros introduce a new app for cleaner beaches; a conservationist questions her decision to adopt; a comedian gets the gig of a lifetime. Drama! Intrigue! Birdhouses! All in this first episode of *The MDR Sketch Comedy Show*.

Wed, Aug 02, 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?

04:35:00:00 01:08:49:25  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
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.

07:00:00:00 00:24:59:27  
YOUTH  
Teepee Time

Teepee Goes Canoeing; Teepee Counts to Five

07:30:00:00 00:26:00:06  
YOUTH  
Waabiny Time

Maambakoort - Ocean

Maambakoort, is the noongar word for ocean. Noongar people love the ocean. They catch biggest mob of djildjit and karil, fish and crabs. When it gets really hot, they love to djiba djoobal, to swim.

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'.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Posture

Today's episode is set in one of the most beautiful locations yet, Montego Bay, Jamaica. Join Miranda Esmonde-White today for a full-body posture workout. Good posture is the key to looking and feeling youthful and vibrant.

09:30:00:00 00:26:47:00

AGING

Sit and Be Fit

Variety: The Spice of Life

Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.

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

CULTURE

Les Stroud's Beyond Survival

The Q'ero - Descendants of the Incan High

Priests Part 1

Joining 80,000 indigenous Andeans making a pilgrimage to the holy site of Qollorit'i, 16,000 ft up Mt. Sinkara, Les has been granted a welcome by the Ukukus, the Spiritual Warriors of the Inca Tradition. Traveling to the summit at 17,000 ft, he'll be the first Westerner and only person in history to film the ancient Inca rituals performed by over 200 Ukuku on the edge of the glacial sheet.

13:30:00:00 00:28:45:01

ARTS

Paint This with Jerry Yarnell

Long-Legged Fisherman, Part 1

Acrylic Painting on 12x24 stretched canvas. In this opening segment, Jerry discusses the history of the milky stork and the color scheme. He then discusses the arrangement of the composition and placement of the birds. Then he shows how to use the hake brush to paint in the background using very long vertical strokes. He explains how to properly blend the tones to create a soft blended effect. He finishes by switching to the #10 bristle brush and shows how to mottle the foreground muddy area.

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

ARTS

Best of the Joy of Painting

Winter Paradise

Bob Ross creates a spectacular warm winter mountain in an oval, with crisp snowy bushes and trees spilling from it's borders.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

Dilute Paint As A Drawing Medium

Enjoy an extremely efficient way to draw with the 'mess' in the lid of your paint set, as John Singer Sargent used. You can change anything easily, all you need is a dirty box lid!

15:00:00:00 00:26:46:05

ARTS

Common Ground W/ Jayne Whitney

Water Color Artists, Car Collector Kermit

Our first episode includes two watercolor artists, Terry Honstead and Angela Shogren, a local car collector, Kermit Anderson and Cyrus Swann, a potter.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Wild Rivers with Tillie

Wild and Free! The Yampa River Through  
Dinosaur National Monument

Known as the Jewel of the West, the Yampa River is one of North America's last undammed river ecosystems. Rising in the Rocky Mountains and flowing through NW Colorado, It's a living showcase of the diversity of life a free-flowing river supports. Ride the rapids through Dinosaur National Monument while exploring rich ecological and cultural delights.

21:00:00:00 00:59:00:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Call of the Ancient Mariner

CALL OF THE ANCIENT MARINER taps into the power that sea turtles have had over man for tens of thousands years and how that power has been harnessed to protect this iconic creature before it goes extinct.

Thu, Aug 03, 2023

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

Teslin, Yk

With their lumber mill facing an uncertain future, members of the Teslin Tlingit Nation found a way to turn a negative into a positive. Milling their waste wood into biomass fuel, new high efficiency boilers are now cost effectively heating homes in their community.

03:30:00:00 00:26:46:06  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
The Price of the Prize

"The Price of the Prize" is a documentary by Canadian filmmaker Brandy Yanchyk about the First Nations fight to end grizzly bear trophy hunting in the Great Bear Rainforest in British Columbia. The film follows the Heiltsuk, Kitsoo Xai'xais and Gitga'at First Nations as they enforce their

ban on trophy hunting through the presence of Coastal Guardian Watchmen. The documentary also shows how the environmental group the Raincoast Conservation Foundation is purchasing grizzly bear trophy hunting licenses in the Great Bear Rainforest to try to stop the commercial trophy hunt. "The Price of the Prize" gives the viewer unique access to Canada's First Nations and provides the audience with a breath taking view of many majestic animals that live in the Great Bear Rainforest including grizzly and bear bears and the elusive Spirit Bear.

04:00:00:00 00:44:49:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Ambassadors of the Sky

Ambassadors of the Sky is a documentary about how Canada is leading the way when it comes to dark sky preservation and the fight against light pollution. The film takes us to dark sky preserves in Wood Buffalo, Jasper and Elk Island National Parks where the public is learning about the importance of protecting the night sky for the health of humans and wildlife.

07:00:00:00 00:24:59:27  
YOUTH  
Teepee Time

Teepee learns about the four seasons; Teepee plays in the park for the first time.

07:30:00:00 00:26:00:04  
YOUTH  
Waabiny Time

Koort Kwobikin - Celebrate

Lots of Noongar mob love to koort kwobakin, to celebrate. It's so deadly getting together with moort and koorda, family and friends.

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 00:26:45:12

HEALTH/HEALTH CARE  
Yoga In Practice

#### With Each Step I Arrive

Balancing poses help us to become fully present and focused. A mindful practice is done without the worries, fears, or anxiety that disconnect us from the present, keeping us more centered and better able to balance - to do the best we can.

09:00:00:00 00:26:45:27

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Long Adductor

Your long adductors are the muscles of your inner thighs. This Classical Stretch workout tones and liberates these muscles leaving your legs longer and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for a long adductor workout.

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

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Functional and Fun Exercises for the Feet

This workout begins with a fun segment dedicated to keeping your feet happy and healthy.

15:30:00:00 00:22:00:29

CULTURE  
Going Native

#### Going Beyond

Drew gazes up at the stars above, and explores the petroglyphs and secret ruins all around us, as he reveals how indigenous peoples from New Mexico to the Canadian wilderness have understood

astronomy for centuries.

21:00:00:00 00:57:56:01

CULTURE

Connected: A Search for Unity

Louisiana Life (Southern Louisiana)

From deep in the Bayou to the alleys of New Orleans,  
Monty explores the many traditions, foods,  
and music found at almost every home and street corner.  
And through the experiences of Voodoo  
priests and priestesses, the truth and beauty behind  
this often mis-understood religion is  
explored. The breathtaking images and sounds of Southern  
Louisiana yield haunting tales of love  
and togetherness.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

Batteries for Cars and Grids Part 1

Battery technology has already made incredible leaps,  
making electric vehicles commercially viable  
and attractive to consumers. Could it also revolutionize  
the electric grid itself? Shirley Meng,  
Chief Scientist at Argonne National Laboratory, and  
Lynden Archer, Dean of Engineering at Cornell  
University discuss.

Fri, Aug 04, 2023

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

ARTS

Rabbit Fall

Lost and Found

Tara works the case of a young woman whose cause of  
death defies logic - the autopsy reveals her  
heart has been shredded yet there's no visible trauma to  
her body. The case grows even more  
disturbing when Tara discovers photos that cast  
suspicion on her partner Bob. Forensics links the  
latest victim to the murder of Gabriel and Tara realizes  
she has an innocent man-Johnny  
Redden-locked up and a murderer running free. The case  
explodes in gunfire and tragedy. Tara  
traces her birth mother to the town of Rabbit Fall.

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

ARTS  
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.

04:30:00:00 00:16:01:09

CULTURE  
How People Got Fire

This introspective short animation takes place in the village of Carcross, in the Tagish First Nation. Neighborhood pillar Grandma Kay tell the local children the tale of how Crow brought fire to people. As the story unfolds, we also meet 12-year-old Tish, an introspective, talented girl who feels drawn to the elder. Here, past and present blend, myth and reality meet, and the metaphor of fire infuses all in a location that lies at the heart of this Native community's spiritual and cultural memory.

05:00:00:00 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.

05:30:00:00 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.

05:40:00:00 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.

07:00:00:00 00:24:59:27

YOUTH

Teepee Time

Teepee writes his name; Teepee eats lunch in the school cafeteria for the first time.

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

YOUTH

Waabiny Time

Noongar Boodja - Noongar Country

In Noongar Boodgar, Noongar Country there's so much to see, from the boorn, the trees, right down to the djet, the pretty little flowers.

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.

08:30:00:00 00:26:46:16

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Ocean Twilight

Gently stretch your body from head to toe as you relax with the ocean waves at sunset. Enjoy

seated sun salutations and gentle stretches designed to increase flexibility and mobility in your

shoulders, back, hips, legs and more.

09:00:00:00 00:26:45:23

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Back Pain Relief

Relieve your back pain instantly with this full-body Classical Stretch Workout. It only takes one episode a day to relieve and prevent back pain - join Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Jamaica.

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

AGING  
Sit and Be Fit

#### Yardsticks and Bands

Opening this program is a unique warm-up routine using a yardstick. Later in the show, Mary Ann focuses on upper and lower body strengthening using bands.

14:30:00:00 00:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Facing Waves

#### Paddling Juneau, Alaska

Ken Whiting paddles with whales, bears, glaciers and icebergs on a multi-day sea kayaking adventure.

15:00:00:00 00:27:41:10

CULTURE  
Make Prayers to the Raven

The Passage of Gifts is an intimate look at the inter-relationships between humans and animals, and of humans with each other as they exist in the spiritual and natural world.

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

ARTS  
Whitechapel

The hunt is on to find a possible gang of cannibalistic killers running wild in Whitechapel's underground tunnels, before a blameless young girl becomes the next victim. The station is under attack and the forces of evil are moving against the team on all sides. The case becomes dangerously personal for Chandler, and he is forced to take desperate measures. The hunt is on to

find possible gang of cannibalistic killers running wild  
in Whitechapel's underground tunnels,  
before a blameless young girl becomes the next victim.  
The station is under attack and the forces  
of evil are moving against the team on all sides. The  
case becomes dangerously personal for  
Chandler, and he is forced to take desperate measures.

23:30:00:00 00:26:46:00  
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.

Sat, Aug 05, 2023

04:30:00:00 00:22:01:08  
ARTS  
Mixed Blessings

#### Dead Goose

Josie feels underappreciated as a waitress, and walks  
off her shift to help Hank with a plumbing  
task Tazz has screwed up. When her boss calls to ask her  
whereabouts, an argument ensues.

07:00:00:00 00:24:59:27  
YOUTH  
Teepee Time

Teepee puts away the groceries; Teepee helps make  
supper.

08:00:00:00 00:27:52:11  
YOUTH  
Lakota Berenstain Bears

#### The Birthday Boy / The Green Eyed Monster

10a- With Mama and Papa too busy setting up Brother's birthday party, Sister reluctantly decides to do her 'Tell Us About A Family Member' school assignment on Brother. However videotaping him for her project not only allows her to see a side of him she never saw before, it helps her realize just how much her big brother really means to her. Ultimately not only is Sister's Birthday Boy video an A+ project, it also doubles as Brother's best birthday gift ever. 10b-When Brother gets a brand new three speed racer, Sister's envious feelings are personified in her dreams by a little green version of herself. This Green Eyed Monster convinces Sister to sneak brother's new bike out for a ride but when she does, Sister realizes too late that it's too big for her and she can't control it. Fortunately Brother and Papa rescue Sister before Brother's bike can crash, then together they help chase the Green Eyed Monster away by jazzing up Brother's old bike and giving it to Sister.

