

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

September, 2023

Fri, Sep 01, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Unshackled

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

07:00:00:00 00:29:00:02

EDUCATION
Curious Crew

Wheels and Axles

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

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

YOUTH

Wimee's Words

Dolphins

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

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

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 00:26:46:01

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Sunflower Beauty

Bask in the beautiful sunflower fields of summer as you enjoy a gentle yoga practice while entirely seated in a chair. Includes lower body moves to build strength and stamina along with gentle stretches for your shoulders, chest, back, hips and more.

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Body Shaping

Join Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classical Stretch shapes every muscle in your body leaving you with more definition and tone.

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

AGING
Sit and Be Fit

Pamper Your Feet

This episode is packed with variety and several guest appearances. Mary Ann and Dr. Emily share exercises to stimulate your feet and keep them healthy.

14:30:00:00 00:29:00:00

EDUCATION
Ultimate Guide to Fly Fishing

Basics of Fly Fishing

In this introductory episode host Tom Rosenbauer teaches the essentials of fly fishing. From the origins of fly fishing to how inexpensive it is to get started, this fascinating video will help you to understand more about fly fishing. Includes basics of casting and knot tying.

15:00:00:00 00:26:59:28

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 00:26:45:29

AGING
Getting Dot Older

Having It All?

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Karen, the drummer; Mike, the rancher; Dianne, the archer; Kim, the tennis player; Ken, the rower; Danny, the

tailor; Karmen, the singer; and Jan, the guitarist.

Sat, Sep 02, 2023

01:00:00:00 00:22:01:10

WOMEN

Chaos & Courage

Coastal Queens

When the BC Ferry Queen of the North sank off Gil Island in March 2006, the nearby tiny coastal community of Hartley Bay responded en masse. The women who participated in the rescue of the stricken ship's passengers have since become champions for the protection the coastal area they call home.

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

ARTS

Mixed Blessings

The Young Apprentice

Hank takes on the roles of boss and Father figure when Teresa, a young single mother, joins his team as an apprentice. Tazz feels threatened by the new addition, and during his week off begins to search for a different job.

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

ARTS

Kaha:Wi - The Cycle of Life

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

07:00:00:00 00:29:00:02

EDUCATION

Curious Crew

Resonance

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

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

EDUCATION
DIY Science Time

Solar Balloons

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

Sun, Sep 03, 2023

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

EDUCATION
Curious Crew

Momentum

Racing cans, pencil spinners, bowling ball bangers!
Explore how whenever something is moving, it
has momentum, and the faster it's moving, the more
momentum it has. STEM Challenge: Designing a
better bobsled. Curious About Careers: Pediatrician Mona
Hanna-Attisha describes what it takes to
care for children's health.

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

EDUCATION
DIY Science Time

Magnetic Racer

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

Mon, Sep 04, 2023

01:00:00:00 00:21:41:28

CULTURE

Future History

Culture

Cultural Program Manager, Michael Etherington, at the Native Canadian Centre of Toronto shares his thoughts on the practice, representation and education of culture. Publisher and Editor-in-Chief Rebeka Tabobondung invites Kris and Sarain into her home where she runs the online arts & culture publication Muskrat Magazine. Eddy Robinson talks about medicine bundles and his need to create his own cultural "bubble" in the big city.

04:00:00:00 00:27:18:00

EDUCATION

Pathmakers

A new education program called Pathmakers is offering makerspace programming for native and non-native youth in grades K-12 throughout Humboldt County. Pathmakers activities will help all students, native and non-native, learn about the history, culture, and technologies of the tribes in the region, from pre-colonization to today. The project team is working with K-12 students, college students, parents, teachers, tribal members, and regional native cultural and education experts to develop the programming. The curriculum will strive to bridge the gap between traditional Native technologies and maker activities using today's technologies. Traditional Native technologies employed sophisticated techniques that are still in use today. One example is the Yurok plank house, which employed many of the same "passive solar" design techniques that are now frequently, and increasingly, used by builders today. The 4-year program was developed by the Blue Lake Rancheria, the Humboldt County Office of Education, and the Northern Humboldt Union High School District.

04:30:00:00 00:25:50:20

CULTURE

Puntos De Vida

Threads of Life

A maestra of artesanía and her two 15-year-old students during their Mayan embroidery tour in Yucatan, Mexico. The trio traveled in early March, days before the pandemic shutdown, to various Mayan villages to meet artisans working in their homes and shops. They reflect on their experiences with candor and insight while capturing vibrant colors and cultural life with sincerity and appreciation.

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 00:26:45:26

EDUCATION

Curious Crew

Football Science

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

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

YOUTH

Wimee's Words

Bats

Wimee has sing-song fun with compound words; Moby tells us about bumblebee bats; a glove-wearing

bat is the subject of Wimee's story; Miss Holly translates our key words into Chinese; Ms. Kelaine shares a website with us all about bats; and Miss Sarah shows us how to calm down using our five senses.

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

YOUTH
Tiga Talk

Keep Trying

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Fusion

A dynamic and transformational yoga practice fusing together different disciplines of yoga, nestled in an otherworldly outdoor environment that eliminates distraction. YNDI Fusion is an all level practice that is healing, powerful and fluid. This is an empowering practice for seasoned practitioners and is also very accessible for newer yoga students with modifications clearly explained. The custom soundscape and the stark cinematography enhance the experience with insightful instruction. With clarity in the body and mind, you have the power to create your day.

09:00:00:00 00:26:42:11

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Quad Flexibility

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

09:30:00:00 00:27:28:13
HEALTH/HEALTH CARE
Sit and Be Fit

Lymphatic Health Special

Physical Therapist, Diana Smith, explains the role of the lymphatic system in removing toxins from the body. Mary Ann devotes this episode to a variety of movements and exercises that stimulate healthy lymphatic flow including a self-massage relaxation segment.

16:00:00:00 00:26:46:00
WOMEN
The Chavis Chronicles

Christian F. Nunes, President of NOW

In this episode, Dr. Chavis sits down with Christian F. Nunes, President of the National Organization for Women. Ms. Nunes is the second African American president and is the youngest person of color in the organization's history. Ms. Nunes talks with Dr. Chavis about her years of experience advocating for women's issues and the key initiatives she has launched at NOW.

20:00:00:00 00:56:39:08
WOMEN
Evening with Ursula Burns

An Evening With Ursula Burns is a one-on-one interview of the former CEO of Xerox, exploring the life and career of the first African American woman to head a Fortune 500 company - from her poor upbringing on the Lower East Side of Manhattan, her mother's efforts to raise three children on her own, her start at the Xerox Corporation as a young engineer and intern, and her meteoric rise through the corporate ranks.

21:00:00:00 00:52:04:20
ARTS
Silent Witness

Hope Part One

Teenagers messing around in a stolen car collide with a concrete pillar in a multistorey car park.

The joyriders escape, but within the smashed concrete, the unmistakable form of a skull is

revealed. After painstakingly extracting the skeleton encased inside, Nikki and the Lyell team

must investigate a suspicious dating back 20 years. Meanwhile, Clarissa faces a difficult decision regarding her mother's care.

Tue, Sep 05, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Searching for Capomo

Capomo is a nutritious and medicinal tree whose bark seed sap and leaves have sustained indigenous peoples of Mexico Central America and the Caribbean for millennia. This video is made with the

Indigenous Community of Chacala in west Mexico and explore the diverse medicinal and nutritional uses, and the challenges facing this imperiled tree.

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

ARTS
Main Street Wyoming

Photography of Sara Wiles

Sara Wiles began taking pictures of Northern Arapaho people as a social worker on the Wind River

Reservation. The photos were a chronicle and a gift to Indian families; now they tour art

galleries and museums across the country. Wiles retains her close ties to reservation friends and

families, even as she breaks new ground in her effort to use photographs to tell the stories of people and cultures

07:00:00:00 00:26:48:05

EDUCATION
Curious Crew

Buoyancy

Sinking stones, aluminum boats, Cartesian diver, scuba action figures, hot air balloons and more!

Explore buoyancy, which is an object's ability to float.
STEM Challenge: Making a hovering
balloon. Curious About Careers: Microbiologist Joan Rose
discusses the workings of a water
research lab.

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

YOUTH
Wimee's Words

Trucks

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

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

YOUTH
Tiga Talk

Dwellings

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Panoramic Seascape

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

09:00:00:00 00:26:31:22

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

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

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

AGING
Sit and Be Fit

Tai Chi with Tino

Tai Chi exercises are good for balance training and fall prevention. Mary Ann introduces guest Tai Chi instructor, Tino, who leads viewers in a fun "Tai Chi By The Sea" segment.

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

ARTS
Hope Street

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

Wed, Sep 06, 2023

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

ARTS
Red Earth Uncovered

Crescent Presence

Tom sends Shayla to Robert's Arm to check out a lake monster known as Cressie. He asks her to find out what this creature is and if it actually exists.

