

July 3, 2017

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 2nd quarter of 2017. The report includes information that will be helpful in preparing FCC Form 398. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

1. Educational Objectives and Show Summaries: **The More You Know** both for programs broadcast in the 2nd quarter of 2017 and it is planned to be the same for the 3rd quarter of 2017.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. To assist stations with the preemption report section of FCC Form 398, we have added specific episode numbers. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under, but is not specifically designed to meet the educational and informational needs of children.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 2nd quarter of 2017 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

If you have any questions about these reporting requirements, please feel free to call us.

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Note Regarding FCC's Video Description Rules: The programs supplied in **The More You Know** block are video-described to provide a better viewing experience for blind or visually impaired children. *Under the FCC's video description rules that became effective on July 1, 2015, full-power affiliates of the ABC, CBS, Fox and NBC networks that are located in the top 60 television markets must provide 50 hours per calendar quarter of video-described programming during prime time or in children's programming. A video described program may be counted toward the 50 hours when it is originally aired and on one re-airing. Although much of the programming aired with video description is likely to be newly produced, stations may count any program they are airing for the first or second time with video description after the effective date, even if the program aired on that station without video description prior to the effective date. Similarly, a station may count programming toward its 50-hour obligation even if that programming has aired elsewhere with video description, as long as it is airing with description for the first or second time on that station.*

2nd QUARTER 2017
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
April 1, 2017 – June 30, 2017

In the 2nd Quarter of 2017, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

The Voyager with Josh Garcia is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *The Voyager with Josh Garcia* takes viewers on an exciting and immersive journey around the globe with world traveler and host, Josh Garcia. Each episode gives audiences access to the world's most incredible destinations as Josh seeks out the truly authentic experiences one can only find when shown by a knowledgeable and passionate guide. In each episode, Josh learns how to prepare an authentic, regional meal, visits a local artisan to learn about their trade and craft, and samples the culture while learning about the heritage of the region's population, showing viewers what is so unique about each city he visits. *The Voyager with Josh Garcia* brings viewers on an enthralling adventure to explore the people and cultures that make our world so breathtaking.

WILDERNESS VET

Wilderness Vet is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *Wilderness Vet* follows veterinarian Dr. Michelle Oakley, and features compelling stories from one of the most rugged areas on the planet, the Yukon. Dr. Oakley travels to homes, farms, and wildlife preserves across the Yukon to help animals in need, while balancing life at her home clinic. Providing a glimpse into a fascinating career choice, *Wilderness Vet* will show viewers the hard work and dedication involved in the rescue and rehabilitation of animals, while imparting tips to help keep all furry friends healthy.

JOURNEY WITH DYLAN DREYER

Journey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *Journey with Dylan Dreyer* is a wondrous celebration of

nature. Hosted by meteorologist Dylan Dreyer, this series features breathtaking cinematography that will bring viewers up-close and personal with creatures big and small, from the black bears of Montana to polar bears in the Arctic. Audiences will have a unique platform to see animals living in their natural habitat, and will learn about the circle of life along the way. ***Journey with Dylan Dreyer*** also explores natural wonders of the world, including the migration of 1.5 million animals traveling over 500 miles across the Serengeti in Tanzania and Kenya. Viewers will uncover these amazing facts of nature, and learn why it's so important to protect Earth's natural resources and all its inhabitants.

NATURALLY, DANNY SEO

Naturally, Danny Seo is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. ***Naturally, Danny Seo*** is a series about seeking a healthier lifestyle by learning the science behind eating well, exercising your mind and body, and caring for our planet. Host Danny Seo is a leading authority on eco-friendly living, and has devoted his career to the idea that caring for the environment can go hand-in-hand with enjoying time with family and friends, sharing delicious and healthy meals, while creating an environmentally friendly home. In each episode of ***Naturally, Danny Seo***, viewers will be introduced to inspiring ideas from fun and healthy recipes, to easy and sustainable crafts. Viewers will learn how to embrace a natural lifestyle, easily and beautifully, along with quick tips on green living.

GIVE

Give is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. ***Give*** introduces viewers to the world of philanthropy through the stories of small charities making a big impact. The series features Jenna Bush Hager, actor Blair Underwood, and other passionate celebrity philanthropists from film and television, music, sports, or business who are all on a mission to inspire others to do good. In each episode of ***Give***, one of these celebrity ambassadors will visit two charities that are dedicated to inspiring change in their communities. We'll discover what makes these charities effective, learn what each needs to make an even bigger impact, and surprise them with a gift to help continue their good work. Audiences will meet the inspiring individuals and volunteers behind each organization to see how they do their part to make the world a better place, learning compassion and the value of giving back along the way.

HEART OF A CHAMPION WITH LAUREN THOMPSON

Heart of a Champion with Lauren Thompson is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. ***Heart of a Champion with Lauren Thompson*** features the powerful and inspiring stories that exemplify what it really means to be a true champion. Hosted by Lauren Thompson, the series introduces viewers to people who have overcome obstacles while leading transcendent moments from the world of sports. From beating the odds to play the game they love, to giving back to the communities that supported them, the featured athletes will share their own stories and personal triumphs. Viewers will learn the value of good sportsmanship, and the dedication it takes to excel at the highest level. Win or lose, ***Heart of a Champion with Lauren Thompson*** proves that a champion is not only defined by their speed, strength, and agility, but by their grit, resiliency, and heart.

“CORE PROGRAMMING”
PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY
DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER
[AGE TARGET 13-16]
April 1, 2017 – June 30, 2017

Airdate: 4/1/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
TUSCAN FUN [VJG117]

Host Josh Garcia visits Florence, Italy, the birthplace of the Renaissance and kicks the day off by searching for the world’s most expensive food with a four-legged expert. Josh takes to the hills to forage for truffles. Then, Josh drops in on a local artisan to learn the fine-artform of marbling paper and he give it a shot. At the city’s oldest gelato shop, he learns to make the tasty treat from scratch from a third generation gelato-maker. Gelato is a traditional Italian dessert made from milk, sugar, and eggs. For a grand finale, Josh gets a lesson in opera before catching a show at the birthplace of the art form to see (and hear) how the real pros hit all the notes.

[Educational Message: The sheer beauty of a place can be a striking experience. Noticing the architectural details of old, historic buildings can sometimes feel like a journey into the past.]

Airdate: 4/1/2017

Time:

Duration: 30:00

WILDERNESS VET
BIG ANIMALS, BIG PROBLEMS [WDV118]

On this episode of Wilderness Vet, Dr. Oakley revisits some of her biggest patients. First, Dr. Oakley heads to the Yukon Wildlife Preserve to check up on a musk-ox with an unknown illness. Dr. Oakley utilizes a clever technique in order to lure the musk-ox and tranquilize the animal for examination. Dr. Oakley carefully examines the musk-ox’s kidneys and provides vaccinations while also retrieving a blood sample. Next, Dr. Oakley heads to meet Doug Twiss at Half Breed Creek Corral, where a herd of wild horses are being cared for. These horses are slated to be moved to a pasture in Alaska, but before they can leave, Dr. Oakley needs to run some blood tests to make sure they’re disease free. Next, Dr. Oakley and her daughters, Sierra, and Maya head to a reindeer farm in Anchorage, Alaska to check in on a reindeer suffering from “chipmunk cheeks.” This condition occurs when food impacts in the reindeer’s cheeks and cannot provide nutrition for the animal. Dr. Oakley removes the impacted food and uses a float to file down the reindeer’s molars. Finally, Dr. Oakley visits a local alpaca farm to perform physical exams, vaccinations, and deworming. Viewers will learn more about the unique alpaca and why the non-native species is bred and raised in Alaska. Dr. Oakley successfully examines and treats each alpaca and all are given a clean bill of health.

[Educational Message: We must strive to think big when setting our goals. Life’s too short to think small.]

Airdate: 4/1/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER
TROPICAL RAINFOREST [JDD118]

Join host Dylan Dreyer on an exploration of the tropical rainforests of the world. We'll discover a collection of amazing creatures that climb, fly, and slither their way through the deep jungle. We'll meet scientists at the front lines of rainforest conservation, and we'll venture to the tops of the world's tallest trees to connect with animals unlike anything you've ever seen before. First, we'll learn more about our rainforests, such as how they are responsible for nearly 30% of all oxygen on our planet, and how as much as 75% of all species on Earth call our rainforests home. Here, we'll observe and learn more about the many insects, reptiles, and other creatures who inhabit this region and how they adapt for survival. Next, we'll learn about the indigenous groups of people that live within the rainforests. Even today, the government of Brazil believes there as many as 60 uncontacted tribes living in the Amazon rainforests. Next, we'll learn more about the countless mammals that inhabit the forests, like sloths, jaguars, and various primates. Next, we witness the incredible survival skills of the leafcutter ants, witnessing how they harvest leaves and feed them to certain types of fungus. As the fungus breaks down the chewed leaves, the leaves are converted back to food for the ants. Next, we'll follow an ecologist who is studying the canopies of the rainforests. Her goal is to determine the importance of certain plant species thriving in the canopy. It's a dangerous job but a rewarding one as well. Finally, we'll learn more about our own impact on the world's rainforests.

[Educational Message: Protecting our world's natural resources is of utmost importance. We must respect nature and do our part for future generations.]

Airdate: 4/1/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO
BEE KEEPING [NDS118]

Airdate: 4/1/2017

Time:

Duration: 30:00

Host Danny visits a bee farm, teaches how food can help relieve health symptoms, upcycles bottles into gift boxes, and creates do-it-yourself spider repellent. First, Danny travels to Rhode Island and participates in the process of harvesting honey. To collect the honey, beekeepers use smoke, which confuses bees, making them more docile; however, beekeepers harvest only the surplus honey and leave enough for the bees to survive. Next, he joins Amie Valpone in the kitchen to make cabbage and mango salad and learn about the benefits of using organic produce, which is cultivated without using pesticides or synthetic fertilizers. Cabbage is an excellent source of vitamin K, vitamin C and dietary fiber; and mangos are a good source of fiber, vitamin A and folic acid. Then, he finds new ways to re-use plastic water bottles. Americans throw away approximately 2.5 million plastic bottles every hour. Danny turns old bottles into gift boxes through decoupage, the art of decorating something with paper cut-outs. Finally, Danny creates spider repellent by using essential oils, which are distilled from various parts of plants like seeds, bark and stems.

[Educational Message: Although harvesting honey seems like a simple process, much of the labor is done by the bees. However, we should be mindful of using certain pesticides and the impact it can have on bees--one bee with pesticide on its body can cause widespread destruction in a colony. A healthier diet can help relieve some chronic illness symptoms. You can recycle plastic bottles while also learning a new technique to create a reusable gift box. An easy way to repel spiders is by combining the scents of oils, which spiders dislike, such as rosemary, lemongrass and thyme.]

GIVE

GIVE TO SAVE RAINFORESTS AND THE ANIMALS WHO DEPEND ON THEM [GBU118]

In this special GIVE episode, NBC News Host and Correspondent Jenna Bush Hager crisscrosses the country to visit two organizations – and two visionary young leaders – using technology to protect the environment. Jenna begins with the Gabby Wild Foundation, the brainchild of activist and veterinary student, Gabby Wild. While Gabby cares for injured animals at Cornell University, her foundation places cameras in trees in the rainforests of Sumatra to monitor endangered elephants and defend them from poachers. Amazed by Gabby’s passion and accomplishments, Jenna is determined to help, but she has another organization to visit first. Across the country in Northern California, Jenna encounters Topher White and his foundation Rainforest Connection. Using discarded cell phones, Topher has engineered a device called The Guardian which he mounts high in the rainforest canopy in countries from Cameroon to Bolivia. By “listening” for the sound of chainsaws and trucks, and sending out real-time alerts to local forest protectors, The Guardian is a first line of defense for the world’s rainforests. In this way Rainforest Connection aims to stop illegal logging and halt deforestation, the leading cause of climate change. Blown away by all she has seen and learned, Jenna must now decide how to divide a \$25,000 gift from Mountain Hardware between the two organizations.

[Educational Message: It doesn’t matter your age, if you are passionate about something, you can take action to raise awareness for that cause.]

Airdate: 4/1/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

FIRE AND ICE [HOC118]

We learn how a 15-year-old American snowboarder is carving a path to the Olympics in the sport, which debuted at the 1998 Winter Olympics in Japan. A young multi-sport athlete triumphs despite having Spina Bifida, a birth defect that between 1,500-2,000 are born with each year in the U.S. A youth hockey program in St. Louis, the first American city to host the Olympics in 1904, has grown to be a gateway to the NHL.

We see the dynamic of young golfers and their coaches as they train for the Drive, Chip and Putt Championship, which started in 2013.

[Educational Message: Don’t let your age or a physical disability prevent you from working toward achieving your dream—it’s never too early to start trying. Viewers learn ways young athletes can train to develop skills in order to become Olympic snowboarders, Paralympic track and field competitors, professional hockey players and professional golfers.]

Airdate: 4/8/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CAMEO APPEARANCE [VJG119]

Host Josh Garcia is in Campaña, Italy. He sails to Naples and samples the culture of the famous region.

First, Josh heads straight to the source, in the countryside, to taste a local delicacy - true buffalo mozzarella.

