

April 2, 2020

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 1st quarter of 2020. 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 1st quarter of 2020 and those planned for the 2nd quarter of 2020.
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.
4. Public service announcements targeted to children 16 and under.
5. Non-broadcast efforts that enhance the educational and informational value of NBC Network programming to children.

The regularly-scheduled children's programming and promotional content furnished to you by the NBC Network during the 1st quarter of 2020 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  
(212) 664-6858  
[karen.peled@nbcuni.com](mailto:karen.peled@nbcuni.com)

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

1st QUARTER 2020  
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES  
[AGE TARGET 13-16]  
January 1, 2020 – March 31, 2020

In the 1st Quarter of 2020, 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 are no current plans to change the lineup from the previous quarter, and there will continue to be two half hours of *Earth Odyssey with Dylan Dreyer*.

#### EARTH ODYSSEY WITH DYLAN DREYER

Earth Odyssey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Earth Odyssey with Dylan Dreyer will take viewers on an incredible journey to the wildest points on the globe, uncovering the connection between the environment, the wildlife, and the human beings that surround them. Hosted by Meteorologist Dylan Dreyer, Earth Odyssey with Dylan Dreyer will reveal a new destination each week, ranging from Africa, Indochina, the Middle East, and many untamed islands around the world. Audiences will come face-to-face with fascinating native animals, some cute and some dangerous, while educating teen viewers with amazing facts about nature and wildlife. Earth Odyssey with Dylan Dreyer gives audiences a captivating look at the symbiosis between all living things, in the most larger-than-life places on Earth.

#### CONSUMER 101

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

#### A NEW LEAF

A New Leaf is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Hosted by Daisy Fuentes, A New Leaf will follow everyday people on the cusp of key life inflection points, using family history, genealogy, and sometimes DNA

analysis to help guide them on their journey of self discovery. Along the way, viewers will learn about different cultures as our featured guest uncovers new information about their family's heritage. Each week, A New Leaf will teach viewers the importance of appreciating and understanding their family history in order to make important decisions to enact positive changes in their lives.

#### VETS SAVING PETS

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

#### THE CHAMPION WITHIN

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

2nd QUARTER 2020  
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES  
[AGE TARGET 13-16]  
April 1, 2020 – June 30, 2020

In the 2nd Quarter of 2020, 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. New series *Roots Less Traveled* will be replacing *A New Leaf* at the beginning of the 2<sup>nd</sup> Quarter. There will continue to be two half hours of *Earth Odyssey with Dylan Dreyer*.

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## 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.

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**“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]  
January 1, 2020 – March 31, 2020**

Airdate: 1/4/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**ANDES [EDD211]**

Today on Earth Odyssey, host Dylan Dreyer takes us to the peak of South America to the Andes Mountains. Despite steep slopes, frequent earthquakes, and centuries of heavy rain, the remains of ancient cities survive in the Andes. The climate fuels rapid plant growth and most of the ancient remains have long been reclaimed by nature. First, we'll visit the remains of an ancient city known as Machu Picchu, the lost city of the Incas. We'll discover that Machu Picchu is made up of more than one-hundred and fifty buildings including baths, houses, temples, and sanctuaries. Research has shown that a complex balance existed between the Incas and the world around them. Next, we'll visit with modern-day descendants of the Incas, the Quechuan people. We'll learn that their ability to survive at this high altitude is primarily due to their reliance on livestock. We'll discover how the llama is of critical importance to the Quechuan people. The llama is one of the oldest domesticated animals and provides food, clothing, and transport to the Quechuan people. Finally, we'll meet one of the top predators of the Andes, the puma. Due to the presence of a large food source, pumas are more common in the Andes than anywhere else in their range. We'll also discover that pumas have excellent night vision that helps them locate prey in the darkness.

**[Educational Message: The Andes is a mountain range of incredible diversity, it forms South America's backbone, and contains some of the most hostile habitats on Earth. But on every slope, at every altitude, life has found a way to exist.]**

Airdate: 1/4/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

## **PHILIPPINES REVISITED [EDD212]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Philippines where we find some of the most fascinating wildlife in the animal kingdom. The Philippines are a chain of tropical islands in the Western Pacific Ocean and is home to some of the world's most exotic wildlife. First up, we'll learn about one of the most complex ecosystems in the Philippines, mangrove forests. Where saltwater meets freshwater, it creates a unique and unforgiving environment. Here we'll discover that mangroves can absorb and contain more carbon from the atmosphere than terrestrial forests. We'll also learn that mangroves contribute to ocean acidification, which in turn can help prevent coral bleaching. Here we'll follow a group of locals from this region and witness as they forage for food and supplies in the mangrove forests. Next, we'll travel to another mangrove forest on the island of Bohol. Here we'll watch a troop of long-tailed macaques as they navigate the twisted mangroves in search of food. We'll discover that long-tailed macaques, who spend most of their time in trees, can leap over sixteen feet at a time. Long-tailed macaques are primarily frugivorous, which means their diet consists mainly of fruit. Finally, we'll learn more about the various insects that inhabit the Philippines. Here we'll witness the behavior of fireflies under the cover of night. We'll learn that despite their name, fireflies are actually a type of beetle. We'll discover that the flash of light emitted by fireflies occurs due to a chemical reaction inside the fly's body.

**[Educational Message: The Philippines are home to some of the rarest animals on Earth, as well as some of the most unusual. Since these ancient islands have been left largely isolated and undisturbed, unique and fascinating species have been able to flourish uninterrupted. When spending time in nature, we should always practice Leave No Trace and do our best to limit our impact on the environment.]**

Airdate: 1/4/2020

Time:

Duration: 30:00

**CONSUMER 101**

## **SOUND CHECK [CNR206]**

Host Jack Rico and the experts at the testing labs show us how car tires are tested on ice, teach us about new technology with headphones, and explain how to get the most out of your vacuum cleaner. First up, we'll be joining the auto experts on an ice hockey rink to perform tire testing and evaluate how well various types of tires stop on ice. We learn that using an indoor ice rink for this test provides a controlled setting for testers to accurately measure the performance of different tires. Here we'll discover the unique differences between all-season tires, winter tires, and summer tires. Next, we'll learn what to look for when purchasing a new pair of headphones. New technology has introduced a wide variety of different types of headphones. We'll join an expert to learn how headphones are scientifically tested and measured. We'll get tips on how to choose the best headphones depending on your lifestyle. Finally, we'll learn about the scientific testing that goes into assessing the capabilities of vacuum cleaners. We'll discover how testers experiment with vacuum cleaners by simulating different sized particles of debris that may be found in your home. Here we learn how consistency is important to testing and that all vacuum cleaners need to clean the same amount of debris to accurately compare various models. After putting the vacuum cleaners through their paces, we learn that it's important to choose the right model for your cleanup needs.

**[Educational Message: In this episode, we learned why it's important to have the proper tires on your car depending on the driving conditions. We discovered that winter tires provide much greater stopping ability than all-season tires in icy conditions. Always be sure your car is maintained and suitable for driving in any condition.]**

Airdate: 1/4/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **THE LION'S SHARE [VSP206]**

Today on Vets Saving Pets, a lion at the local zoo is having dental problems, a Shih Tzu is having trouble staying balanced on its feet, and an aging Golden Retriever has developed skin issues. First up, a team of veterinary specialists have a special off-site patient to visit at the local zoo, an elderly lion named Rowdy. The staff at the zoo have noticed that Rowdy hasn't been chewing his food normally. The team will have to administer an anesthetic to get a closer, safer look at the big cat. Once properly sedated, Dr. French, the clinic's veterinary dentist, examines Rowdy's mouth and discovers that he has broken one of his canine teeth. Dr. French will have to work quickly and carefully to successfully extract the broken tooth. Next, a Shih Tzu named Max arrives at the clinic with serious mobility issues. Dr. James, the clinic's neurologist, suspects that Max is having vestibular issues causing his equilibrium to be thrown off. Here we learn how the vestibular system is responsible for telling our brains that we are moving and in which direction. After an overnight stay for further monitoring, Max's condition continues to worsen. Dr. James recommends performing an MRI to confirm the root cause of Max's balance problems. Finally, an aging Golden Retriever named Tandi is brought to the clinic suffering from persistent skin issues. Dr. Waisglass, the clinic's dermatologist, examines Tandi's body to determine what may be causing the recurring skin problems. Dr. Waisglass, using simply a piece of tape, takes samples from various parts of Tandi's body for testing. Using a microscope, Dr. Waisglass will examine the skin samples for parasites and bacteria.

**[Educational Message: Choosing a career in veterinary medicine will introduce you to a variety of animal patients both big and small. In this episode, we learned that veterinarians should always be prepared for all types of patients, including wild animals.]**

Airdate: 1/4/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **A FAMILY LOSS [ANL106]**

Today on A New Leaf, after the sudden loss of his mother, Craig Victor vowed to learn more about his family tree, for himself and his siblings. With the help of host Daisy Fuentes, Craig starts digging into his family history. He soon discovers several things about his ancestors that he didn't know, and can't wait to share them with his family. As Craig embarks on his journey to discover more about his past, he would like to know more about his parents' relatives and their family's journey to America. Craig soon discovers that his family on his mother's side were in the garment business in New York City during the early 1900's. Inspired by this revelation, Craig visits a working textile factory to learn more about what life was like for garment workers during that time. Craig discovers that early textile factories were unventilated and extremely hot due to the large machinery, which led to the term "sweatshop." However, after a tragic fire that became one of the deadliest workplace disasters in history, new reforms and regulations would change

the industry and create safer work environments for Americans. Moved by these fascinating historical facts of his family's past, Craig now has the information he needs to share with his siblings.

**[Educational Message: Connecting with your family past can help ground you in the present. After losing both of his parents, Craig was determined to fill in the gaps of his history and learn more about his family tree. By discovering the fascinating details of his past ancestors, Craig is now able to share this information with his siblings. This experience will help provide a new outlook on life and strengthen his bond with his siblings.]**

Airdate: 1/4/2020

Time:

Duration: 30:00

### **THE CHAMPION WITHIN**

#### **HOPE AGAINST THE ROPE [HOC406]**

First, we meet rising boxing star Jesselyn Silva, an honor roll student who is also a two-time Junior Olympic champion. We see how Jesselyn appreciates her father's support and how she chooses to work hard in the gym instead of playing with her friends, a sacrifice she's happy to make to pursue her dream of making it to the 2024 Olympic Games. Though her record isn't perfect, Jesselyn views losses as lessons rather than letting those disappointments deter her from pursuing her passion. Next, we see how Jason Enloe's golf family at SMU rose to the occasion when he needed their support after losing his wife to cancer. Then, we learn how women's golf has grown in South Korea after Se Ri Pak's success in the sport. With Se Ri as their inspiration, the next generation of South Korean golfers now dominate the LPGA Tour. Last, we see how Steve Page stepped up for his community after wildfires tore through Sonoma County, CA. As president of Sonoma Racing, Steve opened up the Sonoma Raceway to evacuees, giving people a place to go when they had nowhere to turn. Viewers learn the importance of helping others in their community, and how one act of kindness can impact many.

**[Educational Message: Hard work and determination are important in the pursuit of excellence, but it's okay to not be perfect all the time. It's important to be there for your friends when they're going through a difficult time; we all need support at certain points in our lives. When you succeed, be mindful that you may become a role model for others following in your footsteps.]**

Airdate: 1/11/2020

Time:

Duration: 30:00

### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **BEST OF: SOUTH AMERICA [EDD213]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to South America to explore more of this fascinating part of the globe. South America is home to a vibrant and fertile ecosystem supported by the Amazon and Orinoco Rivers. First, we learn that the Orinoco River curls around the Northeast corner of South America, draining more than three hundred and eighty thousand square miles of Venezuela, Colombia, and Brazil. At the river's mouth, the Orinoco Delta stretches three hundred miles along the coast of Northeast Venezuela. We'll also discover that the wet and dry seasons of the Orinoco River's climate are controlled by the north to south migration of trade winds. Next, we visit the Amazon which covers three million square miles of South America. Today, sixty percent of the Amazon lies in Brazil, while the remaining forty percent is spread across eight more countries. This vast rainforest straddles the equator making it permanently hot and wet, the ideal conditions for creating and maintaining life. Here we'll meet a



group of red howler monkeys that call the Brazilian Amazon home. Weighing in as one of the heaviest monkeys in the forest, we'll witness how these animals have adapted to a life in the trees. Finally, we'll meet the only people to have made the Orinoco Delta their permanent home. Known as the "canoe people," the Warao have chosen a precarious way of life on the Orinoco. Here we'll learn how these people have designed and constructed their homes to withstand the twice daily floods that occur. However, we'll discover that these riverside homes are not permanent. When the support timbers rot or food becomes scarce, the nomadic Warao people will seek out a new home.

**[Educational Message: The many long-time locals of the Orinoco give back to the river as much as they receive, continuing a tradition as old and beneficial as the river itself. The Orinoco River holds many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]**

Airdate: 1/11/2020

Time:

Duration: 30:00

### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **BEST OF: ISLANDS [EDD214]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of our favorite islands from around the world. First up, we'll journey back to Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth's species. First up we'll meet a group of proboscis monkeys and learn more about their jungle habitat. We'll discover that proboscis monkeys are named for their noses, where "proboscis" means a long, flexible snout. Next, we'll travel back to Thailand. Thailand was previously known as "Siam" from the 12th century until it was renamed "Thailand" in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. Here we'll meet a predator that sits at the top of the food chain, the Indochinese tiger. We'll learn that Thailand is thought to contain one of the largest populations of these cats in the world. We'll discover that with their powerful, long hind legs, tigers can jump distances up to thirty feet. Finally, back in Malaysia, we'll meet one of the most endangered animals in the world. Found only in Malaysia and Indonesia, the orangutan is one of our closest cousins sharing over 97% of their DNA with humans. We'll discover that orangutans can naturally live up to around forty years old in the wild and over sixty years in captivity.

**[Educational Message: The orangutan and the other amazing animals we learned about make up the diversity that gives Malaysia one of the most fascinating pallets of wildlife in the world. We must do our part to protect the natural world around us for future generations to come.]**

Airdate: 1/11/2020

Time:

Duration: 30:00

### **CONSUMER 101**

#### **LAWN AND ORDER [CNR207]**

Host Jack Rico and the experts at the testing labs teach us how to properly care for your lawn, give two teens a driving lesson, and show us how to keep your WIFI router secure. First up, we'll meet with an expert to learn the best way to properly care for your lawn. We'll learn that you shouldn't cut your grass too short by never cutting more than a third of your lawn's height. We discover that longer grass promotes deeper roots and shades the soil, preventing the water from evaporating too quickly. Also, we learn to always keep your lawn mower blade sharpened as a clean cut prevents stress on the lawn. Next, we'll visit the auto test

track where we'll join two teens getting a crash course on driving safety school. Today, these teens will be driving on a closed course to learn more about various maneuvers and car safety features. We'll discover how the antilock braking system, or ABS, works and how best to apply brakes if a sudden stop is necessary. These teens will also learn how to properly brake while steering and perform various avoidance maneuvers. Finally, we'll learn about how wireless routers work and how we can protect our personal information from potential hackers. We'll discover three ways we can protect our router, such as updating firmware to the latest version, changing passwords, and disabling remote access.

**[Educational Message: It's important to protect your personal information when using WIFI routers and other technology. Avoid scammers by changing your passwords frequently and updating your firmware. Technology is a useful and convenient tool in our modern age, but it's vital that you use caution and protect yourself in the process.]**

Airdate: 1/11/2020

Time:

Duration: 30:00

### **VETS SAVING PETS**

#### **STILL STANDING [VSP209]**

Today on Vets Saving Pets, a terrier is suffering from spinal cord issues, a German Shepherd needs surgery to fix a painful problem, and a bulldog is suffering from vision problems. First up, a terrier named Anchor arrives at the clinic after suddenly losing the ability to walk. Dr. James, the clinic's neurologist, will perform a neurological exam to determine the severity of Anchor's mobility issues. After additional X-rays prove inconclusive, Dr. James determines that an MRI exam will be needed to accurately diagnose Anchor's issue. Once the results arrive, Dr. James discovers that Anchor is suffering from a disc extrusion in his spine. Here we learn that the disc extrusion, or slipped disc, is causing compression and bruising on Anchor's spinal cord. Dr. James will have to surgically remove the affected disc material in order to restore Anchor's mobility. Next, a feisty young bulldog named Winston arrives at the clinic for eye surgery. Winston suffers from a condition known as "cherry eyes," a disorder of the dog's third eyelid that causes the gland to prolapse and protrude. Winston has already had surgery for this condition in the past, however, the problem has returned in a short period of time. Here we learn how "cherry eyes" is a common disorder for bulldog breeds but can become serious if not treated. Dr. Gray, the clinic's ophthalmologist, will be performing the surgery to reposition the eyelid to allow it to function normally. Finally, a young German Shepherd is brought into the clinic for elbow surgery. Dr. Boyd, the clinic's surgeon, performs X-rays on Major and determines that he is suffering from an ununited anconeal process. Here we learn that this is a serious disorder of the elbow that can lead to debilitating arthritis if left untreated. Dr. Boyd will be performing a delicate scope of the dog's elbow using a small camera and tools to remove the bone fragments in the elbow that are causing Major's mobility problems.

