



**Topics:**

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

**(A) Health Issues**

October 8, 06:30-08:00 a.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

October 8, 08:00-09:30 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

October 8, 06:30-08:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

October 8, 10:00-11:30 p.m.

HEALING MIND WITH DR. MARTIN ROSSMAN

This easy-to-use plan shows how to take control of your reactions to stress and anxiety.

October 9, 02:30-04:00 a.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

October 9, 06:30-08:00 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

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HEALING MIND WITH DR. MARTIN ROSSMAN

This easy-to-use plan shows how to take control of your reactions to stress and anxiety.

October 9, 05:30-07:00 p.m.

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October 10, 01:00-02:30 a.m.

HEALING MIND WITH DR. MARTIN ROSSMAN

This easy-to-use plan shows how to take control of your reactions to stress and anxiety.



October 10, 02:30-04:00 a.m.

EAT DIRT WITH DR. JOSH AXE

Identifying specific gut types of leaky gut syndrome may help heal the gut and solve health issues.

October 15, 10:30 a.m.-12:30 p.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

October 15, 12:30-02:00 p.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

October 15, 02:00-03:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

October 16, 06:00-07:00 p.m.

SIGHT: THE STORY OF VISION

The science and technology of vision and individuals who are battling blindness are highlighted.

October 22, 01:30-03:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

October 22, 10:00-11:55 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.

October 23, 02:00-04:00 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

October 23, 08:30-10:00 a.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

October 23, 02:30-04:30 p.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

October 23, 04:30-06:00 p.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.

October 23, 06:00-07:00 p.m.



**AGE REVERSED WITH MIRANDA ESMONDE-WHITE**

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

October 24, 12:30-02:00 a.m.

**AGE FIX WITH ANTHONY YOUN, MD**

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

October 30, 02:00-02:30 p.m.

**WEIGHED DOWN: FINDING HOPE FOR CHILDHOOD OBESITY**

An innovative camp for overweight children focuses on gaining self-esteem and self-acceptance.

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

**SIT AND BE FIT "Balance"**

Improving balance through weight training, stretching and leg strengthening is demonstrated.

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

**SIT AND BE FIT "Balance"**

Improving balance through weight training, stretching and leg strengthening is demonstrated.

October 5, 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.

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

**SIT AND BE FIT "Posture and Breathing"**

Mary Ann demonstrates how to maintain good posture while exercising.

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

**SIT AND BE FIT "Facial Exercises"**

Facial exercises increase sensory awareness in mouth and encourage facial expression.

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

**SIT AND BE FIT "Don't Forget Your Fingers"**

Paying special attention to the finger joints is important to keeping our hands functioning well.

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

**SIT AND BE FIT "Vestibular System"**

Challenge your vestibular system with a fun ball routine and functional movements set to jazz music.

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

**SIT AND BE FIT "Breathing"**

Learn how to get the most out of each breath by toning and stretching muscles around the ribcage.

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

**SIT AND BE FIT "Stretching"**

Strengthening should always be followed by stretching as an important component to any workout.



October 17, 07:30-08:00 a.m.

SIT AND BE FIT "Relaxation"

Mary Ann explores the healing touch of massage and demonstrates effective ways to release tension.

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

SIT AND BE FIT "Maintain Independence"

Functional movements to help improve performance of the activities of daily life are demonstrated.

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

SIT AND BE FIT "Resistance Exercises"

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

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

SIT AND BE FIT "Feel Your Best"

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

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

SIT AND BE FIT "Fundamental Moves:"

Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.

October 24, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Arms & Posture"

These stretches will sculpt your arms and improve your posture.

October 24, 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.

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

SIT AND BE FIT "Static Balance"

Weights are incorporated into the standing exercises to challenge static balance.

October 26, 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.

October 27, 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.

October 28, 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.



October 31, 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.

November 5, 10:30 a.m.-12:00 p.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

November 5, 12:00 a.m.-02:00 p.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

November 5, 02:00-03:30 p.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

November 5, 03:30-05:00 p.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.

