

October 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 3rd 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 3rd quarter of 2020 and those planned for the 4th 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 2nd 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.

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

3rd QUARTER 2020
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
July 1, 2020 – September 30, 2020

In the 3rd Quarter of 2020, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement. There continued 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.

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.

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.

4th QUARTER 2020
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2020 – December 31, 2020

In the 4th 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 will continue to be two half hours of *Earth Odyssey with Dylan Dreyer*. Beginning in the 4th Quarter of 2020, stations will have the option of airing the final hour of the block (*The Voyager with Josh Garcia* and *Vets Saving Pets*) on their primary channel or on their secondary D2/D3 channel.

EARTH ODYSSEY WITH DYLAN DREYER

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

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.

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.

THE VOYAGER WITH JOSH GARCIA

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

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.

“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]
July 1, 2020 – September 30, 2020**

Airdate: 7/4/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

JOURNEY THROUGH JAPAN [EDD235]

Today on Earth Odyssey, host Dylan Dreyer leads us on an adventure through the incredible wildlife of Japan. Japan is a land of wildly diverse environments, consisting of nearly seven thousand islands spread over two thousand miles north to south. From snow-covered mountains to steamy subtropical mangroves, animals have adapted to survive in them all. First up, we'll travel to the Shiretoko peninsula in Northern Hokkaido to learn more about the animals that call this region home. Nearly a third of the world's population of Steller's sea eagles migrate here from Russia every winter. Steller's sea eagles are among the largest eagles in the world, sporting a wingspan of up to eight feet long. Here we'll discover that the Steller's sea eagle was named for Georg Wilhelm Steller, an eighteenth-century naturalist. Next, we'll learn more about the northern red fox and how it survives in the frozen winter wilderness. We'll discover that foxes' tails serve as both mechanisms for balance as well as warmth in the cold months. We'll follow these foxes and witness how these opportunistic scavengers seek out their prey in the frozen landscape. Finally, we'll discover more about the Japanese honeybee. We'll learn that Japanese honeybees can pollinate at temperatures as low as fifty degrees Fahrenheit. To make one pound of honey, bees must gather nectar from nearly two million flowers. Here we'll discover more about the honeybee's ancient rival, the Japanese hornet. Japanese hornets are more than five times the size of the honeybee and they pack an extremely potent venom. However, the Japanese honeybee has developed a unique and grisly defense tactic against the hornets. Up to five hundred bees form a ball surrounding the hornet and their vibrating bodies heat its core

to more than one hundred and ten degrees Fahrenheit. The bee's secret weapon is a tolerance to two-degree greater heat than their enemy. This fascinating technique relies on teamwork and allows the honeybees to subdue much larger threats.

[Educational Message: Japan's extremely diverse landscape and vast ecosystems create a home for all types of creatures. From the smallest bees, to the largest eagles, there's no shortage of fascination for this wild animal kingdom.]

Airdate: 7/4/2020

Time:

Duration: 30:00

**EARTH ODYSSEY WITH DYLAN DREYER
A CAMPAIGN IN CAMBODIA [EDD236]**

Today on Earth Odyssey, host Dylan Dreyer takes us on an incredible journey to Cambodia. Bordered by the countries Thailand, Laos, and Vietnam, Cambodia is part of a region known as Indochina. Cambodia is home to an incredibly diverse group of wildlife, including over one hundred and twenty species of mammal. First up, we'll learn about the giant ibis, the national bird of Cambodia. With only a few birds observed in neighboring Laos and Vietnam, Cambodia is home to ninety percent of the world's population of giant ibis. While they normally remain in pairs or family groups, during the tough dry season they flock together to feed in the shrinking wetlands. Here we'll learn that the giant ibis feeds on a variety of amphibians, reptiles, insects, and other small animals. The giant ibis also relies on larger grazing animals to dig holes which create pools for the birds to feed. Next, we'll travel to lowland forests of Cambodia to discover more about Indochinese silvered langurs. Long muscular legs and gripping feet make them exceptional climbers. Agility is key to survival and they're perfectly designed for their world. Silvered langurs are also known as leaf monkeys due to their almost exclusively leafy diet. As some of the leaves they eat contain toxins, their large specialized stomach allows them to digest otherwise poisonous leaves. Silvered langurs have also been observed eating clay, potentially as an antacid to their acidic diet. Finally, we'll journey down the Mekong River and learn more about the aquatic inhabitants of the region. We'll discover that the Mekong River is the longest river in Southeast Asia and the twelfth longest in the entire world. Here we'll meet one of Cambodia's rarest and most revered predators, the Siamese crocodile. With only around two hundred and fifty remaining in the wild, this is a species on the brink. This prehistoric crocodile has mastered its hunting technique over millennia. Having walked with dinosaurs, relatively little has changed over the years. Scavenging the dead and hunting the weak, the Siamese crocodile performs a vital role for Cambodia's wildlife. Here we'll also discover that Siamese crocodiles are not able to grow past twelve feet in length from head to tail.

[Educational Message: Cambodia's wild land of monsoon rains, raging rivers, and flooding lakes provide some of the most unique habitats on Earth. Life giving waters carve out environments, providing opportunities for some and challenges for others. It's a land where lost civilizations have been rediscovered and where animals face a daily battle to survive. A tidal wave of life feeds Cambodia, the water kingdom.]

Airdate: 7/4/2020

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: 7/4/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO A LANDMARK COURT CASE [RLT103]

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

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

Airdate: 7/4/2020

Time:

Duration: 30:00

VETS SAVING PETS

COPS AND TIGERS [VSP223]

Today on Vets Saving Pets, an Irish Wolfhound has been plagued by heartworms, a Police K-9 arrives after breaking a molar, and a feline that survived a tragic house fire is in need of care. First up, an Irish Wolfhound named Electra visits the clinic after testing positive for heartworms. Electra visits with Dr. Williams, the clinic's cardiologist, to determine the severity of the heartworm infestation. After performing an ultrasound, Dr. Williams locates just one small heartworm and determines that Electra can be treated with medication and will fully

recover. Here we learn that a heartworm can grow over 12 inches long and can be fatal if left untreated. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic's veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, Dr. Boyd is checking in on a patient with a tragic yet amazing story.

A rescued feline named Tiger was the sole survivor of a house fire that occurred at a cat shelter. Most of Tiger's body was severely burned in the fire and he has been under the care of the emergency clinic for over three weeks. Dr. Boyd and her team have been treating Tiger daily with bandage changes and medication. Although recovery has progressed, Tiger's severe burns on his feet have created complications that worry Dr. Boyd. As the cat lost most of his claws in the fire, Dr. Boyd decides to perform surgery to remove the remaining claws and prevent any future problems that may occur during the recovery process.

[Educational Message: Never give up hope even when it seems like all hope is lost. In this episode we saw the compassion of veterinarians working around the clock to save a severely injured rescue cat. We must always do our best to work through problems and find solutions even in the most difficult times.]

Airdate: 7/4/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

GOING FOR GOLD: FIRST FOR EVERYTHING [HOC411]

First, we meet teen swimmer Regan Smith, water polo player Johnny Hooper, and mountain bike racer Kate Courtney to learn how they are handling the pressure as Olympic newcomers and preparing to compete in Tokyo. Water polo was introduced in the Olympics in 1900, and mountain biking made its Olympic debut in 1996. Next, we get an in depth look at the volleyball career of Kerri Walsh Jennings and her journey to find the right partner to compete with in Tokyo. Beach volleyball became an official Olympic sport in 1996, and a volleyball player averages around 300 jumps in a single game. Then, we learn how Allyson Felix balances life as a mother and as an Olympian, and she explains how she found a new purpose to succeed after becoming a mother. The 100 meter sprint is the shortest race in the Olympics, and Allyson Felix is already the most decorated female athlete in U.S. track and field Olympic history. Finally, we learn how soccer

legend Mia Hamm continues to inspire young soccer players long after her retirement from soccer through her foundation, which teaches that being a good teammate is just as important as being a good player.

