

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

November, 2023

Wed, Nov 01, 2023

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

EDUCATION

Curious Crew

Football Science

Football bounce and flight, sticky fingers and more!
Explore how a football's shape makes it more
difficult to predict how it will bounce, while that
shape helps its gyroscopic motion when thrown
or kicked. STEM Challenge: Designing a water balloon
helmet. Curious About Careers: Biomechanical
engineer Tamara Reid Bush explains the movement of the
human body.

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

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 00:24:00:11

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!

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Knee Strengthening

Join Miranda Esmonde-White outside this majestic Chapel at the Colonial resort for a standing and barre workout to strengthen your knees and prevent knee pain.

10:30:00:00 00:26:45:28

CULTURE
In The Americas with David Yetman

Father Kino and the Southwest

In the late 1600s, the Spanish Crown sent Catholic missionaries to northwest Mexico to pacify Indians and make the way for European settlers. One cleric is remembered for his charisma, his geographical wandering, and his penchant for founding missions, including the architectural masterpiece of the Southwest, the Mission San Xavier del Bac: Francisco Eusebio Kino.

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

ARTS
Paint This with Jerry Yarnell

Beside Still Waters, Part 1

Acrylic Painting on 18x24 stretched canvas. In this opening segment, Jerry explains the process of

creating a memory painting without the use of reference material -- other than a rough "memory" sketch of things you have seen as you travel. He then explains and lays out the composition and begins blocking in the sky and distant trees and other background areas. He also discusses the loose impressionistic brush strokes and techniques he will be using.

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

ARTS

Best of the Joy of Painting

Winter Oval

A beautiful snowy cabin scene painted inside an oval; this pleasing Bob Ross "trademark" is enjoyed by all.

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

ARTS

Pocket Sketching with Kath Macaulay

Field Equipment

When you really want portability, keep everything compact instead of big, thick sketchbooks that are hard bound. You want to see it, sketch it and leave within 25 minutes or less. You do not want to attract other people who will distract you. Plan to never put anything down on a table or easel where you will attract people or lose equipment.

15:00:00:00 00:27:32:06

CULTURE

Modern Pioneering with Georgia Pellegrini

Heritage of the Lowcountry

Georgia heads to South Carolina to meet the many talented artisans that define Lowcountry. From a basket weaver who is keeping the sweetgrass tradition of the Gullah Geechee people alive, to an intercoastal inspired shrimp recipe served in ironware crafted right down the street. Find out why the Lowcountry is defined by its character as much as it is a spot on the map.

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

CULTURE
Reciprocity Project

RECIPROCITY PROJECT is a collection of stories highlighting the value of communities living in reciprocity with the Earth. Featuring seven short films created with Indigenous communities across Turtle Island in the U.S. and Colombia, the filmmakers and community partners created stories in response to the question, "What does reciprocity mean to you and your community?" Each film shines a light on the challenges and triumphs of those who celebrate and fight for their communities, heritage, and land in the face of the modern industrial age. It invites learning from time-honored and current Indigenous ways of life and teaches us how to conserve our relationship with the Earth.

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

ARTS
Traces

The task facing McKinven is ever more daunting, especially now that his wife Azra is joining the investigation. Meanwhile, Kathy's PhD student sees more than she should.

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

ARTS
Love and Respect with Killer Mike

Fab Five Freddy

New York hip hop pioneer Fab Five Freddy joins Killer Mike for a look at his influence on music, art and culture dating back to the 1970's.

Thu, Nov 02, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Power to the People

Teslin, Yk

With their lumber mill facing an uncertain future, members of the Teslin Tlingit Nation found a

way to turn a negative into a positive. Milling their waste wood into biomass fuel, new high efficiency boilers are now cost effectively heating homes in their community.

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

EDUCATION
Curious Crew

Buoyancy

Sinking stones, aluminum boats, Cartesian diver, scuba action figures, hot air balloons and more!
Explore buoyancy, which is an object's ability to float.
STEM Challenge: Making a hovering balloon. Curious About Careers: Microbiologist Joan Rose discusses the workings of a water research lab.

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

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 00:24:00:09

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 00:26:45:25

HEALTH/HEALTH CARE
Yoga In Practice

Finding Your Center

When life is chaotic we need to find our center to help reestablish balance. In this practice we will use Triangle and Half Moon to teach us how to strongly plant our legs. By grounding our energy we learn to create inner balance.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Mobility

Today on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the Saasil Kantenah Wedding resort that will improve the mobility of your spine and keep you standing tall all-day long.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

My World Too

Charging Corridors/After The Harvest

With the electric vehicle revolution upon us, we learn about what it will take to keep our cars charged up and on the road. Then in the heart of America there is an organization that is taking the fruits and vegetables that are usually discarded and distributes them to food banks.

15:30:00:00 00:26:27:29

HEALTH/HEALTH CARE

Conscious Living

Disappearing Disease

While mainstream medicine tells us that illness, aches and pains are an inevitable part of life, many doctors and scientists are discovering that with proper nutrition and care, the power that made the body has the power to heal the body. On this episode, we're in Washington, D.C. with an African-American pastor who takes on the challenge of disappearing his Type-2 Diabetes with his fork and a whole food, plant-based diet. Then, we're back in Berlin, Germany to heal a nagging injury with the 200-year old practice of homeopathy.

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

HEALTH/HEALTH CARE

Have You Heard About Greg? A Journey Through Alzheimer's

Greg O'Brien, an award-winning investigative reporter that was diagnosed with early onset Alzheimer's at the age of 59 demonstrates his commitment to starting conversations about this quiet killer that impacts millions worldwide.

21:00:00:00 00:45:27:06

ARTS

Coroner

The Deep Freeze

When ice cream factory manager Rose finds owner Robert frozen to death in one of his walk-in freezers, Jane and Davey are called in to investigate. Rose is adamant that Robert wouldn't have killed himself as he was in the process of selling up and retiring. Davey questions Robert's beautiful new young wife Christine at her stunning seaside home, why didn't she mention that she went to the factory last night? Christine blames the shock and deflects on to Robert's son Andrew, who only yesterday told Robert to drop dead after his allowance was stopped. Davey is charmed by Christine but Jane is left suspicious. When the post mortem reveals that Robert was sedated before his death, Davey pursues Andrew as his prime suspect. However Jane learns from Rose that both Christine's previous husbands had died under suspicious circumstances - could Jane be dealing with a black widow?

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Energy Switch

Students on the Future of Energy

Two advanced energy students share their thoughts on the future of nuclear, carbon capture and storage, solar and wind, batteries, energy reliability, climate change and their hopes for the future. Shadya Taleb, a graduate research assistant in carbon capture and storage at the Bureau of Economic Geology, and Grace Stanke, a nuclear engineering student and Miss America 2023, discuss.

Fri, Nov 03, 2023

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

ARTS
Rabbit Fall

The Weetigo

Old wounds are stirred when a missing American tourist washes up on the notorious Dog Island. His body is half eaten and the people of Rabbit Fall are convinced the Weetigo—a creature who takes over humans' souls and turns them into cannibals—is back. The discovery coincides with the return of John Spence, a child killer who cannibalized his victim in one of Rabbit Fall's most haunting crimes. Fear morphs into frenzy and a group of vigilantes sets out to destroy the alleged Weetigo before he strikes again. The case spirals out of control when Tara brings Spence into protective custody.

02:30:00:00 00:18:21:07

ARTS
Studio 49

Aztlan Underground

Aztlan Underground AKA Anahuak Underground is an evolution of consciousness intertwined with ancient, pre-Colombian thoughts, feelings, and sounds.

04:00:00:00 01:27:58:11

CULTURE
Arkansas's First People

As part of American Experience's We Shall Remain, Arkansas's First People is featuring unique perspectives on American Indian cultural legacy, archaeological data, and interviews with modern tribal representatives of those who had and still have an impact on Arkansas.

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

EDUCATION
Curious Crew

Skeletal System

Broken bones, tendon tricks, acidic exoskeletons and more! Explore the human skeletal system including bones, cartilage, ligaments, tendons, and joints; and how it stores calcium and phosphorous and produces blood cells. STEM Challenge: Making a no-hands crutch. Curious About Careers: Orthopedic surgeon and baseball team physician Julie Dodds on her career in sports medicine.

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 00:24:00:07

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 00:26:46:29

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Island Breeze

Allow the ocean breeze and setting sun to inspire your practice as we enjoy a modified yoga session using a chair for support. Including seated and standing postures designed to open your hips and stretch the hamstrings along with balance postures to tone your legs & glutes.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Back Pain Relief

In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.

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

ARTS

Ireland with Michael

Waterford Treasures

Michael visits various places throughout Waterford including Bishop's Palace, the Museum of Silver, and the House of Waterford Crystal where he talks to skilled glassblowers about training to become masters of their craft. Waterford native, and singer Glenn Murphy performs the song "The Parting Glass." He meets with the traditional music band Tuluá and for a performance of polkas and reels. And stops by Stradbally Cove to meet sand sculptor artist Manu, who creates temporary Celtic designs in the long strand of the Copper Coast.

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

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

Coming Out Early

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. We meet Catherine, the writer, + 7-year followup, including her physical transformation and why she became an expat; Danny, the tailor prt2; Guest Expert: Dr. Halima Amjad, Alzheimer's Specialist, Johns Hopkins Medical School, on genetic risk factors, social engagement, and caring for people with dementia.

21:00:00:00 00:47:43:18

ARTS
Whitechapel

The case gets all the more complicated when a second mass murder occurs, with no obvious signs of a break-in, no escape route and a total lack of forensic evidence at the scene. Chandler, Miles and the team unearth more about the infamous Ratcliffe Highway murders of 1811, hoping to avoid making the same mistakes and solve the case before further lives are lost.

