

July 2, 2019

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for 2nd quarter of 2019. The report includes information that will be helpful in preparing FCC Form 398. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

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

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 2nd quarter of 2019 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

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

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

2nd QUARTER 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
April 1, 2019 – June 30, 2019

In the 2nd Quarter of 2019, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

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

EARTH ODYSSEY WITH DYLAN DREYER

Earth Odyssey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Earth Odyssey with Dylan Dreyer will take viewers on an incredible journey to the wildest points on the globe, uncovering the connection between the environment, the wildlife, and the human beings that surround them. Hosted by Meteorologist Dylan

Dreyer, Earth Odyssey with Dylan Dreyer will reveal a new destination each week, ranging from Africa, Indochina, the Middle East, and many untamed islands around the world. Audiences will come face-to-face with fascinating native animals, some cute and some dangerous, while educating teen viewers with amazing facts about nature and wildlife. Earth Odyssey with Dylan Dreyer gives audiences a captivating look at the symbiosis between all living things, in the most larger-than-life places on Earth.

CONSUMER 101

Consumer 101 is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Jack Rico with the help of experts and scientists from the Consumer Reports labs and testing facilities, Consumer 101 will give viewers a behind-the-scenes look into the science used to test every kind of product— from the obscure,

to the fascinating, to the everyday. Each week, audiences will discover more about the surprising intricacy of product testing, learn more efficient ways to get the most out of everyday items, as well as catch a glimpse into a unique career path in the fields of science and technology. Consumer 101 is an empowering series aimed at giving teens the tools they need to make smarter choices as consumers, exploring the how, where, when, and why we spend our resources so we can all make educated decisions when it counts.

NATURALLY, DANNY SEO

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

VETS SAVING PETS

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

THE CHAMPION WITHIN

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

3rd QUARTER 2019
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
July 1, 2019 – September 30, 2019

In the 3rd Quarter of 2019, NBC plans to continue airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted or narrated format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

“CORE PROGRAMMING”
PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY
DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER
[AGE TARGET 13-16]
April 1, 2019 – June 30, 2019

Airdate: 4/6/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
FUN FIRSTS IN BARBADOS [VJG318]

Host Josh Garcia makes his first voyage to Barbados, which celebrates its diverse Caribbean culture mixed with over 300 years of British rule and traditions. At a beach on Carlisle Bay in historic Bridgetown, Josh meets a local diver who explains a tradition that is unique to Barbados; thoroughbred race horses are led to the sea for a morning therapeutic swim. Carlisle Bay was named for the first Earl of Carlisle who claimed Barbados on behalf of King Charles I of England. Nearby Bridgetown and its Garrison is a UNESCO World Heritage Site because of its British colonial architecture and well-preserved streetscape. Next, Josh takes a food tour with a local historian and foodie to learn all about the complex Barbadian cuisine, which is a combination of both British and Caribbean flavors. Its dishes are known to be spicy, but not necessarily “super-hot” spicy. Then, since Cricket is the national sport, Josh is excited to visit a legendary cricket club

where he meets with a coach to learn all about the game and test his skills with a ball and bat. After suiting up, he gives it a try and gains a new appreciation for the difficulty of the sport. Finally, Josh goes for a snorkeling adventure in a location known to be a habitat for sea turtles. Not only does Josh get to swim with one, he gets to observe other sea life in the turquoise, clear waters of the Caribbean.

[Educational Message: Sea turtles have inhabited Earth for more than 100 million years and have been known to travel over 1,615 miles between feeding and nesting grounds. To see these incredible marine creatures in their natural habitat is an amazing sight, and serves as a lesson on the importance of preserving marine ecosystems for years to come.]

Airdate: 4/6/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

TURKEY [EDD106]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Turkey. Wedged in between Europe and the Middle East, we'll discover why Turkey is a country of extreme temperatures and landscapes. In Turkey, conditions can quickly deteriorate with heavy downpours, blinding snowstorms, and even burning heat. We'll find out how this country's largest land mammal, the brown bear, copes with such a hostile environment. Here we'll learn that two layers of fur protect the brown bears from harsh weather. Next, we'll go rock climbing with Turkey's Anatolian wild goats, considered one of the best mountaineers in the world. We'll follow a group of wild goats as they trek alongside thousand-foot cliffs. Here we'll discover how the wild goats have uniquely adapted hooves and eyesight that allow them to traverse these great heights. Next, we'll journey to the wetlands of Turkey and witness a thriving ecosystem fed by the rich minerals of the volcanic earth. Here we'll find some of the most colorful birds in the world, including the bright pink greater flamingos. We'll witness first-hand how these long-limbed birds fish for shrimp in the salty waters. Here we'll learn how the flamingos get their name from "Flamenco," a Latin word meaning fire. Finally, we'll visit the wild beaches of Turkey and learn more about the loggerhead sea turtles that nest in these areas. We'll discover that while the sandy beaches are a popular nesting spot for the turtles, there are numerous predators lurking, such as ghost crabs. As the baby loggerhead turtles finally hatch, it's a race to the open ocean waters before the crabs can catch up.

[Educational Message: We are constantly faced with new challenges and environments in our lives. Living in extreme climates requires strength and adaptation to ensure survival of future generations.]

Airdate: 4/6/2019

Time:

Duration: 30:00

CONSUMER 101

SAFETY FIRST [CNR116]

Host Jack Rico, along with the experts at the testing labs, will swerve in the name of science, put smartphones and smartwatches through a battery of tests, and teach you how to protect your home from burglars. First up, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that

individually apply the brakes on your car's wheels to keep you stable on the road. Next, we'll meet with an expert to learn how testers determine the durability of gadgets such as smartphones and smartwatches. We'll witness as testers scratch, drop, dunk, and tumble various gadgets using scientific instruments that measure how well these devices hold up under the pressure. Finally, we'll learn from an expert on how you can keep your home safe from burglars when you're on vacation. We'll learn that installing flood lights to keep your home illuminated during dark hours can ward off would-be burglars. Also, installing a strike plate on your door with elongated screws will help prevent burglars from being able to kick in your door.

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

Airdate: 4/6/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ELEVATING OVERLOOKED INGREDIENTS [NDS318]

Host Danny Seo mixes up a DIY facial cleanser that's loaded with natural benefits using avocado oil, rosehip oil, carrot oil, and bergamot. Avocado and rosehip oils help soothe inflammation, carrot oil contains antifungal properties, and bergamot helps reduce scars. Regular use of cleansing oil may improve the skin barrier and reduce dryness. Next, Danny uses carrots in a creative way to make a savory tartine. "Tartine" is a French word used to describe open-faced sandwiches. Then, Danny cooks up a pineapple strudel and teaches the technique of braiding pastry dough. Strudel means "vortex" or "whirlpool" in German. Next, Danny upcycles ice-pop sticks into trendy bracelets by shaping and decorating them with leftover ribbon, shoelaces or synthetic leather. Synthetic alternatives to suede leather became available in 1970. Lastly, Danny creates a home freshener with ingredients you may already have in your pantry, such as baking soda. Odors are eliminated when the alkaline baking soda reacts with the acidic gases produced by bacteria.

[Educational Message: What you put on your body is as important as what you put in your body-- natural oils can be used as an alternative to products that contain harsh chemicals. By trying new things, like different methods of cooking and ingredients, you add a fun, healthy twist to an otherwise average meal. You can use leftover materials to make something new, decorative and cost efficient-- all you need is creativity.]

Airdate: 4/6/2019

Time:

Duration: 30:00

VETS SAVING PETS

NERVE-WRACKING [VSP126]

Today on Vets Saving Pets, a cat arrives at the clinic with a fractured jaw, a bulldog can't stop bobbing her head, and a Silky Terrier is having mobility issues. First up, a cat named Oreo is rushed into the Veterinary Emergency Clinic after being hit by a car. Dr. Cochrane, the clinic's neurologist, will perform a neurological exam to determine the extent of Oreo's injury. Following the exam, Dr. French, the clinic's veterinary dentist, will perform a surgical procedure to suture Oreo's fractured jaw together. Here we'll witness the delicate process of oral surgery and learn about the necessary skills of a veterinary dentist. Next,

a bulldog named Lulu arrives at the clinic with uncontrollable head bobbing. Lulu meets with neurologist Dr. James for a neurological test to determine the cause of the head shaking. After tests reveal normal results, Dr. James recommends an MRI exam to get a clearer picture of what may be causing Lulu's issues. After consulting with the veterinarians, Lulu's owner decides to wait and see if the head bobbing persists before performing the MRI exam. Finally, a Silky Terrier named Cedric arrives at the clinic suffering from mobility issues. Cedric meets with Dr. James for a neurological exam to better understand the cause of his abnormal gait. After several tests reveal negative results, Dr. James explains the potential conditions that may be causing Cedric's mobility issues. Dr. James recommends Cedric undergo an MRI exam in order to accurately diagnose the problem.

[Educational Message: In this episode, we witnessed the delicate skill and precision needed to perform surgical procedures. There are numerous areas for specialization in the world of Veterinary medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. Furthering your education is important to a successful career in veterinary medicine.]

Airdate: 4/6/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

BACK ON TRACK [HOC314]

We meet the president of Sonoma Raceway, Steve Page, and learn how he sprung into action after forest fires devastated Sonoma county, turning the raceway into a campground for those who were displaced, helping to rebuild the community. Sonoma Speedway is located about 30 miles north of San Francisco. Next, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback for her golf dreams, but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in a "s" or a "c" shape; the Drive, Chip, and Putt Championship is open to boys and girls from ages 7 to 15. Then, we learn how Olympic gold medalists Monique and Jocelyne Lamoureux not only became leaders on the U.S. Olympic women's hockey team, but also leaders for gender equality in sports after boycotting the International Ice Hockey Federation in 2017. 1998 was the first year that women's hockey was featured as an Olympic event, and the U.S. took home gold in that inaugural year. Lastly, we meet 16-year-old Jamaican sprinter Joanne Reid and learn how she grew to love the sport and how she trains, hoping to one day compete for her country in the Olympics. Despite having a population of just 3 million people, Jamaica has won 22 Olympic gold medals.

[Educational Message: Standing up for what is right is more important than winning-- supporting others and helping to make a difference leave a lasting impact. Viewers learn about the importance of helping your community, how to overcome a setback to reach your goals, the history of the U.S. women's hockey team, and how sprinters train for the Olympics.]

Airdate: 4/13/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SANDS OF TIME [VJG319]

Host Josh Garcia arrives to the port city of Aqaba, Jordan, where he can see the coastlines of Israel, Egypt, and Saudi Arabia from Aqaba's port. Though virtually landlocked, Jordan has 17 miles of coastline which attracts divers from all over the world. The Gulf of Aqaba is at the northern end of the Red Sea, and there's a wide variety of coral reefs and other sea life that thrive in the water. To learn more about coral reefs and Jordan's conservation efforts, Josh meets with a local conservationist who takes him on a dive in the Red Sea. Coral reefs are formed by corals that secrete calcium carbonate to form a hard skeleton. Next, Josh heads north to Wadi Rum, a protected desert wilderness of red sand dunes and granite rock formations. Human existence in Wadi Rum has been traced back to prehistoric times. Josh makes the trek and meets with members of a Bedouin tribe who show him how to prepare Jordan's national dish, mansaf, and they instruct him on the proper way to eat it. The name of the dish, "mansaf," comes from the Arabic word meaning "large tray or "large dish." Mansaf is prepared with rice, meats, and yogurt, and served with a traditional bread, called "shrek," or a round unleavened flatbread. Finally, Josh visits the ancient Nabatean capital city of Petra. Built over 2,000 years ago, Petra is considered one of the most famous and important archaeological sites in the world, and a spectacular marvel of Jordan's ancient ingenuity and place in world history. Josh walks through the historic canyon in wonder and learns about the tomb carved into stone for King Aretas IV, who was the King of the Nabateans from around 9 BCE to 40 CE. King Aretas IV's tomb, known as the Treasury, is nearly 131 feet high and has two floors.

[Educational Message: When it comes to marine conservation, if we can understand what a coral reef is, we can actually enhance the pre-existing conditions of that reef in our immediate environment, allowing it to thrive.]

Airdate: 4/13/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GHATS [EDD109]

Today on Earth Odyssey, host Dylan Dreyer takes us to the Western Ghats Mountains of India. The Western Ghats Mountains stretch nearly a thousand miles from Mumbai to the southern tip of India, running parallel to India's west coast. While this mountain range covers only six percent of India's landmass, it provides a home to more than thirty percent of its plant and animal species. We'll first meet the lion-tailed macaque, a rare primate that can only be found in the rainforests of the Western Ghats. Here we'll learn that the lion-tailed macaque's dark body and gray mane makes it difficult to spot in the shadows of the jungle. Next, we'll meet the largest venomous snake to inhabit the earth, the king cobra. Growing over fifteen feet long, king cobras are the only snakes in the world that build nests for their eggs and young. We'll also discover that king cobra's diet consists solely of other snakes. Next, we'll travel to the woodland plains on the eastern side of the Western Ghats Mountains. Here we'll follow along on a hunt with a pack of Indian wild dogs. We'll learn that Indian wild dogs live in tight knit groups and adhere to a strict hierarchy. We'll witness how these packs work and communicate as a team when securing their next meal. Finally, we'll travel along the rivers of the Western Ghats and discover the mighty Asian elephant. We'll learn that the largest population of wild Asian elephants can be found in this region.

[Educational Message: The Western Ghats Mountains are home to many unique and powerful animals. It takes strength and adaptation to survive in extreme climates. We must always respect the beauty and power of nature.]