The name mozzarella comes from the Italian verb “mozzare,” which means to sever with the hands. Then, on the storied Amalfi Coast, Josh learns how cameos, an ancient form of intricate shell carving, are made.

The layers of the shell are shaved, shaped, and engraved to create beautiful pieces of art. Finally, he treks the coast to meet a falconer and his falcon. Josh tries his hand at the noble tradition of falconry.

[Educational Message: Taking an opportunity to learn the process of how things are made can be a rewarding experience. Understanding the process, can make you appreciate the end result that much more.]

Airdate: 4/8/2017

Time:

Duration: 30:00

WILDERNESS VET

ALL ROADS LEAD HOME [WDV119]

On this episode of Wilderness Vet, it's an unusual week for Dr. Oakley. First up, the Doc and her daughter Sierra head to a wildlife park to perform surgery on a Reindeer named Agnes. Agnes suffers from a hernia and has a history of previously failed surgeries. A hernia occurs when intestines are protruding from a weakness in the abdominal wall, interfering with digestion and the animal's overall health. The surgery will require Dr. Oakley to insert a surgical mesh sling into Agnes' abdomen. Here we learn more about the importance of sterilization when performing surgical procedures, especially outdoors. Next, Dr. Oakley heads to the Bird Treatment & Learning center in Anchorage, Alaska to see a great horned owl recovering from an injured toe. However, we soon find out that capturing the animal for its examination is easier said than done. Dr. Oakley carefully immobilizes the owl and begins the examination of the injured toe. After a thorough health exam, Dr. Oakley determines that the bird of prey is ready to return to the wild. The team then successfully relocates the owl back to the wild. Finally, Dr. Oakley uses her day off for a "family clinic" where she'll perform health exams on their family pets.

[Educational Message: All life has purpose. We must always care for the creatures of Earth both great and small.]

Airdate: 4/8/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE LAST REEF [JDD119]

Join host Dylan Dreyer on an exploration of coral reefs from around the globe and discover the breathtaking marine life that call them home. From the ocean's smallest creatures, to the largest fish in the sea, we'll come face-to-face with animals that depend upon coral reefs to survive. Next, we learn more about the many species of coral and how they are formed over long periods of time. Also, we'll be introduced to the many marine species that depend on coral reefs for their survival. Here we'll discover the importance of symbiosis among the coral reefs and its marine inhabitants. Finally, we'll witness how coral is adapting to life in modern human society. Relics of war in the Pacific Ocean are now home to newly formed reefs, slowly transforming overtime. Decommissioned ships are now regularly sunk to encourage the development of new coral reefs. Learn more about how all over the world, people are trying to lend the reef builders a helping hand.

[Educational Message: We must better understand the science behind ocean conservation and the important connections we share with coral reefs. We must do our part to cut carbon emissions drastically and find greener sources of energy and transportation.]

Airdate: 4/8/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

CITRUS SURPRISES [NDS119]

Host Danny Seo makes homemade citrus creations, discovers ways to re-use rice, teaches how to give new life to an old tabletop, and shows different ways to use pickle juice around the house. First, Danny travels to Ojai, California to meet with Victoria Pearson who grows her own citrus and creates fresh ideas to use citrus in everyday ways, such as in citrus almond milk and orange blossom honey. Orange blossom honey is made from bees that gather nectar from orange blossoms, and almond milk is high in iron and riboflavin, both important for muscle growth and healing. Also, almonds contain more calcium than any other nut.

Next, Danny uses leftover brown rice to create a completely new meal—eggplant fried rice using sesame oil and shichimi togarashi, which is a spicy blend of seven flavors, including chilies, sesame seeds and citrus peel. Brown rice has more fiber and protein than white rice, and eggplant is a good source of dietary fiber, vitamin B1 and copper. Then, Danny takes an old tabletop and shows how to use wood veneer tape to create designs and patterns to give the table a new, refreshed look. Finally, Danny uses pickle brining juice, which typically consists of water, salt and vinegar, for household purposes, such as: killing weeds, revive hydrangeas, and clean grease from pans.

[Educational Message: You can make your own almond milk at home by combining water and raw almonds and then filtering it through cheesecloth. If you have leftover rice or leftover pickle juice, don't throw it away—it can be re-used in more ways you may not realize. With leftover rice, you can create a new dish by turning it into fried rice; and leftover pickle juice can be used to kill weeds or help some plants live longer, as certain plants respond differently to acidic things. Instead of throwing an old table out, you can redecorate it in a way that also allows you to show your creativity and express yourself artistically.]

Airdate: 4/8/2017

Time:

Duration: 30:00

GIVE

GIVE FOR A BETTER LIFE [GBU119]

Baseball All Star Mark Teixeira visits two charities providing life-enhancing programs to the communities they serve. Mark's first stop is Literacy Volunteers, a program that offers free, high-quality literacy instruction to English language learners of all levels. With classes in many parts of Connecticut, Literacy Volunteers gives people the tools and confidence to participate fully in their communities and our society. Mark joins a classroom of students learning English professional vocabulary. Impressed with their dedication and the struggles they endure, he feels compelled to help. The second organization Mark visits is the Maria Fareri Children's Hospital, where a forward thinking group of doctors, nurses and parents have created the Child Life and Creative Arts Therapy program, which aims to provide an environment and activities that keep critically ill children engaged and optimistic while they are in treatment. After playing music with a group of young patients and losing at foosball to a brave young boy in treatment for leukemia, Mark is determined to support the program. In the end, he gives both organizations a generous donation from the Greenwich International Film Festival.

[Educational Message: When you look past appearances and get to know a person for who they are on the inside, you give that person permissions to be truly seen.]

Airdate: 4/8/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

HEARTS AND MINDS [HOC119]

The father of PGA Tour pro, Adam Scott, discusses the ups and downs of his son's golf career and Scott's long-anticipated win at The Masters, which is the only major championship held each year at the same location. We see how a young Nascar driver becomes an inspiration after overcoming a benign brain tumor, a non-cancerous mass of cells. A U.S. Olympian in shot put, a track and field event involving throwing a heavy ball as far as possible, pays tribute to his mother who coached him to success after losing his father. We see two young golfers achieve amazing feats like making a hole-in-one.

[Educational Message: You have the power to control what your legacy will be by choosing how you respond in moments of loss, adversity and victory. Viewers learn about how to find motivation to keep working toward a goal, the history of shot putting, and the history of how golf began.]

Airdate: 4/15/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE MARBLES [VJG120]

Host Josh Garcia spends the day ashore in Rome, Italy and heads straight to the Roman Forum to soak in the city's immense history. He learns not only about the history, but the important role of marble in this city's ancient architecture. Then, he carves his name in a marble slab after he learns the technique involved in shaping letters and images, and it isn't as easy as it looks. Then, he steps into the kitchen to learn how to make real Italian gnocchi, which is nothing like the gnocchi he's tried before. Gnocchi are small Italian dumplings made from potato and flour, traditionally served with sauce. Later, Josh joins a class at gladiator school and trains to compete like the ancient entertainers.

[Educational Message: Rome, Italy can feel like a living museum. Artwork and architecture abound and serve as a reminder of the remarkable innovations and triumphs of the past.]

Airdate: 4/15/2017

Time:

Duration: 30:00

WILDERNESS VET

FAMILY MATTERS [WDV120]

On this episode of Wilderness Vet, Dr. Oakley's daughter Sierra is leaving for a three week long guide school where she'll undergo survival training while horseback riding throughout the wilderness. First up, Dr. Oakley and her daughter Willow are visiting a farm to check up on a lame horse. The most common causes for lameness are infection, injuries, or complications resulting from old age. Dr. Oakley observes the lame horse's gait and examines its legs and feet. Next, Dr. Oakley and her daughter Maya travel to the Yukon Wildlife Preserve to check up on some lynx kittens. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens. This task soon proves to be easier said than done, as the lynx kittens are proving very difficult to catch. However, the team works together and eventually captures the kittens successfully. Dr. Oakley and team will perform physicals, vaccines, and also microchip the kittens. Next, Dr. Oakley is back at the Yukon Wildlife Preserve to perform a pregnancy check on a female bison. First, Dr. Oakley will use a blow gun to tranquilize the bison. This will allow the Doc to safely examine the bison to perform the pregnancy check. The team works together using vehicles to carefully corral the herd in a

more suitable area. Next, Dr. Oakley uses an ultrasound to examine the female bison. After a careful exam, it is determined that the bison cow is indeed pregnant. Finally, it's an emotional ending to a long three weeks, as Sierra returns from survival camp and reunites with her loving family.

[Educational Message: Nothing can break the bond of a family. Family is of utmost importance. Together we can help each other accomplish any feat.]

Airdate: 4/15/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEST OF SCIENCE [JDD120]

Join host Dylan Dreyer on a journey through some of the most unique scientific discoveries of the last half century. From satellite technology of geosynchronous orbit, to deep ocean exploration along the Atlantic Ridge, to the climate science of Antarctica, we'll reveal the ways science has shaped our modern world. Prepare to learn more about Peleodictyon Nodosum, an ancient and mysterious creature that leaves behind strange fossils. The oldest living fossil on the planet, Peleodictyon Nodosum lived hundreds of millions of years before the dinosaurs. Our journey continues in Winslow, Arizona at the site of Meteor Crater. Here we learn more about the devastating meteorite impact that took place over 50,000 years ago. Scientists discovered the cause of the event was due to a space collision of large meteors. Next, we'll learn more about the varying levels of our earth's orbit such as low Earth orbit, near/middle Earth orbit, and Geosynchronous orbit. With so many objects careening through the same altitude, it's not hard to imagine that some objects may eventually collide. The Kessler Syndrome, first suggested in 1978, is the idea that collisions would eventually create smaller debris that would be hazardous to spacecraft. Finally, we'll team up with a group of scientists that are studying the effect of climate change on the South Pole. Here we learn how the sea ice around the continent waxes and wanes over time. In winter, Antarctica nearly doubles in size and the expanse of coldness effects climate over the entire globe. Next, we see how scientists use core drills to remove samples from the ice. Finally, we learn about the history of The Antarctica Treaty, an agreement among foreign nations to protect Antarctica as place of peace and science.

[Educational Message: By helping to preserve and protect the environment, we will leave a better world for future generations. Our own space junk, even the smallest wayward nut or bolt, could cause collisions in the future as we further explore space travel. Also, we must limit carbon emissions, for when the levels of carbon dioxide in the atmosphere change, so does the climate.]

Airdate: 4/15/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

PROJECT REPAT [NDS120]

Host Danny Seo upcycles your favorite t-shirts, teaches what is compostable, makes protein rich vegetarian dishes, and creates molded soaps. First, Danny travels to Fall River, Massachusetts to visit a plant that converts old t-shirts into something you can use for much longer—a quilt. Quilting, a craft that dates back as early as 3000 BC, is done when swatches of fabric are cut using a clicker press, which makes shapes out of soft materials, and sewn together using thread--plastic bottles can be melted and then reformed into thread that gets woven together to make upcycled fleece. Next, Danny explains that anything plant-based can be added to compost, and he shows some different, unexpected things that are also compostable, such as pasta, paper towels, post-its, old spices, old toast. Nearly 33 million tons of food waste is sent to landfills

every year, but the majority of that is actually compostable. Composting allows decomposed materials to be reused as a nutritious supplement for gardens, lawns and plants. Then, Danny meets with Rebecca French to learn how to incorporate protein into vegetarian dishes by making a sweet potato pie smoothie and peanut butter power bites. Sweet potatoes are high in fiber and vitamins A and C; dates are a good source of energy and are rich in antioxidants; and peanuts are legumes and are more closely related to beans and peas than nuts. A plant-based diet consisting of a variety fruits, vegetable, beans, seed and nuts allows you to get enough amino acids, which transport and store nutrients in the body and are essential for the metabolic process, to combine to make protein. Finally, Danny melts down glycerin soap, which is typically translucent and helps moisturize skin, pours it into molds, and shows all-natural ways to give it color.

[Educational Message: More than 13 million tons of used textile waste is generated each year in the U.S. Instead of throwing away old t-shirts, find other ways to use them, like making a blanket. Anything plant-based can be used to create compost, so before you throw it away, research if it is compostable, as some compostable materials may surprise you. Vegetarian meals can also be rich in protein. You can make homemade soap and add color to it without using artificial dyes by using carrots, beets or chlorophyll, which is a green pigment found in plants.]

Airdate: 4/15/2017

Time:

Duration: 30:00

GIVE

GIVE TO HELPING YOUNG PEOPLE BREAK INTO THE TECH WORLD [GBU116]

Jenna Bush Hager visits two San Francisco area organizations that are dedicated to preparing young kids of color to enter the high tech industry. Jenna begins at Hidden Genius and joins kids who are taking part in their "Immersion Program" which is a 15-month boot camp that provides computer science, software development and leadership training. The second organization is Code 2040 which creates pathways to educational, professional and entrepreneurial success in technology for kids of color. Jenna learns how the program has given young people the confidence and the skills needed to compete for the jobs of the future. Inspired by both charities, Jenna must determine how to divide \$25,000 from the Ford Fund between them and, in the end, surprises each organization with a generous gift.