23:30:00:00 00:27:58:16

HEALTH/HEALTH CARE
Your Fantastic Mind

Long Covid

It is estimated more than 11 million Americans are living with long Covid. Some people never fully recover from the virus, while others recover and then relapse with the same or new symptoms. With very few clinics dedicated to treating long Covid and with researchers and healthcare professionals still in the early stages of understanding how it manifests, millions of people are living with chronic issues not being addressed. Many can no longer work and function normally. This episode features four different people with long Covid, including an emergency room physician. We learn about research helping us better understand long Covid and the connection it has to other conditions such as chronic fatigue syndrome. The episode also looks at how widely

available FDA medications can be repurposed and used to
treat and help alleviate symptoms for some
people fighting long Covid.

Sat, Nov 04, 2023

01:00:00:00 00:22:00:09
ENVIRONMENT/NATURE/NATURAL DISASTERS
Chaos & Courage

Wildlife Conservation

Aboriginal women and men from three BC communities do
their part to protect and conserve wildlife.

From whales to salmon to falcons, all species are
dependent on us to maintain the delicate balance
of the habitats we share with them. Ultimately, we alone
can protect them from the negative
impacts of our own behaviours.

04:30:00:00 00:24:00:25
ARTS
Mixed Blessings

Movin' On Up

Hank lands a new job working, but gets busted for not
having a genuine plumbing certificate. He
then enrolls at the local trade school where he
encounters Mick. Doreen tells Hank about a
foreclosure on a big new house and pushes him to take
it. Kate, Josie's sister, arrives to stir
things up. The big house quickly becomes crowded.

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 00:26:45:20

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 00:29:00:00

EDUCATION
DIY Science Time

The Moon

That's one small step for DIY, one giant leap for the Science Crew! Join us today to learn all about the moon. In this out of this world episode we'll explore Moon phases, lunar maria, make a DIY sextant and more!

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

YOUTH
Albie's Elevator

Pirouette Upset/Mail Team

Pirouette Upset/ Mail Team: Albie doesn't understand why Zia needs space if they are friends, so they visit ballet dancers who explain that some moves require space and some close moves like lifts require communication between partners; Albie agrees to help Rosie mail cards but is disappointed that her job is just licking the envelope. A visit to a maker's studio where a team creates chalk shows her no job is too small.

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

YOUTH
The Infinite Art Hunt

The Birdhouse (Creative Reuse)

The Birdhouse (Creative Reuse): Freddie is obsessed with building a high-tech luxury birdhouse but isn't sure how to go about it. A trip to a 'playbrary' where young creators can use secondhand

toys and materials and a chat with a playground designer
inspire Freddie to make something new and
unique through creative reuse of old materials.

10:30:00:00 00:26:46:02
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

3 Billion Birds

The 3 BILLION BIRD STUDY shows that one in four birds
has vanished in the last fifty years. The
good news is that when humans manage habitats with birds
in mind, species can not only survive,
but flourish. From the Great Plains to the marshes of
the southeast, this episode shows how we can
save the wonderful world of birds.

15:00:00:00 00:26:46:00
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 00:25:45:23
CULTURE
Skindigenous

Amsterdam

Written and directed by Randy Kelly. In the 1950s,
warriors from the Dutch-controlled Maluku
islands who were fighting alongside Dutch soldiers
against the Indonesians were brought back to
the Netherlands by force. As a descendant of that
Moluccan diaspora, Joe Patty-Sabandar has been
rediscovering and reconnecting with his traditional
ancestral culture. As a tattoo artist, he is
very keen to preserve and share Moluccan culture as it
existed before the Portuguese colonized the
Maluku islands. He is part of a group of third and
fourth generation Dutch-Moluccans who are

thirsty for knowledge and the ancient culture of their
homeland.

20:00:00:00 00:56:46:27

ARTS

Backstage Pass

Mike Mains & The Branches

Known for their indie-pop melodies, husband and wife
Mike and Shannon Mains headline Mike Mains &
The Branches. Their music reflects their love and
experiences together as a couple. Their newest
album, "When We Were in Love," released in Spring of
2019 features songs like "Endless Summer,"
"Breathing Underwater," and "Around the Corner."

21:00:00:00 00:49:00:03

ARTS

Manben: Behind The Scenes of Mangaminase Ai

Join us as we visit the workspace of manga artist Minase
Ai, well-known for tales of youthful
romance such as Hachimitsu ni Hatsukoi. On our visit we
see her working on Seishun Heavy Rotation,
which requires her to draw two preliminary drafts before
the final version is ready. Her
meticulous attention to detail and the technique used to
produce a sparkling effect draw
admiration. Along with the focus on the artist's skill,
we delve into the thoughts and emotions
that infuse this heartwarming love story.

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

ARTS

Nightmare Theatre

Hands of a Stranger

A concert pianist loses his hands in a car crash, and a
mad surgeon replaces them with those of a
criminal in the 1962 version of this oft-filmed French
novel. Meanwhile, an unfortunate accident
on the NMTV set gives Sapo an opportunity to perform
some experimental surgery of his own.

Sun, Nov 05, 2023

06:30:00:00 00:26:47:15

WOMEN
Wassaja

Mary Kathryn Nagle

Mary Kathryn Nagle is a busy attorney, practicing law in Oklahoma and Washington, DC, and in her spare time she is heading up a new program at Yale. She's also an amazing playwright with shows running on both coasts.

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 00:29:00:00

EDUCATION
DIY Science Time

Measurement

Go the distance exploring the science of measurement with Mister C and the Science Crew. Let's explore building our own scientific tools like a hodometer and a balance scale to see if our science skills measure up.

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

YOUTH
Albie's Elevator

Knit Knostalgia/Rock Marathon

Knit Knostalgia/ Rock Marathon: Albie is sad her favorite pair of red mittens no longer fit but Jay introduces her to an artist who gives clothes a new life; When Albie and Zia's plan for an all-day rock marathon is interrupted by Albie's constant yawns, they visit some musicians who

teach them to take breaks to get energized and give their best performance.

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

YOUTH
The Infinite Art Hunt

The Summer Dance Off (Hip Hop)

The Summer Dance Off (Hip Hop): It's Freddie's favorite day of the year - the annual summer dance off- but Cousin Ty isn't feeling quite as confident in his dancing ability. Freddie makes it her art mission to change his attitude and takes them to a studio where a dance instructor introduces them to his students and teaches a few moves.

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

HEALTH/HEALTH CARE
School of Greatness with Lewis Howes

Dr. Daniel Amen - Healthy Habits - In Studio

Psychiatrist and brain disorder specialist Dr. Daniel Amen shares the different risk factors that are hurting your brain and goes through the practices we can use to enhance our brain health.

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

CULTURE
Pacific Heartbeat

The Healer Stones of Kapaemahu

On Honolulu's famous Waikiki Beach stand four large stones that represent a Hawaiian tradition of healing and gender diversity that is all but unknown to the millions of locals and tourists passing by. According to legend, the stones are a tribute to four mahu - people of dual male and female spirit - who brought the healing arts from Tahiti to Hawaii and used their spiritual power to cure disease.

19:00:00:00 00:56:47:26

LOCAL POLITICS/GOVERNMENT
Older Than The Crown

OLDER THAN THE CROWN follows the trial of Sinixt tribal member Rick Desautel who in 2010 was

charged with hunting as a non resident and without a proper permit in Canada. Rick harvested an elk on the ancestral land of the Sinixt people in Vallican British Columbia Canada. To the Sinixt, hunting on ancestral land is an aboriginal right gifted to them by Creator. A right that has legally been denied to the Sinixt people since 1956 when the Canadian government unjustly declared them extinct in Canada, despite the nearly 3,000 members existing on the Colville Indian Reservation in Washington State. Now with the Desautel Hunting Case, the Sinixt people have a chance to not only bring light to their unjust extinction by the Canadian government, but also abolish the declaration completely.

21:00:00:00 00:43:53:02

ARTS

Shakespeare & Hathaway-Private Investigators

And Rarest Parts

Frank and Luella are employed by lottery winner Leroy King convinced his son, Arty, who died 5 years earlier in a trainspotting accident is haunting him. His fiancée Katherine Courazon, a model, met him when she handed him the (pound) 36m lottery cheque 5 years earlier was convinced it was a prankster. Leroy and his son were part of a trainspotting group with Owen Faulconbridge and his son Eddie that met at Arden station. The two families had fallen out over a pact to share the lottery win. Sebastian goes undercover as a trainspotter while Frank and Luella stake out King's house and nearly catch an intruder. When Courazon falls from the footbridge and is nearly killed attention turns to guilt ridden Eddie but in the background is the young platform assistant who had a heart transplant 5 years earlier.

Mon, Nov 06, 2023

03:30:00:00 00:26:45:28

ARTS

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 00:26:46:03

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

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 00:24:00:16

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 00:26:45:28

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Flow + Meditation

This class begins by awakening the body with a slow and steady flow to prepare for stillness in a guided meditation that will infuse tranquility and peace. A little movement into the body with awareness of the breath, profoundly helps quiet the mind, turn the chatter off, so you can settle into meditation with less resistance and more ease. The class begins gently and gradually builds into variations of sun salutations to get the blood flowing and awaken the energy centers in the body. Once the body lies down after the standing flow, it is like a sponge and soaks in the guided meditation to rest and let go deeply. In stillness, you pause, let go of what's not serving you, to release, relax and fill up on peace. Experience tranquility.

09:00:00:00 00:26:45:22

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hip and Leg Flexibility

Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.

