

October 2, 2019

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 3rd quarter of 2019. The report includes information that will be helpful in preparing FCC Form 398. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

1. Educational Objectives and Show Summaries: **The More You Know** both for programs broadcast in the 3rd quarter of 2019 and those planned for the 4th quarter of 2019.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. To assist stations with the preemption report section of FCC Form 398, we have added specific episode numbers. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under, but is not specifically designed to meet the educational and informational needs of children.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 3rd quarter of 2019 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

Despite the recent revisions to the Children's Television Programming Rules we will continue to provide this report on a quarterly basis. In accordance with the FCC's Public Notice released on September 3, 2019, please be advised that broadcasters have been instructed that the final quarterly Children's Report due on October 10, 2019, should cover the period July 1, 2019, through September 15, 2019 (i.e., the portion of the third quarter before the revised safe harbor processing guidelines take effect). Please consult your legal counsel with any questions.

If you have any questions about this report, please feel free to call us.

Karen Peled
NBCUniversal Media, LLC
VP, Legal, 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 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
July 1, 2019 – September 30, 2019

In the 3rd Quarter of 2019, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

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

EARTH ODYSSEY WITH DYLAN DREYER

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

with fascinating native animals, some cute and some dangerous, while educating teen viewers with amazing facts about nature and wildlife. Earth Odyssey with Dylan Dreyer gives audiences a captivating look at the symbiosis between all living things, in the most larger-than-life places on Earth.

CONSUMER 101

Consumer 101 is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Jack Rico with the help of experts and scientists from the Consumer Reports labs and testing facilities, Consumer 101 will give viewers a behind-the-scenes look into the science used to test every kind of product— from the obscure,

to the fascinating, to the everyday. Each week, audiences will discover more about the surprising intricacy of product testing, learn more efficient ways to get the most out of everyday items, as well as catch a glimpse into a unique career path in the fields of science and technology. Consumer 101 is an empowering series aimed at giving teens the tools they need to make smarter choices as consumers, exploring the how, where, when, and why we spend our resources so we can all make educated decisions when it counts.

NATURALLY, DANNY SEO

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

VETS SAVING PETS

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

THE CHAMPION WITHIN

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

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

In the 3rd Quarter of 2019, NBC continued airing *The More You Know* Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic *The More You Know* brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

4th QUARTER 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2019 – December 31, 2019

In the 4th Quarter of 2019, NBC will 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 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. A second half hour of *Earth Odyssey with Dylan Dreyer* will be replacing *The Voyager with Josh Garcia*, and new series *A New Leaf* will be joining the lineup in place of *Naturally, Danny Seo*.

EARTH ODYSSEY WITH DYLAN DREYER

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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.

A NEW LEAF

A New Leaf is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Daisy Fuentes, A New Leaf will follow everyday people on the cusp of key life inflection points, using family history, genealogy, and sometimes DNA analysis to help guide them on their journey of self discovery. Along the way, viewers will learn about different cultures as our featured guest uncovers new information about their family's heritage. Each week, A New Leaf will teach viewers the importance of appreciating and understanding their family history in order to make important decisions to enact positive changes in their lives.

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“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, 2019 – September 30, 2019

Airdate: 7/6/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

GREEK ISLAND GEM [VJG314]

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

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

Airdate: 7/6/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

REVISITING TURKEY [EDD116]

Today on Earth Odyssey, host Dylan Dreyer takes us on another exciting journey to Turkey. Wedged in between Europe and the Middle East, Turkey is known for its mountainous landscapes and vast wetlands that dominant the region. We'll discover that Turkey's wildlife is as biologically diverse and abundant as a small continent. First, we'll meet the spur-thighed tortoise and learn how it copes with the extreme weather.

We'll also witness courtship rituals of the spur-thighed tortoises and discover how they will knock other tortoise's shells in order to express interest. Next, we'll learn about the geological history of Turkey and the volcanoes that helped shape the region. We'll visit the Fairy Chimneys of Cappadocia, which were created over 65 million years ago when Turkey suffered major volcanic eruptions. We'll discover that three volcanoes left behind volcanic ash, lava, and basalt, creating these other worldly geological formations. Next, we'll travel down below to the Anatolian plateau where herds of sheep look for patches of green pasture under the blazing sun. Tracing back over 10,000 years, we'll learn that Turkey was one of the first places in the world where people domesticated sheep. We'll discover that shepherding is an ancient vocation that's not only still practiced today, it's celebrated. We'll also learn that the Anatolian shepherd dog has long been a companion of shepherds and can be traced back to 2000 BCE. Next, we'll travel to the alpine meadows of Turkey to discover more about honey bees. We'll witness how honey bees swarm the clover-dotted landscape, mining the alpine flowers for nutrients. We'll also learn that the honey these honey bees create is not only food, but also provides important insulation to keep their colonies warm in the cold season. Finally, we'll travel to the wetlands of Turkey where we'll meet an unusual looking creature. Here we meet the Nile soft-shell turtle, the largest known population of these turtles is found in Turkey. We'll discover that the Nile soft-shell turtle has the ability to take in oxygen so effortlessly, it can stay under water up to fifteen hours at a time.

[Educational Message: Living in a land of extremes demands more than just courage. Turkey's unyielding conditions constantly test the skills of survivability of its inhabitants. Not one day is taken for granted in this Middle-Eastern wilderness.]

Airdate: 7/6/2019

Time:

Duration: 30:00

CONSUMER 101

GADGETS GALORE [CNR124]

Host Jack Rico, along with the experts at the testing labs, will show us how smart watches are tested, help us navigate the world of eco-friendly vehicles, and teach us the science behind audio speaker testing. First up, we'll learn about the scientific methods used to test various smartwatches. We'll first be testing how smartwatches measure the number of steps you take each day. We'll learn that smartwatches contain an accelerometer, which is a device that measures the rate at which an object's speed changes. We'll also learn how smartwatches measure your heart rate. We'll discover that smartwatches use a technology called photoplethysmography, which detects the amount of blood flowing through your wrist and uses that information to calculate your heart rate. Next, we'll meet with an auto expert to learn about the differences between various types of eco-friendly cars. First, we'll learn about electric cars and how rechargeable lithium-ion batteries are used to power the vehicles. We'll also discover that the first electric cars were developed in the late 1820s. Another eco-friendly option we'll learn more about is the hybrid car. We'll discover that the hybrid system works by using a combination of a gasoline engine and an electric motor that work in conjunction to provide the most efficiency possible. We'll also learn about cutting edge fuel-cell vehicles. We'll discover that fuel-cell vehicles are powered by hydrogen that emits no exhaust, simply

water vapor. Finally, we'll meet with an electronics expert to learn more about the technology and testing behind audio speakers. We'll witness how microphones are used in a controlled environment to scientifically measure the quality of various speaker systems. We'll learn about how experts measure the depth, width, height, and layers of sound emitted from speakers. We'll also discover the differences between Bluetooth, WIFI, and smart speakers and how to find the best speaker for your needs.

[Educational Message: In this episode, we learned the importance of eco-friendly cars and their impact on the environment. By choosing to drive an eco-friendly hybrid, fuel cell, or electric cars, we can reduce our impact on the Earth. It's important to consider your options and impact on the environment when purchasing your first car.]

Airdate: 7/6/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

A GOAT YOGA EXPERIENCE [NDS314]

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

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

Airdate: 7/6/2019

Time:

Duration: 30:00

VETS SAVING PETS

TIME IS OF THE ESSENCE [VSP121]

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

another cat. Dr. Bryer, the clinic's emergency medicine veterinarian, will examine Enzo's injury to determine the best treatment for recovery. After discovering that the wound has been infected, Dr. Bryer and team will have to clean and flush the area to determine if surgery will be necessary. Once the area is shaved and cleaned, Dr. Bryer confirms that surgery will not be needed and prescribes Enzo with antibiotics to aid in his recovery.

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

Airdate: 7/6/2019

Time:

Duration: 30:00

**THE CHAMPION WITHIN
AGAINST ALL ODDS [HOC309]**

We get an inside look at NFL football player Saquon Barkley's upbringing, his family, and his determination; and we learn how that molded him into a man with great character and the will to lead on and off the field. Next, we hear from professional golfer Mel Reid and learn how her early success was measured by her wins on the Ladies European Tour, but her recent success is measured by her ability to overcome the tragic loss of her mother. We learn how Mel overcame tragedy without letting it define who she is. The youngest player to win a Ladies European Tour tournament was only 14 years old. Then, we see how playing hockey together bonded sisters Hannah and Marissa Brandt, leading them to both play in the Olympics, only this time it was for separate teams-- Hannah playing for the U.S. and Marissa, who grew up in the U.S. after being adopted from South Korea, playing for the unified Korean team. The Korean women's ice hockey team made its Olympic debut in 1998, and the 2018 Korean team was composed of 23 players from South Korea and 12 from North Korea. Finally, we learn about the golf career of Marty Fleckman and how he rose to fame as an amateur while studying under Byron Nelson, who became a pro in 1932 at just 20 years old.

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

Airdate: 7/13/2019

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
UNDER THE MEDITERRANEAN SEA [VJG315]**

Host Josh Garcia docks in Savona, Italy, a gateway to the Italian Riviera, where he explores the nearby hill towns of Noli and Finalborgo. Josh travels by bike through these nearby hill towns for breathtaking views of the Mediterranean coastline, and accompanied by a local guide, he learns about the building of medieval castles and towers along the way. Josh and his guide stop in a picturesque piazza, a public square or

marketplace that's commonplace in Italian towns. From this piazza, Josh can see the "Torre dei Quattro Canti," or "Tower of Four Corners," built in the 13th century. He then pedals to the nearby walled fortress, Castel San Giovanni, that sits atop Savona's landscape. Castel San Giovanni was built between 1640 and 1645 and extended in the 1670s. One final stop is another spectacular castle that looks out onto the sea, the castle of Monte Ursino, built in the 10th century to defend Noli from Saracen raids. Next, he dives into the Mediterranean Sea to explore a unique scuba destination and underwater research project. This underwater garden uses biospheres to grow plants underwater as part of an experiment that hopes to prove the viability of sustainable underwater farming. Josh suits up and visits one of these biospheres, submerged 100 yards off shore, about 24 feet deep into the water. The oxygen in the biosphere is refreshed from scuba tanks to ensure that there is the optimal amount of oxygen for the plants. Then, Josh meets a local chef in Cervo and joins her in her kitchen for a lesson in the art of making pansotti, a regional pasta dish, similar to ravioli, and a favorite served at Italian family Sunday lunches. These raviolis are called pansotti because they are in a belly-like shape, and panza means belly in Italian.

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

Airdate: 7/13/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER
RETURN TO THE GALAPAGOS [EDD117]

Today on Earth Odyssey, host Dylan Dreyer takes us on another visit to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. First, we'll learn more about the volcanic origins of the Galapagos Islands. We'll discover that the Galapagos Islands consist of thirteen primary islands and over one hundred rocky reefs that jut out of the sea, each land mass created from volcanic activity. Some islands look like a wasteland, a place where nothing could survive. Others are more like a fertile playground for an incredible diversity of plants and animals. With very little human interference over thousands of years, these islands serve as a unique place for scientists to study nature. We'll learn more about the 19th century botanist Charles Darwin, and how he used the Galapagos Islands as his own laboratory. We'll follow Charles Darwin's trail to see how he studied the evolution of animals and plants on these islands. Next, we'll learn that over 70% of the Galapagos Islands' bird species cannot be found anywhere else in the world. We'll discover more about the flightless cormorant species native to the Galapagos. We'll learn that of the twenty-nine species of cormorants, the Galapagos cormorant is the only one that cannot fly. Next, we'll meet a group of Greater flamingos and learn more about their courtship rituals. We'll also learn how the flamingo's primary diet of shrimp contributes to its vibrant pink color. Finally, we'll discover more about the local frigate birds that inhabit the Santa Cruz region of the Galapagos. We'll learn that these aerial high-flyers can stay in the air for more than a week at a time. We'll also discover that Spanish sailors nicknamed frigate birds "pirate birds" due to their thieving behavior against other birds.

[Educational Message: Forged by volcanoes and left to evolve, these islands and their wildlife are a spectacular natural laboratory for scientists. It's incredible to see nature take over in a part of the world left untouched by humans.]

Airdate: 7/13/2019

Time:

Duration: 30:00

CONSUMER 101

SMOOTH RIDE [CNR125]

Host Jack Rico, along with the experts at the testing labs, will teach us about smart televisions and how we can keep our information private, show us the latest and greatest car safety features, and teach us how to make a healthy smoothie. First up, we'll join an expert to learn more about smart televisions and how they might be collecting our personal information. We'll discover that smart televisions are capable of collecting data on our viewing habits via the Automatic Content Recognition technology. Here we'll learn some tips on how to disable these functions and keep our personal information private. Next, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that individually apply the brakes on your car's wheels to keep you stable on the road. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned about modern vehicle safety features such as Electronic Stability Control. New cars are increasingly adding new technology and safety features to keep us safe on the road. It's best to educate yourself on these new features to ensure you know how to respond in the event of an accident.]

