



Topics:

- (A) Health Issues**
- (B) Environment/Ecology**
- (C) Education**
- (D) Diversity/Minorities**
- (E) Government Issues**

(A) Health Issues

January 2, 08:00-09:55 a.m.

SUPER GENES WITH DR. RUDY TANZI

Explore how we might shape our genetic future through self-directed biological transformation.

January 9, 06:30-08:25 a.m.

SKINNY GUT VIBRANT YOU WITH BRENDA WATSON

Digestive expert Brenda Watson, C.N.C. discusses the solution to digestive disorders and obesity.

January 9, 11:30 a.m.-12:30 p.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

January 11, 01:32-02:32 a.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

January 23, 06:30-08:00 a.m.

30 DAYS TO A YOUNGER HEART WITH DR. STEVEN MASLEY

Steven Masley, MD shares three simple steps that will help reverse the onset of aging and disease.

January 23, 05:30-06:30 p.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

January 24, 03:00-04:00 a.m.

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Valuable insights on how to combat the physical signs and consequences of aging are presented.

January 24, 11:00 p.m.-01:00 a.m.

HEALING ADD WITH DR. DANIEL AMEN, MD AND TANA AMEN

The myths and misconceptions of Attention Deficit Disorder and the hallmark symptoms are discussed.

January 25, 01:00-02:30 a.m.

30 DAYS TO A YOUNGER HEART WITH DR. STEVEN MASLEY

Steven Masley, MD shares three simple steps that will help reverse the onset of aging and disease.

February 6, 01:00-03:00 p.m.

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The myths and misconceptions of Attention Deficit Disorder and the hallmark symptoms are discussed.



February 6, 05:30-07:00 p.m.

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February 6, 07:00-08:00 p.m.

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February 7, 01:30-03:30 a.m.

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February 13, 06:30-08:00 a.m.

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February 14, 02:30-04:00 a.m.

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February 15, 02:30-04:00 a.m.

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Steven Masley, MD shares three simple steps that will help reverse the onset of aging and disease.

February 27, 06:00-07:00 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

February 28, 06:30-08:00 a.m.

30 DAYS TO A YOUNGER HEART WITH DR. STEVEN MASLEY

Steven Masley, MD shares three simple steps that will help reverse the onset of aging and disease.

March 5, 08:00-09:00 a.m.

SMART FATS TO OUTSMART AGING WITH DR STEVEN MASLEY

Dr. Masley offers proven, simple lifestyle changes to help lose unwanted weight and keep it off.

March 5, 10:00-11:30 a.m.

PATIENT'S PLAYBOOK WITH LESLIE MICHELSON

Leslie Michelson shares a roadmap that every American needs to get the best medical care possible.

March 5, 11:30 a.m.-01:00 p.m.

JOY BAUER'S FROM JUNK FOOD TO JOY FOOD

Learn the secret to enjoying all your favorite foods while still losing weight and boosting energy.



March 5, 01:00-04:00 p.m.

FOREVER WISDOM OF DR. WAYNE DYER

This memorial tribute celebrates the iconic thinker's wisdom teachings with inspirational stories.

March 5, 04:00-05:00 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 5, 11:30 p.m.-12:30 a.m.

EASY YOGA FOR DIABETES WITH PEGGY CAPPY

Learn how yoga and a good diet can improve health and have a positive impact on life with diabetes.

March 6, 12:30-02:00 a.m.

10 REASONS YOU FEEL OLD AND GET FAT WITH FRANK LIP

Tools and changes that support healing and optimizing the body and mind as we age are highlighted.

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Learn how yoga and a good diet can improve health and have a positive impact on life with diabetes.

March 6, 08:00-09:30 a.m.

HOT FLASH HAVOC

Empower yourself with the truth about menopause in this enlightening and humorous documentary.

March 6, 11:30 a.m.-01:00 p.m.

PATIENT'S PLAYBOOK WITH LESLIE MICHELSON

Leslie Michelson shares a roadmap that every American needs to get the best medical care possible.

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JOY BAUER'S FROM JUNK FOOD TO JOY FOOD

Learn the secret to enjoying all your favorite foods while still losing weight and boosting energy.

March 11, 11:15 p.m.-01:10 a.m.

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March 12, 03:10-03:40 a.m.

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Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

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March 19, 03:15-03:45 a.m.

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March 21, 10:00-11:55 p.m.

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March 22, 02:00-04:00 a.m.

HEALING ADD WITH DR. DANIEL AMEN, MD AND TANA AMEN

The myths and misconceptions of Attention Deficit Disorder and the hallmark symptoms are discussed.

March 24, 02:00-03:55 a.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 26, 12:45-01:45 a.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

January 1, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Advanced Breast Cancer"

Patients and some of the country's leading researchers in the field discuss advanced breast cancer.

January 1, 07:30-08:00 a.m.

SIT AND BE FIT "Pelvic & Ribcage Mobility"

Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.

January 2, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Managing Female Stress Urinary Incontinence"

Medical experts and their patients define this common condition and explain how it is managed.

January 4, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Understanding Organ Donation & Transplantation"

Leading researchers in the field highlight the importance of organ donation and transplantation.

January 4, 07:30-08:00 a.m.

SIT AND BE FIT "Strong Back Strong Core"

Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles.

January 5, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Mds: A Disease of Abnormal Blood Cells Levels"

Leading experts in the study and treatment of MDS shed light on the science behind this disease.



January 5, 07:30-08:00 a.m.

SIT AND BE FIT "Neuromuscular Coordination"

Heel tapping, patting, clapping and changing of rhythm patterns are used to improve coordination.

January 6, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Primary Immunodeficiency"

Learn how doctors help patients deal with this disorder and how patients can lead productive lives.

January 6, 07:30-08:00 a.m.

SIT AND BE FIT "Release Tension Through Exercise"

This fast-paced workout ends with a peaceful relaxation, leading to a place of complete tranquility.

January 7, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Gaucher Disease: An Inherited Condition of the Bod"

Leading medical researchers work diligently to better understand and manage Gaucher disease.

January 7, 07:30-08:00 a.m.

SIT AND BE FIT "Strengthening Muscles & Joints"

This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

January 8, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "New Changes in the Treatment of Type 2 Diabetes"

Experts discuss the role of diet, exercise and lifestyle changes in treating Type 2 Diabetes.

January 8, 07:30-08:00 a.m.

SIT AND BE FIT "A Healthy Back"

Mary Ann focuses on exercises that involve back flexibility, strengthening and stretching.

January 9, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Onychomycosis: Learning About Nail Fungus"

Learn how to help avoid the condition of Onychomycosis and what to do if it strikes.

January 11, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Lipodystrophy: A Selective Loss of Body Fat Disorder"

Lipodystrophy is a disorder where the body's fatty tissue is attacked, causing a loss of body fat.

January 11, 07:30-08:00 a.m.

SIT AND BE FIT "Better Balance"

Good balance begins with proper spinal alignment and strong core muscles.

January 12, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Understanding Polycythemia Vera Or P-Vera"

Polycythemia Vera and its causes are examined and the medical advancements are discussed.

January 12, 07:30-08:00 a.m.

SIT AND BE FIT "Improve Your Mood"

Tactile stimulation is used to increase circulation and elicit a relaxed state of body and mind.



January 12, 09:32-10:02 p.m.

NINE TO NINETY

An active 89-year-old grandmother makes a radical decision to move into assisted living.

January 13, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Opioid Induced Constipation: Improving Patients Qu"

Side effects that can often result from taking prescribed opioids for chronic pain are discussed.

January 13, 07:30-08:00 a.m.

SIT AND BE FIT "Lighthearted Exercises"

Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening.

January 14, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Importance of Organ Donation"

The world of organ donation and transplantation, including kidney transplants, is explored.

January 14, 07:30-08:00 a.m.

SIT AND BE FIT "Kinesthetic Awareness"

A focus on the importance of kinesthetic awareness and weight shifting as they relate to balance.

January 15, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Advancements In Late Stage Breast Cancer"

Advanced breast cancer is discussed with the country's leading researchers in the field.

January 15, 07:30-08:00 a.m.

SIT AND BE FIT "Exercising with Accessories"

These exercises incorporate a large ball and a small ball for finger flexibility and strengthening.

January 16, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Nets: Neuroendocrine Tumors"

Explore how neuroendocrine tumors are developed, discovered and treated, using the latest research.

January 18, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Nausea and Vomiting of Pregnancy"

Lifestyle changes and new medical therapies can reduce these often troubling symptoms of pregnancy.

January 18, 07:30-08:00 a.m.

SIT AND BE FIT "Somatosensory Work"

Mary Ann focuses on the somatosensory system for good balance and everyday functioning.

