

January 2, 2020

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 2019. 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 2019 and those planned for the 1st quarter of 2020.
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. 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 2019 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

Despite the recent revisions to the Children's Television Programming Rules we will continue to provide this report on a quarterly basis. Please consult your legal counsel with any questions.

If you have any questions about this report, 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.

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

In the 4th Quarter of 2019, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement. A second half hour of *Earth Odyssey with Dylan Dreyer* replaced *The Voyager with Josh Garcia*, and new series *A New Leaf* joined the lineup in place of *Naturally, Danny Seo*.

EARTH ODYSSEY WITH DYLAN DREYER

Earth Odyssey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Earth Odyssey with Dylan Dreyer will take viewers on an incredible journey to the wildest points on the globe, uncovering the connection between the environment, the wildlife, and the human beings that surround them. Hosted by Meteorologist Dylan Dreyer, Earth Odyssey with Dylan Dreyer will reveal a new destination each week, ranging from Africa, Indochina, the Middle East, and many untamed islands around the world. Audiences will come face-to-face with fascinating native animals, some cute and some dangerous, while educating teen viewers with amazing facts about nature and wildlife. Earth Odyssey with Dylan Dreyer gives audiences a captivating look at the symbiosis between all living things, in the most larger-than-life places on Earth.

CONSUMER 101

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

A NEW LEAF

A New Leaf is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Daisy Fuentes, A New Leaf will follow everyday people on the cusp of key life inflection points, using family history, genealogy, and sometimes DNA

analysis to help guide them on their journey of self discovery. Along the way, viewers will learn about different cultures as our featured guest uncovers new information about their family's heritage. Each week, A New Leaf will teach viewers the importance of appreciating and understanding their family history in order to make important decisions to enact positive changes in their lives.

VETS SAVING PETS

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

THE CHAMPION WITHIN

The Champion Within is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. The Champion Within features the powerful and inspiring stories that exemplify what it really means to be a true champion. Hosted by Lauren Thompson, the series introduces viewers to people who have overcome obstacles while leading transcendent moments from the world of sports. From beating the odds to play the game they love, to giving back to the communities that supported them, the featured athletes will share their own stories and personal triumphs. Viewers will learn the value of good sportsmanship, and the dedication it takes to excel at the highest level. Win or lose, The Champion Within proves that a champion is not only defined by their speed, strength, and agility, but by their grit, resiliency, and heart.

1st QUARTER 2020
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
January 1, 2020 – March 31, 2020

In the 1st Quarter of 2020, NBC will continue airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement. There are no current plans to change the lineup from the previous quarter, and there will continue to be two half hours of *Earth Odyssey with Dylan Dreyer*.

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

“CORE PROGRAMMING”

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

[AGE TARGET 13-16]

October 1, 2019 – December 31, 2019

Airdate: 10/5/2019

Time:

Duration: 30:00

MALAYSIA [EDD201]

Today on Earth Odyssey, host Dylan Dreyer takes us to Southeast Asia to the diverse country of Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth’s species. First up we’ll meet a group of proboscis monkeys and learn more about their jungle habitat. We’ll discover that proboscis monkeys are named for their noses, where “proboscis” means a long, flexible snout. Next, we’ll learn more about a fascinating plant species known as a pitcher plant. Known as carnivorous plants, there are roughly ninety known species of pitcher plants, also known as “nepenthes,” across the world. We’ll discover how these unique plants have adapted over time to attract and trap their next meals. Finally, we’ll meet one of the most endangered animals in the world. Found only in Malaysia and Indonesia, the orangutan is one of our closest cousins sharing over ninety-seven percent of their DNA with humans. We’ll discover that orangutans can naturally live up to around forty years old in the wild and over sixty years in captivity.

[Educational Message: The orangutan and the other amazing animals we learned about make up the diversity that gives Malaysia one of the most fascinating pallets of wildlife in the world. We must do our part to protect the natural world around us for future generations to come.]

Airdate: 10/5/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THAILAND [EDD202]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to Thailand where we meet an array of exotic plants and animals. Thailand was previously known as “Siam” from the 12th century until it was renamed “Thailand” in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. First up, we’ll meet a predator that sits at the top of the food chain, the Indochinese tiger. We’ll learn that Thailand is thought to contain one of the largest populations of these cats in the world. We’ll discover that with their powerful, long hind legs, tigers can jump distances up to thirty

feet. Next, we'll visit with a family of Assamese macaques, one of the five species of Old World Monkeys that call Thailand home. We'll learn that there are more than twenty gregarious, or social, Old World macaque species known in the world. We'll also discover that all macaques live in Asia except for one species, the Barbary macaque, which lives in North Africa. Finally, we'll journey to the fascinating underground caves of Thailand. Here we learn how various cave dwelling species such as bats, snakes, and otherworldly insects navigate and survive in the darkness.

[Educational Message: Senses must be finely tuned to survive in the caves of Thailand, as well as everywhere else in this exotic land. From mammals to insects, we've learned that every animal has a specific function to help them survive each day.]

Airdate: 10/5/2019

Time:

Duration: 30:00

CONSUMER 101

SWEET RIDE [CNR201]

Host Jack Rico and the experts at the testing labs will show us how online ads are aimed at consumers, how tires are tested on wet pavement, and uncover the hidden sugar that could be lurking in our breakfast. First up, we'll visit the auto test track to learn how tires are tested on a wet surface. Using scientific instruments and data, we'll see how these testers measure the durability and grip of tires on a closed course. Also, we'll learn about the various states of wear tires undergo over time. Here we'll discover how driving on a worn tire can be extremely dangerous, especially in wet conditions. Next, we'll learn about targeted ads and how we can avoid these in our daily lives. Targeted ads are different than traditional advertising in that they target you specifically based on your online habits. We'll learn about the various ways to block targeted ads such as installing an ad blocker, adjusting your phone's settings, or using a browser with a privacy mode. Finally, we'll meet with a scientist to learn how we can eliminate added sugars from our diet. We'll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We'll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We'll get some healthy tips on how to cut the added sugars out of our daily diet.

[Educational Message: It's important that we're always prepared when driving on the roads. In this episode, we learned how dangerous driving on a worn tire can be, especially in poor conditions. It's important to always keep your car maintained so that you and others can be safe on the road.]

Airdate: 10/5/2019

Time:

Duration: 30:00

A NEW LEAF

A DEDICATION TO DANCE [ANL101]

Today on A New Leaf, college student Nadia needs to choreograph a dance audition for her next big step - graduate school. Nadia wants to dedicate the dance to her mom, and incorporate her African American ancestry, but they need help with the details. Once they unlock the truth about her mom's paternal side, Nadia is able to hear from her ancestors...in their own words. Training to become a ballerina since a very young age, we will witness Nadia's passion and dedication as she perfects her dance performance. We'll learn that training to become a professional ballerina can take as long as fifteen years and will require much hard work. Nadia is also hoping to incorporate her African American heritage in her dance routine. We'll

visit with an expert on African American culture and learn more about Nadia's roots as she prepares for her upcoming dance performance. After filling in the gaps about her family history and ancestors, Nadia is now prepared to express her true self, through dance.

[Educational Message: By learning about our past we're better able to understand ourselves and where we come from. In this episode, we witnessed Nadia and her mom uncover incredible and emotional facts about their ancestors and family history. By learning more about her family roots, Nadia now has a greater connection to her family and culture.]

Airdate: 10/5/2019

Time:

Duration: 30:00

VETS SAVING PETS

HOT DOGS AND WEASELS [VSP201]

Today on Vets Saving Pets, a dachshund arrives at the clinic with back pain, a collie needs a dental visit, and a ferret suffers from the flu. First up, Burger the dachshund is brought to the Veterinary Emergency Clinic suffering from pain and walking issues. Dr. James, the clinic's neurologist, performs a neurological exam to determine the extent of the Burger's back issues. Dr. James, suspecting that the issue is caused by a compressed spinal cord, performs a CT scan on Burger. When the CT scan results reveal a severe issue with Burger's spine, Dr. James determines that immediate surgery is needed to fix the problem. Next, a Collie named Abbey arrives at the clinic suffering from dental issues. After meeting with Dr. French, the clinic's veterinary dentist, it is determined that Abbey has a condition known as gingival hyperplasia. Here we'll learn that gingival hyperplasia is an overgrowth of gum tissue around the teeth, which is typically a symptom of poor oral hygiene. Dr. French will perform a surgical procedure to remove the excess gingival tissue to restore Abbey's normal gum line. In order to prevent this condition from reoccurring, Dr. French will prescribe medications and daily toothbrushing to improve Abbey's oral hygiene. Finally, a pet ferret named Jet visits the clinic with breathing problems. Dr. Bryer, the clinic's head emergency veterinarian, meets with Jet to determine the cause of his breathing issues. As the ferret's owners have just recovered from the flu, Dr. Bryer is concerned that Jet may have also contracted the influenza virus. Here we learn that both humans and ferrets contain a genetic mutation that specifically makes them susceptible to influenza. After performing X-ray scans on the patient, Dr. Bryer confirms that Jet is suffering from influenza and prescribes a nebulizer treatment to aid his recovery.

[Educational Message: Education is a vital component of working in the field of veterinary medicine. Having a diverse background in various species and breeds of pets is important for a successful career. It is critical for veterinarians to seek additional knowledge and new information to better understand and treat all types of pets.]

Airdate: 10/5/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

LEAD WITH SPEED [HOC401]

First, we learn how hockey player Jaden Schwartz makes an impact in his community. Off the ice, he helps those in need of a bone marrow transplant after losing his sister to leukemia. Marrow is the sponge-like material inside bone, and bone marrow cancer occurs when cells in the marrow begin to grow abnormally or at an accelerated rate. Next, we meet childhood best friends and Indycar drivers James Hinchcliffe and

Robert Wickens. We hear how they stay positive and motivated after both experiencing life-threatening accidents, one of which left Robert paralyzed from the waist down. Then, we learn how Olympic sprinter Noah Lyles balances his two passions, running and art. Sprinters use spikes with no cushioning because all of their running is done on the ball of their foot. Lastly, we learn how golfer Brad Dalke worked hard to eventually become the youngest recruit in college golf history. A minimum GPA of 2.3 is needed to be academically eligible for an NCAA Division 1 scholarship.

[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, the importance of having versatility and outlets to express yourself, and what it takes to become a college golfer.]

Airdate: 10/12/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VENEZUELA [EDD203]

Today on Earth Odyssey, host Dylan Dreyer takes us to one of the longest and largest rivers in the world: The Orinoco River. First, we learn that the Orinoco River curls around the Northeast corner of South America, draining more than three hundred and eighty thousand square miles of Venezuela, Colombia, and Brazil. At the river's mouth, the Orinoco Delta stretches three hundred miles along the coast of Northeast Venezuela. We'll also discover that the wet and dry seasons of the Orinoco River's climate are controlled by the north to south migration of trade winds. Next, we'll take a closer look at the four-eyed fish, one the stranger creatures that calls the Orinoco River home. But we'll discover that these creatures actually have two eyes, each split in half so it can focus above and below the surface. Like primitive mudskippers, we'll learn that four-eyed fish occasionally beach themselves in search of food. Finally, we'll meet the only people to have made the Orinoco Delta their permanent home. Known as the "canoe people," the Warao have chosen a precarious way of life on the Orinoco. Here we'll learn how these people have designed and constructed their homes to withstand the twice daily floods that occur. However, we'll discover that these riverside homes are not permanent. When the support timbers rot or food becomes scarce, the nomadic Warao people will seek out a new home.

[Educational Message: The many long-time locals of the Orinoco give back to the river as much as they receive, continuing a tradition as old and beneficial as the river itself. The Orinoco River holds many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]

Airdate: 10/12/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

AMAZON [EDD204]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to South America to the dense and bustling Amazon Rainforest. Formed over the last fifteen million years, the Amazon covers three million square miles of South America. Today, sixty percent of the Amazon lies in Brazil, while the remaining forty percent is spread across eight more countries. This vast rainforest straddles the equator making it

permanently hot and wet, the ideal conditions for creating and maintaining life. First up, we'll meet with a group of red howler monkeys that call the Brazilian Amazon home. Weighing in as one of the heaviest monkeys in the forest, we'll witness how these animals have adapted to a life in the trees. Next, we'll come down from the canopy and discover more about the insects teeming on the forest floor. Here we'll learn how army ant colonies are made up of several groups with specific jobs including foragers and defenders. We'll also discover how over three hundred species of birds and butterflies rely on army ants for survival. Finally, we'll visit with a sloth and learn more about how this species has adapted to life in the Amazon. We'll learn that sloths spend their entire lives in just a handful of trees, only coming to the ground just once a week. Also, we'll discover that modified muscles allow a sloth to hang for hours in positions other mammals would find impossibly uncomfortable.

[Educational Message: Being dependent on one habit and food source makes animals like the sloth very vulnerable to change. But such specialized ways of life are one of the reasons the Amazon is so diverse. We've only just scratched the surface of the marvels within this lush, life-giving ecosystem. We must all do our part to protect it.]

Airdate: 10/12/2019

Time:

Duration: 30:00

CONSUMER 101

SMART SUMMER [CNR202]

Host Jack Rico and the experts at the testing labs show us how to avoid deer strikes on the road, teach us more about smart speakers, and show us how to properly clean a grill. First up, we'll get a lesson on how to avoid hitting a deer when driving in your car. We'll learn that over 1.3 million deer are hit by drivers every year. We'll discover that driving during certain times of the day can increase your odds of a collision with a deer. Also, we learn that deer travel in groups, so if you see one, there are likely others nearby. In the event of an accident, we also learn it's important to never attempt to touch an injured animal. Next, we'll learn about smart speakers and how much of your personal data they may be collecting. In order to limit the amount of information gathered by these speakers, we'll learn some ways to better protect our private data. While you can update and modify your smart speaker settings, we'll discover that muting your speaker when not in use is the best option. Finally, we'll learn how to properly clean a dirty grill. First, we'll learn it's important to clean the grill grates while they're still warm but not too hot, which allows for an easier clean up. We'll also discover a unique way to clean the grill burners by using a toothpick to ensure proper gas flow when cooking. Also, it's very important to keep your grill clean by using soap and water, which will help avoid any flare-ups or fires during your next barbeque.