Airdate: 7/13/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BAKING WITH GESINE BULLOCK-PRADO [NDS315]

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

[Educational Message: Making snacks with energizing ingredients is a healthy alternative to caffeinated beverages and energy drinks. Using recipes that have been around for a long time is a

creative way to learn about history. Decorating old containers with items you already have at home is a great way to be artistic while saving money and reducing waste.]

Airdate: 7/13/2019

Time:

Duration: 30:00

VETS SAVING PETS

A RASH OF INJURIES [VSP122]

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

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

Airdate: 7/13/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FAMILY FUN IN THE FAST LANE [HOC310]

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

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

Airdate: 7/20/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SOARING CITY ON THE ARABIAN GULF [VJG316]

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

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

Airdate: 7/20/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SUPER SPECIES OF EARTH [EDD118]

Today on Earth Odyssey, host Dylan Dreyer takes us a journey to explore the most powerful and elusive animals on Earth. First up, we'll travel to the watery kingdom of Cambodia. Bordered by the countries

Thailand, Laos, and Vietnam, Cambodia is part of a region known as Indochina. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. We'll first visit with an Asiatic black bear that resides in the forests of Cambodia. Nicknamed the "moon bear," the Asiatic black bear sports a creamy white mark on its chest in the shape of a crescent moon. Able to walk up to a quarter mile on two legs, we'll learn that moon bears are the most bipedal of any bear species. Next, we'll make a trek up to the top of the Hengduan Mountains to meet a mysterious group of primates who inspired the legend of the abominable snowman. In truth, these strange looking primates are actually known as snub-nosed monkeys. We'll discover how these creatures have adapted and learned to survive in the frigid, snowy mountains. Next, we'll journey to the Western Ghats Mountains of India. Here we'll meet the largest venomous snake to inhabit the earth, the king cobra. Growing over fifteen feet long, king cobras are the only snakes in the world that build nests for their eggs and young. We'll also discover that king cobra's diet consists solely of other snakes. Finally, we'll travel to Turkey where we'll go rock climbing with Turkey's Anatolian wild goats, considered one of the best mountaineers in the world. We'll follow a group of wild goats as they trek alongside thousand-foot cliffs. Here we'll discover how the wild goats have uniquely adapted hooves and eyesight that allow them to traverse these great heights.

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

Airdate: 7/20/2019

Time:

Duration: 30:00

CONSUMER 101

BRIGHT LIGHTS [CNR126]

Host Jack Rico, along with the experts at the testing labs, show us how to protect our hearing from noisy household appliances, teach us how car headlights are tested for safety, and show us how to protect yourself from bed bugs. First up, we'll meet with an expert who tests the sound levels of everyday appliances. We'll learn that items such as leaf blowers, blenders, and vacuum cleaners can be very noisy and can potentially cause hearing damage. We'll discover how experts use sound meters to scientifically measure the decibels of common household items. We'll learn that a decibel is a unit used to measure the intensity of a sound. We'll find out that using hearing protection is very important if you are using a noisy device for long periods of time. Next, we'll travel to the auto test track to discover how experts test the performance of headlights on cars. Here we'll learn that experts measure the distance, width, and intensity of headlights. We'll discover that choosing the proper headlight for your car can help ensure your safety on the road. We'll learn about the science behind various types of halogen, xenon, and LED headlights. We'll also discover tips on how to ensure your headlights are performing to their best ability to keep you safe on the road. Finally, we'll learn how to protect yourself from bed bugs. We'll discover tips on how to locate bed bugs in unfamiliar places and avoid spreading them to your home. Bed bugs can spread easily, so it's important to be vigilant and inspect areas properly to avoid an encounter or infestation. We'll also discover that bed bugs can be found in hotels, movie theatres, busses, and even airplanes.

[Educational Message: In this episode, we discovered more about the science and testing behind car headlights. We received helpful tips to ensure our headlights are performing to the best of their abilities. We also learned about new light bulbs and technologies that help drivers see the road ahead during the night. It's important to ensure your car is maintained and safe on the road at all times.]

Airdate: 7/20/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GETTING THE MOST OUT OF OATS [NDS316]

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

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

Airdate: 7/20/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. JAMES SAVES THE DAY [VSP123]

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

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

Airdate: 7/20/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

NEW MEMORIES FROM AN OLD GAME [HOC312]

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

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

Airdate: 7/27/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

GEOLOGICAL WONDERS [VJG317]

Host Josh Garcia takes a break to read over entries in his journal and he's reminded of the many geological wonders that have surprised and astounded him on his travels, like rappelling down Malta's famous Blue Grotto. In Malta, Josh gets a lesson in the sport of abseiling on Malta's coastal cliffs. The name of the sport abseiling comes from the German word, "abseil," meaning "to rope down." Josh learns safety protocols around this sport, and learns how to use a locking carabiner, a coupling link with a spring-loaded safety closure. Josh completes his training before abseiling his way to descend the 180-foot Blue Grotto, also called "Il-Hnejja," meaning "the arch" in Maltese. The Blue Grotto is a collection of sea caves known for colorful reflections on the walls and water. In Aruba, Josh is not quite sure what to expect when he visits the beautiful and diverse Arikok National Park, where he explores the Fontein Cave with a park ranger, but once there, he's enthralled by its history and learns about the island's ancient people who created drawings on the walls of caves. This limestone cave was once coastline and formed over 5.2 million years ago as a result of erosion and volcanic activity. Then, in Sicily Josh has a thrilling lesson in geology with a volcanologist when he hikes one of Europe's highest and most active volcanoes, Mt. Etna. Mt. Etna sits on

the fault between the African and the Ionian microplate. Very rarely does a year pass without any activity from this volcano. Ancient legends referenced Mt. Etna, including one that said it was the workshop of Hephaestus, the Greek god of fire. And in Costa Rica, Josh meets a guide who explores and documents waterfalls, and he leads Josh into the Bajos del Toro region, located between the Poás and Viejo volcanoes. In the nearby cloud forest, Josh learns about Costa Rica's unique micro-climates. A microclimate, or climate zone, is an area where the atmospheric conditions differ from the surrounding areas. Here, different rivers come from different volcanoes, and the vegetation and animals along each of these rivers adapt differently to their different mineral composition. Rio Agrio, for example, has a high acid pH level due to a mix of sulfur, iron, and silicon, among other chemical elements.

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

Airdate: 7/27/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GANGES [EDD112]

Today on Earth Odyssey, host Dylan Dreyer takes us down the Ganges River in India. The Ganges River flows more than 1,500 miles across the northern region of India before making its way to the ocean. We'll first travel to the source of the Ganges River, the Himalayan Mountains. Here we'll learn that the Himalayan Mountain Range is the tallest and one the youngest ranges on Earth. High in the Himalayas, few animals can weather the extreme temperatures. Here we'll meet the snow leopard, an animal well adapted for the year-round freezing wilderness. With powerful legs adjusted to the steep mountains, snow leopards can jump distances up to 50 feet. As the Ganges River makes its way down the foothills of the Himalayas, the weather warms up significantly. India's floodplains are home to one of the largest animals in the world, the Indian rhino. Here we'll learn that despite their bulky appearance, Indian rhinos are remarkably nimble and can run up to 30 miles per hour. Further down the river there's another animal that's a rare sight to see, the Gangetic river dolphin. Due to extreme low-visibility in the Ganges River, these dolphins are almost completely blind. Gangetic river dolphins rely on echolocation to locate other objects in the water, including food. Next, we'll meet a prehistoric creature over 60 million years in the making, the gharial. One of the largest crocodile species in the world, a male gharial can grow up to 20 feet long. Reaching full maturity at 10 years old, gharials can live between 40 and 60 years in the wild. Next, we'll travel to the Sundarbans, the largest expanse of mangrove swamps and forests in the world. Here we'll meet the Bengal tiger, the national animal of India. Both revered and feared, the Bengal tiger's roar is so loud it can be heard as far as two miles away. We'll discover that these great cats are among the heaviest felines on Earth and can weigh nearly 500 pounds.

[Educational Message: In this episode, we've seen how this unique waterway of the Ganges River has supported life for millions of people and animals who live in its path. This is just another amazing example of how nature truly takes care of its own.]

Airdate: 7/27/2019

Time:

Duration: 30:00

CONSUMER 101

SWEET SUCCESS [CNR117]

Host Jack Rico, along with the experts at the testing labs, will tell you how much added sugar could be lurking in your breakfast, how to build stronger passwords, and what to look for when buying your first car. First up, we'll meet with a scientist to learn how we can eliminate added sugars from our diet. We'll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We'll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We'll get some healthy tips on how to cut the added sugars out of our daily diet. Next, we'll meet with an auto expert to get some advice on what to look for when choosing your first car. We'll learn that purchasing a car with manual transmission will keep you busy on the road and can help reduce distracted driving. We'll also discover that bigger doesn't always mean safer when it comes to choosing a car. Here we'll learn that larger sports utility vehicles take longer to brake and can be more difficult to handle for new drivers. We'll learn that it's important to buy as much safety as you can afford when purchasing a new car. Finally, we'll learn how you can build better passwords to help keep hackers at bay. We'll discover that hackers can use your public social media feeds to gather information about you and crack your passwords. We'll learn about a technique you can use to create random passwords that will make it more difficult for hackers to access. We'll also learn about applications and technologies you can utilize to generate sophisticated passwords and prevent hackers from accessing your private information.

[Educational Message: In this episode, we learned the importance of protecting your personal information. Hackers are finding new methods of accessing our personal data every day. Creating a sophisticated password can help you keep your data safe and keep hackers at bay.]

Airdate: 7/27/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN SOLUTIONS FOR CHEMICAL-FREE SPACES [NDS317]

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

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

Airdate: 7/27/2019

Time:

Duration: 30:00

VETS SAVING PETS

PAWS, JAWS, AND GAUZE [VSP124]

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

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

Airdate: 7/27/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BETTER IN THE LONG RUN [HOC313]

We learn how cyclist Lawson Craddock overcame a painfully disappointing first Tour de France and a broken scapula to raise money for his hometown of Houston and to rebuild his home racing track after it was devastated by Hurricane Harvey. The Tour de France is a 3-week race that ends in Paris and has competitors from all over the world. Next, we meet with amateur golfer Albane Valenzuela, whose temperament on the course can be credited to Alexis, her caddy and little brother, who was diagnosed with autism at the age of 2. Albane explains how her brother inspires her to stay positive and never give up. The symptoms of autism vary from person to person, and no two people with autism are alike. Then, we hear golfer Bryson Dechambeau share the story of his dad's kidney transplant and how it has inspired him on and off the course. The first successful kidney transplant was in 1954 in Boston. Lastly, we get a closer look at the photo-finish ending for the women's triathlon at the 2012 London Olympics and learn play-by-play what the sport entails. Triathlon is a multi-sport event involving swimming, cycling, and running in succession; and the word Triathlon comes from the Greek word "treis" (three) and "athlos" (sports).

[Educational Message: Don't let doubt from others prevent you from trying--determination will render positive results, whether it be in or outside of sports. Viewers learn about what it takes to

become a professional cyclist, what it takes to play women's college golf, the importance of staying positive when faced with adversity, and about the history of the women's triathlon.]

Airdate: 8/3/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FUN FIRSTS IN BARBADOS [VJG318]

Host Josh Garcia makes his first voyage to Barbados, which celebrates its diverse Caribbean culture mixed with over 300 years of British rule and traditions. At a beach on Carlisle Bay in historic Bridgetown, Josh meets a local diver who explains a tradition that is unique to Barbados; thoroughbred race horses are led to the sea for a morning therapeutic swim. Carlisle Bay was named for the first Earl of Carlisle who claimed Barbados on behalf of King Charles I of England. Nearby Bridgetown and its Garrison is a UNESCO World Heritage Site because of its British colonial architecture and well-preserved streetscape. Next, Josh takes a food tour with a local historian and foodie to learn all about the complex Barbadian cuisine, which is a combination of both British and Caribbean flavors. Its dishes are known to be spicy, but not necessarily "super-hot" spicy. Then, since Cricket is the national sport, Josh is excited to visit a legendary cricket club where he meets with a coach to learn all about the game and test his skills with a ball and bat. After suiting up, he gives it a try and gains a new appreciation for the difficulty of the sport. Finally, Josh goes for a snorkeling adventure in a location known to be a habitat for sea turtles. Not only does Josh get to swim with one, he gets to observe other sea life in the turquoise, clear waters of the Caribbean.

[Educational Message: Sea turtles have inhabited Earth for more than 100 million years and have been known to travel over 1,615 miles between feeding and nesting grounds. To see these incredible marine creatures in their natural habitat is an amazing sight, and serves as a lesson on the importance of preserving marine ecosystems for years to come.]

