

July 2, 2018

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 2018. 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 2018 and those planned for the 3rd quarter of 2018.
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 2018 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 revised video description rules that will become effective on July 1, 2018, full-power affiliates of the ABC, CBS, Fox and NBC networks that are located in the top 60 television markets must provide 87.50 hours per calendar quarter of video-described programming, 50 hours of which must continue to air during prime time and/or in children's programming. The additional 37.50 hours may air at any time between 6AM and midnight local time. A video described program may be counted toward the 87.50 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 87.50-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 2018
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
April 1, 2018 – June 30, 2018

In the 2nd Quarter of 2018, 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.

HEALTH + HAPPINESS

Health + Happiness is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Health + Happiness is a series about how simple lifestyle changes can make a huge difference in our health, well-being, and even attitude. Host Joy Bauer, leading nutrition expert and influencer, dishes out helpful strategies on forming healthy eating habits, and co-host Vivien Williams brings science and innovation to the table on living a healthier and happier life. With the help of medical experts from Mayo Clinic, each week our hosts will educate viewers on a variety of topics that will not only teach teens and their families how to make better choices when it comes to healthy living, but may even inspire new daily activities that promote better wellness. As teen viewers reach an age when they begin to make more of their own lifestyle choices, this series will help them form healthy habits that are critical to inspiring a lifelong interest in living well.

THE CHAMPION WITHIN

The Champion Within is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. The Champion Within 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, The Champion Within 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, 2018 – June 30, 2018

Airdate: 4/7/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SOUNDS OF LISBON [VJG219]

Host Josh Garcia spends the day ashore in Lisbon, Portugal, discovering the food, culture, and music of this Portuguese hot spot. First, at a traditional artisan workshop, Josh learns the ancient art of handcrafting Lisbon’s iconic, decorative tiles. He sees firsthand how these tiles, locally known as *azulejo*, are made using techniques dating back to the 18th century. *Azulejo* comes from an arabic word meaning “polished stone.” Next, he gets a master class in making vegetable tempura, the world-famous dish that originated in Portugal. Tempura means battering ingredients in a batter made of flour, water, herbs, and cornstarch, before frying in oil. Later, Josh is introduced to Fado music and learns about the unique instrument behind its haunting melodies. The Portuguese guitar has twelve strings, giving the sound a different tone. The body of the guitar is made by molding thin strips of wood to bend the uniquely pear shape of the Portuguese guitar.

[Educational Message: Music can serve as a universal language, and can be an expression of emotion that everyone can understand regardless of their spoken language.]

Airdate: 4/7/2018

Time:

Duration: 30:00

WILDERNESS VET

QUALITY TIME [WDV219]

Being the only wildlife vet for hundreds of miles means always being on the road, and for Dr. Oakley, that much time away from home can be difficult. So, in order to see her family, she often likes to recruit them to help out with her appointments. First up, Dr. Oakley, along with her daughters Maya and Willow, are on the way to a local ranch to see a horse in need of a neutering. This horse is being retired from breeding, so Dr. Oakley will need to anesthetize the horse and perform a castration procedure. Next, Dr. Oakley is visiting a farm with a pregnant cow that cannot give birth. Dr. Oakley will have to give the cow an internal exam to check on the unborn calf and ensure there are no complications. Next, Dr. Oakley receives a surprise visit from her daughters and their family dog, Daisy May. Daisy May is having eye issues and will need a thorough exam to confirm whether or not she suffers from glaucoma. Dr. Oakley uses this moment to teach her daughters more about the tools used to test for glaucoma, such as a tonometer. Next, Dr. Oakley is visited by an ailing puppy that may have ingested a toxic caterpillar. After a quick exam, Dr. Oakley confirms the puppy is suffering from a case of parasitic worms and will be prescribed a de-wormer to recover. Finally, Dr. Oakley and her family take a

camping trip to a very remote location in Alaska where they'll spend some quality time together as a family.

[Educational Message: Bonding with family and spending quality time together is important in life. When we have each other, we have everything we need.]

Airdate: 4/7/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE JUNGLES OF GERMANY [JDD215]

Join host Dylan Dreyer on a breathtaking tour of Europe's most surprising waterway: The Wupper River. We'll explore the river's dark and untamed regions, meet countless creatures living along its banks, and reveal a collection of diverse habitats that rivals the mighty Amazon. We'll follow the river's history from medieval times to present day and discover the many ways wildlife has adapted and thrived through the centuries. First, we'll learn how the Wupper River was contaminated and polluted by factories during the Industrial Revolution over a century ago, and how future community involvement and investment helped restore the river to its current thriving state. We'll discover more about the various species of birds, amphibians, reptiles, and mammals that call the Wupper River home. Here we'll visit a breeding ground for Kingfisher birds and we'll learn more about the courting process for the males and females. Next, we'll follow a family of wild boars foraging for food and we'll learn how human interference and distribution has made the wild boar one of the widest-ranging mammals on Earth. Next, we'll learn about the variety of mushroom species thriving on the banks of the Wupper River and witness their unique growth patterns and abilities to spread spores. Then, we'll visit with a group of red foxes where we'll learn more about their hunting habits and social behaviors. Finally, we'll meet a litter of red fox cubs and witness how their mother provides and cares for them in the wild.

[Educational Message: Our society can have a big impact on the nature and wildlife that surrounds us. We must all do our part to reduce pollution and protect our Earth.]

Airdate: 4/7/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SWEET CREAMS [NDS219]

Host Danny Seo travels to Houston, Texas to learn how to make uniquely flavored homemade frozen custard, which contains at least 1.4% pasteurized egg yolk solids, creating a thicker consistency than ice cream. Next, Danny shares how to upcycle old sponges by turning them into ice packs using a zip-lock bag, water and rubbing alcohol. Rubbing alcohol prevents the water from freezing completely; while water freezes at 32 degrees, rubbing alcohol freezes around -128 degrees. Then, Danny uses Brussels sprouts, cauliflower and radicchio to cook meals that are meat-free alternatives to popular dishes, like General Tso's chicken—which is named for the 19th century Hunanese General Tso Tsung-t'ang. Radicchio is Italian chicory with a sharp, bitter flavor which mellows and sweetens after grilling. Then, Danny creates coffee ground soap using

glycerin, which is an organic compound that, when liquefied, is clear and odorless. He also uses coffee grounds to create a body scrub with coconut oil, which is naturally antibacterial and antifungal. Lastly, Danny explains which font types are the most ink efficient—printing 25 pages a week using Times New Roman instead of Arial could save nearly \$20 each year.

[Educational Message: Growing your own ingredients or using local ingredients to make fresh food is a great way to practice sustainability. Using uncommon ingredients to create unique flavors that resonate with you can be a way to express yourself and show creativity. Many household ingredients have multiple purposes.]

Airdate: 4/7/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

SHOULD YOUR DOG SLEEP IN YOUR BED? [HHM101]

Hosts Joy Bauer and Vivien Williams explore the benefits of pets on your health. Vivien begs the question: should you bunk with your pup? Research shows that letting your dog sleep in your bed can compromise the quality of your sleep, and a better alternative might be to let your dog sleep in your bedroom in their own dog bed. Uninterrupted sleep is vital to a person's overall health. When your pup sleeps in a dog bed in your room, they are less likely to interrupt your sleep than if they sleep in your bed. Next, Vivien has five facts about blood pressure, and how to know your numbers. She offers a simple way to de-stress, and suggests that when taking a walk, silently wish those you see well. This small, silent act of sending good wishes to others can be a mood-booster. Then, Joy shares a heart-warming story on a group that's transforming shelter dogs into service dogs to help military veterans returning home after service. Veterans with post-traumatic stress can benefit from a highly-trained service dog. These service animals can provide companionship, emotional support, and other support for day-to-day activities, including creating personal space for veterans in public spaces. Finally, Joy examines whether it's alright to have a late-night snack, and dishes on how to make a healthier pizza with bell peppers. Bell peppers offer a gluten free alternative to traditional pizza crust and also provide an excellent source of Vitamin A, Vitamin B6, and dietary fiber.

[Educational Message: Making small changes in your day-to-day life can yield big benefits. Whether it's making small changes to reduce sodium in your diet or changes to get better sleep, it all adds up to better health.]

Airdate: 4/7/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

LEAD BY EXAMPLE [HOC205]

We meet Bobby Carpenter and Denna Laing, both former hockey players, but one living with a spinal cord injury, who trained for and raced the Boston Marathon together to raise awareness for spinal cord injuries. Approximately 285,000 people in the U.S. are living with spinal cord injuries. The Boston Marathon is the oldest in the country and began in 1897. Next, we learn how golf was introduced into the Special Olympics and how Michael Ladieu, a Special Olympics golfer, encourages his fellow golfers. The Special Olympics is the world's largest sports organization for children and adults with disabilities. The first international Special Olympics Games were held in July of 1968 in Chicago, Illinois. Lastly, we see how Allyson Felix, the first woman to win six Olympic gold medals in track and field, trains for the Olympics. Sprinters use starting blocks, which can save about one-tenth of a second.

[Educational Message: Believing you can achieve something is the first step to reaching your goal. Viewers learn about spinal cord injuries and how people living with them rehabilitate, the history of the Special Olympics, and how to train to be an Olympic sprinter.]

Airdate: 4/14/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

BAY OF DREAMS [VJG220]

Host Josh Garcia cruises into Kotor, Montenegro, one of the most beautiful bays in the world. Josh spends his day exploring the medieval city. First, he meets a local chef who shows him the ancient method for preparing *sac*, a flavorful specialty native to the country. A sac is a large metal lid in the shape of a shallow bell, and the dish of its same name means "the meal prepared under the bell," and consists of a roasted meat stewed with potatoes, root vegetables, and herbs. Then, inspired by the city's limestone landscape, Josh travels to the countryside to learn more about this ubiquitous natural treasure. Limestone terraces are built without any mortar or concrete, but instead by stacking limestone slabs in a tight arrangement. Limestone is a sedimentary rock commonly used in ancient architecture, including the Great Pyramid of Giza. Finally, Josh teams up with some of the country's top-ranked water polo athletes and makes a big splash learning Montenegro's national sport.

[Educational Message: When traveling an ancient, historic city, walking the historic streets and footpaths can be a great way to walk through history, experience a city like a local, and be physically active while away from home.]

Airdate: 4/14/2018

Time:

Duration: 30:00

WILDERNESS VET

COLD CASES [WDV220]

Living in the Yukon means living amongst beautiful landscapes, amazing wildlife, and some of the harshest weather conditions in the world. Luckily, Dr. Oakley doesn't mind bundling up and heading out into the cold to help any animal that needs her. First up, Dr. Oakley and her daughter Willow are heading out to Moose Mountain to catch wild boar. Wild boars are an invasive species and can be quite destructive to the environment. The team has identified a male wild boar that they will need to capture and castrate. Next, Dr. Oakley is joining a research project by working with a team that is tracking wild populations of wolverines in Alberta, Canada. After successfully trapping a female wolverine, Dr. Oakley will have to sedate the animal in order to attach the GPS tracking collar and collect a blood sample. Here we'll learn more about the fierce wolverine species as the team works carefully to successfully complete the procedure.

[Educational Message: In life, the ability to work with others as a team to problem-solve is crucial. More often we can accomplish great things together than when working alone.]

Airdate: 4/14/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE MIGHTY PACIFIC OCEAN [JDD216]

Join host Dylan Dreyer on an epic journey through the greatest ocean on Earth. We'll dive deep into the Pacific to reveal the amazing animals, habitats, and secrets that swim beneath the waves. We'll discover how the Pacific Ocean powers the climates of the world and affects every living thing on Earth. We'll meet fearsome sharks, massive whales, playful sea lions, ghostly Manta Rays, and an endless collection of species like you've never seen before. First up, we'll meet a pod of gray whales and follow their migration route to the Baja Peninsula where they will give birth to the next generation of whales. Next, we'll come face-to-face with Great White sharks, which can grow as big as 20 feet long and weigh as much as 7,000 pounds. Next, we'll follow a group of California sea lions and learn how they can eat between 5-8% of their entire body weight in a single day. We'll also learn how sea lions are related to bears, weasels, and raccoons. Next, we'll discover more about sardines, which are rich in vital minerals and nutrients like vitamin B, phosphorus, and calcium. We'll also learn how the need for food rations during both World Wars, and decades without fishing regulations, took its toll on the sardine population and nearly wiped them out completely. Finally, we'll follow a group of Giant Manta Rays, which have been soaring through the oceans for roughly 20 million years. We'll also learn how these Manta Rays have the largest brain of any fish in the ocean.

[Educational Message: The waters of the Pacific Ocean touch every creature in every ocean, and sustain life on land. We must do our part to keep our oceans clean and free of pollution, plastics, and waste.]

Airdate: 4/14/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

PASTA FACTORY [NDS220]

Host Danny Seo travels to Detroit to learn how Kamut pasta is made. Kamut is a whole grain, and farmers in Turkey call the grain “Camel’s Tooth” because of its shape. To make pasta, the Kamut is ground into flour, mixed with dehydrated vegetables and water, squeezed through an extruder to get its shape, and then dried. Next, Danny creates a healthy alternative to risotto using sunflower seeds. By soaking sunflower seeds overnight in water, they develop a texture similar to risotto. Risotto is traditionally prepared with short-grain Arborio rice, and sunflower seeds are one of nature’s highest sources of vitamin E. Then, Emily Shuman joins Danny and shows how a reusable bag, which has a lifespan equal to that of more than 700 disposable plastic bags, can be transformed into a personalized tote by using paint and a stencil. Around 105 AD, the Chinese were the first to develop a paper-based stencil. Lastly, Danny teaches how to personalize wooden objects through the technique of wood burning. Firewriting, or “pyrography,” is the art of burning a pattern on a wood surface.

