

QUARTERLY

ISSUES STATEMENT

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

KPJK

Quarterly

Program Topic Report

December, 2023

Fri, Dec 01, 2023

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

EDUCATION
Curious Crew

Electric Lights

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

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

YOUTH
Wimee's Words

Rocks

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

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

YOUTH
Tiga Talk

Camping

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Golden Shoreline

Relax with the golden light of sunset along the peaceful shoreline as we enjoy a modified yoga practice using a chair for support. Including gentle stretches for the neck, shoulders and back combined with calming forward bends to stretch the hamstrings and hips.

09:00:00:00 00:25:47:00

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Weight Loss Workout

In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Fundamental Moves:

In this episode Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.

15:00:00:00 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.

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

AGING

Getting Dot Older

Rescuing Animals

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. In our Boomer Passion segment, Charlene volunteers at an animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only Asian in her class. John & Ilana navigate a major marital age gap. Bob photographs abandoned mining towns. Viewers share revealing answers to our survey.

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

CULTURE

Native Report

Remembering Residential Schools, Language

Education

Orange Shirt Day, an annual remembrance of the harm of Canada's residential school system; professors of the Ojibwe and Dakota languages discuss the importance of preserving the languages.

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, Dec 02, 2023

01:00:00:00 00:22:02:00

WOMEN
Chaos & Courage

To Hell and Back

Three women work on the front lines on the Muskwacheese First Nation. An officer, EMT, and firefighter share their struggles from the community of Hobbema, Alberta as they deal with the area's rampant gangs and drug issues. They are some of the few who keep hope alive within the Community.

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

ARTS
KVCArts

Drezus

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

04:30:00:00 00:24:00:20

ARTS
Mixed Blessings

Mick & Vicky?

Hank and Josie are called to the hospital when Vicky and Bobbie are in a car accident. Everyone is banged up badly, especially Mick who is back in town. Bobbie and Vicky get grounded. Hank, Tazz, and Walt are called to an emergency repair job at a work camp.

05:00:00:00 00:26:45:29

ARTS
National Native American Veterans Memorial Dedication

The National Native American Veterans Memorial, located on the grounds of the National Museum of the American Indian, stands as a tribute to all American Indian, Native Alaskan, and Native Hawaiian veterans. It was designed by Harvey Pratt, a Vietnam veteran himself. Pratt, a Cheyenne Peace Chief and Cheyenne and Arapaho Tribal citizen, submitted his design along with over five hundred other artists in 2017. The next year, he was chosen as one of six finalists, and finally as the winning artist that same year. Groundbreaking for the memorial took place in 2019, with a planned dedication the next year. However, Covid-19 changed the plans drastically, and the dedication had to wait until November of 2022. The Cheyenne and Arapaho Tribes traveled to Washington, DC with a large group of C&A veterans and elders, and Cheyenne and Arapaho Television was invited.

05:30:00:00 00:26:17:24

ARTS

Main Street Wyoming

Photography of Sara Wiles

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

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

EDUCATION

Curious Crew

Acids & Bases

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

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

EDUCATION

DIY Science Time

Solar Balloons

Mister C and the Science Crew use the engineering design process to build a balloon that flies using only the power of the sun. This simple DIY activity will have your science knowledge soaring to new heights!

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

YOUTH

Albie's Elevator

On Boredway/Box Town

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

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

ARTS

The Infinite Art Hunt

The Crestfallen Mallard (Video Games)

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

12:30:00:00 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.

18:00:00:00 01:58:05:00

ARTS

The British Beat (My Music)

In 1964, the sounds of The Beatles broke through the
airwaves of U.S. radio stations, leading to
the British Invasion of American music. Soon, a vast
array of talent from across the pond enjoyed
great success in the States with hit songs that still
remain popular over four decades later.
Legendary songstress Petula Clark, who reached #1 with
her smash Downtown, hosts MY MUSIC: THE
BRITISH BEAT, which offers new concert performances by
such iconic performers as Peter & Gordon,
Eric Burdon & The Animals, The Zombies, Gerry & The
Pacemakers, Herman's Hermits Starring Peter
Noone, Lulu, Wayne Fontana, Reg Presley & The Troggs,
Chad & Jeremy, Paul Jones (formerly of
Manfred Mann), Mike Pender's Searchers, The Tremeloes
and Denny Laine (formerly of The Moody
Blues). The late Dusty Springfield is also featured in
vintage footage from the '60s.

20:00:00:00 01:59:00:00

ARTS

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

For over six decades, the musical duo of Steve Lawrence
& Eydie Gorme has brought back warm and
nostalgic memories from the early days of '50s Rock and
Roll, '60s Pop, Tin Pan Alley, Broadway
and The American Songbook. Amazingly, there has never
been a tv show celebrating their long
illustrious careers as individuals and singing
together.- that is, until now, exclusively for
public television stations.

Sun, Dec 03, 2023

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

CULTURE

Lake of Betrayal

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

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

EDUCATION

Curious Crew

Springs

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

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

EDUCATION

DIY Science Time

Magnetic Racer

Mister C and the Science Crew create a magnet-powered race car. Harness the power of magnets to explore magnetic fields, attraction and repulsion.

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

YOUTH

Albie's Elevator

Pep Talk Portrait/Movie Night

Pep Talk Portrait/Movie Night: Albie wants to make a new friend but is worried she isn't cool enough until an artist teaches her a self-portrait exercise that gives her confidence; Albie and

her neighbors planned a movie night, but the elevator is a huge mess so they may need to cancel it
- until a drumline team shows her a way to make tidying up fun.

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

YOUTH

The Infinite Art Hunt

More Trees Please! (Collage)

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

12:00:00:00 01:58:05:00

ARTS

The British Beat (My Music)

In 1964, the sounds of The Beatles broke through the airwaves of U.S. radio stations, leading to the British Invasion of American music. Soon, a vast array of talent from across the pond enjoyed great success in the States with hit songs that still remain popular over four decades later.
Legendary songstress Petula Clark, who reached #1 with her smash Downtown, hosts MY MUSIC: THE BRITISH BEAT, which offers new concert performances by such iconic performers as Peter & Gordon, Eric Burdon & The Animals, The Zombies, Gerry & The Pacemakers, Herman's Hermits Starring Peter Noone, Lulu, Wayne Fontana, Reg Presley & The Troggs, Chad & Jeremy, Paul Jones (formerly of Manfred Mann), Mike Pender's Searchers, The Tremeloes and Denny Laine (formerly of The Moody Blues). The late Dusty Springfield is also featured in vintage footage from the '60s.

18:00:00:00 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.

20:00:00:00 01:27:41:05

ARTS

Burt Bacharach's Best (My Music Presents)

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

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

21:30:00:00 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.

23:30:00:00 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.

Mon, Dec 04, 2023

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

CULTURE

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.

05:00:00:00 00:44:59:09

ARTS

Kaha:Wi - The Cycle of Life

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

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

EDUCATION

Curious Crew

Convection

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

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

YOUTH

Wimee's Words

Maps

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

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

YOUTH

Tiga Talk

Laughter

Gavin can't stop laughing and the children and puppets learn how infectious laughter can be.

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

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

HEALTH/HEALTH CARE

Yndi Yoga

Practice for Balance (Water)

In a lush setting by a tranquil pond, "Practice for Balance" is inspired by the stillness of water to quiet the mind, and improve focus and balance. The yoga class, amidst the soothing sounds of nature, begins seated with postures close to the ground to feel the connection with the breath and basic balancing techniques to center yourself. The balancing in the standing portion of the practice teaches you how to hold yourself, refine alignment, and distribute weight, as well as use your gaze, or dristi, to keep your mind anchored in the present moment and the body safe. When the body can balance safely, the mind is in harmony, and the spirit is free.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Ab & Core Strength Workout

In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.

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

AGING

Sit and Be Fit

Kinesthetic Awareness

This Sit and Be Fit episode focuses on the importance of kinesthetic awareness and weight shifting as they relate to balance.

21:00:00:00 00:52:06:27

ARTS
Silent Witness

Matters of Life and Death Part One

Nikki's students make an alarming discovery while dissecting a body donated for their training. The case that follows brings Nikki close to student Ollie, stirring dangerous feelings. Meanwhile Jack investigates the care home where the victim died, but finds himself fighting to keep the residents alive when a diverted river floods the area.

Tue, Dec 05, 2023

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

EDUCATION
Curious Crew

Piano Science

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

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

YOUTH
Wimee's Words

Bikes

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

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

YOUTH
Tiga Talk

Hands and Feet

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

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

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Sunflower Inspiration

Allow the uplifting sunflower energy to inspire your practice as we create more support from the inside out with a modified yoga session designed to activate the core. Including a seated a seated warm up along with moves to firm the abs, strengthen the core and increase upper body endurance while exploring modified plank variations and standing poses using a chair for support.

09:00:00:00 00:26:43:01

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Increase Balance Workout

In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Static Balance

Weights are incorporated into the standing exercises to challenge static balance.

19:00:00:00 00:26:45:27

CULTURE

Rick Steves' Europe

European Festivals II

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

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

ARTS

All-Star Orchestra

Celebrating Unity Around The World

The universal language of music brings together rodeos of Argentinian cowboys in Estancia by Alberto Ginestera, the mythical worlds of Greek and German legends in Richard Wagner's Tannhauser, and the African celebration of Umoja ("An Anthem of Unity") by American composer Valerie Coleman.

Wed, Dec 06, 2023

05:00:00:00 00:47:36:05

ARTS

Gracias Christmas Cantata

The pandemic seems to be looming over this year's holiday season. The Gracias Choir has decided to bring Christmas to your home, with their all new Gracias Christmas Concert! Gracias Choir has touched hundreds of thousands of people around the world through the Gracias Christmas Cantata. Join Gracias Choir for a Christmas experience you will never forget! The Gracias Christmas Concert will bring the joy to you!

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

EDUCATION

Curious Crew

Waves

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

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

YOUTH
Wimee's Words

Astronauts

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

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

YOUTH
Tiga Talk

Listen to the World

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

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Plantar Fasciitis Release

Your feet are the foundation for your body. Join Miranda Esmonde-White for a full-body relaxation workout that stretches and strengthens your feet and calves, leaving you flexible and pain free.

09:30:00:00 00:26:45:27

HEALTH/HEALTH CARE
Sit and Be Fit

Pelvic & Ribcage Mobility

Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.

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

Dry Times in the Southwest: The New Realities

Nowhere are the realities of climate change more sharply defined than in the American Southwest. Here rivers are drying and reservoir levels have reached at all-time lows. Cities and countryside alike must adapt to drought, but the strategies used by municipalities are far different from those used by ranchers.

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

Hide and Seek, Part 1

Acrylic Painting on 18x24 stretched canvas. In this episode, Jerry discusses the size, shape, and preparation of his canvas. Then talks about the reference material and how to compose a painting from memory. Then he shows how to create the proper underpainting mixture for the shadow of the snow and how to properly apply it. Then he finishes by showing how to dry-brush in phase one of the contour of the snowdrifts and create the proper composition.

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

Purple Splendor

Join Bob Ross as he creates a lovely winter scene in rich purples and soft lavenders. A really elegant landscape painting.

14:30:00:00 00:26:45:29
ARTS
Pocket Sketching with Kath Macaulay

Water Splashing

To make splashing water appear, you must show what's around it. Kath discusses the dark colors that make the light colors work, how the water needs very little pigment, and how to make the

splash at the bottom.

