

January 3, 2017

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 4th quarter of 2016. 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 4th quarter of 2016 and those planned for the 1st quarter of 2017.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. To assist stations with the preemption report section of FCC Form 398, we have added specific episode numbers. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under, but is not specifically designed to meet the educational and informational needs of children.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 4th quarter of 2016 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

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

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

4th QUARTER 2016
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2016 – December 31, 2016

In the 4th Quarter of 2016, **The More You Know** launched a completely new schedule of programming, designed for older adolescent children, ages 13-16. Each of the six new 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 will see and hear inspiring stories about the environment, social change, health and wellness, and community engagement.

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 provides audiences access to the world's most incredible destinations as Josh seeks out the truly authentic experiences one can only find when guided by a knowledgeable and passionate guide. Each week, Josh Garcia brings viewers on an enthralling voyage exploring the people and cultures that make our world so breathtaking.

Wilderness Vet hosted by renowned veterinarian, Dr. Michelle Oakley, features compelling stories from one of the most rugged areas on the planet, the Yukon. Dr. Oakley travels to homes, farms and wildlife preserves across the Yukon to help animals in need. **Wilderness Vet** will bring viewers closer than ever before to wild animals in their native habitats by showcasing the hard work and dedication involved in their rescue and rehabilitation.

Journey with Dylan Dreyer, led by NBC News meteorologist and "Today" Contributor, Dylan Dreyer, is a wondrous celebration of nature. Breathtaking cinematography will bring viewers up-close and personal with the black bears of Montana to polar bears in the Arctic. The audience will have a unique platform to see animals in their natural habitat, including exploring the extraordinary migration of 1.5 million animals traveling over 500 miles across the Serengeti in Tanzania and Kenya. **Journey with Dylan Dreyer** will tell us why.

Naturally, Danny Seo is an educational series for young people and their families seeking a healthier lifestyle by learning the science behind eating well and exercising your mind and body while caring for our planet. Host Danny Seo is America's leading authority on eco-friendly living. Danny has devoted his career to the idea that caring for the environment can go hand-in-hand with enjoying time with family and friends and sharing delicious and healthy meals while creating a healthy and environmentally friendly home.

Give introduces viewers to the world of philanthropy through the stories of small charities making a big impact. The series features NBC News correspondent and the founder of UNICEF’s Next Generation, Jenna Bush Hager, esteemed actor Blair Underwood, and passionate celebrity philanthropists from film, television, music, sports, and business who are all on a mission to inspire others to do good. In each episode, one of these celebrity ambassadors will visit two charities that use innovation, best practices, and dedication for change in their communities and the world. With the help of some of the country’s top foundations, we’ll meet these inspiring individuals to see how they do it through the eyes of our celebrity ambassadors.

Heart of a Champion with Lauren Thompson features the powerful and inspiring stories of successful athletes who exemplify what it really means to be a champion. Hosted by Lauren Thompson, host of Golf Channel’s “Morning Drive, **“Heart of a Champion with Lauren Thompson”** introduces audiences to professional and amateur athletes who have overcome obstacles to ultimately achieve transcendent moments in the world of sports. **Heart of a Champion with Lauren Thompson** proves that a champion is not only defined by their speed, strength and agility, but also by their grit, resiliency and heart.

“CORE PROGRAMMING”

**PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY
DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER**

[AGE TARGET 13-16]

October 1, 2016 – December 31, 2016

Airdate: 10/1/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

UNDER THE SEA [VJG101]

Host Josh Garcia travels to Playa del Carmen, Mexico to explore the Mesoamerican Reef, learn the secrets of ceviche, and hunt for jungle bee honey. First, Josh joins a marine biologist on her mission to study the reef’s fish population, while learning how to preserve its beautiful habitats. Next, he meets a local chef to learn how to make ceviche, a dish that is an example of melding the old world with the new. The Spanish and ancient Mayans combined their culinary traditions to create a ceviche, which consists of fresh, raw fish, cured in citrus juice. Before the day is over, Josh heads to a village near the ruins of the ancient Mayan city of Tulum to observe a shaman performing a ritual to ask the gods for a bountiful honey harvest. Josh even gets a look inside the bee hive before having a taste.

[Educational Message: It’s important to be respectful of local habitats when traveling. Learning about other cultures and traditions can give you a new perspective.]

Airdate: 10/1/2016

Time:

Duration: 30:00

WILDERNESS VET

ONE WILD BIRTHDAY [WDV101]

On this episode of Wilderness Vet, Host Dr. Michelle Oakley struggles to return two young eagles to the wild and meets a massive Yak with a big problem, all while balancing work and family life. Dr. Oakley

begins the episode at the Yukon Wildlife Preserve to perform a check up on two eaglets with injured legs. After discovering that both birds had previously suffered fractured legs, Dr. Oakley performs x-rays on the eaglets to determine how well the fractures have healed. When x-rays reveal that the injuries are healed, Dr. Oakley and the Yukon Wildlife Preserve team successfully return both eaglets back into the Alaskan wild. Later in the episode, Dr. Oakley visits Meggie's Farm to check up on a Yak with an eye infection. Dr. Oakley brings her youngest daughter Willow along to teach her more about her mother's profession and the animals she treats. After an examination reveals the medication has improved the Yak's eye condition, Dr. Oakley's treatment proves successful. Next, Dr. Oakley visits a sled dog operation to perform health exams and vaccinations for twenty-six Alaskan huskies. Finally, Dr. Oakley spends quality time with her family to celebrate her birthday around a campfire.

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

Airdate: 10/1/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

LIFE ON THE SERENGETI [JDD101]

Host Dylan Dreyer takes viewers on an adventure to East Africa and the great grass plains of the Serengeti. During this episode, viewers will witness the arduous struggle for survival against predator and prey, for wild animals like zebras, giraffes, elephants, cheetahs, monkeys, and so much more. Spanning an area of approximately 12,000 square miles in Northern Tanzania, the Serengeti is the last refuge for the greatest concentration of migrating mammals remaining on the planet. Viewers will learn how great volcanoes shaped the landscape by providing nutrients for the soil that would promote rich vegetation for millions of years. Witness the epic journey of nearly 3 million large mammals as they make the yearly migration north at the start of the dry season. Also, we meet the proud people that have inhabited this region since the dawn of history. The indigenous Massai people are a large group of tribes who live around the Serengeti and Nile Valley. Learn more about the Massai, once the most formidable warriors in East Africa, and how they defend their cattle and families with spears to this day.

[Educational Message: The amazing animals of the fragile Serengeti are endangered and we all need to do our part to protect them.]

Airdate: 10/1/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE DOG CAFÉ [NDS101]

Host Danny Seo visits the Dog Café and explores a new way to pick a pet, makes "overnight oats" and "the ultimate breakfast smoothie" as great healthy start breakfasts, recovers an old lampshade with cork, and shows great solutions for leftover paint.

[Educational Message: When choosing a dog to adopt, it's important to pick one that's a good fit with your lifestyle. A great way to ensure you eat a healthy breakfast is preparing it the night before—oats and fruit smoothies are good sources of fiber and protein. Upcycling is a great way to save money and help the environment by reusing objects or materials.]

Airdate: 10/1/16

Time:

Duration: 30:00

GIVE

GIVE TO INNOVATIVE EDUCATION FOR UNDERSERVED KIDS IN NYC [GBU101]

Jenna Bush Hager, former first daughter and NBC Today Show contributor, visits A Fair Shake for Youth, an organization that uses therapy dogs to help underserved middle-schoolers build social and emotional skills. Using an assumed name and the story that she's come to film a documentary, she learns there are kids in schools all over NYC waiting for a chance to work with the dogs, and decides she has to help. On the same day, Jenna tours STEM Kids NYC, a brand new but rapidly growing organization teaching science, technology, engineering and math to kids in Harlem. Impressed by the quality of the instruction and the organization's charismatic founder, Jenna knows she has to use her GIVE grant from unite:4good to make sure both organizations get what they need to grow.

[Educational Message: Philanthropy in the education sector is important and can make a huge difference in the success of kids at an early age.]

Airdate: 10/1/16

Time Duration: 30:00

HEART OF A CHAMPION

BACK ON TRACK [HOC101]

U.S. Olympic athletes talk about when they knew they wanted to be Olympians and how they made their dreams come true; Nascar driver Ryan Reed continues to race despite having diabetes; a soccer team in England adopts a bald eagle as its mascot; Golfer Stacy Lewis overcomes scoliosis.

[Educational Message: Setting a goal at a young age, staying focused on it, and working hard is a great way to achieve success. Being diagnosed with a disease, like diabetes or scoliosis, may be a setback, but you can still achieve your dream if you work hard and monitor your health properly. Just because you can no longer do something you're good at or meant to do doesn't mean you can't succeed at something else or have another purpose.]

Airdate: 10/8/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

102 – MAYAN MADNESS [VJG102]

Host Josh Garcia travels to Valladolid, Mexico where he puts on his dancing shoes and learns the Jarana, tastes the ultimate local dish of cochinita pibil, and tries his hand at hammock weaving in a Mayan village. Named after the former capitol of Spain, Valladolid is an example of the Yucatan Peninsula's combination of Mayan and Spanish culture forming something new. First, Aida, a specialist in folklore Mayan traditions, teaches Josh the Jarana, the main dance of popular Yucatecan celebrations. Next, Josh meets with a local restaurateur to learn how to make cochinita pibil, a savory dish made from slow roasted pork that's been marinated in citrus juices and Yucatan spices, served with tortillas and beans. Finally, Josh observes a local craftswoman weaving a hammock. Many Mayan and Mestizo people sleep in hammocks because the design allows for increased airflow to keep the body cool in hot, humid weather. Josh learns how to weave using this traditional method.

[Educational Message: Getting out of your comfort zone to try new things can often be a rewarding experience.]

Airdate: 10/8/2016

Time:

Duration: 30:00

WILDERNESS VET

THE GREAT MUSK-OX ROUNDUP [WDV102]

On this episode of Wilderness Vet, Host Dr. Michelle Oakley works to save a dog that had a run-in with a porcupine. She also gets creative to save an injured Great Gray owl and has a checkup with a boisterous musk-ox. First, Dr. Oakley heads to the Yukon Wildlife Preserve to checkup on a musk-ox with an unknown illness. Dr. Oakley utilizes a clever technique in order to lure the musk-ox and tranquilize the animal for examination. Dr. Oakley carefully examines the musk-ox's kidneys and provides vaccinations while also retrieving a blood sample. Next, Dr. Oakley helps a blue and gold macaw with a routine beak and nail trim. Later, Dr. Oakley receives an emergency call about a blue heeler who had a run-in with a porcupine. Dr. Oakley sedates the canine and individually removes the porcupine quills, leading to a successful recovery for the blue heeler. Dr. Oakley's next patient is a Great Gray owl that suffered an amputated wing as the result of a car accident. Dr. Oakley uses a clever solution in order to create a well-fitting bandage for the broken wing. The treatment for the Great Gray owl proves successful and the raptor begins its road to recovery.

[Educational Message: There is strength in unity. Teamwork and dedication is essential to solving problems and finding solutions.]

Airdate: 10/8/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURE ALASKA [JDD102]

Host Dylan Dreyer takes viewers on a journey to America's last frontier, the rugged wilderness of Alaska. Discover how Alaskan wildlife face the epic struggle for survival in cold winters and life-giving summers. In this episode, we'll fish for salmon with a family of grizzly bears, fly high above the clouds with bald eagles, race alongside caribou, join a pack of wolves hunting for food, and meet people whose ancestors have lived in the wild Alaskan wilderness since the dawn of history. Learn how the Americas and the Alaskan landscape were formed by the last great ice age over 1.8 million years ago. We'll also witness the incredible landscape and learn how Alaska is home to Mt. Denali, North America's highest peak at 20,320 feet above sea level. We'll begin when water temperatures around the Alaskan coastline drop to freezing during the long winter months. When summer finally arrives, the ocean springs to life with salmon, whales and sea lions. After only six weeks of warmth, the air grows cold and summer visitors like birds and whales begin heading south to escape the bitter cold ahead. New snowfall can arrive as early as late-August and for the animals that remain in Alaska through the winter, every instinct and adaptation is needed to ensure survival. Finally, we'll learn more about the human inhabitants of this harsh landscape that scientists believe have lived in Alaska for at least 11,000 years.