09:30:00:00 00:27:17:15

AGING
Sit and Be Fit

Core Strengthening

Mary Ann uses hand weights and a ball to strengthen the abdominal muscles. Gretchen adds some exercises to challenge the brain.

20:00:00:00 00:56:59:15

ARTS

Evening with Dionne Warwick

An Evening With Dionne Warwick is a one-on-one interview program provides a rare look into the life and times of the artist who bridged the gap and climbed to the top of the charts more than any other female entertainer of her time.

21:00:00:00 00:52:05:22

ARTS

Silent Witness

Reputations Part Two

With their suspect in a coma and an attacker seemingly at large in the hospital, Nikki calls on Adam's expertise to help solve the case. Together, the team make a breakthrough that hints at a medical conspiracy and exposes the lengths to which some are willing to go in order to protect their personal and professional reputations.

Tue, Nov 07, 2023

01:00:00:00 00:22:00:09

ENVIRONMENT/NATURE/NATURAL DISASTERS

Chaos & Courage

Wildlife Conservation

Aboriginal women and men from three BC communities do their part to protect and conserve wildlife. From whales to salmon to falcons, all species are dependent on us to maintain the delicate balance of the habitats we share with them. Ultimately, we alone can protect them from the negative impacts of our own behaviours.

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

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 00:24:00:08

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 00:26:44:11

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflowers Galore

Renew your practice with the bountiful sunflower energy as we focus on intermediate yoga sequences to fire up the core. Including supine, plank and standing core strengthening moves that challenge your balance and focus.

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

Mobility

Today, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to give you range of motion in all of your activities.

09:30:00:00 00:27:41:01
AGING
Sit and Be Fit

Healthy Aging

A variety of unique exercises are introduced which are all designed to promote healthy aging.

20:00:00:00 00:59:00:00
ARTS
Girl Unscripted

Grownup Girl

With the benefit of hindsight, Clarissa gives advice to her younger self.

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. Meanwhile, Finn faces an extremely difficult decision.

Wed, Nov 08, 2023

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 00:26:46:05

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 00:24:00:10

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 imaginations comes from a carver of masks and a chance at making their own masks at the craft table.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Spine Strengthening

In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico. Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.

09:30:00:00 00:27:06:24

HEALTH/HEALTH CARE
Sit and Be Fit

Exercise Is Fun

Mary Ann focuses on fun and functional exercises set to some of her favorite music.

10:30:00:00 00:26:45:29
ENVIRONMENT/NATURE/NATURAL DISASTERS
In The Americas with David Yetman

Brazil's Pantanal: Wetlands and Wildlife

In southwestern Brazil, the Pantanal, the world's largest freshwater swamp, is home to a startling variety of wildlife, especially birds and caimans. Throughout this vast swampland, cowboys still roam America's oldest ranches on specially adapted horses to follow herds of swamp cattle.

13:30:00:00 00:28:44:29
ARTS
Paint This with Jerry Yarnell

Beside Still Waters, Part 2

In the session, Jerry continues the underpainting process by blocking in the water and various areas of land masses. He then blocks in the tree trunks of some of the distant trees and begins highlighting and detailing the background areas in preparation for re-sketching and underpainting the bridge. Now he underpaints the bridge, pathway, and darker grasses along the shoreline.

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

Mountain by the Sea

Bob Ross quickly paints a most challenging masterpiece of majestic mountains reigning over a colorful seascape.

14:30:00:00 00:27:01:00
ARTS
Pocket Sketching with Kath Macaulay

Fix 'em

When you don't feel like starting anything, grab 4 or 5 poor sketches and try to fix them. Use

contrast, color, focal point. Great review: two may get better, while 3 get worse, but they weren't good anyway. Great review of the importance of the basics.

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

ARTS
Traces

Two suspects derail the investigation as McKinven and Sarah are consumed by their feelings. Kathy's inability to communicate becomes a serious problem.

23:00:00:00 00:26:34:12

ARTS
Love and Respect with Killer Mike

Aunjanue Ellis

Oscar-nominated actress Aunjanue Ellis ("King Richard") joins Killer Mike to discuss her new short film on the life of Fannie Lou Hamer.

Thu, Nov 09, 2023

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

ARTS
Main Street Wyoming

Photography of Sara Wiles

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

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

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

2

In this inspiring documentary, Dr. Leslie Korn, of the Center for World Indigenous Studies and her

team, bring traditional massage and exercise to rural indigenous communities experiencing high rates of diabetes type 2.

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

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 00:26:46:05

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 00:24:00:17

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
Yoga In Practice

Intention, Knowledge, and Action

Practicing yoga brings our heart, mind and body together by setting intention through knowledge and action. This episode unites mind and body with a series of twists - Standing Rotation, Revolved Open Twist, and the apex pose, Twisted Sister.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Boost Your Energy

In this episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautiful Mexico. In this entry level standing and barre workout, Miranda will lead you through a series of exercises that will leave you feeling energized.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Strength Coordination

This episode features a potpourri of movements to enhance strength and coordination.

10:30:00:00 00:26:48:07

ENVIRONMENT/NATURE/NATURAL DISASTERS

Outside: Beyond The Lens

Death Valley National Park

It's the hottest, driest and lowest place in the United States but a rare, winter storm changes Death Valley National Park into a photographer's dream. The Outside crew explores the trails and unique rock formations in tough conditions and finds a unique surprise in the desert.

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

ARTS

Conscious Living

Art Imitates Life

Does life imitate art and art imitate life? To see for ourselves, we dive into the world of art,

culture and dance to see how it shapes our evolution as
a planet. Ferry with us to the shores of
Naoshima - Japan's surreal art island - where art looms
larger than life. Then lose yourself in a
sacred dance and music immersion celebrating the five
elements of nature in Bali. Back in the
U.S., hit the ground running with a black vintage
fashion icon from the South Side of Chicago.
Finally, break bread at the intersection of art, poetry
and race politics at an iconic Washington,
D.C. restaurant.

21:00:00:00 00:44:50:12

ARTS
Coroner

Dirty Dancing

Judith and Mick get into the spirit of a Latin American
dance festival run by Paula Barranco and
her much younger Hispanic husband Yordan. Meanwhile
Issabella Martinez staggers into a crowd and
falls down dead. Jane identifies Issabella as the Cuban
guest dancer at the festival. Paula
suggests that Issabella's brother Romario identify the
body but he finds the idea of a post mortem
abhorrent. While at the club that evening, Jane meets
Mel, a charming Egyptian doctor who teaches
her to dance. Jane is shocked to learn that Issabella's
body has been stolen from the mortuary,
and when the body is found her stomach has been cut open
and drugs have been removed. Issabella's
brother is the main suspect but Jane is ever more drawn
towards Mel - is this smooth doctor all
that he seems?

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

What's New In Geothermal?

Geothermal energy can be found everywhere below the
surface, at varying temperatures, depending on
how deep and where you are. We can use it to warm homes
and buildings, generate electricity, and
hopefully to produce high heat for industrial processes.
Lauren Boyd, Acting Director of
Geothermal Technologies at the DOE, and Carlos Araque,
Co-founder and CEO of Quaise Energy,
discuss.

Fri, Nov 10, 2023

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

ARTS
Rabbit Fall

Lost and Found

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

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

ARTS
Studio 49

Raye Zaragoza

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

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

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

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 00:24:00:09

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 00:26:45:28

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflowers at Dusk

Bask in the radiant sunflower field at dusk as we reconnect you to your abdominal muscles with easy to follow exercises using a chair for support. Including gentle sun salutations, along with accessible moves to improve your posture and strengthen the core while activating the hip flexors and quadriceps.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Bone Strengthening

In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.

09:30:00:00 00:27:23:09

AGING
Sit and Be Fit

Reaction Time

Mary Ann shows how to use a ball to test your reaction time.

15:00:00:00 00:29:00:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Saving Half The Earth

The E.O. Wilson Foundation continues to lead the movement to preserve half the earth's biodiversity. How are they applying Dr. Wilson's philosophy to identify biodiverse hot spots? One of E.O. Wilson's proteges, Ben Raines, shows us why the Mobile River basin has earned the title "America's Amazon." In middle Georgia, the Ocmulgee lands could be a model for how a national park embraces the influence of the indigenous people whose history predates ancient Egyptian pyramids and whose lives are still tied to their original homelands there.

15:30:00:00 00:26:46:00
AGING
Getting Dot Older

Coming Out Late

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Jessica, the transgender software developer; Kim, the tennis player prt 2; Orin & Bernardo, from Hollywood, prt2; Guest Expert: Dr. Lesley Fernow, Geriatrician.

16:00:00:00 00:26:46:00
WOMEN
Native Report

Focus On Indigenous Women Or Mothers of Mother Earth

Interview with Tammy Suomi, mother of Fond du Lac tribal member Jackie Defoe, who was killed in March 2020 along with her young son; Tewa Women United in New Mexico, and their vision to end violence against women, girls, and Mother Earth.

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

ARTS
Whitechapel

Part one of two. Chandler and the team attend the christening of Miles' daughter, but soon find themselves dealing with a murder case when a fox is seen running through Whitechapel with a human arm in its mouth. More body parts from the same person are washed up from the Thames, but the detectives struggle to identify the victim.

23:30:00:00 00:27:53:22

HEALTH/HEALTH CARE
Your Fantastic Mind

Becoming A Brain Surgeon

The road to becoming a brain surgeon, or neurosurgeon, is widely known as the most difficult and longest in all of medicine. In the United States, neurosurgery residency training takes seven years after medical school. It is a competitive field where very few make the cut and achieve the dream. In this episode, we embed with the Emory Department of Neurosurgery's newest class of residents, taking viewers behind the curtain through their long days and long nights. From Emory's first African American woman neurosurgery resident to a man motivated to enter the field after lifechanging brain surgery as a child, we shadow these first-year residents as they begin their arduous journey.