Airdate: 8/3/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

JAPAN [EDD113]

Today on Earth Odyssey, host Dylan Dreyer takes us to Japan's volcanic islands. Situated in the Northwest Pacific Ocean, Japan consist of about 7,000 islands with weather ranging from one extreme to the next. Known as one of the most unstable places on Earth, Japan's islands are a volcanic hotspot with more than 1,000 earthquakes shaking the region each year. These islands are now home to many species of wildlife found nowhere else in the world. First, we'll travel to the island of Honshu where we'll meet the Japanese macaque. This snow monkey is the only primate besides humans that can survive in the high elevations of

this subarctic region. Here we'll witness how these snow monkeys utilize natural hot springs, called onsens, to keep warm in the bitterly cold environment. Next, we'll meet the red-crowned crane, the largest bird in Japan. Here we'll learn how the graceful and elegant mating rituals of red-crowned cranes have earned them the nickname "snow ballerinas." Next, we'll meet a highly unusual animal, the Japanese serow. Also, known as a "wolf deer," the serow is said to have the legs of a goat, the body of a deer, and the fur of a wolf. We'll discover that these rare creatures only live on three of the 7,000 Japanese Islands. Finally, we'll learn more about the custom of usho fishing, an ancient tradition that's been practiced for more than a thousand years. However, we'll discover that these fishermen don't need fishing rods to catch their fish. Using trained sea cormorants, these fishermen let the birds do the fishing for them. Here we'll follow a group of fishermen and witness how the incredible hunting skills of sea cormorant birds have been utilized by locals for centuries.

[Educational Message: Today, we've seen firsthand how Japan's ancient customs have ensured its inhabitants' survival, even in the harshest of environments. It's amazing how the knowledge has been passed down through tribes and within the animal kingdom, all working together with nature to help the next generation.]

Airdate: 8/3/2019

Time:

Duration: 30:00

CONSUMER 101

LIGHTS OUT [CNR118]

Host Jack Rico, along with the experts at the testing labs, will teach you how to keep your home powered during a blackout, show you how to get the most mileage out of your car, and we'll learn how to make a healthy smoothie. First up, we'll discover how generators can help keep your home out of the dark during a blackout. We'll learn that a gas-powered portable generator is a good temporary option to power necessary appliances in your home. It's important to store your generator at least twenty feet outside of your home and ensure your extension cords are suitable for outdoor use. Also, be sure your extension cords can handle the total amperage of the appliances and devices you're powering. As roughly seventy people die each year of carbon monoxide poisoning from generators, it's critical to follow all safety precautions when using a generator. Next, we'll learn how to get the most mileage out of your vehicle. We'll discover that regular maintenance is the key to expanding the life of your car. We'll learn that your car's owner's manual has everything you need to know about keeping your car regularly maintained. It's also important to closely monitor your car's tires as they can indicate other problems with your vehicle. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned how to safely operate a generator during a power outage. It's important to remember that gas-powered generators produce carbon monoxide, a poisonous gas that can be fatal to humans. In the event of a power outage, remain calm and always practice safety when using a generator.]

Airdate: 8/3/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ELEVATING OVERLOOKED INGREDIENTS [NDS318]

Host Danny Seo mixes up a DIY facial cleanser that's loaded with natural benefits using avocado oil, rosehip oil, carrot oil, and bergamot. Avocado and rosehip oils help soothe inflammation, carrot oil contains antifungal properties, and bergamot helps reduce scars. Regular use of cleansing oil may improve the skin barrier and reduce dryness. Next, Danny uses carrots in a creative way to make a savory tartine. "Tartine" is a French word used to describe open-faced sandwiches. Then, Danny cooks up a pineapple strudel and teaches the technique of braiding pastry dough. Strudel means "vortex" or "whirlpool" in German. Next, Danny upcycles ice-pop sticks into trendy bracelets by shaping and decorating them with leftover ribbon, shoelaces or synthetic leather. Synthetic alternatives to suede leather became available in 1970. Lastly, Danny creates a home freshener with ingredients you may already have in your pantry, such as baking soda. Odors are eliminated when the alkaline baking soda reacts with the acidic gases produced by bacteria.

[Educational Message: What you put on your body is as important as what you put in your body-- natural oils can be used as an alternative to products that contain harsh chemicals. By trying new things, like different methods of cooking and ingredients, you add a fun, healthy twist to an otherwise average meal. You can use leftover materials to make something new, decorative and cost efficient-- all you need is creativity.]

Airdate: 8/3/2019

Time:

Duration: 30:00

VETS SAVING PETS

THE INVESTIGATOR [VSP125]

Today on Vets Saving Pets, a dog named Gizmo arrives at the clinic with an injured knee, an aging Golden Retriever has developed skin issues, and Dr. French helps an alligator that lost its bite. First up, a rescue dog named Gizmo is brought to the clinic after injuring its knee while playing. Dr. Ringwood, the clinic's surgeon, examines Gizmo and discovers that the cranial cruciate ligament in her knee has been ruptured. Here we learn that if the knee ligament isn't surgically repaired, Gizmo will develop arthritis and lameness over time. Dr. Ringwood proceeds with the surgical procedure and repairs Gizmo's injured knee using a surgical plate and screws. Next, Dr. French receives an exciting patient as a 26-year-old alligator named Elvira arrives at the clinic. Elvira has had problems fully opening her jaw and her handlers suspect she may be suffering from metal toxicity due to potentially ingesting coins in her habitat. Before the vets can get to work on their prehistoric patient, they will first have to anesthetize Elvira. Here we learn that reptiles have a much slower metabolism than mammals, which means the sedatives will take much longer to take effect. Once sedated, the vets will use an endoscopy tool to scope Elvira's stomach and remove the metal coins. Finally, an aging Golden Retriever named Tandi is brought to the clinic suffering from persistent skin issues. Dr. Waisglass, the clinic's dermatologist, examines Tandi's body to determine what may be causing the recurring skin problems. Dr. Waisglass, using simply a piece of tape, takes samples from various parts of Tandi's body for testing. Using a microscope, Dr. Waisglass will examine the skin samples for parasites and bacteria.

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

Airdate: 8/3/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BACK ON TRACK [HOC314]

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

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

Airdate: 8/10/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SANDS OF TIME [VJG319]

Host Josh Garcia arrives to the port city of Aqaba, Jordan, where he can see the coastlines of Israel, Egypt, and Saudi Arabia from Aqaba’s port. Though virtually landlocked, Jordan has 17 miles of coastline which attracts divers from all over the world. The Gulf of Aqaba is at the northern end of the Red Sea, and there’s a wide variety of coral reefs and other sea life that thrive in the water. To learn more about coral reefs and Jordan’s conservation efforts, Josh meets with a local conservationist who takes him on a dive in the Red Sea. Coral reefs are formed by corals that secrete calcium carbonate to form a hard skeleton. Next, Josh heads north to Wadi Rum, a protected desert wilderness of red sand dunes and granite rock formations. Human existence in Wadi Rum has been traced back to prehistoric times. Josh makes the trek and meets with members of a Bedouin tribe who show him how to prepare Jordan’s national dish, mansaf, and they instruct him on the proper way to eat it. The name of the dish, “mansaf,” comes from the Arabic word meaning “large tray or “large dish.” Mansaf is prepared with rice, meats, and yogurt, and served with a traditional bread, called “shrek,” or a round unleavened flatbread. Finally, Josh visits the ancient Nabatean

capital city of Petra. Built over 2,000 years ago, Petra is considered one of the most famous and important archaeological sites in the world, and a spectacular marvel of Jordan's ancient ingenuity and place in world history. Josh walks through the historic canyon in wonder and learns about the tomb carved into stone for King Aretas IV, who was the King of the Nabateans from around 9 BCE to 40 CE. King Aretas IV's tomb, known as the Treasury, is nearly 131 feet high and has two floors.

[Educational Message: When it comes to marine conservation, if we can understand what a coral reef is, we can actually enhance the pre-existing conditions of that reef in our immediate environment, allowing it to thrive.]

Airdate: 8/10/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

MOTHER KNOWS BEST [EDD114]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey around the world. First, we'll travel to the lush tropical landscape of Vietnam. Here we'll venture into the lowlands in search of yellow-cheeked gibbons. These monkeys are famous for the loud, odd sounding melodies they use to mark their territories. We'll discover that these monkeys are also some of the best tree swingers on the planet, reaching speeds of up to 25 miles an hour as they swing up to 50 feet from branch to branch. We'll also meet one of the rarest species of primates who were once thought to be extinct, the Hatinh Langur. We will learn about their strange social structures, their eating habits, and how they have made an unlikely home in the limestone caves in the cliffs of Halong Bay. Next, we'll travel to the Caribbean Islands where we'll learn more about leatherback sea turtles. The largest of all sea turtle species, we'll discover that the leatherback can grow to roughly six feet in length and weigh as much as a small car. Next, we'll travel to the island nation of Sri Lanka, located near the Southern tip of India. Although roughly the size of Pennsylvania, Sri Lanka is packed with enough wildlife to rival a vast continent. Here we'll journey to the Lowland plains, which cover more than two thirds of the island of Sri Lanka. We'll discover that this region is home to over 2,000 wild elephants, one of the largest populations on Earth. Here we'll learn more about the elephant's habitat and how they prepare for the upcoming dry season. We'll also discover that, with their specialized feet, elephants can communicate with each other using seismic signals, or ground vibrations.

[Educational Message: In this episode, we witnessed how different animals adapt to their environments. We are constantly faced with new challenges and environments in our lives. Living in extreme climates requires adaptation in order to ensure survival of future generations.]

Airdate: 8/10/2019

Time:

Duration: 30:00

CONSUMER 101

GET CONNECTED [CNR119]

Host Jack Rico, along with the experts at the testing labs, will show you how to safely anchor your furniture to prevent it from tipping over, teach you how to protect yourself from mosquitoes and ticks, and show you how to improve your WIFI connection. First up, we'll learn how to anchor furniture in your home to prevent it from injuring a child. We'll meet with an expert in the test labs for a demonstration on how easily large furniture can tip over and injure a person. We'll learn how you can utilize wall-mount assemblies to anchor your furniture to walls in your home for added safety. Here we'll get firsthand instructions on how to safely install anchors for your furniture and prevent any potential injuries from occurring. Next, we'll learn how to best protect yourself from insects like mosquitoes and ticks. We'll discover that using repellents is important as insect bites can transmit diseases such as Zika virus, Lyme disease, and even Malaria. Here we'll learn how experts scientifically test the effectiveness of various insect repellants using live mosquitoes in a controlled setting. We'll also get some tips on how to avoid these insects when out on the go. Finally, we'll learn how you can improve the WIFI signal in your home. With the help of an expert, we'll discover that there are new technologies that can help boost your WIFI coverage. A mesh networking device can be utilized to increase WIFI capabilities in a large home or space. We'll learn how experts scientifically measure these devices for capabilities and performance.

[Educational Message: In this episode, we learned how to best protect yourself from insects such as mosquitoes and ticks. As many insects can transmit harmful diseases, you should always wear insect repellent on any exposed skin. It's best to always be prepared when spending time in nature.]

Airdate: 8/10/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ICE CREAM INNOVATION [NDS319]

Host Danny Seo adds a healthy gourmet twist to sweet potatoes by creating twice-baked sweet potatoes with cilantro, avocado, pomegranate topping. Sweet potatoes are a good source of beta carotene, protein, and fiber. Next, Danny visits an ice cream shop in Portland, Oregon and learns how locally grown, innovative ingredients, such as beets, are used to create dairy-free treats made with coconut cream. Beets are high in potassium, magnesium, and vitamin C. Approximately 65% of people have some lactose intolerance, but coconut cream has a higher fat content than milk, making it a good base for ice cream. Then, Danny creates upcycled DIY piñatas using leftover cereal boxes. The piñata is believed to have originated in China, where it was used to celebrate a new year; and the word piñata comes from the Italian word "pignatta," meaning "fragile pot." Lastly, Danny offers alternatives to plastic straws, such as stainless steel and glass straws. The average American uses more than 600 straws every year, and most plastic straws become trash because they are too lightweight for mechanical recycling sorters.

[Educational Message: Being lactose intolerant doesn't mean you can't enjoy a scoop of ice cream--milk alternatives can be used to create safe, sweet treats. Upcycling or decorating something at home is a great way to show creativity, reduce waste, and learn different techniques to gain insight into a different culture. Eliminating the use of plastic straws and using reusable alternatives instead is something small that anyone can do to help the environment.]

Airdate: 8/10/2019

Time:

Duration: 30:00

VETS SAVING PETS

NERVE-WRACKING [VSP126]

Today on Vets Saving Pets, a cat arrives at the clinic with a fractured jaw, a bulldog can't stop bobbing her head, and a Silky Terrier is having mobility issues. First up, a cat named Oreo is rushed into the Veterinary Emergency Clinic after being hit by a car. Dr. Cochrane, the clinic's neurologist, will perform a neurological exam to determine the extent of Oreo's injury. Following the exam, Dr. French, the clinic's veterinary dentist, will perform a surgical procedure to suture Oreo's fractured jaw together. Here we'll witness the delicate process of oral surgery and learn about the necessary skills of a veterinary dentist. Next, a bulldog named Lulu arrives at the clinic with uncontrollable head bobbing. Lulu meets with neurologist Dr. James for a neurological test to determine the cause of the head shaking. After tests reveal normal results, Dr. James recommends an MRI exam to get a clearer picture of what may be causing Lulu's issues. After consulting with the veterinarians, Lulu's owner decides to wait and see if the head bobbing persists before performing the MRI exam. Finally, a Silky Terrier named Cedric arrives at the clinic suffering from mobility issues. Cedric meets with Dr. James for a neurological exam to better understand the cause of his abnormal gait. After several tests reveal negative results, Dr. James explains the potential conditions that may be causing Cedric's mobility issues. Dr. James recommends Cedric undergo an MRI exam in order to accurately diagnose the problem.