03:30:00:00 00:23:13:12

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

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

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

05:00:00:00 00:56:53:29

CULTURE

Rethinking Blackduck Pottery

A special LONGER, more in-depth look at experimental archaeologist Grant Goltz (of Lakeland PBS' documentary Birchbark Canoe). Goltz shares his theory, developed with others, of how pre-contact indigenous people of our area made multi-functional Blackduck pottery, with a group of First Nations Women from Winnipeg, Canada. While Goltz's hands-on discoveries often don't gain acceptance with established academia in the U.S., his experience and knowledge is greatly respected across the border by our neighbors to the North.

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

EDUCATION

Curious Crew

Skeletal System

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

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

YOUTH

Wimee's Words

Flowers

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

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

YOUTH
Tiga Talk

Safety

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

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

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

09:30:00:00 00:27:28:15

HEALTH/HEALTH CARE
Sit and Be Fit

Brain and Balance

Mary Ann shares exercises that improve postural strength and finger dexterity. Gretchen leads viewers through a fun segment that challenges the brain and balance systems with reaction time and patterning exercises. Dr. Emily shares a balance tip.

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

CULTURE
In The Americas with David Yetman

Panama's Wild West

An hour or so distant from Panama's burgeoning capital and its great canal, a broad peninsula juts

into the Pacific Ocean. The Azuero Peninsula is home to traditions, landscapes, and people different from those of the capital and its suburbs. Residents of Azuero celebrate what sets them off from the rest of Panama. And they are huge fans of baseball.

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

ARTS

Paint This with Jerry Yarnell

Beyond The Wall, Part 2

In this episode, Jerry finishes painting in all areas behind the wall. Then he shows how to underpaint the road with the proper value changes. Now he sketches the outer shape of the wall and arch. Next he shows how to begin underpainting the large areas of the stucco wall. Then he paints in the dimensional shadow of the large and small arches.

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

ARTS

Best of the Joy of Painting

Mountain at Sunset

Bob Ross demonstrates his unique painting method and shows how to create a beautiful brown mountain scene.

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

ARTS

Pocket Sketching with Kath Macaulay

Virtual Travel

Because you can't always go somewhere, why not relive the best places? Using a photo from your travel, isolate focal points and sketch only one. Always use the timer to stay within 25 minutes. (Architecture takes an extra 5 minutes.) As your mind can visualize only one thing at a time, you will escape into the trip. When you review your sketch, you will remember far more than is in the photo. This is a fabulous meditation.

15:00:00:00 00:27:31:27

CULTURE

Modern Pioneering with Georgia Pellegrini

Heritage of the Lowcountry

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

Thu, Sep 07, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Gull Bay, On

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

03:30:00:00 00:28:00:00

CULTURE

Tribal Elder Stories

Opal and Gerald Chavez

Opal Chavez is a Cheyenne elder who is married to Gerald Chavez, a Pueblo Cochiti. Together, they have forged out a happy life that has been tempered by mutual respect and a deep devotion to their traditions.

05:00:00:00 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 00:26:45:13

EDUCATION
Curious Crew

Rockets

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

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

YOUTH
Wimee's Words

Baseball

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

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

YOUTH
Tiga Talk

Food

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

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

HEALTH/HEALTH CARE
Yoga In Practice

T I Like Who I Become When I Try

Yoga poses can be challenging, just as life is at times. Our practice teaches us how to take a leap when faced with fear or stress, to cultivate mental and physical fortitude. This episode challenges you to reclaim your power and hold a positive attitude.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

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

09:30:00:00 00:27:28:13

HEALTH/HEALTH CARE

Sit and Be Fit

Tone and Stretch

Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout to improve strength and range of motion. A variety of fun music is used throughout. Dr. Emily shares a balance tip. The episode ends with a gentle relaxation segment.

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

AGRICULTURE

My World Too

Whoof, Nile Valley Aquaponics,
Greenfield Robotics

In this episode of My World Too we learn about an organization called WHOOF USA that encourages getting in the dirt with hands-on mentoring at organic farms across the nation. Next we visit an aquaponic greenhouse in the heart of the inner city growing Tilapia fish and fresh produce while teaching the community how to grow healthy options combatting urban food insecurity. We travel to

the heart of the bread basket to visit a high-tech start up that is promoting chemical-free large scale farming with the help of robots.

21:00:00:00 00:45:31:03

ARTS
Coroner

First Love

Jane is woken by a call from Clint telling her that a boy Steve Kernan has been found dead at the base of a lighthouse. Jane then finds that her daughter Beth has snuck out of the house and is at a sunrise beach party. At the scene, Davey tells Jane that a text message to Steve's mother, May, suggests suicide but a devastated teenage girl turns up at the Coroner's Office telling Jane that Steve would never have killed himself. Jane talks to Steve's parents and feels that his mother is holding something back. Meanwhile, Davey discovers that Steve's best friend, Matt, is Beth's new boyfriend. Jane tries her best to befriend Matt while investigating Steve's death and searching for the mysterious girl who visited her. The question on everyone's minds is - did Steve jump or was he pushed?

23:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

How Should We Respond to Climate

Change?

Climate change is already affecting everyday lives. What are the risks as the globe warms?

Fri, Sep 08, 2023

01:00:00:00 00:23:30:22

ARTS
Rabbit Fall

Pestilence

Tara watches in shock as a gruesome apparition disappears into a freshly dug grave. Investigating further, Tara sparks outrage and threats when she digs up the consecrated grave and unleashes a

super bug that spreads throughout Rabbit Fall. Will the
mysterious little girl's gift to Tara help
her stop the wide-spreading disease before it's too
late?

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

ARTS
Studio 49

PJ Vegas

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

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
The Price of the Prize

"The Price of the Prize" is a documentary by Canadian
filmmaker Brandy Yanchyk about the First
Nations fight to end grizzly bear trophy hunting in the
Great Bear Rainforest in British Columbia.
The film follows the Heiltsuk, KITASOO XAI'XAIS and
Gitga'at First Nations as they enforce their
ban on trophy hunting through the presence of Coastal
Guardian Watchmen. The documentary also
shows how the environmental group the Raincoast
Conservation Foundation is purchasing grizzly bear
trophy hunting licenses in the Great Bear Rainforest to
try to stop the commercial trophy hunt.
"The Price of the Prize" gives the viewer unique access
to Canada's First Nations and provides the
audience with a breath taking view of many majestic
animals that live in the Great Bear Rainforest
including grizzly and bear bears and the elusive Spirit
Bear.

04:30:00:00 01:10:34:01

ENVIRONMENT/NATURE/NATURAL DISASTERS
The Human Effect

Filmmaker Ed Breeding takes viewers into depth with
Mother Earth. He shares the beautiful
landscapes and areas of Mother Earth and also shows the
negativity that has been taking place as a
result of the human effect. Also a number of tribal
elders and leaders in the community voice their
thoughts and give advice on the human species finding
balance and living in peace in harmony with

the environment and each other.

07:00:00:00 00:26:46:27

EDUCATION
Curious Crew

Candy Chemistry

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

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

YOUTH
Wimee's Words

Word Games

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

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

YOUTH
Tiga Talk

Exercise

Jason, Jodie and the puppets learn the importance of exercising - for kids, grownups and animals - to keep hearts fit and strong. Jodie does gymnastics, Kokum jogs, Jason runs to school, while Gertie lifts weights, while exercise for their imaginations comes from a carver of masks and a chance at making their own masks at the craft table.

08:30:00:00 00:26:46:12

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Summer on the Farm

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

09:00:00:00 00:26:19:11

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

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

09:30:00:00 00:27:28:15

AGING

Sit and Be Fit

Balance Your Body

In this episode, Mary Ann leads viewers through a workout designed to balance out the body to improve functional fitness. Dr. Emily shares an exercise to strengthen balance and help reduce fall risk.

14:30:00:00 00:29:00:00

EDUCATION

Ultimate Guide to Fly Fishing

Bass on a Fly

Bass are the number sport fish in America and for good reason. They are great fighters and are in virtually every state! Host Tom Rosenbauer details the basics of getting started in fly fishing for bass. He even compares conventional tackle lures to matched flies. A wonderful starter video for anyone keen to add fly fishing to their bass fishing options.

15:00:00:00 00:26:46:27

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

Loving and Losing

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. We meet Pat, the restaurateur; Christie, the skater; Carolyn, the yoga teacher; Jan, the guitarist, prt2; Guest Expert: Dr. Walter Willet, Harvard Nutritionist.

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

ARTS
On The Road with Chatham Rabbits

Dreams & Songs

Husband-and-wife duo Sarah and Austin McCombie of Chatham Rabbits go on the road to follow their dreams of making it in music. They play at the Bynum General Store and get nostalgic during a visit to their old house. Later they give a tour of their Siler City farm and introduce their animals. The couple write new songs and look forward to the band's first practice before kicking off their tour.

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

ARTS
Tradfest: The Dublin Castle Sessions

A Haon

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without

Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many places. Guests: Luka Bloom, Moxie, Louise Kelly, Tolu Makay, Enda Gallery Karan Casey & Kate Ellis.