[Educational Message: America's last great wilderness, a place seemingly too hostile for living things, erupts with life and triumphs season after season.]

Airdate: 10/8/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

Ranch Reboot [NDS102]

Host Danny Seo makes banana ice cream and chocolate avocado mousse as healthy desserts, tries a Yoga workout to reboot and recharge, and shows great ways to reuse VHS tapes, newspaper and bubble wrap.

[Educational Message: There are healthy ways to make dessert by using produce, like bananas and avocados, which are high in fiber and potassium. Exercising is important to maintain physical and

mental health— yoga can be done throughout the day and can help increase energy and flexibility. Common household items can be reused to create something different and help prevent waste.]

Airdate: 10/8/16

Time:

Duration: 30:00

GIVE

GIVE TO HELP FIGHT HOMELESSNESS IN NYC [GBU102]

Blair Underwood goes behind-the-scenes with two charities helping New York's homeless. Under the ruse of making a documentary, Blair visits Project Renewal's Culinary Arts Training Program, which offers men and women at risk for homelessness a path back to health, homes, and jobs through kitchen training and career placement. Then, Blair meets up with an NYC chapter of Back on My Feet, a national program that uses running as a physical and motivational tool to help get people off the streets, out of shelters, and into independent lives. Blair has the challenging decision of how to divide the GIVE donation from unite:4good.

[Educational Message: Philanthropic organizations that provide personal and career development programs create lasting opportunities for those individuals and their families.]

Airdate: 10/8/16

Time Duration: 30:00

HEART OF A CHAMPION

NEED FOR SPEED [HOC102]

A profile on Nascar rising star, Erik Jones; U.S. Olympic sprinters share tips and techniques for the track; NHL broadcaster Doc Emrick reunites with his childhood hero; Justin Timberlake helps a junior golfer prepare for a competition.

[Educational Message: Learning from those around you and seeking advice from those that have succeeded in a specific area is a great way to progress your skill. Viewers learn steps that aspiring drivers, runners or announcers can take to join the profession.]

Airdate: 10/15/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

103- LIKE WATER FOR CHAAC [VJG103]

Host Josh Garcia travels to Merida, Mexico where he sees a Mayan chocolate ceremony, learns about henequen production, and tries his hand at tortilla making. Josh visits a traditional weaver in her village and learns all about the Mexican fiber named henequen. Henequen is made from agave plant, and is used to make textiles including rope and industrial bags. Josh watches as the artisan makes a bag using ancient tools. Next, Josh observes a Mayan cocoa ceremony, and finds out all about the first hot chocolate, while trying the ancient Mayan way of drinking chocolate. Finally, Josh finds out for himself the work that goes into handmade tortillas, which are formed from dough, called masa.

[Educational Message: There is value in doing things the old-fashioned way, which can often lead to more rewarding results than always relying on new technology.]

Airdate: 10/15/2016

Time:

Duration: 30:00

WILDERNESS VET

A ZOO-PENDOUS TRIP [WDV103]

On this episode of Wilderness Vet, The Alaska Zoo is home to wild and exotic creatures, and they've called in Dr. Oakley for help. It's just another day at the office as Dr. Oakley examines two grizzly bears, a snow leopard, and a pack of wolf puppies. First, Dr. Oakley is helping conduct a nutrient study with the University of Alaska, comparing the diet of wild grizzly bears to those living in human care. Witness first-hand how Dr. Oakley and team successfully anesthetize and study these large grizzly bears. Next, an emergency call comes in and Dr. Oakley must examine a baby moose brought in by the Alaskan Department of Fish and Game. The prognosis is not good for the baby moose, but Dr. Oakley quickly treats the animal for dehydration and vitamin deficiency. Later, Dr. Oakley visits a snow leopard with a nagging cough. After successfully sedating the cat, Dr. Oakley and team bring the snow leopard to a clinic in order to perform x-rays and an ultrasound to investigate further. Finally, Dr. Oakley receives a call for a medical evaluation of five orphan grey wolf puppies that were all rescued from a fire. The wolf pups are treated with antibiotics and are now on the road to a successful recovery.

[Educational Message: Always practice compassion. Life is precious and we must treat all living creatures with kindness.]

Airdate: 10/15/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SECRETS OF ANCIENT EGYPT [JDD103]

Host Dylan Dreyer takes viewers on an adventure back through time, more than 3,000 years in the making, to the Empire of Ancient Egypt. Discover the people, culture, and religion that made Egypt one of the most powerful civilizations the world has ever seen. We'll join Egyptologists working to reveal the lost secrets of mummification. Viewers will also relive the stories of Ramses the Great and solve the mysteries of the Pharaoh's tomb. Meet the 3,000 year old mummified bodies of Ramses the Great, his son Merneptah, and his father Seti. These past rulers, like all Egyptians, celebrated the natural cycles of the earth and believed death was only the beginning— a gateway to the next world. Find out how the Egyptian universe was believed to be controlled by many different gods, but also how the supreme goddess Maat governed all. We'll also meet with Paleo-pathologist and Egyptologist, Dr. Bob Brier, who'll help to reveal the secrets of the ancient Egyptian past.

[Educational Message: Hard work and determination can lead to great discoveries and revelations of our past.]

Airdate: 10/15/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ULTIMATE JEWELRY UPCYCLE [NDS103]

Host Danny Seo visits Alex and Ani to see how they upcycle copper armature from the Statue of Liberty into jewelry. He makes bottom-of-the-jar recipes, such as sloppy joes and raspberry balsamic glaze, by using leftovers found in the refrigerator. Danny then upcycles old lockets to be perfume lockets by using almond oil and citronella, and he turns old books into clocks. Danny also explains the difference between LEDs and incandescent lightbulbs.

[Educational Message: The Statue of Liberty was a gift from France to the U.S. in 1886, and it went through a massive restoration in the 1980s in which the armature was replaced. You can decrease food waste by combining leftovers to create delicious food. Almond oil can be beneficial to the skin, and citronella can be used to repel mosquitos. Upcycling old books into clocks is a great way to save

money and help the environment by reducing waste. LED bulbs use light emitting diodes and an electrical current to produce light, and they are energy efficient.]

Airdate: 10/15/16

Time:

Duration: 30:00

GIVE

GIVE TO INDEPENDENCE AND HEALING FOR KIDS IN CONNECTICUT [GBU103]

Kyle Martino, former Pro Soccer star and NBC Olympics correspondent, embeds at Playmakers Program at Family and Children's Aid (FCA), in Danbury, Connecticut under the story that he's there to film a documentary. As the kids and their families play games designed to help them build stronger bonds with each other, Kyle remembers the important role of family – and play – in his own early life, and wants to help. But first he must make a trip to Newton Athletes Unlimited's (NAU) Camp Echo Bridge, a sleep-away camp for special needs kids and their siblings where they can enjoy sports in a supportive environment. Max, a seventeen-year-old with Down syndrome, shows Kyle the ropes– literally. After scaling the climbing wall and zooming down the zip line, Kyle wants to support NAU with everything he can. In the end, he divides a large donation from the Life Is Good Foundation between the two organizations to make sure both are able to continue their amazing work for years to come.

[Educational Message: It's important to make time for family, and to participate in activities you all can enjoy. Showing kindness and compassion to those with special needs is a rewarding lesson.]

Airdate: 10/15/16

Time:

Duration: 30:00

HEART OF A CHAMPION

FAMILY FIRST [HOC103]

Nascar driver Aric Amorila learns the value of hard work from his family; Golfer Jason Day and his caddie form a lasting bond; NHL rookie Auston Matthews looks to turn around an iconic franchise; the U.S. Wheelchair Rugby team prepares for the Paralympics.

[Educational Message: Surrounding yourself with people that support you will help you progress to your goal. Just because you experience a loss or have a disability does not mean you are incapable of being great. Viewers also learn more about the history of Nascar, golf, hockey, and Paralympic rugby and the skills it takes to become a professional in each.]

Airdate: 10/22/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

HOT SALSA! [VJG104]

Host Josh Garcia heads to San Juan, Puerto Rico, returning to his family's roots. Josh visits a vejigante mask maker, stops into the kitchen of Chef José Santaella for Mofongo 101, and dances the salsa with 300 people! First, Josh checks out a local artist who makes traditional masks out of coconut shells. In the 16th century, Vejigante masks were first used in festivals honoring St. James, and remain an important part of Puerto Rican culture. Josh learns how the masks are made, and finds it's not as easy as it looks. Next, Josh meets with a local chef to learn how to make the traditional Puerto Rican dish, Mofongo, reminding him of his own grandmother's cooking. Finally, Josh takes a salsa lesson, and joins others in the traditional dance, which combines many different Spanish and Afro-Caribbean styles.

[Educational Message: When you revisit somewhere you've already been, or try something you've already done, allowing yourself to have a new perspective can make it feel as though you are experiencing something entirely new.]

Airdate: 10/22/2016

Time:

Duration: 30:00

WILDERNESS VET

A DAY WITH THE DOC [WDV104]

On this episode of Wilderness Vet, no two days are the same for Dr. Oakley. With patients like alpaca, reindeer, and moose, it's easy to see why being a wilderness vet is no walk in the park. First up, Dr. Oakley visits a local alpaca farm to perform physical exams, vaccinations, and deworming. Viewers will learn more about the unique alpaca and why the non-native species is bred and raised in Alaska. Dr. Oakley successfully examines and treats each alpaca and all are given a clean bill of health. Next, a feline is brought into Dr. Oakley's clinic to be spayed. Before beginning the procedure, Dr. Oakley discovers several masses in the feline's abdomen. Fearing the worst, Dr. Oakley performs an ultra-sound to rule out any potential health issues. Learn more about the non-invasive ways veterinarians observe and detect potential medical problems for their patients. Thankfully, all is well and Dr. Oakley discovers that the feline is actually pregnant with kittens. Next, Dr. Oakley visits a wildlife center to check on a rescued reindeer recovering from a recent surgery. The reindeer's surgical wound may not have healed properly, putting the reindeer at risk of attracting local predators. Dr. Oakley examines the reindeer and determines the wound is in fact healing properly and will recover successfully. Next, Dr. Oakley receives an emergency call regarding an allergic reaction for a canine after a recent vaccination treatment. The afflicted canine is immediately treated with antihistamines and oxygen support. Finally, Dr. Oakley visits a rescued raven with a fractured clavicle to check up on the animal's recovery. Dr. Oakley performs an x-ray and discovers the injury has healed properly. Dr. Oakley and the rescue team joyously release the recovered raven back into the Yukon wild.

[Educational Message: Always keep learning. The more knowledge we can absorb, the better we can become at solving difficult or intricate problems.]

Airdate: 10/22/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE GREAT AMAZON RIVER [JDD104]

Host Dylan Dreyer takes viewers on a journey down the greatest river on earth: the mighty Amazon. We'll follow medicine men from the mountains of Brazil and the halls of Harvard as they work to discover new treatments and medicines from healing plants hidden deep within the jungle. Viewers will come face-to-face with amazing animals struggling to survive. Learn how biologists believe the Amazon rainforest holds 10% of all known animal species on earth, including over 400 different mammal species alone. We'll also meet people whose ancestors have lived in this wild landscape since the dawn of history. Find out how South America is home to the largest forest, the longest mountain range, and the biggest river of all the continents on Earth. Over ten times the size of the Mississippi River, the Amazon River has a total length of 4,345 miles. This colossal river flows towards the rising sun with one fifth of the continental runoff water of the planet. Rivers from five nations pour into the vast flatland of equatorial Brazil to form the greatest moving mass of fresh water in the world. Follow Julio Mamani, the brave medicine man from the Andes Mountains, as he travels thousands of miles to reach the Amazon River. Also, join Harvard University Ethnobotanist Dr. Mark Plotkin, as he, too, looks for life saving remedies along the greatest river in the world.

[Educational Message: The Amazon remains one of the most important ecosystems in the world. The wildlife and people who call it home deserve our reverence, respect, and protection.]

Airdate: 10/22/16

Time Duration: 30:00

NATURALLY, DANNY SEO

WEELICIOUS [NDS104]

Host Danny Seo creates healthy, one-of-a-kind school lunches; makes a beauty mask using chia seeds; cooks dishes that can improve your skin, such as coconut poached salmon and kale salad; creates kids crafts, like light house bookends and hobby horses, from trash; and shows you plants you can't kill.