Airdate: 4/13/2019

Time:

Duration: 30:00

CONSUMER 101

SWEET SUCCESS [CNR117]

Host Jack Rico, along with the experts at the testing labs, will tell you how much added sugar could be lurking in your breakfast, how to build stronger passwords, and what to look for when buying your first car. First up, we'll meet with a scientist to learn how we can eliminate added sugars from our diet. We'll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We'll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We'll get some healthy tips on how to cut the added sugars out of our daily diet. Next, we'll meet with an auto expert to get some advice on what to look for when choosing your first car. We'll learn that purchasing a car with manual transmission will keep you busy on the road and can help reduce distracted driving. We'll also discover that bigger doesn't always mean safer when it comes to choosing a car. Here we'll learn that larger sports utility vehicles take longer to brake and can be more difficult to handle for new drivers. We'll learn that it's important to buy as much safety as you can afford when purchasing a new car. Finally, we'll learn how you can build better passwords to help keep hackers at bay. We'll discover that hackers can use your public social media feeds to gather information about you and crack your passwords. We'll learn about a technique you can use to create random passwords that will make it more difficult for hackers to access. We'll also learn about applications and technologies you can utilize to generate sophisticated passwords and prevent hackers from accessing your private information.

[Educational Message: In this episode, we learned the importance of protecting your personal information. Hackers are finding new methods of accessing our personal data every day. Creating a sophisticated password can help you keep your data safe and keep hackers at bay.]

Airdate: 4/13/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ICE CREAM INNOVATION [NDS319]

Host Danny Seo adds a healthy gourmet twist to sweet potatoes by creating twice-baked sweet potatoes with cilantro, avocado, pomegranate topping. Sweet potatoes are a good source of beta carotene, protein, and fiber. Next, Danny visits an ice cream shop in Portland, Oregon and learns how locally grown, innovative ingredients, such as beets, are used to create dairy-free treats made with coconut cream. Beets are high in potassium, magnesium, and vitamin C. Approximately 65% of people have some lactose intolerance, but coconut cream has a higher fat content than milk, making it a good base for ice cream. Then, Danny creates upcycled DIY piñatas using leftover cereal boxes. The piñata is believed to have originated in China, where it was used to celebrate a new year; and the word piñata comes from the Italian word "pignatta," meaning "fragile pot." Lastly, Danny offers alternatives to plastic straws, such as stainless steel and glass straws. The average American uses more than 600 straws every year, and most plastic straws become trash because they are too lightweight for mechanical recycling sorters.

[Educational Message: Being lactose intolerant doesn't mean you can't enjoy a scoop of ice cream--milk alternatives can be used to create safe, sweet treats. Upcycling or decorating something at home is a great way to show creativity, reduce waste, and learn different techniques to gain insight into a

different culture. Eliminating the use of plastic straws and using reusable alternatives instead is something small that anyone can do to help the environment.]

Airdate: 4/13/2019

Time:

Duration: 30:00

VETS SAVING PETS

MORE THAN MEETS THE EYE [VSP127]

Today on Vets Saving Pets, an elderly dog arrives at the clinic for a dental visit, a Whippet is having heart issues, and a Shih Tzu meets with an ophthalmologist. First up, an elderly toy Poodle named Timmy is brought to the clinic for a dental checkup. After meeting with Dr. French, the clinic's veterinary dentist, it's determined that Timmy is suffering from periodontal disease. Here we'll learn that periodontal disease is serious infection of the gums that can be life threatening if not treated. Timmy will be anesthetized and undergo surgery to remove his infected teeth and treat the periodontal disease. Next, a Whippet named Chelsea arrives at the clinic after receiving abnormal blood work results on her one-year checkup. Suffering from a heart murmur, Chelsea will need additional tests to further determine the extent of the issue. Dr. Williams, the clinic's cardiologist, is concerned that Chelsea's red blood cell count is extremely high. Dr. Williams will utilize an ultra-sound device to monitor the blood flow in Chelsea's heart. Here we'll discover that Chelsea has a shunt in her heart. We'll learn that a shunt occurs when blood is diverted in abnormal patterns in the heart. As this condition cannot be corrected with surgery, Dr. William's prescribes medication to help manage the symptoms and extend Chelsea's life. Finally, a Shih Tzu named Bling Bling arrives at the clinic with multiple eye issues. Dr. Gray, the clinic's ophthalmologist, will examine Bling Bling's eyes with various instruments to determine the cause of the issues. Dr. Gray determines that Bling Bling is suffering from entropion, a condition that causes the eyelids to roll inward. This condition causes irritation of the eyes and can lead to serious complications if not properly treated. Bling Bling will undergo a delicate entropion repair surgery to remove the excess tissue from his eyelids.

[Educational Message: Veterinarians must have compassion for both their patients and their patient's owners. Working in an Emergency veterinary clinic presents challenging and emotional cases that can be difficult for pet owners to cope with. A career in veterinary medicine will have challenges but can be a rewarding profession.]

Airdate: 4/13/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

WORKING HARD AND ALWAYS WORKING [HOC301]

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

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

Airdate: 4/20/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MALAYSIAN MELTING POT [VJG320]

After sailing through the Strait of Malacca in southeast Asia, host Josh Garcia's ship docks in Port Klang, Malaysia. From this vast port, Josh sets off to explore Malaysia's capital, the bustling city of Kuala Lumpur, where he discovers unique districts that maintain their cultural and religious ties to the country's Malay, Chinese and Indian roots. Josh's first stop is the Batu Caves, a series of caves and Hindu religious shrines formed out of a 400-million-year-old limestone hill. The Batu Caves derive their name from the Sungai Batu or "stone river" which flows past the hill. Since the late 1800s the caves have also become shrines with the creation of temples for people who practice the Hindu religion. Josh climbs the 272 steps to reach the largest cave, known as the cathedral of temple cave. His next experience is quite different. Josh tours an elephant conservation center that rehabilitates, relocates, and provides homes to injured and displaced elephants. There are around 1,200 wild Asian elephants in Malaysia. Mahouts, or elephant care-takers, have a unique life-long relationship, and Mahouts start their training to be elephant keepers from a young age. Finally, Josh goes on a food tour through different neighborhoods to learn how Malaysia's unique population has influenced its cuisine. Malaysia is a melting pot of multi-ethnic backgrounds; the first recorded Chinese community on the Malay peninsula dates back 600 years and Indian immigrants came as traders, laborers, and miners in the 19th and 20 centuries during British colonial rule. At the heart of Malay cuisine is a hawker center, where there are open air food stalls and tables, and fusions of these cuisines are available.

[Educational Message: When different peoples come together in a single place and bring their culinary influences together, the cuisine of that region can become a feast for the senses, and an incredibly rich fusion of culture.]

Airdate: 4/20/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

FALKLANDS [EDD110]

Today on Earth Odyssey, host Dylan Dreyer shows us the rugged beauty of the Falkland Islands. Located three hundred miles off the coast of South America, the Falkland Islands are a chain of over seven hundred islands. Due to its windswept and wild landscape, we'll learn that there are no native land mammals or reptiles on the Falkland Islands. However, nature still finds a way as these islands become one of the largest breeding grounds for penguins on Earth. Here we'll learn more about the King penguin. The second largest species of penguin, the King penguin stands at three feet tall and weighs a whopping thirty-three pounds. We'll witness how King penguin parents raise their young from egg to chick in this harsh environment. We'll learn that King penguins can swim and hunt at depths of one thousand feet and can hold their breaths

for up to ten minutes. Next, we'll meet the rockhopper penguin, named for its penchant for bounding along the rocky coastlines of the Falklands Islands. With their outrageous feathered faces, the rockhoppers are the smallest but perhaps the most fearless penguin species in the Falklands. Without hesitation, they plunge from terrifying heights into the churned-up waters of the South Atlantic Ocean below. Next, we'll meet the Gentoo penguin, the fastest swimming bird in the world. We'll learn that the Falkland Islands are home to over thirty percent of all Gentoo penguins, making it the largest known population of Gentoo on Earth. Finally, we'll meet the elephant seal. The largest amphibious mammal in the world, the elephant seal can grow up to twenty feet long and weigh almost nine thousand pounds. We'll learn more about the eating habits of these mammoth creatures and how they're known to hunt in the open water for up to ten straight months.

[Educational Message: The abundant fish and pristine coastlines of the Falkland Islands provide the perfect backdrop for some of the world's most unique animals. Areas such as these that support vast numbers of wildlife must be protected. We should all do our part to protect our world's natural habitats for generations to come.]

Airdate: 4/20/2019

Time:

Duration: 30:00

CONSUMER 101

LIGHTS OUT [CNR118]

Host Jack Rico, along with the experts at the testing labs, will teach you how to keep your home powered during a blackout, show you how to get the most mileage out of your car, and we'll learn how to make a healthy smoothie. First up, we'll discover how generators can help keep your home out of the dark during a blackout. We'll learn that a gas-powered portable generator is a good temporary option to power necessary appliances in your home. It's important to store your generator at least twenty feet outside of your home and ensure your extension cords are suitable for outdoor use. Also, be sure your extension cords can handle the total amperage of the appliances and devices you're powering. As roughly seventy people die each year of carbon monoxide poisoning from generators, it's critical to follow all safety precautions when using a generator. Next, we'll learn how to get the most mileage out of your vehicle. We'll discover that regular maintenance is the key to expanding the life of your car. We'll learn that your car's owner's manual has everything you need to know about keeping your car regularly maintained. It's also important to closely monitor your car's tires as they can indicate other problems with your vehicle. Finally, we'll meet with an expert to learn how to make a delicious and healthy smoothie. Here we'll learn that typical store-bought smoothies can contain high levels of sugar and sodium. Today, we're learning how to make nutritious smoothies at home using healthy ingredients. We'll discover different ways of pairing fruits and vegetables to make the ultimate healthy snack.

[Educational Message: In this episode, we learned how to safely operate a generator during a power outage. It's important to remember that gas-powered generators produce carbon monoxide, a poisonous gas that can be fatal to humans. In the event of a power outage, remain calm and always practice safety when using a generator.]

Airdate: 4/20/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SEBASTIAN'S CHOCOLATE FACTORY [NDS320]

Host Danny Seo bakes energy-packed granola bars with nori sheet, using cherries, pistachios, and avocados. Nori is made by shredding edible seaweed and pressing it into thin sheets. A one-ounce serving of pistachios has the same amount of protein as one egg; and two-thirds of the fat in avocados is monounsaturated, the type that helps lower cholesterol. Next, Danny visits a chocolatier in Portland, Oregon and learns about the process of turning cocoa beans into bars of chocolate. Roasting sterilizes beans and helps further develop the chocolate aroma, and a chocolate melanger is a stone grinder that transforms cacao nibs into liquid. Then, Danny finds creative ways to reuse gift paper by creating wall art. Holiday gift wrap and shopping bags create approximately 4 million tons of trash in the U.S. every year. Lastly, Danny shares items that can be donated to support local thrift stores, such as reusable bags, bubble wrap, office supplies, and clothes hangers. Approximately 1 in 5 Americans shop at thrift stores during any given year.

[Educational Message: Every ingredient, no matter how small, can have an impact on your body. Baking granola bars is a great way to create a quick snack that provides energy and nutrition. Making something, such as a decorative chocolate bar, can be as much of an artform as the final product. Finding ways to reuse leftover materials is an opportunity to get creative while also preventing waste.]

Airdate: 4/20/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. FRENCH RESTORES A SMILE [VSP128]

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, a Police K-9 arrives after breaking a molar, and a lion at the local zoo is having dental problems. First up, a puppy named Tessa visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic's veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, a team of veterinary specialists have a special off-site patient to visit at the local zoo, an elderly lion named Rowdy. The staff at the zoo have noticed that Rowdy hasn't been chewing his food normally. The team will have to administer an anesthetic to get a closer, safer look at the big cat. Once properly sedated, Dr. French, the clinic's veterinary dentist, examines Rowdy's mouth and discovers that he has broken one of his canine teeth. Dr. French will have to work quickly and carefully to successfully extract the broken tooth.

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

Airdate: 4/20/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOME VERSUS VISITORS [HOC302]

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

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

Airdate: 4/27/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

HUNGRY FOR MORE [VJG321]

Host Josh Garcia looks back at entries in his journal that remind him how traveling the world allows him opportunities to have culinary adventures and learn about different cultures by sampling a country's cuisine or visiting a farm where local produce is grown. On his voyage to Tallinn, Estonia, he learns about traditional Estonian cuisine and gets a lesson in how to serve a feast to lords and ladies. During the medieval era when famine was common in Europe, having extra weight symbolized wealth and power. This style of feast includes different courses, some intended to expand the stomach and some intended to facilitate digestion. Sailing to Helsinki, Finland offers a very different experience when Josh takes a walking food tour, even visiting the Old Market Hall, or Vanhakauppahalli. Josh samples muikku, a common fish found in nearly every freshwater lake in Finland. Muikku is as popular in Finland as "fish and chips" is in England. Josh tries the Finnish national dish, so to speak, Karjalanpiirakka Munavoilla which is a pastry with a rye crust and a rice or potato filling. He even tries Salmiakki, an extra salty Finnish liquorice treat. On a trip to Maui, Josh tours a pineapple plantation known for growing the sweetest pineapples in Hawaii. Pineapple is an iconic Hawaiian fruit, and these crops came to Hawaii from South America in the late 1800s and Pineapple canning was a booming industry in Hawaii until 2007. The crown of a pineapple contains the plant's roots, and Josh tries his hand at harvesting pineapples to learn how this fruit travels from the field.

[Educational Message: Travel allows you opportunities to try new foods and learn about different cultures by sampling another country's cuisine.]

Airdate: 4/27/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GENUS GENIUS [EDD111]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey around the world. We'll first travel to the watery kingdom of Cambodia. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. We'll visit the ancient Kingdom of Angkor, a city once inhabited by more than a million human residents over 800 years ago. Today, these ruins are now inhabited by troops of macaques that have made this ancient city their home. Here we'll learn about some of the amazing habits and behaviors of these wild macaques. We'll discover that in addition to cleaning their food before eating, some macaques have been observed seasoning their food with salt water. Next, we'll travel to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. Here we'll meet the only lizard in the world that's learned to fish for its dinner, the marine iguana. To brave the ocean currents, these cold-blooded reptiles spend time warming their bodies on sun-kissed rocks before taking the plunge. Each fishing trip for these creatures is a race against time. We'll discover how marine iguanas evolved over time to make the most of their underwater meal. Finally, we'll travel to the Caribbean Islands, a string of more than 7,000 islands between North America and South America. Here we'll learn about the hummingbirds that are found throughout this region. We'll discover that their hearts work like an engine, beating up to five hundred times per minute. To keep their energy up, they need to feed constantly. Always on the move, we'll learn that hummingbirds will consume almost three times their body weight every day.

