

QUARTERLY

ISSUES STATEMENT

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

K

PJK

Quarterly Program Topic Report

February, 2024

Thu, Feb 01, 2024

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

EDUCATION

Curious Crew

Diffusion and Osmosis

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

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

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 00:22:00:04

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

Yoga In Practice

Seeking Balance

We all get into habits, good and bad ones, like a dog that runs back and forth alongside a fence

creating a groove. In Sanskrit, these patterns are called samaskaras, and they become more

entrenched the longer we continue them. To cultivate better habits we have to bring awareness to

what is no longer serving us and then decide to make a change. Slowing down and being aware is a place to begin.

09:00:00:00 00:27:02:24

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping

your torso corseted, back upright, and spine in good posture. This is why having a strong and

flexible core is essential to looking and feeling young. This intermediate workout is designed to

strengthen the core and open the chest and pectorals - leaving you with improved posture.

09:30:00:00 00:27:29:15

HEALTH/HEALTH CARE

Sit and Be Fit

Pulse, Press, Pull-Up

Using small pulses, presses and isometric contractions to strengthen muscles in a gentle way, Mary Ann introduces a variety of new movements targeting different muscle groups and joints throughout the entire body. Gretchen leads a finger segment that challenges the brain. Standing exercises focus on improving gait, balance and mobility. Special attention is given to the pelvic girdle and pulling up on the muscles of the pelvic floor.

10:30:00:00 00:26:48:12  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Outside: Beyond The Lens

#### California's Nelder Grove

The central Sierra Nevada mountains in California are home to big name national parks like Yosemite and Sequoia-Kings Canyon. But a hidden grove of Giant Sequoia Redwoods can be found in the hills Jeff, Zack, and Dave all grew up in. They meet up with an old friend who now watches over Nelder Grove for a guided tour of the secret wonders found among the giants.

20:00:00:00 00:59:00:00  
HEALTH/HEALTH CARE  
Love Heals

A film following the journey of Dana, a chronic pain sufferer in search of healing after two failed spine surgeries. As she travels across the country, Dana seeks to understand how an ancient energy principle has brought healing to countless individuals and explores its potential to help her.

21:00:00:00 00:58:33:15  
ARTS  
Ghosts of the Elysian Arms: Theater of the Mind

It is a stormy night on Highway One in the late summer of 1940, and Al Geery's Studebaker Dictator smashes into a Plymouth convertible head on. Mr. Geery is surprised to wake up unscathed in the twisted wreckage of his automobile, and even more surprised when the mysterious Mr. Maro escorts him to the towering Elysian Arms Hotel, where they wait in the hotel bar for the authorities. But Mr. Maro is much more than he seems, and each room in The Elysian Arms is occupied by a singular

and frightening story. Theater of the Mind is a partnership between KTWU and Playwright, Phil Grecian. In these radio play dramas, the actors play multiple roles and employ vintage microphones to simulate radio's Golden Age. It's radio you can see!

Fri, Feb 02, 2024

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

ARTS

Rabbit Falls

A Messenger, A Message

A burglar is terrorizing Rabbit Fall and the crime turns personal when Tara wakes in the middle of the night to discover a dark figure in her room. Why would the burglar invade her home and walk off with nothing but her beloved shawl? Tara fears she's losing her grip on what is real and imagined when the dark figure keeps appearing throughout the investigation. She finds comfort in Harley, who offers her the gift of a home security system. But even this can't allay her fears when she discovers the town burglar is simply a teenage girl, not the stranger in her bedroom.

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

ARTS

Studio 49

Raye Zaragoza

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

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

COMMUNITY POLITICS/GOVERNMENT

Justice Delayed Is Justice Denied

Justice Delayed is Justice Denied tells of the ongoing struggle to ensure that the State of Hawai'i fulfills its commitments to the Native Hawaiian people stemming from the loss of their ancestral lands. The film describes the deep connection between Native Hawaiians and their

ancestral lands, and how a portion of these lands were seized from the Hawaiian Kingdom after the overthrow in 1893 and placed in what today is called the Public Land Trust. The state administers this trust and is legally required to provide a portion of revenues from the trust to Native Hawaiians.

04:30:00:00 00:33:28:26  
COMMUNITY POLITICS/GOVERNMENT  
Ola I Ka Wai

#### Water Is Life

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

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

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

07:00:00:00 00:26:47:22  
EDUCATION  
Curious Crew

#### Collisions

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

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

#### Trucks

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

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

YOUTH  
Tiga Talk

#### 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 00:26:46:06

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Lake Forest

Reenergize in the majestic forest setting as you enjoy a series of gentle seated stretches designed to help you create more space to expand your breath, promoting deeper relaxation and greater ease in your whole body.

09:00:00:00 00:26:56:22

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!

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

HEALTH/HEALTH CARE

## Sit and Be Fit

### Warm Up, Circulate, Strengthen & Stretch

This episode begins with a warm up dedicated to a young Sit and Be Fit fan followed by a circulation and weight segment. Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics. Dr. Emily shares 4 balance exercises and Gretchen leads a relaxation segment.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

## Saving Half The Earth

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

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

AGING

Getting Dot Older

## Making Fine Art

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: Roberto Clemente. In our Boomer Passion segment, Mario uses shop tools to make fine art. Lee survives a hit and run on his bicycle. David's younger brother has MS. John grows up Catholic, moves down south, and becomes born again. Viewers share revealing answers to our survey.

20:00:00:00 00:59:33:00

ARTS

Norcal Classic Movies

## Sherlock Holmes: Terror By Night

Sherlock Holmes is hired to protect a woman on a train returning to London with the fabled Star of Rhodesia diamond. When the rare jewel is stolen and the son of its owner murdered, Holmes, with his trusted Watson by his side, must discover which of his suspicious fellow passengers is responsible. 1946, Mystery, Basil Rathbone and Nigel Bruce

21:00:00:00 00:47:49:02

ARTS  
Whitechapel

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

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

HEALTH/HEALTH CARE  
Your Fantastic Mind

#### Strokes and Strokestra

A public hospital known as 'the place to go if you get shot', Grady Hospital has become the epicenter for cutting edge stroke treatment. Performed for only a few years, thrombectomy is when a stroke patient is brought in and doctors go into their brain and pluck out the clot that caused the stroke, much like doctors do with heart patients. This was not possible until just recently and is dramatically changing outcomes. YFM is with the thrombectomy team at Grady as patients arrive from around the state, their lives and outcomes hanging in the balance. This episode also features London's famed Royal Philharmonic Orchestra which has launched a nonprofit arm of the



orchestra called 'Strokestra,' to help stroke patients rehab more quickly.

Sat, Feb 03, 2024

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 00:22:01:08

ARTS  
Mixed Blessings

### Dead Goose

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

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

CULTURE  
Grab

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

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

EDUCATION  
Curious Crew

Bubble Science

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

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

EDUCATION  
DIY Science Time

The Moon

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

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

YOUTH  
Albie's Elevator

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.

09:00:00:00 00:26:39:04

YOUTH  
Kids for Positive Change

Focus: Animals, Across The Globe, Impacted By  
Climate Change

Take positive action for animals and ecosystems impacted by climate change across the globe, with Bree, the rescue rooster, his human, Camille, the Kids for Positive Change Team and meet Youth Changemakers!

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Untamed

Turtles

Turtles have been around since the age of the dinosaurs but Ed and the Wildlife Center staff explain the unique challenges facing turtles today.

17:30:00:00 00:26:45:28

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Changing Seas

A Decade After Deepwater

Ten years after the Deepwater Horizon oil rig disaster, scientists are still studying its devastating impacts on the Gulf of Mexico. Now they are using lessons learned to prepare for the next big spill.

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

CULTURE  
Rick Steves Art of Europe

Baroque

In the 1600s and 1700s, the art of "divine" kings and popes-and of revolutionaries and

Reformers-tells the story of a Europe in transition. In the Catholic south, Baroque bubbled over with fanciful decoration and exuberant emotion. In the Protestant north, art was more sober and austere. And in France, the excesses of godlike kings gave way to revolution, Napoleon, and cerebral Neoclassicism.

