

January 3, 2023

Dear Affiliate Partner:

To assist you in complying with the reporting requirements for children's television and the requirement that stations air "core" educational and informational children's programming, we are providing you with episode-specific descriptions ("**The More You Know**" educational and informational programming block) as set forth in the attached Quarterly Children's Programming Report for the 4th quarter of 2022. Please note that we have not included the specific dates and times for each of the programs as that information may be station-specific.

This report is divided into the following categories:

1. Educational Objectives and Show Summaries: **The More You Know** both for programs broadcast in the 4th quarter of 2022 and those planned for the 1st quarter of 2023.
2. Core Programming: Regularly scheduled programming furnished by the NBC Network that is specifically designed to serve the educational and informational needs of children ages 13-16. Each of these programs is identified on-air as educational and informational with the "E/I" icon and is similarly identified to the national listing services. Please note that the target age range for **The More You Know** programming is identified as 13-16 years old.
3. Other Programming: Programming furnished by the NBC Network that contributes to the educational and informational needs of children 16 and under but is not specifically designed to meet the educational and informational needs of children (e.g., NBC Nightly News with Lester Holt: Kids Edition).
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 children's programming and promotional content furnished to you by the NBC Network during the 4th quarter of 2022 complied with the commercial limits of the Children's Television Act, and 47 C.F.R. §§ 73.670(a)-(d), provided that you broadcast and distributed such programming as furnished to you by NBC, and did not add any promotional or advertising content thereto other than as directed by NBC via weekly postings on APT.

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

If you have any questions about this report, please feel free to call us.

Karen Peled
NBCUniversal Media, LLC
VP, Legal, Affiliate Relations
(347) 401-2734
karen.peled@nbcuni.com

Note Regarding FCC's Audio Description Rules: The programs supplied in **The More You Know** block are audio-described to provide a better viewing experience for blind or visually impaired children.

4th QUARTER 2022
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2022 – December 31, 2022

In the 4th Quarter of 2022, 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. New series *Harlem Globetrotters: Play It Forward* joined the lineup in Q4 2022. *Roots Less Traveled* returned to the lineup in the final hour of the block. Stations continued to have the option of airing the final hour of the block (*Roots Less Traveled* and *The Voyager with Josh Garcia*) on their primary channel or on their secondary D2/D3 channel.

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.

WILD CHILD

Wild Child is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Wild Child will take viewers on an adventure to meet the cutest, most curious, most fascinating baby animals on the planet. Along the journey, audiences will witness the incredible bond that exists within the animal kingdom between parents and their children. Hosted by Sheinelle Jones, Wild Child will reveal how these untamed youngsters are born, how they play, and how they learn to survive in the wild. Each week, viewers will witness a wide variety of wild animal children in their first years on Earth as they overcome environmental challenges and threats from predators.

HARLEM GLOBETROTTERS: PLAY IT FORWARD

Harlem Globetrotters: Play It Forward is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Harlem Globetrotters: Play It Forward celebrates the historic franchise that has delighted fans of all ages with joy and goodwill for nearly a

century. Hosted by Craig Robinson, audiences will get to know the new generation of talented Globetrotters players and coaches, while witnessing how they bring their unique skills and passions both on and off the court. From teaching financial literacy to community engagement to sharing the importance of eating healthy and staying fit, Harlem Globetrotters: Play It Forward will educate viewers in a manner accessible and understandable to children aged 13-16. Each week, Harlem Globetrotters: Play It Forward will feature stories of both compassion and mind-blowing athleticism, demonstrating the incredible impact that basketball can have for generations to come.

ONE TEAM: THE POWER OF SPORTS

One Team: The Power of Sports is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. One Team: The Power of Sports features stories that focus on diversity, inclusion, and how sports often bring people together for a common goal that goes beyond the playing field. Hosted by Corey Robinson, this series shines a light on people who have used sports to overcome obstacles or to help their community. Viewers will learn the value of acceptance, and how everyone deserves a fair shot in life. No matter the level of competition, One Team: The Power of Sports demonstrates the impact sports can have on people, regardless of their gender, background, or the color of their skin.

ROOTS LESS TRAVELED

Roots Less Traveled is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Roots Less Traveled follows two family members, often from different generations, as they gain a newfound understanding and respect for each other on their quest to learn more about their family history. Each week on Roots Less Traveled, a new pair will set out on an adventure to solve a mystery in their family tree. From rumors of a relative who sailed on the Titanic, to stories of homesteaders forging a new path for future generations, our duo discovers the truth behind the tales that have been passed down in their family, while our viewers learn the personal stories behind notable historical moments. Viewers will be taken on a literal journey to unique places around the globe, learning more about the culture and history of these significant locations and events that happened there. Throughout this experience, we will witness these family members grow closer as they gain wisdom not only about themselves, but also about how their past has helped shape their present.

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.

1st QUARTER 2023

EDUCATIONAL OBJECTIVES and SHOW SUMMARIES

[AGE TARGET 13-16]

January 1, 2023 – March 31, 2023

In the 1st Quarter of 2023, NBC will continue airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement. There will be no changes to the lineup for Q1. Stations will continue to have the option of airing the final hour of the block (*Roots Less Traveled* and *The Voyager with Josh Garcia*) on their primary channel or on their secondary D2/D3 channel.

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.

WILD CHILD

Wild Child is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Wild Child will take viewers on an adventure to meet the cutest, most curious, most fascinating baby animals on the planet. Along the journey, audiences will witness the incredible bond that exists within the animal kingdom between parents and their children. Hosted by Sheinelle Jones, Wild Child will reveal how these untamed youngsters are born, how they play, and how they learn to survive in the wild. Each week, viewers will witness a wide variety of wild animal children in their first years on Earth as they overcome environmental challenges and threats from predators.

HARLEM GLOBETROTTERS: PLAY IT FORWARD

Harlem Globetrotters: Play It Forward is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Harlem Globetrotters: Play It Forward celebrates the historic franchise that has delighted fans of all ages with joy and goodwill for nearly a century. Hosted by Craig Robinson, audiences will get to know the new generation of talented Globetrotters players and coaches, while witnessing how they bring their unique skills and passions both on and off the court. From teaching financial literacy to community engagement to sharing the importance of eating healthy and staying fit, Harlem Globetrotters: Play It Forward will educate viewers in a manner accessible and understandable to children aged 13-16. Each week, Harlem Globetrotters: Play It Forward will feature stories of both compassion and mind-blowing athleticism, demonstrating the incredible impact that basketball can have for generations to come.

ONE TEAM: THE POWER OF SPORTS

One Team: The Power of Sports is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. One Team: The Power of Sports features stories that focus on diversity, inclusion, and how sports often bring people together for a common goal that goes beyond the playing field. Hosted by Corey Robinson, this series shines a light on people who have used sports to overcome obstacles or to help their community. Viewers will learn the value of acceptance, and how everyone deserves a fair shot in life. No matter the level of competition, One Team: The Power of Sports demonstrates the impact sports can have on people, regardless of their gender, background, or the color of their skin.

ROOTS LESS TRAVELED

Roots Less Traveled is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Roots Less Traveled follows two family members, often from different generations, as they gain a newfound understanding and respect for each other on their quest to learn more about their family history. Each week on Roots Less Traveled, a new pair will set out on an adventure to solve a mystery in their family tree. From rumors of a relative who sailed on the Titanic, to stories of homesteaders forging a new path for future generations, our duo discovers the truth behind the tales that have been passed down in their family, while our viewers learn the personal stories behind notable historical moments. Viewers will be taken on a literal journey to unique places around the globe, learning more about the culture and history of these significant locations and events that happened there. Throughout this experience, we will witness these family members grow closer as they gain wisdom not only about themselves, but also about how their past has helped shape their present.

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.

“CORE PROGRAMMING”

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

[AGE TARGET 13-16]

October 1, 2022 – December 31, 2022

Airdate: 10/1/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER
CRUISING THROUGH COSTA RICA [EDD501]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to Costa Rica to explore the incredible creatures that call this tropical oasis home. First up, we'll travel to the jungle forests to spend the day with a group of mantled howler monkeys. Mantled howler monkeys are the largest known New World monkeys, producing some of the loudest sounds in the forests. While the mantled howler isn't the noisiest of the nine howler monkey species, its vocal demonstrations can still be heard from miles away. We'll find out that howler monkeys can live to be about twenty years old in the wild. We'll also learn that howler monkeys have a prehensile tail which acts as a fifth limb that can grasp branches. Next, we'll take to the skies to meet one of the world's most iconic and exotic bird species, the great green macaw. Also known as the great military macaw, these incredible birds have a lifespan of about fifty years in the wild and eighty in captivity. We'll discover that macaws have specialized tongues containing a scaly exterior and a bone. Currently in danger of extinction, we'll also learn about protection and reforestation efforts in Costa Rica to help save the great green macaw.

[Educational Message: In this episode, we visited Costa Rica to learn more about the brilliant wildlife that flourishes there. Despite its small landmass, Costa Rica is an entire world of its own and continues to be an oasis for so many of Earth's most spectacular fauna and flora.]

Airdate: 10/1/2022

Time:

Duration: 30:00

WILD CHILD
EUROPEAN WILD [WLC301]

Today on Wild Child, host Sheinelle Jones takes us on a tour of Europe to find the wildest baby animals that call this continent home. First up, our trip begins along the Rhine River in the Netherlands where a rare herd of Konik horses have chosen to rest and graze. Originally from Poland, this unique breed can be identified by their thick mane and tail, short and stocky build, plus a dark stripe running down the middle of their back. Konik horses have been valued for their hardiness, minimal resource needs, and benefits to conservation. We'll learn that by grazing on invasive weeds, vegetation that's usually avoided by other animals, Konik horses play a key role in creating ideal ecosystems. Next, we'll discover more about the national animal of Lithuania, the white stork. These love birds are monogamous, staying with their partners for life. After sharing incubation duties for about a month, white stork parents will be rewarded with a nest full of fluffy hatchlings. We'll learn that white stork nests can be more than six feet wide and three feet deep. Many cultures value the stork as good luck and place platforms on their roofs for storks to nest in.

[Educational Message: In this episode, we took a European excursion to find the wild and wonderful families calling this region home. Whether it's in lush forests, along rural riverbanks, or even urban environments, these incredible animals add to the beauty of Europe with every generation.]

Airdate: 10/1/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

FROM BULLIED TO BRAVE [HGL101]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how the Globetrotters help brighten the court of a local community and we'll learn how a group of D.C. youth are empowered through water. First up, TNT, Torch, Wham, and Hammer shed light on the "Art in the Paint" initiative, which helps create artful basketball courts in communities that need them the most. We'll discover that basketball and art have a truly unique way of empowering communities and bringing people together. Next, we'll join Cheese, Bulldog, Hot Shot, and Jet as they meet with local D.C. youth to support their mission for clean water and self-reliance. Here we'll find out the importance of learning your watershed and knowing where your water comes from and where it goes. We'll discover that a watershed is an area of land that separates waters flowing to different rivers, basins, or seas. We'll witness how this vital program educates and inspires younger generations to keep both their environment and water clean.

[Educational Message: In this episode, we discovered how crucial it is to understand and protect our watersheds. This group of children in Washington, D.C. learned how a single drop of water can flow from their street to creeks, rivers, and eventually the ocean. It's important that we all do our part to protect the environment for future generations.]

Airdate: 10/1/2022

Time:

Duration: 30:00

**ONE TEAM: THE POWER OF SPORTS
THAT'S HOW WE ROLL [TPS301]**

First, US Paralympian Scout Bassett's training model is providing a path forward for more Para-athletics. Fifty years ago, Title IX was enacted to ensure equal rights to all Americans attending public university. One of the amazing results was an explosion of female athletes in collegiate sports. Groundbreaking women athletes are everywhere like Scout Bassett. Today, she is still training for competition and still trying to increase representation in college sports. Next, Corey Robinson visits an Olympic Teaching Kitchen to roll sushi with US Olympic Gold Medalist Tamyra Mensah-Stock. Athletes should be eating differently than the general population, based on their training load, their goals, and then phases of training. Too much sugar in an athlete's diet can cause blood sugar dips, affecting energy levels and overall performance. Athletes must make sure they are feeding their body with the right types of food, right amounts, and at the right times.

[Educational Message: Staying positive and being excellent at your craft is a lesson we can all learn from. Viewers learn the importance of overcoming obstacles to excel in their sport and open the door for others to do the same and how Olympic athletes fuel their training and competition through good nutrition.]

Airdate: 10/1/2022

Time:

Duration: 30:00

**ROOTS LESS TRAVELED
CONNECTING TO MILLIONS [RLT105]**

Today on Roots Less Traveled, host Faruq Tauheed takes uncle and nephew Al and Jr on an ancestral trip to Havana, Cuba. We'll discover that stretching almost 750 miles east to west, Cuba is the largest known island in the Caribbean Sea. The city of Havana is one of the fifteen provinces of the Republic of Cuba. Here Al will learn that his grandfather, Joseph Barlow, owned and developed thirty-four blocks of

downtown Havana. This area, approximately equal to 1.6 miles, also includes the now-famous suburban neighborhood Buena Vista. We'll learn that Joseph Barlow once owned the Barlow-Cuba Company of Havana. Appraised at over \$4 million during the early 1900's, the Barlow-Cuba Company was an extremely successful business. But due to an unfortunate turn of fate, Joseph Barlow lost his riches in a political coup. Joseph Barlow had previously purchased the land under old Spanish grants that were later ruled illegal by the Republic of Cuba. Joseph Barlow's property was soon seized under a provisional decree of President Zayas. Still a rich man, Joseph Barlow started a legal fight against the order but was turned down in every court in Cuba and eventually spent his entire fortune. We'll discover more about the history of Cuba and how after a 54-year-long dispute, Cuba and the United States re-established their diplomatic relations in 2015. As Al and Jr connect over their own entrepreneurship, they learn where their family's resilience came from.

[Educational Message: In this episode, Al and Jr uncovered incredible family roots in Cuba they did not know existed. The duo discovered that their relative Joseph Barlow had achieved great wealth and success as an entrepreneur in Havana, Cuba. However, due to political and governmental changes in the region, Joseph Barlow eventually lost his great fortune. As both Al and Jr are also entrepreneurs, they connect and bond deeply over their relative's struggles and tragic end.]

