

QUARTERLY

ISSUES STATEMENT

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

K

PJK

Quarterly

Program Topic Report

March, 2024

Fri, Mar 01, 2024

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

EDUCATION
Curious Crew

Angular Momentum

The Crew and Dr. Rob learn about inertia, velocity, conservation of energy due to angular momentum.

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.

08:30:00:00 00:26:47:01

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Desk Jockey Gentle Yoga

A chair replaces the yoga mat, amongst a sunflower backdrop, creating an adaptive form of

exercise.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Zero Impact Cardio

Miranda demonstrates dynamic sequential exercises designed to refine your alignment.

09:30:00:00 00:26:49:04

HEALTH/HEALTH CARE

Sit and Be Fit

Neglected Areas of Body

Exercises for posture using a towel and band and a large ball for balance are demonstrated.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Return of the Buffalo

The Lakota people are bringing a wild buffalo herd back to regenerate their land and independence.

19:00:00:00 01:59:03:02

ARTS

Steve & Eydie: Memories of My Mom and Dad (My Music Presents)

Sat, Mar 02, 2024

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

EDUCATION

Curious Crew

Baseball Science

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

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

EDUCATION

DIY Science Time

Solar Balloons

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

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

YOUTH
Albie's Elevator

Stories/Snowflake Heartache

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

08:30:00:00 00:28:46:00 #106H

YOUTH
The Infinite Art Hunt

The Me I See (Portraiture)

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

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

AGING
Social Security & You with Mary Beth Franklin

A leading expert on Social Security & Medicare provides tips for securing your retirement.

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

ARTS
Flamenco: Spirit of Seville

Sun, Mar 03, 2024

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

CULTURE
Culture Stories

Indigenous Place Names Movement

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

EDUCATION
Curious Crew

Salty Science

Dr. Rob and the Crew learn about different types of salt and its properties in water.

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

EDUCATION
DIY Science Time

Magnetic Racer

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

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

YOUTH
Albie's Elevator

Blueberry Kiwi Upside-Down Carrot Cake/Puzzle

Picture Perfect

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

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

YOUTH
The Infinite Art Hunt

A New Perspective (Sculpture)

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

Mon, Mar 04, 2024

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

EDUCATION
Curious Crew

Electric Generators

The Crew and Dr. Rob explore everything about electric generators!

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

YOUTH
Wimee's Words

Peanut Butter

Wimee and friends write a song about peanut butter sandwiches and Moby shares some facts.

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Fusion

A dynamic and transformational yoga practice fuses together different disciplines of yoga.

09:00:00:00 00:57:07:28

AGING
Aging Backwards 2 with Miranda Esmonde-White

Miranda Esmonde-White uses science to help put an end to this defeatist attitude towards aging.

23:00:00:00 01:26:46:00

AGING
Social Security & You with Mary Beth Franklin

A leading expert on Social Security & Medicare provides tips for securing your retirement.

Tue, Mar 05, 2024

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

EDUCATION
Curious Crew

Sense of Touch

The crew investigates how our brains process the sense of touch!

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

YOUTH
Wimee's Words

Babies

Wimee and friends sing a song about what babies do and Moby tells us about baby animals.

08:30:00:00 00:26:47:00
HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Seascapes

A series of tranquil, rejuvenating poses are performed with calming waves and sparkling sea caves.

09:00:00:00 00:56:07:10
AGING
Aging Backwards 3 with Miranda Esmonde-White

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

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

Rick Steves' Europe: Art of the Florentine Renaissance

Florence's bold "rebirth" is powered by the genius of Leonardo, Rafael, and Michelangelo.

Wed, Mar 06, 2024

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

Thermal Conduction

Explore how thermal energy is transferred and conserved in different environments.

07:30:00:00 00:26:46:06
YOUTH
Wimee's Words

Pink

Wimee and friends rhyme about pink things and Sparky explores paint colors.

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

Threaded Twist

Threading your arm through your leg gives you stability and leverage for a great spinal twist.

10:30:00:00 00:26:45:25
ENVIRONMENT/NATURE/NATURAL DISASTERS
In The Americas with David Yetman

Drought and New Realities in the Southwest

The dwindling Colorado River is tracked from its source through the once brimming reservoirs.

13:30:00:00 00:28:45:02
ARTS
Paint This with Jerry Yarnell

Bison Valley, Part 1

Jerry shows how to paint the semi-stormy sky and explains the significance of the color scheme.

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

Midnight Breaker

A dramatic seascape complete with a midnight moon.

