

October 2, 2018

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 3rd quarter of 2018. The report includes information that will be helpful in preparing FCC Form 398. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

1. Educational Objectives and Show Summaries: **The More You Know** both for programs broadcast in the 3rd quarter of 2018 and those planned for the 4th quarter of 2018.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. To assist stations with the preemption report section of FCC Form 398, we have added specific episode numbers. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under, but is not specifically designed to meet the educational and informational needs of children.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 3rd quarter of 2018 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

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

Karen Peled
NBCUniversal Media, LLC
Sr. Contracts Counsel, NBC Broadcasting, Affiliate Relations
(212) 664-6858
karen.peled@nbcuni.com

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.*

3rd QUARTER 2018
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
July 1, 2018 – September 30, 2018

In the 3rd Quarter of 2018, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

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

WILDERNESS VET

Wilderness Vet is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Wilderness Vet follows veterinarian Dr. Michelle Oakley, and features compelling stories from one of the most rugged areas on the planet, the Yukon. Dr. Oakley travels to homes, farms, and wildlife preserves across the Yukon to help animals in need, while balancing life at her

home clinic. Providing a glimpse into a fascinating career choice, Wilderness Vet will show viewers the hard work and dedication involved in the rescue and rehabilitation of animals, while imparting tips to help keep all furry friends healthy.

JOURNEY WITH DYLAN DREYER

Journey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Journey with Dylan Dreyer is a wondrous celebration of nature. Hosted by meteorologist Dylan Dreyer, this series features breathtaking cinematography that will bring viewers up-close and personal with creatures big and small, from the black bears of Montana to polar bears in the Arctic. Audiences will have a unique platform to see animals living in their natural habitat, and will learn about the circle of life along the way. Journey with Dylan Dreyer also explores natural wonders of the world, including the migration of 1.5 million animals traveling over 500 miles across the Serengeti in Tanzania and Kenya. Viewers will uncover these amazing facts of nature, and learn why it's so important to protect Earth's natural resources and all its inhabitants.

NATURALLY, DANNY SEO

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

HEALTH + HAPPINESS

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

THE CHAMPION WITHIN

The Champion Within is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. The Champion Within features the powerful and inspiring stories that exemplify what it really means to be a true champion. Hosted by Lauren Thompson, the series introduces viewers to people who have overcome obstacles while leading transcendent moments from the world of sports. From beating the odds to play the game they love, to giving back to the communities that

supported them, the featured athletes will share their own stories and personal triumphs. Viewers will learn the value of good sportsmanship, and the dedication it takes to excel at the highest level. Win or lose, The Champion Within proves that a champion is not only defined by their speed, strength, and agility, but by their grit, resiliency, and heart.

4th QUARTER 2018
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2018 – December 31, 2018

In the 4th Quarter of 2018, 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. There will be two new series joining the lineup beginning October 1, 2018. *Vets Saving Pets* will replace *Wilderness Vet*, and a second weekly episode of *Vets Saving Pets* will replace *Health + Happiness*. *Consumer 101* will replace *Journey with Dylan Dreyer*.

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.

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.

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.

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]
July 1, 2018 – September 30, 2018**

Airdate: 7/7/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

OLYMPIC-SIZED ADVENTURE [VJG215]

Host Josh Garcia sails to Athens, Greece to explore this ancient capital city. Athens is named after Athena, the Greek goddess of wisdom and courage. Dating back more than 3,000 years, Athens is one of the oldest cities in the world. Upon arriving, he learns how traditional prayer beads have been transformed into a popular part of Greek culture, known as worry beads. Called Komboloi, translating to mean knots in a line, these traditional prayer beads originated from knotted prayer ropes used in monasteries. Although now, these are not exclusively religious, they are used to ease worry or stress. Then, he travels to the countryside and makes a signature Greek dish using vegetables from the land. Moussaka is an eggplant dish that originated in the Middle East, and is popular in Greek cuisine. Mezze are small dishes in Greek cuisine that are meant to be shared by a group, including dishes like tzatziki, hummus, and eggplant salad. Josh's final excursion is a once-in-a-lifetime event as he meets an Olympian who teaches him to throw the javelin like a world-class athlete. At the site of the 2004 Olympic Games, Josh learns the basics of some track and field events. The Olympic Games were held every four years, and in antiquity this period was used by Greeks as a unit of time measurement.

[Educational Message: Visiting an ancient city that has been historically maintained while updated in some ways for modernity, can be an incredible experience, and in some ways can feel like a trip back in time.]

Airdate: 7/7/2018

Time:

Duration: 30:00

WILDERNESS VET

DANGEROUS JOBS [WDV215]

As a wildlife vet, not every appointment happens in the safety of an office, and sometimes heading into the patient's world is the only option. For Dr. Oakley, who handles everything from feisty musk oxen to grumpy bears, every exam becomes a risky procedure. First, Dr. Oakley and her family are heading to a horse ranch to assist in locating a group of missing horses. Dr. Oakley and the team will have to use a combination of all-terrain vehicles and an airplane to try and spot the wayward horses. Once successfully captured, Dr. Oakley will need to perform a surgical procedure on one of the horses in order to treat a hernia. Next, Dr. Oakley is visiting the Yukon Wildlife Preserve to check on an ailing musk ox. Record setting high temperatures in the Yukon area are giving the musk ox heat stress. Heat stress, or hyperthermia, is a condition that will quickly become dangerous for an animal that's meant to live in sub-zero temperatures. Dr. Oakley will have to race against the clock to help treat the musk ox successfully. Finally, Dr. Oakley is visiting a black bear in need of an examination before it's moved to a new enclosure. Dr. Oakley and her team work together to safely sedate and extricate the bear for its health exam and eventual relocation.

[Educational Message: We must always strive to get out of our comfort zones. When we push ourselves to take risks, we can find new opportunities for success.]

Airdate: 7/7/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURES IN ICELAND [JDD224]

Join host Dylan Dreyer on an adventure to the edge of the arctic circle to explore the wonders of Iceland. We'll learn about the first communities who left Europe behind to make this unforgiving land their home. We'll visit new landscapes bubbling, changing and growing before our very eyes, and discover the modern challenges that threaten this ancient island nation. First up, we'll learn how Iceland was first settled in the 9th century by Vikings from Norway. The area was soon after settled by Celtic monks and Scots, who arrived from old Europe in the 10th century to create a new way of life and a new form of government. Fast forward a thousand years later, we'll learn how Iceland became the first country to elect a female head of state in 1980. Next, we'll discover how there are two elements that have always characterized Iceland's landscape, fire and ice. We'll learn that huge volcanic eruptions frequently occur underground, and how most of Iceland runs on renewable energy such as geothermal and hydroelectric power. From a geological perspective, Iceland, at just 10-15 million years of age, is one of the youngest regions on Earth. Next, we'll learn how Iceland is home to more than 800 hot springs and how these natural bath tubs are found all over the island. Next, we'll learn about some of the modern challenges facing Iceland. Despite generally having an ecological approach, Iceland is more wasteful than almost every other country on Earth. Per capita, only the U.S. consumes more electricity and owns more cars than Iceland. Finally, we'll learn that for decades, Iceland's economy has relied on fish export. In recent years, however, tourism has overtaken it as the most important export industry as Iceland receives over 1 million visitors every year.

[Educational Message: Even at 15 million years old, the island of Iceland is still changing and growing. As more people visit the nation and the economy continues to shift, the future looks bright. The people of Iceland will find a way to survive here for generations to come.]

Airdate: 7/7/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

VEESTRO [NDS215]

Host Danny Seo visits a chef that started a plant-based meal service to help people with busy schedules eat healthier, and he learns how to make vegetable empanadas. Empanadas, which originated in a northwest region of Spain, can be baked or fried and are made by folding dough over a stuffing. Next, Danny creates a yogurt strawberry oat mask with bentonite clay. Strawberries are rich in vitamin C, oats help exfoliate, honey is an antioxidant that can reduce inflammation, and organic yogurt can help even skin tone. Bentonite clay, a detoxifier, is made from volcanic ash and contains iron, sodium, and calcium. Then, Danny makes kulfi pops using just three ingredients--sweetened condensed milk, evaporated milk, and regular milk. Kulfi is a frozen dairy-based dessert from India, and it's creamier and denser than ice cream. Then, Danny teaches a scientific way to repurpose nail polish by adding a few drops to hot water and dipping items on the surface to create colorful, marbled accessories. Nail polish contains a petroleum-based solvent, like oil, which is lighter than water; and it will adhere to non-porous surfaces like porcelain, glass and metal.

[Educational Message: Trying new recipes is a fun way to learn about different cultures. Items you have in your kitchen can also be used to benefit your skin. Old nail polish doesn't have to be thrown out-- it can be used to create art. The combination of two simple materials, like nail polish and hot water, can result in a beautiful reaction, allowing you to decorate accessories in a unique way.]

Airdate: 7/7/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

SHOULD I GO GLUTEN-FREE? [HHM109]

Hosts Joy Bauer and Vivien Williams learn all about gluten, and who should go gluten-free. Gluten is a protein found in certain grains that helps breads and baked goods hold their shape. Wheat and gluten have been around for thousands of years, and some would say that Western civilization is based on the cultivation of wheat. Celiac disease is a condition that's triggered by gluten; this disease damages the small intestine, and people who have it suffer from certain symptoms because their body can't absorb certain nutrients. If you don't have the disease, you can cut back on gluten if you want to, but it's important to make sure you're getting enough essential nutrients. Then, Joy breaks down how to cook quinoa, a naturally gluten-free seed that is a complete protein containing all nine essential amino acids. Quinoa is native to South America where it has been a staple for hundreds of years. Then, Vivien explains why you shouldn't clean your inner ears. Ear wax protects your inner ear by catching dirt and dust particles. When new skin grows in your ear or you chew something, wax naturally works its way out of your ears. If you have any prolonged irritation or discomfort, don't dig in, and instead consult your healthcare provider. Finally, Joy shares a recipe for a different take on a chicken caesar salad wrap that incorporates avocado and whole grains. Avocados are rich in potassium and contain more of this valuable nutrient than bananas. Whole grains contain more dietary fiber than their counterparts.

[Educational Message: Take the time to think about how you react to obstacles. For example, it might help to imagine yourself encountering strong winds while sailing. Rather than fighting the wind, adjusting your sails to keep moving forward can be a helpful tool. Shifting your perspective when faced with an obstacle often results in a positive outcome.]