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

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

November 6, 01:00-02:30 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

November 6, 02:30-04:00 a.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

November 6, 04:00-05:00 a.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

November 6, 06:30-08:30 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

November 6, 08:30-10:00 a.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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November 6, 04:30-06:00 p.m.

**AGE FIX WITH ANTHONY YOUN, MD**

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

November 9, 10:00-11:00 p.m.

**MILITARY MEDICINE: BEYOND THE BATTLEFIELD**

Learn about military medical advances and technology, from the battlefield to the return home.

November 10, 02:00-03:00 a.m.

**MILITARY MEDICINE: BEYOND THE BATTLEFIELD**

Learn about military medical advances and technology, from the battlefield to the return home.

November 12, 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.

November 12, 08:00-09:55 a.m.

**SKINNY GUT VIBRANT YOU WITH BRENDA WATSON**

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

November 12, 06:30-08:00 p.m.

**AGE REVERSED WITH MIRANDA ESMONDE-WHITE**

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

November 12, 10:00-11:30 p.m.

**AGE FIX WITH ANTHONY YOUN, MD**

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

November 13, 01:30-02:30 a.m.

**AGE REVERSED WITH MIRANDA ESMONDE-WHITE**

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

November 13, 02:30-04:00 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.

November 25, 12:30-02:30 a.m.

**EAT TO LIVE WITH JOEL FUHRMAN, MD**



Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

November 25, 02:30-04:00 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

November 26, 01:00-02:30 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

November 26, 02:30-04:00 a.m.

INSPIRE HAPPINESS

Positive psychology authors and researchers reveal how to create happier and more positive lives.

November 26, 06:30-08:00 a.m.

NO GRAIN, NO PAIN WITH DR. PETER OSBORNE

Gluten sensitivity and food allergy expert Dr. Osborne shows how grains wreak havoc on the body.

November 26, 01:00-02:30 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

November 27, 12:00-01:55 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

November 27, 06:30-08:00 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

November 27, 08:00-09:30 a.m.

INSPIRE HAPPINESS

Positive psychology authors and researchers reveal how to create happier and more positive lives.

November 27, 01:29-03:24 p.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

November 27, 03:30-04:30 p.m.

QI GONG FOR ENERGY & VITALITY

The eastern healing practice of Qi Gong invigorates and rejuvenates the mind, body and spirit.

November 28, 01:47-03:17 a.m.

WORLD WITHOUT CANCER: THE REAL PROMISE OF PREVENTI

Margaret I. Cuomo, M.D shares 10 actionable lifestyle changes that may lower the risk of cancer.



November 28, 11:30 p.m.-01:00 a.m.

WHOLE HEART SOLUTION WITH DR. JOEL KAHN

Feel and look younger by learning simple steps that make your heart younger with Joel Kahn, MD.

November 29, 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.

November 29, 02:30-04:00 a.m.

INSPIRE HAPPINESS

Positive psychology authors and researchers reveal how to create happier and more positive lives.

November 30, 12:30-02:25 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

November 30, 02:30-04:00 a.m.

NO GRAIN, NO PAIN WITH DR. PETER OSBORNE

Gluten sensitivity and food allergy expert Dr. Osborne shows how grains wreak havoc on the body.

November 1, 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.

November 1, 08:00-09:00 p.m.

SEIZED: INSIDE THE MYSTERY OF EPILEPSY

Follow the struggles of four individuals as they face the challenges of living with epilepsy.

November 2, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Pain Relief: Quad & Hips"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 2, 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.

November 3, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Weight Loss: Posture Workout"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

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

SIT AND BE FIT-"Better Balance"



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

November 4, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE -"Pain Relief: for the Back"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 4, 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.

November 7, 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.

November 9, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE-"Weight Loss: Strengthen Spine & Improve Posture"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 9, 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.

November 10, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE-"Pain Relief: Calf & Knee Strengthening"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 10, 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.

November 11, 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.