[Educational Message: Kamut pasta is a great source of protein and fiber without additives. Ingredients, such as sunflower seeds, that are more commonly used for a snack or seasoning can also be used to replace carbohydrates, such as pasta, in a hearty meal. Painting a reusable bag is a way to express personal style while also preventing waste. Wood burning is a creative way to turn something plain into something unique and personal while also practicing an ancient technique.]

Airdate: 4/14/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE UPS AND DOWNSIDES OF NAPS [HHM102]

Hosts Joy Bauer and Vivien Williams reveal the pros and cons of napping and how to get better sleep. Vivien defines sleep hygiene, and explains how nighttime routines can impact the quality of your sleep. Avoiding heavy meals before bed and minimizing light before bed can improve your sleep hygiene. If you’re filling in your sleep gap with naps, Vivien shares some advice on how to get better sleep and the pros and cons of naps. Generally speaking, the best time for a nap is in the afternoon, around 2 or 3 pm because it’s less likely to interfere with nighttime sleep. Then, Vivien fills us in on how often to fill up on water, and shows how just a few minutes of stretching can go a long way. Then, Joy has tips to boost energy and recommends fueling up on meals rich in fiber and protein, avoiding added sugar, and staying active. She shares a snack that helps you sleep, and it’s a banana mango parfait with mint and ricotta cheese. This calming snack is high in calcium and phosphorus, two of the most abundant minerals in the human body. Finally, Joy has a healthy twist on banana bread, and shows how it can be made in a slow-cooker for easy clean up. In this recipe, she offers some simple swaps that pack this breakfast classic with more fiber and protein than a traditional version, and reduces the total added sugar.

[Educational Message: Remember you are in the driver's seat of your choices, and you have the power to build new and improved routines and habits for yourself that can support a healthier body and mind.]

Airdate: 4/14/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

PRIDE AND JOY [HOC206]

We see how Nathan Chen got his start in figure skating at a young age, eventually becoming the first skater to compete with five different types of quadruple jumps, which is a type of figure skating jump with at least four, but less than five, revolutions. To land a quadruple, skaters spin fast enough to make all four revolutions in under a second. Next, we meet young golfer Alexa Pano to learn how she balances being a daughter, student and a rising amateur golf star. The average driver swing speed of an amateur female golfer is 62 mph. Then, we learn how former wrestling champion Dan Gable applied his commitment and work ethic to achieve 15 NCAA wrestling titles during his 21 years as head coach at University of Iowa. The first NCAA wrestling championship was held in 1912 in Ames, Iowa. Lastly, we see how Se Ri Pak paved the way for women's golf in South Korea after being the only Korean player on the LPGA tour in 1998 and winning the Women's Open that same year.

[Educational Message: You can set an example for others despite how old or young you are. Viewers learn about different figure skating jumps and steps young skaters can take to become a professional figure skater; the focus required at a young age to become a successful golfer; how you can use your success to help coach others to succeed; and the growth of women's golf in South Korea.]

Airdate: 4/21/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TROPICAL DELIGHTS [VJG221]

Host Josh Garcia rereads some of his favorite journal entries from his exciting voyages through the Caribbean Sea. In Havana, Cuba, Josh steps ashore and learns a celebrated dance style born in this famous city. Cuban Salsa, or Rueda de Casino, became popular in Miami in the late 1980s. Josh learns the basics of Cuban Salsa and starts to feel the rhythm in his feet with practice and the help of some new friends. In this style of dance, the dance takes you full circle as you trade partners to make your way around a circle of other dancers. In Belize, he experiences the thrill of a lifetime, swimming with sharks in one of the longest barrier reefs on earth. The Hol Chan Marine Reserve was established in 1987, and is a protected area for nurse sharks and other wildlife. Nurse sharks have teeth set farther back, so they eat with a sucking motion. In Ocho Rios, Jamaica, Josh visits a restaurant famous for its jerk chicken and discovers the signature spicy flavors that make this specialty a world-wide favorite. Jerk chicken is seasoned with a mixture of dry seasonings instead of being marinated in juices and oil. In Jamaica, it is roasted on logs of allspice wood for added flavor. It takes approximately an hour and a half to roast jerk chicken.

[Educational Message: When you are traveling to a new place, or even a place you have been before, take time to stay present in the current moment and take in the sights, sounds, and experience of where you are. At the end of the day write down a list of what you did and saw, so later you can recall those experiences, and maybe one day revisit them.]

Airdate: 4/21/2018

Time:

Duration: 30:00

WILDERNESS VET

FAR AND WIDE [WDV221]

The Yukon is a large place, which for a veterinarian means having clients both near and far. But Dr. Oakley is one dedicated doc and will go to extreme lengths and distances if it means helping her patients. First up, Dr. Oakley is on her way to assist with the transportation of a group of caribou to the Alaska Wildlife Center. They'll have to travel over 1,500 miles on their journey from British Columbia, so it's important to have a veterinarian on hand in case of emergencies. Only a few hours into their trip, Dr. Oakley notices a problem with one of the caribou behaving strangely. To help keep the caribou relaxed, each one of them was given a light tranquilizer prior to the trip, this abnormal behavior could be an indication of a bad reaction. To help the ailing caribou, they'll have to give an injection to counteract the tranquilizer. After a long journey, the team arrives at their destination and all caribou are in good health. Next, Dr. Oakley is heading out to a remote farm to check on a bull calf in need of a castration. Also, Dr. Oakley will be visiting with several horses on the farm to perform dental procedures. Dr. Oakley and team will be working with Fjord horses, one of the world's oldest and purest breeds. Finally, Dr. Oakley and her family take a kayaking trip together where they get to view a group of sea lions in their natural habitat.

[Educational Message: We are presented with new challenges every day and we must not let ourselves be defeated. We must always stay focused on our goals and push ourselves to overcome the obstacles.]

Airdate: 4/21/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURE IN THAILAND [JDD217]

Join host Dylan Dreyer on an epic journey through Thailand's breathtaking Khao Sok National Park. We'll team up with Southern Thailand's head biologist as he protects endangered elephants and explores an intricate system of caves while looking for new species of bats. Along the way, we'll meet many amazing people who live and work in Thailand and discover what life is like in one of the most unique places on Earth. First up, we'll follow a group of conservationists and biologists that have been caring for a juvenile elephant that was separated from its herd by a group of poachers. The team is hoping that another elephant herd will take the juvenile as their own, but in order to bring them together, they'll have to better understand the natural patterns of the elephants living inside the park. Here we'll learn about the varying landscape of Khao Sok National Park, and how it is home to the oldest rainforests in the world. Next, we'll visit with native residents of the park where we'll witness deep water spearfishing, frog hunting, and learn more about day-to-day life inside Khao Sok. Next, we'll learn about a unique and traditional ceremony for the Khao Sok residents, the summoning of the forest's spirit. The locals believe the spirit protects them and that the ceremony is an opportunity to ask the spirit for favors, such as good health and bountiful fish harvests. Next, we'll witness an incredible and dangerous treasure hunt that takes place high up the park's limestone rocks and deep within a cave. The treasure the locals are seeking is the edible Swiftlet nest. In China, these nests are a delicious delicacy and fetch a high market price. Here we learn how the Swiftlet birds construct these intricate nests from their own saliva. Finally, we'll follow our team of biologists deep in a watery cave as they attempt to capture and study an unfamiliar bat species. Here we'll learn more about how bats use echolocation to navigate the pitch-black darkness.

[Educational Message: Due to the hard work of conservationists and biologists, the amazing wildlife of Khao Sok National Park has a fighting chance for survival, and now the fragile and ancient beauty of Thailand can thrive. We must protect and treat our own environment with the same respect and hard work to ensure it thrives for generations to come.]

Airdate: 4/21/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN SEED VEGAN [NDS221]

Host Danny Seo travels to Houston to visit a 100% vegetarian restaurant and learns how to put a vegetarian twist on a popular meat dish by making chicken fried cauliflower, which is in the same plant family as broccoli, cabbage and Brussels sprouts. While vegetarians typically avoid meat, poultry and fish, vegans exclude any animal-derived ingredients. Next, Danny teaches how to make antibacterial wipes at home using old cotton t-shirts, distilled water, white vinegar, rubbing alcohol, and castile soap. Castile soap, which is made from potassium and oils, is a surfactant, meaning it tends to reduce the surface tension of a liquid in which it is dissolved. Then, Danny makes cheesecake using a unique ingredient: spirulina, which is a blue-green algae that contains over 60% protein. Lastly, Danny shows how to turn an old accessory, like a leather belt, into

something new by using the technique of embossing, which is the art of creating raised patterns on the surface of leather, metal and other textiles.

[Educational Message: Some meats can be harder for bodies to digest, so incorporating a vegetarian meal into your routine allows your body to cleanse and is an opportunity to try new recipes. Making your own antibacterial wipes is both ecological and economical. Forgotten accessories can be upcycled into new found treasures, and the art of embossing allows the opportunity for personalization and creative expression.]

Airdate: 4/21/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

HOW TO CLEAN UP YOUR ACT [HHM103]

Hosts Joy Bauer and Vivien Williams explore how to clean up your overall health. Vivien finds out how often you should bathe, and learns that for kids under twelve it's recommended to bathe 2-3 times per week, but for tweens and teens, it's recommended to bathe daily. When you develop excess sweat or go swimming, it's recommended to shower after those activities. Then, Vivien shares five ways sodium sneaks into meals, specifically in canned soups, pizza, chicken, cold cuts and cured meats, and certain breads and rolls. Then, she highlights the healing power of mother nature. Whether you live in a rural or urban area, Vivien offers ways to access nature no matter where you are. Next, Joy meets two courageous young women who've changed their lives and their health through exercise. Then, Joy has hacks for healthier hair and a DIY mayonnaise hair mask. Finally, Joy shows how to use cauliflower to make healthier buffalo chicken wings. Cauliflower belongs to the same genus and species of plant as collard greens, cabbage, kale, and broccoli, and is loaded with Vitamin C and fiber.

[Educational Message: Bringing nature home with you can be a great way to access greenery in your daily routine. Planting an herb garden can be a good start, and herbs can provide great flavor to meals while reducing the need for added salt for flavor.]

Airdate: 4/21/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

RUNNING WILD [HOC207]

We see how Kansas City Chiefs' running back Kareem Hunt went from doubting himself in pee-wee football, to proving himself in college, and eventually making his way to the NFL. The primary role of a running back is to receive handoffs from the quarterback and run the ball. Next, we meet junior golfer Udyat Sarangdevot who combined his two passions, golf and sharks, by writing a book about a shark that wins a golf championship. Next, 13-year-old equestrian Richard Kierkegaard explains how he overcame an accident in which he fell off his horse and began training again for his Olympic goals. Equestrianism is one of the few Olympic sports in which men and women may compete against each other. Lastly, we learn how golfer Robert Gamez thought he would never play again after a car accident in which he sustained career-threatening injuries,

only to come back and win another tournament, setting the tour record for longest time between victories at 7 years.

[Educational Message: Hard work and humbleness can take you far— if you stumble, get back up and keep working toward your goal. Viewers learn the importance of not giving up, steps to take to become a professional football player, that you can have more than one passion in life, putting pen to paper is a great form of creative expression, and how to train to become an Olympic equestrian.]

Airdate: 4/28/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MONKEYING AROUND [VJG222]

Host Josh Garcia heads to the country of Panama and transits through its famous canal, an impressive feat of modern engineering. Upon arriving, he tours the historic district of Panama City, exploring the area's beautifully preserved, old-world charm. Josh learns how the city continues to change and reinvent itself with time. Panama City is the only capital city that has a rainforest within its city limits, and Josh visits Monkey Island, where he gets up-close and personal with the country's most adorable, and sometimes mischievous, inhabitants. The white-faced capuchin is the main species that lives on this island, and is believed to be one of the most intelligent monkeys in the world. Finally, he meets the Embera people, an indigenous tribe, currently living in the Chagres National Park located 25 miles from Panama City. Josh tours their structures and learns about their traditional lifestyle in the remote regions of Panama's rainforest. The Embera tribe has lived in this exact location for over fifty-five years, and in Panama for about five hundred years.

[Educational Message: The Panama Canal is an engineering marvel, built on the narrowest part of Central America, allowing for a direct line of travel from the Atlantic to Pacific Ocean. Visiting remote locations to learn about a simpler way of life can help you gain a new appreciation for modern conveniences we often take for granted.]

Airdate: 4/28/2018

Time:

Duration: 30:00

WILDERNESS VET

ALWAYS ON CALL [WDV222]

As a wildlife vet, being prepared for anything is all part of the job. First up, Dr. Oakley receives an urgent call regarding a pregnant sheep showing poor signs of health. Due to the pregnant sheep's large size, Dr. Oakley fears pregnancy toxemia is the likely cause. Overweight sheep are most at risk because there is little room for the stomach to expand and take in nourishment. Dr. Oakley performs a glucose test and a physical exam to rule out pregnancy toxemia. Next, Dr. Oakley travels to Haines, Alaska to perform vaccinations on local canines. During this visit, Dr. Oakley treats a pet Sphynx cat that has a fish hook lodged in its paw. Next, Dr. Oakley heads to a house call to check on a goat with a suspicious lump on its face. Here we'll learn how goats were one of the first animals to be domesticated over 9,000 years ago. After a thorough examination, Dr. Oakley identifies the lump as an abscess, so she drains and flushes the growth and provides antibiotics to help the wound heal. Finally, Dr. Oakley is having a home clinic day to check up on many of the local dogs and cats in her area. Today, Dr. Oakley's daughter Sierra is assisting her mother with the checkups, which is a great opportunity for her to learn valuable veterinary skills.

