

April 2, 2019

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 1st quarter of 2019. 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 1st quarter of 2019 and those planned for the 2nd quarter of 2019.
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 1st quarter of 2019 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 became 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.*

1st QUARTER 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
January 1, 2019 – March 31, 2019

In the 1st Quarter of 2019, 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. One new series joined the lineup beginning January 1, 2019. *Earth Odyssey with Dylan Dreyer* replaced one of two weekly episodes of *Vets Saving Pets*.

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.

EARTH ODYSSEY WITH DYLAN DREYER

Earth Odyssey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Earth Odyssey with Dylan Dreyer will take viewers on an incredible journey to the wildest points on the globe, uncovering the connection between the environment, the wildlife, and the human beings that surround them. Hosted by Meteorologist Dylan Dreyer, Earth Odyssey with Dylan Dreyer will reveal a new destination each week, ranging from Africa,

Indochina, the Middle East, and many untamed islands around the world. Audiences will come face-to-face with fascinating native animals, some cute and some dangerous, while educating teen viewers with amazing facts about nature and wildlife. Earth Odyssey with Dylan Dreyer gives audiences a captivating look at the symbiosis between all living things, in the most larger-than-life places on Earth.

CONSUMER 101

Consumer 101 is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Jack Rico with the help of experts and scientists from the Consumer Reports labs and testing facilities, Consumer 101 will give viewers a behind-the-scenes look into the science used to test every kind of product—from the obscure, to the fascinating, to the everyday. Each week, audiences will discover more about the surprising intricacy of product testing, learn more efficient ways to get the most out of everyday items, as well as catch a glimpse into a unique career path in the fields of science and technology. Consumer 101 is an empowering series aimed at giving teens the tools they need to make smarter choices as consumers, exploring the how, where, when, and why we spend our resources so we can all make educated decisions when it counts.

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.

VETS SAVING PETS

Vets Saving Pets is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Vets Saving Pets examines the interpersonal stories of veterinary professionals working to save the lives of animals in need of urgent medical care. Vets Saving Pets takes place at the Emergency Veterinary Trauma Center in Toronto, one of the busiest veterinary facilities in Canada. Each week, viewers will be exposed to new emergency cases that will teach audiences about a wide array of specialties within veterinary medicine such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, and surgery. Audiences will witness first-hand the dedication and determination of these veterinary specialists as they work tirelessly to save their animal patients.

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]
January 1, 2019 – March 31, 2019**

Airdate: 1/5/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

RHYTHMS OF ARUBA [VJG306]

Host Josh Garcia sails to Aruba where he is excited to explore the island and its interesting culture and history. First, Josh heads for a lesson in the steel pan, a unique instrument responsible for the distinctive Caribbean sound. The steel drum, or steel pan, originated on the island of Trinidad in the 1930s, and was introduced to Aruba by a Trinidadian around 70 years ago. This instrument is used to create a variety of rhythms, and musical notes are created by different sized indentations in the steel pan’s surface. Steel pans are classified as idiophones, instruments that vibrate to produce sounds when struck, shaken, or scraped. Then, Josh heads to a pepper farm to learn how Aruban hot sauce is made. Josh picks fresh papaya, for an unlikely pairing, and is introduced to Madame Jeanette peppers one of the hottest peppers in the world, similar to Scotch-bonnets and habaneros. Papaya is used in Aruban hot sauce since it compliments the flavor of the peppers without masking it. Then, Josh visits Aruba’s beautiful and diverse Arikok National Park where he explores the Fontein Cave with a park ranger and learns about the island’s ancient people who created drawings on the walls of caves. This limestone cave was once coastline and formed over 5.2 million years ago as a result of erosion and volcanic activity. Finally, Josh visits an aloe farm to learn how this plant is grown and harvested. Aloe became so important to Aruba’s identity and economy that it’s now depicted on the country’s coat of arms.

[Educational Message: Walking through historic sites can be a unique experience in how communication has evolved over time. For example, the way we now document stories and traditions through text were once depicted in cave drawings made with red rock.]

Airdate: 1/5/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VIETNAM [EDD101]

Today on Earth Odyssey, host Dylan Dreyer takes us on an excursion to the lush tropical landscape of Vietnam. Situated on the Easternmost rim of the Indochina Peninsula, we’ll discover that Vietnam is one of the most bio-diverse countries in the world. We’ll learn that Vietnam’s dense tropical forests cover almost

half of the country, and that approximately 10 percent of the world's animal species live in this region. But we'll discover how this environment was not always thriving. In the 1960's, the Vietnam War destroyed almost one-fifth of the rainforests, leaving scores of animals fighting against extinction. But today, Mother Nature has fought back and these tropical jungles are once again thriving. Next, we'll travel into the lowlands in search of yellow-cheeked gibbons. These monkeys are famous for the loud, odd sounding melodies they use to mark their territories. We'll discover that these monkeys are also some of the best tree swingers on the planet, reaching speeds of up to 25 miles an hour as they swing up to 50 feet from branch to branch. Next, we'll meet one of the rarest species of primates who were once thought to be extinct, the Hatinh Langur. We will learn about their strange social structures, their eating habits, and how they have made an unlikely home in the limestone caves in the cliffs of Halong Bay. Finally, we'll travel to the Son Tra Primary Forest, home to the red shanked douc, one of the most beautiful and colorful monkeys in the world. We'll discover that these highly social primates live in groups of up to 15 members. Despite the fact that they were almost driven into extinction, they now thrive because their home has been deemed a No-Entry Zone to the public since the end of the Vietnam War.

[Educational Message: The rainforests of Vietnam are an example of the true resilience of the natural world. Plants and animals have made an incredible resurgence since the Vietnam War. We must always protect our environment for generations to come.]

Airdate: 1/5/2019

Time:

Duration: 30:00

CONSUMER 101

HIGH NOON [CNR106]

Host Jack Rico, along with the experts at the testing labs, will show us how power drills are tested, teach us the proper way to clean a grill, and decode confusing television terminology. First up, we'll be learning how experts scientifically test various power drill tools. We'll discover more about the history of hand drills and the evolution from hand-powered to battery-powered tools. To test the drills, Jack and an expert will be drilling screws into a piece of pine to compare the effectiveness and strength of various power drills. Here we'll learn that it's important to use the right tool for the right job. We'll discover that testers use a scientific process that measures the torque and RPM, or revolutions per minute, of various power drill models. Next, we'll learn how to properly clean a dirty grill. First, we'll learn it's important to clean the grill grates while they're still warm but not too hot, which allows for an easier clean up. We'll also discover a unique way to clean the grill burners by using a toothpick to ensure proper gas flow when cooking. Also, it's very important to keep your grill clean by using soap and water, which will help avoid any flare-ups or fires during your next barbeque. Finally, we're going to learn about the various television terminologies you need to know about when purchasing a new TV. At the testing lab, an expert will explain the top TV terms such as 4K, HDR, LCD, and OLED and what they mean. We'll learn that each TV has its own unique differences and that it's best to educate yourself on these before purchasing a new television.

[Educational Message: From televisions to power drills, all products vary in their performance and capabilities. Take the time to research various products so that you find the one that works best for you.]

Airdate: 1/5/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HANDSOME CYCLE SAFETY [NDS306]

Host Danny Seo teaches about ancient grains, such as farro and sorghum, and shows how to use them in a recipe by making crispy sorghum with baked eggs. Farro was first cultivated about 10,000 years ago in the Fertile Crescent region of the Middle East, and sorghum has an edible hull that helps retain its natural nutrients. Next, Danny learns about cycling safety from a Minneapolis bicycle builder. A proper bicycle fit can improve overall comfort and help reduce repetitive stress injuries; and a bicycle chain has up to 116 links, giving it the most moving parts of any bike component. Then, Danny uses old clocks to create new art through the technique of découpage. Découpage comes from the French verb découper, which means “to cut out.” Lastly, Danny shows how to use an iron to remove spilled wax on fabric.

[Educational Message: Ancient grains can be used to create new, healthier versions of traditional meals. Checking bike maintenance, making sure a bike and helmet fit correctly, and knowing proper hand signals are key components to bike safety. Using different techniques to create art is a great way to learn about different cultures and try something new to express yourself.]

Airdate: 1/5/2019

Time:

Duration: 30:00

VETS SAVING PETS

ALL IN THE FAMILY [VSP111]

Today on Vets Saving Pets, Dr. Boyd’s dog visits the clinic in need of knee surgery, a boxer pup is having heart troubles, and an aging kitty is unable to walk properly. First up, Dr. Boyd’s own pet dog, Sargent, arrives to the clinic in need of knee surgery to fix a torn ligament. Here we learn more about Dr. Boyd’s personal background and how she dreamed of becoming a veterinarian since she was seven years old. Once Sargent is properly sedated, Dr. Boyd performs an X-ray on her dog’s knee to ensure she knows exactly where to make the necessary repairs to the damaged ligament. Here we learn that if the surgery is not executed properly, Sargent could suffer from residual lameness or a limp in his leg. Next up, a boxer named Chloe has been referred to the clinic because of potential heart issues. Chloe has had recent episodes of collapsing, so she will meet with Dr. Williams, the clinic’s cardiologist, for an echocardiogram exam. After the results come in, Dr. Williams is concerned that Chloe is suffering from cardiomyopathy, which means she has an irregular heartbeat that can cause fainting or sudden heart failure. Dr. Williams will prescribe Chloe medication to prevent the problem from worsening and will continue monitoring her progress. Finally, an elderly cat named Rasky, who is unable to use its legs, is brought into the emergency clinic. Dr. James, the clinic’s neurologist, visits with Rasky to perform neurological tests to determine the cause of the mobility issues. After several tests and scans prove inconclusive, Dr. James recommends that Rasky is sent for an MRI scan to help get to the source of the problem.

[Educational Message: We should not be afraid to follow our dreams and passions in life. Dr. Boyd had a strong passion for animals at an early age and chose to work hard and follow her dreams, which led her to becoming a veterinary surgeon.]

Airdate: 1/5/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HEALTHY COMPETITION [HOC307]

We meet golfer Gary Smith and learn how his passion for golf is helping him with his battle with Parkinson's Disease. Parkinson's Disease was discovered by British surgeon Dr. James Parkinson in 1817; and along with exercise, eating healthy and a balanced diet can help fight symptoms of Parkinson's Disease. Next, we hear players from both the U.S. and Canada women's hockey teams discuss the battle to win gold, with Canada beating the U.S. in 2014, and the U.S. beating Canada at the following Games. The first organized all-women's hockey game took place in Barrie, Ontario in 1892, and women's ice hockey debuted in the Olympics in 1998. Then, we meet 14-year-old junior hockey player Aidan Wiseman and learn the sacrifices he and his family have made, such as moving 300 miles away from home to play with a great program, all in hopes to achieve his dream of becoming a professional hockey player. The NHL was established in 1917.

[Educational Message: There's more to sports than winning; challenging yourself, learning to accept defeat, and accepting support from others can help you grow into a more well-rounded individual. Viewers learn about Parkinson's Disease, the history of women's ice hockey in the Olympics, and steps junior hockey players can take to possibly play at a higher level.]

Airdate: 1/12/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SAUNAS BY THE SEA [VJG307]

Host Josh Garcia cruises to Helsinki, Finland where he learns saunas are everywhere, even in the most surprising places. First, Josh visits a sauna on a ferris wheel and experiences first hand why sauna culture is so important to the Finns. Next, he heads to a nature park for a walk with one of Finland's iconic reindeer. Reindeer herding is a major part of the heritage of the native Sami people, also known as Laps. Reindeer can swim long distances because their air-filled hairs help create buoyancy in water, and in the winter, their hooves get harder to break through ice when foraging for food. Then, Josh takes a walking food tour, even visiting the Old Market Hall, or Vanhakauppahalli. Josh samples muikku, a common fish found in nearly every freshwater lake in Finland. Muikku is as popular in Finland as "fish and chips" is in England. Josh tries the Finnish national dish, so to speak, Karjalanpiirakka Munavoilla, which is a pastry with a rye crust and a rice or potato filling. He even tries Salmiakki, an extra salty Finnish liquorice treat. Finally, Josh visits a traditional 19th century sauna and learns that sauna culture dates back 6,000 years. Now, there are over half as many saunas as there are people in Finland, with saunas in many homes across the country. A sauna can reach temperatures of 212 degrees Fahrenheit. A vihta, also known as a sauna whisk, is a bundle of leafy birch twigs that are dipped in water and used in some traditional Finnish saunas. To complete the traditional sauna ritual, Josh jumps into a nearby freshwater lake, going from a hot to a cold temperature.

[Educational Message: The Finns don't just appreciate nature, but they find ways for it to contribute to their quality of life on a daily basis. Learn to incorporate nature into your daily routine-- the effects might surprise you.]

Airdate: 1/12/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

HEBRIDES [EDD102]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to the mysterious Hebrides archipelago off the Northern coast of Scotland. Known as “Europe’s Last Wilderness” and isolated from the mainland, this island chain has become the perfect breeding ground for millions of creatures. First up, we’ll travel to the Outer Hebrides chain that hosts one of the largest gatherings of grey seals on the planet. We’ll discover that each year over 35,000 of these aquatic mammals arrive on the isolated shores to mate and give birth to new pups. Here we’ll learn that more than 9,000 pups are born in this region each year. Next, we’ll journey inland to the Island of Rum to witness one of the largest deer in the world, the red deer. We’ll learn that adult males typically weigh around 450 pounds and stand nearly 6 and a half feet tall. We’ll witness as these massive bucks fight aggressively with their mighty antlers to win mating rights for the island’s female population. Finally, we explore one of the region’s most mysterious animals, Ancient Man. We’ll discover that it is believed man reached the islands over 6,000 years ago during the Iron Age. We’ll learn that these ancient humans brought along with them primitive sheep that still roam the countryside today. We’ll also explore the ancient stone dwellings that were carved into the landscape, and see towering stone monuments whose mystical origins still baffle experts today.

[Educational Message: The world we recognize today is billions of years in the making. The amazing plants and animals living on Earth deserve our respect and protection.]

Airdate: 1/12/2019

Time:

Duration: 30:00

CONSUMER 101

TREAD CAREFULLY [CNR107]

Host Jack Rico, along with the experts at the testing labs, will show us how treadmills are scientifically tested, teach us how to clean our kitchen like a scientist, and we’ll get a crash course on college finance. First up, Jack is learning how experts scientifically assess the durability and safety of various treadmills. Here we’ll learn about a unique scientific device that’s being used to mimic a human using a treadmill over an extended period of time. We’ll see how testers measure these forces to assess and compare the durability of numerous treadmill models. Next, we’ll join a scientist to learn the best ways to keep your kitchen clean. We’ll learn to avoid using harsh, rougher sponges on softer surfaces in our kitchen because they can lead to scoring. Scoring can leave deep crevices on surfaces that can harbor bacteria. When working with meat, it’s a good idea to first remove any jewelry on your hands to prevent bacteria from getting caught inside. Also, we’ll learn it’s best to use paper towels to clean up after working with meat, as sponges can retain bacteria and potentially spread it to other kitchen items. We’ll also discover that it’s best to avoid harsh chemical cleaners and instead use a solution of vinegar and water to keep your kitchen clean. Finally, we’ll get some tips on how teens can better financially prepare for college. We’ll learn that it’s important to use a net price calculator to determine the estimated cost of your college experience. We’ll discover that there are often many fees and costs that prospective students may not be aware of before choosing a college. Also, we’ll learn that there are many options to help you pay for college such as financial aid, scholarships, and grants. We’ll also get some additional tips on what to watch out for if you’re applying for a private student loan.