20:00:00:00 00:25:56:18

ARTS  
Music California

This episode includes music by Meresha, Malea, Tia P. featuring Eastsyde, Travis Marsh, and Will Jay.

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

ARTS  
Sound On Tap

Sal and the Stonewall Hippies

With deep roots styled and sharpened in the hallows of the West Texas haunt of The Blue Light, Sal and the Stonewall Hippies are gaining traction with each and every performance. Stylistically falling somewhere between flatlanders and troubadour's imparting strife and life's darker side, Sal and company drive to tug on the heartstrings of any lovers of thematic storylines and fan of tight pockets. Bluesy undertones and hints of grit and growth always shine brightly with each note of progress and reflection.

21:00:00:00 00:56:27:01

ARTS  
The Kate

Gina Chavez

Fresh off of two more wins at the 2019 Austin Music Awards (making her a 12-time winner), multi-ethnic Latin pop songstress Gina Chavez stops at THE KATE as she tours her latest studio (EP) release, Lightbeam, which was born from her journey to find and marry the love of her life. Her previous album, Up.Rooted \*, topped Amazon and Latin iTunes charts, and her NPR Tiny Desk Concert boasts close to one million views. On THE KATE, Chavez leads her band and the audience on

a musical voyage colored by elements of indie-folk, cumbia, blues, and Latin pop. Her interview reveals her struggle to find herself as she explains that, "No one fits into a box well. We need to stop making boxes."

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

ARTS  
Nightmare Theatre

#### Encounter with the Unknown

It's All Hallows' Eve in the NMTV studios, as El Sapo schemes to trick the Baron out of his beloved Zagnut bars while watching this Rod Serling-narrated snoozer from 1972, allegedly "based on actual events."

Sun, Feb 04, 2024

05:00:00:00 00:26:42:29

CULTURE  
Merging Destinies

#### An Understanding of Culture

Visitors from around the world visit a settlement called Old Minto to learn the traditional ways of Native Alaskans as part of cultural heritage program.

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

EDUCATION  
Curious Crew

#### Muscular System

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

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

EDUCATION  
DIY Science Time

#### Measurement

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

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

YOUTH  
Albie's Elevator

#### 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.

21:00:00:00 00:52:27:29

ARTS  
Death In Paradise

A murder investigation becomes more than personal for  
Richard when the victim is murdered while  
handcuffed to him! His job on the line, he needs all his  
British rigour and stoutest brogues to  
get to the heart of the Paradise Beach mystery...

Mon, Feb 05, 2024

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

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

### Flowers

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

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

YOUTH  
Tiga Talk

### Listen to the World

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

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

HEALTH/HEALTH CARE  
Yndi Yoga

### Practice for Introspection (Fire)

With the warmth of candlelight, bring your focus inward as you have a transformative yoga practice to strengthen you from the inside out. "Practice for Introspection" fuses together different disciplines of yoga to work every part of the body, so you feel full of vitality and at the same time maintain a quiet mind. With clear alignment instruction, feel your breath soothe you and take

you on a journey. In the right structure our body is safe, and as you bring your focus inward you gain more insight into your practice and life. Observe with no expectations and judgements to receive the most from your practice.

09:00:00:00 00:26:50:20

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

This advanced, body shaping workout will tone and strengthen your arms, abs, core, waist, and legs. Join Miranda Esmonde-White in the breathtaking Bermuda for this full-body standing workout that will liberate your joints and connective tissue while simultaneously strengthening your entire body.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Functional Feel-Good Exercises

Diaphragmatic breathing takes center stage for the first 5 minutes of this episode followed by a lively circulation song that will wake up your feet. Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion. Dr. Emily shares an exercise to mobilize the ribcage to improve gait and mobility. Mary Ann's granddaughter, Maddie, leads a flamenco segment and Gretchen finishes with a brief relaxation. This workout will leave you feeling good!

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

New Zealand

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

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

EDUCATION

Biology: from Molecules to Man



Biology: From Molecules to Man is a special program under the auspices of The HistoryMakers ScienceMakers initiative taped live at the Center of Science and Industry (CoSI) in Columbus, Ohio on February 26, 2010. The program features a collection of prominent African American scientists that includes Brown University's Wayne Bowen, Emory University's George Jones, The Ohio State University Medical Center's Kwame Osei, and the University of California, San Francisco's John Watson. Moderated by WBNS news anchor Jerry Revish, the program focuses on life from brain cells to fungus to the human heart. Each featured scientist provides a compelling summary of their work before answering questions as a panel about their life, their work, and their numerous accomplishments. Topics covered include the scientist's role as African American scientists, being role models, the role of science and math in youth education and the future of science. Videotaped short sessions with each individual scientist featuring students from local Columbus schools Afrocentric Early College and Linden McKinley Middle/High School are also included.

21:00:00:00 00:52:12:00

ARTS  
Silent Witness

#### History Part 4

A secret from his father propels Jack to Belfast. Meanwhile, Simone and Nikki investigate the mystery of a burned body. As familial secrets come to the surface, Jack faces tragedy head on.

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

EDUCATION  
Civil Discourse

#### A Classroom Divided

"A Classroom Divided" is an in-depth panel discussion led by Oyin Adedoyin (reporter for The Chronicle of Higher Education) and featuring Kmele Foster (cultural critic and The Fifth Column podcast host); Valerie C. Johnson (DePaul University political science professor and DEI advocate); Amna Khalid (Carleton College history professor and Banished podcast host); and Kenneth P. Monteiro (San Francisco State University ethnic studies and psychology

professor/administrator). This episode of The Civil Discourse explores the boundaries of academic freedom with special focus on diversity, equity, and inclusion (DEI) trends in higher education.

Tue, Feb 06, 2024

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.

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 00:26:46:02

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 00:26:46:06

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 00:21:54:01

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 00:26:46:03

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Flowering Sunset

Reenergize among the coastal sunflowers at sunset as you enjoy an accessible yoga practice using a chair for support. Includes a series of standing poses designed to create more mobility and flexibility in your hips and hamstrings while building strength, balance and focus.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Your connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fiber which connects each and every part of your body. This is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and pain free body. By working your full body in this all-standing, beginner workout you will liberate each and every layer of connective tissue. Allowing you to move more freely and without pain.

09:30:00:00 00:26:45:22

HEALTH/HEALTH CARE  
Sit and Be Fit

Breathing, Posture and Balance

Mary Ann begins this functional workout with an emphasis on breathing exercises. A towel is used to improve tactile stimulation, grip strength and wrist flexibility. Guest instructor, Toni, leads a weight segment to strengthen postural muscles and Gretchen leads a balance routine. Mary Ann finishes the workout with stretching and relaxation. Dr. Emily leaves viewers with a brain game exercise for balance.

10:00:00:00 00:27:47:00

ARTS  
Bare Feet with Mickela Mallozzi

Open Stages

NYC's stages are back for the biggest revival of all! From Lincoln Center to the re-opening of Broadway, New York City is open for business - after over a year of live theater, dance, and music being shut down in NYC, Mickela meets with the future of what these open stages mean for New York City!

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

ARTS  
Rick Steves' Europe

Rick Steves' Europe: Ancient Roman Art

We follow Rome's rise through its awe-inspiring art, starting at Rome's humble birthplace in the Forum. Soon Rome is graced with supersized monuments like the majestic domed Pantheon and the Colosseum, where gladiators battled to the death. We also get a glimpse of Rome's more intimate side: the colorful mosaics, luxurious frescoes, and realistic portraits of the solid citizens who made Rome great.

20:30:00:00 00:26:45:25

CULTURE  
Our American Family: The Clarks

The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. For generations, the Clark family of Frankford, DE has shown tremendous support of one another as members faced hard times with tender loyalty. "Our American Family: The Clarks" traces the lives of this African-American family with seven children as they employed humor, resourcefulness and respect for all through the Depression, WWII, and racial tension.

21:00:00:00 00:43:40:17

ARTS  
Hope Street

As the police officers investigate an arson attack, they discover a much more insidious crime. Meanwhile, Siobhan is determined to get back with Inspector Finn - little knowing that he's in a relationship with his colleague Leila.