08:30:00:00 00:23:39:04

YOUTH

The Magic Canoe

The Secrets

It's unseasonal Christmas at Dr. Pok's! The travelers go to the Great North where Pam meets Amak, a husky puppy. Pam is caught in a dilemma when the puppy makes her promise not to tell anyone about the tunnel under the snow that he wants to dig. Pam considers the tunnel dangerous, but is afraid of losing the dog's friendship if she reveals her secret. In the end, driven by her sense of worry, she decides to tell the dog's older sister and break the secret. We will then see that Pam did the right thing: she felt worried and spoke up.

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

AGRICULTURE

Growing A Greener World

Locavores and Yard-Sharing

Eating local and seasonal is more than just a foodie trend. While some people have the time or the land to grow their own food, and some have the expertise, few people have it all. That's given birth to a cottage industry that creates win-win partnerships and reaches far beyond in-town



garden plots. Meet the young urbanites who are changing the way we grow and eat.

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

16:30:00:00 00:25:45:26  
CULTURE  
Skindigenous

#### Kahnawake

Written and directed by Roxann Whitebean. The Haudenosaunee Confederacy is a matrilineal society consisting of five founding Nations who later adopted a sixth nation to join their family. Kanentokon Hemlock is a traditional Bear clan representative from the Mohawk Nation at Kahnawake, a small community located outside Montreal. Their traditional territory is divided between present-day Quebec, Ontario and New York State. From a young age, Kanentokon was fascinated by his culture. He began the art of tattooing to revitalize the lost tradition and ancient protocols. In this episode, he invites us to witness the first tattooing in a longhouse in roughly 300 years.

17:00:00:00 00:28:13:13  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

#### Sustainable Landscapes

See how a sustainable landscaping organization installs various gray water projects over the summer, and specializes in native plants and all things green. We explore how the cycle of heavy

winter rains and long summers of drought is impacting the landscapes of our homes, offices, and public spaces.

17:30:00:00 00:27:30:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

#### Student Environmental Film Festival

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

18:00:00:00 00:26:01:06  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Saving Species Together

SAVING SPECIES TOGETHER is a video and educational campaign highlighting positive stories of collaboration to protect threatened and endangered species. Watch species conservation in action when resource agencies, private landowners, non-profit organizations, and local citizens come together to help the Western snowy plover, the San Joaquin kit fox, the California tiger salamander, and Coho salmon.

18:30:00:00 00:29:00:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Energy Switch

#### How Do We Power The Developing World

80% of the world lives in developing nations, but uses just 20% of global energy. To provide them access to modern technology and conveniences, we'd need to produce twice as much energy globally. Is this possible? Can we do it affordably, while reducing energy's environmental impact? Ashvin Dayal, SVP of Power & Climate at The Rockefeller Foundation, and Robert Stoner, Deputy Director for Science and Technology at the MIT Energy Initiative discuss.

20:00:00:00 00:56:45:28

ARTS

Backstage Pass

Willy Tea Taylor & The Harmed Brothers

Based out of Portland, Oregon, the Harmed Brothers perform indiegrass music with Northern California folk artist Willy Tea Taylor. Songs from the performance include "Adopt a Highway," "A Lovely Conversation," and "California."

21:00:00:00 00:57:49:27

CULTURE

Afropop: The Ultimate Cultural Exchange

Professional Black Girl

Covering everyday topics like hairstyles and hair care, personal fashion and style, Professional Black Girl (PBG) features a curated selection of episodes from the popular web series. Every story is like a conversation with a woman you know, whether it is your homegirl, your sister, your auntie, or your mama. Each PBG shares her Black girl cultural experience, sharing personal stories and reflection. Entertaining yet engaging, the series reminds us that 'Black Girl Magic' isn't just reserved for those with unprecedented achievement, but that it applies to all of us.

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

ARTS

Nightmare Theatre

Santa Claus Conquers The Martians

You better watch out - Kris Kringle gets embroiled in a Martian power struggle in this low-budget lump of coal from 1964. Meanwhile, the real Santa is traumatized by the film and unable to fulfill his duties, leaving the NMT crew holding the bag.

Sun, Aug 06, 2023

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 00:44:59:21

CULTURE

Potlatch Keepers

A journey of self discovery and cultural awakening documented by Aboriginal filmmaker Lindsey Mae Willie. When the elders in her ancestral community ask their youth to return home to learn and preserve their fading cultural keystone, the Potlatch, Lindsay and her two cousins heed the call. It is a transformational journey that will change their lives and help carry their culture forward.

07:00:00:00 00:24:59:27

YOUTH

Teepee Time

Teepee goes to the petting zoo and takes a bath.

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

YOUTH

Tiga Talk

Babies

Babies are cute, but whether they're bunnies, birds or people they need a lot of care to stay happy and healthy. 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 00:21:02:29

YOUTH

Wolf Joe

As The Crow Flies / Braver Together

When Nina decides to make a crow her pet, she and her friends build it a fancy bird house with wire over the windows but then must rescue it from a calamity created by trying to keep a wild

bird cooped up. When the friends gather for a sleep-over, Nina is anxious about being away from her mom until she reveals her fear to the others. Joe and Buddy are equally scared of a floating glowing object until they all muster their courage and carry out the rescue of a distressed creature.

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

HEALTH/HEALTH CARE

School of Greatness with Lewis Howes

Vinh Pham

Licensed Physical therapist and author Vinh Pham hares how to keep your spine healthy and your muscles young, exercises to increase your flexibility and how to future-proof your body for the long-term.

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

ARTS

The Good Road

Nashville, Tennessee - Growing Pains

When most people think of Nashville, they think Country Music and now, regrettably, bachelorette parties. But, locals know with a little effort you can find more than honkytonks and pedal taverns. We meet some of the people making space for "off brand" music and art. From Jack White's third man records to LoveNoise promotions, we dive into the other side of music city.

18:00:00:00 00:56:46:28

ARTS

The Legacy List with Matt Paxton

You Gotta Have Art / Coventry, Ct

A Connecticut man attempts to convert an old farmhouse and barn filled with his late father's artwork into a memorial that celebrates his dad's accomplishments as an artist.

19:00:00:00 00:59:00:00 #105H

ARTS

With

Angus Young and Brian Johnson of AC/DC with David Fricke

AC/DC's original member and its current singer discuss going back in the studio and on tour after near devastating hearing loss, the transformative power of a school-boy uniform, the value of a great guitar lick, and the future impact of the band Johnson calls "A miracle that didn't quite make the Bible."

21:00:00:00 00:52:03:29

ARTS

Death In Paradise

Dwayne ends up embroiled in a murder investigation when a piece of incriminating evidence is found at the scene of the crime. Can Richard solve the case and meet a deadline that means he'll finally get what he wants - a return home?

23:00:00:00 00:26:45:25

CULTURE

The Whole Truth with David Eisenhower

Ending Modern Slavery

Modern day sex trafficking and other forms of coerced labor not only persist in this country, and around the world, but are continuing to grow into one of the world's largest and most lucrative businesses. The best chroniclers of this phenomenon conclude that there are more slaves today than at time in human history. What can be done? Guests: Lisa Cohen, Senior Supervising Producer of CNN's Freedom Project; Bradley Myles, CEO of Polaris, a nonprofit, non-governmental organization that works to combat and prevent modern-day slavery and human trafficking; Julie Cordua, CEO of Thorn: Digital Defenders of Children, actor/producer Ashton Kutcher's international anti-human trafficking organization that works to address the sexual exploitation of children.

Mon, Aug 07, 2023

04:00:00:00 00:25:50:20

ARTS

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.

04:30:00:00 00:26:46:06

EDUCATION  
Ojibwemotaadidaa!

### Let's Speak Ojibwe

Ojibwemotaadidaa! is a children's show highlighting Ojibwemowin and Anishinaabe culture. Go on an adventure with the Waasabiik Ojibwemotaadiwin Immersion Program in Red Lake, meet artist Jonathan Thunder and visit kids from the Leech Lake Head Start, and Cass Lake Elementary.

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 00:24:59:27

YOUTH  
Teepee Time

Teepee reads a book; Teepee draws a picture of himself for the first time.

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

YOUTH  
Waabiny Time

Then and Now

Koora koora, long ago, and yeyi, now, are both important to our moort, our family. Long time ago noongar people grew up in the bush, living the traditional noongar ways. These days most people live in the cities and towns.

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 00:26:46:00

HEALTH/HEALTH CARE  
Yndi Yoga

Practice for Introspection (Fire)

With the warmth of candlelight, bring your focus inward as you have a transformative yoga practice to strengthen you from the inside out. "Practice for Introspection" fuses together different disciplines of yoga to work every part of the body, so you feel full of vitality and at the same time maintain a quiet mind. With clear alignment instruction, feel your breath soothe you and take you on a journey. In the right structure our body is safe, and as you bring your focus inward you gain more insight into your practice and life. Observe with no expectations and judgements to receive the most from your practice.

09:00:00:00 00:26:33:19

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Endurance and Power



Build endurance and power with this full-body strengthening Classical Stretch Workout. Join Miranda Esmonde-White in breathtaking Montego Bay, Jamaica for a workout that leaves every muscle feeling stronger and more powerful.

09:30:00:00 00:26:45:02

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Shoulder and Back Strength

Mary Ann guides viewers through a lively workout sharing exercises that help strengthen the shoulders and back.

15:00:00:00 00:45:03:20

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Native Planet

#### Louisiana

Simon Baker travels to the Bayous of southern Louisiana to see how three indigenous tribes are adapting to rising sea levels that are slowly sinking their communities.

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

ARTS  
Silent Witness

#### Close to Home Part Two

Investigating the murder of a teenage boy, Nikki and her team are forced to question police methods. Although Thomas discovers evidence that throws the time of death into doubt, DCI Claire Ashby seems more concerned with building the case against her main suspect. With pressure building on the police to secure a conviction, the Lyell team must fight to ensure that inconvenient truths aren't overlooked. Meanwhile, Clarissa notes a troubling parallel with a case from the start of her career. Is the real murderer still out there?

23:30:00:00 00:26:46:03

AGING  
Civil Discourse

Julia Twigg

Julia Twigg is a prestigious writer and scholar in the field of age studies with a focus on cultural gerontology. She is the author of *Fashion and Age: Dress, the Body and Later Life* and holds the title of Emeritus Professor of Social Policy and Sociology from the University of Kent in England. In this episode of *The Civil Discourse*, Twigg joins Host Paula Marantz Cohen to reveal stunning research and trends at the intersection of fashion, aging, and gender.

Tue, Aug 08, 2023

04:00:00:00 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.

07:00:00:00 00:24:59:27

YOUTH

Teepee Time

Teepee knits a sweater; Teepee goes skating for the first time.

07:30:00:00 00:26:00:04

YOUTH

Waabiny Time

Sport and Playtime

Waabiny time, playing time is *djooradiny*, it's fun. It's about keeping *walang*, keeping healthy.

Let's play *djenborl* football and learn to handball and take on the obstacle course. It's deadly

koolangk

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 00:26:46:11

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Golden Desert

Relax in the golden desert bloom as you enjoy easy to follow yoga moves for your whole body. Includes seated sun salutations along with gentle stretches to create more ease in your neck, shoulders, chest, back, hips and more while using a chair for support.

09:00:00:00 00:26:45:29

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Arthritis Workout

Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classical Stretch Workout lubricates all of your joints and strengthens every muscle to help relieve the pain associated with arthritis.

09:30:00:00 00:26:46:06

HEALTH/HEALTH CARE  
Sit and Be Fit

Postural Alignment and Shoulder

Stability

This program features exercises that help increase postural awareness and stabilize the shoulders.

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

ARTS

Marina Del Rey Sketch Comedy Show (By Conservation Comedy)

Plenty of Flags

Tech bros try their hand at dating apps; a group of friends come together for an intervention; a new reality show proposes a nearly impossible challenge. Scandal! Deceit! Storm drain nets! All this and more in episode number two of The MDR Sketch Comedy Show.

