

January 2, 2019

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 4th quarter of 2018. The report includes information that will be helpful in preparing FCC Form 398. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

1. Educational Objectives and Show Summaries: **The More You Know** both for programs broadcast in the 4th quarter of 2018 and those planned for the 1st quarter of 2019.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. To assist stations with the preemption report section of FCC Form 398, we have added specific episode numbers. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under, but is not specifically designed to meet the educational and informational needs of children.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 4th quarter of 2018 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

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

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

Note Regarding FCC's Video Description Rules: The programs supplied in **The More You Know** block are video-described to provide a better viewing experience for blind or visually impaired children. *Under the FCC's revised video description rules that became effective on July 1, 2018, full-power affiliates of the ABC, CBS, Fox and NBC networks that are located in the top 60 television markets must provide 87.50 hours per calendar quarter of video-described programming, 50 hours of which must continue to air during prime time and/or in children's programming. The additional 37.50 hours may air at any time between 6AM and midnight local time. A video described program may be counted toward the 87.50 hours when it is originally aired and on one re-airing. Although much of the programming aired with video description is likely to be newly produced, stations may count any program they are airing for the first or second time with video description after the effective date, even if the program aired on that station without video description prior to the effective date. Similarly, a station may count programming toward its 87.50-hour obligation even if that programming has aired elsewhere with video description, as long as it is airing with description for the first or second time on that station.*

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

In the 4th Quarter of 2018, NBC 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. Two new series joined the lineup beginning October 1, 2018. *Vets Saving Pets* replaced *Wilderness Vet*, and a second weekly episode of *Vets Saving Pets* replaced *Health + Happiness*. *Consumer 101* replaced *Journey with Dylan Dreyer*.

THE VOYAGER WITH JOSH GARCIA

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

VETS SAVING PETS

Vets Saving Pets is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Vets Saving Pets examines the interpersonal stories of veterinary professionals working to save the lives of animals in need of urgent medical care. Vets Saving Pets takes place at the Emergency Veterinary Trauma Center in Toronto, one of the busiest veterinary

facilities in Canada. Each week, viewers will be exposed to new emergency cases that will teach audiences about a wide array of specialties within veterinary medicine such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, and surgery. Audiences will witness first-hand the dedication and determination of these veterinary specialists as they work tirelessly to save their animal patients.

CONSUMER 101

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

NATURALLY, DANNY SEO

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

THE CHAMPION WITHIN

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

“CORE PROGRAMMING”
PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY
DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER
[AGE TARGET 13-16]
October 1, 2018 – December 31, 2018

Airdate: 10/6/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALOHA SPIRIT [VJG301]

Host Josh Garcia sails to Oahu, Hawaii and explores the dynamic local culture. First, Josh takes a walk on the iconic Waikiki Beach and learns its history as the birthplace of surfing. The Polynesians were the first people to arrive on the island by way of canoe, and canoeing remains a popular activity on the island. Chinese, Japanese, and Phillipino influences have also made their mark on this small island’s culture, especially in the popular local foods. Then, Josh learns that there’s more to leis than flowers, and that traditionally they can be made out of kukui nuts, feathers, and banana leaves. The kukui nut is from the kukui tree, the official state tree of Hawaii. Different leis have different meanings; for hula leis, different leaves are used depending on who is being honored in song. Next, Josh joins a local chef to help prepare a unique take on a popular Asian-style roll. Then, Josh tests his stamina and rhythm while training to be a hula dance warrior. Hula was brought to Hawaii by Polynesians and was handed down orally through generations. This ancient style of dance is called Hula Kahiko. Ancient warriors used hula to develop Lua martial art skills. After a taste of hula warrior training, Josh witnesses an ancient hula celebrating the sun. Finally, Josh gets to paddle a canoe out of Waikiki Beach with a professional canoe racer.

[Educational Message: When many different cultures come together to define the culture of a city, you might witness a unique fusion of these cultures in the local cuisine, customs, and practices.]

Airdate: 10/6/2018

Time:

Duration: 30:00

VETS SAVING PETS

THE SAGA BEGINS [VSP101]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, a Bengal cat that can’t seem to pounce, and a bulldog with chronic eye issues. 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, a pet Bengal cat named Simba arrives at the clinic suffering from mobility issues. Dr. James, the clinic’s veterinary neurologist, meets with Simba and quickly determines that the cat’s peripheral nerves are being severely affected. Dr. Boyd recognizes this condition to be common in this breed of cat and

prescribes corticosteroids to help restore Simba's mobility. Finally, 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 reoccurrence of the entropion.

[Educational Message: Veterinarians can specialize in many different areas of medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. Education is critical to the success of these specialists. Working in the veterinary field is a rewarding career path but will require much skill and dedication.]

Airdate: 10/6/2018

Time:

Duration: 30:00

CONSUMER 101

PROTECT YOURSELF [CNR101]

Host Jack Rico, along with the experts at the testing labs, will show us how to choose the right bicycle helmet, teach us how to protect our wireless routers from hackers, and introduce us to a teen driver getting a driving lesson. First up, we'll learn about various types of scientific testing that assess the safety of bicycle helmets. Here we see how testers use an accelerometer to measure how much force each helmet can absorb. We'll also learn the correct way to wear a helmet to ensure we are properly protected. Next, we'll learn about how wireless routers work and how we can protect our personal information from potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access. Next, we'll get a crash course on the science behind washers and dryers and get tips from an expert on how to easily remove pet fur and hair from our clothing. Finally, we'll join a newly licensed teen driver who is learning tips from an expert on how to be a safe driver on the road. Here we'll discover the steps you must take before you even start the car. We'll learn the importance of adjusting your seat position and seat belts, as well as storing your phone away so that it cannot distract you while driving. Once on the road, we learn how the anti-lock braking system works and why it's critical to have for driving on wet or slippery roads. We'll learn other tips for becoming a better driver such as checking your blind spots, being aware of weather conditions on the roads, and avoiding distractions such as other people in the car or loud music.

[Educational Message: Distracted driving is dangerous to not only you but everyone else on the roads. It's important that we put away our cell phones and always pay attention to the road and other drivers around us. Teens learning to drive need to remember that driving is a privilege, and safety precautions need be taken very seriously.]

Airdate: 10/6/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE ORGANIC AROMA BUZZ [NDS301]

Host Danny Seo teaches about nutritional yeast and uses it to cook up healthy queso and nachos with butternut squash and walnut chorizo. Nutritional yeast, also known as savory yeast or nooch, is made from

sugar cane and beet molasses, and it's a good source for vitamin B12, protein and fiber. Next, Danny learns the science behind aromatic essential oils on an organic farm in Wisconsin. Essential oils are a highly concentrated version of the natural oils in plants, and they can be created by blending oils with denatured alcohol using a magnetic stirrer. Then, Danny creates an upcycled desktop organizer by decorating metal cans using cork contact paper and washi tape. Cork is a renewable resource, and traditional washi tape is made from natural fibers of native Japanese plants. Lastly, Danny teaches how to turn eggshells, which are made of calcium carbonate crystals, into a natural kitchen cleaner.

[Educational Message: Learning about uncommon, healthy ingredients and incorporating them into meals is a creative way to get added nutrition while trying something new. What you put on your body is as important as what you put in your body-- many plants provide natural oils that can be used as an alternative to products that contain harsh chemicals. Decorating metal cans to use for organization is a resourceful way to prevent clutter, reduce waste and express creativity. Before throwing something in the trash, you may be able to use it in other ways to serve a purpose you wouldn't expect.]

Airdate: 10/6/2018

Time:

Duration: 30:00

VETS SAVING PETS

OLD FRIENDS [VSP102]

Today on Vets Saving Pets, a long-time canine patient's heart is beating at an elevated rate, a Shih-Poo puppy's hind legs aren't working, and a Yorkshire terrier is suffering from throat problems. First up, a familiar patient named Rusty arrives at the Veterinary Emergency Clinic to have a check-up on his heart. Rusty was previously diagnosed with an arrhythmia, a condition in which the heart beats with an irregular or abnormal rhythm. Today, Dr. Williams, the clinic's cardiologist, will be performing an electrocardiogram to confirm if Rusty's condition has improved, or worsened. Here we learn that an electrocardiogram is a test that measures the electrical activity of a heartbeat. After the exam, Dr. Williams is concerned that Rusty's heart rate has become abnormally high and determines that he will stay overnight at the clinic for further monitoring and testing. Next, a Shih-Poo named Niko arrives at the clinic having trouble moving his hind legs. Dr. James, the clinic's neurologist, visits with Niko to figure out the cause of his mobility problems. Dr. James performs X-rays on Niko that reveal narrow disc space in the dog's spinal cord. Due to the high-risk surgery needed to treat the condition, Dr. James will also perform a computerized tomography scan, or CT scan, of the spinal cord to confirm the exact location of the disc contusion. We learn that a CT scan provides more detail by combining a series of X-rays that create a cross-section image of bones, blood vessels, and soft tissue inside the body. Once confirmed, Dr. James performs the delicate surgery needed to decompress Niko's spinal cord and restore mobility to his legs. 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: 10/6/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

WORKING HARD AND ALWAYS WORKING [HOC301]

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

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

Airdate: 10/13/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

COOL CABO [VJG302]

Host Josh Garcia spends the day ashore in Cabo San Lucas, Mexico. First, he visits an artisanal glass factory and tries his hand at this art form with the help of a master glassblower. Glass can be recycled to produce new glass. Once the recycled glass is washed and crushed, it's melted by 2,000 degrees of heat until it takes on a pliable state. Glass is an amorphous solid, neither a solid nor a liquid. Josh observes as the hot, pliable glass is blown, shaped, and cut into art. Next, Josh kayaks with a guide to the famous El Arco landmark that sits on top of an underwater mountain range that contributes to the marine life. The Sea of Cortés supports more than 900 varieties of fish. Five hundred years ago, El Arco became an important navigational tool for ships traveling from the Far East running low on their water supply. Sailors knew that finding the arch was an indicator that fresh water was near. Finally, Josh visits a chef at his organic farm where he learns how to prepare a traditional salsa molcajete. Molcajete is a traditional stone mortar and pestle. Josh picks the ingredients himself from the farm, including onions and vine-ripe tomatoes. Salsa can be traced back to Aztec marketplaces as early as the mid 1300s. Josh prepares the ingredients once they are roasted to be ground in the molcajete, and then the salsa is ready to eat. Josh then shares in preparing a full, traditional Oaxacan meal. Oaxaca is a state in southern Mexico known for its indigenous cultures.

[Educational Message: Trying an outdoor activity for the first time might seem intimidating, but if you learn correct form and safety from a professional, you'll have the tools to get started.]

Airdate: 10/13/2018

Time:

Duration: 30:00

VETS SAVING PETS

MORE BARK THAN BITE [VSP103]

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, an injured poodle that was bitten by another dog, and a bulldog suffering from vision problems. First up, a puppy named Tessa visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, a poodle named Mocha is rushed into the clinic after being attacked by another dog. Dr. Forbes, the clinic's emergency veterinarian, meets with Mocha to determine the severity of her injuries. After discovering a large lesion on Mocha's back, Dr. Forbes becomes concerned that there may also be internal injuries and potentially head trauma. Dr. Forbes performs X-rays on Mocha that reveal no major internal injuries or bleeding. Mocha will undergo surgery to carefully suture her external lesions. Finally, a feisty young bulldog named Winston arrives at the clinic for eye surgery. Winston suffers from a condition known as "cherry eyes," a disorder of the dog's third eyelid that causes the gland to prolapse and protrude. Winston has already had surgery for this condition in the past, however, the problem has returned in a short period of time. Here we learn how "cherry eyes" is a common disorder for bulldog breeds but can become serious if not treated. Dr. Gray, the clinic's ophthalmologist, will be performing the surgery to reposition the eyelid to allow it to function normally. Dr. Gray carefully utilizes two different surgical techniques to treat the condition and prevent any additional reoccurrences.

