

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.

KPJK

Quarterly

Program Topic Report

January, 2024

Mon, Jan 01, 2024

05:30:00:00 00:26:45:28

CULTURE

Waila! Making The People Happy

Waila music comes from the Tohono O'odham, the native people of the Sonoran Desert, and the largest Indian tribe of southern Arizona. Waila (pronounced why-la) is an O'odham word that comes from the Spanish word "baile," which means "to dance." There are no words to Waila music -- it is only instrumental and is played on a button accordion, alto saxophone, electric six-string and bass guitars, and drums. Waila began from the music of early fiddle bands that adapted European and Mexican tunes heard in northern Sonora. The dances performed in the Waila tradition are the Waila (which is similar to a polka), the chote (based on a folk dance from Scotland or Germany), and the mazurka (based on a Polish folk dance). Regardless of the beat, all Waila dances are performed while moving around the floor in a counterclockwise direction.

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

EDUCATION

Curious Crew

Rockets

Multi-staging balloons, water bottles, air rockets and more! Explore how rockets can lift off the ground through an imbalance of forces. STEM Challenge: Designing a water bottle rocket. Curious About Careers: Astrophysicist Shannon Schmoll at Abrams Planetarium and technology manager Mary Palkovich.

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

YOUTH
Wimee's Words

Word Games

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

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

YOUTH
Tiga Talk

Food Preparation

Tiga and the puppets learn how to prepare and cook food and conclude that there's no kind of foodles like oodles of noodles! Kokum and Tiga travel by kayak to a clam dig, enjoy the traditional paddle dance at the beach feast, and are forewarned about cooking when you're in a muddle!

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice for Groundedness (Earth)

Nestled in an infinite field of flowers, "Practice for Groundedness" connects you to the energy of the earth and at the same time provides a treat for your nervous system. Slow it down with long-held postures on the ground while focusing on the breath to release tension and anxiety so

you can awaken to the innate power within you to feel grounded. When we are lost or disoriented, we need to get closer to the earth. We need to feel grounded, centered, and relaxed to be able to serve others and, most importantly, ourselves. By stretching the hips, legs, and back in a sequence of floor postures, this practice grounds you so you can feel your spirit soar. You can have a folded blanket and/or block with you if it's available. (A folded blanket and/or block can provide additional support.)

18:00:00:00 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.

23:30:00:00 00:26:55:20

CULTURE

Civil Discourse

Loretta J. Ross

Loretta J. Ross is a public intellectual, writer, activist, and Smith College professor. She has

devoted her life to the fight for feminism and human equality. In this episode of The Civil Discourse, Ross explains her work to "call in the call-out culture" by listening across difference to achieve civil discourse and a more effective cultural understanding.

Tue, Jan 02, 2024

03:30:00:00 00:29:59:25

CULTURE

Salal, Cedar and Spruce: Salish Country Plants, Foods and Medicines

Salal berries for digestive relief, Cedar tea to reduce fevers, and Spruce tips for nourishment and congestive relief... Traditional Salish foods and medicines are experiencing a revival in the Pacific Northwest. Indigenous peoples, environmentalists, and activists explore ways to nourish the body, mind, and spirit, fight food insecurity, address climate change and educate native youth about their traditions, which were often outlawed and nearly lost to colonization. In this 30-minute documentary, we explore this movement toward traditional knowledge for modern times and some of the myriad ways in which that knowledge is reemerging as a sustainable way to nourish and heal people and our struggling planet. We tour the urban woodlands with elder and traditional foods and medicines knowledge-keeper Dr. Rudolph Ryser. We visit the Tend, Gather, and Grow urban youth program in Wild Foods and Medicines in Olympia, Washington, building a cadre of native youth who are taking this knowledge back to their tribes. We explore the sustainable farming practices of the Squaxin Island Tribal Garden regional food security project, and partake in a delicious traditional feast with the Muckleshoot tribe. Join us on this journey toward a new sustainable future, built on strong healthy communities and traditional Indigenous knowledge rooted in a harmonious relationship with the earth.

04:00:00:00 00:56:40:08

HEALTH/HEALTH CARE

Good Meat

Once a star athlete in his community, Beau LeBeau (Oglala Lakota) now weighs 333 pounds--an

unhealthy weight which has triggered the onset of Type II Diabetes. His mother's untimely death from complications due to Diabetes motivates him to drop the excessive pounds. Enlisting the help of physician Dr. Kevin Weiland and nutritionist Kibbe Conti (Oglala Lakota), Beau starts exercising and takes up a traditional Lakota diet of buffalo meat and other Native foods. He rapidly sheds pounds and encourages others to do the same, but can he maintain his weight loss amidst the poor diet options and naysayers on the Reservation?

05:00:00:00 00:55:37:01

CULTURE
Grab

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

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

EDUCATION
Curious Crew

Candy Chemistry

Buoyant candy, marshmallow melee and more! Candy and science? It's funny to think that candy is related to science, but it's true! STEM Challenge: Making sugar stained glass. Curious About Careers: Audiologist Brooke Tudor explains how to properly test and care for our hearing.

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

YOUTH
Wimee's Words

Paper Airplanes

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

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

YOUTH
Tiga Talk

Keep Trying

This episode is filled with physical challenges: Tiga and cohorts keep trying to reach their goal for Jumping Jacks, Jason and Jodie build and climb a make-believe mountain, elders paddle hard in racing canoes, and a robin learns to sing his song.

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 00:28:00:02

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 00:26:44:29

HEALTH/HEALTH CARE
Sit and Be Fit

Fit from Head to Toe

This episode incorporates a variety of exercises ranging from vestibular system to feet and gait.

21:00:00:00 00:43:36:12

ARTS
Hope Street

The sudden arrival of English Detective Constable Leila Hussain in picturesque Port Devine sets tongues wagging, why is she here? Duty Inspector Finn O'Hare knows the real reason Leila's been transferred, but he's keeping it to himself.

Wed, Jan 03, 2024

04:00:00:00 00:56:45:29

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

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

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

EDUCATION
Curious Crew

Inertia

Spinning eggs and more! Explore how an object that is still or at rest will stay at rest, while an object in motion will keep moving unless another force acts on it. STEM Challenge: Making 'eggciting' safety restraints. Curious About Careers: Technology coordinator Michelle Massey and

pediatrician Mona Hanna-Attisha.

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

YOUTH
Wimee's Words

Shapes

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

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

YOUTH
Tiga Talk

Dwellings

The children and Tiga listen to the sounds of rain as they learn about different dwellings: a warm cozy teepee, drafty caves, houses on wheels, and about the kinds of animal homes in a story entitled Where do you live?

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

YOUTH
Wai Lana Yoga

Crane Poses

Balance first on one leg, then on your hands in two poses that resemble this graceful white bird.

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

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 00:26:45:27

HEALTH/HEALTH CARE
Sit and Be Fit

Sensory Awareness and Breathing

Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.

10:00:00:00 00:26:24:25

CULTURE
Passion Italy

Alto Adige

Journey into the dramatic landscapes of the Dolomites with its enchanting castles and charming towns, such as its capital, Bolzano. Wood is the primary ingredient of Judith Sottriffer's and Aron Demetz's art. Judith keeps tradition alive through her wooden dolls, while Aron represents innovation and modernity with his creations. Alessandra visits two medieval castles, valuable testimony to the local history and culture. The Diocesan Museum of Bressanone is a precious example of the regional art and architecture. An exploration of Alto Adige's culinary gems includes tasting the creative and delicious sheep's recipes of chef, Oskar Messner, in the breathtaking and unspoiled Funes Valley and explores another family's innovative approach to gin made with local herbs. Local farmers, wine makers, and artisans give a comprehensive overview of the local culture.

10:30:00:00 00:26:45:25

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

Galapagos: Volcanoes and Nature on the

Islands

Volcanoes created the Galapagos Islands and made life possible they, and they continue to create and destroy. The islands force cold water to the surface and with it wildlife in profusion, while their isolation makes a showcase for evolution in action. Nowhere else in the world is such a living laboratory, including a study between the demands of expanding human populations and

limited resources.

13:30:00:00 00:28:44:26

ARTS

Paint This with Jerry Yarnell

Big Red, Part 1

Acrylic painting, 16x20 Horizontal. In this opening segment, Jerry discusses his reference material and how he goes about designing the composition. He then takes his soft vine charcoal and makes a rough sketch of the basic elements of the painting including the horse's head. Then begins to paint the sky, clouds, and distant trees. He finishes by underpainting the ground area around the horse. Then he explains what he will be doing in next week's episode.

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

ARTS

Best of the Joy of Painting

Lonely Retreat

Bob Ross uses beautiful blue effects on canvas to highlight the drama and beauty of a snow-bound cabin at sunset.

14:30:00:00 00:26:45:29

ARTS

Pocket Sketching with Kath Macaulay

Water Soluble Line

Kath explains and demonstrates how to control the lights and darks of the water-soluble line, and when and how to add water to get the results you want.

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

AGING

Superagers: Getting Old, Living Young

This film celebrates SuperAgers-older people who are thriving, thanks to their healthy habits and positive outlook. It blends tips from experts with inspiring glimpses into the lives and mindsets

of SuperAgers themselves. It will change how you look at aging, and maybe even change your life!

Thu, Jan 04, 2024

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.

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

EDUCATION

Curious Crew

Electric Batteries

Human batteries, electric lemon, potato possibilities and more! The Curious Crew learns that batteries are used to change chemical energy into electrical energy. STEM Challenge: Designing a better battery. Curious About Careers: Scientist Tonya Matthews and Nuclear physicist Artemis Spyrou.

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

YOUTH

Wimee's Words

Farms

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

08:00:00:00 00:24:00:16

YOUTH

Tiga Talk

Safety

Safety starts at home - Jodie's fall from a tree and her hurt wrist inspires the theme of this episode. The puppets and children learn that you need to 'think before you do', get advice from a fireman and his truck, build a toy boat with safety gear and learn how to make sure that they stay safe at home and out in the world.

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

HEALTH/HEALTH CARE
Yoga In Practice

Love Yourself As You Are

According to Voltaire, "The perfect is the enemy of the good." Often we do not strive for the good life or the good body or experience but the perfect one, ruining our chances of satisfaction. The practice of yoga can open a path of self-care and awareness, help us learn to appreciate the good in ourselves and let go of striving for perfection. In this episode we embrace who we are right now.

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 00:26:45:17

HEALTH/HEALTH CARE
Sit and Be Fit

Fun with the Large Ball

The large ball is used in many ways from postural alignment to helping with balance in this episode.

10:30:00:00 00:26:48:09

ENVIRONMENT/NATURE/NATURAL DISASTERS
Outside: Beyond The Lens

Utah's Zion and Bryce National Parks

A southern Utah road trip leads Jeff, Zack, and Dave into a red rock photo safari to capture the beauty of Zion and Bryce Canyon National Parks in early Spring. Blue skies, snow-covered sandstone and off-the-beaten-path discoveries reveal a side of these popular destinations rarely seen.

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

ARTS

Perfect House, Magic City: The World of Alfred Browning Parker

A documentary portrait of architect and inventor Alfred Browning Parker. From the filmmaker's perspective growing up in a Parker designed home, audiences will fall in love with the famed architect through examples from his remarkable career.

21:00:00:00 00:43:58:07

ARTS

Coroner

Perfect Pair

The mystery of why a window cleaner is found dead next to a sports car he doesn't own leaves Jane with questions for a property entrepreneur she suspects is hiding something.

23:30:00:00 00:26:45:28

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

Nuclear Waste

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

Fri, Jan 05, 2024

01:00:00:00 00:23:30:29

ARTS
Rabbit Fall

Bloodletting Part 2

When evidence of Bob's plot against her is destroyed, Tara knows she has many powerful enemies in Rabbit Fall. Can she trust her supernatural gifts to save her as the battle between the present and the past escalates in this explosive season finale.