[Educational Message: Success alone does not define a great legacy-- how you impact others' lives long after the game is over is just as important. Viewers learn about how to handle pressure when competing at a high level, the history of Olympic volleyball, and the importance of having a supportive relationship with teammates.]

Airdate: 7/11/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

ZANZIBAR [EDD209]

Today on Earth Odyssey, host Dylan Dreyer takes us to the coast of Africa to the archipelago of 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'll visit the beaches of Zanzibar to witness the behaviors and mating rituals of shore-dwelling crabs. Here we'll discover that fiddler crabs have both gills and a primitive lung for breathing underwater and on land. We'll also witness adaptation skills of fiddler crabs and how they seal off their burrows using a ball of mud to keep them safe from the tide. Next, we'll meet the world's largest crab species that calls Zanzibar home, the coconut crab. Weighing as much as eight pounds with a leg span of up to three feet wide, the coconut crab is the planet's largest land-living invertebrate. We'll also discover that the coconut crab's sense of smell is so powerful that almost half of their brain is dedicated to smell. Finally, we'll travel to the pristine coral reefs of Zanzibar. We'll learn that some of these coral reefs stretch fifty-five miles across the ocean floor, growing for more than fifty-million years. Zanzibar hosts some of the most spectacular coral gardens in the world with more than ninety percent of East Africa's hard coral species found in Zanzibar.

[Educational Message: The beaches and reefs of Zanzibar are full of a wide array of vivacious wildlife and organisms. Maintaining the health of our Earth's oceans is vital to ensure the future and survival of our coral reefs and their inhabitants. We must all strive to properly dispose of waste and keep our oceans clean.]

Airdate: 7/11/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

AMAZON RIVER ISLANDS [EDD210]

Today on Earth Odyssey, host Dylan Dreyer takes us 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. First up, 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 learn more about the most notorious species of fish in the Amazon, 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. Finally, we'll learn about the fascinating plants and trees that grow in the Amazon River Islands. Here we'll witness how the Monguba tree releases its seeds at the start of the wet season. We'll observe how these massive trees use the waters below to distribute their seeds far and wide. We'll witness how these seeds are transported throughout the islands, providing food and sustenance for creatures of all sizes.

[Educational Message: The ability to survive and adapt is what makes the plants and animals that live in this region of South America so resilient and fascinating. We may be faced with new challenges each day, but our ability to adapt to those changes makes us stronger.]

Airdate: 7/11/2020

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: 7/11/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO WHALERS [RLT107]

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

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

Airdate: 7/11/2020

Time:

Duration: 30:00

VETS SAVING PETS

HEADS OR TAILS [VSP224]

Today on Vets Saving Pets, a Mastiff's wagging tail is leading to numerous injuries, an aging Jack Russell terrier arrives at the clinic with a mysterious issue, and Dr. French helps an alligator that lost its bite. First up, a large Mastiff named Arnold is brought into the clinic with a wound on his tail. Due to the dog's excitable nature, his constantly wagging tail has been repeatedly injured over time. After meeting with Dr. Boyd, the clinic's surgeon, it is determined that Arnold's tail will be amputated to prevent future injuries. Here we learn that there are major blood vessels in a dog's tail that if not amputated properly, could cause serious bleeding issues.

Next, Dr. French receives an exciting patient as a 26-year-old alligator named Elvira arrives at the clinic. Elvira has had problems fully opening her jaw and her handlers suspect she may be suffering from metal toxicity due to potentially ingesting coins in her habitat. Before the vets can get to work on their prehistoric patient, they will first have to anesthetize Elvira. Here we learn that reptiles have a much slower metabolism than mammals, which means the sedatives will take much longer to take effect. Once sedated, the vets will use an endoscopy tool to scope Elvira's stomach and remove the metal coins. Finally, a Jack Russell terrier named Dean arrives at the clinic suffering from walking issues. Due to the age of the dog, Dr. James believes Dean may potentially have a tumor in his brain causing the mobility issues. After performing a variety of tests, Dr. James still cannot figure out why Dean is struggling to walk normally. Since Dean is not

suffering or experiencing any pain, the owner decides to take his dog home and monitor his condition over time.

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

Airdate: 7/11/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

GOING FOR GOLD: DOWN BUT NEVER OUT [HOC412]

First, we meet Paralympic athlete Megan Blunk who uses her platform as a wheelchair basketball player to show others that being in a wheelchair does not prevent you from having a fulfilled life. Wheelchair basketball is a summer Paralympic sport, and women's Paralympic basketball was introduced in 1968. Next, we meet former First Tee student Rayshon Payton and learn how he's applying lessons he learned in golf and putting them into action in the real world as he pursues his ultimate goal of becoming a Supreme Court justice. Then, 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. Lastly, 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.

[Educational Message: Don't allow challenging circumstances to control your ability to succeed-- use each challenge as a learning opportunity to become better. Viewers learn about wheelchair basketball, wheelchair racing, Paralympic swimming, how to deal with adversity, and how to apply lessons learned in sports to other aspects in life.]

Airdate: 7/18/2020

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: 7/18/2020

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 salt water meets fresh water, 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: 7/18/2020

Time:

Duration: 30:00

CONSUMER 101

IF CARS COULD TALK [CNR216]

Host Jack Rico and the experts at the testing labs will give us a deep dive on a test drive, show us how to protect our online accounts from hackers, and teach us how to do laundry like a scientist. First up, we'll join an auto expert for a test drive in the field to find out how cars are tested and evaluated for performance. Today we'll learn how experts evaluate aspects such as ride comfort, handling, and cabin noise over the course of a day on various terrains. In this test, we discover that road noise and wind noise can significantly increase the cabin noise. We'll learn how experts measure and evaluate which cars perform best in various

settings and conditions. Next, we'll meet with an online privacy expert to learn how to tidy up our online accounts. We'll discover that leaving old accounts online and not paying attention to them can put them at risk of being hacked. We'll also find out that the longer you leave these accounts open, the more likely it has been compromised. Additionally, we'll learn that if you use the same password for all of your online accounts, it can put all of your personal information at great risk. We'll get expert advice on the best ways to secure and tidy up your online accounts. Finally, we'll learn how to do your laundry like a scientist. We'll find out that it's always important to separate light and dark colored clothes for each load. We'll learn that different fabrics and textiles can be affected by water and dryer temperature. We'll also discover the incredible science behind static electricity on clothing.

[Educational Message: In this episode we learned the importance of protecting your personal information online. We found out that hackers can find ways to access our accounts if we do not keep them secure. It's always best to maintain strong passwords and awareness of your online presence in order to protect your personal privacy.]

Airdate: 7/18/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO MILLIONS [RLT105]

Today on Roots Less Traveled, host Faruq Tauheed takes uncle and nephew Al and Jr on an ancestral trip to Havana, Cuba. We'll discover that stretching almost 750 miles east to west, Cuba is the largest known island in the Caribbean Sea. The city of Havana is one of the fifteen provinces of the Republic of Cuba. Here Al will learn that his grandfather, Joseph Barlow, owned and developed thirty-four blocks of downtown Havana. This area, approximately equal to 1.6 miles, also includes the now-famous suburban neighborhood Buena Vista. We'll learn that Joseph Barlow once owned the Barlow-Cuba Company of Havana. Appraised at over \$4 million during the early 1900's, the Barlow-Cuba Company was an extremely successful business. But due to an unfortunate turn of fate, Joseph Barlow lost his riches in a political coup. Joseph Barlow had previously purchased the land under old Spanish grants that were later ruled illegal by the Republic of Cuba. Joseph Barlow's property was soon seized under a provisional decree of President Zayas. Still a rich man, Joseph Barlow started a legal fight against the order but was turned down in every court in Cuba and eventually spent his entire fortune. We'll discover more about the history of Cuba and how after a 54-year-long dispute, Cuba and the United States reestablished their diplomatic relations in 2015. As Al and Jr connect over their own entrepreneurship, they learn where their family's resilience came from.