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

Airdate: 1/11/2020

Time:

Duration: 30:00

### **A NEW LEAF**

#### **A FAMILY REUNION [ANL107]**

Today on A New Leaf, Lauren and her husband have given their young sons a real connection to their dad's Trinidadian roots, but Lauren wants them to know her family history, too. With help from host Daisy Fuentes, Lauren can finally clear up the mystery surrounding her great-grandfather's adoption, and discover a surprising heritage, which amazes generations young and old at her family reunion. As Lauren begins her journey of discovery, she would like to know more details about her great-grandfather, as well as her potential Native American or Mexican roots. After diving deep in her family history, Lauren discovers that her great-grandfather was actually from New Mexico. Once living as part of the Genizaros community, Lauren confirms her great-grandfather was of Spanish and Native American descent. Moved by this revelation, Lauren visits a historian to learn more about her connection to the Genizaros community. We'll discover that historians estimate that Genizaros accounted for as much as one-third of New Mexico's population in the late 18th century. Lauren will learn that her great-grandfather and other relatives were likely sheep herders. Here Lauren will get a glimpse into the past and learn more about daily life during that time.

**[Educational Message: By discovering more about our past we can connect more with the present. Lauren sought to find out more about her roots so that she could share it with her family. A better understanding of your past can help you form stronger bonds with your family in the present.]**

Airdate: 1/11/2020

Time:

Duration: 30:00

## **THE CHAMPION WITHIN**

### **FLO VAULTER [HOC407]**

First, we learn how Denny Hamlin's humble beginnings made him into the modest winner he is today as one of NASCAR's biggest stars. Before his racing career, Denny helped out at his dad's trailer and hitch shop, which he credits for helping to develop a strong work ethic. Denny's parents made many financial sacrifices to help Denny's burgeoning racing career, something that Denny makes a point to remember in all of his success as a professional stock car driver. Then, we meet cyclist Annemiek van Vleuten, learning about her comeback after a terrible crash during the 2016 Rio Olympics cost her the gold medal. After her recovery, Annemiek returned to cycling to ultimately win a world title, inspiring viewers to keep pushing for their dreams when it may seem the race has been lost. Then, we hear how a great mentor helped Tony Finau on his way to golf greatness. PGA pro Mark Whetzel's commitment to growing junior golf led him to a young Tony Finau, who was in need of a place to practice his golf game. Mark granted Tony free access to his golf course, offered him lessons, and has continued to support Tony throughout his golf career. Last, we meet Flo Meiler, an 85-year-old pole vaulter who took up the sport at age 65. Drawn to the sport simply because it seemed like a fun challenge, Flo was determined to give the sport a try. Her dedication to staying active ultimately led Flo to compete and medal in the Senior Games, where she continues to be at the top of her game.

**[Educational Message: Viewers learn the importance of remembering your humble beginnings after finding success, and how to appreciate the people who helped you achieve your goals. Mentoring the next generation is a wonderful way to pay it forward and show gratitude for your success. It's difficult to try again after failing, but if you find the courage to keep pushing through failure, your eventual success makes for an even sweeter reward. You're never too old to try new things, so never let inexperience be a roadblock to reaching a new goal.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**THE HIMALAYAS [EDD215]**

Today on Earth Odyssey, host Dylan Dreyer takes us to Asia where we visit the highest peaks in the world, the Himalayas. At over sixteen-thousand feet above sea level, among the most treacherous and untamed mountains in the world, certain highly adapted species have made the Himalayas their home. First up, we'll meet the elusive snow leopard living in the mountains of the Himalayas. We'll discover how snow leopards have excellent nocturnal vision and that most of their kills occur during either dusk or dawn. Like many of the big cats, the snow leopard is a powerful ambush predator preferring the element of surprise when hunting. Next, we'll travel to the Ladakh region of the Himalayas, an area covering roughly forty-five thousand square miles including the Ladakh Mountain Range. Here we'll meet with the nomadic Changpa tribe and witness how they survive in this most unforgiving environment. Also, we'll witness how these nomadic herders care for and protect their livestock from the elements and predators. We'll learn how out of the several types of herding, nomadic herding is considered the oldest known form. Finally, we'll visit the high-elevation lakes of the Himalayas. Here we'll learn that there are roughly nineteen known major rivers that help drain the snow melt from the Himalayas region. Located at over sixteen-thousand feet in elevation, we'll discover that Tilicho Lake of Nepal is considered one of the highest lakes in the world.

**[Educational Message: The Himalayas are a hostile wilderness that challenge all who venture to their snowy slopes. But these mammoth mountains also have a positive effect on the climate, supporting the lives of an endless number of creatures, including one of the largest populations of people on the planet. Despite the harsh climate and treacherous landscape, this epic mountain range sustains life for animals and people who are born to thrive in the most dangerous parts of the world.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**PATAGONIA REVISITED [EDD216]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Patagonia region of South America. Stretching south from the Rio Colorado, Patagonia covers more than three-hundred thousand square miles of Argentina and Chile. Patagonia is home to one of the world's largest deserts and yet billions of gallons of freshwater are locked into the ice of its vast glacier fields. Here we'll learn that scientists believe that Patagonia's Perito Moreno glacier is nearly eighteen-thousand years old. First up, we'll travel to the Northeast coast of Patagonia to visit a colony of sea lions. While sea lions can "walk" within minutes of birth, they are typically not great swimmers until they are a few months old. Here we'll witness how sea lions evade attacks from orca whales on the shores of Patagonia's beaches. Next, we'll witness an armadillo as it seeks out a new mate. We'll learn that the word "armadillo" comes from the Spanish word which translates to "little armored one." We'll also discover that despite their poor eyesight, armadillos have a very keen sense of smell. Finally, we'll visit a colony of Patagonian conures that make their home on the seaside. We'll learn that conures are considered New World parrots, which means they originated in the Western Hemisphere. Here we'll witness how these colorful birds use their beaks to carve out burrows in the sandstone cliff sides. We'll discover that this stretch of cliffside is home to the largest colony of conures in the world.

**[Educational Message: Patagonia is one of South America's last great wildernesses, making it one of the most fascinating regions in the world. The low plains, high mountains, and icy glaciers give this**

**land the diversity it needs to be home to a variety of fascinating animals. The ability to adapt to one's environment is critical to ensure survival.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **DIGITAL TRAPS [CNR209]**

Host Jack Rico and the experts at the testing labs teach us the differences between drivetrains, show us how to avoid online privacy traps, and teach us the science behind audio speaker testing. First up, we'll join an auto expert on the test track to learn about drivetrains and how they differ from one another. We'll learn that a drivetrain is how you get the power in your car from the engine to the wheels. We'll discover that there are four types of drivetrains including front-wheel drive, rear-wheel drive, all-wheel drive, and four-wheel drive. We'll learn that front-wheel drive is the most common and has the best combination of fuel economy and traction. Here we'll witness how these various drivetrains perform and handle a variety of maneuvers on the test track. Next, we'll meet with a privacy expert to learn how we can protect ourselves from hackers and scammers online. We'll discover that some hackers use a tactic called "phishing" in order to lure their victims. These "phishing" emails are designed to mimic official email accounts and websites, tricking people into giving up their passwords, credit card numbers, and other personal information. We'll learn that you should always confirm the legitimacy of these email accounts and websites before giving away any personal information. Finally, we'll meet with an electronics expert to learn more about the technology and testing behind audio speakers. We'll witness how microphones are used in a controlled environment to scientifically measure the quality of various speaker systems. We'll learn about how experts measure the depth, width, height, and layers of sound emitted from speakers. We'll also discover the differences between Bluetooth, WIFI, and smart speakers and how to find the best speaker for your needs.

**[Educational Message: In this episode, we learned the importance of protecting your online privacy. Hackers and scammers are improving their techniques each day and it's important we stay ahead of them. We must always use online apps and websites responsibly and carefully in order to protect our personal data and privacy.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **GIVE SPLEEN A CHANCE [VSP210]**

Today on Vets Saving Pets, a nasty virus puts a puppy's life in serious jeopardy, a Portuguese water dog is suffering from bloat, and a Pekingese has a skin rash. First up, a Portuguese water dog named Marley is brought to the Emergency Veterinary Clinic with a case of gastric dilatation volvulus, or bloat. Here we learn that Marley's stomach has been twisted and this condition can be life-threatening if not treated immediately. Dr. Boyd, the clinic's surgeon, will be performing an emergency surgery to fix Marley's bloat issue. After Dr. Boyd successfully untwists Marley's organs, the stomach is surgically fused to its natural position and should prevent the issue from recurring in the future. Next, a Pekingese named Ping is brought to the clinic suffering from a persistent skin rash. Dr. Waisglass, the clinic's dermatologist, will perform a variety of tests to determine the root of Ping's skin problems. Dr. Waisglass is concerned the skin issues may be caused by an immune disease or potentially cancer. A skin scraping and culture test soon rule out any serious issues and Dr. Waisglass sends Ping home with medicated shampoo to aid in his recovery.

Finally, a Pomeranian puppy named Ella arrives at the clinic with serious health issues. Ella visits with Dr. Bryer, the clinic's emergency medicine veterinarian, who suspects the puppy is suffering from parvovirus. Here we learn that parvovirus enteritis is a virus seen mostly in puppies that attacks growing or dividing cells and can be deadly. Due to the highly contagious nature of parvovirus, the team is taking extra precautions to ensure no other animals contract the dangerous virus. Ella will have her blood drawn for testing and remain at the clinic overnight for further monitoring.

**[Educational Message: In this episode, we learned that emergencies can happen very quickly in the field of veterinary medicine. Veterinarians must always be prepared to act fast when working in an emergency clinic. Preparation and education are vital to success.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

**A NEW LEAF**

**A GOLDEN FAMILY ANNIVERSARY [ANL108]**

Today on A New Leaf, Heidi Ashcraft and her husband Daniel are about to celebrate their fiftieth wedding anniversary. She'd like to honor the occasion by sharing information about her ancestors with her children. But since her mother was adopted, there's a lot she doesn't know about her family tree. With Daisy's help, she digs deep into the past and even learns a few things about her surprising Swedish roots. As Heidi prepares for her journey of discovery, she hopes to uncover the identity of her biological grandfather, as well as learn about her DNA and ethnicity. After a deep dive into her family tree, Heidi discovers a wealth of information about her roots. After confirming the identity of her grandfather, Heidi learns that he had twelve children before he died. Finally, with the help of a DNA test, Heidi is able to confirm that her ethnicity is predominantly German and Swedish. Inspired by the revelation of her Swedish roots, Heidi and Daniel visit with a genealogist to learn more about Swedish culture. Here we will discover more about the traditional foods and clothing of Swedish people. Finishing off their day with a traditional Swedish dance, Heidi and Daniel are thrilled to share this new information and experience with their family and friends.

**[Educational Message: Learning more about her family's past has provided Heidi with a new focus and journey to continue on in life. Heidi embarked on this quest to share these revelations and enrich the lives of her children and grandchildren. Learning about our past can help strengthen our present.]**

Airdate: 1/18/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN**

**THE POWER OF WILL [HOC408]**

First, we hear from race car driver Will Power about the importance of determination and perseverance in reaching your ultimate goal. One of the best Indy car drivers of his generation, it took Will years at the top of the podium in other races before he was finally able to capture that elusive number one spot at the Indy 500. Next, we learn how PGA pro Cameron Champ's grandfather paved the way for his success in the sport. Cameron's grandfather taught him the game of golf, and was his biggest supporter on his rise through the ranks. For all the support given to him over the years, Cameron even had his grandfather caddie for him the first time he played the First Tee Open at Pebble Beach, helping his grandfather realize a dream that he

never had the opportunity to fulfill when he was Cameron's age. Then, we meet rising swim star Carson Foster, who broke one of his idol Michael Phelps's national age group records at just 10 years old. Caron's brother and sister are also swimmers, and we see how a friendly sibling rivalry can push each to do their best, helping each other to become stronger swimmers together. Later, we meet Bryson Dechambeau and hear about how a televised golf tournament helped his father reconnect with Ron, an old friend from his school days. After meeting again, Ron realized he could help Bryson's father by donating a kidney, a selfless gesture for which Bryson and his father are forever grateful.

**[Educational Message: It's okay to feel disappointed and frustrated if you don't reach your goals as quickly as you would have hoped, but it's important to eventually work through your emotions to rebound with a positive attitude. Be grateful for the opportunities you are afforded today and remember that others who came before laid the groundwork for your success. There is value in supporting your competitors; when everyone does well, it pushes you to do your best.]**

Airdate: 1/25/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**LOST WORLDS [EDD217]**

Today on Earth Odyssey, host Dylan Dreyer takes us to Northern India where we will embark on a journey to explore the lost worlds that remain. Known as the Seven Sisters, the Northern region of India is comprised of seven relatively unexplored and isolated states bordered by the Himalayas to the north and the Indian Ocean to the south. Here we'll learn that at twenty-five million years old, the Himalayas are one of the youngest known mountain ranges in the world. First up, we'll discover more about the native Asian elephants and how they adapt and survive in this extreme landscape. Here we'll learn that Asian elephants embark on an annual eight-hundred-mile migration through jungles, across plains, and up mountains over two miles high. We'll discover that in ancient times, Asian elephants once roamed across Asia from Syria to Northern China. Next, we'll travel to India's northeastern state known as Meghalaya, one of the wettest regions in Northern India. We'll discover that on average, almost five-hundred inches of rain gathers in Meghalaya each year. We'll also learn that Meghalaya is considered an agrarian state as eighty percent of their population relies on farming for their livelihood. Finally, we'll discover more about the many rare primates that call this place home. We'll meet the spectacled monkeys that live high in the canopies, often in troops of up to thirty-five strong. We'll learn that these unique primates have specially adapted stomachs to help them digest tough leaves and unripe fruits. We'll also meet the hoolock gibbon, an animal often mistaken for a monkey due to its small size and mischievous appearance. But like other apes such as chimps and gorillas, the gibbon doesn't have a tail and its hands have opposable thumbs like humans. Here we'll also witness how gibbons swing between trees using a form of arboreal locomotion known as "brachiation."

**[Educational Message: From massive Asian elephants to hilarious hoolock gibbons, the animals in Northern India demonstrate incredible diversity in one of the most untamed regions on the planet. The lost world of India is often unreachable by humans and its story can only be told by the animals and creatures who call this place home.]**

Airdate: 1/25/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

## **VANCOUVER [EDD218]**

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Vancouver Island. Located off the west coast of Canada, Vancouver Island stretches approximately two-hundred and eighty miles long by about sixty miles wide. Vancouver Island is known as the largest island off the west coast of North America. While glaciers fuel the flow of some of Canada's tallest waterfalls, an endless network of rivers and creeks provides the ideal habitat for one of the world's most important fish. Each year, roughly half a billion salmon leave the sea to return to their spawning grounds in the rivers of North America to lay their eggs. Vancouver Island is the destination for millions of these determined fish. On their remarkable journey, the salmon face an endless array of challenges and obstacles. We'll discover that there are roughly eight species of salmon in the world, seven in the Pacific and one in the Atlantic. At the northern tip of the island in the Johnstone Strait, millions of salmon converge after having spent up to five years at sea in the Pacific Ocean. This is the first stage of their testing journey as they encounter predators such as Steller sea lions. Here we'll learn that Steller sea lions are the largest of all sea lions, reaching a length of ten feet and weighing in at over a ton. Next, as the schools of fish have made their way inland, we encounter another predator awaiting the salmon's arrival. Vancouver Island is home to the densest population of American black bears, one of the most common and largest bears in the world. We'll discover that black bears can kill up to half of the salmon in these smaller streams, consuming up to twenty-thousand calories each day when stocking up for winter. Finally, we'll witness the salmon's journey come to a close as they reach their final destination. Female salmon will lay around three-thousand eggs in a series of nests, each one covered by gravel to protect against predators and to prevent the eggs from drifting away. This final act marks both the end of the salmon's journey and the end of its life.