[Educational Message: When applying for colleges, it's important to understand the total estimated cost you will pay for your education. While you might want to go to particular college, it may not make financial sense in the long run. Do your research and apply for scholarships and grants to help cover the financial costs of a college education.]

Airdate: 1/12/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

REGENERATIVE FARMING [NDS307]

Host Danny Seo reinvents brownies with a recipe that includes sweet potatoes and dates. Medjool dates may lower cholesterol and boost bone health. Next, Danny travels to a California rice farm to learn about regenerative farming, which incorporates organic carbon, soil enrichment, and self-pollination. Regenerative farming requires pulling carbon out of the atmosphere and into the soil-- organic carbon shields plants from harmful substances. Soil enrichment replenishes the minerals and nutrients that plants need to grow, and self-pollination is when a plant sheds pollen onto itself. Then, Danny shares ideas for upgrading phone cases and chargers by upcycling paint chip samples cut into designs and attached using glue for an opaque look. Opaque is derived from the Latin word "opacus," which means shaded or darkened.

[Educational Message: Using a sweet potato in a dessert is a creative way to add natural sugar and multiple nutrients without knowing it. Soil enrichment not only helps plants grow, it also promotes biodiversity in an ecosystem. Instead of throwing away paint chip samples, repurpose them to create art.]

Airdate: 1/12/2019

Time:

Duration: 30:00

VETS SAVING PETS

FEET TO THE FIRE [VSP113]

Today on Vets Saving Pets, a cat is brought to the clinic with bladder issues, a Golden Retriever is suffering from heartworms, and a feline that survived a tragic house fire is in need of care. First up, a rescued Golden Retriever named Shadow arrives at the clinic after testing positive for heartworms. Dr. Williams, the clinic's cardiologist, performs an ultrasound to better gauge the severity of the heartworm infestation. Next, a cat named Trigger has been admitted to the emergency clinic with a urinary blockage. Dr. Bryer, the clinic's head emergency veterinarian, suspects that Trigger is suffering from feline lower urinary tract disease, which is preventing the cat from urinating. Here we learn that this disease is a serious condition that can lead to severe heart problems and even sudden death. Dr. Bryer will prescribe Trigger with antibiotics to help aid the cat's recovery. Finally, Dr. Boyd is checking in on a patient with a tragic yet amazing story. A rescued feline named Tiger was the sole survivor of a house fire that occurred at a cat shelter. Most of Tiger's body was severely burned in the fire and he has been under the care of the emergency clinic for over three weeks. Dr. Boyd and her team have been treating Tiger daily with bandage changes and medication. Although recovery has progressed, Tiger's severe burns on his feet have created complications that worry Dr. Boyd. As the cat lost most of his claws in the fire, Dr. Boyd decides to perform surgery to remove the remaining claws and prevent any future problems that may occur during the recovery process.

[Educational Message: Never give up hope even when it seems like all hope is lost. In this episode we saw the compassion of veterinarians working around the clock to save a severely injured rescue cat. We must always do our best to work through problems and find solutions even in the most difficult times.]

Airdate: 1/12/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SURF'S UP ON THE PODIUM [HOC308]

We hear from surfers as they train to compete in the first Olympic surfing competition ever at the 2020 Olympics. Surfing originated in Polynesia, and in 1778, Captain James Cook was the first Westerner to witness it. Next, we learn how hockey player John Carlson excelled from an early age, winning the World Junior Hockey Championship as a teen to eventually playing in the NHL and winning The Stanley Cup. Formed in 1912, the NHL consisted of five teams: Montreal Canadiens, Montreal Wanderers, Ottawa Senators, Quebec Bulldogs, and The Toronto Arenas. Then, we hear the remarkable story of 14-year-old junior golfer Traden Karch, who beat the odds after suffering a traumatic brain injury, waking from a coma after three weeks, relearning to speak and write, and staying positive despite having lost most of his memories. However, despite his injury, Traden's golf game was still intact.

[Educational Message: No matter what obstacles you face, never give up. Viewers learn about the history of surfing, steps to take to become a professional hockey player, and the importance of staying positive during the toughest times.]

Airdate: 1/19/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

JEWEL OF RUSSIA [VJG309]

Host Josh Garcia sails to St. Petersburg, Russia, and immerses himself in the local culture. After a brief ballet lesson before heading ashore, he meets with a local guide to learn about the famous and historic architecture of St. Petersburg. In Palace Square, Josh observes the Winter Palace, a white and pale green palace constructed in the Baroque style from 1754 to 1762. Ruled by czars, Russia was an absolute monarchy for nearly 350 years. Josh hops on a boat in the Moyka River with his guide to explore some canals that flow through the oldest part of the city. There are over 70 rivers and canals in St. Petersburg. Then, Josh attends a warm-up session with professional ballet dancers from the Mikhailovsky Ballet. Professional ballet dancers often train and rehearse six days a week. It takes an average of eight to ten years of training to become a professional ballet dancer. After breaking a sweat, Josh gets to watch their performance of Le Corsaire from the wings. Finally, for a lesson in history and exquisite craftsmanship, Josh tours the Fabergé Museum where he learns all about the czars' rare and precious gifts to their loved ones. Peter Carl Fabergé was a jeweler for the czars who, along with a skilled team, produced the Fabergé Imperial Eggs from 1885 to 1916. Only 43 of the original Fabergé Imperial Eggs are known to exist in the world today. The czars wanted these eggs as gifts for Easter, in accordance with a Russian Orthodox Easter tradition. Alexander III of Russia was the first to commission a Fabergé Imperial Egg as a gift for his wife. This was the first in a series of jeweled Fabergé eggs called Hen Eggs, a three-piece egg that contains a white enameled egg containing a golden yolk that contains a golden hen figurine.

[Educational Message: Although ballet dancers can appear to dance with great ease, this dance is anything but easy. The athleticism and stamina ballet dancers possess comes from decades of hard work and practice, and it's that strength that makes incredibly difficult positions and motions seem effortless to the audience.]

Airdate: 1/19/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GALAPAGOS [EDD103]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. We'll learn more about the 19th century botanist Charles Darwin, and how he used the Galapagos Islands as his own laboratory. We'll follow Charles Darwin's trail to see how he studied the evolution of animals and plants on these islands. We'll take a closer look at the bizarre and beautiful species that Darwin studied, from the prehistoric giant tortoises to the blue footed boobies. On our journey, we will see how each species adapts and finds a way to survive, despite the unforgiving conditions of these volcanic islands. Next, we'll find that some islands in the Galapagos are still harboring active volcanoes. We'll get an up-close look at the volatile world of Fernandina, Galapagos' youngest island. Fernandina's plants and animals must cope with the constant threat of volcanic eruptions. Living within a hostile land environment, we'll meet the only lizard in the world that's learned to fish for its dinner, the marine iguana. To brave the ocean currents, these cold-blooded reptiles spend time warming their bodies on sun-kissed rocks before taking the plunge. Each fishing trip for these creatures is a race against time. We'll discover how marine iguanas evolved over time to make the most of their underwater meal. Finally, we'll hop over to the older Galapagos islands with less volcanic activity. We'll learn how their stable environment is creating an opportunity for a more diverse and abundant wildlife scene.

[Educational Message: We witnessed first-hand how Dr. Charles Darwin's visit to the Galapagos Islands shaped our understanding of our natural world. Adaptation and evolution play an important role in our survival. We must always seek knowledge to understand more about the world around us.]

Airdate: 1/19/2019

Time:

Duration: 30:00

CONSUMER 101

POWER UP [CNR109]

Host Jack Rico, along with the experts at the testing labs, will show us how to properly drive off-road, give us some useful tips on how to keep our phone charged while on the go, and teach us the best way to organize a yard sale. First up, Jack is learning how experts test the off-road capabilities of sport utility vehicles. On an off-road simulated test track, Jack will learn how the four-wheel drive function works and assists drivers in off-road situations. Here we'll discover that momentum and friction are critical components when climbing a hill in off-road conditions. We'll also learn some tips on how to better prepare for off-road adventures, such as keeping extra tools, tow straps, and safety equipment handy in case of emergencies. Next, we'll join a smartphone expert to learn some tips about how we can keep our cell phones charged while on the go. We'll first learn that it's best to reduce the brightness settings on your phone, as

well as close out any applications that aren't in use. We'll also discover that using the "low power" mode on your phone can save considerable amounts of battery power. Also, we learn that it's important to keep an external battery charger on-hand in case of an emergency. Finally, we'll meet with an expert to learn the best way to organize a yard sale. We'll first learn that you should plan yard sales for the weekends to maximize potential customers. Also, it's a good idea to check the weather forecasts before planning a yard sale. We'll also learn that it's better to not list any prices on your items, but to instead let your customers make you an offer so that you get the best value for your sale.

[Educational Message: In this episode, we learned that off-road driving can be dangerous and requires much skill and practice. It's important that we are always prepared for any emergency that can occur when driving in off-road conditions. Always keep extra tools and safety equipment in your vehicle.]

Airdate: 1/19/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BOTANY IN THE BIG CITY [NDS309]

Host Danny Seo transforms carrots, zucchini, squash, and cucumbers into vegetable ribbons topped with yogurt ranch dressing to create a healthy alternative to pasta. Beta Carotene gives carrots their orange color and is converted into vitamin A in the body, and cucumbers consist of 95% water, making them a hydrating food. Next, Danny joins a botanist to explore nature in the city and uses botanical souvenirs for leafy screen printing. Botany is the broad scientific study of plants, from the smallest bacteria to giant sequoias. Screen printing dates back to China's Song Dynasty when it was used for making currency. Then, Danny creates do-it-yourself bath fizzies that turn bath time into a feast for the senses by using ingredients such as coconut oil, essential oils, baking soda and epsom salt. The inventor of fizzing bath products was inspired by the bubbling action of antacid tablets. Lastly, Danny shares tips on how to upcycle more life into a well-worn wardrobe by using household items to solve common problems, such as polishing shoes using banana peels or repairing frayed strings on loose buttons using clear nail polish. The main ingredient in shoe polish is potassium, which is also found in bananas.

[Educational Message: Ribbonizing vegetables creates long, thin vegetable slices that look like noodles, allowing the opportunity to get creative by making healthy versions of pasta dishes using vegetables instead. You don't have to get out of the city to be inspired by nature-- something as simple as a leaf can be used to create an expressive piece of art. Using household items, you can save money by creating something instead of buying it or finding an alternative solution to solve common problems.]

Airdate: 1/19/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. BOYD TO THE RESCUE [VSP117]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, a Golden Retriever goes into surgery to remove a tumor, and an accidental fall leaves a Chihuahua with a broken leg. First up, Luke the puppy is visiting the Veterinary Emergency Clinic with a limping problem. Dr. Boyd, the

clinic's veterinary surgeon, performs an exam and determines that the canine's kneecap has been slipping out of place. After an X-ray confirms the diagnosis, Dr. Boyd will need to perform surgery on the puppy to realign the kneecap in the proper position. For this procedure, Dr. Boyd will utilize a special implant and pins to secure the kneecap in place. Here we learn more about the delicate and precise skills required for surgeons to successfully treat their animal patients. Next, an elderly Golden Retriever named Charlie arrives at the clinic suffering from a large tumor in his abdomen. Dr. Boyd will be performing an emergency surgical procedure to remove the life-threatening tumor. Dr. Boyd must also run tests to confirm if the tumor is cancerous, and if it has affected other parts of the body. Finally, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd performs X-rays on Reilly that reveal he has a serious broken bone in one of his front legs. Due to the severity of the broken bone, Reilly will need to be brought into surgery immediately to repair his leg. Dr. Boyd will have to insert a special plate and screws along the broken bone to stabilize the leg and ensure a successful recovery for Reilly.

[Educational Message: When we work together we can achieve great things. It's important that we consult with those who have more experience and knowledge to help better solve problems. Veterinarians often rely on each other to successfully diagnose and treat their animal patients.]

Airdate: 1/19/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

AGAINST ALL ODDS [HOC309]

We get an inside look at NFL football player Saquon Barkley's upbringing, his family, and his determination; and we learn how that molded him into a man with great character and the will to lead on and off the field. Next, we hear from professional golfer Mel Reid and learn how her early success was measured by her wins on the Ladies European Tour, but her recent success is measured by her ability to overcome the tragic loss of her mother. We learn how Mel overcame tragedy without letting it define who she is. The youngest player to win a Ladies European Tour tournament was only 14 years old. Then, 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-- 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. Finally, we learn about the golf career of Marty Fleckman and how he rose to fame as an amateur while studying under Byron Nelson, who became a pro in 1932 at just 20 years old.

[Educational Message: While the most profound life lessons can be learned off the field, those same lessons can be applied to overcoming obstacles in sports, such as a loss or injury. Viewers learn about the determination and training it takes to make it to the NFL, the history of the Ladies European Tour, the history of the Korean hockey team, steps to take to become a professional hockey player, and how golfers reform their golf swing.]

Airdate: 1/26/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
COSTA RICAN ADVENTURES [VJG310]

Host Josh Garcia sails to the Central American country of Costa Rica, known as one of the most visually stunning and ecologically diverse places on Earth. First, Josh visits a mask-maker who crafts larger-than-life masks called mascaradas, adopted from an old Spanish colonial tradition. They now appear at all sorts of Costa Rican celebrations, including on the holiday El Día Nacional de la Mascarada Tradicional Costarricense, celebrated on October 31st. “Gigantes y cabezudos” or “giants and big heads” were popular throughout medieval Europe. Then, Josh meets a guide who explores and documents waterfalls, and he leads Josh into the Bajos del Toro region, located between the Poás and Viejo volcanoes. In the nearby cloud forest, Josh learns about Costa Rica’s unique micro-climates. A microclimate, or climate zone, is an area where the atmospheric conditions differ from the surrounding areas. Here, different rivers come from different volcanoes, and the vegetation and animals along each of these rivers adapt differently to their different mineral composition. Rio Agrio, for example, has a high acid pH level due to a mix of sulfur, iron, and silicon, among other chemical elements. Next, Josh visits a ranch where Spanish Horses are raised and trained in the discipline of dressage. Purebred Spanish Horses are called PRE, which stands for Pura Raza Espanol, and are from Andalusian bloodstock. The first registration dates back to the early 1300s. Many principles of dressage training today evolved from The Imperial Spanish Riding School of Vienna established in 1572. Josh gets into the arena and has a lesson from an equestrian in how to move three horses at one time by communicating with some simple verbal and signal cues. Finally, Josh meets a chef and learns to prepare a tuna dish that has ingredients only found in the region, leaving him with a very happy and delicious taste of the country.

[Educational Message: Nature is an incredible artist and it’s not hard to look in wonder at its many formations, whether formed by volcanic activity or water flow.]

Airdate: 1/26/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER
CHINA [EDD104]

Today on Earth Odyssey, host Dylan Dreyer takes us on an exploration of a hidden oasis known as the Yunnan, in Southwest China. We’ll discover that this remarkable region consists of lush valleys, tropical forests, and some of the most rugged mountain peaks on earth. With its wide array of landscape and climates, we’ll learn that it is the perfect home for approximately half of China’s birds and mammals. With a vast range of climates, we’ll discover how these creatures have learned to adapt and survive in vastly different environments. First, we’ll begin our journey in the lowland forests of the Yunnan, home to one of the biggest monkeys in Asia, the Chinese stump tailed macaque. We’ll discover how these highly social primates live in groups of around fifty individuals, and how the fertile evergreen forest provides all the food and water they need to survive. We’ll follow these fascinating primates to learn about their eating habits, their social structure, and their daily fight for survival. Next, we’ll make a trek up to the top of the Hengduan Mountains to meet a mysterious group of primates who inspired the legend of the abominable snowman. In truth, these strange looking primates are actually known as snub-nosed monkeys. We’ll discover how these creatures have adapted and learned to survive in the frigid, snowy mountains. Not to mention, we’ll witness how snub-nosed monkeys are some of the most breathtaking tree swingers on Earth.