Airdate: 7/7/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SUPPORT SYSTEMS [HOC214]

Professional golfers share how each victory or defeat can be attributed to the efforts of an entire team, consisting of roles such as a caddy, sports agent, swing coach and sports psychologist. Caddies help with reading greens, club selection, and knowing the conditions of the course; and a sports agent is a legal representative for athletes who negotiates employment and endorsement contracts. Next, we see how an adaptive ice-skating program in Jefferson City, Missouri, which is the state capital, helps children with special needs unite with family and friends. Ice skating is used in several different competitive sports, including figure skating, speed skating and ice hockey. Then, the father of PGA Tour pro, Adam Scott, discusses the ups and downs of his son's golf career and Scott's long-anticipated win at The Masters, which is the only major championship held each year at the same location. The Masters was coined by Augusta National chairman Clifford Roberts in 1938. Lastly, we travel to South America, where 8-year-old Nicole Foronda aspires to be an Olympian in BMX racing, a type of off-road bicycle racing on dirt tracks with various jumps. Colombia is the only country in South America that has a coastline on both the Pacific Ocean and the Caribbean Sea.

[Educational Message: Surrounding yourself with a support system that challenges and motivates you can be instrumental in achieving your goal. Viewers learn about the evolution of the modern golf

team and steps to take to become a sports agent, how sports can help people improve socialization, and skills needed to become a BMX racer.]

Airdate: 7/14/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

UN-BELIZE-ABLE! [VJG216]

Host Josh Garcia is ashore in Belize, and he kicks off his day with a local chef who teaches him how to make a traditional Belizean stew using unique culinary tools native to the country. Using a hana, a traditional mortar and pestle, they make hudut, mashed plantains customarily served with Belizean coconut stew, made with coconut, herbs, and fish. Next, he ventures into the jungle and discovers Mayan ruins that date back more than 3,000 years. The High Temple at Lamanai reaches a height of 108 feet from the plaza floor. The Maya built their temples to house their deities and bury their kings. The name Lamanai was recorded by the Spanish in the 16th century. The structure goes back as far as 100 B.C, but the beginning of the city goes back as far as 1,500 BC. Lamanai is the longest continually-occupied site in Mesoamerica. Finally, Josh enjoys a breathtaking underwater adventure swimming with sharks. The Hol Chan Marine Reserve was established in 1987, and is a protected area for nurse sharks and other wildlife. Nurse sharks have teeth set further back, so they eat with a sucking motion. Nurse sharks are important to the fragile marine ecosystem and reefs.

[Educational Message: Venturing safely into the wild to witness the majesty of creatures in their natural habitat can be both an educational and also an enlightening experience, and can leave you in wonderment.]

Airdate: 7/14/2018

Time:

Duration: 30:00

WILDERNESS VET

TINY HEARTS [WDV216]

In the Yukon, large animals aren't the only ones that require Dr. Oakley's expertise, little creatures depend on her as well. But don't let their size fool you because these tiny patients tend to have the largest personalities. First, Dr. Oakley visits a bald eagle for its annual checkup. After carefully restraining the eagle, Dr. Oakley notices that there is some abnormal wear and inflammation in the raptor's foot. Dr. Oakley thoroughly cleans the eagle's feet and utilizes a moisturizer and antibiotics to help heal the injured foot. Next, Dr. Oakley visits with a puppy named Dixie who may be suffering canine parvovirus, a highly contagious infection. Dixie will be prescribed an antibiotic and be isolated from all other animals while she recovers. Next, Dr. Oakley visits with Maggie, an Australian shepherd suffering from a severe laceration on her paw. Although a difficult injury to treat, Dr. Oakley thoroughly cleans the area and applies stitches to close the wound. Finally, Dr. Oakley visits a rescued pet tropical parrot named Buzz that was previously kept under poor conditions. Dr. Oakley performs a physical exam and discovers that Buzz is actually a wild caught parrot that is at least 25 years old. Because Buzz did not grow up in the wild, he will remain in human care.

[Educational Message: We are always faced with obstacles in life, big or small. We must face all challenges with the same effort and enthusiasm in order to overcome.]

Airdate: 7/14/2018

Time:

Duration: 30:00

**JOURNEY WITH DYLAN DREYER
AROUND THE WORLD [JDD225]**

Join host Dylan Dreyer on an epic journey across the globe to experience natural wonders of the world. We'll begin on the ancient Galapagos Islands and come face-to-face with the only lizards who swim in the ocean. We'll travel to remote islands off the coast of Mexico, and explore the wild lands of western Europe. First up, we'll journey to the Galapagos Islands to learn more about the land iguanas that washed up on shore around the same time the islands were formed. Some iguanas went inland, and others adapted to life on shore. We'll learn that what makes the Galapagos marine iguana truly unique is that it's the world's only seagoing lizard. Next, we'll travel to the Sea of Cortez, which is located between the Baja California peninsula and the Mexican mainland. Here we'll learn more about the mighty cardon, a species of cactus that can live for hundreds of years and grow as tall as sixty feet. We'll discover more about the cardon's symbiotic relationship with native pallid bats and how both organisms depend on each other for survival. Next, we'll meet the dolphins that inhabit the Sea of Cortez and learn how they prefer more shallow, coastal waters in order to find food. We'll also discover that the closest living land-relative to dolphins is the hippopotamus. Next, we'll journey on an exploration of one of the oldest and most beautiful cities in Germany: Cologne. We'll learn more about the native bird species of Cologne such as the mighty swan and we'll also learn about the non-native species. Non-native birds like the Egyptian goose or parakeet established themselves in Cologne after their ancestors escaped from local zoos. Finally, we'll discover more about the world's largest fish, the whale shark. We'll learn that the whale shark can average thirty feet in length, weigh as much as 20,000 pounds, and lives up to 70 years of age.

[Educational Message: From the Galapagos Islands, to the rivers of Europe, to the deserts of Central America, our world is filled with amazing species that deserve our protection. Our world is a beautiful place and we should strive to keep it that way.]

Airdate: 7/14/2018

Time:

Duration: 30:00

**NATURALLY, DANNY SEO
CHLOE DAO [NDS216]**

Host Danny Seo travels to Houston to visit fashion designer Chloe Dao and learns how to macramé using leftover fabric. Macramé is the art of tying knots to create designs, and it is believed to have originated with Arab weavers in the 13th century. In the 19th century, sailors helped spread the art of macramé by making macramé hammocks and belts, calling the process "square-knotting," and bartering or selling their creations at various ports. Next, Danny makes a peel-off charcoal mask using egg whites, activated charcoal and gelatin. Egg whites help tighten pores and are high in protein, which absorbs oil; and activated charcoal helps detoxify skin and is made from wood, coal or other substances that have been processed at high temperatures. Then, Danny prepares two different meals featuring yogurt. A typical serving of yogurt has a few billion "good" bacteria, which can aid in digestion; and when yogurt is frozen, the cultures become dormant, but once ingested, they become active again. Then, Danny makes wooden letters using twigs found outside and butyl. Even in extreme weather, butyl retains elasticity and adhesion; one of the first uses of butyl rubber was to make tire inner tubes.

[Educational Message: Macramé is a creative, easy way to make one-of-a-kind pieces, such as fashion accessories and art, while also practicing an ancient technique. Instead of spending money on a charcoal mask at the store, you can make one at home with just three ingredients that provide benefits for your skin. You can do more with yogurt than just eating it as-is, it can be used to enhance a recipe as a substitute for milk that provides more flavor. You can create personalized art using something you see everyday and wouldn't expect, like sticks found in your own backyard.]

Airdate: 7/14/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

POSITIVE PET BENEFITS [HHM110]

Hosts Joy Bauer and Vivien Williams learn about the positive benefits of owning a pet. First, Vivien explains that many people love pets, and the numbers prove it. Nearly forty-five percent of US households have a dog, and nearly a third have a cat. Pets do a lot more for your health and happiness than just making you smile. When you pet a cat or groom a horse, there's a surge of feel good hormones that's measurable. Pets also get you moving and can improve your mood during challenging times. Then, Joy explains why pets can even lead to better health for our older loved ones. You can help out your own elderly relatives with their pets, and it can be a great way to connect with your family. You can even volunteer to help out other seniors with their pets, and give back to the community. Pets provide everyone a routine and someone to care for. Then, Vivien breaks down what synovial fluid is and what it has to do with cracking your knuckles. Synovial fluid is the oil that lubricates the machine that is your body, and it allows your joints to move smoothly. The sound that we call cracking in our joints is actually the bursting of bubbles of synovial fluid. Then, Joy introduces flaxseed and how it can be used in everyday meals. Flaxseed is a stellar source of the plant based form of omega-3 fatty acids. Flaxseeds have been eaten for 6,000 years, making them one of the world's original superfoods. When flaxseed is ground, it's easier for our bodies to digest the nutrients. Finally, Joy offers an alternate take on a breakfast classic.

[Educational Message: Step outside your comfort zone, and challenge yourself to take on a new hobby, project, or friendship. When you become comfortable with discomfort, often that's where you can learn something new.]

Airdate: 7/14/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SEASONS OF CHANGE [HOC215]

We see how Nascar driver Jimmie Johnson makes a difference off the track by providing educational grants to schools in need, and students share how those grants have helped foster their desire to pursue specific career paths by providing them with resources they otherwise would not have access to. Next, Justin Thomas shares the influence his father has had on his golf career by encouraging his love for the sport and teaching him the importance of practice. A driving range is an area where golfers can practice their golf swing; some driving ranges use golf balls, referred to as range balls, that may differ significantly from those used on the golf course. Then, we meet a family that breeds and trains horses for The Kentucky Derby, held each year at Churchill Downs, which opened in 1875 in Louisville, Kentucky. Many horse breeders have

college degrees in fields such as animal science and equine science. Lastly, we meet three sisters adopted from different parts of the world and learn how their love for golf has connected them. The Adoption of Children Act, enacted in 1851 in Massachusetts, is widely considered the first modern adoption law.

[Educational Message: The impact made by helping those less fortunate can be greater than that of winning. Viewers learn about the importance of helping others, educational programs that teach about engineering and industrial design, steps to take to become a professional golfer, and how to become involved with training horses.]