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

Airdate: 7/18/2020

Time:

Duration: 30:00

VETS SAVING PETS

LIKE PULLING TEETH [VSP225]

Today on Vets Saving Pets, an elderly feline is suffering from a tooth abscess, a Dalmatian is suffering from recurring seizures, and a puppy suffers from a heart murmur. First up, a Cavalier King Charles puppy named Begley arrives at the clinic for a heart assessment. Suffering from a heart murmur his entire life, Begley needs additional exams to ensure he can safely undergo an upcoming neutering surgery. Due to the high risk of potential complications with anesthesia, the team will have to find out the severity of Begley's heart murmur before surgical procedures can be performed. Dr. Williams, the clinic's cardiologist, will need to perform an ultrasound on Begley. Next, an elderly feline named Ginny arrives at the clinic suffering from a tooth abscess. Before Ginny can be taken into surgery to extract the abscessed tooth, the feline will need to have its heart tested to ensure there will be no complications with the anesthetic. Dr. Williams, the clinic's cardiologist, will perform an ultrasound procedure and X-rays with the assistance of the clinic's technicians, anesthesiologist, and dentist. Here we see how various veterinary specialists collaborate and work as a team to figure out the best course of action for their patients. Finally, a Dalmatian puppy named Snickers is brought to the clinic suffering from recurring seizures. Dr. Cochrane, a neurologist at the clinic, will perform a neurological exam to better determine the cause of Snickers' seizures. After a preliminary exam proves normal, Dr. Cochrane is concerned the issues may be linked to epilepsy or potentially a brain tumor. In order to best determine the root cause of this issue, Dr. Cochrane orders an MRI exam for Snickers. After an MRI rules out a brain tumor, Dr. Cochrane diagnoses Snickers with idiopathic epilepsy and prescribes medication to reduce the recurring seizures.

[Educational Message: Every day we are presented with new challenges and we must do our best to overcome those obstacles. In this episode, Dr. Cochrane was challenged with diagnosing Snickers' health problems. We witnessed how Dr. Cochrane never gave up and kept working until she discovered the exact cause of the issue.]

Airdate: 7/18/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

GOING FOR GOLD: GYM JAMS [HOC413]

First, we get a closer look at the already impressive career of gymnast Simone Biles and examine how she cemented her place in gymnastics history after her performance at the Rio Games, where she won more gymnastics gold medals than any previous American woman. The term "gymnastics" comes from the Greek word meaning "to exercise." Next, swimmer Katie Ledecky explains how having the right support team and environment is key to being an Olympian, as she prepares for her third Olympic games-- eight years after stunning the world as a 15-year old at the London Olympics, where she won her first gold medal. Then, we learn how basketball legend Sue Bird has made an impact on the sport not only through her talent but also through her selflessness and willingness to teach others. Women's basketball was added to the Olympics in 1976. The U.S. women's team has won six consecutive titles so far-- if they win their seventh straight championship in 2021, they will tie the U.S. men's basketball team for the most consecutive Olympic team victories in all Olympic sports, men or women. Lastly, we learn how golf is making an impact on athletes in the Special Olympics by giving them the opportunity to learn from and teach each other. The Special Olympics was founded in 1968, and the Special Olympics golf program began in 1988.

[Educational Message: It takes more than the work of one person to succeed-- having a good support system is just as important as having the drive to win. Viewers learn about the history of women's Olympic gymnastics, the importance of supporting others and having support from others, and the history of golf in the Special Olympics.]

Airdate: 7/25/2020

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: 7/25/2020

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: 7/25/2020

Time:

Duration: 30:00

CONSUMER 101

TOW AWAY [CNR217]

Host Jack Rico and the experts at the testing labs will show us the ins and outs of towing, take us for a stroller test drive, and explain how to find the right mattress for the best night's sleep. First up, we'll meet with an auto expert to learn more about towing trailers and how to do it safely. We'll discover that every truck has a tow rating, which is how many pounds a vehicle can tow behind it. We'll discover that a tow rating consists of three basic principles such as the engine's power, 2-wheel drive vs. 4-wheel drive, and gear ratios. We'll also get a firsthand demonstration on how to correctly and safely attach a trailer to a vehicle. We'll learn that it's vital to check the electrical components of the trailer as well as the tire pressure to ensure it's safe for the road. It's also critically important to know the load capacity of the trailer and the vehicle. We'll discover that load capacity is the combined weight of people and gear in the truck and trailer. Next, we'll join an expert and a teen in the field to learn how strollers are tested and evaluated. In order to accurately simulate a child in the stroller, thirty-pound control weights are placed in the strollers for testing. Here we'll see how strollers are evaluated using various turning maneuvers as well as how they handle going over curbs and other obstructions. We'll find out that there are many different types of strollers for different activities and lifestyles. Finally, Jack visits with an expert to learn how to choose the best mattress for a good night's sleep. We'll learn that mattresses are available in a wide variety of sizes, materials, and firmness. Here we'll witness how scientific instruments are used to measure the durability and quality of a wide range of mattress types.

[Educational Message: In this episode, we learned how strollers are tested and evaluated for performance and safety. Joining our experts was a teenager with little experience using a stroller. This teenager learned valuable tips and advice on how to properly use a stroller when taking care of her siblings or when babysitting. We learned that it's critical to understand how strollers work and perform to ensure the safety of the child.]

Airdate: 7/25/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO A PURPLE HEART [RLT102]

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

uncles received Purple Hearts. We'll find out that the Purple Heart Medal is a combat decoration awarded to members of the U.S armed forces who are wounded or killed while serving in the military. After this discovery, Evan and Scott deeply connect while visiting the Montana Purple Heart Memorial to honor their veteran relatives.

[Educational Message: When we look deeper into our past, we can gain a better understanding of our roots. In this episode, Evan and Scott learned that their relatives both served in WWII and were even taken as prisoners for several years. Given that he once served in the Air Force himself, Evan gains a new connection to his uncles and their military past. Understanding the incredible sacrifice and courage of their ancestors has brought Evan and Scott closer together.]

Airdate: 7/25/2020

Time:

Duration: 30:00

VETS SAVING PETS

WHAT THE CAT DRAGGED IN [VSP226]

Today on Vets Saving Pets, a rescue kitty is in need of dental work, a tabby cat is having trouble moving its hind legs, and a Schnauzer is brought to the clinic with end-stage heart failure. First up, a tabby cat named Micah visits the clinic with serious mobility trouble in its hind legs. Micah is first examined by Dr. James, the clinic's neurologist, to determine the potential cause for the cat's condition. After performing an X-ray, Dr. James is concerned that Micah's spinal cord is being compressed and determines that he will need an MRI to confirm her suspicions. Here we learn that an MRI, or magnetic resonance imaging scan, uses a powerful magnet and radio waves to look at organs and structures inside the body. After confirming the diagnosis, Dr. James will need to perform a delicate surgery to remove the disc that's pushing on Micah's spinal cord. Next, a rescue kitty named Jerry is brought into the clinic suffering dental issues. This brave cat survived a house fire but the smoke inhalation has damaged Jerry's gums and teeth. Dr. French, the clinic's dentist, will perform an X-ray scan on Jerry to determine how many of his teeth will need to be removed. After the X-ray reveals the problem to be much more serious than previously believed, Jerry will go into surgery to have more than half of all his teeth removed. Finally, a Schnauzer named Sydra is visiting the clinic for a check-up cardiology appointment. Sydra has been suffering from end-stage heart failure which has been causing recent collapsing episodes. Dr. Williams, the clinic's cardiologist, will be performing an ultrasound on Sydra to determine if the pup's heart issues have progressed.