[Educational Message: A great way to ensure you eat a balanced lunch is to include a fruit, vegetable, carbohydrate and protein. Chia seeds are part of the mint family and act as a gentle and natural exfoliator. Kale is high in vitamin A, and blueberries can help brighten sun-damaged skin. Crafts can be created using old objects or materials, such as empty jars or old blue jeans, to help the environment by preventing waste. Water can travel through twine, making it to be a great way to water your plants while you're away.]

Airdate: 10/22/16

Time Duration: 30:00

GIVE

GIVE TO THE HOMELESS AND UNDERPRIVILEGED YOUTH IN L.A. [GBU104]

Jillian Rose Reed, actress from MTV's Awkward, spends time with homeless youths at Venice's Safe Place for Youth. She sees, up close, how homelessness has affected these young people and how much they are benefiting from basic necessities like clothing and food as well as the digital arts lab where they can make music and learn advanced computer skills. Afterwards, Jillian visits the Harmony Project, which provides music instruments and instruction to underprivileged kids from kindergarten through high school in Los Angeles. Two students named Jaylen and Jaharri give her a drum line lesson and show her the power of music on a kid's education. Through a donation from the Lawrence Welk Family Foundation both organizations receive much needed donations to keep doing their great work.

[Educational Message: Studying music translates into improved academic results and neural processing.]

Airdate: 10/22/16

Time:

Duration: 30:00

HEART OF A CHAMPION

HEART OF GOLD104 [HOC104]

A behind the scenes look at an elite Nascar pit crew; Panthers Tight End Greg Olsen raises awareness for congenital heart disease; Golfer Si Ri Pak inspires a generation of young women; Kerri Walsh Jennings and April Ross describe their winning formula.

[Educational Message: Learning to trust, rely on and work well with others is crucial to having a successful team. Don't be afraid to stand up for a cause that's important to you or to be a trailblazer— it's a great step in progression toward a result. Viewers also learn the risk required to be on a pit crew, how many people are diagnosed with a congenital heart defect (CHD), the impact of Korean golfers in the LPGA, and the skill required to play beach volleyball.]

Airdate: 10/29/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
FUN GUY! [VJG105]

Host Josh Garcia travels to St. Thomas, U.S. Virgin Islands where he finds custom leather sandals made by a local artisan, discovers the art of moko jumbie stilt walking, and learns the island way to cook fish. First, Josh meets an artisan who makes custom leather sandals, and even gets to help make his own pair. Next, he visits a local chef to make fungi, a staple in the traditional Virgin Islands diet. Fungi is made from cornmeal and okra, and is often served with fish. Finally, Josh takes a lesson from moko jumbie, stilt walkers who perform acrobatic feats at local festivals, like Carnival. A symbol of the Virgin Islands, moko jumbie wear colorful garb and masks. Josh learns just how challenging stilt walking can be.

[Educational Message: Just because it doesn't look hard, doesn't mean it is, in fact, easy. If you never try, you'll never know.]

Airdate: 10/29/2016

Time:

Duration: 30:00

WILDERNESS VET

DR. OAKLEY JUNIOR [WDV105]

On this episode of Wilderness Vet, Dr. Oakley plans a trip to show her daughter, Sierra, what it takes to be a wildlife vet. Together they'll examine a variety of animals including a jaguar, a cheetah, a bear, and some bighorn sheep. But will the experience be enough to make Sierra want to follow in her mother's footsteps? First up, Dr. Oakley and Sierra head to Alberta, Canada to visit a variety of animal patients. This proves to be a great opportunity for Sierra to observe many different types of veterinary medicine. The first stop is at Discovery Wildlife Park, a 90 acre zoo where they will check up on some exotic animals. The first patient is a jaguar in need of its annual vaccines. Dr. Oakley demonstrates to Sierra how she administers the vaccines and treats the large animal. Next up, Dr. Oakley and Sierra visit with a cheetah to observe its recovery from a recent surgical procedure. All is well with the big cat, and Sierra gets up close and personal to learn more about the fascinating feline. Next, Dr. Oakley and Sierra meet a camel to perform a physical and administer vaccines. Next, the pair checks on a black bear potentially suffering from pneumonia. Tensions are high given the powerful nature of the species. However, Dr. Oakley successfully examines the bear and determines there are no signs of pneumonia. Finally, Dr. Oakley and Sierra are heading out with a wildlife research group from the University of Calgary. They'll be sedating wild bighorn sheep and collecting samples for a project studying their biology and behavior. They're doing everything from getting blood work, to tracking their migration patterns, all to establish a baseline of information about these animals. Dr. Oakley takes this time to teach Sierra more about the species and the best techniques for handling sedated wild animals. Viewers will learn about the diverse wildlife of Alaska and how all-species animal veterinarians like Dr. Oakley treat and save these animals.

[Educational Message: We must do all we can to experience new things and learn more about our true passions in life. Seek advice from your elders and never be afraid to ask questions.]

Airdate: 10/29/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

AMAZING MIGRATIONS [JDD105]

Host Dylan Dreyer takes viewers on an adventure to witness the most spectacular animal migrations on earth. Witness the epic flight of the Monarch butterfly, soar high with geese heading south for winter, ride with Gray whales along the North American coastline, and find out what life is like for villagers who live

alongside one million red crabs as they march from forest to sea. Our Journey begins in the remote forest of Central Mexico, where we witness caterpillars transform into Monarch butterflies before they begin their migration as far north as southern Canada. Next we're introduced to the Canadian goose as their flocks embark on an incredible migration unlike any other species. It is believed an estimated five billion bird species migrate each year from Europe deep into Africa, and a similar number across Asia and the Americas. Find out how birds use their instincts, natural landmarks, and even celestial bodies to help navigate their migrations over thousands of miles. Then, we travel to the Arctic Circle to meet Gray whales, who make the longest migration of any wild mammal. Gray whales will swim nonstop day and night without feeding for two months, while covering a distance over 5,000 miles from the Arctic Ocean to the shore of Mexico. Finally, we'll witness the bizarre migration of over one million red crabs located on Christmas Island about a thousand miles west of Australia.

[Educational Message: From butterflies to whales and even millions of crabs, animal migrations are a critical component of survival. Movement is life.]

Airdate: 10/29/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

LA JUICE [NDS105]

Danny discovers the benefits of juicing and how to do it for under a dollar; teaches about dehydrating food; creates beauty scrubs from unexpected items, such as coffee grounds; and shares a tip on how to determine if your pet has fleas.

[Educational Message: Juicing allows an intake of multiple fruits and vegetables at once, which can help boost your immune system, help remove toxins from your body and aid in digestion. Different produce contributes different vitamins--carrots are a great source of vitamin A, celery is a great source of vitamin D, and grapefruit is a great source of Vitamin C. Dehydration is one of the oldest methods of food preservation. Coffee grounds help eliminate odors and exfoliate. Exfoliation helps remove dead skin cells, allowing the body to regenerate new ones.]

Airdate: 10/29/16

Time:

Duration: 30:00

GIVE TO MAKING CONNECTIONS FOR KIDS [GBU105]

Kristen Kish makes emotional connections with two charities in Boston, MA. First, Kristen visits Sibling Connection, which offers brothers and sisters separated by the foster system a chance to reunite and build lifelong relationships. Then, Kristen checks out the work of NEADS Dogs for Deaf and Disabled Americans, an organization that trains puppies into service dogs -- and matching the dogs with disabled kids and adults, giving them the support, bond of friendship, and a means to independence. Through the Life Is Good Foundation, both organizations are surprised with a donation and gifts to help them to continue to do amazing work.

[Educational Message: It's important to maintain family connections. Service animals are able to provide a new lifestyle for those with disabilities or social anxiety.]

Airdate: 10/29/16

Time:

Duration: 30:00

HEART OF A CHAMPION

ROAD WARRIOR [HOC105]

Nascar driver Jimmie Johnson stays in shape with cycling; A legendary coach transforms a local swim school into a national powerhouse; Golfer Martin Kaymer pays tribute to his mother; A retired marine becomes captain of a U.S. Paralympic team.

[Educational Message: Despite how different sports may be, many require the same amount of training and endurance— whether it is physical or mental. Lessons learned in one concentration can be applied to another in order to succeed. Viewers learn about the physical fitness necessary to be a Nascar driver, the skills and endurance to be a professional swimmer, PGA golf competitions, and the history of sled hockey.]

Airdate: 11/5/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NORWAY THE RIGHT WAY [VJG106]

Host Josh Garcia visits Bergen, Norway where he dances with Vikings, learns the tradition of Norwegian wool sweaters, and discovers some of the world's freshest seafood. First, Josh learns a Springar, one of Norway's oldest dances, dating back to the 17th Century. The name for this social dance is derived from the Norwegian verb springe, meaning "to spring" or "run lightly." Next, Josh heads to a local factory where they have been crafting traditional Norwegian sweaters since 1879. Josh learns about the different types of yarn used when making the sweaters, sees how the different machines operate, and watches a seamstress put the finishing touches on the clothing. To end the day, Josh joins a local chef on a trip to the fish market before enjoying a meal of local Norwegian fare.

[Educational Message: Learning about different cultures and lifestyles of those around the world can open up how you view your own way of life.]

Airdate: 11/5/2016

Time:

Duration: 30:00

WILDERNESS VET

BUNDLES OF JOY [WDV106]

On this episode of Wilderness Vet, everyone loves babies, and Dr. Oakley is no exception; when it comes to animals, she'll go to any length to protect their offspring. Whether it's caring for a soon-to-be caribou mother or a litter of lynx kittens, she'll make sure the next generation of wildlife grows up safe and healthy. Dr. Oakley is heading to Val-d'Or, Quebec to meet up with a team fighting to save a herd of caribou. Human activity has reduced their habitat, leaving the caribou and their newborns exposed to predators. The goal for the team is use helicopters to locate and safely capture pregnant caribou mothers. They will then be transferred to secure holding pens until they give birth and their young are large enough to evade predators. The caribou will then be returned back to the wild with a greater chance of survival. Dr. Oakley and team successfully capture a pregnant female and safely transfer her to the temporary holding pen. Fourteen weeks later, the mother gives birth to three calves and all are soon released back into the wild. Next, Dr. Oakley recruits her daughter Maya to help handle some feisty lynx kittens. Dr. Oakley never misses an opportunity spend time with her children and teach them more about veterinary medicine. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens to perform a routine checkup and provide vaccinations. This task soon proves to be easier said than done as the lynx kittens are difficult to catch. However, the team works together and eventually captures and successfully treats the kittens. These kittens will ultimately go to other wildlife facilities to become ambassadors for their species. Finally, Dr. Oakley is visiting a farm to check in on some musk-ox calves in need of vaccinations and identification tags. Musk-ox are an ornery species and difficult and dangerous to subdue. With a little persistence, Dr. Oakley and her team

successfully isolate and sedate the musk-ox calves to provide the necessary vaccination treatment and identification tags.

[Educational Message: No matter how big or small, it's important to help others in need. By helping others, you will learn how to better help yourself.]

Airdate: 11/5/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

DANCE OF THE CONTINENTS [JDD106]

Host Dylan Dreyer takes viewers on a journey across the globe to experience the greatest natural wonders of our planet. We'll trek deep into the mysterious island of Madagascar, follow the herds across the great wetlands of Southern Africa, meet the people who live in the shadow of Mount Everest, and float down the mighty Amazon River. We start our journey by taking a trip back in time over three billion years ago to learn how the earth evolved over the years to form the continents we know today. Next we travel to Madagascar Island, where eons of rain and wind have exposed limestone pinnacles, silent reminders of the forces that shaped Madagascar from the time it was torn from the bedrock of Africa. Discover how the plants and creatures that lived here evolved in isolation and are found nowhere else on earth. Viewers will then visit the mighty Okavango Delta, an oasis of life located in the heart of Southern Africa. Flowing from the north, the Okavango River carries nearly three trillion gallons of water into this region every year.