Airdate: 10/1/2022

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: 10/8/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

STRANGE ENCOUNTERS ON THE SAVANNAH [EDD502]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Africa to find the weirdest wildlife behaviors. First up, we'll meet with a giraffe that's practicing a very unusual activity. We'll find that this iconic African herbivore is chewing on an animal bone. We'll learn that this behavior is typically only seen during the height of the dry season when the giraffe is suffering from lack of nutrition. Chewing on bones becomes a vital practice when this herbivore can no longer find the calcium and phosphorus that it needs in the foliage it usually feeds on. Here we'll witness how the giraffe uses its nearly two-foot-long tongue to dexterously maneuver the pieces of bone in its mouth to absorb critical nutrients. Next, we'll discover more about the peculiar behavior of one of Africa's apex predators, the crocodile. We'll learn that the average crocodile only eats about fifty meals per year. Crocodiles can swim at speeds of eighteen miles per hour and run at eleven miles per hour. We'll learn that crocodiles practice a behavior known as "death rolling" when securing their prey. Here we'll witness the massive crocodiles as they subdue their next meal by rolling continuously under the water. We'll discover that dinosaurs and crocodiles are both part of a subclass known as archosaurs.

[Educational Message: In this episode, we traveled to Africa to learn more about the weird and wonderful wildlife that call this continent home. When it comes to surviving in the wild, being bizarre can be an advantage in almost any environment. The strangest creatures and the strangest habits are often those that are best suited to their surroundings.]

Airdate: 10/8/2022

Time:

Duration: 30:00

WILD CHILD

WINTER WILD [WLC302]

Today on Wild Child, host Sheinelle Jones takes us to find the cuddliest kids of the wintery wonderlands of nature. First up, we'll travel to Antarctica to join a group of emperor penguins as they begin their day. At about forty-five inches tall and ninety pounds in weight, we'll learn that emperor penguins are the largest of all penguin species. We'll discover more about the habits of the baby penguins as they explore their new icy world. We'll learn that to try to stop further endangerment, all seventeen penguin species are protected from hunting and egg collection. Next, we'll meet an animal that's always at home in the cold, the walrus. These peculiar behemoths are one of the largest members of the seal family. A group of walruses, known as a herd, can include over one hundred members. We'll find out that walrus tusks can grow to about three feet in length and weigh about twelve pounds. We'll learn that their tusks are teeth that are used for defense, to hack through ice, and to help haul themselves out of the water. At birth, newborn walruses can weigh up to one hundred and sixty-five pounds. We'll find out that a pup's tusks don't usually grow until about one year old.

[Educational Message: In this episode, we traveled to the coldest corners of the Earth to discover some of winter’s most wonderful baby animals. Even in the most frigid of places, nature’s newborns are eager to learn the ways of the wild and show their ability to flourish.]

Airdate: 10/8/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

AUSSIE! AUSSIE! AUSSIE! OI! OI! OI! [HGL102]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how a farm in Atlanta is serving up fresh produce and inspiration for the local community. We’ll join Wham and Hammer as they venture off the court and on to the farm to discover more about food cultivation and eating healthy. We’ll learn about heirloom varieties of vegetables and how they represent an unchanged and unmanipulated storyline. We’ll also discover that eating food grown locally is better for you than food that comes from further distances. As soon as the produce is harvested and removed from its life source, we’ll find out that the nutrients begin to slowly decline. Therefore, the closer you are to the farm or source, the fresher and more nutritional the food will be. We’ll also visit with some livestock and learn how goats are critical to the farming process. By eating unwanted vegetation, as well as disturbing and fertilizing the soil, goats create a cycle that allows for new growth and healthier soil.

[Educational Message: In this episode, we visited a local farm and learned about the importance of cultivating and eating nutritious foods. We discovered that eating fruit and vegetables grown locally provides more nutritional value than food that has traveled long distances. We learned that farming organically and eating healthier can be easily achieved in your own backyard with a little hard work.]

Airdate: 10/8/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

A BATTLE OF WITS [TPS302]

First, after Ryan Straschnitzki’s stand-up hockey career came to a halt, he pursued the game of sledge hockey to keep his dreams alive. In 2018, the Broncos junior team in Canada lost 10 teammates and their coach after a fatal bus crash. Those who survived the accident had severe injuries and faced long rehabilitations, but Ryan Straschnitzki was determined to not let anything keep him from returning to the rink. Ryan is still training on the ice, hoping to represent Canada in the Paralympics one day. Next, Peggy Kirk Bell, one of the first female professional golfers, paved the way for generations of golf pros. A natural athlete, she excelled at most mainstream sports, but she didn't find golf until she was in her late teens. In the early '60's, Peggy Kirk Bell created her “golfaris”, an instruction getaway designed by a woman for women. Over the course of six decades, Peggy Kirk Bell taught over 20,000 women to play golf, and established a girl's golf tour.

[Educational Message: Perseverance in the face of adversity can help lead the way to success. Viewers learn that hardships can be a source of motivation to work hard and achieve goals, inspiring hope for others in similar situations.]

Airdate: 10/8/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO WHALERS [RLT107]

Today on Roots Less Traveled, host Faruq Tauheed takes brother and sister Ashley and Elliott back to their grandparents' hometown of Martha's Vineyard, Massachusetts. During their trip, they get a sailing lesson and learn that their five-times great grandfather, Henry Osborn, was taken prisoner on a boat in the Revolutionary War. We'll learn that the American Revolutionary War took place from April of 1775 to September of 1783. On their sailing lesson, Ashley and Elliott will learn what it would have been like to be a shipmate on a similar sea vessel during that time. We'll find out that sailboats have been used throughout human history beginning as early as 1200 BCE. Ashley and Elliott soon discover that their three-times great-granddad, Samuel Osborn, went from debtor's prison to owning a fleet of whaling ships. Not only did Samuel Osborn represent an incredible "rags to riches" story, we'll also find out he was hailed as a local hero in 1871. It was common at the time for vessels from Massachusetts to venture into the Arctic to hunt the regional bowhead whale. On one particular voyage, weather proved to be disastrous and left thirty-three whaling ships stranded in icy peril. We'll find out that Samuel Osborn sent ships of his own to rescue the men, helping to bring more than a thousand people home safely. We'll discover that whaling in the Americas peaked from the late 1700s through the mid-1800s. At its peak, the whaling industry was the fifth largest economic sector in the United States. A surprise visit from Ashley and Elliott's parents allows them to share their newfound family history.

[Educational Message: In this episode, Ashley and Elliott discovered many unknown facts about their family history in Martha's Vineyard, Massachusetts. The two learned that their three-times great-grandfather, Samuel Osborn, went from debtor's prison to becoming a wealthy businessman. Not only did Samuel achieve great success, he became a local hero and savior in the Martha's Vineyard whaling community. Samuel Osborn's underdog beginnings and eventual heroic efforts as a whaler resonated deeply with Ashley and Elliott. In the end, Ashley and Elliott get to share this information with their parents, strengthening their connection to Martha's Vineyard and to each other.]

Airdate: 10/8/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SKY HIGH [VJG110]

Host Josh Garcia is in Barcelona, Spain, where he dives deep into Catalan history and culture. He starts off with a medieval tapa tasting and learns about Spanish tapas, a now world-famous cultural institution. Josh witnesses as simple ingredients are transformed into unique dishes through some of the world's oldest cooking techniques. Next, Josh visits the oldest candle shop in Barcelona that dates back to the 19th century. He learns the history of candle making and sees if he has the hands to craft his own beeswax candle. Later, he stops by the largest local castell troupe to check out their rehearsal. Castells are enormous human towers that local enthusiasts have been performing for over 300 years at town festivals. Josh gets in on the action and learns the body mechanics involved in building these incredible human structures, where there's a place for everyone.

[Educational Message: Working together as a team can unlock opportunities to create things that couldn't have been otherwise imagined or created.]

Airdate: 10/15/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

WILD CREATURES OF THE CARIBBEAN [EDD503]

Today on Earth Odyssey, host Dylan Dreyer takes us on a tropical trip to the Caribbean to learn more about the animal icons of these wild islands. First up, we'll travel deep in the tropical islands of the Caribbean to learn about an indigenous mammal whose role is paramount to the survival of a vast array of plant and animal species, the Antillean fruit-eating bat. A major contributor to the proliferation of seeds and pollination of plants, bats are a critical species in this environment. Despite weighing less than two ounces, these medium sized bats have a wingspan of nearly two feet long. We'll learn that colonies of Antillean fruit-eating bats have been found in caves with at least two-thousand inhabitants. We'll discover that Antillean fruit-eating bats will feast on insects in addition to fruit, pollen, and nectar. Next, we'll learn about an insect that is common along the shores of the Caribbean, the horse guard wasp. Also known as Hymenoptera, these wasps play a critical role in pollinating plants as well as predation of destructive insects. While large in size, we'll learn that horse guard wasps are not aggressive and are surprisingly solitary creatures. Unlike its social cousins, we'll discover that each horse guard wasp lives its life independently alongside others.

[Educational Message: In this episode, we traversed the tropical islands of the Caribbean. With unique plants and animals that have found a way to thrive where others simply could not exist, the islands of the Caribbean give us a window into the beautiful diversity of nature. Even in a tropical paradise, adaptation and ingenuity are key for any animal's survival.]

Airdate: 10/15/2022

Time:

Duration: 30:00

WILD CHILD

URBAN WILD [WLC303]

Today on Wild Child, host Sheinelle Jones takes us to where wild and urban collide to meet the adorable animals that have mastered both. First, we'll hit the links and learn more about the animals that make their homes on urban golf courses and country clubs. We'll start the day with a mother hedgehog and her baby on a morning stroll in the rough. We'll learn that hedgehogs are named after their favorite foraging sites, hedges. Hedgehogs were originally called "urchins," which led to the naming of sea urchins. We'll also find a Eurasian coot with her hatchlings as they're foraging for breakfast. In just eight weeks, coot chicks will become independent and must fend for themselves. During their breeding and hatching season, Eurasian coots become overly aggressive and territorial to defend their young. Next, we'll find that a city storm drain acts as an artificial cave for a colony of microbats. Microbats can be found on every continent except Antarctica. With a wingspan of about ten inches, we'll learn that microbats can fly as fast as one hundred miles per hour when hunting. Also, a single microbat can eat as many as 500 insects in one hour. We'll learn that microbats are critical to our environment as they gobble up countless harmful and destructive pests.

[Educational Message: In this episode, we spent the day with some of the extraordinary wildlife that share our cities. Each one of these amazing creatures has learned how to thrive in our human made environments while passing along their urban knowledge to the next generation.]

Airdate: 10/15/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

KNOCKED OUT [HGL103]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how the players engage in a friendly off-the-court culinary competition. Also, we'll visit a gelato company where we'll learn some tips on successful entrepreneurship. First, we'll hit the kitchen with TNT, Torch, Wham, and Hammer to learn about the importance of cooking nutritious meals. We find out studies show that by cooking at home, people consume less sugar, carbohydrates, and fat. We learn that a good pre-game meal is high in complex carbs and low in protein and sugar. Also, choosing vegetables with a variety of color is an easy way to get a wide range of healthy nutrients. Next, Hammer and Torch explore their entrepreneurial curiosities when they visit an Atlanta gelato company. Here we'll learn more about the process of developing a business plan and starting your own company. We'll also learn about the "Give Back" model of business that allows customers to make a positive impact on their community simply by purchasing local goods.

[Educational Message: In this episode, Hammer and Torch learned some of the ins and outs of becoming an entrepreneur. We learned that small businesses can not only be profitable but can have a positive impact on the community as well. We'll learn that in entrepreneurship it's important to have big goals, but always start small and surround yourself with the right people.]

Airdate: 10/15/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

BREAKING BARRIERS [TPS303]

First, golf pioneers Linda Vollstedt and Dale McNamara share how Title IX made a change for the better in women's golf. When Title IX was made law in 1972, it caused a massive increase of women playing college sports, including golf. Around that time, Linda Vollstedt earned an academic scholarship to Arizona State University where she joined the golf team and hoped to make it her career. During her 21-year coaching tenure, Vollstedt transformed Arizona State's women's golf program into a dynasty and captured 6 national championships, while in Oklahoma, the University of Tulsa's Dale McNamara did the same. McNamara remained at Tulsa for 26 years, collecting 81 career victories. More than 5 decades later, the impact of Title IX is felt by thousands. Next, Paralympian Brenna Huckaby finds strength through motherhood as she continues to cruise the slopes on her way to success. A natural-born competitor, Brenna took up snowboarding after losing her leg to bone cancer. When Brenna became a mother, she worried she might lose her competitive edge. But the same spirit that brought her to the top of the mountain was only strengthened by her children. Brenna would go on to win 2 medals at the 2022 Winter Paralympics, and her greatest victory came when she fought for above-the-knee amputees to be allowed to compete in the snowboarding events.

[Educational Message: Excellence comes in a wide variety of forms. Viewers learn that it's possible to

be great at more than one thing, and oftentimes, mastering a specific skill in one area can even improve life in other areas.]

Airdate: 10/15/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO A LANDMARK COURT CASE [RLT103]

Today on Roots Less Traveled, host Faruq Tauheed takes mom and son duo, Sharee and DeVonn, on a trip to Nashville, Tennessee. We'll first find out that Nashville is named after an American Revolution general, Francis Nash. Additionally, we'll discover that after the Civil War, Tennessee was the first state to rejoin the Union on July 24th, 1866. At a visit to the Tennessee Supreme Court, Sharee and DeVonn will learn that their four-times great grandfather Larkin Ford was a part of an 1840s landmark Tennessee court case. In 1840, Larkin Ford was a slave living in Washington County and was owned by American Revolutionary war veteran, Loyd Ford. That year, Loyd Ford drew up a will that would give his slaves their freedom and his land after his death. When Loyd Ford died in 1843, his slaves, including Larkin Ford, sought to validate his will. Loyd Ford's children would contest their father's will through a series of Supreme Court cases. Remarkably, we'll learn that Larkin Ford prevailed and was awarded the very same farm that he worked on as a slave. After being awarded the property, Larkin Ford went on to become a delegate in the Republican Party and helped elect African American officials into Tennessee government. Inspired by this incredible revelation, Sharee and DeVonn volunteer to help register voters in Nashville. We'll learn that Tennessee earned its nickname "The Volunteer State" during the War of 1812.

[Educational Message: When we have a greater understanding of our roots, we can be inspired to do great things in our own lives. In this episode, Sharee and DeVonn discovered that their ancestor Larkin Ford secured his freedom and land before the Emancipation Proclamation and the end of the Civil War. Understanding the significance of this historic Supreme Court case, Sharee and DeVonn have gained a new sense of pride and appreciation for their family history.]