January 19, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Idiopathic Pulmonary Fibrosis"

Idiopathic Pulmonary Fibrosis is a disease that robs a person's ability to breathe normally.

January 19, 07:30-08:00 a.m.

SIT AND BE FIT "Releasing Muscle Tightness"

A small ball, a towel and large ball help release restrictions that build up in connective tissue.

January 20, 12:30-01:00 a.m.



HEALTHY BODY HEALTHY MIND "Dermatomyositis and Polymyositis"

These inflammatory conditions that typically cause swelling and a loss of muscle are discussed.

January 20, 07:30-08:00 a.m.

SIT AND BE FIT "Myofascial Relief & Gait"

Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula.

January 21, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Sickle Cell, Thalassemia and Iron Overload"

Serious conditions such as sickle cell disease, hemochromatosis and thalassemia are discussed.

January 21, 07:30-08:00 a.m.

SIT AND BE FIT "Keep The Fun In Functional Fitness"

Mary Ann focuses on the fun side of exercise with novelty music and imaginative choreography.

January 22, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pelvic Organ Prolapse"

Pelvic Organ Prolapse can often be effectively addressed by properly trained medical professionals.

January 22, 07:30-08:00 a.m.

SIT AND BE FIT "Variety, The Spice of Life"

Exercises that improve function are shared. The fingers and breath help control abdominal muscles.

January 23, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "The Truth About Hepatitis C"

Recent breakthroughs that are changing how the Hepatitis C virus is treated are explored.

January 25, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Living with Advanced Prostate Cancer"

Experts discuss what can be done to prevent and treat severe oral mucositis- severe mouth sores.

January 25, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Bone Strengthening Workout"

An all-barre workout designed to strengthen your bones and prevent Osteoporosis is showcased.

January 25, 07:30-08:00 a.m.

SIT AND BE FIT "Finger Dexterity"

This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises.

January 26, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Progress Made In Managing Glaucoma"

Doctors who have been on the front lines for decades in the battle against MS discuss treatment.

January 26, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Spine Stretch for Posture Workout"

Stretches that will increase flexibility in your back and improve your posture are demonstrated.

January 26, 07:30-08:00 a.m.

SIT AND BE FIT "Happy Feet, Healthy Body"



Mary Ann stresses the importance of foot health and uses a small ball to share foot exercises

January 27, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Severe Oral Mucositis: Cancer's Common Side Effect"

Discover how doctors, radiologists, radiation oncologists and others fight prostate cancer.

January 27, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Slenderize and Strengthen Your Legs"

An all-floor workout designed to slenderize and strengthen your legs is showcased.

January 27, 07:30-08:00 a.m.

SIT AND BE FIT "Brain Booster"

These exercises activate the brain and includes great movement patterns for balance and gait.

January 28, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "New Hope for Living with Multiple Sclerosis"

Glaucoma is a term used to describe conditions that can cause damage to the optic nerve of the eye.

January 28, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Improve Your Posture"

Miranda demonstrates an all-barre workout that focuses on maintaining and improving posture.

January 28, 07:30-08:00 a.m.

SIT AND BE FIT "Practice Perfect Posture"

Postural alignment and using proper form to get the most out of each exercise are emphasised.

January 29, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Alpha-1 Deficiency"

Experts and patients discuss the inroads that have been made in better managing this disease.

January 29, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Anti Aging Workout"

This zero impact cardio workout will help you burn calories while strengthening your full body.

January 29, 07:30-08:00 a.m.

SIT AND BE FIT "Variety: The Spice of Life"

Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.

January 30, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pain Management"

A balanced approach to safe and effective medical treatment for reducing pain is highlighted.

February 1, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Shoulder Arthroplasty"

The delicate workings of the shoulder are explored and shoulder arthroplasty is discussed.

February 1, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Power Up Your Legs"

This all-barre workout focuses on strengthening your legs and will make you feel lighter.



February 1, 07:30-08:00 a.m.

SIT AND BE FIT "Functional and Fun Exercises for the Feet"

This workout begins with a fun segment dedicated to keeping your feet happy and healthy.

February 2, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Adrenal Cancer"

The history of Adrenal Cancer and screening, diagnosis, management and patient care are discussed.

February 2, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Triceps and Arms"

An all-standing workout intended to strengthen and slenderize your arms is demonstrated.

February 2, 07:30-08:00 a.m.

SIT AND BE FIT "Yardsticks and Bands"

Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

February 3, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pancreatic Cancer"

Risk factors, signs, symptoms and diagnostic techniques for pancreatic cancer are highlighted.

February 3, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Stress Release Workout"

This gentle, all-floor stress relief workout is sure to release tensions in your body.

February 3, 07:30-08:00 a.m.

SIT AND BE FIT "Shoulder and Back Strength"

This lively workout showcases exercises that help strengthen the shoulders and back.

February 4, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Advanced Breast Cancer"

Patients and some of the country's leading researchers in the field discuss advanced breast cancer.

February 4, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Zero Impact Cardio"

This zero impact cardio workout will get your blood flowing without stressing your joints.

February 4, 07:30-08:00 a.m.

SIT AND BE FIT "Postural Alignment and Shoulder Stability"

Exercises that help increase postural awareness and stabilize the shoulders are featured.

February 5, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Managing Female Stress Urinary Incontinence"

Medical experts and their patients define this common condition and explain how it is managed.

February 5, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Prevention of Hand and Finger Arthritis"

Miranda demonstrates an all-barre routine designed to help prevent hand and finger Arthritis.



February 5, 07:30-08:00 a.m.
SIT AND BE FIT "Circulation"

This upbeat episode focuses on movements designed to get the blood flowing through the body.

February 6, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "Understanding Organ Donation & Transplantation"
Leading researchers in the field highlight the importance of organ donation and transplantation.

February 8, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "Mds: A Disease of Abnormal Blood Cells Levels"
Leading experts in the study and treatment of MDS shed light on the science behind this disease.

February 8, 06:00-06:30 a.m.
CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Quad Slenderizing"
This all-floor workout will slenderize and strengthen your quads while increasing spine mobility.

February 8, 07:30-08:00 a.m.
SIT AND BE FIT "Core Strengthening"
Exercises that help build core strength play an important role in balance and back strength.

February 9, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "Learning About Primary Immunodeficiency"
Learn how doctors help patients deal with this disorder and how patients can lead productive lives.

February 9, 06:00-06:30 a.m.
CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Stomach Flattening Workout"
An all-standing workout designed to work your core and flatten your abs is demonstrated.

February 9, 07:30-08:00 a.m.
SIT AND BE FIT "Hip Mobility"
Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

February 10, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "Gaucher Disease: An Inherited Condition of the Bod"
Leading medical researchers work diligently to better understand and manage Gaucher disease.

February 10, 06:00-06:30 a.m.
CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Put A Bounce In Your Step"
This great, all-barre workout is sure to strengthen your entire body and put a bounce in your step.

February 11, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "New Changes in the Treatment of Type 2 Diabetes"
Experts discuss the role of diet, exercise and lifestyle changes in treating Type 2 Diabetes.

February 11, 06:00-06:30 a.m.
CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Fingers and Hands"
This all-standing workout will strengthen your entire body with a focus on your fingers and hands!

February 12, 12:30-01:00 a.m.



HEALTHY BODY HEALTHY MIND "Onychomycosis: Learning About Nail Fungus"
Learn how to help avoid the condition of Onychomycosis and what to do if it strikes.

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HEALTHY BODY HEALTHY MIND "Lipodystrophy: A Selective Loss of Body Fat Disord"
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February 15, 12:30-01:00 a.m.
HEALTHY BODY HEALTHY MIND "Understanding Polycythemia Vera Or P-Vera"
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HEALTHY BODY HEALTHY MIND "Importance of Organ Donation"
The world of organ donation and transplantation, including kidney transplants, is explored.

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Advanced breast cancer is discussed with the country's leading researchers in the field.

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HEALTHY BODY HEALTHY MIND "Learning About Nets: Neuroendocrine Tumors"
Explore how neuroendocrine tumors are developed, discovered and treated, using the latest research.

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HEALTHY BODY HEALTHY MIND "Nausea and Vomiting of Pregnancy"
Lifestyle changes and new medical therapies can reduce these often troubling symptoms of pregnancy.

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HEALTHY BODY HEALTHY MIND "Idiopathic Pulmonary Fibrosis"
Idiopathic Pulmonary Fibrosis is a disease that robs a person's ability to breathe normally.

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Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.

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HEALTHY BODY HEALTHY MIND "Pelvic Organ Prolapse"

Pelvic Organ Prolapse can often be effectively addressed by properly trained medical professionals.

February 25, 07:30-08:00 a.m.

SIT AND BE FIT "Practice Perfect Posture"

Postural alignment and using proper form to get the most out of each exercise are emphasised.