Sat, Nov 11, 2023

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

ARTS
Mixed Blessings

Who's Your Daddy?

Kate spills the beans to Mick about his "real" father. Mick freaks and confronts Josie who has to tell him the truth. Doreen, Kate and Kookum go off to bingo. In a Kate mishap, the cards spill off the table and one of the cards is a big winner. Doreen and Kate square off.

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

CULTURR
Growing Native

North Growing Native Alaska: People of the

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

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

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

WOMEN
Native Report

Mother Earth Focus On Indigenous Women Or Mothers of

Interview with Tammy Suomi, mother of Fond du Lac tribal member Jackie Defoe, who was killed in March 2020 along with her young son; Tewa Women United in New Mexico, and their vision to end violence against women, girls, and Mother Earth.

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 00:29:00:00

EDUCATION

DIY Science Time

Sound

Did you hear that? That's the sound of Mister C and the Science Crew inviting you to explore sound and vibrations. Let's build a wooden piano, wave demonstrator, and learn how a music box makes its sound!

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

YOUTH
Albie's Elevator

Good Day/Big Orange Fuzzy Thing

Good Day/Big Orange Fuzzy Thing: After Albie breaks her favorite crayon and Malik's tie rips, an artist who uses found objects to make beautiful art teaches them to see the big picture when something bad happens; When Huggy and Albie break their promise to Jay they visit a comic artist to help them figure out a fib so he won't get upset, but soon realize telling the truth is better even when it's hard.

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

YOUTH
The Infinite Art Hunt

Sonic Sable (Comic Books)

Sonic Sable (Comic Books): When Freddie's best friend Sable is bullied about her artwork, she decides to give up her dream of creating a comic book. A visit to a comic book artist to learn about sequential art and everyday people who become heroes inspires a super solution to Sable's problem.

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

AGRICULTURE
Growing A Greener World

Urban Victory Gardens Project

As the resurgence of victory gardens are springing up across the country, we visit one historical Chicago victory garden where growing food is also growing communities. The Peterson Garden Project

is all about building gardeners rather than gardens.
Their success is amazing and inspiring.

10:30:00:00 00:26:46:05
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Wild Things Return

Focusing on diverse habitats from Florida and Georgia to South Dakota and Montana, we track the progress of several species whose survival depends on active conservation management. From Black-footed ferrets and prairie dogs to Red-cockaded woodpeckers and Indigo snakes, get a sneak peek behind the scenes at what it takes to resettle animals into their native habitats.

15:00:00:00 00:26:36:04 #401H
ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

The Greater Impact of Wildlife Patients

Every wildlife patient is offered state-of-the-art veterinary medical care; some are treated and released, while others may be too seriously injured to recover. Every single animal has a story to share, a story that illustrates the wider problems wildlife face.

16:30:00:00 00:25:45:23
CULTURE
Skindigenous

Haida Gwaii

Written and directed by Courtney Montour. When Haida artist Kwiaahwah Jones picked up the needle and traditional Haida tattoo practices that were once outlawed, she inspired a whole new generation to embrace their Haida culture and make it their own. She has curated Haida art exhibits across Canada but found her true calling in Haida hand poke tattoos. Tattooing was an important part of Haida culture, signifying family lineage and rank in society. Kwiaahwah draws inspiration from being out on the land and water in Haida Gwaii. She sees the revitalization of Haida tattooing as a reconnection to her ancestors.

20:00:00:00 00:56:47:01

ARTS

Backstage Pass

Paddlebots

Paddlebots represents the collective vision and music stylings of Kortez Buckner and Haruki Hakoyama. Born out of a series of YouTube covers, the band's intricate and unique arranging style and high-energy performance quickly gained viral popularity. Their progressive soul pop sound is highlighted in songs "Someone Else," "Out of the Blue," and "Til' Next Time."

21:00:00:00 00:48:53:10

ARTS

Manben: Behind The Scenes of Mangatezuka Osamu

Tezuka Osamu, often called "the god of manga," was responsible for many of the twentieth century's biggest hits. His accomplishments include titles such as Black Jack, Astro Boy, and the work that many people consider to be his masterpiece, Phoenix. Rare documents and interviews with assistants reveal some of the secrets to his success. Tezuka stayed at his drawing board until his death in 1989. Join a star of the contemporary manga scene, Urasawa Naoki, as he explores the artistry of one of the medium's major figures.

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

ARTS

Nightmare Theatre

Teenage Zombies

Zombie-mania hits the NMTV studios as the gang screens this incredibly low-budget effort from 1959, wherein yet another mad scientist is turning fun-loving teens into unquestioning slaves. Sapo becomes concerned with both the growing zombie menace and the tendency to use middle-aged actors to play teenagers, and harnesses the corporate might of Von Doren Industries to produce products for both potential markets.

Sun, Nov 12, 2023

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 00:29:00:00 #209H

EDUCATION
DIY Science Time

Convection

The power of convection gets Mister C and the Science Crew moving and learning today. Explore with us as we learn about convection cells, heat powered merry go-rounds 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.

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

CULTURE
Our Time

Trans Youth In America - Transforming Media
and Re-Framing

Fully one third of transgender youth in America have reported a suicide attempt last year. Behind this chilling statistic is a specter of trans representation in the media that veers from the pathological to the horrific. Filmmakers Amber Young (Transforming Media) and Delaney Mauve (Reframing) tackle trans representation in very personal stories, allowing families to talk openly about gender.

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

CULTURE
Pacific Heartbeat

The Australian Dream

THE AUSTRALIAN DREAM unravels the remarkable and inspirational story of Indigenous AFL legend Adam Goodes to tell a deeper and more powerful story about race, identity and belonging. The film unpacks the events of the 2013-15 AFL seasons and asks fundamental questions about racism and discrimination in society today

19:00:00:00 00:59:00:00

CULTURE
Time Has Many Voices

TIME HAS MANY VOICES is the untold story of the Muwekma Ohlone Tribe of the San Francisco Bay area. Decimated by Spanish colonizers in the late 1700s, an Ohlone village is rediscovered through cutting edge archeology, revealing surprising details about the life ways of pre-contact ancestors. Now, modern day members of the Muwekma Ohlone are honoring their past with these findings, laying claim to their existence, and paving the way for their future.

20:00:00:00 00:57:04:01

ARTS

Native Art Now!

What exactly distinguishes contemporary Native art from other contemporary art? "About 15,000 years," explains Jennifer Complo McNutt, curator of contemporary art at the Eiteljorg Museum of American Indians and Western Art in downtown Indianapolis. The documentary NATIVE ART NOW! examines the evolution of Native contemporary art over the last 25 years, presenting personal perspectives from internationally acclaimed Native modern artists. Installations, paintings, photographs, prints, sculptures, glass and fabric art by indigenous artists Rick Bartow, Meryl McMaster, Jim Denomie, Holly Wilson and numerous others from the United States and Canada are featured in the program. What exactly distinguishes contemporary Native art from other contemporary art? "About 15,000 years," explains Jennifer Complo McNutt, curator of contemporary art at the Eiteljorg Museum of American Indians and Western Art in downtown Indianapolis. The documentary NATIVE ART NOW! examines the evolution of Native contemporary art over the last 25 years, presenting personal perspectives from internationally acclaimed Native modern artists. Installations, paintings, photographs, prints, sculptures, glass and fabric art by indigenous artists Rick Bartow, Meryl McMaster, Jim Denomie, Holly Wilson and numerous others from the United States and Canada are featured in the program.

21:00:00:00 00:43:49:02

ARTS

Shakespeare & Hathaway-Private Investigators

Time Decays

Frank receives by smart phone £5,000 anonymously to solve a crime yet to be committed on a walk along Shakespeare's Way organised by Swift Feet Walks. On the tour with Frank are Ben Yang and his wife Chen, a neuro-surgeon, Summer Styles a prison physiotherapist, and Beverley Sinclair who was an old friend of organiser Julian Hope. During the first night Ben Yang is murdered and Sergeant

Keeler arrests Frank on the evidence he has. Luella and Sebastian search for a link and all the tour party had won the trip as a prize including Frank who hadn't opened his emails. They then discover Michael Reynolds, a thief who was married to Sinclair and business partner with Hope and he had fallen from a roof escaping from Frank leaving him paralysed. Released from prison early on compassionate grounds he died within days from complications with his injuries.

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

HEALTH/HEALTH CARE

The Whole Truth with David Eisenhower

Preparing for the Next Pandemic - What Are The Lessons from Covid-19?

Experts agree that the Covid pandemic may well not have been a once in a century phenomenon. In our increasingly interconnected world, novel pathogens can find human hosts anywhere on the planet and spread with a never-before-seen speed and scale. So, if we must be preparing for future pandemics, what lessons should be learned from the Covid experience about public policy and the practice of medicine in a time of crisis? Guests: Dr. Kevin Mahoney, CEO of the University of Pennsylvania Health System; Dr. David Fajgenbaum, Associate Professor at the Perelman School of Medicine; Dr. Jon Gleason, Chief Clinical Officer at Prisma Health; Stephen Northrup, Rampy Northrup Consulting.

Mon, Nov 13, 2023

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

ARTS

Sculpting In Wood and Words

The Art of Kent Nerburn

This Common Ground special, "Sculpting in Wood & Words: The Art of Kent Nerburn", details the author's development from a wood sculptor to a writer of Native American and spiritual subjects. Nerburn reveals insights on his process and details the creation of his latest book in the Neither Wolf Nor Dog trilogy: The Girl Who Sang to the Buffalo.