02:30:00:00 00:25:29:13

ARTS
Studio 49

Def-I

Def-i is an Albuquerque native, representing the Southwest's hip-hop scene whose style is multifaceted. His stockpile is all-inclusive: Hip-Hop, Spoken Word/Acapella, Instrumental, Breakbeat, Lyrical, Beatboxing, Downtempo, Underground/Freestyle Rap, Contemporary, and Native American.

05:00:00:00 00:26:45:24

CULTURE
Lived History: The Story of the Wind River

Virtual Museum

Over the years, pipes, cradle boards, parfleches, and other ancestral artifacts from the Wind River Reservation in Wyoming have accumulated in museums, far from their place of origin. 'LIVED HISTORY' documents the creation of a high definition video 'virtual museum' of ancestral artifacts, currently stored in museum collections, for the Eastern Shoshone and Northern Arapaho tribes. The Wind River Virtual Museum is an attempt to preserve the observations of elders, whose numbers are diminishing rapidly on the Wind River Reservation.

05:30:00:00 00:27:57:19

CULTURE
The Last Ice Merchant

For over 50 years Baltazar Ushca has harvested the glacial ice of Ecuador's Mount Chimborazo. His brothers, both raised as ice merchants, have long since retired from the mountain. This is a story of cultural change and how three brothers have adapted to it.

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

EDUCATION
Curious Crew

Angular Momentum

Speedy Spinning Spheres! Using spheres, cylinders, and straws, the Crew and Dr. Rob learn about inertia, velocity, and conservation of energy due to angular momentum.

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

YOUTH
Wimee's Words

Friends

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

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

YOUTH
Tiga Talk

Food

The children and Tiga learn that hunger makes you grumpy! They discover just how much work goes into growing and gathering food and that different creatures need different kinds of food. They travel on a fishing boat, hear a story about planting corn and visit a vegetable garden - everyone goes to bed with freshly picked berries in their stomachs!

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 00:26:28:04

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 00:26:45:27

HEALTH/HEALTH CARE

Sit and Be Fit

Footwork and Core

We take our feet and core muscles for granted. In this episode Mary Ann uses a variety of new exercises to focus on the importance of your feet.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Okefenokee Destiny/Everglades

Tucked away in southeast Georgia on the Florida border, the Okefenokee is the largest intact Blackwater wetland in north America. Its unique ecology makes it a candidate for a UNESCO World Heritage site. Its unspoiled wildlife-rich habitat makes it an ideal research destination. And its mineral-filled geology makes it attractive to the mining industry. The Everglades could teach us about the wisdom of preservation over the pain of restoration.

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

AGING
Getting Dot Older

Ministering on a Motorcycle

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: Sidney Poitier. In our Boomer Passion segment, Brenda is a motorcycle minister. Margaret gives God the glory and loves pickleball. Linda grew up with a learning disability, then turned kids' lives around. After cooking in the Army, Karen bakes cakes. Viewers share revealing answers to our survey.

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

CULTURE
Native Report

Come with us and experience the construction of a traditional structure known as a wigwam. We then meet Russell Northrup and his family as they finish building the wigwam. And we meet author Dr. Thomas Peacock and learn how retirement led to a new career and business in book publishing. We also learn what we can do to lead healthier lives and hear from our Elders on this edition of Native Report.

20:00:00:00 00:56:33:13

ARTS
Hollywood's Architect: The Paul R. Williams Story

Nicknamed "Architect to the Stars," African American architect Paul R. Williams had a life story that could have been dreamed up by a Hollywood screenwriter. From the early 1920s until his retirement 50 years later, Williams was one of the most successful architects in the country. His list of residential clients included Frank Sinatra, Cary Grant, Barbara Stanwyck, William Holden, Lucille Ball and Desi Arnaz. And his name is associated with architectural icons like the Beverly Hills Hotel, the original MCA Headquarters Building and LAX Airport. But at the height of his career Paul Williams wasn't always welcome in the restaurants and hotels he designed or the neighborhoods where he built homes, because of his race. Hollywood's Architect: The Paul R. Williams Story will explain how he used talent, determination and even charm to defy the odds and

create a body of work that can be found from coast to coast. Narrated by Emmy award winning actor Courtney B. Vance.

21:00:00:00 00:47:15:20

ARTS
Whitechapel

Someone is killing witches in Whitechapel and Chandler is determined to catch them. As the mania of a witchhunt takes hold is there also a malign influence at work at the heart of the team? The station itself seems to pulse with unexplained phenomenon and even hard-bitten Miles begins to ask questions. Is nowhere safe....? And who or what is really behind the evil that surfaces in Whitechapel?

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

HEALTH/HEALTH CARE
Your Fantastic Mind

The Opioid Crisis

This episode begins in Appalachia, the geographical birthplace of the opioid crisis, setting up how the use of opioids became rampant and spread. Then we go inside the brain to show how and why the brain becomes quickly addicted to opioids. The episode also features medication assisted treatment, an effective treatment that has been stigmatized.

Sat, Jan 06, 2024

04:30:00:00 00:22:01:11

ARTS
Mixed Blessings

Boyfriends Back

Mick's father Mark, mysteriously shows up to smooth out some old bumps. Meanwhile Hank and Mick begin to bond, and an impromptu wrestling match becomes the main event at Josie's surprise birthday party.

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

EDUCATION

Curious Crew

Baseball Science

Curveball curiosities on the baseball field! The crew and Dr. Rob step up to the plate to learn about all things baseball and STEM!

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

EDUCATION

DIY Science Time

Kinetic and Potential Energy

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

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

YOUTH

Albie's Elevator

Lost Hat/Talent Show

Lost Hat/Talent Show: Albie finds a cool hat in the elevator and is determined to find out who lost it so Jay introduces her to an artist who inspires them to get the message out with posters; Albie's magic tricks for the elevator talent show aren't working out, and she has just as much trouble explaining how she's feeling, so she visits a poet and finds a new talent for expression.

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

YOUTH

The Infinite Art Hunt

The Ketchup Catastrophe (Mask Making)

The Ketchup Catastrophe (Mask Making): After a mortifying ketchup-related accident, Freddie vows to never show her face again. Lucky for her there's a mask making workshop happening the same day, but after talking to the artists and educators there, Freddie decides that maybe owning what makes her unique is better than covering up.

09:00:00:00 00:26:57:18

YOUTH

Kids for Positive Change

Focus: River Otters, The Great Lakes, Sea

Turtles

Take positive action for river otters, the great lakes and sea turtles, with Bree, the rescue rooster, his human, Camille, and the Kids for Positive Change Team!

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Okefenokee Destiny/Everglades

Tucked away in southeast Georgia on the Florida border, the Okefenokee is the largest intact Blackwater wetland in north America. Its unique ecology makes it a candidate for a UNESCO World Heritage site. Its unspoiled wildlife-rich habitat makes it an ideal research destination. And its mineral-filled geology makes it attractive to the mining industry. The Everglades could teach us about the wisdom of preservation over the pain of restoration.

11:00:00:00 00:26:45:27

CULTURE
Rick Steves' Europe

European Festivals II

In this second of two episodes on Europe's greatest festivals, Rick dances with Spaniards at Sevilla's April Fair, celebrates Bastille Day in Paris, runs with the bulls at Pamplona, and hoists a frothy stein at Munich's Oktoberfest. And he celebrates a traditional family Christmas, browsing the holiday market in Nurnberg and sledding down alpine slopes by torchlight in Switzerland. With the entire Continent as his playground, fun is his mission.

15:00:00:00 00:24:32:12

ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Watersheds

Water is the great architect of Earth and a defining factor for the location and movement of life

on this planet. Without water, our world would look very different; without the watersheds which capture, coalesce, move, and recycle water throughout a natural system, human and wildlife habitats would not be the same.

17:30:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Changing Seas

Humpback Health

How does the body size and overall health of humpback whales change across their migratory cycle? A team of researchers studying the animals, which spend part of the year feeding in Alaska and a few months fasting while in their Hawaiian breeding grounds, is making remarkable discoveries.

18:00:00:00 00:56:46:00
ARTS
Rick Steves Art of Europe

Stone Age to Ancient Greece

As the Ice Age glaciers melted, European civilization was born-and with it, so was art. From the Stone Age came prehistoric art: mysterious tombs, mighty megaliths, and vivid cave paintings. Then the Egyptians and the Greeks laid the foundations of Western art-creating a world of magical gods, massive pyramids, sun-splashed temples, and ever-more-lifelike statues.

20:00:00:00 00:56:49:18
ARTS
Backstage Pass

Eliza Neals

Known for her electrifying live performances, blues powerhouse Eliza Neals has received many accolades, including the Detroit Black Music Award for "Blues Artist of the Year" and five Detroit Music Awards. With her sultry vocals and soulful piano performances, she continuously tops the blues charts. Her performance includes the songs "Another Lifetime," "Black Crow Moan," and "Can't Find My Way Home."

21:00:00:00 00:56:44:01

ARTS
The Kate

Sheila E

World-class drummer and percussionist Sheila E.'s credits read like chapters in a music-history book: Prince, Lionel Ritchie, Marvin Gaye, Gloria Estefan, Ringo Star, and Beyonce - just to name a few. The Grammy-nominated artist performs her influential hits "The Glamorous Life," "A Love Bizarre," and "The Belle of St. Mark," as well as "One Nation Under a Groove" and a tribute to her long-time partner and friend, Prince. Sheila Escovedo is a fearless multi-instrumentalist, who attacks her performance with enviable energy; even inviting members of the audience to dance on stage with her. During her interview on THE KATE, she recounts growing up in a famously musical family, her relationship with Prince, and her long-term healing process after being assaulted as a very young child.

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

ARTS
Nightmare Theatre

The Alien Factor

The NMT crew endures yet another small-town-menaced-by-monsters movie from 1978, notable only for a performance by legendary horror host Richard "Count Gore De Vol" Dyzel, who plays the town's greedy mayor.

Sun, Jan 07, 2024

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

EDUCATION
Curious Crew

Salty Science

The flavorful phenomena of salt! Dr. Rob and the Crew learn about different types of salt and its properties in water, as a solid, and in food - including ice cream!

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

EDUCATION
DIY Science Time

Optical Illusions

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

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

YOUTH
Albie's Elevator

Stories/Snowflake Heartache

Stories/Snowflake Heartache: An exciting new neighbor visits the elevator and insists everyone has a story worth sharing but Albie isn't so sure she does until she realizes what makes her special; Albie is having trouble making a paper snowflake and almost gives up when she makes the wrong cut, until a visit with a papel picado Mexican paper artist teaches her mistakes can turn into something beautiful.

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

YOUTH
The Infinite Art Hunt

The Me I See (Portraiture)

Freddie is excited to take on portrait painting with Cousin Ty but is surprised when the results don't turn out as she expected. Grandma Tilly's friend Micka stops by to talk about her artistic process and paint a self-portrait. When Ty and Freddie agree to try again, they're much happier with the results.

20:00:00:00 00:46:34:13

ARTS
Secrets of the Museum

Behind the scenes at the Victoria and Albert Museum: the restoration of a 100-year-old hand-made toy elephant; the identity of a woman depicted on an ornate snuffbox; and creating bespoke mannequins for a spectacular Christian Dior exhibition.

21:00:00:00 00:52:31:29

ARTS

Death In Paradise

When a British Cop is found murdered in a locked room on the tiny paradise island of Saint-Marie, Detective Inspector Richard Poole is sent to investigate. He's the perfect man to solve the case - if only he didn't just hate sun, sea and sand.

22:30:00:00 00:26:18:06

ARTS

Love and Respect with Killer Mike

Tommy Davidson

Comedian, actor and former "In Living Color" star Tommy Davidson joins Killer Mike for a conversation about his journey through comedy and show business.