November 14, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE-"Pain Relief: Focusing On Hips"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 14, 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.



November 15, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE-"Weight Loss: Increase Your Range of Motion"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 16, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Weight Loss: Hip Strengthening"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 16, 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.

November 17, 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.

November 18, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Weight Loss: Back Strengthening (All Standing)"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 18, 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

November 21, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Pain Relief: Spine Strength & Flexibility (All Standing)"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 26, 03:00-04:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

November 27, 12:00 p.m.-01:30 p.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

November 27, 03:30-05:00 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.



November 27, 05:00-06:30 p.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.

November 28, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Pain Relief: Pain Prevention"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 28, 06:00-07:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

November 28, 10:45-11:45 p.m.

QI GONG FOR ENERGY & VITALITY

The eastern healing practice of Qi Gong invigorates and rejuvenates the mind, body and spirit.

November 30, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE-"Pain Relief: Hip Stretches"

Classical Stretch has been helping people of all ages and fitness levels rebalance their bodies, increase mobility and keep joints healthy and pain-free.

November 30, 06:00-06:50 p.m.

QI GONG FOR ANXIETY

Master instructor Lee Holden showcases the time-honored eastern healing practice of Qi Gong.

November 30, 09:00-10:55 p.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

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

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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December 1, 05:00-06:55 p.m.

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Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 1, 11:00-11:50 p.m.

QI GONG FOR ANXIETY

Master instructor Lee Holden showcases the time-honored eastern healing practice of Qi Gong.

December 2, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE

"Pain Relief: Frozen Shoulder (All Standing)"



December 2, 04:00-05:00 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

December 3, 12:00 p.m.-01:55 p.m.

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December 4, 06:30-08:00 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 4, 10:00-11:55 p.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 5, 04:00-05:30 p.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

December 6, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Bone Strengthening Workout"

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

December 6, 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.

December 6, 04:00-05:30 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 7, 07:00-07:30 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.

December 7, 05:30-07:00 p.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

December 7, 10:00 p.m.-12:00 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.



December 8, 11:00 p.m.-12:00 a.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

December 9, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Improve Your Posture"

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

December 9, 04:00-05:00 p.m.

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December 10, 12:00 p.m.-01:30 p.m.

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JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

December 12, 07:00-07:30 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.

December 12, 10:00-11:30 p.m.

POV "The Genius of Marian"

An emotionally complex story about one family's struggle to come to terms with Alzheimer's disease.

December 15, 07:00-07:30 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.

December 16, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Zero Impact Cardio"

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

December 19, 07:00-07:30 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.

December 19, 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.

December 20, 07:00-07:30 a.m.



**CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Quad Slenderizing"**

This all-floor workout will slenderize and strengthen your quads while increasing spine mobility.

December 20, 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.

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

**SIT AND BE FIT "Strength Coordination"**

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

December 23, 07:00-07:30 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!

December 23, 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.

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

**SIT AND BE FIT "Balance"**

Improving balance through weight training, stretching and leg strengthening is demonstrated.

December 28, 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.

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

**SIT AND BE FIT "Posture and Breathing"**

Mary Ann demonstrates how to maintain good posture while exercising.

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

**SIT AND BE FIT "Facial Exercises"**

Facial exercises increase sensory awareness in mouth and encourage facial expression.

December 1, 01:30-02:30 a.m.

**AGE REVERSED WITH MIRANDA ESMONDE-WHITE**

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

December 1, 02:30-04:00 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.

December 3, 12:47-02:42 a.m.

**BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL**



Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 3, 02:45-03:45 a.m.

QI GONG FOR ENERGY & VITALITY

The eastern healing practice of Qi Gong invigorates and rejuvenates the mind, body and spirit.

December 3, 06:30-08:00 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 3, 08:00-09:55 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 3, 11:30 a.m.-12:30 p.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

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

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 4, 06:30-08:25 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 4, 06:00-07:00 p.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 4, 10:15-11:45 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 5, 01:45-03:40 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 6, 01:00-02:30 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 6, 02:30-04:00 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.