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

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

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 00:24:00:05

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 00:26:45:29

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Balance

When we have better physical balance, we have better
mental focus and clarity. The awareness of
breath, the gaze or dristi, the connection with the
earth below, and how we are aligned are all

foundational elements in improving balance. YNDI Balance begins with a breathing exercise to improve the elasticity of the lungs, to link the breath with the body and to clear the mind so your focus is sharp for the physical practice. Each balancing posture emphasizes the foundation and alignment. Both structure and form are the priority. Flexibility will come with time but first make sure your foundation is strong. Improve clarity, focus and determination with YNDI Balance.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Flexibility

In this episode of Classical Stretch, join Miranda Esmonde-White at the Sassil Kantenah Wedding Resort. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this standing and floor workout.

09:30:00:00 00:27:22:03

HEALTH/HEALTH CARE

Sit and Be Fit

Balance

Improving balance through weight training, stretching and leg strengthening is the theme of this episode.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

New Zealand

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

21:00:00:00 00:50:59:00

ARTS

Silent Witness

Brother's Keeper Part One

The murder of a promising boxer draws Nikki and Jack into the world of underground boxing. Meanwhile, Jack's brother Ryan is released from prison.

23:30:00:00 00:26:42:04

ARTS
Civil Discourse

When Great Artists Behave Badly (Part 1)

"When Great Artists Behave Badly" is an in-depth, two-part panel discussion featuring Tony Award-winning dancer/choreographer Bill T. Jones, author and art critic Aruna D'Souza, author and philosopher Erich Hatala Matthes, and Barnes Foundation Renoir scholar Martha Lucy in conversation with Host Paula Marantz Cohen. For Part 1, this discussion highlights examples of controversial artists and explores how the art world and society can separate the art from the artist in cases of toxic, immoral personal behavior.

Tue, Nov 14, 2023

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

CULTURE
Aboriginal Architecture - Living Architecture

Native structures reflect the diversity of Aboriginal cultures. Their architecture evolved in response to the different natural environments of North America. See the past carried forward in the design and use of contemporary buildings in Indigenous communities.

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 00:26:46:05

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 00:24:00:10

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 00:26:44:21

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Cascading River

Allow the resplendent river energy to recharge your body as we explore a modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more ease in the hands, neck, shoulders, back, hips and more.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Arthritis Relief and Pain Prevention

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in Mexico. This entry level standing and barre workout is designed to liberate and rebalance all your joints.

09:30:00:00 00:27:24:00
HEALTH/HEALTH CARE
Sit and Be Fit

March Your Way to Fitness

Mary Ann marches her way to fitness with fun routines and patriotic music.

Wed, Nov 15, 2023

07:00:00:00 00:26:46:04
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 00:29:00:00
YOUTH
Wimee's Words

Five Senses

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

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

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Posture

In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.

09:30:00:00 00:27:28:18

HEALTH/HEALTH CARE

Sit and Be Fit

Pelvic Floor

Muscles of pelvic floor are often ignored but this workout shows some easy movements to keep those important muscles strong.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

0 Y CC

N/A

TVG

Pororoca: Brazil's Famous

Wave

The Amazon is famous for being the world's largest river, but less well known for the massive tidal bore, a colossal wave that appears at the river's mouth around the equinoxes. It's called the Pororoca and surfers now flock from around the world to ride it. But it has also nearly destroyed a city along its way. We arrive at Sao Domingos do Capim, and wait.

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

ARTS

Paint This with Jerry Yarnell

Beside Still Waters, Part 3

In this episode Jerry begins the refinement phase of detailing and highlighting the grasses and other areas. Now he underpaints the rocks along the edge of the banks and paints in some of the reflections of the grasses and rocks along the shoreline. Then he underpaints the larger tree trunks and reflections of the trunks.

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

ARTS

Best of the Joy of Painting

Mountain Stream

With just a few tools, Bob Ross paints a mountain stream running through gently sloping ground that looks soft as velvet.

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

ARTS

Pocket Sketching with Kath Macaulay

Journaling

The difference is words. The addition of words doubles the meaning. Date the entry. Leave space for words that tell what's important. Can be extremely personal and a private journal just for you. Can be a shared travel journal. Greeting cards as a travel journal. Also, how to pick a paper that will work with the pen.

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

ARTS

Traces

Another deadly explosion. Sarah and McKinven's growing attachment has fraught consequences, as Kathy suspects Jean the Dean of having a secret to hide.

Thu, Nov 16, 2023

04:00:00:00 00:56:46:07

CULTURE

A Blackfeet Encounter

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

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

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 00:26:46:05

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 00:21:54:23

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 00:26:46:04

HEALTH/HEALTH CARE
Yoga In Practice

Transforming Fear Into Joy

Fear can be useful. It keeps us safe in uncertain situations, but it can just as easily block us from living fully. Through our sense of wonder, like a child, we can learn to embrace any circumstance. The arm balance called Crow can help us face our fears.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Toning and Slenderizing

In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico. Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.

09:30:00:00 00:27:23:25

HEALTH/HEALTH CARE
Sit and Be Fit

Posture and Breathing

Posture is essential to any good workout. In this program Mary Ann demonstrates how to maintain good posture while exercising.

21:00:00:00 00:44:52:07

ARTS
Coroner

The Drop Zone

Jane's fear of heights is put to the test when she and Davey investigate a skydiving accident and

discover that someone has tampered with the parachute.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Electric Cars - Pros and Cons, Part 1

Electric cars are fast and efficient and produce no local emissions. But they're also expensive, with issues around the metals for their batteries. Dr. David Rapson, Economic Policy Advisor for the Federal Reserve Bank and Professor of Economics, University of California, and Dr. Beia Spiller, Director of the Transportation Program, Resources for the Future, discuss these issues.

Fri, Nov 17, 2023

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

ARTS
Rabbit Fall

Crow Dance

When Medicine man Simon Blackhorse vanishes from the custody of Sergeant Martinsky, Tara leads the manhunt to the darkest part of the forest where she experiences her own terrifying paranormal event. A frightened Martinsky, unable to explain what happened, decides to leave Rabbit Fall and appoints Tara Acting Staff Sergeant. Can she uncover the mystery behind Simon and his powerful medicine?

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

ARTS
Studio 49

Quetzal Guerrero

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

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
My Louisiana Love

MY LOUISIANA LOVE journeys with filmmaker Monique Verdin on a quest to connect with her ancestral roots within the Houma Nation, a Native American community reeling from decades of environmental degradation and natural disasters. The Houma, one of the largest Native American tribes in North America, live in South Louisiana communities where decaying marshlands serve as the only buffer against storm-surge floodwaters. Verdin sees her people's traditional way of life - and the land they live on - threatened by a cycle of man-made environmental crises. After witnessing the devastation caused by Hurricanes Katrina and Rita in 2005, and the BP oil spill in 2010, Verdin finds herself turning to environmental activism, and documenting her family's struggle to stay close to the land despite the cycle of disasters and the rapidly disappearing coastline. MY LOUISIANA LOVE looks at the complex and uneven relationship between the oil and gas industry and the indigenous people of the Mississippi Delta. In this intimate portrait, Verdin must overcome the loss of her house, her father and her partner - and redefine the meaning of "home."

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 00:26:46:06

YOUTH
Wimee's Words

Bats

Wimee has sing-song fun with compound words; Moby tells us about bumblebee bats; a glove-wearing bat is the subject of Wimee's story; Miss Holly translates our key words into Chinese; Ms. Kelaine

shares a website with us all about bats; and Miss Sarah shows us how to calm down using our five senses.

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

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 00:26:47:02

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Lace Meadow

Enjoy the peaceful summer meadow as we focus on a modified yoga practice using a chair for support. Including stretches to increase mobility in the shoulders while lengthening the spine in a full range of motion; combined with standing poses to create more strength and flexibility in the lower body.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Boost Your Energy

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.

09:30:00:00 00:27:20:09

HEALTH/HEALTH CARE
Sit and Be Fit

Facial Exercises

Facial exercises are important because they increase sensory awareness in mouth and encourage

facial expression. These exercises are essential for anyone experiencing neurological challenges.

15:00:00:00 00:29:00:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Messing with Mother Nature

The reality is that there are very few places on earth that haven't been altered by humans. When is a coyote no longer a coyote? In Galveston, Texas, coyotes dubbed "ghost wolves" carry high amounts of red wolf DNA. Scientists consider whether their genetic material could save the few red wolves that are left in captivity. Across the country, groups consider whether they'll welcome American Chestnut trees that are engineered with a wheat gene to resist the blight that nearly wiped out their existence. In the Florida Keys, mosquitoes modified to lower disease levels have met with a great deal of resistance and concern. What happened that moved people from interest to alarm?

15:30:00:00 00:26:46:00
AGING
Getting Dot Older

Changing Intimacy

Host Roberto Mighty interviews Baby Boomers and invites viewers in. We meet Sheila, the administrator; Karmen, the singer prt2; Melvin, at a Native American museum; Jesseca, the artist prt2; Guest Expert: Anne Doyle, LaSell Village Senior Community.

21:00:00:00 00:47:25:16
ARTS
Whitechapel

Part two of two. Another torso is washed up from the Thames, this time at Putney Bridge, and Llewellyn finds traces of Spanish Fly, an aphrodisiac used by the infamous Marquis de Sade. The discovery propels Miles and the team into a world of dark obsessions, where romance and love take a sinister turn.

23:30:00:00 00:23:32:29

HEALTH/HEALTH CARE
Your Fantastic Mind

Balance and Movement

Cutting edge research that shows how stimulation of the vagus nerve can help patients regain arm function up to a decade after a stroke. Researchers at Emory/Georgia Tech who are studying the science of movement including the neuromechanics of human balance and gait. Their research shows that cognitive stiffness is connected to physical stiffness and vice versa and that improving one area can improve the other.