23:00:00:00 00:26:45:27

HEALTH/HEALTH CARE

The Whole Truth with David Eisenhower

Healthcare: Beyond The Insurance Coverage

Debate

HEALTHCARE: BEYOND THE INSURANCE COVERAGE DEBATE: Even without providing health insurance to all of our citizens, why does the American healthcare system still manage to spend so much more, two to three times more per person, than so many other advanced nations? And, even given all that spending, why are our health outcomes not better than these lesser spending nations? And, in some regards, why are they actually worse? Our panel explores issues including why healthcare in the United States costs so much more per capita than in other advanced countries, without achieving better outcomes (including discussing quality of care, and spending on super-consumers and end of life), and whether the coming digital/mobile advances in healthcare delivery can improve quality and reduce costs. Guests: Jonathan Rothwell, Senior Economist at Gallup; Dr. Thaddeus Pope, Director of the Health Law Institute at the Mitchell Hamline School of Law; Dr. Bon Ku, Assistant Dean for Health & Design and Director of JeffDESIGN at Thomas Jefferson University Hospital.

Mon, Jan 08, 2024

03:30:00:00 01:02:54:04

ARTS

Songcatchers: The Gathering

A 2017 unique live concert special that celebrates contemporary and traditional Native American music, as well as pays homage to all the Indigenous Tribes of North America. The featured artists are Mary Youngblood, Thirza Defoe, Tony Redhouse, Jana Mashonee, Alex Beeshiglaii, Sana Christian, and The Sampson Brothers Native American dancers. Also, a special interview with actor/musician Wes Studi.

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

EDUCATION

Curious Crew

Electric Generators

A STEM power surge of phenomena! Get "charged up" with STEM knowledge as the Crew and Dr. Rob explore everything about electric generators!

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

YOUTH

Wimee's Words

Weather

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

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

YOUTH

Tiga Talk

Exercise

Jason, Jodie and the puppets learn the importance of exercising - for kids, grownups and animals -

to keep hearts fit and strong. Jodie does gymnastics,
Kokum jogs, Jason runs to school, while
Gertie lifts weights, while exercise for their
imagination comes from a carver of masks and a
chance at making their own masks at the craft table.

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

HEALTH/HEALTH CARE

Yndi Yoga

Practice to Orient Yourself (Earth)

Framed by an arching passageway of trees with light
seeping in, "Practice to Orient Yourself" is a
spherical practice that increases your range of motion
as you move and stretch in all directions
representing the earth as a sphere. Become oriented in
time and space as you revolve and stretch
the side body through postures that arc and incorporate
circular movements -- the front body
through back bends and the back body through rounding
the spine. This therapeutic and creative
practice, enhanced by a soundscape, helps connect you to
your center, so you have the ability to
look around yourself and broaden your perspective.

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

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 00:26:46:07

HEALTH/HEALTH CARE

Sit and Be Fit

Controlled Breathing

Mary Ann experiments with several ways to control
breathing to efficiently distribute oxygen
throughout the body.

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

ARTS
Crossing South

The Art of Baja

There is so much to love about the art community in Rosarito. Meet a glass carving genius who uses sand blasting techniques he invented himself, then see some traditional and non-traditional paint and brush techniques; and lastly, meet a real life sculptor who creates wax and clay models that transform into metal masterpieces.

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

WOMEN
Evening with Debra Lee

An Evening With Debra Lee explores the interesting life and career of one the nation's top women in media and entertainment and features tribute performances from Eric Benet and Chaka Khan.

Tue, Jan 09, 2024

04:00:00:00 00:09:08:24

CULTURE
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.

04:10:00:00 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.

04:30:00:00 00:18:25:29

ARTS
KVIE Native American Art Stories

KVIE Arts Showcase celebrates arts from around the world and right here at home. Come with us as we experience America's most interesting and talented artists.

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

EDUCATION

Curious Crew

TVG

Sense of Touch

Sensitivity signals from our skin! It's "all hands on deck" as the crew investigates how our brains process the sense of touch!

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

YOUTH

Wimee's Words

Rocks

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

08:00:00:00 00:24:00:17

YOUTH

Tiga Talk

Spring

Kokum's pussy willows signal spring, when the world wakes up again and everything's brand new. Spring Salmon fingerling carvings are presented, Jodie and Jason play hide and seek to the 5 Little Raindrops song to help Gertie stay awake, and Kokum gets a big surprise from last year's spring gathering.

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 00:26:45:24

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 00:26:45:26

HEALTH/HEALTH CARE

Sit and Be Fit

Vestibular and Core

Mary Ann combines a nice mix of vestibular and core work while Gretchen reinforces the importance of gait training exercises.

20:00:00:00 00:28:03:23

ARTS

Baba Wain: A Musical Note in the Key of Beauty

Jazz drummer E.W. Wainwright uses music as a starting point to stress the values of discipline, hard work and self-respect for underserved kids through his African Roots of Jazz Performing Arts Academy. His well-rehearsed student drill and drum teams perform at school and in public, and his contemporary adult jazz ensemble plays at respected venues around the area. Known to students affectionately as "Baba Wain," the documentary recounts his harrowing journey through the civil rights movement and long career as a jazz musician. Despite enduring appalling prejudices during the sixties he continues to work for multicultural understanding. At the core of all his lessons with school children is an emphasis on cross-cultural appreciation. "Peace and love is part of everything we do here," he states, "Peace and love."

20:30:00:00 00:26:51:01

ARTS

Masters of Rhythm: The Afro-Peruvian Way

We took three of the world's finest percussionists - Afro-Peruvian masters Lalo Izquierdo, Cotito

and Huevito - and put them together to jam and shoot the breeze. The result is magic. Shot in Peru, supplemented by shots of community celebrations and a short narrative, this half-hour documentary will acquaint you with an aspect of the African diaspora you'd never even dreamed existed.

21:00:00:00 00:43:40:22

ARTS
Hope Street

TVPG

When newcomer Detective Constable Leila Hussain arrests an elderly farmer on suspicion of murder, the locals are furious. It looks like Leila's days in Port Devine are numbered - until an unlikely ally comes to her rescue.

Wed, Jan 10, 2024

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

EDUCATION
Curious Crew

Thermal Conduction

Thermal Conduction is a "hot" topic! Dr. Rob and the Crew explore how thermal energy is transferred and conserved in different environments.

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

YOUTH
Wimee's Words

Maps

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

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

YOUTH
Tiga Talk

Summer

Tiga, Jodie and Jason rejoice in the delights of summer - swimming, sand castle building, shell collecting at the beach, and stylish sunhats for protection from the sun's rays. Kokum and Tiga fly to the Land of the Midnight Sun in a small float plane and learn traditional net fishing from the elders, while Jodie and Jason imagine a fishing game complete with swans and grizzly bears - their imaginations help them stay cool.

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

HEALTH/HEALTH CARE
Wai Lana Yoga

Lower Back Special (Part 1)

Wai Lana shows you how to relieve lower back tension with gentle stretches for tight muscles. A chair makes ab strengthening easy in an essential back-care exercise.

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 00:26:46:05

HEALTH/HEALTH CARE

Sit and Be Fit

Posture

Mary Ann breaks down techniques to improve our posture and special guest Jeff Brooks gives us a balance exercise for the day.

10:30:00:00 00:26:45:23

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

Tlaloc's Revenge: Mexico City's Hydrological

Heritage

Five hundred years ago the basin where Mexico City lies was plagued with an excess of water. With fundamental alterations in social attitudes toward water, one of the world's largest and greatest cities comes to grips with falling water tables, exhausted springs, and sinking earth. Somehow the city endures.

13:30:00:00 00:28:46:21

ARTS

Paint This with Jerry Yarnell

Big Red, Part 2

In this segment, Jerry shows how to finish detailing and highlighting the ground area around the horse and any unfinished background. Now he explains the process for underpainting the horse's body. He shows the proper mixtures for underpainting a reddish, colored animal. He then explains which brushes work best for underpainting and finishes this segment by underpainting the darker areas of the body and head.

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

ARTS

Best of the Joy of Painting

Black Seascape

Watch and learn as Bob Ross creates crashing waves in this very dark moonlight setting.

14:30:00:00 00:26:45:29

ARTS

Pocket Sketching with Kath Macaulay

Gouache

Kath talks about what gouache is, how to use it and why it is difficult to use in the field with transparent watercolor when you want to work quickly.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

We Are All Plastic People Now

It's in the air. It's in the water. It's buried in our soil and hidden inside the food we eat.

Celebrated in the 1950s for ringing in the era of throw-away ease and freedom, plastic is now everywhere - even inside our bodies.

Thu, Jan 11, 2024

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

WOMEN

Medicine Woman

Medicine Woman, interweaves the lives of Native American women healers of today with the story of

America's first Native doctor, Susan La Flesche Picotte (1865-1915). The one-hour PBS documentary

produced by and about women, features historic and contemporary profiles of female healers,

starting with Susan La Flesche Picotte (1865-1915) of the Omaha Tribe of Nebraska.

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

EDUCATION

Curious Crew

Surface Tension

Bonding over the science of Surface Tension! Why do some things float in water while others sink?

The Crew's depth of knowledge goes WAY below the surface, as they learn all about the molecular bonds behind water phenomena!

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

YOUTH
Wimee's Words

Bikes

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

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

YOUTH
Tiga Talk

Jason and Jodie sing sleepy Gertie awake to enjoy the fun and colours of fall and make lovely seasonal decorations of baskets filled with harvest, big orange pumpkins for pies and hear stories about how different animals prepare for hibernation. Kokum and Tiga are introduced to an artist who makes prints of salmon swimming upstream to spawn, and before bed, shares her favorite childhood fall memories with the children.

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

HEALTH/HEALTH CARE
Yoga In Practice

How to Get Going

Some days we feel stuck or bored, as if we are simply muddling through life. A word to describe this feeling is languishing. To shift out of our daily ruts we need motivation. A good way to start is to reflect on what matters to you most, provides you with a sense of well-being and grounds your energy, then go do that. This episode shows us how to challenge ourselves while practicing chair yoga.

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

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 00:26:45:26

HEALTH/HEALTH CARE

Sit and Be Fit

Breathing

Mary Ann offers several techniques to develop healthy breathing habits.

10:30:00:00 00:26:48:12

ENVIRONMENT/NATURE/NATURAL DISASTERS

Outside: Beyond The Lens

Utah Route 12 Road Trip

A lesser-known National Park in Utah's red rock country, Capitol Reef National Park, is explored via a scenic drive considered to be one of the best in the world. Jeff, Zack, and Dave follow Utah's Route 12 Scenic Byway to the majestic cliffs and slot canyons in search of the perfect frame.

21:00:00:00 00:44:55:07

ARTS

Coroner

The Foxby Affair

To explain the sudden death of a reclusive woman at a remote address near Lighthaven, Jane must first solve the mysterious disappearance of a notorious, aristocratic playboy from decades before.

23:30:00:00 00:26:45:28

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

Carbon Capture and Storage

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

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

Fri, Jan 12, 2024

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

ARTS
Rabbit Falls

Welcome to Rabbit Fall

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

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

ARTS
Studio 49

Artson

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

04:00:00:00 00:56:45:22

CULTURE
Keep Talking

Follow four Alaska Native women fighting to save Kodiak Alutiiq, an endangered language spoken by

fewer than 40 remaining fluent Native elders. On remote Afognak Island, they inspire young people to learn the language and dances of their ancestors.

05:00:00:00 00:56:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Crying Earth Rise Up

A Lakota mother studying geology seeks the source of the water contamination that caused her daughter's critical health problems. Meanwhile, a Lakota grandmother fights the regional expansion of uranium mining. Crying Earth Rise Up exposes the human cost of uranium mining and its impact on Great Plains drinking water.

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

Guitar Science

Guitar science ROCKS! Dr. Rob and the Crew perform some very "inSTRUMENTal" investigations in a guitar STEM jam session!

07:30:00:00 00:26:46:05
YOUTH
Wimee's Words

Astronauts

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

08:00:00:00 00:24:00:10
YOUTH
Tiga Talk

Winter

Gertie always misses winter fun - she sleeps through sledding, sliding, and snowball fun! Warm

scarves are knit and traditional snow shoes crafted for outdoor activities like sighting animal tracks in the snow, while indoor craft activities and exercises keep Jodie and Jason cozy when winter wind is swirling.