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

CULTURE

Repairing The World: Stories from the Tree of Life

Repairing the World documents Pittsburgh's powerful community response to hate in the aftermath of the assault on three congregations at the Tree of Life synagogue. On October 27, 2018, eleven people were killed and six wounded in the deadliest antisemitic attack in U.S. history. Against the backdrop of a tumultuous period in the country, a traumatized community works to heal as they experience the impact and dangers of antisemitism, racism, hate speech, and gun violence. Through the voices of survivors, family members, diverse Pittsburgh residents and leaders, the film shows the powerful display of unity in a moment of crisis, the resilience of a vibrant city, and a community working together to understand what it means to be "stronger than hate."

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

AGING

Ageing Matters: Women Unseen

AGING MATTERS: WOMEN UNSEEN explores ways to empower older women to ensure continued dignity and a consistent quality of life. This edition of AGING MATTERS focuses on challenges women face as they age, including economic insecurity, outliving partners, caregiving responsibilities, and policies that impact women over a lifespan. The program addresses these hurdles while offering viewers ways to find solutions to often overlooked obstacles.

Thu, Dec 07, 2023

00:00:00:00 00:57:59:29

ARTS

Elvis and the USS Arizona

ELVIS AND THE USS ARIZONA tells the surprising story of how one of music's biggest icons helped to establish a USS Arizona memorial in Pearl Harbor. Elvis' fundraising concert drew public attention

to the plight and helped to galvanize efforts to finish
the USS Arizona Memorial as it stands
today.

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

Gull Bay, On

For some remote Indigenous communities north of Thunder
Bay, connecting to the Ontario hydro grid
will never be a reality. Gull Bay First Nation found the
means to create their own 'micro grid'
using solar energy to offset their use of diesel power.

04:00:00:00 00:56:45:29
WOMEN
Medicine Woman

Medicine Woman, interweaves the lives of Native American
women healers of today with the story of
America's first Native doctor, Susan La Flesche Picotte
(1865-1915). The one-hour PBS documentary
produced by and about women, features historic and
contemporary profiles of female healers,
starting with Susan La Flesche Picotte (1865-1915) of
the Omaha Tribe of Nebraska.

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

Bowling Science

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

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

Stars

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

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

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

YOUTH
Tiga Talk

Keep Smiling

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

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

HEALTH/HEALTH CARE
Yoga In Practice

Allow Yourself to Soar

A well-known teaching from yogic philosophy invites us
into a practice where "the posture is
steady and at ease." The practice of any posture should
be nourishing and revealing...the body
toned and the mind tuned. In today's class we work
toward steady ease with a balance pose, Eagle.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hip Pain Relief and Stretch

Join Miranda Esmonde-White seaside for an episode of
Classical Stretch that relieves pain and
stretches your hips. This episode re-balances all of the
muscles and joints that surround your
hips and glutes.

09:30:00:00 00:26:45:29

HEALTH/HEALTH CARE
Sit and Be Fit

Strong Back Strong Core

Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles and their role in maintaining back health.

10:30:00:00 00:26:48:07
ENVIRONMENT/NATURE/NATURAL DISASTERS
Outside: Beyond The Lens

The Sierra Scenic Byway & Creek Fire Impact

California's largest single wildfire burned up one of the Sierra's true travel treasures, the Sierra Scenic Byway. The Outside team visits the aftermath of the fire to see how this beloved road trip route has changed and to learn how to look at fire in a different way.

21:00:00:00 00:45:08:07
ARTS
Coroner

Those In Peril

After a hoax callout, a volunteer in the Lighthaven lifeboat crew drowns. Jane suspects foul play, but Davey is sceptical - until other volunteers start to be targeted.

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

Solar Panel Recycling

Millions of solar panels are nearing end of life. Today they're going to landfills or interim storage because recycling is expensive and immature. We need to build a recycling system. Dr. Serasu Duran, Assistant Professor, Haskayne School of Business, University of Calgary, and Dr. Garvin Heath, Distinguished Member of the Research Staff at the National Renewable Energy Laboratory, discuss.

Fri, Dec 08, 2023

01:00:00:00 00:23:30:24
ARTS
Rabbit Fall

Berry Fast

Tara and Zoe discover the body of a young girl in an area of the forest that Tara later discovers is a sacred site with dangerous supernatural powers. When Tara learns Simon Blackhorse sent the girl there for a traditional berry fast, she is determined to prove he is responsible for her death. Bob sets his sights on a more convenient suspect, a sex offender who just happens to be visiting Rabbit Fall.

02:30:00:00 00:26:22:07

ARTS
Studio 49

Wild The Coyote & Badd Wolf

Features the rusty blues/hip hop fusion of Wild The Coyote & BADD WOLF (Choctaw). We'll let their swagger speak for itself, this one is a good'un!

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

CULTURE
Chasing Voices

The Story of John Peabody Harrington

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

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

EDUCATION
Curious Crew

Conservation of Mass

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

Balance. Curious About Careers: Astronomer Jillian
Bellovary.

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

YOUTH
Wimee's Words

Caring for Each Other

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

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

YOUTH
Tiga Talk

Competition

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

08:30:00:00 00:26:44:29

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Waterfall Glen

Enjoy the peaceful waterfall valley as we open to more
ease with a modified yoga practice using a
chair for support. Including gentle sun salutations,
side bends, twist variations and forward
folds to create more breathing space in your body.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Quad Strengthening

This episode of Classical Stretch will build endurance
and power in your quads, one of the largest

muscles in your body. Join Miranda Esmonde-White in Montego Bay Jamaica for a quad strengthening workout.

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

AGING
Sit and Be Fit

Neuromuscular Coordination

In this episode, Mary Ann uses heel tapping, patting, clapping and changing of rhythm patterns which contribute to improving neuromuscular coordination.

15:00:00:00 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.

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

AGING
Getting Dot Older

Re-Enacting

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Jackson 5. In our Boomer Passion segment, Joe volunteers as an African-American civil war reenactor. Sara wonders if God exists. John explains why he lives in a small country town. Kevin & Karen share their good fortune with the needy. Viewers share revealing answers to our survey.

21:00:00:00 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.

Sat, Dec 09, 2023

01:00:00:00 00:22:02:00

WOMEN
Chaos & Courage

Into The Fire

Half of the fire department in the Six Nations are women, including twins Jesse and Dakota. Half a country away in the Okanogan of BC, Janelle shares her story of overcoming addictions and becoming one of three members on the Okanogan fire department.

04:00:00:00 00:26:47:20

ARTS
KVCArts

Eyerie

Eyerie, a published poet, activist and rap and hip hop artist talks a bit about her past groups, her film appearance and her latest recording, a collaboration with her brother called "Hermanos Eyerie."

04:30:00:00 00:24:00:16

ARTS
Mixed Blessings

Baby on the Way

Josie discovers she is pregnant and Hank freaks out because he had a vasectomy years ago. Hank accuses Josie of cheating and visits his family doctor to get to the bottom of it. They reconcile and the family gathers for the birth of the new "U-cree-nian" baby.

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

CULTURE
Growing Native

Growing Native Northwest: Coast Salish

Venture to the Pacific Northwest to capture the stories of ongoing traditions and perseverance of its original inhabitants. For the tribes of this region, water is life. The rivers that crisscross this land were the highways for trade and fresh water grocery stores for thousands of years.

Today, tribes celebrate their cultures by participating in a yearly canoe journey, an opportunity for people to gather and travel to all the places their ancestors once inhabited. From totem poles, to language preservation to traditional crafts, host Chris Eyre (Cheyenne Arapaho) discovers the wilds of the North.

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Sound Frequency Episode

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

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

EDUCATION
DIY Science Time

Surface Tension

Mister C and the Science Crew bubble over with excitement creating a square bubble. Get ready to break the tension and explore surface tension.

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

YOUTH
Albie's Elevator

French Toast Frank/Mystery Sound

French Toast Frank/Mystery Sound: While waiting in a never-ending line for French toast, Albie learns patience from a cymbalist who always waits until his note, then makes the time pass with a

French toast song; Albie hears a mysterious sound coming from somewhere in the elevator and Detective Patters helps her search for clues, but first she must discover her bravery.

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

YOUTH
The Infinite Art Hunt

The Art Wall (Ensemble)

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

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

AGRICULTURE
Growing A Greener World

Urban and Community Gardening Heroes

There's an enormous swell in the number of people learning to garden and grow their own food. Yet, many lack the space - or so it might seem. In this episode, we meet some of the great urban and community gardening heroes who are making gardening more accessible to all - no matter the boundaries or limitations.

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

AGRICULTURE
Ecosense for Living

The Agriculture Evolution

The real dirt on farming is that we've abused soil for a long time now. Practices like tilling, adding chemical fertilizers, and leaving fields exposed have robbed us of nutrition and prosperity. EcoSense explores small farms doing big things, and how clever growers are making microscopic changes that yield nourishing results.

16:30:00:00 00:25:47:10

CULTURE
Skindigenous

Los Angeles

Written and directed by Jason Brennan. Two Ravens is an Opata tattoo artist based in East Los Angeles. As an activist, he was injured at Standing Rock while defending land rights in North Dakota. He continues to use his art to unite and help Indigenous Americans in L. A. and across the U.S. reclaim their origins.

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

Winter Wild

On this edition of Bay Area Bountiful, we'll discover how the changing season impacts the natural patterns of wild creatures from the sky to the soil. We'll see why the Bay Area plays an important role for many bird species at this time of year, check in on the winter travel plans of the iconic monarch butterfly, and dig deep into the earthy and rain-loving inhabitants of the forest floor-fungi!

20:00:00:00 00:56:46:29
ARTS
Backstage Pass

Brother Elsey

Founded in Detroit, Michigan, brothers Jack, Brady, and Beau Stablein created Brother Elsey with music that captures the spirit of southern rock and Americana folk music. Throughout their career, they've supported acts like Lord Huron, Green River Ordinance, and The Paper Kites. Their performance features the songs "Drive," "Shake Me Down," "Oh My Brother," and more.

21:00:00:00 00:57:18:00
ARTS
Night of Georgia Music

A NIGHT OF GEORGIA MUSIC is an hour-long concert recorded at Macon, Georgia's historic Grand Opera

House and Capricorn Sound Studios. Conducted by Ward Stare, the program features three of Georgia's most well-known musicians: R.E.M. founding member and Macon native Mike Mills; former Allman Brothers Band member and current Rolling Stones keyboardist Chuck Leavell; and internationally renowned violin soloist and Macon native Robert McDuffie. The program also includes songs from Georgia's favorite contemporary artists, including Otis Redding, Ray Charles, the Allman Brothers Band, R.E.M., Outkast, the B-52s, and Brook Benton.

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

ARTS
Nightmare Theatre

Octaman

The NMT crew suffer through this 1971 micro-budget retread of "Creature From The Black Lagoon" wherein a team of scientists discover the titular beast, a half man-half octopus, deep in the Mexican swamps.

Sun, Dec 10, 2023

00:00:00:00 00:59:00:00

CULTURE
Double Dummy

DOUBLE DUMMY is the unexpected and thrilling look at the fiercely competitive game of bridge. The film follows the USA 1 Under 21 team as they battle it out at the World Youth Team Championships. DOUBLE DUMMY bridges the generation gap and explores the game of bridge and its growing popularity with younger generations. Move over Great British Baking Show, there are new kids in town!

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

ARTS
Tribal Police Files

Dangerous Water

A tragic accident, a lake patrol, a drumming group of Intertribal Peacekeepers and a determined Real Estate investor - life is never dull for Rama's Tribal Police.