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

WOMEN

Forest Her: The Next Wave of Conservations

Join in on the journey of exploring the historical roles women have provided to their communities by using scientific forest management while sharing the Next Wave of Conservation from the perspectives of private forest landowners, professional foresters, citizen foresters, and a groundbreaking conservation trailblazer. Planting trees and inspiration for a healthier planet for today and tomorrow.

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

ARTS

Walter Anderson: The Extraordinary Life and Art of the Islander

WALTER ANDERSON: THE EXTRAORDINARY LIFE AND ART OF THE ISLANDER explores the fascinating life and unique art of Walter Anderson (1903-1965). He was a painter, potter, and sculptor whose genius was realized only after the posthumous discovery of hundreds of previously unknown works.

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

ARTS

Story in the Public Square

Haruka Sakaguchi

New York-based Japanese photographer Haruka Sakaguchi specializes in cultural identity and intergenerational trauma, using striking images, many in black-and-white, to tell stories of

survival and shared humanity.

Wed, Aug 09, 2023

00:00:00:00 00:22:27:00

ARTS  
Cashing In

Double Down

Liz juggles a wild date with John and pressure from Matthew to uncover whos stealing from the casino. Justin's true identity is revealed.

04:00:00:00 00:55:55:20

CULTURE  
Touching The Past

Joe Morris Sr. shares his experience working as a Navajo Code Talker during World War II. Lying about his age to obtain a draft registration card, he was inducted into the Marine Corps in 1944. He was assigned to Navajo Communication School that was created to devise an unbreakable code based on the Navajo language for the military to use during combat. This film was created in an effort to preserve and share the story of the Navajo Code Talkers.

07:00:00:00 00:24:59:27

YOUTH  
Teepee Time

Teepee makes bannock; Teepee washes the dishes by himself for the first time.

07:30:00:00 00:25:59:29

YOUTH  
Waabiny Time

Colours and Numbers

Keny, Koodjal, Dambart-One, Two Three. Counting is moorditj And do you know the kala, the colours of the rainbow?

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.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Hamstring Flexibility

Your hamstrings are one of your largest muscles and they connect your legs to your back, this is why hamstring pain can actually cause pain in your legs, bum, and back. Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.

09:30:00:00 00:26:22:29

AGING  
Sit and Be Fit

Circulation

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

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

CULTURE  
Les Stroud's Beyond Survival

The Q'ero - Descendants of the Incan High

Priests Part 2

Masked in costume, surviving the night on the glacial edge earns the Ukuku the right to break a piece of ice from the mountain's edge and return to base camp carrying this frozen holy water back to their communities. Thus they pay homage to the Spirit of the Mountain of Sinkara and ask for protection and prosperity through the year. Catholic influences are also interwoven into indigeous rites.

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

ARTS

Paint This with Jerry Yarnell

Long-Legged Fisherman, Part 2

In the session, Jerry shows his viewers how to continue painting in the foreground details of the muddy areas using a variety of brushes and a toothbrush. Then he shows how to underpaint the small stork in the background. Then he shows how to paint in the clumps of grass and taller weeds and twigs. He then finishes by painting in the small highlights along the muddy shoreline.

14:00:00:00 00:27:54:10

ARTS

Best of the Joy of Painting

Mountain Seclusion

A lonely secluded cabin in frozen mountain country -- Bob Ross paints another beautiful masterpiece on black canvas.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

Wet In Wet

If you love the sloshy looseness of some watercolor paintings, enjoy a lack of control, except where you want control. The colors that happen and the effects are delightful.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Wild Rivers with Tillie

Glen Canyon - Resurrection of a World Wonder

Before it was flooded in 1963 with the construction of the dam, Glen Canyon had one of the highest concentrations of archaeological sites and was said to be more beautiful than the Grand Canyon.

Now, prolonged drought and low water levels on Lake Powell are reviving this treasure from its watery

grave. Come see what happens as a canyon and river return after a half century underwater.

Thu, Aug 10, 2023

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

Kanaka Bar, Bc

Situated in the hottest place in Canada, the Kanaka Bar Indian Band know firsthand the rising threats of climate change. See how they're adapting through innovative approaches to water, food, energy and resource security that are now garnering national praise.

03:30:00:00 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.

04:00:00:00 00:28:17:21  
HEALTH/HEALTH CARE  
In Our Hands: Continuing The Fight Against Covid 19

The Pascua Yaqui Tribe located along the border of the U.S. and Mexico has experienced a loss of life, ceremony, and tradition. Tribal members and the tribal government offer an insight into some of those that were lost and how the tribe is coping as well as educating their tribal members in the fight against the pandemic.

05:30:00:00 00:26:47:02  
CULTURE  
Forging Bonds: Pow Wow Stories from California

Tribal members from the San Manuel, Soboba and Morongo reservations recount the start of the Southern California Pow Wow circuit.



07:00:00:00 00:24:59:11

YOUTH  
Teepee Time

Teepee builds a birdhouse; Teepee goes to the store by himself.

07:30:00:00 00:26:00:02

YOUTH  
Waabiny Time

Food and Drink

Mereny and kep, food and water keep us walang, healthy.  
How about a yongka stew, a kangaroo stew?  
Yum yum, sounds moorditj!

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 00:26:45:25

HEALTH/HEALTH CARE  
Yoga In Practice

Learning to Take A Leap

Life can present challenges that demand strength, clarity and wisdom. We can view these challenges as obstacles or as catalysts for growth. This episode incorporates a challenging pose, hanumanasana, that reminds us we need grace and grit in life to take a leap beyond obstacles.

09:00:00:00 00:26:06:26

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

## Toning The Waist

Today's episode is set in a villa that is rumored to have once been graced by the infamous director, Oscar Hammerstein. Join Miranda Esmonde-White for an episode of Classical Stretch that tones and strengthens every muscle in your waist.

09:30:00:00 00:26:45:28

AGING  
Sit and Be Fit

## Core Strengthening

Mary Ann shares exercises that help build core strength which plays an important role in balance and back strength.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Energy Switch

## Batteries for Cars and Grids Part 2

What are the potential new materials to make batteries more affordable, safer and less environmentally impactful? What could this mean for the future? Lynden Archer, Dean of Engineering at Cornell University, and Shirley Meng, Chief Scientist at Argonne National Laboratory and Professor of Molecular Engineering in the Pritzker School of Molecular Engineering at the University of Chicago, discuss.

Fri, Aug 11, 2023

02:00:00:00 00:25:01:15

CULTURE  
Native Shorts

## The Grandfather Drum

This unique animation follows the story of Naamowin's drum, a drum revered for it's healing powers by the Anishinabek of the upper Berens River. Upon the death of his grandson, Naamowin builds a healing drum given to him in a dream that can restore life. However, Christianity and government have other plans that disrupt the delicate balance between the sky-world and the underworld.

02:30:00:00 00:26:46:28

ARTS  
Studio 49

Lakota John, Featuring Sweet Papa John

Lakota John joins us in the studio to share his brand of Piedmont Blues music. Featuring his father Sweet Papa John on harmonica, the duo touch on the history of native influence on the blues genre and perform seven songs from a range of blues standards, modern covers, and Lakota John originals.

04:00:00:00 01:07:39:29

WOMEN  
Bring The Sun Home

Women coming from villages with no light. Leaving their villages in South America to go to India to become solar engineers. They will bring solar light back home.

05:15:00:00 00:44:49:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Ambassadors of the Sky

Ambassadors of the Sky is a documentary about how Canada is leading the way when it comes to dark sky preservation and the fight against light pollution. The film takes us to dark sky preserves in Wood Buffalo, Jasper and Elk Island National Parks where the public is learning about the importance of protecting the night sky for the health of humans and wildlife.

07:00:00:00 00:24:59:27

YOUTH  
Teepee Time

Teepee plants a tree; Teepee waters the flowers by himself for the first time.

07:30:00:00 00:26:00:04

YOUTH  
Waabiny Time

Celebrate

Kwort Kwobikin, to celebrate is deadly! Moort madja,  
family get-togethers are deadly!

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.

08:30:00:00 00:26:46:21

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Sunny Bloom

Soak up the sunshine energy in the bright spring bloom  
while enjoying a gentle seated yoga  
practice, great for all levels...especially beginners!  
Stay low on your mat and experience the  
benefits of gentle yoga. Includes seated, all fours and  
supine stretches for your shoulders, back,  
hips, legs and more!

09:00:00:00 00:26:20:16

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Spine Strengthening

You need a strong back to be active and independent.  
Strengthen your spine with this episode of  
Classical Stretch set in front of the quaint water  
sports center in Montego Bay, Jamaica.

09:30:00:00 00:26:46:02

AGING  
Sit and Be Fit

Hip Mobility

Maintaining flexibility in the hips is an important strategy to ensure healthy aging. Mary Ann spends time during this workout focusing on this area of functional fitness.

15:00:00:00 00:27:56:23

CULTURE

Make Prayers to the Raven

The Bible and the Distant Time gives a rare glimpse of some of the ways that traditional Athabaskan beliefs and Christian beliefs coexist in villages on the Koyukuk River.

19:00:00:00 01:27:41:05

ARTS

Burt Bacharach's Best (My Music Presents)

For over half-a-century, the immensely popular and immediately identifiable melodies of celebrated composer Burt Bacharach have touched millions of music lovers around the world. Beginning his career as an accompanist to legendary actress-singer Marlene Dietrich, Bacharach in the 1960s established himself as a topical successor to his Tin Pan Alley predecessors, creating some of the most beloved and successful pop music to ever grace radio, television and film. This first-time ever archival PBS special includes all the original artists performing Bacharach's hits with rare archival footage and clips from the 1960s-1970s. Bacharach teamed with lyricist Hal David for a stunning run of classic songs, many in tandem with songstress Dionne Warwick ("Walk On By," "Anyone Who Had A Heart," "I Say A Little Prayer," "I'll Never Fall In Love Again"). British-born Dusty Springfield enjoyed Bacharach hits with the wistful "Wishin' & Hopin'" and the seductive "The Look Of Love" while Tom Jones popularized the playful "What's New Pussycat?" The smashes continued in the seventies when The Carpenters reached #1 with "(They Long To Be) Close To You," following another chart-topper, "Raindrops Keep Fallin' On My Head," the Oscar-winning tune sung by B.J. Thomas in the film Butch Cassidy & The Sundance Kid. "Suave and debonair" Austin Powers #2, aka film and tv star Robert Wagner is our guide for this special. From his much loved series Hart to Hart, Robert brings his distinctively smooth charm and classy style of his characters to

the role of host for this first-time, all archival compilation of Burt Bacharach's music and melodies. The pledge breaks are co-hosted by the beloved tv and recording star Marilyn McCoo, originally with the Fifth Dimension, who shined as a soloist on Burt and Hal's signature torch number "One Less Bell To Answer."

20:30:00:00 01:27:58:16

ARTS

Joe Bonamassa: Live from the Ryman

Blues Rock Superstar Joe Bonamassa set out to perform his brand-new music for fans amidst a global entertainment shutdown. This led to an incredible live concert, his final show of 2020, at the legendary Ryman Auditorium in Nashville, Tennessee. This special show includes the critically acclaimed songs from his latest solo studio album "Royal Tea" recorded at Abbey Road Studios in London and inspired by his British guitar heroes Jeff Beck, John Mayall, Eric Clapton and Cream. Joe also performs a few songs from his debut album "A New Day Yesterday" which helped launch his illustrious career to celebrate his 20th anniversary of that album. Acclaimed actor Jeff Daniels narrates the film introduction to give viewers the backstory of how this amazing concert came together.

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

ARTS

Marina Del Rey Sketch Comedy Show (By Conservation Comedy)

Plenty of Trash

Tech bros introduce a new app for cleaner beaches; a conservationist questions her decision to adopt; a comedian gets the gig of a lifetime. Drama! Intrigue! Birdhouses! All in this first episode of The MDR Sketch Comedy Show.