[Educational Message: When we are faced with adversity or challenges, we must never give up and always push forward. If at first you don't succeed, you must try again. A career in veterinary medicine requires hard work and dedication to succeed.]

Airdate: 10/13/2018

Time:

Duration: 30:00

CONSUMER 101

FULLY LOADED [CNR102]

Host Jack Rico and the experts at the testing labs delve into the fascinating technology behind the cars of the future, teach us how to properly load a dishwasher, and we go grocery shopping with a scientist. First up, we'll get a closer look at the latest automotive technology that's transporting us into the future. We learn that while fully autonomous self-driving cars do not exist yet, there are fascinating new features that can help keep us safer on the road. We'll discover new technologies such as forward collision warning with automatic emergency braking, lane keeping assist, and stability control. We'll discover that many of these new features utilize cameras and sensors on the car that constantly gather scientific data on the road and other cars around us. Next, Jack will join an expert in the test lab to learn the best way to load a dishwasher. We'll learn how dishes need to be placed properly inside your dishwasher in order to maintain adequate water circulation. Also, we'll discover why plastic items should be placed on the top rack of the dishwasher, that forks and spoons clean better when facing up, and why wooden items are best hand washed. 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.

[Educational Message: While new automotive safety features can help keep us safer on the roads, it's important that we always stay focused on driving. In the future, self-driving autonomous cars may become a reality. Until then, it's best to stay alert, don't get distracted, don't speed, and keep your hands on the wheel.]

Airdate: 10/13/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BEE CONDOS AND TINY GARDENS [NDS302]

Host Danny Seo creates pizza with a healthy twist by using riced cauliflower, which is high in fiber and vitamin C, to make the crust. Riced vegetables are processed from their whole form into grain-sized pieces. Next, Danny visits a diner in Minneapolis, where he learns about sustainability and builds a pollinator condo for leafcutter and mason bees. Unlike honey bees, leafcutter and mason bees do not live in hives. Holes of differing sizes in a bee condo encourage diversity while keeping out predators. Then, Danny bakes a dog-friendly birthday cake using whole-wheat flour, eggs, peanut butter, and carrots. Eggs are a rich source of omega-3 fatty acids, which support brain function and vision; and carrots provide beta-carotene and fiber. Lastly, Danny teaches how to turn nail polish into a household problem-solver by using it to tighten stripped screws and prevent jewelry from tarnishing. Nail polish acts as a barrier from air and moisture, which can cause metals to oxidize and change their chemical structures.

[Educational Message: Using riced vegetables is a healthy alternative to make a recipe free of wheat and gluten that is low in carbohydrates. Planting an edible garden is a simple way to promote sustainability. Creating a pollinator condo helps preserve the bee population in growing cities while also ensuring surrounding plants continue to flourish. You can bake something your dog can also enjoy, but it's important to know ingredients that are dog-friendly. Using household items for more ways than one is a resourceful solution to remedy common problems.]

Airdate: 10/13/2018

Time:

Duration: 30:00

VETS SAVING PETS

A ROARING TOOTHACHE [VSP104]

Today on Vets Saving Pets, a tabby cat is having trouble moving its hind legs, a lion at the local zoo is having dental problems, and an aging Jack Russell terrier arrives at the clinic with a mysterious issue. First up, a tabby cat named Micah visits the clinic with serious mobility trouble in its hind legs. Micah is first examined by Dr. James, the clinic's neurologist, to determine the potential cause for the cat's condition. After performing an X-ray, Dr. James is concerned that Micah's spinal cord is being compressed and determines that he will need an MRI to confirm her suspicions. Here we learn that an MRI, or magnetic resonance imaging scan, uses a powerful magnet and radio waves to look at organs and structures inside the body. After confirming the diagnosis, Dr. James will need to perform a delicate surgery to remove the disc that's pushing on Micah's spinal cord. Next, 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. Finally, a Jack Russell terrier named Dean arrives at the clinic suffering from walking issues. Due to the age of the dog, Dr. James believes Dean may potentially have a tumor in his brain causing the mobility issues. After performing a variety of tests, Dr. James still cannot figure out why Dean is struggling to walk normally. Since Dean is not suffering or experiencing any pain, the owner decides to take his dog home and monitor his condition over time.

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

Airdate: 10/13/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

ALL GAS, NO BRAKES [HOC303]

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

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

Airdate: 10/20/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDIEVAL TREASURE [VJG303]

Host Josh Garcia sails to Tallinn, Estonia, one of Europe's best preserved medieval cities. First, Josh steps back in time to learn the ancient craft of blacksmithing. In medieval times, every town had a blacksmith, and today a blacksmith is still a necessity to restore ancient ironwork in Tallinn. Josh learns that shaping, or forging, hot metal with a hammer is hard work. He apprentices for a blacksmith, often called a blacksmith striker, and learns to forge a horseshoe. The metal is heated to 2,000 degrees Celsius before it is shaped. Then, he visits the historic castle Rakvere where he trains in full armor as a castle guard. The Danes and The Livonian Order occupied this castle during the 1200s. The Livonian Order, also called the Knights of the Sword, ruled for over 200 years. Inside the castle walls, a group of reenactors dressed as foot soldiers practice moves with pikes, weapons used to defend against infantry and soldiers on horseback. Pikes vary in size from ten to twenty feet. Josh learns about medieval pike defenses, including the hedgehog defense requiring more than a few foot soldiers. Finally, he learns about traditional Estonian cuisine and gets a lesson in how to serve a feast to lords and ladies. During the medieval era when famine was common in

Europe, having extra weight symbolized wealth and power. This style of feast includes different courses, some intended to expand the stomach and some intended to facilitate digestion.

[Educational Message: Historic crafts and trades live on through historic preservation. For example, when you maintain historic structures and landmarks, the historic practices may live on as well.]

Airdate: 10/20/2018

Time:

Duration: 30:00

VETS SAVING PETS

TAKING STRIDES [VSP105]

Today on Vets Saving Pets, a newly adopted cat is having health issues, an Irish Wolfhound has been plagued by heartworms, and a St. Bernard's legs begin to fail. First up, a St. Bernard puppy named Harley arrives at the clinic having problems dragging her feet. Harley was referred to Dr. James, the clinic's neurologist, for additional testing to try and determine the potential cause. Dr. James performs neurological exams to attempt to localize the root of the problem. After discovering an abnormality in Harley's spine that may be decompressing her spine, Dr. James orders a CT scan to get a clearer image of the issue. Assisted by a veterinary intern, Dr. James uses this moment to help teach her intern about some of the neurological disorders she may encounter in her future career. Harley will undergo a risky surgery to decompress her spine and help restore normal mobility. Next, an Irish Wolfhound named Electra visits the clinic after testing positive for heartworms. Electra visits with Dr. Williams, the clinic's cardiologist, to determine the severity of the heartworm infestation. After performing an ultrasound, Dr. Williams locates just one small heartworm and determines that Electra can be treated with medication and will fully recover. Here we learn that a heartworm can grow over 12 inches long and can be fatal if left untreated. Finally, a newly adopted cat named Princess arrives at the clinic suffering from a cough. Princess was recently purchased from a pet store and her health has declined rapidly since her homecoming. Dr. Bryer, the emergency medicine veterinarian at the clinic, visits with Princess to assess her condition. After consulting with the owner, Dr. Bryer recommends that Princess be placed on a broad-spectrum antibiotic and remain at the clinic for further monitoring until she recovers.

[Educational Message: Internships are a great way for students to gain first-hand practice and guidance from professionals in the real world. It is important that we use our knowledge and experience to help teach others who want to learn more. We must not be afraid to ask questions to further our knowledge in unfamiliar areas.]

Airdate: 10/20/2018

Time:

Duration: 30:00

CONSUMER 101

ON AIR [CNR103]

Host Jack Rico, along with the experts at the testing labs, will teach us how to fix a broken cell phone screen, show us how to choose the right vacuum cleaner, and tell us why it's worth considering an air filter for your home. First up, 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. Next, Jack is at the testing lab to find out about the benefits of air purifiers and how they work. Here we learn that the air around us is filled with tiny specs called particulates, which are so small they're measured in microns. A micron is short for "micrometer," which is a unit of measurement equal to one millionth of a meter. We'll also learn some steps on how we can keep the air in our home cleaner. For example, use ventilation while cooking, avoid harsh chemical cleaners, and use a vacuum cleaner with a high efficiency particulate air filter, or HEPA filter. Finally, we'll learn how you can fix a broken cell phone screen using a repair kit. We'll first learn about the components housed inside your cell phone and the steps for taking your phone apart. As we discover, it takes special tools along with much patience and time to properly fix your broken cell phone. As it's likely you can damage your phone in the process, experts recommend that it's best for the average consumer to take their phone to a professional for repairs.

[Educational Message: In this episode, we learned that the air around us is filled with particulates that can be potentially harmful to our bodies. If you have asthma or allergies, it's a good idea to have an air filter or purifier in your home to keep the air around you clean.]

Airdate: 10/20/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE HERBIVOROUS BUTCHER [NDS303]

Host Danny Seo creates an avocado-oat facial exfoliator with lemon juice, apple cider vinegar and honey. Avocados are high in natural fats, which provide moisturizing properties, and honey has anti-inflammatory and antimicrobial properties, which help stop the spread of bacteria. Next, Danny whips up avocado-lime ice cream and peach swirl pops using coconut milk and agave syrup. Coconut milk is soy-free and gluten-free, and agave plants are typically grown in South America. Then, Danny goes behind the scenes of a vegan butcher shop in Minneapolis to learn how they create vegan cheese and meat. Vegan diets are free of food products that come from animals. Vegan cheeses are created using soy milk, which is made from pressing ground, cooked soybeans; and vegan meats are created using high-protein wheat flour, which is heavier and more dense than cake flour. Then, Danny introduces a new way to use old baking dishes by turning them into decorative planters. Lastly, Danny shares how to upcycles a spare sock into a travel pillow using dry rice and lavender. Lavender is often used for restlessness, anxiety and insomnia.

[Educational Message: Many household ingredients can serve a purpose beyond the kitchen by providing beneficial properties for skin health. Avocados can be used in diverse recipes because its savory, neutral taste blends well with many flavors, offering a healthy component with little detection. Eating vegan doesn't mean you can't enjoy the taste of cheese and meat-- there are plant-based, sustainable alternatives that emulate the real thing. Instead of throwing out old baking dishes, you can give them new purpose for arid plants. Just because a sock doesn't have a match doesn't mean it can't be used for another purpose.]