[Educational Message: It's important that we are always alert and prepared when driving on the roads. In this episode, we learned ways to avoid hitting a deer with your car. Always pay attention to your surroundings and be prepared for any obstacle on the road.]

Airdate: 10/12/2019

Time:

Duration: 30:00

A NEW LEAF

FINDING THE FUNNY IN FAMILY [ANL102]

Today on A New Leaf, stand-up comedian Anthony and his wife Jasmine would like to start a family, but Anthony doesn't know that much about his own family history. He wants information to share with his future children, and to give his comedy a personal point of view. Anthony's search uncovers incredible details about his southern ancestors, which he presents in an all-new comedy routine. Anthony embarks on his journey of discovering more about his past. Anthony soon uncovers that he has distant relatives that served in both the Civil War and Revolutionary War. This discovery leads Anthony to a historian where he learns even more about what life was like during the 1700's. After learning more about his past, Anthony now has the tools he needs to add a personal touch to his stand-up routine, and stories to share with his future children.

[Educational Message: Through a journey of self-discovery, Anthony gained a sense of pride learning where his ancestors came from. Gaining this knowledge provides Anthony with confidence about his past, and the opportunity to pass this information along to his children.]

Airdate: 10/12/2019

Time:

Duration: 30:00

VETS SAVING PETS

A BONE TO PICK [VSP202]

Today on Vets Saving Pets, a French bulldog has a broken leg, an elderly dog arrives at the clinic for a dental visit, and a chihuahua needs a heart exam. First up, a French bulldog puppy named Spartacus arrives at the Veterinary Emergency Clinic suffering from a broken leg. Dr. Boyd, the clinic's surgeon, examines Spartacus' X-rays to determine the extent of his injury. Dr. Boyd discovers a serious issue with Spartacus' knee that will require immediate surgery. Since bulldog breeds are at a higher risk of complications while under anesthesia, Dr. Boyd will first need to examine Spartacus' soft palate to ensure he's healthy enough to undergo surgery. Once Spartacus is cleared for surgery, Dr. Boyd begins the process of stabilizing his broken leg using surgical screws and wires. Next, an elderly toy Poodle named Timmy is brought to the clinic for a dental checkup. After meeting with Dr. French, the clinic's veterinary dentist, it's determined that Timmy is suffering from periodontal disease. Here we'll learn that periodontal disease is a serious infection of the gums that can be life threatening if not treated. Timmy will be anesthetized and undergo surgery to remove his infected teeth and treat the periodontal disease. Finally, a chihuahua named Peewee is brought into the clinic for a heart checkup. Peewee has suffered from heart disease and meets with Dr. Williams, the clinic's cardiologist, to determine the extent of his congenital heart defect. After performing an ultrasound procedure, Dr. Williams confirms that Peewee's heart issues have not worsened and prescribes medication to manage his condition.

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

Airdate: 10/12/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SWIMMING WITH A PURPOSE [HOC402]

First, we learn how swimmer Brad Snyder adapted to being blind after suffering life threatening injuries in the Army, and how his acceptance and perseverance helped him to win a gold medal swimming in the Paralympics. Swimming was one of the original sports in the Stoke Mandeville Games, the first modern Paralympic Games started by Sir Ludwig Guttmann in Rome in 1960. Next, we meet two junior golfers from Minnesota, Bella Leonhart and Ryder Carlson, and see how they each are driven to perfect their golf game even in the harsh Minnesota winters. Cold weather makes muscles tighten up, which reduces flexibility and the ability to drive a golf ball long distances. Then, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback from her golf dreams; but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in an “s” or a “c” shape. Lastly, we learn how race car driver Joey Logano is impacting the lives of sick children by including them in the raceday action and giving them unforgettable experiences.

[Educational Message: Don’t allow a setback to prevent you from achieving your goal. Viewers learn about how to deal with adversity, what it takes to succeed as a junior golfer, and the importance of giving back to those experiencing hardships.]

Airdate: 10/19/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PATAGONIA [EDD205]

Today on Earth Odyssey, host Dylan Dreyer takes us to South America where the region of Patagonia hosts a wide variety of animals. Stretching from Argentina to Chile, Patagonia is home to the largest dinosaur fossil ever found, the second oldest tree on Earth, and a species of flightless bird that almost outnumber humans. First up, we’ll meet a colony of Magellanic penguins that just returned to the shores of the Punta Tombo Reserve after spending six months at sea. Here we’ll learn that the Punta Tombo Reserve in Patagonia hosts the largest known colony of Magellanic penguins in the world. We’ll discover that penguin couples always return to the same nest year after year to breed. We’ll also learn that penguins have a special

filter near their eyes that allows them to expel salt if they accidentally swallow sea water. Next, we'll meet a group of beavers living in Patagonia and learn how they adapt to the changing seasons. Well adapted to aquatic environments, we'll discover that beavers can swim within twenty-four hours of being born. Finally, we'll learn about the guanacos of Patagonia. We'll discover that llamas descended from guanacos that were domesticated in South America over six thousand years ago. Supremely adapted to surviving in the cold elements, guanacos have a double coat of fur that helps them cope with the extreme temperatures.

[Educational Message: Patagonia is one of South America's last great wildernesses, making it one of the most fascinating regions in the world. The low plains, high mountains, and icy glaciers give this land the diversity it needs to be home to a variety of animals. The ability to adapt to one's environment is critical to ensure survival.]

Airdate: 10/19/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THE PANTANAL [EDD206]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to the wild Pantanal region of South America. Known as the largest wetland in the world, the Pantanal is ten times larger than the Everglades in Florida. Situated in the center of South America, the vast majority of the Pantanal lies in Brazil, while the rest is in Bolivia and Paraguay. We'll learn that the Pantanal wetlands are estimated to be larger than roughly twenty-nine U.S. states combined. First up, we'll discover more about the fascinating species of birds that call the Pantanal wetlands home. We'll witness the daily routines of local birds such as parakeets and macaws. Second only to the hyacinth macaw, we'll learn that red and green macaws are one of the largest parrot species on Earth. Next, we'll discover more about the predators roaming the Pantanal wetlands, such as the jaguar. Weighing over two-hundred pounds, the jaguar is one of the heaviest cats in the world. Here we'll learn that due to a large supply of food, jaguars in this region are twice the size of other jaguars found in Latin America. Finally, we'll journey to one of the mightiest waterfalls in the Americas, Iguazu Falls. Shaped like a giant horseshoe, Iguazu Falls is made up of two-hundred and seventy-five falls dropping over two-hundred feet into a narrow chasm. Stretching almost two miles across, we'll also learn that Iguazu Falls is nearly three times the width of Niagara Falls.

[Educational Message: All of the rivers from the Pantanal eventually flow into the Rio Plata, creating the second largest river basin on Earth. The Pantanal plays a crucial role in controlling this massive volume of water, acting like a giant sponge. During the wet season, it acts as a natural break, preventing flash floods from hitting Southern Brazil, Paraguay, and Argentina. During the dry season, it becomes a vital reservoir.]

Airdate: 10/19/2019

Time:

Duration: 30:00

CONSUMER 101

OUT OF THE BOX [CNR203]

Host Jack Rico and the experts at the testing labs show us how to avoid robocalls, teach us more about mattress shopping, and explain how to shop like a scientist. First up, we'll learn about robocalls and how to avoid these annoying interruptions. We'll learn about "spoof" calls, in which scammers mask their calls with an area code or phone number you might recognize. We learn that it's best to ignore these calls in order to avoid receiving additional robocalls. We also discover that many carriers have robocall blockers that you can utilize to help block unwanted calls. Also, we learn that it's important to add your phone number to the Do Not Call Registry. Next, we'll go to a local grocery store where we'll learn how to shop like a scientist. We'll discover why it's important to disinfect grocery carts before you shop, as research has shown that E. coli and other bacteria can be found on shopping carts. Also, we'll learn why it's a good idea to shop for your items in a specific order. We learn it's best that you buy your dry goods first, followed by frozen foods second, and fresh items like fish and meat last. Finally, we'll learn more about purchasing a mattress online. We'll learn more about how these online mattresses can vary significantly with price and quality. We'll also discover how experts test these mattresses for stability, breathability, and durability. Using scientific instruments and tools, experts are able to simulate years of wear and tear to determine the overall quality of a mattress.

[Educational Message: In this episode, we learned about mattresses and how all products vary in their performance and capabilities. Take the time to research various products so that you find the one that works best for you.]

Airdate: 10/19/2019

Time:

Duration: 30:00

A NEW LEAF

A FAMOUS FAMILY [ANL103]

Today on A New Leaf, Joseph Carnegie is about to turn thirty, and he hopes to answer a mystery that has puzzled his father for decades: are they related to famous philanthropist and railroad tycoon Andrew Carnegie? People have asked Joseph this question his whole life, but he's never had an answer— until now. Daisy works with Joseph to go deep into the roots of his family tree, and what they learn gives them a chance to present Joseph's dad with a stunning surprise. We'll learn that Andrew Carnegie was the leading innovator of the American steel industry in the late 19th century. Joseph also wants to verify his potential Scottish roots, the same birthplace of Andrew Carnegie. Joseph visits with a historian at the Carnegie Art Museum where he learns a wealth of information about the history of Andrew Carnegie. Joseph also discovers that Andrew Carnegie devoted his late life to large scale philanthropy, donating the vast majority of his large fortune. Finally, Joseph uncovers the truth and learns that he is in fact related to Andrew Carnegie.

[Educational Message: Before Joseph learned about his family roots, he doubted his connection to the Carnegie family. Family rumors previously lead Joseph to believe his surname was made up. However, after discovering that he is related to the famous Andrew Carnegie, Joseph now feels prouder and more confident of his history. Inspired by the altruistic and philanthropic deeds of Andrew Carnegie, Joseph has never felt more connected to his past.]

Airdate: 10/19/2019

Time:

Duration: 30:00

VETS SAVING PETS

A SIGHT FOR SORE EYES [VSP203]

Today on Vets Saving Pets, an accidental fall leaves a Chihuahua with a broken leg, a bulldog has chronic eye issues, and an aging pup is having trouble walking. First up, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd performs X-rays on Reilly that reveal he has a serious broken bone in one of his front legs. Due to the severity of the broken bone, Reilly will need to be brought into surgery immediately to repair his leg. Dr. Boyd will have to insert a special plate and screws along the broken bone to stabilize the leg and ensure a successful recovery for Reilly. Next, a bulldog mix named Honey visits the clinic with complications from an entropion condition. We'll learn that entropion occurs when the eyelid rolls inward against the eyeball, resulting in severe irritation and vision problems. Today, the clinic's ophthalmologist, Dr. Gray, will need to perform surgery to prevent the entropion from causing further damage, even blindness. Dr. Gray will have to carefully remove the excess skin from Honey's eyelids and suture them in the correct location to avoid any recurrence of entropion. Finally, an aging dog named Sylvester arrives at the clinic with mobility issues in his hind legs. Dr. James, the clinic's neurologist, will examine Sylvester to determine if he is suffering from a neurological or orthopedic issue. After ruling out any orthopedic problems, Dr. James explains the other potential causes of the neurological condition. In order to better determine the specific reason of his mobility issues, Dr. James orders an MRI exam.

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

Airdate: 10/19/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

PLAYING WITHOUT LIMITS [HOC403]

First, we meet a 60 and over hockey team called the Quincy bald eagles and learn how they returned to their passion for hockey after years of not playing. Next, we hear how Katie Sowers, an assistant coach for the San Francisco 49ers, worked her way to become the second woman in history to hold a full-time NFL coaching position. In 2015, Jen Welter was hired by the Arizona Cardinals and became the first female to hold a coaching position in the NFL. In 2016, Kathryn Smith became the first female to become a full-time coach in the NFL. Finally, we hear the inspiring story of Shane Caldwell and learn how he didn't let cancer control his life by always following his heart to pursue his passion for golf-- including traveling home from St. Andrews 18 hours prior to his first round of chemotherapy. Golf has been played at St. Andrews Links for 600 years.

[Educational Message: Don't let age, gender, or illness define your limits. Viewers learn that it's never too late to pursue your passion and how the power of perseverance, despite all odds, can help you achieve your dreams.]

Airdate: 10/26/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THAR DESERT [EDD207]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to one of the biggest and most populated deserts in the world. Situated in Northern India, the Thar Desert is also known as the Great Indian Desert and is the seventh largest desert in the world. Temperatures here can soar to over one-hundred and twenty degrees Fahrenheit and less than two inches of rain falls each year. We begin on the Thar Desert's eastern edge in the city of Jaipur, the capital and largest city in India. Here we'll meet the rhesus macaques that live in the city of Jaipur. While macaques traditionally live in forests, Jaipur has expanded into their natural habitat and the monkeys have now adapted to city life. Here we'll witness the dynamics of how humans and macaques coexist in a crowded and bustling city. Next, we'll travel to the Aravalli Hills region of the Thar Desert to meet India's most iconic predator, the Bengal tiger. The Aravalli Forest is home to around thirty of India's remaining fifteen-hundred Bengal tigers. At nearly one-hundred and fourteen decibels, we'll learn that a Bengal tiger's roar can be heard up to two miles away. Also, we'll discover that a Bengal tiger's camouflage stripe pattern is unique and that no two tigers have the exact same pattern. Finally, we'll witness the incredible migration of the remarkable demoiselle crane. To escape Asia's bitter winters, the demoiselle crane migrates over two-thousand miles to the Thar Desert each year. Battling freezing winds and thin air, these cranes will even fly over the top of Mt. Everest during their journey. Here we'll also discover that demoiselle cranes are the most common and smallest known species of crane.

[Educational Message: So harsh yet so full of life, the Thar Desert has always been a place where people and animals have needed each other. The Thar is home to more creatures than any other desert in the world because its people have a long tradition of respect for nature. We must all do our part to respect and protect our natural world.]