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

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 7, 09:30-11:00 p.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

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

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

December 8, 01:30-03:00 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.

December 8, 03:00-04:00 a.m.

AGE REVERSED WITH MIRANDA ESMONDE-WHITE

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

December 10, 12:45-02:15 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

December 10, 02:15-03:45 a.m.

JOY BAUER'S FOOD REMEDIES

Nutritionist Joy Bauer helps viewers learn the proper foods to eat to lose weight and gain health.

December 10, 06:30-08:00 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

December 10, 08:00-09:30 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.

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

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 11, 08:30-10:30 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.



December 11, 11:16 p.m.-01:16 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 12, 01:15-02:45 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

December 13, 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.

December 13, 10:34 p.m.-12:04 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 14, 12:02-02:02 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 14, 02:00-04:00 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD

Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

December 17, 01:46-03:46 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 17, 06:30-08:00 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

December 18, 06:30-08:30 a.m.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 18, 08:30-10:00 a.m.

FOREVER PAINLESS WITH MIRANDA ESMONDE-WHITE

A groundbreaking and eye-opening education on chronic pain and its causes is presented.

BRAINFIT: 50 WAYS TO GROW YOUR BRAIN WITH DANIEL

Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.

December 18, 11:30 p.m.-01:00 a.m.

EAT TO LIVE WITH JOEL FUHRMAN, MD



Get the facts you need to lose weight and lower blood pressure and cholesterol without drugs.

December 19, 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.

December 19, 02:30-04:00 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

December 25, 12:30-01:00 p.m.

LIVING WITH PARKINSON'S: CARING, SUPPORT AND TRE

Parkinson's Disease is now approached with a new perspective, thanks to researchers and patients.

### **(B) Environment/Ecology**

October 5, 08:00-09:00 p.m.

FORCES OF NATURE "Motion"

The forces of nature have kept Earth on the move since it was formed billions of years ago.

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

FORCES OF NATURE "Motion"

The forces of nature have kept Earth on the move since it was formed billions of years ago.

October 8, 09:30-11:00 a.m.

CONOWINGO DAM: POWER ON THE SUSQUEHANNA

The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

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

NOVA "Sinkholes - Buried Alive"

Sinkholes, a worldwide hazard that lurks wherever limestone bedrock is found, are investigated.

October 27, 01:00-02:00 a.m.

NOVA "Sinkholes - Buried Alive"

Sinkholes, a worldwide hazard that lurks wherever limestone bedrock is found, are investigated.

October 27, 04:00-05:00 a.m.

NOVA "Sinkholes - Buried Alive"

Sinkholes, a worldwide hazard that lurks wherever limestone bedrock is found, are investigated.

October 6, 08:00-09:00 p.m.

MYSTERY OF MATTER: SEARCH FOR THE ELEMENTS "Into The Atom (1910-1960)"



Harry Moseley uses newly discovered X-rays to put the Periodic Table in a whole new light.

October 6, 09:00-10:00 p.m.  
FORCES OF NATURE "Motion"

The forces of nature have kept Earth on the move since it was formed billions of years ago.

October 6, 10:00-11:00 p.m.  
NATIONAL PARKS: BEYOND THE CROWDS  
Remote adventure destinations within national parks including secluded canyons are showcased.

November 5, 08:00-09:30 p.m.  
CONOWINGO DAM: POWER ON THE SUSQUEHANNA  
The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

November 30, 08:00-09:00 p.m.  
MYSTERY OF MATTER: SEARCH FOR THE ELEMENTS "Unruly Elements (1859-1902)"  
Marie Curie's groundbreaking discovery of radioactivity reveals that elements can change identities.

November 24, 10:00-11:00 p.m.  
URANIUM - TWISTING THE DRAGON'S TAIL  
The cultural and scientific history of the most wondrous and terrifying rock on Earth is revealed.