Animals of every shape and size are drawn here from all across lower Africa, including the biggest land mammals on earth. Next we travel to the home of the towering Andes Mountains, the largest rainforest on earth, and the greatest river of all - the Amazon. The Amazon sustains the greatest diversity of wildlife on the planet, and is home to countless native people who have lived along the shore for thousands of years. Finally, we visit the land of Tibet which is home to Mount Everest and the highest plateau in the world. Dance with the Buddhists of Tibet and learn how they and the nomadic people adapt and survive the harsh environment.

[Educational Message: The world we recognize today is billions of years in the making. We must appreciate and protect our environment for generations to come.]

Airdate: 11/5/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

NATURE'S WORKOUT [NDS106]

Danny learns how to use the great outdoors as his gym, makes cauliflower ice cream, upcycles favorite t-shirts into fabric bowls, and explores the many uses of vegetable oil.

[Educational Message: You can save money and maintain a healthy lifestyle by using natural, outdoor resources to exercise. You can make a healthy dessert by using cauliflower, which is rich in vitamins and minerals— one serving contains 77% of the daily recommended intake of vitamin C. Reusing old t-shirts to make something else is a great way to eliminate textile waste. Common ingredients can be used in more ways than one to provide solutions to common household problems— because oil and water don't mix, vegetable oil can be used to help prolong the life of household items by preventing exposure to moisture.]

Airdate: 11/5/16

Time:

Duration: 30:00

GIVE

GIVE TO LENDING A HAND TO THE HOMELESS IN LOS ANGELES [GBU106]

Actress and recording artist Laura Marano visits two organizations, Skid Row Housing Trust and A Community of Friends, under the ruse that she's there to film a public service announcement. Both charities believe in "housing first," the idea that before people can address underlying issues that cause homelessness, they need a stable home base. While visiting Skid Row Housing Trust, Laura spends time with adults who have found their feet again because of the supportive and inclusive environment the organization provides. Seeing this, Laura wants to give them all the money, but first she must pay a visit to A Community of Friends, where she witnesses the transformation that permanent housing is making in the lives of formerly homeless families. Finally, with the help of the GIVE Panel, Laura decides how to support both charities with a significant donation from California Community Foundation.

[Educational Message: Permanent supportive housing programs provide affordable, community-based housing for homeless individuals. This is an evidence-based practice that combines affordable housing with supportive services for people experiencing homelessness. It's important to give back to those less fortunate than ourselves.]

Airdate: 11/5/16

Time Duration: 30:00

HEART OF A CHAMPION

SCHOOL TIES [HOC106]

Nascar driver Kyle Busch overcomes a frightening wreck; wrestling legend Dan Gable creates a lasting legacy at the University of Iowa; Golfer Charlie Beljan has a comeback for the ages; Thoroughbred horses prepare for races at horse school.

[Educational Message: Obstacles, such as an accident or illness, can set you back from achieving your goals, but that doesn't mean it is impossible—if you work hard, you can progress to where you want to be. Don't let a setback scare you from trying again. Viewers learn about safety in Nascar racing, the history of wrestling, and how racehorses are trained.]

Airdate: 11/12/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SWEDISH AND SUBLIME [VJG107]

Host Josh Garcia travels to Stockholm, Sweden where he experiences the world's stinkiest food, learns the delicate art of glass-blowing, and gets a folk art carving lesson from one of Stockholm's legendary carvers. First, Josh meets up with a local chef to try traditional Swedish food, including pickled herring. Pickling was a technique originally used as a preservation method to keep food for long periods of time. This technique dates back as far as 2030 B.C. and is still used today. Josh also tries a fermented herring, called surströmming, which famously has a pungent aroma. Next, Josh visits a local artisan to learn how he makes hand-blown glass goods. Josh learns the technique, but finds it's more challenging than he thought. Finally, Josh learns how to make the dala horse, a beloved symbol of Swedish folk art. These hand-made pieces were first created in the 1800s as a child's toy when peasants would carve and pain wooden horses as gifts for their children.

[Educational Message: Learning to appreciate the hard work of others and their particular tastes can help you find something new you might enjoy.]

Airdate: 11/12/2016

Time:

Duration: 30:00

WILDERNESS VET

THE DOCTOR IS IN [WDV107]

On this episode of Wilderness Vet, when you're a veterinarian in one of the wildest places on Earth, you handle a variety of cases. For Dr. Oakley, that means dealing with everything from simple check-ups to emergency situations. And when you never know what patient is about to walk through the door, you have to be prepared for anything. First up, Dr. Oakley has a busy morning at her home clinic with a variety of patients. Dr. Oakley soon gets a call from the Yukon Wildlife Preserve to see if she can help an ailing sheep. The sheep has a lump in its cheek and needs to be sedated for a dental exam. Dr. Oakley successfully tranquilizes the sheep and examines its mouth. Dr. Oakley discovers an infection in the sheep's jaw caused by bacteria. Dr. Oakley successfully cleans and disinfects the wound allowing it to heal properly. Next, Dr. Oakley heads to Dark Horse farm to check on a horse with an abscess on its navel. Dr. Oakley discovers additional lumps on the horse's belly that are determined to be a result of cellulitis. This chronic infection could eventually prove fatal for the horse. Dr. Oakley provides antibiotics and takes blood samples to ensure there are no additional problems causing the condition. Next, Dr. Oakley receives an emergency patient at her clinic suffering an attack from a coyote. The injured canine was bitten on its tail and suffered a severe laceration as a result. Dr. Oakley cleans the wound and applies a pressure bandage in order to stop the bleeding. The treatment proves successful and the canine is on the road to recovery.

[Educational Message: You must have faith and believe in yourself if you want to succeed. Have the courage to do what you believe is right.]

Airdate: 11/12/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ULTIMATE WAVE TAHITI [JDD107]

Host Dylan Dreyer takes viewers on an adventure to the island of Tahiti for the ride of a lifetime. Learn more about the tropical paradise of majestic mountains, rolling oceans, and ancient culture located in the middle of the southern Pacific Ocean. We'll meet the brave thrill seekers that travel to Tahiti to conquer some of the most intense waves on earth. Along with eleven-time World Champion surfer Kelly Slater and Tahitian surfer Raimana Van Bastolear, we'll visit astounding coral reefs, explore the hidden forces that shape both waves and the islands alike, and ride the world famous surf site of Teahupoo. Discover some of the one hundred and eighteen islands that make up the archipelago known as French Polynesia. This remote Pacific Ocean paradise is home to the islands of Bora Bora, Rangiroa, Mo'orea, and the most famous of all, Tahiti. We'll visit Teahupoo, home to some of the largest waves on earth, and learn how nature creates these massive swells. Find out how solar and lunar gravitational pulls churn and stir the atmosphere and oceans of our world in a chaotic ballet. We'll learn how currents of hot and cold weather combined with ocean swells create massive storms that transfer enormous power to the ocean. Follow surfers Kelly Slater and Raimana Van Bastolear as they seek to understand and conquer the mighty waves of Teahupoo.

[Educational Message: Through determination and hard work, we all can conquer some the world's greatest challenges.]

Airdate: 11/12/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

PLANT POWER [NDS107]

Host Danny Seo meets a family who transformed their life by changing their eating habits, shows different ways to make yogurt even more nutritious for breakfast, teaches how to make art on fabric with markers, and explains that we may be recycling wrong.

[Educational Message: It's never too late to start eating healthy—a clean, healthy diet using natural foods can help increase energy and help prevent health issues. Adding unexpected ingredients, such as beets and chlorophyll, to food is a great way to add more nutrition and diversity. Beets are a great source of magnesium, potassium and vitamin C; and chlorophyll helps remove toxins. You can upcycle old fabric and prevent textile waste by giving it a new design using markers and rubbing alcohol— permanent ink molecules are broken up when combined with rubbing alcohol. Understanding what is recyclable and how recycling is sorted helps the environment by preventing waste in landfills.]

Airdate: 11/12/16

Time:

Duration: 30:00

GIVE

GIVE TO ARTS EDUCATION FOR ALL KIDS IN LOS ANGELES [GBU107]

Emmy Award Winning Dancer and Choreographer Derek Hough begins this episode of GIVE with a visit to Inner-City Arts under the ruse that he's there filming a television piece. Inner-City Arts is an organization that offers high-quality arts instruction to public school students in Los Angeles whose schools can't afford to provide art classes. After seeing the overflowing energy of the kids, Derek wants to help as much as possible. Little does he know that the second organization he visits will prove to be just as inspirational. Founded with the mission of bringing top-quality dance instruction to children and youth in Los Angeles' poorest neighborhoods, everybody dance! is a second home to the young dancers who study there. Being a dancer, Derek feels a natural connection with the students and even teaches a class. Deciding how to divide a large grant from The Rosalinde and Arthur Gilbert Foundation is not easy, but in the end Derek finds a way to surprise each of them with a wonderful gift.

[Educational Message: Studies have shown that dancing can improve mental health and yield other health benefits including increased spatial awareness and balance. The Arts can often provide a joyful and creative outlet for people of all ages.]

Airdate: 11/12/16

Time:

Duration: 30:00

HEART OF A CHAMPION

ULTIMATE WARRIORS [HOC107]

Broncos Linebacker Von Miller talks about his hometown roots; Nascar driver Kevin Harvick's rise from small town kid to big time star; The Legacy of Indiana University's Diving Program; Golfer Michelle Wie opens up about her fluctuating career on the course.

[Educational Message: Embracing who you are helps set you apart from others—remembering where you started and what you went through to achieve your goal is important in remaining humble and successful. Lessons you learn in one sport can also be applied to other sports and aspects of life. Viewers learn about the background of Nascar, the dynamics of a diving competition, and important components to a great golf game.]

Airdate: 11/19/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CITY OF DELIGHT [VJG108]

Host Josh Garcia travels to Paris, France where he takes a tasting tour with a local Parisian foodie, meets a master craftsman whose specialty is vintage umbrellas, and learns the art of French gastronomy from a renowned chef. First, Josh samples a variety of different Parisian treats with the help of a food tour guide, who shows him some local favorites. While visiting a fromagerie, or cheese shop, Josh learns there are over 400 varieties of French cheese, usually named after the town or region of origin. Next, Josh learns a lost art from a master craftsman who restores and creates one-of-a-kind umbrellas and parasols, which were chic fashion accessories in 19th century Paris. Finally, Josh takes a cooking class to learn how to make French cuisine after he returns from his travels.

[Educational Message: Keeping an open mind and a willingness to explore is important to leading a fulfilling life and understand others.]

Airdate: 11/19/2016

Time:

Duration: 30:00

WILDERNESS VET

SET LOOSE A MOOSE [WDV108]

On this episode of Wilderness Vet, when Dr. Oakley gets a call about two moose calves that are ready to be released, she and her oldest daughters offer to lend a helping hand. Together, mother and daughters will work to send these animals home; and along the way, they'll fight to save some other amazing creatures. Dr. Oakley, Sierra, and Maya first head to a reindeer farm in Anchorage, Alaska. Dr. Oakley is checking on a reindeer suffering from "chipmunk cheeks." This condition occurs when food impacts in the reindeer's cheek and cannot provide nutrition for the animal. Dr. Oakley removes the impacted food and uses a float to file down the reindeer's molars. From here, the condition of the reindeer will be monitored to ensure the problem does not return. Next, Dr. Oakley and her daughters are on their way to help release two rescued orphaned moose calves back into the wild. The calves are to be transported to Chugach National Forest to help increase moose populations in the area. But before they can go home, they have to pass a health exam. After a quick examination, the moose calves are given a clean bill of health. The 260 mile trip to Chugach National Park, however, will not be as quick. The team's only route requires that they take a ferry across an inlet and cross a tunnel that is only open for fifteen minutes every hour. Therefore, perfect timing is critical to the success of the journey. Dr. Oakley and the team carefully coax the moose calves into the transport containers and secure them to the truck for the trip. After a tense drive, the team arrives at the destination and successfully releases the calves. Finally, Dr. Oakley and her daughters enjoy a nice hike together and practice their moose calling skills.

[Educational Message: Preparation is key to success. The best preparation for the future is doing your best in the present.]