Airdate: 7/21/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ASIAN ADVENTURE [VJG217]

Josh rereads some of his favorite journal entries from his thrilling tour of Asia. In Ho Chi Minh City, Vietnam, he ventures into the lush rice fields, learning first-hand about the country's most important crop. He learns to harvest rice by hand one grain at a time, and realizes that rice harvesting isn't easy and requires much time and careful work, spanning across about three cropping seasons per year. In Shanghai, China, Josh discovers the city's hottest specialty, little pillows of joy called soup dumplings. Soup dumplings are typically filled with pork, shrimp, or crab, and this dish dates back to the 1800s in a town outside of Shanghai. Meat is steamed inside a pocket of thin, dumpling dough, locking in the broth. Dumplings are shaped through a technique called pleating. Finally, in Taipei, Taiwan he explores a majestic tea farm high above the city and learns how to make Taipei's celebrated elixir, Oriental Beauty. The process of harvesting tea begins by picking specific portions of the plant and then the leaves are left out in the sun to wither to remove any excess water and prepare the leaves for oxidation. Then the tea leaves are roasted, folded, and rolled to release the tea's natural flavors and aromas.

[Educational Message: Paying attention to small details can have great reward, whether that's the meticulous details in a time and labor intensive process or appreciating the small things in life.]

Airdate: 7/21/2018

Time:

Duration: 30:00

WILDERNESS VET

OH DEER! [WDV217]

With so many species of deer roaming the Yukon, no two encounters are ever the same. But whatever size, age, or color - these creatures can always rely on Dr. Oakley to be there when they need her. First up, Dr. Oakley is visiting a local farm to check on a young reindeer with a serious injury. After sedating the patient, Dr. Oakley discovers the reindeer has a fractured leg and a massive infection. For this nasty injury to fully heal, it will take some time, antibiotics, and plenty of rest. Next, Dr. Oakley is heading to the Alaska Wildlife Conservation Center to test a herd of elk before they are released to the wild. To test these animals for diseases, Dr. Oakley will need to sedate the elk, and collect blood samples. Dr. Oakley will be checking for adenovirus, a disease that can turn fatal quickly, and is extremely contagious. Next up, Dr. Oakley is checking in on an orphaned moose calf suffering from a broken leg. Due to the weakened condition of the animal, Dr. Oakley will provide I.V. fluids and pain relief to help treat the ailing moose calf. Finally, Dr. Oakley heads out to a local farm to check in on a newborn reindeer calf that may be suffering from

conjunctivitis. However, after a quick examination, Dr. Oakley discovers that the calf actually has entropion, a medical condition in which the eyelid folds inward. Luckily, Dr. Oakley is joined by a group of veterinarian students, so this procedure will be an excellent teaching opportunity.

[Educational Message: Never stop learning and never stop sharing. We must constantly seek new knowledge and do our part to share it with others.]

Airdate: 7/21/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADAPT AND SURVIVE [JDD226]

Join host Dylan Dreyer for an up-close look at how some of our planet's most amazing species adapt and survive. We'll explore dark caves full of bats in the jungles of Thailand, meet a pack of wolves in the wilderness of Canada, and come face-to-face with Alligators in the swamps of Georgia. First up, we'll learn more about the Okefenokee Swamp in Georgia, and how this corner of the Earth is home to the largest most ecologically diverse wetland ecosystems on the planet. The Okefenokee Swamp is brimming with wildlife and is home to over 60 species of reptiles and at least 200 species of birds. Next, we'll meet the American Alligator, one of the oldest and most dominant predators to have ever lived. We'll learn how alligators and dinosaurs both shared common ancestors more than 220 million years ago. We'll also discover how alligators are highly sophisticated and very complex animals that are superbly adapted for their life as apex predators in wetland ecosystems. Next, we'll journey to the mountains of Yellowstone, where we'll follow a mother grey wolf that has just given birth to a litter of pups. Here we'll learn how the entire wolf pack helps with the feeding, protection, training and socialization of the pups. Next, we'll travel to the volcanic island of New-Britain off the coast of Papua New Guinea. Here we'll meet a strange prehistoric bird called a megapode, which buries its eggs in warm volcanic ash to incubate its chicks. Finally, we'll journey through Thailand's breathtaking Khao Sok National Park. Here we'll witness an incredible and dangerous treasure hunt that takes place high up the park's limestone rocks and deep within a cave. The treasure the locals are seeking is the edible Swiftlet nest. In China, these nests are a delicious delicacy and fetch a high market price. Here we learn how the Swiftlet birds construct these intricate nests from their own saliva.

[Educational Message: Nature can be unforgiving; we must always appreciate its beauty and power. We need to learn to adapt to changes in our world in order to survive.]

Airdate: 7/21/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SPILLING THE BEANS [NDS217]

Host Danny Seo travels to a factory in Indiana to learn how beans, which are a good source of iron and potassium, are produced. The process consists of soaking the beans for 18 to 22 hours; removing water by centrifugal force, which is the action of drawing a rotating body away from the center of rotation; steam blanching to remove oxygen; seasoning and canning. On average, Americans consume about 7.5 pounds of beans each year. Next, Danny makes different types of hummus using exotic ingredients, such as za'atar and preserved lemons. The word hummus means chickpeas in Arabic, and chickpeas are an excellent source of fiber, protein, iron and zinc. Za'atar is a Middle Eastern spice blend that was used for medicinal purposes

in the 12th century and can be traced back to biblical times. Preserved lemons, a Moroccan staple, have a silky texture and a mellow, citrus flavor. Then, Danny turns rocks found in the yard into marbled works of art using paint and glaze, which is a binding solution that gives decorative finishes depth and dimension. Marbleizing, originally called “ebru” or “cloud art,” began in Persia, India and Turkey in the 15th century.

[Educational Message: A nutritious food starts with the soil in which it is grown--providing nutrients like nitrogen and potassium instead of synthetic fertilizer helps ensure healthy produce. Beans contain nutrients such as iron, potassium, magnesium, folic acid and zinc. Adding an exotic ingredient to a seemingly plain recipe or applying an ancient technique to decorate a seemingly plain object is a great way to show creativity and gain insight into a different culture.]

Airdate: 7/21/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE 3-MINUTE MOISTURIZING WINDOW [HHM111]

Hosts Joy Bauer and Vivien Williams learn simple tricks to care for your skin. Vivien discovers the magic three-minute window for moisturizing. The perfect time to apply a moisturizer to your skin is directly after a shower because the skin has been cleaned and soaked. Applying a moisturizer seals in this hydration. There are three different categories of moisturizers: lotions, creams, and ointments. Lotions and creams soak into the skin while ointments sit on top of the skin. Then, Joy shares a hydrating smoothie recipe that's loaded with water and nutrient rich fruits and veggies. Strawberries and mangoes are rich in vitamin C, while Spinach is high in lutein, a carotenoid vitamin. Spinach is high in beta-carotene which is a vitamin that is thought to help slough off old skin cells and help replenish new ones. Chia seeds add omega-3 fats to this nutrient dense smoothie. Then, Vivien learns what happens when we sprain an ankle. The ankle is an impressive piece of engineering, and it carries the full weight of the body on just a few bones atop the foot. Sometimes it can buckle under all that pressure, and you suffer a sprain. The bones are held in place by ligaments, and sometimes if you twist inwards or outwards the ligaments can tear. You can reduce your risk of sprains by staying active, building strength for better foot control, and stretching before a game. Always stay focused on your footwork, especially on uneven ground. Finally, Joy shares a recipe for mac-n-cheese with a twist of added nutrition. Whole grain pasta is a great option for noodles with more dietary fiber.

[Educational Message: When it comes to your health, it doesn't matter where you start, it's where you land that matters. If you feel out of shape, don't let your current state hold you back, just take it one day at a time. Making small changes every day adds up.]

Airdate: 7/21/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SCHOOL TIES [HOC216]

We meet Catana Starks, the first African-American woman to coach a men's NCAA Division I golf team, and learn how she overcame personal and professional obstacles, eventually going on to win a championship after coaching for 18 years. Next, we travel to Bekoji, a town in central Ethiopia on the continent of Africa, to see how a teenage distance runner is preparing for the Olympics—Ethiopians currently hold Olympic records in the 5,000 meter and 10,000 meter races. Then, we follow golf superfan,

Dave Finn, who suffers from mitochondrial disease, and see the impact he has left on the golfers who have impacted his life. Mitochondrial disease is where cells fail to generate the energy needed to operate organ systems. Lastly, a 52-year old hockey coach explains his decision to go back to school to earn his degree at the University of Wisconsin, located in the state capital of Madison.

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

Airdate: 7/28/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SWEET PARADISE [VJG218]

Host Josh Garcia docks in the captivating Spanish island of Mallorca. First, Josh takes a scenic ride through the countryside on a one-of-a-kind wooden train built over a century ago. The Sollar Train has been in service since 1912 and at one time was used to transport goods and passengers from Sollar to Palma. It's a narrow gauge train which refers to the width of the track being 3 feet compared to the standard 4.5 feet. Then, at a gourmet sausage lab, he learns how to make *sobrasada*, a world-famous Mallorcan delicacy. Sobrasada has been a delicacy since the 17th century and is a combination of spices and pork meat. Once it has been filled into casings, it cures for approximately six weeks. Later, Josh visits a historic bakery where he tries his hand at creating an *ensaimada*, the island's most beloved pastry. This pastry is made with lard, a cooking fat used to make pastries crumbly in texture. Ensaimada can be made to have different flavors, both sweet and savory.

[Educational Message: Traditions can be passed down through different generations of a family, and these traditions can evolve with modernity while retaining some of the original techniques. When it comes to cooking and baking, many recipes are handed down across generations, showing how certain ingredients and techniques are preserved in history through practice.]

Airdate: 7/28/2018

Time:

Duration: 30:00

WILDERNESS VET

CLAWS, PAWS, AND HOOVES [WDV218]

Having a diverse range of clients is what Dr. Oakley loves most about her job. She can be playing with puppies one minute, out in the field with wild wolverines the next, or simply working with pigs back at her office. First up, Dr. Oakley is visited by a pet pot bellied pig suffering from eye issues. After an examination, Dr. Oakley determines that the pig's sore eyes are being caused by pressure from its growing tusks, which will be easily treatable with anti-inflammatories. Next, Dr. Oakley is heading out to an emergency call to check on a couple of dogs that had a run-in with a porcupine. To treat the patients, Dr. Oakley will have to carefully remove all of the porcupine quills. Next, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to check in on their newest arrival, a wolverine. Before moving the wolverine to its new enclosure, Dr. Oakley will be performing a castration. This procedure will ensure the healthy Alaskan population of wolverines will not be introduced to the foreign genetics of the new arrival.