Wed, Feb 07, 2024

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Crying Earth Rise Up

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

05:00:00:00 00:56:46:29

CULTURE  
However Wide The Sky: Places of Power

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

07:00:00:00 00:26:47:20

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 00:26:46:05

YOUTH  
Wimee's Words

Word Games

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

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

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 00:27:30:00

HEALTH/HEALTH CARE  
Wai Lana Yoga

Lean On It! (Part 2)

Standing, lying, or upside down, a wall makes challenging poses easy. The wall helps you build strength as you prepare for Handstand, Headstand, and Scorpion.

09:00:00:00 00:27:10:08

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Join Miranda along the stunning Bermuda coastline for an advanced, standing & floor workout that will improve your agility. By activating the muscle cells in your legs and full body this workout will leave you feeling invigorated, strong, and ready to take on your day.

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

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Exercise Potpourri

This workout is jam-packed with a variety of exercises to strengthen postural and core muscles; improve balance, mobility and range of motion. Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength. Tai Chi practitioner, Tino, leads a Tai Chi segment. Dr. Emily shares stretching mobilization exercises to improve gait and mobility and Mary Ann finishes the workout with feet exercises using a small ball.

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

ARTS  
Paint This with Jerry Yarnell

#### Ageless Beauty, Part 2

In the session, Jerry shows his viewers how to use various sizes of the synthetic chisel-edge brushes to finish underpainting the light and shadow areas of the old house. Then he shows how to paint in the windows and doors. Then he begins showing how to clean up the house and begin painting in the shingles of the roof. Then he finishes by showing how to paint in the cast shadow under the overhangs and porch.

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

ARTS  
Best of the Joy of Painting

#### Mountain Hideaway

Bob Ross uses a unique twist in his painting technique to create a happy little stream tumbling

through a rocky meadow.

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

ARTS

Pocket Sketching with Kath Macaulay

Wet In Wet

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

19:30:00:00 00:26:47:22

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Sempervirens Means Evergreen: People and

Redwoods

In March, Bay Area Bountiful investigates the aftermath of the CZU Lightning Fire in the Santa Cruz Mountains, both the devastating impact it had on some mountain communities and how its sheer intensity brought together local neighbors and regional agencies in new ways as they responded to the crisis. Volunteer firefighters and Community Emergency Response Team (CERT) members tell how this event, a result of natural factors exacerbated by climate change and human mismanagement, put their advance planning to the test. How can such unnaturally large fires be avoided? The local indigenous Amah Mutson Tribal Band has been relearning their ancient methods of promoting forest health and their Native Stewardship Corps works increasingly with organizations like Sempervirens Fund, Save the Redwoods League, Peninsula Open Space Trust and others to apply them to the land again. Looking to the future, BAB consults naturalists and foresters who even now see evidence of the resilience of the redwood forest taking hold as they walk on blackened earth through charred tree trunks already sprouting with bright green

Thu, Feb 08, 2024

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People



Kanaka Bar, Bc

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

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

CULTURE

Tribal Elder Stories

James Blackbear

James grew up with traditional ways which had a tremendous influence on him. Listen in as James recalls the language of his people and his involvement with traditional dance.

05:00:00:00 00:56:44:23

HEALTH/HEALTH CARE

Walking Into The Unknown

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

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

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 00:26:46:05

YOUTH  
Wimee's Words

### Paper Airplanes

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

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

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  
Yoga In Practice

### Interdependence

The profound truth is that you cannot be human on your own. You are human through the relationships and connections that you make. This is the African concept of Ubuntu, whereby a person is a person through other people. We are made for interdependence. I need you in order to be me. Our class today will remember this deeper truth by moving from the periphery into the core using twists and backbends.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Strength & suppleness throughout your entire body is vital to doing all of the activities that you love - and having a strong back is one of the easiest ways to prevent injury and do any activity efficiently! This all-standing, back strengthening workout will help you to do all of your favorite activities safely and with ease.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Core Strength and Yoga Inspired Exercises

Yoga inspired exercises are woven throughout this gentle workout. Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening. Dr. Emily shares a brain game exercise to help improve balance.

21:00:00:00 00:58:40:01

ARTS

Werewolf of the Bayou: Theater of the Mind

It is 1940, and ace newspaper reporter Margo Mason heads to the Louisiana swamps to investigate a series of strange murders and an ancient curse centered around an archaeological dig and a strange skeleton unearthed: The body of a human, the head of a wolf. And chilling howls at night under the full moon. The local swamp witch says it's the rougarou werewolf, returned for vengeance. But who is the werewolf? And who will be its next victim?

Fri, Feb 09, 2024

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

ARTS

Rabbit Fall

The Weetigo

Old wounds are stirred when a missing American tourist washes up on the notorious Dog Island. His

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

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

ARTS  
Studio 49

#### Quetzal Guerrero

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

03:00:00:00 00:21:59:29

ARTS  
Moosemeat & Marmalade

#### Pheasant

Dan takes Art to a formal UK style pheasant hunt in the Lincolnshire countryside in a 17th century manor. The local gamekeeper explains how the landscape has been transformed as the two attend a pheasant shoot.

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

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

### Shapes

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

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

YOUTH  
Tiga Talk

### Making Music

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

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

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

### Ocean Breeze

Revitalize and recharge amid the beautiful ocean views as we focus on creating a stronger core while entirely seated in a chair. Includes simple core strengthening moves along with gentle stretches for your chest, back, hips, legs and more.

09:00:00:00 00:26:53:03 #1318H

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

A strong core and back are the best way to prevent poor posture or rounding shoulders. In this intermediate, standing workout Miranda will stretch the vertebrae of your spine while strengthening your core and back. The combination of arm, chest, core, leg, and back exercises will prevent and relieve pain while strengthening your posture.

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

HEALTH/HEALTH CARE

## Sit and Be Fit

### Fun Exercises for the Core and More

Mary Ann kicks off this lively episode with a variety of core strengthening exercises followed by a fast paced circulation segment. A small ball is used to improve grip strength, reaction time and finger dexterity. Weights are utilized to target muscles of the core, arms and lower body while a large ball is used for standing balance work and pelvic mobility. Gretchen leads a stretch segment using a towel and Dr. Emily closes the episode with a balance homework exercise.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Ecosense for Living

### Messing with Mother Nature

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

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

AGING  
Getting Dot Older

### Honoring Ancestors

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. Boomer Quiz: Elizabeth Taylor. In our Boomer Passion segment, Wen-Ti honors Chinatown residents. Judith still longs to meet her soulmate. Irving, formerly a paratrooper, remembers preparing to invade Cuba. Rene still wants to date, but her adult child has moved back in. Viewers share revealing answers to our survey.

20:00:00:00 01:08:04:00

ARTS

Norcal Classic Movies

Sherlock Holmes: The Secret Weapon

Sherlock Holmes rescues a bomb-sight inventor that the Allies want to keep from the Nazis. 1942, Mystery, Basil Rathbone and Nigel Bruce

21:30:00:00 00:25:51:21

ARTS

Shakespeare in the Shadows

Shakespeare in the Shadows shows the power, the purity and the simplicity of the master dramatist's work-from diminuendo to crescendo, whisper to roar-set against San Francisco backdrops of foreboding coastal promontories and stark noir cityscapes. Mark Cohen, who honed his craft at Royal Shakespeare Company affiliate Guildhall, performs a one man show of Shakespeare's most intriguing characters-from the storm tossed, supernatural world of "The Tempest" to the dark corridors of Macbeth's Dunsinane.

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

HEALTH/HEALTH CARE

Your Fantastic Mind

Storms in the Brain

There is no cure for epilepsy. The best hope is controlling the seizures, but researchers have proven that if you can ablate (destroy) areas of the brain where the seizures happen, you can essentially cure the person. YFM follows a young mother who can no longer work, drive or even care for her child alone, as she tries to reclaim her life.