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 00:26:45:28

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 00:26:45:29

HEALTH/HEALTH CARE

Sit and Be Fit

Back Health

Mary Ann introduces new exercises to gently loosen the thoracic spine with subtle shoulder and back movements.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Bats & Blooms

Zoo Miami is known for international wildlife conservation, but they're also managing patches Pine

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

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

AGING
Getting Dot Older

Helping The Elderly

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. Boomer Quiz: Rita Moreno. In our Boomer Passion segment, Claire volunteers with the elderly. Gwendolyn, a Black woman, travels the world solo. Harvey shares his gift of desperation about alcohol. Twyla sings jazz, paints, and wants to be laid to rest near Yosemite. Viewers share revealing answers to our survey.

20:00:00:00 00:55:56:08

ARTS
Starstruck: Gene Kelly's Love Letter to Ballet

Inspired by Gene Kelly's iconic work in Hollywood, STARSTRUCK is an immersive, theatrical experience for audiences to escape to the glamour and grace of Paris, 1960.

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

ARTS
Whitechapel

A young woman is saved from an attacker by a little old lady. The next morning DI Chandler and his team discover the skin of a man's face in Whitechapel Art Gallery. The victim has distinct Russian prison tattoos so a link with the Russian mafia is likely. But is there more to the murder and who is the mysterious artist Sebastian Marlowe? Meanwhile the eeriness in the station continues as Buchan's struggles to save his archive from the encroaching mould.

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

HEALTH/HEALTH CARE

Your Fantastic Mind

Deep Brain Stimulation for Depression

Millions of Americans have depression. For some it is intractable and often leads to attempted suicide. Deep brain stimulation (DBS), which many people know of because of its use to control tremors in Parkinson's disease, can be life changing when used for depression. Dr. Helen Mayberg of Mount Sinai in New York City, pioneered discovery of an area of the brain that, if stimulated, can alleviate depression. We follow 27-year-old Tyler Hajjar who has suffered debilitating depression for a decade and has made multiple suicide attempts. YFM shadows him during the 12-hour surgery and in the months that follow as he strives to reclaim his life.

Sat, Jan 13, 2024

04:30:00:00 00:22:01:05

ARTS

Mixed Blessings

Monkey Business

When Josie's ex-boyfriend receives special attention at the restaurant, Hank becomes jealous. Tazz decides to take matters into his own hands and tries to drive Mark out of town. His attempt backfires, leaving Hank to clean up the mess.

05:00:00:00 00:51:50:25

ENVIRONMENT/NATURE/NATURAL DISASTERS

Yellow Fever

Yellow Fever follows young Navajo veteran, Tina Garnanez on her journey to investigate the history of the Navajo Uranium Boom, its lasting impacts in her area and the potential new mining in her region.

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

EDUCATION

Curious Crew

Center of Gravity

Quirky corks, leaning towers, defying gravity and more!
The Curious Crew explores different
centers of gravity. STEM Challenge: Making a balanced
sculpture. Curious About Careers: Physical
Therapist Jill Marlan.

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

EDUCATION

DIY Science Time

Static Electricity

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

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

YOUTH

Albie's Elevator

Blueberry Kiwi Upside-Down Carrot Cake/Puzzle

Picture Perfect

Blueberry Kiwi Upside-Down Carrot Cake/Puzzle Picture
Perfect: Rosie is upset because her trip
home to visit her mom is cancelled so Albie recreates
her favorite family recipe and plans a
surprise to cure her friend's homesickness; Albie and
Huggy love putting together puzzles with Zia
but when she can't join them, a visit to a robotics team
inspires them to rise to the challenge
and finish the puzzle on their own.

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

YOUTH

The Infinite Art Hunt

A New Perspective (Sculpture)

A New Perspective (Sculpture): Freddie is determined to
see all 300 works of art at a sculpture
park and museum trying to find inspiration for Grandma
Tilly's birthday gift. But her plan quickly
derails as Hildegard gets lost and Ty bumps into one of
his art idols, potter Roberto Lugo. After
asking him "too many questions," Freddie's perspective
shifts and she decides to take in the space
at a more relaxed pace.

09:00:00:00 00:26:41:17

YOUTH
Kids for Positive Change

Focus: Pandas, Orangutans, Bees, Beagles

Take positive action for pandas, orangutans, bees, beagles and the planet, with Bree, the rescue rooster, his human, Camille, the Kids for Positive Change Team and meet Youth Changemakers!

10:30:00:00 00:26:46:06

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Bats & Blooms

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

15:00:00:00 00:26:49:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Pollinators

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

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Changing Seas

Kelp: Hidden Treasure of the Salish Sea

The kelp forests of the Puget Sound have long played an essential role in the local ecosystem as a habitat and food source. Today, this foundational species is in decline, but resource managers,

scientists, tribal citizens, and advocates are working together to solve the mysteries of conserving and restoring kelp forests.

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

ARTS

Rick Steves Art of Europe

Ancient Rome

The Romans gave Europe its first taste of a common culture-and awe-inspiring art. From its groundbreaking architecture to its statues, mosaics, and frescos, Rome engineered bigger and better than anyone before. At its peak, the Roman Empire was a society of unprecedented luxury, with colossal arenas for entertaining the masses and giant monuments to egotistical emperors. And then it fell.

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 00:56:29:00

ARTS

The Kate

Owen and Moley O Suilleabhain

A boundary-breaking postmodern mix of sublime virtuosic vocals on ancient Irish and traditional Celtic folk, original pop, and Irish rap songs, Owen and Micheal "Moley" O Suilleabhain are troubadour brothers - part Smothers Brothers and part Clancy Brothers - with a wicked sense of humor and a skill for depth. They are the sons of renowned musical parents who valued all music and cultures on an equal stage, and Owen and Moley's performance embodies that philosophy. From the millennia-old Celtic "keening" songs to "Wild Mountain Thyme (Go Lassie Go)" to Van Morrison's

"Moondance," Owen and Moley deliver wisdom, tears, and laughs.

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

ARTS
Nightmare Theatre

Wolfman

A prodigal son returns to his father's estate, only to discover he suffers from a family curse perpetrated by an evil reverend in this late-70s low-budget monster mash, directed by and starring hillbilly impresario Earl Owensby.

Sun, Jan 14, 2024

03:00:00:00 00:53:29:02

ENVIRONMENT/NATURE/NATURAL DISASTERS
March Point

This program follows the journey of three teens from the Swinomish Tribe who have been asked to make a film about the threat their people face from two local oil refineries. In the late 1950s, two refineries were built on March Point, an area that was once part of the Swinomish reservation by treaty. This is the story of the boys' awakening to the destruction these refineries have wrought in their communities. Ambivalent environmental ambassadors at the onset, the boys grapple with their assignment through humor, sarcasm, and a candid self-knowledge. But as their filmmaking evolves, they experience the need to understand and tell their stories, and the power of this process to change their lives.

05:00:00:00 00:14:07:29

ARTS
Native Hope Champions

Las Morenas

Lucinda Hinojos, known professionally as La Morena, was commissioned by the NFL as the first Native American artist to design theme art for a Super Bowl. Her artwork was featured on Super Bowl LVII tickets, displays, footballs and more. Amongst this notable work is a 9, 500-square-foot

mural, the largest to date created for a Super Bowl. La Morena, who is Chicano, 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 00:26:45:29

EDUCATION
Curious Crew

Pulleys

Hoist a grown-up, a tug of war, compound pulleys and more! The Curious Crew hoists Dr. Rob off the ground as they explore how pulleys make physical work easier. STEM Challenge: Design a miniature crane. Curious About Careers: Equine Diagnostician Dr. Stephanie Valberg.

07:30:00:00 00:27:00:29

EDUCATION
DIY Science Time

Balloon Science

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

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

YOUTH
Albie's Elevator

Moth Quilt/Postcard for Huggy

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

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

YOUTH
The Infinite Art Hunt

Art In Unexpected Places (Curation)

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

15:00:00:00 00:26:45:28

AGRICULTURE
Reconnecting Roots

Seed to Supermarket

Food in America is easy, you just put it in your shopping cart and pay. But it hasn't always been this way. From sustenance farming to big business enterprises, we take a look at how farming has scaled to epic proportions while some have chosen to return to the land from whence we came.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
The Good Road

St. Thomas, Usvi - Not Just A Rock

Each US Virgin Island has its own identity and historic development, but tourism on all three is under threat from coral disease. We follow a team of scuba diving scientists to study this threat to coral - known as the lungs of the planet.

17:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Common Ground with Jane Whitney

Can This Planet (Still) Be Saved?

"We're the first generation to feel the sting of climate change and we're the last that can do something about it," has become something of a cliché, a summary of the existential threat posed

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

19:00:00:00 00:56:46:00

ARTS

The 88th Annual Anisfield-Wolf Book Awards

Hosted by Henry Louis Gates, Jr., THE 88TH ANNUAL ANISFIELD-WOLF BOOK AWARDS features the personal stories of the 2023 recipients of the only national juried prize for literature that confronts racism and explores diversity. Viewers are transported to Iowa, Massachusetts, Ohio and New Hampshire to hear the inspiring and revealing stories of this year's honorees, which include Geraldine Brooks, Lan Samantha Chang, Matthew F. Delmont, Saeed Jones, and Charlayne Hunter-Gault. Members of the Anisfield-Wolf jury include chairman Henry Louis Gates, Jr., poet Rita Dove, novelist Joyce Carol Oates, and psychologist Steven Pinker.

21:00:00:00 00:52:14:29

ARTS

Death In Paradise

As DI Richard Poole desperately searches for a decent cup of tea, a bride is murdered on her wedding day. It is a tragedy DS Camille Bordey can't help but notice, whilst Richard is more interested in housekeeping signs. But who would kill a bride on her wedding day? Could it really be one of her family?

22:30:00:00 00:26:56:15

EDUCATION

Love and Respect with Killer Mike

Dr. Lanze Thompson

Education and business executive Dr. Lanze Thompson (Clark Atlanta University) joins Killer Mike for a look at the role of education in shaping the lives of young people.

Mon, Jan 15, 2024

03:30:00:00 00:29:02:01

CULTURE
Injunuity

Injunuity is a collage of reflections on the Native American world, our shared past, our turbulent present, and our undiscovered future. From Columbus to the western expansion to tribal casinos, we are taught that the Native way, while at times glorious, is something of the past, something that needed to be replaced by a manifest destiny from across the ocean. But in a world increasingly short of real answers, it is time we looked to Native wisdom for guidance. It is time for some Injunuity. Injunuity is a mix of animation, music, and real thoughts from real people exploring our world from the Native American perspective. Every word spoken is verbatim, every thought and opinion is real, told in nine short pieces and covering such topics as language preservation, sacred sites, and the environment. But rather than simply revisit our history, the goal of Injunuity is to help define our future, to try and figure out the path that lies before us, to focus on where we are going as well as where we have been.

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

EDUCATION
Curious Crew

Kinetic Energy

Stubborn cans, racing spools, yo-yos and more! The Curious Crew learns when something moves, it has kinetic energy. STEM Challenge: Designing a marble rollercoaster. Curious About Careers: Orthopedic Researcher LeeAnn Kaiser.

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

YOUTH
Wimee's Words

Stars

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

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

YOUTH
Tiga Talk

Building

Jodie and Jason get to see different kinds of buildings being put together. They visit construction sites, a teepee and then do a little building of their own. Tiga is very happy with the results!

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice for Lightness (Air)

Breath creates space and lightness within. "Practice for Lightness" is an all-encompassing, gentle practice bringing mindfulness to the breath and body connection. As the breath guides the practice and coordinates with the movement of the body, the mind slows down, and the body feels lighter and more vibrant. This class strengthens you and helps improve flexibility as well as balance, and brings awareness to how our breath impacts how we feel and creates peace within.