[Educational Message: Never give up when the odds are against you. With determination and hard work, we can do anything we put our minds to.]

Airdate: 4/28/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FIRE ANTS [JDD218]

Join host Dylan Dreyer on an exploration of the fearless and fearsome fire ant. We'll discover the amazing ways these tireless creatures have survived over the eons and witness their incredible ability to overcome nearly every challenge that comes their way. We'll also meet the scientists hoping to unlock their secrets and come face-to-face with a tiny world like you've never seen before. First up, we'll learn that of the twenty-two species of fire ants, the most feared and reviled of them all is the red imported fire ant. We'll discover how the fire ant is native to the floodplains and savannas of South America, but that sometime in the mid-1930s, the ant hitched a ride on a cargo ship to North America where it quickly spread. Next we'll learn how fire ant colonies work together and how each ant has its own role and responsibility. We'll also discover more about the impact of fire ants, such as how fire ants are among the worst invasive species due to their destruction of farmland. Next, we'll learn about the amazing survival skills and adaptability of the fire ant, such as its ability to survive extreme cold temperatures, and how they use teamwork to link together and form a floating raft during floods. We'll discover more about how ants use swarm intelligence, which is the same principal that helps schools of fish avoid a predator, or helps a large flock of birds fly as one. We'll also learn how fire ants use their incredible strength to survive. Depending on the species, ants can lift between 20 and 100 times their own weight. Finally, we'll learn how scientists are studying the species and how they're working towards an environmentally-safe solution to eradicate the non-native fire ant from North America.

[Educational Message: Although small, the fire ant has proven to be a dominant and prevalent invasive species in North America. We can do our part to limit the spread of other invasive species by cleaning our outdoor recreation gear and not releasing any unwanted pet or fish into the wild.]

Airdate: 4/28/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

MAGPIES AND PEACOCKS [NDS222]

Host Danny Seo visits a non-profit design house in Houston whose message is to be a responsible consumer. They collect unwanted textiles, diverting post-consumer textiles from landfills, and turn them over to designers to make fashion pieces. Approximately 32.4 billion pounds of textile trash are disposed of each year in the U.S. Next, Danny teaches about different types of exotic fruits, such as horned melon and dragon fruit, and the appropriate way to consume each. Horned melon, which also goes by the name kiwano, is native to Southern Africa; and like the pomegranate, horned melon seeds are safe to eat. Dragon fruit is produced by a fruit-bearing species of cacti, native to Central and South America. Then, Danny meets a fitness coach to learn the appropriate way to use simple workout tools, like tubing and a foam roller, and the importance of stretching to relieve daily stress placed on the body-- constantly looking down at a mobile device can place up to 60 pounds of pressure on the spine. Tubing is used for resistance training, which helps strengthen the core, and a foam roller is used for myofascial release, which is the process of rolling out tight muscles and relieving tension.

[Educational Message: Just because something is trash to you doesn't mean it can't be used to create something new and unique. Being a responsible consumer helps lessen environmental costs by making environmentally friendly purchases. Trying new fruits and vegetables, even if they are exotic and unusual to you, is a great opportunity to learn about different cultures, try new recipes, and expand your palate. Stress is placed on the body even when we don't realize it, so it's important to have a healthy routine of stretching and exercising.]

Airdate: 4/28/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

PUPPY KISSES - GOOD OR BAD? [HHM104]

Hosts Joy Bauer and Vivien Williams investigate how pets affect our lives. First, Vivien learns whether puppy kisses can make you sick. Research shows that having a pet can benefit your health in many ways, and while puppy kisses aren't inherently good for your health, they aren't necessarily bad either. If you do let your dog lick your face, keep them away from your eyes, nose, and mouth. Then, Joy explores the many ways young people benefit from pets in the home. Pets can contribute to self-esteem and confidence, and can encourage people to be active and spend time outdoors. Plus, caring for a pet can teach lessons in empathy. Next, Joy asks whether ketchup should be kept in the fridge after opening and Vivien shows how to decode expiration dates. To prevent food waste, it's important to understand how to decode food markings, like "best by," "sell by," and "use by" dates. Then, Joy demonstrates creative ways to use your ice cube trays to prevent food waste, including preserving fresh herbs, broths, and even pesto. Next, Joy shows how to make a healthier seven layer dip and spinach artichoke dip. She makes fiber rich vegetables and legumes the hero ingredients for healthier alternatives. Finally, Vivien demonstrates an exercise to reduce eye strain that can come from staring at a monitor or computer screen.

[Educational Message: Your pet can be a great teacher of responsibility and empathy, and taking care of an animal can be a rewarding experience. When you take care of your pet, you're practicing kindness. Plus, coming home to spend time with your pet can be a great reward after a long day.]

Airdate: 4/28/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SEASONS OF CHANGE [HOC215]

We see how Nascar driver Jimmie Johnson makes a difference off the track by providing educational grants to schools in need, and students share how those grants have helped foster their desire to pursue specific career paths by providing them with resources they otherwise would not have access to. Next, Justin Thomas shares the influence his father has had on his golf career by encouraging his love for the sport and teaching him the importance of practice. A driving range is an area where golfers can practice their golf swing; some driving ranges use golf balls, referred to as range balls, that may differ significantly from those used on the golf course. Then, we meet a family that breeds and trains horses for The Kentucky Derby, held each year at Churchill Downs, which opened in 1875 in Louisville, Kentucky. Many horse breeders have college degrees in fields such as animal science and equine science. Lastly, we meet three sisters adopted from different parts of the world and learn how their love for golf has connected them. The Adoption of Children Act, enacted in 1851 in Massachusetts, is widely considered the first modern adoption law.

[Educational Message: The impact made by helping those less fortunate can be greater than that of winning. Viewers learn about the importance of helping others, educational programs

that teach about engineering and industrial design, steps to take to become a professional golfer, and how to become involved with training horses.]

Airdate: 5/5/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

KICKING IT, RIO STYLE [VJG223]

Host Josh Garcia sails into the world-famous city of Rio de Janeiro, Brazil. At one of the city's colorful open-air markets, Josh discovers Brazil's vast array of exotic fruit and sinks his teeth into some of its juicy bounty. Brazil has roughly 5 biomes and each one yields different fruits. A biome is a major ecological community characterized by the animals and plants living in that region. One of these fruits is Jaboticaba, an unusual Brazilian grape tree that produces fruit directly from its trunk. Next, Josh teams up with a local soccer player who teaches him how to master Brazil's national sport. With five titles, Brazil has won the most World Cups. One technique called pedalada means "pedaling" in Portuguese. Finally, Josh goes on a thrilling adventure as he tours Rio from the sky, hang-gliding high above the city. Typically, the frame of a hang glider is composed of an aluminum alloy. Josh gets a breathtaking view of the varying landscapes of Rio de Janeiro, including the mountains and the beach.

[Educational Message: Learning local culture from the people that live in the region you are visiting can be a good way to learn something new and maybe even make a new friend.]

Airdate: 5/5/2018

Time:

Duration: 30:00

WILDERNESS VET

SEARCH PARTY [WDV223]

For animals living in the Yukon, there are thousands of square miles to call home. This can pose a serious challenge for Dr. Oakley when she goes out into the field because sometimes, before she can help a creature in need, she has to find them first. First up, Dr. Oakley and her family are heading to a horse ranch to assist in locating a group of missing horses. Dr. Oakley and the team will have to use a combination of all-terrain vehicles and an airplane to try and spot the wayward horses. Once found, Dr. Oakley will need to perform a surgical procedure on one of the horses in order to treat a hernia. Next, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to perform a check on two black bear residents. Dr. Oakley will have to work on each black bear one at a time, which will soon prove to be difficult, and dangerous. Dr. Oakley and her team struggle to separate the bears safely in the rugged and wooded terrain. After some tense moments, Dr. Oakley and team successfully sedate one of the bears and perform the routine checkup, but the day proved too long for the team, and Dr. Oakley will have to return another time to check on the other black bear.

[Educational Message: Every day offers new challenges. We must always seek to overcome obstacles and challenges in life to grow, learn, and succeed.]

Airdate: 5/5/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SPAIN NORTH [JDD219]

Join host Dylan Dreyer on a breathtaking tour of Northern Spain. Over treacherous cliffs and majestic mountains, through ancient cities and rich culture, we're on an adventure where surprises wait around every corner and history reveals itself like never before. First up, we'll discover more about Spain and how it's home to over 47 million people, making it the sixth largest country in Europe. Next, we'll learn about the dangerous coastline of Northern Spain, and how a tragic shipwreck gave way for the first electric lighthouse on Spanish coasts. We'll discover that before the invention of the lighthouse, seaside residents in Spain and across the globe would burn large fires to warn sailors. Next, we'll learn more about the fishing industry in Northern Spain and how their inlets make up the most important region for traditional fishing and seafood fishing in all of Europe. Next, we'll journey to San Sebastian, founded in the year 1180, where we'll see how tradition and modernity go hand in hand. We'll discover that Spain hosts over 58 million tourists every year, making it one of the most visited countries on Earth. Next, we'll learn more about the geology of the region's coastlines, such as how the cliffs of Northern Spain were formed by layers of rock that date back to the time of the dinosaurs. Finally, we'll visit the Pasajes Inlet and learn more about the rich history of the natural canal that's been a starting point for international routes for centuries.

[Educational Message: The world we recognize today is billions of years in the making. Vibrant cultures today have rich histories to discover.]

Airdate: 5/5/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

KITCHEN AND BEAUTY GENIUS [NDS223]

Host Danny Seo discovers new uses for everyday ingredients and uses them to create recipes with a healthy twist and homemade beauty products that are also eco-friendly. First, Danny uses yogurt and honey as a healthy alternative to ice cream to make yogurt bark. A typical serving of yogurt has a few billion "good" bacteria, which can aid in digestion; and when yogurt is frozen, the cultures become dormant, but once ingested, they become active again. Next, Danny introduces an alternative to sports drinks, which can contain up to 34 grams of sugar in one beverage, by using water, lemons, Himalayan pink salt and raw honey. Lemons contain natural electrolytes, which are essential to hydration, regulating the flow of water in and out of cells; and raw honey is filled with plant nutrients that can provide anti-inflammatory benefits. Then, Danny makes a peel-off charcoal mask using egg whites, activated charcoal and gelatin. Egg whites help tighten pores and are high in protein, which absorbs oil; activated charcoal helps detoxify skin and is made from wood, coal or other substances that have been processed at high temperatures. Then, Danny shows how to make an exfoliating soap with reused coffee grounds as well as a homemade makeup remover using two all-natural ingredients, witch hazel and jojoba oil. Witch hazel is a natural astringent derived from the leaves, bark and twigs of the witch hazel plant; and jojoba oil has moisturizing and sun-protecting effects. Lastly, Danny cooks up fudgy brownies

using coconut sugar, cacao powder, and a surprising ingredient, eggplant. Eggplant is part of the Solanaceae family, which includes tomatoes, potatoes and peppers.

[Educational Message: Many household ingredients have multiple purposes. Using your imagination to incorporate usual ingredients in an unusual way can help save money, cut down on waste, and provide a healthy alternative to use in a daily routine.]

Airdate: 5/5/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

DON'T GET BEAT BY THE HEAT [HHM105]

Hosts Joy Bauer and Vivien Williams share advice on how to beat the heat when temperatures climb in the summertime. First, Vivien shares the signs and symptoms of a heat-related emergency, and explains heat exhaustion and heat stroke. Staying hydrated during the warmer months is important, and Joy has some tips on how to get more water. Joy suggests trying grapefruit, cucumbers, grapes, cherries, and watermelon for a hydrating and healthy snack. Our pets have to stay hydrated and safe in the sun just like we do, and Joy learns how to keep your pets safe and healthy on summer road-trips. It's recommended to feed your pet the morning you leave, take plenty of breaks throughout the day, and bring plenty of water for the ride. Then, Vivien asks the question: how dirty is your kitchen sponge? Vivien learns how to keep your sponge clean and practice food safety at the kitchen sink. It's recommended that you keep your sponge away from meats, heat-clean your sponge, and replace it often. Then, Joy demonstrates how to make scrambled eggs in a mug for a quick breakfast in the microwave in under just two and a half minutes. Finally, Joy makes a heart-healthy hero sandwich with tri-color bell peppers, onions, poultry sausage, and whole grain rolls. Bell peppers are high in Vitamin C and using whole grain rolls adds more dietary fiber to this recipe.

[Educational Message: Staying hydrated is essential, and it's important to make sure you drink enough water each day. When you're on the go, make sure you have a water bottle in tow. You can even get more water in each day by incorporating high water content fruits and vegetables into your meals for added hydration.]

Airdate: 5/5/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SCHOOL TIES [HOC216]

We meet Catana Starks, the first African-American woman to coach a men's NCAA Division I golf team, and learn how she overcame personal and professional obstacles, eventually going on to win a championship after coaching for 18 years. Next, 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. Then, we follow golf superfan, Dave Finn, who suffers from mitochondrial disease, and see the impact he has left on the golfers who have impacted his life. Mitochondrial disease is where cells fail to generate the energy needed to operate organ systems. Lastly, a 52-year old hockey coach

explains his decision to go back to school to earn his degree at the University of Wisconsin, located in the state capital of Madison.

[Educational Message: Just because someone doesn't fit the mold doesn't mean they can't achieve success. Viewers learn about the history of the men's golf team at Tennessee State University, how to train to become a distance and track runner, what mitochondrial disease is, and how to balance school while also working toward your dream.]