Sat, Feb 10, 2024

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

ARTS

Mixed Blessings

Dances with Wolfy

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

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

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 00:27:00:05

EDUCATION  
DIY Science Time

#### Sound

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

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

YOUTH  
Albie's Elevator

#### 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.

09:00:00:00 00:26:39:17

YOUTH

Kids for Positive Change

Focus: Farm Animals and Furry Friends

Take positive action for farm animals, and the environment, with Bree, the rescue rooster, his human, Camille, and the Kids for Positive Change Team! Bonus feature: How to help domestic dogs!

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

AGRICULTURE

Growing A Greener World

The Spark In Sparta

This tiny Georgia town was one of many that never fully recovered after the boll weevil decimated the cotton industry in the South. But the future is looking brighter after one couple provided an unlikely spark, and accidentally started an urban farming revolution smack in the middle of downtown... from front yard gardens to a mushroom-growing warehouse.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Ecosense for Living

Messing with Mother Nature

The reality is that there are very few places on earth that haven't been altered by humans. When is a coyote no longer a coyote? In Galveston, Texas, coyotes dubbed "ghost wolves" carry high amounts of red wolf DNA. Scientists consider whether their genetic material could save the few red wolves that are left in captivity. Across the country, groups consider whether they'll welcome

American Chestnut trees that are engineered with a wheat gene to resist the blight that nearly wiped out their existence. In the Florida Keys, mosquitoes modified to lower disease levels have met with a great deal of resistance and concern. What happened that moved people from interest to alarm?

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

#### Owls

Learn everything you ever wanted to know about these amazing nocturnal predators with Ed and the rest of the staff at the Wildlife Center of Virginia.

17:30:00:00 00:26:45:22  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Changing Seas

#### Peru's Desert Penguins

Along Peru's barren coastline seabirds reign. Among them is the adorable Humboldt penguin, which builds its nests in the guano of other birds. Scientists monitor local penguin populations and study the animals' interactions with fisheries.

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

#### The Modern Age

In the 1800s, the Industrial Revolution spawned new artistic styles: idealized Romanticism, light-chasing Impressionism, sensuous Art Nouveau. Then Europe's tumultuous 20th century inspired rule-breaking art as exciting as the times: from Expressionism and Cubism to Surrealism to Abstract. The genius of artists like Van Gogh, Picasso, and Dalí express the complexity of our modern world.

20:00:00:00 00:26:27:00  
ARTS  
Music California

This episode includes music by Markus Schulz featuring Sebu, Man Mad Time, Dulcie Taylor, Xavier Toscano, and Mikey Wax.

20:30:00:00 00:26:47:22

ARTS  
Sound On Tap

#### Catamaran

Catamaran makes rhythmically enrapturing indie surf rock, using tremolo-ed guitars and syrupy melodies to craft songs that are as catchy as they are interesting. Catamaran quickly launched into the spotlight in the Dallas-Fort Worth area after making their radio debut on the 102.1 KDGE Local Show. The band was nominated for a 2013 Dallas Observer Music Award for Best Pop Act and is currently in rotation on DFW's popular independent radio station, 91.7 KXT.

21:00:00:00 00:57:57:28

ARTS  
The Kate

#### JJ Grey & Mofro

From the days of playing greasy local juke joints to headlining major festivals, JJ Grey remains an unfettered, blissful performer, singing with a blue-collared spirit over the bone-deep grooves of his compositions. JJ Grey & Mofro perform their soul-fueled brand of Southern rock on THE KATE, to a very excited audience. Songs include fan favorites "Lochloosa," and "Orange Blossoms," the emotional "The Sun is Shining Down," "Brighter Days," and "Ol' Glory". During his interview on THE KATE, the philosophical Grey reveals his deep love for his Northern Florida home and stressed the importance of gratitude and connection to the earth.

22:00:00:00 01:56:46:06

ARTS  
Nightmare Theatre

#### Voyage to the Planet of Prehistoric Women

The Baron receives his new assignment - running the TV studio in the Underworld - and discovers that his only programming consists of bad horror and scifi movies, such as this muddled mess from

1968.

Sun, Feb 11, 2024

04:30:00:00 00:26:19:01

CULTURE

Hupa Fire: Traditional and Cultural Fire Management

The Hoopa Fire Department, tells the story of how traditional fire burning or cultural burns helped California prevent major fires. This story is told by Hupa culture keepers who have firsthand accounts of their relationship to fire.

05:00:00:00 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.

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

WOMEN

Wassaja

Mary Kathryn Nagle

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

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

EDUCATION

Curious Crew

## 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 00:27:00:05

EDUCATION

DIY Science Time

## Convection

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

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

YOUTH

Albie's Elevator

## 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.

13:00:00:00 01:55:00:00

ARTS  
Norcal Classic Movies

The Last Time I Saw Paris

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

ARTS  
Wham Re-Bop-Boom-Bam: The Swing Jazz of Eddie Durham

Eddie Durham heard music differently, and he played it differently, too. Carrying rural southwestern blues influences with him from his hometown of San Marcos, Texas, Eddie became a leading architect of the Kansas City swing jazz sound in the 1920s and '30s. As a trombonist, guitarist, writer and arranger, he helped to author the signature sounds of Count Basie, Benny Moten, Jimmie Lunceford and Glenn Miller, while his pioneering work with amplified and electric guitars paved the way for today's rock 'n roll. Through interviews with family, friends and devoted fellow musicians of all ages, WHAM RE-BOP-BOOM-BAM: THE SWING JAZZ OF EDDIE DURHAM follows the musical journey of this often overlooked, but totally unique, musical genius.

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

ARTS  
Death In Paradise

With Richard struck down by a tropical disease and Camille in Paris its left to Dwayne and Fidel to solve the apparently impossible murder of a local diver. As if their job isn't tough enough, they also have to contend with holidaying British cop DS Angela Young - and they thought Richard was annoying...

22:30:00:00 00:25:56:26

ARTS  
Love and Respect with Killer Mike

Big Boi

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

Mon, Feb 12, 2024

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

ARTS

Songcatchers: The Gathering

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

05:00:00:00 00:26:45:01

ARTS

Waila! Making The People Happy

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

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

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 00:26:46:06

YOUTH  
Wimee's Words

Farms

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

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

YOUTH  
Tiga Talk

Trees

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

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

HEALTH/HEALTH CARE  
Yndi Yoga

Practice for Motivation (Fire)

Like flames of a fire, our self-discipline fuels the  
transformation. Think of what motivates you  
in life and use this inspiration on your mat. You are  
stronger than you think. "Practice for  
Motivation" is a more vigorous vinyasa practice fusing  
together different disciplines, with  
modifications explained and ways to amplify your  
practice included. The breath guides you through  
the flow to sharpen your focus as you improve  
flexibility, strength, and endurance, physically and  
mentally. When we recognize our inner strength, we have  
the motivation and inspiration to create  
positive change in our life.

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

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Full Body Alignment



Proper alignment allows us to use our body the way it was designed to be used - without putting additional pressure or strain on the joints, muscles, or spine. In just 23 minutes, this all-standing workout will improve your posture and balance, increase your range of motion, and relieve aches and pains while strengthening your entire body.

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

#### Brain Booster

This program focuses on exercises that activate the brain and includes excellent movement patterns for balance and gait.

21:00:00:00 00:52:08:00  
ARTS  
Silent Witness

#### History Part 5

The death of an investigative journalist throws the spotlight on to Sam Ryan. Nikki begins to realise that the implications of her discoveries will challenge the principles of forensic science.

Tue, Feb 13, 2024

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

## Friends

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

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

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 00:26:46:06

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

## Summer Sunflower Storm

Recharge in the summer sunflower storm energy as we gently stretch your whole body while entirely seated in a chair. Includes dynamic core strengthening moves along with simple stretches for your shoulders, back hips, legs, and more.

09:00:00:00 00:26:51:03

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

## Hamstring Stretches

Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.

09:30:00:00 00:26:45:08

HEALTH/HEALTH CARE  
Sit and Be Fit

Practice Perfect Posture

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

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

ARTS

Rick Steves' Europe

Rick Steves' Europe: Art of the Roman Empire

With its vast empire, ancient Rome gave Europe its first common culture. From England to Turkey, we explore the greatest Roman cities, marveling at their over-the-top art, soaring aqueducts, and crowd-pleasing theaters. As Rome fell, saints replaced Caesars and Christianity filled the vacuum with art-filled churches-preserving the grandeur of imperial Rome and inspiring the Europe to come.