[Educational Message: Philanthropic organizations working with youth of color to empower them to reach higher can pave the way for a new wave of industry professionals of color. Empowering youth to have the skills and confidence necessary to succeed can make for a stronger workforce in the future.]

Airdate: 4/15/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

BREAKING THE ICE [HOC120]

We see a profile of the golf career of Veejay Singh through the eyes of a sports journalist. A Detroit native becomes a hometown hero in the NHL when he is drafted by the Detroit Red Wings, one of the original six teams of the NHL. We see the dynamic of a young female golfer and her dad, who also serves as her golf coach, as she works toward her goal of playing in the PGA Tour, which to date has only had seven golfers under the age of 15 play in tournaments. An adaptive ice-skating program in Jefferson City, Missouri, which is the state capital, helps children with special needs unite with family and friends.

[Educational Message: Don't get too caught up on winning that you lose focus on other things in life—sports can be a great outlet to bond with others. Viewers learn what a sports journalist does, steps to take to be in the NHL, steps to be a successful junior golfer, and about the sport of ice-skating.]

Airdate: 4/22/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

DIDGERI-DUDE [VJG121]

Host Josh Garcia sails to the beautiful port of Sydney, Australia and falls for the city in a big way. First, he checks out the local wildlife and learns about the endemic species that inhabit the region. Josh meets some adorable joey kangaroos that easily win him over. The Western Gray, Eastern Gray, and Red Kangaroos are the most common breeds. Then, he heads into town to meet a local foodie and try some decadent desserts that blow his tastebuds away. Josh tries Gianduja, a chocolate hazelnut dessert, and Pavlova, a meringue custard dessert. Finally, for a truly special experience, an aboriginal cultural guide teaches Josh the techniques to throw a returning boomerang and, later, play the didgeridoo.

[Educational Message: Visiting new places can sometimes remind you of places you've already visited. You might be surprised at how cities across the world from each other might have more in common than you thought.]

Airdate: 4/22/2017

Time:

Duration: 30:00

WILDERNESS VET

ANIMALS OF THE YUKON [WDV121]

For an experienced wildlife vet living in the Yukon, animals like caribou, bison, and musk ox are common patients. But whether it's a simple health exam or a serious procedure, Dr. Oakley knows that the bigger the animal is, the bigger the job will be. On this episode of Wilderness Vet, Dr. Oakley's first stop is at the Alaska Wildlife Conservation Center to check in on some bison calves. There are four bison that appear to be developing slowly. Dr. Oakley fears that parasites may be the cause, so she plans to administer a dewormer. Using a blowgun, Dr. Oakley successfully treats two of the four bison calves with the dewormer. After a struggle to locate the remaining two calves, the team decides to try again another day, so as to not disturb the herd any further. Later that week, Dr. Oakley and team re-attempt to treat the remaining calves. With some persistence, Dr. Oakley successfully darts the bison calves with the dewormer. Next, Dr. Oakley is visiting a musk ox farm to check on two new patients. The Doc will be examining an older male musk ox, and will also be microchipping a young musk ox calf. After carefully separating herself from the calf's mother for her own safety, Dr. Oakley successfully microchips the musk ox calf. Next, Dr. Oakley examines the ailing male musk ox to try and determine what's causing the issues. Dr. Oakley suspects that underlying cause may be an infection. Once the bloodwork comes back from the lab, she'll be able to prescribe the correct antibiotics.

[Educational Message: The secret to success is to never give up. We must be determined and passionate about our goals in order to succeed.]

Airdate: 4/22/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD CALIFORNIA [JDD121]

Join host Dylan Dreyer on a tour of the Golden State. From its gorgeous coastline to its towering mountains, from Death Valley to the Golden Gate Bridge, California is not only the most populated state in America, it's also home to breathtaking wildlife and one of the largest economies in the world. California officially became the 31st state in America in 1850, it is the third largest U.S. state by landmass, and has since become the most populated. Today, the economy of California is so vast, if it were its own country, it would be the 6th largest economy in the world. When Spanish explorers first set eyes on this wilderness, they named the land after a mythical warrior queen, who is said to fly into battle on a giant Griffon. We'll discover more about the Spanish missionaries and how they built a 300 mile long chain of churches and missions in order to bring Christianity to a new world. Next, we'll follow a team of sky surfers as they freefall from an airplane high in the sky. Next, we'll learn how snowboarding was first invented in the late 1960s in the Sierra Nevada mountains and how it's since become a vastly popular recreational activity and Olympic sport. Next, we'll learn more about Yosemite Valley and the history of the giant Sequoia trees. Found nowhere else on Earth, these Sequoia trees have been rooted in the ground for more than three thousand years and shape the iconic landscape of Yosemite. Next, we'll discover how the Golden Gate Bridge was constructed in 1933 and remains standing to this day. We'll follow engineer Joseph Strauss on his quest to construct the mammoth bridge. Also, learn more about Strauss' obsession with worker safety that initiated the world's first use of the construction hard hat, as well as a steel safety net used for the less sure footed. Finally, we'll learn more about how California is the U.S. leader in producing renewable energy and has produced more solar power than all other states combined.

[Educational Message: We face many challenges balancing the needs of the environment and the needs of a growing population. We must educate future generations so we can all contribute to protecting our natural resources.]

Airdate: 4/22/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

CATTYWAMPUS [NDS121]

Host Danny Seo discovers natural fabric dyes, creates green juice frozen treats, and makes a homemade stain remover. First, Danny travels to Ojai, California to learn how nature can be foraged and used to make natural dyes. Cochineal bugs, a microscopic insect that bores into leaves of cactus can be used to create a red dye. The red color is carminic acid, which the female insects store in their bodies to ward off predators; and 14th century Incas and Aztecs valued the cochineal dye as much as gold. You can change the color of the fabric by dipping it in ammonia, which changes the pH level and, therefore, the color. Next, Danny makes green juice popsicles using cucumbers, celery, water, kale, pineapple, green apple, lemon juice and agave nectar. Cucumbers are high in energy boosting B vitamins; one cup of kale has more vitamin C than a medium orange; and agave nectar is 1.5 times sweeter than table sugar. Finally, Danny teaches how to make homemade stain remover by using dish soap, which cuts grease; hydrogen peroxide, which is basically water with an extra oxygen atom; and baking soda, which brightens fabric.

[Educational Message: Dying fabric is a way to express yourself and give old fabrics a new life. Fabric can be dyed by adding it to all-natural dyes in boiling water—the longer the fabric soaks, the

darker it gets. You don't need a bunch of sugar to make dessert. Instead, you can combine vegetables, fruits, and honey to make popsicles--the fruit juices and honey will act as natural sweeteners. Instead of using laundry detergent as stain remover, as it can deteriorate the fibers and also leave residue on clothes, you can create your own at home.]

Airdate: 4/22/2017

Time:

Duration: 30:00

GIVE

GIVE TO VETERANS FINDING THE WAY HOME [GBU122]

Actor Wilmer Valderrama visits two Los Angeles-based organizations helping veterans recover from the wounds of war and find their footing in civilian life. The first organization, Pets for Vets, matches veterans struggling with Post Traumatic Stress Disorder with rescue dogs. Through personalized training, the vets and their pets learn to manage the physical and psychological effects of war and develop a "superbond" that supports them both for life. After a moving encounter with two veterans and their furry companions, Wilmer understands the significance of service animals in a new way and is determined to help the organization thrive. Before he awards them with a gift, however, he pays a visit to Team Rubicon, an organization that deploys vets as first responders in disaster zones. Tracking disasters in real time, Team Rubicon assembles teams of ex-military personnel to help save and repair lives at home and abroad. Members of Team Rubicon regain a sense of purpose in peacetime and re-connect with a community of veterans who support and understand them. Having seen the work of the organization up close, Wilmer wants to support them. In the end he divides a \$50,000 gift from the Steven and Alexandra Cohen Foundation between the two organizations.

[Educational Message: Philanthropic organizations that work with military service veterans can create opportunities for those individuals to regain a sense of purpose.]

Airdate: 4/22/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

THE FUTURE IS BRIGHT [HOC121]

We see how a young golfer with multiple hereditary exostoses, which occurs in 1 in every 50,000 people, overcomes knee surgery to qualify for the Drive, Chip and Putt championship. A motorsports fabricator starts a camp for children with congenital heart defects, which can affect the structure of a baby's heart and how blood flows to the rest. We see how two brothers encourage each other to achieve their goal of qualifying for the Drive, Chip and Putt tournament. A 52-year old hockey coach goes back to school to earn his degree at the University of Wisconsin, located in the state capital of Madison.

[Educational Message: You can achieve triumph after hardships if you persevere and stay positive. Viewers learn about the Drive, Chip and Putt championship and steps young golfers can take to qualify for it, what a congenital heart defect is, and how to balance school while also working toward your dream.]

Airdate: 4/29/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
VOYAGE AROUND THE WORLD [VJG122]

Host Josh Garcia rereads some of his favorite journal entries from his whirlwind voyage around the world. In Valladolid, Mexico Josh is taught the traditional Mayan craft of weaving hammocks while he observes a local craftswoman weaving a hammock. Then, in Marseille, France he learns about the 600-year-old traditional soap that put Marseilles on the map. Josh gets a hands-on experience at a local soap factory where he learns the science behind world-famous Marseille soap. Then, in Genoa, Italy Josh arrives at a basil farm where he learns the secret to the most famous herb grown in the region. Under the guidance of a world champion, he helps make a truly authentic version of pesto that won the Pesto World Championship. Finally, he meets a living legend who trained under the same master as Bruce Lee and tries his hand at Kung Fu. The art of Kung Fu is said to be thousands of years old and dates back to the legend of Wing Chung, a nun who created the art to conquer an evil opponent.

[Educational Message: Writing down what you experience while traveling can be a great way to remember and reflect on past experiences.]

Airdate: 4/29/2017

Time:

Duration: 30:00

WILDERNESS VET

EARNING THEIR WINGS [WDV122]

When it comes to animals, Dr. Oakley loves each and every one, but some of her favorite memories involve her feathered patients. From majestic eagles and owls with wing injuries, to beautiful ducks and ravens with broken bones, Dr. Oakley finds great joy in helping all these birds recover so they can fly home once again. On this episode of Wilderness Vet, Dr. Oakley first helps a blue and gold macaw with a routine beak and nail trim. Next, Dr. Oakley travels to the Yukon Wildlife Preserve to perform a check up on two eaglets with injured legs. After discovering that both birds had previously suffered fractured legs, Dr. Oakley performs x-rays on the eaglets to determine how well the fractures have healed. When x-rays reveal that the injuries are healed, Dr. Oakley and the Yukon Wildlife Preserve team successfully return both eaglets back into the Alaskan wild. Next, Dr. Oakley's patient is a duck with an infection in her foot. Dr. Oakley examines the duck's foot and determines the animal is suffering from bumblefoot. She will need to perform an x-ray to figure out if the infection has spread to the bird's joint and bone. Dr. Oakley takes this time to teach Sierra more about the x-ray process and how the instrument is used. Finally, at the Bald Eagle Foundation, Dr. Oakley is visiting a Eurasian eagle-owl named Hans. Eurasian eagle-owls are one of the largest owl species in the world. Dr. Oakley needs to take a blood sample from Hans that proves to be easier said than done for the powerful raptor. Eventually, Dr. Oakley successfully takes the blood sample that will be tested to ensure Hans is in good health.

[Educational Message: Persistence is crucial to success. We must have the energy and patience to work hard for our dreams.]

Airdate: 4/29/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD OCEAN [JDD122]

Join host Dylan Dreyer on a tour of South Africa's Wild Coast to discover one of the last great ocean wildernesses and witness the amazing animals drawn here from around the globe. We'll reveal the many

threats humans cause to ocean life, meet the proud people who depend on the Wild Coast for food, and learn the ways they're fighting to protect it. Oceans cover more than 72% of our planet but scientists believe less than 5% of oceans have actually been explored. The oceans are home to 230,000 known species but biologists believe the actual number to be closer to 2 million. First, we'll travel to the waters of the Eastern coast of South Africa. Here we'll learn more about The Wild Coast and its diverse ocean ecosystem. Discover more about how humans have overfished oceans and, in turn, devastated marine populations. Next, we'll learn more about the marine life that inhabits The Wild Coast. We'll follow pods of dolphins and whales as they seek their next meals. Also, discover how sardines play a vital role in sustaining marine life and how their populations are greatly decreasing each year. Finally, we'll meet the native people and learn more about their connection to the ocean and dependence on the marine life. We'll join in on the annual "sardine run" and witness first hand the incredible teamwork needed to catch and harvest the millions of fish.

[Educational Message: Human activity has caused severe damage to ocean habitats and threatens entire ocean ecosystems with collapse. One by one, fisheries have been depleted throughout the world. Discover how the global fishing industry is estimated to be 2-3 times larger than what oceans can sustain. The most powerful and positive environmental changes will come from our individual choices. When we all do our part, big things can happen.]

Airdate: 4/29/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

REAL FOOD [NDS122]

Host Danny Seo makes vegan chocolate silk pie, uses kitchen ingredients to get healthy skin, and discovers how laminate is made. First, Danny visits chef Ann Gentry to learn how to make vegan chocolate pie using ingredients such as silken tofu, also called soft tofu, has a softer consistency than regular tofu. Next, Danny makes a face scrub using rice, banana and coconut milk—the rice acts as an exfoliant; bananas are high in skin hydrating potassium; and coconut milk is high in vitamin C, which helps maintain elasticity of skin.