09:00:00:00 00:26:18:20

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Body Shaping

Join Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classical

Stretch shapes every muscle in your body leaving you with more definition and tone.

09:30:00:00 00:26:44:02

HEALTH/HEALTH CARE
Sit and Be Fit

Functional Fitness

This episode includes exercises that promote healthy living and being able to perform daily activities with ease and without injury. Registered dietitian, Janell Buchkoski, challenges viewers with a weight management tip of the day.

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

COMMUNITY POLITICS/GOVERNMENT
Native Planet

Hawaii

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

20:00:00:00 00:56:36:01

ARTS
Musical Evening with Harry Lennix

A Musical Evening With Harry Lennix is a uniquely crafted look back into the life and career of one of Chicago's most notable actors. Growing up poor, on the tough streets of Chicago's South Side, Lennix learned early the importance of hard work. Comprised of story-telling through musical performances and theatrical readings, Harry Lennix showcases his gift through the voices of powerful vocalists; featuring: Terisa Griffin, Dee Alexander, Lynne Jordan, and Felicia Fields; accompanied by a dynamic live band; as he highlights some of Chicago's up and coming talented teenagers from Kenwood Academy and High School. Born and raised on Chicago's South Side, Lennix takes us on a journey from his childhood and his Creole roots, to finding his love and passion... acting. Attending Northwestern University, his thespian talents blossomed and soon his one-time thought of being Pope, forever changed. His roles on the stage in productions like, Guys and

Dolls, Raisin In the Sun, and Huckleberry Finn, led him to the small and big screens, like the film, The Man of Steel, NBC's The Blacklist and one of his most notable film roles, The Five Heartbeats. Lennix encourages the viewers to help the next generation achieve their dreams; in any way they can, because like his, Dreams can come true. This toe-tapping and hand-clapping night entertains and enlightens the audience. Lennix stays true to his Chicago roots, throughout the program and ends the show with a hometown favorite! Harry Lennix has made his mark on history and in A Musical Evening With Harry Lennix, he proves why he is a HistoryMaker.

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

ARTS
Silent Witness

History Part 1

In Liverpool, following the launch of Sam Ryan's new company, the health secretary is assassinated. Sam summons the Lyell team with a plea to help investigate, but Nikki is unsure whether she can trust Sam, who seems to know more than she's revealing. Meanwhile, Jack and Nikki navigate their feelings for each other.

Tue, Jan 16, 2024

03:30:00:00 01:19:26:07

CULTURE
What Was Ours

A tribal elder and Vietnam vet, who hasn't left the Wind River Indian Reservation in over 40 years, visits the underground archives of Chicago's Field Museum with two young Arapaho to explore ancestral objects kept in boxes for many years. Together they try to learn how these artifacts vanished from their tribe in the first place.

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

EDUCATION
Curious Crew

Central Nervous System

Uncontrollable hands, knee-jerk reflex, reaction times and more! The Curious Crew explores how our body's system of nerves help us make quick decisions. STEM Challenge: Designing a sensory fidget toy. Curious About Careers: Kinesiologist Dr. Janet Hauck.

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

YOUTH
Wimee's Words

Caring for Each Other

Wimee and team sing about ways they show others they care; Director Adams from the MI VA Agency tells us how her daughter's kindness helped her when she was sad, and how kids can make a difference in other's lives; and Detroit Pistons 'legend Earl Cureton talks about respecting others on the court!

08:00:00:00 00:21:54:23

YOUTH
Tiga Talk

Appreciate The World We See

Tiga, Gertie, Gavin and the kids learn to take a look around and enjoy all of the amazing things happening in the world around their house. Jason and Jodie get to take a special art lesson and then fly with Kokum!

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

Quad Flexibility

Your quad muscles in the front of your thighs are one of the largest muscles in your entire body - this is why keeping them strong and flexible is so important to full body health. Join Miranda Esmonde-White for a Classical Stretch workout that focuses on strengthening and stretching the quad muscles.

09:30:00:00 00:26:48:00

HEALTH/HEALTH CARE

Sit and Be Fit

Good Alignment

By doing exercises with eyes closed, Mary Ann builds an awareness of how good spinal alignment feels. Mary Ann gives a tip of the day.

21:00:00:00 00:43:46:22

ARTS

Hope Street

Barry runs a woman over in his taxi, but she runs away. As the police officers hunt for the injured woman, DC Leila persuades rookie Callum to bend the rules. Sergeant Marlene is furious, so she digs into Leila's past - with dire consequences.

Wed, Jan 17, 2024

01:00:00:00 00:21:48:29

ARTS

Red Earth Uncovered

Birds of a Different Feather

Shayla makes her way to beautiful Victoria, British Columbia where a unique bird known as a white raven has been spotted.

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.

05:10:00:00 00:41:49:13

ENVIRONMENT/NATURE/NATURAL DISASTERS
Unshackled

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

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

EDUCATION
Curious Crew

Basketball Science

Lay-up angles, curvy bounce passes, delightful dribbling and more! The Curious Crew learns how simple scientific principals improve the game of basketball. STEM Challenge: Designing a mini-free throw machine. Curious About Careers (2): Ophthalmologist Dr. Sonia Rana and Computer Coder Hillary Lewandowski.

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

YOUTH
Wimee's Words

Guacamole

Wimee sings a guacamole clothing song; Wimee and friends write a story about an avocado tree; Ms. Sara translates our key story words into Spanish; Jim sings about shopping at the grocery store; Mi Amigo Hamlet & Alina sing their guacamole song; and Moby goes on the road to a Mexican fiesta!

08:00:00:00 00:21:55:14

YOUTH
Tiga Talk

Listen to the World

Dad takes the kids to the studio where he's 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 00:27:30:00
HEALTH/HEALTH CARE
Wai Lana Yoga

Lower Back Special (Part 2)

Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting cross-legged easy.

09:00:00:00 00:26:31:22
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible

09:30:00:00 00:26:48:01
HEALTH/HEALTH CARE
Sit and Be Fit

New Challenges

Mary Ann introduces a new abdominal exercise called the "Ski Jump" and Gretchen gives you a new balance challenge.

13:30:00:00 00:28:46:22
ARTS
Paint This with Jerry Yarnell

Big Red, Part 3

In episode 3, Jerry explains different types of techniques for detailing the horse and how different brushes create different effects. Now he shows how to mix the proper colors for detailing the horse and which brushes work best for this particular application. He then finishes

this segment by explaining what he will be doing in the next episode to finalize detailing the horse and painting in the fence.

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

ARTS

Best of the Joy of Painting

Daisy Delight

Stately evergreens overlooking a field of tiny daisies... what a charming little Bob Ross painting.

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

HEALTH/HEALTH CARE

Mindfulness Movement

THE MINDFULNESS MOVEMENT is an inspiring and informative mental health resource. The documentary profiles the growing number of people of all ages and backgrounds who believe mindfulness - a peaceful quality of attention anyone can develop by simply focusing on the present moment in a non-judgmental way - is the key to making more moments matter in their lives and creating a healthier, happier world. The film also explores the science and history of secular mindfulness in the West and features interviews with leading experts Deepak Chopra, Jewel, Dan Harris, Jon Kabat-Zinn, Sharon Salzberg, George Mumford, Daniel Goleman and many more.

Thu, Jan 18, 2024

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Sechelt, Bc

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

05:30:00:00 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

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

EDUCATION
Curious Crew

Torque

Candle see-saws, balanced meter sticks, 'getting a grip' and more! The Curious Crew explores how the force of torque helps us turn and leverage things. STEM Challenge: Design a One-Handed Spoon Catapult. Curious About Careers: Robotics Engineer Sid Mosley.

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

YOUTH
Wimee's Words

Storytelling

Wimee and friends find silly words; Moby talks about stories being everywhere; Ms. Sara translates today's story words into Spanish; Wimee talks with kids about being writers; Ms. Kelaine takes us on a tour of the KDL Bookmobile; and Wimee dreams about discovering the most magical book in the world!

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

YOUTH
Tiga Talk

Remembering The Past

Jason and Tiga get to go fishing with Dad and try to catch a big one. Gertie needs help trying to

find her favorite hair bow and Kokum takes a fancy old-fashioned car for a spin.

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

HEALTH/HEALTH CARE
Yoga In Practice

It's Not What You Do, But How You Do It

We all have unique gifts and talents as expressed through our lifelong accomplishments. These gifts are meant to bring joy, satisfaction, and meaning into our lives and the lives of those around us. It's not about what you do in life but how you do it. It's about how much passion, love, and care you put into what you do that truly matters. Consider this as we begin a gentle yoga practice today.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Join Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside workout will rebalance your full body and strengthen your posture. By loosening, lengthening, and liberating your spine you will feel greater mobility between your vertebrae. This increased range of motion will allow you to go deeper into the strengthening exercises.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Coordination and Reaction Time

This episode focuses on being aware of your body's movements and how it contributes to coordination and reaction time.

21:00:00:00 00:44:40:07

ARTS
Coroner

Pieces of Eight

Lighthaven's Pirate Festival provides the perfect cover for a robbery, leaving Davey giving chase

while Jane tries to discover why a faceless man has washed up on the beach.

23:30:00:00 00:26:45:28
ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

China's Energy and Climate Policies, Part 1

China is the world's largest energy producer and consumer, the largest exporter of solar, the current leader in nuclear, and emits of global CO2. This makes China's energy and climate policies of vital concern to all nations. Dr. David Sandalow, Founder & Director of Columbia's US-China program, and Dr. Wei Peng, Assistant Professor, School of Public and International Affairs & Andlinger Center for Energy and the Environment, Princeton University.

Fri, Jan 19, 2024

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

Dog Island

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

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

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

EDUCATION
Curious Crew

Sense of Hearing

Echo location, tympanic membranes, radio teeth and more! The Curious Crew learns how our ears are designed to capture incoming sounds. STEM Challenge: Designing a pair of 'Ear Defenders.' Curious About Careers: Audiologist Dr. Brooke Tudor.

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

YOUTH
Wimee's Words

Thankful for Veterans

Wimee and friends sing about things they're thankful for; Moby takes a road trip to an art exhibit; Wimee and friends write a story about a cake-eating frog; Ms. Sara translates our key story words into Spanish; Director Adams from the MVAA tells Wimee about Veteran's Day and about who veterans are.

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

YOUTH
Tiga Talk

Keep Smiling

Smiles are important but they don't stay healthy all by themselves! Though she likes to smiles, Gertie doesn't want to brush her teeth. The kids teach her why she needs to brush and show her what happens if you don't!

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Beauty

Bask in the beautiful sunflower fields of summer as you enjoy a gentle yoga practice while

entirely seated in a chair. 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 00:26:45:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Strengthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at the Cambridge Beaches Resort & Spa, this powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.

09:30:00:00 00:26:46:03

HEALTH/HEALTH CARE

Sit and Be Fit

Lymphatic System

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

15:00:00:00 00:26:45:29

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Planet of Pollinators

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

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

AGING

Getting Dot Older

Riding for Fun

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. Boomer Quiz: The

Addams Family. In our Boomer Passion segment, empty nester Paula takes up horseback riding.

Adrienne wants people to see beyond her amputation. Joanne survives a heart attack & breast cancer. Duanne's mom died when she was two. Now she's a widow. What now? Viewers share revealing answers to our survey.

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

ARTS

From Novel to Movie: The Yearling In Florida

The documentary provides a unique look back at the classic Pulitzer-Prize-winning novel, The Yearling by the late Marjorie Kinnan Rawlings and the subsequent classic MGM Oscar-winning film by the same name 75 years later with memories in film and commentary by not only the Oscar-winning child actor Claude Jarman, Jr., but many of the Florida folks who worked on the film in the Ocala National Forest of Florida in the 1940s. Their memories and home movie clips from the filming by the late Oscar winner Gregory Peck weave a colorful story.