[Educational Message: It's amazing to see how plants and animals have learned how to adapt no matter how challenging the environment. In this episode, we witnessed how life finds a way in many diverse and harsh regions of the Earth. We should all find ways to adapt and thrive in our surroundings.]

Airdate: 4/27/2019

Time:

Duration: 30:00

CONSUMER 101

GET CONNECTED [CNR119]

Host Jack Rico, along with the experts at the testing labs, will show you how to safely anchor your furniture to prevent it from tipping over, teach you how to protect yourself from mosquitoes and ticks, and show you how to improve your WIFI connection. First up, we'll learn how to anchor furniture in your home to prevent it from injuring a child. We'll meet with an expert in the test labs for a demonstration on how easily large furniture can tip over and injure a person. We'll learn how you can utilize wall-mount assemblies to anchor your furniture to walls in your home for added safety. Here we'll get firsthand instructions on how to safely install anchors for your furniture and prevent any potential injuries from occurring. Next, we'll learn how to best protect yourself from insects like mosquitoes and ticks. We'll discover that using repellents is important as insect bites can transmit diseases such as Zika virus, Lyme disease, and even Malaria. Here we'll learn how experts scientifically test the effectiveness of various insect repellants using live mosquitoes in a controlled setting. We'll also get some tips on how to avoid these insects when out on the go. Finally, we'll learn how you can improve the WIFI signal in your home. With the help of an expert, we'll discover that there are new technologies that can help boost your WIFI coverage. A mesh networking device can be

utilized to increase WIFI capabilities in a large home or space. We'll learn how experts scientifically measure these devices for capabilities and performance.

[Educational Message: In this episode, we learned how to best protect yourself from insects such as mosquitoes and ticks. As many insects can transmit harmful diseases, you should always wear insect repellent on any exposed skin. It's best to always be prepared when spending time in nature.]

Airdate: 4/27/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE VEGETABLE WHISPERER [NDS321]

Host Danny Seo introduces sugar alternatives-- such as honey, maple syrup, and yacon --that can be used to sweeten meals in a healthier way. Teens should have fewer than 6 teaspoons of added sugar, about 25 grams, per day. Next, Danny uses dates, which are natural sweeteners, to create sweet layers in a banana-maca milkshake. Date trees often need help from growers to pollinate successfully. Then, Danny travels to Portland, Oregon to meet James Beard award-winning chef Joshua McFadden at a farm to gather and cook peak-season vegetables into panzanella salad and a tomato-basil pasta dish. Panzanella is a chopped salad, originally from the Tuscany region of Italy. There are more than 35 types of basil, and all are part of the mint family. Lastly, Danny teaches how to make DIY chalk using plaster of Paris and tempera paint, which is made of colored pigments mixed with a binding agent. Natural chalk from limestone deposits has been used for drawing since prehistoric times.

[Educational Message: Incorporating natural sweeteners into recipes is a great way to eat healthier while also satisfying sweet cravings. You don't need a lot to create a delicious meal from the garden-- combining minimal, fresh ingredients can be used to create big flavors in a dish. Making your own chalk at home is a great way to learn science and save money.]

Airdate: 4/27/2019

Time:

Duration: 30:00

VETS SAVING PETS

THE CHRONICLES OF HERNIA [VSP129]

Today on Vets Saving Pets, a dog arrives at the clinic with a hernia, a Collie needs a dental checkup, and a chihuahua needs a heart exam. First up, a Standard Poodle named Spencer is brought to the clinic after suffering from severe stomach problems. After meeting with Dr. Martin, the clinic's Internal Medicine veterinarian, Spencer is diagnosed with esophageal hernia. Here we'll learn that an esophageal hernia is a condition in which the stomach moves into the esophagus and causes severe digestive problems. In order to fully evaluate the severity of the issue, Dr. Martin and Dr. Spencer will perform an endoscopy procedure to better examine Spencer's internal organs. Following a successful endoscopy exam, Spencer will be admitted to surgery to repair the esophageal hernia. Next, a Collie named Abbey arrives at the clinic suffering from dental issues. After meeting with Dr. French, the clinic's veterinary dentist, it is determined that Abbey has a condition known as gingival hyperplasia. Here we'll learn that gingival hyperplasia is an overgrowth of gum tissue around the teeth, which is typically a symptom of poor oral hygiene. Dr. French will perform a surgical procedure to remove the excess gingival tissue to restore Abbey's normal gum line. In order to prevent this condition from reoccurring, Dr. French will prescribe medications and daily toothbrushing to

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

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

Airdate: 4/27/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

RECOVERY PERFORMANCE [HOC315]

We learn how cyclist John Degenkolb's determination led him to achieve his first Tour de France victory after suffering a serious injury two years prior. The Tour De France takes place over 23 days and covers over 2,000 miles; and on average, a pro cyclist will ride around 25,000 miles in one year. Next, we learn how Uriah St. Lewis and his family got involved with training horses after moving to the U.S. from Trinidad and how their continuous hard work resulted in finally winning a Grade 1 title after 30 years of training horses. One of the most famous jockeys in the U.S., Eddie Arcaro, rode in 250 races before winning his first race. Then, we hear residents of Greenbrier County, West Virginia discuss the devastating flood that left many homes, businesses, and lives destroyed; and we learn how the resilience of the county, with the help and shelter from the famous Greenbrier Golf Club, saved the lives of many and helped the community get back on course. The Greenbrier course, originally constructed in 1924 by Seth Raynor, was redesigned by Jack Nicklaus in 1977.

[Educational Message: Hard work and resilience are keys to success. Viewers learn about what it takes to train for the Tour De France, steps to take to become a horse trainer, and the importance of supporting a community in times of need.]

Airdate: 5/4/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

AWESOME AUCKLAND [VJG322]

Host Josh Garcia sails to one of the most visited cities in the Southern Hemisphere, Auckland, New Zealand, which lives up to its reputation as being a multicultural, laid-back urban environment that celebrates the great outdoors. Nicknamed the "City of Sails," its harbors are filled with yachts of all sizes. To get the lay of the land, Josh meets with a group of Maori dancers who proudly carry on one of their ancient traditions, the haka. The greatest concentration of Maori, an indigenous Polynesian people, resides in Auckland. It's believed the Maori explorer, Kupe, first made landfall on the North Island around 1,000 years ago. Josh learns some of the basic moves of the haka and tries them out with these Maori dancers. Then, Josh climbs high to the top of Auckland's famous Harbour Bridge where he gets a spectacular guided view of the city. The Harbour Bridge spans the Waitemata Harbour, connecting the northern area with downtown Auckland. The Waitemata Harbour covers an area of 70 square miles. The bridge itself is just over three quarters of a mile and summits at about 200 feet. It took four years and a team of 1,000 to build

the bridge which opened in 1959. Next, he visits a local farm where he learns why New Zealand is famous for its sheep and he's challenged to test his skills as a sheep herder. Finally, Josh learns why it takes a team to sail a racing yacht when he has a lesson in sailboat racing on board New Zealand's most famous racing sailing yacht. The kiwi bird is the national symbol of New Zealand and a popular nickname for a New Zealander. Given the popularity of sailing in New Zealand, some are even nicknamed yachtie. New Zealand sailors compete and win races all over the world, and it takes years of training and conditioning to sail competitively.

[Educational Message: Trying out a new activity and sticking with it can be an incredibly rewarding experience. If you are new to something, don't shy away from what you don't know, but instead jump in and you might surprise yourself with what you can learn in the moment.]

Airdate: 5/4/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GANGES [EDD112]

Today on Earth Odyssey, host Dylan Dreyer takes us down the Ganges River in India. The Ganges River flows more than 1,500 miles across the northern region of India before making its way to the ocean. We'll first travel to the source of the Ganges River, the Himalayan Mountains. Here we'll learn that the Himalayan Mountain Range is the tallest and one the youngest ranges on Earth. High in the Himalayas, few animals can weather the extreme temperatures. Here we'll meet the snow leopard, an animal well adapted for the year-round freezing wilderness. With powerful legs adjusted to the steep mountains, snow leopards can jump distances up to 50 feet. As the Ganges River makes its way down the foothills of the Himalayas, the weather warms up significantly. India's floodplains are home to one of the largest animals in the world, the Indian rhino. Here we'll learn that despite their bulky appearance, Indian rhinos are remarkably nimble and can run up to 30 miles per hour. Further down the river there's another animal that's a rare sight to see, the Gangetic river dolphin. Due to extreme low-visibility in the Ganges River, these dolphins are almost completely blind. Gangetic river dolphins rely on echolocation to locate other objects in the water, including food. Next, we'll meet a prehistoric creature over 60 million years in the making, the gharial. One of the largest crocodile species in the world, a male gharial can grow up to 20 feet long. Reaching full maturity at 10 years old, gharials can live between 40 and 60 years in the wild. Next, we'll travel to the Sundarbans, the largest expanse of mangrove swamps and forests in the world. Here we'll meet the Bengal tiger, the national animal of India. Both revered and feared, the Bengal tiger's roar is so loud it can be heard as far as two miles away. We'll discover that these great cats are among the heaviest felines on Earth and can weigh nearly 500 pounds.

[Educational Message: In this episode, we've seen how this unique waterway of the Ganges River has supported life for millions of people and animals who live in its path. This is just another amazing example of how nature truly takes care of its own.]

Airdate: 5/4/2019

Time:

Duration: 30:00

CONSUMER 101

SMART CHOICES [CNR120]

Host Jack Rico, along with the experts at the testing labs, will explore the pros and cons of smart doorbells, will give tips on healthy food choices, and will show you how to clean your computer. First up, we'll discover more about the technology behind smart doorbells and the benefits of owning one. We'll meet with an expert and learn how smart doorbells are scientifically tested in various settings to determine the best model for your needs. We'll also discover more about the advanced features now becoming available on smart doorbells such as facial recognition, voice control, and geofencing. Next, we'll get some advice from an expert on how to make healthier food choices. We'll learn that you can cut the fat from cooked ground beef by rinsing the meat before serving. If you're using canned beans, you can also remove additional sodium by rinsing them with water prior to cooking. We'll discover that you can replace salt with taste alternatives such as vinegar or citrus juice. As opposed to boiling your vegetables, we'll also learn that steaming veggies will help retain more vitamins and nutrients. Finally, we'll get advice on the best way to clean your computer and electronic devices. We'll learn that a can of compressed air is a good tool to clean any ports or vents on your device. Also, a hand vacuum can help remove any crumbs or dust accumulating under your keyboard. We discover that you should always use a small amount of soap and water, never harsh chemicals, when cleaning your computer or electronic devices.

[Educational Message: In this episode, we learned about the importance of eating healthy foods. We discovered simple ways to reduce the amount of fat and sodium in everyday food items. It's important that we make smart choices about the food we put into our bodies.]

Airdate: 5/4/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

FLOWER POWER AND VEGETABLE STARS [NDS322]

Host Danny Seo teaches about organic edible flowers, such as lavender, marigold and pansies. English lavender has a sweeter taste than other varieties and works well in recipes, and it can be used to substitute mint. Marigold is often used as a natural dye for foods such as pasta, cheese, and mustard; and it can be used to substitute saffron. Next, Danny makes a summer pasta using poppy seeds, bell peppers and ribbonized zucchini. One bell pepper can provide the recommended daily supply of vitamin C. Then, Danny incorporates kale into a savory dish by making baked kale falafel. Kale comes in many varieties, including curly, dinosaur, and Siberian; and falafel is a vegetarian fritter that's traditionally deep-fried. Then, Danny repurposes used cutting boards into new home organizers by attaching old belts with decorative nails. The use of decorative nails on furniture is believed to have started in 17th century France. Lastly, Danny mixes up a homemade cleaning spray using alcohol and dish soap. Alcohol kills bacteria through a process called denaturation. Dish soap is used as a surfactant--the word surfactant is short for "surface active agent."

[Educational Message: Incorporating edible flowers into a recipe is an easy way to get creative and have fun cooking. Kale doesn't have to just be eaten as a salad-- many healthy ingredients can be used in unique ways to deliver the same nutrition without being noticed. Finding ways to repurpose household items not only prevents waste but also can help provide organization.]

Airdate: 5/4/2019

Time:

Duration: 30:00

VETS SAVING PETS

HEART OF A GIANT [VSP130]

Today on Vets Saving Pets, a Great Dane arrives at the clinic with an irregular heartbeat, a cat suffers from gingivitis, and a French Bulldog undergoes rehabilitation following a back surgery. First up, a Great Dane named Duke is brought into the Emergency Veterinary Clinic for a checkup on his recently diagnosed enlarged heart. Dr. Williams, the clinic's cardiologist, determines that Duke suffers from congestive heart failure. Here we'll learn that this condition causes fluid to build up in the lungs and can cause serious respiratory issues. Dr. Williams will perform an electrocardiogram to better understand the severity of Duke's illness. After the electrocardiogram reveals an abnormally high heart rate, Dr. Williams will perform blood tests and X-rays to determine extent of Duke's complications. Next, a cat named Parsley arrives at the clinic with serious dental issues. Dr. French, the clinic's veterinary dentist, determines that Parsley is suffering from a severe case of gingivitis. Here we'll discover that gingivitis is an inflammation of the gums and is the earliest stage of periodontal disease. After administering X-rays, Dr. French will perform surgery to remove Parsley's affected teeth and treat the gingivitis. Finally, a French Bulldog named Jackson is brought to the clinic in need of physical therapy following a recent spinal surgery. Unable to walk since the surgery, Jackson will undergo rehabilitation with the help of a specialized water tank and treadmill. Here we learn that physical therapy exercises like these can help stimulate the neural pathways that allow the brain to communicate with the body.