Sat, Aug 12, 2023

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

AGING

Just One Thing with Steven Gundry, Md

Aging is not linked, scientifically, with joint pain, memory loss, frailty and a host of other

negative stereotypes of getting older. Based on researching the world's longest living people and treating patients at his waitlist clinics six days a week, Dr. Steven Gundry-renowned surgeon, medical researcher and bestselling author-explains why aging doesn't have to equate to decline and loss of freedom. Dr. Gundry then reveals the 'just one thing' that leads to living well until a ripe old age. The program ends with a step-by-step approach to help us feel better and more youthful today while offering revolutionary, yet simple, methods to losing weight, reducing our need for medications and increasing our healthspan.

04:30:00:00 00:22:01:01

ARTS

Mixed Blessings

Dances with Wolfy

The Kowalchuks meet their new German neighbour, Wolfgang, and Josie feels threatened by his vast knowledge of Aboriginal culture. Kate asks 'Wolfy' to help prepare for her canoe journey.

07:00:00:00 00:24:59:27

YOUTJ

Teepee Time

Teepee reads a book; Teepee draws a picture of himself for the first time.

08:00:00:00 00:28:30:02

YOUTH

Lakota Berenstain Bears

Trouble at School / Visit The Dentist

1a-Brother has been kept home from school for a few days with the flu and neglects to do the schoolwork that Sister delivered from his teacher. As a result, Brother's next math test mark is zero and he doesn't know how to break the bad news to Mama and Papa. He turns to Gramps and Gran for help and learns that getting a problem out in the open, goes a long way toward solving it. 1b- When Sister gets her first loose tooth, Brother teases her that the dentist will extract it with a big yanking tool. After Sister watches Brother get a cavity filled, she discovers that her dentist

is a very gentle fellow and he assures her that most baby teeth don't need yanking. They fall out all on their own.

08:30:00:00 00:23:44:00

YOUTH  
The Magic Canoe

#### Julie's Whims

Julie confuses wants with needs. At camp, she keeps saying that she really needs this or that when in fact they are non-essentials. To her delight, Viola magically makes everything she wants appear! When she sets out on a fishing expedition dragging her bag full of useless things, Julie realizes that she could use a lot more than the latest pair of shoes.

11:00:00:00 01:58:29:07

CULTURE  
Rick Steves' Heart of Italy

In RICK STEVES' HEART OF ITALY, Rick delves deep into the Italian heartland - the place where la dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: sleeping at an agriturismo (a farmhouse inn), seeing how prosciutto and pecorino cheese are made (and eaten), and hiking down into ancient and fragrant wine cellars. Then he tours Assisi, with its inspirational story of St. Francis, its stop-and-smell-God's-roses spirituality, its delicate Giotto masterpieces, and its awe-inspiring basilica. In Siena, Rick enjoys a front-row seat at its wild horse race - the venerable Palio - and marvels at cultural treasures from the city's glory days, when it rivaled Florence for dominance in Tuscany. He finishes with the ultimate Riviera getaway: the Cinque Terre, where he gets to know each of the "five lands" - from the dramatic, vineyard-surrounded Vernazza to hardscrabble Riomaggiore, to the pint-sized resort of Monterosso. Fishing for anchovies, sipping wine out of rustic barrels, bringing flowers to hilltop cemeteries, and savoring twinkling Mediterranean vistas, Rick visits his favorite stretch of Mediterranean coastline. From hill towns to harbors, and from vino rosso to Giotto, RICK STEVES' HEART OF ITALY savors the good life in the Italian heartland.



19:00:00:00 01:28:59:29

ARTS

Tommy Emmanuel - A Music Gone Public Special

The world's best acoustic guitarist (according to Guitar Player magazine, Eric Clapton, Les Paul, Steve Vai, and thousands of public television fans) brings "The Best of Tommy on public television" curated from various performances around the country.

22:00:00:00 01:58:11:08

HEALTH/HEALTH CARE

Ancient Remedies with Dr Josh Axe

Ancient Remedies with Dr. Josh Axe is based on Dr. Josh Axe's latest and most compelling book to date. It exemplifies his deep-seated passion, vision and mission to help people truly heal at the root cause of illness in order to live their best lives. Dr. Axe's heart centered approach can be traced to successfully guiding his mother through her extensive health struggles, after which he committed to a life's work of sharing the methodology that worked for her, and his patients. With Ancient Remedies, Dr. Axe's goal is to empower people to find wellness in their own lives by focusing on the powerful benefits of using food to heal your body; an approach rooted in an age-old practice but tailored to our modern world. Ancient Remedies is a new way of thinking about health and healing - one based on the time-tested knowledge from ancient medical systems that use natural solutions to address digestive issues, hormonal imbalances, inflammatory conditions, immune dysfunction, neurological disorders, and autoimmune disease. The ancient approach to illness lies in a single, simple strategy: Instead of treating symptoms, heal the root cause of the disease. Ancient healers not only believed in identifying the root cause of each patient's health problem, but they also spent years meticulously researching, cataloguing and studying which natural remedies were most effective in healing each condition. The most common remedies included superfoods, mushrooms, herbs, spices and essential oils. Today's research, which Dr. Axe explains in this program, also shows the efficacy of this approach so families can make the best health choices for themselves.

Sun, Aug 13, 2023

07:00:00:00 00:24:59:27

YOUTH  
Teepee Time

Teepee knits a sweater; Teepee goes skating for the first time.

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 00:22:00:00

YOUTH  
Wolf Joe

Finders Keepers / Puppy Pile

When Joe finds a small carved owl he knows that it must belong to someone in Turtle Bay but because he wants to keep it he is reluctant to search for the carving's owner. Only when he sees how upset Buddy is at losing his lucky marble does Joe finally return the precious carving to its owner. Buddy is so nervous around a new large puppy that his fear turns a simple dog walking mission into a wild chase. But when he sees the big pup is headed for danger he faces his fear, takes charge and saves the day!

10:30:00:00 01:27:27:19

AGING  
Young Forever with Mark Hyman, Md

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the maladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health-for life.

13:00:00:00 01:58:11:28

ARTS

Big Band Years (My Music Presents)

MY MUSIC Presents THE BIG BAND YEARS returns to the era of the legendary orchestras, great singers and song standards, drawing upon the most beloved melodies that kept the home fires burning and soliders' hearts alive during World War II. THE BIG BAND YEARS turns back the clock to a time when swing musicians ruled the radio and night clubs, bringing a joyful escape to Americans during one of the most turbulent times in the nation's history. Among the immortal artists featured are Glenn Miller, Benny Goodman, Harry James, Tommy Dorsey, Guy Lombardo, Sammy Kaye, Tex Beneke, Cab Calloway and other greats. Hosted by veteran game show host and singer Peter Marshall.

15:00:00:00 01:27:41:05

ARTS

Burt Bacharach's Best (My Music Presents)

For over half-a-century, the immensely popular and immediately identifiable melodies of celebrated composer Burt Bacharach have touched millions of music lovers around the world. Beginning his career as an accompanist to legendary actress-singer Marlene Dietrich, Bacharach in the 1960s established himself as a topical successor to his Tin Pan Alley predecessors, creating some of the most beloved and successful pop music to ever grace radio, television and film. This first-time ever archival PBS special includes all the original artists performing Bacharach's hits with rare archival footage and clips from the 1960s-1970s. Bacharach teamed with lyricist Hal David for a stunning run of classic songs, many in tandem with songstress Dionne Warwick ("Walk On By," "Anyone Who Had A Heart," "I Say A Little Prayer," "I'll Never Fall In Love Again"). British-born Dusty Springfield enjoyed Bacharach hits with the wistful "Wishin' & Hopin'" and the seductive "The Look Of Love" while Tom Jones popularized the playful "What's New Pussycat?" The smashes continued in the seventies when The Carpenters reached #1 with "(They Long To Be) Close To You," following another chart-topper, "Raindrops Keep Fallin' On My Head," the Oscar-winning tune sung by B.J. Thomas in the film Butch Cassidy & The Sundance Kid. "Suave and debonair" Austin Powers #2, aka film and tv star Robert Wagner is our guide for this special. From his much loved series Hart to Hart, Robert brings his distinctively smooth charm and classy style of his characters to the role of host for this first-time, all archival compilation of Burt Bacharach's music and melodies. The pledge breaks are co-hosted by the beloved tv and recording star Marilyn McCoo, originally with the Fifth Dimension, who shined as a soloist on Burt and Hal's signature torch number "One Less Bell To Answer."

19:00:00:00 01:56:45:28

CULTURE

Rick Steves' Europe: Great German Cities

In this special, travel expert Rick Steves explores five of Germany's most important cities: Hamburg, Dresden, Leipzig, Frankfurt and Nurnberg. From Baroque palaces to stunning modern skyscrapers, and from riverside promenades to rowdy beer halls, these cities are wonderful places to explore the country's fascinating culture.

21:00:00:00 01:27:58:16

ARTS

Joe Bonamassa: Live from the Ryman

Blues Rock Superstar Joe Bonamassa set out to perform his brand-new music for fans amidst a global entertainment shutdown. This led to an incredible live concert, his final show of 2020, at the legendary Ryman Auditorium in Nashville, Tennessee. This special show includes the critically acclaimed songs from his latest solo studio album "Royal Tea" recorded at Abbey Road Studios in London and inspired by his British guitar heroes Jeff Beck, John Mayall, Eric Clapton and Cream. Joe also performs a few songs from his debut album "A New Day Yesterday" which helped launch his illustrious career to celebrate his 20th anniversary of that album. Acclaimed actor Jeff Daniels narrates the film introduction to give viewers the backstory of how this amazing concert came together.

Mon, Aug 14, 2023

00:30:00:00 00:30:00:00

CULTURE

Going Native

Going Architecture

After exploring Colorado's Mesa Verde National Park and its 800-year-old Pueblo cave dwellings, Drew then reveals how cutting-edge indigenous architects are drawing lessons, and designs, from their own tribal past.

04:30:00:00 00:14:07:29

WOMEN

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').

07:00:00:00 00:24:59:26

YOUTH  
Teepee Time

Teepee cleans his room; Teepee makes his bed by himself.

07:30:00:00 00:25:59:26

YOUTH  
Waabiny Time

Family and Friends

My Moort, my family make me djoorabiny, they make me happy.

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 00:26:46:00

HEALTH/HEALTH CARE  
Yndi Yoga

Practice for Motivation (Fire)

Like flames of a fire, our self-discipline fuels the transformation. Think of what motivates you in life and use this inspiration on your mat. You are stronger than you think. "Practice for

Motivation" is a more vigorous vinyasa practice fusing together different disciplines, with modifications explained and ways to amplify your practice included. The breath guides you through the flow to sharpen your focus as you improve flexibility, strength, and endurance, physically and mentally. When we recognize our inner strength, we have the motivation and inspiration to create positive change in our life.

09:00:00:00 00:26:45:08

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Shoulder Pain Relief

This episode of Classical Stretch targets shoulder pain and provides instant relief. Join Miranda Esmonde-White for a picturesque and pain soothing workout in Montego Bay, Jamaica.

09:30:00:00 00:26:44:01

AGING

Sit and Be Fit

#### Music and Novelty

Mary Ann's love of combining novelty music and exercise is obvious by the way she matches her movements to this engaging staccato melody. Gretchen introduces a seated brain.