February 26, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Alpha-1 Deficiency"

Experts and patients discuss the inroads that have been made in better managing this disease.

February 26, 07:30-08:00 a.m.

SIT AND BE FIT "Variety: The Spice of Life"

Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.

February 27, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pain Management"

A balanced approach to safe and effective medical treatment for reducing pain is highlighted.

February 29, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Shoulder Arthroplasty"

The delicate workings of the shoulder are explored and shoulder arthroplasty is discussed.

February 29, 07:30-08:00 a.m.

SIT AND BE FIT "Functional and Fun Exercises for the Feet"

This workout begins with a fun segment dedicated to keeping your feet happy and healthy.

March 1, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Adrenal Cancer"

The history of Adrenal Cancer and screening, diagnosis, management and patient care are discussed.

March 1, 07:30-08:00 a.m.

SIT AND BE FIT "Yardsticks and Bands"

Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

March 2, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pancreatic Cancer"

Risk factors, signs, symptoms and diagnostic techniques for pancreatic cancer are highlighted.

March 2, 07:30-08:00 a.m.

SIT AND BE FIT "Shoulder and Back Strength"

This lively workout showcases exercises that help strengthen the shoulders and back.

March 3, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Hepatitis C"



A look at the latest research surrounding Hepatitis C, and hear from patients who reveal their treatment journeys through this often-frightening disease.

March 3, 07:30-08:00 a.m.

SIT AND BE FIT "Postural Alignment and Shoulder Stability"

Exercises that help increase postural awareness and stabilize the shoulders are featured.

March 4, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Advanced Breast Cancer"

Patients and some of the country's leading researchers in the field discuss advanced breast cancer.

March 4, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Arms & Posture"

These stretches will sculpt your arms and improve your posture.

March 4, 07:30-08:00 a.m.

SIT AND BE FIT "Circulation"

This upbeat episode focuses on movements designed to get the blood flowing through the body.

March 5, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Managing Female Stress Urinary Incontinence"

Medical experts and their patients define this common condition and explain how it is managed.

March 5, 01:30-03:00 p.m.

HEALING ADD WITH DR. DANIEL AMEN, MD AND TANA AMEN

The myths and misconceptions of Attention Deficit Disorder and the hallmark symptoms are discussed.

March 5, 10:00-11:00 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 6, 04:00-05:00 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 6, 11:30 p.m.-12:00 a.m.

10 REASONS YOU FEEL OLD AND GET FAT WITH FRANK LIP

Tools and changes that support healing and optimizing the body and mind as we age are highlighted.

March 7, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Understanding Organ Donation & Transplantation"

Leading researchers in the field highlight the importance of organ donation and transplantation.

March 7, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Leg Sculpting"

Sculpt your legs and make your clothes fit better with these stretches.

March 7, 07:30-08:00 a.m.

SIT AND BE FIT "Core Strengthening"



Exercises that help build core strength play an important role in balance and back strength.

March 8, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Mds: A Disease of Abnormal Blood Cells Levels"

Leading experts in the study and treatment of MDS shed light on the science behind this disease.

March 8, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Lose A Pant Size"

Sculpt your legs and make your pants fit better with these graceful stretches.

March 8, 07:30-08:00 a.m.

SIT AND BE FIT "Hip Mobility"

Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

March 8, 10:30 p.m.-12:00 a.m.

JOY BAUER'S FROM JUNK FOOD TO JOY FOOD

Learn the secret to enjoying all your favorite foods while still losing weight and boosting energy.

March 9, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Primary Immunodeficiency"

Learn how doctors help patients deal with this disorder and how patients can lead productive lives.

March 9, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Hips & Groin"

A hips and groin stretch is demonstrated.

March 10, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Gaucher Disease: An Inherited Condition of the Bod"

Leading medical researchers work diligently to better understand and manage Gaucher disease.

March 10, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Fantastic Core"

Work your core and abs with these fluid stretches.

March 11, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "New Changes in the Treatment of Type 2 Diabetes"

Experts discuss the role of diet, exercise and lifestyle changes in treating Type 2 Diabetes.

March 11, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Full Body Workout"

Lose inches off your body with these graceful and fluid moves.

March 11, 08:00-09:55 p.m.

SMART FATS TO OUTSMART AGING WITH DR STEVEN MASLEY

Dr. Masley offers proven, simple lifestyle changes to help lose unwanted weight and keep it off.

March 11, 10:00-11:30 p.m.

HOT FLASH HAVOC

Empower yourself with the truth about menopause in this enlightening and humorous documentary.



March 11, 11:30 p.m.-12:00 a.m.

10 REASONS YOU FEEL OLD AND GET FAT WITH FRANK LIP

Tools and changes that support healing and optimizing the body and mind as we age are highlighted.

March 12, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Onychomycosis: Learning About Nail Fungus"

Learn how to help avoid the condition of Onychomycosis and what to do if it strikes.

March 12, 06:00-07:00 p.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

March 13, 12:00 p.m.-01:55 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 13, 09:30-11:25 p.m.

EAT FAT GET THIN WITH DR. MARK HYMAN

Dr. Mark Hyman explains how eating fat can help promote weight loss and optimum health.

March 13, 11:30 p.m.-12:00 a.m.

10 REASONS YOU FEEL OLD AND GET FAT WITH FRANK LIP

Tools and changes that support healing and optimizing the body and mind as we age are highlighted.

March 14, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Lipodystrophy: A Selective Loss of Body Fat Disorder"

Lipodystrophy is a disorder where the body's fatty tissue is attacked, causing a loss of body fat.

March 14, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Workout at the Office"

Discover exercises you can do at work and at your desk.

March 15, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Understanding Polycythemia Vera Or P-Vera"

Polycythemia Vera and its causes are examined and the medical advancements are discussed.

March 15, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Balance & Feet"

Work on your balance and strengthen your feet with these stretches.

March 16, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Opioid Induced Constipation: Improving Patients Qu"

Side effects that can often result from taking prescribed opioids for chronic pain are discussed.

March 16, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Shoulder & Stress Relief"

These moves will provide frozen shoulder and stress relief.



March 17, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Importance of Organ Donation"

The world of organ donation and transplantation, including kidney transplants, is explored.

March 17, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Full Body Workout"

Stretches that target your entire body are showcased.

March 18, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Advancements In Late Stage Breast Cancer"

Advanced breast cancer is discussed with the country's leading researchers in the field.

March 18, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Core & Hips"

Strengthen your core and slenderize hips with these moves.

March 18, 10:00-11:00 p.m.

AGING BACKWARDS WITH MIRANDA ESMONDE-WHITE

Valuable insights on how to combat the physical signs and consequences of aging are presented.

March 19, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Learning About Nets: Neuroendocrine Tumors"

Explore how neuroendocrine tumors are developed, discovered and treated, using the latest research.

March 21, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Nausea and Vomiting of Pregnancy"

Lifestyle changes and new medical therapies can reduce these often troubling symptoms of pregnancy.

March 21, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Sculpt Your Legs"

Sculpt your legs with these stretches to make your pants fit better.

March 22, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Idiopathic Pulmonary Fibrosis"

Idiopathic Pulmonary Fibrosis is a disease that robs a person's ability to breathe normally.

March 22, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Core & Quads"

Strengthening your core with an accent on quads is showcased.

March 22, 07:30-08:00 a.m.

SIT AND BE FIT "Core Strengthening"

Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.

March 23, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Dermatomyositis and Polymyositis"

These inflammatory conditions that typically cause swelling and a loss of muscle are discussed.

March 23, 06:00-06:30 a.m.



CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Butt & Posture"

These fluid stretches will tone your butt and improve your posture.

March 23, 07:30-08:00 a.m.

SIT AND BE FIT "Healthy Aging"

A variety of unique exercises are introduced which are all designed to promote healthy aging.

March 24, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Sickle Cell, Thalassemia and Iron Overload"

Serious conditions such as sickle cell disease, hemochromatosis and thalassemia are discussed.

March 24, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Stretch & Strengthening"

A full body stretch and strengthening workout is showcased.

March 24, 07:30-08:00 a.m.

SIT AND BE FIT "Exercise Is Fun"

Mary Ann focuses on fun and functional exercises set to some of her favorite music.

March 25, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pelvic Organ Prolapse"

Pelvic Organ Prolapse can often be effectively addressed by properly trained medical professionals.

March 25, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Full Body Stretch"

Experience a full body stretch and muscle release.

March 25, 07:30-08:00 a.m.

SIT AND BE FIT "Strength Coordination"

This episode features a potpourri of movements to enhance strength and coordination.

March 26, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Alpha-1 Deficiency"

Experts and patients discuss the inroads that have been made in better managing this disease.