Airdate: 5/12/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TWO TO TANGO [VJG224]

Host Josh Garcia spends the day ashore in Buenos Aires, Argentina exploring the history, culture, and cuisine of Argentina's glamorous capital city. Upon arriving, Josh joins a culinary class, and learns why empanadas come in all different shapes and sizes. An empanada is typically a pastry filled with a variety of meats and vegetables. The slightly sweet empanada dough is known as masa, and the pattern of the dough's fold is called a repulgue. Next, he heads to the countryside and hops into the saddle, where he learns polo, Argentina's most celebrated sport. Although the English brought polo to Argentina, Argentinians have embraced the sport and begin learning how to play at a young age. Mastering balance is an important part of the sport, and it's imperative that a rider keep their balance during a game. In polo, there are three types of swings including the half swing, full swing, and backhand. A polo game consists of four to eight 7-minute periods called chukkas. For his final adventure, Josh steps out of his comfort zone and embraces the country's most iconic dance – the tango! Now hugely popular in Buenos Aires, early tango was known as tango criollo which means "Creole tango." While there are a few basic steps, improvisation is a signature feature of this dance.

[Educational Message: Stepping out of your comfort zone can be an important growing moment for just about everyone. When you step out of your comfort zone, you learn something new and ultimately gain confidence to face new experiences.]

Airdate: 5/12/2018

Time:

Duration: 30:00

WILDERNESS VET

FIERCE AND FURRIEST [WDV224]

Whether small, medium, or large, there are plenty of fierce creatures to be found in the Yukon. And although Dr. Oakley recognizes some of her patients may be dangerous, that doesn't stop this doctor from doing her job. First up, Dr. Oakley is visiting an exotic wildlife center to check on a jaguar suffering from arthritis. Arthritis is an inflammation of the joint which causes pain and stiffness. To safely examine the jaguar, Dr. Oakley will have to sedate the big cat. The plan for today is to inject plasma into the jaguar's joints, but his old age makes the procedure complicated. After some issues stabilizing the jaguar's blood pressure, Dr. Oakley completes the injection procedure successfully. Over the next few weeks, animal keepers notice an incredible improvement in the jaguar's mobility which greatly increases its quality of life. Next, Dr. Oakley is heading out on an emergency call involving a pet ferret having bladder problems. Dr. Oakley

suspects bladder stones may be causing the issue. Due to the location of the suspected culprit, she'll have to perform a surgical procedure to treat the ferret. Next, Dr. Oakley is heading to the Alaskan Wildlife Center to check in on a lynx with a recurring problem with trembling. Dr. Oakley will need to perform a head-to-toe exam to diagnose the cause of the shaking, so she'll first need to sedate the patient. After a thorough exam, Dr. Oakley notices no obvious physical issues, so she'll have to take a blood sample to test for any other potential causes.

[Educational Message: It's important that we always treat animals with compassion and respect. All life is important, no matter its age or size.]

Airdate: 5/12/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ALLIGATORS [JDD220]

Join host Dylan Dreyer on a grand tour through the one of the most ecologically diverse wetland habitats on Earth: the mighty Okefenokee Swamp of southern Georgia. We'll trek deep into the heart of this protected wilderness to explore a tangled web of life that will do anything to survive. Along the way, we'll come face-to-face with the American Alligator, witness the regenerative power of fire, and discover plants that bite. First up, we'll learn more about the Okefenokee Swamp and how this corner of the Earth is home to the largest most ecologically diverse wetland ecosystems on the planet. The Okefenokee Swamp is brimming with wildlife and is home to over 60 species of reptiles and at least 200 species of birds. Next, we'll meet the American Alligator, one of the oldest and most dominant predators to have ever lived. We'll learn how alligators and dinosaurs both shared common ancestors more than 220 million years ago. We'll also discover how alligators are highly sophisticated and very complex animals that are superbly adapted for their life as apex predators in wetland ecosystems. Next, we'll learn more about the diverse plant life in the region, including one of the strangest carnivores in the world, the sundew. We'll see how the sundew plant uses its tentacle-like hairs to secrete a sweet, sticky syrup that attracts insects that become entrapped and eventually consumed. Finally, we'll discover how nature has an amazing way of taking care of itself and keeping the environment in check through fire. Here we'll learn how forest fires are cyclical and essential to the health of the entire ecosystem.

[Educational Message: The Okefenokee Swamp and other wild wetlands are becoming increasingly rare as human populations grow. In our ever-changing world, better understanding of biologically diverse wetlands is an important step towards protecting them, and the incredible animals that live there.]

Airdate: 5/12/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN LIVING [NDS224]

Host Danny Seo meets entrepreneurs who are so passionate about green living that they've turned that obsession into their occupation. First, Danny visits a non-profit in Los Angeles that uses food that has been thrown out for cosmetic reasons to make meals for the less fortunate—in the U.S. alone, three million tons of “ugly” produce reportedly goes to waste each year. Next,

Danny meets a couple who founded a non-profit that takes vacant lots and turns them into mini farms that benefit the community. They teach Danny how to make a pallet garden to save space; a pallet is a wooden platform designed to hold and carry heavy loads. Then, Danny travels to Brooklyn, New York to visit with entrepreneurs practicing urban farming by building indoor vertical farms in steel shipping containers. Specialized growing equipment and careful climate control enable container farms to produce crops year-round. Whereas outdoor farms rely on natural white light, urban farmers use colored LED lighting— blue light prompts vegetative growth while red light results in flowering. Lastly, Danny travels to Maine to meet a farmer turned high school teacher who decided to start making his own tofu when he couldn't find any locally. Tofu is an excellent source of calcium and iron, and the texture of tofu is determined by its liquid content— the more liquid, the softer the tofu.

[Educational Message: Being passionate about something is the first step to success. Always try to see the potential in something, whether it be a space, an idea, yourself, or others. Turning an empty space into a community garden is a great way to save money, help others, and turn something overlooked into something beneficial.]

Airdate: 5/12/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

SHOULD YOUR DOG SLEEP IN YOUR BED? [HHM101]

Hosts Joy Bauer and Vivien Williams explore the benefits of pets on your health. Vivien begs the question: should you bunk with your pup? Research shows that letting your dog sleep in your bed can compromise the quality of your sleep, and a better alternative might be to let your dog sleep in your bedroom in their own dog bed. Uninterrupted sleep is vital to a person's overall health. When your pup sleeps in a dog bed in your room, they are less likely to interrupt your sleep than if they sleep in your bed. Next, Vivien has five facts about blood pressure, and how to know your numbers. She offers a simple way to de-stress, and suggests that when taking a walk, silently wish those you see well. This small, silent act of sending good wishes to others can be a mood-booster. Then, Joy shares a heart-warming story on a group that's transforming shelter dogs into service dogs to help military veterans returning home after service. Veterans with post-traumatic stress can benefit from a highly-trained service dog. These service animals can provide companionship, emotional support, and other support for day-to-day activities, including creating personal space for veterans in public spaces. Finally, Joy examines whether it's alright to have a late-night snack, and dishes on how to make a healthier pizza with bell peppers. Bell peppers offer a gluten free alternative to traditional pizza crust and also provide an excellent source of Vitamin A, Vitamin B6, and dietary fiber.

[Educational Message: Making small changes in your day-to-day life can yield big benefits. Whether it's making small changes to reduce sodium in your diet or changes to get better sleep, it all adds up to better health.]

Airdate: 5/12/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOME IMPROVEMENT [HOC217]

We see how playing hockey together bonded sisters Hannah and Marissa Brandt, leading them to both play in the Olympics, only this time it was for separate teams with Hannah playing for the U.S. and Marissa, who grew up in the U.S. after being adopted from South Korea, playing for the unified Korean team. The Korean women's ice hockey team made its Olympic debut in 1998, and the 2018 Korean team was composed of 23 players from South Korea and 12 from North Korea. Next, we meet Jacob Mosley, a teen that went from being homeless to earning his way to college by being a golf caddie. Approximately 80% of homeless individuals are men, and lack of affordable housing and lack of accessible healthcare can both lead to homelessness. Then, we travel to Africa where 12-year-old volleyball player Eileen Nasuh shares how she trains in hopes to reach her dream of competing in the Olympics for Kenya, a country that frequently produces Olympic champions in long distance running. Lastly, we see a profile of the golf career of Vijay Singh, whose first name means "victory" in Hindu, through the eyes of a sports journalist.

[Educational Message: Embracing where you come from and keeping a positive mindset can open the door to great opportunities. Viewers learn about the history of the Korean hockey team, steps to take to be a professional hockey player, opportunities available to young golf caddies, the role of a golf caddie, and how to train to be a professional volleyball player.]

Airdate: 5/19/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FLAVOR OF THAILAND [VJG225]

Host Josh Garcia sails into Thailand's capital city and explores the rich culture of Bangkok, Thailand. Built on the city's famous canals, the magical floating market offers Josh an array of exotic produce and a glimpse into its local history. A floating market is a market where goods are sold from boats. Josh takes a bite out of a mangosteen, the national fruit of Thailand. Next, he takes cooking class and learns the art of balancing the signature flavors of the country's iconic dish, pad thai. Pad thai is a sweet and salty noodle dish made from rice noodles, tofu, shallots, radishes, fried shrimp, peanuts, and eggs. Most Thai dishes have a combination of the classic five seasonings, star anise, cloves, Chinese cinnamon, Sichuan pepper, and fennel seeds. Finally, he visits an ancient village where generations of craftsmen are keeping a lost tradition alive. The Baan Bat community, also known as Monk Bowl Village, produces traditional monk bowls, originally used by Buddhist monks. This craft has been passed down through generations, and they are made from stainless steel by hand.

[Educational Message: Mixing different flavor palates in one dish is more common than you might think. Sweet, salty, spicy, and aromatic flavors come in many forms, but across cultures many classic dishes are a combination of these very different flavors.]

Airdate: 5/19/2018

Time:

Duration: 30:00

WILDERNESS VET

SECOND CHANCES [WDV225]

Dr. Oakley's job has plenty of ups and downs. While some clients require only simple care, others can be in dire straits. But losing hope isn't something Dr. Oakley knows how to do, because saving her patients and giving them new life is the ultimate reward. First up, Dr. Oakley is on her way to an emergency call at the Alaska Wildlife Center where a moose calf is suffering from a serious case of bloat; gastric bloat is when the stomach fills with gas. Dr. Oakley will have to perform an exam on the moose calf to better understand the source of the problem. After an attempt to insert a tube into the calf to relieve the gas pressure fails, Dr. Oakley utilizes a probiotic drink. Probiotics are microorganisms of bacteria that provide health benefits when consumed. After 24 hours, the moose calf's condition has not improved. Now, Dr. Oakley will sedate the calf and insert a tube down its throat to release the built-up gas. Thankfully, the procedure proves successful and the moose calf is on the road to recovery. Next, Dr. Oakley and her daughter Maya are on their way to perform a follow-up exam on a puppy with a leg issue. The puppy was injured in a previous car accident and Dr. Oakley believes there is nerve damage in the leg causing the issue. Due to the permanent nerve damage, Dr. Oakley will unfortunately have to amputate the dog's leg.

[Educational Message: We are constantly faced with new circumstances and challenges in life. We must learn to do our best to adapt and improvise.]

Airdate: 5/19/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD COLOGNE [JDD221]

Join host Dylan Dreyer on an exploration of one of the oldest and most beautiful cities in Germany: Cologne. Renowned for its gothic architecture and designs, this famous tourist destination has been home to proud communities for more than two thousand years. We'll uncover the people, culture, and history that make this region so special, and witness the amazing wildlife that have made this urban jungle their home. First, we'll meet a variety of water birds that live on a lake placed in the center of the large city of Cologne. We'll learn more about the native bird species of Cologne such as the mighty swan and we'll also learn about the non-native species. Non-native birds like the Egyptian goose or parakeet established themselves in Cologne after their ancestors escaped from local zoos. Next, we'll learn more about the common swift, a migratory bird that comes to Cologne all the way from Africa. Here we'll meet a woman who has dedicated her life to caring for and rehabilitating injured swifts. We'll witness how she patiently feeds the ailing birds and monitors their recovery for their eventual release back into the wild. Next, we'll explore the dense, green forests that surround the city of Cologne, known as the Konigsforst. This region is home to a healthy population of red deer, a species with a fossil record that dates back over 12 million years ago. Here we'll discover that red deer were among the first animals to ever be depicted by humans in cave paintings. We'll also learn how Cologne has implemented wildlife pathways that cross over busy highways. This solution allows humans

to live alongside nature, increasing the available habitat for animals while protecting the populations of red deer and other native species.

[Educational Message: As our world grows and our cities expand, we must realize the impact we have on our environment. We must find ways to protect our surrounding nature and wildlife for future generations.]

Airdate: 5/19/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HOME HACKS [NDS225]

Host Danny Seo explores simple, creative solutions to household problems that can also help save money. First, Danny shares how to upcycle old sponges by turning them into ice packs using a zip-lock bag, water and rubbing alcohol. Rubbing alcohol prevents the water from freezing completely; while water freezes at 32 degrees, rubbing alcohol freezes around -128 degrees. Next, Danny explains the benefits of reusing old aquarium water to hydrate plants. The water has nutrients from old fish food as well as fish waste and beneficial bacteria that can help plants thrive. Some nutrients found in used aquarium water include phosphorus, nitrogen, potassium and iron. Then, Danny teaches the appropriate way to recycle scrap metal and how to determine if a metal is ferrous or non-ferrous. Ferrous metals contain iron and non-ferrous metals contain little to no iron. Then, Danny explains which font types are the most ink efficient—printing 25 pages a week using Times New Roman instead of Arial could save nearly \$20 each year. Lastly, Danny shares helpful tips to prevent unwanted encounters with wildlife. Apple cider vinegar and peppermint oil work as natural animal deterrents because their strong scents can irritate the sensitive nose of an animal. Sticking tape or hole protectors to windows will help prevent birds from flying into them; most birds will avoid glass with a vertical stripe pattern spaced 4 inches apart.