[Educational Message: In this episode, we witnessed the delicate skill and precision needed to perform surgical procedures. There are numerous areas for specialization in the world of Veterinary medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. Furthering your education is important to a successful career in veterinary medicine.]

Airdate: 8/10/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

RECOVERY PERFORMANCE [HOC315]

We learn how cyclist John Degenkolb's determination led him to achieve his first Tour de France victory after suffering a serious injury two years prior. The Tour De France takes place over 23 days and covers over 2,000 miles; and on average, a pro cyclist will ride around 25,000 miles in one year. Next, we learn how Uriah St. Lewis and his family got involved with training horses after moving to the U.S. from Trinidad and how their continuous hard work resulted in finally winning a Grade 1 title after 30 years of training horses. One of the most famous jockeys in the U.S., Eddie Arcaro, rode in 250 races before winning his first race. Then, we hear residents of Greenbrier County, West Virginia discuss the devastating flood that left many homes, businesses, and lives destroyed; and we learn how the resilience of the county, with the help and shelter from the famous Greenbrier Golf Club, saved the lives of many and helped the community get back on course. The Greenbrier course, originally constructed in 1924 by Seth Raynor, was redesigned by Jack Nicklaus in 1977.

[Educational Message: Hard work and resilience are keys to success. Viewers learn about what it takes to train for the Tour De France, steps to take to become a horse trainer, and the importance of supporting a community in times of need.]

Airdate: 8/17/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MALAYSIAN MELTING POT [VJG320]

After sailing through the Strait of Malacca in southeast Asia, host Josh Garcia's ship docks in Port Klang, Malaysia. From this vast port, Josh sets off to explore Malaysia's capital, the bustling city of Kuala Lumpur, where he discovers unique districts that maintain their cultural and religious ties to the country's Malay, Chinese and Indian roots. Josh's first stop is the Batu Caves, a series of caves and Hindu religious shrines formed out of a 400-million-year-old limestone hill. The Batu Caves derive their name from the Sungai Batu or "stone river" which flows past the hill. Since the late 1800s the caves have also become shrines with the creation of temples for people who practice the Hindu religion. Josh climbs the 272 steps to reach the largest cave, known as the cathedral of temple cave. His next experience is quite different. Josh tours an elephant conservation center that rehabilitates, relocates, and provides homes to injured and displaced elephants. There are around 1,200 wild Asian elephants in Malaysia. Mahouts, or elephant care-takers, have a unique life-long relationship, and Mahouts start their training to be elephant keepers from a young age. Finally, Josh goes on a food tour through different neighborhoods to learn how Malaysia's unique population has influenced its cuisine. Malaysia is a melting pot of multi-ethnic backgrounds; the first recorded Chinese community on the Malay peninsula dates back 600 years and Indian immigrants came as traders, laborers, and miners in the 19th and 20 centuries during British colonial rule. At the heart of Malay cuisine is a hawker center, where there are open air food stalls and tables, and fusions of these cuisines are available.

[Educational Message: When different peoples come together in a single place and bring their culinary influences together, the cuisine of that region can become a feast for the senses, and an incredibly rich fusion of culture.]

Airdate: 8/17/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

RETURN TO THE CARIBBEAN [EDD115]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey to explore the hidden beauty of the Caribbean Islands. We'll discover that the Caribbean Islands are a string of more than 7,000 islands between North America and South America. We'll learn that the Caribbean Islands are located in "Hurricane Alley," making this region more vulnerable to powerful natural events. First, we'll meet the Lesser Antillean iguana, a lizard that has now colonized much of the Eastern Caribbean Islands. On the Island of Dominica, over 10,000 iguanas occupy forests close to the shorelines. Here we'll learn how the iguanas choose where they lay their eggs and how they defend their nests from intruders. Next, we'll learn about the violent

beginnings of the Caribbean Islands, and how volcanic eruptions shaped the land many years ago. We'll also witness how the fertile volcanic soil on the islands soon created lush, tropical forests full of wildlife. Next, we'll learn about the mangrove forests of the Caribbean, which serve as protection from the harsh tropical weather. We'll discover that the complicated network of the mangrove's root system creates a barrier to pounding waves and surf during storms. We'll also learn that mangrove trees are the only trees in the world that can grow in saltwater. Finally, we'll travel to Trinidad, the southernmost island in the Caribbean. Inside Trinidad's forests, the manakins thrive. We'll learn that "Manakin" refers to roughly 60 different species of birds found throughout the tropical forests of the Americas. Here we'll witness the unique mating rituals of the colorful birds as they dance on the forest branches to attract a mate. Finally, we'll meet the silky anteater. We'll discover that the silky anteater is the smallest known species of anteater, weighing less than one pound at full maturity.

[Educational Message: In this episode, we see how the tropical paradise of the Caribbean teems with a diverse and abundant array of wildlife. All of these creatures find ways to survive and thrive in one of Earth's great volcanic hotspots.]

Airdate: 8/17/2019

Time:

Duration: 30:00

CONSUMER 101

SMART CHOICES [CNR120]

Host Jack Rico, along with the experts at the testing labs, will explore the pros and cons of smart doorbells, will give tips on healthy food choices, and will show you how to clean your computer. First up, we'll discover more about the technology behind smart doorbells and the benefits of owning one. We'll meet with an expert and learn how smart doorbells are scientifically tested in various settings to determine the best model for your needs. We'll also discover more about the advanced features now becoming available on smart doorbells such as facial recognition, voice control, and geofencing. Next, we'll get some advice from an expert on how to make healthier food choices. We'll learn that you can cut the fat from cooked ground beef by rinsing the meat before serving. If you're using canned beans, you can also remove additional sodium by rinsing them with water prior to cooking. We'll discover that you can replace salt with taste alternatives such as vinegar or citrus juice. As opposed to boiling your vegetables, we'll also learn that steaming veggies will help retain more vitamins and nutrients. Finally, we'll get advice on the best way to clean your computer and electronic devices. We'll learn that a can of compressed air is a good tool to clean any ports or vents on your device. Also, a hand vacuum can help remove any crumbs or dust accumulating under your keyboard. We discover that you should always use a small amount of soap and water, never harsh chemicals, when cleaning your computer or electronic devices.

[Educational Message: In this episode, we learned about the importance of eating healthy foods. We discovered simple ways to reduce the amount of fat and sodium in everyday food items. It's important that we make smart choices about the food we put into our bodies.]

Airdate: 8/17/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SEBASTIAN'S CHOCOLATE FACTORY [NDS320]

Host Danny Seo bakes energy-packed granola bars with nori sheet, using cherries, pistachios, and avocados. Nori is made by shredding edible seaweed and pressing it into thin sheets. A one-ounce serving of pistachios has the same amount of protein as one egg; and two-thirds of the fat in avocados is monounsaturated, the type that helps lower cholesterol. Next, Danny visits a chocolatier in Portland, Oregon and learns about the process of turning cocoa beans into bars of chocolate. Roasting sterilizes beans and helps further develop the chocolate aroma, and a chocolate melanger is a stone grinder that transforms cacao nibs into liquid. Then, Danny finds creative ways to reuse gift paper by creating wall art. Holiday gift wrap and shopping bags create approximately 4 million tons of trash in the U.S. every year. Lastly, Danny shares items that can be donated to support local thrift stores, such as reusable bags, bubble wrap, office supplies, and clothes hangers. Approximately 1 in 5 Americans shop at thrift stores during any given year.

[Educational Message: Every ingredient, no matter how small, can have an impact on your body. Baking granola bars is a great way to create a quick snack that provides energy and nutrition. Making something, such as a decorative chocolate bar, can be as much of an artform as the final product. Finding ways to reuse leftover materials is an opportunity to get creative while also preventing waste.]

Airdate: 8/17/2019

Time:

Duration: 30:00

VETS SAVING PETS

MORE THAN MEETS THE EYE [VSP127]

Today on Vets Saving Pets, an elderly dog arrives at the clinic for a dental visit, a Whippet is having heart issues, and a Shih Tzu meets with an ophthalmologist. First up, an elderly toy Poodle named Timmy is brought to the clinic for a dental checkup. After meeting with Dr. French, the clinic's veterinary dentist, it's determined that Timmy is suffering from periodontal disease. Here we'll learn that periodontal disease is serious infection of the gums that can be life threatening if not treated. Timmy will be anesthetized and undergo surgery to remove his infected teeth and treat the periodontal disease. Next, a Whippet named Chelsea arrives at the clinic after receiving abnormal blood work results on her one-year checkup. Suffering from a heart murmur, Chelsea will need additional tests to further determine the extent of the issue. Dr. Williams, the clinic's cardiologist, is concerned that Chelsea's red blood cell count is extremely high. Dr. Williams will utilize an ultra-sound device to monitor the blood flow in Chelsea's heart. Here we'll discover that Chelsea has a shunt in her heart. We'll learn that a shunt occurs when blood is diverted in abnormal patterns in the heart. As this condition cannot be corrected with surgery, Dr. William's prescribes medication to help manage the symptoms and extend Chelsea's life. Finally, a Shih Tzu named Bling Bling arrives at the clinic with multiple eye issues. Dr. Gray, the clinic's ophthalmologist, will examine Bling Bling's eyes with various instruments to determine the cause of the issues. Dr. Gray determines that Bling Bling is suffering from entropion, a condition that causes the eyelids to roll inward. This condition causes irritation of the eyes and can lead to serious complications if not properly treated. Bling Bling will undergo a delicate entropion repair surgery to remove the excess tissue from his eyelids.

[Educational Message: Veterinarians must have compassion for both their patients and their patient's owners. Working in an Emergency veterinary clinic presents challenging and emotional cases that can be difficult for pet owners to cope with. A career in veterinary medicine will have challenges but can be a rewarding profession.]

Airdate: 8/17/2019

Time:

Duration: 30:00

**THE CHAMPION WITHIN
PUTT-ING IN THE WORK [HOC316]**

We meet Taekwondo protégé Aaliyah Powell and learn how her older sisters, who were world class athletes themselves, shaped Aaliyah into being the motivated and intense athlete she is today. Taekwondo is both a martial art and a combat sport, and GB Taekwondo was established in 2002 and is based in Manchester. Then, junior golfer Avery Zweig uses her golf talents to raise money for a custodian at her school diagnosed with cancer. We hear from surfers as they train to compete in the first Olympic surfing competition ever at the 2020 Olympics. Surfing originated in Polynesia, and in 1778, Captain James Cook was the first Westerner to witness it. Then, we examine how Dustin Johnson's actions almost cost him his dream of being a golf great and how he made a comeback. The oldest known rules of golf were written in 1744 by an Edinburgh golf club.

[Educational Message: Gaining inspiration from those around you can help you on your path to succeed. Viewers learn about the history of Taekwondo, the importance of helping others, the history of surfing, and how your actions impact your life in and outside of sports.]

Airdate: 8/24/2019

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
HUNGRY FOR MORE [VJG321]**

Host Josh Garcia looks back at entries in his journal that remind him how traveling the world allows him opportunities to have culinary adventures and learn about different cultures by sampling a country's cuisine or visiting a farm where local produce is grown. On his voyage to Tallinn, Estonia, he learns about traditional Estonian cuisine and gets a lesson in how to serve a feast to lords and ladies. During the medieval era when famine was common in Europe, having extra weight symbolized wealth and power. This style of feast includes different courses, some intended to expand the stomach and some intended to facilitate digestion. Sailing to Helsinki, Finland offers a very different experience when Josh takes a walking food tour, even visiting the Old Market Hall, or Vanhakauppahalli. Josh samples muikku, a common fish found in nearly every freshwater lake in Finland. Muikku is as popular in Finland as "fish and chips" is in England. Josh tries the Finnish national dish, so to speak, Karjalanpiirakka Munavoilla which is a pastry with a rye crust and a rice or potato filling. He even tries Salmiakki, an extra salty Finnish liquorice treat. On a trip to Maui, Josh tours a pineapple plantation known for growing the sweetest pineapples in Hawaii. Pineapple is an iconic Hawaiian fruit, and these crops came to Hawaii from South America in the late 1800s

and Pineapple canning was a booming industry in Hawaii until 2007. The crown of a pineapple contains the plant's roots, and Josh tries his hand at harvesting pineapples to learn how this fruit travels from the field.

[Educational Message: Travel allows you opportunities to try new foods and learn about different cultures by sampling another country's cuisine.]