02:30:00:00 00:26:47:20

ARTS
KVCArts

Eyerie

Eyerie, a published poet, activist and rap and hip hop artist talks a bit about her past groups, her film appearance and her latest recording, a collaboration with her brother called "Hermanos Eyerie."

06:30:00:00 00:26:47:18

WOMEN
Wassaja

Family Legacy

Profile of Carol and Denise Juneau. Carol Juneau had a simple idea: Teach Indian education to all as a basic standard of citizenship. She was successful making that idea law as a state senator. Now her daughter, Denise Juneau will run Seattle's school district. Profile of the mother and daughter.

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

EDUCATION
Curious Crew

Wax

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

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

EDUCATION
DIY Science Time

Kitchen Science

Mister C and the Science Crew have the right recipe to make learning fun!. It's going to be an EGG-cellent day of learning in kitchen science.

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

YOUTH
Albie's Elevator

Afraid of the Dark/Silly Springee

Afraid of the Dark/Lily Pad Crown: When Jay powers down the elevator lights to make a repair, Albie is afraid of the dark until she visits a visual artist who uses light and dark to tell stories and is inspired to create her own light show; Albie has a cool new friend with a cool new toy she doesn't want to take turns with, so a visit with best friends who have mastered sharing teach them why it's more fun that way.

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

YOUTH
The Infinite Art Hunt

The Lot (Printmaking)

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

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

HEALTH/HEALTH CARE
School of Greatness with Lewis Howes

Dr. Shefali - Healing Trauma - In Studio

Psychologist Dr. Shefali shares how we can better understand trauma and our relationships in order to heal from it and move forward in life.

22:30:00:00 00:26:44:00

ARTS
Love and Respect with Killer Mike

Jack White Pt. 1

Grammy-winning singer, songwriter and "White Stripes" co-founder Jack White joins Killer Mike for a conversation about his life on and off stage.

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

CULTURE

The Whole Truth with David Eisenhower

American Workforce 2040

Since the Industrial Revolution the work of humanity has changed and changed again and it is clear that the 21st century will bring, is bringing already, another great wave of change, perhaps the greatest and fastest ever. What does our workforce look like today, what will it look like toward the middle of this century? What will work mean? Our panel explores issues including the proper target for workforce participation, potential ways to address decreases in workforce participation by non-college educated men, the potential costs and benefits on the workforce of the next wave of automation and artificial intelligence advancements and, more generally, the future of work in our country. Guests: Anurag Harsh, author and Senior Vice President at Ziff Davis; Alana Semuels, staff writer for The Atlantic; Stephen Moore, the Distinguished Visiting Fellow for Project for Economic Growth at The Heritage Foundation; Dr. Lane Kenworthy, Professor of Sociology and Yankelovich Chair in Social Thought, University of California San Diego.

Mon, Dec 11, 2023

07:00:00:00 00:26:46:04

EDUCATION

Curious Crew

Leafy Science

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

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

YOUTH

Wimee's Words

Guacamole

Wimee sings a guacamole clothing song; Wimee and friends write a story about an avocado tree; Ms.

Sara translates our key story words into Spanish; Jim sings about shopping at the grocery store;

Mi Amigo Hamlet & Alina sing their guacamole song; and Moby goes on the road to a Mexican fiesta!

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

YOUTH
Tiga Talk

Dressing Up

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice for Fluidity (Water)

Connect to the infinite healing power of the ocean in "Practice for Fluidity." As you settle into the rhythm of the breath, you connect to your inner rhythm, which is also in line with the ebb of the flow of the ocean. A wave rises and falls, just like each breath. You'll channel this fluidity of the breath and the ocean into your body and physical practice with this immersive vinyasa flow so you can be with the ebb of flow of life, to feel resilient, strong, and in control of how you feel. We can't always control what's happening around us just like we can't control the waves, but we can control what's happening within us to be with the ebb of flow of life and with more ease.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Weight Loss and Calorie Burn

Join Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Classical Stretch gets your heart racing, helping you to burn calories and melt fat.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Release Tension Through Exercise

This fast-paced workout ends with a peaceful relaxation, leading viewers from a state of invigoration to a place of complete tranquility.

21:00:00:00 00:52:39:02

ARTS
Silent Witness

Matters of Life and Death Part Two

Stranded in the flooded care home, Jack fights to keep the residents alive. Meanwhile Nikki and detective Galloway join the emergency relief effort and discover that Jack may be trapped with the killer. Shaken by events, and by Nikki's relationship with her student, Jack takes matters into his own hands.

Tue, Dec 12, 2023

03:30:00:00 01:26:46:13

CULTURE
Indian Country Diaries

Spiral of Fire

"Spiral of Fire" takes author LeAnne Howe (Choctaw) to the North Carolina homeland of the Eastern Band of Cherokee Indians to discover how their fusion of tourism, community, and cultural preservation is the key to the tribe's health in the 21st century. Along the way Howe seeks to reconcile her own identity as the daughter of a Cherokee father she never knew. Howe's journey of discovery leads her to one of the most beautiful places in America where Cherokees manage their own schools, hospitals, cable company, tourist attractions and multi-million dollar casino. Yet, despite these successes, diabetes is rampant, racism erodes self-confidence, and greed threatens to divide the community. "Spiral of Fire" reveals the forces at work to restore health to the tribe. Forces such as that of Joyce Dugan, former school superintendent and principal chief, who

has been instrumental in cultural preservation efforts by leading the tribe to purchase Kituwah, the original "mother" town of the Cherokee. And Corey Blankenship, a student who led a campaign to convince legislators to pass a bill to allow a land exchange with the National Park Service that will provide a site for badly needed new schools. As well as James "Bo" Taylor, a young father who leads the movement to revitalize the Cherokee language, and traditional songs, dances and spirituality. Howe learns that a strong sense of community binds the Eastern Band of Cherokee Indians. Their strong sense of identity comes from knowing their history, strengths and weaknesses, and coming to terms with them. This realization encourages Howe's desire to accept her Cherokee identity and to forgive an absent father.

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Color Science

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

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

YOUTH
Wimee's Words

Storytelling

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

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

YOUTH
Tiga Talk

Making Music

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Sunset

Bask in the setting sun over the vast sunflower fields of summer as we enjoy 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 00:26:45:28

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Back Pain Relief

This beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-White for a standing and barre workout that loosens and liberates your entire back, leaving your pain free.

09:30:00:00 00:26:45:24

HEALTH/HEALTH CARE
Sit and Be Fit

Strengthening Muscles & Joints

This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

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

ARTS
All-Star Orchestra

The Pines of Rome, and the Restless Sea

Ottorino Respighi's great orchestral showpiece "The Pines of Rome" unites nature with the history of Rome, "the Eternal City," in thrilling tone-pictures. Claude Debussy's impressionist masterpiece La Mer ("The Sea") portrays the ever-changing sea in its many moods and colors.

Wed, Dec 13, 2023

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Solar Energy Science

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

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

YOUTH
Wimee's Words

Thankful for Veterans

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

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

YOUTH
Tiga Talk

Trees

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

09:00:00:00 00:26:18:16

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Full Body Strengthening

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

09:30:00:00 00:26:45:29
HEALTH/HEALTH CARE
Sit and Be Fit

A Healthy Back

Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.

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

Hide and Seek, Part 2

In this episode, Jerry continues showing how to form and highlight the snowdrifts using brighter glazes of white. He then shows how to use smaller brushes to highlight the raised areas. He then shows how to add touches of orange to the white to create a soft bright highlight for the tops of the drifts. He now finishes by taking the # 10 chisel-edge brush and underpaints some of the main clumps of grass.

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

Arctic Beauty

Experience a lovely waterfall by moonlight - a spectacular painting completed on a black canvas by artist Bob Ross.

14:30:00:00 00:26:45:29
ARTS
Pocket Sketching with Kath Macaulay

Care and Feeding of Equipment

For extreme portability, Kath demonstrates how to get your equipment out and back without putting anything down, how to handle human intrusion, and how to clean the paints, the set and the lid.

19:00:00:00 00:25:41:06

CULTURE

European Christmas Markets

Join us on our discovery of Europe's Christmas Markets, where the town center, market square or just the narrow, cobblestone streets of the cities and towns of Europe come alive in winter with festively decorated wooden stalls offering all sorts of treats and delights. As we travel through Germany, France and Switzerland we visit cities and towns and learn of their history, see their major sights, and visit their charming markets. Besides being a visual treat, the show is also a musical treat, as T the Kingston Trio provides special folk arrangements of traditional Christmas carols to add to the magic and enchantment of the medieval and castle towns we visit. In our visit to Bernkastel-Kues we see the town hall decorated as an advent calendar, and learn of the traditional beverage of the markets, the Gluhwein. In Nuremberg we visit the imposing castle, and one of the most famous of all the Christmas markets. You can almost smell the roasting sausages and gingerbread sold in the stalls. In Rothenburg we learn of the traditional wooden Christmas decorations from the son of the founder of the Kathe Wolfhart Christmas store, and wander along the ramparts the the fairy tale village. Then we have a quick stop in the wine town of Rudesheim. A unique visit is made to the ancient town of Michelstadt and its Christmas market. And then into France, to see how the French celebrate the season in Strasbourg. We conclude our travels in Switzerland, with the sights and sounds of the holidays in Basel and and the alpine city of Lucerne. This show is a true Christmas treat, as we experience Europe at a time of community, conviviality and color. It will fill your senses with the warmth and the fun of the holiday season, with some geography and history lessons to boot!

Thu, Dec 14, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Little Buffalo, Ab

Growing up in the Lubicon Lake Band in Little Buffalo, AB, Melina Laboucan Massimo has experienced

the detrimental effects of Oil Sands extraction. Today it's made her one of Canada's leading climate change campaigners and the host of Power to the People.

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

HEALTH/HEALTH CARE

Walking Into The Unknown

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

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

EDUCATION

Curious Crew

Fluid Power

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

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

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 00:21:53:25

YOUTH
Tiga Talk

Babies

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

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

HEALTH/HEALTH CARE
Yoga In Practice

Become An Able Vessel

It is our responsibility to support the beauty of the
world. We support beauty by being true to
ourselves. This requires a sweet discipline...to show up
fully day to day, year to year. Start by
being present in your practice today as we practice Full
Wheel.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Posture

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

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

HEALTH/HEALTH CARE
Sit and Be Fit

Better Balance

Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.

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

ARTS

Outside: Beyond The Lens

Sierra Inspirations

The Sierra Nevada Mountains near Yosemite National Park are home to several small communities surrounded by scenic beauty. We discover how these landscapes inspire one local photographer who lives near Yosemite and how his art is calling others to the outdoors.

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

ARTS

Story Road

Andy Weir's first science-fiction novel, *The Martian*, rocketed up the bestseller lists and peaked with a big-budget film adaptation. Before that, *The Martian* was being released as chapters on Andy's blog. Hugh Howey's dystopian hit, *Wool*, expanded into a full series, attracting Apple's attention for a new TV show. Before that, *Wool* was an unpromoted short story on Amazon. Christopher Paolini's fantasy debut, *Eragon*, birthed a four-book franchise, which has sold more than 40 million copies worldwide. Before that, Christopher was a self-published 16-year-old, selling copies of his book out of the family pickup truck. Mason Engel is an aspiring writer trying to find his path to success. He explores the unusual origin stories of Andy Weir, Hugh Howey, and Christopher Paolini, and thinks that good writing must always lead to bestsellerdom. Nnedi Okorafor's story makes him think differently. Nnedi's work has won the Hugo, Nebula, World Fantasy Award, and basically every other major accolade in her genre. Yet, awards didn't always win her commercial success. With a group of other struggling novelists in Los Angeles, Mason examines the stories of his author idols in hopes of finding the secret road to the bestseller lists.