[Educational Message: Many household ingredients have multiple purposes. Finding a way to reuse or recycle something instead of throwing it away prevents waste from going to landfills, which is good for the environment and can also help save money. Some habits may be more wasteful or harmful than we realize, and making a small change can often add up to big benefits for the environment.]

Airdate: 5/19/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE UPS AND DOWNSIDES OF NAPS [HHM102]

Hosts Joy Bauer and Vivien Williams reveal the pros and cons of napping and how to get better sleep. Vivien defines sleep hygiene, and explains how nighttime routines can impact the quality of your sleep. Avoiding heavy meals before bed and minimizing light before bed can improve your sleep hygiene. If you're filling in your sleep gap with naps, Vivien shares some advice on how to get better sleep and the pros and cons of naps. Generally speaking, the best time for a nap is in the afternoon, around 2 or 3 pm because it's less likely to interfere with nighttime sleep. Then, Vivien fills us in on how often to fill up on water, and shows how just a few minutes of stretching

can go a long way. Then, Joy has tips to boost energy and recommends fueling up on meals rich in fiber and protein, avoiding added sugar, and staying active. She shares a snack that helps you sleep, and it's a banana mango parfait with mint and ricotta cheese. This calming snack is high in calcium and phosphorus, two of the most abundant minerals in the human body. Finally, Joy has a healthy twist on banana bread, and shows how it can be made in a slow-cooker for easy clean up. In this recipe, she offers some simple swaps that pack this breakfast classic with more fiber and protein than a traditional version, and reduces the total added sugar.

[Educational Message: Remember you are in the driver's seat of your choices, and you have the power to build new and improved routines and habits for yourself that can support a healthier body and mind.]

Airdate: 5/19/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

DREAM TEAMS [HOC218]

We get a closer look at the photo-finish ending for the women's triathlon at the 2012 London Olympics and learn play-by-play what the sport entails. Triathlon is a multi-sport event involving swimming, cycling, and running in succession; the first woman to ever compete in a triathlon was Lyn Lemaire in 1979. Next, we see how junior golfer Carlee Meilleur, finds a way to practice no matter where she is, even while living on a houseboat in Lansdowne, Ontario, to eventually earn her way to the Drive, Chip and Putt Championship. Then, we get a behind-the-scenes look at an elite Nascar pit crew, the team responsible for refueling, tire changes, mechanical adjustments, and repairs. A pit crew can include as many as 30 people, but only 7 are allowed to service the car during pit stops. Lastly, we learn how golfer Jason Day struggled to stay on course to achieving his dreams after losing his father to cancer, but because of the support from his caddy, Jason was encouraged to not give up. The word "caddy" comes from the French word for "cadet," pronounced cad-day.

[Educational Message: Surrounding yourself with people who believe in you will encourage you to do the same. Viewers learn about the history of the women's triathlon, steps a junior golfer can take to become a professional, the different jobs in a pit crew, and the role a caddy plays in the game of golf.]

Airdate: 5/26/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

EUROPEAN WONDERS [VJG226]

Host Josh Garcia rereads some of his favorite journal entries from his spectacular voyages in Europe. His adventure begins on the Spanish island of Mallorca, where Josh takes a scenic ride through the countryside on a one-of-a-kind wooden train built over a century ago. The Soller Train has been in service since 1912 and at one time was used to transport goods and passengers from Soller to Palma. It's a narrow gauge train, which refers to the width of the track being 3 feet compared to the standard 4.5 feet. In Athens, Greece, Josh travels to the countryside and teams up with a local chef to make a signature Greek dish using vegetables from the land. Moussaka is an eggplant dish that originated in the Middle East, and is popular in Greek cuisine. Mezze are small dishes in Greek cuisine that are meant to be shared by a group, including dishes like tzatziki, hummus, and eggplant salad. Finally, in Lisbon, Portugal, at a traditional artisan workshop, Josh learns the ancient art of handcrafting Lisbon's iconic, decorative tiles. He sees firsthand how these tiles, locally known as *azulejo*, are made using techniques dating back to the 18th century. *Azulejo* comes from an Arabic word meaning "polished stone."

[Educational Message: Planning a trip that spans multiple destinations can be an opportunity to take note of the differences and similarities in geography and culture. You might be surprised to learn that some traditions appear in different cultures in new and unique ways.]

Airdate: 5/26/2018

Time:

Duration: 30:00

WILDERNESS VET

A NEW CHAPTER [WDV226]

Every year Dr. Oakley's job offers new clients, challenges, and opportunities. But with her oldest daughter graduating from school, Dr. Oakley must face a new chapter in her job as a parent. First up, a bald eagle with a potentially broken wing is brought into Dr. Oakley's clinic. The team will have to work carefully to avoid the raptor's strong beak and talons. Dr. Oakley examines the wing and discovers swelling between the bird's radius and ulna bones. Dr. Oakley stabilizes the wing and provides an anti-inflammatory to reduce the swelling. Next, Dr. Oakley is joining a special government project to help with a feral horse problem along a busy highway. To manage the wild populations, the government grants permission for residents to bring horses home, which clears the roadways and keeps horses and drivers safe. These wild horses will prove difficult to catch, so Dr. Oakley and her team will need to utilize a helicopter to track, capture, and relocate the animals safely. Next, Dr. Oakley is visiting a caribou at the Yukon Wildlife Preserve suffering from recurring growths on its face. Today's goal is to remove as much of the growths as possible. Finally, Dr. Oakley and family attend Sierra's graduation from high school, which proves to be an emotional day for the Oakley family.

[Educational Message: You are never too young or too old to follow your dreams. Dedication and hard work can help you achieve your passions and goals.]

Airdate: 5/26/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

AMAZING ANIMALS [JDD222]

Join host Dylan Dreyer for a unique look at some of the most incredible and successful animals on Earth. From elephants living in the jungles of Thailand, to sprawling underground cities of ants in the western United States, to communities of playful sea lions off the coast of California, we'll experience some of the planet's most iconic species from their own point of view. First up, we'll travel to Khao Sok National Park in Thailand. Here we'll follow a group of conservationists and biologists who have been caring for a juvenile elephant that was separated from its herd by a group of poachers. The team is hoping that another elephant herd will take the juvenile as their own, but in order to bring them together, they'll have to better understand the natural patterns of the elephants living inside the park. Next, we'll journey to the Pacific Ocean where we'll come face to face with Great White sharks. We'll discover how Great Whites can grow as big as 20 feet long and weigh as much as 7,000 pounds. Next, we'll follow a group of California sea lions and learn how they can eat between 5-8% of their entire body weight in a single day. We'll also learn how sea lions are related to bears, weasels, and raccoons. Next, we'll travel to North America to learn more about an invasive species of fire ants. We'll discover how the imported red fire ant is native to the floodplains and savannas of South America, but that sometime in the mid-1930s, the ant hitched a ride on a cargo ship to North America where it quickly spread. We'll also learn about the amazing survival skills and adaptability of the fire ant, such as its ability to survive extreme cold temperatures. Next, we'll journey to Germany where we'll discover more about the various species of birds, amphibians, reptiles, and mammals that call the Wupper River home.

[Educational Message: Our society can have a big impact on the nature and wildlife that surrounds us. We must protect and treat our own environment with respect and hard work to ensure it thrives for generations to come.]

Airdate: 5/26/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

DON'T BUY IT, DIY IT [NDS226]

Host Danny Seo shares creative ways to upcycle something ordinary into something unique to repurpose something old instead of throwing it away. First, Danny turns rocks found in the yard into marbled works of art using paint and glaze, which is a binding solution that gives decorative finishes depth and dimension. Marbleizing, originally called "ebru" or "cloud art," began in Persia, India and Turkey in the 15th century. Next, Danny creates stickers using leaves found outside to create a mandala. Early forms of stickers can be traced back to ancient Egyptians; and the word "mandala" is Sanskrit for "circle" and is one of the most ancient art forms. Then, Danny teaches a scientific way to repurpose nail polish by adding a few drops to hot water and dipping items on the surface to create colorful, marbled accessories. Nail polish contains a petroleum-based solvent, like oil, which is lighter than water; it will adhere to non-porous surfaces like porcelain, glass and metal. Lastly, Danny shows how to reuse dated items, such as a keyboard and old DVDs and CDs, to create unique pieces. Old computer keys can be removed and used to personalize journals, make gift tags and create art; and old DVDs and CDs

can be broken into small pieces, then glued in different patterns to create a mosaic. The earliest known examples of mosaics were found in Ubaid, Mesopotamia, dating back to the 3rd millennium B.C.

[Educational Message: Before throwing something away, consider ways it can be reused. Using your imagination to make arts and crafts with items found in your yard, such as leaves, is a great way to express yourself and explore different forms of art. Applying an ancient technique to decorate a seemingly plain object is a great way to show creativity and gain insight into a different culture. Just because something is out of date, doesn't mean it has no purpose— get creative and find a way to upcycle it.]

Airdate: 5/26/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

HOW TO CLEAN UP YOUR ACT [HHM103]

Hosts Joy Bauer and Vivien Williams explore how to clean up your overall health. Vivien finds out how often you should bathe, and learns that for kids under twelve it's recommended to bathe 2-3 times per week, but for tweens and teens, it's recommended to bathe daily. When you develop excess sweat or go swimming, it's recommended to shower after those activities. Then, Vivien shares five ways sodium sneaks into meals, specifically in canned soups, pizza, chicken, cold cuts and cured meats, and certain breads and rolls. Then, she highlights the healing power of mother nature. Whether you live in a rural or urban area, Vivien offers ways to access nature no matter where you are. Next, Joy meets two courageous young women who've changed their lives and their health through exercise. Then, Joy has hacks for healthier hair and a DIY mayonnaise hair mask. Finally, Joy shows how to use cauliflower to make healthier buffalo chicken wings. Cauliflower belongs to the same genus and species of plant as collard greens, cabbage, kale, and broccoli, and is loaded with Vitamin C and fiber.

[Educational Message: Bringing nature home with you can be a great way to access greenery in your daily routine. Planting an herb garden can be a good start, and herbs can provide great flavor to meals while reducing the need for added salt for flavor.]

Airdate: 5/26/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

ICE IN THE VEINS [HOC208]

We meet Erin Hamlin, the first female American luger to medal at any Winter Olympics, and see how she stays true to her roots in Remsen, NY by applying her blue-collar background into her training. Lugers use small fiberglass sleds that sit on stainless steel blades. Next, we learn how Bryson DeChambeau credits geometry— a type of mathematics concerned with shape, size and the properties of space— for his early golf success. He also majored in physics, one of the oldest academic disciplines, to further his understanding of his golf game. Then, NHL Blue Jackets captain Nick Foligno finds new purpose after his daughter's life is saved by cardiologists. About 1 in 4 babies born with a heart defect have congenital heart disease. Lastly, 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.

[Educational Message: Lessons learned in one area of life-- whether it be your background, a school subject, or a difficult situation-- can be applied to another area to help you succeed. Viewers learn what lugging is, how geometry is useful in the game of golf, what cardiology and congenital heart disease is, and about the growth of women's collegiate golf.]

Airdate: 6/2/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PEARL OF THE ORIENT [209]

Host Josh Garcia heads to Shanghai to explore this premier East meets West hot spot. He learns the ancient martial art of tai chi from a Chinese master in a local park. For people of all ages, practicing tai chi is one of the more popular exercises in China. Tai chi can be practiced alone or with a partner, and the objective of partner tai chi is to transfer energy from one person to another. Then, Josh discovers the secret to making Shanghai's signature specialty, soup dumplings. Soup dumplings are typically filled with pork, shrimp, or crab, and this dish dates back to the 1800s in a town outside of Shanghai. Meat is steamed inside a pocket of thin, dumpling dough, locking in the broth. Dumplings are shaped through a technique called pleating. Finally, Josh takes a swing at Badminton, a sport that's become a Chinese phenomenon! Badminton is played with a shuttlecock that's passed over the court net with racquets. The shuttlecock is usually made with goose or duck feathers fixed into a cork base.

[Educational Message: Going into new experiences without expectation can be a great way to reach a positive outcome. Living in the present, and paying attention to the small details can be rewarding in itself.]

Airdate: 6/2/2018

Time:

Duration: 30:00

WILDERNESS VET

FUR THE LOVE OF ANIMALS [WDV210]

Working with wild animals can be a dangerous job, and when these creatures need help, Dr. Oakley never hesitates to jump into action. But when her patient's unpredictable behavior puts her entire medical staff at risk, she has to think fast to get them out of danger. First up, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to perform a check up on two black bear residents. However, Dr. Oakley will have to work on each black bear one at a time, which will soon prove to be difficult, and dangerous. Dr. Oakley and her team struggle to separate the bears safely in the rugged and wooded terrain. After some tense moments, Dr. Oakley and team successfully sedate one of the bears and perform the routine checkup. The day proved too long for the team, and Dr. Oakley will have to return another time to check on the other black bear. Next, Dr. Oakley is heading to a ranch to help locate and neuter an American bison bull that's just reached breeding age. Here we'll learn more about the extreme temperament and power of the bison species.

[Educational Message: Every day offers new challenges. When we are faced with adversity, we must always stay focused on our goals and push ourselves to overcome the obstacles.]