Here we'll learn how there are four types of primate locomotion such as vertical clinging, quadrupedal, brachiation, and bipedalism. Finally, we will meet a group of fishermen who, for a thousand years, have trained and used the hunting skills of cormorant birds to help them fish the mighty rivers of the Yunnan.

[Educational Message: Nature can be an unforgiving environment, and we must always respect its beauty and power. We should always seek to learn new ways to adapt to changes in our world in order to thrive and survive.]

Airdate: 1/26/2019

Time:

Duration: 30:00

CONSUMER 101

LEADING THE MARCH [CNR110]

Host Jack Rico, along with the experts at the testing labs, give us a fascinating look at what happens to sound in an anechoic chamber, we'll learn about the latest modern car safety features, and we'll discover the do's and don'ts of safely preparing a meal. First up, we'll visit an echo-less room, known as an anechoic chamber. Here we'll learn how an anechoic chamber is specifically designed to absorb all sound waves in a particular area. We'll join an expert and discover the many scientific uses of an anechoic chamber. We'll learn that echoes interfere with scientific measurements and that it's critical to eliminate any sound waves in order to discover the true sound of a product. We'll also join a group of high school music students as they test out various musical instruments to see how they sound differently in an anechoic chamber. Next, we're joining an expert on an auto test track to learn about the latest technological advances designed to keep us safe on the roads. We'll first learn about forward collision warning and automatic emergency braking technology. These technologies use radar and cameras that sense obstacles in your path and stop your car automatically. We'll also learn about possibly the most important feature of them all, electronic stability control. We'll discover that the electronic stability control uses sensors to keep your vehicle under control in harsh conditions. We'll learn about the technology behind this feature and how braking is independently applied to each tire to keep the vehicle stable. Finally, we'll get some tips on how to safely prepare a meal for your friends. We'll learn that we should never thaw meat on the kitchen counter; always thaw meats in the refrigerator to prevent any harmful bacteria from growing. We'll also discover that you should always wash your hands after handling meats. Washing your hands is very important to ensure no bacteria makes its way to other food items. Also, we'll learn that you should always use a meat thermometer to ensure meats are cooked to the proper temperature.

[Educational Message: In this episode, we learned some valuable tips on how to safely prepare food. Foodborne illnesses can arise from improper handling, preparation, and storage of food. When cooking for yourself, or a group of friends, it's important to always wash your hands and follow these standard food safety procedures to ensure nobody becomes ill.]

Airdate: 1/26/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ROCK SOLID SUSTAINABILITY [NDS310]

Host Danny Seo is joined by actress Amy Smart for a recipe that elevates old fashioned oats into a nutty, spicy breakfast treat using turmeric and cardamom. India produces over 80% of the world's turmeric, and

cardamom is an herb that may help digestion and reduce motion sickness. Next, Danny travels to Minneapolis to meet an eco-conscious furniture designer and learns how concrete and reclaimed wood can be transformed into functional art. The word “concrete” comes from a Latin term meaning “to grow together.” Then, Danny creates embossed art using leaves from the backyard. Embossing creates a relief impression of a pattern on a surface. Lastly, Danny uses a flat iron as an alternative solution to solve household problems, such as straightening fabric ribbon to re-use it. The first ironing device for hair was used in the late 1800s.

[Educational Message: Using unique spices is a way to get creative, add a new twist to a boring dish, and learn about different cultures. You can be creative and mindful of the environment at the same time. Incorporating things you find in nature is a great, inexpensive and sustainable way to create art and experiment with different techniques.]

Airdate: 1/26/2019

Time:

Duration: 30:00

VETS SAVING PETS

A BITE OUT OF CRIME [VSP118]

Today on Vets Saving Pets, a Police K-9 is brought to the clinic after breaking a molar, a dachshund has developed back pain, and a long-time patient has a coughing issue. First up, Burger the dachshund is brought to the Veterinary Emergency Clinic suffering from pain and walking issues. Dr. James, the clinic’s neurologist, performs a neurological exam to determine the extent of Burger’s back issues. Dr. James, suspecting that the issue is caused by a compressed spinal cord, performs a CT scan on Burger. When the CT scan results reveal a severe issue with Burger’s spine, Dr. James determines that immediate surgery is needed to fix the problem. Here we’ll witness and learn more about how veterinary surgeons delicately and precisely perform surgical procedures. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic’s veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, a long-time canine patient named Rusty arrives at the clinic with a minor coughing issue. Dr. Williams, the clinic’s cardiologist, meets with Rusty to find out the cause of Rusty’s recent coughing. Rusty has suffered from an arrhythmia, or irregular heartbeat, for several years. Dr. Williams decides to perform an electrocardiogram, or EKG, to determine if Rusty’s condition has worsened.

[Educational Message: Education is critical to the success of these veterinary specialists. Working in the veterinary field is a rewarding career path but will require much skill and dedication.]

Airdate: 1/26/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FAMILY FUN IN THE FAST LANE [HOC310]

Erik Jones talks about the bond he and his dad developed while sharing the hobby of restoring a Corvette and the sacrifices his dad made because he believed in Erik’s racing career. The first Corvette model, the

Corvette C1, was designed in 1953. Next, we meet swimmer Carson Foster, who at the age of 10 broke a national age-group record held by Michael Phelps, and we learn how he's training his way to achieving his dream of swimming in the Olympics. The breaststroke, backstroke, butterfly, and freestyle are the four strokes that are competed in the Olympics. Then, we hear junior golfer Elise Deschaine explain how quality time on the golf course with her father blossomed into a potential professional career for her-- one that wouldn't have happened without a competitive push from her father. Lastly, we hear golfer Raymond Floyd credit his biggest fan and biggest critic, his wife Maria, as the key to helping him stay focused to win the 1986 U.S. Open. There are four golf majors each season: The Masters, The U.S. Open, The British Open, and The PGA Championship.

[Educational Message: Support and motivation from loved ones are beneficial in succeeding and building confidence to keep trying. Viewers learn about race cars, how to train to become an Olympic swimmer, and steps to take to become a successful golfer.]

Airdate: 2/2/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TRAVEL LESSONS [VJG311]

Host Josh Garcia turns back the pages in his journal to recall a few of the incredible experiences he's had and what he's learned from them. On his day ashore in Cabo San Lucas, Josh kayaks with a guide to the famous El Arco landmark that sits on top of an underwater mountain range that contributes to the marine life. The Sea of Cortés supports more than 900 varieties of fish. Five hundred years ago, El Arco became an important navigational tool for ships traveling from the Far East running low on their water supply. Sailors knew that finding the arch was an indicator that fresh water was near. On the Hawaiian island of Oahu, Josh tests his stamina and rhythm while training to be a hula dance warrior. Hula was brought to Hawaii by Polynesians and was handed down orally through generations. This ancient style of dance is called Hula Kahiko. Ancient warriors used hula to develop Lua martial art skills. After a taste of hula warrior training, Josh witnesses an ancient hula celebrating the sun. Finally, on a voyage to help communities in the Caribbean, Josh lends a hand to help build a playground out of recycled tires. By repurposing tires, the community reduces the amount of trash it disposes, and here they are used to create a fun place for kids to play. While Josh digs in and gets his hands dirty, he interacts with the local kids that will soon enjoy this new play area. Recycled tires can also be repurposed to construct planters to grow small trees and palms.

[Educational Message: Taking the time to write entries in your journal can prove to be wonderful reminders later on when you want to revisit those experiences and remember certain details.]

Airdate: 2/2/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CARIBBEAN [EDD105]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to the Caribbean Islands. We'll discover that the Caribbean Islands are a string of more than 7,000 islands between North America and South America. First up, we'll learn about the violent beginnings of the Caribbean Islands, and how volcanic eruptions shaped the land many years ago. We'll witness how the fertile volcanic soil on the islands soon

created lush, tropical forests full of wildlife. Next, we'll learn more about the leatherback sea turtles that call the Caribbean home. The largest of all sea turtle species, we'll discover that the leatherback can grow to roughly six feet in length and weigh as much as a small car. Next, we'll learn how sunken ships get a second life as man-made reefs for numerous species of coral and marine life. We'll also discover how the Caribbean Islands are located in "Hurricane Alley," making this region more vulnerable to powerful natural events. We'll find out where the animals retreat to when they are caught up in the storms, and how they rebuild once the weather passes. Next, we'll meet the National Bird of Trinidad, the scarlet ibis, and find out where their unique color comes from. Here we'll learn that the scarlet ibis gets its unique color from its diet, which consists primarily of crabs rich in the pigment, carotene. We'll discover that the scarlet ibis is actually born with grey feathers, earning its flashy red color over time. Finally, we'll learn about the hummingbirds that are found throughout the Caribbean Islands. We'll discover that their hearts work like an engine, beating up to five hundred times per minute. To keep their energy up, they need to feed constantly. Always on the move, we'll learn that hummingbirds will consume almost three times their body weight every day.

[Educational Message: A habitat of extreme climates and conditions requires clever adaptation and determination for survival. We should always respect and appreciate the beauty and power of nature.]

Airdate: 2/2/2019

Time:

Duration: 30:00

CONSUMER 101

SENSING DANGER [CNR111]

Host Jack Rico, along with the experts at the testing labs, teach us how to protect our wireless routers from hackers, show us how to keep our cool when hydroplaning on the road, and how to go grocery shopping like a scientist. First up, we'll learn about how wireless routers work and how we can protect our personal information from potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access. Next, we'll be learning about hydroplaning and how experts test tires for hydroplaning resistance. We'll first learn how tires are designed to evacuate water when driving on wet surfaces, but we discover that when traveling at higher speeds in heavy rain, the tires can lift off the road and cause your car to lose control. On a controlled test track, Jack will test the hydroplaning effects of tires at various speeds and show us how to best react when in a similar situation. Finally, we'll go to a local grocery store where we'll learn how to shop like a scientist. We'll discover why it's important to disinfect grocery carts before you shop, as research has shown that E. coli and other bacteria can be found on shopping carts. Also, we'll learn why it's a good idea to shop for your items in a specific order. We learn it's best that you buy your dry goods first, followed by frozen foods second, and fresh items like fish and meat last.

[Educational Message: In this episode, we learned about the importance of protecting your personal information. We learn that wireless routers are the gateway to our personal information. Changing passwords, updating firmware, and disabling remote access on your router can help prevent hackers from stealing your information.]

Airdate: 2/2/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

INSIDE ORGANIC FARMING [NDS311]

Host Danny Seo gives breakfast a healthy, Hawaiian twist by making a matcha-infused, strawberry-ginger breakfast poke bowl. Poke is a Hawaiian word that means “to slice or cut,” and matcha powder is the whole leaf of green tea that’s been dried and pulverized into a powder. Next, Danny travels to a dairy farm in Vermont to learn what it means to be a certified organic farm. There are more than 17,600 organic farms in the U.S., and organic dairy cows spend at least 120 days a year on pasture, getting about half their diet from grazing. Then, Danny uses freezer paper to create customized stencils. Stencils are ancient drawing tools, first used in cave painting thousands of years ago. Lastly, Danny offers the do’s and don’ts of food bank donations, such as don’t donate glass containers or homemade goods. Food banks collect items and distribute them to other hunger-relief charities.

[Educational Message: Cooking different meals is a creative way to learn about cultures and ingredients you may not be familiar with. Just as we have the choice whether or not to eat organic, farmers are faced with a similar choice: to stay conventional or convert to organic. You can create a myriad of crafts using a surprising item found in your pantry-- freezer paper. Donating items to a food bank is a great way to prevent waste while also helping to reduce hunger.]

Airdate: 2/2/2019

Time:

Duration: 30:00

VETS SAVING PETS

A LONG LIFE TO LIVE [VSP119]

Today on Vets Saving Pets, a French bulldog has a broken leg, a service dog has her vision tested, and a feline visits the clinic with ear issues. First up, a French bulldog puppy named Spartacus arrives at the Veterinary Emergency Clinic suffering from a broken leg. Dr. Boyd, the clinic’s surgeon, examines Spartacus’ X-rays to determine the extent of his injury. Dr. Boyd discovers a serious issue with Spartacus’ knee that will require immediate surgery. Since bulldog breeds are at a higher risk of complications while under anesthesia, Dr. Boyd will first need to examine Spartacus’ soft palate to ensure he’s healthy enough to undergo surgery. Once Spartacus is cleared for surgery, Dr. Boyd begins the process of stabilizing his broken leg using surgical screws and wires. Next, a service dog named Nina arrives at the clinic for an eye exam. Since Nina’s owner suffers from blindness, it’s important to ensure that Nina is fully capable of performing her important job. Dr. Gray, the clinic’s ophthalmologist, meets with Nina for a routine eye exam. Here we’ll learn more about the various tests performed and tools used during a veterinary eye exam. After receiving a clean bill of health, Dr. Gray recommends that Nina return to the clinic annually for checkups. Finally, a pet cat named Kiwi is brought to the clinic suffering from ear issues. Dr. Waisglass, the clinic’s dermatologist, meets with Kiwi for an examination. After discovering a large amount of fluid in Kiwi’s ears, Dr. Waisglass decides to anesthetize the feline in order to scope her ear more thoroughly. After cleaning the fluid from Kiwi’s ear, Dr. Waisglass discovers a mass deep inside her ear canal. Dr. Waisglass and team use special tools to remove the mass and will send the sample to pathology to determine if the tumor is cancerous.

[Educational Message: Having a diverse background in various species and breeds of pets is crucial for a successful career in veterinary medicine. It is important for veterinarians to seek additional education and new information to better understand and treat all types of pets.]

Airdate: 2/2/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SPEED THRILLS [HOC311]

We meet Jake Burton, who is credited for creating the modern-day snowboard and growing snowboarding from a hobby to a respected sport, and learn how he fought his way back to the slopes after a challenging medical diagnosis. Snowboarding became an Olympic event in 1998. Before it became popular, it was originally known as “snurfing”-- skiers would tie their skies together to create the thick, flat snowboarding base. Then, we meet golfer Justin Suh who gives us an inside look at the mental toughness it takes to succeed in golf. Justin’s career at the University of Southern California started slow compared to his dominance at the high school and junior golf level; but after embracing the practice of meditation, Justin was able to turn his game around and get back into the fairway. Next, we watch teen golfer Lauren Artis and learn how she became involved with The First Tee and how she trains to grow in the game of women’s golf. Founded in 1950, the LPGA is one of the longest running women’s professional organizations in the world. Participation of girls in golf has nearly tripled in the last two decades. Lastly, we meet U.S. veteran and racecar driver Jesse Iwuji and learn how his career in racing began after falling in love with it while serving overseas. In 1961, Wendell Scott became the first African-American to start a Nascar race.

[Educational Message: Embracing uncertainty is a key tool in succeeding-- don’t let the fear of losing prevent you from trying something new or different. Viewers learn about the history of snowboarding, how to become a college golfer, how young girls can become involved in the game of golf, and how to get started in stock car racing.]