21:00:00:00 00:47:40:02

ARTS

Whitechapel

The body of Sid Walden is discovered, minus a face, back skin and finger prints, near the Prospect

of Whitby pub. Riley informs Chandler that the DNA from the shoes found at the cemetery matches

Sabina Masud. Meanwhile a nervous 19 year old student William Tierney Clark is waiting for his jaw

to be x-rayed at the dentist, when the killer, wearing the old lady's face, strikes again

chloroforming him. Desperate to find the boy before it is too late, Miles wonders if he should

call Wacky Jaqui, the medium who successfully helped them out on a missing child case in the mid

90s. Chandler can't believe Miles would be so gullible and believes the only way to find William

is by detective work.

Sat, Jan 20, 2024

01:00:00:00 00:21:59:26

WOMEN

Chaos & Courage

Midwives

Pre-contact, midwifery was a traditional practice among First Nations across the country. Driven underground for over a century, Midwifery is currently enjoying a long overdue reclamation. Meet the women at the helm of this movement, and hear how this ancient practice benefits the health of mother and child, and their community.

04:30:00:00 00:22:00:20

ARTS

Mixed Blessings

Party Hardly

Mick and Hank, now buddies, graduate school together. At the celebration, Walt crushes on the coat check girl, Tazz crashes the grad dinner, and Mark lives up to his reputation.

05:00:00:00 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 00:26:46:03

EDUCATION

Curious Crew

Chocolate Chemistry

Sliding chocolate, curious cocoa, sweet textures and more! The Curious Crew learns how modern day chocolate chemistry has become one sweet science. STEM Challenge: Designing edible Chocolate Bowls. Curious About Careers: Health Educator Bethany Thayer.

07:30:00:00 00:27:00:03

EDUCATION
DIY Science Time

Sweet Science

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

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

YOUTH
Albie's Elevator

Little Door/The Full Tomato Twist

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

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

YOUTH
The Infinite Art Hunt

The Wanda Blob (Mosaic)

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

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

YOUTH
Kids for Positive Change

Focus: Forests, Chimpanzees, Birds

Take positive action for forests, chimpanzees and birds, with Bree, the rescue rooster, his human, Camille, the Kids for Positive Change Team and meet Youth Changemakers!

10:30:00:00 00:26:45:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Planet of Pollinators

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

15:00:00:00 00:25:34:02

ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Wild Winter Worlds

How do wildlife survive the tougher winter months? With cold temperatures and fewer food resources, the winter season can be challenging for a variety of wild animals. Some animals migrate to different areas, some hunker down for a long winter's nap, and some simply continue their daily activities.

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

CULTURE
Skindigenous

Kanahus Manuel

Land defender Kanahus Manuel is revitalizing ancient tattoo practices that represent thousands of years of ancient connection to the land.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Changing Seas

Saving Florida's Starving Manatees

Florida's iconic sea cows are dying in record numbers. Years of declining seagrass beds have eliminated one of the gentle giants' primary food sources. Now wildlife managers have taken the unprecedented step of feeding the animals, while scientists are in a race against time to restore the lost seagrass.

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."

21:00:00:00 00:56:00:06

ARTS
The Kate

Marc Cohn with Blind Boys of Alabama

In 1992, Marc Cohn catapulted into musical stardom with his megahit "Walking in Memphis," claiming the Grammy for Best New Artist that same year. He has since paved his career path by "following good music." With a penchant for the gospel sound and a voice that can take it on, Cohn and Blind Boys of Alabama ignite the stage with "Silver Thunderbird," "Baby King," "Ghost Train," "If I Had

a Hammer, " and crowd-pleaser "Walking in Memphis."
Blind Boys of Alabama are Cohn's consummate
companions and they surprise with their bluesy rendition
of "Amazing Grace." Cohn tells THE KATE
he has always wanted to play with a gospel quartet and
that being with Jimmy Carter, the Blind
Boys' remaining original member, just "feels like home."
Carter recounts coming up in the
segregated South with a drive to succeed, saying, "We
were gonna sing gospel, and that's what
we've been doing all these years." Having performed as a
gospel group for an astonishing 80 years,
the Blind Boys of Alabama took home a Grammy Lifetime
Achievement Award in 2009.

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

ARTS
Nightmare Theatre

The Brain Machine

A secret government project sends four unwitting
volunteers into a technological nightmare in this
drab drama from 1972, as Sapó attempts to recreate the
experiment on an equally unwitting
volunteer - himself.

Sun, Jan 21, 2024

04:00:00:00 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.

05:00:00:00 00:56:43:02

CULTURE
Weaving Worlds

WEAVING WORLDS presents an absorbing and intimate
portrait of economic and cultural survival

through art. The documentary traces the history of Navajo rug weavers and their role within the global economy by highlighting the stories and characters behind the production and trading of Navajo rugs. Told from the weavers' point-of-view, WEAVING WORLDS turns a keen and compassionate eye toward indigenous artists and their struggle to maintain pride and cultural vitality through their textiles. Contemporary Navajo weavers including Nicole Horseherder, a member of Black Mesa Weavers for Life and Land speak about the importance of weaving traditions, or Nahadzaan Hadilneeh, to Navajo culture. WEAVING WORLDS illuminates the rich visual experience of this Native craft by combining shots of the Navajo reservation with scenes of Navajo women weaving delicate motifs into colorful rugs. Through interviews and oral histories, the program also explores the relationship between weaving and family relations and the sometimes controversial interdependency between Indigenous artisans and Anglo traders.

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

EDUCATION
Curious Crew

Electrical Circuits

Human conductivity, electrical resistance, series & parallel circuits and more! The Curious Crew learns how all circuits have three things: a power source, a conductor and a load. STEM Challenge: Designing an Electrical Switch. Curious About Careers: Electrical Engineer Shanelle Foster.

07:30:00:00 00:27:00:04

EDUCATION
DIY Science Time

Light

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

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

YOUTH
Albie's Elevator

On Boredway/Box Town

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

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

YOUTH

The Infinite Art Hunt

The Crestfallen Mallard (Video Games)

The Crestfallen Mallard (Video Games): Ty won't accept Freddie's help on his latest masterpiece, and his painting of a duck is turning out to be kind of a bummer. Frustrated, Freddie leaves the studio, while Ty plays host to Grandma Tilly's friends - video game designers who work in a collaborative process. Ty sees that masterpieces aren't always created by one person and agrees to let his younger cousin lend a hand.

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

ARTS

The Good Road

Nashville, Tn - Making Space

Alternative venues in the Music City include the National Museum of African American Music and the iconic Parthenon. Inside is a trip through ancient (and not so ancient) history as we talk to changemakers and musicians who see another future for Nashville.

19:00:00:00 00:56:46:00

CULTURE

Broken Promise

After World War II, humanity declared that genocide would never be allowed to happen again. But "never again" has become "again and again," from Cambodia to Bosnia, Rwanda, China, Ukraine, and sadly more. What makes people dehumanize one another? Why does it keep happening? And what can we

do to make "never again" a reality? THE BROKEN PROMISE explores the mechanics of genocide, the conditions that allow it to occur, and the ideas and institutions that stand against it. The film presents the raw, unflinching first-person stories told by the survivors of genocide, and examines how the trauma of genocide ripples through generations. With insights from forward-thinking policymakers, scholars, and activists, the documentary investigates the interplay of racism, authoritarianism and impunity at the core of genocide. The hour also looks at the characteristics of leaders who perpetrate their self-serving goals, the warning signs of societies in crisis, and the global community's role in responding to human rights abuses and crimes against humanity. The challenge is clear - genocide is not a once-in-a-generation event; it's a tool authoritarians wield all too easily. While THE BROKEN PROMISE includes honest stories of human cruelty and suffering, it also features anecdotes of the human spirit and inspiring moments of hope.

21:00:00:00 00:52:30:29

ARTS

Death In Paradise

When a woman not only predicts her own murder but also gives a description of the murderer it all feels too easy for DI Richard Poole. Can a case from the past help solve the present day murder? And more importantly can Richard convince the team that it has nothing to do with voodoo spirits?

22:30:00:00 00:27:04:14

ARTS

Love and Respect with Killer Mike

Hannibal Buress

Comedian, actor and producer Hannibal Buress joins Killer Mike for a conversation about his life in comedy and foray into music.

Mon, Jan 22, 2024

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

EDUCATION

Curious Crew

Matter

Lava lamps, slo-motion balls, clouds in bottles and more! The Curious Crew discovers that solids, liquids and gasses take up space, has mass and are all made of matter. STEM Challenge: Making Sculpting Putty. Curious About Careers: Energy Troubleshooter Adel Pascaris.

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

YOUTH
Wimee's Words

Bears

Wimee and friends sing a song about a great big bear; Wimee writes a story about a chipmunk's forest adventure and Nia creates a Wimage for it; Ms. Stephanie teaches us how to say our key story words in ASL; Wimee's friend Rose Johnson tells us a Native American story; and Ms. Lisa does a book talk.

08:00:00:00 00:22:00:10

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 in more important than winning the game.

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice for Stillness (Air)

One of the biggest gifts and most challenging to achieve is stillness and rest. "Practice for Stillness" begins with a breathing exercise to quiet the mind. Nadi Shodhona /alternate nostril breathing will clear out the energy channels: the right, which is the Pingala Nadi represented by the sun and correlates to the left side of the brain, and the left, which is the Ida Nadi

represented by the moon and correlates to the right side of the brain. The clearing of these energy channels helps the energy rise up the central energy channel, the Sashoomna, to bring profound peace and connection. The breathing takes you into a blissful guided meditation to soak in stillness and recharge your batteries. Meditation is the highest form of yoga.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Join Miranda in beautiful Bermuda! In this standing & barre workout you'll be led through a series of large, complex movements that will challenge your balance, strengthen your full body, and stimulate your brain's neurons and synapses! In this episode you will strengthen your body and activate your brain!

09:30:00:00 00:26:46:04

HEALTH/HEALTH CARE

Sit and Be Fit

Mobility and Balance

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

15:00:00:00 00:45:01:13

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

United States

Host Simon Baker travels to the Navajo Nation, across New Mexico, Arizona and Utah, to see how the fallout from five decades of uranium mining is damaging the lives of Navajo families.

21:00:00:00 00:51:38:00

ARTS

Silent Witness

History Part 2

DNA evidence linked to the Health Secretary's assassination forces Nikki to face her past in the

present. As her investigation progresses, Nikki realises that its consequences will affect her, and her profession, forever.

Tue, Jan 23, 2024

03:30:00:00 00:26:40:26

CULTURE

Games of the North

For thousands of years, traditional Inuit sports have been vital for surviving the unforgiving Arctic. Acrobatic and explosive, these ancestral games evolved to strengthen the mind, body and spirit within the community. "Games of the North" follows four modern Inuit athletes and reveals their unique relationship to the games as they compete across the North. As unprecedented changes sweeps across their traditional lands, their stories illuminate the importance of the games today.

05:00:00:00 00:56:56:13

CULTURE

Hand Game: The Native American Game of Power & Chance

Unknown to most Americans, hand game - also called stick game or bone game - is the most widely played Native gambling game in North America. Every year thousands of American Indians pack up their lawn chairs and game sets, and hit the "hand game trail," competing on reservations throughout the West. HAND GAME was filmed on the Makah, Blackfeet, Flathead, Spokane, Walker River, Coeur d'Alene, and Crow reservations. Produced by award-winning filmmaker Lawrence Johnson, HAND GAME takes the viewer on a journey through Indian country, a journey full of humor, riveting music, and quirky characters.

07:00:00:00 00:26:47:22

EDUCATION

Curious Crew

Polymers

How are growing gummy bears, exploding diapers, and making water disappear all related? The Curious Crew explores the world of polymers! STEM Challenge: Making slime; Curious About Careers:

Zookeeper Annie Marcum.

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

YOUTH
Wimee's Words

Kindness

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

08:00:00:00 00:21:53:29

YOUTH
Tiga Talk

Dressing Up

"Dress up" can mean a lot of different things. Tiga and his friends learn all about the different kinds of dress up, from ancestral clothing, to fancy clothes for special events, to putting on costumes for fun.