21:00:00:00 00:43:36:24

ARTS

Hope Street

Finn is adamant that his marriage to Siobhan is over. When her former lover is arrested for assault, however, Finn can't hide his jealousy - which leads Leila to wonder if she's made a terrible mistake.

Wed, Feb 14, 2024

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

WOMEN

Bring The Sun Home

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

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

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 00:26:46:05

YOUTH  
Wimee's Words

## Weather

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

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

YOUTH  
Tiga Talk

## Treasures

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

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

HEALTH/HEALTH CARE  
Wai Lana Yoga

## Dynamic Combo Rolls

Turn upside down, stretch your hamstrings, test your balance, and strengthen your abs all in one fun exercise that combines different poses.

09:00:00:00 00:27:04:21

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

## Upper Back Strength

Get a strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your posture and stretch your chest muscles. The floor exercises will

strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.

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

HEALTH/HEALTH CARE  
Sit and Be Fit

Variety: The Spice of Life

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

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

ARTS  
Paint This with Jerry Yarnell

Ageless Beauty, Part 3

In this episode Jerry shows his viewers how to begin the detailing and highlighting process of the walls and windows. Then he shows how to add the highlights to the edges of the roof, posts, and other areas of the house. Then he takes his script brush and begins adding cracks and miscellaneous details to the wood. He then finishes by explaining how to begin adding the bushes and vines around and on the house.

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

ARTS  
Best of the Joy of Painting

With his trusty paint brushes in hand, Bob Ross takes us to a beautiful hideaway nested below a towering mountain.

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

ARTS  
Pocket Sketching with Kath Macaulay

Flowers Outdoors

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

19:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

Living with Climate Change, Part 3

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

ARTS

Eye of the Storm

In this film we follow James Morrison, widely recognized as one of Britain's finest landscape artists, as he faces his greatest ever challenge. His work hangs in the homes of JK Rowling and the Royal family, as well as in museums, and private collections around the world. But now his eyesight is fading fast, and he has one more major painting to complete. As Morrison reflects on his remarkable artistic journey, from the Glasgow shipyards, to France and the vanishing arctic wilderness, the film becomes a powerful and poignant exploration of what it means to be a landscape painter. Eye of the Storm is also the universal story of a creative mind dealing with the physical frailties that catch up with all of us. Winner of a Scottish BAFTA.

21:00:00:00 00:43:48:03

ARTS

Traces

While Emma and Daniel prepare for the murder trial of his father, a church hall is bombed.

23:00:00:00 00:26:28:11

ARTS

Love and Respect with Killer Mike

Tyler Perry Pt. 2

Entertainment mogul Tyler Perry joins Killer Mike for the second part of an in-depth conversation about his life and career.

Thu, Feb 15, 2024

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

ARTS

Ollie & Emma

Ollie and Emma is a heartwarming six part sitcom webseries about two awkward, shy young adults navigating an intercultural relationship in spite of their well-meaning friends and family. Ollie (Caucasian) and Emma (First Nations) meet in college, and while they are immediately smitten, it is not an easy transition into love. They are more comfortable moving at a slower pace, however Ollie's best friend, James, an overly helpful exchange student from England and Emma's sister, Mandy, a sensational extrovert, both have their own plans for the young couple's budding romance.

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

CULTURE

Potlatch Keepers

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

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

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 00:26:46:05

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 00:21:53:25

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  
Yoga In Practice

#### Reset Your Emotional Circuit Breaker

Our psyches were not developed to respond to everything  
that is coming at us right now. Being so  
connected these days to the world's news is overloading  
our emotional circuit breakers. Take a few  
deep breaths and ask yourself: What is mine to do and  
not to do today? What is mine to say and not  
to say today? What is mine to care about and not to care  
about today? Remember that someone will  
always care.

09:00:00:00 00:27:01:04

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Improve Your Posture

Unlock your spine by stretching and lubricating  
connective tissue in your back, chest and core. By  
gently and effectively working on your range of motion,  
your joints in your spine, hips and feet  
will feel liberated, making you feel taller. This  
beginner, full-body workout is a great way to  
improve your posture at your own pace.

09:30:00:00 00:26:44:12

HEALTH  
Sit and Be Fit

#### Functional and Fun Exercises for the Feet



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

10:30:00:00 00:26:48:11  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Outside: Beyond The Lens

#### Kings Canyon National Park

Recently impacted by a massive wildfire, Jeff, Zack, and Dave travel to Kings Canyon National Park to see the aftermath. An unexpected rainstorm doesn't dampen the spirits of an overnight camping adventure as morning brings blue skies and a meadow-side hike into the heart of this magical place. Hidden waterfalls and a walk through the largest stand of Giant Sequoia trees in America make this a trip to remember.

21:00:00:00 00:57:38:00  
ARTS  
Dracula: Theater of the Mind

It's radio you can see, complete with actors, music and a crew of sound effects technicians, creating it all right before your eyes. Dracula! Emmy Award Winning, "Dracula: Theater of the Mind" is a 1940's-style radio drama, produced for television. "Dracula: Theater of the Mind" follows the story of a small band of mortals who faced the most powerful vampire of them all. It is 1888 and, in Whitby, England, Lucy Westenra has fallen ill. Her fiancée, Jack Seward has brought her to his sanitarium and called in a battery of physicians, but her condition worsens. Desperate, Jack sends for Van Helsing, a specialist in obscure diseases. Van Helsing's visit coincides with that of Jonathan Harker and his wife, Mina, who had been Seward's nurse, but resigned to care for Jon during his recent illness. Jon's law firm has purchased, for one of its clients, the old Abbey next door to the sanitarium. The client's name is Count Dracula.

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

Electric Cars - Pros and Cons, Part 1

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

Fri, Feb 16, 2024

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

ARTS  
Rabbit Fall

#### Lost and Found

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

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

ARTS  
Studio 49

#### Cody Coyote

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

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

CULTURE  
Keep Talking

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

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

05:00:00:00 00:56:44:00

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 00:26:46:03

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

#### Maps

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

08:00:00:00 00:24:01:09

YOUTH  
Tiga Talk

## Sh Is for Sharing

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

08:30:00:00 00:26:46:06

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

## Sunset Bloom

Recharge among the coastal sunflowers at sunset as you experience a total body stretch while using a chair for support. Includes lower body strengthening moves along with gentle stretches for your shoulders, chest, back, hips and more.

09:00:00:00 00:27:19:03

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

## Leg Toning

Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing and floor workout will leave your body feeling energized throughout the day.

09:30:00:00 00:26:45:20

HEALTH/HEALTH CARE  
Sit and Be Fit

## Yardsticks and Bands

Opening this program is a unique warm-up routine using a yardstick. Later in the show, Mary Ann

focuses on upper and lower body strengthening using  
bands.

15:00:00:00 00:26:46:02 #501H  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Ecosense for Living

### 3 Billion Birds

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

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

### Singing The Blues

Host Roberto Mighty interviews Baby Boomers and invites  
viewer participation. Boomer Quiz: Eric  
Clapton. In our Boomer Passion segment, Marcia writes  
and sings the blues. Carol wants parents  
considering adoption to know some things. Beth has a  
baseball-sized tumor removed. Liza's mom's  
unusual lifestyle made growing up tough. Now she's an  
avid reader. Viewers share revealing answers  
to our survey.

20:00:00:00 01:07:05:00  
ARTS  
Norcal Classic Movies

### Sherlock Holmes: Woman In Green

Several beautiful women have been found murdered, all  
with their right forefingers severed from  
their hands. The murders seem apparently unconnected,  
but Holmes and Watson are soon on the trail,  
following leads to a mysterious woman, a secret society  
and the fiendish criminal mastermind,  
Professor Moriarty. 1945, Mystery, Basil Rathbone and  
Nigel Bruce

23:30:00:00 00:28:04:11  
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, Feb 17, 2024

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

ARTS

Mixed Blessings

## Fruit of Another

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

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 00:27:00:28

EDUCATION

DIY Science Time

## Dauphin Island

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

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

YOUTH  
Albie's Elevator

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.