21:00:00:00 00:58:19:26

CULTURE

Rick Steves' Heart of Italy

In RICK STEVES' HEART OF ITALY, Rick delves deep into the Italian heartland - the place where la dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: sleeping at an agriturismo (a farmhouse inn), seeing how prosciutto and pecorino cheese are made (and eaten), and hiking down into ancient and fragrant wine cellars. Then he tours Assisi, with its inspirational story of St. Francis, its stop-and-smell-God's-roses spirituality, its delicate Giotto masterpieces, and its awe-inspiring basilica. In Siena, Rick enjoys a front-row seat at its

wild horse race - the venerable Palio - and marvels at  
cultural treasures from the city's glory  
days, when it rivaled Florence for dominance in Tuscany.  
He finishes with the ultimate Riviera  
getaway: the Cinque Terre, where he gets to know each of  
the "five lands" - from the dramatic,  
vineyard-surrounded Vernazza to hardscrabble  
Riomaggiore, to the pint-sized resort of Monterosso.  
Fishing for anchovies, sipping wine out of rustic  
barrels, bringing flowers to hilltop cemeteries,  
and savoring twinkling Mediterranean vistas, Rick visits  
his favorite stretch of Mediterranean  
coastline. From hill towns to harbors, and from vino  
rosso to Giotto, RICK STEVES' HEART OF ITALY  
savors the good life in the Italian heartland.

23:30:00:00 00:26:43:03

EDUCATION

Civil Discourse

#### A Classroom Divided

"A Classroom Divided" is an in-depth panel discussion  
led by Oyin Adedoyin (reporter for The  
Chronicle of Higher Education) and featuring Kmele  
Foster (cultural critic and The Fifth Column  
podcast host); Valerie C. Johnson (DePaul University  
political science professor and DEI  
advocate); Amna Khalid (Carleton College history  
professor and Banished podcast host); and Kenneth  
P. Monteiro (San Francisco State University ethnic  
studies and psychology  
professor/administrator). This episode of The Civil  
Discourse explores the boundaries of academic  
freedom with special focus on diversity, equity, and  
inclusion (DEI) trends in higher education.

Tue, Aug 15, 2023

07:00:00:00 00:24:59:27

YOUTH

Teepee Time

Teepee plays hide-and-seek; Teepee goes to the doctor.

07:30:00:00 00:26:00:03

YOUTH

Waabiny Time

Animals and Tracks



Djinang, Look! It's a yongka, a kangaroo. And can you see the wetj, the emu full of feathers.

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 00:26:46:16

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Sunflowers and Honeybees

Re-energize in a field of sunflowers and honeybees as you experience a total body stretch while using a chair for support. Includes lower body moves to build strength and stamina along with gentle stretches for your shoulders, chest, back, hips and more.

09:00:00:00 00:26:45:27

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Relieve Neck Pain

This episode of Classical Stretch liberates all of the joints and muscles in your neck and shoulders providing you with instant relief. Join Miranda Esmonde-White for a Classical Stretch workout to relieve neck pain.

09:30:00:00 00:26:46:12

AGING  
Sit and Be Fit

#### Imagining Resistance

Mary Ann demonstrates three different ways to push up from a chair and uses imaginary resistance to strengthen muscles. Gretchen combines a standing balance routine with vestibular work.

10:00:00:00 00:26:45:22

CULTURE

Bare Feet with Mickela Mallozzi

Puglia, Italy

Mickela kicks off her DNA journey in Puglia, the region in the heel of the Italian boot, to learn one of the most ancient dances from Italy, la pizzica.

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

CULTURE

Rick Steves European Festivals

In RICK STEVES SPECIAL: EUROPEAN FESTIVALS, Rick travels throughout the Continent celebrating the top 10 festivals, each one rich with tradition, great food and fun. In Spain, Rick runs the bulls in Pamplona and dances with locals at the April Fair in Seville. He also dons a mask in Venice for Carnival, which first began in 1162, and cheers on the horses at The Palio di Siena in Italy. Continuing the celebration across Europe, Rick hoists a frothy stein at Munich's Oktoberfest, tosses a caber (a large tapered pole) at a Scottish Highland Games, and joins several European families for their traditional Easter and Christmas observances.

Wed, Aug 16, 2023

00:00:00:00 01:28:59:29

ARTS

Tommy Emmanuel - A Music Gone Public Special

The world's best acoustic guitarist (according to Guitar Player magazine, Eric Clapton, Les Paul, Steve Vai, and thousands of public television fans) brings "The Best of Tommy on public television" curated from various performances around the country.

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.

07:00:00:00 00:24:59:27

YOUTH  
Teepee Time

Teepee packs his suitcase; Teepee rides in an airplane.

07:30:00:00 00:26:00:02

YOUTH  
Waabiny Time

Country and Directions

In Noongar Boodgar, Noongar Country there's so much to see. Wano, this way the djet, the flowers and ali bidi, that way you can see the boorn, the trees. Moorditj!

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.

09:00:00:00 00:26:18:25

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Full Body Toning

Join Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for a full body toning Classical Stretch workout. This all-standing workout tones and strengthens every muscle in your body in

minutes.

09:30:00:00 00:26:46:10

AGING

Sit and Be Fit

A Treat for Your Feet

In this episode Mary Ann is paying special attention for feet, shoulders and hip range of motion using a towel and band.

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

ARTS

Paint This with Jerry Yarnell

Long-Legged Fisherman, Part 3

In this episode Jerry takes his viewers through the process of how to block in the larger birds.

First by underpainting the main body masses with a deep charcoal gray. Then underpaints the black

areas underneath the base of the wings. Now he blocks in the beaks with a deep burnt orange tone.

He finishes by underpainting the legs with the deep black mixture.

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

ARTS

Best of the Joy of Painting

Blue River

Armed with just a plain black canvas, Bob Ross shows us how to create crimson-y magic in today's riverside landscape.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

Flowers Outdoors

When outdoors, you see bunches of flowers unless you focus on one. Kath demonstrates how to get the feeling of many flowers as they appear outdoors.

19:00:00:00 00:54:53:00

HEALTH/HEALTH CARE

Alzheimer's: What You Can Do

ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.

23:00:00:00 00:25:56:10

ARTS

Love and Respect with Killer Mike

Big Boi

Outkast co-founder and hip hop legend Big Boi joins Killer Mike to discuss his life and career - both in and out of music.

Thu, Aug 17, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Tofino, Bc

Geothermal energy is generated by heat stored below the Earth's surface. The Tla-o-qui-aht Nation is harnessing this renewable energy through a geoexchange system to cost effectively heat and cool their homes and buildings.

04:00:00:00 00:56:46:29

CULTURE

However Wide The Sky: Places of Power

The history and spirituality of the Indigenous People of the American Southwest are deeply rooted in the Land. Since the beginning of time, they have been stewards and protectors of their home lands, past and present. These places intimately connect the People and their beliefs to the natural world. No place is ever abandoned, the landscape is forever living. This is their story,

of the Land and who they are.

07:00:00:00 00:24:59:27

YOUTH  
Teepee Time

Teepee learns to play the drum; Teepee dances the hoop dance.

07:30:00:00 00:25:59:27

YOUTH  
Waabiny Time

Body and Movement

Maara, hands and djena, feet are very useful to us and together with the other parts of our body help us every day. Maara baam, hands clap and djena kakarook, feet dance. It's too deadly koolangka.

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 00:26:45:28

HEALTH/HEALTH CARE  
Yoga In Practice

Open, Steady, and Patient

In the yoga tradition, we are made up of the five elements: space, earth, water, fire and air. This episode involves poses that focus on three elements - space teaches how to have an open mind, earth teaches steady commitment to a task, and water teaches us how to be patient.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

## Psoas & Hip Strengthening

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

Join Miranda Esmonde-White in the stunning scenery of Montego Bay, Jamaica for an episode of Classical Stretch.

09:30:00:00 00:26:45:16

HEALTH/HEALTH CARE  
Sit and Be Fit

## Somatosensory and Lymphatic Systems

Mary Ann uses a large ball to stimulate the sensory and lymphatic systems, accompanied by jazzy,

New Orleans style music. Gretchen's new cross and open pattern for a brain.

15:30:00:00 00:22:00:29

CULTURE  
Going Native

## Going Architecture

After exploring Colorado's Mesa Verde National Park and its 800-year-old Pueblo cave dwellings,

Drew then reveals how cutting-edge indigenous architects are drawing lessons, and designs, from their own tribal past.

20:30:00:00 01:27:27:19

AGING  
Young Forever with Mark Hyman, Md

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the maladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with

simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health-for life.

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

#### Is Net Zero By 2050 Possible?

Countries, states and companies have pledged to get their greenhouse gas emissions to net zero by 2050. What technologies, policies and investments would this require? Is it likely to be achieved? If not, is there a more achievable target? Melissa Lott, Director of Research at Columbia University SIPA, and Terry Keeley, Managing Director at BlackRock, discuss.

Fri, Aug 18, 2023

02:30:00:00 00:26:47:13  
ARTS  
Studio 49

#### Raye Zaragoza

Singer/songwriter Raye Zaragoza, of Akimel O'otham descent, shares her gentle guitar and powerful voice as she performs her original music. She discusses what drives her creatively and her connection to inspiring young girls through example.

07:00:00:00 00:24:59:27  
YOUTH  
Teepee Time

Teepee rides a train; Teepee plays pick up sticks.



07:30:00:00 00:25:59:27

YOUTH  
Waabiny Time

#### Day and Night

Kedala, day-time for the ngaangk, the sun and kedalak,  
night-time is when the miyak the moon comes  
out.

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.

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

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Golden Rays

Allow the ocean waves and golden sunset to recharge your  
body as we gently stretch from head to  
toe with seated and standing poses for your shoulders,  
chest, back, hips, hamstrings and more.  
Relax and enjoy all the benefits of yoga as we tone,  
strengthen, improve balance, increase  
flexibility and reduce stress.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Waist Slenderizing

This all-standing Classical Stretch waist slenderizing  
workout strengthens every muscle around  
your core and waist leaving you longer and leaner.

09:30:00:00 00:26:50:01

HEALTH/HEALTH CARE  
Sit and Be Fit

Neglected Areas of Body

This episode begins slow and easy with great music to accompany exercises for posture using a towel and band, a large ball for balance, in addition to exercises for hips, carpal tunnel and the pelvic floor.

15:00:00:00 00:27:25:27

CULTURE  
Make Prayers to the Raven

The Forest of Eyes joins a family on the Koyukuk River as they fish for their yearly supply of salmon, living and teaching survival skills to the children.

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

ARTS  
Marina Del Rey Sketch Comedy Show (By Conservation Comedy)

Plenty of Flags

Tech bros try their hand at dating apps; a group of friends come together for an intervention; a new reality show proposes a nearly impossible challenge. Scandal! Deceit! Storm drain nets! All this and more in episode number two of The MDR Sketch Comedy Show.

Sat, Aug 19, 2023

04:30:00:00 00:22:00:27

ARTS  
Mixed Blessings

Fruit of Another

Josie begins working for Hank, while Kate schemes to have Josie run a cafe on the Reserve. Hank soon realizes Josie is the best thing that's ever happened to his business, and Josie must decide which path to take.

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 00:24:59:26

YOUTH  
Teepee Time

Teepee cleans his room; Teepee makes his bed by himself.

08:00:00:00 00:28:28:27

YOUTH  
Lakota Berenstain Bears

Mighty Milton/ Mama's New Job

2a- When a new cub at school is teased by Too-Tall and the gang for his lack of sporting ability, Brother takes it upon himself to help his new friend renew his self-esteem by finding value in the things he can do well. 2b- When Mama decides to open her own quilt shop, Papa and the cubs are convinced they won't be able to cope around the house without her. However it's only when they stop thinking about themselves and start thinking about supporting Mama and her new endeavour do Papa and the cubs band together to share the load and make it work.

08:30:00:00 00:24:00:00

YOUTH  
The Magic Canoe

Pam and the Shicoque

Pam doesn't say what she really wants and accumulates frustrations. When she meets the chicoque (skunk in the Cree and Metis language), she realizes that it would be better to say what bothers her rather than keep it all bottled up and end up blowing up.