**[Educational Message: Pacific salmon always die after they've spawned. However, their decomposing bodies will release nutrients back into the environment that feeds the aquatic food web within Vancouver Island. This in turn will nurture the next generation of salmon throughout Vancouver Island's rivers of life.]**

Airdate: 1/25/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **SUPER CHARGED [CNR210]**

Host Jack Rico and the experts at the testing labs teach us about electric cars, give us tips on super snacking, and show us the technology behind snow blowers. First up, we'll meet an expert on the auto test track to learn more about the past and present of electric cars. Here we'll learn that the first fully electric vehicles were built in the early 1900's. As technology has changed drastically over the last one-hundred years, we'll now see how the electric cars of today have evolved. Here we'll learn that electric cars now include technology that captures energy normally lost during braking and sends that energy to the car's batteries. Known as regenerative braking, this technology uses the car's generator to help slow the car down. Next, we'll meet with a nutritionist to get tips on how to create the healthiest snack. We'll be joining a couple of teens to find out the best ways to swap out packaged foods with fresher snack options. We'll learn that only one in ten Americans eats the recommended amount of fruits and vegetables each day. We'll discover that the average daily recommendation is two to three cups of vegetables and two cups of fruits each day. Here we'll get expert tips and recipes on how we can increase the nutritional value of our daily snacks. Finally, we'll join an expert to see how snow blowers are scientifically tested and evaluated. Instead of using snow, testers will be utilizing saw dust, which mimics wet snow and is much more consistent for testing purposes. We'll learn more about the various types of snow blowers, such as gasoline, electric, and battery powered



devices. We'll discover that snow blowers operate by using an auger that feeds snow through a discharge chute. Here we'll get expert tips on how to choose the right snow blower for the right job.

**[Educational Message: In this episode, we learned the importance of making healthier choices in our diet. We discovered nutritional recipes that can help us replace packaged snack foods with organic fruits and vegetables. It's important that we always look for healthier alternatives in our daily diet.]**

Airdate: 1/25/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **BUSTING OUT [VSP211]**

Today on Vets Saving Pets, a cat has lost the spring in its step, a puppy is having dental issues, and a Whippet is having heart issues. First up, a puppy named Hershey arrives at the clinic with an unusual dental problem. Dr. French, the clinic's veterinary dentist, determines that Hershey hasn't lost any of her baby teeth. This condition is causing overcrowding in the mouth and can lead to complications such as periodontal disease if not treated. Dr. French will anesthetize Hershey and begin the process of extracting the remaining engrained root fragments. Next, a Whippet named Chelsea arrives at the clinic after receiving abnormal blood work results on her one-year checkup. Suffering from a heart murmur, Chelsea will need additional tests to further determine the extent of the issue. Dr. Williams, the clinic's cardiologist, is concerned that Chelsea's red blood cell count is extremely high. Dr. Williams will utilize an ultrasound device to monitor the blood flow in Chelsea's heart. Here we'll discover that Chelsea has a shunt in her heart. We'll learn that a shunt occurs when blood is diverted in abnormal patterns in the heart. As this condition cannot be corrected with surgery, Dr. Williams prescribes medication to help manage the symptoms and extend Chelsea's life. Finally, a cat named Buster is rushed to the Emergency Veterinary Clinic suffering from walking issues. After examining the X-rays, Dr. Boyd determines that Buster has broken both of his hip joints and will require immediate surgery. For this procedure, Dr. Boyd will need to perform a femoral head excision, a process that removes the ball of the hip joints, creating a false joint that will help Buster regain mobility. Dr. Boyd will have to work extra carefully to avoid affecting Buster's sciatic nerve, which can cause serious issues if damaged.

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

Airdate: 1/25/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **HIDDEN FAMILY HERITAGES [ANL109]**

Today on A New Leaf, three families search for their hidden heritage in this collection of amazing journeys of historical discovery. First, Steve and his son Remy trace their ancestors to create a school family tree project. Then, Nadia unlocks her mom's African American roots which inspires her dance audition for grad school. Then, Allison fills in some family history gaps as a Bar Mitzvah gift to her son, Jayden. For Remy and Steve, they soon trace their roots back to Ireland where their ancestors were farmers. Here we'll learn more about the great famine that killed potato crops across Ireland beginning in 1845. This famine forced

many families to seek a new life elsewhere, including Remy's ancestors. Tracing their roots back even further, Remy discovers that his other ancestors came to America on the Mayflower. Next, we'll follow Nadia on her journey of discovery and witness her passion and dedication as she perfects her dance performance. We'll learn that training to become a professional ballerina can take as long as fifteen years and will require much hard work. Nadia is also hoping to incorporate her African American heritage in her dance routine. We'll visit with an expert on African American culture and learn more about Nadia's roots as she prepares for her upcoming dance performance. Finally, we'll catch up with Allison and Jayden on their journey. After a deep dive into their family tree, Allison discovers that her family has a connection to the Titanic. Allison also hopes to get in touch with her Jewish roots and learn more about the Jewish experiences before World War II.

**[Educational Message: At the beginning of their quests for knowledge about their past, these families knew very little about their ancestors and family tree. Hoping to share this information with other members of their family, these people were all determined to learn more about their family roots. On this journey, we uncovered many things never known about their pasts. Because of their determination to discover more, this information will live on in their families for generations.]**

Airdate: 1/25/2020

Time:

Duration: 30:00

#### **THE CHAMPION WITHIN**

#### **LEAD WITH SPEED [HOC401]**

First, we learn how hockey player Jaden Schwartz makes an impact in his community. Off the ice, he helps those in need of a bone marrow transplant after losing his sister to leukemia. Marrow is the sponge-like material inside bone, and bone marrow cancer occurs when cells in the marrow begin to grow abnormally or at an accelerated rate. Next, we meet childhood best friends and Indycar drivers James Hinchcliffe and Robert Wickens. We hear how they stay positive and motivated after both experiencing life-threatening accidents, one of which left Robert paralyzed from the waist down. Then, we learn how Olympic sprinter Noah Lyles balances his two passions, running and art. Sprinters use spikes with no cushioning because all of their running is done on the ball of their foot. Lastly, we learn how golfer Brad Dalke worked hard to eventually become the youngest recruit in college golf history. A minimum GPA of 2.3 is needed to be academically eligible for an NCAA Division 1 scholarship.

**[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, the importance of having versatility and outlets to express yourself, and what it takes to become a college golfer.]**

Airdate: 2/1/2020

Time:

Duration: 30:00

#### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **RETURN TO MALAYSIA [EDD219]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to explore the unique and diverse country of Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth's species. Malaysia's jungles can seem like an impenetrable wall of green but running

through it all, is water. We'll discover that the longest river in Malaysia is the Rajang River, which is roughly three-hundred and fifty miles in length. We'll also learn that ninety-eight percent of the water supply used by people in Malaysia comes from its rivers and streams. First up, we'll learn more about the animals that rely on this water for survival, such as the elephants. The pygmy elephants that call this region home are the smallest in the world, standing about three feet shorter than their larger Asian elephant cousins. We discover that this is a unique adaptation that allows them to thrive in the dense forests of Malaysia. Next, we'll journey to the fascinating caves of Malaysia. Over thousands of years, streams and rivers have gradually eaten into Malaysia's soft limestone bedrock. Dissolving grain by grain, holes have become craters, and caves have been excavated into caverns. We'll discover that Malaysia is home to some of the largest cave systems on the planet. Here we'll learn more about the unique species that dwell in these caves such as bats, birds, and a variety of insects. Finally, we'll visit the coastline of Malaysia to discover more about its diverse wildlife. Here we'll learn that a mudskipper fish is perfectly at home out of water. We'll discover that mudskippers breathe through their skin and carry a bubble of air in its gill chambers, much like a scuba diver's tank. While typically small, we'll learn that mudskippers can grow between ten to twelve inches long.

**[Educational Message: Malaysia's biodiversity is credited to its rich and fruitful landscape. From giant bats to fish that can walk, this country boasts some of the biggest and most unique species in the animal kingdom. The fascination with Malaysia will continue to live on with the creatures who call this place home.]**

Airdate: 2/1/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**ZANZIBAR REVISITED [EDD220]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the fascinating tropical archipelago that is Zanzibar. Lying twenty-five miles off the coast of Tanzania, the island chain of Zanzibar is dominated by Unguja and Pemba Islands. We'll learn that in 1964, the presidents of Tanganyika and Zanzibar united their countries to become Tanzania. First up, we begin our journey in the forests of Pemba Island which is home to one of the rarest primates in the world. Isolated from mainland Africa for more than ten-thousand years, the Zanzibar red colobus monkey calls this island home. Here we'll discover that while many primates have thumbs on their hands, no known species of colobus monkey has them. Highly social, red colobus monkeys typically reside in groups averaging between thirty and fifty individuals. Next, we'll discover more about the largest bat in the world, the Pemba flying fox. Sporting a wingspan of nearly five feet, flying foxes rely on their keen eyesight to track down their next meal. We'll discover that flying fox bats are old world fruit bats, and therefore use sight instead of echolocation to navigate. We'll also discover that the bats play an important role in the environment by dispersing pollen and seeds, which is vital to keeping the region's forests alive. Next, we'll meet one of the largest tortoises in the world, the Aldabra tortoise. Not only one of the largest of its kind, the Aldabra tortoise can live up to two-hundred years old. Highly intelligent, Aldabra tortoises are capable of distinguishing between humans with which they interact. Finally, we'll discover more about the mangrove forests on Zanzibar's coastlines. We'll learn that mangrove forests play an important role in protecting coastline ecosystems from erosion. We'll also discover that the largest mangrove forests are found in Indonesia, where they cover an area roughly the size of Vermont.

**[Educational Message: The archipelago of Zanzibar is one of the most beautiful and fascinating places in the world, and the wildlife that thrives here is no different. The amount and diversity of life**

**that's supported here is nothing short of miraculous. We must all do our part to ensure we protect our environment and ecosystems.]**

Airdate: 2/1/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **HOW TO PROTECT DEER AND PASSWORDS [CNR211]**

Host Jack Rico and the experts at the testing labs teach us how to avoid deer strikes on the road, show us how to use a password manager, and teach us how to pack a carry-on like a pro. First up, we'll get a lesson on how to avoid hitting a deer when driving in your car. We'll learn that over 1.3 million deer are hit by drivers every year. We'll discover that driving during certain times of the day can increase your odds of a collision with a deer. Also, we learn that deer travel in groups, so if you see one, there are likely others nearby. In the event of an accident, we also learn it's important to never attempt to touch an injured animal. Next, we'll learn how to protect our online accounts by using a password manager. We'll discover that a password manager is one of the best ways to protect your privacy and security. We'll get tips on how to create an effective and secure password for your password manager. We'll also learn about two-factor authentication, which adds an extra layer of security beyond your password. Finally, we'll meet with an expert to learn the best way to pack your carry-on luggage. Here we'll get five tips on the most efficient ways to pack your carry-on in order to avoid the lines at the luggage carousel. We'll discover that making a thorough list will help you avoid overpacking and keep you organized. Also, it's important to check the weather forecast for your destination so that you pack only what you truly need. We'll also learn more about TSA requirements for luggage and how to avoid packing restricted items.

**[Educational Message: It's important that we are always alert and prepared when driving on the roads. In this episode, we learned ways to avoid hitting a deer with your car. Always pay attention to your surroundings and be prepared for any obstacle on the road.]**

Airdate: 2/1/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **BELLY OF THE BEAST [VSP212]**

Today on Vets Saving Pets, a dog is suffering from a hernia, a Komodo dragon is in need of a spay, and a miniature pinscher arrives at the clinic with tooth pain. First up, a Standard Poodle named Spencer is brought to the clinic after suffering from severe stomach problems. After meeting with Dr. Martin, the clinic's Internal Medicine veterinarian, Spencer is diagnosed with esophageal hernia. Here we'll learn that an esophageal hernia is a condition in which the stomach moves into the esophagus and causes severe digestive problems. In order to fully evaluate the severity of the issue, Dr. Martin and Dr. Spencer will perform an endoscopy procedure to better examine Spencer's internal organs. Following a successful endoscopy exam, Spencer will be admitted to surgery to repair the esophageal hernia. Finally, a miniature pinscher named Tadpole arrives at the clinic suffering from issues with her teeth. Dr. French, the clinic's veterinary dentist, determines that Tadpole's canine teeth are embedded in her jaw and will need to be extracted. Dr. French explains this is a serious issue that can lead to major complications if not treated immediately. Due to Tadpole's miniature size, a tooth extraction can potentially fracture the dog's tiny jaw if not performed carefully. Here we'll learn that smaller dogs tend to have teeth too big for their mouths, making them more susceptible to dental complications. Finally, Dr. Boyd, the clinic's surgeon, is traveling

to a local zoo to perform a spay on a Komodo Dragon named Loka. This is the first time Dr. Boyd has ever treated an exotic animal like Loka, so she will have to learn as she goes and work extra carefully on her new patient. Here we learn about the unique anatomy of Komodo Dragons, as well as how their metabolism is much slower than a mammal's, which means it will take longer for the reptile to recover after surgery.

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

Airdate: 2/1/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **NEW BABY AND NEW FAMILY HISTORY [ANL110]**

Today on A New Leaf, Jessica is overjoyed to be expecting her first baby and is eager to choose a name with family meaning. But first, she wants to confirm some roots of her family history that have always been a mystery. Jessica's search uncovers amazing details about her ancestors and a few inspired baby names to share at the gender reveal party. As Jessica prepares for her journey of discovery, she hopes to learn more about her family history to pass down to future generations. As she is pregnant with her first child, Jessica is also hoping to find a name that is representative of her Russian roots. Referencing historical passenger manifests, Jessica is able to trace her family's arrival to America at Ellis Island. Next, Jessica will meet with a historian to learn more about the journey and experiences of immigrants arriving at Ellis Island in the early 20th century. We'll learn that until the early 1920's, immigrants to the United States did not need passports or visas. Also, we'll discover that there was a rigorous health exam for all immigrants passing through Ellis Island. We'll learn that about ten percent of immigrants were marked for a medical issue and about three percent of immigrants were turned away entirely. Having gained a wealth of knowledge about her ancestors, Jessica now has a greater understanding of her ancestors' commitment to making the journey to America. Confident about her past, Jessica is now ready to share this newfound information with her family and friends.

**[Educational Message: Before this journey, Jessica had little knowledge of her ancestors and family tree. Not only was she able to share these revelations with her father, she will now have this information to pass down to future generations. Learning about our past can help strengthen our present.]**

Airdate: 2/1/2020

Time:

Duration: 30:00

## **THE CHAMPION WITHIN**

### **SWIMMING WITH A PURPOSE [HOC402]**

First, we learn how swimmer Brad Snyder adapted to being blind after suffering life threatening injuries in the Army, and how his acceptance and perseverance helped him to win a gold medal swimming in the Paralympics. Swimming was one of the original sports in the Stoke Mandeville Games, the first modern Paralympic Games started by Sir Ludwig Guttmann in Rome in 1960. Next, we meet two junior golfers

from Minnesota, Bella Leonhart and Ryder Carlson, and see how they each are driven to perfect their golf game even in the harsh Minnesota winters. Cold weather makes muscles tighten up, which reduces flexibility and the ability to drive a golf ball long distances. Then, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback from her golf dreams; but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in an “s” or a “c” shape. Lastly, we learn how race car driver Joey Logano is impacting the lives of sick children by including them in the raceday action and giving them unforgettable experiences.