Airdate: 2/9/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SHINING SICILY [VJG312]

Josh heads to Giardini Naxos on the Italian island of Sicily and gets to experience first-hand some of its unique cultural treasures. Josh’s first stop is Opera dei Pupi, a nearly two-century-old marionette theater in the city of Catania. Opera dei Pupi began in the early 19th century but its roots date back to 15th century European marionettes. He learns about this folk-art and why it takes years to learn how to create and manipulate these handcrafted puppets. The marionettes are carved and painted by hand and their costumes and details are hand-sewn. Two rods are connected to the marionette puppet and are used to manipulate the puppet in performance. Then, Josh has a thrilling lesson in geology with a volcanologist when he hikes one of Europe’s highest and most active volcanoes, Mt. Etna. Mt. Etna sits on the fault between the African and the Ionian microplate. Very rarely does a year pass without any activity from this volcano. Ancient legends referenced Mt. Etna, including one that said it was the workshop of Hephaestus the Greek god of fire. Next, Josh explores Taormina, where he walks around one of the great amphitheaters originally built by the Greeks that is still used for outdoor concerts. Always interested in learning about cuisine, Josh visits the kitchen of one of Sicily’s top chefs where he learns to make caponata, a uniquely Sicilian dish with flavors that speak to the island’s melting pot of history. Caponata is a kind of vegetable ratatouille, influenced by local Sicilian ingredients. Sicilian ingredients are unique because of the region’s soil, mixed with volcanic ash from Mt. Etna. The fresh vegetables are sauteed in olive oil and then salt and vinegar are added to the mixture, and topped with fresh basil. It can be eaten on top of bread, similar to bruschetta.

[Educational Message: Performance art, like marionette puppet theater, can be used to pass on historical narratives and classical stories across centuries. These stories are told with every detail in the performance, ranging from the details of the costume and props to the unique language and expression of the performers.]

Airdate: 2/9/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

TURKEY [EDD106]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Turkey. Wedged in between Europe and the Middle East, we'll discover why Turkey is a country of extreme temperatures and landscapes. In Turkey, conditions can quickly deteriorate with heavy downpours, blinding snowstorms, and even burning heat. We'll find out how this country's largest land mammal, the brown bear, copes with such a hostile environment. Here we'll learn that two layers of fur protect the brown bears from harsh weather. Next, we'll go rock climbing with Turkey's Anatolian wild goats, considered one of the best mountaineers in the world. We'll follow a group of wild goats as they trek alongside thousand-foot cliffs. Here we'll discover how the wild goats have uniquely adapted hooves and eyesight that allow them to traverse these great heights. Next, we'll journey to the wetlands of Turkey and witness a thriving ecosystem fed by the rich minerals of the volcanic earth. Here we'll find some of the most colorful birds in the world, including the bright pink greater flamingos. We'll witness first-hand how these long-limbed birds fish for shrimp in the salty waters. Here we'll learn how the flamingos get their name from "Flamenco," a Latin word meaning fire. Finally, we'll visit the wild beaches of Turkey and learn more about the loggerhead sea turtles that nest in these areas. We'll discover that while the sandy beaches are a popular nesting spot for the turtles, there are numerous predators lurking, such as ghost crabs. As the baby loggerhead turtles finally hatch, it's a race to the open ocean waters before the crabs can catch up.

[Educational Message: We are constantly faced with new challenges and environments in our lives. Living in extreme climates requires strength and adaptation in order to ensure survival of future generations.]

Airdate: 2/9/2019

Time:

Duration: 30:00

CONSUMER 101

BE SMART [CNR112]

Host Jack Rico, along with the experts at the testing labs, will teach us about smart televisions and how we can keep our information private, show us how to properly pack a car for a road trip, and give us some tips on picking out the right sunscreen. First up, we'll join an expert to learn more about smart televisions and how they might be collecting our personal information. We'll discover that smart televisions are capable of collecting data on our viewing habits via the Automatic Content Recognition technology. Here we'll learn some tips on how to disable these functions and keep our personal information private. Next, we'll meet with an expert to learn the best way to pack a car for a road trip. We'll discover that improperly packing your vehicle can be unsafe and even dangerous on the roads. We'll first learn that the largest, heaviest objects should always be placed low on the bottom. While softer, lighter objects can be placed on top or inside of any nooks or crannies. We'll discover that it's critical to not stack objects in your trunk too high,

which can obscure your visibility on the roads. Finally, we'll visit the test labs to learn how experts evaluate various sunscreens. We'll learn that the most important factor of sunscreen is its SPF rating. SPF, or sun protection factor, is the amount of time it takes your skin to redden unprotected versus protected. We'll also learn about the two different types of UV rays that can harm our skin. We'll discover that UVA rays account for up to 95% of the UV rays that reach the Earth's surface, which can penetrate the middle layer of our skin. We'll also learn that UVB rays, although not as powerful, are the main cause of sunburn for humans. We'll witness expert testing and learn about the scientific measurements used to test the effectiveness of sunscreen products.

[Educational Message: In this episode, we learned about the importance of sunscreen and protecting your skin. If not properly protected with a broad-spectrum sunscreen, we can develop serious health problems such as skin cancer. Always ensure you're using the proper SPF and reapplying sunscreen every two hours you're exposed to the sun.]

Airdate: 2/9/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE CIRCLE OF GLASS RECYCLING [NDS312]

Host Danny Seo gets creative with vegetables to make zucchini-walnut-spelt bread. Zucchini is technically a fruit, although it is widely referred to as a vegetable, and spelt is an ancient grain that originated in the Middle East. Next, Danny travels Minnesota to visit a sustainable glass manufacturer and learn about the technique of glass blowing. The main tool in glass blowing is a blowpipe, which is made of stainless steel and measures about five feet in length. Then, Danny shows new uses for used beverage pods by creating party string lights. Approximately 8 billion single-use pods end up in landfills every year. Lastly, Danny uses baking soda and water to clean and freshen reusable containers. Baking soda crystals attract and neutralize odor-causing food molecules.

[Educational Message: Incorporating vegetables that don't have a strong taste into recipes is a great way to sneak more nutrition into your day. Recycling glass is a great way to reduce waste in landfills, especially since glass can be reused endlessly without loss in quality. Another way to help reduce waste and be creative is repurposing something, such as beverage pods.]

Airdate: 2/9/2019

Time:

Duration: 30:00

VETS SAVING PETS

ATTACHED AT THE HIP [VSP120]

Today on Vets Saving Pets, a cat has lost the spring in its step, a puppy suffers from a heart murmur, and a miniature pinscher arrives at the clinic with tooth pain. First up, a cat named Buster is rushed to Emergency Veterinary Clinic suffering from walking issues. After examining the X-rays, Dr. Boyd determines that Buster has broken both of his hip joints and will require immediate surgery. For this procedure, Dr. Boyd will need to perform a femoral head excision, a process that removes the ball of the hip joints, creating a false joint that will help Buster regain mobility. Dr. Boyd will have to work extra carefully to avoid affecting Buster's sciatic nerve, which can cause serious issues if damaged. Next, a Cavalier King Charles puppy named Begley arrives at the clinic for a heart assessment. Suffering from a heart murmur his entire

life, Begley needs additional exams to ensure he can safely undergo an upcoming neutering surgery. Due to the high risk of potential complications with anesthesia, the team will have to find out the severity of Begley's heart murmur before surgical procedures can be performed. Dr. Williams, the clinic's cardiologist, will need to perform an ultrasound on Begley. Finally, a miniature pinscher named Tadpole arrives at the clinic suffering from issues with her teeth. Dr. French, the clinic's veterinary dentist, determines that Tadpole's canine teeth are embedded in her jaw and will need to be extracted. Dr. French explains this is a serious issue that can lead to major complications if not treated immediately. Due to Tadpole's miniature size, a tooth extraction can potentially fracture the dog's tiny jaw if not performed carefully. Here we'll learn that smaller dogs tend to have teeth too big for their mouths, making them more susceptible to dental complications.

[Educational Message: Veterinarians can specialize in many different areas of medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. In this episode, we witnessed the careful precision necessary when conducting surgical procedures. Education is critical to the success of these specialists.]

Airdate: 2/9/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

NEW MEMORIES FROM AN OLD GAME [HOC312]

We hear U.S. rugby player Junior Waqavesi discuss his dreams of competing in the 2020 Olympics and how it takes more than size and strength to become the best. Rugby was invented in 1823 during a soccer game when a player picked up the ball and ran with it; the first international rugby game was played between England and Scotland in 1871. Next, we learn how race car driver Joey Logano is impacting the lives of sick children who have a love for Nascar by including them in the raceday action and giving them unforgettable experiences. Then, we hear junior golfer Allyn Stephens's story about the devastation she and her family experienced during and after Hurricane Harvey; and we learn how golf helped her adjust to moving to a new community, going to a new school, and making new friends. Hurricane Harvey was a category 4 hurricane when it made landfall, making it one of the biggest storms to ever hit the United States. Lastly, we hear how golfer Freddie Jacobson's son, Max, bravely faced the possibility of losing his ability to play sports after being diagnosed with a rare heart condition that was only fixable with a risky surgery. The first successful open heart surgery without complications is attributed to Dr. Ludwig Rehn in 1896.

[Educational Message: Will and determination are just as important as talent in order to succeed or overcome adversity. Viewers learn about the history of rugby, the importance of giving back to those experiencing hardships, and how to adjust to big changes.]

Airdate: 2/16/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDIEVAL MALTA [VJG313]

Host Josh Garcia voyages to the island country of Malta, where his ship docks in the beautiful capital of Valletta. First he visits a spice shop and learns how a Moroccan spice blend has influenced Maltese cuisine. Ras el Hanout is an Arabic phrase meaning "a mixture of spices." Then, Josh gets a lesson in the sport of

abseiling on Malta's coastal cliffs. The name of the sport abseiling comes from the German word, "abseil," meaning "to rope down." Josh learns safety protocols around this sport, and learns how to use a locking carabiner, a coupling link with a spring-loaded safety closure. Josh completes his training before abseiling his way to descend the 180 foot Blue Grotto, also called "Il-Hnejja," meaning "the arch" in Maltese. The Blue Grotto is a collection of sea caves known for colorful reflections on the walls and water. Then, he meets a local chef who teaches him how to make Malta's classic fish soup— Aljotta. Aljotta comes from the Italian word "aglio," meaning garlic. Malta has been conquered by many different groups of people over its history, and Malta has adapted to many cultures as a result. From the Turks to the French to the Italians to the North Africans, those influences are all present in Malta's cuisine. Finally, at Fort St. Angelo, Josh tours the palace museum to learn about the history of the Knights of Malta, who ruled from 1530-1798. The Knights of Malta's most famous defense against the Ottomans is known as the Great Siege of Malta in 1565. Josh suits up for a lesson in historic sword-fighting to learn the basics these knights left as a tradition.

[Educational Message: Nature is the earth's original technology. For example, historically, the limestone cliffs that surround this island country are nature's natural barrier, creating coves and caves for exploration and passage by water into the island.]

Airdate: 2/16/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SRI LANKA [EDD107]

Today on Earth Odyssey, host Dylan Dreyer takes us to the island nation of Sri Lanka, located near the Southern tip of India. Although roughly the size of Pennsylvania, Sri Lanka is packed with enough wildlife to rival a vast continent. Because of its unique climate, we'll find a staggering array of creatures both large and small. Here we'll learn how Sri Lanka is home to both the world's largest land and aquatic mammals, the elephant and the blue whale. First, we'll travel to the Lowland plains, which cover more than two thirds of the island of Sri Lanka. We'll discover that this region is home to over 2,000 wild elephants, one of the largest populations on Earth. Here we'll learn more about the elephant's habitat and how they prepare for the upcoming dry season. We'll also discover that, with their specialized feet, elephants can communicate with each other using seismic signals, or ground vibrations. Next, we'll journey to Yala National Park where we'll learn more about the spotted deer that inhabit the area. Here we'll learn how the spotted deer have adapted their bodies and behaviors to the tempestuous Sri Lanka climate. We'll also learn about the unique relationship between the spotted deer and native monkeys living in the park. Allies of the deer, grey langurs warn the deer of approaching predators like the ferocious Sri Lankan leopard. Next, we'll see how toque macaques have taken to the ruins of Polonnaruwa. Once the capital of Sri Lanka, Polonnaruwa is home to Parakrama Samudraya, the largest ancient man-made lake in Sri Lanka. Here we'll follow a group of toque macaques and learn more about the strict social system and hierarchy adhered to within each group. Finally, we'll learn more about mugger crocodiles and the unique relationship they have with painted storks. Here we'll discover the fascinating symbiotic relationship that exists between these two very different animals.

[Educational Message: In Sri Lanka we find examples of animals working together to ensure their survival. Symbiotic relationships are essential to many organisms and ecosystems. Relationships like these provide a balance that can only be achieved by working together.]

Airdate: 2/16/2019

Time:

Duration: 30:00

CONSUMER 101

RICO & RICO [CNR113]

Host Jack Rico, along with the experts at the testing labs, show us the correct way to paint a wall, teach us what to look for if you want to own a drone, and give us a first-hand look at the science behind fuel economy testing. First up, we'll join an expert to learn about the science of testing paint and the best way to apply paint to a surface. We'll get expert tips on how to properly prepare an area for painting, such as using painter's tape and newspapers to ensure the paint goes where it's supposed to go. We'll also learn about the proper tools needed for painting a wall, such as how rollers are better at spreading paints more evenly than brushes. Also, we'll discover that water-based paints are the best option when choosing a particular paint. Water-based paints are easier to clean and don't emit as many fumes as oil-based paints. Next, we'll learn about the technology behind drones and how to choose the best one for you. We'll discover that drones, or unmanned aircraft systems, have long been used by the military and are now becoming widely available to consumers. We'll witness as experts test the video quality of the drone cameras, length of battery life, ease of use, and most importantly, safety of the products. We'll explore many different models of drones and learn more about the technology that keeps these aircrafts stable. Finally, we'll visit with an expert to learn first-hand the science behind fuel economy testing in cars. We'll discover that testers use an extremely accurate fuel meter to measure exactly how much fuel is being burned in each engine. Testers use this information to compare it to the vehicle manufacturer's claims on fuel economy. Jack and an expert head out to the auto test track, where they'll simulate city and highway driving to measure the precise fuel economy of the vehicle. Here we'll get some tips on how we can change our driving habits to get the best fuel economy from our cars.

[Educational Message: In this episode, we learned the science behind fuel economy testing. We discovered that reducing your speed, avoiding bursts of acceleration and braking, and making sure your tires are properly inflated can help improve your car's gas mileage. It's important that we strive to reduce our amount of fuel consumption. If we follow these steps, we can help reduce our impact on the environment.]

Airdate: 2/16/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN-LIVING SOLUTIONS [NDS313]

Host Danny Seo bakes oat flour into doughnuts that get sprinkled with surprising nutrition-- spirulina. Spirulina, which is very nutrient-dense, is an algae that grows in both fresh and marine waters. Next, Danny visits a green community that promotes sustainability, including a farm-to-table philosophy that reduces the distance that food travels, recycling stormwater, and creating green space. Bioswales are man-made ditches with vegetation and rocks that help filter stormwater, and green spaces help filter pollutants from the air and reduce erosion of soil in waterways. Then, Danny elevates a selfie from the phone to a frame by creating silhouette art using old fabric and felt cut outs. The silhouette art form gets its name from Etienne de Silhouette, a French finance minister under Louis XV.