Airdate: 10/20/2018

Time:

Duration: 30:00

VETS SAVING PETS

SLEEPING HAZARD [VSP106]

Today on Vets Saving Pets, a nasty virus puts a puppy's life in serious jeopardy, a German Shepherd needs surgery to fix a painful problem, and an elderly feline is suffering from a tooth abscess. First up, a Pomeranian puppy named Ella arrives at the clinic with serious health issues. Ella visits with Dr. Bryer, the clinic's emergency medicine veterinarian, who suspects the puppy is suffering from parvovirus. Here we learn that parvovirus enteritis is a virus seen in mostly puppies that attacks growing or dividing cells and can be deadly. Due to the highly contagious nature of parvovirus, the team is taking extra precautions to ensure no other animals contract the dangerous virus. Ella will have her blood drawn for testing and remain at the clinic overnight for further monitoring. Next, an elderly feline named Ginny arrives at the clinic suffering from a tooth abscess. Before Ginny can be taken into surgery to extract the abscessed tooth, the feline will need to have its heart tested to ensure there will be no complications with the anesthetic. Dr. Williams, the clinic's cardiologist, will perform an ultrasound procedure and X-rays with the assistance of the clinic's technicians, anesthesiologist, and dentist. Here we see how various veterinary specialists collaborate and work as a team to figure out the best course of action for their patients. Finally, a young German Shepherd is brought into the clinic for elbow surgery. Dr. Boyd, the clinic's surgeon, performs X-rays on Major and determines that he is suffering from ununited anconeal process. Here we learn that this is a serious disorder of the elbow that can lead to debilitating arthritis if left untreated. Dr. Boyd will be performing a delicate scope of the dog's elbow using a small camera and tools to remove the bone fragments in the elbow that are causing Major's mobility problems.

[Educational Message: Teamwork is vital for great achievement. Veterinary professionals often consult with colleagues and collaborate to solve problems. When we work together as one, we can accomplish almost any task.]

Airdate: 10/20/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOUSES DIVIDED [HOC304]

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

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

Airdate: 10/27/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ROARING ROTTERDAM [VJG304]

Host Josh Garcia docks in Rotterdam, Netherlands, one of Europe's oldest cities. First, Josh takes a walking tour and learns the importance of this old harbor and how this city acquired some very modern architecture. The Leuvehaven Harbor is the oldest dock harbor of Rotterdam and is over 400 years old. Even today, it's still one of the biggest ports in the world. Since the city of Rotterdam was destroyed in World War II, the city was rebuilt in a more modern, practical style of architecture. Modern architecture like the Cube Houses were built in the late 1970s to resemble an abstract forest, and the city centre district was reinvented for mixed use, meaning both residential and commercial use, which can result in fewer carbon emissions. Then, he visits the nearby town of Gouda, and a unique cheese warehouse, where he learns about the art of making Gouda cheese. Dating back to the 12th century, Gouda is one of the oldest recorded types of cheeses. Gouda is most commonly made from cow's milk, but some variations are made from goat's or sheep's milk. Finally, Josh visits the famous windmills of Kinderdijk to explore their inner workings and importance to the neighboring farm community. A miller is responsible for running a windmill to keep it in the direction of the wind and running at the right speed. A windmill is a machine that runs on wind power and it can drive different machinery, and was originally used to mill grains, pump water, or mill wood.

[Educational Message: Witnessing architecture that combines style with function and innovation can be an impressive sight, and can inspire future innovative design. For architects, it is important to consider the small ways function can improve day-to-day life for the communities they serve.]

Airdate: 10/27/2018

Time:

Duration: 30:00

VETS SAVING PETS

EXCESS BAGGAGE [VSP107]

Today on Vets Saving Pets, a friendly feline helps to save lives, a Golden Retriever goes into surgery to remove a tumor, and a dog arrives at the clinic with a serious heart problem. First up, we learn about the clinic's unique feline blood donor program, an important initiative that saves the lives of countless cats. Today, a foster cat named Bruce is visiting the clinic to donate blood for the donor program. As feline blood is not a readily available resource for veterinarians, volunteers like Bruce are critical to the program's success. Bruce will first need to be anesthetized so the team can safely draw his blood. 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, another emergency canine patient arrives at the clinic in serious condition. An Australian Cattle dog named Star has been diagnosed with a tumor that's located on her heart. Here we learn that the tumor is causing fluid to build up around Star's heart, which is causing her heart to beat abnormally. Dr. Williams, the clinic's cardiologist, must perform a pericardiocentesis, a process that utilizes a needle to drain the fluid collecting around the heart. This delicate and risky procedure will require pinpoint precision to properly and safely drain the excess fluid and release the pressure surrounding the heart.

[Educational Message: We will all need help at some time or another, so it's important to help others if we are able. The feline blood donor program shows viewers how generous volunteers can make a big impact in the community and help save animal lives.]

Airdate: 10/27/2018

Time:

Duration: 30:00

CONSUMER 101

BUCKLE UP [CNR104]

Host Jack Rico, along with the experts at the testing labs, show us how to keep our cool when hydroplaning on the road, teach us how to best organize our refrigerators, and show us how to stay safe when using peer-to-peer payment apps. First up, we'll be learning about hydroplaning and how experts test tires for hydroplaning resistance. We'll first learn how tires are designed to evacuate water when driving on wet surfaces, but we discover that when traveling at higher speeds in heavy rain, the tires can lift off the road and cause your car to lose control. On a controlled test track, Jack will test the hydroplaning effects of tires at various speeds and show us how to best react when in a similar situation. Next, we'll learn how to best organize your refrigerator to save both food and money. First, we'll find out that you should never block the air vents in your refrigerator, which prevents the air from circulating and keeping your food at the proper temperature. We'll also learn that it's important to not store items like eggs and milk in the refrigerator door as the temperature on the doors will be warmer than the temperature inside. Finally, we'll learn about peer-to-peer payment apps and how to protect your money and personal information. Peer-to-peer payment apps allow you to connect your bank account to your phone and make payments to people digitally. Here we learn that it is important to make sure you know the person you are sending money to, to watch out for spelling errors in the recipient's name, and to make sure you establish a secure pin number or fingerprint verification to avoid someone else stealing your money if you lose your phone.

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

Airdate: 10/27/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

TEENAGE COOKIE CART [NDS304]

Host Danny Seo travels to a non-profit bakery in Minneapolis to meet teens getting lessons in business and life skills, including finances, conflict resolution, and marketing, by baking cookies. Next, Danny stirs up a vitamin-packed green detoxifying soup that provides antioxidants by using vegetables, such as zucchini and celery. Zucchini is low in carbohydrates and high in antioxidants, which are compounds in food that can help slow or stop cell damage. Every part of celery is edible and packed with nutrients, like vitamin B6, potassium, and protein. Then, Danny upgrades pet bowls from boring to beautiful using removable wallpaper, which uses a low-tack adhesive and can easily be removed. Lastly, Danny solves pet furball problems by showing how rubber gloves and a squeegee can be used to remove fur on furniture. The name "squeegee" is derived from the word "squeegee," meaning to press or to squeeze.

[Educational Message: Life and leadership skills can be learned at any job and applied throughout life, such as communication and accountability. Detoxifying soup broth is a filling way to get a variety of nutrients. Decorating with removeable wall paper is a resourceful way to show creativity that can be changed if desired. Cleaning materials can be used not only to remove dirt and grime, but also pet hair.]

Airdate: 10/27/2018

Time:

Duration: 30:00

VETS SAVING PETS

A SPOTTY SITUATION [VSP108]

Today on Vets Saving Pets, a cheetah from the local zoo is having dental issues, an elderly Golden Retriever is in need of physical therapy, and a Shih Tzu is having trouble staying balanced on its feet. First up, Dr. French, the clinic's veterinary dentist, is traveling to the local zoo to check up on a cheetah with a broken tooth. After sedating the cheetah, Dr. French closely examines the patient's mouth to determine if the broken tooth will need to be extracted. Dr. French decides that a root canal will be the best course of action to repair the tooth and prevent infection. 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 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.

[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: 10/27/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SPEEDING INTO FIRST [HOC305]

We learn how Paralympian Alana Nichols overcame adversity after a terrible fall in alpine skiing, eventually leading her to expand her talents in another sport-- surfing. Para-alpine skiers reach speeds around 62 mph going downhill. Next, we meet U.S. veteran and racecar driver Jesse Iwuji and learn how his career in racing began after falling in love with it while serving overseas. In 1961, Wendell Scott became the first African-American to start a Nascar race.

Then, we examine how Dustin Johnson's actions almost cost him his dream of being a golf great and how he made a comeback. The oldest known rules of golf were written in 1744 by an Edinburgh golf club.

Lastly, we learn how speed skater Maame Biney's passion grew for the sport, leading her to become the first African-American female to qualify for the Olympic short track team. The oval track in short track speed skating measures 364 feet long, and skaters can reach speeds of 31 mph.

[Educational Message: Just because you fail to succeed the first time doesn't mean you are incapable of achieving your goals. Viewers learn about Paralympic alpine skiing, how to get started in stock car racing, how your actions impact your life in and outside of sports, and how to train to become a short track speed skater.]

Airdate: 11/3/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

WOWED BY MAUI [VJG305]

Host Josh Garcia sails to Maui, Hawaii where he spends the day on the island immersing himself in Hawaiian culture. First, Josh meets up with a singer/songwriter to learn more about the ukulele. Ukulele means "jumping flea" in Hawaiian. The instrument has been in Hawaii since the 1800s, and was brought to the island by the Portuguese. The sound of the ukulele has become synonymous with the Hawaiian Islands, and Josh learns a few chords on this instrument. Then, Josh learns to prepare Lau Lau, a traditional Hawaiian dish, and learns the unique ways taro and ti leaves are used to steam local vegetables and meat. Lau Lau means "leaf leaf" or "many leaves" in Hawaiian. The Lau Lau is served at a traditional Hawaiian Luau, or feast. Then, Josh takes to the water to find his balance while stand-up paddle boarding in the iconic Honolua Bay. Honolua Bay is part of a 45 acre Hawaiian Marine Life Conservation District. Josh learns the basics of stand-up paddleboarding one foot at a time. A form of stand-up paddling has been used in ancient cultures worldwide for thousands of years. Finally, Josh learns about pineapple, an iconic Hawaiian fruit. Pineapple crops came to Hawaii from South America in the late 1800s and Pineapple canning was a booming industry in Hawaii until 2007. The crown of a pineapple contains the plants roots, and Josh tries his hand at harvesting pineapples and learns how this fruit travels from the field.

[Educational Message: Music can be a powerful form of cultural expression, and the sound of the ukulele has come to be a global symbol for the Hawaiian Islands and their way of life.]

Airdate: 11/3/2018

Time:

Duration: 30:00

VETS SAVING PETS

HEART OF THE MATTER [VSP109]

Today on Vets Saving Pets, an accidental fall leaves a Chihuahua with a broken leg, a rescue kitty is in need of dental work, and a cat named Cyril is suffering from high blood pressure. First up, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd, the clinic's surgeon, 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 rescue kitty named Jerry is brought into the clinic suffering dental issues. This brave cat survived a house fire but the smoke inhalation has damaged Jerry's gums and teeth. Dr. French, the clinic's dentist, will perform an X-ray scan on Jerry to determine how many of his teeth will need to be removed. After the X-ray reveals the problem to be much more serious than previously believed, Jerry will go into surgery to have more than half of all his teeth removed. Finally, a Burmese cat named Cyril is brought into the clinic suffering from complications associated with his high blood pressure. Dr. Williams, the clinic's

cardiologist, will be checking up on Cyril to determine if his blood pressure has lowered since his previous veterinary visit. Although his blood pressure has improved, Dr. Williams is concerned with Cyril's inexplicable head tilt that is affecting the cat's balance. Dr. Cochrane, one of the clinic's neurologists, is called in to assist Dr. Williams with diagnosing Cyril's condition, which may be caused by a brain bleed. After performing a variety of neurological tests, Dr. Cochrane confirms that the condition is not serious and sends Cyril home to be monitored by her owner.