14:30:00:00 00:26:09:00
ARTS
Painting with Wilson Bickford

Eye of the Tiger, Part 1

Wilson paints a Bengal tiger, one of the biggest and most fearless predators of the jungle.

Thu, Mar 07, 2024

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

EDUCATION
Curious Crew

Surface Tension

Go beyond the surface with the Curious Crew and learn about surface tension.

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

YOUTH
Wimee's Words

Five Senses

Wimee and friends sing a bear-y sensory song and Moby shares a fascinating fact about birds.

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

HEALTH/HEALTH CARE
Yoga In Practice

A Complicated Journey

Being human is complicated. Are we able to want the life we are currently living right now?

09:00:00:00 00:56:07:10

AGING
Aging Backwards 3 with Miranda Esmonde-White

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

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
My World Too

Missouri Organic Recycling, New Roots for Refugees, Community Rebuild

A company turning tons of commercial food waste back into healthy compost for gardening is visited.

Fri, Mar 08, 2024

01:00:00:00 00:23:30:21

ARTS
Rabbit Fall

Hit and Run

02:30:00:00 00:26:45:17

ARTS
Studio 49

Pete Sands

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

EDUCATION
Curious Crew

Guitar Science

It's an instrumental investigation as the Crew learns about guitar science.

07:30:00:00 00:26:46:05 #101H

YOUTH
Wimee's Words

Dolphins

Wimee sings about kid-like dolphins and Moby shares what helps dolphins swim quickly.

08:30:00:00 00:26:45:16

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Radiant Bloom

A modified yoga practice with an emphasis on alignment in a summer sunflower setting is showcased.

11:00:00:00 00:29:00:00

CULTURE
Ireland with Michael

The Riches of Wicklow

It's a treasure trove of culture and artisanal marvels as Michael takes us to Wicklow.

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

AGRICULTURE
Ecosense for Living

The Agriculture Evolution

Small farms are doing big things and clever growers are making microscopic changes.

Sat, Mar 09, 2024

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

ARTS
Kvcarts

Drezus

04:30:00:00 00:22:01:06 #26

ARTS
Mixed Blessings

There's No Place Like Home

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

EDUCATION
Curious Crew

Wheels and Axles

Explore how a round wheel works together with an axle so that they rotate together.

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

EDUCATION
DIY Science Time

Surface Tension

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

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

YOUTH
Albie's Elevator

Moth Quilt/Postcard for Huggy

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

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

YOUTH
The Infinite Art Hunt

Art In Unexpected Places (Curation)

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

Sun, Mar 10, 2024

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

EDUCATION
Curious Crew

Resonance

Every object has the potential to vibrate and those vibrations occur in different wave patterns.

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

EDUCATION
DIY Science Time

Kitchen Science

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

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

YOUTH
Albie's Elevator

Little Door/The Full Tomato Twist

Everyone has different feelings; Learning a dance by breaking it into smaller steps.

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

YOUTH
The Infinite Art Hunt

The Wanda Blob (Mosaic)

Freddie's visit to an art garden helps her cheer up Hildegard using the art of mosaic.

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

AGING

Social Security & You with Mary Beth Franklin

A leading expert on Social Security & Medicare provides tips for securing your retirement.

Mon, Mar 11, 2024

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

EDUCATION

Curious Crew

Momentum

Whenever something is moving it has momentum, and the faster it's moving, the more momentum it has.

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

YOUTH

Wimee's Words

Bats

Wimee has sing-song fun with compound words and Moby tells us about bumblebee bats.

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

HEALTH/HEALTH CARE

Yndi Yoga

Yndi Awaken Flow

This invigorating vinyasa practice will create a therapeutic and transformative experience.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Quad Strengthening

This workout from Montego Bay Jamaica will build endurance and power in your quads.

09:30:00:00 00:27:31:00
HEALTH/HEALTH CARE
Sit and Be Fit

Heel to Toe Functional Fitness

Mary Ann focuses on core strengthening, balance, finger dexterity and improving range of motion.

20:00:00:00 00:57:50:04
WOMEN
Olympia

It's an intimate look at the life and career of Olympia Dukakis.

21:00:00:00 00:52:02:00
ARTS
Silent Witness

History Part 1

Sam Ryan brings the Lyell team in when the health secretary is assassinated.

Tue, Mar 12, 2024

03:30:00:00 00:26:45:12
ARTS
Spirit In Glass: Plateau Native Beadwork

05:00:00:00 00:57:25:29
ARTS
Sculpting In Wood and Words

The Art of Kent Nerburn

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

Football Science

Explore how a football's shape makes it more difficult to predict how it will bounce.