Airdate: 10/15/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALASKAN GOLD [VJG206]

Host Josh Garcia sails into Alaska's biggest city and explores the wild side of Anchorage. At an animal sanctuary, Josh gets a once-in-a-lifetime opportunity to see the American bald eagle up-close and personal. He learns how these birds are cared for and rehabilitated before being released back into the wild. Then, Josh meets with a local chef to learn how spruce tips, a locally grown ingredient, are being used to flavor ice cream. Then, he heads to the countryside and comes face-to-face with the wild and woolly muskox-- one of the world's oldest and rarest animals. Qiviut falls off the muskox naturally each year to adapt for warmer weather, and this fiber is used in local industry. Qiviut is similar to wool, eight times warmer than sheep hair, and is one of the finest fibers in the world. Finally, Josh finds a different kind of treasure when he pans for gold.

[Educational Message: Some of life's biggest surprises can come in small packages. When you pay attention to your surroundings and ask questions, you might find something unexpected.]

Airdate: 10/22/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SHAKE YOUR TAIL FEATHERS! [EDD504]

Today on Earth Odyssey, host Dylan Dreyer will take us on an adventure to the skies to learn how our planet's fascinating, feathered fledglings of the wild survive and thrive. First up, we'll meet with a true icon of the African bird world, the ostrich. The planet's oldest and largest bird, an adult ostrich can weigh more than two-hundred pounds. It's estimated that the ostrich is roughly seven-times too heavy to be able to fly. Instead, the ostrich uses its wings as rudders to maintain balance and turn direction while running. With a stride of up to fifteen feet, we'll discover that ostriches can sprint at speeds over forty miles per hour. Next, we'll learn about a fashionable avian that changes its entire appearance to find the right mate, the long-tailed widow. Also known as the black widow, this bird has a long train of feathers that drag behind it almost like a wedding dress. However, the long-tailed widow does not always have this plumage as it typically appears more like a beige sparrow. During the mating season, the males molt in one of the most incredible ways imaginable as they become completely black but for small red and white markings on their wings. In addition to this color change, they also grow extremely long tail feathers. We'll also discover that the longer the tail feathers, the more difficult and tiring it is for the bird to fly. We'll find out that any bird strong enough to overcome this seasonal hindrance is bound to be a suitable, potential partner.

[Educational Message: In this episode, we learned about our planet's most fascinating avian creatures. On every continent, birds offer us a vivid display of life and color. The beauty and vibrance of their feathers and features play an integral role in how they hunt, mate, and survive.]

Airdate: 10/22/2022

Time:

Duration: 30:00

WILD CHILD

SPRING IN THE STEP [WLC304]

Today on Wild Child, host Sheinelle Jones takes us around the globe to find the blossoming animal babies of spring. First up, we'll travel to the Falkland Islands where we'll spend the morning with a group of Magellanic penguins. Magellanic penguins are regular visitors that migrate to this part of the world during breeding season. Named after the famous explorer, these sea-faring birds are known to travel up to six hundred miles offshore when foraging for food. We'll learn that these birds can be distinguished from other penguins thanks to the white bands that loop over their eyes and run down the sides of their necks. We'll discover that Magellanic penguins can dive down under water as far as two-hundred feet to catch food. Next, we'll visit the plains of North America to learn more about a creature with incredible survival skills, the pronghorn antelope. After the cheetah, pronghorn antelopes are the next fastest animal in the world running at a top speed of fifty-five miles per hour. We'll learn that in addition to speed, pronghorns have impressive vision and are able to spot predators from great distances. We'll also find out that pronghorn antelopes are named for their striking, backwards-curving horns.

[Educational Message: In this episode, we took a journey around the planet to find the most fascinating baby animals of the spring season. At a time of year when the world is showing off its

brightest and most beautiful additions, these youngsters truly steal the spotlight as they prepare to take their own adventures and find their place in Earth's wild kingdom.]

Airdate: 10/22/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

HOLA, CHILE! [HGL104]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson takes us to an uplifting tea party, then shows us how the Globetrotters have some friendly competition with a group of champion little leaguers. First up, Torch, Hammer, and Hot Shot head to Broward, Florida, to meet with a non-profit group supporting and encouraging at-risk girls. We'll learn how their tea parties serve as mentorship programs that help inner city girls with life, communication, and etiquette skills. We'll also discover some interesting historical facts such as the earliest physical evidence of humans drinking tea dates back to around 200 B.C.E. Next, we'll join Jet, Bulldog, and Hot Shot when they head to D.C.'s Ward 8 to play a classic playground game with champion little leaguers, the D.C. Kings. We'll learn that many modern sports are created by combining older games with new elements. We'll find out that American baseball may have derived from an English sport called Rounders. Also, we'll learn that the first official baseball game was played in 1846 while the first basketball game was played in 1891.

[Educational Message: In this episode, the Globetrotters attended a tea party to learn more about a mentorship program for at-risk girls. We discovered that having a mentor or any other positive influence can help you better succeed in life. We'll witness how a simple tea party can have an incredible and lasting impact on both little girls and the community.]

Airdate: 10/22/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

RUNNER UP [TPS304]

First, Paralympian Brittani Coury embraces her journey to the top. As a young girl, Brittani Coury used snowboarding to escape her home life. But an injury threatened to keep her off the slopes for good. After multiple surgeries, she returned to snowboarding and eventually won the 2018 Paralympic silver medal in addition to five world cup medals. Inspired by the nurses who helped her, she also decided to study nursing in hopes of paying it forward. Today, Brittani continues to train for snowboarding competitions while maintaining her job as a registered nurse. Next, Johnny Kelley proves that life isn't a sprint, it's a marathon. Running a marathon is one of the most grueling activities for any athlete. In the history of the Boston marathon, there is a legend among legends, John Adalbert "Johnny" Kelley. He won it twice, finished second a record seven times, was in the top ten 18 times, and twice represented the U.S. at the Olympic games. In addition to the Boston Marathon and the Olympics, one estimate placed Kelley at 15 races a year. In his career, Kelley ran 112 marathons, or nearly 3,000 miles.

[Educational Message: The key to a legacy is longevity. Viewers learn the importance of continuing to set new goals after accomplishing others and how it can pay off to literally go the distance.]

Airdate: 10/22/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE BROOKLYN BRIDGE [RLT104]

Today on Roots Less Traveled, host Faruq Tauheed takes aunt and nephew Tammy and Julian on a cosmopolitan adventure in Brooklyn, New York. We'll first learn that the Brooklyn borough of New York City was originally called "Breukelen," which is Dutch for "broken land." Tammy and Julian's journey begins when they learn that they are related to undertaker John Baisley, who helped the city bury its dead during the Yellow Fever epidemic in 1856. Since the city of Brooklyn was so densely populated, hundreds died during this time and others left their homes and abandoned the city. We'll learn that while many were fleeing the city, John Baisley stayed in Brooklyn to help nurse the sick and dying, in most cases rendering his services without expecting or receiving any pay. Tammy and Julian also learn that they have direct ties to James Howell, a former Mayor of Brooklyn who served from 1878-1881. Not only was James Howell the 19th Mayor of Brooklyn, he also owned a large iron works company and became an integral part in building the iconic Brooklyn Bridge. To learn more about their ancestor's iron works company, Tammy and Julian visit a blacksmithing shop to discover what it would've been like to work as a blacksmith during that time. Here we'll discover that the craft of blacksmithing has been traced back to 1350 BCE.

[Educational Message: In this episode, Tammy and Julian discovered their family roots go much deeper than they had previously known. Tammy and her father always shared a strong connection to New York City and specifically the Brooklyn Bridge. After discovering that their relative, James Howell, was elected as the President of the trustees for the Brooklyn Bridge, Tammy's connection to the bridge grows even stronger. Sharing this experience with her nephew Julian only serves to strengthen that connection as well as their bond as a family.]

Airdate: 10/22/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDITERRANEAN MELTING POT [VJG114]

Host Josh Garcia's ship stops in Marseille, France where a local chef invites Josh and his shipmates to take part in the world-famous culinary tradition of bouillabaisse, a flavorful fish stew. Josh tries his hand at a famous local beach game called *petanque*, and visits a soap factory where he makes his very own personalized "Soap of Marseilles". First, Josh visits a fish market with a local chef to see the real Marseille. He is served bouillabaisse, the most famous dish in Marseille, and experiences the flavors of the region. Then, he heads to the shore where he gets schooled in a famous pastime, the game of *petanque*. *Petanque* is a game that consists of skill and focus to toss steel balls closest to the target, the *cochonnet*, a small wooden ball. Finally, Josh gets a hands-on experience at a local soap factory where he learns the science behind world-famous Marseille soap.

[Educational Message: Learning a new outdoor game can bring great joy and relaxation. Not only does it get you outside in nature, but it can also connect you with new friends.]

Airdate: 10/29/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER
VEGETARIAN GIANTS OF THE WILD [EDD505]

Today on Earth Odyssey, host Dylan Dreyer takes us on a safari to find some of Africa's most magnificent and massive vegetarian mammals. First up, we'll meet with a herd of African elephants to find out how these vegetarians maintain their enormous figure. We'll discover that elephants need to consume the equivalent of four to six percent of their body weight every day. For adult elephants, this can mean roughly six hundred and fifty pounds of food per day. According to the location and the season, an elephant will eat anything it finds as long as it's a plant. We'll also learn that great size means a great thirst, with elephants needing to drink twenty-five to fifty gallons of water per day. We'll discover that water is also vital to an elephant's skin. Since elephants don't have sweat glands, they rely on mud baths to protect their skin from insects and the heat of the sun. We'll also learn that elephants are a partially migratory species, traveling up to sixty miles between dry and rainy seasons. Next, we'll find out more about a massive herbivore that spends most of its time in the water, the hippopotamus. We'll learn that a hippo can sleep underwater, using its reflexes to come up for air without waking up. We'll also discover that hippos have a delicate epidermis and no sweat glands, which means it becomes dehydrated far more quickly than any other mammal.

[Educational Message: All of the incredible wildlife around the world can intrigue and impress, but the staggering sizes of Earth's giant mammals are truly awe inspiring. The ability of these behemoths to adapt and thrive are just some of the reasons why they're true icons of the wild.]

Airdate: 10/29/2022

Time:

Duration: 30:00

WILD CHILD

ANIMAL BABIES OF BRITAIN [WLC305]

Today on Wild Child, host Sheinelle Jones takes us far and wide across the United Kingdom to discover more about Britain's animal inhabitants. First up, we'll meet a bird that's famous for hovering over this region of the world, the common kestrel. Often found nesting on the ledges of buildings, these petite and precise hunters have adapted well to human impact. We'll learn that female common kestrels can lay between three and seven eggs. We'll find out that only female common kestrels incubate the eggs, while the male is responsible for getting her food. Kestrels hunt by hovering roughly thirty-five to sixty-five feet off the ground as they search for prey. We'll learn that these small but feisty birds of prey are known to live up to a decade in the wild. Next, we'll travel to the gardens and meadows of the United Kingdom to discover more about the fascinating life cycle of a colorful resident, the peacock butterfly. Beginning life as a small, black caterpillar, we'll witness this creature's metamorphosis into a beautiful butterfly. Easily identified by the dramatic "eye" spots decorating the backs of their wings, these patterns are thought to be a defense mechanism. We'll also find out that peacock butterflies will rub their wings together to create a hissing noise to scare off predators. More fascinating, we'll discover that by converting their blood sugar into a form of natural antifreeze, these hearty insects can hibernate through an entire winter season. Capable of surviving almost an entire year, we'll learn that this species is one of the longest living and most majestic butterflies in the United Kingdom.

[Educational Message: In this episode, we took an adventure to see the beauty of Britain's baby animals. For such a small part of the world, the United Kingdom is home to an unexpectedly vast and vibrant array of wildlife as diverse as the landscape itself.]

Airdate: 10/29/2022

Time:

Duration: 30:00

**HARLEM GLOBETROTTERS: PLAY IT FORWARD
FROM BULLIED TO BRAVE [HGL101]**

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how the Globetrotters help brighten the court of a local community and we'll learn how a group of D.C. youth are empowered through water. First up, TNT, Torch, Wham, and Hammer shed light on the "Art in the Paint" initiative, which helps create artful basketball courts in communities that need them the most. We'll discover that basketball and art have a truly unique way of empowering communities and bringing people together. Next, we'll join Cheese, Bulldog, Hot Shot, and Jet as they meet with local D.C. youth to support their mission for clean water and self-reliance. Here we'll find out the importance of learning your watershed and knowing where your water comes from and where it goes. We'll discover that a watershed is an area of land that separates waters flowing to different rivers, basins, or seas. We'll witness how this vital program educates and inspires younger generations to keep both their environment and water clean.

[Educational Message: In this episode, we discovered how crucial it is to understand and protect our watersheds. This group of children in Washington, D.C. learned how a single drop of water can flow from their street to creeks, rivers, and eventually the ocean. It's important that we all do our part to protect the environment for future generations.]

Airdate: 10/29/2022

Time:

Duration: 30:00

**ONE TEAM: THE POWER OF SPORTS
STICK IT [TPS305]**

First, being a mom is a hard job, but being a mom while competing on the LPGA Tour is a whole other story. The first mom to win a major championship was Susie Maxwell Berning. After her, it was only Nancy Lopez, Juli Inkster, and Catriona Matthew. But raising a child was sometimes a factor for some of the sport's all-time greats to step away from the game. In 1993, the LPGA tour became the first sports league in the world to offer a free traveling daycare to players and staff, and allowed players to freeze their status for up to two years to focus on family. Next, when Zac Bell's dream of making it to the NHL was cut short by injury, he found ways to inspire with some amazing stick tricks. Zac took to hockey from a young age and signed a contract with the NCDC in Maine to pursue a future in the NCAA. Unfortunately, multiple head injuries resulted in a need to reinvent the path forward. Instead, Zac found a way to fill the void by creating content videos to inspire people to get involved in the sport. With hundreds of thousands of followers all over social media, Zac is bringing the love of hockey to new fans every day.

[Educational Message: Making the most of challenging circumstances can pay off in the long run. Viewers learn that aspirations don't have to be put on hold because of life events, even if things end up looking different than before.]

Airdate: 10/29/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO JOHN F KENNEDY [RLT101]

Today on Roots Less Traveled, host Faruq Tauheed takes half-siblings Michelle and Rob to Mexico City. Here they will discover that they are related to the Uruchurtus, a very famous Mexican political family. Their journey includes a trip to the ornate National Palace where they learn that their second cousin Ernesto gave the keys to Mexico City to President John F. Kennedy. Here we'll find out that the Zocalo, or Plaza de la Constitucion, was previously the principal ceremonial site in the Aztec city of Tenochtitlan. Michelle and Rob happen to be in Mexico City during Dia de los Muertos, or Day of the Dead, a holiday that honors loved ones who have passed. In preparation for this annual cultural event, they soon learn their third cousin Manual Uruchurtu died on the Titanic, after giving up his seat on a lifeboat to a woman in need. We'll find out that in 1912, over 1,500 passengers perished when the Titanic sank during its maiden voyage. We'll discover that the 2,240 people on board the Titanic are believed to have represented as many as 30 different nationalities.