21:00:00:00 00:47:54:12

ARTS
Whitechapel

Ambitious DI Joseph Chandler is assigned an open-and-shut case, the killing of a woman in the East End of London. Get a quick result, he is told, and you will get the promotion you have been waiting for. Unfortunately for him, however, things don't turn out to be so straight forward. The investigation quickly runs out of suspects until Edward Buchan, a renowned Ripperologist, draws the police's attention to the similarities between the Jack the Ripper killings in 1888 and the modern-day murder that Chandler is investigating. The race begins to catch the copycat killer before he strikes again.

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

HEALTH/HEALTH CARE
Your Fantastic Mind

Adolescent Mental Health

Social media, academic stress and other crucial factors are contributing to an adolescent mental health crisis in America. This episode explores the alarming rise of anxiety, depression and suicide among today's teenagers, addressing causes of the crisis and exploring possible solutions. Viewers will hear from families and teens affected by mental health disorders, as well as psychiatric experts calling for an urgent need for change.

Sat, Sep 09, 2023

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

WOMEN
Chaos & Courage

Midwives

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

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

ARTS
KVCArts

Drezus

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

04:30:00:00 00:22:01:06

ARTS
Mixed Blessings

There's No Place Like Home

With everyone away for the summer, Hank and Josie decide to take a romantic vacation, but a few wrong turns lead them to an abandoned hunting tent. While they enjoy their rustic getaway, the family thinks they've gone missing.

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

EDUCATION
Curious Crew

Inertia

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

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

EDUCATION
DIY Science Time

Surface Tension

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

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

YOUTH
Albie's Elevator

Elevator Voice/Blue Rectangle

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

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

YOUTH
The Infinite Art Hunt

The Flamingo Fiasco (Public Art)

The Flamingo Fiasco (Public Art): When Cousin Cal's flamingo sculpture isn't accepted for the school art show, Freddie is determined to help him stay positive about his talent. Grandma Tilly introduces the kids to the concept of public art, and they learn how to make their own public art project.

10:30:00:00 00:28:16:19

ENVIRONMENT/NATURE/NATURAL DISASTERS
Wild Hope

Beaver Fever

The surprise return of beavers to the British countryside is boosting biodiversity, reducing storm-induced flooding, and restoring wilderness to a highly manicured landscape. But the

industrious rodents are also riling some of their human neighbors. Can the British beavers regain their former glory as powerful ecosystem engineers, or is their new home too domesticated to return to the wild?

16:30:00:00 00:25:45:26

CULTURE
Skindigenous

India

Written and directed by Randy Kelly. Mo Naga is a traditional tattoo artist from Manipur, in the lush North East Region of India on the Myanmar border. While studying fashion design in his early 20s, Mo Naga stumbled across some interesting Naga textile designs and quickly realized their cultural importance. He gradually started researching, archiving and preserving them. His creativity and love for tattoos led him to create a neo-Naga style of design. Mo Naga now works diligently from his New Delhi tattoo studio reviving the traditional Naga tattoo culture of his people and the whole North East Region of India.

20:00:00:00 00:57:36:01

ARTS
Front and Center

Mika Live at the Paris Philharmonic

The Lebanese-British pop star's sold-out performance with the National Orchestra of Ile-de-France features his debut breakout hit "Grace Kelly," "Origin of Love," "Toy Boy," and more from the classically trained showman whose glittery style and emotive falsetto have earned him comparisons to Freddie Mercury.

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

ARTS
Nightmare Theatre

I Bury The Living

It's annual employee evaluation time at the NMTV studios as the gang screens this 1958 shocker about a cemetery director who believes he causes clients' deaths by sticking pins in a map of

their plots, inspiring the Baron to improve Sapo's
dismal performance with a job board.

Sun, Sep 10, 2023

07:00:00:00 00:26:45:28

EDUCATION
Curious Crew

Electric Batteries

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

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

EDUCATION
DIY Science Time

Kitchen Science

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

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

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.

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

HEALTH/HEALTH CARE

Our Time

Teen Mental Health + Suicide Prevention

Suicide is the second leading cause of death for people between the ages of 10 and 24. Filmmakers Madison Legg and Teia Santos, both 17, discuss the issue in their films Under the Wire and Surviving. Legg confronts her younger brother who recently attempted suicide. After attempting suicide herself, Santos confronts her parents who were forced to admit their daughter into a psychiatric hospital.

21:00:00:00 00:44:15:02

ARTS

Shakespeare & Hathaway-Private Investigators

If It Be Man's Work

Frank and Luella are employed by Bertie Tark, CEO of high tech company Forosa, to find a mole leaking secrets of a new fashion app about to be launched. Their old computer geek friend Spider, who acts as head of security, recommended Frank and Luella and together they investigate the employees who present a happy front despite the head of development, Dean Parolles, being an overbearing taskmaster. When Parolles is murdered suspicion falls on employee Helena Mau who claims to have invented the original app, but Spider who has fallen for her is convinced she is innocent.

Mon, Sep 11, 2023

03:30:00:00 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.

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 00:26:45:26

EDUCATION
Curious Crew

Center of Gravity

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

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

YOUTH
Wimee's Words

Paper Airplanes

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

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

YOUTH
Tiga Talk

Spring

Kokum's pussy willows signal spring, when the world wakes up again and everything's brand new.

Spring Salmon fingerling carvings are presented, Jodie and Jason play hide and seek to the 5

Little Raindrops song to help Gertie stay awake, and Kokum gets a big surprise from last year's spring gathering.

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Awaken Flow

An invigorating, fluid flow, immersed in magical sunlight, to awaken your senses and soul. This vinyasa practice, linking the breath with the body, fuses together different disciplines of yoga to create a therapeutic and transformative experience which is enhanced by the custom soundscape and cinematography. Modifications are demonstrated in the beginning of the practice to make it accessible for all levels of practitioners. Connect to your light and access your potential with this fulfilling yoga practice that works the entire body, quiets the mind and nourishes the soul.

09:00:00:00 00:26:56:10

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda

Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!

09:30:00:00 00:27:28:16

AGING
Sit and Be Fit

Muscle Isolations

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

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

15:00:00:00 00:45:01:08
COMMUNITY POLITICS/GOVERNMENT
Native Planet

Hawaii

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

16:00:00:00 00:25:45:01
WOMEN
The Chavis Chronicles

Carol Davis, Developer in the Ukraine

American female developer and construction expert Carol
Davis shares her efforts to help rebuild
critical infrastructure facilities, roads and homes for
Ukrainians left homeless and devastated in
the wake of a brutal war with Russia.

20:00:00:00 00:56:46:26
ARTS
Evening with B.B. King

An Evening With B.B. King is a must see interview that
provides a rare look into the life and
times of the King of the Blues.

21:00:00:00 00:52:05:24
ARTS
Silent Witness

Hope Part Two

The Lyell team identify the concrete-encased remains as
those of Derek Marshall, survived by his
wife Sue and sister Ann. Clarissa traces payments to a
cryogenics facility, leading to the

discovery of another suspicious death. Lacking any proper documentation, the coroner orders a post-mortem into the cryogenically frozen body. How did they die, and why was the decision made to freeze them?

23:30:00:00 00:26:42:15
COMMUNITY POLITICS/GOVERNMENT
Civil Discourse

Larry Krasner

Larry Krasner is District Attorney of Philadelphia and the subject of national attention for his progressive and controversial approach to criminal justice reform. In this episode of The Civil Discourse, Krasner and Host Paula Marantz Cohen discuss his work to address systemic racism and contentious police, law enforcement, and sentencing practices.

Tue, Sep 12, 2023

01:00:00:00 00:21:59:26
HEALTH/HEALTH CARE
Chaos & Courage

Midwives

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

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

Pulleys

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

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

YOUTH
Wimee's Words

Shapes

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

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

YOUTH
Tiga Talk

Summer

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

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

HEALTH/HEALTH CARE
Happy Yoga with Sarah Starr

Majestic Desert

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

09:00:00:00 00:26:48:08

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout

will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.

09:30:00:00 00:27:28:15

HEALTH/HEALTH CARE
Sit and Be Fit

Grow Strong Effortlessly

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

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

HEALTH/HEALTH CARE
Exposing Disparity: The Lasting Impacts of Covid-19

COVID-19 affected more people of color than it did whites, and mixed messages in the public health response complicated efforts to turn the tide of disparity. Many communities struggled with barriers to adopting strategies to combat the virus, others struggled with knowing who to trust or what to believe.

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

ARTS
Hope Street

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

Wed, Sep 13, 2023

04:00:00:00 00:50:31:22

CULTURE
The Incas Remembered

Centuries ago, they performed miraculously technical
brain surgery, built modern irrigation
canals, made agricultural discoveries still used by
modern man, and were master builders...the
stone village of Machu Picchu at 9,000 feet above sea
level standing as the awe-inspiring monument
to their genius. How did they get the stones up the
mountain to construct this architectural
marvel? They were the Incas, a wondrous people who once
ruled half of South America before falling
to the Spanish Conquistadors.