Finally, Danny visits a factory to see how a decorative paper is turned into laminate, which is made of 70% paper. Once the decorative paper is cut, a top layer is added by combining melamine resin and tissue paper, then phenolic resin is added to give laminate its flexibility and bending properties.

[Educational Message: You can create a vegan dessert without adding any artificial sweetener. Using coconut oil and maple syrup is an alternative, healthy way to sweeten a dessert. Instead of buying face scrub, you can save money by making your own at home. Many items you can find in your pantry contain ingredients that can benefit skin health. Laminate can be used in more ways than just on countertops, as it has a flexibility to it. It also has environmental benefits, as 41% of the kraft paper is made from recycled materials.]

Airdate: 4/29/2017

Time:

Duration: 30:00

GIVE

JENNA'S FAVORITE GIVE MOMENTS [GBU123]

On this special episode of GIVE, NBC News Host and Correspondent Jenna Bush Hager revisits some of her all-time favorite moments from this season. Whether it's Kyle Martino bungee jumping with kids at camp, Derek Hough dancing with kids in LA, Kristen Kish helping siblings re-unite, or Jenna herself working with Therapy Dogs, these are the moments that made Jenna laugh, cry and shout out loud.

[Educational Message: When you give back to your community with your time, you can experience joy knowing that your time empowers others.]

Airdate: 4/29/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

BLUE CHIPS [HOC122]

We see a young golfer work hard for her goals after overcoming heart surgery and while also supporting her mom battling breast cancer. NHL Blue Jackets captain Nick Foligno finds new purpose after his daughter's life is saved by cardiologists—the study of the human heart and its various disorders is known as cardiology. We see a teenage alpine skier train for the 2022 Winter Paralympic Games, which are held every four years directly following the Winter Olympics. We see how a young left-handed golfer breaks down her golf game and reconstructs it to begin winning tournaments—roughly 10% of the world's population is left-handed.

[Educational Message: Just because you are different doesn't mean you can't achieve what others can—try other ways until you find what works for you. Viewers learn about certain heart conditions and how cardiologists work to repair them, what it takes to become a Paralympic alpine skier, and how to rework your golf swing.]

Airdate: 5/6/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PIZZA PERFECTION [VJG123]

Host Josh Garcia embraces Neapolitan culture on a cruise to the port city of Naples, Italy. First, he takes to the streets to learn a traditional dance that for centuries was used as a remedy for sickness. During the Renaissance, the Tarantella was performed together by workers and was said to be a remedy against the ills of everyday life. Then, Josh dives head first into the local cuisine. He heads into town and tries sfogliatella, a delicious pastry he can't pronounce, and learns how it is made. Flaky pastry dough is stuffed with a mixture of ricotta cheese and candied fruit. Finally, Josh takes a lesson in making authentic Neapolitan pizza in the city where it was born. He learns his way around a peel and cooks his pizza in a traditional oven.

[Educational Message: Trying a dish in its original form can be different from the way you might have had it elsewhere in the world. Getting to the root of how something is made can give you a new perspective on the dish across the board.]

Airdate: 5/6/2017

Time:

Duration: 30:00

WILDERNESS VET

MAINTENANCE DAY [WDV123]

For Dr. Oakley, some days are spent performing life-saving surgeries, others involve helping with conservation projects, but most of her days consist of routine exams. As any good veterinarian knows, On

this episode of Wilderness Vet, Dr. Oakley's first call will bring her face to face with one of the Yukon's fiercest predators, the wolverine. At the Kroeschel Wildlife Center, Dr. Oakley meets the wolverine that will soon be shipped elsewhere to join a breeding program to further the species. Dr. Oakley will need to sedate the wolverine so that it can be carefully captured and contained for travel. Next, Dr. Oakley heads to the Yukon Wildlife Preserve to help a musk ox suffering from overgrown toe nails. The team must first secure the musk ox in a pen so that they can carefully sedate the animal. Next, Dr. Oakley visits a dairy farm to perform a pregnancy check on a cow named Raspberry. Dr. Oakley completes the internal exam and determines that Raspberry is indeed pregnant. Next, Dr. Oakley heads to another dairy farm to perform an additional pregnancy check. Due to a previously failed pregnancy, the farmer is a bit worried there may be an issue with her cow. Dr. Oakley performs the pregnancy check and determines that all is well and the calf is positioned correctly in the mother's uterus. Finally, Dr. Oakley heads to a ranch to perform tail docking on a herd of sheep. Docking is a common procedure, performed by farmers when the sheep are born, in which they trim the sheep's tails. Without this procedure, the sheep can be susceptible to infection and other health problems. Dr. Oakley carefully and successfully performs the tail dockings on all sheep.

[Educational Message: In life, it isn't always about fixing problems, sometimes it's about preventing them. We rise up by lifting others.]

Airdate: 5/6/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ZION CANYON [JDD123]

Join host Dylan Dreyer on a journey through one of the wild jewels of the American West: Zion National Park. We'll reveal the history of the proud people who first settled this ancient land and explore the natural wonders of southern Utah. We'll also come face to face with the birds, mammals, and reptiles that inhabit the four unique life zones of Zion: desert, riverbed, woodland, and forest. Zion Canyon is over 150 million years old and was carved by the North Fork of the Virgin River. The first humans began settling in Zion eight thousand years ago and the region became the center of a mystic land. Next, we'll witness recreations of the cliff people ceremonies and learn more about the gods and spirits they worshipped, and feared. We'll learn about how they believed the gods placed guardians to protect the sacred land. Next, we'll follow the first group of European settlers to arrive in Zion Canyon in the mid 1800's. These Mormon missionaries gave Zion Canyon its name, meaning a place of peace, harmony, and devotion to God. Discover more about the first missionaries and their quest explore the unknown realms of the canyon. Next, we'll learn about the rainy season and how flash floods can rip through the canyons without warning. Native populations grew accustomed to these dangers over generations, but many European settlers discovered the hard way. Finally, we'll join some modern day Zion Canyon rock climbing enthusiasts, who soon realize that some cliffs require a bit more skill than others.

[Educational Message: Our National Parks preserve the most beautiful corners of the American landscape for future generations. We must appreciate and respect their natural beauty and fragility.]

Airdate: 5/6/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

Raiding Your Fridge and Pantry [NDS123]

Host Danny Seo explore unusual ways to use ordinary ingredients, transforms veggies into decadent desserts, makes a do-it-yourself natural cleaner, and creates a hand scrub using products from your kitchen cupboards. First, Danny visits Catherine McCord and learns how to create healthy one-of-a-kind school lunches. Then, he uses tea bags in an unconventional way to make soup. Boiling a tea bag with garlic creates a broth that serves as a good base for soup, plus garlic has high levels of antioxidants, which help clear acne and boost the immune system. Next, Danny makes ice cream using cauliflower, which is rich in vitamins and minerals— one serving contains 77% of the daily recommended intake of vitamin C. Then, Danny teaches how to make a homemade all-purpose household cleaner by using baking soda, castile soap, and hydrogen peroxide. Baking soda is not fully water soluble, making it a good scouring agent; castile soap is traditionally an olive oil based vegan cleaner, which does not contain animal fats; and hydrogen peroxide kills bacteria by destroying their cell walls. Finally, Danny makes homemade, natural hand scrub using lemon and sugar. The lemon helps disinfect and remove germs, while the sugar works as an exfoliant because it's coarse and contains alpha-hydroxy acids, which remove dead cells.

[Educational Message: A great way to ensure you eat a balanced lunch is to include a fruit, vegetable, carbohydrate and protein. You can make more with a tea bag besides a beverage, and ice cream can be healthy--don't be afraid to explore opportunities to use something in new ways. You can save money on cleaning products by creating your own at home using household items. It's important to protect our skin from germs, and by combining lemon and sugar, it creates a homemade, disinfecting hand scrub.]

Airdate: 5/6/2017

Time:

Duration: 30:00

GIVE

GIVE TO PEOPLE BRIDGING THE GENERATIONS [GBU115]

Film and television star Camilla Belle visits two innovative organizations making a big impact with people of all ages. Camilla starts the day at ONEGeneration, an organization that is both a senior care provider and a preschool where elders assist teachers as care-givers, in a partnership that reaps benefits for everyone involved. After spending the morning painting with a lively group of children and seniors, Camilla heads over to SPARK, an organization that provides mentoring to help 7th, 8th and 9th graders set goals and transition successfully to high school. Camilla joins a group of tweens working with volunteer mentors from HULU, and witnesses how attention from these professionals helps the youngsters recognize their own potential and promise. Now, Camilla is faced with the difficult job of dividing a \$100,000 grant from the Eisner Foundation between the two charities. In the end she gives each organization a gift to help them build inter-generational bonds that help everyone.

[Educational Message: Philanthropic organizations that provide intergenerational programs offer opportunities for people from older and younger generations to participate in mutually beneficial activities. Intergenerational programs can provide meaningful connections between seniors and young children and can help build strong communities of care.]

Airdate: 5/6/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

THE GOLD STANDARD [HOC123]

We see how a father and son unite over golf after tragedy at the Boston Marathon, the world's oldest annual marathon. A 12-year-old phenom trains to represent Italy at the Olympics in gymnastics, which up until 1928 women were not allowed to compete in the sport. We see a profile of the career of Australian golfer Greg Norman, who earned the nickname "the shark" for his persistent and aggressive playing style. A U.S. women's hockey player seeks to bring the gold medal back to her country at the Olympic Games—women's ice hockey was added as medal sport at the 1998 Winter Olympics in Japan.

[Educational Message: Sometimes resilience has a stronger impact than winning—it's important to leave a positive impression for those that follow. Viewers learn about the history of gymnastics, how Greg Norman influenced the game of golf and paved the way for Australian golfers, and the history of women's ice hockey at the collegiate and Olympic levels.]

Airdate: 5/13/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ELEPHANT-SIZED FUN [VJG124]

Host Josh Garcia cruises to Phuket, Thailand to explore this premier destination. First, he visits an oyster farm to learn how cultured seawater pearls are made. Then, he catches up with a local chef to try a mouthwatering lineup of authentic Thai cuisine. Josh learns the flavor is in the herbs and coconut. Thailand is the world's 6th largest producer of coconuts. Then, Josh visits an elephant sanctuary where he meets two Asian elephants that show off their playful side. These Asian elephants are smaller than their African counterparts and are herbivores. Finally, he meets an artisan who introduces him to the ancient art of dyeing fabric, known as batik.

[Educational Message: Taking time to visit a culture that you aren't familiar with can provide you with a global perspective.]

Airdate: 5/13/2017

Time:

Duration: 30:00

WILDERNESS VET

WHEN DOCTOR BECOMES PATIENT [WDV124]

Dr. Oakley loves her job and part of what makes it so rewarding is working with animals and their owners. But after a full week of treating other people's pets, the tables turn when Dr. Oakley's dog, Daisy, needs an operation, reminding this doctor what it's like to be the patient. On this episode of Wilderness Vet, Dr. Oakley first heads to her bi-weekly satellite clinic in Haines, Alaska. Dr. Oakley performs routine physicals, vaccines, and spays and neuters for the local pets. Dr. Oakley's first patient is a Dachshund named Scrappy who is in the clinic to be neutered. The procedure is quick and successful for Scrappy. Next, the doctor visits with a couple of Labradors who had a run in with a porcupine. They will need multiple quills removed from their mouths and faces. After some tense moments, Dr. Oakley carefully and successfully removes the quills on both dogs. Next, an emergency patient is brought into Dr. Oakley's clinic. A dog has severely lacerated its leg on a sharp piece of tin. Dr. Oakley is worried that the injury might have become infected over the past few days. Dr. Oakley performs a surgery to clean the wound and suture the laceration. The dog is also given antibiotics and is currently on the road to recovery. Next, Dr. Oakley and her daughter Willow make a house call to one of their regular patients. The patient is a Labrador named Serku, who has been dealing with a chronic cough for the past couple of months. After reviewing Serku's x-rays, Dr. Oakley notices what may be tumors or abscesses in the dog's lungs. Due to the dog's old age, treatment may not be

a viable option. Serku's owner decides to go forward with further diagnostics to potentially help determine the underlying issue. Finally, Dr. Oakley finds herself in an unusual position. Instead of being the doctor today, she'll be taking her pug, Daisy, to another veterinarian for a spaying procedure. After some tense moments, Daisy's procedure is successfully completed. Now, it's back home for Daisy to fully recover with her family.

[Educational Message: Always be open minded and never quick to judge. Patience and understanding are valuable qualities.]