Sat, Nov 18, 2023

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

ARTS
Mixed Blessings

Goin' Green

Uncle Charlie shows up at the new house with a fresh Moose carcass. Vicky is surprised by the moose and declares she is a vegetarian. Walt launches his 'green' campaign after visiting the dump with his father. Hank and his kids visit their mom's gravesite to commemorate her death.

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

CULTURE
Growing Native

Growing Native Great Lakes: Turtle

Island

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

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

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 00:29:00:00

EDUCATION
DIY Science Time

Dauphin Island

Mister C and the Science Crew visit Dauphin Island Sea Lab in Alabama for an amazing adaptation adventure! Join along as we build a potato fish, go out to sea, and learn about the coolest tiny worms!

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.

10:30:00:00 00:26:46:05
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Return of the Buffalo

Millions of bison once roamed nearly all of North America but their intentional killing in the late 1800s forever changed our landscapes and culture. Now the Lakota people of the Rosebud Reservation are bringing a wild buffalo herd back to regenerate their land as well as their health, well-being and independence.

16:30:00:00 00:25:45:23
CULTURE
Skindigenous

Tunisia

Written and directed by Sara Ben-Saud. Manel Mahdouani is a tattoo artist living in Tunis, the capital of Tunisia. As a descendent of the Amazigh people native to North Africa, Manel specializes in Amazigh tattoos. With tattooing traditions no longer practiced, her grandmother's generation are the last to carry the traditional designs and knowledge. Since many still depend on oral transmission of their cultural knowledge, Manel travels to remote villages and searches for the knowledge found in the collective memory of elderly people. When she finds a tattoo, she takes pictures and adds it to her research. She then modernizes the design for present-day reproduction. Manel is the only person archiving traditional Amazigh tattoos.

20:00:00:00 00:56:46:01
ARTS
Backstage Pass

Tishmal

Tishmal is a solo project of Rachel Brockbank, a San Diego native currently living in New York City. Tishmal means hummingbird in Luiseno, the language of her Native American heritage. The name

was given to her as a young girl, around the same time she began to seriously compose. Highlights from her performance include songs like "Underneath" and "You're Afraid."

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

ARTS
Nightmare Theatre

The Devil's Hand

Sapo conjures up a demon to the NMTV set, while screening this 1961 shlocker wherein a man's dreamlike visions of a mysterious woman lead him into a Satanic cult.

Sun, Nov 19, 2023

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 00:29:00:00

EDUCATION
DIY Science Time

Ecosystems

What do owl pellets, gray wolves, blubber all have in common? Explore the science of ecosystems today with Mister C and the Science Crew to find out. Let's build a terrarium and explore ecosystems all around us!

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.

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

CULTURE

Our Time

Colorism In America: Shade and White Chocolate

Racial stereotyping has an insidious history in the U.S.
While gains in civil rights have
increased significantly, younger generations continue to
perpetuate harmful labels, often subtle
ones, that undermine people of color. Filmmaker Antreise
Lacey (SHADE) confronts the terms "team
light skin/team dark skin" and filmmaker Shaienne Knox
examines black hair styles that hew to
white beauty standards.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

The Good Road

Richmond, Virginia - Holy River

The James River is the reason for Richmond's existence, and yet, in the 1970s it was one of the most polluted rivers in the country. We meet the activists and scientists who transformed it from a D- to a B+ with hard work, perseverance and art. We are also introduced to the Atlantic Sturgeon - the amazing fish that survived the meteor that killed the dinosaurs but was almost wiped out by humans.

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

CULTURE

Common Ground with Jane Whitney

A Tale of Two Economies - How Wealth Inequality Is Making America Poor

While the pandemic crushed the dreams of millions, shuttering businesses and schools and leaving millions jobless, the wealthy reaped a bonanza and watched their net worth more than double. They became richer while the poor got poorer. Already at historic heights before the pandemic, wealth inequality by many measures now is worse than during the Gilded Age and divides the country into the haves and the have-nots. And that endangers us all by cutting social mobility, increasing crime and empowering authoritarians. In the eleventh show of the season, Common Ground will examine the consequences of this cleavage, the values that drive economic policy and the connections between our political and economic crises. Guest: Mark Cuban.

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

CULTURE

Pacific Heartbeat

For My Father's Kingdom

FOR MY FATHER'S KINGDOM follows Tongan pensioner Saia Mafile'o and his family as they are stretched to breaking point by the commitment and passion to God that has driven Saia's life. This debut feature documentary offers a rich view of how contemporary secular families deal with the rigors of devout Christian tithing, as well as a unique insight into traditional Tongan culture.

21:00:00:00 00:44:04:02

ARTS

Shakespeare & Hathaway-Private Investigators

No More Desire

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

CULTURE

The Whole Truth with David Eisenhower

Ending Modern Slavery

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

Mon, Nov 20, 2023

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

ARTS

We're Still Here

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

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

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 00:26:46:06

YOUTH
Wimee's Words

Trucks

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

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

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 00:26:45:29

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Restore

Take time to rest and connect to stillness in this magical restorative practice immersed in atmospheric music and a dreamscape environment. There are only floor postures in this class, and each one is held longer, so you are invited to close your eyes, breathe slowly and deeply, and let yourself release and drift away. Holding the postures longer helps stretch the deep connective tissues between the muscles and the fascia throughout the body, in addition to improving circulation to the joints. Even though you can do this practice without props, feel free to have a block, folded blanket and pillow by your side in case you need it for support. If you need to

reset and relax, treat yourself with this yoga class.
Experience bliss.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Feet and Calf Workout

In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.

09:30:00:00 00:27:25:15

HEALTH/HEALTH CARE

Sit and Be Fit

We've Gone Country

Country music sets the tone and pace for this fun full body workout.

20:00:00:00 00:55:16:24

ARTS

Evening with Denyce Graves

An Evening With Denyce Graves provides a rare and unique look inside the life and career of legendary mezzo-soprano.

21:00:00:00 00:50:47:02

ARTS

Silent Witness

Brother's Keeper Part Two

Jack and Nikki investigate a second death that brings them back to the same underground boxing ring. Jack worries Ryan has put Cara in danger, and is torn between loyalty to his brother and protecting his family. As the case comes to a head and Jack's feelings bubble towards the surface, he finds himself being drawn emotionally closer to Nikki.

23:30:00:00 00:26:39:12

ARTS
Civil Discourse

When Great Artists Behave Badly (Part 2)

"When Great Artists Behave Badly" is an in-depth, two-part panel discussion featuring Tony Award-winning dancer/choreographer Bill T. Jones, author and art critic Aruna D'Souza, author and philosopher Erich Hatata Matthes, and Barnes Foundation Renoir scholar Martha Lucy in conversation with Host Paula Marantz Cohen. For Part 2, this discussion delves into the role contextualization plays in how art critics, audiences, and institutions can determine the cultural value and legacy (or dismissal) of both the art and the artist.

Tue, Nov 21, 2023

05:30:00:00 00:25:18:01

CULTURE
Finding Refuge

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

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

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 00:29:00:00

YOUTH
Wimee's Words

Flowers

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

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

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 00:26:46:29

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Glo

Bask in the golden sunflower glo as you enjoy a modified yoga session using a chair for support including; seated stretches to increase flexibility and mobility in the shoulders and upper back, and a standing sequence linking breath with movement designed to create more freedom in the hips and hamstrings while building strength, balance and focus.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Quad Lengthening & Strengthening

In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.

09:30:00:00 00:27:29:12

AGING
Sit and Be Fit

Don't Forget Your Fingers

Paying special attention to the finger joints is important in our quest to stay independent and keep our hands functioning well.

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

ARTS

Cara Romero: Following The Light

Contemporary fine art photographer Cara Romero's work captures Indigenous and non-Indigenous cultural memory, collective history, and lived experiences from a Native American female perspective.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
American River

Mary Bruno spent her childhood along a toxic stretch of one of the most neglected waterways in America. Decades later, she returns to kayak the river of her youth and tell its story. AMERICAN RIVER follows Bruno and river guide Carl Alderson on a four-day, 80-mile adventure down New Jersey's Passaic River, from its pristine source in a wildlife refuge to its polluted mouth in Newark Bay. With breathtaking cinematography, the river's extraordinary history, geology, and ecology are revealed as the kayakers navigate challenges, travel through urban landscapes, and head toward the industrial center that poisoned the Passaic for the past 60 years.

Wed, Nov 22, 2023

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

ARTS

Spirit In Glass: Plateau Native Beadwork

This documentary celebrates the spectacular beadwork of the Northwest Plateau People. The film provides a rare opportunity to experience Plateau culture through the eyes and hearts of artists,

who share their history, motivation, and the beadwork that plays an important role in binding their culture together. Native Plateau beadwork is part of the rich tapestry of American culture.

Plateau culture is unique and its story of survival a quintessentially American story.

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

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 00:26:46:06

YOUTH
Wimee's Words

Baseball

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

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

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.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Arm Toning Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take you through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.

09:30:00:00 00:27:24:10

HEALTH/HEALTH CARE

Sit and Be Fit

Vestibular System

Mary Ann challenges your vestibular system with a fun ball routine and other functional movements set to jazz music.

10:30:00:00 00:26:45:27

CULTURE

In The Americas with David Yetman

Baracoa: Cuba's Outpost on the Atlantic

About 700 miles east of Havana, Cuba's capital, sits the old town of Baracoa. Nearly cut off from the rest of the nation by high mountains, it has become self-sufficient in a nation that stresses self-sufficiency. The long road trip shows us Cuba's vast sugar cane fields, and the convoluted geology of mountain ranges, bays, and cliffs. Baracoa has its own heritage of mixed Caribbean and African culture, evolving without interference from the outside.