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 00:26:44:12

EDUCATION

Curious Crew

Kinetic Energy

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

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

YOUTH

Wimee's Words

Farms

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

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

YOUTH
Tiga Talk

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

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

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

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

09:30:00:00 00:27:28:20

HEALTH/HEALTH CARE
Sit and Be Fit

Head to Toe - Tone, Stretch & Strengthen

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

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

ARTS
Paint This with Jerry Yarnell

Beyond The Wall, Part 3

In this third segment, Jerry continues painting in the road by adding the ruts, small pebbles, and

gravel effect by using a toothbrush. Then he adds the bushes and miscellaneous details on the back side of the arch. Now he begins phase one of applying the texture of the stucco. The he underpaints the stone wall on the left side of the road and finishes by painting in the stone wall at the bottom of the wall.

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

ARTS

Best of the Joy of Painting

Misty Mountain Morning

Enjoy the view while Nicholas Hankins paints a sleepy, slow moving mountain river as it winds around towering evergreens in the valley; a real Bob Ross classic!

Thu, Sep 14, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Little Buffalo, Ab

Growing up in the Lubicon Lake Band in Little Buffalo, AB, Melina Laboucan Massimo has experienced the detrimental effects of Oil Sands extraction. Today it's made her one of Canada's leading climate change campaigners and the host of Power to the People.

03:30:00:00 00:28:00:00

CULTURE

Tribal Elder Stories

Dr. Neyooxet Greymorning

Dr. Neyooxet Greymorning is a Professor of Anthropology and Native American Studies at the University of Montana. He is an Arapaho elder with a passion for preserving the language. On this edition of Elder Stories - From the Pages of Our Lives, Dr. Greymorning tells of his upbringing and some valuable lessons imparted by some of the elders in his own community.

07:00:00:00 00:26:45:12

EDUCATION
Curious Crew

Central Nervous System

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

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

YOUTH
Wimee's Words

Friends

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

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

YOUTH
Tiga Talk

Winter

Gertie always misses winter fun - she sleeps through sledding, sliding, and snowball fun! Warm scarves are knit and traditional snow shoes crafted for outdoor activities like sighting animal tracks in the snow, while indoor craft activities and exercises keep Jodie and Jason cozy when winter wind is swirling.

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

HEALTH/HEALTH CARE
Yoga In Practice

Plant A Good Garden

It is important to put your hands in the Earth, to plant something, prune it, nourish it, watch it thrive, to create beauty. This series of seated twists, like planting a garden, reminds us to take our time and treat ourselves and one another with care, patience, and love.

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

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

AGING

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.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

My World Too

Missouri Organic Recycling, New Roots for Refugees, Community Rebuild

The My World Too crew visits a company turning tons of commercial food waste back into healthy compost for gardening, keeping organic matter out of the landfill. Immigrant refugee families from Asia are mentored in the US to start family-run small farms to sell produce in the local farmer's markets. In Moab Utah we meet a team of people building sustainable homes out of straw.

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

WOMEN

Trauma to Triumph - The Rise of the Entrepreneur

Women Entrepreneurs

A diverse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, Teen Pregnancy, Divorce and emerged through the spirit of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's challenges and rose to prosperity through the power of entrepreneurship.

21:00:00:00 00:45:15:03

ARTS
Coroner

How to Catch A Lobster

Somewhere off the south Devon coast, funeral director Joseph performs a sea burial, watching as the coffin is lowered into the water. Nearer to shore, Coroner's Officer Clint is surfing when he spots an unrecognisable bloated body on the beach. Coroner Jane Kennedy calls an emergency meeting with the local undertakers' association as this is the third body to wash up in a month. Meanwhile Davey takes a statement from Dora who hasn't seen her boyfriend, local petty criminal Kevin Burton, in over a week since he went sailing. Jane and Davey head to the casino where Burton worked and meet the owner, Harvey, who inadvertently reveals that Burton stole some money before he disappeared. Davey is left convinced that the washed up body is Burton's, while Jane's instinct says it's another botched sea burial. Keen to make it interesting, Davey makes a wager with Jane over who buys dinner. With a steak at stake, both are determined to prove each other wrong...

23:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

What's The Future of Natural Gas?

Though gas has low carbon emissions it's not carbon free. Will the world use more or less?

Fri, Sep 15, 2023

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

ARTS
Rabbit Fall

Emancipation

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

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

ARTS
Studio 49

Wild The Coyote & Badd Wolf

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

07:00:00:00 00:26:45:12

EDUCATION
Curious Crew

Basketball Science

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

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

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 00:21:54:21

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 00:26:46:06

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 00:26:59:08

HEALTH/HEALTH CARE
Classical Stretch: By Essentrics

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

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

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.

13:30:00:00 00:27:31:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Home Diagnosis

Universe's Battery: Homes in the Sun

The sun's rays cause chemical reactions in our yards, on the faces of our homes, and even indoors. Learn more about calculating and optimizing the cooling load for any home, and investigate passive solar science, low e films, and ozone in the home, along with a permaculture plan for their property in general.

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

Return of the Buffalo

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

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

Growing Up Different

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. We meet Bob, the photographer; Judith, the grandmother; Cori, the martial artist; Leslie & Jeff, yoga musicians; Guest Expert: Anne Doyle, Lasell Senior Community.

20:30:00:00 00:26:46:00
ARTS
Tradfest: The Dublin Castle Sessions

A Do

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many unexpected places. Guests: Altan, Eleanor Shanley, Mike Hanrahan, David Keenan Aoife Scott & Andy Meaney.

21:00:00:00 00:47:45:12

ARTS
Whitechapel

Chandler continues to clash with his team, led by the cynical DS Miles. Further suspects lead to deadends as the detectives attempt to penetrate the conspiracies and myths that surround the legend of Jack the Ripper. Frustrated, Chandler pins his hopes on trapping their latest suspect, a solidier named Leary, but the operation goes horribly, tragically wrong.

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

HEALTH/HEALTH CARE
Your Fantastic Mind

Ultrasound Treatment for Tremor

People with tremor issues can have difficulties with basic tasks like eating, writing and speaking. This episode explores a revolutionary, non-invasive treatment for patients living with essential tremor or tremor from Parkinson's disease. Using high intensity focused ultrasound technology, guided by MRI, the treatment does not require brain surgery, sedation or incisions and can be completed in a single outpatient session. Viewers are given an in-depth look at the journey of a 75-year-old man and his transformative experience with this treatment.

Sat, Sep 16, 2023

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

WOMEN

Chaos & Courage

Walking with Our Sisters

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

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

ARTS
KVCArts

Eyerie

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

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

ARTS
Mixed Blessings

Josie Is Fired

Josie is laid off at the restaurant, so Hank and Tazz launch a boycott to see her re-hired. Tazz resorts to sabotage, the police are forced to intervene, and in the aftermath, when Hank makes a house call, romance flowers.

07:00:00:00 00:26:48:22

EDUCATION
Curious Crew

Torque

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

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

EDUCATION

DIY Science Time

Density

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

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

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

he 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.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Growing A Greener World

Greening Up The Places We Call Home

Growing a greener world isn't something that happens in the garden alone. Living more in concert with our environment has to extend to the places we call home, too. We'll go off the grid to take a tour inside one next-gen home that was constructed almost entirely out of repurposed materials,

and then visit a unique suburban subdivision that puts nature first.

10:30:00:00 00:28:16:19
ENVIRONMENT/NATURE/NATURAL DISASTERS
Wild Hope

Woodpecker Wars

Following a revelation that forest fires sparked by live-fire training at the Fort Bragg Army base in North Carolina create excellent habitat for the endangered red-cockaded woodpecker, scientists and soldiers have forged an improbable alliance to safeguard the special bird. Nearby landowners too are pitching in too - setting aside suspicions and animosity to save the species.

16:30:00:00 00:25:45:26
CULTURE
Skindigenous

Taiwan

Written and directed by Randy Kelly. The Paiwan people are one of about 20 Indigenous minorities who make up roughly 3 percent of the population of Taiwan. When Cudjuy Patjidres discovered that his Paiwanese ancestors had a tattoo culture, he was surprised and amazed. Having developed his artistic skills from watching his grandfather weave and carve wood, he is now dedicated to preserving the ancient symbols and designs that were once common on the island.

20:00:00:00 00:55:34:03
ARTS
Front and Center

Mike Campbell & The Dirty Knobs

The Rock and Roll Hall of Fame guitarist and his current band perform songs from their External Combustion including "Wicked Mind" and "Wreckless Abandon," plus "Refugee," "You Got Lucky," and "Runnin' Down a Dream" from his days with Tom Petty and the Heartbreakers. Performed at the Brooklyn Bowl.

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

ARTS
Nightmare Theatre

Werewolf in a Girls' Dormitory

There's a ghoul in school in this 1961 English-dubbed Italian thriller, set in a boarding house for female troublemakers. Meanwhile, Mittens decides to give higher education the old college try, as Sapó seeks financial aid from the Baron.