21:00:00:00 00:45:15:04

ARTS
Coroner

The Beast of Lighthaven

When a local journalist tries to convince the people of Lighthaven that there is a big cat on the moors, nobody believes him, until the discovery of his mauled body.

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

Critical Minerals for Energy

Critical minerals and rare earth elements, essential for new energy technologies, are largely controlled by China. Global supply and demand and potential new mines in the US are pressing issues. Dr. Nedal Nassar, Chief of the Materials Intelligence Research at the US Geological Survey, and Dr. Adam Simon, Professor of Earth and Environmental Sciences at the University of Michigan, discuss.

Fri, Dec 15, 2023

01:00:00:00 00:23:30:22
ARTS
Rabbit Fall

Pestilence

Tara watches in shock as a gruesome apparition disappears into a freshly dug grave. Investigating further, Tara sparks outrage and threats when she digs up the consecrated grave and unleashes a super bug that spreads throughout Rabbit Fall. Will the mysterious little girl's gift to Tara help her stop the wide-spreading disease before it's too late?

02:30:00:00 00:26:45:17
ARTS
Studio 49

Pete Sands

Pete Sands is a Navajo musician, filmmaker. You've seen him on Paramount's Yellowstone, and he's a long time contributor to FNX programming.

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Gears

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

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

YOUTH
Wimee's Words

Kindness

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

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

YOUTH
Tiga Talk

Treasures

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

08:30:00:00 00:26:46:15

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Woods

Bask in the serene sunflower beauty as you enjoy an accessible yoga practice using a chair for

support. Includes a standing sequence designed to create more freedom and mobility in your hips while building strength, balance and focus.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Long Adductor

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

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

HEALTH/HEALTH CARE

Sit and Be Fit

Improve Your Mood

In this episode Mary Ann uses tactile stimulation to increase circulation and elicit a relaxed state of body and mind.

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

AGRICULTURE

Ecosense for Living

The Agriculture Evolution

The real dirt on farming is that we've abused soil for a long time now. Practices like tilling, adding chemical fertilizers, and leaving fields exposed have robbed us of nutrition and prosperity. EcoSense explores small farms doing big things, and how clever growers are making microscopic changes that yield nourishing results.

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

AGING

Getting Dot Older

Singing with Men

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Twilight Zone. In our Boomer Passion segment, Ralph sings with a male choir. Growing up

down south, Ophelia's mother made all her clothes. Now, she models high fashion. Richard was a teenaged drug mule. Newman shares becoming an out gay minister. Viewers share revealing answers to our survey.

21:00:00:00 00:47:22:26

ARTS
Whitechapel

Part two of two. With the body count rising, Miles and Chandler begin to disagree over the direction of the investigation, and struggle to put aside their differences in the face of their toughest adversary to date. Counsellor Morgan Lamb is of particular interest to the team, having already survived the killer's wrath, and Chandler has a vested interest in keeping her alive.

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

HEALTH/HEALTH CARE
Your Fantastic Mind

Covid-19

YFM looks at some of the ways the COVID-19 pandemic is impacting our brains and minds. We talk to scientists about the potential short- and long-term neurological effects of the virus and delve into the profound mental health impacts of the virus on society and our families. Following the story of a family of six who has been sheltering in place since last March, we address the impact of COVID on children and working parents. We also discuss the increase in domestic violence and substance abuse. Throughout the half hour, experts offer tips on how to cope during the pandemic and provide advice on ways to determine when it's time to seek professional help.

Sat, Dec 16, 2023

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

ARTS
KVCArts

Steven Rushingwind / Nelson Rios

David Fleming in conversation with Steve Rushingwind and Nelson Rios. We'll be speaking primarily

about 'Fuego', the new release from Rushingwind and the Native Groove and will include an in-studio performance.

04:30:00:00 00:22:01:10

ARTS
Mixed Blessings

Dot Not Feather

Vicky dates a new 'Indian' boy. Kookum also finds a new beau, and Hank and Josie aren't sure what to think. A well-timed family picnic turns friction into fun.

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

CULTURE
Growing Native

Growing Native Alaska: People of the North

All across Alaska, Native cultures have depended on the abundant natural resources found there to support their families, cultures and ways of life. Now, however, those resources are growing scarce, and the people who have relied on them for centuries have to find new ways to adapt. Growing Native visits some of the many communities engaged in this familiar struggle - the struggle to maintain their traditions and ways of life, while continuing to thrive in a constantly changing world. Host Chris Eyre (Cheyenne Arapaho) meets Alaska Natives who thrive and survive in this complex environment.

07:00:00:00 00:26:46:04

EDUCATION
Curious Crew

Static Electricity

"Staticized" balloons and Van de Graff fun! A "shocking" lesson on static electricity with the Curious Crew. STEM Challenge: Electroscope. Curious About Careers: NASA Astronaut Jessica Meir.

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

EDUCATION
DIY Science Time

Density

Mister C and the Science Crew have fun building their own heatless lava lamp. Explore what will float (or sink) with these exciting density experiments.

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

YOUTH

Albie's Elevator

The 4 Beeps/Lilypad Crown

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

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

YOUTH

The Infinite Art Hunt

A Piece of Home (Clay)

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

10:30:00:00 00:26:47:19

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Marine Life Impacts

Our oceans are under a lot of pressure, but because so much happens beneath the surface, we might not notice until its most fascinating inhabitants need our attention. That's the case with North Atlantic Right Whales fighting extinction, Florida manatees facing starvation, and a variety of shark species being hunted for their fins. Marine experts weigh in on solutions now that will

shape their futures.

15:00:00:00 00:25:37:20
ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Land Management

As humans continue to move across and dominate the open landscapes of North America, transforming diverse native ecosystems into managed areas for crops, livestock, or even simply for aesthetics, our native resident and transient wildlife lose habitat. Learn how sustainable land management leads to a more diverse and healthier environment.

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

Pablo Zafirekudo

Pablo is part of the Huitoto tribe in the Amazon forest in Southern Colombia. He is trying to preserve his rapidly disappearing cultural traditions. One of these traditions is body painting for special celebrations with a temporary paint that is made with the juice of the huito fruit.

17:00:00:00 00:26:46:00
CULTURE
Bay Area Bountiful

Made Here

On this edition of Bay Area Bountiful, we explore the creations of makers in our region. These makers draw on their backgrounds and cultures to express and interpret their unique experiences, reflected in their work.

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

Vanishing Whales

The humpback whale population that migrates between Hawaii and Alaska is considered a conservation

success story. When sightings of the animals suddenly dropped, people became concerned. Scientists in both locations are trying to understand what happened to the whales and why.

20:00:00:00 00:56:49:17

ARTS
Backstage Pass

Joshua Powell

Midwesterner Joshua Powell creates a style of psychedelic indie rock that blends with American folk music. His music has been featured on Spotify's official "Indie Acoustic" and Starbucks' official national playlist. His performance includes the songs "Black Lodge (water)," "Bliss is a Flack Jacket," and more.

21:00:00:00 00:57:58:04

ARTS
Al Walser Christmas Special

The Television Christmas Special with Al Walser features Al in a timeless epic Christmas-Holiday TV Special showcasing a truly electrifying performance that transports viewers to a magical place set in heaven. The concert TV Special was recorded in front of a diverse live audience in the heart of Hollywood, and additionally delivers newly inspired original Christmas songs written by Al Walser. A program that engages and inspires where viewers can see themselves reflected in.

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

ARTS
Nightmare Theatre

Night Fright

Bad movie mainstay John Agar stars as the sheriff of a rural Texas town embattled by a mutant creature, the result of a government experiment gone horribly wrong, in this 1967 snoozer.

Sun, Dec 17, 2023

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

ARTS

KVCArts

Steven Rushingwind / Nelson Rios

David Fleming in conversation with Steve Rushingwind and Nelson Rios. We'll be speaking primarily about 'Fuego', the new release from Rushingwind and the Native Groove and will include an in-studio performance.

04:30:00:00 00:26:46:02

CULTURE

Across The Creek

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

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

March Point

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

07:00:00:00 00:26:46:04

EDUCATION

Curious Crew

Magical Science

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

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

EDUCATION
DIY Science Time

Polymers

Mister C and the Science Crew have the right formula for you to create your own super-stretchy, ooey-gooey slime! We're all linked together when we're exploring polymers as a team.

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

YOUTH
Albie's Elevator

Posie Patience/Gabe

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

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

YOUTH
The Infinite Art Hunt

A Goodbye for Ty (Bomba)

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

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

ARTS

Design In Mind: Unlocking The Mysteries of Place with Gil Schafer

DESIGN IN MIND: UNLOCKING THE MYSTERIES OF PLACE WITH GIL SCHAFER explores the life and work of the acclaimed architect Gil Schafer III. As one of the country's leading practitioners of contemporary classical design, his work has received multiple awards, and has been featured in Architectural Digest, Town & Country, Veranda, and The New York Times. In this portrayal of a master at the height of his craft, Gil discusses how he draws upon the power of memory to create extraordinary homes and reflects on the spaces that have shaped his sensibilities as an architect.

16:00:00:00 00:26:00:03

EDUCATION

The Good Road

Hyderabad, India: One in a Billion

Earl Bridges and Craig Martin travel to Hyderabad, India to meet up with Earl's old college friend, Harish Mamtani. Harish runs a private school designed to help underprivileged students who are eager to learn with a better education than can be received elsewhere in the community. Coming from an entrepreneurial background, Harish knows that innovation is the key to making possible the overwhelming task of providing effective education to students in poor communities. Craig and Earl also visit Hyderabad's historic Golconda Fort and Charminar Mosque, as The Good Road team steps back in time to India's ancient history. And, of course, they indulge in some of the best street food Hyderabad has to offer. Later, on a walk through a top rated private school in Richmond, Virginia, Harish explains to Earl why private education in India is critical for the poorest of the poor versus the traditional US model of private education for the wealthy. Harish works hard to provide access to the poor of Hyderabad through private schools, as a necessary supplement to India's public education infrastructure.

18:00:00:00 00:56:45:06

CULTURE

Pacific Heartbeat

Tokyo Hula

Today it is estimated there are nearly 2 million people dancing hula in Japan - a figure greater than the entire population of Hawai'i. TOKYO HULA examines how tourism, economics, and a love for all things Hawaiian have fueled this cultural phenomenon by focusing on the personal stories of Japanese teachers who have started their own schools and Hawaiian master teachers who are now living and teaching in Japan.

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

CULTURE

Covenant of the Salmon People

The Nez Perce Tribe teeters on the brink of a biodiversity and cultural crisis and their fight continues to restore and recover wild salmon to their historic numbers.

20:00:00:00 00:54:00:00

ARTS

Hitchcock Confidential

The name Hitchcock recalls not one but two extraordinary characters: Alfred and his wife, Alma. While he was the celebrated director, Alma was in the background supporting his productions as an editor and screenwriter. Through their close personal and professional relationship, the Hitchcocks developed their own art of storytelling, staging, and production. Follow their life together in HITCHCOCK CONFIDENTIAL, which features archival clips with Doris Day, Ingrid Bergman, Gary Cooper, Tippi Hedren, Grace Kelly, and Janet Leigh along with scenes from the director's iconic films including Rear Window, The Birds, Psycho, North by Northwest and Vertigo.