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

YOUTH
Wimee's Words

Trucks

Wimee sings about a food truck that goes all through the town and Damion talks about his food truck.

08:30:00:00 00:26:46:03

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Tranquil Meadow

Seated shoulder and upper back stretches are performed in a tranquil summer meadow.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Weight Loss and Calorie Burn

Today's workout will get your heart racing and help you to burn calories and melt fat.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Body Alignment and Core Strengthening

Mary Ann focuses on the details of proper body alignment and core strengthening in this workout.

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

ARTS
Rick Steves' Europe

Rick Steves' Europe: Art of the Renaissance
Beyond Florence

From Portugal to Germany, booming economies and new technologies produce exquisite art.

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

CULTURE

Happiest Country in the World: The Finnish Secret to Happiness

Explore what makes Finns the happiest people on Earth.

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

ARTS

Hope Street

Concepta discovers that her daughter-in-law Siobhan is hiding a terrible secret.

Wed, Mar 13, 2024

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

EDUCATION

Curious Crew

Buoyancy

Explore buoyancy, which is an object's ability to float, with sinking stones and hot air balloons.

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

YOUTH

Wimee's Words

Flowers

Wimee sings about alphabet rain and Miss Holly translates our key words into Chinese.

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

HEALTH/HEALTH CARE

Wai Lana Yoga

Special: High Blood Pressure

Relaxing poses and gentle stretches are ideal for high blood pressure. Restful asanas are featured.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Back Pain Relief

This standing and barre workout loosens and liberates your entire back, leaving your pain free.

09:30:00:00 00:27:31:01 #1703H
HEALTH/HEALTH CARE
Sit and Be Fit

Wake Your Body with Exercise

Mary Ann uses a towel to improve range of motion throughout this lively functional workout.

13:30:00:00 00:28:45:01
ARTS
Paint This with Jerry Yarnell

Bison Valley, Part 2

Jerry continues underpainting the mountains and adds the pine trees at the base of the mountains.

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

Dark Waterfall

A waterfall in an autumn forest is Bob's pick for this week's painting.

14:30:00:00 00:26:49:28
ARTS
Painting with Wilson Bickford

Eye of the Tiger, Part 2

Wilson adds color and detail to his painting of a Bengal tiger.

19:30:00:00 00:28:00:02
ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Students and Sustainability

We explore environmental stewardship through the work of Bay Area students. Meet Literacy for Environmental Justice, a group cleaning up neighborhoods and building rain gardens in an eco-apprenticeship program and then students from Santa Clara University help communities around the world launch sustainable enterprises.

20:00:00:00 00:54:39:03

WOMEN

Votes for Women: The History of Women's Suffrage Through Song

Women in Harmony of Portland, Maine sing songs about the woman's suffrage movement

21:00:00:00 00:43:58:03

ARTS

Traces

The task facing McKinven is daunting, especially now that his wife Azra is joining the investigation.

Thu, Mar 14, 2024

07:00:00:00 00:26:46:01 #306H

EDUCATION

Curious Crew

Skeletal System

Explore the human skeletal system including bones, cartilage, ligaments, tendons and joints.

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

YOUTH

Wimee's Words

Baseball

Wimee sings a fun sports song and Moby gets a neck workout from a baseball game.

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

HEALTH/HEALTH CARE

Yoga In Practice

Tend to the Roots

Tending to the roots helps us face future uncertainties.
Let's grow some roots today.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Full Body Strengthening

This full-body workout strengthens and stretches all
650-muscles, leaving you stronger and
energized.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Exercise Interventions for Functional Fitness

Exercises that can be practiced daily to promote
functional fitness and independence are
showcased.

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

WOMEN

Facing The Laughter: Minnie Pearl

Get a look into the life of Sarah Cannon and her better-
known alter ego, Minnie Pearl.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

EU Energy and Climate Policy, Part 1

Explore what the energy crisis in Europe means for its
international allies.

Fri, Mar 15, 2024

02:30:00:00 00:25:50:17

ARTS

Studio 49

Miracle Dolls

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

EDUCATION
Curious Crew

Rockets

Explore how rockets can lift off the ground through an imbalance of forces.

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

YOUTH
Wimee's Words

Word Games

Wimee and Moby play with rhyming words and Jim sings a song featuring Sparky on the bell.

08:30:00:00 00:26:45:20 #107H

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Summer Brilliance Gentle Yoga

Bask in the sunset amongst a sunflower backdrop as we move through a gentle seated practice.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Posture

This full-body posture workout from Montego Bay, Jamaica will help you look and feel youthful.