Airdate: 6/2/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

OLD MAN RIVER [JDD214]

Join host Dylan Dreyer on an epic adventure through the vast Delta of the Mississippi River. We'll travel from the Gulf of Mexico, to the famous city of New Orleans, up the banks of plantations, past enchanted swamplands full of alligators, and finally into cattle country. Along the way, we'll discover some of America's most impressive wildlife, most diverse habitats, and some of the most vibrant people. First, we'll travel along the Mississippi River Delta and learn more about the diverse ecosystem and unique habitat for the local wildlife. Also, we'll learn how a vast network of man-made islands and sandbars that help slow down the river's flow and counter tidal surges from the ocean. Next, we'll visit the historic city of New Orleans, Louisiana, which is home to more than 300,000 residents. New Orleans was one of the largest immigrant melting pots in the history of the United States. Here we'll learn more about how this eclectic mix of styles and cultures permeated through the food, music, and art of New Orleans. Next, we'll travel to a preserved plantation home where we'll learn more about the history of slavery in the South and its impact on New Orleans. Finally, we'll travel to the Atchafalaya Basin, where we'll discover more about the unique Cajun culture of Louisiana. Here, we'll witness firsthand the way of life for modern-day Cajuns and listen to them speak guttural French, a dialect that has remained unchanged for over 150 years.

[Educational Message: The importance of Louisiana to the United States cannot be overstated. Its history, ecology, and industry helped power our new nation, and remains as vital today as it has ever been.]

Airdate: 6/2/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SALT BATH [NDS210]

Host Danny Seo travels to a yoga studio in New York that practices dry salt therapy and learns different yoga stretches. Dry Salt therapy is also known as halotherapy, which originated in the 1800s and may aid in detoxifying the respiratory system. Himalayan pink salt, which is typically used in halotherapy, is around 85% sodium chloride and contains over 80 minerals. Next, Danny uses tempeh, which contains more protein and fiber than tofu, as a meat alternative to make bacon and chili. Tempeh is fermented cooked soybeans formed into firm, dense cakes; and although it has a strong, nutty taste, it also absorbs other flavors easily. Then, Danny shows how to reuse plastic bottles to create self-watering planters with twine, which naturally absorbs water and allows moisture to travel through it.

[Educational Message: Exploring different methods of yoga is a way to learn historical background and practice ancient techniques. Tempeh is great source of plant-based protein and holds its shape when cooked, making it a versatile meat substitute. Turning plastic bottles into self-watering containers is a creative way to eliminate the task of remembering to water plants while also helping reduce waste.]

Airdate: 6/2/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

PUPPY KISSES - GOOD OR BAD? [HHM104]

Hosts Joy Bauer and Vivien Williams investigate how pets affect our lives. First, Vivien learns whether puppy kisses can make you sick. Research shows that having a pet can benefit your health in many ways, and while puppy kisses aren't inherently good for your health, they aren't necessarily bad either. If you do let your dog lick your face, keep them away from your eyes, nose, and mouth. Then, Joy explores the many ways young people benefit from pets in the home. Pets can contribute to self-esteem and confidence, and can encourage people to be active and spend time outdoors. Plus, caring for a pet can teach lessons in empathy. Next, Joy asks whether ketchup should be kept in the fridge after opening and Vivien shows how to decode expiration dates. To prevent food waste, it's important to understand how to decode food markings, like "best by," "sell by," and "use by" dates. Then, Joy demonstrates creative ways to use your ice cube trays to prevent food waste, including preserving fresh herbs, broths, and even pesto. Next, Joy shows how to make a healthier seven layer dip and spinach artichoke dip. She makes fiber rich vegetables and legumes the hero ingredients for healthier alternatives. Finally, Vivien demonstrates an exercise to reduce eye strain that can come from staring at a monitor or computer screen.

[Educational Message: Your pet can be a great teacher of responsibility and empathy, and taking care of an animal can be a rewarding experience. When you take care of your pet, you're practicing kindness. Plus, coming home to spend time with your pet can be a great reward after a long day.]

Airdate: 6/2/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

WINTER WONDERS [HOC209]

We see how snowboarder Ryan Stassel works as a fisherman in Alaska to earn money so he can train for and participate in competitions. Commercial fishing is a major industry in Alaska and has been for hundreds of years. Inlets, which are indentations of shorelines that often lead to an enclosed body of saltwater, are popular fishing locations in Alaska. Next, golfer Wesley Bryan talks about the impact his father has on his career, not only as a father but also a coach, growing up in South Carolina, which is the only state in the country that grows tea and was one of the original 13 colonies that formed the United States. Then, we see how alpine skier Mikaela Shiffrin works hard to train for the sport as well as inspire those around her. Ski poles are used for balance and propulsion. Lastly, junior golfer Karson Adkins explains how her relationship with her sister

encourages her to strive to be the best. In 1939, the USGA adopted the 14-club rule which limited the number of clubs a golfer could carry.

[Educational Message: It takes more than physical training to succeed in a sport-- support off the field is just as important, whether it be financial or motivational. Viewers learn about Alaskan fishing, the role of a golf coach and how it can help your golf game, and steps junior golfers can take to grow their career.]

Airdate: 6/9/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NORTHERN HIGHLIGHTS [211]

Host Josh Garcia rereads some of his favorite journal entries from his epic voyages to Alaska. His adventure begins in Juneau where he kayaks to the great Mendenhall Glacier with a geologist and ventures deep inside its majestic ice caves to learn more about Juneau's ecosystem. The sheer scale and grandeur of the glacier is truly magical. The Mendenhall Glacier stretches about thirteen miles before it merges into the Juneau Icefield, which is about fifteen hundred square miles. Inside an ice cave in the Mendenhall Glacier, Josh is blown away by how much light reaches the cave through the dozens of feet of glacial ice above them. In Ketchikan, Josh teams up with top-ranked timbersports athletes and tries his hand at a daring lumberjack competition! This heavily forested area was once home to a booming timber industry; these games honor the region's history in this industry. Finally, in Talkeetna, Josh takes a flightseeing tour of Denali and explores one of its magnificent glacial peaks. Denali National Park is 6 million acres, and the Denali summit is 20,310 feet.

[Educational Message: When traveling, writing down your experiences is a great way to keep track of what you did and where you went. Then, in the future it's a great way to reminisce on those adventures!]

Airdate: 6/9/2018

Time:

Duration: 30:00

WILDERNESS VET

SURGEON ON CALL [WDV211]

For Dr. Oakley, performing surgery is always a last case scenario, but sometimes it's unavoidable. So when a rat with mysterious lump and a horse with a fractured leg need Dr. Oakley's help, she'll put on her surgeon's mask. First up, Dr. Oakley and her daughter Sierra are taking a road trip to Prince Edward Island, which is where Dr. Oakley went to veterinary school. Today, they'll both be assisting veterinarians with a variety of procedures on horses at the Atlantic Veterinary College. Here, Sierra gets an incredible opportunity to work side-by-side with other veterinary professionals, while Dr. Oakley also learns about the latest techniques and methods of animal medicine. Next, Dr. Oakley and her team are traveling to a farm in order to perform a surgery on a wild boar named Captain Black. Dr. Oakley and her team will have to work extra carefully due to the boar's sharp tusks and tough attitude. Finally, Dr. Oakley is visited by a couple of pet fancy rats suffering from tumors. After an examination, Dr. Oakley is concerned that the tumor on one

of the rats may be malignant. The safest course of action to treat the rats is to remove the tumors. Dr. Oakley works very carefully on the small animals and the surgical procedures go off without a hitch.

[Educational Message: The ability to problem-solve is crucial to success. We must always seek solutions and not be discouraged by challenges.]

Airdate: 6/9/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE JUNGLES OF GERMANY [JDD215]

Join host Dylan Dreyer on a breathtaking tour of Europe's most surprising waterway: The Wupper River. We'll explore the river's dark and untamed regions, meet countless creatures living along its banks, and reveal a collection of diverse habitats that rivals the mighty Amazon. We'll follow the river's history from medieval times to present day and discover the many ways wildlife has adapted and thrived through the centuries. First, we'll learn how the Wupper River was contaminated and polluted by factories during the Industrial Revolution over a century ago, and how future community involvement and investment helped restore the river to its current thriving state. We'll discover more about the various species of birds, amphibians, reptiles, and mammals that call the Wupper River home. Here we'll visit a breeding ground for Kingfisher birds and we'll learn more about the courting process for the males and females. Next, we'll follow a family of wild boars foraging for food and we'll learn how human interference and distribution has made the wild boar one of the widest-ranging mammals on Earth. Next, we'll learn about the variety of mushroom species thriving on the banks of the Wupper River and witness their unique growth patterns and abilities to spread spores. Then, we'll visit with a group of red foxes where we'll learn more about their hunting habits and social behaviors. Finally, we'll meet a litter of red fox cubs and witness how their mother provides and cares for them in the wild.

[Educational Message: Our society can have a big impact on the nature and wildlife that surrounds us. We must all do our part to reduce pollution and protect our Earth.]

Airdate: 6/9/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

STONYFIELD FARMS [NDS211]

Host Danny Seo travels to an organic dairy farm in Maine to learn about organic farming and how yogurt is made. Organic farmers are never allowed to use toxic persistent pesticides or synthetic fertilizers; and during winter months, organic cows eat a diet of hay supplemented with organic grains, like barley, oats and corn. Yogurt is made by testing the milk, separating the skim milk and cream, heating and cooling the milk, adding probiotics, and finally adding natural flavors. Probiotic cultures are live microorganisms that may help boost the immune system. Then, Danny cooks up fudgy brownies using coconut sugar, cacao powder, and a surprising ingredient, eggplant. Eggplant is part of the Solanaceae family, which includes tomatoes, potatoes and peppers. Coconut sugar contains antioxidants as well as nutrients like zinc and iron. Then, Danny

creates a personalized message in a bottle using wire and cut outs. The earliest known message in a bottle was sent in 310 BCE by Greek philosopher Theophrastus, who used a message in a bottle to test his theory that the Atlantic Ocean flows into the Mediterranean Sea. Drift bottles are still used by oceanographers studying global currents.

[Educational Message: When making yogurt, the process of heating and cooling the milk is what makes yogurt rich and creamy. You can add a healthy twist to dessert by adding vegetables. The key to not tasting a vegetable in a dessert is finding the balance between the vegetable and natural sweeteners. Gifting someone with a message in a bottle is a creative alternative to a card and allows more options to express yourself artistically.]

Airdate: 6/9/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

DON'T GET BEAT BY THE HEAT [HHM105]

Hosts Joy Bauer and Vivien Williams share advice on how to beat the heat when temperatures climb in the summertime. First, Vivien shares the signs and symptoms of a heat-related emergency, and explains heat exhaustion and heat stroke. Staying hydrated during the warmer months is important, and Joy has some tips on how to get more water. Joy suggests trying grapefruit, cucumbers, grapes, cherries, and watermelon for a hydrating and healthy snack. Our pets have to stay hydrated and safe in the sun just like we do, and Joy learns how to keep your pets safe and healthy on summer road-trips. It's recommended to feed your pet the morning you leave, take plenty of breaks throughout the day, and bring plenty of water for the ride. Then, Vivien asks the question: how dirty is your kitchen sponge? Vivien learns how to keep your sponge clean and practice food safety at the kitchen sink. It's recommended that you keep your sponge away from meats, heat-clean your sponge, and replace it often. Then, Joy demonstrates how to make scrambled eggs in a mug for a quick breakfast in the microwave in under just two and a half minutes. Finally, Joy makes a heart-healthy hero sandwich with tri-color bell peppers, onions, poultry sausage, and whole grain rolls. Bell peppers are high in Vitamin C and using whole grain rolls adds more dietary fiber to this recipe.

[Educational Message: Staying hydrated is essential, and it's important to make sure you drink enough water each day. When you're on the go, make sure you have a water bottle in tow. You can even get more water in each day by incorporating high water content fruits and vegetables into your meals for added hydration.]

Airdate: 6/9/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

FLIGHT CLUB [HOC210]

Olympic snowboarders and skiers share the highs and lows of training in their field and explain what it feels like to defy gravity during competitions. The earliest organized ski jumping competitions were held in Norway in the 1860s-- bindings invented by Norwegian Sondre Norheim made it possible for skiers to jump in the air. Next, golfer Omar Uresti shares his story

how he started playing golf at a young age, went on to become the Texas State Junior champion, and now has found a passion for The First Tee. The First Tee is a youth development organization that introduces the game of golf to kids. Then, alpine skier Lindsey Vonn explains how she trains for the Olympics and how she doesn't let injuries or the fear of falling hold her back. Alpine skiing has been an event at the Winter Olympics since 1936, and Italian Skier Simone Origone holds the world record for the fastest downhill ski at 156.2 miles per hour. Lastly, a profile on golfer Greg Norman shares how he worked his way back into the ranks of golf, eventually becoming the runner-up at the 1996 Masters. The Masters was called "the Augusta National Invitational" for the first five years.

[Educational Message: When you fall down, get back up and keep trying-- even if you don't reach your goal, you might end up discovering something that means more. Viewers learn about The First Tee, steps young golfers can take to grow in the ranks of professional golf, and important skills needed to train and become an Olympic snowboarder or skier.]

Airdate:6/16/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

KICKING IT, RIO STYLE [VJG223]

Host Josh Garcia sails into the world-famous city of Rio de Janeiro, Brazil. At one of the city's colorful open-air markets, Josh discovers Brazil's vast array of exotic fruit and sinks his teeth into some of its juicy bounty. Brazil has roughly 5 biomes and each one yields different fruits. A biome is a major ecological community characterized by the animals and plants living in that region. One of these fruits is Jaboticaba, an unusual Brazilian grape tree that produces fruit directly from its trunk. Next, Josh teams up with a local soccer player who teaches him how to master Brazil's national sport. With five titles, Brazil has won the most World Cups. One technique called pedalada means "pedaling" in Portuguese. Finally, Josh goes on a thrilling adventure as he tours Rio from the sky, hang-gliding high above the city. Typically, the frame of a hang glider is composed of an aluminum alloy. Josh gets a breathtaking view of the varying landscapes of Rio de Janeiro, including the mountains and the beach.