March 28, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pain Management"

A balanced approach to safe and effective medical treatment for reducing pain is highlighted.

March 28, 03:00-05:00 a.m.

CANCER: THE EMPEROR OF ALL MALADIES "Magic Bullets"

Sidney Farber introduced the modern era of chemotherapy, eventually galvanizing a "war on cancer."

March 28, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Strengthen & Slenderize"

Strengthen and slenderize your body with these graceful stretches.

March 28, 07:30-08:00 a.m.

SIT AND BE FIT "Reaction Time"



Mary Ann shows how to use a ball to test your reaction time.

March 29, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Shoulder Arthroplasty"

The delicate workings of the shoulder are explored and shoulder arthroplasty is discussed.

March 29, 03:00-05:00 a.m.

CANCER: THE EMPEROR OF ALL MALADIES "The Blind Men and the Elephant"

The search for a cure for cancer, from the 1970s to targeted therapies in the 1990s, is examined.

March 29, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Strengthen Feet & Body"

Strengthen your feet and sculpt your body with these fluid movements.

March 29, 07:30-08:00 a.m.

SIT AND BE FIT "March Your Way to Fitness"

Mary Ann marches her way to fitness with fun routines and patriotic music.

March 30, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Adrenal Cancer"

The history of Adrenal Cancer and screening, diagnosis, management and patient care are discussed.

March 30, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Lower Ab & Core"

A core workout with a lower ab focus is showcased.

March 30, 07:30-08:00 a.m.

SIT AND BE FIT "Pelvic Floor"

This workout shows some easy movements to keep the important muscles of pelvic floor strong.

March 31, 12:30-01:00 a.m.

HEALTHY BODY HEALTHY MIND "Pancreatic Cancer"

Risk factors, signs, symptoms and diagnostic techniques for pancreatic cancer are highlighted.

March 31, 06:00-06:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Upper Body"

These graceful movements focus on the upper body.

March 31, 07:30-08:00 a.m.

SIT AND BE FIT "Posture and Breathing"

Mary Ann demonstrates how to maintain good posture while exercising.

(B) Environment/Ecology

January 6, 10:00 p.m.-12:00 a.m.

PARTICLE FEVER

Six brilliant scientists are followed during the launch of the Large Hadron Collider.



January 7, 02:00-04:00 a.m.

PARTICLE FEVER

Six brilliant scientists are followed during the launch of the Large Hadron Collider.

January 13, 10:00-11:00 p.m.

EARTH'S NATURAL WONDERS "Extreme Wonders"

Mount Everest's Khumbu Icefall, the Grand Canyon and the slopes of Mount Kilimanjaro are visited.

January 14, 02:00-03:00 a.m.

EARTH'S NATURAL WONDERS "Extreme Wonders"

Mount Everest's Khumbu Icefall, the Grand Canyon and the slopes of Mount Kilimanjaro are visited.

February 3, 10:00-11:00 p.m.

NOVA "Australia's First 4 Billion Years: Awakening"

Dinosaurs, sea monsters and asteroids highlight the spectacular story of the continent's origins.

February 4, 02:00-03:00 a.m.

NOVA "Australia's First 4 Billion Years: Awakening"

Dinosaurs, sea monsters and asteroids highlight the spectacular story of the continent's origins.

February 17, 10:00-11:00 p.m.

NOVA "Ice Age Death Trap"

Preserved bones of mammoths, mastodons and other giant extinct beasts are uncovered in the Rockies.

February 18, 02:00-03:00 a.m.

NOVA "Ice Age Death Trap"

Preserved bones of mammoths, mastodons and other giant extinct beasts are uncovered in the Rockies.

February 18, 04:00-05:00 a.m.

NOVA "Ice Age Death Trap"

Preserved bones of mammoths, mastodons and other giant extinct beasts are uncovered in the Rockies.

March 2, 08:00-09:00 p.m.

YEAR IN SPACE

Go behind-the-scenes of astronaut Scott Kelly's 12-month stay on the International Space Station.

March 2, 09:00-10:00 p.m.

NOVA "First Man on the Moon"

An intimate portrait of the American hero features interviews with Armstrong's family and friends.

March 3, 12:00-01:00 a.m.

YEAR IN SPACE

Go behind-the-scenes of astronaut Scott Kelly's 12-month stay on the International Space Station.

March 3, 01:00-02:00 a.m.

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YEAR IN SPACE

Go behind-the-scenes of astronaut Scott Kelly's 12-month stay on the International Space Station.

March 3, 04:00-05:00 a.m.

NOVA "First Man on the Moon"

An intimate portrait of the American hero features interviews with Armstrong's family and friends.

March 3, 10:00-11:35 p.m.

COSMONAUTS

Interviews and footage reveal the story of the space race from the other side of the Iron Curtain.

March 4, 02:00-03:35 a.m.

COSMONAUTS

Interviews and footage reveal the story of the space race from the other side of the Iron Curtain.

March 11, 04:00-05:00 a.m.

NOVA "Lethal Seas"

As carbon emissions raise the oceans' acidity, experts try to crack the code of a changing seas.

March 12, 08:00-09:30 a.m.

DESERT DREAMS: CELEBRATING FIVE SEASONS IN THE SON

The Sonoran Desert is alive with beauty. This stunning film captures the changes over the seasons.

March 18, 04:00-05:00 a.m.

NOVA "Ancient Computer"

Aliens are "built" from the ground up using animation and the latest discoveries in astrobiology.

March 30, 09:00-10:00 p.m.

NOVA "The Great Math Mystery"

An exploration of math's power across the centuries sheds light on how math works in our brains.

March 31, 01:00-02:00 a.m.

NOVA "The Great Math Mystery"

An exploration of math's power across the centuries sheds light on how math works in our brains.

March 31, 04:00-05:00 a.m.

NOVA "The Great Math Mystery"

An exploration of math's power across the centuries sheds light on how math works in our brains.

January 4, 04:00-05:00 a.m.

NOVA "Quest for Solomon's Mines"

Groundbreaking expeditions in the pockmarked desert of Jordan illuminate the holdings of King Solomon.

January 7, 08:00-10:00 p.m.

PARTICLE FEVER

Six brilliant scientists are followed during the launch of the Large Hadron Collider.

January 8, 03:00-05:00 a.m.



PARTICLE FEVER

Six brilliant scientists are followed during the launch of the Large Hadron Collider.

January 14, 09:00-10:00 p.m.

EARTH'S NATURAL WONDERS "Extreme Wonders"

Mount Everest's Khumbu Icefall, the Grand Canyon and the slopes of Mount Kilimanjaro are visited.

February 8, 04:00-05:00 a.m.

NOVA "Australia's First 4 Billion Years: Awakening"

Dinosaurs, sea monsters and asteroids highlight the spectacular story of the continent's origins.

February 19, 09:00-10:00 p.m.

NOVA "Ice Age Death Trap"

Preserved bones of mammoths, mastodons and other giant extinct beasts are uncovered in the Rockies.

February 22, 04:00-05:00 a.m.

NOVA "Ice Age Death Trap"

Preserved bones of mammoths, mastodons and other giant extinct beasts are uncovered in the Rockies.

March 4, 09:00-10:00 p.m.

NOVA "First Man on the Moon"

An intimate portrait of the American hero features interviews with Armstrong's family and friends.

March 17, 08:30-09:00 a.m.

FOR YOUR HOME "Taking Green Uptown"

A condo gets a green, chic makeover using the latest, innovative furnishings, ideas and projects.

March 21, 03:00-04:00 a.m.

BRAIN WITH DAVID EAGLEMAN "What Is Reality?"

Dr. David Eagleman explores how the brain conjures the beautiful world we all take for granted.

March 24, 08:30-09:00 a.m.

FOR YOUR HOME "What's New In Green?"

Showcases solar energy news, in-home air quality solutions and rain harvesting and storage tips.

March 31, 09:00-10:00 p.m.

NOVA "The Great Math Mystery"

An exploration of math's power across the centuries sheds light on how math works in our brains.

(C) Education

January 3, 09:30-10:00 a.m.

WAYS TO PAY FOR COLLEGE "2016"

Join host Mario Armstrong for an all - new information-packed show as he guides you through the ups and downs and twists and turns of the many ways people find money for college.

January 2, 11:00-11:30 a.m.

WAYS TO PAY FOR COLLEGE "2016"



Join host Mario Armstrong for an all - new information-packed show as he guides you through the ups and downs and twists and turns of the many ways people find money for college.

February 1, 01:30-02:00 p.m.

GROWING A GREENER WORLD "Young Farmers"

Learning to be an organic farmer is hot! The GGW crew enrolls in a true Organic Farm School.

February 28, 04:00-05:00 p.m.