09:30:00:00 00:22:43:26

HEALTH/HEALTH CARE
Sit and Be Fit

Pamper Your Feet

Mary Ann and Dr. Emily share exercises to stimulate your feet and keep them healthy.

11:00:00:00 00:29:00:00

ARTS
Ireland with Michael

The Cultural North

Take a journey to Ulster and explore King Charles & Queen Camilla's art collection.

15:00:00:00 00:26:47:19
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Marine Life Impacts

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

19:00:00:00 00:26:46:03
CULTURE
Joseph Rosendo's Travelscope

Taiwan Matsu Festival & Islands

Joseph returns to Taiwan to follow in the path of Taiwan's Matsu Pilgrimage and explore the islands.

20:00:00:00 01:25:00:00
ARTS
Norcal Classic Movies

Rage at Dawn

Sat, Mar 16, 2024

04:00:00:00 00:26:47:20
ARTS
KVCArts

Eyerie

04:30:00:00 00:24:01:00
ARTS
Mixed Blessings

Josie Is Fired

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

CULTURE
Growing Native

Growing Native Alaska: People of the North

Alaska Natives struggle to maintain their traditions and ways of life in a changing world.

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

EDUCATION
Curious Crew

Candy Chemistry

Learn how candy can be related to science with buoyant candy, marshmallow melee and more!

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

EDUCATION
DIY Science Time

Density

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

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

YOUTH
Albie's Elevator

On Boredway/Box Town

Using your imagination to fight boredom; Some things aren't meant to last forever.

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

YOUTH
The Infinite Art Hunt

The Crestfallen Mallard (Video Games)

Ty learns how video games are made and realizes masterpieces can be a group effort.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Wild Things Return

The progress of species whose survival depends on active conservation management are tracked.

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

ARTS
Skindigenous

Lianna Spence

Tattoo artist Lianna Spence does beautifully detailed designs based on family crests of her clients.

17:30:00:00 00:28:00:02 #304H

ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Students and Sustainability

We explore environmental stewardship through the work of Bay Area students. Meet Literacy for Environmental Justice, a group cleaning up neighborhoods and building rain gardens in an eco-apprenticeship program and then students from Santa Clara University help communities around the world launch sustainable enterprises.

20:30:00:00 00:26:46:05

ARTS
Sound On Tap

Glass Townes

21:00:00:00 00:57:37:06 #502H

ARTS
The Kate

Delbert McClinton and the Self-Made Men + Dana

Delbert McClinton returns with a swingin' set of music, including "Giving it Up for Your Love."

22:00:00:00 01:56:45:02

ARTS
Nightmare Theatre

The Terror

Boris Karloff and Jack Nicholson star in this week's Roger Corman film, The Terror.

Sun, Mar 17, 2024

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

EDUCATION
Curious Crew

Inertia

Explore how an object that is at rest will stay at rest, while an object in motion will keep moving.

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

EDUCATION
DIY Science Time

Polymers

Mister C and the Science Crew use a formula to create super-stretchy, ooey-goey slime!

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

YOUTH
Albie's Elevator

Pep Talk Portrait/Movie Night

Focusing on what makes each of us unique; Drumline shows how to make chores fun.

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

YOUTH
The Infinite Art Hunt

More Trees Please! (Collage)

Freddie visits an artist to learn a new way to get attention for a cause with art.

13:00:00:00 01:52:57:00

ARTS
Norcal Classic Movies

Cyrano De Bergerac

15:30:00:00 00:26:45:25

CULTURE
Films Bykids

Buddhism, Bhutan, and Me

The country of Bhutan strives to preserve ancient Bhutanese practices while embracing modernity.

19:00:00:00 01:29:00:00

ARTS
Bella

A film about the life, work, influences and impact of choreographer Bella Lewitzky.

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

ARTS
On The Road with Chatham Rabbits

Dreams & Songs

Husband-and-wife duo Chatham Rabbits follow their dreams of making it in music.

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

ARTS
Buzz

Southwest Virginia Ballet

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

Mon, Mar 18, 2024

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

EDUCATION
Curious Crew

Electric Batteries

The Curious Crew learns that batteries are used to change chemical energy into electrical energy.

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

YOUTH
Wimee's Words

Paper Airplanes

Wimee sings about flying all over the world and Moby wonders about how paper airplanes fly.