Finally, Dr. Oakley is visiting a group of sled dog puppies to ensure they are healthy and able to compete in sled dog racing. Here, Dr. Oakley will perform standard physical exams while enjoying some puppy playtime in the process.

[Educational Message: We are presented with new challenges every day and we must not let ourselves be defeated. We learn more from failure than we do from success.]

Airdate: 7/28/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FIRE ANTS [JDD218]

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

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

Airdate: 7/28/18

Time:

Duration: 30:00

NATURALLY, DANNY SEO

AVOGANIC [NDS218]

Host Danny Seo visits an organic avocado tree-to-table farm to learn how organic avocados are produced and how to make avocado key lime pie. A tree-to-table supplier offers fresh produce direct from a farm without using a grocer or distributor; and being organic means alternatives to synthetic fertilizers are used, such as fish emulsion fertilizer that feeds plants and the healthy microbes that live in the soil. Next, Danny makes homemade makeup remover using two all-natural ingredients, witch hazel and jojoba oil. Witch hazel is a natural astringent derived from the leaves, bark and twigs of the witch hazel plant; and jojoba oil has moisturizing and sun-protecting effects. Then, Danny makes cauliflower cheddar bread with a healthy

twist by substituting butter with yogurt. Cauliflower has high levels of vitamins C and K. Then, Danny gives old tile and plates a new look by reglazing them. Ceramic glaze is an impervious coating that can be heat-fused to porcelain, and additional decoration applied on top of a layer of glaze is referred to as overglaze. The earliest discoveries of glazed pottery came from the 8th or 9th century BC in China, Egypt, Mesopotamia and Greece.

[Educational Message: Avocados are not only good for eating, but they also contain nutrients that can be used to make cosmetics, shampoo and dog food. Some makeup remover wipes contain parabens and alcohol, which can dry out skin; so a more natural option is to make all-natural makeup remover wipes at home with plant-based ingredients. Yogurt is a good alternative to butter that has less fat and provides more protein. Reglazing pottery is an affordable and creative way to rejuvenate old pieces without the hassle of using a kiln.]

Airdate: 7/28/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

BEST OF NUTRITION [HHM112]

Hosts Joy Bauer and Vivien Williams revisit some of their favorite tips for better daily nutrition. First, Vivien shares some tips on snacking, and suggests reaching first for fruits and veggies since they are high in fiber. If you need more fuel, she suggests reaching for snacks that contain protein like hummus, low-fat cheese, or nuts. Then, Joy has tips to boost your energy, including fueling up on meals rich in fiber and protein, avoiding added sugar, and staying active. Then, Vivien asks the question: How dirty is your kitchen sponge? Vivien learns how to keep keep your sponge clean and practice food safety at the kitchen sink. It's recommended that you keep your sponge away from meats, heat-clean your sponge, and replace it often. Then, Vivien learns how to hunt for hidden salts and sugars in condiments, sauces, dressings, granola, and other packaged foods. Added sugars are different from natural sugars. Added sugars provide sweetness and additional calories without contributing to essential nutrients, while natural sugars found in fruit and milk products are naturally occurring in those foods, and can be a part of a healthy lifestyle. Joy offers some simple swaps to cut added sugars by adding in naturally sweet ingredients, for example, instead of jelly or jam with added sugars, she uses fresh berries as a topping. Instead of reaching for a soda, grab a seltzer with an ounce of 100% fruit juice for a naturally sweet kick. Seltzer is plain water with carbonation added. It's sodium-free and may be naturally or artificially flavored. Finally, Vivien talks staying hydrated and the early signs of dehydration. For teens, it's recommended to consume between 2.3 and 3.3 liters of water each day.

[Educational Message: Making small changes each day can add up to big changes over time. Take the time to do the little things everyday that can improve your overall lifestyle, whether that's choosing fresh fruit over added sugars or staying hydrated, every little thing can make a difference for your health.]

Airdate: 7/28/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOME IMPROVEMENT [HOC217]

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

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

Airdate: 8/4/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SOUNDS OF LISBON [VJG219]

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

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

Airdate: 8/4/2018

Time:

Duration: 30:00

WILDERNESS VET

QUALITY TIME [WDV219]

Being the only wildlife vet for hundreds of miles means always being on the road, and for Dr. Oakley, that much time away from home can be difficult. So, in order to see her family, she often likes to recruit them to help out with her appointments. First up, Dr. Oakley, along with her daughters Maya and Willow, are on the way to a local ranch to see a horse in need of a neutering. This horse is being retired from breeding, so Dr. Oakley will need to anesthetize the horse and perform a castration procedure. Next, Dr. Oakley is visiting a farm with a pregnant cow that cannot give birth. Dr. Oakley will have to give the cow an internal exam to

check on the unborn calf and ensure there are no complications. Next, Dr. Oakley receives a surprise visit from her daughters and their family dog, Daisy May. Daisy May is having eye issues and will need a thorough exam to confirm whether or not she suffers from glaucoma. Dr. Oakley uses this moment to teach her daughters more about the tools used to test for glaucoma, such as a tonometer. Next, Dr. Oakley is visited by an ailing puppy that may have ingested a toxic caterpillar. After a quick exam, Dr. Oakley confirms the puppy is suffering from a case of parasitic worms and will be prescribed a de-wormer to recover. Finally, Dr. Oakley and her family take a camping trip to a very remote location in Alaska where they'll spend some quality time together as a family.

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

Airdate: 8/4/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SPAIN NORTH [JDD219]

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

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

Airdate: 8/4/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SWEET CREAMS [NDS219]

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

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

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

Airdate: 8/4/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

BEST OF “DOES A BODY GOOD” [HHM113]

Hosts Joy Bauer and Vivien Williams revisit some of their favorite tips on ways you can do good for your body, including the incredible power of pets. First, Vivien explains that many people love pets, and the numbers prove it. Nearly forty-five percent of US households have a dog, and nearly a third have a cat. Pets do a lot more for your health and happiness than just making you smile. When you pet a cat or groom a horse, there's a surge of feel good hormones that's measurable. Then, Vivien learns whether puppy kisses can make you sick. Research shows that having a pet can benefit your health in many ways, and while puppy kisses aren't inherently good for your health, they aren't necessarily bad either. Then, Joy explores the many ways young people benefit from pets in the home. Pets can contribute to self-esteem and confidence, and can encourage people to be active and spend time outdoors. Plus, caring for a pet can teach lessons in empathy. Then, Vivien explores how a few minutes of stretching can reduce your risk of injury and offers tips for safer stretching, like stopping if you feel pain. Then, Joy whips up a delicious apple cobbler oatmeal for a healthy twist on a breakfast classic. Oats are higher in protein and healthy fats than most other whole grains. She even suggests leaving the skin on your apples for this recipe for additional fiber. Then, Vivien ponders “how much is enough sleep” and reveals that sleep goals for teens is between 8-10 hours, while sleep needs vary for children under 13 years old. She even shares ways that you can increase your sleep by avoiding long naps, getting fresh air and exercise, avoiding heavy meals in the hours before bedtime, limiting exposure to light at night, and turning down the heat. Finally, Joy shares a snack that helps you sleep, and it's a banana mango parfait with mint and ricotta cheese. This calming snack is high in calcium and phosphorus.

[Educational Message: Make time for self-care each day, whether that's spending some time with your favorite pet that makes you smile, or taking the time to make sure you get enough sleep each night. These little moments can create joy in your everyday and brighten up your routine.]

Airdate: 8/4/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

DREAM TEAMS [HOC218]

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

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

Airdate: 8/11/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

BAY OF DREAMS [VJG220]

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

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

Airdate: 8/11/2018

Time:

Duration: 30:00

WILDERNESS VET

COLD CASES [WDV220]

Living in the Yukon means living amongst beautiful landscapes, amazing wildlife, and some of the harshest weather conditions in the world. Luckily, Dr. Oakley doesn't mind bundling up and heading out into the cold to help any animal that needs her. First up, Dr. Oakley and her daughter Willow are heading out to Moose Mountain to catch wild boar. Wild boars are an invasive species and can be quite destructive to the environment. The team has identified a male wild boar that they will need to capture and castrate. Next, Dr.

Oakley is joining a research project by working with a team that is tracking wild populations of wolverines in Alberta, Canada. After successfully trapping a female wolverine, Dr. Oakley will have to sedate the animal in order to attach the GPS tracking collar and collect a blood sample. Here we'll learn more about the fierce wolverine species as the team works carefully to successfully complete the procedure.

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

Airdate: 8/11/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ALLIGATORS [JDD220]

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

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

Airdate: 8/11/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

PASTA FACTORY [NDS220]

Host Danny Seo travels to Detroit to learn how Kamut pasta is made. Kamut is a whole grain, and farmers in Turkey call the grain "Camel's Tooth" because of its shape. To make pasta, the Kamut is ground into flour, mixed with dehydrated vegetables and water, squeezed through an extruder to get its shape, and then dried. Next, Danny creates a healthy alternative to risotto using sunflower seeds. By soaking sunflower seeds overnight in water, they develop a texture similar to risotto. Risotto is traditionally prepared with short-grain Arborio rice, and sunflower seeds are one of nature's highest sources of vitamin E. Then, Emily

Shuman joins Danny and shows how a reusable bag, which has a lifespan equal to that of more than 700 disposable plastic bags, can be transformed into a personalized tote by using paint and a stencil. Around 105 AD, the Chinese were the first to develop a paper-based stencil. Lastly, Danny teaches how to personalize wooden objects through the technique of wood burning. Firewriting, or “pyrography,” is the art of burning a pattern on a wood surface.

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

Airdate: 8/11/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE ABC'S OF TICK SAFETY [HHM106]

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

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

Airdate: 8/11/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

GO THE DISTANCE [HOC201]

We see how junior golfer, Maverick Steiner, overcame a bone marrow transplant and suffering from Autism Spectrum Disorder by using golf as an outlet, teaching him to be more extroverted.

Next, we see how the Chelsea Football Club, a professional soccer team in London, England, is impacting the youth of Harlem, a neighborhood in the borough of Manhattan in New York City, by introducing them to soccer to encourage leadership on and off the field. Then, we travel to TPC Sawgrass, home of the The Players Championship, to learn about the historic 17th hole. Last, we meet a family that trains horses for The Kentucky Derby, which, along with Churchill Downs and Preakness Stakes, makes up the Triple Crown of horse racing.