**[Educational Message: Don't allow a setback to prevent you from achieving your goal. Viewers learn about how to deal with adversity, what it takes to succeed as a junior golfer, and the importance of giving back to those experiencing hardships.]**

Airdate: 2/8/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **FROZEN FRONTIERS [EDD221]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of the most unbelievable, and unbelievably cold, places in the world. From the ice fields of Patagonia, to the high snowy mountains of the Himalayas, we'll explore what thrives and survives in some of the most frigid ecosystems in the world. First up, we begin our journey in South America in the region of Patagonia. Stretching from Argentina to Chile, Patagonia is home to the largest dinosaur fossil ever found, the second oldest tree on Earth, and a species of flightless bird that almost outnumbers humans. We'll first meet a colony of Magellanic penguins that just returned to the shores of the Punta Tombo Reserve after spending six months at sea. Here we'll learn that the Punta Tombo Reserve in Patagonia hosts the largest known colony of Magellanic penguins in the world. We'll discover that penguin couples always return to the same nest year after year to breed. Next, we'll journey to Asia where we visit the highest peaks in the world, the Himalayas. At over sixteen-thousand feet above sea level, among the most treacherous and untamed mountains in the world, certain highly adapted species have made the Himalayas their home. Here we'll meet the elusive snow leopard living in the mountains of the Himalayas. We'll discover how snow leopards have excellent nocturnal vision and that most of their kills occur during either dusk or dawn. Like many of the big cats, the snow leopard is a powerful ambush predator preferring the element of surprise when hunting. Next, we'll travel to the Ladakh region of the Himalayas, an area covering roughly forty-five thousand square miles including the Ladakh Mountain Range. Here we'll meet with the nomadic Changpa tribe and witness how they survive in this most unforgiving environment. Also, we'll witness how these nomadic herders care for and protect their livestock from the elements and predators. Finally, we'll learn about the guanacos of Patagonia. We'll discover that llamas descended from guanacos that were domesticated in South America over six thousand years ago. Supremely adapted to surviving in the cold elements, guanacos have a double coat of fur that helps them cope with the extreme temperatures.

**[Educational Message: We witnessed the incredible survival skills of various animals that thrive in the epic mountains of Patagonia and the Himalayas. Although worlds apart, these two larger than life regions share the distinct quality of diversity that makes our planet so special.]**

Airdate: 2/8/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **INCREDIBLE ISLANDS [EDD222]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of the most extreme islands on Earth. We'll explore the Amazon River Islands in South America and then discover what's hiding up in the trees in the Philippines. First up, we'll travel to the heart of South America to explore the Amazon River Islands. The Amazon River region is home to the largest collection of river islands in the world. We'll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. Here we'll meet the only two primates that inhabit the Amazon River Islands, the red howler and the squirrel monkey. Here we'll discover that squirrel monkeys are known to live in groups larger than most other New World Monkeys. We'll witness how these monkeys forage for food and avoid predators in their watery environment. Next, we'll journey to Southeast Asia where the island chain of the Philippines lies. The Philippines are made up of over seven-thousand tropical islands in the Western Pacific Ocean. Among the most ancient islands on Earth, the Philippines have the world's fifth longest coastline. Here we'll learn more about the various insects that inhabit the Philippines. We'll witness the behavior of fireflies under the cover of night. We'll learn that despite their name, fireflies are actually a type of beetle. We'll discover that the flash of light emitted by fireflies occurs due to a chemical reaction inside the fly's body. Finally, we'll travel back to the Amazon to learn more about its most notorious species, the piranha. We'll discover that many piranha species are actually vegetarian, whereas "true piranhas," such as the red-bellied piranha, are carnivorous. Here we'll witness the incredible speed and efficiency of piranhas when hunting and consuming their meals.

**[Educational Message: The Philippines and Amazon River Islands are two island chains that provide homes for some of the most adaptable and captivating animals on Earth. The ability to survive and adapt is what makes the plants and animals that live in this region so resilient and fascinating. Many of these islands are isolated and undisturbed. As a result, many of these unique species have flourished, uninterrupted by the modern world.]**

Airdate: 2/8/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **UNDER PRESSURE [CNR212]**

Host Jack Rico and the experts at the testing labs teach us about smoke detectors, show us how to cook a healthy meal without using your oven, and we get expert tips on how to be a safer driver. First up, we'll meet with an appliance expert to learn how smoke detectors work and how we can keep ourselves prepared in the event of a fire. We'll witness first-hand scientific testing of smoke detectors in a controlled environment. Here we'll discover that there are two types of smoke detectors known as photoelectric and ionization detectors. We'll learn that photoelectric detectors use light to detect smoke and are less prone to false alarms. While ionization detectors are better at detecting flames than smoke, we'll learn that they are more prone to false alarms. We'll discover that dual-sensor detectors that combine both of these

technologies are most recommended for your home. Next, we'll meet with an expert to learn how to cook a healthy meal without using your oven. We'll discover that appliances such as a toaster oven, air fryer, and multi-cooker can all be used instead of your oven. We'll learn that toaster ovens are beneficial because they heat up faster than a traditional oven and are ideal for baking smaller items. In order to learn more about the science of how these appliances work, we'll learn about the three ways heat is transferred- convection, conduction, and radiation. Next, we're going to learn some skills on how to become a safer driver on the roads. We first learn that it's important to always have your hands properly placed on the wheel in the nine and three o'clock positions. We next discover that it's best to use "shuffle steer" when performing a U-turn maneuver, which allows your hands to stay on the steering wheel at all times when turning. Jack will also learn about ABS, or anti-lock braking system, which prevents the wheels from locking up during braking.

**[Educational Message: In this episode, we learned about the different types of smoke detectors and how they function. We discovered how ionization and photoelectric detectors use different technologies to detect smoke and fires. It's important that you choose the best smoke detector for your home. For your safety, always test your detectors monthly and replace the batteries at least once a year.]**

Airdate: 2/8/2020

Time:

Duration: 30:00

**VETS SAVING PETS**

**LONG IN THE TOOTH [VSP213]**

Today on Vets Saving Pets, a cat arrives at the clinic with a strange condition, a dachshund has a cracked tooth, and a friendly feline helps to save lives. First up, a cat named Willow is brought to the Emergency Veterinary Clinic with a strange condition that causes her to constantly spin in circles. Dr. James, the clinic's neurologist, performs a neurological exam on Willow to determine what's causing this abnormal behavior. After examining Willow, Dr. James is convinced she is suffering from a left forebrain lesion. Here we'll learn that a lesion on the left forebrain can result in an inability to recognize or process incoming information from the right side of the body. Dr. James will recommend an MRI exam for Willow in order to confirm her diagnosis. Next, a dachshund named Penny is brought to the clinic with a broken tooth. However, it was previously determined that Penny suffers from a heart murmur. Before Penny can have her tooth fixed, she will need to meet with Dr. Williams, the clinic's cardiologist, to ensure she is cleared for surgery. Finally, we learn about the clinic's unique feline blood donor program, an important initiative that saves the lives of countless cats. Today, a foster cat named Bruce is visiting the clinic to donate blood for the donor program. As feline blood is not a readily available resource for veterinarians, volunteers like Bruce are critical to the program's success. Bruce will first need to be anesthetized so the team can safely draw his blood.

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

Airdate: 2/8/2020

Time:

Duration: 30:00

**A NEW LEAF**



### **SAINT'S ARRIVAL [ANL111]**

Today on A New Leaf, host Daisy Fuentes pays a visit to Sylvia, who's just become a grandmother for the first time. She wants to be able to share family stories with her new grandson, Saint, but first there are some things she'd like to learn. Sylvia soon discovers her father's African American heritage and she learns about her ancestors' lives in the years after slavery was abolished, and how her great-great-grandfather was part of a historic secret society. Sylvia is Polynesian on her mom's side, but the rest of her family tree is a big question mark. Using DNA analysis, Sylvia is able to confirm that not only is she fifty-percent Polynesian, but she's almost twenty-five percent sub-Saharan African. Utilizing historical documents and newspaper articles, Sylvia also confirms that her great-great-grandfather was a member of the Freemasons. Here we'll learn that the Freemasons are an international organization built around the core principles of brotherhood, truth, and charity. In order to gain a better understanding about her African American roots, Sylvia meets with a historian specializing in African American history. Sylvia will learn more about the history of Freemasons in the United States and how many influential African Americans were once members of the Freemasons. After gaining a wealth of knowledge about her ancestors and family tree, Sylvia is ready to share this new information with her family and new grandson.

**[Educational Message: By discovering more about our past we can connect more with the present. Before this journey, Sylvia was unaware that she had African American roots. Now she has a newfound understanding of what life was like for her ancestors long ago. Through gaining this knowledge about her family tree, Sylvia is now able pass this information down to her family for generations to come.]**

Airdate: 2/8/2020

Time:

Duration: 30:00

### **THE CHAMPION WITHIN**

#### **PLAYING WITHOUT LIMITS [HOC403]**

First, we meet a 60 and over hockey team called the Quincy bald eagles and learn how they returned to their passion for hockey after years of not playing. Next, we hear how Katie Sowers, an assistant coach for the San Francisco 49ers, worked her way to become the second woman in history to hold a full-time NFL coaching position. In 2015, Jen Welter was hired by the Arizona Cardinals and became the first female to hold a coaching position in the NFL. In 2016, Kathryn Smith became the first female to become a full-time coach in the NFL. Finally, we hear the inspiring story of Shane Caldwell and learn how he didn't let cancer control his life by always following his heart to pursue his passion for golf-- including traveling home from St. Andrews 18 hours prior to his first round of chemotherapy. Golf has been played at St. Andrews Links for 600 years.

**[Educational Message: Don't let age, gender, or illness define your limits. Viewers learn that it's never too late to pursue your passion and how the power of perseverance, despite all odds, can help you achieve your dreams.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **RETURN TO THAILAND [EDD223]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the incredible country that is Thailand. Thailand was previously known as “Siam” from the 12th century until it was renamed “Thailand” in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. We’ll discover that Thailand is home to roughly ten percent of all existing known species of animal in the world. First up, we’ll meet a skillful and secretive predator roaming the jungles of Thailand, the clouded leopard. We’ll learn more about how these cats expertly track down their prey within the dense jungles. Here we witness how clouded leopards use scent marking to claim their territory and also attract a mate. We’ll discover that clouded leopards are also the only known cat species that can climb down trees headfirst. Next, we’ll travel to the beaches and reefs of Thailand to learn more about the aquatic wildlife of Thailand. Here we’ll meet the world’s largest fish, the whale shark. Migrating through the oceans, where they go and come from is still unclear. But off the shores of Thailand, these gentle giants make the most of plankton blooms. With mouths measuring almost four feet wide, these sharks could devour most fish, but it’s the smallest creatures that they feed on. We’ll discover that whale sharks can consume tens of thousands of plankton in just one gulp. Next, we’ll meet the macaques that thrive on the shores of the Thailand coastline. Long-tailed macaques, thanks to their adaptability, are thought to have learned to fish due to shifting food sources. Here we’ll witness as the macaques use rocks and other tools to harvest their food from clams and other mollusks. We’ll learn that like humans, long-tailed macaques can be either left-handed, right-handed, or ambidextrous.

**[Educational Message: When the natural world is left to forge its survival, extraordinary adaptations, behaviors, and evolutionary tricks occur. The fine balance between life and death is constantly played out in Thailand’s diverse habitats. Harboring iconic predators and inventive scavengers, these worlds bring constant challenges. Those who adapt reap the rewards and become nature’s survivors.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **RETURN TO AMAZON RIVER ISLANDS [EDD224]**

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey back to the Amazon River Islands where we’ll explore more of what lives in the water and on the land. The Amazon River region is home to the largest collection of river islands in the world. We’ll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. We begin our journey in the Rio Branco life doesn’t just survive, but flourishes. First up, we’ll learn more about a predator in these waters, the giant river otter. Giant river otters spend most of their time hunting. Nicknamed the “river wolf,” the giant otter’s size and speed allows it to compete for fish and even piranha. Moving and working as a pack, giant river otters are able to corral fish before easily picking them off one by one. We’ll also learn more about the family dynamics of giant river otters as they guard their dens and protect their young from other predators. Next, we’ll learn about the fascinating leaf cutter ant. These are no ordinary ants as it’s believed they’re a separate species to the ones that nest underground. Due to the constant flooding in the region, these ants have adapted to live in the treetops. We’ll also discover that leaf cutter ants are one of only a few species on the planet known to grow their own food. Cultivating a special fungus garden deep within its nest, leaf cutter ants are almost entirely dependent on this fungus for food. Finally, we’ll learn more about the fish species that live within the Rio Negro and how they provide for the local residents. Here we’ll witness how fish species like tetras are harvested for exotic fish tanks around the world. This regulated practice provides the local fisherman with a vital source of income. Here we’ll learn that many aquarium fish are caught in the wild because it is difficult to breed fish in captivity. Before the fish are taken to a new home, they must have official health certificates that are internationally recognized.

**[Educational Message: The islands of the Amazon River provide a home for some of the hardest animals in the world. As flood waters engulf the islands each year, those that live here are forced to endure incredible extremes. But animals have developed ways of coping and have learned to master their ever changing environment. It's either sink or swim in the floating forests of the Amazon.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

**CONSUMER 101**

**TAKE CARE [CNR213]**

Host Jack Rico and the experts at the testing labs teach us how to secure our digital privacy, share some tips to keep you safe in the kitchen, and show us how to keep our cool when hydroplaning on the road. First up, we'll meet with a group of experts to find out ways to keep your digital privacy safe. We'll discover that "smart" household items such as door locks, cameras, refrigerators, and even lightbulbs can be accessed by hackers if you're not careful. We'll learn that you should have a strong password and always update the firmware for these devices. We'll discover that firmware is actually a type of software that runs the hardware of whatever device you're using to connect to the internet. It's vital to keep your firmware updated so that you always have the latest security fixes. Next, we'll meet with a nutritionist to learn ways we can stay safe in the kitchen. Here we'll discover that you should never eat raw cookie dough. We'll learn that there are a lot of potential sources of contamination in cookie dough, such as E. coli in the flour. Flour is a raw, agricultural product, which means it isn't treated prior to being packaged. We learn that contamination can occur at any step of the production chain along the way to our kitchen. However, when the dough is baked, the heat kills any bacteria thus making it safe to consume. Finally, we'll be learning about hydroplaning and how experts test tires for hydroplaning resistance. We'll first learn how tires are designed to evacuate water when driving on wet surfaces, but we discover that when traveling at higher speeds in heavy rain, the tires can lift off the road and cause your car to lose control. On a controlled test track, Jack will test the hydroplaning effects of tires at various speeds and show us how to best react when in a similar situation.

**[Educational Message: In this episode, we learned about the importance of protecting your personal information and digital privacy. We learn that many "smart" household items such as doorbells and refrigerators can be a gateway to our personal information. Changing passwords and updating firmware can help prevent hackers from stealing your information.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

**VETS SAVING PETS**

**A BREATH OF FRESH AIR [VSP207]**

Today on Vets Saving Pets, a cat arrives at the clinic with a fractured jaw, a French Bulldog undergoes rehabilitation following back surgery, and a Yorkshire terrier is suffering from throat problems. First up, a cat named Oreo is rushed into the Veterinary Emergency Clinic after being hit by a car. Dr. Cochrane, the clinic's neurologist, will perform a neurological exam to determine the extent of Oreo's injury. Following the exam, Dr. French, the clinic's veterinary dentist, will perform a surgical procedure to suture Oreo's fractured jaw together. Here we'll witness the delicate process of oral surgery and learn about the necessary skills of a veterinary dentist. Finally, a French Bulldog named Jackson is brought to the clinic in need of physical therapy following a recent spinal surgery. Unable to walk since the surgery, Jackson will undergo

rehabilitation with the help of a specialized water tank and treadmill. Here we learn that physical therapy exercises like these can help stimulate the neural pathways that allow the brain to communicate with the body. Finally, a small Yorkshire terrier named Mia visits the clinic suffering from a collapsed trachea that's preventing her from breathing. Dr. Boyd, the clinic's surgeon, will be treating Mia with a tracheal stent to help Mia breathe easier. The tracheal stent, a tubed-shaped implant, will be surgically inserted into Mia's throat to help open her airway and prevent the issue from recurring.