Airdate: 11/19/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

LAND DOWN UNDER [JDD108]

Host Dylan Dreyer takes viewers on an outback adventure to the land down under, Australia. We'll explore the great struggle for survival in the dry, desert outback. Discover the incredible ways clever creatures have learned to conserve and store water. We'll also come face-to-face with a collection of amazing animals found nowhere else on earth. Witness unforgettable creatures of Australia such as kangaroos, koalas, and even the platypus. Learn how Australia is the driest inhabited continent on earth and almost equal in size to

the continental United States. It's surrounded by three oceans, making it the world's largest island. Millions of years of isolation have produced one of the most unique ecosystems in the world, including unbelievable wildlife. Discover how humans first migrated to the vast, ancient, and weathered territory over 48,000 years ago. Witness Australia's primeval landscape that is rich in resourceful life forms found nowhere else. We'll also explore the dry interior of the island world and meet the critters fighting to stay alive. Finally, we'll experience the tropical wet season that brings storms and flooding to Australia's far north. As the monsoon unfurls curtains of rain, a major environmental transformation begins that springs life from the most unexpected places.

[Educational Message: Although Australia's wildlife is faced with an extreme climate, the unique and amazing animals living there have not only survived, they have triumphed. With our protection and conservation, life here will always find a way.]

Airdate: 11/19/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

LUNCH AT THE RANCH [NDS108]

Host Danny Seo learns about ocean noodles and cooking healthy, gives a tour of his ultra-sustainable set and tips on how to be energy efficient, upcycles building blocks to give an old lamp a new look, and creates homemade laundry detergent.

[Educational Message: Eating healthy can be done by substituting popular dishes with healthy alternatives. Kelp noodles are made from kelp, an edible seaweed that is rich in calcium, iron and iodine; and it is a healthy alternative to pasta. Understanding ways to be energy efficient is important because it helps the environment by decreasing food waste, energy usage, and water usage. Instead of throwing away an old lamp or old building blocks, use your imagination to create something new—upcycling objects saves money and prevents waste. Creating homemade detergent with castile soap is better for your skin and the environment because it is biodegradable and does not contain chemical detergents, like sodium lauryl sulfate.]

Airdate: 11/19/16

Time:

Duration: 30:00

GIVE

GIVE AN OPPORTUNITY FOR KIDS TO HELP KIDS [GBU108]

On this unique episode of GIVE, YouTube star Bethany Mota teams up with UNICEF at P.S. 119 in Brooklyn, New York, to help malnourished children in Haiti. Bethany learns about UNICEF's Kid Power program from Jenna Bush Hager and Casey Rotter, who help promote the program around the world. Through this program, kids can unlock therapeutic food packets to be distributed to malnourished kids around the world. Bethany and the students watch a video about Haiti, an impoverished country that was ravaged by a devastating earthquake in 2010, and has since seen a spike in hunger and malnourishment. This has particular resonance with the students at PS 119, a number of whom of Haitian descent. Bethany sets up the 4th and 5th graders for a friendly competition to see who can earn the most points, and send more help to Haiti. **[Educational Message: About 795 million people in the world struggle with hunger while about 1.2 billion people live in extreme poverty. It's important to do what you can to help those in need, especially after a natural disaster.]**

Airdate: 11/19/16

Time:

Duration: 30:00

**HEART OF A CHAMPION
VISION QUEST [HOC108]**

Ravens Kicker Justin Tucker is also a talented Opera Singer; Blind sprinter David Brown defies the odds on the track; a profile on the fascinating world of dog sledding; 19 year-old Golfer Lydia Ko is wise beyond her years.

[Educational Message: Don't underestimate someone by the way they look, what they can't do, or how old they are. You can still be great at something even if you don't fit the mold. Viewers learn what opera music consists of, how blind sprinters race in the Paralympics, and components to dog sledding.]

Airdate: 11/26/16

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
UNDER THE SEA [VJG101]**

Host Josh Garcia travels to Playa del Carmen, Mexico to explore the Mesoamerican Reef, learn the secrets of ceviche, and hunt for jungle bee honey. First, Josh joins a marine biologist on her mission to study the reef's fish population, while learning how to preserve its beautiful habitats. Next, he meets a local chef to learn how to make ceviche, a dish that is an example of melding the old world with the new. The Spanish and ancient Mayans combined their culinary traditions to create a ceviche, which consists of fresh, raw fish, cured in citrus juice. Before the day is over, Josh heads to a village near the ruins of the ancient Mayan city of Tulum to observe a shaman performing a ritual to ask the gods for a bountiful honey harvest. Josh even gets a look inside the bee hive before having a taste.

[Educational Message: It's important to be respectful of local habitats when traveling. Learning about other cultures and traditions can give you a new perspective.]

Airdate: 11/26/2016

Time:

Duration: 30:00

**WILDERNESS VET
ONE WILD BIRTHDAY [WDV101]**

On this episode of Wilderness Vet, Host Dr. Michelle Oakley struggles to return two young eagles to the wild and meets a massive Yak with a big problem, all while balancing work and family life. Dr. Oakley begins the episode at the Yukon Wildlife Preserve to perform a check up on two eaglets with injured legs. After discovering that both birds had previously suffered fractured legs, Dr. Oakley performs x-rays on the eaglets to determine how well the fractures have healed. When x-rays reveal that the injuries are healed, Dr. Oakley and the Yukon Wildlife Preserve team successfully return both eaglets back into the Alaskan wild. Later in the episode, Dr. Oakley visits Meggie's Farm to check up on a Yak with an eye infection. Dr. Oakley brings her youngest daughter Willow along to teach her more about her mother's profession and the animals she treats. After an examination reveals the medication has improved the Yak's eye condition, Dr. Oakley's treatment proves successful. Next, Dr. Oakley visits a sled dog operation to perform health exams and vaccinations for twenty-six Alaskan huskies. Finally, Dr. Oakley spends quality time with her family to celebrate her birthday around a campfire.

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

Airdate: 11/26/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER
LIFE ON THE SERENGETI [JDD101]

Host Dylan Dreyer takes viewers on an adventure to East Africa and the great grass plains of the Serengeti. During this episode, viewers will witness the arduous struggle for survival against predator and prey, for wild animals like zebras, giraffes, elephants, cheetahs, monkeys, and so much more. Spanning an area of approximately 12,000 square miles in Northern Tanzania, the Serengeti is the last refuge for the greatest concentration of migrating mammals remaining on the planet. Viewers will learn how great volcanoes shaped the landscape by providing nutrients for the soil that would promote rich vegetation for millions of years. Witness the epic journey of nearly 3 million large mammals as they make the yearly migration north at the start of the dry season. Also, we meet the proud people that have inhabited this region since the dawn of history. The indigenous Massai people, who are a large group of tribes who live around the Serengeti and Nile Valley. Learn more about the Massai, once the most formidable warriors in East Africa, and how they defend their cattle and families with spears to this day.

[Educational Message: The amazing animals of the fragile Serengeti are endangered and we all need to do our part to protect them.]

Airdate: 11/26/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO
THE DOG CAFÉ [NDS101]

Host Danny Seo visits the Dog Café and explores a new way to pick a pet, makes “overnight oats” and “the ultimate breakfast smoothie” as great healthy start breakfasts, recovers an old lampshade with cork, and shows great solutions for leftover paint.

[Educational Message: When choosing a dog to adopt, it’s important to pick one that’s a good fit with your lifestyle. A great way to ensure you eat a healthy breakfast is preparing it the night before—oats and fruit smoothies are good sources of fiber and protein. Upcycling is a great way to save money and help the environment by reusing objects or materials.]

Airdate: 11/26/16

Time:

Duration: 30:00

GIVE
GIVE TO INNOVATIVE EDUCATION FOR UNDERSERVED KIDS IN NYC [GBU101]

Jenna Bush Hager, former first daughter and NBC Today Show contributor, visits A Fair Shake for Youth, an organization that uses therapy dogs to help underserved middle-schoolers build social and emotional skills. Using an assumed name and the story that she's come to film a documentary, she learns there are kids in schools all over NYC waiting for a chance to work with the dogs, and decides she has to help. On the same day, Jenna tours STEM Kids NYC, a brand new but rapidly growing organization teaching science, technology, engineering and math to kids in Harlem. Impressed by the quality of the instruction and the organization's charismatic founder, Jenna knows she has to use her GIVE grant from unite:4good to make sure both organizations get what they need to grow.

[Educational Message: Philanthropy in the education sector is important and can make a huge difference in the success of kids at an early age.]

Airdate: 11/26/16

Time Duration: 30:00

HEART OF A CHAMPION

BACK ON TRACK [HOC101]

U.S. Olympic athletes talk about when they knew they wanted to be Olympians and how they made their dreams come true; Nascar driver Ryan Reed continues to race despite having diabetes; a soccer team in England adopts a bald eagle as its mascot; Golfer Stacy Lewis overcomes scoliosis.

[Educational Message: Setting a goal at a young age, staying focused on it, and working hard is a great way to achieve success. Being diagnosed with a disease, like diabetes or scoliosis, may be a setback, but you can still achieve your dream if you work hard and monitor your health properly. Just because you can no longer do something you're good at or meant to do doesn't mean you can't succeed at something else or have another purpose.]

Airdate: 12/3/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

102 – MAYAN MADNESS [VJG102]

Host Josh Garcia travels to Valladolid, Mexico where he puts on his dancing shoes and learns the Jarana, tastes the ultimate local dish of cochinita pibil, and tries his hand at hammock weaving in a Mayan village. Named after the former capitol of Spain, Valladolid is an example of the Yucatan Peninsula's combination of Mayan and Spanish culture forming something new. First, Aida, a specialist in folklore Mayan traditions, teaches Josh the Jarana, the main dance of popular Yucatecan celebrations. Next, Josh meets with a local restaurateur to learn how to make cochinita pibil, a savory dish made from slow roasted pork that's been marinated in citrus juices and Yucatan spices, served with tortillas and beans. Finally, Josh observes a local craftswoman weaving a hammock. Many Mayan and Mestizo people sleep in hammocks because the design allows for increased airflow to keep the body cool in hot, humid weather. Josh learns how to weave using this traditional method.

[Educational Message: Getting out of your comfort zone to try new things can often be a rewarding experience.]

Airdate: 12/3/2016

Time:

Duration: 30:00

WILDERNESS VET

THE GREAT MUSK-OX ROUNDUP [WDV102]

On this episode of Wilderness Vet, Host Dr. Michelle Oakley works to save a dog that had a run-in with a porcupine. She also gets creative to save an injured Great Gray owl and has a checkup with a boisterous musk-ox. First, Dr. Oakley heads to the Yukon Wildlife Preserve to checkup on a musk-ox with an unknown illness. Dr. Oakley utilizes a clever technique in order to lure the musk-ox and tranquilize the animal for examination. Dr. Oakley carefully examines the musk-ox's kidneys and provides vaccinations while also retrieving a blood sample. Next, Dr. Oakley helps a blue and gold macaw with a routine beak and nail trim. Later, Dr. Oakley receives an emergency call about a blue heeler who had a run-in with a porcupine. Dr. Oakley sedates the canine and individually removes the porcupine quills, leading to a successful recovery for the blue heeler. Dr. Oakley's next patient is a Great Gray owl that suffered an amputated wing as the result of a car accident. Dr. Oakley uses a clever solution in order to create a well-fitting bandage for the broken wing. The treatment for the Great Gray owl proves successful and the raptor begins its road to recovery.

[Educational Message: There is strength in unity. Teamwork and dedication is essential to solving problems and finding solutions.]

Airdate: 12/3/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADVENTURE ALASKA [JDD102]

Host Dylan Dreyer takes viewers on a journey to America's last frontier, the rugged wilderness of Alaska. Discover how Alaskan wildlife face the epic struggle for survival in cold winters and life-giving summers. In this episode, we'll fish for salmon with a family of grizzly bears, fly high above the clouds with bald eagles, race alongside caribou, join a pack of wolves hunting for food, and meet people whose ancestors have lived in the wild Alaskan wilderness since the dawn of history. Learn how the Americas and the Alaskan landscape were formed by the last great ice age over 1.8 million years ago. We'll also witness the incredible landscape and learn how Alaska is home to Mt. Denali, North America's highest peak at 20,320 feet above sea level. We'll begin when water temperatures around the Alaskan coastline drop to freezing during the long winter months. When summer finally arrives, the ocean springs to life with salmon, whales and sea lions. After only six weeks of warmth, the air grows cold and summer visitors like birds and whales begin heading south to escape the bitter cold ahead. New snowfall can arrive as early as late-August and for the animals that remain in Alaska through the winter, every instinct and adaptation is needed to ensure survival. Finally, we'll learn more about the human inhabitants of this harsh landscape that scientists believe have lived in Alaska for at least 11,000 years.