11:00:00:00 01:26:46:00

AGING

The Great Age Reboot

Today's breakthroughs in longevity research are unprecedented, with crucial implications for our personal and financial lives. The energizing new special THE GREAT AGE REBOOT offers both hope and strategies for a bright future. Featuring experts such as four-time New York Times best-selling author Michael Roizen, M.D., author and financial expert Jean Chatzky, acclaimed economist Peter Linneman, community developer Albert Ratner, and more, the program helps viewers navigate this brave new world. With practical, relatable advice on how to make the best decisions for one's brain, body, and bank account, THE GREAT AGE REBOOT aims to reshape how viewers think about old age - and help them plan for an audacious future.

19:00:00:00 02:27:10:29

ARTS

Moments to Remember (My Music Presents)

Patti Page and Nick Clooney co-host new performances and archival classics from the vault. MOMENTS TO REMEMBER, featuring many more legends of the late fifties and early sixties pop era. In this trip down memory lane, the late Frankie Laine came out of retirement to "spend one more night in our old rendezvous" singing his sentimental "That's My Desire." Italian crooner Julius La Rosa takes the stage to perform his classics "Eh Compari" and "Domani" while Page sings her million-selling "Allegheny Moon." The Four Lads, Four Aces, Four Freshmen, Roger Williams, Herb Reed's Platters, The DeCastro Sisters and others appear to sing more greatest hits. Archival performances from Rosemary Clooney and Perry Como round out this nostalgic sequel to Magic Moments.

Sun, Aug 20, 2023

04:00:00:00 01:09:21:08

CULTURE

The Sacred Sundance: The Transfer of a Ceremony

This feature-length documentary chronicles the sharing of a ceremony from an Elsipogtog elder from

Western Canada to the Mi'kmaq people of Eastern Canada.  
Under the July sky, participants in the  
Sundance ceremony go four days without food or water.  
Then they will pierce the flesh of their  
 chests in an offering to the Creator. This event marks a  
transmission of culture and a link to the  
 warrior traditions of the past.

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 00:24:59:27

YOUTH  
Teepee Time

Teepee plays hide-and-seek; Teepee goes to the doctor.

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 00:22:00:00

YOUTH  
Wolf Joe

Beach Movie Night / Stormy Weather

Joe and his friends are looking forward to the outdoor  
movie screening on the beach tonight but  
Hank hasn't shown up with the projection equipment. The  
kids discover he has had some bad luck on  
his journey and must rescue him in time for the big  
movie night event. When a storm approaches,  
the trio are sent to alert the people of Turtle Bay.  
Nina feels anxious but helping a nervous

little goat into the safety of the town hall makes her realize that helping someone else is a good way to overcome your fear.

13:00:00:00 01:59:07:28

ARTS

60s Pop, Rock & Soul (My Music Presents)

MY MUSIC Presents '60s POP, ROCK & SOUL is an all-star concert reuniting legendary singers and groups performing the greatest hits of the 1960. Among the iconic artists appearing on stage are Davy Jones of The Monkees (in his last television program), Paul Revere & The Raiders, Jefferson Starship, The Miracles, Gary Lewis & The Playboys, The Vogues, The Kingsmen, Herman's Hermits starring Peter Noone and other greats.

20:30:00:00 01:56:49:14

AGING

Young Forever with Mark Hyman, Md

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the maladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health-for life.

Mon, Aug 21, 2023

07:00:00:00 00:24:59:28

YOUTH  
Teepee Time

Teepee gets dressed; Teepee sets the table.

07:30:00:00 00:26:00:14

YOUTH  
Waabiny Time

### Feelings

Do you feel djoorabiny, do you feel happy? Or do you  
feel menditj, do you feel sick? Make sure you  
share how you feel with someone who cares. It's moorditj  
koolangka!

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 00:26:46:00

HEALTH/HEALTH CARE  
Yndi Yoga

### Practice for Connection (Space)

Channel the nurturing energy of the moon as you move  
through a fluid practice with clear  
modifications in "Practice for Connection." This  
practice improves your strength, flexibility, and  
insightful alignment with building the right structure  
to keep your body safe. The breath guides

the body through a steady flow to build connection  
within you and around you. Take time on your  
mat to comfort and nurture yourself with your breath and  
a mindful yoga practice. You deserve to  
feel your best. You can have two blocks with you if you  
have them. You can also do the practice  
without blocks.

09:00:00:00 00:28:00:02

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Feet Strengthening

Your feet are the foundation of your body - without  
strong, healthy, pain-free feet you cannot  
achieve a strong, healthy, pain-free body. Join Miranda  
Esmonde-White for a foot strengthening  
Classical Stretch workout.

09:30:00:00 00:26:44:16

AGING

Sit and Be Fit

#### Diabetes and Peripheral Neuropathy

A large and small ball is used as a way to facilitate  
exercises to improve conditions such as  
diabetes and peripheral neuropathy.

15:00:00:00 00:45:00:19

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

#### New Zealand

Host Simon Baker travels to New Zealand's North Island  
to see how science and indigenous knowledge  
are combining to breathe life back into a sacred lake  
decimated by years of industrial pollution.

21:00:00:00 00:52:08:02

ARTS

Silent Witness

#### Seven Times Part One

The body of a woman is found on railway tracks in  
London, badly damaged from electrical burns. On



the mortuary slab, the woman's recent and historic injuries suggest years of abuse, likely within the home. It's a difficult post-mortem for Nikki, as she is troubled by memories from her childhood.

Tue, Aug 22, 2023

03:30:00:00 00:16:01:09

CULTURE

How People Got Fire

This introspective short animation takes place in the village of Carcross, in the Tagish First Nation. Neighborhood pillar Grandma Kay tell the local children the tale of how Crow brought fire to people. As the story unfolds, we also meet 12-year-old Tish, an introspective, talented girl who feels drawn to the elder. Here, past and present blend, myth and reality meet, and the metaphor of fire infuses all in a location that lies at the heart of this Native community's spiritual and cultural memory.

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 00:57:25:29

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 00:24:59:28

YOUTH

Teepee Time

Teepee feeds his cat and walks his dog for the first time.

07:30:00:00 00:25:59:29

YOUTH

Waabiny Time

Health

Moorditj walang, good health is about looking after our bodies every day. It's solid koolangka!

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 00:26:46:04

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Mountain Skyline

Allow the mountain skyline to inspire your practice as you enjoy a gentle seated yoga session using a chair for support. Includes seated sun salutations and gentle stretches designed to increase range of motion and enhance mobility in your shoulders, upper back, hips and more.

09:00:00:00 00:26:45:08

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Connective Tissue

Your connective tissue surrounds your entire body from the top of your head to the tip of your toes. A healthy body requires a healthy connective tissue, and a healthy connective tissue requires healthy muscles. Strengthen and stretch every muscle and all of your connective tissue with Miranda Esmonde-White.

09:30:00:00 00:26:46:06

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Full Body Workout

Mary Ann uses a towel to assist with neck alignment and a band for strengthening shoulders and upper back. There is a focus on core and a special tip to help balance.

20:30:00:00 01:26:46:00

HEALTH/HEALTH CARE

Place to Breathe

A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.

Wed, Aug 23, 2023

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 00:24:59:28  
YOUTH  
Teepee Time

Teepee brushes his teeth and goes swimming for the very first time.

07:30:00:00 00:26:00:04  
YOUTH  
Waabiny Time

Traditional Tools

Noongar people have been solid tool makers for a long, long time. Karli, the boomerang and kitj, the spear are very useful tools.

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!

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Hip & Glute Flexibility

When your hips and glutes are not doing their job properly you may feel discomfort throughout your entire body. This Classical Stretch Workout not only strengthens, it also stretches these muscles leaving your entire lower body liberated and flexible.

09:30:00:00 00:26:40:02

AGING

Sit and Be Fit

Brain and Balance

This episode includes unusual exercises for brain stimulation and help with balance.

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

CULTURE

Les Stroud's Beyond Survival

The Mentawai Shamans of Indonesia Part 2

Living with Mentawai for eight days, Les prepares to hunt with a bow and poison arrow. Being tattooed by a Shaman using traditional techniques allows him to prove his intention and commune with animal spirits. Forced deeper into the jungle as hunting grounds diminish, the Mentawai call

on the earth to provide, believing their singing of  
shamanic songs attunes their souls and  
connects them to nature.

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

ARTS

Paint This with Jerry Yarnell

Long-Legged Fisherman, Part 4

In the final episode, Jerry shows his viewers how to  
begin the process of building layers of soft  
lighter gray tones to start layering the feather  
patterns. Gradually increasing the amount of  
white until reaching the bright white light for  
highlighting the upper structure of the bodies. He  
shows how to detail and brighten the beaks, legs, eyes,  
and miscellaneous feathers.

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

ARTS

Best of the Joy of Painting

Majestic Pine

Bob Ross paints a golden field of sparse pines and other  
greenery inside the unique shape with  
curved, cut-in corners.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

On Location with Water and Plein Air

Kath explores how to stay focused with distractions, how  
to use the equipment outdoors, making  
adjustments as you sketch and how to pick and isolate a  
focal point while limiting time.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Wild Rivers with Tillie

The Rio Grande - Jewel in the Desert

Beginning in the rocky mountains of Colorado and ending  
in a sandy trickle at the Gulf of Mexico,  
we pick up this mighty river as it traverses the  
international border between Mexico and the

United States. Here, we encounter a desert teeming with life, including evidence of recent migrant crossings and petroglyphs left by ancient travelers who knew no borders some 3,000 years ago.

Thu, Aug 24, 2023

04:00:00:00 00:43:45:10

CULTURE

Etthen Heldeli: Caribou Eaters

Etthen Heldeli: Caribou Eaters travels with Dene First Nations people in Canada's north, as they search for the species so vital to every aspect of their lives - the barren-ground caribou. The documentary is a celebration of their rich ancient culture, and a visual document lamenting their traditions that could vanish, if the caribou disappear. In subarctic Western Canada, there are three caribou herds: the Ahiak, Qamanirjuaq, and Beverly. These animals represent the largest and last great mammal migration on the North American continent. Once numbering in the millions, the Ahiak and Qamanirjuaq herds have been declining in alarming numbers over the last twenty years, while the Beverly herd's migration routes have contracted so much that they no longer cross into the provinces of Saskatchewan and Manitoba. This means that the Dene people of northern Saskatchewan, who depend on caribou for meat and hides, are now forced to travel hundreds of kilometres north into the Northwest Territories and Nunavut to reach the herds.

07:00:00:00 00:24:59:29

YOUTH

Teepee Time

Teepee learns to ride a bike and makes a friend for the very first time.

07:30:00:00 00:25:59:28

YOUTH

Waabiny Time

Seasons and Weather

There are maar keny bonar, six seasons. Birak is hot time, time for djiba-djobaliny, swimming time.

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

YOUTH  
Tiga Talk

### C Is for Calling

Gertie has a CCCcough 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 00:26:45:25

HEALTH/HEALTH CARE  
Yoga In Practice

### Becoming Your Best Self

The practice of yoga encourages a process of refining and, therefore, becoming better at who we are. This episode involves heat and some effort with poses that engage the core, inviting us to experience our most refined and strong self.

09:00:00:00 00:26:27:15

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

### Stretch Your Spine

Today's episode is set on the patio of a stunning villa with breathtaking views of the Caribbean sea. Join Miranda Esmonde-White for an episode of Classical Stretch that decompresses your vertebrae and stretches your spine.

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



AGING  
Sit and Be Fit

Upbeat and Fun

This energetic full body workout has a lot stomping and good hip movement for anyone confined to a wheelchair or chair.