FACING FORWARD: A STUDENT'S STORY

Teachers in inner-city Cleveland strive to transform at-risk youth into productive individuals.

March 2, 01:30-02:00 p.m.

GROWING A GREENER WORLD "Schoolyard Wildlife Habitats (Atlanta, Ga)"

Learn how one school is using wildlife and outdoor classrooms to engage youngsters in nature.

March 25, 07:00-07:30 a.m.

HEALING QUEST "School Junk Food; Family Meals"

Moms battle school junk food, the facts about family meals and Deepak on the power of ancestors.

(D) Diversity/Minorities

January 30, 11:00-11:30 a.m.

RICK STEVES' EUROPE "Belfast and the Best of Northern Ireland"

Enjoy some Irish whiskey and music after getting a peak at the politically charged neighborhoods.

January 31, 01:00-02:00 p.m.

HISTORY DETECTIVES

A photograph of an African American wearing a Confederate uniform is investigated.

February 2, 09:00-10:30 p.m.

INDEPENDENT LENS "Through A Lens Darkly"

Pioneering African-American photographers have recorded the lives and aspirations of generations.

February 3, 12:00-01:30 a.m.

INDEPENDENT LENS "Through A Lens Darkly"

Pioneering African-American photographers have recorded the lives and aspirations of generations.

February 3, 03:00-04:30 a.m.

INDEPENDENT LENS "Through A Lens Darkly"

Pioneering African-American photographers have recorded the lives and aspirations of generations.

February 5, 10:00-11:00 p.m.

MR. CIVIL RIGHTS: THURGOOD MARSHALL AND THE NAACP

Marshall's life in the years leading up to the Brown v. Board of Education ruling are explored.

February 6, 02:00-03:00 a.m.

MR. CIVIL RIGHTS: THURGOOD MARSHALL AND THE NAACP

Marshall's life in the years leading up to the Brown v. Board of Education ruling are explored.



February 13, 01:00-08:45 p.m.

AFRICAN AMERICANS: MANY RIVERS TO CROSS "Marathon"

A chronicle of the full sweep of African American history, from the origins of slavery on the African continent through five centuries of historic events right up to present day -- when America has a black President.

February 14, 12:00 p.m.-07:45 p.m.

AFRICAN AMERICANS: MANY RIVERS TO CROSS "Marathon"

A chronicle of the full sweep of African American history, from the origins of slavery on the African continent through five centuries of historic events right up to present day -- when America has a black President.

February 16, 09:00-11:00 p.m.

BLACK PANTHERS: VANGUARD OF THE REVOLUTION

The Black Panther Party emerged within a new revolutionary culture during the turbulent 1960s.

February 17, 12:00-02:00 a.m.

BLACK PANTHERS: VANGUARD OF THE REVOLUTION

The Black Panther Party emerged within a new revolutionary culture during the turbulent 1960s.

February 17, 03:00-05:00 a.m.

BLACK PANTHERS: VANGUARD OF THE REVOLUTION

The Black Panther Party emerged within a new revolutionary culture during the turbulent 1960s.

January 1, 01:00-02:00 a.m.

HISTORY DETECTIVES

The heroic acts shown in a poster about African-American soldiers in World War I are investigated.

January 1, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is God About?"

We dig into issues and arguments about God's existence-and, if God exists, about God's nature or traits. We explore competing ideas about God and assess divine diversity.

January 1, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Guadalajara & Puerto Vallarta"

Explore the rich history, culture, music, colonial architecture and passionate art of these cities.

January 4, 09:30-10:00 a.m.

CLOSER TO TRUTH "Speculating About God?"

In searching, striving to know God-if there is a God-we discover contrasting ways that God could be. It is good to wonder about God, see a landscape of possibilities, get the big picture of what God may be like.

January 4, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Mexico City and Ixtapa"

The world's largest metropolis is modern, crowded, cosmopolitan and steeped in tradition.

January 5, 09:30-10:00 a.m.



CLOSER TO TRUTH "How Could God Intervene in the Universe?"

For God to be God, God could not do nothing. If God exists, God must do things. Assuming God created the universe, then God should do things with the universe. But what? And how?

January 5, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Naples and the Amalfi Coast"

Deep in the heart of Italy, Naples is the ideal launching point for exploring some of the country's great historic treasures.

January 6, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Could Esp Mean?"

Extrasensory perception (ESP) probes reality. If ESP does not exist, then today's physical world may be all there is. If ESP does exist, then reality may go beyond the physical world. But can ESP be tested by science?

January 7, 09:30-10:00 a.m.

CLOSER TO TRUTH "How Could Esp Work?"

If ESP were real, would it transcend space and time? How could our minds know stuff, and do stuff, not only beyond our senses, but also beyond the laws of physics? What are possible mechanisms?

January 7, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Venice"

Join Rudy as he surrenders himself to the charms of magical Venice.

January 8, 09:30-10:00 a.m.

CLOSER TO TRUTH "How to Argue for God?"

Is there a supreme being, a creator of all things, a God? Can arguments-reasons, logic, ways of thinking-cut through traditions, norms, feelings? Believers bear the burden of proof.

January 8, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Genoa and the Italian Riviera"

Off to the Italian Riviera seeking la dolce vita in one of the world's most romantic places.

January 11, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does God Know Everything?"

Western religions claim that God is all-knowing. Then the trouble starts. What does it mean to know everything? Is God's knowledge of the future truth? Are 'possibilities' truth? Can God know infinities of truths? Does omniscience test a theistic God?

January 11, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Florence"

Uffizi, Bargello, and Accademia museums; landmarks of the Renaissance; da Vinci museum.

January 11, 05:30-06:30 p.m.

HISTORY DETECTIVES

Fabric from an aircraft that may be linked to Charles Lindbergh and Igor Sikorsky is investigated.

January 12, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Causation?"



Why does one thing 'cause' another thing? Is causation fundamental, primitive, real-not reducible to, or explainable by, anything else? Or is causation a human construct, derivative, artificial? At stake is what existence is about.

January 12, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Hill Towns of Tuscany and Umbria"

Visit Italian hill towns; Siena, San Gimignano, Pienza, Pitigliano and Sovana, Umbria, Assisi, Gubbio; Tips on driving.

January 13, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Dualism Explain Consciousness?"

Dualism claims reality has two parts, a physical and a nonphysical (mental or spiritual), both equally real. Dualism is believed by most people but rejected by most philosophers and scientists.

January 14, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is Consciousness Ultimate Reality?"

Some say that consciousness is the only true reality-that everything else, including the universe, comes from consciousness. If so, how would consciousness relate to the world?

January 15, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Ultimate Reality?"

What's fundamental? Only the physical world, or anything nonphysical?

January 15, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Sustainable Aquaculture in the Rich Waters of Ense"

Ricks gets a lesson in mollusk farming, explores oyster and mussel farming and makes green ceviche.

January 17, 04:00-04:55 p.m.

BUILDING THE DREAM

The story of the creation of a national monument honoring Martin Luther King Jr. is recounted.

January 18, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Consciousness?"

Consciousness is what we know best and explain least. Consciousness is baffling.

January 19, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is This God?"

Can humans probe God? Can we inquire into God's essence? Let's be bold in questioning God.

January 20, 09:30-10:00 a.m.

CLOSER TO TRUTH "Will The Universe Ever End?"

In the far, far future, what happens to planets, stars, galaxies and black holes?

January 21, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can The Divine Be A Person?"

What if God were a 'person'? A person has sense, knowledge, will, intent, feelings.

January 21, 05:30-06:30 p.m.



HISTORY DETECTIVES

A photograph of an African American wearing a Confederate uniform is investigated.

January 22, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is Death Final?"

Death is the ultimate defeat. But some claim that death is not final. Can the defeat be defeated?

January 25, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Causes Religious Belief?"

Why are religions so pervasive, across human cultures? If God exists, would God have made it so?

January 26, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Things Are Real?"

Is the physical world real? Or an expression of consciousness. Is consciousness real or an illusion?

January 26, 09:00-10:00 p.m.

PROMISE TO MY FATHER

Holocaust survivor Israel Arbeiter returns to Europe to tour concentration camps and memorials.

January 27, 09:30-10:00 a.m.

CLOSER TO TRUTH "Free Will for Moral Responsibility?"

Philosophers and brain scientists argue that our 'will' is less 'free' than we think.

January 28, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Can We Learn from Alternative Gods?"

Novel concepts of God challenge theism-rejecting the God of Judaism, Christianity and Islam.

January 28, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Berlin"

Feel the past and see the future in the city from new architecture, shopping & museum treasures.

January 28, 04:00-04:30 p.m.

SIMPLY MING "California 4"

Ming drives up the California coast to get the scoop on local ingredients and try tasty dishes.