Airdate: 5/13/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ROCKY MOUNTAIN EXPRESS [JDD124]

Join host Dylan Dreyer through the breathtaking Canadian Rockies and relive the creation of the Canadian Pacific Railway. We'll meet young American railway superintendent William Cornelius Van Horne and retrace the original railroad construction route aboard the majestic steam engine 2816. Witness one of the greatest engineering feats in modern history through a region of stunning natural beauty. In the 1800's, steam engines were powering the Industrial Revolution, connecting people and economies across continents. Steam engines traveled on vast networks of railroads that crossed mountains, deserts, rivers, and canyons. Today, we're on a journey through history to learn how one of the most difficult railroads on Earth snakes its way through the vast wilderness of North America. In the mid-1800's, the government of Canada began an ambitious railway project across the vast mountain wilderness of western North America. In the spring of 1881, the federal government finally began construction and would soon discover just how monumental the task would be. As mile after mile of track was eventually laid, the Canadian wilderness would challenge the brave crews time and time again. Next, we'll learn more about the man in charge of the project, William Cornelius Van Horne. But all of his years of experience couldn't prepare him for the nearly impossible task that lay ahead. We'll also learn more about the many innovations discovered in their time that modern trains and other locomotives still use to this day.

[Educational Message: Hard work and determination can lead to great accomplishments. We must always overcome, no matter how difficult the task.]

Airdate: 5/13/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BLAZING NEW PATHS [NDS124]

Host Danny Seo meets our country's green pioneers, groundbreaking artisans creating from nature and entrepreneurs building businesses with and for animals. First, Danny travels to Oregon and participates in the process of making salt. Salt is created by boiling seawater, allowing it to evaporate to form salt crystals, and then dehydrating it for a few days. Although the finished product seems simple, salt comes in different forms, such as table, finishing and grinding salts. Plus, each can be infused with different flavors, like garlic. Next, Danny uses flowers to create botanical art, and he visits the Dog Café and explores a new way to pick a pet. Then, Danny travels to Rhode Island and participates in the process of harvesting honey. To collect the honey, beekeepers use smoke, which confuses bees, making them more docile; however, beekeepers harvest only the surplus honey and leave enough for the bees to survive. Finally, Danny travels to Oregon and meets the Martinez family, who have been creating hand-crafted leather products since 1962. He helps

make a leather tote and learns how to cut, stamp, sew, and shape the bag and straps. The straps are usually made of English bridle leather, which is stronger and won't stretch.

[Educational Message: Nature is one of the best sources to provide food, art and many ingredients to use in diverse ways. Salt can be cultivated from seawater, and flowers can be used in an expressive way to make art. Nature plays an active role in creating honey--worker bees fly about 500 miles in their lifetime, using the position of the sun to navigate back to their hives. Products can be tanned naturally by using barks, leaves, berries and roots.]

Airdate: 5/13/2017

Time:

Duration: 30:00

GIVE

INSPIRING LEADERS [GBU124]

If there's one thing we've learned on this season of GIVE, it's that non-profits need strong leaders to thrive. And not just strong leaders, but inspiring, passionate, dedicated, intelligent and courageous people who are ready to defy the odds and make things happen for the communities they serve. We think these inspirational folks deserve a second look.

[Educational Message: When individuals pursue careers in what they are passionate about, they can create powerful experiences for the individuals and communities they serve.]

Airdate: 5/13/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

FOUNTAIN OF YOUTH [HOC124]

A teenage girl makes sacrifices to become an Olympic synchronized swimmer, a sport that is a blend of coordinated acrobatics, dancing and swimming. We see how golfer Erik Compton inspires others through his golf event benefiting organ transplant patients—on any given day, there are about 3,000 people in the U.S. on the waiting list for a heart transplant. We see two brothers encourage each other in the game of golf as they each work at their dream of being professional golfers someday. A young hockey player finds a way to stay active in the sport after experiencing a traumatic hit causing a spinal cord injury resulting in paralysis, the loss of muscle function in part of your body.

[Educational Message: It's important to encourage those around you, even if it is in the same sport. If you lose the ability to play a sport, you can still find an active role in the game to make a positive impact. Viewers learn about synchronized swimming and what the sport entails, the impact organ donation can have on lives, and steps to take to get involved in sports media.]

Airdate: 5/20/2017

Time:

Duration: 30:00

LIFE'S A BEACH [VJG125]

Host Josh Garcia spends the day ashore discovering Sydney's amazing beach culture. First, Josh surveys the coastal landscape from a seaplane and witnesses some iconic landmarks. Then, he heads to the coast to connect with some chefs and learns that "shrimp on the barbie" is actually a real thing...and it's delicious. Josh digs into his first Australian barbecue on the picturesque coast. Then, Josh tries out the indigenous

tradition of natural basket weaving with a local artisan. Finally, he finishes his day on a surfboard. Josh learns the techniques to catch a wave like a pro and stay on the board, for at least a few seconds.

[Educational Message: Taking the opportunity to jump in and try new experiences first hand can build confidence when trying new things in the future. Plus, you might even catch yourself having fun!]

Airdate: 5/20/2017

Time:

Duration: 30:00

WILDERNESS VET

DR. DO-A-LOT [WDV125]

Dr. Oakley's work never slows down and that's just the way she likes it. But this week offers an extra load of patients as she heads out into the field to work with some of the many iconic animals of the Yukon. Dr. Oakley knows that a busy doctor is a happy doctor. On this episode of Wilderness Vet, Dr. Oakley first heads to the Yukon Wildlife Preserve to check in on a caribou bull suffering from numerous growths on its body. The first step is to sedate the caribou before examining the growths. After a successful sedation, Dr. Oakley examines the lumps and removes a small biopsy for further testing. The test results eventually arrive and prove that the caribou's lumps are not cancerous and are a benign form of warts. This means the caribou will not need surgery and is free to roam with the herd. Back at the Yukon Wildlife Preserve, Dr. Oakley is helping the staff with applying ear tags to a herd of sheep. The team will have to be careful with the sheep and avoid their large horns. Dr. Oakley first sedates the sheep before applying the unique ID tag. Dr. Oakley successfully tags the sheep and also takes the time for a quick hoof trimming as well. Next, Dr. Oakley is visiting a reindeer suffering from a broken antler. Dr. Oakley examines the injury and determines it likely took place during a battle with another bull reindeer. Dr. Oakley decides the best course of action is to remove the broken antler. The team first sedates the bull reindeer so they can safely approach. Then, using her medical instruments, Dr. Oakley successfully removes the broken antler and provides the animal with antibiotics. Finally, Dr. Oakley decides to spend some quality time with her family. The Oakley's end the day with a ride on their all-terrain vehicles and have some messy fun playing in the mud.

[Educational Message: Always do what you're passionate about in life. Love what you do, let the passion drive you.]

Airdate: 5/20/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD AUSTRALIA [JDD125]

Join host Dylan Dreyer on an adventure to the Land Down Under. We'll discover why Australia is home to some of the most unique species on the planet. We'll trek deep into Australia's desolate desert outback and explore its ancient rainforests. And we'll find the remains of a species thought to have been extinct for over 100 million years. Towards the end of 1994, explorers in Australia found a small grove of ancient trees that were remnants of a species thought to have been extinct for 65 million years. It's called the Wollemi Pine and finding this tree was about as likely as finding a small dinosaur wandering through the forest. They are the last survivors of the first trees to ever grow on Earth and are considered one of the rarest living things on our planet. Their location is kept a secret and access is strictly controlled. However, in our modern world, nothing is safe for long. We'll follow a team of researchers as they explore the ancient grove and discover more about the prehistoric plants. Next, we'll learn more about the diverse wildlife of Australia, such as

platypus, koalas, and kangaroos. Discover how they adapt to survive and reproduce in the harsh and varying climates of the outback. Then, we'll learn more about the earliest settlers to arrive in Australia, including the birth of a new nation that took place in 1901. Discover how the first humans settled in Australia at least 40,000 years ago. We'll also learn more about the incredible continent and how conservationists are discovering more about ways we can help protect the land and wildlife.

[Educational Message: We must work together to create a better future for our planet. Determination and creativity are crucial to our survival.]

Airdate: 5/20/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

Going Green and Saving Green [NDS125]

Host Danny Seo's saving the planet and saving money with ingenious ways to solve pesky household problems, keeping plants hydrated, and saving energy while racking up big bucks. First, Danny creates spider repellent by using essential oils, which are distilled from various parts of plants like seeds, bark and stems. Next, Danny explains that by adding red pepper flakes to birdseed, it keeps squirrels away but doesn't bother birds because birds can't taste red pepper flakes. Then, Danny teaches how to water can travel through twine, making it to be a great way to water your plants while you're away; and he plants beans in re-used egg cartons and yogurt containers to create a mini greenhouse. A greenhouse effect happens when the sun warms the air and soil while the sealed container traps heat and moisture inside.

Finally, Danny teaches that using reusable water bottles can help prevent waste that's created by plastic water bottles, and that using surge protectors and LED light bulbs will help save energy.

[Educational Message: A great way to save money is by getting creative and using household products in different ways as a solution for common problems. Spiders detect smell with scent sensitive hairs located on their legs, so incorporating scents, such as lavender, is a great way to repel them. Twine can be used to keep plants hydrated; and red pepper flakes in bird feeders can be a good deterrent for squirrels without affecting birds. Giving items new purposes can help create something unique, save money and prevent waste.]

Airdate: 5/20/2017

Time:

Duration: 30:00

GIVE

GIVE MOMENTS THAT MADE AN IMPACT [GBU125]

Over the course of this season of GIVE, we've visited forty eight organizations and helped make life better for hundreds, if not thousands, of people. In every show, no matter the topic, what moves us most is the people we touched. Today on GIVE we revisit some of the great individuals we've met along the way, whose lives are enriched every day by organizations featured on the show.

[Educational Message: When you have a strong leader at the helm of a philanthropic organization, communities thrive.]

Airdate: 5/20/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

THE JESSICA LONG STORY [HOC125]

We see thirteen-time gold medalist Paralympic swimmer Jessica Long share her story how she lost her legs due to fibular hemimelia, a condition when someone is born without a fibula; and we follow her as she travels back to Russia, the largest country in the world, to visit the orphanage from which she was adopted and to reconnect with her biological parents for the first time. We see how the youngest female golfer to qualify for the U.S. Women's Open, which was established in 1946, expresses herself on and off the course through fashion.

[Educational Message: Understanding and embracing where you come from can have a large impact on where you go in the future. Don't be afraid to be yourself-- find creative ways to express yourself.

Viewers learn about what it takes to be a Paralympic swimmer, Russian culture, the history of the U.S. Women's Open, and a brief background on fashion influence.]

Airdate: 5/27/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ITALY BY SEA [VJG126]

Host Josh Garcia rereads some of his favorite journal entries from Italian ports of call. The fun begins at a Roman gladiator school where Josh learns the basics of the ancient sport. Josh trains to compete like the ancient entertainers. Then, in Campania, Josh heads out to the countryside to get hands-on with authentic mozzarella cheese. Josh witnesses the cheese making process and sees this science in action. The name mozzarella comes from the Italian verb "mozzare," which means to sever with the hands. Then, he heads to Florence where Josh gets a lesson in opera before catching a show at the birthplace of the art form to see (and hear) how the real pros hit all the notes. Finally, in Genoa, he discovers the age-old tradition of candying fruit. Josh heads to a local factory where he learns the traditional process of candying fruit, which dates back thousands of years to Genoa's maritime culture when candying was used to preserve fruit for long journeys.

[Educational Message: Reflecting on past experiences can reveal things that you might not have noticed in the moment at the time you experienced it. Contemplation can reveal bonus features from your lived experiences.]

Airdate: 5/27/2017

Time:

Duration: 30:00

WILDERNESS VET

UNIQUE FAMILY MEMBERS [WDV126]

In the Yukon, there's no such thing as a common household pet. Whether it's a horse, pig, or donkey their owners love them all the same and Dr. Oakley will give it her all to keep their pets healthy and happy. On this episode of Wilderness Vet, Dr. Oakley first heads to Dark Horse farm to check on a horse with an abscess on its navel. Dr. Oakley discovers additional lumps on the horse's belly that are determined to be a result of cellulitis. This chronic infection could eventually prove fatal for the horse. Dr. Oakley provides antibiotics and takes blood samples to ensure there are no additional problems causing the condition. Next, Dr. Oakley makes a house call to a new patient and finds a sick donkey named Jane. Dr. Oakley discovers

that Jane has a puzzling skin problem and hair loss. After careful examination, Dr. Oakley discovers that Jane has a lice problem. This is not a serious problem and Dr. Oakley prescribes a dusting powder to treat and rid Jane of her infestation. Next, Dr. Oakley is visiting The Learning Farm, a place where kids can come and learn all about farming in Alaska. The farm's owner recently discovered several unexpected litters of bunnies. Rabbits can have multiple litters in a year, so if they don't find the male rabbit soon, this farm will have more bunnies than it can handle. Dr. Oakley examines all rabbits on the farm and discovers two more pregnant female rabbits. Eventually, Dr. Oakley locates the male culprit and recommends the rabbit be neutered to prevent further litters. Finally, Dr. Oakley heads to the outskirts of town where some farmers noticed their pigs have a severe itch. Constant scratching and dry scaly skin are symptoms of Sarcoptic mange, a highly contagious disease. In order to treat the mange, Dr. Oakley will have to treat every pig. The team puts the pigs in a pen and carefully corners them with wood panels, so that Dr. Oakley can safely treat each pig with medication. Dr. Oakley and team finally complete their mission and successfully treat the mange before it spreads further. Since Dr. Oakley is already on site, the farmers want her to take a look at their new piglets. Dr. Oakley provides exams and vaccines on the piglets, while also separating and neutering the male pigs. Doing this is an important safety measure as the males will eventually grow into massive boars, weighing hundreds of pounds and sporting sharp tusks. Dr. Oakley successfully examines and treats all piglets on the farm.