Airdate: 10/26/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PHILIPPINES [EDD208]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Southeast Asia where lies the island chain of the Philippines. The Philippines are made up of over seven-thousand tropical islands in the Western Pacific Ocean. Among the most ancient islands on Earth, the Philippines have the world's fifth longest coastline. We'll also learn how the islands were named after King Philip II, who ruled Spain during the sixteenth-century age of exploration. First up, we'll visit the dense rainforests of the Philippines to discover more about the plant and insect species that inhabit the region. We'll learn more about the forest scorpion and how it uses a special venom to subdue its prey. We'll discover that some scientists believe scorpions were one of the first species to switch from water to land dweller. Next, we'll visit with a creature unique to this region, known as a binturong. One of the Philippines' rarest and most elusive animals, the binturong is one of the few Old World mammals that has a fully prehensile tail. Also known as a "bearcat," we'll learn that the binturong's closest relatives are the African civet and genet. Finally, we'll journey underground to the fascinating cave systems of the Philippines. We'll learn how caves are formed when groundwater that is slightly acidic erodes the rock away until forming a hole. Here we'll discover how bats, scorpions, spiders, and other unique creatures adapt and thrive in the darkness of the caves.

[Educational Message: The Philippines are home to some of the rarest animals on Earth, including some of the most unusual. Many of these ancient islands are isolated and undisturbed. As a result, many of these unique species have flourished, uninterrupted by the modern world.]

Airdate: 10/26/2019

Time:

Duration: 30:00

CONSUMER 101

AMERICAN SUDS WARRIOR [CNR204]

Host Jack Rico and the experts at the testing labs show us how to use a password manager, teach us the best way to wash a car, and we learn how to make a healthy smoothie. First up, we'll learn how to protect our online accounts by using a password manager. We'll discover that a password manager is one of the best ways to protect your privacy and security. We'll get tips on how to create an effective and secure password for your password manager. We'll also learn about two-factor authentication, which adds an extra layer of security beyond your password. Next, we'll find out the best way to efficiently and properly wash your car. Here we'll learn the importance of cleaning all safety sensors and cameras on your vehicle. These safety features can be disabled if your car is too dirty, so it's always best to keep your vehicle clean so you're safe on the roads. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned about the importance of a password manager. Hackers and scammers are improving their techniques each day and it's important we stay ahead of them. Always protect your personal data and privacy by using an effective password or password manager.]

Airdate: 10/26/2019

Time:

Duration: 30:00

A NEW LEAF

FATHER AND SON FAMILY TREE [ANL104]

Today on A New Leaf, nine-year old Remy and his dad, Steve, are teaming up to create a family tree for Remy's school project. But first, Steve needs to fill in some blanks on his side of the family. Together, they search all the way back to the Mayflower, and learn that they are related to some fascinating people who achieved remarkable things. In preparation for his school project, Remy embarks on a journey to discover more about his past. Remy is hoping to find out if their family is related to any historical figures. While Remy's dad, Steve, hopes to learn more about their family history in order to pass down to future generations. Remy and Steve soon trace their roots back to Ireland where their ancestors were farmers. Here we'll learn more about the great famine that killed potato crops across Ireland beginning in 1845. This famine forced many families to seek a new life elsewhere, including Remy's ancestors. Tracing their roots back even further, Remy discovers that his other ancestors came to America on the Mayflower. This information only fuels Remy's excitement and enthusiasm to learn more about his extended family tree.

[Educational Message: By learning about our past we're better able to understand ourselves and where we come from. Remy's passion and enthusiasm to learn more about his roots lead him on a fascinating journey. After discovering that their family traces its history all the way to the Mayflower,

Remy and his father are thrilled to share this remarkable information with their friends and loved ones.]

Airdate: 10/26/2019

Time:

Duration: 30:00

VETS SAVING PETS

THAT'S NO KNEE [VSP204]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, an elderly Golden Retriever is in need of physical therapy, and a cat arrives with respiratory problems. First up, Luke the puppy is visiting the Veterinary Emergency Clinic with a limping problem. Dr. Boyd, the clinic's veterinary surgeon, performs an exam and determines that the canine's kneecap has been slipping out of place. After an X-ray confirms the diagnosis, Dr. Boyd will need to perform surgery on the puppy to realign the kneecap in the proper position. For this procedure, Dr. Boyd will utilize a special implant and pins to secure the kneecap in place. Here we learn more about the delicate and precise skills required for surgeons to successfully treat their animal patients. Next, an aging Golden Retriever named Brody arrives at the clinic for rehabilitation as a result of chemotherapy treatments. Brody will be meeting with Dalida, the clinic's canine masotherapist, for various physical therapy exercises. Due to his muscle loss and inability to maintain regular walks, Dalida will be utilizing hydrotherapy. Here we learn that hydrotherapy takes stress off the joints and will help Brody regain range of motion and strengthen his muscle mass. Finally, a cat named Titan visits the clinic suffering from breathing issues. Dr. Martin, an internal medicine veterinarian at the clinic, will be examining Titan to determine the cause of the respiratory problems. After performing a CT scan on Titan, Dr. Martin orders a lung wash to be administered to find out whether or not the issue could be related to cancer. Tests confirm that Titan does not have cancer and will be prescribed medication to treat the inflammation in its lungs.

[Educational Message: It's important that we always treat animals with compassion and empathy. Veterinarians go above and beyond to keep our furry friends happy and healthy. We must not forget that all life is important, no matter how big or small.]

Airdate: 10/26/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE PERFECT PAIRINGS [HOC404]

First, we hear how Paralympian Tatyana McFadden got started in wheelchair racing, going on to become the first racer ever to win all four major marathons-- London, Boston, New York and Chicago-- in a calendar year. The motto of the Paralympic Games is "Spirit in Motion," and the term "Paralympics" comes from the Greek "para" meaning "besides or alongside," suggesting that the Games run during the Olympics. Next, we meet two junior golfers, Conner Ford and Megha Ganne, and learn how they got started in golf-- Conner wanting to make friends and Megha wanting to test her skills --only to end up dominating at the Drive, Chip and Putt championship. Then, we hear U.S. rugby player Junior Waqavesi discuss his dreams of competing in the 2020 Olympics and how it takes more than size and strength to become the best. Rugby was invented in 1823 during a soccer game when a player picked up the ball and ran with it; the first international rugby game was played between England and Scotland in 1871. Lastly, we hear how golfer Freddie Jacobson's son, Max, bravely faced the possibility of losing his ability to play sports after being diagnosed with a rare

heart condition that was only fixable with a risky surgery. The first successful open heart surgery without complications is attributed to Dr. Ludwig Rehn in 1896.

[Educational Message: Instead of letting adversity and doubt slow you down, let it be the driving force to challenge the odds. Viewers learn about wheelchair racing in the Paralympics, how to become a junior golfer, the history of rugby, and how to adjust to big changes.]

Airdate: 11/2/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

ZANZIBAR [EDD209]

Today on Earth Odyssey, host Dylan Dreyer takes us to the coast of Africa to the archipelago of Zanzibar. Lying twenty-five miles off the coast of Tanzania, the island chain of Zanzibar is dominated by Unguja and Pemba Islands. We'll learn that in 1964, the presidents of Tanganyika and Zanzibar united their countries to become Tanzania. First up, we'll visit the beaches of Zanzibar to witness the behaviors and mating rituals of shore-dwelling crabs. Here we'll discover that fiddler crabs have both gills and a primitive lung for breathing underwater and on land. We'll also witness adaptation skills of fiddler crabs and how they seal off their burrows using a ball of mud to keep them safe from the tide. Next, we'll meet the world's largest crab species that calls Zanzibar home, the coconut crab. Weighing as much as eight pounds with a leg span of up to three feet wide, the coconut crab is the planet's largest land-living invertebrate. We'll also discover that the coconut crab's sense of smell is so powerful that almost half of their brain is dedicated to smell. Finally, we'll travel to the pristine coral reefs of Zanzibar. We'll learn that some of these coral reefs stretch fifty-five miles across the ocean floor, growing for more than fifty-million years. Zanzibar hosts some of the most spectacular coral gardens in the world with more than ninety percent of East Africa's hard coral species found in Zanzibar.

[Educational Message: The beaches and reefs of Zanzibar are full of a wide array of vivacious wildlife and organisms. Maintaining the health of our Earth's oceans is vital to ensure the future and survival of our coral reefs and their inhabitants. We must all strive to properly dispose of waste and keep our oceans clean.]

Airdate: 11/2/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

AMAZON RIVER ISLANDS [EDD210]

Today on Earth Odyssey, host Dylan Dreyer takes us to the heart of South America to explore the Amazon River Islands. The Amazon River region is home to the largest collection of river islands in the world. We'll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. First up, we'll meet the only two primates that inhabit the Amazon River Islands, the red howler and the squirrel monkey. Here we'll discover that squirrel monkeys are known to live in groups larger than most other New World Monkeys. We'll witness how these monkeys forage for food and avoid predators in their watery environment. Next, we'll learn more about the most notorious species of fish in the Amazon, the piranha. We'll discover that many piranha species are actually vegetarian whereas "true piranhas," such as the red-bellied piranha, are carnivorous. Here we'll witness the

incredible speed and efficiency of piranhas when hunting and consuming their meals. Finally, we'll learn about the fascinating plants and trees that grow in the Amazon River Islands. Here we'll witness how the Monguba tree releases its seeds at the start of the wet season. We'll observe how these massive trees use the waters below to distribute their seeds far and wide. We'll witness how these seeds are transported throughout the islands, providing food and sustenance for creatures of all sizes.

[Educational Message: The ability to survive and adapt is what makes the plants and animals that live in this region of South America so resilient and fascinating. We may be faced with new challenges each day, but our ability to adapt to those changes makes us stronger.]

Airdate: 11/2/2019

Time:

Duration: 30:00

CONSUMER 101

PERMISSION TO SCOOT [CNR205]

Host Jack Rico and the experts at the testing labs show us the latest in micro-mobility, teach us how to protect our digital privacy, and show us the latest and greatest car safety features. First up, we'll meet with an expert to learn about a new form of transportation, e-scooters. We'll learn about the technology behind these e-scooters, as well as how to safely operate one. We discover it's important to always practice safety with e-scooters as over fifteen-hundred people were injured riding e-scooters in the U.S. in 2018 alone. Here we learn we should always wear a helmet and follow all local traffic laws when operating an e-scooter. Next, we'll find out how to limit permissions and protect your digital privacy when using cellphone applications. We'll discover that many apps attempt to request permission to your phone's contacts, photos, calendars, and more. We'll meet with an expert and learn how to best keep our information out of other people's hands. Finally, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that individually apply the brakes on your car's wheels to keep you stable on the road.

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

Airdate: 11/2/2019

Time:

Duration: 30:00

A NEW LEAF

COMING OF AGE [ANL105]

Today on A New Leaf, in honor of her son's Bar mitzvah, the Jewish coming-of-age ritual, mom Allison decides to put together a book of their family history. But as she digs for information, she realizes how much she doesn't know. Host Daisy Fuentes helps Allison fill gaps on their family tree, and they get ready to reveal everything she's learned to her son, her parents, and all her siblings. Allison soon embarks on a journey of discovery as she hopes to get more insight into her family history and gain knowledge that she can pass down to her son and family. After a deep dive into their family tree, Allison discovers that her family has a connection to the Titanic. Allison also hopes to get in touch with her Jewish roots and learn

more about the Jewish experiences before World War II. After visiting with a historian at a Jewish History Museum, Allison learns an incredible amount of information about her Jewish ancestors and the strife they endured. Now understanding more about her family's past, Allison can share this information with her son and future generations to come.

[Educational Message: At the beginning of her quest for knowledge about her past, Allison knew very little about her ancestors and family tree. Hoping to share this information with her family, Allison was determined to learn more about her family roots. On this journey, Allison uncovered many things she never knew about her past. Because of her determination to discover more, this information will live on in her family for generations.]

Airdate: 11/2/2019

Time:

Duration: 30:00

VETS SAVING PETS

CATAWAMPUS [VSP205]

Today on Vets Saving Pets, an aging kitty is unable to walk properly, a puppy is having dental issues, and a feline visits the clinic with ear issues. First up, an elderly cat named Rasky, who is unable to use its legs, is brought into the emergency clinic. Dr. James, the clinic's neurologist, visits with Rasky to perform neurological tests to determine the cause of the mobility issues. After several tests and scans prove inconclusive, Dr. James recommends that Rasky is sent for an MRI scan to help get to the source of the problem. Next, a Goldendoodle puppy named Casey arrives to the clinic with dental problems. Dr. French, the clinic's veterinary dentist, discovers that Casey's canine teeth are growing into her lower jaw. Here we'll learn that dental issues like this can lead to serious infections if not treated quickly. Dr. French will need to extract Casey's canine teeth in order to restore her normal bite and prevent future complications. Finally, a pet cat named Kiwi is brought to the clinic suffering from ear issues. Dr. Waisglass, the clinic's dermatologist, meets with Kiwi for an examination. After discovering a large amount of fluid in Kiwi's ears, Dr. Waisglass decides to anesthetize the feline in order to scope her ear more thoroughly. After cleaning the fluid from Kiwi's ear, Dr. Waisglass discovers a mass deep inside her ear canal. Dr. Waisglass and team use special tools to remove the mass and will send the sample to pathology to determine if the tumor is cancerous.

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

Airdate: 11/2/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE ROAD TO REDEMPTION [HOC405]

First, we meet former Indy Racing League driver Sam Schmidt, who was left paralyzed after suffering a spinal cord injury in an Indy car crash. Although he could never race again, Sam was determined to stay in the sport. We learn how he re-imagined his dream, and created a new role in racing for himself as co-owner of Arrow Schmidt Peterson Motorsports. Sam's success on the track, whether as driver or owner, epitomizes hard work, determination, and a positive attitude. Next, we see how Shelley Looney's game-winning goal in the 1998 Winter Olympics inspired a generation of female hockey players. Growing up, Shelley was the

only girl on her local hockey team, but she never let that barrier to entry stand in the way of pursuing her dream. We learn how Shelley's passion for hockey helped push her academically, working hard to maintain her grades despite having a form of dyslexia. Now, Shelley uses her talents to help young women follow in her footsteps, paying it forward as a hockey coach. Finally, we hear how amateur golfer Leonie Harm and her family made sacrifices for her burgeoning golf career. At 15, tragedy struck when Leonie was hit by a car on an early morning training run. Despite doctors giving her a 1% chance of survival, Leonie woke up from her coma fighting to get back on top of her golf game. Not long after her return to the sport, Leonie's mom was diagnosed with breast cancer and passed away. Through it all, Leonie appreciated the sacrifices her mother made for her development in golf, and pushed herself harder to not let those sacrifices be in vain. Leonie explains how once she stopped putting pressure on herself to win, and instead focused on simply playing the game as best she could, Leonie started playing better than ever.