[Educational Message: Connecting with our past helps us connect to parts of ourselves that we didn't know existed. In this episode, we learned that the Uruchurtu family had a cousin that gave up his lifeboat seat when the ill-fated Titanic began to sink. Michelle and Rob were moved by this selfless act of kindness, inspiring them to show more love and compassion in their own daily lives.]

Airdate: 10/29/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE MARBLES [VJG120]

Host Josh Garcia spends the day ashore in Rome, Italy and heads straight to the Roman Forum to soak in the city's immense history. He learns not only about the history, but the important role of marble in this city's ancient architecture. Then, he carves his name in a marble slab after he learns the technique involved in shaping letters and images, and it isn't as easy as it looks. Then, he steps into the kitchen to learn how to make real Italian gnocchi, which is nothing like the gnocchi he's tried before. Gnocchi are small Italian dumplings made from potato and flour, traditionally served with sauce. Later, Josh joins a class at gladiator school and trains to compete like the ancient entertainers.

[Educational Message: Rome, Italy can feel like a living museum. Artwork and architecture abound and serve as a reminder of the remarkable innovations and triumphs of the past.]

Airdate: 11/5/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

A CLOSE UP WITH CRUSTACEANS [EDD506]

Today on Earth Odyssey, host Dylan Dreyer takes us beneath the waves to discover more about our planet's weird and wonderful crustaceans. First up, we'll learn that there are approximately fifty thousand species of crustaceans on Earth. We'll find out that they all share one defining characteristic, their external skeleton or carapace. Here we'll witness molting, the process by which these fascinating creatures grow. Molting involves the shedding of the old shell and the regeneration of the new one. Crustaceans molt because their

old shell has become too small. We'll find out that this process happens frequently when the creature is younger and less so as it grows older. We'll learn that the molting process begins with the crustacean resorbing calcium from its current exoskeleton. Next, we'll spend time with a fascinating crustacean, the porcelain crab. Along with its huge claws, we'll find out porcelain crabs also sport other sophisticated appendages. Porcelain crabs have feathery, fan-like mouth parts which act as makeshift fishing nets for feeding. This ingenious system enables these crabs to efficiently filter the plankton they feed on. We'll also learn that to flee from predators, porcelain crabs can detach a limb from their body if attacked.

[Educational Message: For every species of animal, survival is a unique endeavor. Each has their own individual traits that give them the best chance to succeed, and crustaceans are no exception. These weird but wonderful ocean wanderers offer a new perspective of what it means to thrive in the wild.]

Airdate: 11/5/2022

Time:

Duration: 30:00

WILD CHILD

SPLISH, SPLASH, WATER BABIES [WLC306]

Today on Wild Child, host Sheinelle Jones takes us around the globe to see the wild water babies under the waves. First up, we'll learn more about an aquatic animal that stands out from the rest, the cuttlefish. Not actually a fish, we'll discover that cuttlefish are part of the same group as octopus and squids known as cephalopods. Along with being impressive ink squirters, these creatures are renowned for their camouflaging abilities and high levels of intelligence. We'll learn that these animals are so brilliant they can even count and remember what, where, and when they last ate. As hatchlings, cuttlefish are completely independent and are capable of using their tentacles to hunt and feed. Next, we'll discover more about some of the most stylish and graceful birds in the animal kingdom, swans. Always a popular sight for bird enthusiasts, these elegant creatures are often found dabbling in search of food as they calmly wade across the water's surface. Due to their mostly monogamous behavior, we'll learn that swans are often regarded as a symbol of romance. Sporting wingspans up to ten feet, we'll find out that swan parents are fiercely protective and won't hesitate to take on any potential predators.

[Educational Message: In this episode, we took a deep dive into Earth's wet wilderness to get a closer look at the most wonderful water babies around. Life in our oceans, rivers, and lakes is fast paced and changes as often as the tide. But it's full of amazing animals that have learned to react and adapt to their free-flowing environment.]

Airdate: 11/5/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

AUSSIE! AUSSIE! AUSSIE! OI! OI! OI! [HGL102]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how a farm in Atlanta is serving up fresh produce and inspiration for the local community. We'll join Wham and Hammer as they venture off the court and on to the farm to discover more about food cultivation and eating healthy. We'll learn about heirloom varieties of vegetables and how they represent an unchanged and unmanipulated storyline. We'll also discover that eating food grown locally is better for you than food that comes from further distances. As soon as the produce is harvested and removed from its life source, we'll find out that

the nutrients begin to slowly decline. Therefore, the closer you are to the farm or source, the fresher and more nutritional the food will be. We'll also visit with some livestock and learn how goats are critical to the farming process. By eating unwanted vegetation, as well as disturbing and fertilizing the soil, goats create a cycle that allows for new growth and healthier soil.

[Educational Message: In this episode, we visited a local farm and learned about the importance of cultivating and eating nutritious foods. We discovered that eating fruit and vegetables grown locally provides more nutritional value than food that has traveled long distances. We learned that farming organically and eating healthier can be easily achieved in your own backyard with a little hard work.]

Airdate: 11/5/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

ON THE RUN [TPS306]

First, Valerie Rogosheske tells her story about being one of the first women to run the Boston Marathon. Over 30,000 of the world's best runners head to New England every April to compete in the marathon. Except women weren't allowed to run the race until 1972, when Valerie and 7 other women became the first to officially enter. Now, Valerie celebrates 50 years of progress for women by running with her two daughters Abby and Allie. Next, Paralympian Tyler Carter gives a tour of the U.S. Olympic and Paralympic Museum in Colorado Springs. The Museum has three levels of artifacts, technology, videos telling the stories of our U.S. Olympians and Paralympians. The U.S. has won more Olympic and Paralympic medals than any other nation, with an abundance of athletes that make up the country's rich history in the games.

[Educational Message: Sports history has a long list of champions and role models who have paved the way for others. Viewers learn that simply showing up can have radical effects and create lasting change for future generations.]

Airdate: 11/5/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE CIVIL WAR [RLT106]

Today on Roots Less Traveled, host Faruq Tauheed takes father and daughter Paul and Kalina to the Civil War battleground of Port Republic, Virginia. Here they will discover Paul's great grandfather, Austin D. Springer, was a drummer boy for the Union Army. We'll find out that officers directed the musicians to play certain songs that communicated orders to the soldiers. At the battlefield of Port Republic, Paul and Kalina learn that Austin Springer was taken prisoner by the Confederate Army in 1862. Based on historical evidence, it's believed that Austin Springer stayed behind to help the wounded rather than fleeing the invading Confederate Army, leading to his swift capture. However, Paul and Kalina discover that Austin Springer eventually escaped capture and hid in slave huts until he made his way back to the Union Army. In order to better understand the conditions soldiers faced during this time, Paul and Kalina will join a Civil War re-enactment group to learn what it took to live as a soldier in the Union Army at that time. Paul, a Navy veteran who served in the Vietnam war, connects his own experience and believes that being a combat Veteran is in his genes.

[Educational Message: In this episode, Paul and Kalina connect to a side of their family history that was previously unknown to them. They discovered that their relative Austin Springer served in the Union Army and was taken prisoner by the Confederate Army after he decided to stay behind and take care of the wounded. Paul draws from his own experiences serving in the Navy and feels a deep connection to Austin Springer’s courage and resilience. This experience brings Paul and Kalina closer together and gives them a new understanding of where they come from.]

Airdate: 11/5/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PIZZA PERFECTION [VJG123]

Host Josh Garcia embraces Neapolitan culture on a cruise to the port city of Naples, Italy. First, he takes to the streets to learn a traditional dance that for centuries was used as a remedy for sickness. During the Renaissance, the Tarantella was performed together by workers and was said to be a remedy against the ills of everyday life. Then, Josh dives head first into the local cuisine. He heads into town and tries sfogliatella, a delicious pastry he can’t pronounce, and learns how it is made. Flaky pastry dough is stuffed with a mixture of ricotta cheese and candied fruit. Finally, Josh takes a lesson in making authentic Neapolitan pizza in the city where it was born. He learns his way around a peel and cooks his pizza in a traditional oven.

[Educational Message: Trying a dish in its original form can be different from the way you might have had it elsewhere in the world. Getting to the root of how something is made can give you a new perspective on the dish across the board.]

Airdate: 11/12/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

A HABITAT FOR THE HOLIDAYS [EDD507]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to see how the wildlife of Africa spend their Yuletide season. First up, we’ll start the December morning discovering more about the plant life of Africa. Everywhere there are signs that the rainy season has brought lush blooms. We’ll take a closer look at the colorful flowers of the Mimosa cinerea, also known as the Kalahari Christmas tree. We’ll learn that this festive tree flowers every year at precisely the same time of year. We’ll also find out more about another iconic tree of Africa, the acacia. These living landmarks of the savanna have a fascinating defense mechanism to ward off any hungry herbivores. We’ll discover that acacia trees poison their leaves and release ethylene gas to alert nearby trees of a possible plant-eater. Next, we’ll find out what’s lurking in the patches of “snow” attached to a variety of trees and grasses above the waters. These odd, foam-like substances belong to an incredible amphibian, the gray tree frog. Here we’ll witness how males and females work together to create this foamy substance. What may look like whipped egg whites will soon harden and form a nest for the female to lay her eggs. We’ll discover that female gray tree frogs can lay one thousand to two thousand eggs at a time. The tadpoles will be born inside the foam nest and then fall into the water below to continue the transformation process. We’ll learn that this process will take several weeks for the tadpoles fully mature into their tree dwelling, adult counterparts.

[Educational Message: On every continent, changing seasons provide a spectacle of ingenuity among animals. Species must work to survive the cold and avoid the heat. No matter the temperature, moments of calm and safety show us the beauty of the animal kingdom.]

Airdate: 11/12/2022

Time:

Duration: 30:00

WILD CHILD

FALL INTO THE WILD! [WLC307]

Today on Wild Child, host Sheinelle Jones takes us around the planet to spend time with the awesome baby animals of autumn. First up, we'll visit the jungles of Southeast Asia to discover more about a playful primate, the Assam macaque. Like other primates, Assam macaques are social animals and will live together in groups of ten to fifteen individuals. Here we'll witness the grooming and eating habits of a troop of macaques. Apart from fruit, we'll learn that macaques will eat flowers and leaves. Macaques are "matrilineal," meaning that social hierarchy is based on female-determined family lines. We'll also discover that macaques have one of the most expressive faces in the animal kingdom and are able to communicate using only looks. Next, we'll learn about an incredibly fascinating insect, the monarch butterfly. Monarchs have a wingspan of about four inches and flap their wings slower than other butterflies. We'll learn that the bright orange coloring of a monarch butterfly's wings signifies to predators that they are dangerous. As harmless as they might look, these delicate insects are extremely toxic due to poisonous milkweed plants they feed on. We'll discover that monarch butterflies in North America will fly about twenty-five hundred miles to reach Southern California and Mexico for winter.

[Educational Message: In this episode, we traveled the globe in search of the baby animals of autumn. These colorful creatures have learned to use the changing seasons to their advantage while they prepare for the harsh cold of winter. Although each might have its own method, they all are seasoned pros when it comes to making the most out of fall.]

Airdate: 11/12/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

KNOCKED OUT [HGL103]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how the players engage in a friendly off-the-court culinary competition. Also, we'll visit a gelato company where we'll learn some tips on successful entrepreneurship. First, we'll hit the kitchen with TNT, Torch, Wham, and Hammer to learn about the importance of cooking nutritious meals. We find out studies show that by cooking at home, people consume less sugar, carbohydrates, and fat. We learn that a good pre-game meal is high in complex carbs and low in protein and sugar. Also, choosing vegetables with a variety of color is an easy way to get a wide range of healthy nutrients. Next, Hammer and Torch explore their entrepreneurial curiosities when they visit an Atlanta gelato company. Here we'll learn more about the process of developing a business plan and starting your own company. We'll also learn about the "Give Back" model of business that allows customers to make a positive impact on their community simply by purchasing local goods.

[Educational Message: In this episode, Hammer and Torch learned some of the ins and outs of becoming an entrepreneur. We learned that small businesses can not only be profitable but can have

a positive impact on the community as well. We'll learn that in entrepreneurship it's important to have big goals, but always start small and surround yourself with the right people.]

Airdate: 11/12/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

LEAVING A LEGACY [TPS307]

First, Tracy Perlman began working in the NFL offices in 1992, 30 years later she climbed the ranks to become Senior Vice President of Player Operations. In that role she's made it her mission to help every single NFL veteran who wants to improve themselves and their community find their path. The average NFL career is just 3.3 seasons, and the Legends Community was created to build that brotherhood among retired NFL players to create a community. Players are people too with causes that are near and dear to them, and Tracy is in support and service to players to empower them to lead on and off the field. In 2021, over 900 players participated in My Cause My Cleats, raising money for charities. Next, we learn how Allyson Felix balances life as a mother and as an Olympian, and she explains how she found a new purpose to succeed after becoming a mother. The 100 meter sprint is the shortest race in the Olympics, and Allyson Felix is already the most decorated female athlete in U.S. track and field Olympic history.

[Educational Message: Athletes who lead on and off the field can be in service to the betterment of others when they support causes that are important to them. Viewers learn how athletes continue to lead beyond the sport with the support of others and how to handle pressure when competing at a high level.]

Airdate: 11/12/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO A PURPLE HEART [RLT102]

Today on Roots Less Traveled, host Faruq Tauheed takes 80-year-old dancing Grandpa Evan and his grandson Scott to Billings, Montana. We'll learn that the state of Montana became a U.S. territory during The Gold Rush of 1864. Here the duo will learn that Evan's great-grandfather was an integral part of the U.S. western states expansion of 1862 and had even cultivated a 160-acre farm. We'll discover that this was made possible by the Homestead Act, which was signed into law by President Abraham Lincoln in 1862. We'll also find out that between 1880 and 1890, the population of Montana grew from 39,000 to 143,000. Montana is nicknamed "The Treasure State" due to its availability of agate, gold, silver, and other precious stones. But closer to Evan's heart, he learns that two of his uncles who he had met when he was a child, were both prisoners of war in WWII. Even more fascinating, Evan and Scott discover that both of their uncles received Purple Hearts. We'll find out that the Purple Heart Medal is a combat decoration awarded to members of the U.S. armed forces who are wounded or killed while serving in the military. After this discovery, Evan and Scott deeply connect while visiting the Montana Purple Heart Memorial to honor their veteran relatives.