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

Airdate: 11/3/2018

Time:

Duration: 30:00

CONSUMER 101

FIRST CLASS [CNR105]

Host Jack Rico, along with the experts at the testing labs, will teach us how to be a safer driver, show us how door locks are tested, and give us some tips on healthy meal options. First up, we're going to learn some skills on how to become a safer driver on the roads. We first learn that it's important to always have your hands properly placed on the wheel in the nine and three o'clock positions. We next discover that it's best to use "shuffle steer" when performing a U-turn maneuver, which allows your hands to stay on the steering wheel at all times when turning. Jack will also learn about ABS, or anti-lock braking system, which prevents the wheels from locking up during braking. Next, Jack is visiting the test lab to learn how experts test various door locks for your home. Today, we'll test the different ways that burglars can break your door lock and enter your home. We'll learn that burglars can drill through your door locks or even kick in your door if you don't have a secure locking mechanism. We'll see the scientific testing that goes into assessing the durability and strength of various door locks for your home. Here we also learn steps to protect your home, such as using locks with hardened steel or brass, checking the grade of your locks, and securing all doors and windows properly. Finally, we'll be learning about healthy eating tips and the difference between good and bad fats. Here we'll discover that saturated fats, or bad fats, can be found in meats, butters, cheeses, and even coconut oil. Instead of consuming saturated fats, we learn we should be incorporating more foods into our diet with unsaturated or good fats. We'll discover that foods such as avocados, walnuts, peanut butter, olive oil, and salmon are a great source of good fats that help keep our hearts and bodies healthy.

[Educational Message: It's important for your overall health to consume healthy foods daily. Junk foods that are high in sugar should be limited in our regular diets. If you're looking for a healthy after school snack, it's best to eat food items like fruits, nuts, and vegetables.]

Airdate: 11/3/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

COMPASSION FLOWER POWER [NDS305]

Host Danny Seo teaches about ingredients that can serve as egg substitutes, such as applesauce, bananas, and flaxseeds. One-fourth cup of unsweetened applesauce, half of a mashed banana, and one tablespoon of

flaxseeds with three tablespoons of water are all, individually, equivalent to one egg. Next, Danny uses flaxseed as an egg replacer and makes banana-coconut pancakes. The first recorded recipe for pancakes appeared in a 15th century English cookbook. Then, Danny learns about a garden project that teaches kindness and compassion through gardening hybrid flowers using compostable containers. Hybrids display a combination of traits from their parent plants, and compostable products decompose more rapidly due to the work of tiny microorganisms. Lastly, Danny shows how to embellish plain lampshades using sequins and garland to create a unique flair. Lampshades originated in the 17th century, when oil lamps were introduced along the streets of Paris.

[Educational Message: Whether you've run out of eggs or given up eggs for dietary reasons, there are multiple alternatives that can serve the same purpose in a recipe. Gardening requires care and patience for a flower to grow-- much like the traits required to grow compassion for people. Decorating a lampshade is a way to upcycle something old, show creativity, and express yourself artistically.]

Airdate: 11/3/2018

Time:

Duration: 30:00

VETS SAVING PETS

A WEASELLY ILLNESS [VSP110]

Today on Vets Saving Pets, a Mastiff's wagging tail is leading to numerous injuries, a Pomeranian needs a teeth cleaning, and a pet ferret is having trouble breathing. First up, a large Mastiff named Arnold is brought into the clinic with a wound on his tail. Due to the dog's excitable nature, his constantly wagging tail has been repeatedly injured over time. After meeting with Dr. Boyd, the clinic's surgeon, it is determined that Arnold's tail will be amputated to prevent future injuries. Here we learn that there are major blood vessels in a dog's tail that if not amputated properly, could cause serious bleeding issues. Next, an elderly Pomeranian named Rosie visits the clinic in need of an overdue dental cleaning. Before Dr. French can perform the teeth cleaning, Rosie will need to be assessed in cardiology to ensure she won't negatively react to the anesthesia. Rosie will meet with Dr. Williams for an echocardiogram exam, a test that measures the electrical activity of a heartbeat, to confirm the anesthesia won't be problematic for the aging dog. 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 to 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: 11/3/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

OFF AND RACING [HOC306]

We hear Bubba Wallace discuss how he became involved in racing, developed a passion for the sport, and decided he wanted it to be his profession. Le Mans is the world's oldest race, which lasts 24 hours and is still raced today. Next, we examine the rise of golf in South Korea and see how golfer Se Ri Pak, the youngest Women's Open champion ever in 1998, impacted the sport. Then, we see how mixed martial artists and boxers use golf as way to mentally prepare for a MMA competition. Mixed martial arts teaches the ability to maintain control over responses, thoughts, and emotions. The earliest form of mixed martial arts was invented in China over 6,000 years ago, and during the early 20th century, various mixed-style contests took place throughout Japan and Taiwan. Lastly, we meet a pair of junior golfer friends and learn how they support each other while also competing for the same goal.

[Educational Message: Lessons learned in one sport can be applied to another, despite how different they may be. Viewers learn about how to get started in racing, the growth of women's golf in South Korea, the sport of boxing, and steps junior golfers can take to grow in their game.]

Airdate: 11/10/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

RHYTHMS OF ARUBA [VJG306]

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

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

Airdate: 11/10/2018

Time:

Duration: 30:00

VETS SAVING PETS

ALL IN THE FAMILY [VSP111]

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

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

Airdate: 11/10/2018

Time:

Duration: 30:00

CONSUMER 101

HIGH NOON [CNR106]

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

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

Airdate: 11/10/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HANDSOME CYCLE SAFETY [NDS306]

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

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

Airdate: 11/10/2018

Time:

Duration: 30:00

VETS SAVING PETS

TAMING OF THE DRAGON [VSP112]

Today on Vets Saving Pets, a Bichon comes into the clinic with seizure issues, a Komodo dragon is in need of a spay, and a cat arrives with respiratory problems. First up, a Bichon named Mazy is brought into the clinic suffering from seizures. Dr. James, the clinic’s neurologist, performs several neurological tests but suspects a brain tumor or inflammatory disease could be the cause of Mazy’s seizures. In order to more accurately diagnose the issue, Dr. James performs a computerized tomography scan, or CT scan, of Mazy’s brain. After results are still inconclusive, Dr. James administers a spinal tap, or lumbar puncture, that can help diagnose infections and nervous system disorders. It is soon determined that Mazy has an inoperable mass in her nasal cavity. Dr. James prescribes medication to stop the seizures and sends Mazy home for further monitoring. Next, Dr. Boyd, the clinic’s surgeon, is traveling to a local zoo to perform a spay on a Komodo Dragon named Loka. This is the first time Dr. Boyd has ever treated an exotic animal like Loka, so she will have to learn as she goes and work extra carefully on her new patient. Here we learn about the unique anatomy of Komodo Dragons, as well as how their metabolism is much slower than a mammal’s, which means it will take longer for the reptile to recover after surgery. 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: We are presented with new challenges every day and we must do our best to not be defeated when faced with adversity. As we saw in this episode, Dr. Boyd took initiative and

performed surgery on an animal she's never treated in her career. We ourselves must learn to do our best to overcome any obstacles we face.]

Airdate: 11/10/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HEALTHY COMPETITION [HOC307]

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

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

Airdate: 11/17/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SAUNAS BY THE SEA [VJG307]

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

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

Airdate: 11/17/2018

Time:

Duration: 30:00

VETS SAVING PETS

FEET TO THE FIRE [VSP113]

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

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

Airdate: 11/17/2018

Time:

Duration: 30:00

CONSUMER 101

TREAD CAREFULLY [CNR107]

Host Jack Rico, along with the experts at the testing labs, will show us how treadmills are scientifically tested, teach us how to clean our kitchen like a scientist, and we'll get a crash course on college finance. First up, Jack is learning how experts scientifically assess the durability and safety of various treadmills. Here we'll learn about a unique scientific device that's being used to mimic a human using a treadmill over an extended period of time. We'll see how testers measure these forces to assess and compare the durability of numerous treadmill models. Next, we'll join a scientist to learn the best ways to keep your kitchen clean. We'll learn to avoid using harsh, rougher sponges on softer surfaces in our kitchen because they can lead to scoring. Scoring can leave deep crevices on surfaces that can harbor bacteria. When working with meat, it's a good idea to first remove any jewelry on your hands to prevent bacteria from getting caught inside. Also, we'll learn it's best to use paper towels to clean up after working with meat, as sponges can retain bacteria

and potentially spread it to other kitchen items. We'll also discover that it's best to avoid harsh chemical cleaners and instead use a solution of vinegar and water to keep your kitchen clean. Finally, we'll get some tips on how teens can better financially prepare for college. We'll learn that it's important to use a net price calculator to determine the estimated cost of your college experience. We'll discover that there are often many fees and costs that prospective students may not be aware of before choosing a college. Also, we'll learn that there are many options to help you pay for college such as financial aid, scholarships, and grants. We'll also get some additional tips on what to watch out for if you're applying for a private student loan.

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

Airdate: 11/17/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

REGENERATIVE FARMING [NDS307]

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

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

Airdate: 11/17/2018

Time:

Duration: 30:00

VETS SAVING PETS

THE SHEPHERD'S PLIGHT [VSP114]

Today on Vets Saving Pets, a cat that has been breathing irregularly visits the clinic, another cat suffers a freak accident with a knitting needle, and a German Shepherd receives a cancer diagnosis. First up, a cat named Chloe arrives at the clinic with respiratory issues. Dr. Williams, the clinic's cardiologist, performs an ultrasound to better assess Chloe's breathing problems. After examining Chloe, Dr. Williams believes she is suffering from a rare condition known as hypertrophic cardiomyopathy, a condition in which the heart muscle becomes abnormally thick. Dr. Williams prescribes medication and recommends that Chloe remain at the clinic overnight for further testing. Next, another cat named Alien suffered a freak accident after chewing on a knitting needle. The needle wound up piercing through her mouth and into her brain. Miraculously, Alien survived the accident but is now having trouble walking properly. Dr. James, the

clinic's neurologist, will perform various neurological tests to determine the severity of her injury. Finally, a German Shepherd named Bernie has been diagnosed with osteosarcoma cancer in his leg. Bernie is visiting the clinic to have his leg amputated to stave off the spread of the cancer. Before the surgery begins, Dr. Boyd performs additional tests to ensure the cancer has not spread beyond Bernie's leg. Dr. Boyd and her team perform an ultrasound that reveals the cancer may have spread to Bernie's kidneys. To officially confirm the diagnosis, X-ray scans and CT scans are sent to a radiology team to determine whether or not the cancer can be treatable. Sadly, tests confirm that the cancer has spread to Bernie's kidneys and Dr. Boyd determines that surgery is not the best course of action for her patient.

[Educational Message: Situations don't always work out as we expect them to. As we saw in this episode, Bernie's cancer diagnosis was not what the result the owners expected. It's important for veterinary professionals to show compassion for pet owners during their difficult time.]

Airdate: 11/17/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SURF'S UP ON THE PODIUM [HOC308]

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

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

Airdate: 11/24/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

DIGGING DEEP [VJG308]

Host Josh Garcia helps out communities in the Caribbean. First, Josh sails to the island of Roatán, and he lends a helping hand to help build a playground out of recycled tires. By repurposing tires, the community reduces the amount of trash it disposes, and in this instance they are used to create a fun place for kids to play. While Josh digs in and gets his hands dirty, he interacts with the local kids that will soon enjoy this new play area. Recycled tires can also be repurposed to construct planters to grow small trees and palms. Next, Josh travels to Belize and visits the Community Baboon Sanctuary to plant trees that will serve as food and habitat for the black howler monkeys. Then, he ventures into the forest to see them up close, and one even comes down to say hello. Finally, Josh travels to Cozumel with a group and spends the day with community elders learning about their history and traditions. Josh and the group learn to make three

traditional salsas using local ingredients. Then, Josh heads into town for a lesson in salsa dancing from these locals. Finally, Josh heads to the coastal waters of Cozumel to build nets for a local team to catch coral gametes when they spawn, which will help ensure the survival of the reef for future generations. Coral spawns at specific times of the year depending upon their location, and Coral grows at a slow rate of about four inches a year.