[Educational Message: America's last great wilderness, a place seemingly too hostile for living things, erupts with life and triumphs season after season.]

Airdate: 12/3/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

Ranch Reboot [NDS102]

Host Danny Seo makes banana ice cream and chocolate avocado mouse as healthy desserts, tries a Yoga workout to reboot and recharge, and shows great ways to reuse VHS tapes, newspaper and bubble wrap.

[Educational Message: There are healthy ways to make dessert by using produce, like bananas and avocados, which are high in fiber and potassium. Exercising is important to maintain physical and mental health— yoga can be done throughout the day and can help increase energy and flexibility. Common household items can be reused to create something different and help prevent waste.]

Airdate: 12/3/16

Time:

Duration: 30:00

GIVE

GIVE TO HELP FIGHT HOMELESSNESS IN NYC [GBU102]

Blair Underwood goes behind-the-scenes with two charities helping New York's homeless. Under the ruse of making a documentary, Blair visits Project Renewal's Culinary Arts Training Program, which offers men and women at risk for homelessness a path back to health, homes, and jobs through kitchen training and career placement. Then, Blair meets up with an NYC chapter of Back on My Feet, a national program that uses running as a physical and motivational tool to help get people off the streets, out of shelters, and into independent lives. Blair has the challenging decision of how to divide the GIVE donation from unite:4good.

[Educational Message: Philanthropic organizations that provide personal and career development programs create lasting opportunities for those individuals and their families.]

Airdate: 12/3/16

Time:

Duration: 30:00

HEART OF A CHAMPION

FAMILY FIRST [HOC103]

Nascar driver Aric Amorila learns the value of hard work from his family; Golfer Jason Day and his caddie form a lasting bond; NHL rookie Auston Matthews looks to turn around an iconic franchise; the U.S. Wheelchair Rugby team prepares for the Paralympics.

[Educational Message: Surrounding yourself with people that support you will help you progress to your goal. Just because you experience a loss or have a disability does not mean you are incapable of being great. Viewers also learn more about the history of Nascar, golf, hockey, and Paralympic rugby and the skills it takes to become a professional in each.]

Airdate: 12/10/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

103- LIKE WATER FOR CHAAC [VJG103]

Host Josh Garcia travels to Merida, Mexico where he sees a Mayan chocolate ceremony, learns about henequen production, and tries his hand at tortilla making. Josh visits a traditional weaver in her village and learns all about the Mexican fiber named henequen. Henequen is made from agave plant, and is used to make textiles including rope and industrial bags. Josh watches as the artisan makes a bag using ancient tools. Next, Josh observes a Mayan cocoa ceremony, and finds out all about the first hot chocolate, while trying the ancient Mayan way of drinking chocolate. Finally, Josh finds out for himself the work that goes into handmade tortillas, which are formed from dough, called masa.

[Educational Message: There is value in doing things the old-fashioned way, which can often lead to more rewarding results than always relying on new technology.]

Airdate: 12/10/2016

Time:

Duration: 30:00

WILDERNESS VET

A ZOO-PENDOUS TRIP [WDV103]

On this episode of Wilderness Vet, The Alaska Zoo is home to wild and exotic creatures, and they've called in Dr. Oakley for help. It's just another day at the office as Dr. Oakley examines two grizzly bears, a snow leopard, and a pack of wolf puppies. First, Dr. Oakley is helping conduct a nutrient study with the University of Alaska, comparing the diet of wild grizzly bears to those living in human care. Witness first-hand how Dr. Oakley and team successfully anesthetize and study these large grizzly bears. Next, an emergency call comes in and Dr. Oakley must examine a baby moose brought in by the Alaskan Department of Fish and Game. The prognosis is not good for the baby moose, but Dr. Oakley quickly treats the animal for dehydration and vitamin deficiency. Later, Dr. Oakley visits a snow leopard with a nagging cough. After successfully sedating the cat, Dr. Oakley and team bring the snow leopard to a clinic in order to perform x-rays and an ultrasound to investigate further. Finally, Dr. Oakley receives a call for a medical evaluation of five orphan grey wolf puppies that were all rescued from a fire. The wolf pups are treated with antibiotics and are now on the road to a successful recovery.

[Educational Message: Always practice compassion. Life is precious and we must treat all living creatures with kindness.]

Airdate: 12/10/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SECRETS OF ANCIENT EGYPT [JDD103]

Host Dylan Dreyer takes viewers on an adventure back through time, more than 3,000 years in the making, to the Empire of Ancient Egypt. Discover the people, culture, and religion that made Egypt one of the most powerful civilizations the world has ever seen. We'll join Egyptologists working to reveal the lost secrets of mummification. Viewers will also relive the stories of Ramses the Great and solve the mysteries of the Pharaoh's tomb. Meet the 3,000 year old mummified bodies of Ramses the Great, his son Merneptah, and his father Seti. These past rulers, like all Egyptians, celebrated the natural cycles of the earth and believed death was only the beginning— a gateway to the next world. Find out how the Egyptian universe was believed to be controlled by many different gods, but also how the supreme goddess Maat governed all. We'll also meet with Paleo-pathologist and Egyptologist, Dr. Bob Brier, who'll help to reveal the secrets of the ancient Egyptian past.

[Educational Message: Hard work and determination can lead to great discoveries and revelations of our past.]

Airdate: 12/10/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ULTIMATE JEWELRY UPCYCLE [NDS103]

Host Danny Seo visits Alex and Ani to see how they upcycle copper armature from the Statue of Liberty into jewelry. He makes bottom-of-the-jar recipes, such as sloppy joes and raspberry balsamic glaze, by using leftovers found in the refrigerator. Danny then upcycles old lockets to be perfume lockets by using almond oil and citronella, and he turns old books into clocks. Danny also explains the difference between LEDs and incandescent lightbulbs.

[Educational Message: The Statue of Liberty was a gift from France to the U.S. in 1886, and it went through a massive restoration in the 1980s in which the armature was replaced. You can decrease food waste by combining leftovers to create delicious food. Almond oil can be beneficial to the skin, and citronella can be used to repel mosquitos. Upcycling old books into clocks is a great way to save money and help the environment by reducing waste. LED bulbs use light emitting diodes and an electrical current to produce light, and they are energy efficient.]

Airdate: 12/10/16

Time:

Duration: 30:00

GIVE

GIVE TO INDEPENDENCE AND HEALING FOR KIDS IN CONNECTICUT [GBU103]

Kyle Martino, former Pro Soccer star and NBC Olympics correspondent, embeds at Playmakers Program at Family and Children's Aid (FCA), in Danbury, Connecticut under the story that he's there to film a documentary. As the kids and their families play games designed to help them build stronger bonds with each other, Kyle remembers the important role of family – and play – in his own early life, and wants to help. But first he must make a trip to Newton Athletes Unlimited's (NAU) Camp Echo Bridge, a sleep-away

camp for special needs kids and their siblings where they can enjoy sports in a supportive environment. Max, a seventeen-year-old with Down syndrome, shows Kyle the ropes— literally. After scaling the climbing wall and zooming down the zip line, Kyle wants to support NAU with everything he can. In the end, he divides a large donation from the Life Is Good Foundation between the two organizations to make sure both are able to continue their amazing work for years to come.

[Educational Message: It's important to make time for family, and to participate in activities you all can enjoy. Showing kindness and compassion to those with special needs is a rewarding lesson.]

Airdate: 12/10/16

Time:

Duration: 30:00

HEART OF A CHAMPION

HEART OF GOLD104 [HOC104]

A behind the scenes look at an elite Nascar pit crew; Panthers Tight End Greg Olsen raises awareness for congenital heart disease; Golfer Si Ri Pak inspires a generation of young women; Kerri Walsh Jennings and April Ross describe their winning formula.

[Educational Message: Learning to trust, rely on and work well with others is crucial to having a successful team. Don't be afraid to stand up for a cause that's important to you or to be a trailblazer— it's a great step in progression toward a result. Viewers also learn the risk required to be on a pit crew, how many people are diagnosed with a congenital heart defect (CHD), the impact of Korean golfers in the LPGA, and the skill required to play beach volleyball.]

Airdate: 12/17/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

HOT SALSA! [VJG104]

Host Josh Garcia heads to San Juan, Puerto Rico, returning to his family's roots. Josh visits a vejigante mask maker, stops into the kitchen of Chef José Santaella for Mofongo 101, and dances the salsa with 300 people! First, Josh checks out a local artist who makes traditional masks out of coconut shells. In the 16th century, Vejigante masks were first used in festivals honoring St. James, and remain an important part of Puerto Rican culture. Josh learns how the masks are made, and finds it's not as easy as it looks. Next, Josh meets with a local chef to learn how to make the traditional Puerto Rican dish, Mofongo, reminding him of his own grandmother's cooking. Finally, Josh takes a salsa lesson, and joins others in the traditional dance, which combines many different Spanish and Afro-Caribbean styles.

[Educational Message: When you revisit somewhere you've already been, or try something you've already done, allowing yourself to have a new perspective can make it feel as though you are experiencing something entirely new.]

Airdate: 12/17/2016

Time:

Duration: 30:00

WILDERNESS VET

A DAY WITH THE DOC [WDV104]

On this episode of Wilderness Vet, no two days are the same for Dr. Oakley. With patients like alpaca, reindeer, and moose, it's easy to see why being a wilderness vet is no walk in the park. First up, Dr. Oakley visits a local alpaca farm to perform physical exams, vaccinations, and deworming. Viewers will learn more about the unique alpaca and why the non-native species is bred and raised in Alaska. Dr. Oakley

successfully examines and treats each alpaca and all are given a clean bill of health. Next, a feline is brought into Dr. Oakley's clinic to be spayed. Before beginning the procedure, Dr. Oakley discovers several masses in the feline's abdomen. Fearing the worst, Dr. Oakley performs an ultra-sound to rule out any potential health issues. Learn more about the non-invasive ways veterinarians observe and detect potential medical problems for their patients. Thankfully, all is well and Dr. Oakley discovers that the feline is actually pregnant with kittens. Next, Dr. Oakley visits a wildlife center to check on a rescued reindeer recovering from a recent surgery. The reindeer's surgical wound may not have healed properly, putting the reindeer at risk of attracting local predators. Dr. Oakley examines the reindeer and determines the wound is in fact healing properly and will recover successfully. Next, Dr. Oakley receives an emergency call regarding an allergic reaction for a canine after a recent vaccination treatment. The afflicted canine is immediately treated with antihistamines and oxygen support. Finally, Dr. Oakley visits a rescued raven with a fractured clavicle to check up on the animal's recovery. Dr. Oakley performs an x-ray and discovers the injury has healed properly. Dr. Oakley and the rescue team joyously release the recovered raven back into the Yukon wild. **[Educational Message: Always keep learning. The more knowledge we can absorb, the better we can become at solving difficult or intricate problems.]**

Airdate: 12/17/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

AMAZING MIGRATIONS [JDD105]

Host Dylan Dreyer takes viewers on an adventure to witness the most spectacular animal migrations on earth. Witness the epic flight of the Monarch butterfly, soar high with geese heading south for winter, ride with Gray whales along the North American coastline, and find out what life is like for villagers who live alongside one million red crabs as they march from forest to sea. Our Journey begins in the remote forest of Central Mexico, where we witness caterpillars transform into Monarch butterflies before they begin their migration as far north as southern Canada. Next we're introduced to the Canadian goose as their flocks embark on an incredible migration unlike any other species. It is believed an estimated five billion bird species migrate each year from Europe deep into Africa, and a similar number across Asia and the Americas. Find out how birds use their instincts, natural landmarks, and even celestial bodies to help navigate their migrations over thousands of miles. Then, we travel to the Arctic Circle to meet Gray whales, who make the longest migration of any wild mammal. Gray whales will swim nonstop day and night without feeding for two months, while covering a distance over 5,000 miles from the Arctic Ocean to the shore of Mexico. Finally, we'll witness the bizarre migration of over one million red crabs located on Christmas Island about a thousand miles west of Australia.