08:30:00:00 00:29:00:00

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Panoramic Seascape

Recharge along the scenic ocean bluffs as we stretch from head to toe while using a chair for support. Includes gentle stretches for your hamstrings, shoulders, back, hips and more.

09:00:00:00 00:26:57:22

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!

09:30:00:00 00:29:00:02
HEALTH/HEALTH CARE
Sit and Be Fit

Your Feet, Your Foundation

It's important to let your feet feel the floor.
Exercising barefoot, Mary Ann emphasizes
somatosensory awareness in the feet throughout the
workout.

21:00:00:00 00:43:30:23
ARTS
Hope Street

Lovestruck Callum is put out when a handsome 'friend' of
Leila's turns up in Port Devine.
Inspector Finn has more serious concerns. He's convinced
the visitor is here to do Leila serious
harm - and she's nowhere to be found.

Wed, Jan 24, 2024

07:00:00:00 00:26:46:02
EDUCATION
Curious Crew

Simple Machines Wedge

Splitting logs, building canoes, and "uplifting" wedges!
From axes to canoes to the forks we eat
with, the Curious Crew gets a "cutting edge" look at the
simple machine, the wedge! STEM
Challenge: Design a Mini-Canoe; Curious About Careers:
Architectural Designer Tiffany Brown.

07:30:00:00 00:26:46:05
YOUTH
Wimee's Words

Recycled Art

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

and more!

08:00:00:00 00:21:53:13

YOUTH
Tiga Talk

Making Music

Music can be a wonderful thing to listen to, but when Kokum is learning to play the violin it sounds anything but musical! The kids learn how practice makes playing instruments easier by creating a band with the puppets and other friends from their neighbourhood.

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

HEALTH/HEALTH CARE
Wai Lana Yoga

Un-Knot Your Neck

Get rid of kinks and stubborn knots in your neck with exercises that release tension and prevent headaches. The flexibility you gain will prepare you for a few upside down poses.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.

09:30:00:00 00:29:00:02

HEALTH/HEALTH CARE
Sit and Be Fit

Flabby Arms

This workout focuses on exercises to tone the arm muscles. Mary Ann introduces a new way to strengthen arms using your own body as resistance.

13:30:00:00 00:28:45:02

ARTS

Paint This with Jerry Yarnell

Big Red, Part 4

In this final episode, Jerry shows his viewers how to finalize details and highlights on the horse. Then he begins illustrating how to underpaint the wooden fence and posts. He then shows how to create the old weathered wood effect using different brushes and various techniques. He finishes by adding miscellaneous details and highlights on the horse, fence and background area.

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

ARTS

Best of the Joy of Painting

Winter Solitude

Bob Ross shows us how to paint a beautiful and detailed winter scene with graceful leafless trees galore.

14:30:00:00 00:26:45:29

ARTS

Pocket Sketching with Kath Macaulay

Distance and Depth

Using color, contrast and focal point, Kath talks about creating distance and importance, and editing things in and out as you THINK you see them.

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

CULTURE

Kaavya

Kaavya, a 10 -year-old girl in Texas, prepares for the most important dance of her life: her arangetram. This 2-hour solo dance debut showcases a mastery in the oldest form of Indian classical dance, originating over 2,000 years ago.

20:30:00:00 00:28:05:01

EDUCATION

Barefoot College

Barefoot College, a new half hour documentary from Producer Bob Gliner (Schools That Change

Communities, Lessons From the Real World, Democracy Left Behind), examines a unique community based education program in rural India. Yet, while seemingly far removed from the American experience, it offers telling lessons for how the current debate around educational reform might be focused and curriculum transformed in the United States. When we think about schools in the United States, we generally think of places separated from the larger community, places where students go to learn. Like government schools in India, much of what is taught often seems to have little relationship to the problems students face in their day to day lives. In contrast, at Barefoot College, located in the Indian State of Rajasthan, education takes place off campus, in nearby impoverished villages, among all age groups, with a unique interdisciplinary curriculum intimately encompassing rural village life and the issues villagers must grapple with. Filled with stunning visuals, poignant and insightful interviews, this cross cultural documentary offers powerful insights not only in terms of addressing world poverty, but changing possible education outcomes here at home.

23:00:00:00 00:25:56:26

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, Jan 25, 2024

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Haida Gwaii, Bc

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

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

EDUCATION
Curious Crew

Rocks

Floating, freezing, and fizzing rocks! The Curious Crew goes "digging" into the makeup and science of igneous, sedimentary, and metamorphic rocks! STEM Challenge: Design a Wax Model to Explain the Rock Cycle; Curious About Careers: Hydrologist Cynthia Rachol.

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

YOUTH
Wimee's Words

Peanut Butter

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

08:00:00:00 00:21:53:05 #309

YOUTH
Tiga Talk

Trees

Trees are fun to climb - until you go too high and get stuck! The kids have to rescue the puppets from a tree and together they find other tree games to play. They discover a baby cedar tree that needs a new home and Jason and Jodie have to find the best place for it to grow up big and tall.

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

HEALTH/HEALTH CARE
Yoga In Practice

The Delight of Freedom

How many of us have felt tightness in our neck and shoulders because we spend too much time looking down at devices or slumped over at a desk? In time, that forward action of our head and

shoulders can lead to all sorts of discomfort and even injury if we do not address it. Good alignment is good therapy for injury, and when we feel more freedom in our body we are able to enjoy our life a bit more.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.

09:30:00:00 00:26:45:03

HEALTH/HEALTH CARE

Sit and Be Fit

The Power of Small Movements

This episode demonstrates what can be achieved with small gentle movements.

21:00:00:00 00:45:08:07

ARTS

Coroner

Crash

Jane is reconnected with an old school friend when she tries to find out who left a teenage girl to die after a car crash.

23:30:00:00 00:26:45:28

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

China's Energy and Climate Policies, Part 2

While China continues to build coal plants, they intend to reduce their use, to manage local air pollution and meet peak CO2 and net zero goals, while prioritizing their energy security. Can it be done? Dr. Wei Peng, Assistant Professor, School of Public and International Affairs & Andlinger

Center for Energy and the Environment, Princeton University, and Dr. David Sandalow, Founder & Director of Columbia's US-China program, conclude their thoughts.

Fri, Jan 26, 2024

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

ARTS
Rabbit Falls

The Great Rabbit

When Harley's girlfriend Gabriel is sexually assaulted and found dead in a bear trap, suspicion immediately falls on Johnny Redden, the reclusive trapper who found her. Redden insists he was led to the body by a dream interpreted by the town medicine man. But his story doesn't add up and the evidence shows Redden was the last person to see Gabriel alive. Deep down, Tara is not convinced this quiet man could commit the heinous act of murder. Little does she know her partner Bob has tampered with the truth. Reason gives way to passion as Tara begins a dangerous affair with Harley.

02:30:00:00 00:26:47:17

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.

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

EDUCATION
Curious Crew

Soapy Science

Sudsy science, homemade soap, and repulsive pepper! The Curious Crew learns all about the science

of soap with a lesson on saponification and surfactants.
STEM Challenge: Making Homemade Soap;
Curious About Careers: Water Chemist Daveda Quinn.

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

YOUTH
Wimee's Words

Babies

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

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

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 00:26:46:12

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Summer on the Farm

Relax in the beauty of the simple and peaceful rustic farm setting as you enjoy a total body stretch while using a chair for support. Includes gentle stretches for your chest, shoulders, hips, legs and more.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical

activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

09:30:00:00 00:26:46:01

HEALTH/HEALTH CARE
Sit and Be Fit

Flexibility and Range of Motion

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

15:00:00:00 00:26:45:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Saving Half The Seas

From marine reserves expanding beyond the Galapagos Islands to aquaculture and the unique preservation of a southeastern coast, EcoSense looks at ways people are managing our relationships where shore meets sea and beyond. In the Galapagos, a new marine reserve is the result of multi-national cooperation to save migrating animals from intense fishing pressures. In Cedar Key, Florida, one fishing community managed to pivot when environmental pressures caused the oyster population to crash. And how did only 100 miles of Georgia coast protect 33% of all the marsh on the entire east coast? On Tybee Island near Savannah, they're experimenting with marsh and dunes to deal with sea level rise.

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

AGING
Getting Dot Older

Playing Cards

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. Boomer Quiz: Celia Cruz. In our Boomer Passion segment, Michelle does Bridge tournaments. Ellen works hard to forgive her Mother. Patricia writes a book with her grandchild. Glen writes obituaries...and uses guile to hold his own on the basketball court with younger guys! Viewers share revealing answers to our survey.

20:00:00:00 00:52:00:00

ARTS

Jodie Foster, Hollywood Under The Skin

A cerebral, French-speaking Hollywood star, Jodie Foster's career and journey to fame has been remarkable. From her origins as a child model and acclaimed young actor, she later transitioned behind-the-camera as a filmmaker. This documentary follows her unique life and highlights her many accomplishments in the film industry. Highlighted with clips from her many productions, this retrospective cements Foster as one of the most significant individuals to have ever worked on both sides of the camera.

21:00:00:00 00:47:35:12

AARTS

Whitechapel

Chandler and Miles are struggling to keep the team together, they have become fearful and fractured following Buchan's kidnap and there is an oppressive atmosphere in the police station. Beneath their feet the manholes of Whitechapel hold a disturbing secret. A body is found in a sewer with its organs missing. Something horrific is happening in the tunnels, but who or what is behind it?

Sat, Jan 27, 2024

01:00:00:00 00:21:59:28

WOMEN

Chaos & Courage

Walking with Our Sisters

As of late 2013, the RCMP reported 1,181 Aboriginal women confirmed either missing or murdered since 1980. This number represents an epidemic that targets Aboriginal women like no other demographic. Meet the women who work tirelessly to bring attention to this matter, in hopes of triggering a national inquiry.

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

ARTS
KVCArts

Drezus

KVC-Arts launches on FNX with Plains Cree Rap and Hip Hop artist Drezus, real name Jeremiah Manitopyes. We'll focus mainly on his release, Indian Summer, but also touch on his roots and future projects.

04:30:00:00 00:22:00:23

ARTS
Mixed Blessings

Missing Mojo

Hank discovers he's not the young man he once was, when a back injury leaves him on the couch. Josie loses her patience as Hank appears to be enjoying himself a little too much, and Kate becomes inspired to live wild and free.

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

EDUCATION
Curious Crew

Circulatory System

The Curious Crew gets pumped exploring the circulatory system! Dr. Rob uses balloon valves and tennis balls to explain how the heart pumps blood throughout the body and has the Curious Crew design and build stethoscopes! STEM Challenge: Design a Working Stethoscope; Curious About Careers: Cardiac Anesthesiologist and Critical Care Physician Dr. Penny Wilton.

07:30:00:00 00:27:00:04

EDUCATION
DIY Science Time

Patterns

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

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

YOUTH
Albie's Elevator

Pep Talk Portrait/Movie Night

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

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

YOUTH
The Infinite Art Hunt

More Trees Please! (Collage)

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

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

YOUTH
Kids for Positive Change

Focus: Sharks, Whales, Dolphins

Take positive action for sharks, whales and dolphins, with Bree, the rescue rooster, his human, Camille and the Kids for Positive Change Team!

10:30:00:00 00:26:45:29

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Saving Half The Seas

From marine reserves expanding beyond the Galapagos Islands to aquaculture and the unique preservation of a southeastern coast, EcoSense looks at ways people are managing our relationships where shore meets sea and beyond. In the Galapagos, a new marine reserve is the result of

multi-national cooperation to save migrating animals from intense fishing pressures. In Cedar Key, Florida, one fishing community managed to pivot when environmental pressures caused the oyster population to crash. And how did only 100 miles of Georgia coast protect 33% of all the marsh on the entire east coast? On Tybee Island near Savannah, they're experimenting with marsh and dunes to deal with sea level rise.