[Educational Message: By trying new things, like different methods of cooking and ingredients, you can create sweet treats with a healthy twist. Making simple choices such as creating more green space

and growing your own vegetables are steps one can take to living a more healthy and sustainable lifestyle. Upcycling items you already have around your house, such as dying an old dish towel using spices, gives items a new look for a new purpose and helps reduce waste.]

Airdate: 2/16/2019

Time:

Duration: 30:00

VETS SAVING PETS

TIME IS OF THE ESSENCE [VSP121]

Today on Vets Saving Pets, a Portuguese water dog is suffering from bloat, an elderly feline has kidney problems, and a cat named Enzo arrives at the clinic with a serious head wound. First up, a Portuguese water dog named Marley is brought to the Emergency Veterinary Clinic with a case of gastric dilatation volvulus, or bloat. Here we learn that Marley's stomach has been twisted and this condition can be life-threatening if not treated immediately. Dr. Boyd, the clinic's surgeon, will be performing an emergency surgery to fix Marley's bloat issue. After Dr. Boyd successfully untwists Marley's organs, the stomach is surgically fused to its natural position and should prevent the issue from recurring in the future. Next, a 24-year-old feline named CC arrives at the clinic suffering from kidney failure. Dr. Martin, the clinic's internal medicine veterinarian, will be performing an ultrasound to determine if CC's kidney issues have stabilized. After an examination, Dr. Martin confirms that the kidneys have stabilized and that CC's issues are common for her old age. Dr. Martin will prescribe subcutaneous fluids to ensure CC is well hydrated before sending her home. Finally, a cat named Enzo arrives at the clinic with a serious head wound suffered during a fight with another cat. Dr. Bryer, the clinic's emergency medicine veterinarian, will examine Enzo's injury to determine the best treatment for recovery. After discovering that the wound has been infected, Dr. Bryer and team will have to clean and flush the area to determine if surgery will be necessary. Once the area is shaved and cleaned, Dr. Bryer confirms that surgery will not be needed and prescribes Enzo with antibiotics to aid in his recovery.

[Educational Message: In this episode, we learned that emergencies can happen very quickly in the field of veterinary medicine. Veterinarians must always be prepared to act fast when working in an emergency clinic. Preparation and education are vital to success.]

Airdate: 2/16/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BETTER IN THE LONG RUN [HOC313]

We learn how cyclist Lawson Craddock overcame a painfully disappointing first Tour de France and a broken scapula to raise money for his hometown of Houston and to rebuild his home racing track after it was devastated by Hurricane Harvey. The Tour de France is a 3-week race that ends in Paris and has competitors from all over the world. Next, we meet with amateur golfer Albane Valenzuela, whose temperament on the course can be credited to Alexis, her caddy and little brother, who was diagnosed with autism at the age of two. Albane explains how her brother inspires her to stay positive and never give up. The symptoms of autism vary from person to person, and no two people with autism are alike. Then, we hear golfer Bryson Dechambeau share the story of his dad's kidney transplant and how it has inspired him on and off the course. The first successful kidney transplant was in 1954 in Boston. Lastly, 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 word Triathlon comes from the Greek word “treis” (three) and “athlos” (sports).

[Educational Message: Don't let doubt from others prevent you from trying-- determination will render positive results, whether it be in or outside of sports. Viewers learn about what it takes to become a professional cyclist, what it takes to play women's college golf, the importance of staying positive when faced with adversity, and about the history of the women's triathlon.]

Airdate: 2/23/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

GREEK ISLAND GEM [VJG314]

Host Josh Garcia voyages to Corfu in the beautiful Ionian Sea. Eager to soak up Corfu's history, culture, and cuisine, Josh heads to Corfu's Old Town and gets swept up by a dance troupe doing the popular dance, Syrtaki. Ikariotikos is a traditional Greek dance where hands are slung over the next person's shoulders creating a basket weave hold. Smashing plates, often during this dance, is another Greek tradition, said to bring good luck or show appreciation. After taking a bow, he follows the quaint alleyways of Old Town to meet a baker known for her baklava, one of Greece's most famous desserts. Greek baklava is different from Turkish baklava in that it's made with filo (or phyllo) pastry, hazelnuts, walnuts, cinnamon, clove, and orange. Filo is a Greek word meaning leaf, and the pastry has this name because it is so thin, almost transparent. Greek baklava is made by layering filo dough and butter with the other ingredients, this recipe calls for 50 layers. Once it's baked, the citrus-flavored syrup is added after the baklava comes out of the oven for the final added flavor. Next, Josh meets an olive grower to learn all about Corfu's olive trees, some of the oldest in the world, and famous since ancient times. Many of these olive trees range in age from 200 to 1,500 years old. The Lianolia olive trees in these groves are native to Corfu and the Ionian Sea region. He sees how olives are harvested and learns the process to produce olive oil. Ancient Greeks used olive oil for cooking, perfume, soap, liniment, and lamp oil. There are a few methods of harvesting olives from olive trees, including two large devices that either trim the smaller branches or grab the main trunk to gently shake the tree and release the olives from its branches. The olives are washed, crushed into a pâté and then the oil is extracted. Finally Josh heads to the harbor and meets a boat captain for a sailing lesson on a traditional Greek boat, the trehantiri. Trehantiri is from the Byzantine Greek “trohantiras,” meaning “curved bowed stem.” After learning how to raise its sails, he enjoys some time at sea.

[Educational Message: Olive oil production in Greece dates back thousands of years and now Greece is home to some of the oldest olive trees in the world. Historically, olive oil has been used to make many necessities including soap and lamp oil, in addition to being used for household cooking.]

Airdate: 2/23/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CAMBODIA [EDD108]

Today on Earth Odyssey, host Dylan Dreyer takes us to the watery kingdom of Cambodia. Bordered by the countries Thailand, Laos, and Vietnam, Cambodia is part of a region known as Indochina. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. Most of Cambodia

is low-lying plains, with mountains in the north, and hills to the east. Nearly 2,500 miles long, the Mekong River feeds the largest inland body of water in Southeast Asia, the Tonle Sap. Home to giant carp, giant catfish, and stingrays, we learn that the Mekong River boasts more large fish species than any other river on Earth. First, we'll visit with a group of Asian elephants, which reside primarily in the eastern plains of Cambodia. Here we'll learn how elephants forage for food using a specially adapted finger-like appendage at the tips of their trunks. We'll also discover how the migration routes of elephants have been drastically impacted by human expansion and development. Next, we'll travel to the ancient Kingdom of Angkor, a city once inhabited by more than a million human residents over 800 years ago. Today, these ruins are now inhabited by troops of macaques that have made this ancient city their home. Here we'll learn about some of the amazing habits and behaviors of these wild macaques. We'll discover that in addition to cleaning their food before eating, some macaques have been observed seasoning their food with salt water. Above the ancient ruins of Angkor, the black-shanked doucs can be seen swinging from branch to branch. We'll learn that this rare and endangered species can only be found in Cambodia and neighboring Vietnam. Next, we'll visit with an Asiatic black bear that resides in the forests of Cambodia. Nicknamed the "moon bear," the Asiatic black bear sports a creamy white mark on its chest in the shape of a crescent moon. Able to walk up to a quarter mile on two legs, we'll learn that moon bears are the most bipedal of any bear species. Finally, we'll meet face-to-face with the elusive Indochinese tiger as it makes a brief appearance before retreating into the forest.

[Educational Message: Our society can have a big impact on the nature and wildlife that surrounds us. We must find ways to protect our surrounding nature and wildlife for future generations.]

Airdate: 2/23/2019

Time:

Duration: 30:00

CONSUMER 101

REST ASSURED [CNR114]

Host Jack Rico, along with the experts at the testing labs, shows us the technology behind snow blowers, give us tips on how to reduce distracted driving, and shows us how to choose the right mattress. First up, we'll join an expert to see how snow blowers are scientifically tested and evaluated. Instead of using snow, testers will be utilizing saw dust, which mimics wet snow and is much more consistent for testing purposes. We'll learn more about the various types of snow blowers, such as gasoline, electric, and battery powered devices. We'll discover that snow blowers operate by using an auger that feeds snow through a discharge chute. Here we'll get expert tips on how to choose the right snow blower for the right job. Next, we'll learn some very important advice on how to avoid distracted driving. Since cell phones account for nearly 26% of all car crashes in the U.S., it's crucial that we take extra steps to avoid distractions on the road. Today, Jack and an expert will join a new teen driver on the auto test track to give some tips on how to avoid distracted driving. We'll first learn that your phone should always be placed out of sight while driving, such as in the glove box or center console. Also, check to see if your phone has a "Do Not Disturb" function that can be activated while you're driving. We'll also learn that new technology, such as Bluetooth, should be utilized while driving to ensure your hands are on the wheel at all times. We learn that it is never safe to operate a car while using your cell phone. In an emergency, always pull over in a safe area and put the car in park before using your phone. Finally, Jack visits with an expert to learn how to choose the best mattress for a good night's sleep. We'll learn that mattresses are available in a wide variety of sizes, materials, and firmness. Here we'll witness how scientific instruments are used to measure the durability and quality of a wide range of mattress types.

[Educational Message: In this episode, we learned about the importance of avoiding distracted driving. As statistics have shown an increase in cell phone-related crashes, it's more important than ever that we stay focused on the road. Always put your phone away while driving and utilize modern technology so you can always keep your hands on the wheel, and eyes on the road.]

Airdate: 2/23/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

A GOAT YOGA EXPERIENCE [NDS314]

Host Danny Seo swaps cheese for nutritional yeast to bake dairy-free, almond “parmesan” zucchini crackers. Nutritional yeast contains a lot of protein and B vitamins. Next, Danny travels to Georgia and gets a lesson in yoga while sharing a yoga mat with baby Nigerian dwarf goats. Plank exercises work every major muscle group in the body’s core, and interacting with animals may lower heart rates and stress levels. Then, Danny up-cycles glass jars with an easy, glass-etching project using etching cream and stencils, such as stickers and rubber bands. Etching cream is usually a mix of sulfuric and hydrofluoric acids that erode glass surfaces. Lastly, Danny offers an aloe vera-infused idea for soothing sunburn by creating aloe vera ice cubes. Aloe vera is a fleshy-leaved succulent that is native to Africa.

[Educational Message: Finding ingredients that mimic other flavors is a great way to introduce substitutes into recipes, like replacing parmesan cheese with nutritional yeast. Exercising doesn't have to feel like a chore or obligation-- adding a creative twist to an activity can help make working out fun. Learning new techniques is a creative way to experiment with different designs and give old items a new look.]

Airdate: 2/23/2019

Time:

Duration: 30:00

VETS SAVING PETS

A RASH OF INJURIES [VSP122]

Today on Vets Saving Pets, a terrier is suffering from spinal cord issues, a Pekingese has a skin rash, and a Schnauzer is brought to the clinic with end-stage heart failure. First up, a terrier named Anchor arrives at the clinic after suddenly losing the ability to walk. Dr. James, the clinic’s neurologist, will perform a neurological exam to determine the severity of Anchor’s mobility issues. After additional X-rays prove inconclusive, Dr. James determines that an MRI exam will be needed to accurately diagnose Anchor’s issue. Once the results arrive, Dr. James discovers that Anchor is suffering from a disc extrusion in his spine. Here we learn that the disc extrusion, or slipped disc, is causing compression and bruising on Anchor’s spinal cord. Dr. James will have to surgically remove the affected disc material in order to restore Anchor’s mobility. Next, a Pekingese named Ping is brought to the clinic suffering from a persistent skin rash. Dr. Waisglass, the clinic’s dermatologist, will perform a variety of tests to determine the root of Ping’s skin problems. Dr. Waisglass is concerned the skin issues may be caused by an immune disease or potentially cancer. A skin scraping and culture test soon rule out any serious issues and Dr. Waisglass sends Ping home with medicated shampoo to aid in his recovery. Finally, a Schnauzer named Sydra is visiting the clinic for a check-up cardiology appointment. Sydra has been suffering from end-stage heart failure which has been causing recent collapsing episodes. Dr. Williams, the clinic’s cardiologist, will be performing an ultrasound on Sydra to determine if the pup’s heart issues have progressed.

[Educational Message: If at first you don't succeed, you must try again. A career in veterinary medicine will expose you to many challenges but we must never give up in the face of adversity.]

Airdate: 2/23/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BACK ON TRACK [HOC314]

We meet the president of Sonoma Raceway, Steve Page, and learn how he sprung into action after forest fires devastated Sonoma county, turning the raceway into a campground for those who were displaced, helping to rebuild the community. Sonoma Speedway is located about 30 miles north of San Francisco. Next, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback for her golf dreams, but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in a "s" or a "c" shape; the Drive, Chip, and Putt Championship is open to boys and girls from ages 7 to 15. Then, we learn how Olympic gold medalists Monique and Jocelyne Lamoureux not only became leaders on the U.S. Olympic women's hockey team, but also leaders for gender equality in sports after boycotting the International Ice Hockey Federation in 2017. 1998 was the first year that women's hockey was featured as an Olympic event, and the U.S. took home gold in that inaugural year. Lastly, we meet 16-year-old Jamaican sprinter Joanne Reid and learn how she grew to love the sport and how she trains, hoping to one day compete for her country in the Olympics. Despite having a population of just 3 million people, Jamaica has won 22 Olympic gold medals.

[Educational Message: Standing up for what is right is more important than winning-- supporting others and helping to make a difference leave a lasting impact. Viewers learn about the importance of helping your community, how to overcome a setback to reach your goals, the history of the U.S. women's hockey team, and how sprinters train for the Olympics.]

Airdate: 3/2/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

UNDER THE MEDITERRANEAN SEA [VJG315]

Host Josh Garcia docks in Savona, Italy, a gateway to the Italian Riviera, where he explores the nearby hill towns of Noli and Finalborgo. Josh travels by bike through these nearby hill towns for breathtaking views of the Mediterranean coastline, and accompanied by a local guide, he learns about the building of medieval castles and towers along the way. Josh and his guide stop in a picturesque piazza, a public square or marketplace that's commonplace in Italian towns. From this piazza, Josh can see the "Torre dei Quattro Canti," or "Tower of Four Corners," built in the 13th century. He then pedals to the nearby walled fortress, Castel San Giovanni, that sits atop Savona's landscape. Castel San Giovanni was built between 1640 and 1645 and extended in the 1670s. One final stop is another spectacular castle that looks out onto the sea, the castle of Monte Ursino, built in the 10th century to defend Noli from Saracen raids. Next, he dives into the Mediterranean Sea to explore a unique scuba destination and underwater research project. This underwater garden uses biospheres to grow plants underwater as part of an experiment that hopes to prove the viability of sustainable underwater farming. Josh suits up and visits one of these biospheres, submerged 100 yards off

shore, about 24 feet deep into the water. The oxygen in the biosphere is refreshed from scuba tanks to ensure that there is the optimal amount of oxygen for the plants. Then, Josh meets a local chef in Cervo and joins her in her kitchen for a lesson in the art of making pansotti, a regional pasta dish, similar to ravioli, and a favorite served at Italian family Sunday lunches. These raviolis are called pansotti because they are in a belly-like shape, and panza means belly in Italian.

[Educational Message: Riding a bike is a great way to wind through the narrow streets of an old city and observe details like the overhead arches that give support to ancient house walls.]