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Flow for the Knees, Back and Hips

A powerful and therapeutic practice to help heal the knees, back and hips is showcased.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Long Adductor

This workout tones and liberates your inner thigh muscles leaving your legs longer and leaner.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Lymphatic Health Special

Mary Ann demonstrates a variety of movements and exercises that stimulate healthy lymphatic flow.

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

ARTS
Silent Witness

History Part 2

Nikki must face her past and the consequences that come with it when new evidence is presented.

Tue, Mar 19, 2024

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

CULTURE

Across The Creek

Members of the Lakota talk about seeking ways to restore their culture after a legacy of colonialism

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

EDUCATION

Curious Crew

Center of Gravity

Quirky corks, leaning towers, defying gravity and more! Different centers of gravity are explored.

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

YOUTH

Wimee's Words

Shapes

Wimee sings a silly, shapely song and Brody and Wimee have fun with shapes together.

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

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Dunes Gentle Yoga

Open to more flexibility in the shoulders, upper back and hamstrings on tranquil beach dunes.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Back Pain Relief

Relieve your back pain instantly with this full-body workout from Montego Bay, Jamaica.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Tai Chi with Tino

Mary Ann introduces guest Tai Chi instructor, Tino, who leads a fun "Tai Chi By The Sea" segment.

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

CULTURE

Bare Feet with Mickela Mallozzi

Hogmanay In Scotland (Edinburgh, Scotland)

Hogmanay, the world's largest New Year's Eve celebration, is highlighted in Edinburgh, Scotland.

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

ARTS

Rick Steves' Europe

Rick Steves' Europe: Baroque Art

We marvel at Baroque's over-the-top churches, palaces, bubbly fountains, and theatric art.

20:00:00:00 00:56:46:00

ARTS

Composer: Amy Beach

This special chronicles the remarkable career of American composer Amy Beach.

21:00:00:00 00:43:55:17

ARTS

Hope Street

Callum's got a new girlfriend, but it soon transpires that she's been telling him a pack of lies.

Wed, Mar 20, 2024

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

EDUCATION

Curious Crew

Pulleys

The crew hoists Dr. Rob off the ground as they explore how pulleys make physical work easier.

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

YOUTH
Wimee's Words

Farms

Wimee sings a goofy song about farm animals and Brock joins us in the Wimage Lab.

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

HEALTH/HEALTH CARE
Wai Lana Yoga

Lengthen Your Legs

Keep both quads and hamstrings supple with an easy version of splits and a fun thigh stretch.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Endurance and Power

Build endurance and power with this full-body strengthening workout in Montego Bay, Jamaica.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Brain and Balance

Mary Ann shares exercises that improve postural strength and finger dexterity.

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

ARTS
Paint This with Jerry Yarnell

Bison Valley, Part 3

Jerry shows his viewers how to finish highlighting the meadows. He also highlights the water.

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

ARTS

Best of the Joy of Painting

Night Light

Bob Ross paints a lighthouse at night.

14:30:00:00 00:27:32:25

ARTS

Painting with Wilson Bickford

December Sunrise

Wilson uses oil glazes over an acrylic underpainting to create a crisp snowy woodland scene.

19:00:00:00 00:27:30:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Sustainable Nonprofits

We focus on what nonprofit organizations are doing locally to address current environmental problems. In the face of daunting environmental challenges, it is a science-based approach that instills hope while building community. We look at student involvement, coastal challenges, and effective partnerships.

20:00:00:00 00:26:52:00

ARTS

Marguerite: from the Bauhaus to Pond Farm

It's the story of one of America's most talented mid-century ceramicists, Marguerite Wildenhain.

21:00:00:00 00:43:45:03

ARTS

Traces

Two suspects derail the investigation as McKinven and Sarah are consumed by their feelings.

Thu, Mar 21, 2024

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

EDUCATION
Curious Crew

Kinetic Energy

The Curious Crew learns when something moves, it has kinetic energy.

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

YOUTH
Wimee's Words

Friends

Wimee and Moby sing and share about their friends and Miss Maddie has a dance party!

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

HEALTH/HEALTH CARE
Yoga In Practice

Strengthening The Back

In today's class we will work on strengthening the back for better posture and self-assurance.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Arthritis Workout

Relieve arthritis pain throughout your entire body with Miranda Esmonde-White.

09:30:00:00 00:27:29:24

HEALTH/HEALTH CARE
Sit and Be Fit

Tone and Stretch

Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout.

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

ARTS
Kea's Ark

The three-story ark built by Kea Tawana in Newark's Central Ward in the 1980s is remembered.