**[Educational Message: Veterinarians must have passion and empathy for not only their animal patients but the patients' owners as well. Veterinarians working in emergency animal medicine are often faced with serious and severe cases. Learning how to effectively communicate and empathize with pet owners is an important skill for a successful veterinary career.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

**A NEW LEAF**

**A COMMITMENT TO FAMILY HISTORIES [ANL112]**

Today on A New Leaf, newlyweds John and Peter want to present each other with more knowledge about their families' similar Greek histories. Their search leads them to some unexpected but pleasant surprises about their Greek heritage, and to some fascinating common threads in their grandfathers' stories. Both John and Peter hope to share everything with friends and family at a big wedding celebration. Utilizing historical documents and passenger manifests, John and Peter were able to trace both of their grandfathers' journeys to America. John and Peter also discover that both of their grandfathers registered for World War I. Although a DNA analysis discovered they were less Greek than they originally thought, John and Peter continue to bond over their shared heritage. In order to forge a deeper connection with their Greek roots, John and Peter will join a chef to learn more about Greek foods and culture. Today, John and Peter will be cooking a traditional Greek dish known as Spanakopita. After gaining a wealth of knowledge about their ancestors' journey to America as well as their Greek roots, John and Peter are now ready to share this new information with their family and friends at the wedding celebration.

**[Educational Message: Before John and Peter began their journey of discovery, there were many unanswered questions about their family trees. After learning they were less Greek than they originally thought, John and Peter have now become inspired to discover more about their Italian heritage. Learning more about our past can help strengthen our present.]**

Airdate: 2/15/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN**

**THE PERFECT PAIRINGS [HOC404]**

First, we hear how Paralympian Tatyana McFadden got started in wheelchair racing, going on to become the first racer ever to win all four major marathons-- London, Boston, New York and Chicago-- in a calendar year. The motto of the Paralympic Games is "Spirit in Motion," and the term "Paralympics" comes from the Greek "para" meaning "besides or alongside," suggesting that the Games run during the Olympics. Next, we meet two junior golfers, Conner Ford and Megha Ganne, and learn how they got started in golf-- Conner wanting to make friends and Megha wanting to test her skills --only to end up dominating at the Drive, Chip

and Putt championship. Then, we hear U.S. rugby player Junior Waqavesi discuss his dreams of competing in the 2020 Olympics and how it takes more than size and strength to become the best. Rugby was invented in 1823 during a soccer game when a player picked up the ball and ran with it; the first international rugby game was played between England and Scotland in 1871. Lastly, we hear how golfer Freddie Jacobson's son, Max, bravely faced the possibility of losing his ability to play sports after being diagnosed with a rare heart condition that was only fixable with a risky surgery. The first successful open heart surgery without complications is attributed to Dr. Ludwig Rehn in 1896.

**[Educational Message: Instead of letting adversity and doubt slow you down, let it be the driving force to challenge the odds. Viewers learn about wheelchair racing in the Paralympics, how to become a junior golfer, the history of rugby, and how to adjust to big changes.]**

Airdate: 2/22/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **THAR DESERT REVISITED [EDD225]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Thar Desert where we'll learn more about the people and animals that live in this harsh ecosystem. Situated in Northern India, the Thar Desert is also known as the Great Indian Desert and is the seventh largest desert in the world. Temperatures here can soar to over one-hundred and twenty degrees Fahrenheit and less than two inches of rain falls each year. First up, we'll learn more about the nomadic tribes that reside in this region. We'll discover that many of these nomadic tribes move through the desert in a constant search for water and grazing for their livestock. Each year over twenty-thousand people gather for the desert's largest livestock market, the Nagaur Fair. Here these nomadic tribes come together to celebrate their traditional way of life and their ancient alliance with nature. Due to the constant droughts in the region, these farmers can't rely on crops for food and income. Instead they owe their survival to domesticated animals. Here we'll discover that India is estimated to have the largest livestock population in the world. Next, we'll journey to the Thar Desert's eastern edge in the city of Jaipur, the capital and largest city in India. Here we'll learn more about one of India's most sacred animals, the Hanuman langur. Revered above all monkeys, this adaptable primate can survive anywhere from steamy jungles to frozen forests. We'll discover that Hanuman langurs will typically live in groups ranging from roughly twenty to one-hundred members. Here we'll witness the dynamics of how humans and langurs coexist in a crowded and bustling city. Finally, we'll travel to the far southern edge of the Thar to learn more about one of the world's most formidable predators, the Asiatic lion. Here we'll learn that Asiatic lions are thought to have split from African lions roughly one-hundred-thousand years ago. We'll witness how the local farmers coexist with these powerful predators. We'll also discover that lions are the only known large felines in the world that live in groups called "prides."

**[Educational Message: In the Thar Desert, the relationship between animals and humans can be traced back for generations. We learned that this relationship can be the key to survival in this harsh region of the world. The Thar is home to more creatures than any other desert in the world because its people have a long tradition of respect for nature.]**

Airdate: 2/22/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

## **ADVENTURES IN VENEZUELA [EDD226]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to Venezuela to explore more of its diverse and exotic wildlife. Our journey begins in Los Llanos, a wetland roughly the size of Italy that covers nearly a third of Venezuela. The over two-hundred-thousand square miles of Los Llanos has an elevation range rarely exceeding one-thousand feet above sea level. We'll discover that this region is home to more than one-hundred species of mammals and around seven-hundred species of birds. First up, we'll learn more about the capybara, the largest rodent in the world. Capybaras are closely related to guinea pigs and rock cavies, despite their massive size difference. The capybara gets its name from the Amazonian native language which translates to "master of the grasses." We'll also learn that capybaras are highly social and can live in groups of between ten and one-hundred members depending on the season. Here we'll witness how capybaras avoid predators such as anacondas, caiman, and crocodiles. Next, we'll travel to a mountain range in Venezuela known as the Guiana Shield. More than 1.8 billion years old, these are amongst the most ancient mountains in South America and cover an area about the size of Alaska and Texas combined. Home to some of the planet's most spectacular waterfalls, the Guiana Shield is called the "greenhouse of the world." Here we'll discover the supremely adapted plants and animals that live atop these mountains. We'll learn more about a fascinating plant species known as a pitcher plant. Known as carnivorous plants, there are roughly ninety known species of pitcher plants, also known as "nepenthes," across the world. We'll discover how these unique plants have adapted over time to attract and trap their next meals.

**[Educational Message: The diverse landscape of Venezuela creates the perfect ecosystem that allows an incredible array of animals to thrive. The Los Llanos and Guiana Shield regions of Venezuela hold many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]**

Airdate: 2/22/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **TIRES, TICKS, AND TIPS [CNR214]**

Host Jack Rico and the experts at the testing labs teach us how to properly care for your lawn, show us how car tires are tested on ice, and teach us how to protect our digital privacy. First up, we'll meet with an expert to learn the best way to properly care for your lawn. We'll learn that you shouldn't cut your grass too short by never cutting more than a third of your lawn's height. We discover that longer grass promotes deeper roots and shades the soil, preventing the water from evaporating too quickly. Also, we learn to always keep your lawn mower blade sharpened as a clean cut prevents stress on the lawn. Next, we'll be joining the auto experts on an ice hockey rink to perform tire testing and evaluate how well various types of tires stop on ice. We learn that using an indoor ice rink for this test provides a controlled setting for testers to accurately measure the performance of different tires. Here we'll discover the unique differences between all-season tires, winter tires, and summer tires. Finally, we'll find out how to limit permissions and protect your digital privacy when using cellphone applications. We'll discover that many apps attempt to request permission to your phone's contacts, photos, calendars, and more. We'll meet with an expert and learn how to best keep our information out of other people's hands.

**[Educational Message: In this episode, we learned why it's important to have the proper tires on your car depending on the driving conditions. We discovered that winter tires provide much greater stopping ability than all-season tires in icy conditions. Always be sure your car is maintained and suitable for driving in any condition.]**

Airdate: 2/22/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **GOLDEN OLDIES [VSP208]**

Today on Vets Saving Pets, the clinic is visited by a puppy with a dental emergency, a Golden Retriever goes into surgery to remove a tumor, and a beagle has a limp. First up, a puppy named Tessa visits the Emergency Veterinary Clinic with broken teeth sustained from an accident while playing fetch. Dr. French, the clinic's veterinary dentist, performs an exam and X-rays to assess the total damage to Tessa's teeth. Dr. French determines that the dog will need a root canal on one of its canine teeth in order to avoid fully extracting the tooth. Next, an elderly Golden Retriever named Charlie arrives at the clinic suffering from a large tumor in his abdomen. Dr. Boyd, the clinic's surgeon, will be performing an emergency surgical procedure to remove the life-threatening tumor. Dr. Boyd must also run tests to confirm if the tumor is cancerous, and if it has affected other parts of the body. Finally, a beagle named Bailey arrives at the clinic suffering from a limp. Dr. Ringwood, the clinic's surgeon, performs a physical examination of Bailey to determine the exact cause of her limp. In order to accurately diagnose the issue, Dr. Ringwood will perform an arthroscopy. Here we learn that an arthroscopy is a minimally invasive surgical procedure used to examine the body's joints. During this exam, Dr. Ringwood discovers inflammation and cartilage damage in Bailey's leg. After removing the cartilage fragments, Bailey will be prescribed medication and physical therapy for her recovery.

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

Airdate: 2/22/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **SURPRISING FAMILY DISCOVERIES [ANL113]**

Today on A New Leaf, three remarkable people take journeys of family discovery in this special look at some of the best episodes this year. After the sudden loss of his mother, Craig discovers details about his ancestors that he never knew; Joseph hopes to finally find out if he's related to famous philanthropist Andrew Carnegie; and as Lauren clears up family stories surrounding her great-grandfather's adoption, she discovers a surprising heritage along the way. For Craig, he would like to know more about his parents' relatives and their family's journey to America. Craig soon discovers that his family on his mother's side were in the garment business in New York City during the early 1900's. Inspired by this revelation, Craig visits a working textile factory to learn more about what life was like for garment workers during that time. Next, Joseph Carnegie is hoping to find out if his family is related to Andrew Carnegie. Joseph also wants to verify his potential Scottish roots, the same birthplace of Andrew Carnegie. Joseph visits with a historian at the Carnegie Art Museum where he learns a wealth of information about the history of Andrew Carnegie. Joseph also discovers that Andrew Carnegie devoted his late life to large scale philanthropy, donating the vast majority of his large fortune. Finally, Lauren would like to know more details about her great-grandfather, as well as her potential Native American or Mexican roots. After diving deep in her family history, Lauren discovers that her great-grandfather was actually from New Mexico. Once living as part of the Genizaros community, Lauren confirms her great-grandfather was of Spanish and Native American

descent. Moved by this revelation, Lauren visits a historian to learn more about her connection to the Genizaros community.

**[Educational Message: By discovering more about our past we can connect more with the present. Craig, Joseph, and Lauren all sought to find out more about their roots so that they could share this information with their families. A better understanding of your past can help you form stronger bonds with your family in the present.]**

Airdate: 2/22/2020

Time:

Duration: 30:00

### **THE CHAMPION WITHIN**

#### **THE ROAD TO REDEMPTION [HOC405]**

First, we meet former Indy Racing League driver Sam Schmidt, who was left paralyzed after suffering a spinal cord injury in an Indy car crash. Although he could never race again, Sam was determined to stay in the sport. We learn how he re-imagined his dream, and created a new role in racing for himself as co-owner of Arrow Schmidt Peterson Motorsports. Sam's success on the track, whether as driver or owner, epitomizes hard work, determination, and a positive attitude. Next, we see how Shelley Looney's game-winning goal in the 1998 Winter Olympics inspired a generation of female hockey players. Growing up, Shelley was the only girl on her local hockey team, but she never let that barrier to entry stand in the way of pursuing her dream. We learn how Shelley's passion for hockey helped push her academically, working hard to maintain her grades despite having a form of dyslexia. Now, Shelley uses her talents to help young women follow in her footsteps, paying it forward as a hockey coach. Finally, we hear how amateur golfer Leonie Harm and her family made sacrifices for her burgeoning golf career. At 15, tragedy struck when Leonie was hit by a car on an early morning training run. Despite doctors giving her a 1% chance of survival, Leonie woke up from her coma fighting to get back on top of her golf game. Not long after her return to the sport, Leonie's mom was diagnosed with breast cancer and passed away. Through it all, Leonie appreciated the sacrifices her mother made for her development in golf, and pushed herself harder to not let those sacrifices be in vain. Leonie explains how once she stopped putting pressure on herself to win, and instead focused on simply playing the game as best she could, Leonie started playing better than ever.

**[Educational Message: Success may not always come in the form you originally imagined; if new circumstances prevent you from accomplishing your original goal, it's important to adjust your vision to fit within the confines of possibility instead of giving up. Giving back to your community and passing along your talents can be just as rewarding as playing the game yourself. It's important to appreciate the sacrifices others make to help you achieve your dream; always be grateful for the support systems present in your life, and use their inspiration to push yourself to try your best.]**

Airdate: 2/29/2020

Time:

Duration: 30:00

### **EARTH ODYSSEY WITH DYLAN DREYER**

#### **LOST WORLDS [EDD217]**

Today on Earth Odyssey, host Dylan Dreyer takes us to Northern India where we will embark on a journey to explore the lost worlds that remain. Known as the Seven Sisters, the Northern region of India is comprised of seven relatively unexplored and isolated states bordered by the Himalayas to the north and the



Indian Ocean to the south. Here we'll learn that at twenty-five million years old, the Himalayas are one of the youngest known mountain ranges in the world. First up, we'll discover more about the native Asian elephants and how they adapt and survive in this extreme landscape. Here we'll learn that Asian elephants embark on an annual eight-hundred-mile migration through jungles, across plains, and up mountains over two miles high. We'll discover that in ancient times, Asian elephants once roamed across Asia from Syria to Northern China. Next, we'll travel to India's northeastern state known as Meghalaya, one of the wettest regions in Northern India. We'll discover that on average, almost five-hundred inches of rain gathers in Meghalaya each year. We'll also learn that Meghalaya is considered an agrarian state as eighty percent of their population relies on farming for their livelihood. Finally, we'll discover more about the many rare primates that call this place home. We'll meet the spectacled monkeys that live high in the canopies, often in troops of up to thirty-five strong. We'll learn that these unique primates have specially adapted stomachs to help them digest tough leaves and unripe fruits. We'll also meet the hoolock gibbon, an animal often mistaken for a monkey due to its small size and mischievous appearance. But like other apes such as chimps and gorillas, the gibbon doesn't have a tail and its hands have opposable thumbs like humans. Here we'll also witness how gibbons swing between trees using a form of arboreal locomotion known as "brachiation."

**[Educational Message: From massive Asian elephants to hilarious hoolock gibbons, the animals in Northern India demonstrate incredible diversity in one of the most untamed regions on the planet. The lost world of India is often unreachable by humans and its story can only be told by the animals and creatures who call this place home.]**

Airdate: 2/29/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**VANCOUVER [EDD218]**

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to Vancouver Island. Located off the west coast of Canada, Vancouver Island stretches approximately two-hundred and eighty miles long by about sixty miles wide. Vancouver Island is known as the largest island off the west coast of North America. While glaciers fuel the flow of some of Canada's tallest waterfalls, an endless network of rivers and creeks provides the ideal habitat for one of the world's most important fish. Each year, roughly half a billion salmon leave the sea to return to their spawning grounds in the rivers of North America to lay their eggs. Vancouver Island is the destination for millions of these determined fish. On their remarkable journey, the salmon face an endless array of challenges and obstacles. We'll discover that there are roughly eight species of salmon in the world, seven in the Pacific and one in the Atlantic. At the northern tip of the island in the Johnstone Strait, millions of salmon converge after having spent up to five years at sea in the Pacific Ocean. This is the first stage of their testing journey as they encounter predators such as Steller sea lions. Here we'll learn that Steller sea lions are the largest of all sea lions, reaching a length of ten feet and weighing in at over a ton. Next, as the schools of fish have made their way inland, we encounter another predator awaiting the salmon's arrival. Vancouver Island is home to the densest population of American black bears, one of the most common and largest bears in the world. We'll discover that black bears can kill up to half of the salmon in these smaller streams, consuming up to twenty-thousand calories each day when stocking up for winter. Finally, we'll witness the salmon's journey come to a close as they reach their final destination. Female salmon will lay around three-thousand eggs in a series of nests, each one covered by gravel to protect against predators and to prevent the eggs from drifting away. This final act marks both the end of the salmon's journey and the end of its life.