[Educational Message: In some cases, treatment requires much time and persistence. In this episode, we saw how the clinic's rehabilitation therapist used exercise techniques to aide Jackson's recovery. In order for this therapy to yield successful results, it will take great patience and determination.]

Airdate: 5/4/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

PUTT-ING IN THE WORK [HOC316]

We meet Taekwondo protégé Aaliyah Powell and learn how her older sisters, who were world class athletes themselves, shaped Aaliyah into being the motivated and intense athlete she is today. Taekwondo is both a martial art and a combat sport, and GB Taekwondo was established in 2002 and is based in Manchester. Then, junior golfer Avery Zweig uses her golf talents to raise money for a custodian at her school diagnosed with cancer. We hear from surfers as they train to compete in the first Olympic surfing competition ever at the 2020 Olympics. Surfing originated in Polynesia, and in 1778, Captain James Cook was the first Westerner to witness it. Then, we examine how Dustin Johnson's actions almost cost him his dream of being a golf great and how he made a comeback. The oldest known rules of golf were written in 1744 by an Edinburgh golf club.

[Educational Message: Gaining inspiration from those around you can help you on your path to succeed. Viewers learn about the history of Taekwondo, the importance of helping others, the history of surfing, and how your actions impact your life in and outside of sports.]

Airdate: 5/11/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CARIBBEAN DELIGHT [VJG323]

Host Josh Garcia spends the day ashore in St. Lucia discovering the landscape, food, and art of one of the Caribbean's most beautiful islands. First, Josh visits a rainforest where, high in the trees, he learns the importance of the rainforest to the island's population. Seventy-seven percent of this island is rainforest, and it encompasses 19,000 acres of mountains and valleys. It is home to more than 2,000 native species, 200 of which occur nowhere else in the world. He gears up and experiences the island's lushness by zip-lining across the tree canopy. Next, Josh visits the oldest working estate on the island that grows and produces St. Lucia's world-famous chocolate. Evidence of chocolate consumption goes back three to four thousand years. St. Lucia's soil is high in sulfur, one of the essential nutrients needed for plant growth, and this makes for a prosperous environment for cacao trees. A cacao tree can live to be one hundred years old but only produces fruit for half its lifetime. Here, Josh learns an old technique for polishing cocoa beans by dancing on them in a barrel. Then, he takes a food tour through St. Lucia's largest outdoor market and learns about native fruits and how once-exotic spices helped create the island's popular creole cuisine. Castries is the largest town on the island and in its center is a huge open-air market, first opened in 1894. This market is commonly called La Place which means meeting place. There, Josh sits down for a plate of St. Lucia's national dish of salted fish and green figs. Finally, Josh meets with two local artists, a father and son, whose work embodies the spirit and traditions of the island carved into scavenged wood. Traditional masks of St. Lucia are intended to tell stories through the images carved into the wood.

[Educational Message: Local markets can teach you a lot about a country's cuisine. You can typically find local delicacies and even see regional varieties of familiar fruits and vegetables and learn their local names. For example, a green banana in St. Lucia might be called a green fig.]

Airdate: 5/11/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

JAPAN [EDD113]

Today on Earth Odyssey, host Dylan Dreyer takes us to Japan's volcanic islands. Situated in the Northwest Pacific Ocean, Japan consist of about 7,000 islands with weather ranging from one extreme to the next. Known as one of the most unstable places on Earth, Japan's islands are a volcanic hotspot with more than 1,000 earthquakes shaking the region each year. These islands are now home to many species of wildlife found nowhere else in the world. First, we'll travel to the island of Honshu where we'll meet the Japanese macaque. This snow monkey is the only primate besides humans that can survive in the high elevations of this subarctic region. Here we'll witness how these snow monkeys utilize natural hot springs, called onsens, to keep warm in the bitterly cold environment. Next, we'll meet the red-crowned crane, the largest bird in Japan. Here we'll learn how the graceful and elegant mating rituals of red-crowned cranes have earned them the nickname "snow ballerinas." Next, we'll meet a highly unusual animal, the Japanese serow. Also, known as a "wolf deer," the serow is said to have the legs of a goat, the body of a deer, and the fur of a wolf. We'll discover that these rare creatures only live on three of the 7,000 Japanese Islands. Finally, we'll learn more about the custom of usho fishing, an ancient tradition that's been practiced for more than a thousand years. However, we'll discover that these fishermen don't need fishing rods to catch their fish. Using trained sea cormorants, these fishermen let the birds do the fishing for them. Here we'll follow a group of fishermen and witness how the incredible hunting skills of sea cormorant birds have been utilized by locals for centuries.

[Educational Message: Today, we've seen firsthand how Japan's ancient customs have ensured its inhabitants' survival, even in the harshest of environments. It's amazing how the knowledge has been

passed down through tribes and within the animal kingdom, all working together with nature to help the next generation.]

Airdate: 5/11/2019

Time:

Duration: 30:00

CONSUMER 101

HIGH NOTE [CNR121]

Host Jack Rico, along with the experts at the testing labs, will give us a fascinating look at what happens to sound in an anechoic chamber, show us how much added sugar might be lurking in your breakfast, and will give useful tips on how to keep our phone charged while on the go. First up, we'll visit an echo-less room, known as an anechoic chamber. Here we'll learn how an anechoic chamber is specifically designed to absorb all sound waves in a particular area. We'll join an expert and discover the many scientific uses of an anechoic chamber. We'll learn that echoes interfere with scientific measurements and that it's critical to eliminate any sound waves in order to discover the true sound of a product. We'll also join a group of high school music students as they test out various musical instruments to see how they sound differently in an anechoic chamber. Next, we'll meet with a scientist to learn how we can eliminate added sugars from our diet. We'll learn how sugar is comprised of glucose and fructose, molecules that are converted into fat once consumed. We'll discover that too much added sugar in your diet can lead to obesity, cardiovascular issues, and even diabetes. We'll get some healthy tips on how to cut the added sugars out of our daily diet. Finally, we'll join a smartphone expert to learn some tips about how we can keep our cell phones charged while on the go. We'll first learn that it's best to reduce the brightness settings on your phone, as well as close out any applications that aren't in use. We'll also discover that using the "low power" mode on your phone can save considerable amounts of battery power. Also, we learn that it's important to keep an external battery charger on-hand in case of an emergency.

[Educational Message: In this episode, we discovered how much added sugar could be hiding in our breakfast. We learned that too much added sugar in your diet can lead to serious health complications. It's important that we look for healthier alternatives in our daily diet.]

Airdate: 5/11/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

TREATS WITH A HEALTHY TWIST [NDS323]

Host Danny Seo dishes up secret swap-outs featuring healthier versions of popular treats like nachos, doughnuts, and ice cream. First, Danny teaches about nutritional yeast and uses it to cook up healthy queso and nachos with butternut squash and walnut chorizo. Nutritional yeast, also known as savory yeast or nooch, is made from sugar cane and beet molasses; it's a good source for vitamin B12, protein and fiber. Next, Danny bakes oat flour into doughnuts that get sprinkled with surprising nutrition-- spirulina. Spirulina, which is very nutrient-dense, is an algae that grows in both fresh and marine waters. Then, Danny whips up avocado-lime ice cream and peach swirl pops using coconut milk and agave syrup. Coconut milk is soy-free and gluten-free, and agave plants are typically grown in South America. Finally, Danny shares a supercharged snack recipe for energizing, coconut-covered vitality bites using ingredients such as Reishi mushroom powder. Reishi mushroom powder may help strengthen the body's immune system.

[Educational Message: Indulging in a sweet treat doesn't mean it has to be unhealthy. Learning about uncommon, healthy ingredients and incorporating them into meals is a creative way to get added nutrition while trying something new.]

Airdate: 5/11/2019

Time:

Duration: 30:00

VETS SAVING PETS

A MATTER OF LIFE AND BREATH [VSP131]

Today on Vets Saving Pets, a bulldog is brought to the clinic with respiratory issues, an aging pup is having trouble walking, and a Police K-9 arrives with a broken tooth. First up, a bulldog named Dougie is brought to the clinic with severe breathing problems. Dr. Ringwood, the clinic's surgeon, examines Dougie and determines that his elongated soft palate and constricted nostrils are causing the respiratory issues. Here we'll learn that this condition is common for "flat-faced" or brachycephalic dogs, such as bulldogs, pugs, and boxers. After confirming Dougie is suitable for anesthesia, Dr. Ringwood will proceed with the surgical procedure to remove the excess soft palate and widen the nostrils to allow normal breathing. Next, an aging dog named Sylvester arrives at the clinic with mobility issues in his hind legs. Dr. James, the clinic's neurologist, will examine Sylvester to determine if he is suffering from a neurological or orthopedic issue. After ruling out any orthopedic problems, Dr. James explains the other potential causes of the neurological condition. In order to better determine the specific reason of his mobility issues, Dr. James orders an MRI exam. Finally, a Police K-9 named Jax is brought to the clinic with a broken tooth in need of repair. Dr. French, the clinic's veterinary dentist, will examine Jax's mouth to determine the extent of the tooth fracture. After performing x-rays, Dr. French finds that Jax's tooth is severely damaged and may need to be extracted. Following further examination, Dr. French is able to perform a root canal that will allow Jax to continue his job as a Police K-9.

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

Airdate: 5/11/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

FAMILY BUSINESS [HOC317]

We meet the Hughes family, who is on track to being the NHL's next great hockey family. Brothers Quinn and Jack are hockey protégés, but they wouldn't have made it as far without pushing each other to go the extra mile-- leading Quinn to be drafted in the first round of the NHL draft and making Jack a top prospect for the next draft. Next, we meet Jodie Duff, the physical education teacher at Cedar Lane Academy, and see how she teaches kids with disabilities by using golf to engage her students both mentally and physically. Her leadership and compassion changes the lives of so many who would not typically get the chance to excel as much as they do under Duff's watch. Then, we learn how Nascar driver Ryan Newman is making a difference by rescuing animals in need and impacting the lives of youth through nature outreach programs in an effort to facilitate responsible pet ownership and respect for all animals. Approximately 3.2 million shelter animals are adopted each year. Lastly, we learn how sisters Nisha and Seema Sadekar use fashion to express themselves in the game of golf and how they are helping to create more opportunities for minorities

in the sport. In 1975, Lee Elder was the first African-American to play in the Masters; and in 2012, Augusta National opened its membership to women.

[Educational Message: You cannot define someone by their age, race or the limits of their abilities. Viewers learn about the steps to take to play in the NHL, how they can make a difference in their community, whether it be preserving nature or serving as a teacher; and the history of minorities playing in golf.]

Airdate: 5/18/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

A DATE IN OMAN [VJG324]

Host Josh Garcia voyages to Oman, an ancient country on the Arabian Peninsula where many old Arab customs and traditions still prevail. In Muscat, Oman's capital, Josh takes a tour of the elegant Grand Mosque where he's amazed to learn 21,000 people can worship at the same time. A mosque is a traditional Muslim place of worship. The Grand Mosque was a gift to the people of Oman from Sultan Qaboos bin Said al Said to mark his 30th year of reign, and covers an area of 4,305,564 square feet. Construction of the Sultan Qaboos Grand Mosque began in 1995 and was completed in 2001. Next, he heads to Oman's first capital in the 6th and 7th centuries, Nizwa, to learn about the craft of carpet weaving. Because of the tradition of removing one's shoes before entering homes and many buildings, carpets are a necessity in Omani daily life. After being introduced to a weaver and observing how to work a mensaje, a simple two-beam traditional loom that can be set on the ground, Josh tries his hand at weaving and realizes the process is not as simple as it looks. Great strength is needed to weave using this style of loom and for this reason only men weave carpets in Oman. An intrinsic part of Omani hospitality is serving dates, and Josh visits a date farm to learn more about this sweet fruit, how they're grown, and the unique system that brings water to the farms down from the mountains. An old Omani tradition is planting a date palm for the birth of a son so he will have date fruit for his lifetime. Dates have been cultivated and eaten in the Middle East for around 6,000 years and date palm is the primary agricultural crop in Oman, which is the 8th largest producer in the world. Finally, Josh heads to Sharqiya Sands, a desert area known for its spectacular sand dunes where he meets with a member of a Bedouin tribe and learns how to travel in this extreme, but starkly beautiful environment. Sharqiya Sands was previously called Wahiba Sands, and it currently covers nearly 3,800 square miles. For nomadic Bedouins, camels are invaluable as they can go nearly a week without drinking water and have been called "ships of the desert."

[Educational Message: Visiting with different groups of people in different environments can be an incredible learning experience. Nomadic Bedouins, for example, live their lives on very few resources and, although this way of life might not seem enjoyable or sustainable to you, for them it is a way of life and they are able to find joy in it.]

Airdate: 5/18/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

MOTHER KNOWS BEST [EDD114]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey around the world. First, we'll travel to the lush tropical landscape of Vietnam. Here we'll venture into the lowlands in search of yellow-cheeked gibbons. These monkeys are famous for the loud, odd sounding melodies they use to mark their territories. We'll discover that these monkeys are also some of the best tree swingers on the planet, reaching speeds of up to 25 miles an hour as they swing up to 50 feet from branch to branch. We'll also meet one of the rarest species of primates who were once thought to be extinct, the Hatinh Langur. We will learn about their strange social structures, their eating habits, and how they have made an unlikely home in the limestone caves in the cliffs of Halong Bay. Next, we'll travel to the Caribbean Islands where we'll learn more about leatherback sea turtles. The largest of all sea turtle species, we'll discover that the leatherback can grow to roughly six feet in length and weigh as much as a small car. Next, we'll travel to the island nation of Sri Lanka, located near the Southern tip of India. Although roughly the size of Pennsylvania, Sri Lanka is packed with enough wildlife to rival a vast continent. Here we'll journey to the Lowland plains, which cover more than two thirds of the island of Sri Lanka. We'll discover that this region is home to over 2,000 wild elephants, one of the largest populations on Earth. Here we'll learn more about the elephant's habitat and how they prepare for the upcoming dry season. We'll also discover that, with their specialized feet, elephants can communicate with each other using seismic signals, or ground vibrations.