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

CULTURE

Jews of the Wild West

Western Jewish pioneers, those of the silver screen and real life, are a largely forgotten chapter in U.S. History. And yet, they played a definitive role shaping the expansion of the United

States. There were nationally known names such as Levi Strauss, Samsonite founder Jesse Shwayder and the Guggenheim family, who built their great fortunes through grit and determination in California and Colorado. A young Golda Meir spent formative years in Denver. And there were also lesser-known characters such as Solomon Bibo, a Prussian immigrant, who became a non-Native American tribal leader in New Mexico and Solomon Carvalho, a Sephardic painter and photographer who spent the mid-1800s documenting the territories of Kansas, Colorado and Utah. Wyatt Earp's wife, Josephine Marcus Earp, was a Jewish actress whose beauty is rumored to have triggered the fight at the OK Corral. And by the end of the 19th Century nearly every notorious Wild West town had a Jewish mayor. The wagon trains that moved westward with Jewish families traveled for the same reason as many settlers: opportunity. Continuous cycles of anti-Jewish oppression, deadly violence and forced poverty in Europe forced over two million Jewish refugees to seek out a better life in America. The antisemitism and tenements found in New York City, however, did not offer the respite many Jews were seeking. By 1912, it is estimated that more than 100,000 Jews had migrated to the Wild West to put down roots. Today, they epitomize the important legacy of immigration in America. Through on-camera interviews, compelling footage, and historical photographs, JEWS OF THE WILD WEST tells a positive immigration story and highlights the dynamic contributions Jewish Americans made to shaping the Western United States.

Mon, Dec 18, 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.

04:00:00:00 00:47:36:05

ARTS

Gracias Christmas Cantata

The pandemic seems to be looming over this year's holiday season. The Gracias Choir has decided to bring Christmas to your home, with their all new Gracias Christmas Concert! Gracias Choir has touched hundreds of thousands of people around the world through the Gracias Christmas Cantata. Join Gracias Choir for a Christmas experience you will never forget! The Gracias Christmas Concert will bring the joy to you!

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

EDUCATION

Curious Crew

Fruit Science

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

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

YOUTH

Wimee's Words

Recycled Art

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

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

YOUTH
Tiga Talk

Giving Gifts

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice to Release Tension (Water)

Rain soothes and helps bring our focus inward to relax. With the healing energy of the rain, "Practice to Release Tension" takes you through a flowing sequence of hip openers to release anxiety, stress, and tension out of the body. The hip openers are beneficial for the body as a whole as our hips give us stability and balance, but our hips also hold emotions. The energy center/chakra, associated with the hips, is the sacral chakra and represented by water. When the sacral chakra is balanced, we're with the ebb and flow of life, fostering creativity and feeling comfortable with our sexuality.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Back Pain Relief

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

09:30:00:00 00:26:45:29

HEALTH/HEALTH CARE
Sit and Be Fit

Lighthearted Exercises

Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening in this fun, light-hearted episode.

20:00:00:00 00:56:24:01

ARTS

Evening with Eartha Kitt

An Evening With Eartha Kitt gives an inside view into the life and career of the late legendary singer and actress.

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

ARTS

George Perris - The Most Wonderful Time of the Year!

Join George Perris and his big band as they celebrate the holiday season with a special performance filmed from his home country of Greece. In addition to Christmas carols, George and the band perform spiritual and uplifting songs every family loves to hear and holiday classics with a Greek flair. Filmed at the Piraeus Theater, one of the most beautiful theaters in Europe, GEORGE PERRIS: WONDERFUL TIME OF YEAR transports viewers to a magical, wintery and inspiring world!

Tue, Dec 19, 2023

00:00:00:00 00:59:00:00

ARTS

Purdue 89th Anniversary Christmas Show

This one-hour condensed version of the 89th Anniversary Purdue Christmas Show features musical highlights from the full two-hour show. The first act of this fast-paced high-energy production features holiday favorites from Purdue Musical Organizations ensembles including University Choir, Purdue Bells, Heart & Soul, the Purduettes and the Purdue Varsity Glee Club. The second half features selections performed by the massed choirs of Purdue Musical Organizations.

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

EDUCATION

Curious Crew

Centripetal Force

Anti-gravity balls and poised pennies! Join the Crew and Dr. Rob as they take a spin investigating

science of Centripetal Force! STEM Challenge:
Centripetal Spinner. Curious About Careers: Ceramic
Artist, Jae Won Lee.

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

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 00:24:01:09

YOUTH
Tiga Talk

Sh Is for Sharing

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Pastel Morning

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

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Endurance and Power

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

09:30:00:00 00:26:45:25

HEALTH/HEALTH CARE

Sit and Be Fit

Back and Abdominal Strengthening

This episode focuses on stretching and strengthening the abdominal and back muscles to protect the spine and help avoid injury.

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

ARTS

All-Star Orchestra

Vienna Dreams and Barcelona Visions

An unforgettable love-story set in a Vienna of long ago comes alive in Richard Strauss' opera Der Rosenkavalier (The Cavalier of the Rose) , arranged as a symphonic suite by Gerard Schwarz. The spiritual beauty of Barcelona's towering cathedral, La Sagrada Familia, is evoked by Adolphus Hailstork's musical meditation Sagrada.

Wed, Dec 20, 2023

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

ARTS

George Perris - The Most Wonderful Time of the Year!

Join George Perris and his big band as they celebrate the holiday season with a special performance filmed from his home country of Greece. In addition to Christmas carols, George and the band perform spiritual and uplifting songs every family loves to hear and holiday classics with a Greek flair. Filmed at the Piraeus Theater, one of the most beautiful theaters in Europe,

GEORGE PERRIS: WONDERFUL TIME OF YEAR transports viewers to a magical, wintery and inspiring world!

05:00:00:00 00:56:57:00

CULTURE

Hand Game: The Native American Game of Power & Chance

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

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

EDUCATION

Curious Crew

Balance and Stability

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

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

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 00:24:01:05

YOUTH

Tiga Talk

L Is for Listening

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

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Arthritis Workout

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

09:30:00:00 00:26:45:29

HEALTH/HEALTH CARE

Sit and Be Fit

Exercising with Accessories

Mary Ann introduces a variety of unique exercises incorporating a large ball during the warm up and a small ball for finger flexibility and strengthening.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

Galapagos: The Great Climatic Seesaw

The Galapagos Islands are especially affect by climate changes. During El Nino years, the islands

receive more rain and land critters prosper, but the water is warm, endangering the life of all marine creatures. During La Nina, rains are sparse, threatening terrestrial life, but the colder water brings bounty to marine creatures. It's a never-ending race to survive from one climatic extreme to the next.

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

ARTS

Paint This with Jerry Yarnell

Hide and Seek, Part 3

In this episode, Jerry continues underpainting the base grass clumps. Then he shows how to use the #6 chisel-edge brush to paint in the taller, thicker weeds. Then shows how to seat the grass clumps by drifting snow at the base. Then he adds the taller skinny weeds with the #4 sable script brush. Now he shows how to paint in the bright sunlit weeds. Then he finishes by using the #4 round sable brush to paint in the extreme bright snowdrift at the base of the clumps.

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

ARTS

Best of the Joy of Painting

Winter Cabin

In the midst of a cold, wintry forest, Bob Ross gently places a magical little cabin upon a bed of snow with his paint brush.

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

ARTS

Pocket Sketching with Kath Macaulay

Trees and Shrubs

Both trees and shrubs are made of light and dark areas, not just leaves. Take the time to observe. Where are the darks? What colors are they not? Kath demonstrates how to make them identifiable from one another.

Thu, Dec 21, 2023

00:00:00:00 00:59:00:00

ARTS

Noel Triumphant

Fountainview Academy, a private boarding school for grades 10-12, is internationally acclaimed for their sacred music. Noel Triumphant features an international choir and orchestra performing sacred Christmas songs that you know and love. The concert was recorded on December 2020 from the campus of Fountainview Academy.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Atlin, BC

There are roughly 300 off grid Indigenous communities across Canada, who continue to rely on diesel generated power. The Taku River Tlingit Nation in northern BC is one of the few First Nations who've successfully replaced diesel power through their implementation of clean, renewable energy.

05:00:00:00 00:57:54:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Golden Eagles: Witnesses to a Changing West

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

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

EDUCATION

Curious Crew

Electric Motors

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

Engine Builder, Hannah Maloof.

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

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 00:24:00:13

YOUTH
Tiga Talk

S Is for Smiling

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

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

HEALTH/HEALTH CARE
Yoga In Practice

The Inner Fire of Transformation

During your yoga practice you build heat. It is ignited by your desire to become the best version of yourself through the work of your body and your mind. Today we will practice a hip opener called Fire Log to remind us to stoke this inner heat.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Hamstring Flexibility

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

09:30:00:00 00:26:45:29

HEALTH/HEALTH CARE
Sit and Be Fit

Somatosensory Work

We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.

15:00:00:00 00:26:45:16

CULTURE
My World Too

Dancing Rabbit Ecovillage

We visit a sustainable community in north east Missouri and learn about life in a planned community.

21:00:00:00 00:45:25:07

ARTS
Coroner

The Captain's Pipe

When Mick's rival landlord is found dead on the beach, Jane is forced to try to clear his name before he is charged with murder.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Eu Energy and Climate Policy, Part 1

Europe is in an energy crisis, which has encouraged a 'war mentality' about energy and climate, and fast-tracked new energy projects. What will this mean for the continent and its international allies? Jonathan Elkind, Senior Research Scholar at Columbia's Center on Global Energy Policy, and

Dr. Carlos Batlle, Visiting Scientist at MIT Energy Initiative, discuss this complex topic.

Fri, Dec 22, 2023

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

ARTS
Rabbit Fall

Emancipation

When a traumatized girl, who has been missing for 3 years, is dropped off by a stranger, Tara's obsession with Blackhorse clouds her judgment. What happened to this girl who will speak to no one but seems to find comfort in Tara? When the hospital reports that the girl has gone missing once again, Tara and Bob remain at odds over who is responsible. When Tara's judgment almost gets her partner killed Tara reconsiders her future, but a visit by the mysterious little girl convinces Tara she needs to stay for a greater purpose.

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

ARTS
Studio 49

Miracle Dolls

Miracle Dolls, the sister ROCK duo from the Hidatsa Tribe. The band is a trio fronted by twin sisters Dani Doll and Dezy Doll. Dani and Dezy are members of the Hidatsa tribe of the Three Affiliated Tribes from Fort Berthold Indian Reservation, North Dakota. Their sound is a fusion of Alternative / Rock / Indie pop from Southern California. Mixing melodies, dancing back and forth between the Bass and Guitar, with heart racing rhythms and the natural balance of the twins sharing vocals.

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

CULTURE
Keep Talking

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

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

EDUCATION
Curious Crew

Speed of Sound

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

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

YOUTH
Wimee's Words

Five Senses

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

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

YOUTH
Tiga Talk

C Is for Calling

Gertie has a CCCcough and needs to take great care not to give it to the others. Tiga and Kokum go to the Nitinat to visit the Dididaht Nation where Tiga rides in a canoe and is welcomed by the traditional chief and dancers in full regalia. Elder Jimmy Chester sings songs and carves a canoe paddle. At school, Tiga plays a game of pretend with children where he has to guess what CCC sound word the children are pretending to be. Back at Kokum's, Kimmie is taking care of the school hamster - pretty scary stuff for Tiga - while Gavin is worried he may be put in a soup pot!