09:00:00:00 00:27:00:11

YOUTH  
Kids for Positive Change

Focus: Backyard Buddies and Ecosystems

Squirrel! Backyard wildlife is often misunderstood. Take positive action for the furry, slimy, stinky, nutty bunch in your backyard, who do quite a lot to keep ecosystems balanced and thriving.

10:30:00:00 00:26:46:02

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Ecosense for Living

### 3 Billion Birds

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

15:00:00:00 00:26:45:22

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Untamed

### Opossums

Opossums are America's only marsupial and while they may not be the cuddliest critters, they are an evolutionary wonder.

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

CULTURE  
Skindigenous

### Stacey Fayant

Born and raised in Regina Saskatchewan, Stacey Fayant is a Metis and Cree tattoo artist who has found a way to give back to her urban Indigenous community by revitalizing the practice of skin stitch and hand poke.

17:30:00:00 00:26:45:28

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Changing Seas

### American Samoa's Resilient Coral Reefs

American Samoa is home to some of the largest corals on record. Reefs in this remote island paradise are thriving, while corals elsewhere are in serious decline. Scientists study what makes these corals more resilient than others in the wake of local and global stressors.

20:00:00:00 00:23:42:01

ARTS  
Music California



This episode includes music by Austin David, Nya, Characula, Allelujah, and Nahko featuring Paris Jackson.

20:30:00:00 00:25:12:26

ARTS  
Sound On Tap

#### Honey Bunny

San Antonio's Honey Bunny is an alternative rock band formed in 2019. The group looks to push the boundaries of indie rock and having a good time.

21:00:00:00 00:56:31:04

ARTS  
The Kate

#### Marty Stuart & His Fabulous Superlatives

Marty Stuart & his Fabulous Superlatives share hits, favorites, stories - and a world premiere on THE KATE stage - their "hillbilly surf" music! The Grammy-winning singer, songwriter and musician is living, breathing country-music history. Hear songs "Tempted," "The Whiskey Ain't Workin' Anymore," "Six White Horses," "Hobo's Prayer," "Time Won't Wait" and more.

22:00:00:00 01:56:46:05

ARTS  
Nightmare Theatre

#### A Bucket of Blood

Inspired by this week's film, Roger Corman's 1960 tale of a busboy-turned-murderous-sculptor, The Baron opens up a coffee shop and El Sapo tries his hand at beat poetry.

Sun, Feb 18, 2024

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

ARTS  
Tribal Police Files

#### Theft File

It's three-on-one when Constable Mitchell Thevarge chases down suspects and finds a knife in their

vehicle. Chief Officer Dee Doss-Cody reveals how attending traditional sweats makes her a better police officer. And the action continues when Constable Dwayne Honeyman responds to a call that might involve domestic violence.

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

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 00:27:00:04

EDUCATION  
DIY Science Time

#### Ecosystems

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

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

YOUTH  
Albie's Elevator

#### 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.

13:00:00:00 01:56:00:00

ARTS  
Norcal Classic Movies

The Strange Love of Martha Ivers

15:00:00:00 00:26:45:23

EDUCATION  
Reconnecting Roots

Education of a Nation

From one room school houses with pencil & paper to campuses with smart-boards & tablets, education in this country has experienced a massive overhaul. Putting the education system to the test, we visit homeschool coops, modern one room schoolhouses, and a high school who might just understand the big picture.

Mon, Feb 19, 2024

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

ARTS  
Death In Paradise

Carnival comes to Saint-Marie. Richard sees the dark side of show business when a comeback concert ends in the most public of murders. If sun, sea and sand weren't bad enough, he now has to conquer his fear of snakes to find the elusive killer...

04:15:20:00 00:14:07:29

ARTS  
Native Hope Champions

TVG

Las Morenas

Lucinda Hinojos, known professionally as La Morena, was commissioned by the NFL as the first Native American artist to design theme art for a Super Bowl. Her artwork was featured on Super Bowl LVII tickets, displays, footballs and more. Amongst this notable work is a 9, 500-square-foot mural, the largest to date created for a Super Bowl. La Morena, who is Chicano, Apache, O'odham and Yaqui, enlisted the help of other Indigenous Artists from various Native and Indigenous Nations to complete the mural in just 22 days. It was a team driven by strong and resilient women. Native Hope Champions: Las Morenas, is a segment that highlights some, but not all of the artists, including "CC" Carrie Sage Curley (Apache), Eunique Yazzie (Navajo), Anitra "Yukue" Molina (Pascua Yaqui), and Jessie Yazzie (Dine').

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Yellow Fever

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

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

EDUCATION  
Curious Crew

#### 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 00:26:46:06

YOUTH  
Wimee's Words

#### Bikes

Wimee sings about biking all over the world; Moby tells us about bike buses; Wimee and friends write a story about biking West; the key story words are translated into Swahili by Mr. Brad; Ms.

Lisa shares a cool book with us; and Wimee and team play a fun scavenger hunt!

08:00:00:00 00:24:01:05

YOUTH  
Tiga Talk

### L Is for Listening

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

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

HEALTH/HEALTH CARE  
Yndi Yoga

### Practice for Connection (Space)

Channel the nurturing energy of the moon as you move through a fluid practice with clear modifications in "Practice for Connection." This practice improves your strength, flexibility, and insightful alignment with building the right structure to keep your body safe. The breath guides the body through a steady flow to build connection within you and around you. Take time on your mat to comfort and nurture yourself with your breath and a mindful yoga practice. You deserve to feel your best. You can have two blocks with you if you have them. You can also do the practice without blocks.

09:00:00:00 00:26:50:27

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

### Upper Back & Posture

Increase your range of motion in your hips and shoulders to strengthen your upper back and improve your posture. In this episode specific isolation exercises are done to stabilize muscles and joints, and correct imbalances due to weaknesses that often occur after an injury or a sedentary lifestyle. Combined with large sweeping movements, this rejuvenating workout will rebalance your body, liberate your shoulders and improve your overall posture.

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

HEALTH/HEALTH CARE

Sit and Be Fit

#### Shoulder and Back Strength

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

15:00:00:00 00:45:01:27

ENVIRONMENT/NATURE/NATURAL DISASTERS

Native Planet

#### Canada

From his home in the Squamish Nation, host Simon Baker traces the path of the proposed Northern Gateway pipeline, from the Oil Sands in Alberta to the tanker terminal planned for Kitimat, BC., to understand why First Nations are opposed.

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

CULTURE

Talking Black In America: Performance Traditions

African American artistic forms like the Blues, Spirituals, Spoken Word, Preaching, Comedy and Hip Hop reveal a story about the creative use of African American Language and its function as a tool for survival, liberation and belonging within the Black Community.

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

ARTS

Silent Witness

#### History Part 6

After the fall out from the lorry crash, the team uncover evidence of a sophisticated plot. Events lead Nikki to conclude that getting the truth will put the Lyell team and everything they love in danger, including Sam Ryan.

Tue, Feb 20, 2024

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

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 00:26:46:05

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 00:21:54:21

YOUTH  
Tiga Talk

### Building

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

08:30:00:00 00:26:46:09

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

## Peaceful Lake Beauty

Breathe in the peaceful forest lake beauty as you stay low on your mat for this gentle yoga practice. Enjoy stretches for your whole body as you release tension in your hips, hamstrings, spine and more.

09:00:00:00 00:27:08:26

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

## Back Pain Relief

Moving the spine in all directions, the way it was designed to move, can help reduce back pain. In this easy-to-follow standing and barre workout you'll relieve tension in the lower back with posture and hip isolation exercises. Plus you'll release, stretch and strengthen your psoas and hamstrings to help keep you pain-free!