Sun, Sep 17, 2023

03:16:00:00 00:09:08:24

AGING
Chizh for Cheii

Chizh for Cheii (Dine' for 'firewood for grandpa') is providing a warm home environment for Dine' elders living on the Navajo Nation. Many elders on Navajo Nation live in remote rural areas with limited resources to acquire their household needs, such as firewood. Fire plays a huge factor in offering warmth, cooking food, and purifying hauled water for many Dine' relatives during the cold seasons that do not have electricity. Chizh For Cheii (CFC) is a grassroots organization founded in 2011 by Dine' Actor/Musician/Activist Loren Anthony. In 2020 Loren and his team cut and delivered 1,700 loads of firewood which is over \$500,000 in mutual aid. With his team of dedicated volunteers Loren not only provided firewood, but over 112,000 food boxes and supplies and home repairs throughout the winter to the elders in our Dine' community. What began as an idea to aid our community, has turned into a movement of love, hope, and inspiration under Loren's leadership.

03:30:00:00 00:12:24:00

CULTURE
Culture Stories

Indigenous Place Names Movement

This episode features a conversation with cultural leaders and community stakeholders, including, Aaron Leggett, the Chief of the Denaina Eklutna Athabascan people, and the Special Exhibit Curator

at the Anchorage Museum. The subject of these conversation is about the Indigenous Place Names Movement, and an event that was taking place on this particular day of unveiling the first place marker reclaiming the Denaina Eklutna Athabaskan original place name of Chanstnu, which for many years prior had been called Westchester Lagoon. A goal of Aaron and others behind this movement is to carry out the rest of this project's vision by reclaiming the original indigenous place names and denoting them with place markers all over the city of anchorage. There are also plans for a digital, oral history walking tour that people can use to explore anchorage and understand its indigenous history. The hope is that the take away is why indigenous place renaming is important, and how it helps community members define their cultural identities today by strengthening their resolve to chart their path forward as an individual connected to their heritage. A goal for the Indigenous Place Names project is for it to be used as a model for other places around the state of Alaska and other places that have strong indigenous ties. It's a model for indigenous place renaming that is sustainable and meant to last.
<https://anchorageparkfoundation.org/current-projects/indigenous-placemaking/> Thank you for watching this episode of Culture Stories.

04:00:00:00 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.

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 00:26:45:10

EDUCATION
Curious Crew

Sense of Hearing

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

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

EDUCATION
DIY Science Time

Polymers

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

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

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.

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

WOMEN

Pacific Heartbeat

Island Cowgirls

A film by: Liz Barney and Alison Week. ISLAND COWGIRLS highlights two Hawaiian cowgirls (paniolo) who have dedicated their lives to caring for their family ranches. On the northwest side of Hawai'i island, as La'I Bertlemann prepares to graduate from highschool, she must make a difficult decision whether to stay home in Hawai'i and continue her family tradition of land stewardship or leave. Meanwhile, on the south side, Lani Cran Petrie is at a crossroads as she continues to plan for the future of her ranch while faced with the uncertainty of the state-held lease of the land expiring soon.

20:00:00:00 00:58:29:23

ARTS

Eliades Ochoa: Live at Casa De La Trova

The concert film ELIADES OCHOA: LIVE AT LA CASA DE LA TROVA - taped live in the famous music venue La Casa de La Trova in Santiago de Cuba - showcases the musicianship of Eliades Ochoa and his group, Cuarteto Patria. The program invites viewers inside the cherished music venue for an intimate and celebratory musical experience, including performances of songs made famous by The Buena Vista Social Club.

21:00:00:00 00:43:32:02

ARTS

Shakespeare & Hathaway-Private Investigators

If Music Be The Food of Love

Frank and Luella are employed by Beatie Delamar to investigate a curse on her Dance School, causing the accidental deaths of three directors. Sebastian goes undercover and discovers rivalry and jealousy at the school and the school is owned by the six directors in a Tontine now consisting of Beatie Delamar, her head teacher Tania Phikes, and Ben Lovedon, Delamar's dance

partner, who had disappeared years ago. When Phikes is murdered Frank and Luella find Lovedon together with the murder weapon in his living room. Delamar cannot believe her first love committed the murders and a unique hybrid rose, grown by Lovedon, named after Delamar leads Frank and Luella to a murderer closer to home.

23:00:00:00 00:26:46:05

ENVIRONMENT/NATURE/NATURAL DISASTERS
The Whole Truth with David Eisenhower

Confronting Climate Change: What's Needed, What's Feasible, What's Achievable

The Earth is warming. The climate is changing. In the wake of the growth of human population and human economic development, carbon levels in the atmosphere, with its greenhouse effects, have risen to a level not believed to have existed for perhaps three million years. Scenarios about what all this will mean for humanity for the rest of the 21st Century vary, but the range of predictions go from merely bad, to terribly worse. What should be done? What's needed? What's feasible? What's achievable? Guests: Fred Krupp, President, Environmental Defense Fund; Michael Mann, Distinguished Professor of Atmospheric Science & Director of the Earth System Science Center, Penn State University; co-author of "The Madhouse Effect"; Ted Halstead, Chairman & CEO, Climate Leadership Council; Joe Rie, Founding Member, Stable Climate Group.

Mon, Sep 18, 2023

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

EDUCATION
Curious Crew

Chocolate Chemistry

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

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

YOUTH

Wimee's Words

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 00:21:54:23

YOUTH
Tiga Talk

Appreciate The World We See

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Flow for the Knees, Back and Hips

A powerful and therapeutic practice to help heal the knees, back and hips. The class begins with a gentle warm up flow in a beautiful, pastoral setting to help warm up the body so you can ease yourself into the therapeutic postures on the ground, focusing on the knees, back and hips. It's important to find your starting point without judgment and work from there. Always be gentle and implement offered modifications when needed to be in a healing mode. Let the soundscape, magical cinematography and clear instruction anchor you in the present moment to connect you to bliss.

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

HEALTH/HEALTH CRE
Classical Stretch: By Essentrics

Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking,

running, or any activity! In this all-standing workout
Miranda Esmonde-White combines a series of
full-body strengthening & stretching exercises to give
you strong, healthy hips.

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

AGING
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 00:45:01:13

ENVIRONMENT/NATURE/NATURAL DISASTERS
Native Planet

United States

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

20:00:00:00 00:56:12:17

ARTS
Evening with Diahann Carroll

An Evening With Diahann Carroll provides a rare and
insightful look into the life and career of
the legendary entertainer.

21:00:00:00 00:52:08:02

ARTS
Silent Witness

The Greater Good Part One

Thomas investigates the case of John Sealy, a soldier
who died during a military training exercise

involving exposure to CS gas. It appears John died from an aneurism, but when Thomas discovers the trace of a possible nerve agent in his system, the family are desperate for answers. Was a chemical weapon involved or is there a more innocent explanation?

Tue, Sep 19, 2023

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

WOMEN

Chaos & Courage

Walking with Our Sisters

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

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

HEALTH/HEALTH CARE

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

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

of the Squaxin Island Tribal Garden regional food security project, and partake in a delicious traditional feast with the Muckleshoot tribe. Join us on this journey toward a new sustainable future, built on strong healthy communities and traditional Indigenous knowledge rooted in a harmonious relationship with the earth.

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

EDUCATION
Curious Crew

Electrical Circuits

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

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

YOUTH
Wimee's Words

Maps

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

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

YOUTH
Tiga Talk

Listen to the World

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

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

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 00:26:29:25

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

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

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

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.

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

EDUCATION

Passion in a Pandemic; Making Opera at Hanover High School

Students in a small public high school in New Hampshire learn and perform opera arias from a celebrated conductor and a former opera singer in the midst of the Covid pandemic.

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

ARTS
Hope Street

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

Wed, Sep 20, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Traditional Indigenous Ways of Being

Traditional Indigenous Ways of Being is an excellent
blueprint for us all to follow. Our Sacred
Earth Mother is the Star of this film, and from her
messages of great wisdom, we learn about the
importance of balance and harmony with our environment
and all living things. She teaches us about
the need for incorporating Respect Discipline
Responsibility (RDR) in all of our actions.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Unshackled

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

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

YOUTH
Wimee's Words

Bikes

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

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

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

YOUTH
Tiga Talk

Remembering The Past

Jason and Tiga get to go fishing with Dad and try to catch a big one. Gertie needs help trying to find her favorite hair bow and Kokum takes a fancy old-fashioned car for a spin.

09:00:00:00 00:27:02:07

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 00:26:45:24

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.

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

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

Heart of the Wilderness: Wyoming's Wind
River Range

The Wind River Range in western Wyoming is the state's largest mountain range, nearly one hundred miles from north to south. With dozens of massive peaks, it is also home to the wildest country in the lower 48 states. Much of it is protected in wilderness, which David and his team commemorate on the 50th anniversary of the passage of the Wilderness Act of 1964. On arriving, they visit ancient foothill sites where Shoshone Indians left examples of their art, historic locations of Indian battles, and scars of mines and ghost towns before plunging deep into the wilds of the Wind Rivers - on foot.