[Educational Message: From butterflies to whales and even millions of crabs, animal migrations are a critical component of survival. Movement is life.]

Airdate: 12/17/16

Time Duration: 30:00

NATURALLY, DANNY SEO

WEELICIOUS [NDS104]

Host Danny Seo creates healthy, one-of-a-kind school lunches; makes a beauty mask using chia seeds; cooks dishes that can improve your skin, such as coconut poached salmon and kale salad; creates kids crafts, like light house bookends and hobby horses, from trash; and shows you plants you can't kill.

[Educational Message: A great way to ensure you eat a balanced lunch is to include a fruit, vegetable, carbohydrate and protein. Chia seeds are part of the mint family and act as a gentle and natural exfoliator. Kale is high in vitamin A, and blueberries can help brighten sun-damaged skin. Crafts

can be created using old objects or materials, such as empty jars or old blue jeans, to help the environment by preventing waste. Water can travel through twine, making it to be a great way to water your plants while you're away.]

Airdate: 12/17/16

Time Duration: 30:00

GIVE

GIVE TO THE HOMELESS AND UNDERPRIVILEGED YOUTH IN L.A. [GBU104]

Jillian Rose Reed, actress from MTV's Awkward, spends time with homeless youths at Venice's Safe Place for Youth. She sees, up close, how homelessness has affected these young people and how much they are benefiting from basic necessities like clothing and food as well as the digital arts lab where they can make music and learn advanced computer skills. Afterwards, Jillian visits the Harmony Project, which provides music instruments and instruction to underprivileged kids from kindergarten through high school in Los Angeles. Two students named Jaylen and Jaharri give her a drum line lesson and show her the power of music on a kid's education. Through a donation from the Lawrence Welk Family Foundation both organizations receive much needed donations to keep doing their great work.

[Educational Message: Studying music translates into improved academic results and neural processing.]

Airdate: 12/17/16

Time:

Duration: 30:00

HEART OF A CHAMPION

ROAD WARRIOR [HOC105]

Nascar driver Jimmie Johnson stays in shape with cycling; A legendary coach transforms a local swim school into a national powerhouse; Golfer Martin Kaymer pays tribute to his mother; A retired marine becomes captain of a U.S. Paralympic team.

[Educational Message: Despite how different sports may be, many require the same amount of training and endurance— whether it is physical or mental. Lessons learned in one concentration can be applied to another in order to succeed. Viewers learn about the physical fitness necessary to be a Nascar driver, the skills and endurance to be a professional swimmer, PGA golf competitions, and the history of sled hockey.]

Airdate: 12/24/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FUN GUY! [VJG105]

Host Josh Garcia travels to St. Thomas, U.S. Virgin Islands where he finds custom leather sandals made by a local artisan, discovers the art of moko jumbie stilt walking, and learns the island way to cook fish. First, Josh meets an artisan who makes custom leather sandals, and even gets to help make his own pair. Next, he visits a local chef to make fungi, a staple in the traditional Virgin Islands diet. Fungi is made from cornmeal and okra, and is often served with fish. Finally, Josh takes a lesson from moko jumbie, stilt walkers who perform acrobatic feats at local festivals, like Carnival. A symbol of the Virgin Islands, moko jumbie wear colorful garb and masks. Josh learns just how challenging stilt walking can be.

[Educational Message: Just because it doesn't look hard, doesn't mean it is, in fact, easy. If you never try, you'll never know.]

Airdate: 12/24/2016

Time:

Duration: 30:00

WILDERNESS VET

DR. OAKLEY JUNIOR [WDV105]

On this episode of Wilderness Vet, Dr. Oakley plans a trip to show her daughter, Sierra, what it takes to be a wildlife vet. Together they'll examine a variety of animals including a jaguar, a cheetah, a bear, and some bighorn sheep. But will the experience be enough to make Sierra want to follow in her mother's footsteps? First up, Dr. Oakley and Sierra head to Alberta, Canada to visit a variety of animal patients. This proves to be a great opportunity for Sierra to observe many different types of veterinary medicine. The first stop is at Discovery Wildlife Park, a 90 acre zoo where they will check up on some exotic animals. The first patient is a jaguar in need of its annual vaccines. Dr. Oakley demonstrates to Sierra how she administers the vaccines and treats the large animal. Next up, Dr. Oakley and Sierra visit with a cheetah to observe its recovery from a recent surgical procedure. All is well with the big cat, and Sierra gets up close and personal to learn more about the fascinating feline. Next, Dr. Oakley and Sierra meet a camel to perform a physical and administer vaccines. Next, the pair checks on a black bear potentially suffering from pneumonia. Tensions are high given the powerful nature of the species. However, Dr. Oakley successfully examines the bear and determines there are no signs of pneumonia. Finally, Dr. Oakley and Sierra are heading out with a wildlife research group from the University of Calgary. They'll be sedating wild bighorn sheep and collecting samples for a project studying their biology and behavior. They're doing everything from getting blood work, to tracking their migration patterns, all to establish a baseline of information about these animals. Dr. Oakley takes this time to teach Sierra more about the species and the best techniques for handling sedated wild animals. Viewers will learn about the diverse wildlife of Alaska and how all-species animal veterinarians like Dr. Oakley treat and save these animals.

[Educational Message: We must do all we can to experience new things and learn more about our true passions in life. Seek advice from your elders and never be afraid to ask questions.]

Airdate: 12/24/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

DANCE OF THE CONTINENTS [JDD106]

Host Dylan Dreyer takes viewers on a journey across the globe to experience the greatest natural wonders of our planet. We'll trek deep into the mysterious island of Madagascar, follow the herds across the great wetlands of Southern Africa, meet the people who live in the shadow of Mount Everest, and float down the mighty Amazon River. We start our journey by taking a trip back in time over three billion years ago to learn how the earth evolved over the years to form the continents we know today. Next we travel to Madagascar Island, where eons of rain and wind have exposed limestone pinnacles, silent reminders of the forces that shaped Madagascar from the time it was torn from the bedrock of Africa. Discover how the plants and creatures that lived here evolved in isolation and are found nowhere else on earth. Viewers will then visit the mighty Okavango Delta, an oasis of life located in the heart of Southern Africa. Flowing from the north, the Okavango River carries nearly three trillion gallons of water into this region every year. Animals of every shape and size are drawn here from all across lower Africa, including the biggest land mammals on earth. Next we travel to the home of the towering Andes Mountains, the largest rainforest on earth, and the greatest river of all - the Amazon. The Amazon sustains the greatest diversity of wildlife on the planet, and is home to countless native people who have lived along the shore for thousands of years. Finally, we visit the land of Tibet which is home to Mount Everest and the highest plateau in the world.

Dance with the Buddhists of Tibet and learn how they and the nomadic people adapt and survive the harsh environment.

[Educational Message: The world we recognize today is billions of years in the making. We must appreciate and protect our environment for generations to come.]

Airdate: 12/24/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

LA JUICE [NDS105]

Danny discovers the benefits of juicing and how to do it for under a dollar; teaches about dehydrating food; creates beauty scrubs from unexpected items, such as coffee grounds; and shares a tip on how to determine if your pet has fleas.

[Educational Message: Juicing allows an intake of multiple fruits and vegetables at once, which can help boost your immune system, help remove toxins from your body and aid in digestion. Different produce contributes different vitamins--carrots are a great source of vitamin A, celery is a great source of vitamin D, and grapefruit is a great source of Vitamin C. Dehydration is one of the oldest methods of food preservation. Coffee grounds help eliminate odors and exfoliate. Exfoliation helps remove dead skin cells, allowing the body to regenerate new ones.]

Airdate: 12/24/16

Time:

Duration: 30:00

GIVE TO MAKING CONNECTIONS FOR KIDS [GBU105]

Kristen Kish makes emotional connections with two charities in Boston, MA. First, Kristen visits Sibling Connection, which offers brothers and sisters separated by the foster system a chance to reunite and build lifelong relationships. Then, Kristen checks out the work of NEADS Dogs for Deaf and Disabled Americans, an organization that trains puppies into service dogs -- and matching the dogs with disabled kids and adults, giving them the support, bond of friendship, and a means to independence. Through the Life Is Good Foundation, both organizations are surprised with a donation and gifts to help them to continue to do amazing work.

[Educational Message: It's important to maintain family connections. Service animals are able to provide a new lifestyle for those with disabilities or social anxiety.]

Airdate: 12/24/16

Time Duration: 30:00

HEART OF A CHAMPION

SCHOOL TIES [HOC106]

Nascar driver Kyle Busch overcomes a frightening wreck; wrestling legend Dan Gable creates a lasting legacy at the University of Iowa; Golfer Charlie Beljan has a comeback for the ages; Thoroughbred horses prepare for races at horse school.

[Educational Message: Obstacles, such as an accident or illness, can set you back from achieving your goals, but that doesn't mean it is impossible—if you work hard, you can progress to where you want to be. Don't let a setback scare you from trying again. Viewers learn about safety in Nascar racing, the history of wrestling, and how racehorses are trained.]

Airdate: 12/31/16

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
NORWAY THE RIGHT WAY [VJG106]

Host Josh Garcia visits Bergen, Norway where he dances with Vikings, learns the tradition of Norwegian wool sweaters, and discovers some of the world's freshest seafood. First, Josh learns a Springar, one of Norway's oldest dances, dating back to the 17th Century. The name for this social dance is derived from the Norwegian verb springe, meaning "to spring" or "run lightly." Next, Josh heads to a local factory where they have been crafting traditional Norwegian sweaters since 1879. Josh learns about the different types of yarn used when making the sweaters, sees how the different machines operate, and watches a seamstress put the finishing touches on the clothing. To end the day, Josh joins a local chef on a trip to the fish market before enjoying a meal of local Norwegian fare.

[Educational Message: Learning about different cultures and lifestyles of those around the world can open up how you view your own way of life.]

Airdate: 12/31/2016

Time:

Duration: 30:00

WILDERNESS VET
BUNDLES OF JOY [WDV106]

On this episode of Wilderness Vet, everyone loves babies, and Dr. Oakley is no exception; when it comes to animals, she'll go to any length to protect their offspring. Whether it's caring for a soon-to-be caribou mother or a litter of lynx kittens, she'll make sure the next generation of wildlife grows up safe and healthy. Dr. Oakley is heading to Val-d'Or, Quebec to meet up with a team fighting to save a herd of caribou. Human activity has reduced their habitat, leaving the caribou and their newborns exposed to predators. The goal for the team is use helicopters to locate and safely capture pregnant caribou mothers. They will then be transferred to secure holding pens until they give birth and their young are large enough to evade predators. The caribou will then be returned back to the wild with a greater chance of survival. Dr. Oakley and team successfully capture a pregnant female and safely transfer her to the temporary holding pen. Fourteen weeks later, the mother gives birth to three calves and all are soon released back into the wild. Next, Dr. Oakley recruits her daughter Maya to help handle some feisty lynx kittens. Dr. Oakley never misses an opportunity spend time with her children and teach them more about veterinary medicine. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens to perform a routine checkup and provide vaccinations. This task soon proves to be easier said than done as the lynx kittens are difficult to catch. However, the team works together and eventually captures and successfully treats the kittens. These kittens will ultimately go to other wildlife facilities to become ambassadors for their species. Finally, Dr. Oakley is visiting a farm to check in on some musk-ox calves in need of vaccinations and identification tags. Musk-ox are an ornery species and difficult and dangerous to subdue. With a little persistence, Dr. Oakley and her team successfully isolate and sedate the musk-ox calves to provide the necessary vaccination treatment and identification tags.

[Educational Message: No matter how big or small, it's important to help others in need. By helping others, you will learn how to better help yourself.]