[Educational Message: When we look deeper into our past, we can gain a better understanding of our roots. In this episode, Evan and Scott learned that their relatives both served in WWII and were even taken as prisoners for several years. Given that he once served in the Air Force himself, Evan gains a

new connection to his uncles and their military past. Understanding the incredible sacrifice and courage of their ancestors has brought Evan and Scott closer together.]

Airdate: 11/12/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

GREEK ISLAND GEM [VJG314]

Host Josh Garcia voyages to Corfu in the beautiful Ionian Sea. Eager to soak up Corfu's history, culture, and cuisine, Josh heads to Corfu's Old Town and gets swept up by a dance troupe doing the popular dance, Syrtaki. Ikariotikos is a traditional Greek dance where hands are slung over the next person's shoulders creating a basket weave hold. Smashing plates, often during this dance, is another Greek tradition, said to bring good luck or show appreciation. After taking a bow, he follows the quaint alleyways of Old Town to meet a baker known for her baklava, one of Greece's most famous desserts. Greek baklava is different from Turkish baklava in that it's made with filo (or phyllo) pastry, hazelnuts, walnuts, cinnamon, clove, and orange. Filo is a Greek word meaning leaf, and the pastry has this name because it is so thin, almost transparent. Greek baklava is made by layering filo dough and butter with the other ingredients; this recipe calls for 50 layers. Once it's baked, the citrus-flavored syrup is added after the baklava comes out of the oven for the final added flavor. Next, Josh meets an olive grower to learn 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. He 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. 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 Josh heads to the harbor and meets a boat captain for a sailing lesson on a traditional Greek boat, the trehantiri. Trehantiri is from the Byzantine Greek "trohantiras," meaning "curved bowed stem." After learning how to raise its sails, he enjoys some time at sea.

[Educational Message: Olive oil production in Greece dates back thousands of years and now Greece is home to some of the oldest olive trees in the world. Historically, olive oil has been used to make many necessities including soap and lamp oil, in addition to being used for household cooking.]

Airdate: 11/19/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

CRUISING THROUGH COSTA RICA [EDD501]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to Costa Rica to explore the incredible creatures that call this tropical oasis home. First up, we'll travel to the jungle forests to spend the day with a group of mantled howler monkeys. Mantled howler monkeys are the largest known New World monkeys, producing some of the loudest sounds in the forests. While the mantled howler isn't the noisiest of the nine howler monkey species, its vocal demonstrations can still be heard from miles away. We'll find out that howler monkeys can live to be about twenty years old in the wild. We'll also learn that howler monkeys have a prehensile tail which acts as a fifth limb that can grasp branches. Next, we'll take to the skies to meet one of the world's most iconic and exotic bird species, the great green macaw. Also known as the great

military macaw, these incredible birds have a lifespan of about fifty years in the wild and eighty in captivity. We'll discover that macaws have specialized tongues containing a scaly exterior and a bone. Currently in danger of extinction, we'll also learn about protection and reforestation efforts in Costa Rica to help save the great green macaw.

[Educational Message: In this episode, we visited Costa Rica to learn more about the brilliant wildlife that flourishes there. Despite its small landmass, Costa Rica is an entire world of its own and continues to be an oasis for so many of Earth's most spectacular fauna and flora.]

Airdate: 11/19/2022

Time:

Duration: 30:00

WILD CHILD

EUROPEAN WILD [WLC301]

Today on Wild Child, host Sheinelle Jones takes us on a tour of Europe to find the wildest baby animals that call this continent home. First up, our trip begins along the Rhine River in the Netherlands where a rare herd of Konik horses have chosen to rest and graze. Originally from Poland, this unique breed can be identified by their thick mane and tail, short and stocky build, plus a dark stripe running down the middle of their back. Konik horses have been valued for their hardiness, minimal resource needs, and benefits to conservation. We'll learn that by grazing on invasive weeds, vegetation that's usually avoided by other animals, Konik horses play a key role in creating ideal ecosystems. Next, we'll discover more about the national animal of Lithuania, the white stork. These love birds are monogamous, staying with their partners for life. After sharing incubation duties for about a month, white stork parents will be rewarded with a nest full of fluffy hatchlings. We'll learn that white stork nests can be more than six feet wide and three feet deep. Many cultures value the stork as good luck and place platforms on their roofs for storks to nest in.

[Educational Message: In this episode, we took a European excursion to find the wild and wonderful families calling this region home. Whether it's in lush forests, along rural riverbanks, or even urban environments, these incredible animals add to the beauty of Europe with every generation.]

Airdate: 11/19/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

HOLA, CHILE! [HGL104]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson takes us to an uplifting tea party, then shows us how the Globetrotters have some friendly competition with a group of champion little leaguers. First up, Torch, Hammer, and Hot Shot head to Broward, Florida, to meet with a non-profit group supporting and encouraging at-risk girls. We'll learn how their tea parties serve as mentorship programs that help inner city girls with life, communication, and etiquette skills. We'll also discover some interesting historical facts such as the earliest physical evidence of humans drinking tea dates back to around 200 B.C.E. Next, we'll join Jet, Bulldog, and Hot Shot when they head to D.C.'s Ward 8 to play a classic playground game with champion little leaguers, the D.C. Kings. We'll learn that many modern sports are created by combining older games with new elements. We'll find out that American baseball may have derived from an English sport called Rounders. Also, we'll learn that the first official baseball game was played in 1846 while the first basketball game was played in 1891.

[Educational Message: In this episode, the Globetrotters attended a tea party to learn more about a mentorship program for at-risk girls. We discovered that having a mentor or any other positive influence can help you better succeed in life. We'll witness how a simple tea party can have an incredible and lasting impact on both little girls and the community.]

Airdate: 11/19/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

THAT'S HOW WE ROLL [TPS301]

First, US Paralympian Scout Bassett's training model is providing a path forward for more Para-athletes. Fifty years ago, Title IX was enacted to ensure equal rights to all Americans attending public university. One of the amazing results was an explosion of female athletes in collegiate sports. Groundbreaking women athletes are everywhere like Scout Bassett. Today, she is still training for competition and still trying to increase representation in college sports. Next, Corey Robinson visits an Olympic Teaching Kitchen to roll sushi with US Olympic Gold Medalist Tamyra Mensah-Stock. Athletes should be eating differently than the general population, based on their training load, their goals, and then phases of training. Too much sugar in an athlete's diet can cause blood sugar dips, affecting energy levels and overall performance. Athletes must make sure they are feeding their body with the right types of food, right amounts, and at the right times.

[Educational Message: Staying positive and being excellent at your craft is a lesson we can all learn from. Viewers learn the importance of overcoming obstacles to excel in their sport and open the door for others to do the same and how Olympic athletes fuel their training and competition through good nutrition.]

Airdate: 11/19/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

FINDING FREEDOM IN SOUTH JERSEY [RLT301]

Today on Roots Less Traveled, host Faruq Tauheed takes first cousins Damon and Patty to learn about an historic free Black community living side by side with Quaker abolitionists in New Jersey. Damon and Patty will first go to Evesham Township, New Jersey where they will discover more about the Cropwell Friends Meetinghouse. Built in 1809, this church was established by the Quakers as a place to gather for worship each Sunday. We'll discover that Quakers, also known as the Religious Society of Friends, have been in America since the 1650's. In 1688, Quakers were the first religious body to condemn slavery in the English colonies. Finally, Damon and Patty will visit an historic chapel built in 1799 that played an important role in the Underground Railroad. We'll learn that the Underground Railroad included a series of safe houses providing refuge for enslaved people. Here, Damon and Patty will discover their own family's unique connection to the Underground Railroad.

[Educational Message: Connecting with our past helps us connect to parts of ourselves that we didn't know existed. In this episode, Damon and Patty found an incredible family connection to the Underground Railroad. Better understanding their family history has provided both Damon and Patty with a new sense of pride in the roots.]

Airdate: 11/19/2022

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: 11/26/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

STRANGE ENCOUNTERS ON THE SAVANNAH [EDD502]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Africa to find the weirdest wildlife behaviors. First up, we'll meet with a giraffe that's practicing a very unusual activity. We'll find that this iconic African herbivore is chewing on an animal bone. We'll learn that this behavior is typically only seen during the height of the dry season when the giraffe is suffering from lack of nutrition. Chewing on bones becomes a vital practice when this herbivore can no longer find the calcium and phosphorus that it needs in the foliage it usually feeds on. Here we'll witness how the giraffe uses its nearly two-foot-long tongue to dexterously maneuver the pieces of bone in its mouth to absorb critical nutrients. Next, we'll discover more about the peculiar behavior of one of Africa's apex predators, the crocodile. We'll learn that the average crocodile only eats about fifty meals per year. Crocodiles can swim at speeds of eighteen miles per hour and run at eleven miles per hour. We'll learn that crocodiles practice a behavior known as "death rolling" when securing their prey. Here we'll witness the massive crocodiles as they subdue their next meal by rolling

continuously under the water. We'll discover that dinosaurs and crocodiles are both part of a subclass known as archosaurs.

[Educational Message: In this episode, we traveled to Africa to learn more about the weird and wonderful wildlife that call this continent home. When it comes to surviving in the wild, being bizarre can be an advantage in almost any environment. The strangest creatures and the strangest habits are often those that are best suited to their surroundings.]

Airdate: 11/26/2022

Time:

Duration: 30:00

WILD CHILD

WINTER WILD [WLC302]

Today on Wild Child, host Sheinelle Jones takes us to find the cuddliest kids of the wintery wonderlands of nature. First up, we'll travel to Antarctica to join a group of emperor penguins as they begin their day. At about forty-five inches tall and ninety pounds in weight, we'll learn that emperor penguins are the largest of all penguin species. We'll discover more about the habits of the baby penguins as they explore their new icy world. We'll learn that to try to stop further endangerment, all seventeen penguin species are protected from hunting and egg collection. Next, we'll meet an animal that's always at home in the cold, the walrus. These peculiar behemoths are one of the largest members of the seal family. A group of walruses, known as a herd, can include over one hundred members. We'll find out that walrus tusks can grow to about three feet in length and weigh about twelve pounds. We'll learn that their tusks are teeth that are used for defense, to hack through ice, and to help haul themselves out of the water. At birth, newborn walruses can weigh up to one hundred and sixty-five pounds. We'll find out that a pup's tusks don't usually grow until about one year old.

[Educational Message: In this episode, we traveled to the coldest corners of the Earth to discover some of winter's most wonderful baby animals. Even in the most frigid of places, nature's newborns are eager to learn the ways of the wild and show their ability to flourish.]

Airdate: 11/26/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

H-A-R-L-E-M SPELLS HARLEM [HGL105]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson takes us to the lake to go fishing with the Globetrotters, then we learn more about food preparation for space. First up, Coach Lou, Wham, Hammer, TNT and Torch head to the outdoors for a fishing excursion. We'll find out that being in nature generates calmness, joy, creativity, and better concentration. Here we'll learn that fishing requires the five essentials of rod, line, bait, hook, and reel. We'll learn that fishing for largemouth bass is more successful when using live bait. With an average length of sixteen inches, the longest largemouth bass on record is just over thirty-eight inches long. We'll discover that fishing is a great outdoor activity that can teach you to have more patience and dedication. Next, we'll meet with NASA's Executive Chef to find out more about the latest innovations in space food. We'll learn that longevity and sustainability of the food are most critical when it comes to potentially lengthy space missions. We'll also discover that due to reduced gravity conditions, an astronaut's taste buds are not as effective when in space.

[Educational Message: In this episode, we learned that taking time to enjoy nature is important to both your physical and mental health. We found out that an activity as simple as fishing can teach us how to be more patient and reflective with our time. It's important that we take time in our daily lives to stop and smell the roses.]

Airdate: 11/26/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

A BATTLE OF WITS [TPS302]

First, after Ryan Straschnitzki's stand-up hockey career came to a halt, he pursued the game of sledge hockey to keep his dreams alive. In 2018, the Broncos junior team in Canada lost 10 teammates and their coach after a fatal bus crash. Those who survived the accident had severe injuries and faced long rehabilitations, but Ryan Straschnitzki was determined to not let anything keep him from returning to the rink. Ryan is still training on the ice, hoping to represent Canada in the Paralympics one day. Next, Peggy Kirk Bell, one of the first female professional golfers, paved the way for generations of golf pros. A natural athlete, she excelled at most mainstream sports, but she didn't find golf until she was in her late teens. In the early '60's, Peggy Kirk Bell created her "golfaris", an instruction getaway designed by a woman for women. Over the course of six decades, Peggy Kirk Bell taught over 20,000 women to play golf, and established a girl's golf tour.

[Educational Message: Perseverance in the face of adversity can help lead the way to success. Viewers learn that hardships can be a source of motivation to work hard and achieve goals, inspiring hope for others in similar situations.]

Airdate: 11/26/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

THE DESIRE FOR FREEDOM [RLT302]

Today on Roots Less Traveled, host Faruq Tauheed takes siblings Mary and Kevin to the Bluegrass State, Kentucky. Mary and Kevin will first visit the Washington County Courthouse in Springfield, Kentucky, which is just up the road from the birthplace of Abraham Lincoln. Completed in 1816, we'll learn that the Washington County Courthouse is the oldest courthouse in use in Kentucky. We'll find out that Mary and Kevin's ancestors were previously enslaved and fought for their freedom in a series of court cases prior to the Emancipation Proclamation. We'll discover that since most African Americans were enslaved in the decades prior to 1870, the majority were not recorded in the censuses before that year. Kevin and Mary will continue their journey of discovery as they learn the details of their family's hard-earned journey to freedom.

[Educational Message: In this episode, Mary and Kevin learned about the passion and dedication of their relative Charlotte Pyles as she fought for her family's freedom. Charlotte became an anti-slavery activist and befriended notable people such as Susan B. Anthony and Lucretia Mott, who were fighting for the rights of women to vote. Learning these incredible stories brings Mary and Kevin closer to their past than ever before.]