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

ARTS

Paint This with Jerry Yarnell

Beyond The Wall, Part 4

In this episode, Jerry shows his viewers how to begin detailing the wall and add the stones and other miscellaneous highlights. Then he begins adding the green vines hanging over the edge of the wall. Then he begins adding all foliage in the stone planter and around the edge of the wall.

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

ARTS

Best of the Joy of Painting

High Chateau

Bob Ross and his fantastic brushes take us to a uniquely-shaped mountain side chalet today.

14:30:00:00 00:27:01:11

ARTS

Pocket Sketching with Kath Macaulay

Focal Point

Too much 'stuff' will wreck anything and take too much time. Find what caught your eye. Stay within 25 minutes. The sketch will remind you of everything you didn't sketch right down to the smells.

Thu, Sep 21, 2023

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

Atlin, Bc

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

03:30:00:00 00:28:00:00
CULTURE
Tribal Elder Stories

Margaret Behan

Elder Margaret Behan has had an interesting life to say the least. After overcoming alcohol addiction, Margaret discovered a desire and passion to generate public awareness of indigenous cultures. Her travels took her to India, Japan and other lands where people yearned to hear about Native American culture.

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

The Story of John Peabody Harrington

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

04:58:00:00 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.

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

EDUCATION
Curious Crew

Polymers

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

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

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 00:21:53:25

YOUTH
Tiga Talk

Keep Smiling

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

08:30:00:00 00:26:45:25

HEALTH/HEALTH CARE
Yoga In Practice

From The Complex to the Simple - Chair

Yoga

Chair yoga is a practice that helps us to know ourselves better by clearing the clutter of the mind. As we calm our mind, we can hear an authentic voice within holding the answers to who we are and what we want. Honor your multifaceted, wonderful self.

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 00:26:44:13

AGING
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.

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

AGRICULTURE
My World Too

Rebecca's Apothecary, K-State Research Farm,

The Battery Tour

Similar to a pharmacy from 200 years ago we explore an herbal apothecary in Boulder, Colorado. A state university is using the earth as their classroom for local growers eager to learn farm to market organic practices. AY Young a global leader on sustainability with the UN, powers his Battery Tour music and his global mission with solar energy.

21:00:00:00 00:44:19:03

ARTS
Coroner

That's The Way to Do It

Local Mayor, Una Drake, has launched an initiative to clean up Lighthaven and Mick and Davey call her a killjoy, especially when she forcibly closes the Punch and Judy stall. That night the Punch and Judy man is found dead on the beach. Jane meets with Una, her daughter and her estranged husband and finds the Mayor rude and abrupt. That evening, Una refuses to meet to talk with her daughter and stands up her husband claiming to have an important meeting but instead we see her in a passionate embrace with Danny, a handsome, second-rate lounge singer. In the small hours Davey and Jane are called to the scene of a second death. Una has been beaten with a bottle of champagne in her hotel room. Will Jane and Davey be able to find the link between these two deaths?

23:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS
Energy Switch

Will Solar and Wind Power Our Future? Part 1

Solar and wind are now cheap new generation, but scaling up 25X is a big challenge.

Fri, Sep 22, 2023

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

ARTS
Rabbit Fall

Bloodletting Part 1

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

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

ARTS
Studio 49

Pete Sands

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

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

EDUCATION
Curious Crew

Simple Machines Wedge

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

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

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 00:22:00:10

YOUTH
Tiga Talk

Competition

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

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

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 00:26:50:20

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 00:26:44:12

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 00:26:46:02

AGRICULTURE
Ecosense for Living

The Agriculture Evolution

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

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

AGING
Getting Dot Older

Losing My Mother

Host Roberto Mighty interviews Baby Boomers and invites viewer participation. We meet Steve, the art director; Allen, the corporate reformer; Rebecca, the retailer; Bob, the photographer prt2; Guest Expert: Gerontologist Sandra Crewe, Howard University

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

ARTS
Tradfest: The Dublin Castle Sessions

A Tri

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many unexpected places. Guests: Hothouse Flowers with Clare Sands, Shane Hennessey, Zoe Conway & John McIntyre.

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

ARTS

Whitechapel

The final act begins - the Ripper must kill one more victim to complete his re-enactment of the 1888 murders. Chandler is near to breakdown as he struggles to find an answer. Forensics and CCTV are useless, and the team is forced to rely on its instincts, hoping that the past will provide some clue to the killer's identity. But time is ticking away, and history tells us that Jack the Ripper was never caught...

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

HEALTH/HEALTH CARE
Your Fantastic Mind

Glioblastoma/Proteomics/Brain Science In Cows

In this episode, discover research being done in the fight against glioblastoma, the deadliest primary brain cancer known to humanity. Explore a clinical trial teaching the brain's immune system to fight this elusive disease. In another story, join researchers as they delve into the fascinating world of proteomics, the study of proteins in living organisms, and its potential to unlock the secrets of neurodegenerative diseases. Finally, take a visit to the farm of renowned neuroscientist Greg Berns best known for his research on dogs' brains. Berns takes viewers on a surprising journey to explore his new study on the brains of cows, shedding light on animal intelligence in ways never before thought possible.

Sat, Sep 23, 2023

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

ARTS
KVCArts

Steven Rushingwind / Nelson Rios

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

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

ARTS
Mixed Blessings

Secret Love

Hank and Josie rendezvous at the house again, but Josie wants to break it off. Desolate, Hank attends a bush party with Tazz, but runs into Vicky, his daughter. After a long night of despair, Hank makes a final appeal to Josie, and the episode ends in Las Vegas, with an Elvis impersonator as Best Man.

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

EDUCATION
Curious Crew

Rocks

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

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

EDUCATION
DIY Science Time

Thermal Energy

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

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

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.

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

AGRICULTURE

Growing A Greener World

Sonoma Valley Worm Farm: Where Are They

Now?

Jack Chambers traded one career in the clouds for a new one in the dirt. This former airline pilot became hooked on the power of worms after watching them work their magic in his own yard. Now he runs an entire operation centered around these multitasking garden helpers. From worm castings to vermicompost tea, we'll see what Jack and his wigglers have been up to.

10:30:00:00 00:28:16:19

ENVIRONMENT/NATURE/NATURAL DISASTERS

Wild Hope

Does Nature Have Rights?

Ecuador is one of the most biodiverse places on the planet, yet its wild spaces are among the most threatened. In 2008, the country became the first nation in the world to enshrine the "rights of nature" in its constitution-granting wild species their own legal rights to exist. Today, conservationists are putting that powerful tool to the test as they battle to save biodiversity hotspots.

16:30:00:00 00:25:45:26

ARTS

Skindigenous

Lebret

Written and directed by Courtney Montour. Metis artist Audie Murray sees tattooing as a way for people to connect with their culture and communities when they are away from home. Audie's art and tattoo practice draw from the duality in her life, especially her experience growing up in Regina and Lebret, and then moving to Vancouver to pursue her art career. She finds inspiration for her work in Metis beaded designs. When Audie returns home to Regina and Lebret, her work is centered around creating and learning from family.

20:00:00:00 00:58:33:24

ARTS

Front and Center

Gavin Degraw: The Grammy

Gavin DeGraw: The GRAMMY Award-nominated multiplatinum singer and songwriter brings a fusion of pop, soul, country, folk and funk to Analog at the Hutton Hotel in Nashville performing songs from his latest, Face the River, along with hits "Follow Through," "Chariot," "I Don't Want to Be," and "Not Over You."

21:00:00:00 00:49:52:27

ARTS

Dear Detective from Rambo with Love

Episode 3

Despite his best efforts, Hirai Taro (Hamada Gaku) fails to rescue Ohyaku (Sekoguchi Ryo) from despair, leaving him despondent. Meanwhile, plagued by feelings of inferiority toward Taro, Hatsunosuke (Izumisawa Yuki) is captivated by his encounter with Sumeragi (Onoe Kikunosuke) and finds himself increasingly enamored.

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

ARTS

Nightmare Theatre

Monster from a Prehistoric Planet

A wealthy publisher sends an expedition to prepare for an island theme park, only to find a mysterious baby creature - and his giant-sized parents - in this 1967 Japanese kaiju film, as the Baron concocts his own exploitative tropical development scheme.

Sun, Sep 24, 2023

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

EDUCATION
Curious Crew

Soapy Science

Sudsy science, homemade soap, and repulsive pepper! The Curious Crew learns all about the science of soap with a lesson on saponification and surfactants. STEM Challenge: Making Homemade Soap; Curious About Careers: Water Chemist Daveda Quinn.

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

EDUCATION
DIY Science Time

Air Pressure

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

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

YOUTH
Albie's Elevator

Stories/Snowflake Heartache

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

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

YOUTH

The Infinite Art Hunt

The Me I See (Portraiture)

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

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

HEALTH/HEALTH CARE

School of Greatness with Lewis Howes

Matthew Walker

Professor of Neuroscience and Psychology and Best-selling Author Matthew Walker shares everything you need to know about sleep, the biggest misunderstandings around it and how to create better sleeping habits to improve your health and relationships.