[Educational Message: Success may not always come in the form you originally imagined; if new circumstances prevent you from accomplishing your original goal, it's important to adjust your vision to fit within the confines of possibility instead of giving up. Giving back to your community and passing along your talents can be just as rewarding as playing the game yourself. It's important to appreciate the sacrifices others make to help you achieve your dream; always be grateful for the support systems present in your life, and use their inspiration to push yourself to try your best.]

Airdate: 11/9/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

ANDES [EDD211]

Today on Earth Odyssey, host Dylan Dreyer takes us to the peak of South America to the Andes Mountains. Despite steep slopes, frequent earthquakes, and centuries of heavy rain, the remains of ancient cities survive in the Andes. The climate fuels rapid plant growth and most of the ancient remains have long been reclaimed by nature. First, we'll visit the remains of an ancient city known as Machu Picchu, the lost city of the Incas. We'll discover that Machu Picchu is made up of more than one-hundred and fifty buildings including baths, houses, temples, and sanctuaries. Research has shown that a complex balance existed between the Incas and the world around them. Next, we'll visit with modern-day descendants of the Incas, the Quechuan people. We'll learn that their ability to survive at this high altitude is primarily due to their reliance on livestock. We'll discover how the llama is of critical importance to the Quechuan people. The llama is one of the oldest domesticated animals and provides food, clothing, and transport to the Quechuan people. Finally, we'll meet one of the top predators of the Andes, the puma. Due to the presence of a large food source, pumas are more common in the Andes than anywhere else in their range. We'll also discover that pumas have excellent night vision that helps them locate prey in the darkness.

[Educational Message: The Andes is a mountain range of incredible diversity, it forms South America's backbone, and contains some of the most hostile habitats on Earth. But on every slope, at every altitude, life has found a way to exist.]

Airdate: 11/9/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PHILIPPINES REVISITED [EDD212]

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Philippines where we find some of the most fascinating wildlife in the animal kingdom. The Philippines are a chain of tropical islands in the Western Pacific Ocean and is home to some of the world's most exotic wildlife. First up, we'll learn about one of the most complex ecosystems in the Philippines, mangrove forests. Where salt water meets fresh water, it creates a unique and unforgiving environment. Here we'll discover that mangroves can absorb and contain more carbon from the atmosphere than terrestrial forests. We'll also learn that mangroves contribute to ocean acidification, which in turn can help prevent coral bleaching. Here we'll follow a group of locals from this region and witness as they forage for food and supplies in the mangrove forests. Next, we'll travel to another mangrove forest on the island of Bohol. Here we'll watch a troop of long-tailed macaques as they navigate the twisted mangroves in search of food. We'll discover that long-tailed macaques, who spend most of their time in trees, can leap over sixteen feet at a time. Long-tailed macaques are primarily frugivorous, which means their diet consists mainly of fruit. Finally, we'll learn more about the various insects that inhabit the Philippines. Here we'll witness the behavior of fireflies under the cover of night. We'll learn that despite their name, fireflies are actually a type of beetle. We'll discover that the flash of light emitted by fireflies occurs due to a chemical reaction inside the fly's body.

[Educational Message: The Philippines are home to some of the rarest animals on Earth, as well as some of the most unusual. Since these ancient islands have been left largely isolated and undisturbed, unique and fascinating species have been able to flourish uninterrupted. When spending time in nature, we should always practice Leave No Trace and do our best to limit our impact on the environment.]

Airdate: 11/9/2019

Time:

Duration: 30:00

CONSUMER 101

SOUND CHECK [CNR206]

Host Jack Rico and the experts at the testing labs show us how car tires are tested on ice, teach us about new technology with headphones, and explain how to get the most out of your vacuum cleaner. First up, we'll be joining the auto experts on an ice hockey rink to perform tire testing and evaluate how well various types of tires stop on ice. We learn that using an indoor ice rink for this test provides a controlled setting for testers to accurately measure the performance of different tires. Here we'll discover the unique differences between all-season tires, winter tires, and summer tires. Next, we'll learn what to look for when purchasing a new pair of headphones. New technology has introduced a wide variety of different types of headphones. We'll join an expert to learn how headphones are scientifically tested and measured. We'll get tips on how to choose the best headphones depending on your lifestyle. Finally, we'll learn about the scientific testing that goes into assessing the capabilities of vacuum cleaners. We'll discover how testers experiment with vacuum cleaners by simulating different sized particles of debris that may be found in your home. Here we learn how consistency is important to testing and that all vacuum cleaners need to clean the same amount of debris to accurately compare various models. After putting the vacuum cleaners through their paces, we learn that it's important to choose the right model for your cleanup needs.

[Educational Message: In this episode, we learned why it's important to have the proper tires on your car depending on the driving conditions. We discovered that winter tires provide much greater stopping ability than all-season tires in icy conditions. Always be sure your car is maintained and suitable for driving in any condition.]

Airdate: 11/9/2019

Time:

Duration: 30:00

A NEW LEAF

A FAMILY LOSS [ANL106]

Today on A New Leaf, after the sudden loss of his mother, Craig Victor vowed to learn more about his family tree, for himself and his siblings. With the help of host Daisy Fuentes, Craig starts digging into his family history. He soon discovers several things about his ancestors that he didn't know, and can't wait to share them with his family. As Craig embarks on his journey to discover more about his past, he would like to know more about his parents' relatives and their family's journey to America. Craig soon discovers that his family on his mother's side were in the garment business in New York City during the early 1900's. Inspired by this revelation, Craig visits a working textile factory to learn more about what life was like for garment workers during that time. Craig discovers that early textile factories were unventilated and extremely hot due to the large machinery, which led to the term "sweatshop." However, after a tragic fire that became one of the deadliest workplace disasters in history, new reforms and regulations would change the industry and create safer work environments for Americans. Moved by these fascinating historical facts of his family's past, Craig now has the information he needs to share with his siblings.

[Educational Message: Connecting with your family past can help ground you in the present. After losing both of his parents, Craig was determined to fill in the gaps of his history and learn more about his family tree. By discovering the fascinating details of his past ancestors, Craig is now able to share this information with his siblings. This experience will help provide a new outlook on life and strengthen his bond with his siblings.]

Airdate: 11/9/2019

Time:

Duration: 30:00

VETS SAVING PETS

THE LION'S SHARE [VSP206]

Today on Vets Saving Pets, a lion at the local zoo is having dental problems, a Shih Tzu is having trouble staying balanced on its feet, and an aging Golden Retriever has developed skin issues. First up, a team of veterinary specialists have a special off-site patient to visit at the local zoo, an elderly lion named Rowdy. The staff at the zoo have noticed that Rowdy hasn't been chewing his food normally. The team will have to administer an anesthetic to get a closer, safer look at the big cat. Once properly sedated, Dr. French, the clinic's veterinary dentist, examines Rowdy's mouth and discovers that he has broken one of his canine teeth. Dr. French will have to work quickly and carefully to successfully extract the broken tooth. Next, a Shih Tzu named Max arrives at the clinic with serious mobility issues. Dr. James, the clinic's neurologist, suspects that Max is having vestibular issues causing his equilibrium to be thrown off. Here we learn how the vestibular system is responsible for telling our brains that we are moving and in which direction. After an overnight stay for further monitoring, Max's condition continues to worsen. Dr. James recommends performing an MRI to confirm the root cause of Max's balance problems. Finally, an aging Golden Retriever named Tandi is brought to the clinic suffering from persistent skin issues. Dr. Waisglass, the clinic's dermatologist, examines Tandi's body to determine what may be causing the recurring skin problems. Dr. Waisglass, using simply a piece of tape, takes samples from various parts of Tandi's body for testing. Using a microscope, Dr. Waisglass will examine the skin samples for parasites and bacteria.

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

Airdate: 11/9/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOPE AGAINST THE ROPE [HOC406]

First, we meet rising boxing star Jesselyn Silva, an honor roll student who is also a two-time Junior Olympic champion. We see how Jesslyn appreciates her father's support and how she chooses to work hard in the gym instead of playing with her friends, a sacrifice she's happy to make to pursue her dream of making it to the 2024 Olympic Games. Though her record isn't perfect, Jesselyn views losses as lessons rather than letting those disappointments deter her from pursuing her passion. Next, we see how Jason Enloe's golf family at SMU rose to the occasion when he needed their support after losing his wife to cancer. Then, we learn how women's golf has grown in South Korea after Se Ri Pak's success in the sport. With Se Ri as their inspiration, the next generation of South Korean golfers now dominate the LPGA Tour. Last, we see how Steve Page stepped up for his community after wildfires tore through Sonoma County, CA. As president of Sonoma Racing, Steve opened up the Sonoma Raceway to evacuees, giving people a place to go when they had nowhere to turn. Viewers learn the importance of helping others in their community, and how one act of kindness can impact many.

[Educational Message: Hard work and determination are important in the pursuit of excellence, but it's okay to not be perfect all the time. It's important to be there for your friends when they're going through a difficult time; we all need support at certain points in our lives. When you succeed, be mindful that you may become a role model for others following in your footsteps.]

Airdate: 11/16/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

BEST OF: SOUTH AMERICA [EDD213]

Today on Earth Odyssey, host Dylan Dreyer takes us back to South America to explore more of this fascinating part of the globe. South America is home to a vibrant and fertile ecosystem supported by the Amazon and Orinoco Rivers. First, we learn that the Orinoco River curls around the Northeast corner of South America, draining more than three hundred and eighty thousand square miles of Venezuela, Colombia, and Brazil. At the river's mouth, the Orinoco Delta stretches three hundred miles along the coast of Northeast Venezuela. We'll also discover that the wet and dry seasons of the Orinoco River's climate are controlled by the north to south migration of trade winds. Next, we visit the Amazon which covers three million square miles of South America. Today, sixty percent of the Amazon lies in Brazil, while the remaining forty percent is spread across eight more countries. This vast rainforest straddles the equator making it permanently hot and wet, the ideal conditions for creating and maintaining life. Here we'll meet a group of red howler monkeys that call the Brazilian Amazon home. Weighing in as one of the heaviest monkeys in the forest, we'll witness how these animals have adapted to a life in the trees. Finally, we'll meet the only people to have made the Orinoco Delta their permanent home. Known as the "canoe people," the Warao have chosen a precarious way of life on the Orinoco. Here we'll learn how these people have designed and constructed their homes to withstand the twice daily floods that occur. However, we'll

discover that these riverside homes are not permanent. When the support timbers rot or food becomes scarce, the nomadic Worao people will seek out a new home.

[Educational Message: The many long-time locals of the Orinoco give back to the river as much as they receive, continuing a tradition as old and beneficial as the river itself. The Orinoco River holds many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]

Airdate: 11/16/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

BEST OF: ISLANDS [EDD214]

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of our favorite islands from around the world. First up, we'll journey back to Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth's species. First up we'll meet a group of proboscis monkeys and learn more about their jungle habitat. We'll discover that proboscis monkeys are named for their noses, where "proboscis" means a long, flexible snout. Next, we'll travel back to Thailand. Thailand was previously known as "Siam" from the 12th century until it was renamed "Thailand" in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. Here we'll meet a predator that sits at the top of the food chain, the Indochinese tiger. We'll learn that Thailand is thought to contain one of the largest populations of these cats in the world. We'll discover that with their powerful, long hind legs, tigers can jump distances up to thirty feet. Finally, back in Malaysia, we'll meet one of the most endangered animals in the world. Found only in Malaysia and Indonesia, the orangutan is one of our closest cousins sharing over 97% of their DNA with humans. We'll discover that orangutans can naturally live up to around forty years old in the wild and over sixty years in captivity.

[Educational Message: The orangutan and the other amazing animals we learned about make up the diversity that gives Malaysia one of the most fascinating pallets of wildlife in the world. We must do our part to protect the natural world around us for future generations to come.]

Airdate: 11/16/2019

Time:

Duration: 30:00

CONSUMER 101

LAWN AND ORDER [CNR207]

Host Jack Rico and the experts at the testing labs teach us how to properly care for your lawn, give two teens a driving lesson, and show us how to keep your WIFI router secure. First up, we'll meet with an expert to learn the best way to properly care for your lawn. We'll learn that you shouldn't cut your grass too short by never cutting more than a third of your lawn's height. We discover that longer grass promotes deeper roots and shades the soil, preventing the water from evaporating too quickly. Also, we learn to always keep your lawn mower blade sharpened as a clean cut prevents stress on the lawn. Next, we'll visit the auto test track where we'll join two teens getting a crash course on driving safety school. Today, these teens will be driving on a closed course to learn more about various maneuvers and car safety features. We'll discover how the antilock braking system, or ABS, works and how best to apply brakes if a sudden stop is necessary. These teens will also learn how to properly brake while steering and perform various avoidance maneuvers. Finally, we'll learn about how wireless routers work and how we can protect our personal information from

potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access.

[Educational Message: It's important to protect your personal information when using WIFI routers and other technology. Avoid scammers by changing your passwords frequently and updating your firmware. Technology is a useful and convenient tool in our modern age, but it's vital that you use caution and protect yourself in the process.]

Airdate: 11/16/2019

Time:

Duration: 30:00

A NEW LEAF

A FAMILY REUNION [ANL107]

Today on A New Leaf, Lauren and her husband have given their young sons a real connection to their dad's Trinidadian roots, but Lauren wants them to know her family history, too. With help from host Daisy Fuentes, Lauren can finally clear up the mystery surrounding her great-grandfather's adoption, and discover a surprising heritage, which amazes generations young and old at her family reunion. As Lauren begins her journey of discovery, she would like to know more details about her great-grandfather, as well as her potential Native American or Mexican roots. After diving deep in her family history, Lauren discovers that her great-grandfather was actually from New Mexico. Once living as part of the Genizaros community, Lauren confirms her great-grandfather was of Spanish and Native American descent. Moved by this revelation, Lauren visits with a historian to learn more about her connection to the Genizaros community. We'll discover that historians estimate that Genizaros accounted for as much as one-third of New Mexico's population in the late 18th century. Lauren will learn that her great-grandfather and other relatives were likely sheep herders. Here Lauren will get a glimpse into the past and learn more about daily life during that time.