[Educational Message: Sports can be used as an outlet to help overcome an obstacle or learn a new skill that can be applied to everyday life. Viewers learn about Autism and how people cope with it, that lessons learned in sports can also be applied off the field, about the history of TPC Sawgrass, and what it takes to train horses to prepare for races.]

Airdate: 8/18/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TROPICAL DELIGHTS [VJG221]

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

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

Airdate: 8/18/2018

Time:

Duration: 30:00

WILDERNESS VET

FAR AND WIDE [WDV221]

The Yukon is a large place, which for a veterinarian means having clients both near and far. But Dr. Oakley is one dedicated doc and will go to extreme lengths and distances if it means helping her patients. First up, Dr. Oakley is on her way to assist with the transportation of a group of caribou to the Alaska Wildlife Center. They'll have to travel over 1,500 miles on their journey from British Columbia, so it's important to have a veterinarian on hand in case of emergencies. Only a few hours into their trip, Dr. Oakley notices a problem with one of the caribou behaving strangely. To help keep the caribou relaxed, each one of them was

given a light tranquilizer prior to the trip, this abnormal behavior could be an indication of a bad reaction. To help the ailing caribou, they'll have to give an injection to counteract the tranquilizer. After a long journey, the team arrives at their destination and all caribou are in good health. Next, Dr. Oakley is heading out to a remote farm to check on a bull calf in need of a castration. Also, Dr. Oakley will be visiting with several horses on the farm to perform dental procedures. Dr. Oakley and team will be working with Fjord horses, one of the world's oldest and purest breeds. Finally, Dr. Oakley and her family take a kayaking trip together where they get to view a group of sea lions in their natural habitat.

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

Airdate: 8/18/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD COLOGNE [JDD221]

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

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

Airdate: 8/18/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN SEED VEGAN [NDS221]

Host Danny Seo travels to Houston to visit a 100% vegetarian restaurant and learns how to put a vegetarian twist on a popular meat dish by making chicken fried cauliflower, which is in the same plant family as broccoli, cabbage and Brussels sprouts. While vegetarians typically avoid meat, poultry and fish, vegans

exclude any animal-derived ingredients. Next, Danny teaches how to make antibacterial wipes at home using old cotton t-shirts, distilled water, white vinegar, rubbing alcohol, and castile soap. Castile soap, which is made from potassium and oils, is a surfactant, meaning it tends to reduce the surface tension of a liquid in which it is dissolved. Then, Danny makes cheesecake using a unique ingredient: spirulina, which is a blue-green algae that contains over 60% protein. Lastly, Danny shows how to turn an old accessory, like a leather belt, into something new by using the technique of embossing, which is the art of creating raised patterns on the surface of leather, metal and other textiles.

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

Airdate: 8/18/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

CAN EMOJIS HELP PATIENTS AND DOCTORS? [HHM107]

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

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

Airdate: 8/18/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HISTORY IN THE MAKING [HOC202]

We see how Muslim Olympic Fencer, Ibtihaj Muhammad overcame moments of isolation because she was different and went on to become the first Muslim-American woman ever to win an Olympic medal in fencing, which is one of five activities that have been featured every modern Olympic games. Next, we meet sisters Alex and Corey Phillips who compete in world long drive, a competitive sport where success comes from driving a golf ball the farthest-- ball speeds in world long drive competitions can reach 220 mph. Then, we meet an Italian artistic gymnast who dreams of making it to the Olympics. Gymnastics was introduced at the 1896 Olympics, and women's gymnastics has four events: vault, uneven bars, balance beam, and floor exercise.

[Educational Message: Don't be afraid to get out of your comfort zone and be a trailblazer—whether you succeed or not, you can make a difference by setting an example for others. Viewers learn about the Muslim culture, the history of fencing, Long Drive competitions and how to get involved, and what it takes to train to be an Olympic gymnast.]

Airdate: 8/25/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
MONKEYING AROUND [VJG222]**

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

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

Airdate: 8/25/2018

Time:

Duration: 30:00

**WILDERNESS VET
ALWAYS ON CALL [WDV222]**

As a wildlife vet, being prepared for anything is all part of the job. First up, Dr. Oakley receives an urgent call regarding a pregnant sheep showing poor signs of health. Due to the pregnant sheep's large size, Dr. Oakley fears pregnancy toxemia is the likely cause. Overweight sheep are most at risk because there is little room for the stomach to expand and take in nourishment. Dr. Oakley performs a glucose test and a physical exam to rule out pregnancy toxemia. Next, Dr. Oakley travels to Haines, Alaska to perform vaccinations on local canines. During this visit, Dr. Oakley treats a pet Sphynx cat that has a fish hook lodged in its paw.

Next, Dr. Oakley heads to a house call to check on a goat with a suspicious lump on its face. Here we'll learn how goats were one of the first animals to be domesticated over 9,000 years ago. After a thorough examination, Dr. Oakley identifies the lump as an abscess, so she drains and flushes the growth and provides antibiotics to help the wound heal. Finally, Dr. Oakley is having a home clinic day to check up on many of the local dogs and cats in her area. Today, Dr. Oakley's daughter Sierra is assisting her mother with the checkups, which is a great opportunity for her to learn valuable veterinary skills.

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

Airdate: 8/25/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

AMAZING ANIMALS [JDD222]

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

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

Airdate: 8/25/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

MAGPIES AND PEACOCKS [NDS222]

Host Danny Seo visits a non-profit design house in Houston whose message is to be a responsible consumer. They collect unwanted textiles, diverting post-consumer textiles from landfills, and turn them over to designers to make fashion pieces. Approximately 32.4 billion pounds of textile trash are disposed of each

year in the U.S. Next, Danny teaches about different types of exotic fruits, such as horned melon and dragon fruit, and the appropriate way to consume each. Horned melon, which also goes by the name kiwano, is native to Southern Africa; and like the pomegranate, horned melon seeds are safe to eat. Dragon fruit is produced by a fruit-bearing species of cacti, native to Central and South America. Then, Danny meets a fitness coach to learn the appropriate way to use simple workout tools, like tubing and a foam roller, and the importance of stretching to relieve daily stress placed on the body-- constantly looking down at a mobile device can place up to 60 pounds of pressure on the spine. Tubing is used for resistance training, which helps strengthen the core, and a foam roller is used for myofascial release, which is the process of rolling out tight muscles and relieving tension.

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

Airdate: 8/25/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

CONCUSSION RISKS ON THE WATER [HHM108]

Hosts Joy Bauer and Vivien Williams learn how to stay safe in the sun. First, Vivien defines chronic traumatic encephalopathy, a rare condition that can result from multiple concussions. The best way to avoid it is to avoid concussions, but if you get one, it's important to get it treated promptly. Vivien shares her son's story of getting an unlikely concussion from water sports, but after six weeks of recovery, her son is happily back out on the water. Next, Joy shares that it's not just oranges that are packed with Vitamin C, but in fact a bell pepper has about twice the Vitamin C of an orange. Vitamin C stimulates collagen production in skin and can brighten your complexion. Joy shares some do-it-yourself Vitamin C rich face mask recipes using simple ingredients like avocado, oatmeal, honey, and olive oil. Then, Vivien decodes sunscreen labels and breaks down proper sunscreen use. It's recommended to make it a habit to wear sunscreen anytime you are outside, choosing SPF 15 for daily use, SPF 30 for casual outdoor use, and SPF 50 for all day use. The average sunscreen bottle will only last you 4-5 full body applications, and it's important to reapply every few hours. Next, Vivien details how to check the moles on your skin for melanoma warning signs. Asymmetry, irregular borders, color, diameter, and evolving spots are all warning signs to look out for. Then, Joy shares her unique twist on cooling summer treats. Joy offers a healthier alternative to ice pops and rocky road ice cream, and shows how to make versions loaded with fiber. She uses ripe bananas and berries to create a sweet flavor instead of adding sugar.

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

Airdate: 8/25/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
ALL IN A DAY'S WORK [HOC203]**

We see how Jordan Burroughs uses the values and hard work his parents taught him to succeed in wrestling, one of the oldest sports on Earth, dating back to 15,000-year-old cave drawings in France. Next, we meet a father who developed the Girl's Independent Golf League after seeing the need for a girl's golf team to help encourage young girls to work together and find an outlet through golf. Then, we meet a 12-year-old hockey player who created a foundation dedicated to providing support for junior sled hockey teams, which are comprised of five players and one goalkeeper. Last, we meet a long drive competitor who finds outlets with motor cross and spending time with family.

[Educational Message: Success requires sacrifice and commitment; and if you dedicate the time, you will make a difference, whether it be in your own life or the lives of others. Don't just work hard for yourself, but also for your legacy—setting an example for others and impacting the community can be greater than winning. Viewers learn ways to give back to the community, how young girls can get involved with golf, what sled hockey is, and how to balance playing two different sports without losing focus on family and friends.]

Airdate: 9/1/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
MEDIEVAL MAGIC [VJG212]**

Host Josh Garcia sails to the stunning, medieval city of Dubrovnik, Croatia. He visits a silk museum where he learns about the little creature behind one of the city's most celebrated traditions. Humans began using silk approximately 5,000 years ago, and the first production of silk started in Dubrovnik's Konavle region in the 15th century. Silk comes from the cocoons of silkworms. Silk cocoons are soaked in hot water to unwind the threads, and then it is brushed out by hand to collect this material for textiles. Next, Josh ventures into the turquoise waters of the Adriatic and discovers a seafood delicacy found only in this part of the world. The bay of Mali Ston is home to the largest oyster cultivation facilities in the Adriatic. The famous European flat oyster is cultivated here. Later, he explores the area's famous salt flats and uncovers the incredible history behind this prized commodity.

[Educational Message: Over time, different materials and resources take on new forms and uses. It's hard to believe that years ago the salt we now use to season our food was at one time used to preserve food, before electric refrigeration.]