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Ocean Twilight

Gently stretch your body from head to toe as you relax with the ocean waves at sunset. Enjoy seated sun salutations and gentle stretches designed to increase flexibility and mobility in your shoulders, back, hips, legs and more.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Toning The Waist

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

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

HEALTH/HEALTH CARE

Sit and Be Fit

Releasing Muscle Tightness

Mary Ann uses a small ball, a towel and large ball to release some of the restrictions that build up in the connective tissue that runs throughout the body.

15:00:00:00 00:26:47:19

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Marine Life Impacts

Our oceans are under a lot of pressure, but because so much happens beneath the surface, we might not notice until its most fascinating inhabitants need our attention. That's the case with North Atlantic Right Whales fighting extinction, Florida manatees facing starvation, and a variety of shark species being hunted for their fins. Marine experts weigh in on solutions now that will shape their futures.

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

AGING

Getting Dot Older

Painting Memories

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

Quiz: Star Trek. In our Boomer Passion segment, Jean-Pierre paints his French childhood. George loves pickleball. Erica wonders about age discrimination. Robbin experienced disability, then she and her husband chose closed adoption with a mixed-race child. Viewers share revealing answers to our survey.

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

ARTS
Whitechapel

DI Chandler, DS Miles and the team investigate a bizarre murder as a man on the run is crushed by stones. As the killer's macabre methods become clearer Chandler is faced with a sinister 16th century precedent. But the team's progress is impeded as the victim's links to 20th century espionage attract attention from the security services. Old scores are settled as dark forces are at play in Whitechapel.

Sat, Dec 23, 2023

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

ARTS
KVCArts

Def-I

Hip Hop Artist Def-I visited with KVCaRts guest host and fellow Navajo Nation Tribal Member Sahar Khadjenoury to talk about language, social issues, environmental issues, Hip Hop and Jazz.

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

ARTS
Mixed Blessings

3am Feedings

With a new baby in the house Hank and Josie are reminded of what it's like to be new parents.

Grandma Kowalchuk shows up to help, and baby Alex gets left alone with his Aunt Kate.

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

EDUCATION
Curious Crew

Wind Power

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

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

EDUCATION
DIY Science Time

Thermal Energy

Mister C and the Science Crew have the perfect recipe for having fun and making ice cream! Today we explore heat transfer, temperature and more.

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

YOUTH
Albie's Elevator

Elevator Voice/Blue Rectangle

Elevator Voice/Blue Rectangle: Albie's experiment using a cool new loud voice gets mixed reactions so she visits an opera singer who explains how volume can affect the meaning of what we say and inspires Albie to create her own opera to demonstrate; After Albie and Tibitz disagree about a new piece of art, a visit to the art museum helps them understand that it's okay for friends to have different favorites.

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

YOUTH
The Infinite Art Hunt

The Flamingo Fiasco (Public Art)

The Flamingo Fiasco (Public Art): When Cousin Cal's flamingo sculpture isn't accepted for the

school art show, Freddie is determined to help him stay positive about his talent. Grandma Tilly introduces the kids to the concept of public art, and they learn how to make their own public art project.

10:30:00:00 00:26:46:04
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

The Future of Fire

From east to west, in nearly every corner of America, wildfires are fiercer and more frequent.

Climate change coupled with our past misguided management has inspired some creative innovations like high tech Minecraft-style fire management software. The urgent need to control fire is becoming a fast-growing and diverse field for scientists, ecologists, and trailblazers of all kinds.

11:00:00:00 00:26:45:27
CULTURE
Rick Steves' Europe

European Festivals I

In this first of two episodes on Europe's greatest festivals, Rick cheers with the masses at Siena's crazy Palio horse race, tosses a caber at a Scottish Highland Games, dons a mask for Carnevale in Venice, and celebrates Easter in Greece. Dropping in on some of the Continent's top parties, he discovers that each one is a celebration of traditional culture, and all of them are full of opportunities to sing and dance, feast on traditional food, and party with locals.

15:00:00:00 00:26:19:26
ENVIRONMENT/NATURE/NATURAL DISASTERS
Untamed

Invasive Species

Although world ecosystems are in danger from a whole host of varied and distinct threats, there are few issues more difficult to tackle or more complex to understand than invasive species control. These species arrive in an ecosystem in which they are not native and have not evolved,

with no existing space within the habitat.

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

CULTURE
Skindigenous

Rosa Lopez - Wayuu

Rosa is a 50-year-old Wayuu elder who lives in Northeastern Colombia with her family. The Wayuu culture is matriarchal, and Rosa is responsible for transmitting traditional knowledge like weaving, knitting, dancing and face-painting to her daughters and grand-daughters.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Changing Seas

Humpback Health

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

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

ARTS
Anthony Williams' Urban Nutcracker

ANTHONY WILLIAMS' URBAN NUTCRACKER, a celebration of multi-cultural communities, puts a modern spin on the 19th-century fairy tale and transports viewers to an enchanted world not unlike their own. Drawing upon classical ballet, urban tap, hip-hop, swing, flamenco, step and jazz, the performance uniquely retells a Christmas classic. As viewers enter the world of the URBAN NUTCRACKER, the smooth sounds of Duke Ellington blend with the gentle glow of neon lights driven by the heartbeat of Tchaikovsky. The program is a fusion of modern, multi-cultural, and classical dance, presenting an organic interpretation brought about by a unifying of cultures.

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

ARTS

Anthony Williams' Urban Nutcracker - Beyond The Stage

BEYOND THE STAGE: THE URBAN NUTCRACKER, COMMUNITY & THE ARTS is a half-hour companion piece to the performance program, Anthony Williams' Urban Nutcracker. This special features behind-the-scenes footage of the production, and commentary on how accessibility and representation in the arts creates community and empowers youth.

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

ARTS
Nightmare Theatre

Bride of the Gorilla

A microwave malfunction brings a sadly familiar face back to the NMTV studios, as the gang screens this lurid 1951 tale of a jungle wedding, a voodoo curse, and some big-league monkey business, featuring a young Raymond Burr and an old Lon Chaney Jr.

Sun, Dec 24, 2023

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

ARTS
Debbie Gibson Holiday: A Soundcheck Special

In DEBBIE GIBSON HOLIDAY: A SOUNDCHECK SPECIAL, singer-songwriter, producer and actress Debbie Gibson shares insight and inspiration about recording her first holiday album, Winterlicious, and performs some classic and new holiday hits. The half-hour concert, filmed at the Count Basie Center for the Arts in Red Bank, New Jersey, includes performances of "The Gift," "Let it Snow," the "Christmas Dreams Medley" and "White Christmas," which Gibson performs as a duet with her father. In between songs, Gibson talks with host Jen Eckert about her creative process, writing original songs, her own holiday memories, and recording the new album. Singer Joey McIntyre of New Kids on the Block also discusses what it's like working and touring with Gibson.

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

ARTS
KVCArts

Def-I

Hip Hop Artist Def-I visited with KVCaRts guest host and fellow Navajo Nation Tribal Member Sahar Khadjenoury to talk about language, social issues, environmental issues, Hip Hop and Jazz.

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 00:26:46:01

EDUCATION
Curious Crew

Structural Forces

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

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

EDUCATION
DIY Science Time

Air Pressure

Mister C and the Science Crew build a barometer to measure air pressure and explore lots of airmazing experiments!

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.

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

ARTS
Debbie Gibson Holiday: A Soundcheck Special

In DEBBIE GIBSON HOLIDAY: A SOUNDCHECK SPECIAL, singer-songwriter, producer and actress Debbie Gibson shares insight and inspiration about recording her first holiday album, Winterlicious, and performs some classic and new holiday hits. The half-hour concert, filmed at the Count Basie Center for the Arts in Red Bank, New Jersey, includes performances of "The Gift," "Let it Snow," the "Christmas Dreams Medley" and "White Christmas," which Gibson performs as a duet with her father. In between songs, Gibson talks with host Jen Eckert about her creative process, writing original songs, her own holiday memories, and recording the new album. Singer Joey McIntyre of New Kids on the Block also discusses what it's like working and touring with Gibson.

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

ARTS
Christmas at Westminster: An Evening of Readings and Carols

Westminster Choir College presents their yearly holiday music concert in WESTMINSTER CHOIR

COLLEGE: AN EVENING OF READINGS AND CAROLS. Recorded in the Princeton University Chapel, the program features more than 400 musicians in five different choirs. The musical numbers performed in the hour-long special encompass a variety of styles, including traditional Christmas carols with audience participation, beloved choral works, a diverse array of holiday standards, and contemporary arrangements that both surprise and delight. Together with a number of secular readings, the evening brings beauty and comfort to viewers at this special time of year.

22:00:00:00 00:57:52:17

ARTS

Spirit of Christmas with Kevin Pauls and Friends

Experience the magic of Christmas in this exciting hour-long special musical special featuring a line-up of world renowned and beloved artists singing popular Christmas classics. Hosted by Gaither homecoming artist Kevin Pauls the program features performances with Grammy award-winning artist Steve Archer, Grammy-nominated and Gaither Homecoming Concert artists - The Martins, pop band Newworldson, angelic vocalist Alynthia, and multi award-winning artist Jacob Moon. This musical special is a Christmas classic not to be missed!

23:00:00:00 00:56:46:00

ARTS

St. Thomas Christmas: Reflections of Gratitude

A ST. THOMAS CHRISTMAS: REFLECTIONS OF GRATITUDE is a winter tradition for the University of St. Thomas community. This year's concert theme is "Reflections of Gratitude." The program celebrates the Advent and Christmas season by drawing from both familiar traditional carols and innovative contemporary selections. This year's production also offers viewers two specifically commissioned pieces for the concert by Jack Stamp.

Mon, Dec 25, 2023

00:00:00:00 00:59:00:00

ARTS

Purdue 89th Anniversary Christmas Show

This one-hour condensed version of the 89th Anniversary Purdue Christmas Show features musical highlights from the full two-hour show. The first act of this fast-paced high-energy production features holiday favorites from Purdue Musical Organizations ensembles including University Choir, Purdue Bells, Heart & Soul, the Purduettes and the Purdue Varsity Glee Club. The second half features selections performed by the massed choirs of Purdue Musical Organizations.

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

ARTS

Crane Candlelight Concert

Let It Shine!

A long-time tradition returns for another year as hundreds of student musicians from SUNY Potsdam's Crane School of Music take to the stage in celebration of the holiday season. The 2022 Crane Candlelight Concert will include the Crane Jazz Ensemble joining the Crane Orchestra and Crane Chorus for the performance, and will also feature a guest conductor, Dr. Raymond Wise, who is a Gospel Music Composer and the Director of the Indiana University African American Choir.

02:00:00:00 00:59:00:00

ARTS

Noel Triumphant

Fountainview Academy, a private boarding school for grades 10-12, is internationally acclaimed for their sacred music. Noel Triumphant features an international choir and orchestra performing sacred Christmas songs that you know and love. The concert was recorded on December 2020 from the campus of Fountainview Academy.