November 26, 07:00-08:30 p.m.  
CONOWINGO DAM: POWER ON THE SUSQUEHANNA  
The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

December 5, 05:30-07:00 p.m.  
CONOWINGO DAM: POWER ON THE SUSQUEHANNA  
The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

December 11, 01:00-02:30 p.m.  
CONOWINGO DAM: POWER ON THE SUSQUEHANNA  
The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!



December 29, 08:00-09:00 p.m.

**ETHANOL EFFECT**

The environmental and political costs of growing corn for ethanol in America are investigated.

December 29, 09:00-09:55 p.m.

**CARPE DIEM: A FISHY TALE**

North American scientists scramble to repel invasive Asian carp before it's too late.

December 29, 10:00-11:00 p.m.

**MYSTERIES OF THE CORAL CANYON**

Scientists and research divers investigate how sharks and coral reefs are intricately linked.

December 1, 10:00-11:30 p.m.

**CONOWINGO DAM: POWER ON THE SUSQUEHANNA**

The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

**(C) Education**

October 31, 05:30-06:00 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.

November 11, 09:00-09:30 p.m.

**LAST RING HOME**

The incredible story of the Annapolis ring of US Navy officer and hero, Lt Minter Dial. Lt Dial was awarded the Navy Cross and was captured after the fall of Corregidor in the Philippines in May 1942.

November 11, 09:30-10:00 p.m.

**BRENDAN LOONEY: MAN OF HONOR "The Life & Legacy of a Lt. Navy Seal"**

Remembering the life of former DeMatha High School athlete, Lt. Brendan Looney, a Navy SEAL killed in Afghanistan.

November 15, 10:00-11:00 p.m.

**NAVAJO MATH CIRCLES**

Navajo students use a model called math circles to study mathematics in Tsaile, Arizona.

November 19, 10:03-10:53 p.m.

**PRINCE PHILIP: THE PLOT TO MAKE A KING**

Prince Philip's upbringing and the tensions behind his marriage to Queen Elizabeth are examined.

November 22, 08:00-09:00 p.m.



**KENNEDY HALF-CENTURY**

The impact and influence of John F. Kennedy's life, administration and tragic death are chronicled.

December 7, 08:00-09:00 p.m.

**PRANGE & PEARL HARBOR: A MAGNIFICENT OBSESSION**

Story of Gordon Prange, Univ. of Md. prof. and Gen. MacArthur's Chief Historian in Occupied Japan; study of attack on Pearl Harbor.

December 9, 04:00-05:00 a.m.

**PEARL HARBOR - INTO THE ARIZONA**

An expedition to explore inside the USS Arizona reveals the aftermath of the Pearl Harbor attack.

December 28, 10:00-11:00 p.m.

**EGYPT'S TREASURE GUARDIANS**

Individuals determined to bring Egypt back from the brink and keep its heritage safe are showcased.

December 29, 01:00-02:00 a.m.

**NOVA "Building Pharaoh's Chariot"**

Archaeologists, engineers and woodworkers test highly accurate replicas of Egyptian royal chariots.

December 29, 02:00-03:00 a.m.

**EGYPT'S TREASURE GUARDIANS**

Individuals determined to bring Egypt back from the brink and keep its heritage safe are showcased.

December 29, 04:00-05:00 a.m.

**NOVA "Building Pharaoh's Chariot"**

Archaeologists, engineers and woodworkers test highly accurate replicas of Egyptian royal chariots.

**(D) Diversity/Minorities**

October 1, 04:00-05:00 a.m.

**HISPANIC HERITAGE AWARDS**

The country's highest tribute to Latinos by Latinos features Sonia Sotomayor, Junot Diaz and more.

October 1, 06:00-07:00 p.m.

**FIRE IN THE FOREST: THE LIFE AND LEGACY OF THE BA'AL SHEM TOV**

Scholars shed light on the Ba'al Shem Tov, one of the most celebrated figures in Jewish history.

October 2, 02:00-02:30 p.m.