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

Airdate: 7/25/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

HEART AND HARD WORK [HOC414]

First, we learn how middle distance runner Craig Engels balances his running career and life off the track in an effort to maintain his mental health as well as his physical strength. Running for thirty minutes a day can boost a person's mood, sleep quality, and concentration levels. Next, we hear pro football player George Kittle discuss how support from his family and letters from his father have helped strengthen his ability as an athlete as well as his character. Then, 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. 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: Hard work and determination are important in the pursuit of excellence, but it's okay to not be perfect all the time. Taking time to nurture your mental health is just as important as physical training. Viewers learn tips on how to balance working toward a goal and taking time to explore new outlets, relax, and reflect.]

Airdate: 8/1/2020

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: 8/1/2020

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: 8/1/2020

Time:

Duration: 30:00

CONSUMER 101

WIFI, ART THOU SAFE? [CNR218]

Host Jack Rico and the experts at the testing labs will teach us how to keep your home powered during a blackout, how to avoid the dangers of public WIFI, and how to maintain your home's roof. First up, we'll learn how to keep your digital privacy safe when using public WIFI connections. We'll meet with a digital privacy expert to discover how best to protect your accounts and avoid rogue WIFI networks. We'll learn that rogue networks are created by hackers and can be used to steal your passwords and other login information. We'll discover ways to protect our digital information by looking for secure networks, using firewalls, and establishing a virtual private network. Next, we'll meet with a roofing expert in the field to learn how best to maintain your home's roof. But before we check out the roof, we'll learn how to understand ladder safety ratings for different types of ladders. We'll learn that you should always maintain the three points of contact rule, which means keeping two hands and one foot on the ladder at all times. However, we'll discover that you shouldn't go on the roof yourself, leave that to the professionals. We'll learn that a good pair of binoculars is all you need to examine your roof's condition. We'll also find out about the different types of roof shingles and how they're tested for durability. Finally, we'll discover how generators can help keep your home out of the dark during a blackout. We'll learn that a gas-powered portable generator is a good temporary option to power necessary appliances in your home. It's important to store your generator at least twenty feet outside of your home and ensure your extension cords are suitable for outdoor use. Also, be sure your extension cords can handle the total amperage of the appliances and devices you're powering. As roughly seventy people die each year of carbon monoxide poisoning from generators, it's critical to follow all safety precautions when using a generator.

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

Airdate: 8/1/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE PAST [RLT108]

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

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

Airdate: 8/1/2020

Time:

Duration: 30:00

VETS SAVING PETS

ALL CHOKED UP [VSP218]

Today on Vets Saving Pets, a bulldog is brought to the clinic with respiratory issues, an elderly feline has kidney problems, and a Shih Tzu meets with an ophthalmologist. First up, a bulldog named Dougie is brought to the clinic with severe breathing problems. Dr. Ringwood, the clinic's surgeon, examines Dougie and determines that his elongated soft palate and constricted nostrils are causing the respiratory issues. Here we'll learn that this condition is common for "flat-faced" or brachycephalic dogs, such as bulldogs, pugs, and boxers. After confirming Dougie is suitable for anesthesia, Dr. Ringwood will proceed with the surgical procedure to remove the excess soft palate and widen the nostrils to allow normal breathing. Next, a 24-year-old feline named CC arrives at the clinic suffering from kidney failure. Dr. Martin, the clinic's internal medicine veterinarian, will be performing an ultrasound to determine if CC's kidney issues have stabilized. After an examination, Dr. Martin confirms that the kidneys have stabilized, and that CC's issues are common for her old age. Dr. Martin will prescribe subcutaneous fluids to ensure CC is well hydrated before sending her home. Finally, a Shih Tzu named Bling Bling arrives at the clinic with multiple eye issues. Dr. Gray, the clinic's ophthalmologist, will examine Bling Bling's eyes with various instruments to determine the cause of the issues. Dr. Gray determines that Bling Bling is suffering from entropion, a condition that

causes the eyelids to roll inward. This condition causes irritation of the eyes and can lead to serious complications if not properly treated. Bling Bling will undergo a delicate entropion repair surgery to remove the excess tissue from his eyelids.

[Educational Message: Veterinarians must have compassion for both their patients and their 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: 8/1/2020

Time:

Duration: 30:00

**THE CHAMPION WITHIN
ICE BOLD [HOC415]**

First, we meet three former Marines playing for the Nashville Sled Preds sled hockey team and learn how the support they give each other drives each of them to not give up and stay positive, whether it be during recovery or on the ice. Sled hockey originated in Stockholm, Sweden and is one of the fastest growing disabled sports in the world. Next, 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. Then, we learn how Reuben Kauffman made the difficult decision to leave his Amish community to pursue his passion as a car chief in the NASCAR circuit at just 17 years old. A car chief works closely with the crew chief but has a more hands-on role. Along with English, some Amish groups speak Pennsylvania-Deutsch and others speak Swiss-German. Lastly, we meet a dad who decided to start a girl's golf league having realized the lack of resources and opportunities available to his daughters. The first women's golf club was founded in 1867 in St. Andrews, Scotland.

[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Don't be afraid to start something new-- it can present new opportunities you otherwise would not have had. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, and what it takes to start a golf league.]

Airdate: 8/8/2020

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: 8/8/2020

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: 8/8/2020

Time:

Duration: 30:00

CONSUMER 101

ROBOT INVASION [CNR219]

Host Jack Rico and the experts at the testing labs will show us what to look for when buying a used car, the future of vacuuming, and how to keep pests out of your home. First up, Jack joins an auto expert to learn some tips on how to buy the best used car. We'll find out that when speaking to a dealer about buying a car, you should never reveal how much money you want to spend. We also learn that you should never let a car dealer rush you into a sale, always take your time to think it over first. We'll also find out that it's important to inspect the vehicle for any defects or damage before buying. It's also important to have a mechanic that you trust check the vehicle thoroughly for any other hidden issues. Next, we'll check out the science behind the next generation of smart home helpers, robotic vacuums. We'll meet with expert vacuum testers to learn more about how the robot vacuums are scientifically measured in a controlled environment. In order to ensure consistency and accuracy, testers use a controlled weight of a variety of different sized debris for the vacuums to pick up. Following the test, the debris picked up by the vacuums is weighed in order to determine how effective the vacuums performed. We'll also see how experts use sensor technology to generate a map of the vacuum's path to determine how well it covers the space of a room. There are a variety of different types of robotic vacuums you can purchase depending on your needs and budget. Finally, we'll meet with a home expert to learn how to avoid pests like ants from coming into your home. In order to protect your home from ants, we find out that it's best to keep your kitchen clean and tidy. We'll learn that ants are attracted to food and sweets, so it's best to keep any loose food products in an airtight container. We'll also discover that it's important to never spray pesticides to control an ant infestation. We'll find out that these products contain powerful chemicals that you would not want to expose to your family or pets.

[Educational Message: In this episode we learned about the importance of keeping your home clean and pest-free. By keeping our kitchen and homes clean, we can avoid inviting in any unwanted insect guests. We learned it's important to always keep safety in mind when handling an infestation. Never use strong chemicals or pesticides in and around your home, always leave that to the professionals.]