[Educational Message: In this episode, we witnessed how different animals adapt to their environments. We are constantly faced with new challenges and environments in our lives. Living in extreme climates requires adaptation in order to ensure survival of future generations.]

Airdate: 5/18/2019

Time:

Duration: 30:00

CONSUMER 101

AIR SUPPORT [CNR122]

Host Jack Rico, along with the experts at the testing labs, will show us how TV antennas can be used as an alternative to cable, will give advice on how to ease the anxiety of air travel, and teach us how to choose the best pots and pans for making a great meal. First up, we'll find out why TV antennas have recently made a comeback as people search for cheaper ways to watch television. Decades ago, all television programs came to your home via an antenna. Over time, cable and satellite services would gradually replace antennas. But as the cost of those services went up, consumers have rediscovered antennas as a way of saving money. We'll meet with an expert to learn how these antennas work and how to choose the best one for your home. Next, we'll get some advice on how to ease the stress of airline travel. We'll discover that using an eye mask, neck pillow, and sound cancelling headphones are some ways to make your travel experience more comfortable. We'll learn that paying extra for priority boarding can help ensure you have an available overhead bin to store your carry-on bag. Additionally, it's important to educate yourself on your flight's terms and any additional fees that you may incur when traveling. Finally, we'll meet with an expert for tips on how to pick the best pots and pans for your kitchen. We'll discover that non-stick pans are the ideal choice for cooking delicate foods such as eggs or other items that don't require high heat. We'll learn that stainless steel pans are the best option for searing foods at high temperatures. Here we'll witness how experts scientifically test pots and pans for their performance with various foods and ranges of temperature.

[Educational Message: In this episode, we learned how to ease the stress of airline travel. We discovered that there are many ways to make your experience more comfortable. It's important to also research and educate yourself before you purchase a flight. It can save you time and money if you are aware of the specific terms and added fees.]

Airdate: 5/18/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ECO-DEFENDERS AND SWEET ENTREPRENEURS [NDS324]

Host Danny Seo meets entrepreneurs who challenge others to live more sustainably, give back to their communities, and eat more consciously. First, Danny visits a diner where he learns about sustainability and builds a pollinator condo for leafcutter and mason bees. Unlike honey bees, leafcutter and mason bees do not live in hives. Holes of differing sizes in a bee condo encourage diversity while keeping out predators. Next, Danny learns about a garden project that teaches kindness and compassion through gardening hybrid flowers using compostable containers. Hybrids display a combination of traits from their parent plants, and compostable products decompose more rapidly due to the work of tiny microorganisms. Then, Danny travels to a non-profit bakery to meet teens getting lessons in business and life skills, including finances, conflict resolution, and marketing, by baking cookies. Finally, Danny visits a sustainable glass manufacturer and learns about the technique of glass blowing. The main tool in glass blowing is a blowpipe, which is made of stainless steel and measures about five feet in length.

[Educational Message: Planting an edible garden is a simple way to promote sustainability, and creating a pollinator condo helps preserve the bee population in growing cities while also ensuring surrounding plants continue to flourish. Life and leadership skills can be learned at any job and applied throughout life, such as communication and accountability. Recycling glass is a great way to reduce waste in landfills, especially since glass can be reused endlessly without loss in quality.]

Airdate: 5/18/2019

Time:

Duration: 30:00

VETS SAVING PETS

EMBARK UPON NEW BEGINNINGS [VSP132]

Today on Vets Saving Pets, a dachshund arrives at the clinic with a cracked tooth, a beagle has a limp, and an aging dog is having mobility issues. First up, a dachshund named Penny is brought to the clinic with a broken tooth. However, it was previously determined that Penny suffers from a heart murmur. Before Penny can have her tooth fixed, she will need to meet with Dr. Williams, the clinic's cardiologist, to ensure she is cleared for surgery. Next, a beagle named Bailey arrives at the clinic suffering from a limp. Dr. Ringwood, the clinic's surgeon, performs a physical examination of Bailey to determine the exact cause of her limp. In order to accurately diagnose the issue, Dr. Ringwood will perform an arthroscopy. Here we learn that an arthroscopy is a minimally invasive surgical procedure used to examine the body's joints. During this exam, Dr. Ringwood discovers inflammation and cartilage damage in Bailey's leg. After removing the cartilage fragments, Bailey will be prescribed medication and physical therapy for her recovery. Finally, a cocker spaniel named Charley is brought to the clinic suffering from mobility issues. Dr. James, the clinic's neurologist, will perform a neurological exam on Charley to determine the cause of his disoriented gait. After results prove inconclusive, Dr. James orders an MRI exam to rule out any potential tumors or inflammation in Charley's brain. Following the results of the MRI, Dr. James determines that Charley is suffering from ear canal disease and will be prescribed medication for recovery.

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

Airdate: 5/18/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

OLD HABITS [HOC318]

First, Jim Paek, who is a two-time Stanley Cup champion and the first Korean-born player to ever play in the NHL, tells the story of his success as the head hockey coach for the South Korean Olympic National Team. The South Korea Men's National Team made their international debut in 1979. Next, we meet collegiate golfer Hayley Moore, who has battled through bullying her whole life; but that hasn't stopped her from rising to the top of the college golf world. Over 3.2 million students are bullied each year. Then, we hear the story of junior golfer "Qwitch" Andrew who, as a teenager in Alaska, was not exposed to the game of golf; but as his love for golf grew, he found creative ways to play and improve his game. There are more than 3,000 rivers and 3 million lakes in Alaska.

[Educational Message: Don't let circumstances hold you back from believing in yourself. Viewers learn about the history of hockey in South Korea, how to overcome bullying, and steps to take to become a successful young golfer.]

Airdate: 5/25/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FILIPINO FUN [VJG325]

Host Josh Garcia makes his first voyage to the bustling city of Manila, the capital of the Philippines. It's a city in constant motion and Josh heads out to visit Intramuros, the 400-year-old walled city in the heart of Manila. Built by the Spanish in the early 1500's, the Intramuros is essentially a walled fortress, or citadel. First, Josh catches a jeepney to meet up with a local guide for a bike tour of the city. Known as the "King of the Road," jeepneys serve forty percent of transport users in Metro Manila. When he connects with his guide, Josh follows his lead to bike one of the fort's walls and gets up close and personal with the history of the city. The original shape of the walls followed the shoreline of Manila Bay on one side and Pasig River on the other. Along the way, Josh learns how the Philippines' first conquerors left a lasting influence on the country. Puerto del Parian was built in 1593 and is one of the earliest entrances to Intramuros, and it at one point led to a market in a suburb occupied by Chinese rice dealers when the Spanish occupied the inside of Intramuros. The Philippines is located in the most active zone of volcanoes in the world, the "Pacific Rim of Fire," and after his bike tour, Josh is excited to meet with a volcanologist to explore the smallest active volcano in the world. He takes a traditional Philippine outrigger boat across Taal lake to the Taal volcano. The first eruption was recorded in 1572 by the Spanish, and it's been recorded to have erupted thirty-three times since, with the last recorded eruption in 1977. Taal volcano is called a complex, or compound, volcano because of its numerous features. Finally, Josh meets a local chef and gets a cooking lesson in the unique style of cooking called adobo, which every Filipino cook learns to prepare. Adobo in Spanish means "to marinate," but the Filipino people have been cooking adobo style cuisine long before the Spanish came to the Philippines. Filipino adobo is a style of cooking where meat is marinated in a coconut vinegar, which is a fermented food, along with other spices, including bay leaves and peppercorns, and soy sauce. Foods

that are fermented, or pickled, which is a process of preserving foods by preventing spoilage-causing microorganisms.

[Educational Message: Across human history, natural resources have dictated urban development. When visiting a new city take the time to observe how historic structures were designed and formed around the natural resources of that time period, and then you can compare that perspective to how urban development is dictated in the modern world.]

Airdate: 5/25/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SRI LANKA [EDD107]

Today on Earth Odyssey, host Dylan Dreyer takes us to the island nation of Sri Lanka, located near the Southern tip of India. Although roughly the size of Pennsylvania, Sri Lanka is packed with enough wildlife to rival a vast continent. Because of its unique climate, we'll find a staggering array of creatures both large and small. Here we'll learn how Sri Lanka is home to both the world's largest land and aquatic mammals, the elephant and the blue whale. First, we'll travel to the Lowland plains, which cover more than two thirds of the island of Sri Lanka. We'll discover that this region is home to over 2,000 wild elephants, one of the largest populations on Earth. Here we'll learn more about the elephant's habitat and how they prepare for the upcoming dry season. We'll also discover that, with their specialized feet, elephants can communicate with each other using seismic signals, or ground vibrations. Next, we'll journey to Yala National Park where we'll learn more about the spotted deer that inhabit the area. Here we'll learn how the spotted deer have adapted their bodies and behaviors to the tempestuous Sri Lanka climate. We'll also learn about the unique relationship between the spotted deer and native monkeys living in the park. Allies of the deer, grey langurs warn the deer of approaching predators like the ferocious Sri Lankan leopard. Next, we'll see how toque macaques have taken to the ruins of Polonnaruwa. Once the capital of Sri Lanka, Polonnaruwa is home to Parakrama Samudraya, the largest ancient man-made lake in Sri Lanka. Here we'll follow a group of toque macaques and learn more about the strict social system and hierarchy adhered to within each group. Finally, we'll learn more about mugger crocodiles and the unique relationship they have with painted storks. Here we'll discover the fascinating symbiotic relationship that exists between these two very different animals.

[Educational Message: In Sri Lanka we find examples of animals working together to ensure their survival. Symbiotic relationships are essential to many organisms and ecosystems. Relationships like these provide a balance that can only be achieved by working together.]

Airdate: 5/25/2019

Time:

Duration: 30:00

CONSUMER 101

BE SMART [CNR112]

Host Jack Rico, along with the experts at the testing labs, will teach us about smart televisions and how we can keep our information private, show us how to properly pack a car for a road trip, and give us some tips on picking out the right sunscreen. First up, we'll join an expert to learn more about smart televisions and how they might be collecting our personal information. We'll discover that smart televisions are capable of collecting data on our viewing habits via the Automatic Content Recognition technology. Here we'll learn

some tips on how to disable these functions and keep our personal information private. Next, we'll meet with an expert to learn the best way to pack a car for a road trip. We'll discover that improperly packing your vehicle can be unsafe and even dangerous on the roads. We'll first learn that the largest, heaviest objects should always be placed low on the bottom. While softer, lighter objects can be placed on top or inside of any nooks or crannies. We'll discover that it's critical to not stack objects in your trunk too high, which can obscure your visibility on the roads. Finally, we'll visit the test labs to learn how experts evaluate various sunscreens. We'll learn that the most important factor of sunscreen is its SPF rating. SPF, or sun protection factor, is the amount of time it takes your skin to redden unprotected versus protected. We'll also learn about the two different types of UV rays that can harm our skin. We'll discover that UVA rays account for up to 95% of the UV rays that reach the Earth's surface, which can penetrate the middle layer of our skin. We'll also learn that UVB rays, although not as powerful, are the main cause of sunburn for humans. We'll witness expert testing and learn about the scientific measurements used to test the effectiveness of sunscreen products.

[Educational Message: In this episode, we learned about the importance of sunscreen and protecting your skin. If not properly protected with a broad-spectrum sunscreen, we can develop serious health problems such as skin cancer. Always ensure you're using the proper SPF and reapplying sunscreen every two hours you're exposed to the sun.]

Airdate: 5/25/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

INGENIOUS WAYS TO REPURPOSE EVERYDAY ITEMS [NDS325]

Host Danny Seo raids the recycling and compost bins and teaches creative ways to upcycle what's already around the house. First, Danny creates an upcycled desktop organizer by decorating metal cans using cork contact paper and washi tape. Cork is a renewal resource, and traditional washi tape is made from natural fibers of native Japanese plants. Next, Danny shows new uses for used beverage pods by creating party string lights. Approximately 8 billion single-use pods end up in landfills every year. Then, Danny teaches how to turn nail polish into a household problem-solver by using it to tighten stripped screws and prevent jewelry from tarnishing. Nail polish acts as a barrier from air and moisture, which can cause metals to oxidize and change their chemical structures. Lastly, Danny turns used containers into designer-style buckets using rope, a hot glue gun, and pom-poms. Hot glue guns were originally designed to bond shoe soles, and the word "pom-pom" derives from the French word "pompon," which describes a decorative tuft of material.

[Educational Message: Using household items for more ways than one is a resourceful solution to remedy common problems. Before throwing something in the trash, you may be able to use it in other ways to serve a purpose you wouldn't expect. Decorating old containers with items you already have at home is a great way to be artistic while saving money and reducing waste.]

Airdate: 5/25/2019

Time:

Duration: 30:00

VETS SAVING PETS

CAT SPLASH FEVER [VSP133]

Today on Vets Saving Pets, a puppy is having dental issues, an aging kitty is having heart problems, and a cat is in need of rehabilitation. First up, a puppy named Hershey arrives at the clinic with an unusual dental problem. Dr. French, the clinic's veterinary dentist, determines that Hershey hasn't lost any of her baby teeth. This condition is causing overcrowding in the mouth and can lead to complications such as periodontal disease if not treated. Dr. French will anesthetize Hershey and begin the process of extracting the remaining engrained root fragments. Next, a cat named Reine is brought to the clinic for rehabilitation following a recent injury. After falling from a balcony, Reine suffered a scapular fracture that has limited her mobility. Reine will visit with the clinic's rehabilitation therapist for physical therapy and strengthening exercises to improve her range of motion. Finally, a cat named Mambo is rushed to the Veterinary Emergency Clinic with a fluid buildup in his chest. Dr. Williams, the clinic's cardiologist, examines Mambo to better determine the extent of his condition. Following a physical exam, Dr. Williams is concerned that Mambo may be suffering from heart failure or potentially tumors. In order to better determine the issue, Dr. Williams performs an ultrasound on Mambo. After discovering a mass on Mambo's heart, Dr. Williams will consult with the clinic's oncologist to determine if the condition is treatable.