**CLOSER TO TRUTH "Can Enlarged Materialism Explain Consciousness?"**

Could there be more to materialism than the known laws of physics?

October 16, 02:00-02:30 p.m.

**CLOSER TO TRUTH "Does Consciousness Defeat Materialism?"**

Does anything exist beyond the physical world? If yes, could consciousness undermine materialism?



October 1, 01:30-02:00 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.

October 18, 08:00-09:00 p.m.

ECHOES OF THE HOLOCAUST

Holocaust survivors who act as guides at The Holocaust Memorial on Miami Beach share their stories.

October 25, 08:00-09:00 p.m.

CALL TO SERVE: FLORIDA JEWS AND THE U.S. MILITARY

Florida Jews who have served in the military from the Seminole Wars to Afghanistan are celebrated.

November 13, 02:00-02:30 p.m.

CLOSER TO TRUTH "Fallacies In Arguing for God?"

When believers argue that God exists, what mistakes do they make?

November 20, 02:00-02:30 p.m.

CLOSER TO TRUTH "What Is Philosophy of Science?"

Can science discover all truths? Or are there truths beyond science? What is science?

November 3, 10:30-11:00 p.m.

ISHI'S RETURN

Descendants of the man called "the last wild Indian" fight to have his remains repatriated.

November 15, 08:00-09:00 p.m.

LADONNA HARRIS: INDIAN 101

Comanche activist LaDonna Harris led an extensive life of political and social activism.

December 4, 12:00 a.m.-01:00 p.m.

HUGS AND KNISHES: A CELEBRATION OF OUR JEWISH FOOD

A range of Jewish families celebrate the importance of food as a cultural connection to the past.

December 8, 04:00-05:00 p.m.

HUGS AND KNISHES: A CELEBRATION OF OUR JEWISH FOOD

A range of Jewish families celebrate the importance of food as a cultural connection to the past.

December 19, 08:30-09:00 a.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Island Time"

The future of organic food is discussed at Xochimilco, Mexico City's ancient floating gardens.

December 19, 02:30-03:00 p.m.

MEXICO -- ONE PLATE AT A TIME WITH RICK BAYLESS "Island Time"

The future of organic food is discussed at Xochimilco, Mexico City's ancient floating gardens.



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

HEALTHY HERITAGE KITCHEN - KWANZAA EDITION

Chicago chef Wilbert Jones prepares healthy versions of holiday meals for ethnic communities.

December 25, 01:30-02:00 p.m.

HEALTHY HERITAGE KITCHEN - KWANZAA EDITION

Chicago chef Wilbert Jones prepares healthy versions of holiday meals for ethnic communities.

December 31, 06:30-07:00 a.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.

De December 11, 10:30-11:30 a.m.

HUGS AND KNISHES: A CELEBRATION OF OUR JEWISH FOOD

A range of Jewish families celebrate the importance of food as a cultural connection to the past.

December 14, 11:00 p.m.-12:00 a.m.

DESPERATE HOURS

Turkish Muslims, Jews and Christians who worked together to save lives during Holocaust; attempt to trade Jews for trucks.

December 24, 09:30-10:25 p.m.

STURGEON QUEENS

Traces four generations of Russ family history, which mirrors the history of the Lower East Side.

December 25, 02:00-02:30 p.m.

CLOSER TO TRUTH "Does Philosophy Help Science?"

What constitutes good science? Are there limits to science? If so, what are the boundaries?

December 31, 09:30-10:00 p.m.

HEALTHY HERITAGE KITCHEN - KWANZAA EDITION

Chicago chef Wilbert Jones prepares healthy versions of holiday meals for ethnic communities.

December 31, 06:30-07:00 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.

## **(E) Government Issues**

October 3, 10:30-11:30 p.m.

EVENING WITH VALERIE JARRETT

A unique look at the life and career of Valerie Jarrett, Senior Advisor to President Barack Obama.

October 4, 02:30-03:30 a.m.