Airdate: 11/26/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

OLYMPIC-SIZED ADVENTURE [VJG215]

Host Josh Garcia sails to Athens, Greece to explore this ancient capital city. Athens is named after Athena, the Greek goddess of wisdom and courage. Dating back more than 3,000 years, Athens is one of the oldest cities in the world. Upon arriving, he learns how traditional prayer beads have been transformed into a popular part of Greek culture, known as worry beads. Called Komboloi, translating to mean knots in a line, these traditional prayer beads originated from knotted prayer ropes used in monasteries. Although now, these are not exclusively religious, they are used to ease worry or stress. Then, he travels to the countryside and makes a signature Greek dish using vegetables from the land. Moussaka is an eggplant dish that originated in the Middle East, and is popular in Greek cuisine. Mezze are small dishes in Greek cuisine that are meant to be shared by a group, including dishes like tzatziki, hummus, and eggplant salad. Josh's final excursion is a once-in-a-lifetime event as he meets an Olympian who teaches him to throw the javelin like a world-class athlete. At the site of the 2004 Olympic Games, Josh learns the basics of some track and field events. The Olympic Games were held every four years, and in antiquity this period was used by Greeks as a unit of time measurement.

[Educational Message: Visiting an ancient city that has been historically maintained while updated in some ways for modernity, can be an incredible experience, and in some ways can feel like a trip back in time.]

Airdate: 12/3/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

WILD CREATURES OF THE CARIBBEAN [EDD503]

Today on Earth Odyssey, host Dylan Dreyer takes us on a tropical trip to the Caribbean to learn more about the animal icons of these wild islands. First up, we'll travel deep in the tropical islands of the Caribbean to learn about an indigenous mammal whose role is paramount to the survival of a vast array of plant and animal species, the Antillean fruit-eating bat. A major contributor to the proliferation of seeds and pollination of plants, bats are a critical species in this environment. Despite weighing less than two ounces, these medium sized bats have a wingspan of nearly two feet long. We'll learn that colonies of Antillean fruit-eating bats have been found in caves with at least two-thousand inhabitants. We'll discover that Antillean fruit-eating bats will feast on insects in addition to fruit, pollen, and nectar. Next, we'll learn about an insect that is common along the shores of the Caribbean, the horse guard wasp. Also known as Hymenoptera, these wasps play a critical role in pollinating plants as well as predation of destructive insects. While large in size, we'll learn that horse guard wasps are not aggressive and are surprisingly solitary creatures. Unlike its social cousins, we'll discover that each horse guard wasp lives its life independently alongside others.

[Educational Message: In this episode, we traversed the tropical islands of the Caribbean. With unique plants and animals that have found a way to thrive where others simply could not exist, the

islands of the Caribbean give us a window into the beautiful diversity of nature. Even in a tropical paradise, adaptation and ingenuity are key for any animal's survival.]

Airdate: 12/3/2022

Time:

Duration: 30:00

WILD CHILD

URBAN WILD [WLC303]

Today on Wild Child, host Sheinelle Jones takes us to where wild and urban collide to meet the adorable animals that have mastered both. First, we'll hit the links and learn more about the animals that make their homes on urban golf courses and country clubs. We'll start the day with a mother hedgehog and her baby on a morning stroll in the rough. We'll learn that hedgehogs are named after their favorite foraging sites, hedges. Hedgehogs were originally called "urchins," which led to the naming of sea urchins. We'll also find a Eurasian coot with her hatchlings as they're foraging for breakfast. In just eight weeks, coot chicks will become independent and must fend for themselves. During their breeding and hatching season, Eurasian coots become overly aggressive and territorial to defend their young. Next, we'll find that a city storm drain acts as an artificial cave for a colony of microbats. Microbats can be found on every continent except Antarctica. With a wingspan of about ten inches, we'll learn that microbats can fly as fast as one hundred miles per hour when hunting. Also, a single microbat can eat as many as 500 insects in one hour. We'll learn that microbats are critical to our environment as they gobble up countless harmful and destructive pests.

[Educational Message: In this episode, we spent the day with some of the extraordinary wildlife that share our cities. Each one of these amazing creatures has learned how to thrive in our human made environments while passing along their urban knowledge to the next generation.]

Airdate: 12/3/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

CLASSIC PRECISION [HGL106]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how Coach Lou and the players help create a greenspace in southside Chicago, then Wham and Bulldog uplift a group looking to make a fresh start. First up, we'll learn about an inspirational program that's turning empty sites into greenspaces. We'll discover that greenspaces and urban beautification projects can improve quality of life and help decrease depression and thoughts of worthlessness. We'll witness how this uplifting initiative turns once dilapidated spaces into beautiful places for the whole community to share and enjoy. Next, we'll travel to Florida to learn about an incredible group that's helping homeless people get back on their feet. We'll find out that this group combats homelessness with the power of fitness and community support. We'll learn that consistency is key as the program begins with a morning run every day. We'll discover that running can help improve sleep, brain health, confidence, and even reduce anxiety.

[Educational Message: In this episode, we learned about the importance of creating greenspaces in urban areas. We discovered that being in green environments is known to boost various aspects of thinking, including attention, memory, and creativity. We should all do our part to create and keep greenspaces in our everyday lives.]

Airdate: 12/3/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

BREAKING BARRIERS [TPS303]

First, golf pioneers Linda Vollstedt and Dale McNamara share how Title IX made a change for the better in women's golf. When Title IX was made law in 1972, it caused a massive increase of women playing college sports, including golf. Around that time, Linda Vollstedt earned an academic scholarship to Arizona State University where she joined the golf team and hoped to make it her career. During her 21-year coaching tenure, Vollstedt transformed Arizona State's women's golf program into a dynasty and captured 6 national championships, while in Oklahoma, the University of Tulsa's Dale McNamara did the same. McNamara remained at Tulsa for 26 years, collecting 81 career victories. More than 5 decades later, the impact of Title IX is felt by thousands. Next, Paralympian Brenna Huckaby finds strength through motherhood as she continues to cruise the slopes on her way to success. A natural-born competitor, Brenna took up snowboarding after losing her leg to bone cancer. When Brenna became a mother, she worried she might lose her competitive edge. But the same spirit that brought her to the top of the mountain was only strengthened by her children. Brenna would go on to win 2 medals at the 2022 Winter Paralympics, and her greatest victory came when she fought for above-the-knee amputees to be allowed to compete in the snowboarding events.

[Educational Message: Excellence comes in a wide variety of forms. Viewers learn that it's possible to be great at more than one thing, and oftentimes, mastering a specific skill in one area can even improve life in other areas.]

Airdate: 12/3/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

TRUE FAMILY BONDING [RLT305]

Today on Roots Less Traveled, host Faruq Tauheed takes brother and sister Katie and Jimmie to Fresno, California to learn about their Japanese roots in America. First up, Katie and Jimmie are taken to a farm in Fresno to find out how their ancestors were an important part of the local community. We'll learn that in 1915, Katie and Jimmie's great-grandparents owned and operated a vineyard in California's Central Valley. However, in 1941 when Japan attacked the U.S. at Pearl Harbor, President Roosevelt ordered all Japanese Americans on the west coast to be relocated. We'll learn that President Roosevelt's executive order deemed Japanese Americans a national security risk. Katie and Jimmie visit the Fresno Assembly Center Memorial, which stands in remembrance of the 120,000 Japanese Americans made to leave their homes and imprisoned in assembly centers during World War 2. We'll discover that this was an extremely difficult time for Katie and Jimmie's ancestors as detainees were only allowed to bring as many belongings as they could carry to the assembly centers. However, in the face of hardship and humiliation, we'll learn that many in these camps worked to maintain a sense of normalcy. Detainees wrote newsletters in both Japanese and English, and even elected representatives. We'll discover that Katie and Jimmie's ancestor received awards in 1960 and 1967 for founding Japanese American community groups.

[Educational Message: In this episode, Katie and Jimmie learned about the incredible hardships faced by their Japanese American relatives during World War 2. Despite the challenges and

humiliation, we learned that Katie and Jimmie’s ancestors maintained an incredible sense of determination to retain their culture and traditions. Better understanding our past can give us more confidence in our future.]

Airdate: 12/3/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TOP OF THE WORLD [VJG201]

Host Josh Garcia voyages north to Alaska and takes a train to the quaint Alaskan town of Talkeetna, in the shadow of Denali, the tallest peak in North America. Curious about Alaska’s passion for sourdough, Josh first visits a local bakery where he discovers why this celebrated bread is the toast of the town. Sourdough has been traditional in Alaska since the pioneer days, when commercial yeast wasn’t available and a sourdough starter was needed for bread to rise. Sourdough is a culture and a naturally occurring yeast. Then Josh takes a flightseeing tour of Denali and explores one of its magnificent glacial peaks. Denali National Park is 6 million acres, and the Denali summit is 20,310 feet. Then, a team of Iditarod sled dogs takes Josh for the ride of his life!

[Educational Message: Across generations, cultural practices and traditions can transform and take on new functions to adapt to modern practices and ways of life. In time, something that once felt outdated could later feel significant again under a new use in modern culture.]

Airdate: 12/10/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

SHAKE YOUR TAIL FEATHERS! [EDD504]

Today on Earth Odyssey, host Dylan Dreyer will take us on an adventure to the skies to learn how our planet’s fascinating, feathered fledglings of the wild survive and thrive. First up, we’ll meet with a true icon of the African bird world, the ostrich. The planet’s oldest and largest bird, an adult ostrich can weigh more than two-hundred pounds. It’s estimated that the ostrich is roughly seven-times too heavy to be able to fly. Instead, the ostrich uses its wings as rudders to maintain balance and turn direction while running. With a stride of up to fifteen feet, we’ll discover that ostriches can sprint at speeds over forty miles per hour. Next, we’ll learn about a fashionable avian that changes its entire appearance to find the right mate, the long-tailed widow. Also known as the black widow, this bird has a long train of feathers that drag behind it almost like a wedding dress. However, the long-tailed widow does not always have this plumage as it typically appears more like a beige sparrow. During the mating season, the males molt in one of the most incredible ways imaginable as they become completely black but for small red and white markings on their wings. In addition to this color change, they also grow extremely long tail feathers. We’ll also discover that the longer the tail feathers, the more difficult and tiring it is for the bird to fly. We’ll find out that any bird strong enough to overcome this seasonal hindrance is bound to be a suitable, potential partner.

[Educational Message: In this episode, we learned about our planet’s most fascinating avian creatures. On every continent, birds offer us a vivid display of life and color. The beauty and vibrance of their feathers and features play an integral role in how they hunt, mate, and survive.]

Airdate: 12/10/2022

Time:

Duration: 30:00

WILD CHILD

SPRING IN THE STEP [WLC304]

Today on Wild Child, host Sheinelle Jones takes us around the globe to find the blossoming animal babies of spring. First up, we'll travel to the Falkland Islands where we'll spend the morning with a group of Magellanic penguins. Magellanic penguins are regular visitors that migrate to this part of the world during breeding season. Named after the famous explorer, these sea-faring birds are known to travel up to six hundred miles offshore when foraging for food. We'll learn that these birds can be distinguished from other penguins thanks to the white bands that loop over their eyes and run down the sides of their necks. We'll discover that Magellanic penguins can dive down under water as far as two-hundred feet to catch food. Next, we'll visit the plains of North America to learn more about a creature with incredible survival skills, the pronghorn antelope. After the cheetah, pronghorn antelopes are the next fastest animal in the world running at a top speed of fifty-five miles per hour. We'll learn that in addition to speed, pronghorns have impressive vision and are able to spot predators from great distances. We'll also find out that pronghorn antelopes are named for their striking, backwards-curving horns.

[Educational Message: In this episode, we took a journey around the planet to find the most fascinating baby animals of the spring season. At a time of year when the world is showing off its brightest and most beautiful additions, these youngsters truly steal the spotlight as they prepare to take their own adventures and find their place in Earth's wild kingdom.]

Airdate: 12/10/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

URBAN FARMING [HGL107]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how a farm in Atlanta is serving up fresh produce and inspiration for the local community. We'll follow Wham and Hammer as they venture off the court and on to the farm to learn valuable skills in food cultivation and healthy living. We'll learn about heirloom varieties of vegetables and how they represent an unchanged and unmanipulated storyline. We'll also visit with some livestock and learn how goats are critical to the farming process. By eating unwanted vegetation, as well as disturbing and fertilizing the soil, goats create a cycle that allows for new growth and healthier soil. Next, we'll join Wham and Hammer as they help stock and prepare the farmer's market for the day. Here we'll learn how the various fruits and vegetables are carefully weighed and packaged for sale. We'll also find out the importance of pricing to ensure not only profitability but affordability.

[Educational Message: In this episode, we learned how supporting local businesses and farmer's markets can help keep your community thriving. It's important that we eat produce that grows as locally as possible so we can benefit from all the plant's nutrients. We learned that farming organically and eating healthier can be easily achieved in your own backyard with a little hard work.]

Airdate: 12/10/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

RUNNER UP [TPS304]

First, Paralympian Brittani Coury embraces her journey to the top. As a young girl, Brittani Coury used snowboarding to escape her home life. But an injury threatened to keep her off the slopes for good. After multiple surgeries, she returned to snowboarding and eventually won the 2018 Paralympic silver medal in addition to five world cup medals. Inspired by the nurses who helped her, she also decided to study nursing in hopes of paying it forward. Today, Brittani continues to train for snowboarding competitions while maintaining her job as a registered nurse. Next, Johnny Kelley proves that life isn't a sprint, it's a marathon. Running a marathon is one of the most grueling activities for any athlete. In the history of the Boston marathon, there is a legend among legends, John Adalbert "Johnny" Kelley. He won it twice, finished second a record seven times, was in the top ten 18 times, and twice represented the U.S. at the Olympic games. In addition to the Boston Marathon and the Olympics, one estimate placed Kelley at 15 races a year. In his career, Kelley ran 112 marathons, or nearly 3,000 miles.

[Educational Message: The key to a legacy is longevity. Viewers learn the importance of continuing to set new goals after accomplishing others and how it can pay off to literally go the distance.]

Airdate: 12/10/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

THE PRICE OF FREEDOM [RLT306]

Today on Roots Less Traveled, host Faruq Tauheed takes mother and daughter Gwen and Gabrielle to Rockville, Maryland to learn more about their incredible family history. First up, Gwen and Gabrielle visit the Lincoln Cottage in Washington, DC, a home the president used as a retreat from the heat and politics of Capitol Hill. We'll find out that President Lincoln would ride three miles on horseback from the cottage to his office at the White House. Here we'll discover that Abraham Lincoln signed a bill in 1862 that freed all the enslaved persons in the District of Columbia, eight and a half months prior to the Emancipation Proclamation. Gwen and Gabrielle learn that this was the document that freed their ancestor from slavery. Inside the Lincoln Cottage, Gwen and Gabrielle have a chance to reflect on the history that changed their ancestor's lives. We'll discover that the Act of Congress that freed their ancestor in 1862, set the stage for President Lincoln's Emancipation Proclamation of 1863. This executive order changed the legal status of three and a half million people in the secessionist states. Finally, Gwen and Gabrielle will visit an actual battlefield to learn the significant role the U.S. Colored Troops played in the Civil War. Gwen and Gabrielle discover that following the Emancipation Proclamation, their ancestor volunteered at the age of twenty-one to join military service. We'll learn that approximately two hundred thousand African American men joined the Union Army to fight for their freedom.