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

Airdate: 11/24/2018

Time:

Duration: 30:00

VETS SAVING PETS

JAWS OF LIFE [VSP115]

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

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

Airdate: 11/24/2018

Time:

Duration: 30:00

CONSUMER 101

RIGHT FIT [CNR108]

Host Jack Rico, along with the experts at the testing labs, will show us how they test the performance of grills, why cleaning your car can be a lifesaver, and what to watch out for when applying for a credit card. First up, we'll be learning how experts test grills for performance and safety. In a controlled environment, we'll see how testers simulate fire flare-ups to assess the safety of each grill. We'll learn that you should never use water to extinguish a grill fire as it can cause the fire to grow much larger. We discover that using

a combination fire extinguisher is the safest way to put out a grill fire. We'll also learn how testers use scientific thermocouples, or wire thermometers, to determine how evenly each grill heats. This data is sent to a computer that measures the distribution of heat and creates a temperature map of the grill. We'll also learn about the structural integrity tests these experts perform on the grills to measure their durability and strength. Next, we'll discover how a clean car can actually help keep you safe. We'll learn that modern cars have numerous sensors and cameras that can be obstructed by dirt, snow, or salt. We'll find out that it's critical to keep your car clean to ensure that these safety features are working properly when you're on the road. Finally, we'll learn some tips about opening a credit card account and what to be aware of before you take the plunge. We'll learn to watch out for credit cards with high interest rates. If you don't pay your bill in full each month, interest rates can make your credit card bill skyrocket quickly. Also, we learn that canceling a credit card can lower your credit score. It's best to pay off your card and simply not use it instead of cancelling the account altogether. We'll also learn that different credit cards offer different perks, or even annual fees. It's important to do your research and read the fine print before applying for a credit card.

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

Airdate: 11/24/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ECO-FRIENDLY CERAMICS [NDS308]

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

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

Airdate: 11/24/2018

Time:

Duration: 30:00

VETS SAVING PETS

NEW BEGINNINGS [VSP116]

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

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

Airdate: 11/24/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOME VERSUS VISITORS [HOC302]

We learn how Nascar driver Ryan Newman is making a difference by rescuing animals in need and impacting the lives of youth through nature outreach programs in an effort to facilitate responsible pet ownership and respect for all animals. Approximately 3.2 million shelter animals are adopted each year. Next, we meet Matt Parziale and learn how he applies determination in both of his careers, as a firefighter and golfer. The weight of a firefighter's basic protective gear, not including tools, is about 45 pounds. Then, we travel to Uganda with olympic skier Gus Kenworthy and see the impact sports have on those in refugee camps. A refugee is a displaced person who has been forced to cross national boundaries and can't return home. Lastly, we get a closer look at the photo-finish ending for the women's triathlon at the 2012 London Olympics and learn play-by-play what the sport entails. Triathlon is a multi-sport event involving swimming, cycling, and running in succession; the first woman to ever compete in a triathlon was Lyn Lemaire in 1979.

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

Airdate: 12/1/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALOHA SPIRIT [VJG301]

Host Josh Garcia sails to Oahu, Hawaii and explores the dynamic local culture. First, Josh takes a walk on the iconic Waikiki Beach and learns its history as the birthplace of surfing. The Polynesians were the first people to arrive on the island by way of canoe, and canoeing remains a popular activity on the island. Chinese, Japanese, and Phillipino influences have also made their mark on this small island's culture, especially in the popular local foods. Then, Josh learns that there's more to leis than flowers, and that traditionally they can be made out of kukui nuts, feathers, and banana leaves. The kukui nut is from the kukui tree, the official state tree of Hawaii. Different leis have different meanings; for hula leis, different leaves are used depending on who is being honored in song. Next, Josh joins a local chef to help prepare a unique take on a popular Asian-style roll. Then, Josh tests his stamina and rhythm while training to be a hula dance warrior. Hula was brought to Hawaii by Polynesians and was handed down orally through generations. This ancient style of dance is called Hula Kahiko. Ancient warriors used hula to develop Lua martial art skills. After a taste of hula warrior training, Josh witnesses an ancient hula celebrating the sun. Finally, Josh gets to paddle a canoe out of Waikiki Beach with a professional canoe racer.

[Educational Message: When many different cultures come together to define the culture of a city, you might witness a unique fusion of these cultures in the local cuisine, customs, and practices.]

Airdate: 12/1/2018

Time:

Duration: 30:00

VETS SAVING PETS

OLD FRIENDS [VSP102]

Today on Vets Saving Pets, a long-time canine patient's heart is beating at an elevated rate, a Shih-Poo puppy's hind legs aren't working, and a Yorkshire terrier is suffering from throat problems. First up, a familiar patient named Rusty arrives at the Veterinary Emergency Clinic to have a check-up on his heart. Rusty was previously diagnosed with an arrhythmia, a condition in which the heart beats with an irregular or abnormal rhythm. Today, Dr. Williams, the clinic's cardiologist, will be performing an electrocardiogram to confirm if Rusty's condition has improved, or worsened. Here we learn that an electrocardiogram is a test that measures the electrical activity of a heartbeat. After the exam, Dr. Williams is concerned that Rusty's heart rate has become abnormally high and determines that he will stay overnight at the clinic for further monitoring and testing. Next, a Shih-Poo named Niko arrives at the clinic having trouble moving his hind legs. Dr. James, the clinic's neurologist, visits with Niko to figure out the cause of his mobility problems. Dr. James performs X-rays on Niko that reveal narrow disc space in the dog's spinal cord. Due to the high-risk surgery needed to treat the condition, Dr. James will also perform a computerized tomography scan, or CT scan, of the spinal cord to confirm the exact location of the disc contusion. We learn that a CT scan provides more detail by combining a series of X-rays that create a cross-section image of bones, blood vessels, and soft tissue inside the body. Once confirmed, Dr. James performs the delicate surgery needed to decompress Niko's spinal cord and restore mobility to his legs. 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: 12/1/2018

Time:

Duration: 30:00

CONSUMER 101

PROTECT YOURSELF [CNR101]

Host Jack Rico, along with the experts at the testing labs, will show us how to choose the right bicycle helmet, teach us how to protect our wireless routers from hackers, and introduce us to a teen driver getting a driving lesson. First up, we'll learn about various types of scientific testing that assess the safety of bicycle helmets. Here we see how testers use an accelerometer to measure how much force each helmet can absorb. We'll also learn the correct way to wear a helmet to ensure we are properly protected. Next, we'll learn about how wireless routers work and how we can protect our personal information from potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access. Next, we'll get a crash course on the science behind washers and dryers and get tips from an expert on how to easily remove pet fur and hair from our clothing. Finally, we'll join a newly licensed teen driver who is learning tips from an expert on how to be a safe driver on the road. Here we'll discover the steps you must take before you even start the car. We'll learn the importance of adjusting your seat position and seat belts, as well as storing your phone away so that it cannot distract you while driving. Once on the road, we learn how the anti-lock braking system works and why it's critical to have for driving on wet or slippery roads. We'll learn other tips for becoming a better driver such as checking your blind spots, being aware of weather conditions on the roads, and avoiding distractions such as other people in the car or loud music.

[Educational Message: Distracted driving is dangerous to not only you but everyone else on the roads. It's important that we put away our cell phones and always pay attention to the road and other drivers around us. Teens learning to drive need to remember that driving is a privilege, and safety precautions need be taken very seriously.]

Airdate: 12/1/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE ORGANIC AROMA BUZZ [NDS301]

Host Danny Seo teaches about nutritional yeast and uses it to cook up healthy queso and nachos with butternut squash and walnut chorizo. Nutritional yeast, also known as savory yeast or nooch, is made from sugar cane and beet molasses, and it's a good source for vitamin B12, protein and fiber. Next, Danny learns the science behind aromatic essential oils on an organic farm in Wisconsin. Essential oils are a highly concentrated version of the natural oils in plants, and they can be created by blending oils with denatured alcohol using a magnetic stirrer. Then, Danny creates an upcycled desktop organizer by decorating metal cans using cork contact paper and washi tape. Cork is a renewable resource, and traditional washi tape is made from natural fibers of native Japanese plants. Lastly, Danny teaches how to turn eggshells, which are made of calcium carbonate crystals, into a natural kitchen cleaner.

[Educational Message: Learning about uncommon, healthy ingredients and incorporating them into meals is a creative way to get added nutrition while trying something new. What you put on your

body is as important as what you put in your body-- many plants provide natural oils that can be used as an alternative to products that contain harsh chemicals. Decorating metal cans to use for organization is a resourceful way to prevent clutter, reduce waste and express creativity. Before throwing something in the trash, you may be able to use it in other ways to serve a purpose you wouldn't expect.]

Airdate: 12/1/2018

Time:

Duration: 30:00

VETS SAVING PETS

THE SAGA BEGINS [VSP101]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, a Bengal cat that can't seem to pounce, and a bulldog with chronic eye issues. 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, a pet Bengal cat named Simba arrives at the clinic suffering from mobility issues. Dr. James, the clinic's veterinary neurologist, meets with Simba and quickly determines that the cat's peripheral nerves are being severely affected. Dr. Boyd recognizes this condition to be common in this breed of cat and prescribes corticosteroids to help restore Simba's mobility. Finally, 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 reoccurrence of the entropion.

[Educational Message: Veterinarians can specialize in many different areas of medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. Education is critical to the success of these specialists. Working in the veterinary field is a rewarding career path but will require much skill and dedication.]

Airdate: 12/1/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

WORKING HARD AND ALWAYS WORKING [HOC301]

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

any given moment. Finally, we learn about the golf career of Marty Fleckman and how he rose to fame as an amateur while studying under Byron Nelson, who became a pro in 1932 at just 20 years old.

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

Airdate: 12/8/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

COOL CABO [VJG302]

Host Josh Garcia spends the day ashore in Cabo San Lucas, Mexico. First, he visits an artisanal glass factory and tries his hand at this art form with the help of a master glassblower. Glass can be recycled to produce new glass. Once the recycled glass is washed and crushed, it's melted by 2,000 degrees of heat until it takes on a pliable state. Glass is an amorphous solid, neither a solid nor a liquid. Josh observes as the hot, pliable glass is blown, shaped, and cut into art. Next, Josh kayaks with a guide to the famous El Arco landmark that sits on top of an underwater mountain range that contributes to the marine life. The Sea of Cortés supports more than 900 varieties of fish. Five hundred years ago, El Arco became an important navigational tool for ships traveling from the Far East running low on their water supply. Sailors knew that finding the arch was an indicator that fresh water was near. Finally, Josh visits a chef at his organic farm where he learns how to prepare a traditional salsa molcajete. Molcajete is a traditional stone mortar and pestle. Josh picks the ingredients himself from the farm, including onions and vine-ripe tomatoes. Salsa can be traced back to Aztec marketplaces as early as the mid 1300s. Josh prepares the ingredients once they are roasted to be ground in the molcajete, and then the salsa is ready to eat. Josh then shares in preparing a full, traditional Oaxacan meal. Oaxaca is a state in southern Mexico known for its indigenous cultures.

[Educational Message: Trying an outdoor activity for the first time might seem intimidating, but if you learn correct form and safety from a professional, you'll have the tools to get started.]