January 28, 05:30-06:30 p.m.

HISTORY DETECTIVES Was this picture frame crafted from the staircase banister of the Titanic, Lusitania or neither?

January 29, 09:30-10:00 a.m.

CLOSER TO TRUTH "Why God, Not Nothing?"

To solve the great mystery 'Why does Anything At All Exist?', many invoke 'God'.

January 29, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Baja Beach House Cooking"

Rick visits Los Cabos top chefs and their restaurants and cooks dinner at a luxurious beach house.

February 1, 05:30-06:30 p.m.

HISTORY DETECTIVES



The heroic acts shown in a poster about African-American soldiers in World War I are investigated.

February 1, 07:30-08:00 p.m.

RICK STEVES' EUROPE "Siena and Assisi: Italy's Grand Hill Towns"

Red-bricked Siena's medieval hospital, lavish cathedral, bakery. Chianti region, homegrown dinner. In Assisi, follow footsteps of St. Francis.

February 2, 07:30-08:00 p.m.

RICK STEVES' EUROPE "The Best of Sicily"

Sail from Naples to Palermo; Capuchin crypt, mosaics of Monreale, ruins of Siracusa, fiery rim of Mt. Etna.

February 3, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Ultimate Reality?"

What's fundamental? Only the physical world, or anything nonphysical?

February 3, 07:30-08:00 p.m.

RICK STEVES' EUROPE "Siena and Assisi: Italy's Grand Hill Towns"

Red-bricked Siena's medieval hospital, lavish cathedral, bakery. Chianti region, homegrown dinner. In Assisi, follow footsteps of St. Francis.

February 4, 03:30-05:00 a.m.

INDEPENDENT LENS "Through A Lens Darkly"

Pioneering African-American photographers have recorded the lives and aspirations of generations.

February 4, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is God Responsible for Evil?"

How on earth could God be reconciled with massive, monstrous Evil?

February 4, 07:30-08:00 p.m.

RICK STEVES' EUROPE "Dublin and Mystical Sidetrips"

Dublin's story of feast and famine from its 18th-century Golden Age to its 20 th-century struggles for independence to its boomtime today as seen through travel.

February 5, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Information?"

Information is all the rage in science, changing how we think about fundamental questions.

February 5, 07:30-08:00 p.m.

RICK STEVES' EUROPE "South Ireland: Waterford to the Ring of Kerry"

Ireland's fascinating south coast: Waterford's much-loved crystal factory; Kennedy family homestead; Dunbrody famine ship; Kinsale's star-shaped fortresses. Why locals don't kiss the Blarney Stone.

February 8, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Design Point to God?"

To argue for God, the easy way appears to be 'design', the apparent purpose of the world.

February 9, 03:00-04:00 a.m.

MR. CIVIL RIGHTS: THURGOOD MARSHALL AND THE NAACP



Marshall's life in the years leading up to the Brown v. Board of Education ruling are explored.

February 9, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Truth?"

Everyone wants to know 'Truth'. But what is Truth?. What is the basic meaning of Truth itself?

February 9, 07:30-08:00 p.m.

RICK STEVES' EUROPE "The Best of West Ireland: Dingle, Galway, and the"

Explore the rugged Aran Islands, a castle at a medieval folk banquet and the Dingle Peninsula.

February 10, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does Information Create The Cosmos?"

Of what is reality made? What are the most basic building blocks that makes the cosmos?

February 10, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Ireland's West Coast"

Shopping in Galway, Europe's fastest growing city; boat trip to fabled Aran Islands; eerie landscape of the Burren; medieval banquet at Bunratty Castle; lush forests of Killarney; stunning Dingle Peninsula.

February 11, 09:30-10:00 a.m.

CLOSER TO TRUTH "Why A Body in a Resurrection?"

Isn't a 'body' out of place in a nonphysical hereafter? Moreover, how to resurrect a body?

February 11, 10:00-10:30 a.m.

SMART TRAVELS - EUROPE WITH RUDY MAXA "Dublin and Beyond"

Explore Dublin, Ireland's urban core: Trinity College, Book of Kells, Guinness Brewery, Kilmainham jail, pub life. Beyond Dublin: Glendalough monastery, Hill of Tara, Northern Ireland's best folk park.

February 11, 07:30-08:00 p.m.

RICK STEVES' EUROPE "The Best of Sicily"

Sail from Naples to Palermo; Capuchin crypt, mosaics of Monreale, ruins of Siracusa, fiery rim of Mt. Etna.

February 12, 09:30-10:00 a.m.

CLOSER TO TRUTH "Must Multiple Universes Exist?"

Of all human knowledge, the most stunning may be multiple universes-very many universes.

February 15, 01:00-02:00 a.m.

HISTORY DETECTIVES

Fabric from an aircraft that may be linked to Charles Lindbergh and Igor Sikorsky is investigated.

February 15, 09:30-10:00 a.m.

CLOSER TO TRUTH "Toward A Science of Consciousness"

Why do we have inner awareness? Why does it 'feel like something' inside to see, hear, taste, think?

February 16, 09:30-10:00 a.m.

CLOSER TO TRUTH "Big Questions In Free Will Part I"

Scientists and philosophers research, test, and advance thinking on Free Will.



February 17, 09:30-10:00 a.m.

CLOSER TO TRUTH "Big Questions In Free Will Part II"

Experts discuss the psychological, social and moral aspects of Free Will.

February 18, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Free Will Survive God's Fore-Knowledge"

God's 'foreknowledge, 'God knowing now what will happen later, creates tension with Free Will.

February 19, 09:30-10:00 a.m.

CLOSER TO TRUTH "How Can God Not Be Free?"

Does God have real choices? For God to be God, how can God be constrained all?

February 19, 07:30-08:00 p.m.

RICK STEVES' EUROPE "Belfast and the Best of Northern Ireland"

Enjoy some Irish whiskey and music after getting a peak at the politically charged neighborhoods.

February 21, 04:00-05:00 p.m.

MARINES OF MONTFORD POINT: FIGHTING FOR FREEDOM

Louis Gossett, Jr. narrates a look at the first African Americans recruits in the Marine Corps.

February 21, 05:00-06:00 p.m.

NICKLES FROM HEAVEN

Recounts the experiences of the first African-American soldiers to be designated as U.S. paratroopers and celebrates their long-overlooked contributions to the war effort.

February 22, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does The Cosmos Have A Reason?"

How breathtakingly vast the universe. How majestic. Is there meaning, purpose-a reason? Some scientists say no; we create our own purpose. Others look to God, while some seek meaning in the search for aliens. All see beauty.

February 23, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can The Cosmos Have A Reason?"

Perhaps we cannot know the reason for the universe, if there is any. But is it even possible for the universe to have a reason? If yes, how would natural regularities and rules compare with some kind of goal or God?

February 23, 09:00-10:00 p.m.

COMMUNITY CORNERSTONES "Historic African American Communities In Montgomer"

Between the Civil War and the Civil Rights Movement, 40 African American churches were constructed in Montgomery County. In these cornerstones of their communities, generations of black families created their own spiritual, social and educational opportunities. Five of these church communities are featured in Community Cornerstones

February 24, 01:00-02:00 a.m.

HISTORY DETECTIVES

A photograph of an African American wearing a Confederate uniform is investigated.

February 24, 09:30-10:00 a.m.



CLOSER TO TRUTH "Implications of Cosmology?"

The universe is strange and wondrous-dauntingly vast, menacingly violent, infinitely complex. There are explanations, but is there a final explanation?

February 25, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is God About?"

We dig into issues and arguments about God's existence-and, if God exists, about God's nature or traits. We explore competing ideas about God and assess divine diversity.

February 26, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does The Cosmos Have A Reason?"

How breathtakingly vast the universe. How majestic. Is there meaning, purpose-a reason? Some scientists say no; we create our own purpose. Others look to God, while some seek meaning in the search for aliens. All see beauty.

February 26, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Artisan Mescal"

Rick explores how a small Oaxacan distiller handcrafts Mescal and enjoys hand-pressed Memelas.

February 26, 05:30-06:30 p.m.

HISTORY DETECTIVES "Ventriloquist Dummy/Witch's House/Poems"

Was this dummy meant to protest against racial prejudice? Investigate the Salem Witch trials.

February 28, 05:00-06:00 p.m.

EDITOR AND THE DRAGON: HORACE CARTER FIGHTS THE KLAN

Publisher Horace Carter's reporting on the Ku Klux Klan in the pre-Civil Rights era is chronicled.

February 29, 03:00-05:00 a.m.

BLACK PANTHERS: VANGUARD OF THE REVOLUTION

The Black Panther Party emerged within a new revolutionary culture during the turbulent 1960s.