[Educational Message: In this episode, Gwen and Gabrielle discovered their family's unique connection to the Emancipation Proclamation. Furthermore, they learned that their formerly enslaved ancestor voluntarily joined the military after he was granted his freedom. Discovering this incredible resilience and determination has instilled Gwen and Gabrielle with a new sense of pride for their family roots.]

Airdate: 12/10/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

BAY OF DREAMS [VJG220]

Host Josh Garcia cruises into Kotor, Montenegro, one of the most beautiful bays in the world. Josh spends his day exploring the medieval city. First, he meets a local chef who shows him the ancient method for preparing *sac*, a flavorful specialty native to the country. A sac is a large metal lid in the shape of a shallow bell, and the dish of its same name means “the meal prepared under the bell,” and consists of a roasted meat stewed with potatoes, root vegetables, and herbs. Then, inspired by the city’s limestone landscape, Josh travels to the countryside to learn more about this ubiquitous natural treasure. Limestone terraces are built without any mortar or concrete, but instead by stacking limestone slabs in a tight arrangement. Limestone is a sedimentary rock commonly used in ancient architecture, including the Great Pyramid of Giza. Finally, Josh teams up with some of the country’s top-ranked water polo athletes and makes a big splash learning Montenegro's national sport.

[Educational Message: When traveling an ancient, historic city, walking the historic streets and footpaths can be a great way to walk through history, experience a city like a local, and be physically active while away from home.]

Airdate: 12/17/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VEGETARIAN GIANTS OF THE WILD [EDD505]

Today on Earth Odyssey, host Dylan Dreyer takes us on a safari to find some of Africa’s most magnificent and massive vegetarian mammals. First up, we’ll meet with a herd of African elephants to find out how these vegetarians maintain their enormous figure. We’ll discover that elephants need to consume the equivalent of four to six percent of their body weight every day. For adult elephants, this can mean roughly six hundred and fifty pounds of food per day. According to the location and the season, an elephant will eat anything it finds as long as it’s a plant. We’ll also learn that great size means a great thirst, with elephants needing to drink twenty-five to fifty gallons of water per day. We’ll discover that water is also vital to an elephant’s skin. Since elephants don’t have sweat glands, they rely on mud baths to protect their skin from insects and the heat of the sun. We’ll also learn that elephants are a partially migratory species, traveling up to sixty miles between dry and rainy seasons. Next, we’ll find out more about a massive herbivore that spends most of its time in the water, the hippopotamus. We’ll learn that a hippo can sleep underwater, using its reflexes to come up for air without waking up. We’ll also discover that hippos have a delicate epidermis and no sweat glands, which means it becomes dehydrated far more quickly than any other mammal.

[Educational Message: All of the incredible wildlife around the world can intrigue and impress, but the staggering sizes of Earth’s giant mammals are truly awe inspiring. The ability of these behemoths to adapt and thrive are just some of the reasons why they’re true icons of the wild.]

Airdate: 12/17/2022

Time:

Duration: 30:00

WILD CHILD

ANIMAL BABIES OF BRITAIN [WLC305]

Today on Wild Child, host Sheinelle Jones takes us far and wide across the United Kingdom to discover more about Britain's animal inhabitants. First up, we'll meet a bird that's famous for hovering over this region of the world, the common kestrel. Often found nesting on the ledges of buildings, these petite and precise hunters have adapted well to human impact. We'll learn that female common kestrels can lay between three and seven eggs. We'll find out that only female common kestrels incubate the eggs, while the male is responsible for getting her food. Kestrels hunt by hovering roughly thirty-five to sixty-five feet off the ground as they search for prey. We'll learn that these small but feisty birds of prey are known to live up to a decade in the wild. Next, we'll travel to the gardens and meadows of the United Kingdom to discover more about the fascinating life cycle of a colorful resident, the peacock butterfly. Beginning life as a small, black caterpillar, we'll witness this creature's metamorphosis into a beautiful butterfly. Easily identified by the dramatic "eye" spots decorating the backs of their wings, these patterns are thought to be a defense mechanism. We'll also find out that peacock butterflies will rub their wings together to create a hissing noise to scare off predators. More fascinating, we'll discover that by converting their blood sugar into a form of natural antifreeze, these hearty insects can hibernate through an entire winter season. Capable of surviving almost an entire year, we'll learn that this species is one of the longest living and most majestic butterflies in the United Kingdom.

[Educational Message: In this episode, we took an adventure to see the beauty of Britain's baby animals. For such a small part of the world, the United Kingdom is home to an unexpectedly vast and vibrant array of wildlife as diverse as the landscape itself.]

Airdate: 12/17/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

H-A-R-L-E-M SPELLS HARLEM [HGL105]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson takes us to the lake to go fishing with the Globetrotters, then we learn more about food preparation for space. First up, Coach Lou, Wham, Hammer, TNT and Torch head to the outdoors for a fishing excursion. We'll find out that being in nature generates calmness, joy, creativity, and better concentration. Here we'll learn that fishing requires the five essentials of rod, line, bait, hook, and reel. We'll learn that fishing for largemouth bass is more successful when using live bait. With an average length of sixteen inches, the longest largemouth bass on record is just over thirty-eight inches long. We'll discover that fishing is a great outdoor activity that can teach you to have more patience and dedication. Next, we'll meet with NASA's Executive Chef to find out more about the latest innovations in space food. We'll learn that longevity and sustainability of the food are most critical when it comes to potentially lengthy space missions. We'll also discover that due to reduced gravity conditions, an astronaut's taste buds are not as effective when in space.

[Educational Message: In this episode, we learned that taking time to enjoy nature is important to both your physical and mental health. We found out that an activity as simple as fishing can teach us how to be more patient and reflective with our time. It's important that we take time in our daily lives to stop and smell the roses.]

Airdate: 12/17/2022

Time:

Duration: 30:00

**ONE TEAM: THE POWER OF SPORTS
STICK IT [TPS305]**

First, being a mom is a hard job, but being a mom while competing on the LPGA Tour is a whole other story. The first mom to win a major championship was Susie Maxwell Berning. After her, it was only Nancy Lopez, Juli Inkster, and Catriona Matthew. But raising a child was sometimes a factor for some of the sport's all-time greats to step away from the game. In 1993, the LPGA tour became the first sports league in the world to offer a free traveling daycare to players and staff, and allowed players to freeze their status for up to two years to focus on family. Next, when Zac Bell's dream of making it to the NHL was cut short by injury, he found ways to inspire with some amazing stick tricks. Zac took to hockey from a young age and signed a contract with the NCDC in Maine to pursue a future in the NCAA. Unfortunately, multiple head injuries resulted in a need to reinvent the path forward. Instead, Zac found a way to fill the void by creating content videos to inspire people to get involved in the sport. With hundreds of thousands of followers all over social media, Zac is bringing the love of hockey to new fans every day.

[Educational Message: Making the most of challenging circumstances can pay off in the long run. Viewers learn that aspirations don't have to be put on hold because of life events, even if things end up looking different than before.]

Airdate: 12/17/2022

Time:

Duration: 30:00

**ROOTS LESS TRAVELED
CONNECTING TO THE PAST [RLT108]**

Today on Roots Less Traveled, Host Faruq Tauheed takes us back to look at some of our most memorable moments. First, we'll follow Rob and Michelle to Mexico City. Their journey includes a trip to the ornate National Palace where they learn that their second cousin Ernesto gave the keys to Mexico City to President John F. Kennedy. Rob and Michelle also discover that their third cousin Manual Uruchurtu died on the Titanic, after giving up his seat on a lifeboat to a woman in need. Next, we go to Cuba where uncle and nephew Al & Jr. bond while learning that Al's grandfather Joseph Barlow owned thirty-two blocks in downtown Havana. We'll learn that Joseph Barlow once owned the Barlow-Cuba Company of Havana. Appraised at over \$4 million during the early 1900's, the Barlow-Cuba Company was an extremely successful business. But due to an unfortunate turn of fate, Joseph Barlow lost his riches in a political coup. Finally, we go on a historical Tennessee adventure with mother and son Sharee and DeVonn. At a visit to the Tennessee Supreme Court, Sharee and DeVonn will learn that their four-times great grandfather Larkin Ford was part of an 1840s landmark Tennessee court case. Larkin Ford was a slave whose owner granted him his freedom and left him property in his will years before the Emancipation Proclamation declared an end to slavery in the United States. Although the will was contested, the court ultimately ruled in Larkin Ford's favor, and he went on to become a delegate in the Republican Party, helping to elect African American officials into Tennessee government.

[Educational Message: By learning more about our past, we can learn more about ourselves and where we come from. In this episode, we witnessed several stories of family members discovering incredible information about their historical roots that was previously unknown. By filling in the gaps of their history, these family members are able to forge stronger connections with each other in the present.]

Airdate: 12/17/2022

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 sauteed 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: 12/24/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

A CLOSE UP WITH CRUSTACEANS [EDD506]

Today on Earth Odyssey, host Dylan Dreyer takes us beneath the waves to discover more about our planet's weird and wonderful crustaceans. First up, we'll learn that there are approximately fifty thousand species of crustaceans on Earth. We'll find out that they all share one defining characteristic, their external skeleton or carapace. Here we'll witness molting, the process by which these fascinating creatures grow. Molting involves the shedding of the old shell and the regeneration of the new one. Crustaceans molt because their old shell has become too small. We'll find out that this process happens frequently when the creature is younger and less so as it grows older. We'll learn that the molting process begins with the crustacean resorbing calcium from its current exoskeleton. Next, we'll spend time with a fascinating crustacean, the porcelain crab. Along with its huge claws, we'll find out porcelain crabs also sport other sophisticated appendages. Porcelain crabs have feathery, fan-like mouth parts which act as makeshift fishing nets for feeding. This ingenious system enables these crabs to efficiently filter the plankton they feed on. We'll also learn that to flee from predators, porcelain crabs can detach a limb from their body if attacked.

[Educational Message: For every species of animal, survival is a unique endeavor. Each has their own

individual traits that give them the best chance to succeed, and crustaceans are no exception. These weird but wonderful ocean wanderers offer a new perspective of what it means to thrive in the wild.]

Airdate: 12/24/2022

Time:

Duration: 30:00

WILD CHILD

SPLISH, SPLASH, WATER BABIES [WLC306]

Today on Wild Child, host Sheinelle Jones takes us around the globe to see the wild water babies under the waves. First up, we'll learn more about an aquatic animal that stands out from the rest, the cuttlefish. Not actually a fish, we'll discover that cuttlefish are part of the same group as octopus and squids known as cephalopods. Along with being impressive ink squirters, these creatures are renowned for their camouflaging abilities and high levels of intelligence. We'll learn that these animals are so brilliant they can even count and remember what, where, and when they last ate. As hatchlings, cuttlefish are completely independent and are capable of using their tentacles to hunt and feed. Next, we'll discover more about some of the most stylish and graceful birds in the animal kingdom, swans. Always a popular sight for bird enthusiasts, these elegant creatures are often found dabbling in search of food as they calmly wade across the water's surface. Due to their mostly monogamous behavior, we'll learn that swans are often regarded as a symbol of romance. Sporting wingspans up to ten feet, we'll find out that swan parents are fiercely protective and won't hesitate to take on any potential predators.

[Educational Message: In this episode, we took a deep dive into Earth's wet wilderness to get a closer look at the most wonderful water babies around. Life in our oceans, rivers, and lakes is fast paced and changes as often as the tide. But it's full of amazing animals that have learned to react and adapt to their free-flowing environment.]

Airdate: 12/24/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

CLASSIC PRECISION [HGL106]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how Coach Lou and the players help create a greenspace in southside Chicago, then Wham and Bulldog uplift a group looking to make a fresh start. First up, we'll learn about an inspirational program that's turning empty sites into greenspaces. We'll discover that greenspaces and urban beautification projects can improve quality of life and help decrease depression and thoughts of worthlessness. We'll witness how this uplifting initiative turns once dilapidated spaces into beautiful places for the whole community to share and enjoy. Next, we'll travel to Florida to learn about an incredible group that's helping homeless people get back on their feet. We'll find out that this group combats homelessness with the power of fitness and community support. We'll learn that consistency is key as the program begins with a morning run every day. We'll discover that running can help improve sleep, brain health, confidence, and even reduce anxiety.

[Educational Message: In this episode, we learned about the importance of creating greenspaces in urban areas. We discovered that being in green environments is known to boost various aspects of thinking, including attention, memory, and creativity. We should all do our part to create and keep greenspaces in our everyday lives.]

Airdate: 12/24/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

ON THE RUN [TPS306]

First, Valerie Rogosheske tells her story about being one of the first women to run the Boston Marathon. Over 30,000 of the world's best runners head to New England every April to compete in the marathon. Except women weren't allowed to run the race until 1972, when Valerie and 7 other women became the first to officially enter. Now, Valerie celebrates 50 years of progress for women by running with her two daughters Abby and Allie. Next, Paralympian Tyler Carter gives a tour of the U.S. Olympic and Paralympic Museum in Colorado Springs. The Museum has three levels of artifacts, technology, videos telling the stories of our U.S. Olympians and Paralympians. The U.S. has won more Olympic and Paralympic medals than any other nation, with an abundance of athletes that make up the country's rich history in the games.

[Educational Message: Sports history has a long list of champions and role models who have paved the way for others. Viewers learn that simply showing up can have radical effects and create lasting change for future generations.]

Airdate: 12/24/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

WATCH ALONG WITH EVAN & SCOTT [RLT202]

Today on Roots Less Traveled, we'll be watching along with Evan and Scott to discover more about their incredible experience together in Billings, Montana. In this episode, Evan and his grandson Scott will reflect on how this unique journey has changed their lives for the better. Beginning their adventure in Montana, the duo learned that Evan's great-grandfather was an integral part of the U.S. western states expansion of 1862 and had even cultivated a 160-acre farm. We discovered that this was made possible by the Homestead Act, which was signed into law by President Abraham Lincoln in 1862. Here we'll find out that this revelation sparked an interest in Scott to research and learn more about the history of homesteading in the United States. But closer to Evan's heart, he learned that two of his uncles who he had met when he was a child, were both prisoners of war in WWII. Even more fascinating, Evan and Scott discover that both of their uncles received Purple Hearts. Following this discovery, Evan and Scott deeply connected while visiting the Montana Purple Heart Memorial to honor their veteran relatives. Throughout this journey, Evan and Scott uncovered previously unknown information about their family heritage. While they've gained a wealth of knowledge, we'll learn from Evan and Scott that simply experiencing this adventure together was the true takeaway that's made their bond even stronger today.