Airdate: 12/8/2018

Time:

Duration: 30:00

VETS SAVING PETS

A ROARING TOOTHACHE [VSP104]

Today on Vets Saving Pets, a tabby cat is having trouble moving its hind legs, a lion at the local zoo is having dental problems, and an aging Jack Russell terrier arrives at the clinic with a mysterious issue. First up, a tabby cat named Micah visits the clinic with serious mobility trouble in its hind legs. Micah is first examined by Dr. James, the clinic's neurologist, to determine the potential cause for the cat's condition. After performing an X-ray, Dr. James is concerned that Micah's spinal cord is being compressed and determines that he will need an MRI to confirm her suspicions. Here we learn that an MRI, or magnetic resonance imaging scan, uses a powerful magnet and radio waves to look at organs and structures inside the body. After confirming the diagnosis, Dr. James will need to perform a delicate surgery to remove the disc that's pushing on Micah's spinal cord. Next, 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. Finally, a Jack Russell terrier named Dean arrives at the clinic suffering from walking issues. Due to the age of the dog, Dr. James believes Dean may potentially have a tumor in his brain causing the mobility issues. After performing a variety of tests, Dr. James still cannot figure out why Dean is struggling to walk normally. Since Dean is not suffering or experiencing any pain, the owner decides to take his dog home and monitor his condition over time.

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

Airdate: 12/8/2018

Time:

Duration: 30:00

CONSUMER 101

FULLY LOADED [CNR102]

Host Jack Rico and the experts at the testing labs delve into the fascinating technology behind the cars of the future, teach us how to properly load a dishwasher, and we go grocery shopping with a scientist. First up, we'll get a closer look at the latest automotive technology that's transporting us into the future. We learn that while fully autonomous self-driving cars do not exist yet, there are fascinating new features that can help keep us safer on the road. We'll discover new technologies such as forward collision warning with automatic emergency braking, lane keeping assist, and stability control. We'll discover that many of these new features utilize cameras and sensors on the car that constantly gather scientific data on the road and other cars around us. Next, Jack will join an expert in the test lab to learn the best way to load a dishwasher. We'll learn how dishes need to be placed properly inside your dishwasher in order to maintain adequate water circulation. Also, we'll discover why plastic items should be placed on the top rack of the dishwasher, that forks and spoons clean better when facing up, and why wooden items are best hand washed. 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.

[Educational Message: While new automotive safety features can help keep us safer on the roads, it's important that we always stay focused on driving. In the future, self-driving autonomous cars may become a reality. Until then, it's best to stay alert, don't get distracted, don't speed, and keep your hands on the wheel.]

Airdate: 12/8/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

BEE CONDOS AND TINY GARDENS [NDS302]

Host Danny Seo creates pizza with a healthy twist by using riced cauliflower, which is high in fiber and vitamin C, to make the crust. Riced vegetables are processed from their whole form into grain-sized pieces. Next, Danny visits a diner in Minneapolis, where he learns about sustainability and builds a pollinator condo for leafcutter and mason bees. Unlike honey bees, leafcutter and mason bees do not live in hives. Holes of differing sizes in a bee condo encourage diversity while keeping out predators. Then, Danny bakes a dog-friendly birthday cake using whole-wheat flour, eggs, peanut butter, and carrots. Eggs are a rich source of omega-3 fatty acids, which support brain function and vision; and carrots provide beta-carotene and fiber. Lastly, Danny teaches how to turn nail polish into a household problem-solver by using it to tighten stripped screws and prevent jewelry from tarnishing. Nail polish acts as a barrier from air and moisture, which can cause metals to oxidize and change their chemical structures.

[Educational Message: Using riced vegetables is a healthy alternative to make a recipe free of wheat and gluten that is low in carbohydrates. Planting an edible garden is a simple way to promote sustainability. Creating a pollinator condo helps preserve the bee population in growing cities while also ensuring surrounding plants continue to flourish. You can bake something your dog can also enjoy, but it's important to know ingredients that are dog-friendly. Using household items for more ways than one is a resourceful solution to remedy common problems.]

Airdate: 12/8/2018

Time:

Duration: 30:00

VETS SAVING PETS

MORE BARK THAN BITE [VSP103]

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, an injured poodle that was bitten by another dog, and a bulldog suffering from vision problems. First up, a puppy named Tessa visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, a poodle named Mocha is rushed into the clinic after being attacked by another dog. Dr. Forbes, the clinic's emergency veterinarian, meets with Mocha to determine the severity of her injuries. After discovering a large lesion on Mocha's back, Dr. Forbes becomes concerned that there may also be internal injuries and potentially head trauma. Dr. Forbes performs X-rays on Mocha that reveal no major internal injuries or bleeding. Mocha will undergo surgery to carefully suture her external lesions. Finally, a feisty young bulldog named Winston arrives at the clinic for eye surgery. Winston suffers from a condition known as "cherry eyes," a disorder of the dog's third eyelid that causes the gland to prolapse and protrude. Winston has already had surgery for this condition in the past, however, the problem has returned in a short period of time. Here we learn how "cherry eyes" is a common disorder for bulldog breeds but can become serious if not treated. Dr. Gray, the clinic's ophthalmologist, will be performing the surgery to reposition the eyelid to allow it to function normally. Dr. Gray carefully utilizes two different surgical techniques to treat the condition and prevent any additional reoccurrences.

[Educational Message: When we are faced with adversity or challenges, we must never give up and always push forward. If at first you don't succeed, you must try again. A career in veterinary medicine requires hard work and dedication to succeed.]

Airdate: 12/8/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

ALL GAS, NO BRAKES [HOC303]

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

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

Airdate: 12/15/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDIEVAL TREASURE [VJG303]

Host Josh Garcia sails to Tallinn, Estonia, one of Europe's best preserved medieval cities. First, Josh steps back in time to learn the ancient craft of blacksmithing. In medieval times, every town had a blacksmith, and today a blacksmith is still a necessity to restore ancient ironwork in Tallinn. Josh learns that shaping, or forging, hot metal with a hammer is hard work. He apprentices for a blacksmith, often called a blacksmith striker, and learns to forge a horseshoe. The metal is heated to 2,000 degrees Celsius before it is shaped. Then, he visits the historic castle Rakvere where he trains in full armor as a castle guard. The Danes and The Livonian Order occupied this castle during the 1200s. The Livonian Order, also called the Knights of the Sword, ruled for over 200 years. Inside the castle walls, a group of reenactors dressed as foot soldiers practice moves with pikes, weapons used to defend against infantry and soldiers on horseback. Pikes vary in size from ten to twenty feet. Josh learns about medieval pike defenses, including the hedgehog defense requiring more than a few foot soldiers. Finally, he learns about traditional Estonian cuisine and gets a lesson in how to serve a feast to lords and ladies. During the medieval era when famine was common in Europe, having extra weight symbolized wealth and power. This style of feast includes different courses, some intended to expand the stomach and some intended to facilitate digestion.

[Educational Message: Historic crafts and trades live on through historic preservation. For example, when you maintain historic structures and landmarks, the historic practices may live on as well.]

Airdate: 12/15/2018

Time:

Duration: 30:00

VETS SAVING PETS

SLEEPING HAZARD [VSP106]

Today on Vets Saving Pets, a nasty virus puts a puppy's life in serious jeopardy, a German Shepherd needs surgery to fix a painful problem, and an elderly feline is suffering from a tooth abscess. First up, a Pomeranian puppy named Ella arrives at the clinic with serious health issues. Ella visits with Dr. Bryer, the clinic's emergency medicine veterinarian, who suspects the puppy is suffering from parvovirus. Here we learn that parvovirus enteritis is a virus seen in mostly puppies that attacks growing or dividing cells and can be deadly. Due to the highly contagious nature of parvovirus, the team is taking extra precautions to ensure no other animals contract the dangerous virus. Ella will have her blood drawn for testing and remain at the clinic overnight for further monitoring. Next, an elderly feline named Ginny arrives at the clinic suffering from a tooth abscess. Before Ginny can be taken into surgery to extract the abscessed tooth, the feline will need to have its heart tested to ensure there will be no complications with the anesthetic. Dr. Williams, the clinic's cardiologist, will perform an ultrasound procedure and X-rays with the assistance of the clinic's technicians, anesthesiologist, and dentist. Here we see how various veterinary specialists collaborate and work as a team to figure out the best course of action for their patients. Finally, a young German Shepherd is brought into the clinic for elbow surgery. Dr. Boyd, the clinic's surgeon, performs X-rays on Major and determines that he is suffering from ununited anconeal process. Here we learn that this is a serious disorder of the elbow that can lead to debilitating arthritis if left untreated. Dr. Boyd will be performing a delicate scope of the dog's elbow using a small camera and tools to remove the bone fragments in the elbow that are causing Major's mobility problems.

[Educational Message: Teamwork is vital for great achievement. Veterinary professionals often consult with colleagues and collaborate to solve problems. When we work together as one, we can accomplish almost any task.]

Airdate: 12/15/2018

Time:

Duration: 30:00

CONSUMER 101

ON AIR [CNR103]

Host Jack Rico, along with the experts at the testing labs, will teach us how to fix a broken cell phone screen, show us how to choose the right vacuum cleaner, and tell us why it's worth considering an air filter for your home. First up, 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. Next, Jack is at the testing lab to find out about the benefits of air purifiers and how they work. Here we learn that the air around us is filled with tiny specs called particulates, which are so small they're measured in microns. A micron is short for "micrometer," which is a unit of measurement equal to one millionth of a meter. We'll also learn some steps on how we can keep the air in our home cleaner. For example, use ventilation while cooking, avoid harsh chemical cleaners, and use a vacuum cleaner with a high efficiency particulate air filter, or HEPA filter. Finally, we'll learn how you can fix a broken cell phone screen using a repair kit. We'll first learn about the components housed inside your cell phone and the steps for taking your phone apart. As we discover, it takes special tools along with much patience and time to properly fix your broken cell phone. As it's likely you can damage your phone in the process, experts recommend that it's best for the average consumer to take their phone to a professional for repairs.

[Educational Message: In this episode, we learned that the air around us is filled with particulates that can be potentially harmful to our bodies. If you have asthma or allergies, it's a good idea to have an air filter or purifier in your home to keep the air around you clean.]

Airdate: 12/15/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE HERBIVOROUS BUTCHER [NDS303]

Host Danny Seo creates an avocado-oat facial exfoliator with lemon juice, apple cider vinegar and honey. Avocados are high in natural fats, which provide moisturizing properties, and honey has anti-inflammatory and antimicrobial properties, which help stop the spread of bacteria. Next, Danny whips up avocado-lime ice cream and peach swirl pops using coconut milk and agave syrup. Coconut milk is soy-free and gluten-free, and agave plants are typically grown in South America. Then, Danny goes behind the scenes of a vegan butcher shop in Minneapolis to learn how they create vegan cheese and meat. Vegan diets are free of food products that come from animals. Vegan cheeses are created using soy milk, which is made from pressing ground, cooked soybeans; and vegan meats are created using high-protein wheat flour, which is heavier and more dense than cake flour. Then, Danny introduces a new way to use old baking dishes by turning them into decorative planters. Lastly, Danny shares how to upcycles a spare sock into a travel pillow using dry rice and lavender. Lavender is often used for restlessness, anxiety and insomnia.

[Educational Message: Many household ingredients can serve a purpose beyond the kitchen by providing beneficial properties for skin health. Avocados can be used in diverse recipes because its savory, neutral taste blends well with many flavors, offering a healthy component with little detection. Eating vegan doesn't mean you can't enjoy the taste of cheese and meat-- there are plant-based, sustainable alternatives that emulate the real thing. Instead of throwing out old baking dishes, you can give them new purpose for arid plants. Just because a sock doesn't have a match doesn't mean it can't be used for another purpose.]