Airdate: 8/24/2019

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER
REVISITING TURKEY [EDD116]**

Today on Earth Odyssey, host Dylan Dreyer takes us on another exciting journey to Turkey. Wedged in between Europe and the Middle East, Turkey is known for its mountainous landscapes and vast wetlands that dominant the region. We'll discover that Turkey's wildlife is as biologically diverse and abundant as a small continent. First, we'll meet the spur-thighed tortoise and learn how it copes with the extreme weather. We'll also witness courtship rituals of the spur-thighed tortoises and discover how they will knock other tortoise's shells in order to express interest. Next, we'll learn about the geological history of Turkey and the volcanoes that helped shape the region. We'll visit the Fairy Chimneys of Cappadocia, which were created over 65 million years ago when Turkey suffered major volcanic eruptions. We'll discover that three volcanoes left behind volcanic ash, lava, and basalt, creating these other worldly geological formations. Next, we'll travel down below to the Anatolian plateau where herds of sheep look for patches of green pasture under the blazing sun. Tracing back over 10,000 years, we'll learn that Turkey was one of the first places in the world where people domesticated sheep. We'll discover that shepherding is an ancient vocation that's not only still practiced today, it's celebrated. We'll also learn that the Anatolian shepherd dog has long been a companion of shepherds and can be traced back to 2000 BCE. Next, we'll travel to the alpine meadows of Turkey to discover more about honey bees. We'll witness how honey bees swarm the clover-dotted landscape, mining the alpine flowers for nutrients. We'll also learn that the honey these honey bees create is not only food, but also provides important insulation to keep their colonies warm in the cold season. Finally, we'll travel to the wetlands of Turkey where we'll meet an unusual looking creature. Here we meet the Nile soft-shell turtle, the largest known population of these turtles is found in Turkey. We'll discover that the Nile soft-shell turtle has the ability to take in oxygen so effortlessly, it can stay under water up to fifteen hours at a time.

[Educational Message: Living in a land of extremes demands more than just courage. Turkey's unyielding conditions constantly test the skills of survivability of its inhabitants. Not one day is taken for granted in this Middle-Eastern wilderness.]

Airdate: 8/24/2019

Time:

Duration: 30:00

**CONSUMER 101
HIGH NOTE [CNR121]**

Host Jack Rico, along with the experts at the testing labs, will give us a fascinating look at what happens to sound in an anechoic chamber, show us how much added sugar might be lurking in your breakfast, and will

give useful tips on how to keep our phone charged while on the go. First up, we'll visit an echo-less room, known as an anechoic chamber. Here we'll learn how an anechoic chamber is specifically designed to absorb all sound waves in a particular area. We'll join an expert and discover the many scientific uses of an anechoic chamber. We'll learn that echoes interfere with scientific measurements and that it's critical to eliminate any sound waves in order to discover the true sound of a product. We'll also join a group of high school music students as they test out various musical instruments to see how they sound differently in an anechoic chamber. Next, we'll meet with a scientist to learn how we can eliminate added sugars from our diet. We'll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We'll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We'll get some healthy tips on how to cut the added sugars out of our daily diet. Finally, we'll join a smartphone expert to learn some tips about how we can keep our cell phones charged while on the go. We'll first learn that it's best to reduce the brightness settings on your phone, as well as close out any applications that aren't in use. We'll also discover that using the "low power" mode on your phone can save considerable amounts of battery power. Also, we learn that it's important to keep an external battery charger on-hand in case of an emergency.

[Educational Message: In this episode, we discovered how much added sugar could be hiding in our breakfast. We learned that too much added sugar in your diet can lead to serious health complications. It's important that we look for healthier alternatives in our daily diet.]

Airdate: 8/24/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE VEGETABLE WHISPERER [NDS321]

Host Danny Seo introduces sugar alternatives-- such as honey, maple syrup, and yacon --that can be used to sweeten meals in a healthier way. Teens should have fewer than 6 teaspoons of added sugar, about 25 grams, per day. Next, Danny uses dates, which are natural sweeteners, to create sweet layers in a banana-maca milkshake. Date trees often need help from growers to pollinate successfully. Then, Danny travels to Portland, Oregon to meet James Beard award-winning chef Joshua McFadden at a farm to gather and cook peak-season vegetables into panzanella salad and a tomato-basil pasta dish. Panzanella is a chopped salad, originally from the Tuscany region of Italy. There are more than 35 types of basil, and all are part of the mint family. Lastly, Danny teaches how to make DIY chalk using plaster of Paris and tempera paint, which is made of colored pigments mixed with a binding agent. Natural chalk from limestone deposits has been used for drawing since prehistoric times.

[Educational Message: Incorporating natural sweeteners into recipes is a great way to eat healthier while also satisfying sweet cravings. You don't need a lot to create a delicious meal from the garden-- combining minimal, fresh ingredients can be used to create big flavors in a dish. Making your own chalk at home is a great way to learn science and save money.]

Airdate: 8/24/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. FRENCH RESTORES A SMILE [VSP128]

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, a Police K-9 arrives after breaking a molar, and a lion at the local zoo is having dental problems. First up, a puppy named Tessa

visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic's veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, a team of veterinary specialists have a special off-site patient to visit at the local zoo, an elderly lion named Rowdy. The staff at the zoo have noticed that Rowdy hasn't been chewing his food normally. The team will have to administer an anesthetic to get a closer, safer look at the big cat. Once properly sedated, Dr. French, the clinic's veterinary dentist, examines Rowdy's mouth and discovers that he has broken one of his canine teeth. Dr. French will have to work quickly and carefully to successfully extract the broken tooth.

[Educational Message: Working in a veterinary practice will introduce you to a variety of animal patients both big and small. In this episode, we learned that veterinarians must always be prepared for all types of patients, including wild and exotic animals. It's important to always seek knowledge and experience in areas unfamiliar to us.]

Airdate: 8/24/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FAMILY BUSINESS [HOC317]

We meet the Hughes family, who is on track to being the NHL's next great hockey family. Brothers Quinn and Jack are hockey protégés, but they wouldn't have made it as far without pushing each other to go the extra mile-- leading Quinn to be drafted in the first round of the NHL draft and making Jack a top prospect for the next draft. Next, we meet Jodie Duff, the physical education teacher at Cedar Lane Academy, and see how she teaches kids with disabilities by using golf to engage her students both mentally and physically. Her leadership and compassion changes the lives of so many who would not typically get the chance to excel as much as they do under Duff's watch. Then, we learn how Nascar driver Ryan Newman is making a difference by rescuing animals in need and impacting the lives of youth through nature outreach programs in an effort to facilitate responsible pet ownership and respect for all animals. Approximately 3.2 million shelter animals are adopted each year. Lastly, we learn how sisters Nisha and Seema Sadekar use fashion to express themselves in the game of golf and how they are helping to create more opportunities for minorities in the sport. In 1975, Lee Elder was the first African-American to play in the Masters; and in 2012, Augusta National opened its membership to women.

[Educational Message: You cannot define someone by their age, race or the limits of their abilities. Viewers learn about the steps to take to play in the NHL, how they can make a difference in their community, whether it be preserving nature or serving as a teacher; and the history of minorities playing in golf.]

Airdate: 8/31/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

AWESOME AUCKLAND [VJG322]

Host Josh Garcia sails to one of the most visited cities in the Southern Hemisphere, Auckland, New Zealand, which lives up to its reputation as being a multicultural, laid-back urban environment that celebrates the great outdoors. Nicknamed the “City of Sails,” its harbors are filled with yachts of all sizes. To get the lay of the land, Josh meets with a group of Maori dancers who proudly carry on one of their ancient traditions, the haka. The greatest concentration of Maori, an indigenous Polynesian people, resides in Auckland. It’s believed the Maori explorer, Kupe, first made landfall on the North Island around 1,000 years ago. Josh learns some of the basic moves of the haka and tries them out with these Maori dancers. Then, Josh climbs high to the top of Auckland’s famous Harbour Bridge where he gets a spectacular guided view of the city. The Harbour Bridge spans the Waitemata Harbour, connecting the northern area with downtown Auckland. The Waitemata Harbour covers an area of 70 square miles. The bridge itself is just over three quarters of a mile and summits at about 200 feet. It took four years and a team of 1,000 to build the bridge which opened in 1959. Next, he visits a local farm where he learns why New Zealand is famous for its sheep and he’s challenged to test his skills as a sheep herder. Finally, Josh learns why it takes a team to sail a racing yacht when he has a lesson in sailboat racing on board New Zealand’s most famous racing sailing yacht. The kiwi bird is the national symbol of New Zealand and a popular nickname for a New Zealander. Given the popularity of sailing in New Zealand, some are even nicknamed yachtie. New Zealand sailors compete and win races all over the world, and it takes years of training and conditioning to sail competitively.

[Educational Message: Trying out a new activity and sticking with it can be an incredibly rewarding experience. If you are new to something, don’t shy away from what you don’t know, but instead jump in and you might surprise yourself with what you can learn in the moment.]

Airdate: 8/31/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

RETURN TO THE GALAPAGOS [EDD117]

Today on Earth Odyssey, host Dylan Dreyer takes us on another visit to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. First, we’ll learn more about the volcanic origins of the Galapagos Islands. We’ll discover that the Galapagos Islands consist of thirteen primary islands and over one hundred rocky reefs that jut out of the

sea, each land mass created from volcanic activity. Some islands look like a wasteland, a place where nothing could survive. Others are more like a fertile playground for an incredible diversity of plants and animals. With very little human interference over thousands of years, these islands serve as a unique place for scientists to study nature. We'll learn more about the 19th century botanist Charles Darwin, and how he used the Galapagos Islands as his own laboratory. We'll follow Charles Darwin's trail to see how he studied the evolution of animals and plants on these islands. Next, we'll learn that over 70% of the Galapagos Islands' bird species cannot be found anywhere else in the world. We'll discover more about the flightless cormorant species native to the Galapagos. We'll learn that of the twenty-nine species of cormorants, the Galapagos cormorant is the only one that cannot fly. Next, we'll meet a group of Greater flamingos and learn more about their courtship rituals. We'll also learn how the flamingo's primary diet of shrimp contributes to its vibrant pink color. Finally, we'll discover more about the local frigate birds that inhabit the Santa Cruz region of the Galapagos. We'll learn that these aerial high-flyers can stay in the air for more than a week at a time. We'll also discover that Spanish sailors nicknamed frigate birds "pirate birds" due to their thieving behavior against other birds.

[Educational Message: Forged by volcanoes and left to evolve, these islands and their wildlife are a spectacular natural laboratory for scientists. It's incredible to see nature take over in a part of the world left untouched by humans.]

Airdate: 8/31/2019

Time:

Duration: 30:00

CONSUMER 101

AIR SUPPORT [CNR122]

Host Jack Rico, along with the experts at the testing labs, will show us how TV antennas can be used as an alternative to cable, will give advice on how to ease the anxiety of air travel, and teach us how to choose the best pots and pans for making a great meal. First up, we'll find out why TV antennas have recently made a comeback as people search for cheaper ways to watch television. Decades ago, all television programs came to your home via an antenna. Over time, cable and satellite services would gradually replace antennas. But as the cost of those services went up, consumers have rediscovered antennas as a way of saving money. We'll meet with an expert to learn how these antennas work and how to choose the best one for your home. Next, we'll get some advice on how to ease the stress of airline travel. We'll discover that using an eye mask, neck pillow, and sound cancelling headphones are some ways to make your travel experience more comfortable. We'll learn that paying extra for priority boarding can help ensure you have an available overhead bin to store your carry-on bag. Additionally, it's important to educate yourself on your flight's terms and any additional fees that you may incur when traveling. Finally, we'll meet with an expert for tips on how to pick the best pots and pans for your kitchen. We'll discover that non-stick pans are the ideal choice for cooking delicate foods such as eggs or other items that don't require high heat. We'll learn that stainless steel pans are the best option for searing foods at high temperatures. Here we'll witness how experts scientifically test pots and pans for their performance with various foods and ranges of temperature.

[Educational Message: In this episode, we learned how to ease the stress of airline travel. We discovered that there are many ways to make your experience more comfortable. It's important to also research and educate yourself before you purchase a flight. It can save you time and money if you are aware of the specific terms and added fees.]

Airdate: 8/31/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

FLOWER POWER AND VEGETABLE STARS [NDS322]

Host Danny Seo teaches about organic edible flowers, such as lavender, marigold and pansies. English lavender has a sweeter taste than other varieties and works well in recipes, and it can be used to substitute mint. Marigold is often used as a natural dye for foods such as pasta, cheese, and mustard; and it can be used to substitute saffron. Next, Danny makes a summer pasta using poppy seeds, bell peppers and ribbonized zucchini. One bell pepper can provide the recommended daily supply of vitamin C. Then, Danny incorporates kale into a savory dish by making baked kale falafel. Kale comes in many varieties, including curly, dinosaur, and Siberian; and falafel is a vegetarian fritter that's traditionally deep-fried. Then, Danny repurposes used cutting boards into new home organizers by attaching old belts with decorative nails. The use of decorative nails on furniture is believed to have started in 17th century France. Lastly, Danny mixes up a homemade cleaning spray using alcohol and dish soap. Alcohol kills bacteria through a process called denaturation. Dish soap is used as a surfactant--the word surfactant is short for "surface active agent."