[Educational Message: Work harder than you think you did yesterday. All roads to success have to pass through hard work .]

Airdate: 5/27/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

NORTH AMERICAN ANIMALS [JDD126]

Join host Dylan Dreyer on a tour of the west coast of North America. We'll explore the wild landscape of southern Utah, the breathtaking ocean coastline of Mexico, and the stunning beauty of Alaska. First, we'll discover how Alaskan wildlife face the epic struggle for survival in cold winters and life-giving summers. We'll fly high above the clouds with bald eagles, race alongside caribou, join a pack of wolves hunting for food, and meet people whose ancestors have lived in the wild Alaskan wilderness since the dawn of history. Next, we'll journey through one of the wild jewels of the American West: Zion National Park. We'll reveal the history of the proud people who first settled this ancient land and explore the natural wonders of southern Utah. The first humans began settling in Zion eight thousand years ago and the region became the center of a mystic land. We'll witness recreations of the cliff people ceremonies and learn more about the gods and spirits they worshipped, and also feared. We'll learn about how they believed the gods placed guardians to protect the sacred land. Next, we'll journey to the coastline of Baja California to witness the awesome power of nature and the amazing wildlife struggling for survival in a harsh land. We'll meet a colony of elephant seals and learn more about the species and the communities that inhabit the Baja beaches. We'll get a first-hand look at the magnificent Baja sea life such as whales, porpoises, sharks, manta rays, and moray eels. Finally, we join a group of whale watchers to experience an up close and very personal interaction with a gentle beast.

[Educational Message: Earth has endured without us for millions of years. We must respect and protect our environment to ensure its future for years to come.]

Airdate: 5/27/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

Upcycling DIYs [NDS126]

Host Danny Seo shows how to upcycle by making awesome keepsakes with things you already have in your home, crafty ideas to brighten up a room, and transforming a boring bag from bland to glam. First, Danny shows great ways to reuse VHS tapes by using the tape to make gift bows, upcycles favorite t-shirts into fabric bowls, and re-purposes old building blocks to create a new base for an old lamp. Next, Danny creates unique crafts by upcycling old leather belts and sewing them to create coasters. Sewing is one of the oldest forms of textile art, dating back to the Paleolithic Age. Then, Danny finds a new use for plastic bags by tying them together and crafting them into gifts bows. The U.S. uses about 100 billion plastic shopping bags annually. Finally, Danny redesigns reusable bags using duct tape. The original duct tape was army green because it was invented during WWII for the military, and it has three layers--the top layer is plastic, the middle is a fabric mesh, and the bottom layer is rubber-based.

[Educational Message: Common household items can be reused to create something different and help prevent waste. Reusing old t-shirts to make something else is a great way to eliminate textile waste. Instead of throwing away old lamps, building blocks, belts or plastic bags, use your imagination to create something new—upcycling objects saves money and prevents waste. It’s also a great opportunity to express yourself artistically.]

Airdate: 5/27/2017

Time:

Duration: 30:00

GIVE

GIVE INNOVATIONS [GBU126]

On this special episode of GIVE, philanthropy expert Joan Garry and Life is Good Children’s Foundation head Steve Gross revisit organizations featured on this season of GIVE that respond in innovative ways to some very big challenges. Whether the problem is homelessness or food justice or climate change, these organizations - large and small - have come up with solutions that deserve a second look.

[Educational Message: When problem solving, stepping back to look at the big picture of a situation can provide insight on how to get creative and offer solutions that you might not have come to otherwise.]

Airdate: 5/27/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

GOING THE DISTANCE [HOC126]

We follow the career of Dale McNamara as we learn about the impact and legacy she has left on women’s collegiate golf, particularly at the University of Tulsa, a private university in Oklahoma--to this day, Tulsa’s only national championships have come in women’s golf. We travel to Bekoji, a town in central Ethiopia on the continent of Africa, to see how a teenage distance runner is preparing for the Olympics—Ethiopians currently hold Olympic records in the 5,000 meter and 10,000 meter races. A young female golfer explains how she got involved in the sport at such a young age and learned to perfect her short game, which consists of chip shots, pitch shots and putts. A U.S. track star follows in his father’s footsteps as he trains to win the gold.

[Educational Message: Don't be afraid to be the first to do something—your ambition can have a lasting impact on others and inspire future trailblazers. Viewers learn about the history of women's collegiate golf and steps to take to become a female golfer, how to train to become a distance runner and track runner, and ways to improve your golf game.]

Airdate: 6/3/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SKY HIGH [VJG110]

Host Josh Garcia is in Barcelona, Spain, where he dives deep into Catalan history and culture. He starts off with a medieval tapa tasting and learns about Spanish tapas, a now world-famous cultural institution. Josh witnesses as simple ingredients are transformed into unique dishes through some of the world's oldest cooking techniques. Next, Josh visits the oldest candle shop in Barcelona that dates back to the 19th century. He learns the history of candle making and sees if he has the hands to craft his own beeswax candle. Later, he stops by the largest local castell troupe to check out their rehearsal. Castells are enormous human towers that local enthusiasts have been performing for over 300 years at town festivals. Josh gets in on the action and learns the body mechanics involved in building these incredible human structures, where there's a place for everyone.

[Educational Message: Working together as a team can unlock opportunities to create things that couldn't have been otherwise imagined or created.]

Airdate: 6/3/2017

Time:

Duration: 30:00

WILDERNESS VET

DOG DAY AFTERNOON [WDV110]

On this episode of Wilderness Vet, sled dogs are some of the toughest animals in the sporting world, but even with top of the line care and training, injuries can happen. As a major sled dog race is preparing to start, Dr. Oakley is brought in to help the medical team caring for these athletes. Excitement is in the air as thirteen sled dog teams prepare for one of the largest races in the Yukon. With over 200 miles of slick ice, blazing sun, and sharp rocks to cross, this race is no easy feat. To ensure all the dogs remain safe, veterinarians from all over come to help care for them. Dr. Oakley and her daughter Willow first visit Ed Hopkins to check on one of his sled dogs, Ninja, who has a shoulder injury, in order to determine whether or not the dog is healthy enough to race. Dr. Oakley examines Ninja's shoulder and leg and doesn't notice any major problems, but believes the issue could lead to arthritis. Dr. Oakley determines that Ninja should not race and will be better off being left behind at home to rest. Next, Dr. Oakley prepares for her 24-hour shift, where she will be on-call to help any sled dogs in need. To get to the check point, Dr. Oakley will have to use a snowmobile to get up the icy river, and she'll have to make sure she has all the supplies the team will need over the next 24 hours. With over 100 dogs taking part in the race, Dr. Oakley will be on high alert for pulled muscles, broken bones, and overheated or dehydrated dogs. More than four hours into the race, Dr. Oakley sees that one of Ed Hopkin's most experienced sled dogs has been dragging the past couple of miles. Dr. Oakley examines the sled dog and determines the dog is struggling with dehydration in the unusually warm temperatures. She recommends that Ed leave the dehydrated dog at the checkpoint overnight for extended care. The last team at the checkpoint arrives with another dehydrated sled dog, who broke down early in the race and has not yet recovered. After several hours of rest and wet food, the dog is soon given clearance to continue the race.

[Educational Message: A sled dog's health is a top priority when it comes to racing. Preparation is crucial to success, and it is important to be ready for any outcome when the stakes are high.]

Airdate: 6/3/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE NILE [JDD110]

Join Host Dylan Dreyer and a team of scientists, photographers, and thrill seekers as they attempt to navigate down the entire length of the Nile River -- from source to sea. During this grueling 4-month expedition, our river-rafting team will face adventures, dangers, and wonders unlike anything they've ever seen while completing a journey no one has ever successfully finished before. The Nile River, which spans over 4,000 miles and eleven African countries, once powered the ancient Egyptian Empire and today provides water to millions of people and animals living along its banks. As the journey begins, we witness the Blue Nile Falls, which tower at 150 feet high and span nearly half a mile wide. Next, we see that the journey is only increasing in difficulty as the team encounters Nile crocodiles. Male Nile crocodiles can reach over 16 feet in length and weigh over 1,600 pounds. After a frightening encounter, the team decides to set up a night watch in order to alert the group to any intruding crocodiles. Next, we learn more about the factors of white water rapids and how gradient, constriction, obstruction, and seasons affect the size and ferocity of the river rapids. Later, on the final leg of their journey, the team arrives in Egypt at the ancient temple of Abu Simble. Here we learn more about how the ancient temple was moved to a new location in 1968, a heroic effort to protect it from the rising Nile River. After four long months and 3,000 miles, the team finally completes their journey and arrives at the Mediterranean Sea.

[Educational Message: No feat is too great or small. If you put your mind to it and are well-prepared, you can accomplish anything.]

Airdate: 6/3/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ARTISAN SALT [NDS110]

Host Danny Seo discovers how salt is harvested straight from the sea, whips up a healthy snack using chia seeds, shares tips on healthier ways to make microwave popcorn, transforms shopping bags into gift wrap ideas, turns plain brown bags into portable works of artistic expression using chalk paint, and teaches easy ways to keep plants hydrated. First, Danny travels to Oregon and participates in the process of making salt. Salt is created by boiling seawater, allowing it to evaporate to form salt crystals, and then dehydrating it for a few days. Next, he teaches how to make overnight chia seed pudding, a healthy alternative to regular pudding. Chia seeds are an ancient grain, dating back to Mayan and Aztec cultures. He also teaches how to make easy microwave popcorn by putting corn kernels in a plain brown bag. Microwaving corn kernels in a plain brown bag can prevent exposure to BPA, which is a chemical used to make certain plastics. Then, Danny finds a new use for plastic bags by tying them together and crafting them into gifts bows. The U.S. uses about 100 billion plastic shopping bags annually. Danny upcycles old paint by adding powdered grout to create chalkboard paint, and paints old items to give them a new look that can be written on to show personality. Finally, Danny discovers how to keep plants watered when you may not be around to do it yourself by adding cut up sponges to potting soil, which creates pockets of water in the soil that allow for the plant to stay hydrated for longer periods of time.

[Educational Message: Although the finished product seems simple, salt comes in different forms, such as table, finishing and grinding salts. Plus, each can be infused with different flavors, like garlic. Chia seeds can be used to create quick snacks that are rich in fibers and high in omega-3 fats. There are healthier alternatives to butter that can be added to popcorn, such as parmesan cheese, fresh parsley and truffle oil. A great way to prevent plastic bags from going to waste or ending up in landfills is to attach a few together to create unique gift bows. An easy way to ensure plants are receiving enough water, is to cut up old sponges and add them to potting soil.]

Airdate: 6/3/2017

Time:

Duration: 30:00

GIVE

GIVE TO FUTURE SCIENTISTS AND CHAMPIONS OF THE LAND IN COLORADO [GBU110]

Jenna Bush Hager, NBC Host and Correspondent, goes to Colorado to visit two organizations teaching children and teens the importance – and joy – of caring for their environment. Using the story that she's there to film a documentary, Jenna begins her day with a visit to the Aspen Center for Environmental Studies (ACES) where kids study geology hands-on in a valley below Aspen's Maroon Bells mountains. Blown away by ACES' innovative approach to environmental education and commitment to making it available to all kids, Jenna is determined to help. Next, Jenna spends time with the Roaring Fork Outdoor Volunteers, who get kids and teens to leave their screens behind and build a sense of responsibility and a reverence for nature as they clear hiking trails around Aspen. In the end, seeing that both organizations are worthy of support, Jenna divides a generous gift from the Environment Foundation between them.

[Educational Message: Philanthropic organizations can encourage environmental stewardship by providing opportunities for hands-on learning, taking individuals outside in nature.]

Airdate: 6/3/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

GENERATION NEXT [HOC115]

NBC's Mary Carillo visits a renowned ski school in Austria, where 62% of the country is covered by the Austrian Alps. We see how a junior golfer manages to train regularly despite living in Minnesota, where an average winter brings 4 ½ feet of snow. We travel to South America, where 8-year-old Nicole Foronda aspires to be an Olympian in BMX racing, a type of off-road bicycle racing on dirt tracks with various jumps.

[Educational Message: No matter how young you are, you can start taking steps now to achieve big goals in the future. Viewers learn steps young athletes can take to develop skills in order to become Olympic skiers, BMX riders and professional golfers.]

Airdate: 6/10/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CRUISIN' THE CARIBBEAN [VJG111]

Host Josh Garcia revisits some of his favorite voyages of the Caribbean Sea. First stop, the U.S. Virgin Islands where he discovered the art of moko jumbie stilt walking. He takes a lesson from the moko jumbie, stilt walkers who perform acrobatic feats at local festivals, like Carnival. A symbol of the Virgin Islands, moko jumbie wear colorful garb and masks. Josh learns just how challenging stilt walking can be. Then, in San Juan, Puerto Rico, Josh teams up with a famous, local chef to learn to make a traditional plantain and pork dish called Mofongo, which reminds Josh of his own grandmother's cooking. Finally, in Playa del Carmen, Mexico, Josh goes hunting for jungle bee honey near the ruins of the ancient Mayan city of Tulum. He observes a shaman performing a ritual to ask the gods for a bountiful honey harvest. Josh even gets a look inside the beehive before having a taste.