[Educational Message: Working as a team can be better than working on your own. It's important to consult with those who can provide further knowledge and insight. Veterinarians often rely on specialists to help them successfully diagnose and treat their animal patients.]

Airdate: 5/25/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

ALL GAS, NO BRAKES [HOC303]

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

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

Airdate: 6/1/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

HARVEST ADVENTURES [VJG326]

Host Josh Garcia relaxes and re-reads his journal entries that remind him of learning about how different fruits and vegetables are grown, harvested, and cooked into delectable dishes. In Savona, Italy, Josh visits an unusual garden filled with herbs that are growing in a group of biodomes under the Mediterranean Sea.

This underwater garden uses biospheres to grow plants underwater as part of an experiment which hopes to prove the viability of sustainable underwater farming. Josh suits up and visits one of these biospheres, submerged 100 yards off shore, about 24 feet deep into the water. The oxygen in the biosphere is refreshed from scuba tanks to ensure that there is the optimal amount of oxygen for the plants. Then, on the Greek island of Corfu, Josh learns how olives are harvested and turned into olive oil when he meets an olive grower and learns all about Corfu's olive trees, some of the oldest in the world, and famous since ancient times. Many of these olive trees range in age from 200 to 1,500 years old. The Lianolia olive trees in these groves are native to Corfu and the Ionian Sea region. There, Josh sees how olives are harvested and learns the process to produce olive oil. Ancient Greeks used olive oil for cooking, perfume, soap, liniment, and lamp oil. He learns there are a few methods of harvesting olives from olive trees, including two large devices that either trim the smaller branches or grab the main trunk to gently shake the tree and release the olives from its branches. The olives are washed, crushed into a pâté and then the oil is extracted. Finally, in Cabo San Lucas, Josh visits an organic farm and restaurant where he is part of a farm to table meal by picking the vegetables and helping to turn them into a salsa side dish for an outdoor feast.

[Educational Message: When you have an opportunity to travel, you can learn about what crops grow in a certain region and how those crops influence the local cuisine and customs. It can be rewarding to get your hands dirty and see how certain crops are harvested for food from the farm or field to the table or shelf.]

Airdate: 6/1/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CAMBODIA [EDD108]

Today on Earth Odyssey, host Dylan Dreyer takes us to the watery kingdom of Cambodia. Bordered by the countries Thailand, Laos, and Vietnam, Cambodia is part of a region known as Indochina. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. Most of Cambodia is low-lying plains, with mountains in the north, and hills to the east. Nearly 2,500 miles long, the Mekong River feeds the largest inland body of water in Southeast Asia, the Tonle Sap. Home to giant carp, giant catfish, and stingrays, we learn that the Mekong River boasts more large fish species than any other river on Earth. First, we'll visit with a group of Asian elephants, which reside primarily in the eastern plains of Cambodia. Here we'll learn how elephants forage for food using a specially adapted finger-like appendage at the tips of their trunks. We'll also discover how the migration routes of elephants have been drastically impacted by human expansion and development. Next, we'll travel to the ancient Kingdom of Angkor, a city once inhabited by more than a million human residents over 800 years ago. Today, these ruins are now inhabited by troops of macaques that have made this ancient city their home. Here we'll learn about some of the amazing habits and behaviors of these wild macaques. We'll discover that in addition to cleaning their food before eating, some macaques have been observed seasoning their food with salt water. Above the ancient ruins of Angkor, the black-shanked doucs can be seen swinging from branch to branch. We'll learn that this rare and endangered species can only be found in Cambodia and neighboring Vietnam. Next, we'll visit with an Asiatic black bear that resides in the forests of Cambodia. Nicknamed the "moon bear," the Asiatic black bear sports a creamy white mark on its chest in the shape of a crescent moon. Able to walk up to a quarter mile on two legs, we'll learn that moon bears are the most bipedal of any bear species. Finally, we'll meet face-to-face with the elusive Indochinese tiger as it makes a brief appearance before retreating into the forest.

[Educational Message: Our society can have a big impact on the nature and wildlife that surrounds us. We must find ways to protect our surrounding nature and wildlife for future generations.]

Airdate: 6/1/2019

Time:

Duration: 30:00

CONSUMER 101

RICO & RICO [CNR113]

Host Jack Rico, along with the experts at the testing labs, show us the correct way to paint a wall, teach us what to look for if you want to own a drone, and give us a first-hand look at the science behind fuel economy testing. First up, we'll join an expert to learn about the science of testing paint and the best way to apply paint to a surface. We'll get expert tips on how to properly prepare an area for painting, such as using painter's tape and newspapers to ensure the paint goes where it's supposed to go. We'll also learn about the proper tools needed for painting a wall, such as how rollers are better at spreading paints more evenly than brushes. Also, we'll discover that water-based paints are the best option when choosing a particular paint. Water-based paints are easier to clean and don't emit as many fumes as oil-based paints. Next, we'll learn about the technology behind drones and how to choose the best one for you. We'll discover that drones, or unmanned aircraft systems, have long been used by the military and are now becoming widely available to consumers. We'll witness as experts test the video quality of the drone cameras, length of battery life, ease of use, and most importantly, safety of the products. We'll explore many different models of drones and learn more about the technology that keeps these aircrafts stable. Finally, we'll visit with an expert to learn first-hand the science behind fuel economy testing in cars. We'll discover that testers use an extremely accurate fuel meter to measure exactly how much fuel is being burned in each engine. Testers use this information to compare it to the vehicle manufacturer's claims on fuel economy. Jack and an expert head out to the auto test track, where they'll simulate city and highway driving to measure the precise fuel economy of the vehicle. Here we'll get some tips on how we can change our driving habits to get the best fuel economy from our cars.

[Educational Message: In this episode, we learned the science behind fuel economy testing. We discovered that reducing your speed, avoiding bursts of acceleration and braking, and making sure your tires are properly inflated can help improve your car's gas mileage. It's important that we strive to reduce our amount of fuel consumption. If we follow these steps, we can help reduce our impact on the environment.]

Airdate: 6/1/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

AT-HOME PAMPERING FOR YOU AND YOUR PETS [NDS326]

Host Danny Seo teaches how to make DIY health essentials to increase relaxation and rejuvenation for you and your pet. First, Danny creates do-it-yourself bath fizzies that turn bath time into a feast for the senses by using ingredients such as coconut oil, essential oils, baking soda and epsom salt. The inventor of fizzing bath products was inspired by the bubbling action of antacid tablets. Next, Danny bakes a dog-friendly birthday cake using whole-wheat flour, eggs, peanut butter, and carrots. Eggs are a rich source of omega-3 fatty acids, which support brain function and vision, and carrots provide beta-carotene and fiber. Then,

Danny teaches how to turn eggshells, which are made of calcium carbonate crystals, into a natural kitchen cleaner.

Lastly, Danny creates a food soak using parsley, which contains a natural deodorizer known as chlorophyll.

[Educational Message: Using household items, you can save money by creating something instead of buying it or finding an alternative solution to solve common problems. You can bake something your dog can also enjoy, but it's important to know ingredients that are dog-friendly.]

Airdate: 6/1/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. WILLIAMS TAKES IT TO HEART [VSP134]

Today on Vets Saving Pets, a puppy suffers from a heart murmur, a Whippet is having heart issues, and a long-time patient has a coughing problem. First up, a Cavalier King Charles puppy named Begley arrives at the clinic for a heart assessment. Suffering from a heart murmur his entire life, Begley needs additional exams to ensure he can safely undergo an upcoming neutering surgery. Due to the high risk of potential complications with anesthesia, the team will have to find out the severity of Begley's heart murmur before surgical procedures can be performed. Dr. Williams, the clinic's cardiologist, will need to perform an ultrasound on Begley. Finally, a long-time canine patient named Rusty arrives at the clinic with a minor coughing issue. Dr. Williams meets with Rusty to find out the cause of Rusty's recent coughing. Rusty has suffered from an arrhythmia, or irregular heartbeat, for several years. Dr. Williams decides to perform an electrocardiogram, or EKG, to determine if Rusty's condition has worsened. Finally, a Whippet named Chelsea arrives at the clinic after receiving abnormal blood work results on her one-year checkup. Suffering from a heart murmur, Chelsea will need additional tests to further determine the extent of the issue. Dr. Williams is concerned that Chelsea's red blood cell count is extremely high. Dr. Williams will utilize an ultrasound device to monitor the blood flow in Chelsea's heart. Here we'll discover that Chelsea has a shunt in her heart. We'll learn that a shunt occurs when blood is diverted in abnormal patterns in the heart. As this condition cannot be corrected with surgery, Dr. Williams prescribes medication to help manage the symptoms and extend Chelsea's life.

[Educational Message: Education is critical to the success of these veterinary specialists. Working in the veterinary field is a rewarding career path but will require much skill and dedication.]

Airdate: 6/1/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HOUSES DIVIDED [HOC304]

We learn how baseball player Jake Steinberg lost the offer to play at a university after suffering an injury; and we see how he persevered, eventually pitching and batting again and earning a scholarship to another school. During a swing, a baseball bat may travel up to 80 mph. Next, we learn how sisters Nisha and Seema Sadekar use fashion to express themselves in the game of golf and how they are helping to create more opportunities for minorities in the sport. In 1975, Lee Elder was the first African-American to play in the Masters; and in 2012, Augusta National opened its membership to women. Then, we see how playing hockey together bonded sisters Hannah and Marissa Brandt, leading them to both play in the Olympics, only

this time it was for separate teams-- Hannah playing for the U.S. and Marissa, who grew up in the U.S. after being adopted from South Korea, playing for the unified Korean team. The Korean women's ice hockey team made its Olympic debut in 1998, and the 2018 Korean team was composed of 23 players from South Korea and 12 from North Korea. Lastly, we see how thoroughbred horses prepare for races at horse school.

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

Airdate: 6/8/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

COSTA RICAN ADVENTURES [VJG310]

Host Josh Garcia sails to the Central American country of Costa Rica, known as one of the most visually stunning and ecologically diverse places on Earth. First, Josh visits a mask-maker who crafts larger-than-life masks called mascaradas, adopted from an old Spanish colonial tradition. They now appear at all sorts of Costa Rican celebrations, including on the holiday El Día Nacional de la Mascarada Tradicional Costarricense, celebrated on October 31st. "Gigantes y cabezudos" or "giants and big heads" were popular throughout medieval Europe. Then, Josh meets a guide who explores and documents waterfalls, and he leads Josh into the Bajos del Toro region, located between the Poás and Viejo volcanoes. In the nearby cloud forest, Josh learns about Costa Rica's unique micro-climates. A microclimate, or climate zone, is an area where the atmospheric conditions differ from the surrounding areas. Here, different rivers come from different volcanoes, and the vegetation and animals along each of these rivers adapt differently to their different mineral composition. Rio Agrio, for example, has a high acid pH level due to a mix of sulfur, iron, and silicon, among other chemical elements. Next, Josh visits a ranch where Spanish Horses are raised and trained in the discipline of dressage. Purebred Spanish Horses are called PRE, which stands for Pura Raza Espanol, and are from Andalusian bloodstock. The first registration dates back to the early 1300s. Many principles of dressage training today evolved from The Imperial Spanish Riding School of Vienna established in 1572. Josh gets into the arena and has a lesson from an equestrian in how to move three horses at one time by communicating with some simple verbal and signal cues. Finally, Josh meets a chef and learns to prepare a tuna dish that has ingredients only found in the region, leaving him with a very happy and delicious taste of the country.

[Educational Message: Nature is an incredible artist and it's not hard to look in wonder at its many formations, whether formed by volcanic activity or water flow.]

Airdate: 6/8/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GHATS [EDD109]

Today on Earth Odyssey, host Dylan Dreyer takes us to the Western Ghats Mountains of India. The Western Ghats Mountains stretch nearly a thousand miles from Mumbai to the southern tip of India, running parallel to India's west coast. While this mountain range covers only six percent of India's landmass, it provides a

home to more than thirty percent of its plant and animal species. We'll first meet the lion-tailed macaque, a rare primate that can only be found in the rainforests of the Western Ghats. Here we'll learn that the lion-tailed macaque's dark body and gray mane makes it difficult to spot in the shadows of the jungle. Next, we'll meet the largest venomous snake to inhabit the earth, the king cobra. Growing over fifteen feet long, king cobras are the only snakes in the world that build nests for their eggs and young. We'll also discover that king cobra's diet consists solely of other snakes. Next, we'll travel to the woodland plains on the eastern side of the Western Ghats Mountains. Here we'll follow along on a hunt with a pack of Indian wild dogs. We'll learn that Indian wild dogs live in tight knit groups and adhere to a strict hierarchy. We'll witness how these packs work and communicate as a team when securing their next meal. Finally, we'll travel along the rivers of the Western Ghats and discover the mighty Asian elephant. We'll learn that the largest population of wild Asian elephants can be found in this region.

[Educational Message: The Western Ghats Mountains are home to many unique and powerful animals. It takes strength and adaptation to survive in extreme climates. We must always respect the beauty and power of nature.]