03:00:00:00 00:57:52:17

ARTS

Spirit of Christmas with Kevin Pauls and Friends

Experience the magic of Christmas in this exciting hour-long special musical special featuring a line-up of world renowned and beloved artists singing popular Christmas classics. Hosted by

Gaither homecoming artist Kevin Pauls the program features performances with Grammy award-winning artist Steve Archer, Grammy-nominated and Gaither Homecoming Concert artists - The Martins, pop band Newworldson, angelic vocalist Alynthia, and multi award-winning artist Jacob Moon. This musical special is a Christmas classic not to be missed!

04:00:00:00 00:56:45:21

ARTS

Home for Christmas with Jim McDonough

International Steinway piano artist, Jim McDonough, performs beloved Christmas songs for a live audience in his Cedar Rapids, Iowa home. The experience, captured by Iowa PBS, brings excitement and warm feelings to young and old alike.

05:00:00:00 00:55:41:11

ARTS

Repeat The Sounding Joy: A Concordia Christmas

The vocal and instrumental musical ensembles of Concordia University Irvine and friends invite you to join us for a festive collection of music that repeats the sounding joy heard at the first Christmas. Songs include the Latvian folk song "The Christmas Season", "O Come, O Come, Emmanuel", "Alabanzas Al Rey", "Joy to the World", "Carol of the Bells", and many more.

06:00:00:00 00:29:00:00

ARTS

Carols at the Cathedral

Enjoy the architectural beauty of Saint John's Cathedral in Denver as the Cathedral Choir sings beloved Christmas carols. Dean Richard Lawson offers a hopeful message for all people of goodwill.

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

EDUCATION

Curious Crew

Marshmallow Chemistry

Marshmallow mammals and super s'more fun! Get your hands sticky with the crew as they explore the

tasty science of Marshmallow Chemistry! STEM Challenge:
Marshmallow Mammals. Curious About
Careers: Baker and Business Owner, Nikki Frazier
Thompson.

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

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 00:24:00:07

YOUTH
Tiga Talk

G Is for Growing

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Practice for Stability (Earth)

Among the swaying tall grass in the open landscape and
immersed in nature sounds, "Practice for
Stability" is a strong, all-level yoga practice that
will improve self-awareness to understand how
the element of earth is within us and helps to use the
lower body to ground us for stability. Our

feet and legs in standing postures are our foundation and support us. Our foundation needs to be stable with strong roots and good alignment for the structure of the posture to be safe and beneficial. This practice takes you on a journey channeling the energy of the earth to feel strong and stable from the inside out.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Strengthening

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

09:30:00:00 00:23:59:29

YOUTH

Wapos Bay

There's No "I" In Hockey

It's the Wapos Bay Winter Festival, and the spirit of competition is in the air. During the hockey tournament, Talon and T-Bear vie for the attention of a girl on the opposing team, and Raven is determined to enter the bannock contest. The three children learn how important teamwork is.

09:55:00:00 00:24:00:04

YOUTH

Wapos Bay

Journey Through Fear

Aboriginal Day festivities are getting underway, but there's even more cause for excitement in Wapos Bay... T-Bear unexpectedly spends the night in the fire tower after he climbs up and is too afraid to come down. Jacob goes up to get his son and realizes he's scared too. In an amusing twist, the story is reported as a political protest on TV. After much soul searching, father and son make it back to solid ground. Meanwhile, Raven doesn't want to go fishing with her mother, Sarah, because she's frightened of the river. Sarah helps her daughter feel at ease in open water,

one step at a time. Raven and T-Bear discover how important honesty, patience and courage are, especially when you're scared.

10:20:00:00 00:23:59:25

YOUTH
Wapos Bay

They Dance at Night

There's a strange odor in town, the sled dogs are howling, and the northern lights have disappeared. What's going on in Wapos Bay? Talon, Raven and T-Bear learn what can happen when they forget to respect tradition. Raven can't resist whistling at the glimmering northern lights, even though she's been warned not to. And T-Bear breaks with an age-old ritual by neglecting to offer tobacco ties before picking sweet grass for the elders. All three children discover that their careless behavior may be the source of the community's recent small misfortunes. With help from Mushom and a wise elder, they take part in a traditional ceremony that puts things right.

10:45:00:00 00:23:59:28

YOUTH
Wapos Bay

Something to Remember

The pressure is on as T-Bear is handed the task of commemorating Wapos Bay's military veterans, and Raven is struggling to express her thanks to a departing teacher. To prepare for a Remembrance Day tribute that will be broadcast to everyone in Wapos Bay, T-Bear visits the community elders. He is amazed to learn that his Mushom (grandfather) is also a veteran of the war. Meanwhile, Raven tries to convince her favorite teacher to stay in Wapos Bay by doing special things for her. But Ms. Chalmers doesn't initially comprehend her gestures of gratitude. Raven learns the true meaning of the word "appreciate," and T-Bear learns why it's important to remember the past.

11:10:00:00 00:24:00:05

YOUTH
Wapos Bay

A Time to Learn

Missing sled dogs and a pile of homework are just a few of the things that Talon has to deal with before setting out for the trapline with his father Alphonse. Talon can't wait to go away for a week, but the exciting trip means lots of extra responsibility. He has to complete the schoolwork that he'll miss before leaving. While Talon struggles with a creative writing assignment, T-Bear and Mushom (grandfather) have trouble with the dog team. T-Bear incorrectly ties the dogs up, and they escape. Intense preparations and avoidable mishaps teach the children the importance of listening to elders and taking care with everything you do.

13:15:00:00 00:24:00:07

YOUTH
Wapos Bay

All Access

A distant cousin, Betty, visits Wapos Bay. Betty is in a wheelchair because of osteogenesis imperfecta (brittle bone disease), and T-Bear tries to avoid her because he knows that he plays too rough.

0 Y CC N/A 13:40:00:00 00:24:00:09 #111 Wapos Bay

Flows TVG As Long As The River

T-Bear becomes a hero when he campaigns to raise money for more elder programs in Wapos Bay after Talon suggests it to him. Talon becomes jealous after T-Bear get all the attention and does not mention him. T-Bear must learn to give credit where credit is due.

0 Y CC N/A 14:05:00:00 00:23:59:26 #112H Wapos Bay

Tricks and Treats TVG

Raven has more fun than she expected on Halloween as the elders of the community tell the children the scary story of the woman of the woods.

0 Y CC N/A 14:30:00:00 00:24:00:06 #113H Wapos Bay

TVG

The Hunt

The community of Wapos Bay is celebrating Kohkum Mary's nomination for a lifetime Aboriginal Accomplishment Award. Mushom, Jacob, Talon and T-Bear must go hunting a moose for the traditional honor feast. T-Bear helps an old hunter, Gabriel, who accidentally shoots and injures a mother moose with her young calf. They must track down the moose in order to save them both and restore balance to the environment.

0 Y CC N/A 14:55:00:00 00:24:00:08 #114 Wapos Bay

TVG

A Mother's Earth

When Raven has to write a school report about her identity, she gets more and more confused when everyone tells her different stories. Talon and T-Bear are initiated in the sweat lodge before they receive their Indian names.

15:20:00:00 00:24:00:05
YOUTH
Wapos Bay

Going for Gold

Talon learns that culture is ever-changing when he decides to compete in the North American Indigenous Games, and T-Bear learns that he shouldn't be jealous of his father helping Talon.

17:00:00:00 00:24:00:06
YOUTH
Wapos Bay

Raiders of the Lost Art

T-Bear and Talon learn about their differences in solving the recent rash of graffiti vandalism in Wapos Bay. Raven becomes frustrated in planning her seventh birthday party when everyone has ideas about how it should occur.

19:55:00:00 00:23:59:29

YOUTH
Wapos Bay

A Time for Pride

T-Bear, Talon and Devon are bored. Jacob overhears this, and he decides to take them on a tour of the exciting, bustling community of Wapos Bay. When the tour does not quite go as planned, T-Bear must chose to give up on his dad's tour or go with Talon and Devon. Jacob's plan to instill pride in the community is misinterpreted and evident in the Wapos Bay Parade.

22:00:00:00 00:22:00:03

YOUTH
Wapos Bay

The World According to Devon

For a storytelling assignment at school, Devon offers his own account of first contact with Europeans featuring himself, Talon and T-Bear. In Devon's story, Wapos Bay is negotiating a peace with the rival Brown Toe tribe, and the first white man is Scottish Principal Steele, on a trade mission while looking for the spice route to China.

23:40:00:00 00:22:00:08

YOUTH
Wapos Bay

Too Deadly

While Raven and Amber are obsessed with "The Lost Boys of the Transylvanian Twilight," a new movie sequel about vampires, a mysterious boy named Erimas shows up in Wapos Bay, attracting Raven's attention and Devon's jealousy. Devon recruits T-Bear and Talon to keep Raven from falling for the new boy, and save her from potentially becoming a vampire!

Tue, Dec 26, 2023

03:30:00:00 00:26:45:12

CULTURE
Spirit In Glass: Plateau Native Beadwork

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

04:00:00:00 00:56:43:02

ARTS

Weaving Worlds

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

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

EDUCATION

Curious Crew

Wheels and Axles

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

at Michigan Science Center in Detroit.

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

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 00:24:00:07

YOUTH
Tiga Talk

F Is for Friends

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

08:30:00:00 00:26:46:11

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Golden Desert

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

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Shoulder Pain Relief

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

09:30:00:00 00:26:45:22
HEALTH/HEALTH CARE
Sit and Be Fit

Keep The Fun In Functional Fitness

In this episode Mary Ann focuses on the fun side of exercise through the use of novelty music and imaginative choreography.

20:00:00:00 00:56:46:00
CULTURE
Cultural Expressions: Kwanzaa

Honoring the heritage, unity, culture, and rich contributions of African Americans, Kwanzaa is more than just a celebration; it's a way of life. CULTURAL EXPRESSIONS: KWANZAA is an hour-long documentary that explores the seven principles that are the foundation of Kwanzaa by sharing seven real-life stories of impact. These stories reveal how each principle plays a role in the Black community, enhanced by cultural elements of dance, storytelling, music, and spoken word.

21:00:00:00 00:56:46:00
ARTS
All-Star Orchestra

Free But Happy - Brahms' 3rd Symphony

Johannes Brahms expressed his own enigmatic motto, "free but happy," in musical symbols that weave throughout this beautiful, deeply personal symphony - one of the greatest works of German romanticism. The program opens with Hector Berlioz' witty Shakespearean overture to Beatrice and Benedict.

23:30:00:00 00:29:00:00
CULTURE
Story in the Public Square

Nikhil Goyal

Sociologist and policymaker Nikhil Goyal follows the lives of three children growing up in the Kensington section of Philadelphia as they strive to resist the forces of modern-day American poverty in his new book, "Live to See the Day."

Wed, Dec 27, 2023

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

ART

Design In Mind: Unlocking The Mysteries of Place with Gil Schafer

DESIGN IN MIND: UNLOCKING THE MYSTERIES OF PLACE WITH GIL SCHAFER explores the life and work of the acclaimed architect Gil Schafer III. As one of the country's leading practitioners of contemporary classical design, his work has received multiple awards, and has been featured in Architectural Digest, Town & Country, Veranda, and The New York Times. In this portrayal of a master at the height of his craft, Gil discusses how he draws upon the power of memory to create extraordinary homes and reflects on the spaces that have shaped his sensibilities as an architect.