[Educational Message: Cultural traditions can take many forms, and when you have an opportunity to experience different interpretations of culture, you gain a new perspective.]

Airdate: 6/10/2017

Time:

Duration: 30:00

WILDERNESS VET

HORSING AROUND [WDV111]

On this episode of Wilderness Vet, wild horses are some of the most beautiful animals in the Yukon, but when they start wandering too close to roadways, they pose a serious risk to both drivers and themselves. Today, Dr. Oakley is joining a team attempting to round up some of these animals and save them from danger. Dr. Oakley first heads to meet Doug Twiss at Half Breed Creek Corral, where a herd of wild horses are being cared for. These horses are slated to be moved to a pasture in Alaska, but before they can leave, Dr. Oakley carefully examines all wild horses, while administering blood tests and providing de-wormers. If all the blood samples come back negative, the horses will be cleared for their trip to Alaska. Next, Dr. Oakley is joining a team on a mission to clear a group of wild horses along the Alaska Highway. The colder temperatures are driving the horses to forage for grasses along the highway. To protect both the animals and drivers, Dr. Oakley is joining a special round-up team organized by the government. Agriculture Development Officer Kevin Bowers has been working to get the horses off the streets and into protected areas. The team will attempt to use a helicopter to herd the horses, while Dr. Oakley will monitor the horses' behavior to ensure they don't become too stressed during the mission. The plan is to push the horses into a fenced in pasture, so that they can be monitored and eventually relocated to a safer range in the Yukon. After several unsuccessful attempts, Dr. Oakley decides that pushing them any more would cause too much stress, and she makes the tough call to abandon the mission. Next, Dr. Oakley meets with several horses with a potentially serious illness. While administering routine checkups on the horses, Dr. Oakley discovers that one of the horses may have equine infectious anemia, which is similar to HIV in humans. The virus is transmitted by insects that bite the horses, which wrecks their immune system and causes them to become thin and weak, and eventually causes death. However, after testing all horses for the disease, Dr. Oakley discovers they are in fact healthy and do not suffer from the equine infections anemia.

[Educational Message: Patience is not the ability to wait, but the ability to keep a good attitude while waiting. Sometimes even the best plans don't work out, but it's important to stay positive and keep trying.]

Airdate: 6/10/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ANIMAL EXPLORATION [JDD111]

Join host Dylan Dreyer on an epic journey around the world exploring a few of the Earth's most amazing species. Spanning an area of approximately 12,000 square miles in Northern Tanzania, the Serengeti is the last refuge for the greatest concentration of migrating mammals remaining on the planet. First, witness the epic journey of nearly 3 million large mammals as they make the yearly migration north at the start of the dry season. Next, we'll learn how the Americas and the Alaskan landscape were formed by the last great ice age over 1.8 million years ago. We'll begin when water temperatures around the Alaskan coastline drop to freezing during the long winter months. When summer finally arrives, the ocean springs to life with salmon, whales and sea lions. After only six weeks of warmth, the air grows cold and summer visitors like birds and whales begin heading south to escape the bitter cold ahead. Next, witness unforgettable creatures of Australia such as kangaroos, koalas, and even the platypus. Learn how Australia is the driest inhabited continent on earth and almost equal in size to the continental United States. It's surrounded by three oceans, making it the world's largest island. Millions of years of isolation have produced one of the most unique ecosystems in the world, including unbelievable wildlife. Finally, we'll witness the bizarre migration of over one million red crabs located on Christmas Island about a thousand miles west of Australia.

[Educational Message: The amazing animals of the fragile Serengeti are endangered and we all need to do our part to protect it. America's last great wilderness, a place seemingly too hostile for living things, erupts with life and triumphs season after season. With our protection and conservation, life will always find a way.]

Airdate: 6/10/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

WICKED HEALTHY [NDS111]

Host Danny Seo makes healthy mushroom tacos, improvises dishes using coconut flakes and coconut oil, finds ways to use leftover buttons and paint, and shares tips on how to keep squirrels out of bird feeders using a simple kitchen ingredient. First, Danny travels to Oregon to meet a plant-based chef and help cook mushroom tacos. A plant-based diet focuses on fruits, vegetables, grains, nuts and seeds, without animal products or by-products. Next, Danny cooks coconut miso eggplant using coconut oil and miso. Coconut oil can help improve skin care and digestion, while miso is a superfood that is high in protein, vitamins, minerals, fiber, and probiotics. He also makes coconut bacon by using flakes of coconut, which have high amounts of manganese, potassium and copper. Then, Danny paints canvases with leftover paint and glues old buttons to create works of art. Finally, Danny explains that by adding red pepper flakes to birdseed, it keeps squirrels away but doesn't bother birds because birds can't taste red pepper flakes.

[Educational Message: Great alternatives to cooking with meat are using maitake mushrooms, which can help lower cholesterol and strengthen your immune system, and butternut squash, which contains nearly half of the required daily dose of vitamin C. A healthier substitute for cooking with butter is using coconut oil. Rather than wasting leftover paint and old buttons, you can show your creativity by using them to create artwork on a blank canvas.]

Airdate: 6/10/2017

Time:

Duration: 30:00

GIVE

GIVE HOPE TO KIDS IN NEED [GBU111]

Actor and GIVE Executive Producer Blair Underwood visits two New York-based charities that are transforming the lives of children in need. First, Blair suits up at a tennis camp in Queens run by the Parks Foundation, which provides free sports instruction for kids in underserved neighborhoods. Blair witnesses kids of all ages and skill levels learning a game that teaches the valuable lessons of self-reliance and discipline. With encouragement from the coaches, Blair gets his hands on a racket and goes toe-to-toe with a student who shows him just how valuable the City Parks Foundation has been in her life. Next, Blair journeys out on Long Island to visit the Sunrise Association, an organization that provides day camps for children with cancer and their siblings. Blair meets a teenager who lost a leg to bone cancer but finds joy and hope in the Sunrise Camps program. Realizing that the two organizations offer different but vital services to the populations they serve, Blair must determine how to divide \$50,000 between them. In the end, he returns to surprise and delight each charity with a gift.

[Educational Message: Camp programs can provide individuals with opportunities to learn new skills, harness creativity, strengthen social skills, and boost confidence.]

Airdate: 6/10/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

IN THE BLINK OF AN EYE [HOC116]

NBC's Mary Carillo travels to Holland to see the country's passion for Olympic speed skating, which has been featured in every Winter Olympic Games since 1924, and learn about the historic Elfstedentocht race. A young man with Down syndrome, which occurs when an individual has an extra copy of chromosome 21, excels at golf. We see how the Philadelphia Eagles' long snapper Jon Dorenbos works with children by using magic, a craft that is believed to date back to around 2,600 B.C. An aspiring young golfer moves from China to the U.S. to chase her dream of becoming a professional golfer and play in the Drive, Chip and Putt Championship.

[Educational Message: Don't be afraid to chase your dreams or do something different regardless of your age, obstacles you might face, or what others might think. Viewers learn about the origins of speed skating, achieving goals while living with Down syndrome, and steps young golfers can take to build a future in the sport.]

Airdate: 6/17/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

15th CENTURY SMILE [VJG112]

Ashore in Marseilles, host Josh Garcia explores the region of Provence and visits a farm to learn about goat cheese, try his hand at milking goats, and sample the fresh cheeses. He discovers the delicious secret behind a 15th century royal smile, then meets a talented figurine maker. First, in farm country, Josh meets some wild goats and learns the cheese making process of *chevre*, a local delicacy. He gets a taste and learns that in the South of France, it's not a cheese, but a dessert. Then, Josh travels through French history when he learns the art of santon making. This craft dates back to the French Revolution and he meets the family that's been keeping it alive across generations of artisans. Finally, Josh learns the secret of another local favorite with royal beginnings, the calisson. Calissons date back to the 15th century and, according to local legend, a king had them created for his sullen bride. Calissons are shaped as the queen's reaction, a smile. These cookies are an intersection between cookie, candy, and pastry.

[Educational Message: Multigenerational artisans are able to keep cultural art forms alive by handing down those crafts through generations of family members. This allows historical art forms to carry on into the future.]

Airdate: 6/17/2017

Time:

Duration: 30:00

WILDERNESS VET

THE GREAT CAT CORRAL [WDV112]

On this episode of Wilderness Vet, it's a feline frenzy as Dr. Oakley examines some very wild, and very large, cats. But jaguars, leopards, and cheetahs aren't her only concern because she also has to handle a few housecats with some puzzling problems. First up, Dr. Oakley heads to the Alaska Zoo to visit a snow leopard with a nagging cough. After successfully sedating the cat, Dr. Oakley and team bring the snow leopard to a clinic in order to perform x-rays and an ultrasound to investigate further. Unfortunately, the team discovers a tumor in the cat's chest, so the snow leopard will be taken back to the zoo, where the staff will monitor her condition going forward. Next, Dr. Oakley and her daughter Sierra head to Alberta, Canada to visit a variety of animal patients. This proves to be a great opportunity for Sierra to observe many different types of veterinary medicine. The first stop is at Discovery Wildlife Park, where the first patient is a jaguar in need of its annual vaccines. Dr. Oakley demonstrates to Sierra how she administers the vaccines and treats the large animal. Next up, Dr. Oakley and Sierra visit with a cheetah to observe its recovery from a recent surgical procedure. All is well with the big cat and Sierra gets up close and personal to learn more about the fascinating feline. Next, Dr. Oakley recruits her daughter Maya to help handle some feisty lynx kittens at the Yukon Wildlife Preserve. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens to perform a routine checkup and provide vaccinations. Next, a feline is brought into Dr. Oakley's clinic to be spayed. Before beginning the procedure, Dr. Oakley discovers several masses in the feline's abdomen. Fearing the worst, Dr. Oakley performs an ultrasound to rule out any potential health issues. Here we learn more about the non-invasive ways veterinarians observe and detect potential medical problems for their patients. Thankfully, all is well and Dr. Oakley discovers that the feline is actually pregnant with kittens.

[Educational Message: Teamwork is essential to success. If everyone is moving forward together, then each member of the team can contribute something valuable to the group.]

Airdate: 6/17/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WONDERS OF THE ARCTIC [JDD112]

Join host Dylan Dreyer on the top of the world as she explores the breath-taking beauty of the Arctic. We'll team up with scientists working to better understand climate change, and meet the native people of the Arctic who feel the effects of global warming first hand. We'll trek deep into the Arctic wilderness, discover incredible wildlife, and visit a remote Canadian village with more polar bears than people. We'll discover how freezing arctic water holds more oxygen and supports some of the most productive ecosystems in the world. We'll learn more about how Beluga whales, Narwhals, Bowhead whales, and Greenland sharks survive in this environment. Next, we'll meet with a team of marine biologists studying the health and population of local arctic Bowhead whales. Follow this team on their mission to carefully gather DNA samples while riding alongside the whales on speeding boats. Next, we'll travel to Hudson Bay, where we'll

meet a group of Polar bears. Hudson Bay has the highest concentration of Polar bears in the world. In the small town of Churchill, Canada, we learn more about how the local community handles encroaching Polar bears. We soon follow a team that works to safely extract and relocate a Polar bear to a protected area away from human interference. Next, we'll learn more about a group of scientists studying the environment to discover more about the impact of climate change in the arctic. Using special instruments and monitors, the team can measure the density of the ice and determine the rate at which it's melting. Finally, we learn more about the native Inuit tribes that have inhabited the arctic region for many years.

[Educational Message: The arctic remains one of the planet's last wild frontiers. We must do our part to respect and protect the environment in order to preserve the fragile ecosystems within.]

Airdate: 6/17/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

CHICKPEAS AND FAST CASH [NDS112]

Host Danny Seo meets design students who make furniture, creates surprising snacks and sweet treats using chickpeas, teaches about the importance of skin care and how to make DIY lip and hair beauty products, and shows four easy tricks to save money while also helping save the environment. First, Danny travels to meet design students who have been challenged to get creative with laminate to make furniture. Laminate is typically bent or shaped by heat, making it more flexible so it can be glued to a frame or used to show artistic expression by creating different designs, like curvilinear and tessellation. Curvilinear describes something that is consisting of a curved line or lines, and tessellation is a pattern of geometric shapes with no overlaps or gaps. Next, Danny makes chickpea chocolate chip cake. Chickpeas are a great source of iron, which can help strengthen hair and nails. Then, Danny teaches how to make homemade lip scrub and hair mask by using items found at home. Olive oil is high in oleic acid, which is a fatty acid that pulls moisture deep into the skin; raw honey contains hydrogen peroxide, which helps clarify and clean skin; sugar contains glycolic acid, which boosts new cell production and softens the skin; and bananas are rich in potassium, which can help strengthen hair. Finally, Danny teaches that using reusable water bottles can help prevent waste that's created by plastic water bottles, and that using surge protectors and LED light bulbs will help save energy.

[Educational Message: Inspiration is all around us and can be incorporated in ways you may not expect, so think outside the box and get creative. Chickpeas can be used in more ways than just on salads and in hummus. Our skin is the largest organ on our body, so it's important to treat it well by moisturizing and exfoliating, which can be done by using what you already have at home. Doing simple gestures at home, like using certain light bulbs, can make a big difference in the environment and in the money you spend.]