[Educational Message: By discovering more about our past we can connect more with the present. Lauren sought to find out more about her roots so that she could share it with her family. A better understanding of your past can help you form stronger bonds with your family in the present.]

Airdate: 11/16/2019

Time:

Duration: 30:00

VETS SAVING PETS

A BREATH OF FRESH AIR [VSP207]

Today on Vets Saving Pets, a cat arrives at the clinic with a fractured jaw, a French Bulldog undergoes rehabilitation following back surgery, and a Yorkshire terrier is suffering from throat problems. First up, a cat named Oreo is rushed into the Veterinary Emergency Clinic after being hit by a car. Dr. Cochrane, the clinic's neurologist, will perform a neurological exam to determine the extent of Oreo's injury. Following the exam, Dr. French, the clinic's veterinary dentist, will perform a surgical procedure to suture Oreo's fractured jaw together. Here we'll witness the delicate process of oral surgery and learn about the necessary skills of a veterinary dentist. Finally, a French Bulldog named Jackson is brought to the clinic in need of physical therapy following a recent spinal surgery. Unable to walk since the surgery, Jackson will undergo rehabilitation with the help of a specialized water tank and treadmill. Here we learn that physical therapy exercises like these can help stimulate the neural pathways that allow the brain to communicate with the body. Finally, a small Yorkshire terrier named Mia visits the clinic suffering from a collapsed trachea that's

preventing her from breathing. Dr. Boyd, the clinic's surgeon, will be treating Mia with a tracheal stent to help Mia breathe easier. The tracheal stent, a tubed-shaped implant, will be surgically inserted into Mia's throat to help open her airway and prevent the issue from recurring.

[Educational Message: Veterinarians must have passion and empathy for not only their animal patients but the patient's owners as well. Veterinarians working in emergency animal medicine are often faced with serious and severe cases. Learning how to effectively communicate and empathize with pet owners is an important skill for a successful veterinary career.]

Airdate: 11/16/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FLO VAULTER [HOC407]

First, we learn how Denny Hamlin's humble beginnings made him into the modest winner he is today as one of NASCAR's biggest stars. Before his racing career, Denny helped out at his dad's trailer and hitch shop, which he credits for helping to develop a strong work ethic. Denny's parents made many financial sacrifices to help Denny's burgeoning racing career, something that Denny makes a point to remember in all of his success as a professional stock car driver. Then, we meet cyclist Annemiek van Vleuten, learning about her comeback after a terrible crash during the 2016 Rio Olympics cost her the gold medal. After her recovery, Annemiek returned to cycling to ultimately win a world title, inspiring viewers to keep pushing for their dreams when it may seem the race has been lost. Then, we hear how a great mentor helped Tony Finau on his way to golf greatness. PGA pro Mark Whetzel's commitment to growing junior golf led him to a young Tony Finau, who was in need of a place to practice his golf game. Mark granted Tony free access to his golf course, offered him lessons, and has continued to support Tony throughout his golf career. Last, we meet Flo Meiler, an 85-year-old pole vaulter who took up the sport at age 65. Drawn to the sport simply because it seemed like a fun challenge, Flo was determined to give the sport a try. Her dedication to staying active ultimately led Flo to compete and medal in the Senior Games, where she continues to be at the top of her game.

[Educational Message: Viewers learn the importance of remembering your humble beginnings after finding success, and how to appreciate the people who helped you achieve your goals. Mentoring the next generation is a wonderful way to pay it forward and show gratitude for your success. It's difficult to try again after failing, but if you find the courage to keep pushing through failure, your eventual success makes for an even sweeter reward. You're never too old to try new things, so never let inexperience be a roadblock to reaching a new goal.]

Airdate: 11/23/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THE HIMALAYAS [EDD215]

Today on Earth Odyssey, host Dylan Dreyer takes us to Asia where we visit the highest peaks in the world, the Himalayas. At over sixteen-thousand feet above sea level, among the most treacherous and untamed mountains in the world, certain highly adapted species have made the Himalayas their home. First up, we'll meet the elusive snow leopard living in the mountains of the Himalayas. We'll discover how snow leopards

have excellent nocturnal vision and that most of their kills occur during either dusk or dawn. Like many of the big cats, the snow leopard is a powerful ambush predator preferring the element of surprise when hunting. Next, we'll travel to the Ladakh region of the Himalayas, an area covering roughly forty-five thousand square miles including the Ladakh Mountain Range. Here we'll meet with the nomadic Changpa tribe and witness how they survive in this most unforgiving environment. Also, we'll witness how these nomadic herders care for and protect their livestock from the elements and predators. We'll learn how out of the several types of herding, nomadic herding is considered the oldest known form. Finally, we'll visit the high-elevation lakes of the Himalayas. Here we'll learn that there are roughly nineteen known major rivers that help drain the snow melt from the Himalayas region. Located at over sixteen-thousand feet in elevation, we'll discover that Tilicho Lake of Nepal is considered one of the highest lakes in the world.

[Educational Message: The Himalayas are a hostile wilderness that challenge all who venture to their snowy slopes. But these mammoth mountains also have a positive effect on the climate, supporting the lives of an endless number of creatures, including one of the largest populations of people on the planet. Despite the harsh climate and treacherous landscape, this epic mountain range sustains life for animals and people who are born to thrive in the most dangerous parts of the world.]

Airdate: 11/23/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PATAGONIA REVISITED [EDD216]

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Patagonia region of South America. Stretching south from the Rio Colorado, Patagonia covers more than three-hundred thousand square miles of Argentina and Chile. Patagonia is home to one of the world's largest deserts and yet billions of gallons of freshwater are locked into the ice of its vast glacier fields. Here we'll learn that scientists believe that Patagonia's Perito Moreno glacier is nearly eighteen-thousand years old. First up, we'll travel to the Northeast coast of Patagonia to visit a colony of sea lions. While sea lions can "walk" within minutes of birth, they are typically not great swimmers until they are a few months old. Here we'll witness how sea lions evade attacks from orca whales on the shores of Patagonia's beaches. Next, we'll witness an armadillo as it seeks out a new mate. We'll learn that the word "armadillo" comes from the Spanish word which translates to "little armored one." We'll also discover that despite their poor eyesight, armadillos have a very keen sense of smell. Finally, we'll visit a colony of Patagonian conures that make their home on the seaside. We'll learn that conures are considered New World parrots, which means they originated in the Western Hemisphere. Here we'll witness how these colorful birds use their beaks to carve out burrows in the sandstone cliff sides. We'll discover that this stretch of cliffside is home to the largest colony of conures in the world.

[Educational Message: Patagonia is one of South America's last great wildernesses, making it one of the most fascinating regions in the world. The low plains, high mountains, and icy glaciers give this land the diversity it needs to be home to a variety of fascinating animals. The ability to adapt to one's environment is critical to ensure survival.]

Airdate: 11/23/2019

Time:

Duration: 30:00

CONSUMER 101

INFORMATION SUPERHIGHWAY [CNR208]

Host Jack Rico and the experts at the testing labs show us how to rid your home of nasty allergens, teach us how to prepare for a road trip, and explain how to get the most out of your WIFI router. First up, we'll meet with an expert to learn about various allergens and how to keep them out of your home. We'll discover that it's important to vacuum your home at least once a week, as dust can contain mites, pollen, pet dander, and even cockroach droppings. Also, we learn that if you have allergies, it's recommended that you use a vacuum with a HEPA, or High Efficiency Particulate Air, filter. Also, be sure your vacuum has a bag instead of a bin to avoid releasing those allergens back into the air when emptying. Next, we'll meet with an auto expert and learn how to make sure your car is prepped for its next road trip. Before taking your car out on the open road, it's important to check the car's fluids such as oil, coolant, and windshield washer liquid. Also, ensure your car's belts and hoses are not loose, cracked, or leaking. Additionally, we learn you should always check the pressure and treadwear of your car's tires before driving. Furthermore, it's vital to check that all of your car's lights and signals are working properly. Finally, we'll learn how you can improve the WIFI signal in your home. With the help of an expert, we'll discover that there are new technologies that can help boost your WIFI coverage. A mesh networking device can be utilized to increase WIFI capabilities in a large home or space. We'll learn how experts scientifically measure these devices for capabilities and performance.

[Educational Message: In this episode, we learned how to prepare a car for a road trip. Checking your tires, fluids, lights, and signals is critical to your safety and others on the road. Always be sure your car is maintained and suitable for travel. Preparation is crucial and will make for a smoother road trip.]

Airdate: 11/23/2019

Time:

Duration: 30:00

A NEW LEAF

A GOLDEN FAMILY ANNIVERSARY [ANL108]

Today on A New Leaf, Heidi Ashcraft and her husband Daniel are about to celebrate their fiftieth wedding anniversary. She'd like to honor the occasion by sharing information about her ancestors with her children. But since her mother was adopted, there's a lot she doesn't know about her family tree. With Daisy's help, she digs deep into the past and even learns a few things about her surprising Swedish roots. As Heidi prepares for her journey of discovery, she hopes to uncover the identity of her biological grandfather, as well as learn about her DNA and ethnicity. After a deep dive into her family tree, Heidi discovers a wealth of information about her roots. After confirming the identity of grandfather, Heidi learns that he had twelve children before he died. Finally, with the help of a DNA test, Heidi is able to confirm that her ethnicity is predominantly German and Swedish. Inspired by the revelation of her Swedish roots, Heidi and Daniel visit with a genealogist to learn more about Swedish culture. Here we will discover more about the traditional

foods and clothing of Swedish people. Finishing off their day with a traditional Swedish dance, Heidi and Daniel are thrilled to share this new information and experience with their family and friends.

[Educational Message: Learning more about her family's past has provided Heidi with a new focus and journey to continue on in life. Heidi embarked on this quest to share these revelations and enrich the lives of the children and grandchildren. Learning about our past can help strengthen our present.]

Airdate: 11/23/2019

Time:

Duration: 30:00

VETS SAVING PETS

GOLDEN OLDIES [VSP208]

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, a Golden Retriever goes into surgery to remove a tumor, and a beagle has a limp. First up, a puppy named Tessa visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, an elderly Golden Retriever named Charlie arrives at the clinic suffering from a large tumor in his abdomen. Dr. Boyd, the clinic's surgeon, will be performing an emergency surgical procedure to remove the life-threatening tumor. Dr. Boyd must also run tests to confirm if the tumor is cancerous, and if it has affected other parts of the body. Finally, a beagle named Bailey arrives at the clinic suffering from a limp. Dr. Ringwood, the clinic's surgeon, performs a physical examination of Bailey to determine the exact cause of her limp. In order to accurately diagnose the issue, Dr. Ringwood will perform an arthroscopy. Here we learn that an arthroscopy is a minimally invasive surgical procedure used to examine the body's joints. During this exam, Dr. Ringwood discovers inflammation and cartilage damage in Bailey's leg. After removing the cartilage fragments, Bailey will be prescribed medication and physical therapy for her recovery.

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

Airdate: 11/23/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE POWER OF WILL [HOC408]

First, we hear from race car driver Will Power about the importance of determination and perseverance in reaching your ultimate goal. One of the best Indy car drivers of his generation, it took Will years at the top

of the podium in other races before he was finally able to capture that elusive number one spot at the Indy 500. Next, we learn how PGA pro Cameron Champ's grandfather paved the way for his success in the sport. Cameron's grandfather taught him the game of golf, and was his biggest supporter on his rise through the ranks. For all the support given to him over the years, Cameron even had his grandfather caddie for him the first time he played the First Tee Open at Pebble Beach, helping his grandfather realize a dream that he never had the opportunity to fulfill when he was Cameron's age. Then, we meet rising swim star Carson Foster, who broke one of his idol Michael Phelps's national age group records at just 10 years old. Caron's brother and sister are also swimmers, and we see how a friendly sibling rivalry can push each to do their best, helping each other to become stronger swimmers together. Later, we meet Bryson Dechambeau and hear about how a televised golf tournament helped his father reconnect with Ron, an old friend from his school days. After meeting again, Ron realized he could help Bryson's father by donating a kidney, a selfless gesture for which Bryson and his father are forever grateful.

[Educational Message: It's okay to feel disappointed and frustrated if you don't reach your goals as quickly as you would have hoped, but it's important to eventually work through your emotions to rebound with a positive attitude. Be grateful for the opportunities you are afforded today and remember that others who came before laid the groundwork for your success. There is value in supporting your competitors; when everyone does well, it pushes you to do your best.]

Airdate: 11/30/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

MALAYSIA [EDD201]

Today on Earth Odyssey, host Dylan Dreyer takes us to Southeast Asia to the diverse country of Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth's species. First up we'll meet a group of proboscis monkeys and learn more about their jungle habitat. We'll discover that proboscis monkeys are named for their noses, where "proboscis" means a long, flexible snout. Next, we'll learn more about a fascinating plant species known as a pitcher plant. Known as carnivorous plants, there are roughly ninety known species of pitcher plants, also known as "nepenthes," across the world. We'll discover how these unique plants have adapted over time to attract and trap their next meals. Finally, we'll meet one of the most endangered animals in the world. Found only in Malaysia and Indonesia, the orangutan is one of our closest cousins sharing over ninety-seven percent of their DNA with humans. We'll discover that orangutans can naturally live up to around forty years old in the wild and over sixty years in captivity.

[Educational Message: The orangutan and the other amazing animals we learned about make up the diversity that gives Malaysia one of the most fascinating pallets of wildlife in the world. We must do our part to protect the natural world around us for future generations to come.]

Airdate: 11/30/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THAILAND [EDD202]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to Thailand where we meet an array of exotic plants and animals. Thailand was previously known as “Siam” from the 12th century until it was renamed “Thailand” in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. First up, we’ll meet a predator that sits at the top of the food chain, the Indochinese tiger. We’ll learn that Thailand is thought to contain one of the largest populations of these cats in the world. We’ll discover that with their powerful, long hind legs, tigers can jump distances up to thirty feet. Next, we’ll visit with a family of Assamese macaques, one of the five species of Old World Monkeys that call Thailand home. We’ll learn that there are more than twenty gregarious, or social, Old World macaque species known in the world. We’ll also discover that all macaques live in Asia except for one species, the Barbary macaque, which lives in North Africa. Finally, we’ll journey to the fascinating underground caves of Thailand. Here we learn how various cave dwelling species such as bats, snakes, and otherworldly insects navigate and survive in the darkness.