Airdate: 8/8/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE BROOKLYN BRIDGE [RLT104]

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

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

Airdate: 8/8/2020

Time:

Duration: 30:00

VETS SAVING PETS

A LEG TO STAND ON [VSP219]

Today on Vets Saving Pets, a dog named Gizmo arrives at the clinic with an injured knee, a boxer pup is having heart troubles, and a Shih-Poo puppy’s hind legs aren’t working. First up, a rescue dog named Gizmo is brought to the clinic after injuring its knee while playing. Dr. Ringwood, the clinic’s surgeon, examines Gizmo and discovers that the cranial cruciate ligament in her knee has been ruptured. Here we learn that if the knee ligament isn’t surgically repaired, Gizmo will develop arthritis and lameness over time. Dr. Ringwood proceeds with the surgical procedure and repairs Gizmo’s injured knee using a surgical plate and screws. Next up, a boxer named Chloe has been referred to the clinic because of potential heart issues. Chloe has had recent episodes of collapsing, so she will meet with Dr. Williams, the clinic’s cardiologist, for an echocardiogram exam. After the results come in, Dr. Williams is concerned that Chloe is suffering from cardiomyopathy, which means she has an irregular heartbeat that can cause fainting or sudden heart failure. Dr. Williams will prescribe Chloe medication to prevent the problem from worsening and will continue monitoring her progress. Finally, a Shih-Poo named Niko arrives at the clinic having trouble moving his hind legs. Dr. James, the clinic’s neurologist, visits with Niko to figure out the cause of his mobility problems. Dr. James performs X-rays on Niko that reveal narrow disc space in the dog’s spinal cord. Due to the high-risk surgery needed to treat the condition, Dr. James will also perform a computerized tomography scan, or CT scan, of the spinal cord to confirm the exact location of the disc contusion. We learn that a CT scan provides more detail by combining a series of X-rays that create a cross-section image of bones, blood vessels, and soft tissue inside the body. Once confirmed, Dr. James performs the delicate surgery needed to decompress Niko’s spinal cord and restore mobility to his legs.

[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: 8/8/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE GOOD PUCK CHARM [HOC416]

First, we learn how St. Louis Blues super fan Laila Anderson’s bravery while battling HLH and undergoing a life-saving bone marrow transplant inspired the team she loves, leading them to win the Stanley Cup that same year. Hemophagocytic Lymphohistiocytosis (HLH) is a rare disease that attacks the immune system. The Stanley Cup is the oldest American trophy in sports. Next, we hear Joey Logano discuss the impact coach and mentor Mike McLaughlin had on his career, leading Joey to be the youngest race winner in Nascar

Cup series history at just 19 years old. Then, 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. Lastly, we learn how Publix founder George Jenkins fueled his passion for golf and community service by creating a Par-3 golf course available to those who didn't have the opportunity to play otherwise. The distance of a Par-3 can average between 100 and 250 yards.

[Educational Message: Don't let age, gender, or illness define your limits. Just because something hasn't been done before doesn't mean it can't be done. Viewers learn how the power of perseverance, despite all odds, can help you achieve your dreams.]

Airdate: 8/15/2020

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: 8/15/2020

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: 8/15/2020

Time:

Duration: 30:00

CONSUMER 101

ELECTRIC PAST IS PRESENT [CNR220]

Host Jack Rico and the experts at the testing labs teach us about electric cars, show us how to rid your home of nasty allergens, and teach us how to secure our digital privacy. 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 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 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. Finally, 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.

[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: 8/15/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE CIVIL WAR [RLT106]

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

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

Airdate: 8/15/2020

Time:

Duration: 30:00

VETS SAVING PETS

PATIENCE OF A SAINT [VSP220]

Today on Vets Saving Pets, a kitten arrives with a suspected congenital heart defect, a litter of puppies are having their hearing tested, and a St. Bernard’s legs begin to fail. First up, a St. Bernard puppy named Harley arrives at the clinic having problems dragging her feet. Harley was referred to Dr. James, the clinic’s neurologist, for additional testing to try and determine the potential cause. Dr. James performs neurological exams to attempt to localize the root of the problem. After discovering an abnormality in Harley’s spine that may be decompressing her spine, Dr. James orders a CT scan to get a clearer image of the issue. Assisted by a veterinary intern, Dr. James uses this moment to help teach her intern about some of the neurological disorders she may encounter in her future career. Harley will undergo a risky surgery to decompress her spine and help restore normal mobility. Next, a dog breeder arrives at the clinic to have hearing tests performed on her litter of Havanese puppies. Dr. Cochrane, a neurologist at the clinic, will be administering a brain stem auditory evoked response test to confirm the puppies don’t suffer from deafness. This test is performed by placing electrodes in the scalp of the patients to test how their brains process the sounds they

hear. Finally, a young kitten named Loki is brought into the emergency clinic suffering from a heart murmur. Dr. Williams, the clinic's cardiologist, performs an ultrasound to determine the extent of Loki's heart defect. Dr. Williams confirms that Loki is suffering from a rare condition known as ventricular septal defect, which means the cat has a hole in its heart. Dr. Williams determines that the defect will not affect the cat's health and that Loki should live a long, happy life.

[Educational Message: Veterinarians dedicate their lives to helping both animals and their owners. In this episode, we see the compassion of veterinary professionals as they are determined to find ways to treat their patients. We all need to find ways to show more caring and kindness to others in our daily lives.]

Airdate: 8/15/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

SURFING (FOR) U.S.A. [HOC417]

First, we learn how Olympic softball pitcher Monica Abbott splits her time playing in the U.S. and Japan as she prepares for softball's return to the Olympics at the Tokyo Games. The Japan Softball League was started in 1968. Next, we hear from surfers as they train to compete in the first Olympic surfing competition ever at the 2020 Olympics. Surfing originated in Polynesia, and in 1778, Captain James Cook was the first Westerner to witness it. Then, we hear Jimmie Johnson discuss the impact coach and mentor Rick Johnson had on his career, from racing dirt bikes at 4 years old to becoming the first and only driver in NASCAR history to win five consecutive championships. Dirt bikes are lightweight, off-road motorcycles built with a rugged frame, a stiff suspension, and special tires. Lastly, we learn how the U.S. Kids Golf Championship impacts junior golfers and allows them to play on the world's stage with golfers from 45 U.S. states and 52 countries. Forty-three percent of the world's golf courses are in the United States.

[Educational Message: Experiencing different cultures can help you learn different techniques, insights, and lessons that can be beneficial in life and sports. Viewers learn about the history of softball in Tokyo, the history of surfing, tips to get started in race car driving, and tips to get started golfing competitively.]

Airdate: 8/22/2020

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: 8/22/2020

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: 8/22/2020

Time:

Duration: 30:00

CONSUMER 101

ZERO MPH CAR TEST [CNR221]

Host Jack Rico and the experts at the testing labs will explore the pros and cons of smart doorbells, show us how to test drive a car without driving it, and we'll get some helpful tips from experts. First up, Jack meets with an auto expert to find out what to look for when buying a new car. But there are many things to consider before taking the car out for a test drive. We'll learn that it's important to make sure you're seated comfortably in the car. We'll discover that you want to sit at least ten inches from the steering wheel as it maximizes airbag deployment and reduces possible harm to you. We'll also learn that visibility is critical when choosing a new car. Always ensure you can see out over the hood and that blind spots aren't too obtrusive. Also, it's important to find a car with simple controls that you can easily operate while driving without distraction. Next, Jack receives some helpful tips and advice from a variety of experts. One tip we'll learn is that it's important to shake up your sunscreen before applying as it helps mix up any particles that might have clumped together. We'll also discover the best insect repellants to use when outdoors that can also help to prevent ticks. Finally, we'll discover more about the technology behind smart doorbells and the benefits of owning one. We'll meet with an expert and learn how smart doorbells are scientifically tested in various settings to determine the best model for your needs. We'll also discover more about the advanced features now becoming available on smart doorbells such as facial recognition, voice control, and geofencing.

[Educational Message: In this episode, we learned how best to evaluate a new car purchase before taking it for a test drive. In order to ensure your safety, it's important to get to know the car before purchasing it. We learned that it's best to ensure you have adequate visibility and comfort when sitting in the driver's seat. By better understanding a car before you buy, you can be confident that you'll be safer on the roads.]