Airdate: 6/8/2019

Time:

Duration: 30:00

CONSUMER 101

REST ASSURED [CNR114]

Host Jack Rico, along with the experts at the testing labs, shows us the technology behind snow blowers, give us tips on how to reduce distracted driving, and shows us how to choose the right mattress. First up, we'll join an expert to see how snow blowers are scientifically tested and evaluated. Instead of using snow, testers will be utilizing saw dust, which mimics wet snow and is much more consistent for testing purposes. We'll learn more about the various types of snow blowers, such as gasoline, electric, and battery powered devices. We'll discover that snow blowers operate by using an auger that feeds snow through a discharge chute. Here we'll get expert tips on how to choose the right snow blower for the right job. Next, we'll learn some very important advice on how to avoid distracted driving. Since cell phones account for nearly 26% of all car crashes in the U.S., it's crucial that we take extra steps to avoid distractions on the road. Today, Jack and an expert will join a new teen driver on the auto test track to give some tips on how to avoid distracted driving. We'll first learn that your phone should always be placed out of sight while driving, such as in the glove box or center console. Also, check to see if your phone has a "Do Not Disturb" function that can be activated while you're driving. We'll also learn that new technology, such as Bluetooth, should be utilized while driving to ensure your hands are on the wheel at all times. We learn that it is never safe to operate a car while using your cell phone. In an emergency, always pull over in a safe area and put the car in park before using your phone. Finally, Jack visits with an expert to learn how to choose the best mattress for a good night's sleep. We'll learn that mattresses are available in a wide variety of sizes, materials, and firmness. Here we'll witness how scientific instruments are used to measure the durability and quality of a wide range of mattress types.

[Educational Message: In this episode, we learned about the importance of avoiding distracted driving. As statistics have shown an increase in cell phone-related crashes, it's more important than ever that we stay focused on the road. Always put your phone away while driving and utilize modern technology so you can always keep your hands on the wheel, and eyes on the road.]

Airdate: 6/8/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

ROCK SOLID SUSTAINABILITY [NDS310]

Host Danny Seo is joined by actress Amy Smart for a recipe that elevates old fashioned oats into a nutty, spicy breakfast treat using turmeric and cardamom. India produces over 80% of the world's turmeric, and cardamom is an herb that may help digestion and reduce motion sickness. Next, Danny travels to Minneapolis to meet an eco-conscious furniture designer and learns how concrete and reclaimed wood can be transformed into functional art. The word "concrete" comes from a Latin term meaning "to grow together." Then, Danny creates embossed art using leaves from the backyard. Embossing creates a relief impression of a pattern on a surface. Lastly, Danny uses a flat iron as an alternative solution to solve household problems, such as straightening fabric ribbon to re-use it. The first ironing device for hair was used in the late 1800s.

[Educational Message: Using unique spices is a way to get creative, add a new twist to a boring dish, and learn about different cultures. You can be creative and mindful of the environment at the same time. Incorporating things you find in nature is a great, inexpensive and sustainable way to create art and experiment with different techniques.]

Airdate: 6/8/2019

Time:

Duration: 30:00

VETS SAVING PETS

DR. BOYD TO THE RESCUE [VSP117]

Today on Vets Saving Pets, the vets are visited by a rescue puppy with a nagging knee problem, a Golden Retriever goes into surgery to remove a tumor, and an accidental fall leaves a Chihuahua with a broken leg. First up, Luke the puppy is visiting the Veterinary Emergency Clinic with a limping problem. Dr. Boyd, the clinic's veterinary surgeon, performs an exam and determines that the canine's kneecap has been slipping out of place. After an X-ray confirms the diagnosis, Dr. Boyd will need to perform surgery on the puppy to realign the kneecap in the proper position. For this procedure, Dr. Boyd will utilize a special implant and pins to secure the kneecap in place. Here we learn more about the delicate and precise skills required for surgeons to successfully treat their animal patients. Next, an elderly Golden Retriever named Charlie arrives at the clinic suffering from a large tumor in his abdomen. Dr. Boyd will be performing an emergency surgical procedure to remove the life-threatening tumor. Dr. Boyd must also run tests to confirm if the tumor is cancerous, and if it has affected other parts of the body. Finally, a Chihuahua named Reilly is brought into the clinic after an accidental fall. Dr. Boyd performs X-rays on Reilly that reveal he has a serious broken bone in one of his front legs. Due to the severity of the broken bone, Reilly will need to be brought into surgery immediately to repair his leg. Dr. Boyd will have to insert a special plate and screws along the broken bone to stabilize the leg and ensure a successful recovery for Reilly.

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

Airdate: 6/8/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SPEEDING INTO FIRST [HOC305]

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

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

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

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

Airdate: 6/15/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TRAVEL LESSONS [VJG311]

Host Josh Garcia turns back the pages in his journal to recall a few of the incredible experiences he's had and what he's learned from them. On his day ashore in Cabo San Lucas, Josh kayaks with a guide to the famous El Arco landmark that sits on top of an underwater mountain range that contributes to the marine life. The Sea of Cortés supports more than 900 varieties of fish. Five hundred years ago, El Arco became an important navigational tool for ships traveling from the Far East running low on their water supply. Sailors knew that finding the arch was an indicator that fresh water was near. On the Hawaiian island of Oahu, Josh tests his stamina and rhythm while training to be a hula dance warrior. Hula was brought to Hawaii by Polynesians and was handed down orally through generations. This ancient style of dance is called Hula Kahiko. Ancient warriors used hula to develop Lua martial art skills. After a taste of hula warrior training, Josh witnesses an ancient hula celebrating the sun. Finally, on a voyage to help communities in the Caribbean, Josh lends a hand to help build a playground out of recycled tires. By repurposing tires, the community reduces the amount of trash it disposes, and here they are used to create a fun place for kids to play. While Josh digs in and gets his hands dirty, he interacts with the local kids that will soon enjoy this new play area. Recycled tires can also be repurposed to construct planters to grow small trees and palms.

[Educational Message: Taking the time to write entries in your journal can prove to be wonderful reminders later on when you want to revisit those experiences and remember certain details.]

Airdate: 6/15/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

FALKLANDS [EDD110]

Today on Earth Odyssey, host Dylan Dreyer shows us the rugged beauty of the Falkland Islands. Located three hundred miles off the coast of South America, the Falkland Islands are a chain of over seven hundred islands. Due to its windswept and wild landscape, we'll learn that there are no native land mammals or reptiles on the Falkland Islands. However, nature still finds a way as these islands become one of the largest breeding grounds for penguins on Earth. Here we'll learn more about the King penguin. The second largest species of penguin, the King penguin stands at three feet tall and weighs a whopping thirty-three pounds. We'll witness how King penguin parents raise their young from egg to chick in this harsh environment. We'll learn that King penguins can swim and hunt at depths of one thousand feet and can hold their breaths for up to ten minutes. Next, we'll meet the rockhopper penguin, named for its penchant for bounding along the rocky coastlines of the Falklands Islands. With their outrageous feathered faces, the rockhoppers are the smallest but perhaps the most fearless penguin species in the Falklands. Without hesitation, they plunge from terrifying heights into the churned-up waters of the South Atlantic Ocean below. Next, we'll meet the Gentoo penguin, the fastest swimming bird in the world. We'll learn that the Falkland Islands are home to over thirty percent of all Gentoo penguins, making it the largest known population of Gentoo on Earth. Finally, we'll meet the elephant seal. The largest amphibious mammal in the world, the elephant seal can grow up to twenty feet long and weigh almost nine thousand pounds. We'll learn more about the eating habits of these mammoth creatures and how they're known to hunt in the open water for up to ten straight months.

[Educational Message: The abundant fish and pristine coastlines of the Falkland Islands provide the perfect backdrop for some of the world's most unique animals. Areas such as these that support vast numbers of wildlife must be protected. We should all do our part to protect our world's natural habitats for generations to come.]

Airdate: 6/15/2019

Time:

Duration: 30:00

CONSUMER 101

WAY AHEAD [CNR115]

Host Jack Rico, along with the experts at the testing labs, brings us behind the wheel to show us how to be safer drivers, teaches us how to keep our information private using peer-to-peer payment apps, and shows us how to clean our kitchen like a scientist. First up, we're going to learn some skills on how to become a safer driver on the roads. We first learn that it's important to always have your hands properly placed on the wheel in the nine and three o'clock positions. We next discover that it's best to use "shuffle steer" when performing a U-turn maneuver, which allows your hands to stay on the steering wheel at all times when turning. Jack will also learn about ABS, or anti-lock braking system, which prevents the wheels from locking up during braking. Next, we'll learn about peer-to-peer payment apps and how to protect your money and personal information. Peer-to-peer payment apps allow you to connect your bank account to your phone and make payments to people digitally. Here we learn that it is important to make sure you know the person you are sending money to, to watch out for spelling errors in the recipient's name, and to make sure you establish a secure pin number or fingerprint verification to avoid someone else stealing your money if you lose your phone. Finally, we'll join a scientist to learn the best ways to keep your kitchen clean. We'll learn to avoid using harsh, rougher sponges on softer surfaces in our kitchen because they can lead to scoring. Scoring can leave deep crevices on surfaces that can harbor bacteria. When working with meat, it's a good idea to first remove any jewelry on your hands to prevent bacteria from getting caught

inside. Also, we'll learn it's best to use paper towels to clean up after working with meat, as sponges can retain bacteria and potentially spread it to other kitchen items. We'll also discover that it's best to avoid harsh chemical cleaners and instead use a solution of vinegar and water to keep your kitchen clean.

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

Airdate: 6/15/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

INSIDE ORGANIC FARMING [NDS311]

Host Danny Seo gives breakfast a healthy, Hawaiian twist by making a matcha-infused, strawberry-ginger breakfast poke bowl. Poke is a Hawaiian word that means "to slice or cut," and matcha powder is the whole leaf of green tea that's been dried and pulverized into a powder. Next, Danny travels to a dairy farm in Vermont to learn what it means to be a certified organic farm. There are more than 17,600 organic farms in the U.S., and organic dairy cows spend at least 120 days a year on pasture, getting about half their diet from grazing. Then, Danny uses freezer paper to create customized stencils. Stencils are ancient drawing tools, first used in cave painting thousands of years ago. Lastly, Danny offers the do's and don'ts of food bank donations, such as don't donate glass containers or homemade goods. Food banks collect items and distribute them to other hunger-relief charities.

[Educational Message: Cooking different meals is a creative way to learn about cultures and ingredients you may not be familiar with. Just as we have the choice whether or not to eat organic, farmers are faced with a similar choice: to stay conventional or convert to organic. You can create a myriad of crafts using a surprising item found in your pantry-- freezer paper. Donating items to a food bank is a great way to prevent waste while also helping to reduce hunger.]

Airdate: 6/15/2019

Time:

Duration: 30:00

VETS SAVING PETS

A BITE OUT OF CRIME [VSP118]

Today on Vets Saving Pets, a Police K-9 is brought to the clinic after breaking a molar, a dachshund has developed back pain, and a long-time patient has a coughing issue. First up, Burger the dachshund is brought to the Veterinary Emergency Clinic suffering from pain and walking issues. Dr. James, the clinic's neurologist, performs a neurological exam to determine the extent of Burger's back issues. Dr. James, suspecting that the issue is caused by a compressed spinal cord, performs a CT scan on Burger. When the CT scan results reveal a severe issue with Burger's spine, Dr. James determines that immediate surgery is needed to fix the problem. Here we'll witness and learn more about how veterinary surgeons delicately and precisely perform surgical procedures. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic's veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that

Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, a long-time canine patient named Rusty arrives at the clinic with a minor coughing issue. Dr. Williams, the clinic's cardiologist, meets with Rusty to find out the cause of Rusty's recent coughing. Rusty has suffered from an arrhythmia, or irregular heartbeat, for several years. Dr. Williams decides to perform an electrocardiogram, or EKG, to determine if Rusty's condition has worsened.

[Educational Message: Education is critical to the success of these veterinary specialists. Working in the veterinary field is a rewarding career path but will require much skill and dedication.]

Airdate: 6/15/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

OFF AND RACING [HOC306]

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

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

Airdate: 6/22/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SHINING SICILY [VJG312]

Josh heads to Giardini Naxos on the Italian island of Sicily and gets to experience first-hand some of its unique cultural treasures. Josh's first stop is Opera dei Pupi, a nearly two-century-old marionette theater in the city of Catania. Opera dei Pupi began in the early 19th century but its roots date back to 15th century European marionettes. He learns about this folk-art and why it takes years to learn how to create and manipulate these handcrafted puppets. The marionettes are carved and painted by hand and their costumes and details are hand-sewn. Two rods are connected to the marionette puppet and are used to manipulate the puppet in performance. Then, Josh has a thrilling lesson in geology with a volcanologist when he hikes one of Europe's highest and most active volcanoes, Mt. Etna. Mt. Etna sits on the fault between the African and the Ionian microplate. Very rarely does a year pass without any activity from this volcano. Ancient legends referenced Mt. Etna, including one that said it was the workshop of Hephaestus the Greek god of fire. Next, Josh explores Taormina, where he walks around one of the great amphitheaters originally built by the Greeks that is still used for outdoor concerts. Always interested in learning about cuisine, Josh visits the

kitchen of one of Sicily's top chefs where he learns to make caponata, a uniquely Sicilian dish with flavors that speak to the island's melting pot of history. Caponata is a kind of vegetable ratatouille, influenced by local Sicilian ingredients. Sicilian ingredients are unique because of the region's soil, mixed with volcanic ash from Mt. Etna. The fresh vegetables are sautéed in olive oil and then salt and vinegar are added to the mixture, and topped with fresh basil. It can be eaten on top of bread, similar to bruschetta.

[Educational Message: Performance art, like marionette puppet theater, can be used to pass on historical narratives and classical stories across centuries. These stories are told with every detail in the performance, ranging from the details of the costume and props to the unique language and expression of the performers.]