EVENING WITH VALERIE JARRETT



A unique look at the life and career of Valerie Jarrett, Senior Advisor to President Barack Obama.

October 7, 07:30-08:00 p.m.

STATE CIRCLE

The scandal at the state's largest prison. Plus, big rate increases coming for many Marylanders who get their health insurance through the Affordable Care Act. Some premiums for the largest provider are going up more than 30 percent. Why is this happening?

October 14, 07:30-08:00 p.m.

STATE CIRCLE

A visit to fleet week and we'll see how two universities are hoping to change their communities. First tonight, accusations that a new system for marking absentee ballots is at risk from hackers.

October 21, 07:30-08:00 p.m.

STATE CIRCLE

How the president of a small Maryland College wants to shake up the student loan process; two full weeks of campaigning left before election day and early voting set to start October 27th; Chairs of the State's two major political parties.

October 28, 07:30-08:00 p.m.

STATE CIRCLE

Our focus tonight are congressional races in Maryland.

November 3, 10:30-11:25 p.m.

RAISING MS. PRESIDENT

Filmmaker Kiley Lane explores why more women don't run for public office in the United States.

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

STATE CIRCLE

With just days to go before election day, the focus is on people who are running for office but tonight, we begin with someone who is done with running for office Barbara Mikulski is wrapping up a legendary 40 year career in congress. We had the chance to speak with her about the past, present and future.

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

STATE CIRCLE

A political earthquake this week leaves Maryland mostly untouched election results in-state were all predictable. No congressional upsets and a typically wide margin for statewide democratic candidates. Nationally it was quite a different story.

November 18, 07:30-08:00 p.m.

STATE CIRCLE

The winners and losers of this election. First tonight, the dark side of a divisive campaign. The increase in the hate crimes and harassment. Maryland Attorney General Brian Frosh has set-up a hotline to respond to these incidents.



November 25, 07:30-08:00 p.m.

STATE CIRCLE

With just days to go before election day, the focus is on people who are running for office but tonight, we begin with someone who is done with running for office Barbara Mikulski is wrapping up a legendary 40 year career in congress. We had the chance to speak with her about the past, present and future.

December 13, 09:00-10:00 p.m.

EISENHOWER'S SECRET WAR "From Warrior to President"

A look at the movement to draft Dwight Eisenhower as the Republican candidate for president in 1952.

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

EISENHOWER'S SECRET WAR "Building Weapons, Talking Peace"

President Eisenhower's battles against the Soviet Union in the escalating arms race are detailed.

December 28, 10:00-11:00 p.m.

AMERICAN UMPIRE

This thought-provoking documentary chronicles how the United States became the world's policeman.

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

STATE CIRCLE

New borders in the immigration debate not the one where the president elect plans to build a wall, but the boundaries that divide Maryland's counties in some places, local leaders want to deport those without legal status in other they offer sanctuary.

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

STATE CIRCLE

Troubling news about Americans' life expectancy. First, Maryland has a full house. The opening of the State's newest casino completes the voter approved expansion of the gambling. The new MGM casino at the national harbor opened yesterday.

December 16, 07:30-08:00 p.m.

STATE CIRCLE

In less than a month lawmakers will return to Annapolis. Among the issues they'll consider is whether to rein in the use of new surveillance technologies by police, it could be a plane in the sky with tracking technology, or a camera on a light pole that can recognize faces.

December 23, 07:30-08:00 p.m.

STATE CIRCLE Senator Mikulski: A Look At Her Legacy

The longest serving woman in congressional history sits down with Jeff Salkin to look back at her political career and legacy

December 30, 07:30-08:00 p.m.

STATE CIRCLE



MARYLAND PUBLIC TELEVISION  
QUARTERLY PROGRAM ISSUES/TOPIC REPORT  
WMPT; WFPT; WWPB; WGPT; WMPB; WCPB  
October 1, 2016 – December 31, 2016

Ellicott City 5 months after July's historic flood. A night of terror, months of rebuilding now the future of a historic Maryland city