Fri, Mar 22, 2024

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

ARTS
Studio 49

Olivia Komahcheet

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

EDUCATION
Curious Crew

Central Nervous System

The Curious Crew explores how our body's system of nerves help us make quick decisions.

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

YOUTH
Wimee's Words

Weather

Wimee talks to ABC News Chief Meteorologist Ginger Zee about weather and being a scientist.

08:30:00:00 00:26:45:27

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Garden Delight Gentle Yoga

Exercises that stretch the hands, wrists, shoulders, upper back and legs are performed in nature.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hamstring Flexibility

Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Balance Your Body

Mary Ann showcases a workout designed to balance out the body to improve functional fitness.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

The Future of Fire

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

20:00:00:00 01:24:52:00

ARTS
Norcal Classic Movies

The Sundowners

Sat, Mar 23, 2024

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

ARTS
KVCArts

Steven Rushingwind / Nelson Rios

04:30:00:00 00:24:01:26

ARTS
Mixed Blessings

Secret Love

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

EDUCATION

Curious Crew

Basketball Science

The Curious Crew learns how simple scientific principals improve the game of basketball.

07:30:00:00 00:26:45:19

EDUCATION

DIY Science Time

Thermal Energy

Mister C and the Science Crew have the perfect recipe for having fun and making ice cream!

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

YOUTH

Albie's Elevator

French Toast Frank/Mystery Sound

Albie learns patience from a cymbalist who always waits; What it means to be brave.

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

YOUTH

The Infinite Art Hunt

The Art Wall (Ensemble)

Freddie's worried she will hang a gallery wall wrong but learns art has no 'right' way.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Return of the Buffalo

The Lakota people are bringing a wild buffalo herd back to regenerate their land and independence.

17:00:00:00 00:27:30:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Sustainable Nonprofits

We focus on what nonprofit organizations are doing locally to address current environmental problems. In the face of daunting environmental challenges, it is a science-based approach that instills hope while building community. We look at student involvement, coastal challenges, and effective partnerships.

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

ARTS
Music California

Discover award-winning music videos from Laikpia and The Pac.

20:30:00:00 00:28:48:01

ARTS
Sound On Tap

Scabaret

21:00:00:00 00:56:43:23

ARTS
The Kate

Joseph

Songs include "White Flag," "SOS," "Blood and Tears," "Fighter" and the emotional "Room for You."

22:00:00:00 01:56:43:28

ARTS
Nightmare Theatre

Warning from Space

This week's film, Warning from Space brings Starfish-shaped aliens to Tokyo.

Sun, Mar 24, 2024

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

EDUCATION
Curious Crew

Torque

The Curious Crew explores how the force of torque helps us turn and leverage things.

07:30:00:00 00:26:40:05

EDUCATION
DIY Science Time

Air Pressure

A barometer is built to measure air pressure and explore lots of airmazing experiments!

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

YOUTH
Albie's Elevator

Afraid of the Dark/Silly Springee

Light and darkness in art helps Albie get over her fear; Learning to share a toy.

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

YOUTH
The Infinite Art Hunt

The Lot (Printmaking)

Freddie's worried she will hang a gallery wall wrong but learns art has no 'right' way.

13:00:00:00 01:53:04:00

ARTS
Norcal Classic Movies

Charade

Audrey Hepburn and Cary Grant star in this classic cat-and-mouse, romantic thriller. (1963)

19:00:00:00 01:29:00:00

WOMEN
American Women Saints

Elizabeth Ann Seton

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

ARTS

On The Road with Chatham Rabbits

Catching It Big

Chatham Rabbits play at MerleFest, fly fish for trout and say goodbye to a dear friend.

Mon, Mar 25, 2024

07:00:00:00 00:26:45:19

EDUCATION
Curious Crew

Sense of Hearing

The Curious Crew learns how our ears are designed to capture incoming sounds.

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 and Brody shows us some rocks.

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Flow Fundamentals

Slow and in-depth alignment instruction will help you grow self-awareness and understand postures.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Toning The Waist

Join Miranda Esmonde-White for a workout that will tone and strengthen every muscle in your waist.

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.

21:00:00:00 00:51:17:00
ARTS
Silent Witness

History Part 3

The Lyell team must determine if a confession is all it seems after a man is murdered.

Tue, Mar 26, 2024

04:00:00:00 00:56:44:00
CULTURE
Chasing Voices

The Story of John Peabody Harrington

John Peabody Harrington chased the voices of the last speakers of Native America's dying languages.

07:00:00:00 00:26:46:03
EDUCATION
Curious Crew

Chocolate Chemistry

The Curious Crew learns how modern day chocolate chemistry has become one sweet science.