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

YOUTH

Our Time

Intimate Partner Violence and Bullying

Little research has addressed intimate partner violence among teens. Girls and LGBT youth, report higher levels of dating violence and bullying in their relationships. Filmmaker Rebecca St. John reveals the gritty stages of a domestic violence relationship in middle and high school. Filmmaker Dee Contreras details a life of homophobic bullying, even at the hands of her first girlfriend.

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

WOMEN

Pacific Heartbeat

Daughters of the Waves

A film by: Sebastien Daguerressar and Lisa Monin. Although only 20, Vahine Fierro is undaunted by the Teahupoo wave, considered the most dangerous in the world. Vahine surfs as no other Polynesian girl has ever surfed. In Tahitian culture, riding the waves is an ancestral activity from which

women had been gradually eliminated, but now surfing is open to women, just in time for the Olympics. Coming from an entire family of surfers, Vahine and her two sisters hope to make a living with their passion and travel the world.

19:00:00:00 00:24:14:00

ARTS
The Cheech

Through the palette of the Los Tejanos Art Exhibit, The Cheech explores Cheech Marin's lifelong advocacy of the Chicano Art Movement, and his journey to develop the Cheech Marin Center for Chicano Art, Culture and Industry. With original score by Grammy Nominated musician El Dusty, The Cheech takes a fascinating look at a national icon's love affair with art, and his incredible contribution to promote and preserve a vital part of American cultural identity.

19:30:00:00 00:26:49:01

CULTURE
Esta Es Mi Casa - This Is My Home

Starting in the 1930s and continuing for decades, farmers in the Red River Valley of North Dakota and Minnesota depended on Hispanic field workers-laborers from Texas and Mexico. Now, one and two generations later, this community has contributed its own cultural stamp to the region's art, cuisine, diversity, and economy.

20:00:00:00 00:57:55:02

ARTS
Eliades Ochoa: from Cuba to the World

ELIADES OCHOA: FROM CUBA TO THE WORLD traces the life and career of acclaimed guitarist and singer Eliades Ochoa, who rose to worldwide fame in the late '90s as an original member of the legendary international Cuban band, The Buena Vista Social Club. Over the decades, he has played with several folk groups and dedicated his life to celebrating and preserving the traditional folk

roots of Cuban music. Through rare photographs, archival footage, and interviews with family, friends and fellow musicians, ELIADES OCHOA: FROM CUBA TO THE WORLD paints an intimate portrait of this legendary Cuban musician and explores the larger arc of traditional Cuban Son music.

21:00:00:00 00:44:39:02

ARTS

Shakespeare & Hathaway-Private Investigators

Too Much of Water

Frank and Luella are employed by Jonathan Skylark to investigate the death of his wife Ophelia at a river party, promoting their failing business and her 40th birthday, by drowning in the River Avon. After an open verdict by the coroner a (pound) 500,000 insurance policy pay out rests on the investigation. The party had been organised by business partner Finty Lee-Jones and was attended among others by Ophelia's stepson, her best friend society photographer Vanessa-Rose and suspected lover Antonio Da Costa. Ophelia had been spending the companies money leading to a heated row with her husband the night of her death as had the stepson who sold Ophelia's expensive watch after finding it by the river. Frank and Luella discover Ophelia had a morbid fear of water and a previous drowning of a 14 year old girl 25 years earlier is linked by an identical tattoo on Ophelia and the 14 year old girl's back.

23:00:00:00 00:26:46:05

HEALTH/HEALTH CARE

The Whole Truth with David Eisenhower

American Healthcare at a Crossroads: A Conversation with Dr. Steven Klasko
The United States spends far more than any other nation in the world on its healthcare system, both overall and per person. Yet, we do not have the longest life expectancy and have higher rates of many chronic, debilitating illnesses. Are there truly innovative approaches to reform the delivery of healthcare in the United States? Could solutions come from the bottom up, people working on the front lines of clinical care and health administration? Guest: Dr. Steven Klasko, President of Thomas Jefferson University and CEO of Jefferson Health.

Mon, Sep 25, 2023

03:30:00:00 00:24:54:24

CULTURE

P'urhepecha Uekani from Los Cenzontles

P'urhepecha Uekani (Beloved P'urhepecha) is a short film depicting two young singers visiting their P'urhepecha music elder maestro (teacher) in his Indigenous Mexican pueblo

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

CULTURE

We're Still Here

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

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

ARTS

Native Hope Champions

Las Morenas

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

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

EDUCATION

Curious Crew

Circulatory System

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

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

YOUTH
Wimee's Words

Caring for Each Other

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

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

YOUTH
Tiga Talk

Dressing Up

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

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

HEALTH/HEALTH CARE
Yndi Yoga

Yndi Flow Fundamentals

Slow and in-depth alignment instruction will help you grow self-awareness, learn how to improve the structure of your postures to ensure safety and more healing. The key yoga postures are broken

down for in-detail alignment so you can take a break at any time to watch and join back in when you are ready. This class will help you understand the postures with more insight so you can continue to evolve and grow from a strong foundation.

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.

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

CULTURE

Native Planet

Australia

Host Simon Baker travels to Northwest Australia to visit one Aboriginal tribe defending their "song lines" and way of life as their government and corporations attempt to develop the world's largest natural gas fields around them.

21:00:00:00 00:52:08:02

ARTS

Silent Witness

The Greater Good Part Two

Jack is rushed to hospital after collapsing at the scene of a car crash. Following Thomas's discovery that soldier John Sealy may have been exposed to a nerve agent, is it possible someone is targeting the victim's family? With Jack's life in the balance, it's down to Nikki, Thomas and Clarissa to find the truth and save their friend.

Tue, Sep 26, 2023

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

WOMEN

Chaos & Courage

Chance for Change

Aboriginal gangs provide a pseudo-family dynamic for those who otherwise fall through the cracks.

But female members and associates are often used as prostitutes and drug mules by gang leaders.

Meet three courageous women who walked away, and now struggle with recovery from addiction, and the violent crimes of their past.

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

EDUCATION

Curious Crew

Bioplastics

Bags that dissolve, potatoes that turn into plastic, and silverware you can eat! The Curious Crew

learns all about the chemical makeup of bioplastics.

STEM Challenge: Design a Bioplastic

Sculpture; Curious About Careers: Packaging Engineer

Karen Keeder.

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

YOUTH

Wimee's Words

Guacamole

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

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

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

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

YOUTH

Tiga Talk

Making Music

Music can be a wonderful thing to listen to, but when Kokum is learning to play the violin it

sounds anything but musical! The kids learn how practice makes playing instruments easier by creating a band with the puppets and other friends from their neighbourhood.

08:30:00:00 00:26:46:06
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 00:27:11:05
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.

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

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

Wed, Sep 27, 2023

03:30:00:00 00:26:19:01
ENVIRONMENT/NATURE/NATURAL DISASTERS
Hoopa 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.

04:00:00:00 00:56:40:11

WOMEN
Apache 8

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

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

EDUCATION
Curious Crew

Soccer Science

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

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

YOUTH
Wimee's Words

Storytelling

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

08:00:00:00 00:21:53:05

YOUTH
Tiga Talk

Trees

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

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

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.

13:30:00:00 00:28:45:01

ARTS

Paint This with Jerry Yarnell

Beyond The Wall, Part 5

In the final episode of this series, Jerry takes his viewers through the final process of detailing and highlighting. First adding the flowers on the vines hanging over the wall, the flowers in the stone flowerbed on the left side of the road, and the large yellow flowers in the flower pot. He points out that the flower color is a personal choice and whatever color you choose, begin with a darker version -- then add white to that color for highlighting. He finishes by adding final highlights to the wall road and other areas.

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

ARTS

Best of the Joy of Painting

Misty Forest Oval

Bob Ross uses delicate Lavender and Green shades to paint this glimpse at a forest through an oval

window.

14:30:00:00 00:29:00:00

ARTS

Pocket Sketching with Kath Macaulay

Copying from a Magazine

Find a photo of a painting or sketch you like. There is a reason you like it, usually subliminal.

Copy it in 25 minutes or less. In the process you will find out why you picked it and how it was made. You will incorporate this in your own work in the future.

19:00:00:00 00:28:06:24

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Three Ocean Advocates: Inspiring Change

Our oceans are the source of over 50 percent of our oxygen and are facing an environmental crisis.

Watch how three individuals find creative ways to heal the ocean and engage the community with their actions.

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

HEALTH/HEALTH CARE

Addict's Wake

With amazing access, THE ADDICT'S WAKE watches one American county come to grips with arguably the biggest public health crisis in America: Substance Use Disorder. Following a rash of overdose deaths, it finds a community full of hope, pulling together, finding ways big and small to push back a destructive wave that is consuming communities across the country.

Thu, Sep 28, 2023

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Power to the People

Kluane, Yk

Long before the inception of one of Canada's most picturesque national parks, this remote part of the Yukon was the ancestral home of the Kluane First Nation. With climate change re-shaping their environment, the Nation is looking to wind, solar, biomass and geothermal energy to empower their people into the future.