Airdate: 12/31/2016

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER
ULTIMATE WAVE TAHITI [JDD107]

Host Dylan Dreyer takes viewers on an adventure to the island of Tahiti for the ride of a lifetime. Learn more about the tropical paradise of majestic mountains, rolling oceans, and ancient culture located in the middle of the southern Pacific Ocean. We'll meet the brave thrill seekers that travel to Tahiti to conquer some of the most intense waves on earth. Along with eleven-time World Champion surfer Kelly Slater and Tahitian surfer Raimana Van Bastolear, we'll visit astounding coral reefs, explore the hidden forces that shape both waves and the islands alike, and ride the world famous surf site of Teahupoo. Discover some of the one hundred and eighteen islands that make up the archipelago known as French Polynesia. This remote Pacific Ocean paradise is home to the islands of Bora Bora, Rangiroa, Mo'orea, and the most famous of all, Tahiti. We'll visit Teahupoo, home to some of the largest waves on earth, and learn how nature creates these massive swells. Find out how solar and lunar gravitational pulls churn and stir the atmosphere and oceans of our world in a chaotic ballet. We'll learn how currents of hot and cold weather combined with ocean swells create massive storms that transfer enormous power to the ocean. Follow surfers Kelly Slater and Raimana Van Bastolear as they seek to understand and conquer the mighty waves of Teahupoo.

[Educational Message: Through determination and hard work, we all can conquer some the world's greatest challenges.]

Airdate: 12/31/16

Time:

Duration: 30:00

NATURALLY, DANNY SEO

NATURE'S WORKOUT [NDS106]

Danny learns how to use the great outdoors as his gym, makes cauliflower ice cream, upcycles favorite t-shirts into fabric bowls, and explores the many uses of vegetable oil.

[Educational Message: You can save money and maintain a healthy lifestyle by using natural, outdoor resources to exercise. You can make a healthy dessert by using cauliflower, which is rich in vitamins and minerals— one serving contains 77% of the daily recommended intake of vitamin C. Reusing old t-shirts to make something else is a great way to eliminate textile waste. Common ingredients can be used in more ways than one to provide solutions to common household problems— because oil and water don't mix, vegetable oil can be used to help prolong the life of household items by preventing exposure to moisture.]

Airdate: 12/31/16

Time:

Duration: 30:00

GIVE

GIVE TO LENDING A HAND TO THE HOMELESS IN LOS ANGELES [GBU106]

Actress and recording artist Laura Marano visits two organizations, Skid Row Housing Trust and A Community of Friends, under the ruse that she's there to film a public service announcement. Both charities believe in "housing first," the idea that before people can address underlying issues that cause homelessness, they need a stable home base. While visiting Skid Row Housing Trust, Laura spends time with adults who have found their feet again because of the supportive and inclusive environment the organization provides. Seeing this, Laura wants to give them all the money, but first she must pay a visit to A Community of Friends, where she witnesses the transformation that permanent housing is making in the lives of formerly homeless families. Finally, with the help of the GIVE Panel, Laura decides how to support both charities with a significant donation from California Community Foundation.

[Educational Message: Permanent supportive housing programs provide affordable, community-based housing for homeless individuals. This is an evidence-based practice that combines affordable

housing with supportive services for people experiencing homelessness. It's important to give back to those less fortunate than ourselves.]

Airdate: 12/31/16

Time:

Duration: 30:00

HEART OF A CHAMPION

ULTIMATE WARRIORS [HOC107]

Broncos Linebacker Von Miller talks about his hometown roots; Nascar driver Kevin Harvick's rise from small town kid to big time star; The Legacy of Indiana University's Diving Program; Golfer Michelle Wie opens up about her fluctuating career on the course.

[Educational Message: Embracing who you are helps set you apart from others—remembering where you started and what you went through to achieve your goal is important in remaining humble and successful. Lessons you learn in one sport can also be applied to other sports and aspects of life. Viewers learn about the background of Nascar, the dynamics of a diving competition, and important components to a great golf game.]

For 4th Quarter 2016
October – December, 2016

THERE WAS NO OTHER PROGRAMMING FOR THE 4TH QUARTER 2016 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

4th Quarter 2016 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2016

AIRDATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20161001	VOYAGER	5:26:34 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161001	WILDERNESS	5:56:21 AM	0:15	ZNBC61096H	PSA 2016 TMYK Tim Kubart Sprout Health - Food Rain
20161001	JOURNEY	6:26:30 AM	0:15	ZNBC61086H	PSA 2016 TMYK Tim Kubart Sprout Financial Ed - Pig
20161001	NATURALLY	6:56:44 AM	0:15	ZNBC61076H	PSA 2016 TMYK Tim Kubart Sprout Environment - Fish
20161001	GIVE	7:26:41 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161001	HEART	7:54:53 AM	0:15	ZNBC61076H	PSA 2016 TMYK Tim Kubart Sprout Environment - Fish
20161002	MTP	9:52:43 AM	0:15	ZNBC61070H	PSA 2016 TMYK Lester Holt NBC News Environment "Ch
20161002	MTP AN	1:45:36 AM	0:15	ZNBC61091H	PSA 2016 TMYK Kathy Hotb NBC News Health "Power Down"
20161008	VOYAGER	10:27:39 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161008	WILDERNESS	10:55:27 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161008	JOURNEY	11:26:22 AM	0:15	ZNBC61096H	PSA 2016 TMYK Tim Kubart Sprout Health - Food Rain
20161008	NATURALLY	11:58:17 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161008	GIVE	12:26:33 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161008	HEART	12:53:54 PM	0:15	ZNBC61086H	PSA 2016 TMYK Tim Kubart Sprout Financial Ed - Pig
20161009	MTP	9:52:06 AM	0:15	ZNBC61032H	PSA 2016 TMYK Lester Holt NBC News Digital Literac
20161009	MTP AN	1:45:21 AM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161015	HEART	9:55:03 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161015	VOYAGER	10:27:23 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161015	WILDERNESS	10:56:55 AM	0:15	ZNBC61086H	PSA 2016 TMYK Tim Kubart Sprout Financial Ed - Pig
20161015	JOURNEY	11:27:18 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161015	NATURALLY	11:57:10 AM	0:15	ZNBC61076H	PSA 2016 TMYK Tim Kubart Sprout Environment - Fish

20161015	GIVE	12:26:45 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161016	MTP	9:54:41 AM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161016	MTP AN	1:45:21 AM	0:15	ZNBC61032H	PSA 2016 TMYK Lester Holt News Digital Literacy "Socially Active"
20161022	HEART	9:56:18 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161022	VOYAGER	10:27:37 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161022	WILDERNESS	10:56:00 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161022	JOURNEY	11:26:16 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161022	NATURALLY	11:56:51 AM	0:15	ZNBC61076H	PSA 2016 TMYK Tim Kubart Sprout Environment - Fish
20161022	GIVE	12:27:13 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161023	MTP	9:52:31 AM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161023	MTP AN	1:45:21 AM	0:15	ZNBC61091H	PSA 2016 TMYK Kathy Hotb NBC News Health "Power Down"
20161029	HEART	9:55:17 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161029	VOYAGER	10:26:47 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161029	WILDERNESS	10:54:31 AM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up
20161029	JOURNEY	11:26:29 AM	0:15	ZNBC61076H	PSA 2016 TMYK Tim Kubart Sprout Environment - Fish
20161029	NATURALLY	11:57:50 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161029	GIVE	12:26:18 PM	0:15	ZNBC61054H	PSA 2016 TMYK Tim Kubart Sprout Education "Once Up

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2016

AIRDATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20161105	FRI-1ST LOOK	4:25:20 AM	0:15	ZNBC61004H	PSA 2016 TMYK Ari Zucker NBC DOOL Community "Text
20161105	VOYAGER	10:27:50 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161105	WILDERNESS	10:57:13 AM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161105	JOURNEY	11:25:52 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161105	NATURALLY	11:56:58 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161105	GIVE	12:27:08 PM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161105	HEART	12:55:38 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161106	MTP AN	1:45:21 AM	0:15	ZNBC61044H	PSA 2016 TMYK Hoda Kotb Diversity "Something Different"
20161112	VOYAGER	10:27:29 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161112	WILDERNESS	10:56:31 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161112	JOURNEY	11:26:05 AM	0:15	ZNBCMC5185H	PSA 2015 TMYK Al Roker Health Fitness :15
20161112	NATURALLY	11:56:47 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161112	GIVE	12:27:37 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161112	HEART	12:55:27 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161113	MTP	9:55:06 AM	0:15	ZNBC61070H	PSA 2016 TMYK Lester Holt NBC News Environment "Ch
20161113	MTP AN	1:45:10 AM	0:15	ZNBC61071H	PSA 2016 TMYK Hoda Kotb NBC Today Environment "Shower Singer"
20161119	HEART	9:55:01 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161119	VOYAGER	10:27:27 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161119	WILDERNESS	10:55:05 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161119	JOURNEY	11:25:50 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161119	NATURALLY	11:56:39 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161119	GIVE	12:26:36 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161120	MTP	9:55:08 AM	0:15	ZNBC61033H	PSA 2016 TMYK Hoda Kotb NBC Today Digital Literacy
20161120	MTP AN	1:45:10 AM	0:15	ZNBC61090H	PSA 216 TMYK Lester Holt NBC News Health "Unplug"
20161126	FRI-1ST LOOK	4:23:47 AM	0:15	ZNBC61071H	PSA 2016 TMYK Hoda Kotb NBC Today Environment "Sho
20161126	HEART	9:54:53 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161126	VOYAGER	10:26:34 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161126	WILDERNESS	10:56:21 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161126	JOURNEY	11:26:30 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161126	NATURALLY	11:56:43 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161126	GIVE	12:26:41 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161127	MTP	9:54:44 AM	0:15	ZNBC61071H	PSA 2016 TMYK Hoda Kotb NBC Today Environment "Sho

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2016

AIRDATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20161203	HEART	9:55:04 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161203	VOYAGER	10:27:39 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161203	WILDERNESS	10:55:27 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161203	JOURNEY	11:26:22 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161203	NATURALLY	11:58:18 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161203	GIVE	12:26:34 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161204	MTP	9:55:08 AM	0:15	ZNBC61090H	PSA 2016 TMYK Lester Holt NBC News Health "Unplug"
20161204	MTP AN	1:45:10 AM	0:15	ZNBC61033H	PSA2016 TMYK NBC Today Hoda Kotb Digital Literacy "Digital Yearbook"
20161210	FRI-1ST LOOK	4:25:13 AM	0:15	ZNBC61073H	PSA 2016 TMYK Ari Zucker NBC DOOL Environment "In
20161210	HEART	9:56:18 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161210	VOYAGER	10:27:23 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161210	WILDERNESS	10:56:55 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161210	JOURNEY	11:27:18 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161210	NATURALLY	11:57:10 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161210	GIVE	12:26:45 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161211	MTP	9:54:25 AM	0:15	ZNBC61090H	PSA 2016 TMYK Lester Holt NBC News Health "Unplug"
20161211	MTP AN	1:44:51 AM	0:15	ZNBC61032H	PSA 2016 TMYK Lester Holt NBC News Digital Literacy "Socially Active"
20161217	FRI-1ST LOOK	4:24:56 AM	0:15	ZNBC61070H	PSA 2016 TMYK Lester Holt NBC News Environment "Ch
20161217	HEART	9:55:17 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161217	VOYAGER	10:27:37 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161217	WILDERNESS	10:56:00 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161217	JOURNEY	11:26:29 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161217	NATURALLY	11:56:51 AM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161217	GIVE	12:27:13 PM	0:15	015G923NBK1117H	NBC ENT LITTON: TMYK (WEEKENDS ON NBC)
20161218	MTP	9:54:58 AM	0:15	ZNBC61044H	PSA 2016 TMYK Hoda Kotb NBC Today Diversity "Somet
20161218	MTP AN	1:45:06 AM	0:15	ZNBC61032H	PSA 2016 TMYK Lester Holt NBC News Digital Literacy "Socially Active"
20161224	FRI-1ST LOOK	4:23:47 AM	0:15	ZNBC61071H	PSA 2016 TMYK Hoda Kotb NBC Today Environment "Shower Singer"
20161225	MTP	9:43:05 AM	0:15	ZNBC61044H	PSA 2016 TMYK Hoda Kotb NBC Today Diversity "Somet
20161225	MTP AN	1:41:51 AM	0:15	ZNBC61070H	PSA 2016 TMYK Lester Holt NBC News Environment "Change A Lightbulb"
20161231	FRI-1ST LOOK	4:23:47 AM	0:15	ZNBC61071H	PSA 2016 TMYK Hoda Kotb NBC Today Environment "Shower Singer"

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 2016

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.