February 29, 09:30-10:00 a.m.

CLOSER TO TRUTH "How Could God Intervene in the Universe?"

For God to be God, God could not do nothing. If God exists, God must do things. Assuming God created the universe, then God should do things with the universe. But what? And how?

February 29, 07:30-08:00 p.m.

RICK STEVES' EUROPE "Poland Rediscovered: Krakow, Auschwitz and Warsaw"

Rediscovering Poland; Krakow's bubbly Baroque and cobbled charm; Auschwitz; thriving capital Warsaw.

March 1, 01:00-02:00 a.m.

HISTORY DETECTIVES

Was this picture frame crafted from the staircase banister of the Titanic, Lusitania or neither?

March 1, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Could Esp Mean?"



Extrasensory perception (ESP) probes reality. If ESP does not exist, then today's physical world may be all there is. If ESP does exist, then reality may go beyond the physical world. But can ESP be tested by science?

March 2, 09:30-10:00 a.m.

CLOSER TO TRUTH "How Could Esp Work?"

If ESP were real, would it transcend space and time? How could our minds know stuff, and do stuff, not only beyond our senses, but also beyond the laws of physics? What are possible mechanisms?

March 2, 05:30-06:30 p.m.

HISTORY DETECTIVES "Pretty Boy Floyd Handgun/Paul Cuffee Muster Roll/P"

Look down the barrel of this mystery to find if this relic belonged to the Depression-era desperado.

March 3, 01:00-02:00 a.m.

HISTORY DETECTIVES

The heroic acts shown in a poster about African-American soldiers in World War I are investigated.

March 3, 04:30-05:00 a.m.

ACROSS THE CREEK

Members of the Lakota talk about seeking ways to restore their culture after a legacy of colonialism

March 3, 09:30-10:00 a.m.

CLOSER TO TRUTH "How to Argue for God?"

Is there a supreme being, a creator of all things, a God? Can arguments-reasons, logic, ways of thinking-cut through traditions, norms, feelings? Believers bear the burden of proof.

March 4, 04:30-05:00 a.m.

ADELANTE

A moribund Irish-Catholic church in Norristown, Pennsylvania is revitalized by Mexican immigrants.

March 4, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does God Know Everything?"

Western religions claim that God is all-knowing. Then the trouble starts. What does it mean to know everything? Is God's knowledge of the future truth? Are 'possibilities' truth? Can God know infinities of truths? Does omniscience test a theistic God?

March 4, 05:30-06:30 p.m.

HISTORY DETECTIVES "Black Star Line Stock Certificates/Mickey Mouse's"

Could this small figurine be the true origin of the popular cartoon character?

March 7, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Causation?"

Why does one thing 'cause' another thing? Is causation fundamental, primitive, real-not reducible to, or explainable by, anything else? Or is causation a human construct, derivative, artificial? At stake is what existence is about.

March 8, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Dualism Explain Consciousness?"



Dualism claims reality has two parts, a physical and a nonphysical (mental or spiritual), both equally real. Dualism is believed by most people but rejected by most philosophers and scientists.

March 8, 05:30-06:30 p.m.

HISTORY DETECTIVES "Cherokee Bible/Slave Banjo/United Empire Loyalists"

Mysterious bible laced with Cherokee writing provides insight to "Trail of Tears" march. Visits Md. to investigate slave banjo.

March 9, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is Consciousness Ultimate Reality?"

Some say that consciousness is the only true reality-that everything else, including the universe, comes from consciousness. If so, how would consciousness relate to the world?

March 10, 09:30-10:00 a.m.

CLOSER TO TRUTH "How The Mind Heals The Body?"

Psychosomatic medicine is modern medicine. But what works, and what doesn't?

March 11, 09:30-10:00 a.m.

CLOSER TO TRUTH "Is God Responsible for Evil?"

How on earth could God be reconciled with massive, monstrous Evil?

March 11, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Delicious Eco-Tourism"

Artisanal coffee production and organic gardens are explored in the mountains to Finca Las Nieves.

March 14, 01:00-02:00 a.m.

HISTORY DETECTIVES "Ventriloquist Dummy/Witch's House/Poems"

Was this dummy meant to protest against racial prejudice? Investigate the Salem Witch trials.

March 14, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Information?"

Information is all the rage in science, changing how we think about fundamental questions.

March 15, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Design Point to God?"

To argue for God, the easy way appears to be 'design', the apparent purpose of the world.

March 15, 05:30-06:30 p.m.

HISTORY DETECTIVES "Coney Island Lion/Legacy of a Doll/Ballet Shoes"

Junior super sleuths join the experts to investigate stories behind items such as a Maryland woman's antique Greiner doll.

March 16, 09:30-10:00 a.m.

CLOSER TO TRUTH "What Is Truth?"

Everyone wants to know 'Truth'. But what is Truth?. What is the basic meaning of Truth itself?

March 16, 05:30-06:30 p.m.

HISTORY DETECTIVES "Leisureama Homes/Jim Thorpe Tickets/1667 Land Gran"

Investigate a defining moment in cold war history and the influence of leisure on architecture.



March 17, 01:00-02:00 a.m.

HISTORY DETECTIVES "Pretty Boy Floyd Handgun/Paul Cuffee Muster Roll/P"

Look down the barrel of this mystery to find if this relic belonged to the Depression-era desperado.

March 17, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does Information Create The Cosmos?"

Of what is reality made? What are the most basic building blocks that makes the cosmos?

March 17, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Maui and Hawaii's Big Island"

The cultures of the Pacific converge on the breathtaking islands of Hawaii. Rudy enjoys cascading waterfalls, fire-knife dancing, ancient petroglyphs, a volcano tour via helicopter and more.

March 18, 09:30-10:00 a.m.

CLOSER TO TRUTH "Why A Body in a Resurrection?"

Isn't a 'body' out of place in a nonphysical hereafter? Moreover, how to resurrect a body?

March 18, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Oahu and Kauai"

Sunning, swimming, surfing and boating at Waikiki Beach are just the start in Honolulu. Bishop Museum, Pearl Harbor, Waimea Canyon, Allerton Gardens, more.

March 18, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "The Kernel of Deliciousness"

Rick explores the many variety of Corn available in Oaxaca and make his own fresh Empanadas.

March 19, 01:00-02:00 a.m.

HISTORY DETECTIVES "Body in the Basement/Newport U-Boat/Shippen Golf C"

Anne Arundel County anthropologists discover a skeleton in the basement. Are propellers at Newport hotel from a German WWII sub? Was antique golf club owned by African American player in 1896 U.S. Open?

March 21, 09:30-10:00 a.m.

CLOSER TO TRUTH "Must Multiple Universes Exist?"

Of all human knowledge, the most stunning may be multiple universes-very many universes.

March 21, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "San Francisco"

The port city of San Francisco revels in art, diversity and food.

March 22, 01:00-02:00 a.m.

HISTORY DETECTIVES "Black Star Line Stock Certificates/Mickey Mouse's"

Could this small figurine be the true origin of the popular cartoon character?

March 22, 09:30-10:00 a.m.

CLOSER TO TRUTH "Toward A Science of Consciousness"

Why do we have inner awareness? Why does it 'feel like something' inside to see, hear, taste, think?



March 22, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Seattle"

A hip, happening urban center surrounded by natural beauty, Seattle combines city life with the great outdoors.

March 23, 09:30-10:00 a.m.

CLOSER TO TRUTH "Big Questions In Free Will Part I"

Scientists and philosophers research, test, and advance thinking on Free Will.

March 23, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Vancouver & Victoria, British Columbia"

As Canada's door to the Pacific Rim, Vancouver is a vibrant mix of European heritage and Asian cultures. A spectacular ferry ride to Victoria brings Rudy to a bastion of British heritage.

March 24, 01:00-02:00 a.m.

HISTORY DETECTIVES "Cherokee Bible/Slave Banjo/United Empire Loyalists"

Mysterious bible laced with Cherokee writing provides insight to "Trail of Tears" march. Visits Md. to investigate slave banjo.

March 24, 09:30-10:00 a.m.

CLOSER TO TRUTH "Big Questions In Free Will Part II"

Experts discuss the psychological, social and moral aspects of Free Will.

March 24, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Shanghai"

From traditional Tai Chi in the parks and teahouses to market madness and tumbling acrobats, Rudy explores tradition and modernity in this burgeoning city.

March 25, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can Free Will Survive God's Fore-Knowledge"

God's 'foreknowledge, 'God knowing now what will happen later, creates tension with Free Will.

March 25, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Hong Kong"

Energetic, ever-changing Hong Kong offers majestic skylines, monasteries, shopping and more.

March 25, 03:30-04:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Mercado Madness"

Rick uncovers the incredibly rich culture of the 21 de Noviembre market in downtown Oaxaca.