[Educational Message: In this episode, we took a look back at Evan and Scott's journey of discovery in Billings, Montana. For Scott, we discovered how this experience helped spark an interest in American history that continues today. For Evan, we witnessed the powerful and emotional connection to his uncles and his military past. However, we learned the true gift of the journey was the deeper bond that formed between Scott and his grandfather.]

Airdate: 12/24/2022

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MONKEYING AROUND [VJG222]

Host Josh Garcia heads to the country of Panama and transits through its famous canal, an impressive feat of modern engineering. Upon arriving, he tours the historic district of Panama City, exploring the area's beautifully preserved, old-world charm. Josh learns how the city continues to change and reinvent itself with time. Panama City is the only capital city that has a rainforest within its city limits, and Josh visits Monkey Island, where he gets up-close and personal with the country's most adorable, and sometimes mischievous, inhabitants. The white-faced capuchin is the main species that lives on this island, and is believed to be one of the most intelligent monkeys in the world. Finally, he meets the Embera people, an indigenous tribe, currently living in the Chagres National Park located 25 miles from Panama City. Josh tours their structures and learns about their traditional lifestyle in the remote regions of Panama's rainforest. The Embera tribe has lived in this exact location for over fifty-five years, and in Panama for about five hundred years.

[Educational Message: The Panama Canal is an engineering marvel, built on the narrowest part of Central America, allowing for a direct line of travel from the Atlantic to Pacific Ocean. Visiting remote locations to learn about a simpler way of life can help you gain a new appreciation for modern conveniences we often take for granted.]

Airdate: 12/31/2022

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

A HABITAT FOR THE HOLIDAYS [EDD507]

Today on Earth Odyssey, host Dylan Dreyer takes us on an adventure to see how the wildlife of Africa spend their Yuletide season. First up, we'll start the December morning discovering more about the plant life of Africa. Everywhere there are signs that the rainy season has brought lush blooms. We'll take a closer look at the colorful flowers of the Mimosa cinerea, also known as the Kalahari Christmas tree. We'll learn that this festive tree flowers every year at precisely the same time of year. We'll also find out more about another iconic tree of Africa, the acacia. These living landmarks of the savanna have a fascinating defense mechanism to ward off any hungry herbivores. We'll discover that acacia trees poison their leaves and release ethylene gas to alert nearby trees of a possible plant-eater. Next, we'll find out what's lurking in the patches of "snow" attached to a variety of trees and grasses above the waters. These odd, foam-like substances belong to an incredible amphibian, the gray tree frog. Here we'll witness how males and females work together to create this foamy substance. What may look like whipped egg whites will soon harden and form a nest for the female to lay her eggs. We'll discover that female gray tree frogs can lay one thousand to two thousand eggs at a time. The tadpoles will be born inside the foam nest and then fall into the water below to continue the transformation process. We'll learn that this process will take several weeks for the tadpoles fully mature into their tree dwelling, adult counterparts.

[Educational Message: On every continent, changing seasons provide a spectacle of ingenuity among animals. Species must work to survive the cold and avoid the heat. No matter the temperature, moments of calm and safety show us the beauty of the animal kingdom.]

Airdate: 12/31/2022

Time:

Duration: 30:00

WILD CHILD

FALL INTO THE WILD! [WLC307]

Today on Wild Child, host Sheinelle Jones takes us around the planet to spend time with the awesome baby animals of autumn. First up, we'll visit the jungles of Southeast Asia to discover more about a playful primate, the Assam macaque. Like other primates, Assam macaques are social animals and will live together in groups of ten to fifteen individuals. Here we'll witness the grooming and eating habits of a troop of macaques. Apart from fruit, we'll learn that macaques will eat flowers and leaves. Macaques are "matrilineal," meaning that social hierarchy is based on female-determined family lines. We'll also discover that macaques have one of the most expressive faces in the animal kingdom and are able to communicate using only looks. Next, we'll learn about an incredibly fascinating insect, the monarch butterfly. Monarchs have a wingspan of about four inches and flap their wings slower than other butterflies. We'll learn that the bright orange coloring of a monarch butterfly's wings signifies to predators that they are dangerous. As harmless as they might look, these delicate insects are extremely toxic due to poisonous milkweed plants they feed on. We'll discover that monarch butterflies in North America will fly about twenty-five hundred miles to reach Southern California and Mexico for winter.

[Educational Message: In this episode, we traveled the globe in search of the baby animals of autumn. These colorful creatures have learned to use the changing seasons to their advantage while they prepare for the harsh cold of winter. Although each might have its own method, they all are seasoned pros when it comes to making the most out of fall.]

Airdate: 12/31/2022

Time:

Duration: 30:00

HARLEM GLOBETROTTERS: PLAY IT FORWARD

URBAN FARMING [HGL107]

Today on Harlem Globetrotters: Play it Forward, host Craig Robinson shows us how a farm in Atlanta is serving up fresh produce and inspiration for the local community. We'll follow Wham and Hammer as they venture off the court and on to the farm to learn valuable skills in food cultivation and healthy living. We'll learn about heirloom varieties of vegetables and how they represent an unchanged and unmanipulated storyline. We'll also visit with some livestock and learn how goats are critical to the farming process. By eating unwanted vegetation, as well as disturbing and fertilizing the soil, goats create a cycle that allows for new growth and healthier soil. Next, we'll join Wham and Hammer as they help stock and prepare the farmer's market for the day. Here we'll learn how the various fruits and vegetables are carefully weighed and packaged for sale. We'll also find out the importance of pricing to ensure not only profitability but affordability.

[Educational Message: In this episode, we learned how supporting local businesses and farmer's markets can help keep your community thriving. It's important that we eat produce that grows as locally as possible so we can benefit from all the plant's nutrients. We learned that farming organically and eating healthier can be easily achieved in your own backyard with a little hard work.]

Airdate: 12/31/2022

Time:

Duration: 30:00

ONE TEAM: THE POWER OF SPORTS

LEAVING A LEGACY [TPS307]

First, Tracy Perlman began working in the NFL offices in 1992, 30 years later she climbed the ranks to become Senior Vice President of Player Operations. In that role she's made it her mission to help every single NFL veteran who wants to improve themselves and their community find their path. The average NFL career is just 3.3 seasons, and the Legends Community was created to build that brotherhood among retired NFL players to create a community. Players are people too with causes that are near and dear to them, and Tracy is in support and service to players to empower them to lead on and off the field. In 2021, over 900 players participated in My Cause My Cleats, raising money for charities. Next, we learn how Allyson Felix balances life as a mother and as an Olympian, and she explains how she found a new purpose to succeed after becoming a mother. The 100 meter sprint is the shortest race in the Olympics, and Allyson Felix is already the most decorated female athlete in U.S. track and field Olympic history.

[Educational Message: Athletes who lead on and off the field can be in service to the betterment of others when they support causes that are important to them. Viewers learn how athletes continue to lead beyond the sport with the support of others and how to handle pressure when competing at a high level.]

Airdate: 12/31/2022

Time:

Duration: 30:00

ROOTS LESS TRAVELED

WATCH ALONG WITH TAMMY & JULIAN [RLT204]

Today on Roots Less Traveled, we'll be watching along with Tammy and Julian as they revisit their fascinating journey of discovery in Brooklyn, New York. In this episode, we'll find out how their shared experience led to an even stronger bond that Tammy and Julian have today. The adventure begins when Tammy and Julian learn that they are related to undertaker John Baisley, who helped the city bury its dead during the Yellow Fever epidemic in 1856. Since the city of Brooklyn was so densely populated, hundreds died during this time and others left their homes and abandoned the city. We'll learn that while many were fleeing the city, John Baisley stayed in Brooklyn to help nurse the sick and dying, in most cases rendering his services without expecting or receiving any pay. Tammy and Julian also learn that they have direct ties to James Howell, a former Mayor of Brooklyn who served from 1878-1881. Not only was James Howell the 19th Mayor of Brooklyn, he also owned a large iron works company and became an integral part in building the iconic Brooklyn Bridge. This revelation instilled Tammy with a great sense of pride for her ancestral roots that were previously unknown. To learn more about their ancestor's iron works company, Tammy and Julian visit a blacksmithing shop to discover what it would've been like to work as a blacksmith during that time. Here we'll witness the bond between aunt and nephew strengthen as Tammy and Julian walk a day in their ancestor's shoes. Inspired to learn more about their rich family heritage, Tammy and Julian plan to return to New York City and walk across the Brooklyn Bridge together to locate James Howell's honorary plaque.

[Educational Message: In this episode, we took a look back at Tammy and Julian's journey through New York City. We found out that this experience not only had a strong impact on their relationship, but also gave Tammy and Julian a new sense of pride in their family history. Discovering that their

roots run much deeper than they had previously known, Tammy and Julian are inspired to learn and share more of this history with their family.]

Airdate: 12/31/2022

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.]

For 4th Quarter 2022

October 1, 2022 – December 31, 2022

IN ADDITION TO THE FOREGOING CORE PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER, FOR THE 4TH QUARTER OF 2022, THE FOLLOWING OTHER PROGRAMMING CONTRIBUTED TO THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN, BUT WAS NOT SPECIFICALLY DESIGNED TO MEET THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN:

NBC NIGHTLY NEWS WITH LESTER HOLT: KIDS EDITION

4th Quarter 2022 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2022

Air Date	Start Time	Program	Promo Title	House #	Air Time
10/01/2022	09:00:00 a	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	09:23:55 a
10/01/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	09:53:55 a
10/01/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	10:24:25 a
10/01/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	10:54:25 a
10/01/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	11:24:25 a
10/01/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	11:54:25 a
10/08/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	10:24:25 a
10/08/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	10:54:25 a
10/08/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	11:24:25 a
10/08/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	11:54:25 a
10/08/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	12:23:55 p
10/15/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	09:54:25 a
10/15/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	10:24:25 a
10/15/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	10:54:25 a

10/15/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	11:24:25 a
10/15/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	TL22A0004W02H_TLMD_S YM 22 - ANTHEM ENGLISH #1_CUSTOM SYMPHONY_:15	TRLG478699H	11:54:25 a
10/15/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	TL22A0007W04H_TLMD_S YM 22 - ANTHEM ENGLISH #2_CUSTOM SYMPHONY_:15_REV	TRLG478708H	12:23:55 p
10/22/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	09:54:25 a
10/22/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	10:24:25 a
10/22/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	10:54:25 a
10/22/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	11:24:25 a
10/22/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	11:54:25 a
10/22/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	12:23:55 p
10/29/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	09:54:25 a
10/29/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	10:24:25 a
10/29/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	10:54:25 a
10/29/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	11:24:25 a
10/29/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	11:54:25 a
10/29/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	12:23:55 p

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2022

Air Date	Start Time	Program	Promo Title	House #	Air Time
11/05/2022	09:00:00 a	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	09:23:55 a

11/05/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	09:54:25 a
11/05/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	10:24:25 a
11/05/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	10:54:25 a
11/05/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: BOXES :15	015GN08NBC13022H	11:24:25 a
11/05/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	NEWS NBC NEWS: PLAN YOUR VOTE: QUESTIONS :15	015GN08NBC14022H	11:54:25 a
11/12/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	09:54:25 a
11/12/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	10:24:25 a
11/12/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	10:54:25 a
11/12/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	11:24:25 a
11/12/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	11:54:25 a
11/12/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15	ZNBC20198H	12:23:55 p
11/19/2022	08:30:00 a	NBC NEWS - NIGHTLY NEWS FOR KIDS	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	08:40:53 a
11/19/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
11/19/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a
11/19/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
11/19/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
11/19/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:23:55 p
11/19/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p

11/26/2022	09:30:00 a	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	09:54:25 a
11/26/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
11/26/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a
11/26/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
11/26/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
11/26/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:23:55 p

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2022

Air Date	Start Time	Program	Promo Title	House #	Air Time
12/03/2022	08:30:00 a	NBC NEWS - NIGHTLY NEWS FOR KIDS	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	08:40:53 a
12/03/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
12/03/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a
12/03/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
12/03/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
12/03/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:24:25 p
12/03/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p
12/10/2022	08:30:00 a	NBC NEWS - NIGHTLY NEWS FOR KIDS	PSA 2022 The More You Know, Environment Roker Dreyer :15	ZNBC22103H	08:40:53 a
12/10/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
12/10/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a

12/10/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
12/10/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
12/10/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:24:25 p
12/10/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p
12/17/2022	08:30:00 a	NBC NEWS - NIGHTLY NEWS FOR KIDS	PSA 2022 The More You Know, Mental Health Snow Sellers :15	ZNBC22104H	08:40:53 a
12/17/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
12/17/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a
12/17/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
12/17/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
12/17/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:24:25 p
12/17/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p
12/24/2022	08:30:00 a	NBC NEWS - NIGHTLY NEWS FOR KIDS	PSA 2022 The More You Know, Environment Roker Dreyer :15	ZNBC22103H	08:40:53 a
12/24/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
12/24/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:54:25 a
12/24/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:24:25 a
12/24/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
12/24/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:24:25 p
12/24/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p

12/31/2022	10:00:00 a	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	10:24:25 a
12/31/2022	10:30:00 a	TMYK WILD CHILD 30 MIN (4 SEG)	PSA 2022 The More You Know, Mental Health Snow Sellers :15	ZNBC22104H	10:54:25 a
12/31/2022	11:00:00 a	TMYK HARLEM GLOBTROTTERS: PLAY IT FORWARD 30 MIN (4 SEG)	PSA 2022 The More You Know, Environment Roker Dreyer :15	ZNBC22103H	11:24:25 a
12/31/2022	11:30:00 a	TMYK ONE TEAM: THE POWER OF SPORTS 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	11:54:25 a
12/31/2022	12:00:00 p	TMYK ROOTS LESS TRAVELED 30 MIN (4 SEG)	PSA 2022 The More You Know, Environment Roker Dreyer :15	ZNBC22103H	12:24:25 p
12/31/2022	12:30:00 p	TMYK THE VOYAGER WITH JOSH GARCIA 30 MIN (4 SEG)	PSA 2022 The More You Know, Anthem :15	ZNBC22101H	12:54:25 p

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 2022

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.