Airdate: 3/2/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VIETNAM [EDD101]

Today on Earth Odyssey, host Dylan Dreyer takes us on an excursion to the lush tropical landscape of Vietnam. Situated on the Easternmost rim of the Indochina Peninsula, we'll discover that Vietnam is one of the most bio-diverse countries in the world. We'll learn that Vietnam's dense tropical forests cover almost half of the country, and that approximately 10 percent of the world's animal species live in this region. But we'll discover how this environment was not always thriving. In the 1960's, the Vietnam War destroyed almost one-fifth of the rainforests, leaving scores of animals fighting against extinction. But today, Mother Nature has fought back and these tropical jungles are once again thriving. Next, we'll travel into the lowlands in search of yellow-cheeked gibbons. These monkeys are famous for the loud, odd sounding melodies they use to mark their territories. We'll discover that these monkeys are also some of the best tree swingers on the planet, reaching speeds of up to 25 miles an hour as they swing up to 50 feet from branch to branch. Next, we'll meet one of the rarest species of primates who were once thought to be extinct, the Hatinh Langur. We will learn about their strange social structures, their eating habits, and how they have made an unlikely home in the limestone caves in the cliffs of Halong Bay. Finally, we'll travel to the Son Tra Primary Forest, home to the red shanked douc, one of the most beautiful and colorful monkeys in the world. We'll discover that these highly social primates live in groups of up to 15 members. Despite the fact that they were almost driven into extinction, they now thrive because their home has been deemed a No-Entry Zone to the public since the end of the Vietnam War.

[Educational Message: The rainforests of Vietnam are an example of the true resilience of the natural world. Plants and animals have made an incredible resurgence since the Vietnam War. We must always protect our environment for generations to come.]

Airdate: 3/2/2019

Time:

Duration: 30:00

CONSUMER 101

WAY AHEAD [CNR115]

Host Jack Rico, along with the experts at the testing labs, brings us behind the wheel to show us how to be safer drivers, teaches us how to keep our information private using peer-to-peer payment apps, and shows us how to clean our kitchen like a scientist. First up, we're going to learn some skills on how to become a safer driver on the roads. We first learn that it's important to always have your hands properly placed on the wheel in the nine and three o'clock positions. We next discover that it's best to use "shuffle steer" when

performing a U-turn maneuver, which allows your hands to stay on the steering wheel at all times when turning. Jack will also learn about ABS, or anti-lock braking system, which prevents the wheels from locking up during braking. Next, we'll learn about peer-to-peer payment apps and how to protect your money and personal information. Peer-to-peer payment apps allow you to connect your bank account to your phone and make payments to people digitally. Here we learn that it is important to make sure you know the person you are sending money to, to watch out for spelling errors in the recipient's name, and to make sure you establish a secure pin number or fingerprint verification to avoid someone else stealing your money if you lose your phone. Finally, we'll join a scientist to learn the best ways to keep your kitchen clean. We'll learn to avoid using harsh, rougher sponges on softer surfaces in our kitchen because they can lead to scoring. Scoring can leave deep crevices on surfaces that can harbor bacteria. When working with meat, it's a good idea to first remove any jewelry on your hands to prevent bacteria from getting caught inside. Also, we'll learn it's best to use paper towels to clean up after working with meat, as sponges can retain bacteria and potentially spread it to other kitchen items. We'll also discover that it's best to avoid harsh chemical cleaners and instead use a solution of vinegar and water to keep your kitchen clean.

[Educational Message: It's important to protect your personal information when using peer-to-peer apps. Avoid scammers by setting up a password and always know exactly who you are sending your money to. Technology is a useful and convenient tool in our modern age, but it's vital that you use caution and protect yourself in the process.]

Airdate: 3/2/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BAKING WITH GESINE BULLOCK-PRADO [NDS315]

Host Danny Seo shares a supercharged snack recipe for energizing, coconut-covered vitality bites using ingredients such as Reishi mushroom powder. Reishi mushroom powder may help strengthen the body's immune system. Next, Danny travels to Vermont to learn how celebrity baker Gesine Bullock-Prado grew baking from a hobby into a passion, and he gets the inside scoop for baking an applesauce bundt cake. Applesauce cake became popular during World War I, when butter and sugar were being rationed. Then, Danny turns used containers into designer-style buckets using rope, a hot glue gun, and pom-poms. Hot glue guns were originally designed to bond shoe soles, and the word "pom-pom" derives from the French word "pompon," which describes a decorative tuft of material. Lastly, Danny reveals new uses for all-but-forgotten condiment and travel packets, such as using a moist towelette to remove stains from fabric. Alcohol is a natural degreaser and can break down most oil-based stains.

[Educational Message: Making snacks with energizing ingredients is a healthy alternative to caffeinated beverages and energy drinks. Using recipes that have been around for a long time is a creative way to learn about history. Decorating old containers with items you already have at home is a great way to be artistic while saving money and reducing waste.]

Airdate: 3/2/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. JAMES SAVES THE DAY [VSP123]

Today on Vets Saving Pets, a dachshund arrives at the clinic with back pain, a Bengal cat can't seem to pounce, and a St. Bernard's legs begin to fail. First up, Burger the dachshund is brought to the Veterinary Emergency Clinic suffering from pain and walking issues. Dr. James, the clinic's neurologist, performs a neurological exam to determine the extent of the Burger's back issues. Dr. James, suspecting that the issue is caused by a compressed spinal cord, performs a CT scan on Burger. When the CT scan results reveal a severe issue with Burger's spine, Dr. James determines that immediate surgery is needed to fix the problem. Here we'll witness and learn more about how veterinary surgeons delicately and precisely perform surgical procedures. Next, a pet Bengal cat named Simba arrives at the clinic suffering from mobility issues. Dr. James meets with Simba and quickly determines that the cat's peripheral nerves are being severely affected. Dr. James recognizes this condition to be common in this breed of cat and prescribes corticosteroids to help restore Simba's mobility. Finally, a St. Bernard puppy named Harley arrives at the clinic having problems dragging her feet. Harley is soon referred to Dr. James for additional testing to try and determine the potential cause. After discovering an abnormality in Harley's spine that may be compressing her spinal cord, Dr. James orders a CT scan to get a clearer image of the issue. Assisted by a veterinary intern, Dr. James uses this moment to help teach her intern about some of the neurological disorders she may encounter in her future career. Harley will undergo a risky surgery to decompress her spine and help restore normal mobility.

[Educational Message: We must always follow our dreams and passions. In this episode, we witnessed Dr. James' strong passion for helping heal sick animals. Veterinary medicine can be a rewarding career path for those who are strongly passionate about animals.]

Airdate: 3/2/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

AGAINST ALL ODDS [HOC309]

We get an inside look at NFL football player Saquon Barkley's upbringing, his family, and his determination; and we learn how that molded him into a man with great character and the will to lead on and off the field. Next, we hear from professional golfer Mel Reid and learn how her early success was measured by her wins on the Ladies European Tour, but her recent success is measured by her ability to overcome the tragic loss of her mother. We learn how Mel overcame tragedy without letting it define who she is. The youngest player to win a Ladies European Tour tournament was only 14 years old. Then, 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-- 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. Finally, we learn about the golf career of Marty Fleckman and how he rose to fame as an amateur while studying under Byron Nelson, who became a pro in 1932 at just 20 years old.

[Educational Message: While the most profound life lessons can be learned off the field, those same lessons can be applied to overcoming obstacles in sports, such as a loss or injury. Viewers learn about the determination and training it takes to make it to the NFL, the history of the Ladies European Tour, the history of the Korean hockey team, steps to take to become a professional hockey player, and how golfers reform their golf swing.]

Airdate: 3/9/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SOARING CITY ON THE ARABIAN GULF [VJG316]

Host Josh Garcia visits Dubai in the United Arab Emirates, a city that can boast having the tallest building, the largest man-made island, and the biggest choreographed water fountain in the world. Josh's first stop is to check out the Dubai Fountain, a marvel of technology, where he watches the incredible show of lights, music, and 22,000 gallons of "dancing" water. The Dubai Fountain has 6,600 specially designed lights and 50 color projectors. Then, he boards a seaplane for a birds-eye view of Dubai. From the air, Josh can see the massive scale of this city's engineering feats. There are 300 man-made islands called the World Islands that surround Dubai's main man-made island. The World Islands were created from dredged sand and form the shape of a map of the world. The Burj Khalifa is the world's tallest building at 2,716.5 feet and it sits on Dubai's main island. The Burj Khalifa has more than 160 stories with observation decks on the 124th and 148th floors. Next, curious to learn about Dubai's cuisine, Josh meets with a food writer and embarks on a food tour which surprises him with all of its many international influences. Dubai cuisine is like a table of meze, a selection of small dishes often served at the beginning of a meal, because Dubai's cuisine is at the cross-roads of some of the oldest civilizations in the world. Finally, Josh visits the Dubai Mall, but not to shop. It's home to one of the largest aquariums in the world. There, he meets with a veterinarian and learns about the aquarium's inhabitants before having the opportunity to participate in the examination of a sea ray and gets to dive into a tank to feed hungry fish – and sharks.

[Educational Message: Dubai is an old-world city in the United Arab Emirates with a new-world skyline of impressive skyscrapers and modern buildings, including one of the tallest buildings in the world. Dubai is a unique example of how culture and architecture from old-world and new-world traditions can converge in a single city.]

Airdate: 3/9/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

HEBRIDES [EDD102]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to the mysterious Hebrides archipelago off the Northern coast of Scotland. Known as "Europe's Last Wilderness" and isolated from the mainland, this island chain has become the perfect breeding ground for millions of creatures. First up, we'll travel to the Outer Hebrides chain that hosts one of the largest gatherings of grey seals on the planet. We'll discover that each year over 35,000 of these aquatic mammals arrive on the isolated shores to mate and give birth to new pups. Here we'll learn that more than 9,000 pups are born in this region each year. Next, we'll journey inland to the Island of Rum to witness one of the largest deer in the world, the red deer. We'll learn that adult males typically weigh around 450 pounds and stand nearly 6 and a half feet tall. We'll witness as

these massive bucks fight aggressively with their mighty antlers to win mating rights for the island's female population. Finally, we explore one of the region's most mysterious animals, Ancient Man. We'll discover that it is believed man reached the islands over 6,000 years ago during the Iron Age. We'll learn that these ancient humans brought along with them primitive sheep that still roam the countryside today. We'll also explore the ancient stone dwellings that were carved into the landscape, and see towering stone monuments whose mystical origins still baffle experts today.

[Educational Message: The world we recognize today is billions of years in the making. The amazing plants and animals living on Earth deserve our respect and protection.]

Airdate: 3/9/2019

Time:

Duration: 30:00

CONSUMER 101

RIGHT FIT [CNR108]

Host Jack Rico, along with the experts at the testing labs, will show us how they test the performance of grills, why cleaning your car can be a lifesaver, and what to watch out for when applying for a credit card. First up, we'll be learning how experts test grills for performance and safety. In a controlled environment, we'll see how testers simulate fire flare-ups to assess the safety of each grill. We'll learn that you should never use water to extinguish a grill fire as it can cause the fire to grow much larger. We discover that using a combination fire extinguisher is the safest way to put out a grill fire. We'll also learn how testers use scientific thermocouples, or wire thermometers, to determine how evenly each grill heats. This data is sent to a computer that measures the distribution of heat and creates a temperature map of the grill. We'll also learn about the structural integrity tests these experts perform on the grills to measure their durability and strength. Next, we'll discover how a clean car can actually help keep you safe. We'll learn that modern cars have numerous sensors and cameras that can be obstructed by dirt, snow, or salt. We'll find out that it's critical to keep your car clean to ensure that these safety features are working properly when you're on the road. Finally, we'll learn some tips about opening a credit card account and what to be aware of before you take the plunge. We'll learn to watch out for credit cards with high interest rates. If you don't pay your bill in full each month, interest rates can make your credit card bill skyrocket quickly. Also, we learn that canceling a credit card can lower your credit score. It's best to pay off your card and simply not use it instead of cancelling the account altogether. We'll also learn that different credit cards offer different perks, or even annual fees. It's important to do your research and read the fine print before applying for a credit card.

[Educational Message: It's important to do your research before applying for a credit card. You may be tempted to sign up for a store credit card, but be aware of high interest rates. If you don't pay your credit card bill in full each month, your interest payments will balloon and ultimately hurt your credit score.]

Airdate: 3/9/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GETTING THE MOST OUT OF OATS [NDS316]

Host Danny Seo blends together a soup that offers all the tastiness of French onion without all the prep time by using caramelized onions and cashews. Onions are naturally anti-inflammatory, and cashews are a good source of protein and vitamins E, K, and B6. Next, Danny visits a stone mill in Milwaukie and learns how gluten-free, whole-grain groats go from the testing lab all the way to the breakfast table. Groats are whole grains that include the germ, bran, and endosperm, and gluten is a protein found in wheat, rye, spelt, and barley. To ensure groats are gluten-free, they are tested for gluten antigens, which are foreign substances capable of inducing an immune system response. Then, Danny creates a crafty, green garden without a drop of water by creating handmade succulents using felt and florist tape. Felt is made by matting, condensing, and pressing fibers together; and steady, firm tension helps florist tape bind itself, creating a stronger hold. Lastly, Danny creates a food soak using parsley, which contains a natural deodorizer known as chlorophyll.

[Educational Message: Changing up one or two ingredients in a recipe may not only increase the taste, but also decrease the cook time. It's important to confirm a gluten-free ingredient has, in fact, been verified gluten-free to ensure no rogue wheat seeds have caused contamination via natural activity. You don't have to have a green thumb to decorate your home with plants-- be artistic and create faux greenery instead.]

Airdate: 3/9/2019

Time:

Duration: 30:00

VETS SAVING PETS

PAWS, JAWS, AND GAUZE [VSP124]

Today on Vets Saving Pets, a cat arrives at the clinic with a strange condition, a puppy is having dental issues, and a Dalmatian is suffering from recurring seizures. First up, a cat named Willow is brought to the Emergency Veterinary Clinic with a strange condition that causes her to constantly spin in circles. Dr. James, the clinic's neurologist, performs a neurological exam on Willow to determine what's causing this abnormal behavior. After examining Willow, Dr. James is convinced she is suffering from a left forebrain lesion. Here we'll learn that a lesion on the left forebrain can result in an inability to recognize or process incoming information from the right side of the body. Dr. James will recommend an MRI exam for Willow in order to confirm her diagnosis. Next, a Goldendoodle puppy named Casey arrives to the clinic with dental problems. Dr. French, the clinic's veterinary dentist, discovers that Casey's canine teeth are growing into her lower jaw. Here we'll learn that dental issues like this can lead to serious infections if not treated quickly. Dr. French will need to extract Casey's canine teeth in order to restore her normal bite and prevent future complications. Finally, a Dalmatian puppy named Snickers is brought to the clinic suffering from recurring seizures. Dr. Cochrane, a neurologist at the clinic, will perform a neurological exam to better determine the cause of Snickers' seizures. After a preliminary exam proves normal, Dr. Cochrane is concerned the issues may be linked to epilepsy or potentially a brain tumor. In order to best determine the root cause of this issue, Dr. Cochrane orders an MRI exam for Snickers. After an MRI rules out a brain tumor, Dr. Cochrane diagnoses Snickers with idiopathic epilepsy and prescribes medication to reduce the recurring seizures.

[Educational Message: Every day we are presented with new challenges and we must do our best to overcome those obstacles. In this episode, Dr. Cochrane was challenged with diagnosing Snickers' health problems. We witnessed how Dr. Cochrane never gave up and kept working until she discovered the exact cause of the issue.]