[Educational Message: Senses must be finely tuned to survive in the caves of Thailand, as well as everywhere else in this exotic land. From mammals to insects, we’ve learned that every animal has a specific function to help them survive each day.]

Airdate: 11/30/2019

Time:

Duration: 30:00

CONSUMER 101

SWEET RIDE [CNR201]

Host Jack Rico and the experts at the testing labs will show us how online ads are aimed at consumers, how tires are tested on wet pavement, and uncover the hidden sugar that could be lurking in our breakfast. First up, we’ll visit the auto test track to learn how tires are tested on a wet surface. Using scientific instruments and data, we’ll see how these testers measure the durability and grip of tires on a closed course. Also, we’ll learn about the various states of wear tires undergo over time. Here we’ll discover how driving on a worn tire can be extremely dangerous, especially in wet conditions. Next, we’ll learn about targeted ads and how we can avoid these in our daily lives. Targeted ads are different than traditional advertising in that they target you specifically based on your online habits. We’ll learn about the various ways to block targeted ads such as installing an ad blocker, adjusting your phone’s settings, or using a browser with a privacy mode. Finally, we’ll meet with a scientist to learn how we can eliminate added sugars from our diet. We’ll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We’ll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We’ll get some healthy tips on how to cut the added sugars out of our daily diet.

[Educational Message: It’s important that we’re always prepared when driving on the roads. In this episode, we learned how dangerous driving on a worn tire can be, especially in poor conditions. It’s important to always keep your car maintained so that you and others can be safe on the road.]

Airdate: 11/30/2019

Time:

Duration: 30:00

A NEW LEAF

A DEDICATION TO DANCE [ANL101]

Today on A New Leaf, college student Nadia needs to choreograph a dance audition for her next big step - graduate school. Nadia wants to dedicate the dance to her mom, and incorporate her African American ancestry, but they need help with the details. Once they unlock the truth about her mom's paternal side, Nadia is able to hear from her ancestors...in their own words. Training to become a ballerina since a very young age, we will witness Nadia's passion and dedication as she perfects her dance performance. We'll learn that training to become a professional ballerina can take as long as fifteen years and will require much hard work. Nadia is also hoping to incorporate her African American heritage in her dance routine. We'll visit with an expert on African American culture and learn more about Nadia's roots as she prepares for her upcoming dance performance. After filling in the gaps about her family history and ancestors, Nadia is now prepared to express her true self, through dance.

[Educational Message: By learning about our past we're better able to understand ourselves and where we come from. In this episode, we witnessed Nadia and her mom uncover incredible and emotional facts about their ancestors and family history. By learning more about her family roots, Nadia now has a greater connection to her family and culture.]

Airdate: 11/30/2019

Time:

Duration: 30:00

VETS SAVING PETS

HOT DOGS AND WEASELS [VSP201]

Today on Vets Saving Pets, a dachshund arrives at the clinic with back pain, a collie needs a dental visit, and a ferret suffers from the flu. First up, Burger the dachshund is brought to the Veterinary Emergency Clinic suffering from pain and walking issues. Dr. James, the clinic's neurologist, performs a neurological exam to determine the extent of the Burger's back issues. Dr. James, suspecting that the issue is caused by a compressed spinal cord, performs a CT scan on Burger. When the CT scan results reveal a severe issue with Burger's spine, Dr. James determines that immediate surgery is needed to fix the problem. Next, a Collie named Abbey arrives at the clinic suffering from dental issues. After meeting with Dr. French, the clinic's veterinary dentist, it is determined that Abbey has a condition known as gingival hyperplasia. Here we'll learn that gingival hyperplasia is an overgrowth of gum tissue around the teeth, which is typically a symptom of poor oral hygiene. Dr. French will perform a surgical procedure to remove the excess gingival tissue to restore Abbey's normal gum line. In order to prevent this condition from reoccurring, Dr. French will prescribe medications and daily toothbrushing to improve Abbey's oral hygiene. Finally, a pet ferret named Jet visits the clinic with breathing problems. Dr. Bryer, the clinic's head emergency veterinarian, meets with Jet to determine the cause of his breathing issues. As the ferret's owners have just recovered from the flu, Dr. Bryer is concerned that Jet may have also contracted the influenza virus. Here we learn that both humans and ferrets contain a genetic mutation that specifically makes them susceptible to influenza. After performing X-ray scans on the patient, Dr. Bryer confirms that Jet is suffering from influenza and prescribes a nebulizer treatment to aid his recovery.

[Educational Message: Education is a vital component of working in the field of veterinary medicine. Having a diverse background in various species and breeds of pets is important for a successful career. It is critical for veterinarians to seek additional knowledge and new information to better understand and treat all types of pets.]

Airdate: 11/30/2019

Time:

Duration: 30:00

**THE CHAMPION WITHIN
LEAD WITH SPEED [HOC401]**

First, we learn how hockey player Jaden Schwartz makes an impact in his community. Off the ice, he helps those in need of a bone marrow transplant after losing his sister to leukemia. Marrow is the sponge-like material inside bone, and bone marrow cancer occurs when cells in the marrow begin to grow abnormally or at an accelerated rate. Next, we meet childhood best friends and Indycar drivers James Hinchcliffe and Robert Wickens. We hear how they stay positive and motivated after both experiencing life-threatening accidents, one of which left Robert paralyzed from the waist down. Then, we learn how Olympic sprinter Noah Lyles balances his two passions, running and art. Sprinters use spikes with no cushioning because all of their running is done on the ball of their foot. Lastly, we learn how golfer Brad Dalke worked hard to eventually become the youngest recruit in college golf history. A minimum GPA of 2.3 is needed to be academically eligible for an NCAA Division 1 scholarship.

[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, the importance of having versatility and outlets to express yourself, and what it takes to become a college golfer.]

Airdate: 12/7/2019

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER
VENEZUELA [EDD203]**

Today on Earth Odyssey, host Dylan Dreyer takes us to one of the longest and largest rivers in the world: The Orinoco River. First, we learn that the Orinoco River curls around the Northeast corner of South America, draining more than three hundred and eighty thousand square miles of Venezuela, Colombia, and Brazil. At the river's mouth, the Orinoco Delta stretches three hundred miles along the coast of Northeast Venezuela. We'll also discover that the wet and dry seasons of the Orinoco River's climate are controlled by the north to south migration of trade winds. Next, we'll take a closer look at the four-eyed fish, one the stranger creatures that calls the Orinoco River home. But we'll discover that these creatures actually have two eyes, each split in half so it can focus above and below the surface. Like primitive mudskippers, we'll learn that four-eyed fish occasionally beach themselves in search of food. Finally, we'll meet the only people to have made the Orinoco Delta their permanent home. Known as the "canoe people," the Warao have chosen a precarious way of life on the Orinoco. Here we'll learn how these people have designed and constructed their homes to withstand the twice daily floods that occur. However, we'll discover that these riverside homes are not permanent. When the support timbers rot or food becomes scarce, the nomadic Warao people will seek out a new home.

[Educational Message: The many long-time locals of the Orinoco give back to the river as much as they receive, continuing a tradition as old and beneficial as the river itself. The Orinoco River holds many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]

Airdate: 12/7/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

AMAZON [EDD204]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to South America to the dense and bustling Amazon Rainforest. Formed over the last fifteen million years, the Amazon covers three million square miles of South America. Today, sixty percent of the Amazon lies in Brazil, while the remaining forty percent is spread across eight more countries. This vast rainforest straddles the equator making it permanently hot and wet, the ideal conditions for creating and maintaining life. First up, we'll meet with a group of red howler monkeys that call the Brazilian Amazon home. Weighing in as one of the heaviest monkeys in the forest, we'll witness how these animals have adapted to a life in the trees. Next, we'll come down from the canopy and discover more about the insects teeming on the forest floor. Here we'll learn how army ant colonies are made up of several groups with specific jobs including foragers and defenders. We'll also discover how over three hundred species of birds and butterflies rely on army ants for survival. Finally, we'll visit with a sloth and learn more about how this species has adapted to life in the Amazon. We'll learn that sloths spend their entire lives in just a handful of trees, only coming to the ground just once a week. Also, we'll discover that modified muscles allow a sloth to hang for hours in positions other mammals would find impossibly uncomfortable.

[Educational Message: Being dependent on one habit and food source makes animals like the sloth very vulnerable to change. But such specialized ways of life are one of the reasons the Amazon is so diverse. We've only just scratched the surface of the marvels within this lush, life-giving ecosystem. We must all do our part to protect it.]

Airdate: 12/7/2019

Time:

Duration: 30:00

CONSUMER 101

SMART SUMMER [CNR202]

Host Jack Rico and the experts at the testing labs show us how to avoid deer strikes on the road, teach us more about smart speakers, and show us how to properly clean a grill. First up, we'll get a lesson on how to avoid hitting a deer when driving in your car. We'll learn that over 1.3 million deer are hit by drivers every year. We'll discover that driving during certain times of the day can increase your odds of a collision with a deer. Also, we learn that deer travel in groups, so if you see one, there are likely others nearby. In the event of an accident, we also learn it's important to never attempt to touch an injured animal. Next, we'll learn about smart speakers and how much of your personal data they may be collecting. In order to limit the amount of information gathered by these speakers, we'll learn some ways to better protect our private data. While you can update and modify your smart speaker settings, we'll discover that muting your speaker when not in use is the best option. Finally, we'll learn how to properly clean a dirty grill. First, we'll learn it's important to clean the grill grates while they're still warm but not too hot, which allows for an easier clean up. We'll also discover a unique way to clean the grill burners by using a toothpick to ensure proper gas flow when cooking. Also, it's very important to keep your grill clean by using soap and water, which will help avoid any flare-ups or fires during your next barbecue.

[Educational Message: It's important that we are always alert and prepared when driving on the roads. In this episode, we learned ways to avoid hitting a deer with your car. Always pay attention to your surroundings and be prepared for any obstacle on the road.]

Airdate: 12/7/2019

Time:

Duration: 30:00

A NEW LEAF

FINDING THE FUNNY IN FAMILY [ANL102]

Today on A New Leaf, stand-up comedian Anthony and his wife Jasmine would like to start a family, but Anthony doesn't know that much about his own family history. He wants information to share with his future children, and to give his comedy a personal point of view. Anthony's search uncovers incredible details about his southern ancestors, which he presents in an all-new comedy routine. Anthony embarks on his journey of discovering more about his past. Anthony soon uncovers that he has distant relatives that served in both the Civil War and Revolutionary War. This discovery leads Anthony to a historian where he learns even more about what life was like during the 1700's. After learning more about his past, Anthony now has the tools he needs to add a personal touch to his stand-up routine, and stories to share with his future children.

[Educational Message: Through a journey of self-discovery, Anthony gained a sense of pride learning where his ancestors came from. Gaining this knowledge provides Anthony with confidence about his past, and the opportunity to pass this information along to his children.]

Airdate: 12/7/2019

Time:

Duration: 30:00

VETS SAVING PETS

A BONE TO PICK [VSP202]

Today on Vets Saving Pets, a French bulldog has a broken leg, an elderly dog arrives at the clinic for a dental visit, and a chihuahua needs a heart exam. First up, a French bulldog puppy named Spartacus arrives at the Veterinary Emergency Clinic suffering from a broken leg. Dr. Boyd, the clinic's surgeon, examines Spartacus' X-rays to determine the extent of his injury. Dr. Boyd discovers a serious issue with Spartacus' knee that will require immediate surgery. Since bulldog breeds are at a higher risk of complications while under anesthesia, Dr. Boyd will first need to examine Spartacus' soft palate to ensure he's healthy enough to undergo surgery. Once Spartacus is cleared for surgery, Dr. Boyd begins the process of stabilizing his broken leg using surgical screws and wires. Next, an elderly toy Poodle named Timmy is brought to the clinic for a dental checkup. After meeting with Dr. French, the clinic's veterinary dentist, it's determined that Timmy is suffering from periodontal disease. Here we'll learn that periodontal disease is a serious infection of the gums that can be life threatening if not treated. Timmy will be anesthetized and undergo

surgery to remove his infected teeth and treat the periodontal disease. Finally, a chihuahua named Peewee is brought into the clinic for a heart checkup. Peewee has suffered from heart disease and meets with Dr. Williams, the clinic's cardiologist, to determine the extent of his congenital heart defect. After performing an ultrasound procedure, Dr. Williams confirms that Peewee's heart issues have not worsened and prescribes medication to manage his condition.

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

Airdate: 12/7/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SWIMMING WITH A PURPOSE [HOC402]

First, we learn how swimmer Brad Snyder adapted to being blind after suffering life threatening injuries in the Army, and how his acceptance and perseverance helped him to win a gold medal swimming in the Paralympics. Swimming was one of the original sports in the Stoke Mandeville Games, the first modern Paralympic Games started by Sir Ludwig Guttmann in Rome in 1960. Next, we meet two junior golfers from Minnesota, Bella Leonhart and Ryder Carlson, and see how they each are driven to perfect their golf game even in the harsh Minnesota winters. Cold weather makes muscles tighten up, which reduces flexibility and the ability to drive a golf ball long distances. Then, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback from her golf dreams; but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in an "s" or a "c" shape. Lastly, we learn how race car driver Joey Logano is impacting the lives of sick children by including them in the raceday action and giving them unforgettable experiences.

[Educational Message: Don't allow a setback to prevent you from achieving your goal. Viewers learn about how to deal with adversity, what it takes to succeed as a junior golfer, and the importance of giving back to those experiencing hardships.]