15:00:00:00 00:26:45:28
ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Bears

Ed Clark and the staff of the Wildlife Center of Virginia show us what it takes to prepare orphaned bear cubs to be returned to the wild.

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

Keith Callihoo

Kanien'keha:ka artist Keith Callihoo keeps his relationship to the land and to his ancestors' stories from the Michel First Nation alive through his tattoo practice. He strives to pass these teachings on to his 9-year-old daughter, Hayden, who is always by his side.

17:30:00:00 00:26:46:01
ENVIRONMENT/NATURE/NATURAL DISASTERS
Changing Seas

Florida's Blue Holes: Oases in the Sea

Blue holes scattered throughout the Gulf of Mexico inspire a team of exploration scientists and divers who set out to uncover the mysteries of what makes them ecological oases.

18:00:00:00 00:56:46:00
ARTS
Rick Steves Art of Europe

The Renaissance

Around 1400, Europe rediscovered the aesthetics of ancient Greece and Rome. This rebirth of classical culture showed itself in the statues, paintings, and architecture of Florence, then spread to Spain, Holland, Germany, and beyond. The Renaissance—from art-loving popes to Leonardo's Mona Lisa and Michelangelo's David—celebrated humanism and revolutionized how we think about our world.

20:00:00:00 00:56:47:02

ARTS
Backstage Pass

Outer Vibe

One of West Michigan's most sought-after acts, Outer Vibe features catchy pop and alternative rock music. Playing more than 100 shows a year, Outer Vibe has performed with groups like REO Speedwagon, The Tubes, and We The Kings. A band that lives by the mantra of "live life and play music fearlessly," their performance features the hits "Hoka Hey," "Million Dollar Smile," and "Turn Me Up."

21:00:00:00 00:56:14:00

ARTS
The Kate

Desmond Child

Grammy Award-winning songwriter Desmond Child appears on THE KATE to share the music and stories from his genre-defying collaborations. On stage with a hot band, songs include "I Was Made for Lovin' You" (KISS), "You Give Love a Bad Name" (Bon Jovi), "Angel" (Aerosmith), and a Ricky Martin medley. This hit-maker's songs have sold more than 500 million records worldwide. He is joined by special guests: Broadway's, Mandy Gonzalez and Deborah Cox. During his interview on THE KATE, Child gives a sneak peek into the mind of a highly-lauded songwriter, revealing his inspirations and what it is that makes a hit.

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

ARTS
Nightmare Theatre

The Cremators

Goodness gracious, it's great balls of (alien) fire in this ludicrous low-budget laughter from 1973. Back in the NMTV studios, the Baron schools Sapo in the difference between good and bad scifi, and Sapo comes up with a "Cremators" brand coffee creamer.

Sun, Jan 28, 2024

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

EDUCATION
Curious Crew

Bioplastics

Bags that dissolve, potatoes that turn into plastic, and silverware you can eat! The Curious Crew learns all about the chemical makeup of bioplastics. STEM Challenge: Design a Bioplastic Sculpture; Curious About Careers: Packaging Engineer Karen Keeder.

07:30:00:00 00:27:00:05

EDUCATION
DIY Science Time

USSRC

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

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

YOUTH
Albie's Elevator

French Toast Frank/Mystery Sound

French Toast Frank/Mystery Sound: While waiting in a never-ending line for French toast, Albie learns patience from a cymbalist who always waits until his note, then makes the time pass with a French toast song; Albie hears a mysterious sound coming from somewhere in the elevator and Detective Patters helps her search for clues, but first she must discover her bravery.

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

YOUTH
The Infinite Art Hunt

The Art Wall (Ensemble)

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

21:00:00:00 00:52:32:29

ARTS
Death In Paradise

A confession of murder proves problematic for DI Richard Poole and the team when a wife admits to killing her husband but the body is nowhere to be found. Can Richard solve the mystery? And could his feelings be clouding his judgment?

Mon, Jan 29, 2024

01:00:00:00 00:21:45:10

CULTURE
Future History

Language

Anishnaabe Language Consultant Gabe Desrosiers talks about reclaiming the Creator's language. At University of Toronto, Visual Artist/Filmmaker Susan Blight, who co-founded Ogimaa Mikana, which aims to restore Anishnaabemowin place names to the streets of Toronto. In Wahta First Nation Kris and Saran talk to Mohawk Language Instructor Ryan DeCaire who is leading the language revitalization movement in his community.

05:00:00:00 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.

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

EDUCATION
Curious Crew

Soccer Science

The Curious Crew gets a kick out of learning the science of soccer! Dr. Rob and the kids take the field to learn about banana kicks, knuckleballs, and parries. STEM Challenge: Design a Mini-Foosball Table; Curious About Careers: Athletic Turf Manager, Amy Fouty.

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

YOUTH
Wimee's Words

Pink

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

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

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 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

Practice to Ignite The Fire Within (Fire)

Our inner fire and source for confidence and willpower to go after what we need lies in the solar plexus, which is above the navel area in the abdomen.

"Practice to Ignite the Fire Within"

strengthens your abdominals in an all-encompassing practice to awaken and balance the solar plexus chakra/energy center. The extra abdominal work strengthens your core, gives your back and whole body more stability, improves your stamina, and, most importantly, empowers you to listen to your gut and connect to your inner strength.

09:00:00:00 00:26:59:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Enjoy the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & barre workout. Miranda Esmonde-White believes that you can strengthen and tone your legs without causing injuries; that's why she has created this intermediate workout designed to activate and strengthen the muscles of your legs in a safe and balanced way.

09:30:00:00 00:27:29:28

HEALTH/HEALTH CARE

Sit and Be Fit

Muscle Isolations

Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.

She dedicates the circulation segment to her young fans. The workout progresses through movements that stretch and strengthen the entire body including exercises for the eyes. Dr. Emily closes the program with a relaxation tip to reduce anxiety and pain.

20:00:00:00 00:57:39:17

ARTS

Don Lewis and the Live Electronic Orchestra

Don Lewis, an African American musician/inventor/engineer battles technical barriers and institutional racism in his quest to change the world's musical landscape. His pioneering spirit, technological vision and musical mastery would go on to shape the sounds of Electronic Music.

21:00:00:00 00:51:17:00

ARTS
Silent Witness

History Part 3

When a woman confesses to murdering her husband, the Lyell team must determine if all is as it seems. Meanwhile, Simone is shocked to be reunited with a detective from her childhood and struggles to untangle her past.

23:30:00:00 00:26:44:16

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, Jan 30, 2024

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 00:26:46:03

EDUCATION
Curious Crew

Paper Airplane Science

It's a bird! It's a paper airplane! It's science! The
Curious Crew explores the aerodynamics
behind different kinds of paper airplanes including
boomerangs, gliders, darts, and nose-divers.
STEM Challenge: Design a Paper Plane Launch System;
Curious About Careers: Airline Pilot Emily
Coaker.

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

YOUTH
Wimee's Words

Five Senses

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

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

YOUTH
Tiga Talk

Giving Gifts

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

08:30:00:00 00:26:46:14

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Majestic Desert

Recharge and reenergize in the majestic desert paradise as you stay low on your mat for an invigorating core focused yoga practice. Includes movements to tone and strengthen your core while stretching your hips, hamstrings, spine and more.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strong, healthy hips.

09:30:00:00 00:27:29:25

HEALTH/HEALTH CARE

Sit and Be Fit

Grow Strong Effortlessly

Mary Ann begins this workout with gentle functional exercises using a ball to improve posture and strengthen the core. Slow methodical movements with weights are incorporated during the strengthening segment. Things speed up with a variety of exercises to improve circulation, range of motion, mobility and balance. Dr. Emily shares four simple tricks to improve balance.

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

EDUCATION

Blackademics Television

Blakes / Cooper / Foster

Talks focused on the stigmas, struggles and familiar narratives people of color face today. Bavu Blakes on education and the changes ahead. Angele Cooper on mental health stigmas in the Black community. Dr. Kevin Michael Foster on Blackademics future.

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

ARTS

Hope Street

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

Wed, Jan 31, 2024

04:00:00:00 00:56:44:23

HEALTH/HEALTH CARE

Walking Into The Unknown

The Emmy-nominated documentary WALKING INTO THE UNKNOWN traces the intimate journey of an American Indian physician and national health columnist as he navigates the health care system and gains a deeper understanding of himself and his health risks. Dr. Arne Vainio works on the Fond du Lac (Ojibwe) Reservation in northern Minnesota, where his Native patients face grim health statistics. His impending 50th birthday - coupled with his frustration with middle-aged Native men who avoid health screenings - prompts a revelation: he needs to heed his own advice. At high risk for diabetes, heart disease, stroke and cancer, Vainio chooses to confront the health issues that jeopardize his future by undergoing medical screenings, making diet changes and adopting a lifestyle necessary to prevent a fatal outcome. This poignant story reveals Dr. Vainio's vulnerability as he reverses roles and finds himself a patient. The program also includes several powerful testimonials from community members who have experienced the premature loss of Native men in their families, along with explanations of several diagnostic tests told from the patient's point of view.

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

EDUCATION

Curious Crew

Electromagnetism

The Curious Crew gets wired about electromagnetism! Suspended bowling balls, homemade speakers, and compasses all help explain electromagnetism. STEM Challenge: Build a Homemade Speaker; Curious

About Careers: Electromagnetic Engineer Amanpreet Kaur.

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

YOUTH
Wimee's Words

Dolphins

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

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

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 00:27:30:00

HEALTH/HEALTH CARE
Wai Lana Yoga

Lean On It! (Part 1)

Make friends with your wall, letting it support you in a variety of yoga poses. A wall makes it fun and easy to balance, twist, and stretch.

09:00:00:00 00:26:28:15

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full body strength and flexibility is vital in maintaining your balance, mobility, and staying out of pain. This advanced, full-body workout is designed to challenge and improve your balance by strengthening your core and full body. Join Miranda Esmonde-White in Bermuda for this standing & barre workout!

09:30:00:00 00:27:30:01

HEALTH/HEALTH CARE
Sit and Be Fit

Head to Toe - Tone, Stretch & Strengthen

Mary Ann uses a large ball to warm up the body and a small ball to exercise the fingers. A towel is used for stretching. Gretchen leads a circulation segment incorporating brain exercises and later in the program shares balance strengthening exercises. The episode ends with a visual relaxation segment.

10:30:00:00 00:26:45:22

CULTURE
In The Americas with David Yetman

Ancestors of the Ancient Mayas

The archaeological site of Palenque in the Mexican state of Chiapas is Mexico's crown jewel of Classic Maya architecture. New radar technology penetrates the ground's surface and has revealed that two millennia before Palenque's rise to stardom, Mayas of the lowlands were constructing immense causeways and stepped temples. The same new techniques reveal tens of thousands of ancient structures previously undetected.

13:30:00:00 00:28:46:21

ARTS
Paint This with Jerry Yarnell

Ageless Beauty, Part 1

Acrylic Painting on 18x24 stretched canvas. In this opening segment, Jerry explains the history of the old house and discusses the reference material he will be using. Then he takes the soft vine charcoal and makes a very rough sketch of the house and basic composition. Then he shows how to paint in the sky and miscellaneous trees behind the house to help create depth. He finishes by explaining the process of underpainting the roof and shadows of the house.

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

ARTS
Best of the Joy of Painting

September Song

Nicholas Hankins makes sure the chill of autumn is felt
creeping in on the banks of a winding
creek in this foggy, early morning Bob Ross landscape.

14:30:00:00 00:29:00:00 #309H

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!

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

ARTS

Tending Clouds

After seven years, Reaksmei is going home. With a
traumatic childhood and court case behind her,
she returns to Cambodia where she was rescued as a
child. Determined to make a difference in the
lives of girls like her, she confronts her past and
finds her true home. But when the man who hurt
her may go free, she must testify a second time, forced
to walk through the door she thought was
closed long ago, proving even more arduous amidst a
global pandemic.