Airdate: 3/9/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FAMILY FUN IN THE FAST LANE [HOC310]

Erik Jones talks about the bond he and his dad developed while sharing the hobby of restoring a Corvette and the sacrifices his dad made because he believed in Erik's racing career. The first Corvette model, the Corvette C1, was designed in 1953. Next, we meet swimmer Carson Foster, who at the age of 10 broke a national age-group record held by Michael Phelps, and we learn how he's training his way to achieving his dream of swimming in the Olympics. The breaststroke, backstroke, butterfly, and freestyle are the four strokes that are competed in the Olympics. Then, we hear junior golfer Elise Deschaine explain how quality time on the golf course with her father blossomed into a potential professional career for her-- one that wouldn't have happened without a competitive push from her father. Lastly, we hear golfer Raymond Floyd credit his biggest fan and biggest critic, his wife Maria, as the key to helping him stay focused to win the 1986 U.S. Open. There are four golf majors each season: The Masters, The U.S. Open, The British Open, and The PGA Championship.

[Educational Message: Support and motivation from loved ones are beneficial in succeeding and building confidence to keep trying. Viewers learn about race cars, how to train to become an Olympic swimmer, and steps to take to become a successful golfer.]

Airdate: 3/16/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

GEOLOGICAL WONDERS [VJG317]

Host Josh Garcia takes a break to read over entries in his journal and he's reminded of the many geological wonders that have surprised and astounded him on his travels, like rappelling down Malta's famous Blue Grotto. In Malta, Josh gets a lesson in the sport of abseiling on Malta's coastal cliffs. The name of the sport abseiling comes from the German word, "abseil," meaning "to rope down." Josh learns safety protocols around this sport, and learns how to use a locking carabiner, a coupling link with a spring-loaded safety closure. Josh completes his training before abseiling his way to descend the 180-foot Blue Grotto, also called "Il-Hnejja," meaning "the arch" in Maltese. The Blue Grotto is a collection of sea caves known for colorful reflections on the walls and water. In Aruba, Josh is not quite sure what to expect when he visits the beautiful and diverse Arikok National Park, where he explores the Fontein Cave with a park ranger, but once there, he's enthralled by its history and learns about the island's ancient people who created drawings on the walls of caves. This limestone cave was once coastline and formed over 5.2 million years ago as a result of erosion and volcanic activity. Then, in Sicily Josh has a thrilling lesson in geology with a volcanologist when he hikes one of Europe's highest and most active volcanoes, Mt. Etna. Mt. Etna sits on the fault between the African and the Ionian microplate. Very rarely does a year pass without any activity from this volcano. Ancient legends referenced Mt. Etna, including one that said it was the workshop of Hephaestus, the Greek god of fire. And in Costa Rica, Josh meets a guide who explores and documents waterfalls, and he leads Josh into the Bajos del Toro region, located between the Poás and Viejo volcanoes. In the nearby cloud forest, Josh learns about Costa Rica's unique micro-climates. A microclimate, or climate zone, is an area where the atmospheric conditions differ from the surrounding areas. Here, different rivers come from different volcanoes, and the vegetation and animals along each of these rivers adapt differently

to their different mineral composition. Rio Agrio, for example, has a high acid pH level due to a mix of sulfur, iron, and silicon, among other chemical elements.

[Educational Message: Travel is an excellent way to learn about new people, places and cultures, but it's also a great way to learn about geological wonders that are often astounding and breathtaking.]

Airdate: 3/16/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GALAPAGOS [EDD103]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. We'll learn more about the 19th century botanist Charles Darwin, and how he used the Galapagos Islands as his own laboratory. We'll follow Charles Darwin's trail to see how he studied the evolution of animals and plants on these islands. We'll take a closer look at the bizarre and beautiful species that Darwin studied, from the prehistoric giant tortoises to the blue footed boobies. On our journey, we will see how each species adapts and finds a way to survive, despite the unforgiving conditions of these volcanic islands. Next, we'll find that some islands in the Galapagos are still harboring active volcanoes. We'll get an up-close look at the volatile world of Fernandina, Galapagos' youngest island. Fernandina's plants and animals must cope with the constant threat of volcanic eruptions. Living within a hostile land environment, we'll meet the only lizard in the world that's learned to fish for its dinner, the marine iguana. To brave the ocean currents, these cold-blooded reptiles spend time warming their bodies on sun-kissed rocks before taking the plunge. Each fishing trip for these creatures is a race against time. We'll discover how marine iguanas evolved over time to make the most of their underwater meal. Finally, we'll hop over to the older Galapagos islands with less volcanic activity. We'll learn how their stable environment is creating an opportunity for a more diverse and abundant wildlife scene.

[Educational Message: We witnessed first-hand how Dr. Charles Darwin's visit to the Galapagos Islands shaped our understanding of our natural world. Adaptation and evolution play an important role in our survival. We must always seek knowledge to understand more about the world around us.]

Airdate: 3/16/2019

Time:

Duration: 30:00

CONSUMER 101

POWER UP [CNR109]

Host Jack Rico, along with the experts at the testing labs, will show us how to properly drive off-road, give us some useful tips on how to keep our phone charged while on the go, and teach us the best way to organize a yard sale. First up, Jack is learning how experts test the off-road capabilities of sport utility vehicles. On an off-road simulated test track, Jack will learn how the four-wheel drive function works and assists drivers in off-road situations. Here we'll discover that momentum and friction are critical components when climbing a hill in off-road conditions. We'll also learn some tips on how to better prepare for off-road adventures, such as keeping extra tools, tow straps, and safety equipment handy in case of emergencies. Next, we'll join a smartphone expert to learn some tips about how we can keep our cell phones charged while on the go. We'll first learn that it's best to reduce the brightness settings on your phone, as

well as close out any applications that aren't in use. We'll also discover that using the "low power" mode on your phone can save considerable amounts of battery power. Also, we learn that it's important to keep an external battery charger on-hand in case of an emergency. Finally, we'll meet with an expert to learn the best way to organize a yard sale. We'll first learn that you should plan yard sales for the weekends to maximize potential customers. Also, it's a good idea to check the weather forecasts before planning a yard sale. We'll also learn that it's better to not list any prices on your items, but to instead let your customers make you an offer so that you get the best value for your sale.

[Educational Message: In this episode, we learned that off-road driving can be dangerous and requires much skill and practice. It's important that we are always prepared for any emergency that can occur when driving in off-road conditions. Always keep extra tools and safety equipment in your vehicle.]

Airdate: 3/16/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN SOLUTIONS FOR CHEMICAL-FREE SPACES [NDS317]

Host Danny Seo introduces a healthy alternative to mozzarella sticks by making cornflake-crusting tofu. Tofu is made by curdling soy milk and pressing it into blocks, and cornflakes are made using dextrinization, a cooking process that breaks down starch. Next, Danny learns the science behind soil tests and chemical-free ways to improve public parks and private lawns to reduce exposure to pesticides. A soil test determines nutrient content, composition, and pH level; and pesticides are substances used to control pests on animals or cultivated plants. Then, Danny creates nature-inspired glycerin soaps using flowers found outside. Soaps that contain glycerin tend to be less drying to the skin. Lastly, Danny offers ideas for extending the life of leftover paint, such as applying plastic wrap prior to placing the lid back on the can.

[Educational Message: Because of its consistency, tofu can be a healthy alternative for meat or cheese that also serves as a good source of protein. A simple at home pH test is an easy way to determine how to care for your soil to reduce pesticide exposure. If the pH level is too low, then add lime or wood ash. If the pH level is too high, then add compost. Using things you find outside or already have at home is a resourceful way to save money.]

Airdate: 3/16/2019

Time:

Duration: 30:00

VETS SAVING PETS

THE INVESTIGATOR [VSP125]

Today on Vets Saving Pets, a dog named Gizmo arrives at the clinic with an injured knee, an aging Golden Retriever has developed skin issues, and Dr. French helps an alligator that lost its bite. First up, a rescue dog named Gizmo is brought to the clinic after injuring its knee while playing. Dr. Ringwood, the clinic's surgeon, examines Gizmo and discovers that the cranial cruciate ligament in her knee has been ruptured. Here we learn that if the knee ligament isn't surgically repaired, Gizmo will develop arthritis and lameness over time. Dr. Ringwood proceeds with the surgical procedure and repairs Gizmo's injured knee using a surgical plate and screws. Next, Dr. French receives an exciting patient as a 26-year-old alligator named Elvira arrives at the clinic. Elvira has had problems fully opening her jaw and her handlers suspect she may

be suffering from metal toxicity due to potentially ingesting coins in her habitat. Before the vets can get to work on their prehistoric patient, they will first have to anesthetize Elvira. Here we learn that reptiles have a much slower metabolism than mammals, which means the sedatives will take much longer to take effect. Once sedated, the vets will use an endoscopy tool to scope Elvira's stomach and remove the metal coins. Finally, an aging Golden Retriever named Tandi is brought to the clinic suffering from persistent skin issues. Dr. Waisglass, the clinic's dermatologist, examines Tandi's body to determine what may be causing the recurring skin problems. Dr. Waisglass, using simply a piece of tape, takes samples from various parts of Tandi's body for testing. Using a microscope, Dr. Waisglass will examine the skin samples for parasites and bacteria.

[Educational Message: Choosing a career in veterinary medicine will introduce you to a variety of animal patients both big and small. In this episode, we learned that veterinarians should always be prepared for all types of patients, including exotic reptiles.]

Airdate: 3/16/2019

Time:

Duration: 30:00

**THE CHAMPION WITHIN
SPEED THRILLS [HOC311]**

We meet Jake Burton, who is credited for creating the modern-day snowboard and growing snowboarding from a hobby to a respected sport, and learn how he fought his way back to the slopes after a challenging medical diagnosis. Snowboarding became an Olympic event in 1998. Before it became popular, it was originally known as "snurfing"-- skiers would tie their skies together to create the thick, flat snowboarding base. Then, we meet golfer Justin Suh who gives us an inside look at the mental toughness it takes to succeed in golf. Justin's career at the University of Southern California started slow compared to his dominance at the high school and junior golf level; but after embracing the practice of meditation, Justin was able to turn his game around and get back into the fairway. Next, we watch teen golfer Lauren Artis and learn how she became involved with The First Tee and how she trains to grow in the game of women's golf. Founded in 1950, the LPGA is one of the longest running women's professional organizations in the world. Participation of girls in golf has nearly tripled in the last two decades. Lastly, we meet U.S. veteran and racecar driver Jesse Iwuji and learn how his career in racing began after falling in love with it while serving overseas. In 1961, Wendell Scott became the first African-American to start a Nascar race.

[Educational Message: Embracing uncertainty is a key tool in succeeding-- don't let the fear of losing prevent you from trying something new or different. Viewers learn about the history of snowboarding, how to become a college golfer, how young girls can become involved in the game of golf, and how to get started in stock car racing.]

Airdate: 3/23/2019

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
DIGGING DEEP [VJG308]**

Host Josh Garcia helps out communities in the Caribbean. First, Josh sails to the island of Roatán, and he lends a helping hand to help build a playground out of recycled tires. By repurposing tires, the community reduces the amount of trash it disposes, and in this instance they are used to create a fun place for kids to

play. While Josh digs in and gets his hands dirty, he interacts with the local kids that will soon enjoy this new play area. Recycled tires can also be repurposed to construct planters to grow small trees and palms. Next, Josh travels to Belize and visits the Community Baboon Sanctuary to plant trees that will serve as food and habitat for the black howler monkeys. Then, he ventures into the forest to see them up close, and one even comes down to say hello. Finally, Josh travels to Cozumel with a group and spends the day with community elders learning about their history and traditions. Josh and the group learn to make three traditional salsas using local ingredients. Then, Josh heads into town for a lesson in salsa dancing from these locals. Finally, Josh heads to the coastal waters of Cozumel to build nets for a local team to catch coral gametes when they spawn, which will help ensure the survival of the reef for future generations. Coral spawns at specific times of the year depending upon their location, and Coral grows at a slow rate of about four inches a year.

[Educational Message: Giving your time and energy towards community development and improvement can be an accessible way to give back both locally and globally.]

Airdate: 3/23/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CHINA [EDD104]

Today on Earth Odyssey, host Dylan Dreyer takes us on an exploration of a hidden oasis known as the Yunnan, in Southwest China. We'll discover that this remarkable region consists of lush valleys, tropical forests, and some of the most rugged mountain peaks on earth. With its wide array of landscape and climates, we'll learn that it is the perfect home for approximately half of China's birds and mammals. With a vast range of climates, we'll discover how these creatures have learned to adapt and survive in vastly different environments. First, we'll begin our journey in the lowland forests of the Yunnan, home to one of the biggest monkeys in Asia, the Chinese stump tailed macaque. We'll discover how these highly social primates live in groups of around fifty individuals, and how the fertile evergreen forest provides all the food and water they need to survive. We'll follow these fascinating primates to learn about their eating habits, their social structure, and their daily fight for survival. Next, we'll make a trek up to the top of the Hengduan Mountains to meet a mysterious group of primates who inspired the legend of the abominable snowman. In truth, these strange looking primates are actually known as snub-nosed monkeys. We'll discover how these creatures have adapted and learned to survive in the frigid, snowy mountains. Not to mention, we'll witness how snub-nosed monkeys are some of the most breathtaking tree swingers on Earth. Here we'll learn how there are four types of primate locomotion such as vertical clinging, quadrupedal, brachiation, and bipedalism. Finally, we will meet a group of fishermen who, for a thousand years, have trained and used the hunting skills of cormorant birds to help them fish the mighty rivers of the Yunnan.

[Educational Message: Nature can be an unforgiving environment, and we must always respect its beauty and power. We should always seek to learn new ways to adapt to changes in our world in order to thrive and survive.]

Airdate: 3/23/2019

Time:

Duration: 30:00

CONSUMER 101

LEADING THE MARCH [CNR110]

Host Jack Rico, along with the experts at the testing labs, give us a fascinating look at what happens to sound in an anechoic chamber, we'll learn about the latest modern car safety features, and we'll discover the do's and don'ts of safely preparing a meal. First up, we'll visit an echo-less room, known as an anechoic chamber. Here we'll learn how an anechoic chamber is specifically designed to absorb all sound waves in a particular area. We'll join an expert and discover the many scientific uses of an anechoic chamber. We'll learn that echoes interfere with scientific measurements and that it's critical to eliminate any sound waves in order to discover the true sound of a product. We'll also join a group of high school music students as they test out various musical instruments to see how they sound differently in an anechoic chamber. Next, we're joining an expert on an auto test track to learn about the latest technological advances designed to keep us safe on the roads. We'll first learn about forward collision warning and automatic emergency braking technology. These technologies use radar and cameras that sense obstacles in your path and stop your car automatically. We'll also learn about possibly the most important feature of them all, electronic stability control. We'll discover that the electronic stability control uses sensors to keep your vehicle under control in harsh conditions. We'll learn about the technology behind this feature and how braking is independently applied to each tire to keep the vehicle stable. Finally, we'll get some tips on how to safely prepare a meal for your friends. We'll learn that we should never thaw meat on the kitchen counter; always thaw meats in the refrigerator to prevent any harmful bacteria from growing. We'll also discover that you should always wash your hands after handling meats. Washing your hands is very important to ensure no bacteria makes its way to other food items. Also, we'll learn that you should always use a meat thermometer to ensure meats are cooked to the proper temperature.

[Educational Message: In this episode, we learned some valuable tips on how to safely prepare food. Foodborne illnesses can arise from improper handling, preparation, and storage of food. When cooking for yourself, or a group of friends, it's important to always wash your hands and follow these standard food safety procedures to ensure nobody becomes ill.]