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

HEALTH/HEALTH CARE

Sit and Be Fit

## Postural Alignment and Shoulder Stability

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

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

ARTS

Rick Steves' Europe

## Rick Steves' Europe: Art of the Early Middle

Age

After Rome's fall, Europe's Christians kept culture alive with art rooted in their deep faith. We visit sturdy Romanesque churches filled with art that reinforced the ruling order. Meanwhile, Europe was invigorated from the fringes: Byzantines to the East, with their dazzling mosaics; Spanish Muslims with their lush palaces; and fierce Vikings of the North all part of Europe's rich cultural stew.

20:00:00:00 00:57:19:25

ARTS



Let's Have Some Church Detroit Style

Set in the challenging environment of a rust belt metropolis, Let's Have Some Church Detroit Style introduces 25 men and women singing in an all-star community choir. In this film filled with glorious music, The Hallelujah Singers and their charismatic director, Dr. E. LaQuint Weaver, show us that in a city recovering from bankruptcy, wealth is not always counted in dollars and cents. The film's narrative portraits of seven choir members, young and old, reveal that their community, convictions, and music sustain and enrich them.

21:00:00:00 00:44:03:27

ARTS  
Hope Street

Finn's daughter Niamh goes missing. When CCTV footage indicates that the girl has been abducted, Finn turns to Leila to get him through the worst day of his life.

Wed, Feb 21, 2024

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

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 00:26:46:05

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 00:24:00:10

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 00:27:30:00

HEALTH/HEALTH CARE  
Wai Lana Yoga

#### Ease Into It!

This seven-stage forward bend will ease your hamstrings to their maximum length. Then rest your legs as you focus on your torso with a side bend and twist.

09:00:00:00 00:26:04:01

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Calf & Knee

Join Miranda for an all standing, neuromuscular workout. Through gentle and controlled movements, and imagery designed to engage your mind, your body including your knees and calves will be stretched and strengthened to help prevent injury. As an added bonus, you'll also work to increase your hip's range of motion, which will help you move faster and more easily throughout your day.

09:30:00:00 00:26:22:16

HEALTH/HEALTH CARE

Sit and Be Fit

Circulation

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

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

CULTURE

In The Americas with David Yetman

Kites of the Dead In Guatemala

Each November 2, native peoples throughout Middle America celebrate the Day of the Dead. On that day they visit cemeteries where loved ones are buried, freshening up gravesites and adorning them with flowers while gathered around the graves. In one Guatemalan town, the Kajchikel Mayas add a different dimension a festival of kites. Kites by the hundreds are raised to the sky, including some sixty feet in diameter.

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

ARTS

Paint This with Jerry Yarnell

Ageless Beauty, Part 4

In this episode Jerry shows his viewers how to begin blocking in all of the foliage in front of the house and foreground. Then he shows how to add the vines hanging down from the roof edges. Then he shows how to detail the windows and other areas of the house like the chimney, window panes, etc. He finishes by showing how to highlight the foliage and add the first flowers.

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

ARTS

Best of the Joy of Painting

Oval Barn

As if by magic, Bob Ross paints an old country barn in an oval - with snowy trees and bushes breaking through the borders.

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

ARTS

Pocket Sketching with Kath Macaulay

On Location with Water and Plein Air

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

19:00:00:00 00:29:30:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

A Home for Honeybees

Honeybees are in dire need of new living conditions. Bee experts and community members share their knowledge and inspiration to help preserve these pollinators.

19:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

The Center for Ecoliteracy

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

ARTS

Symphony Celebration: The Blind Boys of Alabama With Dr. Henry Panion

A SYMPHONY CELEBRATION: THE BLIND BOYS OF ALABAMA WITH DR. HENRY PANION, III focuses on messages of humanity, peace and love. The program features the five-time Grammy-winning Blind Boys of Alabama with conductor Dr. Henry Panion, III, and a full symphony orchestra. Hailed as "Gospel Titans" by Rolling Stonemagazine, this beloved group - which has collaborated with everyone from Mavis Staples to Stevie Wonder to Prince on the world's most prestigious stages rose to fame in the segregated South with their thrilling vocal harmonies and roof-raising live shows. The concert features a combined choir from Alabama's Historically Black Colleges and Universities (HBCUs), including Alabama State, Alabama A&M, Miles College, Tuskegee University and Talladega College. Choirs from Birmingham Southern College and the University of Alabama at Birmingham also join the show. Dr. Panion has arranged and orchestrated many of the Blind Boys' classic hits for this

unique presentation. The program also includes compelling, story-driven vignettes about the artists and their songs.

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

ARTS  
Traces

A second bomb attack puts pressure on McKinven and Sarah to find and stop the bomber.

Thu, Feb 22, 2024

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

ARTS  
Tribal Police Files

Domestic Violence

Constable Leonard Isaac and Sergeant Dale Austinson arrest a man for assault, and the victim of domestic violence shares her terror and pain. Chief Officer Dee Doss-Cody reveals that as a young mother she was also the target of domestic violence. And an officer shares his experience of on-the-job racism as a member of the Stl'atl'imx Tribal Police Service.

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

Caring for Each Other

Wimee and team sing about ways they show others they care; Director Adams from the MI VA Agency

tells us how her daughter's kindness helped her when she was sad, and how kids can make a difference in other's lives; and Detroit Pistons 'legend Earl Cureton talks about respecting others on the court!

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

YOUTH  
Tiga Talk

G Is for Growing

Kimmmie 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  
Yoga In Practice

Savoring The Gifts

To savor something is the act of stepping outside of an experience to assess and appreciate it. Savoring intensifies the positive emotions that come with doing something you love. To relish today's practice to its utmost, stay as present in the moment as possible, and feel, and even taste, the natural gratitude that arises by simply appreciating the gifts of this life you have been given.

09:00:00:00 00:27:12:15

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Spine Strengthening

Strengthening the spine reduces stress on the spinal discs and joints, protects against injury and is one of the best ways to prevent back pain. Featuring standing and floor work, this rejuvenating

workout will help develop a stable and aligned spine by strengthening the entire core musculature, from the abdominals to the entire back. With a strong back, you'll feel liberated and able to perform daily tasks with ease.

09:30:00:00 00:26:45:21

HEALTH/HEALTH CARE

Sit and Be Fit

#### Core Strengthening

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

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

ARTS

Songs at the Center: Celebrating Black History Month

Talented African American Singer-Songwriters perform their own original compositions across a wide variety of styles, describe their creative processes and discuss the inevitable struggles they've overcome. Historical references and facts about Black History Month are woven throughout the show. Produced and hosted by Kim Haas, known to public television audiences as the producer and host of AFRO-LATINO TRAVELS WITH KIM HAAS.

21:00:00:00 00:58:58:00

ARTS

Frankenstein: Theater of the Mind

It's radio you can see, complete with actors, music and a crew of sound effects technicians, creating it all right before your eyes. Frankenstein! Upon graduating from the university, and with the help of a friend, Victor Frankenstein set out to create life--using corpses stolen from graveyards. During a raging storm, he is successful but, too late, realizes he has created a misshapen, inarticulate horror. And so begins a tale of creature vs. creator in KTWU's fifth televised 1940's style radio drama from ARTS, Inc., and playwright, Phil Grecian.

Fri, Feb 23, 2024

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

ARTS  
Rabbit Fall

Crow Dance

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

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

ARTS  
Studio 49

PJ Vegas

Features Native R&B artist and rock & roll royalty, PJ VEGAS, son of Redbone basist Pat Vegas.

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

Guacamole

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



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

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 00:26:46:02

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Forest Cove

Rejuvenate inside a lush forest cove as we get those good endorphins flowing, feeling replenished with gentle stretching for all your major muscles, including legs, hips, back, shoulders and neck, using a chair for support.

09:00:00:00 00:26:49:12

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Full Body Workout

Rev up your body with this zero impact, cardio workout that won't stress your joints. This all standing, invigorating workout features exercises that tone your abs and strengthen your hips. The flowing rotational movements will unlock your joints, improve your circulation and give you that after workout glow.

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

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Hip Mobility

Maintaining flexibility in the hips is an important strategy to ensure healthy aging. Mary Ann

spends time during this workout focusing on this area of functional fitness.