[Educational Message: Learning local culture from the people that live in the region you are visiting can be a good way to learn something new and maybe even make a new friend.]

Airdate: 6/16/2018

Time:

Duration: 30:00

WILDERNESS VET

DOGS & HOGS [WDV212]

Whether they bark or oink, dogs and pigs are considered to be some of the most loyal pets, and that's why Dr. Oakley is so passionate about helping these animals. First up, Dr. Oakley is heading by helicopter to North Glacier, Alaska to visit a pack of sled dogs and perform routine checkups. Here, Dr. Oakley and her daughter Sierra work together to perform various exams on the entire pack of sled dogs. Next, Dr. Oakley is answering an emergency call about a sled dog with a potentially severe medical condition. Dr. Oakley is concerned the ailing dog has a twisted

stomach, which will require surgery to treat. After an x-ray examination, Dr. Oakley confirms the suspected diagnosis and must move forward with the surgical procedure. Next, Dr. Oakley is on her way to a local farm to perform castrations on a group of piglets. Dr. Oakley and her team have to battle the elements as the weather takes a turn for the worse. Finally, Dr. Oakley is visited by a pet Vietnamese pot-bellied pig in need of a hoof trimming. Due to the dominant personality and nature of pot-bellied pigs, Dr. Oakley must sedate the patient in order to perform the procedure safely.

[Educational Message: It's important that we always treat animals with compassion and respect. All life is important, no matter how big or small.]

Airdate: 6/16/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE MIGHTY PACIFIC OCEAN [JDD216]

Join host Dylan Dreyer on an epic journey through the greatest ocean on Earth. We'll dive deep into the Pacific to reveal the amazing animals, habitats, and secrets that swim beneath the waves. We'll discover how the Pacific Ocean powers the climates of the world and affects every living thing on Earth. We'll meet fearsome sharks, massive whales, playful sea lions, ghostly Manta Rays, and an endless collection of species like you've never seen before. First up, we'll meet a pod of gray whales and follow their migration route to the Baja Peninsula where they will give birth to the next generation of whales. Next, we'll come face-to-face with Great White sharks, which can grow as big as 20 feet long and weigh as much as 7,000 pounds. Next, we'll follow a group of California sea lions and learn how they can eat between 5-8% of their entire body weight in a single day. We'll also learn how sea lions are related to bears, weasels, and raccoons. Next, we'll discover more about sardines, which are rich in vital minerals and nutrients like vitamin B, phosphorus, and calcium. We'll also learn how the need for food rations during both World Wars, and decades without fishing regulations, took its toll on the sardine population and nearly wiped them out completely. Finally, we'll follow a group of Giant Manta Rays, which have been soaring through the oceans for roughly 20 million years. We'll also learn how these Manta Rays have the largest brain of any fish in the ocean.

[Educational Message: The waters of the Pacific Ocean touch every creature in every ocean, and sustain life on land. We must do our part to keep our oceans clean and free of pollution, plastics, and waste.]

Airdate: 6/16/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SQUARE ROOTS [NDS212]

Host Danny Seo travels to Brooklyn, New York to visit with entrepreneurs practicing urban farming by building indoor vertical farms in steel shipping containers. Specialized growing equipment and careful climate control enable container farms to produce crops year-round. Whereas outdoor farms rely on natural white light, urban farmers use colored LED

lighting—blue light prompts vegetative growth while red light results in flowering. Next, Danny makes a chocolate face mask using pure chocolate, salt and almond oil. Salt is exfoliating and fights bacteria, which can help acne prone skin; and almond oil may provide relief for dry skin conditions like eczema and psoriasis. Then, Danny creates truffles with only two ingredients, avocado and chocolate. Avocados are actually single-seeded berries, not vegetables, and with almost 20 vitamins and minerals in a single serving, avocados are considered a nutrient dense food. Then, Danny shows how to upcycle old computer keyboards by using keys to personalize journals, make gift tags and create art. The layout of the QWERTY keyboard was originally designed to translate Morse code.

[Educational Message: Indoor farms use LED lighting and up to 80% less water than outdoor farms, making them a more energy efficient option. Chocolate can be used for more than a sweet treat. It is filled with antioxidants, which can benefit your skin. You don't need a ton of ingredients to make a delicious dessert. The neutral taste of avocados make them a great option to use in dessert while also providing a healthy twist. Instead of recycling an old keyboard, you can reuse the keys in a creative way to personalize something or make art.]

Airdate: 6/16/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE ABC'S OF TICK SAFETY [HHM106]

Hosts Joy Bauer and Vivien Williams investigate how to stay safe while enjoying the outdoors. First, Vivien explains the importance of protecting yourself from ticks when spending time outside. Ticks can't jump or fly, but instead they climb nearby plants and other objects until they reach a "questing" position to reach passerby. Protecting yourself is as simple as ABC. A is for "avoid." When walking on a path, stick to the middle and avoid tall grasses or trees. B is for bug spray, and C is for clothing. Wear a hat and tuck your pant legs into your socks to keep any ticks from catching a ride. If you find a tick, remove it right away. Joy even shares some tips on tick safety for your pets. Then, Vivien learns how to hunt for hidden sugars in condiments, sauces, dressings, granola, and other packaged foods. Added sugars are different from natural sugars, and added sugars provide sweetness and additional calories without contributing to essential nutrients. Natural sugars found in fruit and milk products are naturally occurring in those foods and can be part of a healthy lifestyle. Then, Joy goes to a farm to explore how milk is produced. Next, Joy shows how to make a healthier "fried" chicken and coleslaw meal. A healthier coleslaw makes the vitamin-rich shredded cabbage and carrots the hero ingredients, and adds some dried cranberries for natural sweetness. Joy even gives ideas for how to avoid the mountains of sugar found in soda with a few simple swaps. Finally, Vivien shares her tips for safer picnics. Make sure to keep hands clean, watch the clock on how long foods are off-ice, and pay special attention to proteins when cooking outside.

[Educational Message: Creating small habits for yourself can turn into lasting practices, and, in turn, can keep you in better health. Getting in the habit of wearing a hat and long pants when going out for a walk can keep you protected from bugs and other outdoor irritants, improving the quality of your time spent outside.]

Airdate: 6/16/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

INSPIRE AND DESIRE [HOC211]

Freestyle skier Maddie Bowman talks about growing up in Lake Tahoe, which is $\frac{2}{3}$ in California and $\frac{1}{3}$ in Nevada, and how she gains inspiration from her mother. Sir Arthur Conan Doyle is credited with the introduction of skiing to Switzerland. Next, golfer Jimmy Walker discusses about the impact his home state of Texas, which makes up more than seven percent of the total landmass of the U.S., has had on his career. Then, we travel to Uganda with olympic skier Gus Kenworthy and see the impact sports have on those in refugee camps. A refugee is a displaced person who has been forced to cross national boundaries and can't return home. Lastly, we meet junior golfer Momo Kikuchi who moved from Japan for the hopes of competing at Augusta. The United States has more golf courses than Japan, almost $\frac{3}{4}$ of which is made up of either forest or mountains.

[Educational Message: There is always something to be learned from your surroundings, whether it be a family member, your hometown or those less fortunate than you. Viewers learn about steps to take to be a freestyle skier, the state of Texas, what life is like in a refugee camp and how golf in Japan differs from golf in the United States.]

Airdate: 6/23/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TOKYO IN BLOOM [213]

Host Josh Garcia sails into Tokyo, Japan and sets out to discover the sights, sounds, and flavors of this world-class city. He learns the Japanese art of flower arrangement known as ikebana. Kenzan is the spiky device used in ikebana for affixing flowers in containers. The natural qualities of the elements build the lines and drama of an arrangement. Then, he enjoys authentic Tokyo-style sushi with a master class in creating this iconic dish. Sushi is typically rice dressed with vinegar and topped with seafood or vegetables. The Japanese were the first to add vinegar to sushi rice. The most popular variations of sushi are made with tuna, salmon, or shrimp. Later, Josh explores the ancient sounds of Japan by learning to play the powerful Taiko drums! Taiko drumming is an ancient form of communication that has evolved into a form of entertainment. Bachi is the name of the sticks used for playing taiko.

[Educational Message: If you have the time, sometimes allowing yourself to get lost in a new city can be a great way to really immerse yourself in a new place and culture.]

Airdate: 6/23/2018

Time:

Duration: 30:00

WILDERNESS VET

FARMYARD FRIENDS [WDV213]

Farms in the Yukon offer a variety of patients for Dr. Oakley, and that means every day offers new challenges. From field surgeries to physical exams, these farm calls keep Dr. Oakley busy,

and she knows the animals are relying on her to keep them happy and healthy. First up, Dr. Oakley is visiting a horse suffering from stringhalt, which is defined as a gait abnormality. Dr. Oakley and her team observe the horses' gait and determine that a ligament in the horses' legs is causing its knees to lock up. To treat the horse, Dr. Oakley and her team will need to perform an impromptu surgery to sever the ligaments and prevent future complications. Next, Dr. Oakley is heading to a local farm to check on a mother cow that is not caring for its newborn calf. Here we learn how without its mother's milk, a newborn calf's health will quickly deteriorate. Dr. Oakley examines the mother cow and determines that it is suffering from mastitis, an infection of the mammary glands which prohibits the calf from nursing. Dr. Oakley treats the mother cow with a soothing balm for its inflamed udders and a round of antibiotics to stave off the infection. Finally, Dr. Oakley visits a donkey that's been having aggression issues.

[Educational Message: We can choose to make the best of a bad situation. We must believe in ourselves no matter how difficult the circumstances may be.]

Airdate: 6/23/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURE IN THAILAND [JDD217]

Join host Dylan Dreyer on an epic journey through Thailand's breathtaking Khao Sok National Park. We'll team up with Southern Thailand's head biologist as he protects endangered elephants and explores an intricate system of caves while looking for new species of bats. Along the way, we'll meet many amazing people who live and work in Thailand and discover what life is like in one of the most unique places on Earth. First up, we'll follow a group of conservationists and biologists that have been caring for a juvenile elephant that was separated from its herd by a group of poachers. The team is hoping that another elephant herd will take the juvenile as their own, but in order to bring them together, they'll have to better understand the natural patterns of the elephants living inside the park. Here we'll learn about the varying landscape of Khao Sok National Park, and how it is home to the oldest rainforests in the world. Next, we'll visit with native residents of the park where we'll witness deep water spearfishing, frog hunting, and learn more about day-to-day life inside Khao Sok. Next, we'll learn about a unique and traditional ceremony for the Khao Sok residents, the summoning of the forest's spirit. The locals believe the spirit protects them and that the ceremony is an opportunity to ask the spirit for favors, such as good health and bountiful fish harvests. Next, we'll witness an incredible and dangerous treasure hunt that takes place high up the park's limestone rocks and deep within a cave. The treasure the locals are seeking is the edible Swiftlet nest. In China, these nests are a delicious delicacy and fetch a high market price. Here we learn how the Swiftlet birds construct these intricate nests from their own saliva. Finally, we'll follow our team of biologists deep in a watery cave as they attempt to capture and study an unfamiliar bat species. Here we'll learn more about how bats use echolocation to navigate the pitch-black darkness.

[Educational Message: Due to the hard work of conservationists and biologists, the amazing wildlife of Khao Sok National Park has a fighting chance for survival, and now the fragile and ancient beauty of Thailand can thrive. We must protect and treat our own environment with the same respect and hard work to ensure it thrives for generations to come.]

Airdate: 6/23/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

VOLUNTEERING AT THE SHELTER [NDS213]

Host Danny Seo teaches easy and cost efficient ways to help animal shelters, such as volunteering and donating time and household items. Approximately 1.6 million dogs are adopted out of shelters each year; and most shelters rely on donations to help offset everyday expenses, medical treatments and care for sick animals. Next, Danny makes flea repellent dog biscuits using brewer's yeast, shredded real cheese, oats and whole wheat flour. Brewer's yeast contains high levels of B vitamins, and the vitamins in combination with the specific minerals in brewer's yeast create a flea repellent component. Then, Danny cooks a sweet and savory whole wheat orzo pasta dish with raisins, onions and olives. Orzo contains almost twice as much protein as the same amount of cooked brown rice. Then, Danny uses leaves to make ceramic leaf bowls with polymer clay. The most common types of leaves found in North America are maple, sweetgum and aspen.

[Educational Message: Adopting a pet or donating money isn't the only way to help an animal shelter or make a difference in an animal's life. Donating items you have at home can help a shelter save money, and a creative way to donate time is to assist a shelter with social media exposure to help an animal find a forever home. Although orzo is actually a pasta, it can be a healthy alternative to rice. Leaves can be used for more than greenery. The unique types and shapes of leaves provide a diverse option to express creativity, like using a leaf to imprint polymer clay for a ceramic bowl.]