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

Maps

Moby tells us about cartographers and Wimee and friends write a story about a far-traveling duck.

08:30:00:00 00:26:47:00
HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Luminous Waves

A dynamic flowing warrior series using a chair for support focuses on strengthening the legs.

09:00:00:00 00:26:20:16
HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Spine Strengthening

Strengthen your spine with a workout set in front of the water sports center in Montego Bay, Jamaica.

09:30:00:00 00:27:29:25
HEALTH/HEALTH CARE
Sit and Be Fit

Grow Strong Effortlessly

A variety of exercises to improve circulation, range of motion, mobility and balance are showcased.

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

Rick Steves' Europe: Art of the Neoclassical and Romantic Ages

Roaming Europe, we admire stately Neoclassical buildings and dramatic Romantic paintings.

21:00:00:00 00:44:15:02
ARTS
Shakespeare & Hathaway-Private Investigators

If It Be Man's Work

Frank and Luella join a high tech company to find a mole leaking secrets of a new fashion app.

Wed, Mar 27, 2024

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

EDUCATION
Curious Crew

Electrical Circuits

The Curious Crew learns how all circuits have three things: a power source, a conductor and a load.

07:30:00:00 00:26:46:06 #114H

YOUTH
Wimee's Words GC Y CC
N/A

TVG Bikes

Wimee sings about biking all over the world and Moby tells us about bike buses.

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

HEALTH/HEALTH CARE
Wai Lana Yoga

Special: Chair Poses

Learn creative ways to use a chair in forward bends, backbends and even inversions.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Shoulder Pain Relief

Join Miranda Esmonde-White for a picturesque and pain soothing workout in Montego Bay, Jamaica.

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.

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

ARTS

Paint This with Jerry Yarnell

Bison Valley, Part 4

Jerry explains how to underpaint the buffalo with darker tones using quick, broad-brush strokes

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

ARTS

Best of the Joy of Painting

Mountain Glory

It's a magnificent landscape mountain scene for this project.

14:30:00:00 00:27:12:24

ARTS

Painting with Wilson Bickford

Making An Impression, Part 1

Wilson uses only a painting knife to create a vase full of colorful flowers.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Baby Animals

We spend the springtime with baby animals coming into the world. We'll visit a flock of sheep who are contract grazers, and get to meet their new lambs; we observe the work of a South Bay wild animal rescue center as they rehabilitate baby wildlife; we'll meet some baby African penguins and learn about the important conservation efforts local institutions are taking part in to protect this endangered species.

19:30:00:00 00:28:09:06

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Tracking Wildlife

Bay Area naturalists are hot on the trail of our local animal residents to better understand their movements and figure out ways to protect them.

20:00:00:00 00:56:46:03

WOMEN

Women Outward Bound

The first women to participate in an Outward Bound survival school course in 1965 are profiled.

21:00:00:00 00:44:04:03

ARTS

Traces

Another deadly explosion. Sarah and McKinven's growing attachment has fraught consequences.

Thu, Mar 28, 2024

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

EDUCATION

Curious Crew

Matter

The crew discovers that solids, liquids and gases take up space, has mass and are all made of matter.

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

YOUTH

Wimee's Words

Astronauts

Moby tells us what astronauts do in space and Jim takes us on an imaginary rocket ship trip

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

HEALTH/HEALTH CARE

Yoga In Practice

Breath and Relaxation

Today we will ease into a practice that opens our ribcage so we can breathe more deeply.

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

Relieve Neck Pain

Join Miranda Esmonde-White for a Classical Stretch workout to relieve neck pain.

09:30:00:00 00:27:29:15
HEALTH/HEALTH CARE
Sit and Be Fit

Pulse, Press, Pull-Up

Mary Ann introduces a variety of new movements targeting different muscle groups and joints.

10:30:00:00 00:26:48:25
ENVIRONMENT/NATURE/NATURAL DISASTERS
Outside: Beyond The Lens

East Side Colors

Aspen groves explode in color on the eastern side of California's Sierra Nevada Mountains.

15:30:00:00 00:27:34:27
CULTURE
Conscious Living

Living Zen

A Zen Buddhist retreat center in Marin County, California with a robust organic farm is visited.

20:00:00:00 01:26:46:00
WOMEN
Without Precedent: The Supreme Life of Rosalie Abella

Explore the life and legacy of a legal icon, Justice Rosalie Abella.