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

#### Recycling Wheels

Season Finale: Host Roberto Mighty interviews Baby Boomers and invites viewer participation. Boomer Quiz: Sandy Koufax. In our Boomer Passion segment, Kevin & Karen recycle bikes to needy kids. Charles & Elva, a Chaplain and a Chaplain's wife, share their journey. Frank's Mom was not sentimental. Dan studies religion and winds up working with hedge funds. Viewers share answers to our survey.

20:30:00:00 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.

Sat, Feb 24, 2024

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

ARTS  
Mixed Blessings

Happy Anniversary

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

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

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 00:29:00:00

EDUCATION  
DIY Science Time

Chain Reactions

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

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

YOUTH  
Albie's Elevator

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 00:57:07:28

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.

12:00:00:00 01:59:03:02

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.

Sun, Feb 25, 2024

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 00:29:00:00

EDUCATION

DIY Science Time

Newton's Laws

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

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

YOUTH

Albie's Elevator

Lost Hat/Talent Show

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

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

YOUTH  
The Infinite Art Hunt

#### The Ketchup Catastrophe (Mask Making)

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

14:30:00:00 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.

20:30:00:00 00:26:45:29

AGING  
Aging Matters: Aging with Pride

LGBTQIA elders face unique social, economic, and health challenges. Organizations and individuals

across the country are working to address issues such as discrimination and loneliness. AGING

MATTERS: AGING WITH PRIDE sheds light on what many in the Stonewall Generation have had to endure and fight for in the hopes of enacting positive change for the community in the ongoing pursuit of equality.

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

ARTS

Death In Paradise

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

Mon, Feb 26, 2024

05:05:00:00 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 00:26:47:28

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

### Storytelling

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

08:00:00:00 00:24:00:06

YOUTH  
Tiga Talk

### Dreams

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

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

HEALTH/HEALTH CARE  
Yndi Yoga

### Practice for Expansion (Space)

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

09:00:00:00 00:26:46:20

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

### Glute & Hip Stretch



Work from head-to-toe as you stretch the entire body in this feel good Classical Stretch workout.

Through twisting the spine you'll liberate your upper body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. As you continue with barre work, you'll release tension in your hips and spine so that you can stretch and strengthen your glutes and hamstrings.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Music and Novelty

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

19:00:00:00 01:28:50:05

HEALTH/HEALTH CARE

Unlock The Secret to Extraordinary Health with David Perlmutter, MD

The most threatening health issues of our time stem from poor metabolic health. But there's

exciting news. Leading-edge scientific research from around the globe now reveals that controlling uric acid may well hold the key to regaining metabolic health. This program presents the latest

science surrounding uric acid and provides the tools to readily bring it under control. Lifestyle

choices are fundamental for health, and Dr. Perlmutter explores the fascinating relationships

between what we eat, when we eat, how we sleep, and even our choices in nutritional supplements

and how they influence uric acid, allowing viewers to take control of their metabolic destiny. Dr.

David Perlmutter is an internationally known board-certified neurologist, #1 New York Times

best-selling author, and Fellow of the American College of Nutrition. His preventive approach to

brain health focuses on the role of lifestyle changes in wellness and longevity. In this program

he's joined by his son, Dr. Austin Perlmutter, a board-certified internal medicine physician.

Together they join forces to focus on ways to create sustainable joy, health and meaning in the modern world.

Tue, Feb 27, 2024

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

YOUTH

Wimee's Words

Thankful for Veterans

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

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

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

08:30:00:00 00:26:46:28

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Majestic Golden Fields

Bask in the glory of the majestic golden wheat fields as we experience a modified yoga practice using a chair to improve posture and support movement in the whole body including balance and

standing poses to open the hips and lengthen the hamstrings.

09:00:00:00 00:26:56:00

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

### Spine Flexibility

Working your spine through flexion, extension, lateral and rotational movements will help you gain greater flexibility in your spine and also your neck and hips! With this energizing standing and floor workout, you'll stretch tight glutes and hamstrings, which will liberate you spine too. Plus, there are exercises for ankle mobility to help increase your walking and running speed.

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

HEALTH/HEALTH CARE

Sit and Be Fit

### Imagining Resistance

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

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

ARTS

Rick Steves' Europe

### Rick Steves' Europe: Art of the High Middle

Ages

As Europe passed A.D. 1000, its growing prosperity was reflected in soaring Gothic cathedrals graced with colorful altarpieces, lacy stonework, and radiant stained glass. We visit luxurious castles to see exquisite tapestries showing a new secular love of worldly pleasures and, end in Italy, where pioneering artists like Giotto were mastering realism and pointing the way to the future of art.

Wed, Feb 28, 2024

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

ARTS

KVIE Native American Art Stories

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

04:30:00:00 00:26:17:24

ARTS

Main Street Wyoming

Photography of Sara Wiles

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

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

CULTURE

Weaving Worlds

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

between Indigenous artisans and Anglo traders.

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

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 00:26:46:05

YOUTH  
Wimee's Words

### Bears

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

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

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 00:27:30:00

HEALTH/HEALTH CARE  
Wai Lana Yoga

### Perfect Posture

Wai Lana shows you a series of poses to loosen the shoulders and open the chest, making good posture a breeze.

09:00:00:00 00:25:59:23

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Glute Toning

Powerful glutes play a key role in how efficiently your body moves. Keeping them toned and strong can relieve back pain and prevent injury. You'll also work on feet and hip alignment, and move in ways to increase your range of motion in this Classical Stretch episode. Perfect for beginners, the easy-to-follow full body movements will keep you energized throughout your day.

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

HEALTH/HEALTH CARE

Sit and Be Fit

#### A Treat for Your Feet

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

10:30:00:00 00:26:45:11

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

#### Under The Shadow of the Volcanoes

Guatemala has more active volcanoes than any other country in North America. This portion of the famed "Rim of Fire" has left an indelible imprint on the landscape and on the cultures of the nation. With volcanoes come earthquakes and no city illustrates a greater heritage of both than Antigua. And no volcano has left a finer landscape than Lake Atitlan. Volcanoes destroy, however, and we visit a town recently overwhelmed by a nearby volcano.

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

ARTS

Paint This with Jerry Yarnell

Ageless Beauty, Part 5

In the final episode, Jerry shows his viewers the last few details and highlights using the script brush for the tall foreground weeds and the small sable brushes to dab on pure color for the final flowers at the base of the house and for applying the brighter highlights on the house and pathway.

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

ARTS

Best of the Joy of Painting

Covered Bridge

Bob Ross paints a country covered-bridge without disturbing the lovely forest background. A painting you won't want to miss!

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

ARTS

Pocket Sketching with Kath Macaulay

Plein Air with Architecture

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

Thu, Feb 29, 2024

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

ARTS

Tribal Police Files

Cyber Bullying

Tribal police officers respond to a call about cyberbullying against a local teenager. Constable Dwayne Honeyman drives a long and treacherous road to track down the subject of a warrant. And Stl'atl'imx Tribal Police officers gain the strength to deal with modern policing issues by drawing lessons from traditions and culture.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

My Louisiana Love

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

05:00:00:00 00:26:41:00

CULTURE

Badger Creek

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

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

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 00:26:46:06

YOUTH  
Wimee's Words

#### Kindness

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

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

YOUTH  
Tiga Talk

#### Food Preparation

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

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

HEALTH/HEALTH CARE  
Yoga In Practice

#### Refining and Evolving

There is a saying, "Yoga makes the impossible possible, the possible easy, the easy elegant."  
Yoga, like life, is a process of refining and evolving. The small changes that we commit to each day shift our mind, our vision, our health. One of my favorite mantras is, "I like myself when I try." When you are on your mat you have ample opportunity to try the possible and to make the easy elegant.

09:00:00:00 00:27:31:25

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Hip Strengthening

Learn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing workout, Miranda shows you how to work through the muscle chains of the legs to get stronger hips.

Plus, arms, hands and wrists are stretched to improve posture and relieve neck pain. This episode is great for those who want to improve their strength and overall health.

09:30:00:00 00:26:45:18

HEALTH/HEALTH CARE

Sit and Be Fit

#### Somatosensory and Lymphatic Systems

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

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

15:00:00:00 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.