[Educational Message: Incorporating edible flowers into a recipe is an easy way to get creative and have fun cooking. Kale doesn't have to just be eaten as a salad-- many healthy ingredients can be used in unique ways to deliver the same nutrition without being noticed. Finding ways to repurpose household items not only prevents waste but also can help provide organization.]

Airdate: 8/31/2019

Time:

Duration: 30:00

VETS SAVING PETS

THE CHRONICLES OF HERNIA [VSP129]

Today on Vets Saving Pets, a dog arrives at the clinic with a hernia, a Collie needs a dental checkup, and a chihuahua needs a heart exam. First up, a Standard Poodle named Spencer is brought to the clinic after suffering from severe stomach problems. After meeting with Dr. Martin, the clinic's Internal Medicine veterinarian, Spencer is diagnosed with esophageal hernia. Here we'll learn that an esophageal hernia is a condition in which the stomach moves into the esophagus and causes severe digestive problems. In order to fully evaluate the severity of the issue, Dr. Martin and Dr. Spencer will perform an endoscopy procedure to better examine Spencer's internal organs. Following a successful endoscopy exam, Spencer will be admitted to surgery to repair the esophageal hernia. Next, a Collie named Abbey arrives at the clinic suffering from dental issues. After meeting with Dr. French, the clinic's veterinary dentist, it is determined that Abbey has a condition known as gingival hyperplasia. Here we'll learn that gingival hyperplasia is an overgrowth of gum tissue around the teeth, which is typically a symptom of poor oral hygiene. Dr. French will perform a surgical procedure to remove the excess gingival tissue to restore Abbey's normal gum line. In order to prevent this condition from reoccurring, Dr. French will prescribe medications and daily toothbrushing to improve Abbey's oral hygiene. Finally, a chihuahua named Peewee is brought into the clinic for a heart checkup. Peewee has suffered from heart disease and meets with Dr. Williams, the clinic's cardiologist, to determine the extent of his congenital heart defect. After performing an ultrasound procedure, Dr. William's confirms that Peewee's heart issues have not worsened and prescribes medication to manage his condition.

[Educational Message: While veterinarians are here to help our furry friends in need, we also have a responsibility to our pets. It's important that we always treat our pets with compassion and provide the care they need to live a healthy life.]

Airdate: 8/31/2019

Time:

Duration: 30:00

**THE CHAMPION WITHIN
OLD HABITS [HOC318]**

First, Jim Paek, who is a two-time Stanley Cup champion and the first Korean-born player to ever play in the NHL, tells the story of his success as the head hockey coach for the South Korean Olympic National Team. The South Korea Men's National Team made their international debut in 1979. Next, we meet collegiate golfer Hayley Moore, who has battled through bullying her whole life; but that hasn't stopped her from rising to the top of the college golf world. Over 3.2 million students are bullied each year. Then, we hear the story of junior golfer "Qwitch" Andrew who, as a teenager in Alaska, was not exposed to the game of golf; but as his love for golf grew, he found creative ways to play and improve his game. There are more than 3,000 rivers and 3 million lakes in Alaska.

[Educational Message: Don't let circumstances hold you back from believing in yourself. Viewers learn about the history of hockey in South Korea, how to overcome bullying, and steps to take to become a successful young golfer.]

Airdate: 9/7/2019

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
CARIBBEAN DELIGHT [VJG323]**

Host Josh Garcia spends the day ashore in St. Lucia discovering the landscape, food, and art of one of the Caribbean's most beautiful islands. First, Josh visits a rainforest where, high in the trees, he learns the importance of the rainforest to the island's population. Seventy-seven percent of this island is rainforest, and it encompasses 19,000 acres of mountains and valleys. It is home to more than 2,000 native species, 200 of which occur nowhere else in the world. He gears up and experiences the island's lushness by zip-lining across the tree canopy. Next, Josh visits the oldest working estate on the island that grows and produces St. Lucia's world-famous chocolate. Evidence of chocolate consumption goes back three to four thousand years. St. Lucia's soil is high in sulfur, one of the essential nutrients needed for plant growth, and this makes for a prosperous environment for cacao trees. A cacao tree can live to be one hundred years old but only produces fruit for half its lifetime. Here, Josh learns an old technique for polishing cocoa beans by dancing on them in a barrel. Then, he takes a food tour through St. Lucia's largest outdoor market and learns about native fruits and how once-exotic spices helped create the island's popular creole cuisine. Castries is the

largest town on the island and in its center is a huge open-air market, first opened in 1894. This market is commonly called La Place which means meeting place. There, Josh sits down for a plate of St. Lucia's national dish of salted fish and green figs. Finally, Josh meets with two local artists, a father and son, whose work embodies the spirit and traditions of the island carved into scavenged wood. Traditional masks of St. Lucia are intended to tell stories through the images carved into the wood.

[Educational Message: Local markets can teach you a lot about a country's cuisine. You can typically find local delicacies and even see regional varieties of familiar fruits and vegetables and learn their local names. For example, a green banana in St. Lucia might be called a green fig.]

Airdate: 9/7/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SUPER SPECIES OF EARTH [EDD118]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to explore the most powerful and elusive animals on Earth. First up, we'll travel to the watery kingdom of Cambodia. Bordered by the countries Thailand, Laos, and Vietnam, Cambodia is part of a region known as Indochina. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. We'll first visit with an Asiatic black bear that resides in the forests of Cambodia. Nicknamed the "moon bear," the Asiatic black bear sports a creamy white mark on its chest in the shape of a crescent moon. Able to walk up to a quarter mile on two legs, we'll learn that moon bears are the most bipedal of any bear species. Next, we'll make a trek up to the top of the Hengduan Mountains to meet a mysterious group of primates who inspired the legend of the abominable snowman. In truth, these strange looking primates are actually known as snub-nosed monkeys. We'll discover how these creatures have adapted and learned to survive in the frigid, snowy mountains. Next, we'll journey to the Western Ghats Mountains of India. Here we'll meet the largest venomous snake to inhabit the earth, the king cobra. Growing over fifteen feet long, king cobras are the only snakes in the world that build nests for their eggs and young. We'll also discover that king cobra's diet consists solely of other snakes. Finally, we'll travel to Turkey where we'll go rock climbing with Turkey's Anatolian wild goats, considered one of the best mountaineers in the world. We'll follow a group of wild goats as they trek alongside thousand-foot cliffs. Here we'll discover how the wild goats have uniquely adapted hooves and eyesight that allow them to traverse these great heights.

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

Airdate: 9/7/2019

Time:

Duration: 30:00

CONSUMER 101

SIGN LANGUAGE [CNR123]

Host Jack Rico, along with the experts at the testing labs, will show us how to protect our private information online, teach us about the warning lights on your car's dashboard, and demonstrate how to properly use a pressure washer. First up, we'll meet with an expert to find out how your personal data could be at risk online. We'll learn how leaving a trail of your personal information online can help companies build a profile of you and your interests. We'll discover that this is primarily used to show you advertisements for products that match your interests. We'll get tips on how to use various privacy settings on your devices to keep your information private. Additionally, assume that anything you post online or on social media is public, you should always think twice before posting any personal information online. Next, we'll meet with an expert to learn about the warning symbols that appear on your car's dashboard. From "check engine" to "ABS," we'll discover what these symbols mean and why some warning lights are more serious than others. Finally, we'll get advice from an expert on how to safely and properly utilize a pressure washer. We'll learn that you should always wear shoes, pants, and safety goggles when operating a pressure washer. We'll also learn how "pound force per square inch," or PSI, is used to measure the water's pressure or stress. While a typical garden hose can only produce water at roughly 40 PSI, most pressure washers can reach up to 3,000 PSI. This added power can clean your deck but can also damage wood surfaces if not properly utilized. We'll witness a demonstration on how to safely and correctly use a pressure washer.

[Educational Message: In this episode, we learned about emergency warning symbols that can appear on your car's dashboard. It's critical that drivers are aware of what these symbols mean and how to address any potential issues. Always consult your driver's manual and understand what you need to do in the event of an emergency.]

Airdate: 9/7/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

TREATS WITH A HEALTHY TWIST [NDS323]

Host Danny Seo dishes up secret swap-outs featuring healthier versions of popular treats like nachos, doughnuts, and ice cream. First, Danny teaches about nutritional yeast and uses it to cook up healthy queso and nachos with butternut squash and walnut chorizo. Nutritional yeast, also known as savory yeast or nooch, is made from sugar cane and beet molasses; it's a good source for vitamin B12, protein and fiber. Next, Danny bakes oat flour into doughnuts that get sprinkled with surprising nutrition-- spirulina. Spirulina, which is very nutrient-dense, is an algae that grows in both fresh and marine waters. Then, Danny whips up avocado-lime ice cream and peach swirl pops using coconut milk and agave syrup. Coconut milk is soy-free and gluten-free, and agave plants are typically grown in South America. Finally, Danny shares a supercharged snack recipe for energizing, coconut-covered vitality bites using ingredients such as Reishi mushroom powder. Reishi mushroom powder may help strengthen the body's immune system.

[Educational Message: Indulging in a sweet treat doesn't mean it has to be unhealthy. Learning about uncommon, healthy ingredients and incorporating them into meals is a creative way to get added nutrition while trying something new.]

Airdate: 9/7/2019

Time:

Duration: 30:00

VETS SAVING PETS

HEART OF A GIANT [VSP130]

Today on Vets Saving Pets, a Great Dane arrives at the clinic with an irregular heartbeat, a cat suffers from gingivitis, and a French Bulldog undergoes rehabilitation following a back surgery. First up, a Great Dane named Duke is brought into the Emergency Veterinary Clinic for a checkup on his recently diagnosed enlarged heart. Dr. Williams, the clinic's cardiologist, determines that Duke suffers from congestive heart failure. Here we'll learn that this condition causes fluid to build up in the lungs and can cause serious respiratory issues. Dr. Williams will perform an electrocardiogram to better understand the severity of Duke's illness. After the electrocardiogram reveals an abnormally high heart rate, Dr. Williams will perform blood tests and X-rays to determine extent of Duke's complications. Next, a cat named Parsley arrives at the clinic with serious dental issues. Dr. French, the clinic's veterinary dentist, determines that Parsley is suffering from a severe case of gingivitis. Here we'll discover that gingivitis is an inflammation of the gums and is the earliest stage of periodontal disease. After administering X-rays, Dr. French will perform surgery to remove Parsley's affected teeth and treat the gingivitis. Finally, a French Bulldog named Jackson is brought to the clinic in need of physical therapy following a recent spinal surgery. Unable to walk since the surgery, Jackson will undergo rehabilitation with the help of a specialized water tank and treadmill. Here we learn that physical therapy exercises like these can help stimulate the neural pathways that allow the brain to communicate with the body.

[Educational Message: In some cases, treatment requires much time and persistence. In this episode, we saw how the clinic's rehabilitation therapist used exercise techniques to aide Jackson's recovery. In order for this therapy to yield successful results, it will take great patience and determination.]

Airdate: 9/7/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

WORKING HARD AND ALWAYS WORKING [HOC301]

We meet Reece Whitley, a teen swimmer training for the Olympics, and learn how he balances school while trying to achieve his dream. The 1908 Olympics were the first to feature swim races in a man-made pool. Next, we learn how a teacher is impacting the lives of youth facing adversity in Harlem by introducing them to the game of lacrosse. Lacrosse is thought to be invented by the Algonquian tribe in the 16th century. Then, U.S. sled hockey team members discuss the impact coach Jeff Sauer had on their career and how he led them to win the World Championship. Invented in Sweden, sled hockey is known as "sledge hockey." In the Olympics, it is called "para ice hockey." Sled hockey teams can have up to five players on the ice at any given moment. Finally, we learn about the golf career of Marty Fleckman and how he rose to fame as an amateur while studying under Byron Nelson, who became a pro in 1932 at just 20 years old.

[Educational Message: Sports can teach life lessons that can be applied off the field, such as communication, leadership, accountability, and confidence. Viewers learn how to train for Olympic swimming, about the game of lacrosse, how U.S. sled hockey players train for each position, and how golfers reform their golf swing.]