Airdate: 8/22/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO JOHN F KENNEDY [RLT101]

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

[Educational Message: Connecting with our past helps us connect to parts of ourselves that we didn't know existed. In this episode, we learned that the Uruchurtu family had a cousin that gave up his

lifeboat seat when the ill-fated Titanic began to sink. Michelle and Rob were moved by this selfless act of kindness, inspiring them to show more love and compassion in their own daily lives.]

Airdate: 8/22/2020

Time:

Duration: 30:00

VETS SAVING PETS

DANGEROUS ENCOUNTERS [VSP221]

Today on Vets Saving Pets, a cheetah from the local zoo is having dental issues, an injured poodle that was bitten by another dog comes to the clinic, and a Golden Retriever is suffering from heartworms. First up, Dr. French, the clinic's veterinary dentist, is traveling to the local zoo to check up on a cheetah with a broken tooth. After sedating the cheetah, Dr. French closely examines the patient's mouth to determine if the broken tooth will need to be extracted. Dr. French decides that a root canal will be the best course of action to repair the tooth and prevent infection. Next, a poodle named Mocha is rushed into the clinic after being attacked by another dog. Dr. Forbes, the clinic's emergency veterinarian, meets with Mocha to determine the severity of her injuries. After discovering a large lesion on Mocha's back, Dr. Forbes becomes concerned that there may also be internal injuries and potentially head trauma. Dr. Forbes performs X-rays on Mocha that reveal no major internal injuries or bleeding. Mocha will undergo surgery to carefully suture her external lesions. Finally, a rescued Golden Retriever named Shadow arrives at the clinic after testing positive for heartworms. Dr. Williams, the clinic's cardiologist, performs an ultrasound to better gauge the severity of the heartworm infestation.

[Educational Message: It's important that we always treat animals with compassion and empathy. Veterinarians go above and beyond to keep our furry friends happy and healthy. We must not forget that all life is important, no matter how big or small.]

Airdate: 8/22/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE PERFECT WAVE GOODBYE [HOC418]

First, we hear Daniel Suarez, the first international champion in NASCAR history, discuss the transition after moving from Mexico to Charlotte, NC, and how Walleye Allen impacted his career by coaching him on the track and helping him learn to speak English. Spanish is spoken by over 400 million people around the world. Next, we learn how surfer Carissa Moore's upbringing in Hawaii fostered her love for the sport at 7 years old and how she gives back to her community by mentoring young girls, encouraging them to be authentic and confident. Hawaii's nickname is "The Aloha State." "Alo" means to stand face-to-face, and "ha" means to share the breath of life. Then, we meet hockey players and brothers Charlie and Will Capalbo and hear how Will donated bone marrow to Charlie, who was battling two types of cancer back-to-back, ultimately saving his life and allowing him to attend the Winter Classic hockey game. Marrow is the sponge-like material inside bone, and bone marrow donation requires less than 5% of marrow cells. The first Winter Classic, which is an outdoor NHL game, took place in 2003. Lastly, country singer Justin Moore explains why golf is his go-to sport when he isn't performing-- every course is different and each round presents different challenges.

[Educational Message: Embracing who you are helps set you apart from others— remembering where you started and what you went through to achieve your goal is important in remaining humble

and successful. Viewers learn how international drivers are making an impact in NASCAR, the history of surfing in Hawaii, and the importance of being selfless and supportive to others.]

Airdate: 8/29/2020

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: 8/29/2020

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: 8/29/2020

Time:

Duration: 30:00

CONSUMER 101

FOLLOW THE BEAT [CNR222]

Host Jack Rico and the experts at the testing labs will give us a fascinating look at what happens to sound in an anechoic chamber, show us how best to clean a dirty car, and teach us the science behind air conditioner testing. First up, we'll meet with an expert to learn how best to clean a dirty vehicle. We'll find out that cup holders trap a significant amount of dirt and debris. We'll learn some cool tricks and tips on how to easily remove mess from small spaces using cotton swabs and wooden skewers. We'll also discover that objects like the steering wheel and gear shifter should be cleaned often, even if they don't look dirty. These touch areas can harbor dangerous germs and bacteria, so it's important to keep those clean. Next, we'll visit the lab with a home expert to find out the science behind air conditioner testing. In a climate-controlled chamber, we'll see how experts measure the effectiveness of various types and sizes of air conditioners. Testers can also change the size of the control room to replicate different sized spaces of rooms. Using thermocouples, or electrical sensors that measure temperatures, testers can scientifically determine exactly how well the various air conditioners perform. Here we'll learn about the various sizes of air conditioners and how to pick the best one for your home. Finally, we'll visit an echo-less room, known as an anechoic chamber. Here we'll learn how an anechoic chamber is specifically designed to absorb all sound waves in a particular area. We'll join an expert and discover the many scientific uses of an anechoic chamber. We'll learn that echoes interfere with scientific measurements and that it's critical to eliminate any sound waves in order to discover the true sound of a product. We'll also join a group of high school music students as they test out various musical instruments to see how they sound differently in an anechoic chamber.

[Educational Message: In this episode, we learned about the importance of keeping your car clean and tidy. Food waste and other garbage can attract pests and bacteria. It's important to keep trash out of your car and clean high touch areas to prevent the spread of germs. Also, you don't want to keep heavy things like large water bottles in your car as these objects can become projectiles in the event of an accident or even heavy braking.]

Airdate: 8/29/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED
CONNECTING TO WHALERS [RLT107]

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

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

Airdate: 8/29/2020

Time:

Duration: 30:00

VETS SAVING PETS
FAMILY MATTERS [VSP222]

Today on Vets Saving Pets, Dr. Boyd's dog visits the clinic in need of knee surgery, a Pomeranian needs a teeth cleaning, and a bulldog can't stop bobbing her head. First up, Dr. Boyd's own pet dog, Sargent, arrives at the clinic in need of knee surgery to fix a torn ligament. Here we learn more about Dr. Boyd's personal background and how she dreamed of becoming a veterinarian since she was seven years old. Once Sargent is properly sedated, Dr. Boyd performs an X-ray on her dog's knee to ensure she knows exactly where to make the necessary repairs to the damaged ligament. Here we learn that if the surgery is not executed properly, Sargent could suffer from residual lameness or a limp in his leg. Next, an elderly Pomeranian named Rosie visits the clinic in need of an overdue dental cleaning. Before Dr. French can perform the teeth cleaning, Rosie will need to be assessed in cardiology to ensure she won't negatively react to the anesthesia. Rosie will meet with Dr. Williams for an echocardiogram exam, a test that measures the electrical activity of a heartbeat, to confirm the anesthesia won't be problematic for the aging dog. Finally, a bulldog named Lulu arrives at the clinic with uncontrollable head bobbing. Lulu meets with neurologist Dr. James for a neurological test to determine the cause of the head shaking. After tests reveal normal results, Dr. James recommends an MRI exam to get a clearer picture of what may be causing Lulu's issues. After consulting

with the veterinarians, Lulu's owner decides to wait and see if the head bobbing persists before performing the MRI exam.

[Educational Message: Education is a vital component to working in the field of veterinary medicine. Having a diverse background in various species and breeds of pets is important for a successful career. It is critical for veterinarians to seek additional knowledge and new information to better understand and treat all types of pets.]

Airdate: 8/29/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

HEART AND HARD WORK [HOC414]

First, we learn how middle distance runner Craig Engels balances his running career and life off the track in an effort to maintain his mental health as well as his physical strength. Running for thirty minutes a day can boost a person's mood, sleep quality, and concentration levels. Next, we hear pro football player George Kittle discuss how support from his family and letters from his father have helped strengthen his ability as an athlete as well as his character. Then, 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. 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: Hard work and determination are important in the pursuit of excellence, but it's okay to not be perfect all the time. Taking time to nurture your mental health is just as important as physical training. Viewers learn tips on how to balance working toward a goal and taking time to explore new outlets, relax, and reflect.]