Airdate: 12/15/2018

Time:

Duration: 30:00

VETS SAVING PETS

TAKING STRIDES [VSP105]

Today on Vets Saving Pets, a newly adopted cat is having health issues, an Irish Wolfhound has been plagued by heartworms, and a St. Bernard's legs begin to fail. First up, a St. Bernard puppy named Harley arrives at the clinic having problems dragging her feet. Harley was referred to Dr. James, the clinic's neurologist, for additional testing to try and determine the potential cause. Dr. James performs neurological exams to attempt to localize the root of the problem. After discovering an abnormality in Harley's spine that may be decompressing her spine, Dr. James orders a CT scan to get a clearer image of the issue. Assisted by a veterinary intern, Dr. James uses this moment to help teach her intern about some of the neurological disorders she may encounter in her future career. Harley will undergo a risky surgery to decompress her spine and help restore normal mobility. Next, an Irish Wolfhound named Electra visits the clinic after testing positive for heartworms. Electra visits with Dr. Williams, the clinic's cardiologist, to determine the severity of the heartworm infestation. After performing an ultrasound, Dr. Williams locates just one small heartworm and determines that Electra can be treated with medication and will fully recover. Here we learn

that a heartworm can grow over 12 inches long and can be fatal if left untreated. Finally, a newly adopted cat named Princess arrives at the clinic suffering from a cough. Princess was recently purchased from a pet store and her health has declined rapidly since her homecoming. Dr. Bryer, the emergency medicine veterinarian at the clinic, visits with Princess to assess her condition. After consulting with the owner, Dr. Bryer recommends that Princess be placed on a broad-spectrum antibiotic and remain at the clinic for further monitoring until she recovers.

[Educational Message: Internships are a great way for students to gain first-hand practice and guidance from professionals in the real world. It is important that we use our knowledge and experience to help teach others who want to learn more. We must not be afraid to ask questions to further our knowledge in unfamiliar areas.]

Airdate: 12/15/2018

Time:

Duration: 30:00

**THE CHAMPION WITHIN
HOUSES DIVIDED [HOC304]**

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

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

Airdate: 12/22/2018

Time:

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
ROARING ROTTERDAM [VJG304]**

Host Josh Garcia docks in Rotterdam, Netherlands, one of Europe's oldest cities. First, Josh takes a walking tour and learns the importance of this old harbor and how this city acquired some very modern architecture. The Leuvehaven Harbor is the oldest dock harbor of Rotterdam and is over 400 years old. Even today, it's still one of the biggest ports in the world. Since the city of Rotterdam was destroyed in World War II, the city was rebuilt in a more modern, practical style of architecture. Modern architecture like the Cube Houses were built in the late 1970s to resemble an abstract forest, and the city centre district was reinvented for mixed use, meaning both residential and commercial use, which can result in fewer carbon emissions. Then,

he visits the nearby town of Gouda, and a unique cheese warehouse, where he learns about the art of making Gouda cheese. Dating back to the 12th century, Gouda is one of the oldest recorded types of cheeses. Gouda is most commonly made from cow's milk, but some variations are made from goat's or sheep's milk. Finally, Josh visits the famous windmills of Kinderdijk to explore their inner workings and importance to the neighboring farm community. A miller is responsible for running a windmill to keep it in the direction of the wind and running at the right speed. A windmill is a machine that runs on wind power and it can drive different machinery, and was originally used to mill grains, pump water, or mill wood.

[Educational Message: Witnessing architecture that combines style with function and innovation can be an impressive sight, and can inspire future innovative design. For architects, it is important to consider the small ways function can improve day-to-day life for the communities they serve.]

Airdate: 12/22/2018

Time:

Duration: 30:00

VETS SAVING PETS

A SPOTTY SITUATION [VSP108]

Today on Vets Saving Pets, a cheetah from the local zoo is having dental issues, an elderly Golden Retriever is in need of physical therapy, and a Shih Tzu is having trouble staying balanced on its feet. First up, Dr. French, the clinic's veterinary dentist, is traveling to the local zoo to check up on a cheetah with a broken tooth. After sedating the cheetah, Dr. French closely examines the patient's mouth to determine if the broken tooth will need to be extracted. Dr. French decides that a root canal will be the best course of action to repair the tooth and prevent infection. 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 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.

[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: 12/22/2018

Time:

Duration: 30:00

CONSUMER 101

BUCKLE UP [CNR104]

Host Jack Rico, along with the experts at the testing labs, show us how to keep our cool when hydroplaning on the road, teach us how to best organize our refrigerators, and show us how to stay safe when using peer-to-peer payment apps. First up, we'll be learning about hydroplaning and how experts test tires for hydroplaning resistance. We'll first learn how tires are designed to evacuate water when driving on wet

surfaces, but we discover that when traveling at higher speeds in heavy rain, the tires can lift off the road and cause your car to lose control. On a controlled test track, Jack will test the hydroplaning effects of tires at various speeds and show us how to best react when in a similar situation. Next, we'll learn how to best organize your refrigerator to save both food and money. First, we'll find out that you should never block the air vents in your refrigerator, which prevents the air from circulating and keeping your food at the proper temperature. We'll also learn that it's important to not store items like eggs and milk in the refrigerator door as the temperature on the doors will be warmer than the temperature inside. Finally, we'll learn about peer-to-peer payment apps and how to protect your money and personal information. Peer-to-peer payment apps allow you to connect your bank account to your phone and make payments to people digitally. Here we learn that it is important to make sure you know the person you are sending money to, to watch out for spelling errors in the recipient's name, and to make sure you establish a secure pin number or fingerprint verification to avoid someone else stealing your money if you lose your phone.

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

Airdate: 12/22/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

TEENAGE COOKIE CART [NDS304]

Host Danny Seo travels to a non-profit bakery in Minneapolis to meet teens getting lessons in business and life skills, including finances, conflict resolution, and marketing, by baking cookies. Next, Danny stirs up a vitamin-packed green detoxifying soup that provides antioxidants by using vegetables, such as zucchini and celery. Zucchini is low in carbohydrates and high in antioxidants, which are compounds in food that can help slow or stop cell damage. Every part of celery is edible and packed with nutrients, like vitamin B6, potassium, and protein. Then, Danny upgrades pet bowls from boring to beautiful using removable wallpaper, which uses a low-tack adhesive and can easily be removed. Lastly, Danny solves pet furball problems by showing how rubber gloves and a squeegee can be used to remove fur on furniture. The name "squeegee" is derived from the word "squeegee," meaning to press or to squeeze.

[Educational Message: Life and leadership skills can be learned at any job and applied throughout life, such as communication and accountability. Detoxifying soup broth is a filling way to get a variety of nutrients. Decorating with removeable wall paper is a resourceful way to show creativity that can be changed if desired. Cleaning materials can be used not only to remove dirt and grime, but also pet hair.]

Airdate: 12/22/2018

Time:

Duration: 30:00

VETS SAVING PETS

EXCESS BAGGAGE [VSP107]

Today on Vets Saving Pets, a friendly feline helps to save lives, a Golden Retriever goes into surgery to remove a tumor, and a dog arrives at the clinic with a serious heart problem. First up, we learn about the

clinic's unique feline blood donor program, an important initiative that saves the lives of countless cats. Today, a foster cat named Bruce is visiting the clinic to donate blood for the donor program. As feline blood is not a readily available resource for veterinarians, volunteers like Bruce are critical to the program's success. Bruce will first need to be anesthetized so the team can safely draw his blood. 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, another emergency canine patient arrives at the clinic in serious condition. An Australian Cattle dog named Star has been diagnosed with a tumor that's located on her heart. Here we learn that the tumor is causing fluid to build up around Star's heart, which is causing her heart to beat abnormally. Dr. Williams, the clinic's cardiologist, must perform a pericardiocentesis, a process that utilizes a needle to drain the fluid collecting around the heart. This delicate and risky procedure will require pinpoint precision to properly and safely drain the excess fluid and release the pressure surrounding the heart.

[Educational Message: We will all need help at some time or another, so it's important to help others if we are able. The feline blood donor program shows viewers how generous volunteers can make a big impact in the community and help save animal lives.]

Airdate: 12/22/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

SPEEDING INTO FIRST [HOC305]

We learn how Paralympian Alana Nichols overcame adversity after a terrible fall in alpine skiing, eventually leading her to expand her talents in another sport-- surfing. Para-alpine skiers reach speeds around 62 mph going downhill. Next, we meet U.S. veteran and racecar driver Jesse Iwuji and learn how his career in racing began after falling in love with it while serving overseas. In 1961, Wendell Scott became the first African-American to start a Nascar race.

Then, we examine how Dustin Johnson's actions almost cost him his dream of being a golf great and how he made a comeback. The oldest known rules of golf were written in 1744 by an Edinburgh golf club.

Lastly, we learn how speed skater Maame Biney's passion grew for the sport, leading her to become the first African-American female to qualify for the Olympic short track team. The oval track in short track speed skating measures 364 feet long, and skaters can reach speeds of 31 mph.

[Educational Message: Just because you fail to succeed the first time doesn't mean you are incapable of achieving your goals. Viewers learn about Paralympic alpine skiing, how to get started in stock car racing, how your actions impact your life in and outside of sports, and how to train to become a short track speed skater.]

Airdate: 12/29/2018

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

WOWED BY MAUI [VJG305]

Host Josh Garcia sails to Maui, Hawaii where he spends the day on the island immersing himself in Hawaiian culture. First, Josh meets up with a singer/songwriter to learn more about the ukulele. Ukulele

means “jumping flea” in Hawaiian. The instrument has been in Hawaii since the 1800s, and was brought to the island by the Portuguese. The sound of the ukulele has become synonymous with the Hawaiian Islands, and Josh learns a few chords on this instrument. Then, Josh learns to prepare Lau Lau, a traditional Hawaiian dish, and learns the unique ways taro and ti leaves are used to steam local vegetables and meat. Lau Lau means “leaf leaf” or “many leaves” in Hawaiian. The Lau Lau is served at a traditional Hawaiian Luau, or feast. Then, Josh takes to the water to find his balance while stand-up paddle boarding in the iconic Honolulu Bay. Honolulu Bay is part of a 45 acre Hawaiian Marine Life Conservation District. Josh learns the basics of stand-up paddleboarding one foot at a time. A form of stand-up paddling has been used in ancient cultures worldwide for thousands of years. Finally, Josh learns about pineapple, an iconic Hawaiian fruit. Pineapple crops came to Hawaii from South America in the late 1800s and Pineapple canning was a booming industry in Hawaii until 2007. The crown of a pineapple contains the plants roots, and Josh tries his hand at harvesting pineapples and learns how this fruit travels from the field.

[Educational Message: Music can be a powerful form of cultural expression, and the sound of the ukulele has come to be a global symbol for the Hawaiian Islands and their way of life.]