Airdate: 9/14/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

A DATE IN OMAN [VJG324]

Host Josh Garcia voyages to Oman, an ancient country on the Arabian Peninsula where many old Arab customs and traditions still prevail. In Muscat, Oman's capital, Josh takes a tour of the elegant Grand Mosque where he's amazed to learn 21,000 people can worship at the same time. A mosque is a traditional Muslim place of worship. The Grand Mosque was a gift to the people of Oman from Sultan Qaboos bin Said al Said to mark his 30th year of reign, and covers an area of 4,305,564 square feet. Construction of the Sultan Qaboos Grand Mosque began in 1995 and was completed in 2001. Next, he heads to Oman's first capital in the 6th and 7th centuries, Nizwa, to learn about the craft of carpet weaving. Because of the tradition of removing one's shoes before entering homes and many buildings, carpets are a necessity in Omani daily life. After being introduced to a weaver and observing how to work a mensaje, a simple two-beam traditional loom that can be set on the ground, Josh tries his hand at weaving and realizes the process is not as simple as it looks. Great strength is needed to weave using this style of loom and for this reason only men weave carpets in Oman. An intrinsic part of Omani hospitality is serving dates, and Josh visits a date farm to learn more about this sweet fruit, how they're grown, and the unique system that brings water to the farms down from the mountains. An old Omani tradition is planting a date palm for the birth of a son so he will have date fruit for his lifetime. Dates have been cultivated and eaten in the Middle East for around 6,000 years and date palm is the primary agricultural crop in Oman, which is the 8th largest producer in the world. Finally, Josh heads to Sharqiya Sands, a desert area known for its spectacular sand dunes where he meets with a member of a Bedouin tribe and learns how to travel in this extreme, but starkly beautiful environment. Sharqiya Sands was previously called Wahiba Sands, and it currently covers nearly 3,800 square miles. For nomadic Bedouins, camels are invaluable as they can go nearly a week without drinking water and have been called "ships of the desert."

[Educational Message: Visiting with different groups of people in different environments can be an incredible learning experience. Nomadic Bedouins, for example, live their lives on very few resources and, although this way of life might not seem enjoyable or sustainable to you, for them it is a way of life and they are able to find joy in it.]

Airdate: 9/14/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VIETNAM [EDD101]

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

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

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

Airdate: 9/14/2019

Time:

Duration: 30:00

CONSUMER 101

GADGETS GALORE [CNR124]

Host Jack Rico, along with the experts at the testing labs, will show us how smart watches are tested, help us navigate the world of eco-friendly vehicles, and teach us the science behind audio speaker testing. First up, we'll learn about the scientific methods used to test various smartwatches. We'll first be testing how smartwatches measure the number of steps you take each day. We'll learn that smartwatches contain an accelerometer, which is a device that measures the rate at which an object's speed changes. We'll also learn how smartwatches measure your heart rate. We'll discover that smartwatches use a technology called photoplethysmography, which detects the amount of blood flowing through your wrist and uses that information to calculate your heart rate. Next, we'll meet with an auto expert to learn about the differences between various types of eco-friendly cars. First, we'll learn about electric cars and how rechargeable lithium-ion batteries are used to power the vehicles. We'll also discover that the first electric cars were developed in the late 1820s. Another eco-friendly option we'll learn more about is the hybrid car. We'll discover that the hybrid system works by using a combination of a gasoline engine and an electric motor that work in conjunction to provide the most efficiency possible. We'll also learn about cutting edge fuel-cell vehicles. We'll discover that fuel-cell vehicles are powered by hydrogen that emits no exhaust, simply water vapor. Finally, we'll meet with an electronics expert to learn more about the technology and testing behind audio speakers. We'll witness how microphones are used in a controlled environment to scientifically measure the quality of various speaker systems. We'll learn about how experts measure the depth, width, height, and layers of sound emitted from speakers. We'll also discover the differences between Bluetooth, WIFI, and smart speakers and how to find the best speaker for your needs.

[Educational Message: In this episode, we learned the importance of eco-friendly cars and their impact on the environment. By choosing to drive an eco-friendly hybrid, fuel cell, or electric cars, we

can reduce our impact on the Earth. It's important to consider your options and impact on the environment when purchasing your first car.]

Airdate: 9/14/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ECO-DEFENDERS AND SWEET ENTREPRENEURS [NDS324]

Host Danny Seo meets entrepreneurs who challenge others to live more sustainably, give back to their communities, and eat more consciously. First, Danny visits a diner where he learns about sustainability and builds a pollinator condo for leafcutter and mason bees. Unlike honey bees, leafcutter and mason bees do not live in hives. Holes of differing sizes in a bee condo encourage diversity while keeping out predators. Next, Danny learns about a garden project that teaches kindness and compassion through gardening hybrid flowers using compostable containers. Hybrids display a combination of traits from their parent plants, and compostable products decompose more rapidly due to the work of tiny microorganisms. Then, Danny travels to a non-profit bakery to meet teens getting lessons in business and life skills, including finances, conflict resolution, and marketing, by baking cookies. Finally, Danny visits a sustainable glass manufacturer and learns about the technique of glass blowing. The main tool in glass blowing is a blowpipe, which is made of stainless steel and measures about five feet in length.

[Educational Message: Planting an edible garden is a simple way to promote sustainability, and creating a pollinator condo helps preserve the bee population in growing cities while also ensuring surrounding plants continue to flourish. Life and leadership skills can be learned at any job and applied throughout life, such as communication and accountability. Recycling glass is a great way to reduce waste in landfills, especially since glass can be reused endlessly without loss in quality.]

Airdate: 9/14/2019

Time:

Duration: 30:00

VETS SAVING PETS

A MATTER OF LIFE AND BREATH [VSP131]

Today on Vets Saving Pets, a bulldog is brought to the clinic with respiratory issues, an aging pup is having trouble walking, and a Police K-9 arrives with a broken tooth. First up, a bulldog named Dougie is brought to the clinic with severe breathing problems. Dr. Ringwood, the clinic's surgeon, examines Dougie and determines that his elongated soft palate and constricted nostrils are causing the respiratory issues. Here we'll learn that this condition is common for "flat-faced" or brachycephalic dogs, such as bulldogs, pugs, and boxers. After confirming Dougie is suitable for anesthesia, Dr. Ringwood will proceed with the surgical procedure to remove the excess soft palate and widen the nostrils to allow normal breathing. Next, an aging dog named Sylvester arrives at the clinic with mobility issues in his hind legs. Dr. James, the clinic's neurologist, will examine Sylvester to determine if he is suffering from a neurological or orthopedic issue. After ruling out any orthopedic problems, Dr. James explains the other potential causes of the neurological condition. In order to better determine the specific reason of his mobility issues, Dr. James orders an MRI exam. Finally, a Police K-9 named Jax is brought to the clinic with a broken tooth in need of repair. Dr. French, the clinic's veterinary dentist, will examine Jax's mouth to determine the extent of the tooth fracture. After performing x-rays, Dr. French finds that Jax's tooth is severely damaged and may need to be extracted. Following further examination, Dr. French is able to perform a root canal that will allow Jax to continue his job as a Police K-9.

[Educational Message: We are constantly presented with new challenges in life and we must try our best to overcome those obstacles. It's important to never give up on your goals and always work hard until you achieve them.]

Airdate: 9/14/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOME VERSUS VISITORS [HOC302]

We learn how Nascar driver Ryan Newman is making a difference by rescuing animals in need and impacting the lives of youth through nature outreach programs in an effort to facilitate responsible pet ownership and respect for all animals. Approximately 3.2 million shelter animals are adopted each year. Next, we meet Matt Parziale and learn how he applies determination in both of his careers, as a firefighter and golfer. The weight of a firefighter's basic protective gear, not including tools, is about 45 pounds. Then, we travel to Uganda with Olympic skier Gus Kenworthy and see the impact sports have on those in refugee camps. A refugee is a displaced person who has been forced to cross national boundaries and can't return home. Lastly, we 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.

[Educational Message: Being good at a sport does not define you-- treating others with kindness and compassion leaves a bigger impression. Viewers learn how they can make a difference in their community, whether it be preserving nature or serving as a firefighter; what life is like in a refugee camp; and about the history of the women's triathlon.]

Airdate: 9/21/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FILIPINO FUN [VJG325]

Host Josh Garcia makes his first voyage to the bustling city of Manila, the capital of the Philippines. It's a city in constant motion and Josh heads out to visit Intramuros, the 400-year-old walled city in the heart of Manila. Built by the Spanish in the early 1500's, the Intramuros is essentially a walled fortress, or citadel. First, Josh catches a jeepney to meet up with a local guide for a bike tour of the city. Known as the "King of the Road," jeepneys serve forty percent of transport users in Metro Manila. When he connects with his guide, Josh follows his lead to bike one of the fort's walls and gets up close and personal with the history of the city. The original shape of the walls followed the shoreline of Manila Bay on one side and Pasig River on the other. Along the way, Josh learns how the Philippines' first conquerors left a lasting influence on the country. Puerto del Parian was built in 1593 and is one of the earliest entrances to Intramuros, and it at one point led to a market in a suburb occupied by Chinese rice dealers when the Spanish occupied the inside of

Intramuros. The Philippines is located in the most active zone of volcanoes in the world, the “Pacific Rim of Fire,” and after his bike tour, Josh is excited to meet with a volcanologist to explore the smallest active volcano in the world. He takes a traditional Philippine outrigger boat across Taal lake to the Taal volcano. The first eruption was recorded in 1572 by the Spanish, and it’s been recorded to have erupted thirty-three times since, with the last recorded eruption in 1977. Taal volcano is called a complex, or compound, volcano because of its numerous features. Finally, Josh meets a local chef and gets a cooking lesson in the unique style of cooking called adobo, which every Filipino cook learns to prepare. Adobo in Spanish means “to marinate,” but the Filipino people have been cooking adobo style cuisine long before the Spanish came to the Philippines. Filipino adobo is a style of cooking where meat is marinated in a coconut vinegar, which is a fermented food, along with other spices, including bay leaves and peppercorns, and soy sauce. Foods that are fermented, or pickled, which is a process of preserving foods by preventing spoilage-causing microorganisms.

[Educational Message: Across human history, natural resources have dictated urban development. When visiting a new city take the time to observe how historic structures were designed and formed around the natural resources of that time period, and then you can compare that perspective to how urban development is dictated in the modern world.]

Airdate: 9/21/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

HEBRIDES [EDD102]

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

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

Airdate: 9/21/2019

Time:

Duration: 30:00

CONSUMER 101

SMOOTH RIDE [CNR125]

Host Jack Rico, along with the experts at the testing labs, will teach us about smart televisions and how we can keep our information private, show us the latest and greatest car safety features, and teach us how to make a healthy smoothie. First up, we'll join an expert to learn more about smart televisions and how they might be collecting our personal information. We'll discover that smart televisions are capable of collecting data on our viewing habits via the Automatic Content Recognition technology. Here we'll learn some tips on how to disable these functions and keep our personal information private. Next, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that individually apply the brakes on your car's wheels to keep you stable on the road. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned about modern vehicle safety features such as Electronic Stability Control. New cars are increasingly adding new technology and safety features to keep us safe on the road. It's best to educate yourself on these new features to ensure you know how to respond in the event of an accident.]

Airdate: 9/21/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

INGENIOUS WAYS TO REPURPOSE EVERYDAY ITEMS [NDS325]

Host Danny Seo raids the recycling and compost bins and teaches creative ways to upcycle what's already around the house. First, Danny creates an upcycled desktop organizer by decorating metal cans using cork contact paper and washi tape. Cork is a renewal resource, and traditional washi tape is made from natural fibers of native Japanese plants. Next, Danny shows new uses for used beverage pods by creating party string lights. Approximately 8 billion single-use pods end up in landfills every year. Then, Danny teaches how to turn nail polish into a household problem-solver by using it to tighten stripped screws and prevent jewelry from tarnishing. Nail polish acts as a barrier from air and moisture, which can cause metals to oxidize and change their chemical structures. Lastly, Danny turns used containers into designer-style buckets using rope, a hot glue gun, and pom-poms. Hot glue guns were originally designed to bond shoe soles, and the word "pom-pom" derives from the French word "pompon," which describes a decorative tuft of material.

[Educational Message: Using household items for more ways than one is a resourceful solution to remedy common problems. Before throwing something in the trash, you may be able to use it in other ways to serve a purpose you wouldn't expect. Decorating old containers with items you already have at home is a great way to be artistic while saving money and reducing waste.]

Airdate: 9/21/2019

Time:

Duration: 30:00

VETS SAVING PETS

EMBARK UPON NEW BEGINNINGS [VSP132]

Today on Vets Saving Pets, a dachshund arrives at the clinic with a cracked tooth, a beagle has a limp, and an aging dog is having mobility issues. First up, a dachshund named Penny is brought to the clinic with a broken tooth. However, it was previously determined that Penny suffers from a heart murmur. Before Penny can have her tooth fixed, she will need to meet with Dr. Williams, the clinic's cardiologist, to ensure she is cleared for surgery. Next, a beagle named Bailey arrives at the clinic suffering from a limp. Dr. Ringwood, the clinic's surgeon, performs a physical examination of Bailey to determine the exact cause of her limp. In order to accurately diagnose the issue, Dr. Ringwood will perform an arthroscopy. Here we learn that an arthroscopy is a minimally invasive surgical procedure used to examine the body's joints. During this exam, Dr. Ringwood discovers inflammation and cartilage damage in Bailey's leg. After removing the cartilage fragments, Bailey will be prescribed medication and physical therapy for her recovery. Finally, a cocker spaniel named Charley is brought to the clinic suffering from mobility issues. Dr. James, the clinic's neurologist, will perform a neurological exam on Charley to determine the cause of his disoriented gait. After results prove inconclusive, Dr. James orders an MRI exam to rule out any potential tumors or inflammation in Charley's brain. Following the results of the MRI, Dr. James determines that Charley is suffering from ear canal disease and will be prescribed medication for recovery.