**[Educational Message: Pacific salmon always die after they've spawned. However, their decomposing bodies will release nutrients back into the environment that feeds the aquatic food web within Vancouver Island. This in turn will nurture the next generation of salmon throughout Vancouver Island's rivers of life.]**

Airdate: 2/29/2020

Time:

Duration: 30:00

**CONSUMER 101**

**PRECIOUS CARGO [CNR215]**

Host Jack Rico and the experts at the testing labs teach us how child car seats are tested for safety, show us how to set up your own home security system, and we'll get tips on how to make healthier food choices. First up, we're meeting with an expert to learn about the different types of child car seats and how they are tested for safety. We'll discover that testers are measuring the ease of use, installation, and overall protection provided in the event of an accident. Here we'll learn how to properly install a car seat as well as techniques to ensure it's safely secured in the vehicle. Next, we'll meet with an expert to learn more about home security systems and how they function. We'll discover that there are many DIY home security systems that you can set up on your own without a professional. Here we'll see how sensors can be easily installed on doors and windows to help protect you from a break-in. We'll discover that these sensors utilize WIFI to connect to a main base station that is used to notify you or the police in the event someone breaks into your home. Next, we'll get some advice from an expert on how to make healthier food choices. We'll learn that you can cut the fat from cooked ground beef by rinsing the meat before serving. If you're using canned beans, you can also remove additional sodium by rinsing them with water prior to cooking. We'll discover that you can replace salt with taste alternatives such as vinegar or citrus juice. As opposed to boiling your vegetables, we'll also learn that steaming veggies will help retain more vitamins and nutrients.

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

Airdate: 2/29/2020

Time:

Duration: 30:00

**VETS SAVING PETS**

**STILL STANDING [VSP209]**

Today on Vets Saving Pets, a terrier is suffering from spinal cord issues, a German Shepherd needs surgery to fix a painful problem, and a bulldog is suffering from vision problems. First up, a terrier named Anchor arrives at the clinic after suddenly losing the ability to walk. Dr. James, the clinic's neurologist, will perform a neurological exam to determine the severity of Anchor's mobility issues. After additional X-rays prove inconclusive, Dr. James determines that an MRI exam will be needed to accurately diagnose Anchor's issue. Once the results arrive, Dr. James discovers that Anchor is suffering from a disc extrusion in his spine. Here we learn that the disc extrusion, or slipped disc, is causing compression and bruising on Anchor's spinal cord. Dr. James will have to surgically remove the affected disc material in order to restore Anchor's mobility. Next, a feisty young bulldog named Winston arrives at the clinic for eye surgery. Winston suffers from a condition known as "cherry eyes," a disorder of the dog's third eyelid that causes the gland to prolapse and protrude. Winston has already had surgery for this condition in the past, however, the problem has returned in a short period of time. Here we learn how "cherry eyes" is a common disorder for bulldog

breeds but can become serious if not treated. Dr. Gray, the clinic's ophthalmologist, will be performing the surgery to reposition the eyelid to allow it to function normally. Finally, a young German Shepherd is brought into the clinic for elbow surgery. Dr. Boyd, the clinic's surgeon, performs X-rays on Major and determines that he is suffering from an ununited anconeal process. Here we learn that this is a serious disorder of the elbow that can lead to debilitating arthritis if left untreated. Dr. Boyd will be performing a delicate scope of the dog's elbow using a small camera and tools to remove the bone fragments in the elbow that are causing Major's mobility problems.

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

Airdate: 2/29/2020

Time:

Duration: 30:00

**A NEW LEAF**

**HIDDEN FAMILY HERITAGES [ANL109]**

Today on A New Leaf, three families search for their hidden heritage in this collection of amazing journeys of historical discovery. First, Steve and his son Remy trace their ancestors to create a school family tree project. Then, Nadia unlocks her mom's African American roots which inspires her dance audition for grad school. Then, Allison fills in some family history gaps as a Bar Mitzvah gift to her son, Jayden. For Remy and Steve, they soon trace their roots back to Ireland where their ancestors were farmers. Here we'll learn more about the great famine that killed potato crops across Ireland beginning in 1845. This famine forced many families to seek a new life elsewhere, including Remy's ancestors. Tracing their roots back even further, Remy discovers that his other ancestors came to America on the Mayflower. Next, we'll follow Nadia on her journey of discovery and witness her passion and dedication as she perfects her dance performance. We'll learn that training to become a professional ballerina can take as long as fifteen years and will require much hard work. Nadia is also hoping to incorporate her African American heritage in her dance routine. We'll visit with an expert on African American culture and learn more about Nadia's roots as she prepares for her upcoming dance performance. Finally, we'll catch up with Allison and Jayden on their journey. After a deep dive into their family tree, Allison discovers that her family has a connection to the Titanic. Allison also hopes to get in touch with her Jewish roots and learn more about the Jewish experiences before World War II.

**[Educational Message: At the beginning of their quests for knowledge about their past, these families knew very little about their ancestors and family tree. Hoping to share this information with other members of their family, these people were all determined to learn more about their family roots. On this journey, we uncovered many things never known about their pasts. Because of their determination to discover more, this information will live on in their families for generations.]**

Airdate: 2/29/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN**

**HOPE AGAINST THE ROPE [HOC406]**

First, we meet rising boxing star Jesselyn Silva, an honor roll student who is also a two-time Junior Olympic champion. We see how Jesslyn appreciates her father's support and how she chooses to work hard in the gym instead of playing with her friends, a sacrifice she's happy to make to pursue her dream of making it to the 2024 Olympic Games. Though her record isn't perfect, Jesselyn views losses as lessons rather than letting those disappointments deter her from pursuing her passion. Next, we see how Jason Enloe's golf family at SMU rose to the occasion when he needed their support after losing his wife to cancer. Then, we learn how women's golf has grown in South Korea after Se Ri Pak's success in the sport. With Se Ri as their inspiration, the next generation of South Korean golfers now dominate the LPGA Tour. Last, we see how Steve Page stepped up for his community after wildfires tore through Sonoma County, CA. As president of Sonoma Racing, Steve opened up the Sonoma Raceway to evacuees, giving people a place to go when they had nowhere to turn. Viewers learn the importance of helping others in their community, and how one act of kindness can impact many.

**[Educational Message: Hard work and determination are important in the pursuit of excellence, but it's okay to not be perfect all the time. It's important to be there for your friends when they're going through a difficult time; we all need support at certain points in our lives. When you succeed, be mindful that you may become a role model for others following in your footsteps.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **RETURN TO MALAYSIA [EDD219]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to explore the unique and diverse country of Malaysia. Malaysia is one of seventeen countries identified as megadiverse, meaning these countries harbor the majority of Earth's species. Malaysia's jungles can seem like an impenetrable wall of green but running through it all, is water. We'll discover that the longest river in Malaysia is the Rajang River, which is roughly three-hundred and fifty miles in length. We'll also learn that ninety-eight percent of the water supply used by people in Malaysia comes from its rivers and streams. First up, we'll learn more about the animals that rely on this water for survival, such as the elephants. The pygmy elephants that call this region home are the smallest in the world, standing about three feet shorter than their larger Asian elephant cousins. We discover that this is a unique adaptation that allows them to thrive in the dense forests of Malaysia. Next, we'll journey to the fascinating caves of Malaysia. Over thousands of years, streams and rivers have gradually eaten into Malaysia's soft limestone bedrock. Dissolving grain by grain, holes have become craters, and caves have been excavated into caverns. We'll discover that Malaysia is home to some of the largest cave systems on the planet. Here we'll learn more about the unique species that dwell in these caves such as bats, birds, and a variety of insects. Finally, we'll visit the coastline of Malaysia to discover more about its diverse wildlife. Here we'll learn that a mudskipper fish is perfectly at home out of water. We'll discover that mudskippers breathe through their skin and carry a bubble of air in its gill chambers, much like a scuba diver's tank. While typically small, we'll learn that mudskippers can grow between ten to twelve inches long.

**[Educational Message: Malaysia's biodiversity is credited to its rich and fruitful landscape. From giant bats to fish that can walk, this country boasts some of the biggest and most unique species in the animal kingdom. The fascination with Malaysia will continue to live on with the creatures who call this place home.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **ZANZIBAR REVISITED [EDD220]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the fascinating tropical archipelago that is Zanzibar. Lying twenty-five miles off the coast of Tanzania, the island chain of Zanzibar is dominated by Unguja and Pemba Islands. We'll learn that in 1964, the presidents of Tanganyika and Zanzibar united their countries to become Tanzania. First up, we begin our journey in the forests of Pemba Island which is home to one of the rarest primates in the world. Isolated from mainland Africa for more than ten-thousand years, the Zanzibar red colobus monkey calls this island home. Here we'll discover that while many primates have thumbs on their hands, no known species of colobus monkey has them. Highly social, red colobus monkeys typically reside in groups averaging between thirty and fifty individuals. Next, we'll discover more about the largest bat in the world, the Pemba flying fox. Sporting a wingspan of nearly five feet, flying foxes rely on their keen eyesight to track down their next meal. We'll discover that flying fox bats are old world fruit bats, and therefore use sight instead of echolocation to navigate. We'll also discover that the bats play an important role in the environment by dispersing pollen and seeds, which is vital to keeping the region's forests alive. Next, we'll meet one of the largest tortoises in the world, the Aldabra tortoise. Not only one of the largest of its kind, the Aldabra tortoise can live up to two-hundred years old. Highly intelligent, Aldabra tortoises are capable of distinguishing between humans with which they interact. Finally, we'll discover more about the mangrove forests on Zanzibar's coastlines. We'll learn that mangrove forests play an important role in protecting coastline ecosystems from erosion. We'll also discover that the largest mangrove forests are found in Indonesia, where they cover an area roughly the size of Vermont.

**[Educational Message: The archipelago of Zanzibar is one of the most beautiful and fascinating places in the world, and the wildlife that thrives here is no different. The amount and diversity of life that's supported here is nothing short of miraculous. We must all do our part to ensure we protect our environment and ecosystems.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **INFORMATION SUPERHIGHWAY [CNR208]**

Host Jack Rico and the experts at the testing labs show us how to rid your home of nasty allergens, teach us how to prepare for a road trip, and explain how to get the most out of your WIFI router. First up, we'll meet with an expert to learn about various allergens and how to keep them out of your home. We'll discover that it's important to vacuum your home at least once a week, as dust can contain mites, pollen, pet dander, and even cockroach droppings. Also, we learn that if you have allergies, it's recommended that you use a vacuum with a HEPA, or High Efficiency Particulate Air, filter. Also, be sure your vacuum has a bag instead of a bin to avoid releasing those allergens back into the air when emptying. Next, we'll meet with an auto expert and learn how to make sure your car is prepped for its next road trip. Before taking your car out on the open road, it's important to check the car's fluids such as oil, coolant, and windshield washer liquid. Also, ensure your car's belts and hoses are not loose, cracked, or leaking. Additionally, we learn you should always check the pressure and treadwear of your car's tires before driving. Furthermore, it's vital to check that all of your car's lights and signals are working properly. Finally, we'll learn how you can improve the WIFI signal in your home. With the help of an expert, we'll discover that there are new technologies that can help boost your WIFI coverage. A mesh networking device can be utilized to increase WIFI capabilities

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

**[Educational Message: In this episode, we learned how to prepare a car for a road trip. Checking your tires, fluids, lights, and signals is critical to your safety and others on the road. Always be sure your car is maintained and suitable for travel. Preparation is crucial and will make for a smoother road trip.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **GIVE SPLEEN A CHANCE [VSP210]**

Today on Vets Saving Pets, a nasty virus puts a puppy's life in serious jeopardy, a Portuguese water dog is suffering from bloat, and a Pekingese has a skin rash. First up, a Portuguese water dog named Marley is brought to the Emergency Veterinary Clinic with a case of gastric dilatation volvulus, or bloat. Here we learn that Marley's stomach has been twisted and this condition can be life-threatening if not treated immediately. Dr. Boyd, the clinic's surgeon, will be performing an emergency surgery to fix Marley's bloat issue. After Dr. Boyd successfully untwists Marley's organs, the stomach is surgically fused to its natural position and should prevent the issue from recurring in the future. Next, a Pekingese named Ping is brought to the clinic suffering from a persistent skin rash. Dr. Waisglass, the clinic's dermatologist, will perform a variety of tests to determine the root of Ping's skin problems. Dr. Waisglass is concerned the skin issues may be caused by an immune disease or potentially cancer. A skin scraping and culture test soon rule out any serious issues and Dr. Waisglass sends Ping home with medicated shampoo to aid in his recovery. Finally, a Pomeranian puppy named Ella arrives at the clinic with serious health issues. Ella visits with Dr. Bryer, the clinic's emergency medicine veterinarian, who suspects the puppy is suffering from parvovirus. Here we learn that parvovirus enteritis is a virus seen mostly in puppies that attacks growing or dividing cells and can be deadly. Due to the highly contagious nature of parvovirus, the team is taking extra precautions to ensure no other animals contract the dangerous virus. Ella will have her blood drawn for testing and remain at the clinic overnight for further monitoring.

**[Educational Message: In this episode, we learned that emergencies can happen very quickly in the field of veterinary medicine. Veterinarians must always be prepared to act fast when working in an emergency clinic. Preparation and education are vital to success.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **NEW BABY AND NEW FAMILY HISTORY [ANL110]**

Today on A New Leaf, Jessica is overjoyed to be expecting her first baby and is eager to choose a name with family meaning. But first, she wants to confirm some roots of her family history that have always been a mystery. Jessica's search uncovers amazing details about her ancestors and a few inspired baby names to share at the gender reveal party. As Jessica prepares for her journey of discovery, she hopes to learn more about her family history to pass down to future generations. As she is pregnant with her first child, Jessica is also hoping to find a name that is representative of her Russian roots. Referencing historical passenger

manifests, Jessica is able to trace her family's arrival to America at Ellis Island. Next, Jessica will meet with a historian to learn more about the journey and experiences of immigrants arriving at Ellis Island in the early 20th century. We'll learn that until the early 1920's, immigrants to the United States did not need passports or visas. Also, we'll discover that there was a rigorous health exam for all immigrants passing through Ellis Island. We'll learn that about ten percent of immigrants were marked for a medical issue and about three percent of immigrants were turned away entirely. Having gained a wealth of knowledge about her ancestors, Jessica now has a greater understanding of her ancestors' commitment to making the journey to America. Confident about her past, Jessica is now ready to share this newfound information with her family and friends.

**[Educational Message: Before this journey, Jessica had little knowledge of her ancestors and family tree. Not only was she able to share these revelations with her father, she will now have this information to pass down to future generations. Learning about our past can help strengthen our present.]**

Airdate: 3/7/2020

Time:

Duration: 30:00

### **THE CHAMPION WITHIN**

#### **FLO VAULTER [HOC407]**

First, we learn how Denny Hamlin's humble beginnings made him into the modest winner he is today as one of NASCAR's biggest stars. Before his racing career, Denny helped out at his dad's trailer and hitch shop, which he credits for helping to develop a strong work ethic. Denny's parents made many financial sacrifices to help Denny's burgeoning racing career, something that Denny makes a point to remember in all of his success as a professional stock car driver. Then, we meet cyclist Annemiek van Vleuten, learning about her comeback after a terrible crash during the 2016 Rio Olympics cost her the gold medal. After her recovery, Annemiek returned to cycling to ultimately win a world title, inspiring viewers to keep pushing for their dreams when it may seem the race has been lost. Then, we hear how a great mentor helped Tony Finau on his way to golf greatness. PGA pro Mark Whetzel's commitment to growing junior golf led him to a young Tony Finau, who was in need of a place to practice his golf game. Mark granted Tony free access to his golf course, offered him lessons, and has continued to support Tony throughout his golf career. Last, we meet Flo Meiler, an 85-year-old pole vaulter who took up the sport at age 65. Drawn to the sport simply because it seemed like a fun challenge, Flo was determined to give the sport a try. Her dedication to staying active ultimately led Flo to compete and medal in the Senior Games, where she continues to be at the top of her game.