Airdate: 9/1/2018

Time:

Duration: 30:00

**WILDERNESS VET
SEARCH PARTY [WDV223]**

For animals living in the Yukon, there are thousands of square miles to call home. This can pose a serious challenge for Dr. Oakley when she goes out into the field because sometimes, before she can help a creature in need, she has to find them first. First up, Dr. Oakley and her family are heading to a horse ranch to assist in locating a group of missing horses. Dr. Oakley and the team will have to use a combination of all-terrain

vehicles and an airplane to try and spot the wayward horses. Once found, Dr. Oakley will need to perform a surgical procedure on one of the horses in order to treat a hernia. Next, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to perform a check on two black bear residents. Dr. Oakley will have to work on each black bear one at a time, which will soon prove to be difficult, and dangerous. Dr. Oakley and her team struggle to separate the bears safely in the rugged and wooded terrain. After some tense moments, Dr. Oakley and team successfully sedate one of the bears and perform the routine checkup, but the day proved too long for the team, and Dr. Oakley will have to return another time to check on the other black bear.

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

Airdate: 9/1/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE WILDERNESS OF INDIA [JDD223]

Join host Dylan Dreyer on a breathtaking tour of India's Kaziranga National Park. Located in the shadows of the Himalayan Mountains, we'll trek deep into the pristine wilderness of this World Heritage Site to come face-to-face with some of the most extraordinary and endangered mammals on Earth, including elephants, rhinoceros, and tigers. First up, we'll learn that Kaziranga National Park is home to Asia's "Big 5" mammals, all of which are endangered. The "Big 5" consists of the Indian one-horned rhinoceros, the Eastern swamp deer, the Asian elephant, the Bengal tiger, and the wild Asian water buffalo. We'll also learn more about the hard work that goes into keeping the park free of poachers. Here we'll see how the caretakers at the park use a wide network of informants to alert them of poachers and protect the endangered animals from harm. Next, we'll meet an orphaned baby elephant that is being caring for by an animal keeper at a local wildlife rescue center. Here we'll watch as the keeper and his team use unique strategies to attempt to reunite the baby elephant with its herd. Next, we'll meet local residents living on the edge of Kaziranga National Park and learn more about their day-to-day lives and how they live alongside the elephants. Due to the extreme damage that elephants can inflict upon local villages and farms, we'll see how the locals use non-lethal methods in order to scare the elephants away if they ever get too close. We'll also learn more about India and how it is home to more than 1.3 billion people, and that it is also the world's largest producer of many fresh fruits and vegetables, milk, and major spices.

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

Airdate: 9/1/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

KITCHEN AND BEAUTY GENIUS [NDS223]

Host Danny Seo discovers new uses for everyday ingredients and uses them to create recipes with a healthy twist and homemade beauty products that are also eco-friendly. First, Danny uses yogurt and honey as a

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

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

Airdate: 9/1/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

POSITIVE PET BENEFITS [HHM110]

Hosts Joy Bauer and Vivien Williams learn about the positive benefits of owning a pet. First, Vivien explains that many people love pets, and the numbers prove it. Nearly forty-five percent of US households have a dog, and nearly a third have a cat. Pets do a lot more for your health and happiness than just making you smile. When you pet a cat or groom a horse, there’s a surge of feel good hormones that’s measurable. Pets also get you moving and can improve your mood during challenging times. Then, Joy explains why pets can even lead to better health for our older loved ones. You can help out your own elderly relatives with their pets, and it can be a great way to connect with your family. You can even volunteer to help out other seniors with their pets, and give back to the community. Pets provide everyone a routine and someone to care for. Then, Vivien breaks down what synovial fluid is and what it has to do with cracking your knuckles. Synovial fluid is the oil that lubricates the machine that is your body, and it allows your joints to move smoothly. The sound that we call cracking in our joints is actually the bursting of bubbles of synovial fluid. Then, Joy introduces flaxseed and how it can be used in everyday meals. Flaxseed is a stellar source of the plant based form of omega-3 fatty acids. Flaxseeds have been eaten for 6,000 years, making them one of the world’s original superfoods. When flaxseed is ground, it’s easier for our bodies to digest the nutrients. Finally, Joy offers an alternate take on a breakfast classic.

[Educational Message: Step outside your comfort zone, and challenge yourself to take on a new hobby, project, or friendship. When you become comfortable with discomfort, often that’s where you can learn something new.]

Airdate: 9/1/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
BORN TO RUN [HOC204]**

We learn how the game of golf is impacting Japeri, an underprivileged area outside of Rio De Janeiro, after a golf school was opened for the children living in Japeri to give them self-confidence and something to participate in after school. Brazil is the largest country in South America, and Rio De Janeiro is the second-most populous municipality in Brazil; however, it only has two golf courses, which are private—depriving many people of the opportunity to play golf. Next, we see the special bond South African runner Wade Van Niekerk, who broke the world record in the men’s 400 meters, has with his coach, who has been coaching for 50 years. South Africa has a population of roughly 56 million people and eleven official languages, including English. Then, Golfer Justin Rose pays tribute to his father who passed away from cancer. Lastly, Olympic snowboarder Jamie Anderson puts family first and shares how her upbringing in Tahoe has impacted her success in snowboarding, which became an Olympic sport in 1998.

[Educational Message: Never take an opportunity for granted because there are others not as fortunate. Viewers learn how golf is growing and becoming more mainstream in South America, how opportunities for athletes in South Africa have changed over the years, how pro-golfers study their game to become better, and tips on how to become a professional snowboarder.]

Airdate: 9/8/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
TWO TO TANGO [VJG224]**

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

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

Airdate: 9/8/2018

Time:

Duration: 30:00

WILDERNESS VET

FIERCE AND FURRIEST [WDV224]

Whether small, medium, or large, there are plenty of fierce creatures to be found in the Yukon. And although Dr. Oakley recognizes some of her patients may be dangerous, that doesn't stop this doctor from doing her job. First up, Dr. Oakley is visiting an exotic wildlife center to check on a jaguar suffering from arthritis. Arthritis is an inflammation of the joint which causes pain and stiffness. To safely examine the jaguar, Dr. Oakley will have to sedate the big cat. The plan for today is to inject plasma into the jaguar's joints, but his old age makes the procedure complicated. After some issues stabilizing the jaguar's blood pressure, Dr. Oakley completes the injection procedure successfully. Over the next few weeks, animal keepers notice an incredible improvement in the jaguar's mobility which greatly increases its quality of life. Next, Dr. Oakley is heading out on an emergency call involving a pet ferret having bladder problems. Dr. Oakley suspects bladder stones may be causing the issue. Due to the location of the suspected culprit, she'll have to perform a surgical procedure to treat the ferret. Next, Dr. Oakley is heading to the Alaskan Wildlife Center to check in on a lynx with a recurring problem with trembling. Dr. Oakley will need to perform a head-to-toe exam to diagnose the cause of the shaking, so she'll first need to sedate the patient. After a thorough exam, Dr. Oakley notices no obvious physical issues, so she'll have to take a blood sample to test for any other potential causes.

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

Airdate: 9/8/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURES IN ICELAND [JDD224]

Join host Dylan Dreyer on an adventure to the edge of the arctic circle to explore the wonders of Iceland. We'll learn about the first communities who left Europe behind to make this unforgiving land their home. We'll visit new landscapes bubbling, changing and growing before our very eyes, and discover the modern challenges that threaten this ancient island nation. First up, we'll learn how Iceland was first settled in the 9th century by Vikings from Norway. The area was soon after settled by Celtic monks and Scots, who arrived from old Europe in the 10th century to create a new way of life and a new form of government. Fast forward a thousand years later, we'll learn how Iceland became the first country to elect a female head of state in 1980. Next, we'll discover how there are two elements that have always characterized Iceland's landscape, fire and ice. We'll learn that huge volcanic eruptions frequently occur underground, and how most of Iceland runs on renewable energy such as geothermal and hydroelectric power. From a geological perspective, Iceland, at just 10-15 million years of age, is one of the youngest regions on Earth. Next, we'll learn how Iceland is home to more than 800 hot springs and how these natural bath tubs are found all over the island. Next, we'll learn about some of the modern challenges facing Iceland. Despite generally having an ecological approach, Iceland is more wasteful than almost every other country on Earth. Per capita, only the U.S. consumes more electricity and owns more cars than Iceland. Finally, we'll learn that for decades, Iceland's economy has relied on fish export. In recent years, however, tourism has overtaken it as the most important export industry as Iceland receives over 1 million visitors every year.

[Educational Message: Even at 15 million years old, the island of Iceland is still changing and growing. As more people visit the nation and the economy continues to shift, the future looks bright. The people of Iceland will find a way to survive here for generations to come.]

Airdate: 9/8/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN LIVING [NDS224]

Host Danny Seo meets entrepreneurs who are so passionate about green living that they've turned that obsession into their occupation. First, Danny visits a non-profit in Los Angeles that uses food that has been thrown out for cosmetic reasons to make meals for the less fortunate—in the U.S. alone, three million tons of “ugly” produce reportedly goes to waste each year. Next, Danny meets a couple who founded a non-profit that takes vacant lots and turns them into mini farms that benefit the community. They teach Danny how to make a pallet garden to save space; a pallet is a wooden platform designed to hold and carry heavy loads. Then, Danny travels to Brooklyn, New York to visit with entrepreneurs practicing urban farming by building indoor vertical farms in steel shipping containers. Specialized growing equipment and careful climate control enable container farms to produce crops year-round. Whereas outdoor farms rely on natural white light, urban farmers use colored LED lighting—blue light prompts vegetative growth while red light results in flowering. Lastly, Danny travels to Maine to meet a farmer turned high school teacher who decided to start making his own tofu when he couldn't find any locally. Tofu is an excellent source of calcium and iron, and the texture of tofu is determined by its liquid content—the more liquid, the softer the tofu.

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

Airdate: 9/8/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

THE 3-MINUTE MOISTURIZING WINDOW [HHM111]

Hosts Joy Bauer and Vivien Williams learn simple tricks to care for your skin. Vivien discovers the magic three-minute window for moisturizing. The perfect time to apply a moisturizer to your skin is directly after a shower because the skin has been cleaned and soaked. Applying a moisturizer seals in this hydration. There are three different categories of moisturizers: lotions, creams, and ointments. Lotions and creams soak into the skin while ointments sit on top of the skin. Then, Joy shares a hydrating smoothie recipe that's loaded with water and nutrient rich fruits and veggies. Strawberries and mangoes are rich in vitamin C, while Spinach is high in lutein, a carotenoid vitamin. Spinach is high in beta-carotene which is a vitamin that is thought to help sloth off old skin cells and help replenish new ones. Chia seeds add omega-3 fats to this nutrient dense smoothie. Then, Vivien learns what happens when we sprain an ankle. The ankle is an impressive piece of engineering, and it carries the full weight of the body on just a few bones atop the foot. Sometimes it can buckle under all that pressure, and you suffer a sprain. The bones are held in place by ligaments, and sometimes if you twist inwards or outwards the ligaments can tear. You can reduce your risk of sprains by staying active, building strength for better foot control, and stretching before a game. Always stay focused on your footwork, especially on uneven ground. Finally, Joy shares a recipe for mac-n-cheese with a twist of added nutrition. Whole grain pasta is a great option for noodles with more dietary fiber.