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

ARTS

Paint This with Jerry Yarnell

Beside Still Waters, Part 4

In the episode, Jerry shows his viewers how to paint the stones and miscellaneous details on the bridge. He continues by painting in the form highlights on the rocks along the shoreline and on the large tree trunks. He continues by adding additional tree limbs and miscellaneous intermediate details along shoreline and pathway.

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

ARTS

Best of the Joy of Painting

Moonlit Serenade

Nicholas Hankins paints a gnarled old tree adorned with Spanish moss as it stands sentinel over a moonlit stream in this moody Bob Ross landscape.

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

ARTS

Pocket Sketching with Kath Macaulay

Food

No timer needed. You've paid for it, you're hungry and it's getting cold. Start with a mark and possibly include any background. It's ephemeral, fast and fun. A bit about drinking and sketching.

21:00:00:00 00:46:26:03

ARTS

Traces

Sarah works with McKinven to prevent another explosion before making decisions about their future. Kathy realizes change is essential, personally and professionally.

Thu, Nov 23, 2023

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 00:26:46:05

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 00:21:53:29

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 00:26:45:25

HEALTH/HEALTH CARE
Yoga In Practice

The Dance of Confidence

This class reminds us to dance with life however it may unfold, and embrace the cycle of life in all its beauty, challenges and mystery. The apex pose, Baby Dancer, helps us to slowly open while maintaining balance and beauty.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Spine Strengthening Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Breathing

By toning and stretching muscles around the ribcage and practicing good breathing technique viewers learn how to get the most out of each breath.

11:00:00:00 00:26:16:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

The Good Road

Cabo Rojo, Puerto Rico - Salt of the Earth

A journey through the unique ecosystems of Puerto Rico highlight the important role government agencies, university initiatives and local communities play in conservation and the fight against climate change. And, we explore the mangrove fields of La Paguera on kayaks with Rene Esteves of University of Puerto Rico's Sea Grant. We see first-hand the delicate balance of conservation and community.

11:30:00:00 00:26:16:00

CULTURE

The Good Road

Charleston, South Carolina - Gullah

Through stories from a chef, a basket weaver and a Grammy Award winning drummer we glean a better understanding of the myriad of ways that Gullah traditions and practices impact contemporary arts and culture in the low country of Charleston. At a beloved Charleston haunt Craig and Earl discuss the deep African roots of Gullah culture with the three black professionals and a local restaurateur.

13:00:00:00 00:26:16:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

The Good Road

Richmond, Virginia - Holy River

The James River is the reason for Richmond's existence, and yet, in the 1970s it was one of the most polluted rivers in the country. We meet the activists and scientists who transformed it from

a D- to a B+with hard work, perseverance and art. We are also introduced to the Atlantic Sturgeon - the amazing fish that survived the meteor that killed the dinosaurs but was almost wiped out by humans.

14:30:00:00 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.

15:30:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
The Good Road

Asheville, NC - The French Broad

The French Broad River is at the heart of Asheville, NC. We meet the people and organizations trying to strike a balance between nature and development. We ventured from the river's edge to an urban "peace garden" as we explored conservation and social justice in this growing city.

19:00:00:00 00:56:46:00
ARTS
Terence Blanchard In Dallas

TERENCE BLANCHARD IN DALLAS celebrates the music of two-time Academy Award-nominee and seven-time Grammy-winning trumpeter and composer Terence Blanchard. In February 2023, the Dallas Symphony Orchestra presented two evenings of Blanchard's work, shining a light on his musical genius and groundbreaking compositions. During the first night, soprano Karen Slack and baritone Nicholas Newton joined the DSO and conductor Maurice Cohn for the first orchestral performance of selections from Fire Shut Up in My Bones, Blanchard's opera. Fire Shut Up in My Bones was the first opera that The Metropolitan Opera had staged by a Black composer in its 138-year history.

The following evening, Blanchard and his band, the E-Collective, along with the Turtle Island String Quartet, presented a set from *Absence*, his latest jazz album release. **TERENCE BLANCHARD IN DALLAS** presents select performances from both nights in a one-hour special. Interviews with Blanchard also go behind the scenes of the creative process, his history of composition, and his influences and motivations. Conversations with Slack, Newton and bass player David Ginyard complement the performances and share Blanchard's generosity and brilliance as these projects came to life. With extensive jazz and classical performances from the stage of the Morton H. Meyerson Symphony Center, **TERENCE BLANCHARD IN DALLAS** is a remarkable musical event that celebrates one of the most important and groundbreaking musicians working today.

21:00:00:00 00:44:57:07

ARTS
Coroner

Perfectly Formed

When building work at an abandoned cottage unearths a child's hidden remains, Jane uncovers other well-kept family secrets.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Electric Cars - Pros and Cons, Part 2

Subsidies for electric cars have helped make them popular, but have gone mostly to the wealthy. These and mandates may have unintended consequences. We need more affordable EVs, even if they have lower range, say Dr. Beia Spiller, Director of the Transportation Program at Resources for the Future, and Dr. David Rapson, Economic Policy Advisor for the Fed and Professor of Economics, UC Davis.

Fri, Nov 24, 2023

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

ARTS
Rabbit Fall

Happiness Hotel

Tara is taken hostage by a delusional hotel guest engaged in a bizarre argument with his dead wife.

The scene grows even more frightening when the man turns his rage on Tara and she begins to feel herself slipping into the madness... Stanton, Bob and Ollie try desperately to save Tara and solve the mystery behind her captor's demonic behavior.

02:30:00:00 00:26:02:05

ARTS
Studio 49

Cody Coyote

Ojibwe hip hop artist Cody Coyote sends a powerful message of self worth and enlightenment with a mix of spoken word and hip hop songs. His work as a motivational speaker informs a personal and intimate discussion about struggling to find his place in the world and overcoming darkness by discovering and connecting with his indigenous roots.

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

Paper Airplanes

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

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

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 00:26:46:25

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Waves

Allow the powerful ocean energy to recharge your body as we explore an invigorating modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to stretch and lengthen the spine in a full range of motion, creating more ease in the back, shoulders and hips.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Shoulder Pain Workout

In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Stretching

Strengthening should always be followed by stretching as an important component to any workout.

This episode includes some great stretching exercises to improve flexibility.

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

3 Billion Birds

The 3 BILLION BIRD STUDY shows that one in four birds has vanished in the last fifty years. The good news is that when humans manage habitats with birds in mind, species can not only survive, but flourish. From the Great Plains to the marshes of the southeast, this episode shows how we can save the wonderful world of birds.

15:30:00:00 00:26:46:00
AGING
Getting Dot Older

Paying Attention

Season Finale: Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Howard, the film teacher; Bert, the Professor prt 2; Rochelle, Prt 2; 7-year Followup with Kim; Guest Expert Polly-Young Eisendrath, Psychotherapist.

21:00:00:00 00:56:07:28
AGING
Aging Backwards 3 with Miranda Esmonde-White

Did you know that you actually have a choice in how you age, and whether you remain mobile, healthy and pain-free throughout your life? In the pledge special AGING BACKWARDS 3, former ballerina Miranda Esmonde-White uses groundbreaking science to develop a practical six-point plan anyone can use to keep their minds sharp and their bodies active using gentle daily movement.

Sat, Nov 25, 2023

00:00:00:00 00:47:12:29
ARTS

Whitechapel

Part one of two. A dangerous patient and former Whitechapel resident escapes from a psychiatric unit around the same time that a babysitter is murdered. With the area becoming the focus of a series of terrifying events, Chandler's quest to bring in a suspect alive puts a strain on his relationship with Miles.

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

HEALTH/HEALTH CARE
Chaos & Courage

Medical Outposts

Canada is home to some of the most technologically advanced medical services in the world, but not all Canadians have access to them. This is especially true for Canada's most remote communities, such as the nurse-run medical outposts of northern Ontario, and Ahousat in Clayoquot Sound, BC served primarily by its recently trained first aiders.

04:30:00:00 00:24:01:02

ARTS
Mixed Blessings

Hockey Dads

At Donnie's hockey tournament, Hank and Tazz engage in a rising conflict with a hockey dad from an opposing team. Following a tie, there is a slight incident with the Zamboni and nobody wins. Kookum is arrested for stealing a hockey trophy.

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 00:29:00:00

EDUCATION
DIY Science Time

Chain Reactions

How fast can you react to learning some amazing science?! Build a Jacob's Ladder and create a craft stick chain reaction with Mister C and the Science Crew while learning about nifty chain reactions!

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.

18:30:00:00 00:57:15:29

CULTURE
Rick Steves European Christmas

From manger scenes and mistletoe to wintry wonderlands, RICK STEVES' EUROPEAN CHRISTMAS celebrates the Christmas season throughout the European continent. In the special, Rick visits friends and

families in England, France, Norway, Germany, Austria, Switzerland and Italy to reveal their customs and practices of the holiday season. He begins his travels in England, where the Christmas pudding is the real centerpiece of a traditional English holiday meal. In Paris, the Eiffel Tower heralds the season with its red, twinkling lights. And in the countryside of Tuscany, villagers stack neat pyramids of wood for great bonfires. The lighting of the fires is a signal to villagers - dressed as shepherds - to come and sing old carols. RICK STEVES' EUROPEAN CHRISTMAS offers a colorful, musical celebration of Christmas across Europe where viewers will learn about customs from "the old countries," hear local choirs, and discover holiday family traditions.