Airdate: 6/23/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

CAN EMOJIS HELP PATIENTS AND DOCTORS? [HHM107]

Hosts Joy Bauer and Vivien Williams learn how doctors are using emojis to help patients. First, Vivien discovers how emojis are helping cancer patients rate their pain using a spectrum of emojis. With a big frown on one end and a toothy grin on the other, in this study patients engaged in these emoji ratings similarly to how they responded to traditional survey methods, showing potential for this technology-driven option for future practices. Then, Joy examines "vocal fry" and Vivien helps explain why you should avoid it. Your voice has different registers or ranges of sound, and vocal fry is at the bottom of your register. Talking at this register can be hard on your vocal cords and over time speaking in "vocal fry" can irritate your vocal cords. Next, Joy shares home remedies to soothe a sore throat using turmeric, ginger, and honey. Turmeric has been used as a medicinal herb of thousands of years. Then, Joy whips up a delicious apple cobbler oatmeal for a healthy twist on a breakfast classic. Oats are higher in protein and healthy fats than most other whole grains. For added fiber, she suggests leaving the skin on your apples for this recipe. Joy follows this recipe up with a healthy vanilla shake made with fruit for natural sweetness without a drop of added sugar. Finally, Vivien ponders "how much is enough sleep" and reveals the recommended sleep goals for teens is between 8-10 hours, while sleep needs vary for children under 13 years old. Vivien shares that you can increase your sleep by avoiding

long naps, getting fresh air and exercise, avoiding heavy meals in the hours before bedtime, limiting exposure to light at night, and turning down the heat before going to bed.

[Educational Message: A change in attitude can offer a fresh perspective, and can sometimes help you stay positive when there are bumps in the road. When negativity comes knocking, you can choose the positive and feel the difference.]

Airdate: 6/23/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
FATHER'S DAY [HOC212]**

Washington Redskins quarterback Kirk Cousins talks about how his bond with his father has grown after having his father as a coach growing up and then seeing him battle skin cancer. The NFL was founded as the American Professional Football Conference on August 20, 1920, and players in the NFL were not required to wear helmets until 1943. Next, PGA teaching pro David Muttitt explains how helping others has benefited his own golf game, such as qualifying for the PGA Championship, which was televised in color for the first time in 1966. Then, we see how Olympic bobsledder Elana Meyers Taylor first got involved in the sport and now trains for the Olympics. Bobsleds can reach speeds up to 90 miles per hour, and the modern-day sport of bobsledding was conceived in Switzerland in the late 1800s. Lastly, we see how golfer Lydia Ko's golf career grew from an astonishing young age, labeling her a child prodigy. A child prodigy is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert.

[Educational Message: Helping others achieve their goals can be just as fulfilling as achieving your own. Viewers learn about steps to take to be a professional football player, bobsledding and how to become involved in the sport, and ways to help improve your golf game.]

Airdate: 6/30/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
JAMAICAN ME HAPPY [214]**

Host Josh Garcia arrives in Ocho Rios, Jamaica and he rafts down the picturesque Martha Brae River, marveling at the exotic jungle scenery. Josh tries his hand at steering the bamboo raft. Then, at a nearby plantation, he learns about Jamaica's High Mountain coffee, following the java bean's journey from farm to cup. The conditions and climate in Jamaica's blue mountains are ideal for harvesting coffee. It takes three to five years for a coffee tree to reach maturity. Coffee berries are pulped to separate the pulp from the beans, then the beans are washed to remove any mucilage, a viscous protein produced by nearly all plants, and then the beans can be roasted. Later, Josh visits a famous jerk chicken restaurant, and explores the spicy flavors that make this iconic dish a world-wide favorite. Jerk chicken is seasoned with a mixture of dry seasonings instead of being marinated in juices and oil. In Jamaica, it is roasted on logs of allspice wood for added flavor. The wood gives the meat a smoky flavor. It takes approximately an hour and a half to roast jerk chicken.

[Educational Message: Witnessing the process by which familiar foods and ingredients are harvested and produced can be rewarding. The next time you see or have that item, you might appreciate it that much more knowing all the hard work and thoughtfulness that went into making it.]

Airdate: 6/30/2018

Time:

Duration: 30:00

WILDERNESS VET

BABY FEVER [WDV214]

It's birthing season in the Yukon, and that means Dr. Oakley's phone is ringing off the hook with calls asking for assistance with pregnant pets. For Dr. Oakley, being there for the first moments of a new animal's life is the greatest joy she gets to experience in her career. First up, Dr. Oakley is visited by a pregnant French bulldog named Saucey that is ready to give birth to her puppies. Dr. Oakley will need to perform a cesarean section on the pregnant mother in order to deliver the puppies safely. Next, Dr. Oakley heads out on an emergency call at a local farm to assist with a pregnant cow that is struggling to give birth. Dr. Oakley and the team will need to work fast to physically assist the calf's delivery, otherwise, they'll need to perform a risky cesarean section in the outdoors. Next, Dr. Oakley is spending some quality time with her daughter, Willow. Today, they are visiting a local goat farm where Willow is learning some important lessons about caring for young goats. Here, Willow gets the opportunity to learn how to properly hold and milk a baby goat. Finally, Dr. Oakley has a follow-up visit with French bulldog Saucey and her new litter of puppies. Dr. Oakley will need to perform medical exams and provide vaccinations and microchip identification for the whole litter.

[Educational Message: Life is a gift and we must treat all animals with respect and dignity. We should all do our best to leave the Earth a better place than we found it.]

Airdate: 6/30/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE WILDERNESS OF INDIA [JDD223]

Join host Dylan Dreyer on a breathtaking tour of India's Kaziranga National Park. Located in the shadows of the Himalayan Mountains, we'll trek deep into the pristine wilderness of this World Heritage Site to come face-to-face with some of the most extraordinary and endangered mammals on Earth, including elephants, rhinoceros, and tigers. First up, we'll learn that Kaziranga National Park is home to Asia's "Big 5" mammals, all of which are endangered. The "Big 5" consists of the Indian one-horned rhinoceros, the Eastern swamp deer, the Asian elephant, the Bengal tiger, and the wild Asian water buffalo. We'll also learn more about the hard work that goes into keeping the park free of poachers. Here we'll see how the caretakers at the park use a wide network of informants to alert them of poachers and protect the endangered animals from harm. Next, we'll meet an orphaned baby elephant that is being caring for by an animal keeper at a local wildlife rescue center. Here we'll watch as the keeper and his team use unique strategies to attempt to reunite the baby elephant with its herd. Next, we'll meet local residents living on the edge of Kaziranga National Park and learn more about their day-to-day lives and how they live alongside the elephants. Due to the extreme damage that elephants can inflict

upon local villages and farms, we'll see how the locals use non-lethal methods in order to scare the elephants away if they ever get too close. We'll also learn more about India and how it is home to more than 1.3 billion people, and that it is also the world's largest producer of many fresh fruits and vegetables, milk, and major spices.

[Educational Message: The Kaziranga National Park is designated as a World Heritage Site by the United Nations, which means the area is recognized as being of profound natural or cultural importance to all humanity. The amazing plants and animals living in this area deserve our respect and protection.]

Airdate: 6/30/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HEIWA TOFU [NDS214]

Host Danny Seo travels to Maine to learn how to make tofu, which is an excellent source of calcium and iron. The process of making tofu consists of removing the fiber and protein from soybeans that have been soaked overnight to create soy milk, curdling the soy milk, separating the curds and whey, and pressing the curds into blocks of tofu. The texture of tofu is determined by its liquid content--the more liquid, the softer the tofu. Next, Danny uses lemons three different ways--to keep flowers fresh, prevent food from drying out, and make whole lemon mayonnaise dip. Adding a lemon to vase water can help prevent bacteria, which can choke the stem and leaves and shorten the life of flowers. The pith of a lemon acts as a natural sponge, so adding it to food containers can help keep food fresh by absorbing moisture. Using whole lemons in recipes has healthy benefits since lemon peel contains approximately 5 to 10 times more vitamins than lemon juice. Then, Danny upcycles a shopping bag into an instant gift bag using recyclable household materials, like aluminum foil and plastic bottles. Aluminum is 100% recyclable and maintains the same physical properties after recycling.

[Educational Message: Tofu is a versatile food that is not highly processed and has health benefits by being high in fiber and low in carbohydrates. Each part of a lemon provides a different benefit, allowing lemons to be used for multiple purposes, such as disinfecting. Turning a shopping bag into a gift bag by decorating it with recyclable materials is a unique way to help the environment and show your creativity.]

Airdate: 6/30/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

CONCUSSION RISKS ON THE WATER [HHM108]

Hosts Joy Bauer and Vivien Williams learn how to stay safe in the sun. First, Vivien defines chronic traumatic encephalopathy, a rare condition that can result from multiple concussions. The best way to avoid it is to avoid concussions, but if you get one, it's important to get it treated promptly. Vivien shares her son's story of getting an unlikely concussion from water sports, but after six weeks of recovery, her son is happily back out on the water. Next, Joy shares that it's not just oranges that are packed with Vitamin C, but in fact a bell pepper has about twice the Vitamin C of an orange. Vitamin C stimulates collagen production in skin and can brighten your complexion.

Joy shares some do-it-yourself Vitamin C rich face mask recipes using simple ingredients like avocado, oatmeal, honey, and olive oil. Then, Vivien decodes sunscreen labels and breaks down proper sunscreen use. It's recommended to make it a habit to wear sunscreen anytime you are outside, choosing SPF 15 for daily use, SPF 30 for casual outdoor use, and SPF 50 for all day use. The average sunscreen bottle will only last you 4-5 full body applications, and it's important to reapply every few hours. Next, Vivien details how to check the moles on your skin for melanoma warning signs. Asymmetry, irregular borders, color, diameter, and evolving spots are all warning signs to look out for. Then, Joy shares her unique twist on cooling summer treats. Joy offers a healthier alternative to ice pops and rocky road ice cream, and shows how to make versions loaded with fiber. She uses ripe bananas and berries to create a sweet flavor instead of adding sugar.

[Educational Message: Practicing mindfulness around changes in your body can make you more likely to notice when big changes occur. This practice can lead to other healthy habits to protect your health, like applying sunscreen before going outside. Paying attention to changing moles on your skin can be a great first defense against melanoma and other skin cancers.]

Airdate: 6/30/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

CHANGING THE COURSE [HOC213]

NHL player Brian Boyle discusses his battle with cancer. The first organized hockey game occurred in 1875, in Montreal, Canada; and the NHL was established in 1917. Next, we see how mixed martial artists use golf as way to mentally prepare for a MMA competition. Mixed martial arts teaches the ability to maintain control over responses, thoughts, and emotions. The earliest form of mixed martial arts was invented in China over 6,000 years ago; and during the early 20th century, various mixed-style contests took place throughout Japan and Taiwan. Then, Paralympians Oksana Masters and Aaron Pike talk about their relationship and how they encourage each other while training for the biathlon, a winter sport that combines cross-country skiing and rifle shooting.

[Educational Message: Don't let an obstacle get in your way of achieving your goals. Viewers learn about sporting events in the Paralympics, steps someone with a disability can take to become a Paralympian, and how Paralympians competing in the biathlon train. Viewers also learn about the history of the NHL, how hockey players train, and the history of mixed martial arts.]

2nd Quarter 2018 PSAs

NETWORK PUBLIC SERVICE SCHEDULE APRIL 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
		11:25:44			
20180407	JOURNEY	AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		3:25:48			
20180413	FRI-1ST LOOK-A	AM	0:15	ZNBC171049H	PSA 2018 TMYK Jane Lynch, NBC Hollywood Game Night
		4:24:49			
20180414	FRI-1ST LOOK-C	AM	0:15	ZNBC171049H	PSA 2018 TMYK Jane Lynch, NBC Hollywood Game Night
	CHAMPION	9:54:36			
20180414	WITHIN	AM	0:15	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
		11:25:59			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180414	JOURNEY	AM	0:14	ZNBC81007H	VOLUNTEER
		3:54:52			
20180420	FRI-1ST LOOK-B	AM	0:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
		4:24:34			
20180421	FRI-1ST LOOK-C	AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		10:57:47			
20180421	WILDERNESS	AM	0:15	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
		11:57:20			
20180421	NATURALLY	AM	0:15	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
		12:28:24			
20180421	HH MAYO CLINIC	PM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		10:56:24			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180428	WILDERNESS	AM	0:14	ZNBC81007H	VOLUNTEER
		11:26:32			
20180428	JOURNEY	AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		11:57:02			
20180428	NATURALLY	AM	0:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START

NETWORK PUBLIC SERVICE SCHEDULE MAY 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
		3:54:56			
20180504	FRI-1ST LOOK-B	AM	0:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
		10:25:23			
20180505	VOYAGER	AM	0:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
		11:25:05			
20180512	JOURNEY	AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		11:56:06			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180512	NATURALLY	AM	0:14	ZNBC81007H	VOLUNTEER
		12:28:13			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180512	HH MAYO CLINIC	PM	0:14	ZNBC81007H	VOLUNTEER
		11:56:45			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180519	NATURALLY	AM	0:14	ZNBC81007H	VOLUNTEER
	CHAMPION	12:55:19			
20180519	WITHIN	PM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		1:55:11			
20180519	WILDERNESS	PM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
		4:23:47			
20180526	FRI-1ST LOOK-C	AM	0:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
		10:27:01			PSA 2018 TMYK NEWS PSA HODA COMMUNITY -
20180526	VOYAGER	AM	0:14	ZNBC81007H	VOLUNTEER

20180526	JOURNEY CHAMPION	11:25:34 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180526	WITHIN	12:53:20 PM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP

NETWORK PUBLIC SERVICE SCHEDULE JUNE 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180602	CHAMPION WITHIN	9:53:01 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180602	WILDERNESS	10:55:35 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180602	JOURNEY	11:25:48 AM	0:14	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER
20180608	FRI-1ST LOOK-B	3:53:55 AM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER
20180616	HH MAYO CLINIC CHAMPION	12:28:13 PM	0:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180616	WITHIN	12:55:16 PM	0:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180630	FRI-1ST LOOK-A	4:23:47 AM	0:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM

NBC NETWORK NON-BROADCAST EFFORTS

April - June, 2018

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.