Airdate: 12/14/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PATAGONIA [EDD205]

Today on Earth Odyssey, host Dylan Dreyer takes us to South America where the region of Patagonia hosts a wide variety of animals. Stretching from Argentina to Chile, Patagonia is home to the largest dinosaur fossil ever found, the second oldest tree on Earth, and a species of flightless bird that almost outnumbers humans. First up, we'll meet a colony of Magellanic penguins that just returned to the shores of the Punta Tombo Reserve after spending six months at sea. Here we'll learn that the Punta Tombo Reserve in Patagonia hosts the largest known colony of Magellanic penguins in the world. We'll discover that penguin couples always return to the same nest year after year to breed. We'll also learn that penguins have a special filter near their eyes that allows them to expel salt if they accidentally swallow sea water. Next, we'll meet a group of beavers living in Patagonia and learn how they adapt to the changing seasons. Well adapted to aquatic environments, we'll discover that beavers can swim within twenty-four hours of being born. Finally, we'll learn about the guanacos of Patagonia. We'll discover that llamas descended from guanacos that were domesticated in South America over six thousand years ago. Supremely adapted to surviving in the cold elements, guanacos have a double coat of fur that helps them cope with the extreme temperatures.

[Educational Message: Patagonia is one of South America's last great wildernesses, making it one of the most fascinating regions in the world. The low plains, high mountains, and icy glaciers give this land the diversity it needs to be home to a variety of animals. The ability to adapt to one's environment is critical to ensure survival.]

Airdate: 12/14/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THE PANTANAL [EDD206]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to the wild Pantanal region of South America. Known as the largest wetland in the world, the Pantanal is ten times larger than the Everglades in Florida. Situated in the center of South America, the vast majority of the Pantanal lies in Brazil, while the rest is in Bolivia and Paraguay. We'll learn that the Pantanal wetlands are estimated to be larger than roughly twenty-nine U.S. states combined. First up, we'll discover more about the fascinating species of birds that call the Pantanal wetlands home. We'll witness the daily routines of local birds such as parakeets and macaws. Second only to the hyacinth macaw, we'll learn that red and green macaws are one of the largest parrot species on Earth. Next, we'll discover more about the predators roaming the Pantanal wetlands, such as the jaguar. Weighing over two-hundred pounds, the jaguar is one of the heaviest cats in the world. Here we'll learn that due to a large supply of food, jaguars in this region are twice the size of other jaguars found in Latin America. Finally, we'll journey to one of the mightiest waterfalls in the

Americas, Iguazu Falls. Shaped like a giant horseshoe, Iguazu Falls is made up of two-hundred and seventy-five falls dropping over two-hundred feet into a narrow chasm. Stretching almost two miles across, we'll also learn that Iguazu Falls is nearly three times the width of Niagara Falls.

[Educational Message: All of the rivers from the Pantanal eventually flow into the Rio Plata, creating the second largest river basin on Earth. The Pantanal plays a crucial role in controlling this massive volume of water, acting like a giant sponge. During the wet season, it acts as a natural break, preventing flash floods from hitting Southern Brazil, Paraguay, and Argentina. During the dry season, it becomes a vital reservoir.]

Airdate: 12/14/2019

Time:

Duration: 30:00

CONSUMER 101

OUT OF THE BOX [CNR203]

Host Jack Rico and the experts at the testing labs show us how to avoid robocalls, teach us more about mattress shopping, and explain how to shop like a scientist. First up, we'll learn about robocalls and how to avoid these annoying interruptions. We'll learn about "spoof" calls, in which scammers masks their calls with an area code or phone number you might recognize. We learn that it's best to ignore these calls in order to avoid receiving additional robocalls. We also discover that many carriers have robocall blockers that you can utilize to help block unwanted calls. Also, we learn that it's important to add your phone number to the Do Not Call Registry. Next, we'll go to a local grocery store where we'll learn how to shop like a scientist. We'll discover why it's important to disinfect grocery carts before you shop, as research has shown that E. coli and other bacteria can be found on shopping carts. Also, we'll learn why it's a good idea to shop for your items in a specific order. We learn it's best that you buy your dry goods first, followed by frozen foods second, and fresh items like fish and meat last. Finally, we'll learn more about purchasing a mattress online. We'll learn more about how these online mattresses can vary significantly with price and quality. We'll also discover how experts test these mattresses for stability, breathability, and durability. Using scientific instruments and tools, experts are able to simulate years of wear and tear to determine the overall quality of a mattress.

[Educational Message: In this episode, we learned about mattresses and how all products vary in their performance and capabilities. Take the time to research various products so that you find the one that works best for you.]

Airdate: 12/14/2019

Time:

Duration: 30:00

A NEW LEAF

A FAMOUS FAMILY [ANL103]

Today on A New Leaf, Joseph Carnegie is about to turn thirty, and he hopes to answer a mystery that has puzzled his father for decades: are they related to famous philanthropist and railroad tycoon Andrew Carnegie? People have asked Joseph this question his whole life, but he's never had an answer— until now. Daisy works with Joseph to go deep into the roots of his family tree, and what they learn gives them a chance to present Joseph's dad with a stunning surprise. We'll learn that Andrew Carnegie was the leading

innovator of the American steel industry in the late 19th century. Joseph also wants to verify his potential Scottish roots, the same birthplace of Andrew Carnegie. Joseph visits with a historian at the Carnegie Art Museum where he learns a wealth of information about the history of Andrew Carnegie. Joseph also discovers that Andrew Carnegie devoted his late life to large scale philanthropy, donating the vast majority of his large fortune. Finally, Joseph uncovers the truth and learns that he is in fact related to Andrew Carnegie.

[Educational Message: Before Joseph learned about his family roots, he doubted his connection to the Carnegie family. Family rumors previously lead Joseph to believe his surname was made up. However, after discovering that he is related to the famous Andrew Carnegie, Joseph now feels prouder and more confident of his history. Inspired by the altruistic and philanthropic deeds of Andrew Carnegie, Joseph has never felt more connected to his past.]

Airdate: 12/14/2019

Time:

Duration: 30:00

VETS SAVING PETS

A SIGHT FOR SORE EYES [VSP203]

Today on Vets Saving Pets, an accidental fall leaves a Chihuahua with a broken leg, a bulldog has chronic eye issues, and an aging pup is having trouble walking. First up, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd performs X-rays on Reilly that reveal he has a serious broken bone in one of his front legs. Due to the severity of the broken bone, Reilly will need to be brought into surgery immediately to repair his leg. Dr. Boyd will have to insert a special plate and screws along the broken bone to stabilize the leg and ensure a successful recovery for Reilly. Next, a bulldog mix named Honey visits the clinic with complications from an entropion condition. We'll learn that entropion occurs when the eyelid rolls inward against the eyeball, resulting in severe irritation and vision problems. Today, the clinic's ophthalmologist, Dr. Gray, will need to perform surgery to prevent the entropion from causing further damage, even blindness. Dr. Gray will have to carefully remove the excess skin from Honey's eyelids and suture them in the correct location to avoid any recurrence of entropion. Finally, an aging dog named Sylvester arrives at the clinic with mobility issues in his hind legs. Dr. James, the clinic's neurologist, will examine Sylvester to determine if he is suffering from a neurological or orthopedic issue. After ruling out any orthopedic problems, Dr. James explains the other potential causes of the neurological condition. In order to better determine the specific reason of his mobility issues, Dr. James orders an MRI exam.

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

Airdate: 12/14/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

PLAYING WITHOUT LIMITS [HOC403]

First, we meet a 60 and over hockey team called the Quincy bald eagles and learn how they returned to their passion for hockey after years of not playing. Next, we hear how Katie Sowers, an assistant coach for the San Francisco 49ers, worked her way to become the second woman in history to hold a full-time NFL

coaching position. In 2015, Jen Welter was hired by the Arizona Cardinals and became the first female to hold a coaching position in the NFL. In 2016, Kathryn Smith became the first female to become a full-time coach in the NFL. Finally, we hear the inspiring story of Shane Caldwell and learn how he didn't let cancer control his life by always following his heart to pursue his passion for golf-- including traveling home from St. Andrews 18 hours prior to his first round of chemotherapy. Golf has been played at St. Andrews Links for 600 years.

[Educational Message: Don't let age, gender, or illness define your limits. Viewers learn that it's never too late to pursue your passion and how the power of perseverance, despite all odds, can help you achieve your dreams.]

Airdate: 12/21/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

THAR DESERT [EDD207]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to one of the biggest and most populated deserts in the world. Situated in Northern India, the Thar Desert is also known as the Great Indian Desert and is the seventh largest desert in the world. Temperatures here can soar to over one-hundred and twenty degrees Fahrenheit and less than two inches of rain falls each year. We begin on the Thar Desert's eastern edge in the city of Jaipur, the capital and largest city in India. Here we'll meet the rhesus macaques that live in the city of Jaipur. While macaques traditionally live in forests, Jaipur has expanded into their natural habitat and the monkeys have now adapted to city life. Here we'll witness the dynamics of how humans and macaques coexist in a crowded and bustling city. Next, we'll travel to the Aravalli Hills region of the Thar Desert to meet India's most iconic predator, the Bengal tiger. The Aravalli Forest is home to around thirty of India's remaining fifteen-hundred Bengal tigers. At nearly one-hundred and fourteen decibels, we'll learn that a Bengal tiger's roar can be heard up to two miles away. Also, we'll discover that a Bengal tiger's camouflage stripe pattern is unique and that no two tigers have the exact same pattern. Finally, we'll witness the incredible migration of the remarkable demoiselle crane. To escape Asia's bitter winters, the demoiselle crane migrates over two-thousand miles to the Thar Desert each year. Battling freezing winds and thin air, these cranes will even fly over the top of Mt. Everest during their journey. Here we'll also discover that demoiselle cranes are the most common and smallest known species of crane.

[Educational Message: So harsh yet so full of life, the Thar Desert has always been a place where people and animals have needed each other. The Thar is home to more creatures than any other desert in the world because its people have a long tradition of respect for nature. We must all do our part to respect and protect our natural world.]

Airdate: 12/21/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PHILIPPINES [EDD208]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Southeast Asia where lies the island chain of the Philippines. The Philippines are made up of over seven-thousand tropical islands in the Western Pacific Ocean. Among the most ancient islands on Earth, the Philippines have the world's fifth longest coastline. We'll also learn how the islands were named after King Philip II, who ruled Spain during the

sixteenth-century age of exploration. First up, we'll visit the dense rainforests of the Philippines to discover more about the plant and insect species that inhabit the region. We'll learn more about the forest scorpion and how it uses a special venom to subdue its prey. We'll discover that some scientists believe scorpions were one of the first species to switch from water to land dweller. Next, we'll visit with a creature unique to this region, known as a binturong. One of the Philippines' rarest and most elusive animals, the binturong is one of the few Old World mammals that has a fully prehensile tail. Also known as a "bearcat," we'll learn that the binturong's closest relatives are the African civet and genet. Finally, we'll journey underground to the fascinating cave systems of the Philippines. We'll learn how caves are formed when groundwater that is slightly acidic erodes the rock away until forming a hole. Here we'll discover how bats, scorpions, spiders, and other unique creatures adapt and thrive in the darkness of the caves.

[Educational Message: The Philippines are home to some of the rarest animals on Earth, including some of the most unusual. Many of these ancient islands are isolated and undisturbed. As a result, many of these unique species have flourished, uninterrupted by the modern world.]

Airdate: 12/21/2019

Time:

Duration: 30:00

CONSUMER 101

AMERICAN SUDS WARRIOR [CNR204]

Host Jack Rico and the experts at the testing labs show us how to use a password manager, teach us the best way to wash a car, and we learn how to make a healthy smoothie. First up, we'll learn how to protect our online accounts by using a password manager. We'll discover that a password manager is one of the best ways to protect your privacy and security. We'll get tips on how to create an effective and secure password for your password manager. We'll also learn about two-factor authentication, which adds an extra layer of security beyond your password. Next, we'll find out the best way to efficiently and properly wash your car. Here we'll learn the importance of cleaning all safety sensors and cameras on your vehicle. These safety features can be disabled if your car is too dirty, so it's always best to keep your vehicle clean so you're safe on the roads. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned about the importance of a password manager. Hackers and scammers are improving their techniques each day and it's important we stay ahead of them. Always protect your personal data and privacy by using an effective password or password manager.]

Airdate: 12/21/2019

Time:

Duration: 30:00

A NEW LEAF

FATHER AND SON FAMILY TREE [ANL104]

Today on A New Leaf, nine-year old Remy and his dad, Steve, are teaming up to create a family tree for Remy's school project. But first, Steve needs to fill in some blanks on his side of the family. Together, they search all the way back to the Mayflower, and learn that they are related to some fascinating people who

achieved remarkable things. In preparation for his school project, Remy embarks on a journey to discover more about his past. Remy is hoping to find out if their family is related to any historical figures. While Remy's dad, Steve, hopes to learn more about their family history in order to pass down to future generations. Remy and Steve soon trace their roots back to Ireland where their ancestors were farmers. Here we'll learn more about the great famine that killed potato crops across Ireland beginning in 1845. This famine forced many families to seek a new life elsewhere, including Remy's ancestors. Tracing their roots back even further, Remy discovers that his other ancestors came to America on the Mayflower. This information only fuels Remy's excitement and enthusiasm to learn more about his extended family tree.

[Educational Message: By learning about our past we're better able to understand ourselves and where we come from. Remy's passion and enthusiasm to learn more about his roots lead him on a fascinating journey. After discovering that their family traces its history all the way to the Mayflower, Remy and his father are thrilled to share this remarkable information with their friends and loved ones.]

Airdate: 12/21/2019

Time:

Duration: 30:00

VETS SAVING PETS

THAT'S NO KNEE [VSP204]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, an elderly Golden Retriever is in need of physical therapy, and a cat arrives with respiratory problems. First up, Luke the puppy is visiting the Veterinary Emergency Clinic with a limping problem. Dr. Boyd, the clinic's veterinary surgeon, performs an exam and determines that the canine's kneecap has been slipping out of place. After an X-ray confirms the diagnosis, Dr. Boyd will need to perform surgery on the puppy to realign the kneecap in the proper position. For this procedure, Dr. Boyd will utilize a special implant and pins to secure the kneecap in place. Here we learn more about the delicate and precise skills required for surgeons to successfully treat their animal patients. Next, an aging Golden Retriever named Brody arrives at the clinic for rehabilitation as a result of chemotherapy treatments. Brody will be meeting with Dalida, the clinic's canine masotherapist, for various physical therapy exercises. Due to his muscle loss and inability to maintain regular walks, Dalida will be utilizing hydrotherapy. Here we learn that hydrotherapy takes stress off the joints and will help Brody regain range of motion and strengthen his muscle mass. Finally, a cat named Titan visits the clinic suffering from breathing issues. Dr. Martin, an internal medicine veterinarian at the clinic, will be examining Titan to determine the cause of the respiratory problems. After performing a CT scan on Titan, Dr. Martin orders a lung wash to be administered to find out whether or not the issue could be related to cancer. Tests confirm that Titan does not have cancer and will be prescribed medication to treat the inflammation in its lungs.