Airdate: 6/22/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

GENUS GENIUS [EDD111]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey around the world. We'll first travel to the watery kingdom of Cambodia. Cambodia is home to an incredibly diverse group of wildlife, including over 120 species of mammal. We'll visit the ancient Kingdom of Angkor, a city once inhabited by more than a million human residents over 800 years ago. Today, these ruins are now inhabited by troops of macaques that have made this ancient city their home. Here we'll learn about some of the amazing habits and behaviors of these wild macaques. We'll discover that in addition to cleaning their food before eating, some macaques have been observed seasoning their food with salt water. Next, we'll travel to the Galapagos Islands. A volcanic hotspot off the coast of South America, the Galapagos Islands are a living museum and showcase of evolution. Here we'll meet the only lizard in the world that's learned to fish for its dinner, the marine iguana. To brave the ocean currents, these cold-blooded reptiles spend time warming their bodies on sun-kissed rocks before taking the plunge. Each fishing trip for these creatures is a race against time. We'll discover how marine iguanas evolved over time to make the most of their underwater meal. Finally, we'll travel to the Caribbean Islands, a string of more than 7,000 islands between North America and South America. Here we'll learn about the hummingbirds that are found throughout this region. We'll discover that their hearts work like an engine, beating up to five hundred times per minute. To keep their energy up, they need to feed constantly. Always on the move, we'll learn that hummingbirds will consume almost three times their body weight every day.

[Educational Message: It's amazing to see how plants and animals have learned how to adapt no matter how challenging the environment. In this episode, we witnessed how life finds a way in many diverse and harsh regions of the Earth. We should all find ways to adapt and thrive in our surroundings.]

Airdate: 6/22/2019

Time:

Duration: 30:00

CONSUMER 101

SAFETY FIRST [CNR116]

Host Jack Rico, along with the experts at the testing labs, will swerve in the name of science, put smartphones and smartwatches through a battery of tests, and teach you how to protect your home from

burglars. First up, we'll join an expert at the auto testing track to test how safely a car can handle a sudden swerve around a road hazard. Here we'll witness how experts scientifically test the emergency handling of vehicles at various speeds on the test track, and we'll learn about a modern safety feature known as Electronic Stability Control, or ESC. We'll discover that ESC technology utilizes special electronics that individually apply the brakes on your car's wheels to keep you stable on the road. Next, we'll meet with an expert to learn how testers determine the durability of gadgets such as smartphones and smartwatches. We'll witness as testers scratch, drop, dunk, and tumble various gadgets using scientific instruments that measure how well these devices hold up under the pressure. Finally, we'll learn from an expert on how you can keep your home safe from burglars when you're on vacation. We'll learn that installing flood lights to keep your home illuminated during dark hours can ward off would-be burglars. Also, installing a strike plate on your door with elongated screws will help prevent burglars from being able to kick in your door.

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

Airdate: 6/22/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

THE CIRCLE OF GLASS RECYCLING [NDS312]

Host Danny Seo gets creative with vegetables to make zucchini-walnut-spelt bread. Zucchini is technically a fruit, although it is widely referred to as a vegetable, and spelt is an ancient grain that originated in the Middle East. Next, Danny travels Minnesota to visit a sustainable glass manufacturer and learn about the technique of glass blowing. The main tool in glass blowing is a blowpipe, which is made of stainless steel and measures about five feet in length. Then, Danny shows new uses for used beverage pods by creating party string lights. Approximately 8 billion single-use pods end up in landfills every year. Lastly, Danny uses baking soda and water to clean and freshen reusable containers. Baking soda crystals attract and neutralize odor-causing food molecules.

[Educational Message: Incorporating vegetables that don't have a strong taste into recipes is a great way to sneak more nutrition into your day. Recycling glass is a great way to reduce waste in landfills, especially since glass can be reused endlessly without loss in quality. Another way to help reduce waste and be creative is repurposing something, such as beverage pods.]

Airdate: 6/22/2019

Time:

Duration: 30:00

VETS SAVING PETS

A LONG LIFE TO LIVE [VSP119]

Today on Vets Saving Pets, a French bulldog has a broken leg, a service dog has her vision tested, and a feline visits the clinic with ear issues. First up, a French bulldog puppy named Spartacus arrives at the Veterinary Emergency Clinic suffering from a broken leg. Dr. Boyd, the clinic's surgeon, examines Spartacus' X-rays to determine the extent of his injury. Dr. Boyd discovers a serious issue with Spartacus' knee that will require immediate surgery. Since bulldog breeds are at a higher risk of complications while

under anesthesia, Dr. Boyd will first need to examine Spartacus' soft palate to ensure he's healthy enough to undergo surgery. Once Spartacus is cleared for surgery, Dr. Boyd begins the process of stabilizing his broken leg using surgical screws and wires. Next, a service dog named Nina arrives at the clinic for an eye exam. Since Nina's owner suffers from blindness, it's important to ensure that Nina is fully capable of performing her important job. Dr. Gray, the clinic's ophthalmologist, meets with Nina for a routine eye exam. Here we'll learn more about the various tests performed and tools used during a veterinary eye exam. After receiving a clean bill of health, Dr. Gray recommends that Nina return to the clinic annually for checkups. Finally, a pet cat named Kiwi is brought to the clinic suffering from ear issues. Dr. Waisglass, the clinic's dermatologist, meets with Kiwi for an examination. After discovering a large amount of fluid in Kiwi's ears, Dr. Waisglass decides to anesthetize the feline in order to scope her ear more thoroughly. After cleaning the fluid from Kiwi's ear, Dr. Waisglass discovers a mass deep inside her ear canal. Dr. Waisglass and team use special tools to remove the mass and will send the sample to pathology to determine if the tumor is cancerous.

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

Airdate: 6/22/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

HEALTHY COMPETITION [HOC307]

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

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

Airdate: 6/29/2019

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

UNDER THE MEDITERRANEAN SEA [VJG315]

Host Josh Garcia docks in Savona, Italy, a gateway to the Italian Riviera, where he explores the nearby hill towns of Noli and Finalborgo. Josh travels by bike through these nearby hill towns for breathtaking views of

the Mediterranean coastline, and accompanied by a local guide, he learns about the building of medieval castles and towers along the way. Josh and his guide stop in a picturesque piazza, a public square or marketplace that's commonplace in Italian towns. From this piazza, Josh can see the "Torre dei Quattro Canti," or "Tower of Four Corners," built in the 13th century. He then pedals to the nearby walled fortress, Castel San Giovanni, that sits atop Savona's landscape. Castel San Giovanni was built between 1640 and 1645 and extended in the 1670s. One final stop is another spectacular castle that looks out onto the sea, the castle of Monte Ursino, built in the 10th century to defend Noli from Saracen raids. Next, he dives into the Mediterranean Sea to explore a unique scuba destination and underwater research project. This underwater garden uses biospheres to grow plants underwater as part of an experiment that hopes to prove the viability of sustainable underwater farming. Josh suits up and visits one of these biospheres, submerged 100 yards off shore, about 24 feet deep into the water. The oxygen in the biosphere is refreshed from scuba tanks to ensure that there is the optimal amount of oxygen for the plants. Then, Josh meets a local chef in Cervo and joins her in her kitchen for a lesson in the art of making pansotti, a regional pasta dish, similar to ravioli, and a favorite served at Italian family Sunday lunches. These raviolis are called pansotti because they are in a belly-like shape, and panza means belly in Italian.

[Educational Message: Riding a bike is a great way to wind through the narrow streets of an old city and observe details like the overhead arches that give support to ancient house walls.]

Airdate: 6/29/2019

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

RETURN TO THE CARIBBEAN [EDD115]

Today on Earth Odyssey, host Dylan Dreyer will take us on a journey to explore the hidden beauty of the Caribbean Islands. We'll discover that the Caribbean Islands are a string of more than 7,000 islands between North America and South America. We'll learn that the Caribbean Islands are located in "Hurricane Alley," making this region more vulnerable to powerful natural events. First, we'll meet the Lesser Antillean iguana, a lizard that has now colonized much of the Eastern Caribbean Islands. On the Island of Dominica, over 10,000 iguanas occupy forests close to the shorelines. Here we'll learn how the iguanas choose where they lay their eggs and how they defend their nests from intruders. Next, we'll learn about the violent beginnings of the Caribbean Islands, and how volcanic eruptions shaped the land many years ago. We'll also witness how the fertile volcanic soil on the islands soon created lush, tropical forests full of wildlife. Next, we'll learn about the mangrove forests of the Caribbean, which serve as protection from the harsh tropical weather. We'll discover that the complicated network of the mangrove's root system creates a barrier to pounding waves and surf during storms. We'll also learn that mangrove trees are the only trees in the world that can grow in saltwater. Finally, we'll travel to Trinidad, the southernmost island in the Caribbean. Inside Trinidad's forests, the manakins thrive. We'll learn that "Manakin" refers to roughly 60 different species of birds found throughout the tropical forests of the Americas. Here we'll witness the unique mating rituals of the colorful birds as they dance on the forest branches to attract a mate. Finally, we'll meet the silky anteater. We'll discover that the silky anteater is the smallest known species of anteater, weighing less than one pound at full maturity.

[Educational Message: In this episode, we see how the tropical paradise of the Caribbean teems with a diverse and abundant array of wildlife. All of these creatures find ways to survive and thrive in one of Earth's great volcanic hotspots.]

Airdate: 6/29/2019

Time:

Duration: 30:00

CONSUMER 101

SIGN LANGUAGE [CNR123]

Host Jack Rico, along with the experts at the testing labs, will show us how to protect our private information online, teach us about the warning lights on your car's dashboard, and demonstrate how to properly use a pressure washer. First up, we'll meet with an expert to find out how your personal data could be at risk online. We'll learn how leaving a trail of your personal information online can help companies build a profile of you and your interests. We'll discover that this is primarily used to show you advertisements for products that match your interests. We'll get tips on how to use various privacy settings on your devices to keep your information private. Additionally, assume that anything you post online or on social media is public, you should always think twice before posting any personal information online. Next, we'll meet with an expert to learn about the warning symbols that appear on your car's dashboard. From "check engine" to "ABS," we'll discover what these symbols mean and why some warning lights are more serious than others. Finally, we'll get advice from an expert on how to safely and properly utilize a pressure washer. We'll learn that you should always wear shoes, pants, and safety goggles when operating a pressure washer. We'll also learn how "pound force per square inch," or PSI, is used to measure the water's pressure or stress. While a typical garden hose can only produce water at roughly 40 PSI, most pressure washers can reach up to 3,000 PSI. This added power can clean your deck but can also damage wood surfaces if not properly utilized. We'll witness a demonstration on how to safely and correctly use a pressure washer.

[Educational Message: In this episode, we learned about emergency warning symbols that can appear on your car's dashboard. It's critical that drivers are aware of what these symbols mean and how to address any potential issues. Always consult your driver's manual and understand what you need to do in the event of an emergency.]

Airdate: 6/29/2019

Time:

Duration: 30:00

NATURALLY, DANNY SEO

GREEN-LIVING SOLUTIONS [NDS313]

Host Danny Seo bakes oat flour into doughnuts that get sprinkled with surprising nutrition-- spirulina. Spirulina, which is very nutrient-dense, is an algae that grows in both fresh and marine waters. Next, Danny visits a green community that promotes sustainability, including a farm-to-table philosophy that reduces the distance that food travels, recycling stormwater, and creating green space. Bioswales are man-made ditches with vegetation and rocks that help filter stormwater, and green spaces help filter pollutants from the air and reduce erosion of soil in waterways. Then, Danny elevates a selfie from the phone to a frame by creating silhouette art using old fabric and felt cut outs. The silhouette art form gets its name from Etienne de Silhouette, a French finance minister under Louis XV.

[Educational Message: By trying new things, like different methods of cooking and ingredients, you can create sweet treats with a healthy twist. Making simple choices such as creating more green space and growing your own vegetables are steps one can take to living a more healthy and sustainable lifestyle. Upcycling items you already have around your house, such as dying an old dish towel using spices, gives items a new look for a new purpose and helps reduce waste.]

Airdate: 6/29/2019

Time:

Duration: 30:00

VETS SAVING PETS

ATTACHED AT THE HIP [VSP120]

Today on Vets Saving Pets, a cat has lost the spring in its step, a puppy suffers from a heart murmur, and a miniature pinscher arrives at the clinic with tooth pain. First up, a cat named Buster is rushed to Emergency Veterinary Clinic suffering from walking issues. After examining the X-rays, Dr. Boyd determines that Buster has broken both of his hip joints and will require immediate surgery. For this procedure, Dr. Boyd will need to perform a femoral head excision, a process that removes the ball of the hip joints, creating a false joint that will help Buster regain mobility. Dr. Boyd will have to work extra carefully to avoid affecting Buster's sciatic nerve, which can cause serious issues if damaged. Next, a Cavalier King Charles puppy named Begley arrives at the clinic for a heart assessment. Suffering from a heart murmur his entire life, Begley needs additional exams to ensure he can safely undergo an upcoming neutering surgery. Due to the high risk of potential complications with anesthesia, the team will have to find out the severity of Begley's heart murmur before surgical procedures can be performed. Dr. Williams, the clinic's cardiologist, will need to perform an ultrasound on Begley. Finally, a miniature pinscher named Tadpole arrives at the clinic suffering from issues with her teeth. Dr. French, the clinic's veterinary dentist, determines that Tadpole's canine teeth are embedded in her jaw and will need to be extracted. Dr. French explains this is a serious issue that can lead to major complications if not treated immediately. Due to Tadpole's miniature size, a tooth extraction can potentially fracture the dog's tiny jaw if not performed carefully. Here we'll learn that smaller dogs tend to have teeth too big for their mouths, making them more susceptible to dental complications.

[Educational Message: Veterinarians can specialize in many different areas of medicine, such as critical care, oncology, cardiology, neurology, anesthesiology, dermatology, dentistry, surgery, and more. In this episode, we witnessed the careful precision necessary when conducting surgical procedures. Education is critical to the success of these specialists.]

Airdate: 6/29/2019

Time:

Duration: 30:00

THE CHAMPION WITHIN

SURF'S UP ON THE PODIUM [HOC308]

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

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

For 2nd Quarter 2019
April 1, 2019 – June 30, 2019

THERE WAS NO OTHER PROGRAMMING FOR THE 2nd Quarter of 2019, THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

2nd Quarter 2019 PSAs

There were no PSAs directed to children 16 and under in this quarter.

NBC NETWORK NON-BROADCAST EFFORTS
April - June, 2019

NBCUniversal's *The More You Know* website:

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

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

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

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