Airdate: 9/5/2020

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: 9/5/2020

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: 9/5/2020

Time:

Duration: 30:00

CONSUMER 101

CANCELING NOISE AND THE SECRETS OF SAFE RIDING [CNR223]

Host Jack Rico and the experts at the testing labs will show us how to safely share the road when riding a bike, teach us the science behind noise cancelling headphones, and show us how to keep winter ice out of your pipes. First up, we'll join auto experts on the test track to learn how to safely share the road on a bicycle. Today, we'll find out how to safely operate a car near a bicyclist, as well as how to safely ride your bicycle near moving cars. We'll first discover that you should always allow three feet or more of space between you and a cyclist when driving a car. We'll also learn that you never pass a cyclist on a blind turn. Additionally, as a driver, you should always be aware of your blind spots and must allow cyclists to pass before making right turns. As a cyclist on the road, we'll learn you should always have your bike maintained before taking it out on the road. Additional safety precautions such as bike lights and reflective or bright clothing are critical. Here we'll also learn about the various hand signals cyclists must use to alert cars around them. It's also important to never use headphones while riding a bicycle to ensure you can always hear your surroundings. Next, we'll join an expert and visit the anechoic chamber in the testing labs to find out how noise cancelling headphones are evaluated. Here we'll witness how noise cancelling headphones are scientifically measured and tested for their effectiveness. We'll discover how soundwaves work and how they're comprised of two main components, compressions and rarefactions. Finally, we'll meet with a home expert to learn how to keep the pipes in your home from freezing up during the winter. If the temperature outside drops below freezing, and your pipes aren't well insulated, the water inside can turn to ice and burst your pipe. Even a small hole can release hundreds of gallons of water and cause thousands of dollars' worth of damage. We'll get expert tips on how to ensure your home is ready for winter and what to do in the event of a water emergency.

[Educational Message: In this episode, we learned how to safely use your bicycle on the roads. Sharing the road with cars can be very dangerous, so it's critical that you follow all the necessary safety precautions. Always wear bright, reflective clothing and ensure you have safety lights on both the front and back of your bicycle. Also, always be aware of your surroundings and never wear headphones while riding your bicycle.]

Airdate: 9/5/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO A PURPLE HEART [RLT102]

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

[Educational Message: When we look deeper into our past, we can gain a better understanding of our roots. In this episode, Evan and Scott learned that their relatives both served in WWII and were even taken as prisoners for several years. Given that he once served in the Air Force himself, Evan gains a new connection to his uncles and their military past. Understanding the incredible sacrifice and courage of their ancestors has brought Evan and Scott closer together.]

Airdate: 9/5/2020

Time:

Duration: 30:00

VETS SAVING PETS

COPS AND TIGERS [VSP223]

Today on Vets Saving Pets, an Irish Wolfhound has been plagued by heartworms, a Police K-9 arrives after breaking a molar, and a feline that survived a tragic house fire is in need of care. First up, an Irish Wolfhound named Electra visits the clinic after testing positive for heartworms. Electra visits with Dr. Williams, the clinic's cardiologist, to determine the severity of the heartworm infestation. After performing an ultrasound, Dr. Williams locates just one small heartworm and determines that Electra can be treated with medication and will fully recover. Here we learn that a heartworm can grow over 12 inches long and can be fatal if left untreated. Next, a Police K-9, named Magnum, arrives at the clinic with a broken molar suffered while in the line of duty. Dr. French, the clinic's veterinary dentist, meets with Magnum to examine his broken tooth. After taking a closer look, Dr. French determines that Magnum will need to have the remaining tooth extracted. During the surgical procedure, Dr. French discovers that Magnum is suffering from periodontal disease that will need to be monitored annually. Here we learn that around 80% of dogs over the age of three show signs of periodontal disease. Finally, Dr. Boyd is checking in on a patient with a tragic yet amazing story. A rescued feline named Tiger was the sole survivor of a house fire that occurred at a cat shelter. Most of Tiger's body was severely burned in the fire and he has been under the care of the emergency clinic for over three weeks.

Dr. Boyd and her team have been treating Tiger daily with bandage changes and medication.

Although recovery has progressed, Tiger's severe burns on his feet have created complications that worry Dr. Boyd. As the cat lost most of his claws in the fire, Dr. Boyd decides to perform surgery to remove the remaining claws and prevent any future problems that may occur during the recovery process.

[Educational Message: Never give up hope even when it seems like all hope is lost. In this episode we saw the compassion of veterinarians working around the clock to save a severely injured rescue cat. We must always do our best to work through problems and find solutions even in the most difficult times.]

Airdate: 9/5/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

ICE BOLD [HOC415]

First, we meet three former Marines playing for the Nashville Sled Preds sled hockey team and learn how the support they give each other drives each of them to not give up and stay positive, whether it be during recovery or on the ice. Sled hockey originated in Stockholm, Sweden and is one of the fastest growing disabled sports in the world. Next, 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. Then, we learn how Reuben Kauffman made the difficult decision to leave his Amish community to pursue his passion as a car chief in the Nascar circuit at just 17 years old. A car chief works closely with the crew chief but has a more hands-on role. Along with English, some Amish groups speak Pennsylvania-Deutsch and others speak Swiss-German. Lastly, we meet a dad who decided to start a girl's golf league having realized the lack of resources and opportunities available to his daughters. The first women's golf club was founded in 1867 in St. Andrews, Scotland.

[Educational Message: Don't let tragedy define you; the ability to stay positive and adapt to situations can help you achieve your goals. Don't be afraid to start something new--it can present new opportunities you otherwise would not have had. Viewers learn about the importance of helping others, how to stay positive and motivated during tragedy, and what it takes to start a golf league.]

Airdate: 9/12/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

PADDLING THROUGH THE PANTANAL [EDD227]

Today on Earth Odyssey, host Dylan Dreyer leads us on an adventure through the rivers of the Pantanal. Known as the largest wetland in the world, the Pantanal is ten times larger than the Everglades in Florida. Situated in the center of South America, the vast majority of the Pantanal lies in Brazil, while the rest is in Bolivia and Paraguay. First up, we'll follow local fisherman and learn how they rely on the waters of the Pantanal for their survival. We'll discover that the Pantanal is home to an estimated three-hundred and twenty-five species of fish. We'll learn about the unique fishing techniques that have been used by the local villages for centuries. Here we'll also learn about the giant river otter that calls the Pantanal region home. Nearly six feet long and weighing more than sixty-five pounds, it fully merits its name. Unlike most otters, giant river otters live in groups and hunt in packs. Here we'll discover that giant river otters have an average lifespan of roughly twelve years in the wild. Next, we'll learn more about one of the top predators in the Pantanal region, the jaguar. With water to drink, shade from the sun, and a platform from which to spy prey, overgrown riverbanks are the perfect environment for jaguars. We'll discover that jaguars are excellent swimmers and have been seen swimming across the Panama Canal. Finally, we'll learn more about the tufted capuchin monkeys that inhabit this region. We'll discover that these monkeys use the riverside corridors of the Pantanal to spread south to the Amazon. Capuchins are highly social and have been observed sharing territories with other primate species. We'll learn that tufted capuchins have also been observed using objects, such as rocks, as tools to crack open nuts or fruits.

[Educational Message: The wet landscape and warm climate of the Pantanal creates a hub for an incredible number of diverse fish and mammals. The traditions that are still alive in the Pantanal are central to the survival of the local villages.]