Airdate: 12/29/2018

Time:

Duration: 30:00

VETS SAVING PETS

A WEASELLY ILLNESS [VSP110]

Today on Vets Saving Pets, a Mastiff’s wagging tail is leading to numerous injuries, a Pomeranian needs a teeth cleaning, and a pet ferret is having trouble breathing. First up, a large Mastiff named Arnold is brought into the clinic with a wound on his tail. Due to the dog’s excitable nature, his constantly wagging tail has been repeatedly injured over time. After meeting with Dr. Boyd, the clinic’s surgeon, it is determined that Arnold’s tail will be amputated to prevent future injuries. Here we learn that there are major blood vessels in a dog’s tail that if not amputated properly, could cause serious bleeding issues. Next, an elderly Pomeranian named Rosie visits the clinic in need of an overdue dental cleaning. Before Dr. French can perform the teeth cleaning, Rosie will need to be assessed in cardiology to ensure she won’t negatively react to the anesthesia. Rosie will meet with Dr. Williams for an echocardiogram exam, a test that measures the electrical activity of a heartbeat, to confirm the anesthesia won’t be problematic for the aging dog. 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 to 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: 12/29/2018

Time:

Duration: 30:00

CONSUMER 101

FIRST CLASS [CNR105]

Host Jack Rico, along with the experts at the testing labs, will teach us how to be a safer driver, show us how door locks are tested, and give us some tips on healthy meal options. First up, we're going to learn some skills on how to become a safer driver on the roads. We first learn that it's important to always have your hands properly placed on the wheel in the nine and three o'clock positions. We next discover that it's best to use "shuffle steer" when performing a U-turn maneuver, which allows your hands to stay on the steering wheel at all times when turning. Jack will also learn about ABS, or anti-lock braking system, which prevents the wheels from locking up during braking. Next, Jack is visiting the test lab to learn how experts test various door locks for your home. Today, we'll test the different ways that burglars can break your door lock and enter your home. We'll learn that burglars can drill through your door locks or even kick in your door if you don't have a secure locking mechanism. We'll see the scientific testing that goes into assessing the durability and strength of various door locks for your home. Here we also learn steps to protect your home, such as using locks with hardened steel or brass, checking the grade of your locks, and securing all doors and windows properly. Finally, we'll be learning about healthy eating tips and the difference between good and bad fats. Here we'll discover that saturated fats, or bad fats, can be found in meats, butters, cheeses, and even coconut oil. Instead of consuming saturated fats, we learn we should be incorporating more foods into our diet with unsaturated or good fats. We'll discover that foods such as avocados, walnuts, peanut butter, olive oil, and salmon are a great source of good fats that help keep our hearts and bodies healthy.

[Educational Message: It's important for your overall health to consume healthy foods daily. Junk foods that are high in sugar should be limited in our regular diets. If you're looking for a healthy after school snack, it's best to eat food items like fruits, nuts, and vegetables.]

Airdate: 12/29/2018

Time:

Duration: 30:00

NATURALLY, DANNY SEO

COMPASSION FLOWER POWER [NDS305]

Host Danny Seo teaches about ingredients that can serve as egg substitutes, such as applesauce, bananas, and flaxseeds. One-fourth cup of unsweetened applesauce, half of a mashed banana, and one tablespoon of flaxseeds with three tablespoons of water are all, individually, equivalent to one egg. Next, Danny uses flaxseed as an egg replacer and makes banana-coconut pancakes. The first recorded recipe for pancakes appeared in a 15th century English cookbook. Then, Danny learns about a garden project that teaches kindness and compassion through gardening hybrid flowers using compostable containers. Hybrids display a combination of traits from their parent plants, and compostable products decompose more rapidly due to the work of tiny microorganisms. Lastly, Danny shows how to embellish plain lampshades using sequins and garland to create a unique flair. Lampshades originated in the 17th century, when oil lamps were introduced along the streets of Paris.

[Educational Message: Whether you've run out of eggs or given up eggs for dietary reasons, there are multiple alternatives that can serve the same purpose in a recipe. Gardening requires care and patience for a flower to grow-- much like the traits required to grow compassion for people. Decorating a lampshade is a way to upcycle something old, show creativity, and express yourself artistically.]

Airdate: 12/29/2018

Time:

Duration: 30:00

VETS SAVING PETS

HEART OF THE MATTER [VSP109]

Today on Vets Saving Pets, an accidental fall leaves a Chihuahua with a broken leg, a rescue kitty is in need of dental work, and a cat named Cyril is suffering from high blood pressure. First up, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd, the clinic's surgeon, 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 rescue kitty named Jerry is brought into the clinic suffering dental issues. This brave cat survived a house fire but the smoke inhalation has damaged Jerry's gums and teeth. Dr. French, the clinic's dentist, will perform an X-ray scan on Jerry to determine how many of his teeth will need to be removed. After the X-ray reveals the problem to be much more serious than previously believed, Jerry will go into surgery to have more than half of all his teeth removed. Finally, a Burmese cat named Cyril is brought into the clinic suffering from complications associated with his high blood pressure. Dr. Williams, the clinic's cardiologist, will be checking up on Cyril to determine if his blood pressure has lowered since his previous veterinary visit. Although his blood pressure has improved, Dr. Williams is concerned with Cyril's inexplicable head tilt that is affecting the cat's balance. Dr. Cochrane, one of the clinic's neurologists, is called in to assist Dr. Williams with diagnosing Cyril's condition, which may be caused by a brain bleed. After performing a variety of neurological tests, Dr. Cochrane confirms that the condition is not serious and sends Cyril home to be monitored by her owner.

[Educational Message: When we work together we can achieve great things. It's important that we consult with those who have more experience and knowledge to help better solve problems.

Veterinarians often rely on each other to successfully diagnose and treat their animal patients.]

Airdate: 12/29/2018

Time:

Duration: 30:00

THE CHAMPION WITHIN

OFF AND RACING [HOC306]

We hear Bubba Wallace discuss how he became involved in racing, developed a passion for the sport, and decided he wanted it to be his profession. Le Mans is the world's oldest race, which lasts 24 hours and is still raced today. Next, we examine the rise of golf in South Korea and see how golfer Se Ri Pak, the youngest Women's Open champion ever in 1998, impacted the sport. Then, we see how mixed martial artists and boxers use golf as way to mentally prepare for a MMA competition. Mixed martial arts teaches the ability to maintain control over responses, thoughts, and emotions. The earliest form of mixed martial arts was invented in China over 6,000 years ago, and during the early 20th century, various mixed-style contests took place throughout Japan and Taiwan. Lastly, we meet a pair of junior golfer friends and learn how they support each other while also competing for the same goal.

[Educational Message: Lessons learned in one sport can be applied to another, despite how different they may be. Viewers learn about how to get started in racing, the growth of women's golf in South Korea, the sport of boxing, and steps junior golfers can take to grow in their game.]

For 4th Quarter 2018
October 1, 2018 – December 31, 2018

THERE WAS NO OTHER PROGRAMMING FOR THE 4th Quarter of 2018 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

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

In the 1st Quarter of 2019, NBC plans to continue airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted or narrated format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

There will be a new series joining the lineup beginning January 1, 2019. *Earth Odyssey with Dylan Dreyer* will replace one of the two *Vets Saving Pets* time periods.

NBC The More You Know Lineup – Effective 1Q19

The Voyager with Josh Garcia
Earth Odyssey with Dylan Dreyer
Consumer 101
Naturally, Danny Seo
Vets Saving Pets
The Champion Within

Series Description:

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.

4th Quarter 2018 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20181006	CHAMPION WITHIN	09:53:47 AM	00:15	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20181006	VOYAGER	10:27:17 AM	00:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20181006	VETS SAVING PETS-B	12:28:11 PM	00:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181013	VOYAGER	10:26:01 AM	00:15	ZNBC81090H	PSA 2018 TMYK NEWS PSA MEGYN HEALTH - SLEEP
20181013	NATURALLY	11:57:16 AM	00:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER
20181013	CHAMPION WITHIN	12:53:40 PM	00:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER
20181020	CHAMPION WITHIN	09:55:16 AM	00:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181020	VOYAGER	10:27:31 AM	00:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20181020	VETS SAVING PETS-A	10:54:57 AM	00:15	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20181020	CONSUMER 101	11:24:32 AM	00:15	ZNBC81040H	NEWS PSA COMBO TALENT DIVERSITY - LABELS ANTHEM
20181027	CHAMPION WITHIN	09:55:33 AM	00:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181027	VOYAGER	10:27:47 AM	00:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER
20181027	CONSUMER 101	11:24:58 AM	00:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181027	NATURALLY	11:56:56 AM	00:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20181103	VOYAGER	10:26:16 AM	0:15	ZNBC81112H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS
20181103	VETS SAVING PETS-A	10:55:01 AM	0:15	ZNBC81110H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181103	CONSUMER 101	11:25:54 AM	0:15	ZNBC81112H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS
20181103	NATURALLY	11:56:53 AM	0:15	ZNBC81110H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181103	VETS SAVING PETS-B	12:26:28 PM	0:15	ZNBC81110H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181103	CHAMPION WITHIN	12:55:40 PM	0:15	ZNBC81112H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS
20181110	CHAMPION WITHIN	9:54:19 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181110	VOYAGER	10:27:45 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181110	VETS SAVING PETS-A	10:56:39 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181110	CONSUMER 101	11:24:07 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181110	NATURALLY	11:57:17 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181110	VETS SAVING PETS-B	12:25:26 PM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181117	VOYAGER	10:27:48 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181117	VETS SAVING PETS-A	10:55:05 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181117	CONSUMER 101	11:25:11 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181117	NATURALLY	11:57:37 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181117	VETS SAVING PETS-B	12:24:49 PM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181117	CHAMPION WITHIN	12:53:14 PM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181124	CHAMPION WITHIN	9:53:26 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181124	VOYAGER	10:26:05 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181124	VETS SAVING PETS-A	10:54:52 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181124	CONSUMER 101	11:25:06 AM	0:15	ZNBC81114H	SPT THE MORE YOU KNOW PSA THE GRINCH: EARLY START
20181124	NATURALLY	11:57:35 AM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING
20181124	VETS SAVING PETS-B	12:22:09 PM	0:15	ZNBC81116H	SPT THE MORE YOU KNOW PSA THE GRINCH: GADGETS NOW PLAYING

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
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20181201	VETS SAVING PETS-A	10:58:11 AM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20181201	CONSUMER 101	11:24:25 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181201	NATURALLY	11:57:25 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20181201	VETS SAVING PETS-B	12:28:07 PM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20181208	VOYAGER	10:29:17 AM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20181208	VETS SAVING PETS-A	10:59:11 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181208	CONSUMER 101	11:29:25 AM	0:15	ZNBC81092H	PSA 2018 TMYK NEWS PSA HEALT SHORT SIGHTED
20181208	NATURALLY	11:59:25 AM	0:15	ZNBC81092H	PSA 2018 TMYK NEWS PSA HEALT SHORT SIGHTED
20181208	VETS SAVING PETS-B	12:29:25 AM	0:15	ZNBC81042H	PSA 2018 TMYK NEWS DIVERSITY WOMEN SERVE
20181215	VETS SAVING PETS-A	10:59:11 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181215	NATURALLY	11:59:25 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181215	CHAMPION WITHIN	12:59:25 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181222	VETS SAVING PETS-A	10:59:11 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181222	CONSUMER 101	11:29:25 AM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20181222	VETS SAVING PETS-B	12:29:25 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20181222	CHAMPION WITHIN	12:59:25 AM	0:15	ZNBC81092H	PSA 2018 TMYK NEWS PSA HEALT SHORT SIGHTED
20181229	VETS SAVING PETS-A	10:59:11 AM	0:15	ZNBC81070H	PSA 2018 TMYK NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20181229	CONSUMER 101	11:29:25 AM	0:15	ZNBC81007H	PSA 2018 TMYK NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20181229	VETS SAVING PETS-B	12:29:25 AM	0:15	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20181229	CHAMPION WITHIN	12:59:25 AM	0:15	ZNBC81092H	PSA 2018 TMYK NEWS PSA HEALT SHORT SIGHTED

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 2018

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.