20:00:00:00 00:56:44:16

ARTS

Great Museums: The Art of Islam at the Met and the Louvre

Today, at a pivotal moment in world history, two great museums beckon us to explore the splendor of Islamic art - lifting the veil on our shared cultural heritage. GREAT MUSEUMS: THE ART OF ISLAM AT THE MET AND THE LOUVRE showcases the objects on display in the Islamic galleries at the Metropolitan Museum of Art in New York and The Louvre in Paris to reveal a roadmap of connections that explains why the foreign seems familiar. Narrated by Philippe de Montebello, the former director of The Met, GREAT MUSEUMS: THE ART OF ISLAM AT THE MET AND THE LOUVRE examines the extraordinary artistic masterpieces in the museums' Islamic Art collections, and reveals a surprising number of connections that unite Western and Islamic traditions, in art, science, and literature. The film explores the surprising cultural relationships between the Islamic and the Western worlds. The art of Islam reflects 14 centuries of changing political and cultural landscapes across three continents. The term "Islamic art" - coined by 19th century art historians - includes all art produced in Muslim lands from the 7th century forward, from Spain to Morocco, Egypt, the Middle East, Central Asia and India, to the borders of China. Universal museums like The Louvre and The Met help dispel the idea that cultures are exclusive, when, in fact, they are intertwined and connected.

21:00:00:00 00:57:36:24

ARTS

Arts of the Monsoon

For centuries, the waters between Asia and East Africa have been home to the monsoon winds. These

winds powered the dhows that traveled between East Africa and the Middle East leading not just to an exchange of goods, but of art and culture as well. The result is a unique modern-day tapestry of interwoven art, music, and adornment that celebrates and unites these two continents. From Zanzibar to Oman and back, explore the many facets of art inspired by the greens and blues of the Indian Ocean, the browns and reds of Oman's arid deserts, and the melodies and rhythms of two cultures coming together. Meet the artists and artisans who share their own intimate stories of connection as you experience for yourself the Arts of the Monsoon.

Thu, Aug 24, 2023

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

#### The Energy-Water Nexus

Energy and water are tightly linked. We use extraordinary amounts of energy for municipal water systems and irrigation. And we use huge volumes of water in energy too. How could we use less energy and water to make more of both? Afreen Siddiqi, research scientist at MIT, and Newsha Ajami, the Chief Development Officer for Research at Lawrence Berkeley National Lab discuss.

Fri, Aug 25, 2023

01:00:00:00 00:23:30:21  
ARTS  
Rabbit Fall

#### Hit and Run

Tara becomes suspicious when her boyfriend Harley leaves abruptly in the middle of the night. When she discovers him and a friend with their car on a dark road and questions him about his smashed windshield, Harley claims they just hit a deer. However, when a local boy is reported missing the next morning, Tara knows there is more to the story. Her attempts to find the truth are hindered by a mysterious little girl from the past whose untimely appearance puts Tara's life in danger.

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

ARTS  
Studio 49

Quetzal Guerrero

Juaneno Acjachemen & Kambiwa' violinist and singer QVLN  
(Quetzal Guerrero) wows with his unique  
brand of electric violin and layered, live music  
looping. His enlightening discussion covers  
inspiration from around the world and his upbeat  
positivity and light.

05:00:00:00 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 00:24:59:28

YOUTH  
Teepee Time

Teepee goes to the toy store and to a birthday party for  
the first time.

07:30:00:00 00:26:00:04

YOUTH  
Waabiny Time

Keeping Walang - Staying Healthy

Keeping walang, staying healthy can be a lot of fun ana.  
Waabiny, playing and eating moordtij  
mereny, good food are two ways to keep walang every day.

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.

08:30:00:00 00:26:46:16

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

### Wilderness Paradise

Revitalize and recharge in the wilderness paradise as we focus on creating a stronger core while entirely seated in a chair! Receive all the amazing benefits of a strong core including improved balance and stability, reduced back pain and improved posture.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

### Upper Body Pain Relief

To relieve upper body pain you must stretch and strengthen every muscle in your body. This Classical Stretch workout set in Montego Bay, Jamaica liberates your entire body while focusing on your shoulders, back, and neck - leaving you completely pain-free.

09:30:00:00 00:27:06:00

AGING

Sit and Be Fit

Be Happy

Mary Ann will lift your spirits, posture, and leave you with a smile, happy feet and nimble fingers. The workout includes a brain workout with Gretchen and uses a small bell.

14:30:00:00 00:29:00:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Facing Waves

Whitewater Kayaking The Ottawa River

Ken Whiting challenges himself with the huge rapids and epic surf waves of the Ottawa River.

23:30:00:00 00:27:41:26  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
One Carbon Footprint at a Time

As discussions of the impact of climate change intensify around the world, many Americans are wondering if changes they make in their everyday lives can make a difference. The short answer, as vividly demonstrated in One Carbon Footprint At A Time, a new half hour documentary from award winning filmmaker Bob Gliner (Schools That Change Communities, Barefoot College) is that they can. As seen through the lens of a diverse range of university and middle school students enthusiastically engaged in a wide range of climate change activities as part of the curriculum at their schools - from analyzing the clothes they choose to buy and wear, to the food they grow and eat, to the energy used to power their cell phones, hair dryers and electricity in their homes, and the jobs and lifestyle changes they make after graduation - everyday actions play a critical and potentially inspirational role in impacting climate change.

Sat, Aug 26, 2023

00:00:00:00 00:57:36:24  
ARTS  
Arts of the Monsoon

For centuries, the waters between Asia and East Africa have been home to the monsoon winds. These winds powered the dhows that traveled between East Africa and the Middle East leading not just to an exchange of goods, but of art and culture as well. The result is a unique modern-day tapestry of interwoven art, music, and adornment that celebrates and unites these two continents. From Zanzibar to Oman and back, explore the many facets of art inspired by the greens and blues of the Indian Ocean, the browns and reds of Oman's arid deserts, and the melodies and rhythms of two cultures coming together. Meet the artists and artisans who share their own intimate stories of connection as you experience for yourself the Arts of the Monsoon.

01:00:00:00 00:21:59:29

WOMEN

Chaos & Courage

Remote Rescue

LaRonge, Saskatchewan is home to one of the largest remote response EMT units in Canada. Jody and Kristen know the risks all too well. With all the tragedy they encounter, there also comes much joy. Experience the phenomenal perseverance these women demonstrate on a daily basis.

04:30:00:00 00:22:01:04

ARTS

Mixed Blessings

Happy Anniversary

The family plans a surprise anniversary party for Hank and Josie. To keep them distracted, Mick takes Hank hunting for the day, Kate takes Josie to the spa, and both efforts end in disaster.

07:00:00:00 00:24:59:28

YOUTH

Teepee Time

Teepee gets dressed; Teepee sets the table.

08:00:00:00 00:27:55:17

YOUTH

Lakota Berenstain Bears

Go to School/A Week at Grandma's

Too-Tall and the gang amuse themselves at Sister's expense by warning her how hard third grade will be and how strict Teacher Jane is. Brother tries unsuccessfully to convince Sis not to worry. Mama reminisces about Sister starting kindergarten and reflects on how her daughter's feelings back then were exactly the same. Sure enough, when Sister starts grade three she enjoys the new experience just like she did when she started kindergarten.

08:30:00:00 00:23:59:29

YOUTH  
The Magic Canoe

The Squirrel Man

Nico reads a superhero book and decides to become the Squirrel Man. Fortunately, the funny adventure will make him realize that doing acrobatics in a tree can be very dangerous!

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Wild Hope

The Big Oyster

New York Harbor was a haven of incredible underwater biodiversity-until centuries of pollution turned it into a cesspool. Today, an alliance of architects, restaurateurs, scientists, and high school students is working to restore the harbor and protect the city from climate change. At the heart of the effort is a tiny creature with an outsized talent for cleanup: the extraordinary oyster.

15:00:00:00 00:25:04:23

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Untamed

Wild Neighbors

Learn what we can do to co-exist with our wild neighbors  
so both humans and animals can remain  
safe in their preferred habitats.

18:00:00:00 00:56:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
To The Ends of the Earth: The Natural World - Oceans

From the smallest sea shell to the immense whale shark,  
award-winning international wildlife  
photographer and filmmaker Todd Gustafson introduces  
viewers to the creatures that inhabit the  
sand flats, tidepools, lagoons and ocean depths in TO  
THE ENDS OF THE EARTH: THE NATURAL WORLD -  
OCEANS. Todd not only explains behaviors and underwater  
natural history, but also shares  
photographic techniques and some of the physical  
practicalities of taking a camera underwater.  
With an introduction by United Nations Messenger of  
Peace Jane Goodall, TO THE ENDS OF THE EARTH:  
THE NATURAL WORLD - OCEANS presents the beauty of the  
natural world and underscores the importance  
of preserving these striking and endangered ecosystems.

20:00:00:00 00:56:46:28  
ARTS  
Backstage Pass

#### The Way Down Wanderers

Illinois-based group The Way Down Wanderers features a  
unique blend of bluegrass, Americana, pop  
and indie-rock, crafted with fiddle, mandolin, guitar,  
and drums. Performance include hits like  
"Principles of Salt," "All My Words," and "Moonglow  
Carolina."

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

#### Eegah

Beloved Bond villain Richard "Jaws" Kiel stars as the  
title character, a prehistoric caveman  
living in 1962 California, whose life is subsequently  
ruined by an adventure writer looking for  
easily exploited subject matter, his drippy daughter,  
and her talentless, oddly misshapen  
boyfriend.



Sun, Aug 27, 2023

03:15:30:00 00:14:07:29

WOMEN

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').

07:00:00:00 00:24:59:28

YOUTH

Teepee Time

Teepee feeds his cat and walks his dog for the first time.

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 00:21:02:29

YOUTH  
Wolf Joe

#### Spirit Fort / Buddy The Leader

When Chief Madwe builds the kids their very own fort they imagine themselves as a super rescuers ready to help those in need but Joe keeps raising false alarms. When a runaway kite causes a real rescue need, Joe has to persuade his pals it's not a false alarm and that without them a Maymay will truly end up in distress. Inspired by his father, the Chief, Buddy becomes leader of the trio, giving orders to Nina, Joe and Smudge the puppy as they help neighbours. Buddy doesn't listen to their concerns so Joe and Nina refuse to follow but he realizes his mistake just in time to lead them in rescuing some animals stuck on a roof.

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

CULTURE  
Our Time

#### Hair and Self Image

Hair can shape our identities or it can challenge the very notion of how we define beauty. Filmmakers Shaienne Knox and Isabella Recca examine the role hair plays in their lives and communities. In Out of Our Heads, 16-year-old Knox explores the ways in which African American girls and women style their hair. In Bella, 17-year-old Isabella Recca tests her own beauty standards by shaving her head.

20:00:00:00 00:44:04:00

WOMEN  
Princess Diana: Who Do You Think She Was?

PRINCESS DIANA: WHO DO YOU THINK SHE WAS? tells the story of the Spencer family in four parts. We know how the story ends. But how did it all begin? Who was Diana before the palace, before the paparazzi? Behind the modern legend that is 'Diana, Princess of Wales' lie many other stories - in her childhood and in her family's past as Spencers.

21:00:00:00 00:56:45:25

WOMEN

Forgotten Fame: The Marion Miley Story

Although professional athletics were deemed improper for women in the 1930s, trailblazing golfer

Marion Miley's exceptional talent and winning personality captivated sports fans across the country. But at age 27, Marion was tragically murdered in her home at the Lexington Country Club

in Kentucky. FORGOTTEN FAME: THE MARION MILEY STORY tells the story of the headline-grabbing crime that cut short the life of this pioneering athlete.

Mon, Aug 28, 2023

07:00:00:00 00:24:59:29

YOUTH

Teepee Time

Teepee goes camping and goes fishing for the very first time.

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

YOUTH

Waabiny Time

Going Bush

Going Bush is Moorditj ana. Noongar mob love getting out and about in noongar boodja, Noongar

country. There are so many solid things to do. Bush walking with moort and Koorda, family and friends is a good way to see so many different parts of Noongar country.