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

COMMUNITY POLITICS/GOVERNMENT

Justice Delayed Is Justice Denied

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

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

COMMUNITY POLITICS/GOVERNMENT

Ola I Ka Wai

Water Is Life

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

04:35:00:00 01:09:21:08

CULTURE

The Sacred Sundance: The Transfer of a Ceremony

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

07:00:00:00 00:26:46:09

EDUCATION

Curious Crew

Resonance

Resonant rods, rings and pipes and powerful pendulums! Explore how every object has the potential to vibrate, and those vibrations occur in different wave patterns. Resonance is adding an additional force with a matching frequency the wave. STEM Challenge: Making a membranophone. Curious About Careers: Nuclear physicist Artemis Spyrou explains how an atom-smashing cyclotron works.

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

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 00:24:00:06

YOUTH
Tiga Talk

Dreams

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

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Relieve Neck Pain

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

09:30:00:00 00:21:44:19

HEALTH/HEALTH CARE
Sit and Be Fit

Variety, The Spice of Life

Mary Ann combines a variety of exercises that improve function including a new exercise that uses the fingers and breath to control abdominal muscles.

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

ARTS
Paint This with Jerry Yarnell

Hide and Seek, Part 4

In the final episode of this series, Jerry shows how to underpaint the rabbit. Then shows how to detail and highlight the rabbit with subtle tones to make him appear hidden. Jerry now finishes by using the #4 sable script brush to add the final taller weeds and highlights to the grasses and snowdrifts.

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

ARTS

Best of the Joy of Painting

Trapper's Retreat

Towering Bob Ross mountains and a frosty moonlit landscape are the setting of Nicholas Hankins old trapper's cabin on the banks of an icy, winding river.

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

ARTS

Pocket Sketching with Kath Macaulay

Clouds

Clouds are made of water vapor and are perfect for watercolor. Pen lines don't make clouds, but a 'borrow pit' does. Kath explains a major design element that can be manipulated.

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

CULTURE

Karamu: Feast for the 7th Day

Hosted by lifestyle expert Sira Williams, KARAMU: FEAST FOR THE 7TH DAY explores the tradition of Kwanzaa, focusing on the final feast that concludes the annual celebration. The half-hour program explores the history, principles, and symbols of Kwanzaa while celebrating the culinary traditions of West Africa. Featuring dishes from Mali, Ghana, and Nigeria, KARAMU: FEAST FOR THE 7TH DAY focuses on food and culture, and their integral relationship to building community. Sira also shares her personal story as a child born in Mali, West Africa, to her American mother and Malian father, giving viewers insight into her experience growing up and the importance of African roots in American culture.

23:00:00:00 00:26:56:15

EDUCATION

Love and Respect with Killer Mike

Dr. Lanze Thompson

Education and business executive Dr. Lanze Thompson (Clark Atlanta University) joins Killer Mike

for a look at the role of education in shaping the lives of young people.

Thu, Dec 28, 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 00:26:46:04

EDUCATION

Curious Crew

Momentum

Racing cans, pencil spinners, bowling ball bangers! Explore how whenever something is moving, it

has momentum, and the faster it's moving, the more momentum it has. STEM Challenge: Designing a

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

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

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 00:24:00:11

YOUTH

Tiga Talk

Birthdays

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

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

HEALTH/HEALTH CARE

Yoga In Practice

Honor Your Inner Beauty

There is a beauty and elegance in yoga. It encourages us to honor our bodies as sacred spaces.

There are certain postures that are truly beautiful. Let's practice some of these today, a series of kneeling and seated poses.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Full Body Toning

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

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

HEALTH/HEALTH CARE

Sit and Be Fit

Finger Dexterity

This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises using a pencil, sit to stand exercises and vestibular work.

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

AGRICULTURE

My World Too

Whoof, Nile Valley Aquaponics, Greenfield Robotics

In this episode of My World Too we learn about an organization called WHOOF USA that encourages getting in the dirt with hands-on mentoring at organic farms across the nation. Next we visit an aquaponic greenhouse in the heart of the inner city growing Tilapia fish and fresh produce while teaching the community how to grow healthy options combatting urban food insecurity. We travel to the heart of the bread basket to visit a high-tech start up that is promoting chemical-free large scale farming with the help of robots.

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

ARTS
Coroner

Life

A death in custody brings Jane into prison and face to face with notorious child killer Sidney Sutton. Jane starts to hope that she might be able to use this case to find the final resting place of his teenage victim.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Eu Energy and Climate Policy, Part 2

Europe's energy crisis has fostered cooperation between member states and the EU governing body and strengthened the push for more wind and solar though some call for technologically neutral decarbonization. Dr. Carlos Batlle, Visiting Scientist at the MIT Energy Initiative, and Jonathan Elkind, Senior Research Scholar at Columbia's Center on Global Energy Policy, conclude.

Fri, Dec 29, 2023

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

ARTS
Rabbit Fall

Bloodletting Part 1

A domestic violence dispute leads Tara and Bob to the home of Clinton Morrison. When Morrison's

frightened wife refuses to talk, Tara's instincts tell her Bob is involved. Desperate to keep his secrets intact, Bob commits an unthinkable act, showing Tara just how dangerous he is when backed into a corner. Tara's intuition becomes all too real when she suffers flashbacks of a disturbing dream about Blackhorse set in another time.

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

ARTS
Studio 49

Olivia Komahcheet

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

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 00:26:46:06

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 00:24:00:11

YOUTH
Tiga Talk

Dance

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunny Bloom

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

09:00:00:00 00:26:11:09

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Psoas & Hip Strengthening

Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stunning scenery of Montego Bay, Jamaica for an episode of Classical Stretch.

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

HEALTH/HEALTH CARE
Sit and Be Fit

Happy Feet, Healthy Body

Mary Ann stresses the importance of foot health. Using a small ball she shares foot exercises and massage techniques to improve circulation, range of motion and strength in the foot.

15:00:00:00 00:26:46:04
ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

The Future of Fire

From east to west, in nearly every corner of America, wildfires are fiercer and more frequent.

Climate change coupled with our past misguided management has inspired some creative innovations like high tech Minecraft-style fire management software. The urgent need to control fire is becoming a fast-growing and diverse field for scientists, ecologists, and trailblazers of all kinds.

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

Taking Kids to Nature

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: Mission Impossible. In our Boomer Passion segment, Anthony and Maja take urban kids to the woods. Carolyn experiences homelessness. Nalan rides her motorcycle in the desert and invests in crypto. Judy has very little money, but helps out her grown Son. Viewers share revealing answers to our survey.

23:30:00:00 00:29:00:00
HEALTH/HEALTH CARE
Your Fantastic Mind

Stress

We are a stressed society and many of us self-medicate in ways that only amplify our stress. In this episode, YFM investigates the science of stress and how to reduce it, especially in the age of COVID. We explore the research behind meditation and mindfulness and offer ways to implement healing practices. Exploring another facet of stress, YFM takes a closer look at the millions of Americans who report sleep disruptions as a leading cause of stress. We highlight research that shows the impact of a bad night's sleep and talk to a leading expert who goes beyond basic sleep

hygiene, giving advice we can all use to improve sleep habits. We also learn about intergenerational trauma which is an area of research proving that trauma inflicted on one generation is inherited by the generations that follow and a source of unspoken stress. It's a fascinating area of research that asks us to confront our own truths and traumas, to help us understand the power we have to influence our descendants.

Sat, Dec 30, 2023

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

ARTS
KVCArts

Audiopharmacy

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

04:30:00:00 00:22:01:03

ARTS
Mixed Blessings

Kate's Clock Tickin / Tazz Is Chicken

Kate's biological clock kicks in. Doreen transforms into 'bridezilla' and enlists the help of a wedding planner, and Tazz gets cold feet.

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 00:26:45:18

EDUCATION
DIY Science Time

Inertia

Mister C and the Science Crew are in motion and have the momentum to explore inertia! Build an inertia wand and a centripetal force board with Mister C.

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.

15:30:00:00 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.

17:00:00:00 01:59:00:00

ARTS

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

For over six decades, the musical duo of Steve Lawrence & Eydie Gorme has brought back warm and nostalgic memories from the early days of '50s Rock and Roll, '60s Pop, Tin Pan Alley, Broadway and The American Songbook. Amazingly, there has never been a tv show celebrating their long illustrious careers as individuals and singing together.- that is, until now, exclusively for public television stations.

19:00:00:00 01:28:40:01

ART

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.

22:30:00:00 01:58:05:00

ARTS

The British Beat (My Music)

In 1964, the sounds of The Beatles broke through the airwaves of U.S. radio stations, leading to the British Invasion of American music. Soon, a vast array of talent from across the pond enjoyed great success in the States with hit songs that still remain popular over four decades later.

Legendary songstress Petula Clark, who reached #1 with her smash Downtown, hosts MY MUSIC: THE BRITISH BEAT, which offers new concert performances by such iconic performers as Peter & Gordon, Eric Burdon & The Animals, The Zombies, Gerry & The Pacemakers, Herman's Hermits Starring Peter Noone, Lulu, Wayne Fontana, Reg Presley & The Troggs, Chad & Jeremy, Paul Jones (formerly of Manfred Mann), Mike Pender's Searchers, The Tremeloes and Denny Laine (formerly of The Moody Blues). The late Dusty Springfield is also featured in vintage footage from the '60s.

Sun, Dec 31, 2023

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

ARTS
KVCArts

Audiopharmacy

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

03:00:00:00 00:18:25:29

ART
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.

05:00:00:00 00:56:40:00

WOMEN
Apache 8

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

firefighter from Fort Apache. APACHE 8 weaves together a compelling tale of these remarkable firefighters, revealed for the first time.

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

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 00:26:46:06

EDUCATION
DIY Science Time

Friction

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

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

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.

09:00:00:00 00:57:07:14

AGING

Aging Backwards 2 with Miranda Esmonde-White

Many people think that how they age - if they remain mobile, healthy, and pain free throughout their entire lives - is simply the result of luck. As though there's a randomness to it, or it's a lottery in which only a few winners enjoy golden years of youthful vitality. But did you know that you actually have a choice in how you age? In AGING BACKWARDS 2 WITH MIRANDA ESMONDE-WHITE, former professional ballerina Miranda Esmonde-White uses new and groundbreaking science to help put an end to this defeatist attitude towards aging. In her previous award-winning special Aging Backs, Esmonde-White revealed the power of our muscle cells. Now in AGING BACKWARDS 2, viewers discover the amazing clout of their connective tissue. This vital tissue surrounds every part of us and connects - every muscle, nerve, cell, bone and organ. Keeping it healthy is the secret to remaining youthful at any age. The human body is a powerful machine, but we must choose to keep it young. The fountain of youth is within each of us, and Esmonde-White teaches viewers how to access it.

13:30:00:00 01:27:27:19

AGING

Young Forever with Mark Hyman, Md

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

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

20:00:00:00 01:58:05:00

ARTS

The British Beat (My Music)

In 1964, the sounds of The Beatles broke through the airwaves of U.S. radio stations, leading to the British Invasion of American music. Soon, a vast array of talent from across the pond enjoyed great success in the States with hit songs that still remain popular over four decades later.

Legendary songstress Petula Clark, who reached #1 with her smash *Downtown*, hosts *MY MUSIC: THE BRITISH BEAT*, which offers new concert performances by such iconic performers as Peter & Gordon, Eric Burdon & The Animals, The Zombies, Gerry & The Pacemakers, Herman's Hermits Starring Peter Noone, Lulu, Wayne Fontana, Reg Presley & The Troggs, Chad & Jeremy, Paul Jones (formerly of Manfred Mann), Mike Pender's Searchers, The Tremeloes and Denny Laine (formerly of The Moody Blues). The late Dusty Springfield is also featured in vintage footage from the '60s.