March 28, 09:30-10:00 a.m.

CLOSER TO TRUTH "How Can God Not Be Free?"

Does God have real choices? For God to be God, how can God be constrained all?

March 28, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Sydney"

Australia's stunning metropolis seduces with its glorious harbor, carefree attitude and beaches.

March 28, 05:30-06:30 p.m.



HISTORY DETECTIVES "Survivor Camera/Alcoholics Anonymous Letter/Tallah"

Camera from Holocaust survivor; Marylander's letter signed by AA's Bill Wilson; glass-like cross at 17th-century mission.

March 29, 09:30-10:00 a.m.

CLOSER TO TRUTH "Does The Cosmos Have A Reason?"

How breathtakingly vast the universe. How majestic. Is there meaning, purpose-a reason? Some scientists say no; we create our own purpose. Others look to God, while some seek meaning in the search for aliens. All see beauty.

March 29, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Queensland, Australia"

Visit sun-washed beaches, chic beachside towns, cliffs and rainforests and the Great Barrier Reef.

March 30, 01:00-02:00 a.m.

HISTORY DETECTIVES "Coney Island Lion/Legacy of a Doll/Ballet Shoes"

Junior super sleuths join the experts to investigate stories behind items such as a Maryland woman's antique Greiner doll.

March 30, 09:30-10:00 a.m.

CLOSER TO TRUTH "Can The Cosmos Have A Reason?"

Perhaps we cannot know the reason for the universe, if there is any. But is it even possible for the universe to have a reason? If yes, how would natural regularities and rules compare with some kind of goal or God?

March 31, 01:00-02:00 a.m.

HISTORY DETECTIVES "Leisureama Homes/Jim Thorpe Tickets/1667 Land Gran"

Investigate a defining moment in cold war history and the influence of leisure on architecture.

March 31, 09:30-10:00 a.m.

CLOSER TO TRUTH "Implications of Cosmology?"

The universe is strange and wondrous-dauntingly vast, menacingly violent, infinitely complex. There are explanations, but is there a final explanation?

March 31, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "New Zealand's North Island"

Kayak along the coastline, bike ride through fruit and olive groves and visit art deco buildings.

(E) Government Issues

January 8, 07:30-08:00 p.m.

STATE CIRCLE

A preview of the 2016 session of the Maryland General Assembly. Governor Hogan told reporters this week that his administration has reduced the structural deficit by 90 percent allowing for a tax cut to benefit families, retirees and small business owners.

January 15, 07:30-08:00 p.m.

STATE CIRCLE



The 2016 legislature begins with an agreement on police rights, the business climate in a divided state house, and calling rewrite for the state song.

January 22, 07:30-08:00 p.m.

STATE CIRCLE "Budget Surplus; Winning Veto Battles; Spotlighting"

To spend or save - the budget surplus; Democrats win hard fought veto battles; Spotlighting phony heroes.

January 29, 07:30-08:00 p.m.

STATE CIRCLE

Diving into the details of the governor's budget. Would more free needles help those addicted to drugs? And, the debate over allowing doctors to end lives.

February 3, 12:00 p.m.-01:00 p.m.

MARYLAND STATE OF THE STATE

Governor Larry Hogan delivers the State of the State address to the people of Maryland.

February 3, 07:00-08:00 p.m.

MARYLAND STATE OF THE STATE

Governor Larry Hogan delivers the State of the State address to the people of Maryland.

February 5, 07:30-08:00 p.m.

STATE CIRCLE

Millions in new medicine for an ailing patient. In advance of the governor's State of the State address this week, Maryland's top Democrats rolled out their own agenda.

February 11, 09:00-11:00 p.m.

PBS DEMOCRATIC PRESIDENTIAL DEBATE 2016, A PBS NEW

Gwen Ifill and Judy Woodruff moderate the DNC-sanctioned debate from Milwaukee, Wisconsin.

February 12, 07:30-08:00 p.m.

STATE CIRCLE

Is the runway clear for slots at the airport? Equal pay for people with disabilities and what stores can learn from your cell phone.

February 19, 07:30-08:00 p.m.

STATE CIRCLE

The honeymoon is over with the sharpest partisan attacks to date. Lawmakers take on the governor's transportation agenda. And, has classroom testing gone overboard?

February 26, 07:30-08:00 p.m.

STATE CIRCLE

It's the police under the microscope in Annapolis. Harsh accusation about who's driving DWI legislation and new polling data on which way Maryland voters are leaning.

March 4, 07:30-08:00 p.m.

STATE CIRCLE



Earned sick leave and whether it should be mandatory for employers. Improving Maryland's business climate and going after fraudulent tax returns.

March 11, 07:30-08:00 p.m.

STATE CIRCLE

A fight for control of state spending, lawmakers examine campus sex assaults, and ex-offenders hoping for a clean slate.

March 18, 07:30-07:55 p.m.

STATE CIRCLE

Tense times between the Governor and lawmakers from Baltimore. This week, delegates from Western Maryland were unable to slow the momentum of legislation to fight greenhouse gases. The proposed crackdown on unhealthy snacks in some vending machines will have to wait for another year.

March 25, 07:30-08:00 p.m.

STATE CIRCLE

A major rewrite of crime and punishment in Maryland. Debating adding equal pay to State law and giving voters an at-bat on the legality of Fantasy Sports.

January 3, 08:00-08:30 a.m.

STATE CIRCLE

It's easy to get hooked, and hard to escape...A crisis for our community and the many faces of heroin. Welcome to a special look at Maryland's heroin epidemic, local emergency rooms like this have seen heroin cases triple since the beginning of the decade. The number of fatalities has gone from several hundred a year a few years ago, to a spike above 400 in 2013 and to nearly 600 dead last year, and that's just Maryland's share of a national problem. We think we know what this is all about. What it's like to be hooked. How it happens and to whom it happens. We begin by meeting some of the people affected.

January 10, 08:00-08:30 a.m.

STATE CIRCLE

A preview of the 2016 session of the Maryland General Assembly. Governor Hogan told reporters this week that his administration has reduced the structural deficit by 90 percent allowing for a tax cut to benefit families, retirees and small business owners.

January 17, 08:00-08:30 a.m.

STATE CIRCLE

The 2016 legislature begins with an agreement on police rights, the business climate in a divided state house, and calling rewrite for the state song.

January 24, 08:00-08:30 a.m.

STATE CIRCLE "Budget Surplus; Winning Veto Battles; Spotlighting"

To spend or save - the budget surplus; Democrats win hard fought veto battles; Spotlighting phony heroes

January 31, 08:00-08:30 a.m.

STATE CIRCLE

Diving into the details of the governor's budget. Would more free needles help those addicted to drugs? And, the debate over allowing doctors to end lives.



February 7, 08:00-08:30 a.m.

STATE CIRCLE

Millions in new medicine for an ailing patient. In advance of the Governor's State of the State address this week, Maryland's top democrats rolled out their own agenda.

February 14, 08:00-08:30 a.m.

STATE CIRCLE

Is the runway clear for slots at the airport? Equal pay for people with disabilities and what stores can learn from your cell phone.

February 14, 04:00-05:00 p.m.

KENNEDY HALF-CENTURY

The impact and influence of John F. Kennedy's life, administration and tragic death are chronicled.

February 21, 08:00-08:30 a.m.

STATE CIRCLE

The honeymoon is over with the sharpest partisan attacks to date. Lawmakers take on the governor's transportation agenda. And, has classroom testing gone overboard?

February 28, 08:00-08:30 a.m.

STATE CIRCLE

It's the police under the microscope in Annapolis. Harsh accusations about who's driving SWI legislation. And new polling data on which way Maryland voters are learning.

March 6, 08:00-08:30 a.m.

STATE CIRCLE

Earned sick leave and whether it should be mandatory for employers. Improving Maryland's business climate and going after fraudulent tax returns.

March 13, 08:00-08:30 a.m.

STATE CIRCLE

A fight for control of state spending, lawmakers examine campus sex assaults, and ex-offenders hoping for a clean slate.

March 20, 08:00-08:25 a.m.

STATE CIRCLE

Tense times between the Governor and lawmakers from Baltimore. This week, delegates from Western Maryland were unable to slow the momentum of legislation to fight greenhouse gases. The proposed crackdown on unhealthy snacks in some vending machines will have to wait for another year.

March 27, 08:00-08:30 a.m.

STATE CIRCLE

A major rewrite of crime and punishment in Maryland. Debating adding equal pay to State law. An giving voters an at-bat on the legality of Fantasy Sports.

March 29, 10:00-11:00 p.m.

MARYLAND SENATORIAL DEMOCRATIC DEBATE

Democratic Senatorial candidates debate the issues.