21:30:00:00 00:24:54:03
WOMEN
This Little Light of Mine: The Legacy of Fannie Lou Hamer

Fri, Mar 29, 2024

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

ARTS
Studio 49

Def-I

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

EDUCATION
Curious Crew

Polymers

The world of polymers is explored! Making slime is featured and Zookeeper Annie Marcum appears.

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

YOUTH
Wimee's Words

Stars

Moby shares about shooting stars and Wimee and friends write about a falling moon.

08:30:00:00 00:26:44:21

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunrise Delight

Focus on igniting the core as well as activating the hip flexors and quadriceps.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Body Toning

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

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

HEALTH/HEALTH CARE

Sit and Be Fit

Warm Up, Circulate, Strengthen & Stretch

Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Okefenokee Destiny/Everglades

The Everglades can teach researchers about the wisdom of preservation over the pain of restoration.

19:00:00:00 00:26:46:02

CULTURE
Joseph Rosendo's Travelscope

Christmas Celebrations Around The Globe

The holiday boat parade in Venice, California and the Lake Geneva region of Switzerland are visited.

20:00:00:00 01:21:16:00

ARTS
Norcal Classic Movies

Vengeance Valley

A cattle baron takes in an orphan boy, against the wishes of the baron's own son. (1951)

Sat, Mar 30, 2024

04:30:00:00 00:24:00:14

ARTS
Mixed Blessings

Bring Family Together

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

EDUCATION
Curious Crew

Simple Machines Wedge

From axes to canoes to the forks we eat with, the crew get a "cutting edge" look at the wedge!

07:30:00:00 00:26:45:18

EDUCATION
DIY Science Time

Inertia

Mister C and the Science Crew are in motion and have the momentum to explore inertia!

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

YOUTH
Albie's Elevator

The 4 Beeps/Lilypad Crown

Giving friends a chance to shine makes the group better; Learning to lose graciously.

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

YOUTH
The Infinite Art Hunt

A Piece of Home (Clay)

Freddie learns to throw clay while working through messy emotions.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Garden Smart

Butterflies and Pollinator Gardens

GardenSMART visits with a wildlife biologist and discusses monarch butterflies.

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

AGRICULTURE
Ecosense for Living

The Agriculture Evolution

Small farms are doing big things and clever growers are making microscopic changes.

17:00:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Baby Animals

We spend the springtime with baby animals coming into the world. We'll visit a flock of sheep who are contract grazers, and get to meet their new lambs; we observe the work of a South Bay wild animal rescue center as they rehabilitate baby wildlife; we'll meet some baby African penguins and learn about the important conservation efforts local institutions are taking part in to protect this endangered species.

17:30:00:00 00:28:09:06
ENVIRONMENT/NATURE/NATURAL DISASTERS
Bay Area Bountiful

Tracking Wildlife

Bay Area naturalists are hot on the trail of our local animal residents to better understand their movements and figure out ways to protect them.

20:00:00:00 00:29:00:00
ARTS
Music California

This episode features videos including Second Best and Songs From The Future and more.

20:30:00:00 00:26:45:29
ARTS
Sound On Tap

Dillon Cassidy and the Rhythm

21:00:00:00 00:57:26:06
ARTS
The Kate

The Wood Brothers

The Wood Brothers perform "American Heartache" and more songs in an undeniably uninhibited concert.

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

ARTS
Nightmare Theatre

The House On Haunted Hill

It's a haunted house party with deadly results in this week's film, The House on Haunted Hill.

Sun, Mar 31, 2024

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

CULTURE
Traditional Indigenous Ways of Being

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

EDUCATION
Curious Crew

Rocks

The crew goes "digging" into the makeup and science of igneous, sedimentary, and metamorphic rocks!

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

EDUCATION
DIY Science Time

Friction

Mister C and the Science Crew build hovercrafts to explore friction.

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

YOUTH
Albie's Elevator

Posie Patience/Gabe

Albie learns to focus on things she can control; Body language gives clues about feelings.

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

YOUTH
The Infinite Art Hunt

TVG

A Goodbye for Ty (Bomba)

Freddie hopes a lesson in cultural music and dance will keep her connected to her cousin.

13:00:00:00 01:51:00:00

ARTS

Norcal Classic Movies

Impact

Unfaithful wife plots to kill her husband, but he goes into hiding after attempt fails. (1949)

19:00:00:00 01:29:00:00

WOMEN

American Women Saints

Frances Xavier Cabrini

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

ARTS

On The Road with Chatham Rabbits

Waters Run High

Farm life calls and high waters threaten to cancel a concert and flood their RV.