[Educational Message: When it comes to your health, it doesn't matter where you start, it's where you land that matters. If you feel out of shape, don't let your current state hold you back, just take it one day at a time. Making small changes every day adds up.]

Airdate: 9/8/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

LEAD BY EXAMPLE [HOC205]

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

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

Airdate: 9/15/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FLAVOR OF THAILAND [VJG225]

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

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

Airdate: 9/15/2018

Time:

Duration: 30:00

WILDERNESS VET

SECOND CHANCES [WDV225]

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

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

Airdate: 9/15/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

AROUND THE WORLD [JDD225]

Join host Dylan Dreyer on an epic journey across the globe to experience natural wonders of the world. We'll begin on the ancient Galapagos Islands and come face-to-face with the only lizards who swim in the ocean. We'll travel to remote islands off the coast of Mexico, and explore the wild lands of western Europe. First up, we'll journey to the Galapagos Islands to learn more about the land iguanas that washed up on shore around the same time the islands were formed. Some iguanas went inland, and others adapted to life on shore. We'll learn that what makes the Galapagos marine iguana truly unique is that it's the world's only seagoing lizard. Next, we'll travel to the Sea of Cortez, which is located between the Baja California peninsula and the Mexican mainland. Here we'll learn more about the mighty cardon, a species of cactus that can live for hundreds of years and grow as tall as sixty feet. We'll discover more about the cardon's symbiotic relationship with native pallid bats and how both organisms depend on each other for survival. Next, we'll meet the dolphins that inhabit the Sea of Cortez and learn how they prefer more shallow, coastal waters in order to find food. We'll also discover that the closest living land-relative to dolphins is the hippopotamus. Next, we'll journey on an exploration of one of the oldest and most beautiful cities in Germany: Cologne. We'll learn more about the native bird species of Cologne such as the mighty swan and we'll also learn about the non-native species. Non-native birds like the Egyptian goose or parakeet established themselves in Cologne after their ancestors escaped from local zoos. Finally, we'll discover more about the world's largest fish, the whale shark. We'll learn that the whale shark can average thirty feet in length, weigh as much as 20,000 pounds, and lives up to 70 years of age.

[Educational Message: From the Galapagos Islands, to the rivers of Europe, to the deserts of Central America, our world is filled with amazing species that deserve our protection. Our world is a beautiful place and we should strive to keep it that way.]

Airdate: 9/15/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SPILLING THE BEANS [NDS217]

Host Danny Seo travels to a factory in Indiana to learn how beans, which are a good source of iron and potassium, are produced. The process consists of soaking the beans for 18 to 22 hours; removing water by centrifugal force, which is the action of drawing a rotating body away from the center of rotation; steam blanching to remove oxygen; seasoning and canning. On average, Americans consume about 7.5 pounds of beans each year. Next, Danny makes different types of hummus using exotic ingredients, such as za'atar and preserved lemons. The word hummus means chickpeas in Arabic, and chickpeas are an excellent source of fiber, protein, iron and zinc. Za'atar is a Middle Eastern spice blend that was used for medicinal purposes in the 12th century and can be traced back to biblical times. Preserved lemons, a Moroccan staple, have a silky texture and a mellow, citrus flavor. Then, Danny turns rocks found in the yard into marbled works of art using paint and glaze, which is a binding solution that gives decorative finishes depth and dimension. Marbleizing, originally called "ebru" or "cloud art," began in Persia, India and Turkey in the 15th century.

[Educational Message: A nutritious food starts with the soil in which it is grown--providing nutrients like nitrogen and potassium instead of synthetic fertilizer helps ensure healthy produce. Beans contain nutrients such as iron, potassium, magnesium, folic acid and zinc. Adding an exotic ingredient to a seemingly plain recipe or applying an ancient technique to decorate a seemingly plain object is a great way to show creativity and gain insight into a different culture.]

Airdate: 9/15/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

BEST OF NUTRITION [HHM112]

Hosts Joy Bauer and Vivien Williams revisit some of their favorite tips for better daily nutrition. First, Vivien shares some tips on snacking, and suggests reaching first for fruits and veggies since they are high in fiber. If you need more fuel, she suggests reaching for snacks that contain protein like hummus, low-fat cheese, or nuts. Then, Joy has tips to boost your energy, including fueling up on meals rich in fiber and protein, avoiding added sugar, and staying active. Then, Vivien asks the question: How dirty is your kitchen sponge? Vivien learns how to keep keep your sponge clean and practice food safety at the kitchen sink. It's recommended that you keep your sponge away from meats, heat-clean your sponge, and replace it often. Then, Vivien learns how to hunt for hidden salts and sugars in condiments, sauces, dressings, granola, and other packaged foods. Added sugars are different from natural sugars. Added sugars provide sweetness and additional calories without contributing to essential nutrients, while natural sugars found in fruit and milk products are naturally occurring in those foods, and can be a part of a healthy lifestyle. Joy offers some simple swaps to cut added sugars by adding in naturally sweet ingredients, for example, instead of jelly or jam with added sugars, she uses fresh berries as a topping. Instead of reaching for a soda, grab a seltzer with an ounce of 100% fruit juice for a naturally sweet kick. Seltzer is plain water with carbonation added. It's

sodium-free and may be naturally or artificially flavored. Finally, Vivien talks staying hydrated and the early signs of dehydration. For teens, it's recommended to consume between 2.3 and 3.3 liters of water each day.

[Educational Message: Making small changes each day can add up to big changes over time. Take the time to do the little things everyday that can improve your overall lifestyle, whether that's choosing fresh fruit over added sugars or staying hydrated, every little thing can make a difference for your health.]

Airdate: 9/15/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
PRIDE AND JOY [HOC206]**

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

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

Airdate: 9/22/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
EUROPEAN WONDERS [VJG226]**

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

tiles, locally known as *azulejo*, are made using techniques dating back to the 18th century. *Azulejo* comes from an Arabic word meaning “polished stone.”

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

Airdate: 9/22/2018

Time:

Duration: 30:00

WILDERNESS VET

A NEW CHAPTER [WDV226]

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

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

Airdate: 9/22/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADAPT AND SURVIVE [JDD226]

Join host Dylan Dreyer for an up-close look at how some of our planet’s most amazing species adapt and survive. We’ll explore dark caves full of bats in the jungles of Thailand, meet a pack of wolves in the wilderness of Canada, and come face-to-face with Alligators in the swamps of Georgia. First up, we’ll learn more about the Okefenokee Swamp in Georgia, and how this corner of the Earth is home to the largest most ecologically diverse wetland ecosystems on the planet. The Okefenokee Swamp is brimming with wildlife and is home to over 60 species of reptiles and at least 200 species of birds. Next, we’ll meet the American Alligator, one of the oldest and most dominant predators to have ever lived. We’ll learn how alligators and dinosaurs both shared common ancestors more than 220 million years ago. We’ll also discover how alligators are highly sophisticated and very complex animals that are superbly adapted for their life as apex predators in wetland ecosystems. Next, we’ll journey to the mountains of Yellowstone, where we’ll follow a mother grey wolf that has just given birth to a litter of pups. Here we’ll learn how the entire wolf pack helps with the feeding, protection, training and socialization of the pups. Next, we’ll travel to the volcanic island

of New-Britain off the coast of Papua New Guinea. Here we'll meet a strange prehistoric bird called a megapode, which buries its eggs in warm volcanic ash to incubate its chicks. Finally, we'll journey through Thailand's breathtaking Khao Sok National Park. Here we'll witness an incredible and dangerous treasure hunt that takes place high up the park's limestone rocks and deep within a cave. The treasure the locals are seeking is the edible Swiftlet nest. In China, these nests are a delicious delicacy and fetch a high market price. Here we learn how the Swiftlet birds construct these intricate nests from their own saliva.

[Educational Message: Nature can be unforgiving; we must always appreciate its beauty and power. We need to learn to adapt to changes in our world in order to survive.]

Airdate: 9/22/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

DON'T BUY IT, DIY IT [NDS226]

Host Danny Seo shares creative ways to upcycle something ordinary into something unique to repurpose something old instead of throwing it away. First, Danny turns rocks found in the yard into marbled works of art using paint and glaze, which is a binding solution that gives decorative finishes depth and dimension. Marbleizing, originally called "ebru" or "cloud art," began in Persia, India and Turkey in the 15th century. Next, Danny creates stickers using leaves found outside to create a mandala. Early forms of stickers can be traced back to ancient Egyptians; and the word "mandala" is Sanskrit for "circle" and is one of the most ancient art forms. Then, Danny teaches a scientific way to repurpose nail polish by adding a few drops to hot water and dipping items on the surface to create colorful, marbled accessories. Nail polish contains a petroleum-based solvent, like oil, which is lighter than water; it will adhere to non-porous surfaces like porcelain, glass and metal. Lastly, Danny shows how to reuse dated items, such as a keyboard and old DVDs and CDs, to create unique pieces. Old computer keys can be removed and used to personalize journals, make gift tags and create art; and old DVDs and CDs can be broken into small pieces, then glued in different patterns to create a mosaic. The earliest known examples of mosaics were found in Ubaid, Mesopotamia, dating back to the 3rd millennium B.C.