**[Educational Message: Viewers learn the importance of remembering your humble beginnings after finding success, and how to appreciate the people who helped you achieve your goals. Mentoring the next generation is a wonderful way to pay it forward and show gratitude for your success. It's difficult to try again after failing, but if you find the courage to keep pushing through failure, your eventual success makes for an even sweeter reward. You're never too old to try new things, so never let inexperience be a roadblock to reaching a new goal.]**

Airdate: 3/14/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **FROZEN FRONTIERS [EDD221]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of the most unbelievable, and unbelievably cold, places in the world. From the ice fields of Patagonia, to the high snowy mountains of the Himalayas, we'll explore what thrives and survives in some of the most frigid ecosystems in the world. First up, we begin our journey in South America in the region of Patagonia. Stretching from Argentina to Chile, Patagonia is home to the largest dinosaur fossil ever found, the second oldest tree on Earth, and a species of flightless bird that almost outnumbers humans. We'll first meet a colony of Magellanic penguins that just returned to the shores of the Punta Tombo Reserve after spending six months at sea. Here we'll learn that the Punta Tombo Reserve in Patagonia hosts the largest known colony of Magellanic penguins in the world. We'll discover that penguin couples always return to the same nest year after year to breed. Next, we'll journey to Asia where we visit the highest peaks in the world, the Himalayas. At over sixteen-thousand feet above sea level, among the most treacherous and untamed mountains in the world, certain highly adapted species have made the Himalayas their home. Here we'll meet the elusive snow leopard living in the mountains of the Himalayas. We'll discover how snow leopards have excellent nocturnal vision and that most of their kills occur during either dusk or dawn. Like many of the big cats, the snow leopard is a powerful ambush predator preferring the element of surprise when hunting. Next, we'll travel to the Ladakh region of the Himalayas, an area covering roughly forty-five thousand square miles including the Ladakh Mountain Range. Here we'll meet with the nomadic Changpa tribe and witness how they survive in this most unforgiving environment. Also, we'll witness how these nomadic herders care for and protect their livestock from the elements and predators. Finally, we'll learn about the guanacos of Patagonia. We'll discover that llamas descended from guanacos that were domesticated in South America over six thousand years ago. Supremely adapted to surviving in the cold elements, guanacos have a double coat of fur that helps them cope with the extreme temperatures.

**[Educational Message: We witnessed the incredible survival skills of various animals that thrive in the epic mountains of Patagonia and the Himalayas. Although worlds apart, these two larger than life regions share the distinct quality of diversity that makes our planet so special.]**

Airdate: 3/14/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **INCREDIBLE ISLANDS [EDD222]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to some of the most extreme islands on Earth. We'll explore the Amazon River Islands in South America and then discover what's hiding up in the trees in the Philippines. First up, we'll travel to the heart of South America to explore the Amazon River Islands. The Amazon River region is home to the largest collection of river islands in the world. We'll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. Here we'll meet the only two primates that inhabit the Amazon River Islands, the red howler and the squirrel monkey. Here we'll discover that squirrel monkeys are known to live in groups larger than most other New World Monkeys. We'll witness how these monkeys forage for food and avoid predators in their watery environment. Next, we'll journey to Southeast Asia where the island chain of the Philippines lies. The Philippines are made up of over seven-thousand tropical islands in the Western Pacific Ocean. Among the most ancient islands on Earth, the Philippines have the world's fifth longest coastline. Here we'll learn more about the various insects that inhabit the Philippines. We'll witness the behavior of fireflies under the cover of night. We'll learn that despite their name, fireflies are actually a type of beetle. We'll discover that the flash of light emitted by fireflies occurs due to a chemical reaction



inside the fly's body. Finally, we'll travel back to the Amazon to learn more about its most notorious species, the piranha. We'll discover that many piranha species are actually vegetarian, whereas "true piranhas," such as the red-bellied piranha, are carnivorous. Here we'll witness the incredible speed and efficiency of piranhas when hunting and consuming their meals.

**[Educational Message: The Philippines and Amazon River Islands are two island chains that provide homes for some of the most adaptable and captivating animals on Earth. The ability to survive and adapt is what makes the plants and animals that live in this region so resilient and fascinating. Many of these islands are isolated and undisturbed. As a result, many of these unique species have flourished, uninterrupted by the modern world.]**

Airdate: 3/14/2020

Time:

Duration: 30:00

**CONSUMER 101**

**DIGITAL TRAPS [CNR209]**

Host Jack Rico and the experts at the testing labs teach us the differences between drivetrains, show us how to avoid online privacy traps, and teach us the science behind audio speaker testing. First up, we'll join an auto expert on the test track to learn about drivetrains and how they differ from one another. We'll learn that a drivetrain is how you get the power in your car from the engine to the wheels. We'll discover that there are four types of drivetrains including front-wheel drive, rear-wheel drive, all-wheel drive, and four-wheel drive. We'll learn that front-wheel drive is the most common and has the best combination of fuel economy and traction. Here we'll witness how these various drivetrains perform and handle a variety of maneuvers on the test track. Next, we'll meet with a privacy expert to learn how we can protect ourselves from hackers and scammers online. We'll discover that some hackers use a tactic called "phishing" in order to lure their victims. These "phishing" emails are designed to mimic official email accounts and websites, tricking people into giving up their passwords, credit card numbers, and other personal information. We'll learn that you should always confirm the legitimacy of these email accounts and websites before giving away any personal information. Finally, we'll meet with an electronics expert to learn more about the technology and testing behind audio speakers. We'll witness how microphones are used in a controlled environment to scientifically measure the quality of various speaker systems. We'll learn about how experts measure the depth, width, height, and layers of sound emitted from speakers. We'll also discover the differences between Bluetooth, WIFI, and smart speakers and how to find the best speaker for your needs.

**[Educational Message: In this episode, we learned the importance of protecting your online privacy. Hackers and scammers are improving their techniques each day and it's important we stay ahead of them. We must always use online apps and websites responsibly and carefully in order to protect our personal data and privacy.]**

Airdate: 3/14/2020

Time:

Duration: 30:00

**VETS SAVING PETS**

**BUSTING OUT [VSP211]**

Today on Vets Saving Pets, a cat has lost the spring in its step, a puppy is having dental issues, and a Whippet is having heart issues. First up, a puppy named Hershey arrives at the clinic with an unusual dental problem. Dr. French, the clinic's veterinary dentist, determines that Hershey hasn't lost any of her baby teeth. This condition is causing overcrowding in the mouth and can lead to complications such as

periodontal disease if not treated. Dr. French will anesthetize Hershey and begin the process of extracting the remaining engrained root fragments. Next, a Whippet named Chelsea arrives at the clinic after receiving abnormal blood work results on her one-year checkup. Suffering from a heart murmur, Chelsea will need additional tests to further determine the extent of the issue. Dr. Williams, the clinic's cardiologist, is concerned that Chelsea's red blood cell count is extremely high. Dr. Williams will utilize an ultrasound device to monitor the blood flow in Chelsea's heart. Here we'll discover that Chelsea has a shunt in her heart. We'll learn that a shunt occurs when blood is diverted in abnormal patterns in the heart. As this condition cannot be corrected with surgery, Dr. Williams prescribes medication to help manage the symptoms and extend Chelsea's life. Finally, a cat named Buster is rushed to the Emergency Veterinary Clinic suffering from walking issues. After examining the X-rays, Dr. Boyd determines that Buster has broken both of his hip joints and will require immediate surgery. For this procedure, Dr. Boyd will need to perform a femoral head excision, a process that removes the ball of the hip joints, creating a false joint that will help Buster regain mobility. Dr. Boyd will have to work extra carefully to avoid affecting Buster's sciatic nerve, which can cause serious issues if damaged.

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

Airdate: 3/14/2020

Time:

Duration: 30:00

**A NEW LEAF**

**SAINT'S ARRIVAL [ANL111]**

Today on A New Leaf, host Daisy Fuentes pays a visit to Sylvia, who's just become a grandmother for the first time. She wants to be able to share family stories with her new grandson, Saint, but first there are some things she'd like to learn. Sylvia soon discovers her father's African American heritage and she learns about her ancestors' lives in the years after slavery was abolished, and how her great-great-grandfather was part of a historic secret society. Sylvia is Polynesian on her mom's side, but the rest of her family tree is a big question mark. Using DNA analysis, Sylvia is able to confirm that not only is she fifty-percent Polynesian, but she's almost twenty-five percent sub-Saharan African. Utilizing historical documents and newspaper articles, Sylvia also confirms that her great-great-grandfather was a member of the Freemasons. Here we'll learn that the Freemasons are an international organization built around the core principles of brotherhood, truth, and charity. In order to gain a better understanding about her African American roots, Sylvia meets with a historian specializing in African American history. Sylvia will learn more about the history of Freemasons in the United States and how many influential African Americans were once members of the Freemasons. After gaining a wealth of knowledge about her ancestors and family tree, Sylvia is ready to share this new information with her family and new grandson.

**[Educational Message: By discovering more about our past we can connect more with the present. Before this journey, Sylvia was unaware that she had African American roots. Now she has a newfound understanding of what life was like for her ancestors long ago. Through gaining this knowledge about her family tree, Sylvia is now able pass this information down to her family for generations to come.]**

Airdate: 3/14/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN**

**THE POWER OF WILL [HOC408]**

First, we hear from race car driver Will Power about the importance of determination and perseverance in reaching your ultimate goal. One of the best Indy car drivers of his generation, it took Will years at the top of the podium in other races before he was finally able to capture that elusive number one spot at the Indy 500. Next, we learn how PGA pro Cameron Champ's grandfather paved the way for his success in the sport. Cameron's grandfather taught him the game of golf, and was his biggest supporter on his rise through the ranks. For all the support given to him over the years, Cameron even had his grandfather caddie for him the first time he played the First Tee Open at Pebble Beach, helping his grandfather realize a dream that he never had the opportunity to fulfill when he was Cameron's age. Then, we meet rising swim star Carson Foster, who broke one of his idol Michael Phelps's national age group records at just 10 years old. Caron's brother and sister are also swimmers, and we see how a friendly sibling rivalry can push each to do their best, helping each other to become stronger swimmers together. Later, we meet Bryson Dechambeau and hear about how a televised golf tournament helped his father reconnect with Ron, an old friend from his school days. After meeting again, Ron realized he could help Bryson's father by donating a kidney, a selfless gesture for which Bryson and his father are forever grateful.

**[Educational Message: It's okay to feel disappointed and frustrated if you don't reach your goals as quickly as you would have hoped, but it's important to eventually work through your emotions to rebound with a positive attitude. Be grateful for the opportunities you are afforded today and remember that others who came before laid the groundwork for your success. There is value in supporting your competitors; when everyone does well, it pushes you to do your best.]**

Airdate: 3/21/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**

**RETURN TO THAILAND [EDD223]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the incredible country that is Thailand. Thailand was previously known as "Siam" from the 12th century until it was renamed "Thailand" in 1939. Surrounded by four countries, and between two seas, Thailand is a melting pot for wildlife across the region. We'll discover that Thailand is home to roughly ten percent of all existing known species of animal in the world. First up, we'll meet a skillful and secretive predator roaming the jungles of Thailand, the clouded leopard. We'll learn more about how these cats expertly track down their prey within the dense jungles. Here we witness how clouded leopards use scent marking to claim their territory and also attract a mate. We'll discover that clouded leopards are also the only known cat species that can climb down trees headfirst. Next, we'll travel to the beaches and reefs of Thailand to learn more about the aquatic wildlife of Thailand. Here we'll meet the world's largest fish, the whale shark. Migrating through the oceans, where they go and come from is still unclear. But off the shores of Thailand, these gentle giants make the most of plankton blooms. With mouths measuring almost four feet wide, these sharks could devour most fish, but it's the smallest creatures that they feed on. We'll discover that whale sharks can consume tens of thousands of plankton in just one gulp. Next, we'll meet the macaques that thrive on the shores of the Thailand coastline. Long-tailed macaques, thanks to their adaptability, are thought to have learned to fish due to shifting food sources. Here we'll witness as the macaques use rocks and other tools to harvest their food

from clams and other mollusks. We'll learn that like humans, long-tailed macaques can be either left-handed, right-handed, or ambidextrous.

**[Educational Message: When the natural world is left to forge its survival, extraordinary adaptations, behaviors, and evolutionary tricks occur. The fine balance between life and death is constantly played out in Thailand's diverse habitats. Harboring iconic predators and inventive scavengers, these worlds bring constant challenges. Those who adapt reap the rewards and become nature's survivors.]**

Airdate: 3/21/2020

Time:

Duration: 30:00

## **EARTH ODYSSEY WITH DYLAN DREYER**

### **RETURN TO AMAZON RIVER ISLANDS [EDD224]**

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey back to the Amazon River Islands where we'll explore more of what lives in the water and on the land. The Amazon River region is home to the largest collection of river islands in the world. We'll learn that this region is made up of more than one-thousand islands that stretch along six-hundred miles of the wildest waterways in the Amazon Rainforest. We begin our journey in the Rio Branco life doesn't just survive, but flourishes. First up, we'll learn more about a predator in these waters, the giant river otter. Giant river otters spend most of their time hunting. Nicknamed the "river wolf," the giant otter's size and speed allows it to compete for fish and even piranha. Moving and working as a pack, giant river otters are able to corral fish before easily picking them off one by one. We'll also learn more about the family dynamics of giant river otters as they guard their dens and protect their young from other predators. Next, we'll learn about the fascinating leaf cutter ant. These are no ordinary ants as it's believed they're a separate species to the ones that nest underground. Due to the constant flooding in the region, these ants have adapted to live in the treetops. We'll also discover that leaf cutter ants are one of only a few species on the planet known to grow their own food. Cultivating a special fungus garden deep within its nest, leaf cutter ants are almost entirely dependent on this fungus for food. Finally, we'll learn more about the fish species that live within the Rio Negro and how they provide for the local residents. Here we'll witness how fish species like tetras are harvested for exotic fish tanks around the world. This regulated practice provides the local fisherman with a vital source of income. Here we'll learn that many aquarium fish are caught in the wild because it is difficult to breed fish in captivity. Before the fish are taken to a new home, they must have official health certificates that are internationally recognized.

**[Educational Message: The islands of the Amazon River provide a home for some of the hardest animals in the world. As flood waters engulf the islands each year, those that live here are forced to endure incredible extremes. But animals have developed ways of coping and have learned to master their ever changing environment. It's either sink or swim in the floating forests of the Amazon.]**

Airdate: 3/21/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **SUPER CHARGED [CNR210]**

Host Jack Rico and the experts at the testing labs teach us about electric cars, give us tips on super snacking, and show us the technology behind snow blowers. First up, we'll meet an expert on the auto test track to learn more about the past and present of electric cars. Here we'll learn that the first fully electric vehicles were built in the early 1900's. As technology has changed drastically over the last one-hundred years, we'll

now see how the electric cars of today have evolved. Here we'll learn that electric cars now include technology that captures energy normally lost during braking and sends that energy to the car's batteries. Known as regenerative braking, this technology uses the car's generator to help slow the car down. Next, we'll meet with a nutritionist to get tips on how to create the healthiest snack. We'll be joining a couple of teens to find out the best ways to swap out packaged foods with fresher snack options. We'll learn that only one in ten Americans eats the recommended amount of fruits and vegetables each day. We'll discover that the average daily recommendation is two to three cups of vegetables and two cups of fruits each day. Here we'll get expert tips and recipes on how we can increase the nutritional value of our daily snacks. Finally, we'll join an expert to see how snow blowers are scientifically tested and evaluated. Instead of using snow, testers will be utilizing saw dust, which mimics wet snow and is much more consistent for testing purposes. We'll learn more about the various types of snow blowers, such as gasoline, electric, and battery powered devices. We'll discover that snow blowers operate by using an auger that feeds snow through a discharge chute. Here we'll get expert tips on how to choose the right snow blower for the right job.