Airdate: 6/17/2017

Time:

Duration: 30:00

GIVE

GIVE TO PET OWNERS AND THEIR FURRY FRIENDS IN SOUTH LOS ANGELES [GBU112]

Actress and blogger Jamie Chung goes to South Los Angeles to visit two organizations dedicated to the wellbeing of our furry friends and their human families. Using the story that she's there doing research for her blog, Jamie begins her day with a visit to the Amanda Foundation, which rescues animals from shelters and provides free and low-cost medical care for pets in some of LA County's poorest communities. Inspired

by the young volunteers she meets at Amanda Foundation -- middle-schoolers who want to take care of animals and their neighborhoods as veterinarians one day -- Jamie is determined to help. But first she pays a visit to Downtown Dog Rescue, an organization that helps homeless and low-income pet-owners keep and care for their four-legged loved ones with free medical and legal services, and an emergency kennel. At Downtown Dog Rescue, Jamie has an emotional encounter with a group of homeless pet-owners and their dogs. Seeing that both organizations are worthy of all the support she can give them, she divides a generous gift from the ASPCA between them.

[Educational Message: Owning a pet can be a long-term commitment to caring for the health and wellbeing of your furry friend. For many, pets can provide emotional support for their owners.]

Airdate: 6/17/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

GIRL POWER [HOC117]

Kelsey DiClaudio shares her story about being in a wheelchair and being the only female player on the U.S. sled hockey team. Sled hockey players use double-blade sleds that allow the puck to pass beneath the sled. We see how Dan Brooks, Duke's women's golf coach, has left his mark on college golf. We journey to Kenya, a country that is known for producing Olympians in long distance running, where a 12-year-old girl aspires to play Olympic volleyball and win a gold medal for her country.

[Educational Message: Don't let age, gender, size or background prevent you from being a trailblazer. Viewers learn about young female athletes aspiring to be professionals in sled hockey, golf, and Olympic volleyball, and the steps one can take to excel in each.]

Airdate: 6/24/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

WORLD CHAMPION PESTO [VJG113]

Host Josh Garcia arrives in Genoa, Italy where he explores the rich culture and cuisine of this historic Mediterranean city. First, Josh takes to the foothills with the help of some Italian donkeys who share the load. He arrives at a basil farm where he learns the secret to the most famous herb grown in the region. Under the guidance of a world champion, Josh helps make a truly authentic version of pesto that won the Pesto World Championship. Pesto is a Genovese staple traditionally made from a strict list of 7 ingredients: basil, pine nuts, parmesan and pecorino cheese, garlic, olive oil, and salt. Then, Josh heads to a local factory where he learns the traditional process of candying fruit. Candying fruit dates back thousands of years to Genoa's maritime culture when candying was used to preserve fruit for long journeys. Finally, Josh sets sail with some local sailors on the same waters as Genoa's famous son, Christopher Columbus.

[Educational Message: Sometimes doing things by hand can yield the best results. When harvesting herbs and preparing certain dishes, using your hands instead of machines can often result in the best-tasting dish.]

Airdate: 6/24/2017

Time:

Duration: 30:00

WILDERNESS VET

THE EFFECTS OF INFECTIONS [WDV113]

On this episode of Wilderness Vet, when some of Dr. Oakley's patients develop infections, she'll have to use every trick in the book to help them. From a duck with a swollen foot, a puppy with a mysterious disease, to an owl with a broken wing, Dr. Oakley's goal is always the same: make sure they're happy and healthy when they go home. First up, Dr. Oakley is at her satellite clinic in Haines, Alaska with her daughter Sierra. Dr. Oakley's first patient is a duck with an infection in her foot. Dr. Oakley examines the duck's foot and determines the animal is suffering from bumblefoot. Dr. Oakley takes this time to teach Sierra more about the x-ray process and how the instrument is used. The x-ray reveals that the infection is so severe, it has spread to the duck's bone. Dr. Oakley prescribes antibiotics and will perform surgery on the duck's toe in the coming weeks. Next, a Black and Tan Coonhound with a nasty ear infection comes in to see Dr. Oakley. Here we learn about the breed's susceptibility to ear infections due to its long ears. The diagnosis is a mild ear infection, and Dr. Oakley prescribes ear drops to stave off the infection. Next, Dr. Oakley is visited by a puppy named Scruffy in need of vaccinations. It is suspected that the puppy may have Parvovirus, which spreads very easily and can prove fatal for puppies if not vaccinated early. Dr. Oakley examines the puppy and administers the necessary vaccines. Next, Dr. Oakley is visited by dog that was quilled by a porcupine. After a tense procedure, all quills are carefully removed and the dog will eventually fully recover. Finally, Dr. Oakley visits the Yukon Wildlife Preserve to assist in the release of a Great Horned Owl. This owl suffered a broken wing during the previous winter and has been rehabilitating at the Preserve.

[Educational Message: Preventive care for animals can allow them to live healthier and fuller lives. Allowing proper time for injuries to heal will increase the chances of success when returning animals to the wild.]

Airdate: 6/24/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SPACE JUNK [JDD113]

Join host Dylan Dreyer as she explores the growing junk yard orbiting our planet. Debris and trash floating high above our heads are threatening space travel as we know it -- and threatening the communication satellites that power our modern world. We'll meet the scientists racing to solve the problem and prevent potential disasters. Our journey begins in Winslow, Arizona at the site of Meteor Crater. Here we learn more about the devastating meteorite impact that took place over 50,000 years ago. Scientists discovered the cause of the event was due to a space collision of large meteors. This thinking lead to the idea that our own space junk could cause collisions in the future as we further explore space travel. Next, we'll learn more about the varying levels of our planet's orbit such as low Earth orbit, near/middle Earth orbit, and Geosynchronous orbit. With so many objects careening through the same altitude, it's not hard to imagine that some objects may eventually collide. Next, we'll learn more about the history of various satellites launched in our orbit over the years, and how over 100,000 objects now orbit our Earth. Of the thousands of objects launched into space of the years, only about 1,000 are operational. Today, scientists and researchers are working on ways to safely capture and remove the exorbitant amount of debris.

[Educational Message: Whether here on Earth or up in space, we need to do our part to protect the environment. We must always seek solutions to reduce our waste and carbon footprint for future generations. Creative solutions are often needed to tackle problems.]

Airdate: 6/24/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GOAT FARM [NDS113]

Host Danny Seo visits a goat farm to learn how to milk goats and create soap using goat milk. Dairy goats average around 3 quarts of milk per day, and Nubian goats are known for high-quality, high butterfat milk production. Next, Danny cooks up easy five-ingredients-or-less dinners, using vegetables such as squash, shallots and asparagus. Squash is high in vitamin C, which helps maintain healthy skin and boost the immune system; shallots can help lower blood pressure and can boost immunity; and asparagus is very high in folic acid, a B vitamin that's a natural mood booster. Then, Danny creates unique crafts by upcycling old leather belts and sewing them to create coasters. Sewing is one of the oldest forms of textile art, dating back to the Paleolithic Age. Finally, Danny makes homemade, natural hand scrub using lemon and sugar. The lemon helps disinfect and remove germs, while the sugar works as an exfoliant because it's coarse and contains alpha-hydroxy acids, which remove dead cells.

[Educational Message: The nutrients and anti-inflammatory properties in goat milk can help reduce eczema, psoriasis and acne. Great recipes don't need to be complicated; adding vegetables like squash, asparagus or shallots are great options to add flavor and health benefits. Old belts don't have to go to waste; they can be cut and sewn together to create coasters or hang wall art. It's important to protect our skin from germs, and by combining lemon and sugar, it creates a homemade, disinfecting hand scrub.]

Airdate: 6/24/2017

Time:

Duration: 30:00

GIVE

GIVE TO HELP CHILDREN READ, WRITE AND GROW [GBU113]

Jenna Bush Hager, NBC News Host and Correspondent, visits two New York City based organizations that use the power of books to bring about positive impacts in the academic and emotional lives of children and teens. Jenna's first stop is Pajama Program, which provides pajamas and books to thousands of children and teens around country who are living in shelters, orphanages, group homes and foster care. At the Pajama Program Reading Center in NYC, Jenna witnesses first hand how the simple act of reading feeds children's minds and fills them with security, comfort and love. Recognizing the profound significance of bedtime reading in the lives of her own children, Jenna is deeply moved and wants to help, but first she goes to see another organization in action. Created to answer the challenge of falling literacy rates in New York City's high-poverty schools, Behind the Book brings professional authors into Pre-K – 12th grade classrooms to conduct writing workshops that culminate in the publication of a book of student work. Energized by the passion she sees in the students, and impressed with the effectiveness of Behind the Book's method, Jenna must decide how to divide fifty thousand dollars between the two organizations. In the end, with the help of the GIVE panel, she finds a way to support them both.

[Educational Message: Reading aloud is one of the most important activities to become a successful reader. When you read aloud, your vocabulary grows, as does your confidence.]

Airdate: 6/24/2017

Time:

Duration: 30:00

HEART OF A CHAMPION

FIRE AND ICE [HOC118]

We learn how a 15-year-old American snowboarder is carving a path to the Olympics in the sport, which debuted at the 1998 Winter Olympics in Japan. A young multi-sport athlete triumphs despite having Spina Bifida, a birth defect that between 1,500-2,000 are born with each year in the U.S. A youth hockey program in St. Louis, the first American city to host the Olympics in 1904, has grown to be a gateway to the NHL. We see the dynamic of young golfers and their coaches as they train for the Drive, Chip and Putt Championship, which started in 2013.

[Educational Message: Don't let your age or a physical disability prevent you from working toward achieving your dream—it's never too early to start trying. Viewers learn ways young athletes can train to develop skills in order to become Olympic snowboarders, Paralympic track and field competitors, professional hockey players and professional golfers.]

For 2nd Quarter 2017 **April 1, 2017 – June 30, 2017**

THERE WAS NO OTHER PROGRAMMING FOR THE 2ND QUARTER 2017 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

2nd Quarter 2017 PSAs

NETWORK PUBLIC SERVICE SCHEDULE APRIL 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20170401	WILDERNESS	10:55:29 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170401	JOURNEY	11:25:46 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170401	NATURALLY	11:57:02 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170408	VOYAGER	10:26:55 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170408	WILDERNESS	10:54:15 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170408	JOURNEY	11:26:02 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170415	HEART	9:55:24 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170415	NATURALLY	11:56:54 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170415	GIVE	12:27:29 PM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170422	NATURALLY	11:56:50 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170422	GIVE	12:27:28 PM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170423	MTP AN	1:45:21 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170429	VOYAGER	10:25:17 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem

NETWORK PUBLIC SERVICE SCHEDULE MAY 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20170506	HEART	9:55:07 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170506	VOYAGER	10:26:46 AM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170506	NATURALLY	11:56:43 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170513	JOURNEY	11:26:13 AM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170513	NATURALLY	11:56:25 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170513	GIVE	12:26:46 PM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170520	GIVE	12:25:17 PM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170520	HEART	12:56:13 PM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170527	WILDERNESS	10:55:22 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170527	NATURALLY	11:57:03 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170527	HEART	12:56:05 PM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"

NETWORK PUBLIC SERVICE SCHEDULE JUNE 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20170603	GIVE	9:27:10 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170603	JOURNEY	11:26:19 AM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170610	WILDERNESS	5:57:04 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170610	NATURALLY	6:57:07 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170610	HEART	7:55:48 AM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170618	MTP	9:53:13 AM	0:15	ZNBC171030H	PSA 2017 TMYK NBC News, Diversity "I Am Anthem" :1
20170624	VOYAGER	10:27:31 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade" PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170624	NATURALLY	11:58:05 AM	0:15	ZNBC171034H	Grade Girls"
20170625	MTP AN	1:45:21 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem

NBC NETWORK NON-BROADCAST EFFORTS**April - June, 2017****NBCUniversal's *The More You Know* website:**

Since 1989, *The More You Know* has brought the nation's most important social issues to the forefront, and remains a trusted voice for sharing knowledge to improve lives and inspire action. *The More You Know's* comprehensive website (themoreyouknow.com) includes in-depth resource and referral information on the campaign's important focus issues including:

- HEALTH – fighting childhood obesity, encouraging nutrition and physical fitness
- ENVIRONMENT – encouraging everyday actions that reduce environmental impact
- EDUCATION – recruiting new teachers and promoting their long-lasting impact
- DIGITAL LITERACY & INTERNET SAFETY - sharing online safety tips and information
- DIVERSITY – embracing differences and promoting inclusion, tolerance and respect

Also featured on site is The More You Know Learning series' *Growing Up Online*, a free eBook on digital literacy and Internet Safety. *Growing Up Online* is an important tool to initiate conversation with children about online safety. The eBook is a media-rich, two-part learning resource that provides easy-to-use information about navigating the digital world in a unique and engaging way. Part one includes safety tips, discussion questions and key takeaways for parents and teachers. Part two features four entertaining video comic books for children, focused on real situations that come up when kids go online.

Additional content on the site includes public service announcements, behind-the-scenes videos, a general overview, a talent directory, and a list of the campaign's accolades such as the prestigious Emmy and Peabody awards.