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 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

#### Practice for Expansion (Space)

Allow your body and presence to take up space in "Practice for Expansion" as you channel the expansive energy of the universe. This vinyasa practice filmed outside at night links the breath with the body, which has a profound effect on quieting the mind and making the body feel full of vitality. As the rib cage expands and contracts with each breath, we need to create space for our body and mind to expand and release limitations. The world needs your light, so embrace where you are, energize yourself with this invigorating practice, and share your light with the world.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Balance

Today's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-White for a full body workout that strengthens your core and improves your balance.

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

AGING

Sit and Be Fit

#### Heel to Toe Functional Fitness

In this workout Mary Ann focuses on core strengthening, balance, finger dexterity and improving range of motion. Dr. Emily shares the "short foot" exercise.

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

ARTS

It's All About The Music

A small mountain town becomes a catalyst for musicians crafting folk, blues and rock songs in a search for identity, purpose and community, providing a poignant and engaging look into the lives of largely unknown seasoned song writers and performers overcoming a life time of challenges while finding meaning on a road less traveled.

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

ARTS

Silent Witness

Seven Times Part Two

Nikki determines that Jenny must have died before making contact with the tracks. But when the search for Jenny's killer hits a wall, her friends at the women's refuge seek answers. Meanwhile, Thomas, political ambitions lead him to make friends in high places. Offers are made to open all the right doors for Thomas, but what do they want in return?

23:00:00:00 00:26:00:13

ARTS

The Chavis Chronicles

Melba Moore, Legendary Singer

In this episode Dr. Chavis talks with Broadway star and legendary singer, Melba Moore, about her incredible career and the inspiration behind her newest projects. The Tony Award-winning actress also reflects on the importance of volunteering and giving back to the community.

Tue, Aug 29, 2023

03:30:00:00 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

05:00:00:00 00:52:42:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
First Nations Firestarter

"First Nations: Firestarter" examines the controversies, risks and possible rewards that would come from exploiting the Ring of Fire, a massive chromium deposit located on tribal land in the wilderness of northern Ontario.

07:00:00:00 00:24:59:29  
YOUTH  
Teepee Time

Teepee rides a bus and paints a picture for the first time.

07:30:00:00 00:26:00:06  
YOUTH  
Waabiny Time

#### Barna - Animals

There are boola barna, lots of animals in noongar boodja from the noorn, the snake, to the wetj, the emu. Barna live all over noongar boodja, have you seen any lately?

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 00:26:46:09

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Tropical Garden

Bask in the tropical garden paradise as you enjoy a creative intermediate yoga practice designed to stretch your hamstrings, hips and spine with an emphasis on strengthening your core.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Stomach Flattening

Today's episode is set in one of the most beautiful locations we've ever seen. Join Miranda Esmonde-White in paradise for a stomach flattening workout that stretches and strengthens every muscle needed to smooth out your tummy.

09:30:00:00 00:27:29:04

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Body Alignment and Core Strengthening

In this episode Mary Ann focuses on the details of proper body alignment and core strengthening throughout the workout. Dr. Emily shows how to use "short foot" in a sit-to-stand progression.

19:00:00:00 00:26:45:13

CULTURE  
Rick Steves' Europe

#### Austrian and Italian Alps

In the Alps of Austria and Italy, we celebrate both nature and culture. After conquering the

Zugspitze, we tour Innsbruck, visit a remote farm in Austria, and join in a Tirolean village festival. Then we cross the Alps into Italy and tour a uniquely well-preserved medieval castle before joyriding deep into the rugged Dolomite Mountains. After an unforgettable hike, we catch our breath in Europe's largest high-altitude meadow, then enjoy some more alpine folk music.

21:30:00:00 00:27:22:00

ARTS

Sculpted Life

Every state in the country has 2 statues in the U.S. Capitol. Nebraska has chosen to replace both of its statues. Littleton Alston will be the first African American to create a sculpture for Statuary Hall as he's been chosen to create a bronze of world renown author Willa Cather. He grew up in extreme poverty in the Washington DC suburbs and escaped from his troubled neighborhood by visiting the U. S. Capitol and dreaming of being an artist one day. Single and poor, Alston's mother worked behind the scenes to get him accepted into the Duke Ellington School of the Arts. As a young man, he came to Omaha on a residency and stayed to raise his family.

Wed, Aug 30, 2023

00:30:00:00 00:30:00:00

CULTURE

The Medicine Line

The Peyote Trail

Dave learns about the use of peyote in religious Native American ceremony, from Laredo, Texas all the way up to Prince Albert, Saskatchewan.

07:00:00:00 00:24:59:29

YOUTH

Teepee Time

Teepee goes apple picking and bakes a pie for the first time.



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

YOUTH  
Waabiny Time

### My Day

From the kedala, daytime right through to kedalak night-time, so many Moorditj things to day.

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 Metis artifacts, songs, popcorn, balloons and of course, lots of cake!

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

### Shoulder Strengthening

This full-body episode of Classical Stretch strengthens every muscle in your body while targeting your shoulders. Join Miranda-Esmonde white for a full-body workout in front of the beautiful Caribbean sea.

09:30:00:00 00:27:29:04

AGING  
Sit and Be Fit

### Wake Your Body with Exercise

In this lively functional workout Mary Ann uses a towel to improve range of motion. Gretchen leads a finger segment for the brain featuring college football hand signs and Dr. Emily shares a foot release homework assignment.

10:00:00:00 00:26:56:19

CULTURE  
Passion Italy

## Sicily

Journey along the coast where centuries of invaders left their mark - yet traditions remain strong. Modern royalty and craftsmen equally represent the continuing historic charm of the region from Palermo to Castelvetro. Alessandra visits the workshops of a Pupi Siciliani puppet maker, a cart painter, and a coral carver, each carrying on the distinctly Sicilian traditions of generations before them as one of the last of their kind. Visits with a countess and a princess to palaces seldom seen by tourists reveal magnificent architecture and hidden Italian history, including the early origins of vegetarian cooking. An exploration of Sicily's culinary gems also includes the surprisingly beautiful salt pans in Trapani, granita as perfected by generations of a family, a visit to the lively fish market, and one family's innovative approach to the famous Marsala wine. Viewers will also discover Europe's oldest archeological site at Selinunte and virtually participate in one of Sicily's most spectacular historic parades.

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

ARTS

Paint This with Jerry Yarnell

### Beyond The Wall, Part 1

Acrylic painting on 18x24 stretched canvas. In this opening segment, Jerry discusses the type of canvas and underpainting tint. He then discusses the reference material and how to create a composite composition using photos, sketches, and memory. Now he shows how to paint in the sky and first layers of distant hills to create depth. Then he discusses the value system and finishes by painting in the middle ground, hills, meadows, and buildings.

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

ARTS

Best of the Joy of Painting

### Winter Mountain

In this painting, Bob Ross' icy blue mountains capture the mood of a cold winter's day.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

Plein Air with Architecture

Kath demonstrates sketching with a huge advantage: the timer! If you don't like the location or the results, you wasted only 25 minutes of your life and have lots of time to do another!

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Changemakers and Trailblazers

On this edition of Bay Area Bountiful, we'll explore environmental justice through the eyes of four local advocates, and learn how they're actively uplifting the next generation through access and education.

20:00:00:00 01:25:15:17

ARTS

Frank Ferrante's Groucho

Dubbed "nothing short of masterful" by the Chicago Tribune, FRANK FERRANTE'S GROUCHO is a laughter-filled, theatrical portrait of "America's most gifted funnyman". Written and performed by actor Frank Ferrante, this filmed play with music celebrates the style and spirit of comedian Groucho Marx (1890-1977), whose irreverent humor continues to influence artists today.

21:30:00:00 00:26:40:08

ARTS

Line Unbroken: The Charles Forrester Story

A retrospective documentary on the work and life of the prolific sculptor and educator, Charles H. Forrester (1928-2010), examines his compelling life story and six decades of artwork. A university professor for thirty years in England and Kentucky, with roots in New York and the Pacific

Northwest, he directly impacted generations of sculptors and artists.

Thu, Aug 31, 2023

00:00:00:00 00:56:45:25

WOMEN

Forgotten Fame: The Marion Miley Story

Although professional athletics were deemed improper for women in the 1930s, trailblazing golfer Marion Miley's exceptional talent and winning personality captivated sports fans across the country. But at age 27, Marion was tragically murdered in her home at the Lexington Country Club in Kentucky. FORGOTTEN FAME: THE MARION MILEY STORY tells the story of the headline-grabbing crime that cut short the life of this pioneering athlete.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Listuguj, Qc

Situated in Canada's 'Saudi Arabia' of wind, three Mi'gmaq communities faced an uphill struggle to stake their claim in the Gaspé Bay's booming wind energy sector. Now that effort is paying off with long term economic and social benefits.

03:30:00:00 00:26:46:06

ENVIRONMENT/NATURE/NATURAL DISASTERS

The Price of the Prize

"The Price of the Prize" is a documentary by Canadian filmmaker Brandy Yanchyk about the First Nations fight to end grizzly bear trophy hunting in the Great Bear Rainforest in British Columbia. The film follows the Heiltsuk, Kitsoo Xai'xais and Gitga'at First Nations as they enforce their ban on trophy hunting through the presence of Coastal Guardian Watchmen. The documentary also shows how the environmental group the Raincoast Conservation Foundation is purchasing grizzly bear trophy hunting licenses in the Great Bear Rainforest to try to stop the commercial trophy hunt.

"The Price of the Prize" gives the viewer unique access to Canada's First Nations and provides the audience with a breath taking view of many majestic animals that live in the Great Bear Rainforest including grizzly and bear bears and the elusive Spirit Bear.

07:00:00:00 00:24:59:29

YOUTH  
Teepee Time

Teepee visits his grandmother; Teepee rakes leaves.

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

YOUTH  
Waabiny Time

Maambakoort - Ocean

Maambakoort, is the noongar word for ocean. Noongar people love the ocean. They catch biggest mob of djildjit and karil, fish and crabs. When it gets really hot, they love to djiba djoobal, to swim.

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 00:26:45:28

HEALTH/HEALTH CARE  
Yoga In Practice

Lather, Rinse, Repea

Hatha yoga in its most basic form is the balance between an active body and a quiet mind. This requires the will to keep coming to your mat or cushion with a desire to be the best version of yourself today. In this episode, repetition reminds us to practice for practice sake.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Full Leg Toning

This episode of Classical Stretch strengthens and tones every muscle group in your legs, leaving them stronger, leaner, and more defined. Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.

09:30:00:00 00:27:29:03

AGING

Sit and Be Fit

#### Exercise Interventions for Functional Fitness

Mary Ann incorporates exercises that can be practiced daily to promote functional fitness and independence. Dr. Emily shares a pelvic floor exercise to strengthen the core.

21:30:00:00 00:27:22:00

ARTS

Sculpted Life

Every state in the country has 2 statues in the U.S. Capitol. Nebraska has chosen to replace both of its statues. Littleton Alston will be the first African American to create a sculpture for Statuary Hall as he's been chosen to create a bronze of world renown author Willa Cather. He grew up in extreme poverty in the Washington DC suburbs and escaped from his troubled neighborhood by visiting the U. S. Capitol and dreaming of being an artist one day. Single and poor, Alston's mother worked behind the scenes to get him accepted into the Duke Ellington School of the Arts. As a young man, he came to Omaha on a residency and stayed to raise his family.

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

#### How Do We Power The Developing World

80% of the world lives in developing nations, but uses just 20% of global energy. To provide them access to modern technology and conveniences, we'd need to produce twice as much energy globally.

Is this possible? Can we do it affordably, while reducing energy's environmental impact? Ashvin

Dayal, SVP of Power & Climate at The Rockefeller Foundation, and Robert Stoner, Deputy Director for Science and Technology at the MIT Energy Initiative discuss.