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

Airdate: 9/22/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

BEST OF "DOES A BODY GOOD" [HHM113]

Hosts Joy Bauer and Vivien Williams revisit some of their favorite tips on ways you can do good for your body, including the incredible power of pets. First, Vivien explains that many people love pets, and the numbers prove it. Nearly forty-five percent of US households have a dog, and nearly a third have a cat. Pets do a lot more for your health and happiness than just making you smile. When you pet a cat or groom a

horse, there's a surge of feel good hormones that's measurable. Then, Vivien learns whether puppy kisses can make you sick. Research shows that having a pet can benefit your health in many ways, and while puppy kisses aren't inherently good for your health, they aren't necessarily bad either. Then, Joy explores the many ways young people benefit from pets in the home. Pets can contribute to self-esteem and confidence, and can encourage people to be active and spend time outdoors. Plus, caring for a pet can teach lessons in empathy. Then, Vivien explores how a few minutes of stretching can reduce your risk of injury and offers tips for safer stretching, like stopping if you feel pain. Then, Joy whips up a delicious apple cobbler oatmeal for a healthy twist on a breakfast classic. Oats are higher in protein and healthy fats than most other whole grains. She even suggests leaving the skin on your apples for this recipe for additional fiber. Then, Vivien ponders "how much is enough sleep" and reveals that sleep goals for teens is between 8-10 hours, while sleep needs vary for children under 13 years old. She even shares ways that you can increase your sleep by avoiding long naps, getting fresh air and exercise, avoiding heavy meals in the hours before bedtime, limiting exposure to light at night, and turning down the heat. Finally, Joy shares a snack that helps you sleep, and it's a banana mango parfait with mint and ricotta cheese. This calming snack is high in calcium and phosphorus.

[Educational Message: Make time for self-care each day, whether that's spending some time with your favorite pet that makes you smile, or taking the time to make sure you get enough sleep each night. These little moments can create joy in your everyday and brighten up your routine.]

Airdate: 9/22/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
RUNNING WILD [HOC207]**

We see how Kansas City Chiefs' running back Kareem Hunt went from doubting himself in pee-wee football, to proving himself in college, and eventually making his way to the NFL. The primary role of a running back is to receive handoffs from the quarterback and run the ball. Next, we meet junior golfer Udyat Sarangdevot who combined his two passions, golf and sharks, by writing a book about a shark that wins a golf championship. Next, 13-year-old equestrian Richard Kierkegaard explains how he overcame an accident in which he fell off his horse and began training again for his Olympic goals. Equestrianism is one of the few Olympic sports in which men and women may compete against each other. Lastly, we learn how golfer Robert Gamez thought he would never play again after a car accident in which he sustained career-threatening injuries, only to come back and win another tournament—setting the tour record for longest time between victories at 7 years.

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

Airdate: 9/29/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
VINTAGE HAVANA [VJG207]**

Host Josh Garcia docks in Havana, Cuba, where he gets in touch with his Cuban ancestry. One of the most recognizable symbols of Cuba is the classic car and Josh takes a spin along the waterfront in one of these vintage American cars. He learns how these Motor City classics became synonymous with Cuban culture. Next, he visits a grand restaurant inside a private home and meets with a local restaurateur to get reacquainted with Cuban cuisine. He sinks his teeth into the country's national dish, Ropa Vieja, a beef and sofrito dish that originated in Spain. Sofrito is a richly flavored blend of herbs, spices, and finely chopped vegetables that serves as a base for many Latin dishes. Finally, Josh rubs elbows with Havana's movers and shakers, and gets a master class in a celebrated dance style. Cuban Salsa, or Rueda de Casino, became popular in Miami in the late 1980s. In this style of dance, the dance takes you full circle as you trade partners to make your way around a circle of other dancers. Josh learns the basics of Cuban Salsa and starts to feel the rhythm in his feet with practice and the help of some new friends.

[Educational Message: Connecting with your family's ancestry through cultural pastimes can provide a window into the past. Some pastimes like dance can transcend time and learning traditional dances can be fun and enjoyed across generations.]

Airdate: 9/29/2018

Time:

Duration: 30:00

WILDERNESS VET

ONE TOUGH DOCTOR [WDV201]

For Dr. Oakley a hectic schedule is a regular part of the job, but this week is sure to push her to her limits. When her daughter applies to an out-of-town school, Dr. Oakley must find a way cope with her changing family while still caring for her many patients. First, Dr. Oakley visits a herd of thinhorn sheep in need of identification ear-tags. Here we learn more about the agile and sure-footed nature of the thinhorn sheep species. Next, Dr. Oakley visits a very large and ailing potbellied pig. After a quick hoof trimming and checkup, Adventure Pig is now on the mend. Next, Dr. Oakley visits Patches, a dog with an extremely aggressive skin infection on his paws. Dr. Oakley suspects Patches is suffering from an autoimmune disorder. Here we learn about how there are many different types of autoimmune disorders, and how they are often difficult to treat. Dr. Oakley prescribes a series of antibiotics and steroids that soon lead to a full recovery for Patches. Finally, Dr. Oakley finds out that her daughter, Maya, is accepted to an out-of-town music, arts, and drama summer program. Dr. Oakley and Maya share a special moment together as her mother tells her the exciting news.

[Educational Message: When the going gets tough, the tough get going. When we are faced with adversity, we must always stay focused on our goals and push ourselves to overcome any obstacle.]

Airdate: 9/29/2018

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FLIGHT OF THE BUTTERFLIES [JDD201]

Join host Dylan Dreyer on an epic natural history detective story. We'll follow Dr. Fred Urquhart over his 40-year career as he works to discover the secrets of monarch butterflies-- and reveal the most incredible animal migration on Earth. From the forests of central Mexico to the mountains of Canada, this is an experience like you've never seen before. First, we'll learn how Dr. Urquhart's fascination with monarch

butterflies soon lead to an incredible group effort to discover more about the species and its migration patterns. Next, we'll take a closer look at the monarch butterfly species and learn about the stages of metamorphosis that occur throughout its lifespan. Then, we'll learn how Dr. Urquhart and his team came up with a clever solution to use grocery store stickers as identification tags for monarch butterflies. Word quickly spread about this experiment and many others across the United States soon joined the effort to tag monarch butterflies. Finally, Dr. Urquhart travels to central Mexico where he discovers indisputable evidence of the monarch butterflies' incredible journey. Their lifelong experiment revealed a monarch migration that covers over 4,800 miles from start to finish.

[Educational Message: Teamwork is necessary for great achievement. When we work together as one, we can accomplish almost any task.]

Airdate: 9/29/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HOME HACKS [NDS225]

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

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

Airdate: 9/29/2018

Time:

Duration: 30:00

HEALTH + HAPPINESS

SHOULD I GO GLUTEN-FREE? [HHM109]

Hosts Joy Bauer and Vivien Williams learn all about gluten, and who should go gluten-free. Gluten is a protein found in certain grains that helps breads and baked goods hold their shape. Wheat and gluten have been around for thousands of years, and some would say that Western civilization is based on the cultivation of wheat. Celiac disease is a condition that's triggered by gluten; this disease damages the small intestine,

and people who have it suffer from certain symptoms because their body can't absorb certain nutrients. If you don't have the disease, you can cut back on gluten if you want to, but it's important to make sure you're getting enough essential nutrients. Then, Joy breaks down how to cook quinoa, a naturally gluten-free seed that is a complete protein containing all nine essential amino acids. Quinoa is native to South America where it has been a staple for hundreds of years. Then, Vivien explains why you shouldn't clean your inner ears. Ear wax protects your inner ear by catching dirt and dust particles. When new skin grows in your ear or you chew something, wax naturally works its way out of your ears. If you have any prolonged irritation or discomfort, don't dig in, and instead consult your healthcare provider. Finally, Joy shares a recipe for a different take on a chicken caesar salad wrap that incorporates avocado and whole grains. Avocados are rich in potassium and contain more of this valuable nutrient than bananas. Whole grains contain more dietary fiber than their counterparts.

[Educational Message: Take the time to think about how you react to obstacles. For example, it might help to imagine yourself encountering strong winds while sailing. Rather than fighting the wind, adjusting your sails to keep moving forward can be a helpful tool. Shifting your perspective when faced with an obstacle often results in a positive outcome.]

Airdate: 9/29/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

ICE IN THE VEINS [HOC208]

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

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

For 3rd Quarter 2018
July - September, 2018

THERE WAS NO OTHER PROGRAMMING FOR THE 3RD QUARTER 2018 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

3rd Quarter 2018 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JULY 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180707	VOYAGER	10:27:06 AM	00:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180707	JOURNEY	11:25:45 AM	00:14	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180707	CHAMPION WITHIN	12:56:09 PM	00:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180714	WILDERNESS	10:56:16 AM	00:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180714	JOURNEY	11:26:25 AM	00:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180714	NATURALLY	11:57:04 AM	00:14	ZNBC81091H	PSA 2018 TMYK NEWS PSA LESTER HEALTH - HEALTH BOOST
20180728	HH MAYO CLINIC	09:26:08 AM	00:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180728	CHAMPION WITHIN	09:53:44 AM	00:14	ZNBC81091H	PSA 2018 TMYK NEWS PSA LESTER HEALTH - HEALTH BOOST
20180728	VOYAGER	10:26:37 AM	00:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180728	NATURALLY	11:56:21 AM	00:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM

NETWORK PUBLIC SERVICE SCHEDULE AUGUST 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180804	HH MAYO CLINIC	9:24:57 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180804	CHAMPION WITHIN	9:55:19 AM	0:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180804	VOYAGER	10:27:04 AM	0:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180810	FRI-1ST LOOK-B	3:54:35 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180811	CHAMPION WITHIN	9:54:48 AM	0:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180811	WILDERNESS	10:55:44 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180811	JOURNEY	11:25:05 AM	0:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180817	FRI-1ST LOOK-B	3:56:14 AM	0:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180818	WILDERNESS	10:57:47 AM	0:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180818	NATURALLY	11:57:20 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180818	HH MAYO CLINIC	12:28:03 PM	0:14	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180825	CHAMPION WITHIN	9:53:27 AM	0:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180825	WILDERNESS	10:56:24 AM	0:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180825	JOURNEY	11:25:34 AM	0:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180825	NATURALLY	11:57:02 AM	0:14	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU

NETWORK PUBLIC SERVICE SCHEDULE SEPTEMBER 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180901	VOYAGER	10:25:53 AM	00:14	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180901	JOURNEY	11:26:44 AM	00:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180901	NATURALLY	11:57:28 AM	00:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180908	JOURNEY	11:25:45 AM	00:14	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20180908	NATURALLY	11:56:06 AM	00:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180915	NATURALLY	11:57:42 AM	00:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180921	FRI-1ST LOOK-A	03:24:54 AM	00:15	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180922	FRI-1ST LOOK-C	04:24:23 AM	00:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180922	CHAMPION WITHIN	09:53:34 AM	00:14	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20180922	WILDERNESS	10:57:21 AM	00:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180922	JOURNEY	11:26:42 AM	00:14	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU

NBC NETWORK NON-BROADCAST EFFORTS

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.