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

CULTURE
Urban Rez

URBAN REZ explores the controversial legacy and modern-day repercussions of the Urban Relocation Program (1952-1973), the greatest voluntary upheaval of Native Americans during the 20th century.

During the documentary, dozens of American Indians representing tribal groups from across the West recall their first-hand experiences with relocation, including the early hardships, struggles with isolation and racism. Interviewees also speak about the challenges of maintaining one's own tribal traditions - from language to hunting - while assimilating into the larger society. Actor, musician and Oglala Lakota member Moses Brings Plenty narrates this insightful film about this seldom-told chapter in American history.

07:00:00:00 00:26:47:26 #508H

EDUCATION
Curious Crew GC Y CC
N/A

TVG

Paper Airplane Science

It's a bird! It's a paper airplane! It's science! The Curious Crew explores the aerodynamics behind different kinds of paper airplanes including boomerangs, gliders, darts, and nose-divers.

STEM Challenge: Design a Paper Plane Launch System;
Curious About Careers: Airline Pilot Emily Coaker.

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

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 00:22:00:04

YOUTH
Tiga Talk

Babies

Babies are cute, but whether they're bunnies, birds or people they need a lot of care to stay happy and healthy. The kids learn all about different ways to take care of babies and make crafts to decorate the baby's room.

09:00:00:00 00:26:53:03

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.

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

ARTS
Theirs Is The Kingdom

At the intersection of poverty and portraiture, *THEIRS IS THE KINGDOM* follows the rare creation of a contemporary fresco mural inside the sanctuary of a small church in Asheville, North Carolina. This is a painting not of the rich and powerful, but of people battling homelessness, addiction, and mental illness. From first sketch to final unveiling, the viewer witnesses the difficulties of this ancient artistic technique while also meeting an ensemble cast of rich, complex characters.

21:00:00:00 00:44:57:01

ARTS
Coroner

The Fisherman's Tale

Judith and Mick are among the crowds to see local business man PB Bradsaw, and his glamorous wife, Joy, re-open their flagship restaurant. There is great shock when PB is shot dead, by a sniper, in the middle of the event. Davey takes an early lead on the case, suspecting a connection with PB's international business, but Detective Inspector Ben Marshall from the Metropolitan Police is swift to take over the case, undermining Davey in the process. Ben takes a shine to Jane and invites her out for dinner. Jane tends to agree with Mick that the motive lies in PB's personal life, especially when she sees video footage of an interview between PB and a student and notes strong sexual chemistry. Is this flirtation at the root of his murder?

23:30:00:00 00:26:46:00
ENVIRONMENT/NATURE/NATURAL DISASTER
Energy Switch

Will Solar and Wind Power Our Future?

Part 2

Though solar and wind provide 4% of electricity, proponents say it could make it all.

Fri, Sep 29, 2023

01:00:00:00 00:23:30:29
ARTS
Rabbit Fall

Bloodletting Part 2

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

02:30:00:00 00:25:50:17
ARTS
Studio 49

Miracle Dolls

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

05:00:00:00 00:26:46:02

CULTURE

Across The Creek

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

07:00:00:00 00:26:47:19

EDUCATION

Curious Crew

Electromagnetism

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

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

YOUTH

Wimee's Words

Bears

Wimee and friends sing a song about a great big bear; Wimee writes a story about a chipmunk's forest adventure and Nia creates a Wimage for it; Ms. Stephanie teaches us how to say our key

story words in ASL; Wimee's friend Rose Johnson tells us
a Native American story; and Ms. Lisa
does a book talk.

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

YOUTH
Tiga Talk

Treasures

Everyone has treasures - things that are special to them
that they keep. Some people and puppets
even have special boxes to keep their treasures in. The
kids learn all about treasures and the
memories that they hold.

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

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 00:26:00:04

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.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS
Ecosense for Living

Marine Life Impacts

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

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

AGING
Getting Dot Older

Living In Alaska

Host Roberto Mighty interviews Baby Boomers and invites viewers in. We meet Paul, the Veteran; Bert, the professor; Joe & Martha, the artists; Mary, the pilot; Guest Expert: Dr. Halima Amjad, Alzheimer's Specialist, Johns Hopkins Medical School.

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

ARTS
Tradfest: The Dublin Castle Sessions

A Ceathair

An Irish musical journey filmed in Dublin Castle during the Tradfest music festival. Trad without Frontiers' is the festival motto which inspired this series. Host Fiachna O Braonain breaks musical bread with his guests and uses Irish traditional music as a starting point that leads to many unexpected places. Guests: Steve and Joe Wall from The Stunning with Sive, Eleanor McEvoy, Damon Butcher, Robert Harvey, Cathy Jordan, Dervish.

21:00:00:00 00:47:53:15

ARTS
Whitechapel

The Organised Crime Division, lead by the dashing DCI Cazenove, seems to have control of London's streets until a spate of gruesome killings and maimings rocks the east end district of Whitechapel. DI Chandler and his team are tasked with solving them. Buchan claims the crimes replicate those committed by the infamous Kray twins back in the 1960s. He tells Chandler the

victims are chosen from those who gave evidence against the Krays and that they are killed in the manner of their testimony. Chandler suspects gangster Steven Dukes to be the killer, but after former Kray associate Slasher Daneford is murdered whilst Dukes is under observation, it seems as if a Krays copycat killer is on the loose.

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

HEALTH/HEALTH CARE
Your Fantastic Mind

Rehabilitation Thrill Seeking/Deep Brain Science/Brain Tumor

In this episode, with the backdrop of a building made famous in a popular TV series, viewers will explore the fascinating world of thrill-seeking and risk-taking, and how the answers to why we engage in such behaviors can be found in the brain. Another story highlights the importance of understanding mental health from the perspective of those who live with mental health issues.

Lastly, the episode showcases the inspiring story of an orchestra conductor who, after undergoing cancer rehabilitation due to a brain tumor, was able to recover and lead her orchestra once again.

Sat, Sep 30, 2023

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

ARTS
KVCArts

Def-I

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

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

ARTS
Mixed Blessings

Bring Family Together

Hank and Josie struggle to keep their marriage a secret, as Mick announces he's quitting school

and moving out. Hank attempts a lunchtime meet and greet between his kids and Josie at the cafe, which bombs, then convenes an inter-family bowling date, with even more disastrous results.

05:00:00:00 00:57:54:00
ENVIRONMENT/NATURE/NATURAL DISASTERS
Golden Eagles: Witnesses to a Changing West

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

07:00:00:00 00:26:47:25
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 00:29:00:00
EDUCATION
DIY Science Time

Inertia

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

08:00:00:00 00:26:46:00
YOUTH
Albie's Elevator

Blueberry Kiwi Upside-Down Carrot

Cake/Puzzle Picture Perfect

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

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

YOUTH

The Infinite Art Hunt

A New Perspective (Sculpture)

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

10:30:00:00 00:28:16:19

ENVIRONMENT/NATURE/NATURAL DISASTERS

Wild Hope

The Beautiful Undammed

A decade after the largest dam removal in history-on Washington State's Elwha River-scientists are chronicling a story of ecological rebirth. Recovering salmon populations are transferring critical nutrients from the ocean into the forests, enriching the entire ecosystem. The Elwha's revival is an encouraging model for the removal of larger dams in the region and around the world.

16:30:00:00 00:25:46:02

CULTURE

Skindigenous

Nimkii

Written and directed by Roxann Whitebean. Isaac Murdoch and Christi Belcourt founded the Onaman Collective, which represents a group of multidisciplinary artists who focus on land-based decolonization. They established a new traditional community called Nimkii Aazhibikong in Northern Ontario. Under the guidance of elders, they studied ancient markings from the past and are carrying them forward by tattooing individuals from various nations to unify the Indigenous peoples of the land.

20:00:00:00 00:55:38:00

ARTS

Front and Center

Judah & The Lion

Judah Akers and Brian Macdonald bring their American alternative and folk sound back to their Nashville roots at Analog at the Hutton Hotel performing "Suit and Jacket," "Take it All Back," and more including covers of Blink-182's "All the Small Things" and Tom Petty's "I Won't Back Down."

21:00:00:00 00:49:53:00

ARTS

Dear Detective from Rambo with Love

Episode 4

After locating Hatsunosuke (Izumisawa Yuki), who had escaped from the murder scene, Taro (Hamada Gaku) and Saburo (Kusakari Masao) are foiled in their pursuit when Hatsunosuke vanishes into the car of Sumeragi (Onoe Kikunosuke). The showdown draws near.

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

ARTS

Nightmare Theatre

Giant Gila Monster

A small Texas town is terrorized by the titular lizard, and it's up to a teenage garage mechanic/rock-n-roll singer/munitions expert to save it in this dopey drive-in drama from 1959.

Inspired by the highschool hijinks, El Sapo plans a platter party, and Mittens invents a new

dance. Meanwhile, the monster's troubled post-debut career is profiled.