Airdate: 3/23/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ECO-FRIENDLY CERAMICS [NDS308]

Host Danny Seo combines riced cauliflower, yellow onion, nutritional yeast, coconut milk and yogurt to create a healthy version of creamy grits. Yellow onions are high in complex sugars that promote a healthy metabolism; and nutritional yeast is a great replacement for cheese in vegan dishes, as it adds a nutty, cheesy flavor. Next, Danny learns about sustainable ceramics at a pottery studio that incorporates eco-friendly methods, such as food-safe glazes. Food-safe glazes contain non-toxic materials and will not degrade with detergents. Pulling clay describes the method a potter uses to raise the sides of wet clay on a pottery wheel; most pottery wheels can spin up to 240 revolutions per minute, some even higher. Then, Danny uses yarn, leftover paint, and leaves for a stencil to give old chairs an upgraded design. Stencils were first used with materials including cloth, leaves, and animal skin.

[Educational Message: Riced vegetables can be used as a healthy substitute in meals typically high in carbohydrates. Pottery is an ancient technique that can be created without replenishing resources. Using leftover household items or natural elements found outside is a unique way to give an old chair a new look that reflects your personality.]

Airdate: 3/23/2019

Time:

Duration: 30:00

VETS SAVING PETS

JAWS OF LIFE [VSP115]

Today on Vets Saving Pets, a miniature poodle has a cancerous tumor on his jaw, a beagle visits the clinic with a spleen issue, and a kitten arrives with a suspected congenital heart defect. First up, an elderly miniature poodle named Dudley arrives at the clinic to have a cancerous tumor removed from its jaw. Dr. Boyd, the clinic's surgeon, will be performing a CT scan to see how far the tumor extends into Dudley's jaw. After confirming the placement of the tumor, Dr. Boyd will need to perform a risky surgical procedure to remove the cancer from Dudley's jaw. Next, a beagle named Kaileigh is brought into the emergency clinic after bouts of nausea and restlessness. Dr. Martin performs an ultrasound scan on Kaileigh and finds an abnormality in her spleen. After ordering additional tests, Dr. Martin decides to perform an endoscopy to get a better look at Kaileigh's spleen. Here we learn that an endoscopy is a non-surgical procedure that uses a flexible tube-like camera to examine the patient's digestive tract. After the endoscopy reveals minor inflammation, Dr. Martin recommends Kaileigh stay at the clinic overnight for further monitoring. Finally, a young kitten named Loki is brought into the emergency clinic suffering from a heart murmur. Dr. Williams, the clinic's cardiologist, performs an ultrasound to determine the extent of Loki's heart defect. Dr. Williams confirms that Loki is suffering from a rare condition known as ventricular septal defect, which means the cat has a hole in its heart. Dr. Williams determines that the defect will not affect the cat's health and that Loki should live a long, happy life.

[Educational Message: Veterinarians dedicate their lives to helping both animals and their owners. In this episode, we see the compassion of veterinary professionals as they are determined to find ways to treat their patients. We all need to find ways to show more caring and kindness to others in our daily lives.]

Airdate: 3/23/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

NEW MEMORIES FROM AN OLD GAME [HOC312]

We hear U.S. rugby player Junior Waqavesi discuss his dreams of competing in the 2020 Olympics and how it takes more than size and strength to become the best. Rugby was invented in 1823 during a soccer game when a player picked up the ball and ran with it; the first international rugby game was played between England and Scotland in 1871. Next, we learn how race car driver Joey Logano is impacting the lives of sick children who have a love for Nascar by including them in the raceday action and giving them unforgettable experiences. Then, we hear junior golfer Allyn Stephens's story about the devastation she and her family experienced during and after Hurricane Harvey; and we learn how golf helped her adjust to moving to a new community, going to a new school, and making new friends. Hurricane Harvey was a category 4 hurricane when it made landfall, making it one of the biggest storms to ever hit the United States.

Lastly, we hear how golfer Freddie Jacobson's son, Max, bravely faced the possibility of losing his ability to play sports after being diagnosed with a rare heart condition that was only fixable with a risky surgery. The first successful open heart surgery without complications is attributed to Dr. Ludwig Rehn in 1896.

[Educational Message: Will and determination are just as important as talent in order to succeed or overcome adversity. Viewers learn about the history of rugby, the importance of giving back to those experiencing hardships, and how to adjust to big changes.]

Airdate: 3/30/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

JEWEL OF RUSSIA [VJG309]

Host Josh Garcia sails to St. Petersburg, Russia, and immerses himself in the local culture. After a brief ballet lesson before heading ashore, he meets with a local guide to learn about the famous and historic architecture of St. Petersburg. In Palace Square, Josh observes the Winter Palace, a white and pale green palace constructed in the Baroque style from 1754 to 1762. Ruled by czars, Russia was an absolute monarchy for nearly 350 years. Josh hops on a boat in the Moyka River with his guide to explore some canals that flow through the oldest part of the city. There are over 70 rivers and canals in St. Petersburg. Then, Josh attends a warm-up session with professional ballet dancers from the Mikhailovsky Ballet. Professional ballet dancers often train and rehearse six days a week. It takes an average of eight to ten years of training to become a professional ballet dancer. After breaking a sweat, Josh gets to watch their performance of *Le Corsaire* from the wings. Finally, for a lesson in history and exquisite craftsmanship, Josh tours the Fabergé Museum where he learns all about the czars' rare and precious gifts to their loved ones. Peter Carl Fabergé was a jeweler for the czars who, along with a skilled team, produced the Fabergé Imperial Eggs from 1885 to 1916. Only 43 of the original Fabergé Imperial Eggs are known to exist in the world today. The czars wanted these eggs as gifts for Easter, in accordance with a Russian Orthodox Easter tradition. Alexander III of Russia was the first to commission a Fabergé Imperial Egg as a gift for his wife. This was the first in a series of jeweled Fabergé eggs called Hen Eggs, a three-piece egg that contains a white enameled egg containing a golden yolk that contains a golden hen figurine.

[Educational Message: Although ballet dancers can appear to dance with great ease, this dance is anything but easy. The athleticism and stamina ballet dancers possess comes from decades of hard work and practice, and it's that strength that makes incredibly difficult positions and motions seem effortless to the audience.]

Airdate: 3/30/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CARIBBEAN [EDD105]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to the Caribbean Islands. We'll discover that the Caribbean Islands are a string of more than 7,000 islands between North America and South America. First up, we'll learn about the violent beginnings of the Caribbean Islands, and how volcanic eruptions shaped the land many years ago. We'll witness how the fertile volcanic soil on the islands soon created lush, tropical forests full of wildlife. Next, we'll learn more about the leatherback sea turtles that call

the Caribbean home. The largest of all sea turtle species, we'll discover that the leatherback can grow to roughly six feet in length and weigh as much as a small car. Next, we'll learn how sunken ships get a second life as man-made reefs for numerous species of coral and marine life. We'll also discover how the Caribbean Islands are located in "Hurricane Alley," making this region more vulnerable to powerful natural events. We'll find out where the animals retreat to when they are caught up in the storms, and how they rebuild once the weather passes. Next, we'll meet the National Bird of Trinidad, the scarlet ibis, and find out where their unique color comes from. Here we'll learn that the scarlet ibis gets its unique color from its diet, which consists primarily of crabs rich in the pigment, carotene. We'll discover that the scarlet ibis is actually born with grey feathers, earning its flashy red color over time. Finally, we'll learn about the hummingbirds that are found throughout the Caribbean Islands. We'll discover that their hearts work like an engine, beating up to five hundred times per minute. To keep their energy up, they need to feed constantly. Always on the move, we'll learn that hummingbirds will consume almost three times their body weight every day.

[Educational Message: A habitat of extreme climates and conditions requires clever adaptation and determination for survival. We should always respect and appreciate the beauty and power of nature.]

Airdate: 3/30/2019

Time:

Duration: 30:00

CONSUMER 101

SENSING DANGER [CNR111]

Host Jack Rico, along with the experts at the testing labs, teach us how to protect our wireless routers from hackers, show us how to keep our cool when hydroplaning on the road, and how to go grocery shopping like a scientist. First up, we'll learn about how wireless routers work and how we can protect our personal information from potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access. Next, we'll be learning about hydroplaning and how experts test tires for hydroplaning resistance. We'll first learn how tires are designed to evacuate water when driving on wet surfaces, but we discover that when traveling at higher speeds in heavy rain, the tires can lift off the road and cause your car to lose control. On a controlled test track, Jack will test the hydroplaning effects of tires at various speeds and show us how to best react when in a similar situation. Finally, we'll go to a local grocery store where we'll learn how to shop like a scientist. We'll discover why it's important to disinfect grocery carts before you shop, as research has shown that E. coli and other bacteria can be found on shopping carts. Also, we'll learn why it's a good idea to shop for your items in a specific order. We learn it's best that you buy your dry goods first, followed by frozen foods second, and fresh items like fish and meat last.

[Educational Message: In this episode, we learned about the importance of protecting your personal information. We learn that wireless routers are the gateway to our personal information. Changing passwords, updating firmware, and disabling remote access on your router can help prevent hackers from stealing your information.]

Airdate: 3/30/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BOTANY IN THE BIG CITY [NDS309]

Host Danny Seo transforms carrots, zucchini, squash, and cucumbers into vegetable ribbons topped with yogurt ranch dressing to create a healthy alternative to pasta. Beta Carotene gives carrots their orange color and is converted into vitamin A in the body, and cucumbers consist of 95% water, making them a hydrating food. Next, Danny joins a botanist to explore nature in the city and uses botanical souvenirs for leafy screen printing. Botany is the broad scientific study of plants, from the smallest bacteria to giant sequoias. Screen printing dates back to China's Song Dynasty when it was used for making currency. Then, Danny creates do-it-yourself bath fizzies that turn bath time into a feast for the senses by using ingredients such as coconut oil, essential oils, baking soda and epsom salt. The inventor of fizzing bath products was inspired by the bubbling action of antacid tablets. Lastly, Danny shares tips on how to upcycle more life into a well-worn wardrobe by using household items to solve common problems, such as polishing shoes using banana peels or repairing frayed strings on loose buttons using clear nail polish. The main ingredient in shoe polish is potassium, which is also found in bananas.

[Educational Message: Ribbonizing vegetables creates long, thin vegetable slices that look like noodles, allowing the opportunity to get creative by making healthy versions of pasta dishes using vegetables instead. You don't have to get out of the city to be inspired by nature-- something as simple as a leaf can be used to create an expressive piece of art. Using household items, you can save money by creating something instead of buying it or finding an alternative solution to solve common problems.]

Airdate: 3/30/2019

Time:

Duration: 30:00

VETS SAVING PETS

NEW BEGINNINGS [VSP116]

Today on Vets Saving Pets, a chocolate Labrador suffers a knee injury, a litter of puppies are having their hearing tested, and a neglected dog is fighting his way back to health. First up, a chocolate Labrador named King has arrived at the clinic after injuring his knee when slipping on a patch of ice. Dr. Boyd, the clinic's surgeon, has diagnosed King with fragmented coronoid process, which means he has small fragments of bone floating in his elbows. Dr. Boyd will first insert a small camera into King's elbow to confirm the diagnosis and then perform surgery to remove the bone fragments. Next, a dog breeder arrives at the clinic to have hearing tests performed on her litter of Havanese puppies. Dr. Cochrane, a neurologist at the clinic, will be administering a brain stem auditory evoked response test to confirm the puppies don't suffer from deafness. This test is performed by placing electrodes in the scalp of the patients to test how their brains process the sounds they hear. Finally, a heartbreaking case of neglect comes to the emergency clinic. Rocky, an unknown breed of dog, has developed a severe skin infection due to demodex mites. Here we learn how demodex mites cause the skin infection known as "mange" in animals. Dr. Bryer, head emergency vet at the clinic, is leading the recovery process for Rocky by providing medication and daily bathing. Through the dedication and compassion of the veterinary staff, Rocky's condition quickly improves and he soon finds a new, loving home.

[Educational Message: We must always treat all animals with compassion and respect. Veterinarians are here to help but we need to do our part to protect animals, too. Caring for pets and other animals can be a rewarding career path.]

Airdate: 3/30/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BETTER IN THE LONG RUN [HOC313]

We learn how cyclist Lawson Craddock overcame a painfully disappointing first Tour de France and a broken scapula to raise money for his hometown of Houston and to rebuild his home racing track after it was devastated by Hurricane Harvey. The Tour de France is a 3-week race that ends in Paris and has competitors from all over the world. Next, we meet with amateur golfer Albane Valenzuela, whose temperament on the course can be credited to Alexis, her caddy and little brother, who was diagnosed with autism at the age of 2. Albane explains how her brother inspires her to stay positive and never give up. The symptoms of autism vary from person to person, and no two people with autism are alike. Then, we hear golfer Bryson Dechambeau share the story of his dad's kidney transplant and how it has inspired him on and off the course. The first successful kidney transplant was in 1954 in Boston. Lastly, 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; and the word Triathlon comes from the Greek word "treis" (three) and "athlos" (sports).

[Educational Message: Don't let doubt from others prevent you from trying--determination will render positive results, whether it be in or outside of sports. Viewers learn about what it takes to become a professional cyclist, what it takes to play women's college golf, the importance of staying positive when faced with adversity, and about the history of the women's triathlon.]

For 1st Quarter 2019
January 1, 2019 – March 31, 2019

THERE WAS NO OTHER PROGRAMMING FOR THE 1st Quarter of 2019 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

2nd QUARTER 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
April 1, 2019 – June 30, 2019

In the 2nd Quarter of 2019, NBC plans to continue 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 or narrated 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.

1st Quarter 2019 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JANUARY 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190105	VOYAGER	10:27:45 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190105	NATURALLY	11:57:17 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190105	VETS SAVING PETS	12:26:39 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190112	CHAMPION WITHIN	9:53:14 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190112	EARTH ODYSSEY	10:55:34 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190112	CONSUMER 101	11:25:11 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190112	VETS SAVING PETS	12:25:05 PM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190119	CHAMPION WITHIN	9:54:08 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190119	VOYAGER	10:27:13 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190119	CONSUMER 101	11:24:28 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190119	NATURALLY	11:57:24 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190126	VOYAGER	10:25:42 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190126	EARTH ODYSSEY	10:54:50 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190126	NATURALLY	11:57:28 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20190126	VETS SAVING PETS	12:24:42 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE

NETWORK PUBLIC SERVICE SCHEDULE FEBRUARY 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190202	VOYAGER	10:28:08 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190202	CONSUMER 101	11:25:45 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190202	VETS SAVING PETS	12:26:11 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190209	VOYAGER	10:27:51 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190209	CONSUMER 101	11:24:48 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190209	VETS SAVING PETS	12:24:02 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190216	VOYAGER	10:26:43 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190216	CONSUMER 101	11:26:31 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190216	VETS SAVING PETS	12:26:23 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190223	CHAMPION WITHIN	9:54:53 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190223	EARTH ODYSSEY	10:56:19 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190223	NATURALLY	11:57:27 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE

NETWORK PUBLIC SERVICE SCHEDULE MARCH 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190302	EARTH ODYSSEY	10:54:39 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190302	NATURALLY	11:57:10 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190302	CHAMPION WITHIN	12:54:08 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190309	VOYAGER	10:27:43 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190309	CONSUMER 101	11:25:06 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190309	VETS SAVING PETS	12:26:47 PM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20190316	VETS SAVING PETS	9:25:05 AM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES
20190323	CONSUMER 101	11:28:04 AM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES

NBC NETWORK NON-BROADCAST EFFORTS

January - March, 2019

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.