[Educational Message: Veterinarians dedicate their lives to treating our pets. In this episode, we see the compassion of veterinary professionals as they treat their patients. We must not forget that all life is important, no matter how big or small.]

Airdate: 9/21/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

ALL GAS, NO BRAKES [HOC303]

We learn how Deshaun Watson went from being a high school football star to an NFL all-star without losing focus on what matters most-- family. High school football is the first level of play in which a player will accumulate statistics. Next, we watch teen golfer Lauren Artis and learn how she became involved with The First Tee and how she trains to grow in the game of women's golf. Founded in 1950, the LPGA is one of the longest running women's professional organizations in the world. Participation of girls in golf has nearly tripled in the last two decades. Lastly, we hear golfer Bryson Dechambeau share the story of his dad's kidney transplant and how it has inspired him on and off the course. The first successful kidney transplant was in 1954 in Boston.

[Educational Message: Support from others and perseverance are key to achieving success, whether it be in sports or in life. Viewers learn the importance of staying positive when faced with adversity and how young girls can become involved in the game of golf.]

Airdate: 9/28/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

HARVEST ADVENTURES [VJG326]

Host Josh Garcia relaxes and re-reads his journal entries that remind him of learning about how different fruits and vegetables are grown, harvested, and cooked into delectable dishes. In Savona, Italy, Josh visits an unusual garden filled with herbs that are growing in a group of biodomes under the Mediterranean Sea. This underwater garden uses biospheres to grow plants underwater as part of an experiment which hopes to prove the viability of sustainable underwater farming. Josh suits up and visits one of these biospheres, submerged 100 yards off shore, about 24 feet deep into the water. The oxygen in the biosphere is refreshed from scuba tanks to ensure that there is the optimal amount of oxygen for the plants. Then, on the Greek island of Corfu, Josh learns how olives are harvested and turned into olive oil when he meets an olive grower and learns all about Corfu's olive trees, some of the oldest in the world, and famous since ancient times. Many of these olive trees range in age from 200 to 1,500 years old. The Lianolia olive trees in these groves are native to Corfu and the Ionian Sea region. There, Josh sees how olives are harvested and learns the process to produce olive oil. Ancient Greeks used olive oil for cooking, perfume, soap, liniment, and lamp oil. He learns there are a few methods of harvesting olives from olive trees, including two large devices that either trim the smaller branches or grab the main trunk to gently shake the tree and release the olives from its branches. The olives are washed, crushed into a pâté and then the oil is extracted. Finally, in Cabo San Lucas, Josh visits an organic farm and restaurant where he is part of a farm to table meal by picking the vegetables and helping to turn them into a salsa side dish for an outdoor feast.

[Educational Message: When you have an opportunity to travel, you can learn about what crops grow in a certain region and how those crops influence the local cuisine and customs. It can be rewarding to get your hands dirty and see how certain crops are harvested for food from the farm or field to the table or shelf.]

Airdate: 9/28/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GALAPAGOS [EDD103]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. We'll learn more about the 19th century botanist Charles Darwin, and how he used the Galapagos Islands as his own laboratory. We'll follow Charles Darwin's trail to see how he studied the evolution of animals and plants on these islands. We'll take a closer look at the bizarre and beautiful species that Darwin studied, from the prehistoric giant tortoises to the blue footed boobies. On our journey, we will see how

each species adapts and finds a way to survive, despite the unforgiving conditions of these volcanic islands. Next, we'll find that some islands in the Galapagos are still harboring active volcanoes. We'll get an up-close look at the volatile world of Fernandina, Galapagos' youngest island. Fernandina's plants and animals must cope with the constant threat of volcanic eruptions. Living within a hostile land environment, we'll meet the only lizard in the world that's learned to fish for its dinner, the marine iguana. To brave the ocean currents, these cold-blooded reptiles spend time warming their bodies on sun-kissed rocks before taking the plunge. Each fishing trip for these creatures is a race against time. We'll discover how marine iguanas evolved over time to make the most of their underwater meal. Finally, we'll hop over to the older Galapagos islands with less volcanic activity. We'll learn how their stable environment is creating an opportunity for a more diverse and abundant wildlife scene.

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

Airdate: 9/28/2019

Time:

Duration: 30:00

CONSUMER 101

BRIGHT LIGHTS [CNR126]

Host Jack Rico, along with the experts at the testing labs, show us how to protect our hearing from noisy household appliances, teach us how car headlights are tested for safety, and show us how to protect yourself from bed bugs. First up, we'll meet with an expert who tests the sound levels of everyday appliances. We'll learn that items such as leaf blowers, blenders, and vacuum cleaners can be very noisy and can potentially cause hearing damage. We'll discover how experts use sound meters to scientifically measure the decibels of common household items. We'll learn that a decibel is a unit used to measure the intensity of a sound. We'll find out that using hearing protection is very important if you are using a noisy device for long periods of time. Next, we'll travel to the auto test track to discover how experts test the performance of headlights on cars. Here we'll learn that experts measure the distance, width, and intensity of headlights. We'll discover that choosing the proper headlight for your car can help ensure your safety on the road. We'll learn about the science behind various types of halogen, xenon, and LED headlights. We'll also discover tips on how to ensure your headlights are performing to their best ability to keep you safe on the road. Finally, we'll learn how to protect yourself from bed bugs. We'll discover tips on how to locate bed bugs in unfamiliar places and avoid spreading them to your home. Bed bugs can spread easily, so it's important to be vigilant and inspect areas properly to avoid an encounter or infestation. We'll also discover that bed bugs can be found in hotels, movie theatres, busses, and even airplanes.

[Educational Message: In this episode, we discovered more about the science and testing behind car headlights. We received helpful tips to ensure our headlights are performing to the best of their abilities. We also learned about new light bulbs and technologies that help drivers see the road ahead during the night. It's important to ensure your car is maintained and safe on the road at all times.]

Airdate: 9/28/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

AT-HOME PAMPERING FOR YOU AND YOUR PETS [NDS326]

Host Danny Seo teaches how to make DIY health essentials to increase relaxation and rejuvenation for you and your pet. First, Danny creates do-it-yourself bath fizzies that turn bath time into a feast for the senses by using ingredients such as coconut oil, essential oils, baking soda and epsom salt. The inventor of fizzing bath products was inspired by the bubbling action of antacid tablets. Next, Danny bakes a dog-friendly birthday cake using whole-wheat flour, eggs, peanut butter, and carrots. Eggs are a rich source of omega-3 fatty acids, which support brain function and vision, and carrots provide beta-carotene and fiber. Then, Danny teaches how to turn eggshells, which are made of calcium carbonate crystals, into a natural kitchen cleaner.

Lastly, Danny creates a food soak using parsley, which contains a natural deodorizer known as chlorophyll.

[Educational Message: Using household items, you can save money by creating something instead of buying it or finding an alternative solution to solve common problems. You can bake something your dog can also enjoy, but it's important to know ingredients that are dog-friendly.]

Airdate: 9/28/2019

Time:

Duration: 30:00

VETS SAVING PETS

CAT SPLASH FEVER [VSP133]

Today on Vets Saving Pets, a puppy is having dental issues, an aging kitty is having heart problems, and a cat is in need of rehabilitation. First up, a puppy named Hershey arrives at the clinic with an unusual dental problem. Dr. French, the clinic's veterinary dentist, determines that Hershey hasn't lost any of her baby teeth. This condition is causing overcrowding in the mouth and can lead to complications such as periodontal disease if not treated. Dr. French will anesthetize Hershey and begin the process of extracting the remaining engrained root fragments. Next, a cat named Reine is brought to the clinic for rehabilitation following a recent injury. After falling from a balcony, Reine suffered a scapular fracture that has limited her mobility. Reine will visit with the clinic's rehabilitation therapist for physical therapy and strengthening exercises to improve her range of motion. Finally, a cat named Mambo is rushed to the Veterinary Emergency Clinic with a fluid buildup in his chest. Dr. Williams, the clinic's cardiologist, examines Mambo to better determine the extent of his condition. Following a physical exam, Dr. Williams is concerned that Mambo may be suffering from heart failure or potentially tumors. In order to better determine the issue, Dr. Williams performs an ultrasound on Mambo. After discovering a mass on Mambo's heart, Dr. Williams will consult with the clinic's oncologist to determine if the condition is treatable.

[Educational Message: Working as a team can be better than working on your own. It's important to consult with those who can provide further knowledge and insight. Veterinarians often rely on specialists to help them successfully diagnose and treat their animal patients.]

Airdate: 9/28/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOUSES DIVIDED [HOC304]

We learn how baseball player Jake Steinberg lost the offer to play at a university after suffering an injury; and we see how he persevered, eventually pitching and batting again and earning a scholarship to another

school. During a swing, a baseball bat may travel up to 80 mph. Next, we learn how sisters Nisha and Seema Sadekar use fashion to express themselves in the game of golf and how they are helping to create more opportunities for minorities in the sport. In 1975, Lee Elder was the first African-American to play in the Masters; and in 2012, Augusta National opened its membership to women. Then, we see how playing hockey together bonded sisters Hannah and Marissa Brandt, leading them to both play in the Olympics, only this time it was for separate teams-- Hannah playing for the U.S. and Marissa, who grew up in the U.S. after being adopted from South Korea, playing for the unified Korean team. The Korean women's ice hockey team made its Olympic debut in 1998, and the 2018 Korean team was composed of 23 players from South Korea and 12 from North Korea. Lastly, we see how thoroughbred horses prepare for races at horse school.

[Educational Message: Embracing who you are and where you come from is a key step in reaching where you want to go. Viewers learn about how to train to play baseball at the college level, the history of minorities playing in golf, the history of the Korean hockey team, steps to take to become a professional hockey player, and how horses train for races.]

For 3rd Quarter 2019
July 1, 2019 – September 30, 2019

THERE WAS NO OTHER PROGRAMMING FOR THE 3rd Quarter of 2019, THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

3rd Quarter 2019 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JULY 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190706	CHAMPION WITHIN	12:55:22 PM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES
20190720	VOYAGER	4:55:22 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20190720	EARTH ODYSSEY	5:25:22 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190720	NATURALLY	6:25:22 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190720	VETS SAVING PETS	6:55:22 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20190720	CHAMPION WITHIN	6:25:07 PM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190727	VOYAGER	5:25:22 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20190727	EARTH ODYSSEY	5:55:22 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190727	CONSUMER 101	6:25:22 AM	0:15	ZNBC91032H	PSA 2019 TMYK NBC SAVANNAH SELLERS: COMMUNITY VOLUNTEERING/NON-PROFITS
20190727	VETS SAVING PETS	7:25:22 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING/LONGER LIFE

NETWORK PUBLIC SERVICE SCHEDULE AUGUST 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190803	CONSUMER 101	8:23:32 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190803	NATURALLY	8:53:32 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190803	VOYAGER	10:25:22 PM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190803	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING/LONGER LIFE
20190810	VOYAGER	10:25:22 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20190810	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190810	NATURALLY	11:55:22 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190810	CHAMPION WITHIN	12:55:22 PM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190817	CHAMPION WITHIN	8:55:22 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20190817	NATURALLY	11:55:22 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190824	VOYAGER	10:25:22 AM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
20190824	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91032H	PSA 2019 TMYK NBC SAVANNAH SELLERS: COMMUNITY VOLUNTEERING/NON-PROFITS
20190824	CONSUMER 101	11:25:22 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190824	NATURALLY	11:55:22 AM	0:15	ZNBC91004H	PSA 2019 TMYK NBC CRAIG MELVIN: COMMUNITY/BULLYING/BIG TALK
20190824	VETS SAVING PETS	12:25:22 PM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE

NETWORK PUBLIC SERVICE SCHEDULE SEPTEMBER 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20190907	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190907	CONSUMER 101	11:25:22 AM	0:15	ZNBC91004H	PSA 2019 TMYK NBC CRAIG MELVIN: COMMUNITY/BULLYING/BIG TALK
20190907	CHAMPION WITHIN	12:55:22 PM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190914	CHAMPION WITHIN	8:55:22 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20190914	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91004H	PSA 2019 TMYK NBC CRAIG MELVIN: COMMUNITY/BULLYING/BIG TALK
20190914	NATURALLY	11:55:22 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20190921	VOYAGER	10:25:22 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING/LONGER LIFE
20190921	CONSUMER 101	11:25:22 AM	0:15	ZNBC91004H	PSA 2019 TMYK NBC CRAIG MELVIN: COMMUNITY/BULLYING/BIG TALK
20190921	VETS SAVING PETS	12:25:22 PM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190928	VOYAGER	10:25:22 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20190928	EARTH ODYSSEY	10:55:22 AM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES
20190928	CONSUMER 101	11:25:22 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20190928	NATURALLY	11:55:22 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20190928	CHAMPION WITHIN	12:55:22 PM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL

NBC NETWORK NON-BROADCAST EFFORTS

July - September, 2019

NBCUniversal's *The More You Know* website:

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

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

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

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