**[Educational Message: In this episode, we learned the importance of making healthier choices in our diet. We discovered nutritional recipes that can help us replace packaged snack foods with organic fruits and vegetables. It's important that we always look for healthier alternatives in our daily diet.]**

Airdate: 3/21/2020

Time:

Duration: 30:00

**VETS SAVING PETS**

**BELLY OF THE BEAST [VSP212]**

Today on Vets Saving Pets, a dog is suffering from a hernia, a Komodo dragon is in need of a spay, and a miniature pinscher arrives at the clinic with tooth pain. First up, a Standard Poodle named Spencer is brought to the clinic after suffering from severe stomach problems. After meeting with Dr. Martin, the clinic's Internal Medicine veterinarian, Spencer is diagnosed with esophageal hernia. Here we'll learn that an esophageal hernia is a condition in which the stomach moves into the esophagus and causes severe digestive problems. In order to fully evaluate the severity of the issue, Dr. Martin and Dr. Spencer will perform an endoscopy procedure to better examine Spencer's internal organs. Following a successful endoscopy exam, Spencer will be admitted to surgery to repair the esophageal hernia. Finally, a miniature pinscher named Tadpole arrives at the clinic suffering from issues with her teeth. Dr. French, the clinic's veterinary dentist, determines that Tadpole's canine teeth are embedded in her jaw and will need to be extracted. Dr. French explains this is a serious issue that can lead to major complications if not treated immediately. Due to Tadpole's miniature size, a tooth extraction can potentially fracture the dog's tiny jaw if not performed carefully. Here we'll learn that smaller dogs tend to have teeth too big for their mouths, making them more susceptible to dental complications. Finally, Dr. Boyd, the clinic's surgeon, is traveling to a local zoo to perform a spay on a Komodo Dragon named Loka. This is the first time Dr. Boyd has ever treated an exotic animal like Loka, so she will have to learn as she goes and work extra carefully on her new patient. Here we learn about the unique anatomy of Komodo Dragons, as well as how their metabolism is much slower than a mammal's, which means it will take longer for the reptile to recover after surgery.

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

Airdate: 3/21/2020

Time:

Duration: 30:00

## **A NEW LEAF**

### **A COMMITMENT TO FAMILY HISTORIES [ANL112]**

Today on A New Leaf, newlyweds John and Peter want to present each other with more knowledge about their families' similar Greek histories. Their search leads them to some unexpected but pleasant surprises about their Greek heritage, and to some fascinating common threads in their grandfathers' stories. Both John and Peter hope to share everything with friends and family at a big wedding celebration. Utilizing historical documents and passenger manifests, John and Peter were able to trace both of their grandfathers' journeys to America. John and Peter also discover that both of their grandfathers registered for World War I.

Although a DNA analysis discovered they were less Greek than they originally thought, John and Peter continue to bond over their shared heritage. In order to forge a deeper connection with their Greek roots, John and Peter will join a chef to learn more about Greek foods and culture. Today, John and Peter will be cooking a traditional Greek dish known as Spanakopita. After gaining a wealth of knowledge about their ancestors' journey to America as well as their Greek roots, John and Peter are now ready to share this new information with their family and friends at the wedding celebration.

**[Educational Message: Before John and Peter began their journey of discovery, there were many unanswered questions about their family trees. After learning they were less Greek than they originally thought, John and Peter have now become inspired to discover more about their Italian heritage. Learning more about our past can help strengthen our present.]**

Airdate: 3/21/2020

Time:

Duration: 30:00

## **THE CHAMPION WITHIN**

### **LEAD WITH SPEED [HOC401]**

First, we learn how hockey player Jaden Schwartz makes an impact in his community. Off the ice, he helps those in need of a bone marrow transplant after losing his sister to leukemia. Marrow is the sponge-like material inside bone, and bone marrow cancer occurs when cells in the marrow begin to grow abnormally or at an accelerated rate. Next, we meet childhood best friends and Indycar drivers James Hinchcliffe and Robert Wickens. We hear how they stay positive and motivated after both experiencing life-threatening accidents, one of which left Robert paralyzed from the waist down. Then, we learn how Olympic sprinter Noah Lyles balances his two passions, running and art. Sprinters use spikes with no cushioning because all of their running is done on the ball of their foot. Lastly, we learn how golfer Brad Dalke worked hard to eventually become the youngest recruit in college golf history. A minimum GPA of 2.3 is needed to be academically eligible for an NCAA Division 1 scholarship.

**[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, the importance of having versatility and outlets to express yourself, and what it takes to become a college golfer.]**

Airdate: 3/28/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**  
**THAR DESERT REVISITED [EDD225]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to the Thar Desert where we'll learn more about the people and animals that live in this harsh ecosystem. Situated in Northern India, the Thar Desert is also known as the Great Indian Desert and is the seventh largest desert in the world. Temperatures here can soar to over one-hundred and twenty degrees Fahrenheit and less than two inches of rain falls each year. First up, we'll learn more about the nomadic tribes that reside in this region. We'll discover that many of these nomadic tribes move through the desert in a constant search for water and grazing for their livestock. Each year over twenty-thousand people gather for the desert's largest livestock market, the Nagaur Fair. Here these nomadic tribes come together to celebrate their traditional way of life and their ancient alliance with nature. Due to the constant droughts in the region, these farmers can't rely on crops for food and income. Instead they owe their survival to domesticated animals. Here we'll discover that India is estimated to have the largest livestock population in the world. Next, we'll journey to the Thar Desert's eastern edge in the city of Jaipur, the capital and largest city in India. Here we'll learn more about one of India's most sacred animals, the Hanuman langur. Revered above all monkeys, this adaptable primate can survive anywhere from steamy jungles to frozen forests. We'll discover that Hanuman langurs will typically live in groups ranging from roughly twenty to one-hundred members. Here we'll witness the dynamics of how humans and langurs coexist in a crowded and bustling city. Finally, we'll travel to the far southern edge of the Thar to learn more about one of the world's most formidable predators, the Asiatic lion. Here we'll learn that Asiatic lions are thought to have split from African lions roughly one-hundred-thousand years ago. We'll witness how the local farmers coexist with these powerful predators. We'll also discover that lions are the only known large felines in the world that live in groups called "prides."

**[Educational Message: In the Thar Desert, the relationship between animals and humans can be traced back for generations. We learned that this relationship can be the key to survival in this harsh region of the world. The Thar is home to more creatures than any other desert in the world because its people have a long tradition of respect for nature.]**

Airdate: 3/28/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER**  
**ADVENTURES IN VENEZUELA [EDD226]**

Today on Earth Odyssey, host Dylan Dreyer takes us back to Venezuela to explore more of its diverse and exotic wildlife. Our journey begins in Los Llanos, a wetland roughly the size of Italy that covers nearly a third of Venezuela. The over two-hundred-thousand square miles of Los Llanos has an elevation range rarely exceeding one-thousand feet above sea level. We'll discover that this region is home to more than one-hundred species of mammals and around seven-hundred species of birds. First up, we'll learn more about the capybara, the largest rodent in the world. Capybaras are closely related to guinea pigs and rock cavies, despite their massive size difference. The capybara gets its name from the Amazonian native language which translates to "master of the grasses." We'll also learn that capybaras are highly social and can live in groups of between ten and one-hundred members depending on the season. Here we'll witness how capybaras avoid predators such as anacondas, caiman, and crocodiles. Next, we'll travel to a mountain range in Venezuela known as the Guiana Shield. More than 1.8 billion years old, these are amongst the most ancient mountains in South America and cover an area about the size of Alaska and Texas combined. Home to some of the planet's most spectacular waterfalls, the Guiana Shield is called the "greenhouse of the world." Here we'll discover the supremely adapted plants and animals that live atop these mountains. We'll

learn more about a fascinating plant species known as a pitcher plant. Known as carnivorous plants, there are roughly ninety known species of pitcher plants, also known as “nepenthes,” across the world. We’ll discover how these unique plants have adapted over time to attract and trap their next meals.

**[Educational Message: The diverse landscape of Venezuela creates the perfect ecosystem that allows an incredible array of animals to thrive. The Los Llanos and Guiana Shield regions of Venezuela hold many of the spectacular natural wonders we know today. We must all do our part to protect and preserve nature.]**

Airdate: 3/28/2020

Time:

Duration: 30:00

## **CONSUMER 101**

### **HOW TO PROTECT DEER AND PASSWORDS [CNR211]**

Host Jack Rico and the experts at the testing labs teach us how to avoid deer strikes on the road, show us how to use a password manager, and teach us how to pack a carry-on like a pro. First up, we’ll get a lesson on how to avoid hitting a deer when driving in your car. We’ll learn that over 1.3 million deer are hit by drivers every year. We’ll discover that driving during certain times of the day can increase your odds of a collision with a deer. Also, we learn that deer travel in groups, so if you see one, there are likely others nearby. In the event of an accident, we also learn it’s important to never attempt to touch an injured animal. Next, we’ll learn how to protect our online accounts by using a password manager. We’ll discover that a password manager is one of the best ways to protect your privacy and security. We’ll get tips on how to create an effective and secure password for your password manager. We’ll also learn about two-factor authentication, which adds an extra layer of security beyond your password. Finally, we’ll meet with an expert to learn the best way to pack your carry-on luggage. Here we’ll get five tips on the most efficient ways to pack your carry-on in order to avoid the lines at the luggage carousel. We’ll discover that making a thorough list will help you avoid overpacking and keep you organized. Also, it’s important to check the weather forecast for your destination so that you pack only what you truly need. We’ll also learn more about TSA requirements for luggage and how to avoid packing restricted items.

**[Educational Message: It’s important that we are always alert and prepared when driving on the roads. In this episode, we learned ways to avoid hitting a deer with your car. Always pay attention to your surroundings and be prepared for any obstacle on the road.]**

Airdate: 3/28/2020

Time:

Duration: 30:00

## **VETS SAVING PETS**

### **LONG IN THE TOOTH [VSP213]**

Today on Vets Saving Pets, a cat arrives at the clinic with a strange condition, a dachshund has a cracked tooth, and a friendly feline helps to save lives. First up, a cat named Willow is brought to the Emergency Veterinary Clinic with a strange condition that causes her to constantly spin in circles. Dr. James, the clinic’s neurologist, performs a neurological exam on Willow to determine what’s causing this abnormal behavior. After examining Willow, Dr. James is convinced she is suffering from a left forebrain lesion. Here we’ll learn that a lesion on the left forebrain can result in an inability to recognize or process incoming information from the right side of the body. Dr. James will recommend an MRI exam for Willow in order to



confirm her diagnosis. Next, a dachshund named Penny is brought to the clinic with a broken tooth. However, it was previously determined that Penny suffers from a heart murmur. Before Penny can have her tooth fixed, she will need to meet with Dr. Williams, the clinic's cardiologist, to ensure she is cleared for surgery. Finally, we learn about the clinic's unique feline blood donor program, an important initiative that saves the lives of countless cats. Today, a foster cat named Bruce is visiting the clinic to donate blood for the donor program. As feline blood is not a readily available resource for veterinarians, volunteers like Bruce are critical to the program's success. Bruce will first need to be anesthetized so the team can safely draw his blood.

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

Airdate: 3/28/2020

Time:

Duration: 30:00

**A NEW LEAF**

**SURPRISING FAMILY DISCOVERIES [ANL113]**

Today on A New Leaf, three remarkable people take journeys of family discovery in this special look at some of the best episodes this year. After the sudden loss of his mother, Craig discovers details about his ancestors that he never knew; Joseph hopes to finally find out if he's related to famous philanthropist Andrew Carnegie; and as Lauren clears up family stories surrounding her great-grandfather's adoption, she discovers a surprising heritage along the way. For Craig, he would like to know more about his parents' relatives and their family's journey to America. Craig soon discovers that his family on his mother's side were in the garment business in New York City during the early 1900's. Inspired by this revelation, Craig visits a working textile factory to learn more about what life was like for garment workers during that time. Next, Joseph Carnegie is hoping to find out if his family is related to Andrew Carnegie. Joseph also wants to verify his potential Scottish roots, the same birthplace of Andrew Carnegie. Joseph visits with a historian at the Carnegie Art Museum where he learns a wealth of information about the history of Andrew Carnegie. Joseph also discovers that Andrew Carnegie devoted his late life to large scale philanthropy, donating the vast majority of his large fortune. Finally, Lauren would like to know more details about her great-grandfather, as well as her potential Native American or Mexican roots. After diving deep in her family history, Lauren discovers that her great-grandfather was actually from New Mexico. Once living as part of the Genizaros community, Lauren confirms her great-grandfather was of Spanish and Native American descent. Moved by this revelation, Lauren visits a historian to learn more about her connection to the Genizaros community.

**[Educational Message: By discovering more about our past we can connect more with the present. Craig, Joseph, and Lauren all sought to find out more about their roots so that they could share this information with their families. A better understanding of your past can help you form stronger bonds with your family in the present.]**

Airdate: 3/28/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN**

## **SWIMMING WITH A PURPOSE [HOC402]**

First, we learn how swimmer Brad Snyder adapted to being blind after suffering life threatening injuries in the Army, and how his acceptance and perseverance helped him to win a gold medal swimming in the Paralympics. Swimming was one of the original sports in the Stoke Mandeville Games, the first modern Paralympic Games started by Sir Ludwig Guttmann in Rome in 1960. Next, we meet two junior golfers from Minnesota, Bella Leonhart and Ryder Carlson, and see how they each are driven to perfect their golf game even in the harsh Minnesota winters. Cold weather makes muscles tighten up, which reduces flexibility and the ability to drive a golf ball long distances. Then, junior golfer Mackenzie McRee discusses living with scoliosis and how it was a setback from her golf dreams; but with hard work and determination, she overcame the pain and bullying and finally qualified for the Drive, Chip, and Putt Championship. Scoliosis is a medical condition in which the spine is curved in an “s” or a “c” shape. Lastly, we learn how race car driver Joey Logano is impacting the lives of sick children by including them in the raceday action and giving them unforgettable experiences.

**[Educational Message: Don’t allow a setback to prevent you from achieving your goal. Viewers learn about how to deal with adversity, what it takes to succeed as a junior golfer, and the importance of giving back to those experiencing hardships.]**

**For 1st Quarter 2020**  
**January 1, 2020 – March 31, 2020**

THERE WAS NO OTHER PROGRAMMING FOR THE 1st Quarter of 2020, THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

**1st Quarter 2020 PSAs**

**NETWORK PUBLIC SERVICE SCHEDULE JANUARY 2020**

<b>AIR DATE</b>	<b>SHOW TITLE</b>	<b>HIT TIME</b>	<b>DURATION</b>	<b>MATERIAL ID</b>	<b>PRODUCT TITLE</b>
01/04/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00 a	:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
01/04/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:00 a	:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
01/04/2020	TMYK A NEW LEAF 30 MIN (5 SEG)	12:25:00 p	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
01/04/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00 p	:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
01/11/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00 a	:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
01/11/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00 a	:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
01/11/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
01/11/2020	TMYK A NEW LEAF 30 MIN (5 SEG)	12:25:00 p	:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
01/18/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:28 a	:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
01/18/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
01/18/2020	TMYK A NEW LEAF 30 MIN (5 SEG)	12:25:28 p	:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
01/18/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:28 p	:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES
01/25/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00 a	:15	ZNBC91089H	PSA 2019 TMYK NBC CRAIG MELVIN: ENVIRONMENT/PLASTIC FOOTPRINT
01/25/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
01/25/2020	TMYK A NEW LEAF 30 MIN (5 SEG)	12:25:00 p	:15	ZNBC91068H	PSA 2019 TMYK NBC RYAN EGGOLD: HEALTH/KNOWLEDGE IS VITAL
01/25/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00 p	:15	ZNBC91051H	PSA 2019 TMYK NBC WILLIE GEIST: EDUCATION/LIBRARIES

**NETWORK PUBLIC SERVIC SCHEDULE FEBRUARY 2020**

<b>AIR DATE</b>	<b>SHOW TITLE</b>	<b>HIT TIME</b>	<b>DURATION</b>	<b>MATERIAL ID</b>	<b>SHOW TITLE</b>
02/01/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:00 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
02/01/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00 p	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
02/08/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
02/08/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00 p	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
02/15/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
02/15/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
02/22/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	08:55:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
02/22/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
02/29/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	10:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
02/29/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	11:55:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE

**NETWORK PUBLIC SERVICE SCHEDULE MARCH 2020**

<b>AIR DATE</b>	<b>SHOW TITLE</b>	<b>HIT TIME</b>	<b>DURATION</b>	<b>MATERIAL ID</b>	<b>PRODUCT TITLE</b>
03/07/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE
03/07/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00 p	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
03/14/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00 a	:15	ZNBC91070H	PSA 2019 TMYK NBC SHEINELLE JONES: HEALTH/FAMILY WALK
03/14/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00 a	:15	ZNBC91081H	PSA 2019 TMYK NBC HOWIE MANDEL: MENTAL HEALTH/EVERYONE
03/14/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:55:28 a	:15	ZNBC91059H	PSA 2019 TMYK NBC CHUCK TODD: ARTS EDUCATION/DO WHAT YOU LOVE

## **NBC NETWORK NON-BROADCAST EFFORTS**

**January - March, 2020**

### **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.