21:30:00:00 01:27:58:10

ARTS

Joe Bonamassa: Live from the Ryman

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

Sun, Nov 26, 2023

04:00:00:00 01:33:44:29

ARTS

The Sun at Midnight

In this wilderness adventure, Lia, a 16 year-old urban princess, is sent to spend the summer with her Gwich'in grandmother in a small Arctic Circle community. Desperate to return to city life she

steals a boat and sets out into the vast Northern wilderness hoping to reach the nearest town.

Totally lost, she is discovered by Alfred, a Gwich'in hunter who reluctantly takes her under his wing as he navigates the massive landscape in search of caribou. When Alfred is severely wounded, Lia pushes on and fights to save both of their lives.

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 00:29:00:00

EDUCATION
DIY Science Time

Newton's Laws

Let's get movin' and groovin' learning about the laws of motion! Mister C and the Science Crew invite you to explore Newton's three laws of motion with amazing DIY activities that you can do at home!

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 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.

16:30:00:00 01:58:11:27

ARTS

Big Band Years (My Music Presents)

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

20:30:00:00 01:59:07:28

ARTS

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

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

Mon, Nov 27, 2023

04:05:00:00 00:44:59:21

CULTURE

Potlatch Keepers

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

05:45:00:00 00:10:47:11

CULTURE

Birds on the Wire: Lessons from Nature

The Turtle Bay Exploration Park and McConnell Gardens have become a gathering place for the North State community. This complex along with the Calatrava Sundial Bridge and Sacramento River trails draws visitors from all over the world. The far northern communities of California have historically been a difficult population to reach. The past history of settlements in these rugged territories has centered on mining, logging and ranching. In addition, Native Americans traditionally living in these areas were forced to move into more distant and isolated lands. The result created a culture of rugged, independent individuals that pride themselves on a strong sense of self-reliance. The vast majorities of these Native people remain unrecognized, so many Native people remain isolated and do not trust outside direction.

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

EDUCATION
Curious Crew

Diffusion and Osmosis

Smelly particles, wilted veggies, and growing jellies! The Curious Crew explores diffusion and osmosis using tea bags, scented balloons, and jelly marbles. STEM Challenge: Make a Reed Diffuser; Curious About Careers: Ornithologist Pam Rasmussen.

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

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 00:21:53:05

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.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Knee Strengthening Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.

09:30:00:00 00:27:22:12

HEALTH/HEALTH CARE

Sit and Be Fit

Relaxation

Mary Ann explores the healing touch of massage, demonstrating some effective ways to release tension and use movement to relax.

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

ARTS

Burt Bacharach's Best (My Music Presents)

For over half-a-century, the immensely popular and immediately identifiable melodies of celebrated composer Burt Bacharach have touched millions of music lovers around the world. Beginning his career as an accompanist to legendary actress-singer Marlene Dietrich, Bacharach in the 1960s established himself as a topical successor to his Tin Pan Alley predecessors, creating some of the most beloved and successful pop music to ever grace radio, television and film. This first-time ever archival PBS special includes all the original artists performing Bacharach's hits with rare archival footage and clips from the 1960s-1970s. Bacharach teamed with lyricist Hal David for a

stunning run of classic songs, many in tandem with songstress Dionne Warwick ("Walk On By," "Anyone Who Had A Heart," "I Say A Little Prayer," "I'll Never Fall In Love Again"). British-born Dusty Springfield enjoyed Bacharach hits with the wistful "Wishin' & Hopin'" and the seductive playful "The Look Of Love" while Tom Jones popularized the "What's New Pussycat?" The smashes continued in the seventies when The Carpenters reached #1 with "(They Long To Be) Close To You," following another chart-topper, "Raindrops Keep Fallin' On My Head," the Oscar-winning tune sung by B.J. Thomas in the film Butch Cassidy & The Sundance Kid. "Suave and debonair" Austin Powers #2, aka film and tv star Robert Wagner is our guide for this special. From his much loved series Hart to Hart, Robert brings his distinctively smooth charm and classy style of his characters to the role of host for this first-time, all archival compilation of Burt Bacharach's music and melodies. The pledge breaks are co-hosted by the beloved tv and recording star Marilyn McCoo, originally with the Fifth Dimension, who shined as a soloist on Burt and Hal's signature torch number "One Less Bell To Answer."

23:00:00:00 01:27:27:14

AGING

Just One Thing with Steven Gundry, Md

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

Tue, Nov 28, 2023

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

ARTS

Hard Rock Medical

Baptism By Fire

Day one of anatomy class has everyone's undivided attention, except for Charlie's-who has pressing family business. Gina almost becomes the first victim of medical school's high attrition rates.

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

CULTURE
Badger Creek

Badger Creek is a half-hour documentary portrait of a Blackfeet (Pikuni) family, the Mombergs, who live on the lower Blackfeet Reservation in Montana near the banks of Badger Creek. In addition to running a prosperous ranching business, they practice a traditional Blackfeet cultural lifestyle that sustains and nourishes them, including sending their children to a Blackfeet language immersion school, participating in Blackfeet spiritual ceremonies and maintaining a Blackfeet worldview. The film takes us through a year in the life of the family, and through four seasons of the magnificent and traditional territory of the Pikuni Nation.

04:00:00:00 00:26:50:21

COMMUNITY POLITICS/GOVERNMENT
Justice Delayed Is Justice Denied

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

04:30:00:00 00:33:28:26

COMMUNITY POLITICS/GOVERNMENT
Ola I Ka Wai

Water Is Life

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

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

EDUCATION
Curious Crew

Collisions

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

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

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 00:22:00:04

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 00:26:45:28

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Bloom

Rejuvenate amongst the spectacular desert bloom with a modified yoga practice using a chair for support. Including dynamic seated stretches to open the hips and improve range of motion in the spine along with a balance and strength standing sequence, incorporating gentle side bends to expand the breath, activate the core and bring overall spaciousness to the body.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Strengthening & Pain-Relief

Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.

09:30:00:00 00:27:26:09

AGING

Sit and Be Fit

Maintain Independence

This episode is full of functional movements to help improve performance of the activities of daily life and help you maintain independence as you age.

20:30:00:00 01:28:40:01

ARTS

This Land Is Your Land (My Music Presents)

THIS LAND IS YOUR LAND takes a musical journey through the evolution of modern American folk music, from its roots in bluegrass to San Francisco coffee houses to clubs in Greenwich Village. Hosted by Tom and Dick Smothers and Judy Collins, and featuring The Brothers Four, Glenn Yarbrough, The Highwaymen, The Limelickers, Randy Sparks and The Minstrels, and Roger McGuinn from The Byrds, the program includes their own personal reflections on the enduring legacy of these masterpieces.

Wed, Nov 29, 2023

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

ARTS
The Medicine Line

The Peyote Trail

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

05:05:00:00 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 00:26:47:25

EDUCATION
Curious Crew

Bubble Science

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

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

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 00:21:53:06

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.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hips & Hamstring Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Resistance Exercises

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.

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

ARTS
Paint This with Jerry Yarnell

Beside Still Waters, Part 5

In this final segment, Jerry takes his viewers through the process of adding all final details and highlights. He adds the miscellaneous clumps of grasses, weeds, and brush to seat the bridge, trees, and rocks. Then adds the leaves on the large trees. He finishes up by putting a horizontal glaze on the water to make it appear more wet. Then uses the script brush to apply the taller

weeds throughout the painting.

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

ARTS

Best of the Joy of Painting

Mountain River

Far-away mountains appear to float in the clouds as Bob Ross paints a gently flowing river in the foreground.

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

ARTS

Pocket Sketching with Kath Macaulay

The Monotone

For extreme speed, go with just grey scale or use color for only the focal point. Convert a colored photo. No expensive equipment is needed: just "miles on the brush". Your pen will allow the grey scale made famous by Ansel Adams. You have a huge range of effect.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Baby Animals

On this episode of Bay Area Bountiful, 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'll observe the work of a South Bay wild animal rescue center as they rehabilitate baby wildlife; finally, 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 01:28:00:28

CULTURE

Rick Steves European Festivals

In RICK STEVES SPECIAL: EUROPEAN FESTIVALS, Rick travels throughout the Continent celebrating the

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

Thu, Nov 30, 2023

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

EDUCATION
Curious Crew

Muscular System

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

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

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 00:21:52:24

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 00:26:45:25

HEALTH/HEALTH CARE
Yoga In Practice

Cultivate Self-Respect

Yoga reminds us to feel an inner dignity and to cultivate self-respect. One frequently practiced yoga pose, beautiful in its shape, is Pigeon Pose. How wonderful that a common bird like a pigeon can be so beautiful and filled with inner grace.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Bone Strength Workout

In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.

09:30:00:00 00:27:45:27

HEALTH/HEALTH CARE
Sit and Be Fit

Feel Your Best

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.

23:00:00:00 01:56:45:26

CULTURE
Rick Steves European Christmas

From manger scenes and mistletoe to wintry wonderlands, RICK STEVES' EUROPEAN CHRISTMAS celebrates

the Christmas season throughout the European continent.
In the special, Rick visits friends and
families in England, France, Norway, Germany, Austria,
Switzerland and Italy to reveal their
customs and practices of the holiday season. He begins
his travels in England, where the Christmas
pudding is the real centerpiece of a traditional English
holiday meal. In Paris, the Eiffel Tower
heralds the season with its red, twinkling lights. And
in the countryside of Tuscany, villagers
stack neat pyramids of wood for great bonfires. The
lighting of the fires is a signal to villagers
- dressed as shepherds - to come and sing old carols.
RICK STEVES' EUROPEAN CHRISTMAS offers a
colorful, musical celebration of Christmas across Europe
where viewers will learn about customs
from "the old countries," hear local choirs, and
discover holiday family traditions.