[Educational Message: It's important that we always treat animals with compassion and empathy. Veterinarians go above and beyond to keep our furry friends happy and healthy. We must not forget that all life is important, no matter how big or small.]

Airdate: 12/21/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE PERFECT PAIRINGS [HOC404]

First, we hear how Paralympian Tatyana McFadden got started in wheelchair racing, going on to become the first racer ever to win all four major marathons-- London, Boston, New York and Chicago-- in a calendar year. The motto of the Paralympic Games is “Spirit in Motion,” and the term “Paralympics” comes from the Greek “para” meaning “besides or alongside,” suggesting that the Games run during the Olympics. Next, we meet two junior golfers, Conner Ford and Megha Ganne, and learn how they got started in golf-- Conner wanting to make friends and Megha wanting to test her skills --only to end up dominating at the Drive, Chip and Putt championship. Then, we hear U.S. rugby player Junior Waqavesi discuss his dreams of competing in the 2020 Olympics and how it takes more than size and strength to become the best. Rugby was invented in 1823 during a soccer game when a player picked up the ball and ran with it; the first international rugby game was played between England and Scotland in 1871. Lastly, we hear how golfer Freddie Jacobson’s son, Max, bravely faced the possibility of losing his ability to play sports after being diagnosed with a rare heart condition that was only fixable with a risky surgery. The first successful open heart surgery without complications is attributed to Dr. Ludwig Rehn in 1896.

[Educational Message: Instead of letting adversity and doubt slow you down, let it be the driving force to challenge the odds. Viewers learn about wheelchair racing in the Paralympics, how to become a junior golfer, the history of rugby, and how to adjust to big changes.]

Airdate: 12/28/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

ZANZIBAR [EDD209]

Today on Earth Odyssey, host Dylan Dreyer takes us to the coast of Africa to the archipelago of Zanzibar. Lying twenty-five miles off the coast of Tanzania, the island chain of Zanzibar is dominated by Unguja and Pemba Islands. We’ll learn that in 1964, the presidents of Tanganyika and Zanzibar united their countries to become Tanzania. First up, we’ll visit the beaches of Zanzibar to witness the behaviors and mating rituals of shore-dwelling crabs. Here we’ll discover that fiddler crabs have both gills and a primitive lung for breathing underwater and on land. We’ll also witness adaptation skills of fiddler crabs and how they seal off their burrows using a ball of mud to keep them safe from the tide. Next, we’ll meet the world’s largest crab species that calls Zanzibar home, the coconut crab. Weighing as much as eight pounds with a leg span of up to three feet wide, the coconut crab is the planet’s largest land-living invertebrate. We’ll also discover that the coconut crab’s sense of smell is so powerful that almost half of their brain is dedicated to smell. Finally, we’ll travel to the pristine coral reefs of Zanzibar. We’ll learn that some of these coral reefs stretch fifty-five miles across the ocean floor, growing for more than fifty-million years. Zanzibar hosts some of the most spectacular coral gardens in the world with more than ninety percent of East Africa’s hard coral species found in Zanzibar.

[Educational Message: The beaches and reefs of Zanzibar are full of a wide array of vivacious wildlife and organisms. Maintaining the health of our Earth’s oceans is vital to ensure the future and survival of our coral reefs and their inhabitants. We must all strive to properly dispose of waste and keep our oceans clean.]

Airdate: 12/28/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

AMAZON RIVER ISLANDS [EDD210]

Today on Earth Odyssey, host Dylan Dreyer takes us to the heart of South America to explore the Amazon River Islands. The Amazon River region is home to the largest collection of river islands in the world. We'll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. First up, we'll meet the only two primates that inhabit the Amazon River Islands, the red howler and the squirrel monkey. Here we'll discover that squirrel monkeys are known to live in groups larger than most other New World Monkeys. We'll witness how these monkeys forage for food and avoid predators in their watery environment. Next, we'll learn more about the most notorious species of fish in the Amazon, the piranha. We'll discover that many piranha species are actually vegetarian whereas "true piranhas," such as the red-bellied piranha, are carnivorous. Here we'll witness the incredible speed and efficiency of piranhas when hunting and consuming their meals. Finally, we'll learn about the fascinating plants and trees that grow in the Amazon River Islands. Here we'll witness how the Monguba tree releases its seeds at the start of the wet season. We'll observe how these massive trees use the waters below to distribute their seeds far and wide. We'll witness how these seeds are transported throughout the islands, providing food and sustenance for creatures of all sizes.

[Educational Message: The ability to survive and adapt is what makes the plants and animals that live in this region of South America so resilient and fascinating. We may be faced with new challenges each day, but our ability to adapt to those changes makes us stronger.]

Airdate: 12/28/2019

Time:

Duration: 30:00

CONSUMER 101

PERMISSION TO SCOOT [CNR205]

Host Jack Rico and the experts at the testing labs show us the latest in micro-mobility, teach us how to protect our digital privacy, and show us the latest and greatest car safety features. First up, we'll meet with an expert to learn about a new form of transportation, e-scooters. We'll learn about the technology behind these e-scooters, as well as how to safely operate one. We discover it's important to always practice safety with e-scooters as over fifteen-hundred people were injured riding e-scooters in the U.S. in 2018 alone. Here we learn we should always wear a helmet and follow all local traffic laws when operating an e-scooter. Next, we'll find out how to limit permissions and protect your digital privacy when using cellphone applications. We'll discover that many apps attempt to request permission to your phone's contacts, photos, calendars, and more. We'll meet with an expert and learn how to best keep our information out of other people's hands. Finally, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that individually apply the brakes on your car's wheels to keep you stable on the road.

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

Airdate: 12/28/2019

Time:

Duration: 30:00

A NEW LEAF

COMING OF AGE [ANL105]

Today on A New Leaf, in honor of her son's Bar mitzvah, the Jewish coming-of-age ritual, mom Allison decides to put together a book of their family history. But as she digs for information, she realizes how much she doesn't know. Host Daisy Fuentes helps Allison fill gaps on their family tree, and they get ready to reveal everything she's learned to her son, her parents, and all her siblings. Allison soon embarks on a journey of discovery as she hopes to get more insight into her family history and gain knowledge that she can pass down to her son and family. After a deep dive into their family tree, Allison discovers that her family has a connection to the Titanic. Allison also hopes to get in touch with her Jewish roots and learn more about the Jewish experiences before World War II. After visiting with a historian at a Jewish History Museum, Allison learns an incredible amount of information about her Jewish ancestors and the strife they endured. Now understanding more about her family's past, Allison can share this information with her son and future generations to come.

[Educational Message: At the beginning of her quest for knowledge about her past, Allison knew very little about her ancestors and family tree. Hoping to share this information with her family, Allison was determined to learn more about her family roots. On this journey, Allison uncovered many things she never knew about her past. Because of her determination to discover more, this information will live on in her family for generations.]

Airdate: 12/28/2019

Time:

Duration: 30:00

VETS SAVING PETS

CATAWAMPUS [VSP205]

Today on Vets Saving Pets, an aging kitty is unable to walk properly, a puppy is having dental issues, and a feline visits the clinic with ear issues. First up, an elderly cat named Rasky, who is unable to use its legs, is brought into the emergency clinic. Dr. James, the clinic's neurologist, visits with Rasky to perform neurological tests to determine the cause of the mobility issues. After several tests and scans prove inconclusive, Dr. James recommends that Rasky is sent for an MRI scan to help get to the source of the problem. Next, a Goldendoodle puppy named Casey arrives to the clinic with dental problems. Dr. French, the clinic's veterinary dentist, discovers that Casey's canine teeth are growing into her lower jaw. Here we'll learn that dental issues like this can lead to serious infections if not treated quickly. Dr. French will need to extract Casey's canine teeth in order to restore her normal bite and prevent future complications. Finally, a pet cat named Kiwi is brought to the clinic suffering from ear issues. Dr. Waisglass, the clinic's dermatologist, meets with Kiwi for an examination. After discovering a large amount of fluid in Kiwi's ears, Dr. Waisglass decides to anesthetize the feline in order to scope her ear more thoroughly. After cleaning the fluid from Kiwi's ear, Dr. Waisglass discovers a mass deep inside her ear canal. Dr. Waisglass and team use special tools to remove the mass and will send the sample to pathology to determine if the tumor is cancerous.

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

Airdate: 12/28/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE ROAD TO REDEMPTION [HOC405]

First, we meet former Indy Racing League driver Sam Schmidt, who was left paralyzed after suffering a spinal cord injury in an Indy car crash. Although he could never race again, Sam was determined to stay in the sport. We learn how he re-imagined his dream, and created a new role in racing for himself as co-owner of Arrow Schmidt Peterson Motorsports. Sam's success on the track, whether as driver or owner, epitomizes hard work, determination, and a positive attitude. Next, we see how Shelley Looney's game-winning goal in the 1998 Winter Olympics inspired a generation of female hockey players. Growing up, Shelley was the only girl on her local hockey team, but she never let that barrier to entry stand in the way of pursuing her dream. We learn how Shelley's passion for hockey helped push her academically, working hard to maintain her grades despite having a form of dyslexia. Now, Shelley uses her talents to help young women follow in her footsteps, paying it forward as a hockey coach. Finally, we hear how amateur golfer Leonie Harm and her family made sacrifices for her burgeoning golf career. At 15, tragedy struck when Leonie was hit by a car on an early morning training run. Despite doctors giving her a 1% chance of survival, Leonie woke up from her coma fighting to get back on top of her golf game. Not long after her return to the sport, Leonie's mom was diagnosed with breast cancer and passed away. Through it all, Leonie appreciated the sacrifices her mother made for her development in golf, and pushed herself harder to not let those sacrifices be in vain. Leonie explains how once she stopped putting pressure on herself to win, and instead focused on simply playing the game as best she could, Leonie started playing better than ever.

[Educational Message: Success may not always come in the form you originally imagined; if new circumstances prevent you from accomplishing your original goal, it's important to adjust your vision to fit within the confines of possibility instead of giving up. Giving back to your community and passing along your talents can be just as rewarding as playing the game yourself. It's important to appreciate the sacrifices others make to help you achieve your dream; always be grateful for the support systems present in your life, and use their inspiration to push yourself to try your best.]

For 4th Quarter 2019
October 1, 2019 – December 31, 2019

THERE WAS NO OTHER PROGRAMMING FOR THE 4th Quarter of 2019, THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

4th Quarter 2019 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20191005	CHAMPION WITHIN	9:52:56 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEER/LONGER LIFE
20191005	EARTH ODYSSEY-A	10:24:30 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20191005	EARTH ODYSSEY-B	10:54:34 AM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES
20191005	A NEW LEAF	11:58:07 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191012	VETS SAVING PETS	9:26:28 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20191012	EARTH ODYSSEY-A	10:25:05 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191012	EARTH ODYSSEY-B	10:53:18 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191012	A NEW LEAF	11:57:23 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191019	CHAMPION WITHIN	9:54:13 AM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
20191019	CONSUMER 101	11:25:33 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191019	A NEW LEAF	11:57:55 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20191019	VETS SAVING PETS	12:24:35 PM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191026	EARTH ODYSSEY-A	10:24:17 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191026	EARTH ODYSSEY-B	10:54:08 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191026	A NEW LEAF	11:57:16 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20191026	VETS SAVING PETS	12:25:00 PM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20191102	EARTH ODYSSEY-A	10:22:22 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191102	EARTH ODYSSEY-B	10:53:17 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191102	A NEW LEAF	11:56:47 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING LONGER LIFE
20191109	CHAMPION WITHIN	9:54:39 AM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL

20191109	CONSUMER 101	11:27:50 AM	0:15	ZNBC91041H	PSA 2019 TMYK NBC CHANDLER MASSEY: DIVERSITY/HATE CRIMES
20191109	A NEW LEAF	11:56:30 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20191109	VETS SAVING PETS	12:28:12 PM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191116	EARTH ODYSSEY-B	10:54:50 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING LONGER LIFE
20191116	CONSUMER 101	11:26:03 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20191116	VETS SAVING PETS	12:25:40 PM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
20191123	CHAMPION WITHIN	9:53:50 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191123	EARTH ODYSSEY-B	10:55:11 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20191123	CONSUMER 101	11:26:17 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191123	VETS SAVING PETS	12:26:45 PM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191130	EARTH ODYSSEY-A	10:24:30 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191130	EARTH ODYSSEY-B	10:54:34 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191130	CONSUMER 101	11:26:42 AM	0:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
20191130	VETS SAVING PETS	12:24:35 PM	0:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2019

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20191207	CHAMPION WITHIN	9:55:19 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191207	EARTH ODYSSEY-A	10:25:05 AM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
20191207	EARTH ODYSSEY-B	10:53:18 AM	0:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
20191207	CONSUMER 101	11:23:45 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING LONGER LIFE
20191214	EARTH ODYSSEY-A	10:23:44 AM	0:15	ZNBC91016H	PSA 2019 TMYK NBC AL ROKER: COMMUNITY KINDNESS/COMPASSION MUSCLE
20191214	CONSUMER 101	11:25:33 AM	0:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
20191214	VETS SAVING PETS	12:24:35 PM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING LONGER LIFE
20191221	EARTH ODYSSEY-B	10:55:28 AM	0:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
20191221	CHAMPION WITHIN	12:55:28 PM	0:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
20191228	EARTH ODYSSEY-A	10:25:00 AM	0:15	ZNBC91032H	PSA 2019 TMYK NBC SAVANNAH SELLERS: COMMUNITY VOLUNTEERING/NON PROFITS

20191228	A NEW LEAF	11:55:28 AM	0:15	ZNBC91033H	PSA 2019 TMYK NBC MATT ISEMAN: COMMUNITY VOLUNTEERING LONGER LIFE
20191228	CHAMPION WITHIN	12:55:28 PM	0:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 2019

NBCUniversal’s *The More You Know* website:

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

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

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

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