Airdate: 9/12/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

HIKING THE HIMALAYAS [EDD228]

Today on Earth Odyssey, host Dylan Dreyer takes us on a journey to the Himalayas, where the extreme landscape doesn't stop the unique diversity that calls this mountain range home. 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 learn about the fascinating bar-headed geese. These geese head south over the Himalayas to the warmer winter-feeding grounds of Northern India. But traveling more than nine-hundred miles in a single day isn't this bird's only claim to fame. Bar-headed geese choose to fly at an altitude few other creatures could barely imagine, including humans. We'll discover that bar-headed geese can fly as high as thirty-thousand feet for brief periods of time. These birds have even been spotted flying over Mt. Everest, the tallest mountain in the world. Next, we'll discover how the Himalayas have shaped the cultures of Southern Asia. Many peaks of the Himalayas are seen as sacred, and religions such as Buddhism have a strong physical presence in the remotest of areas. Prayer flags flapping in the wind break the silence across the numerous mountain passes. For centuries, Buddhist pilgrims have draped these pennants across valleys and places of spiritual practice for the wind to carry their written prayers across the landscape. Here we'll discover that the colors of prayer flags are said to represent Earth's elements of sky, air, fire, water, and earth. Finally, we'll learn more about the Asiatic black bear that calls the Himalayas home. Despite being similar in size to its American relative, a distinctive cream-colored crescent at the center of its chest gives this Himalayan resident its unique identity. We'll discover that the shape of the crescent on its chest gives this species the nickname "moon bear." Although armed with two-inch long curved claws and canine teeth designed for tearing meat, this predator is primarily a vegetarian. Berries, grasses, roots, and the occasional insect make up the majority of its diet.

[Educational Message: The Himalayas is an unbelievable region in our world. From the ancient cultures that are still practiced today, to the animals that thrive in such harsh environments, this mountain range is one of the most fascinating places on Earth.]

Airdate: 9/12/2020

Time:

Duration: 30:00

CONSUMER 101

HOT CAR STORIES – TRUE OR FALSE [CNR224]

Host Jack Rico and the experts at the testing labs will show us the dangers of leaving pets and children in a hot car, how to choose the best pots and pans for making a great meal, and how to prep your air conditioner for the summer. First up, Jack meets with an auto safety expert to discuss how quickly your car can heat up and create a potentially life-threatening situation if any loved ones or pets are left behind. We'll be going to the auto test center to measure and demonstrate exactly how hot these cars can get when unattended. Today we'll be conducting an experiment to see if the color of the car makes a difference in how hot it can get. Also, we'll be testing if cracking the windows makes a difference in the car's temperature. Using thermometers and timers, we'll witness how these experiments are scientifically conducted to accurately measure how hot the interior of the car gets, and why you should never leave children or pets in a car unattended. Next, we'll meet with an expert for tips on how to pick the best pots and pans for your kitchen. We'll discover that non-stick pans are the ideal choice for cooking delicate foods such as eggs or other items that don't require high heat. We'll learn that stainless steel pans are the best option for searing foods at high temperatures. Here we'll witness how experts scientifically test pots and pans for their performance with various foods and ranges of temperature. Finally, we'll get some helpful tips from an expert on how to maintain your air conditioner and prepare it for the summer. We'll discover that window air conditioners can harbor mold and other irritants, so it's always a good idea to store it in a dry place during the offseason. Also, always clean the air filter at the beginning of each season and be sure to wash it every month thereafter.

[Educational Message: In this episode, we learned about the dangers of leaving children and pets in cars unattended. While you should never do this at any time of the year, it's especially dangerous during the summer months. We witnessed how hot cars can get when sitting in the sun for only a short period of time. This can become a life-threatening situation for a child or pet. Always practice safety and never leave children or pets in your car unattended.]

Airdate: 9/12/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO MILLIONS [RLT105]

Today on Roots Less Traveled, host Faruq Tauheed takes uncle and nephew Al and Jr on an ancestral trip to Havana, Cuba. We'll discover that stretching almost 750 miles east to west, Cuba is the largest known island in the Caribbean Sea. The city of Havana is one of the fifteen provinces of the Republic of Cuba. Here Al will learn that his grandfather, Joseph Barlow, owned and developed thirty-four blocks of downtown Havana. This area, approximately equal to 1.6 miles, also includes the now-famous suburban neighborhood Buena Vista. We'll learn that Joseph Barlow once owned the Barlow-Cuba Company of Havana. Appraised at over \$4 million during the early 1900's, the Barlow-Cuba Company was an extremely successful business. But due to an unfortunate turn of fate, Joseph Barlow lost his riches in a political coup. Joseph Barlow had previously purchased the land under old Spanish grants that were later ruled illegal by the Republic of Cuba. Joseph Barlow's property was soon seized under a provisional decree of President Zayas. Still a rich man, Joseph Barlow started a legal fight against the order but was turned down in every court in Cuba and eventually spent his entire fortune. We'll discover more about the history of Cuba and how after a 54-year-long dispute, Cuba and the United States reestablished their diplomatic relations in 2015. As Al and Jr connect over their own entrepreneurship, they learn where their family's resilience came from.

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

Airdate: 9/12/2020

Time:

Duration: 30:00

VETS SAVING PETS

HEADS OR TAILS [VSP224]

Today on Vets Saving Pets, a Mastiff's wagging tail is leading to numerous injuries, an aging Jack Russell terrier arrives at the clinic with a mysterious issue, and Dr. French helps an alligator that lost its bite. First up, a large Mastiff named Arnold is brought into the clinic with a wound on his tail. Due to the dog's excitable nature, his constantly wagging tail has been repeatedly injured over time. After meeting with Dr. Boyd, the clinic's surgeon, it is determined that Arnold's tail will be amputated to prevent future injuries. Here we learn that there are major blood vessels in a dog's tail that if not amputated properly, could cause serious bleeding issues.

Next, Dr. French receives an exciting patient as a 26-year-old alligator named Elvira arrives at the clinic. Elvira has had problems fully opening her jaw and her handlers suspect she may be suffering from metal toxicity due to potentially ingesting coins in her habitat. Before the vets can get to work on their prehistoric patient, they will first have to anesthetize Elvira. Here we learn that reptiles have a much slower metabolism than mammals, which means the sedatives will take much longer to take effect. Once sedated, the vets will use an endoscopy tool to scope Elvira's stomach and remove the metal coins. Finally, a Jack Russell terrier named Dean arrives at the clinic suffering from walking issues. Due to the age of the dog, Dr. James believes Dean may potentially have a tumor in his brain causing the mobility issues. After performing a variety of tests, Dr. James still cannot figure out why Dean is struggling to walk normally. Since Dean is not suffering or experiencing any pain, the owner decides to take his dog home and monitor his condition over time.

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

Airdate: 9/12/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE GOOD PUCK CHARM [HOC416]

First, we learn how St. Louis Blues super fan Laila Anderson's bravery while battling HLH and undergoing a life-saving bone marrow transplant inspired the team she loves, leading them to win the Stanley Cup that same year. Hemophagocytic Lymphohistiocytosis (HLH) is a rare disease that attacks the immune system. The Stanley Cup is the oldest American trophy in sports. Next, we hear Joey Logano discuss the impact coach and mentor Mike Mclaughlin had on his career, leading Joey to be the youngest race winner in NASCAR Cup series history at just 19 years old. Then, 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. Lastly, we learn how Publix founder George Jenkins fueled his passion for golf and community service by creating a Par-3 golf course available to those who didn't have the opportunity to play otherwise. The distance of a Par-3 can average between 100 and 250 yards.

[Educational Message: Don't let age, gender, or illness define your limits. Just because something hasn't been done before doesn't mean it can't be done. Viewers learn how the power of perseverance, despite all odds, can help you achieve your dreams.]

Airdate: 9/19/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

VOYAGE IN VANCOUVER [EDD229]

Today on Earth Odyssey, host Dylan Dreyer takes us to Vancouver, where we will explore the beautiful landscape and diversity of animals that are native to this area. 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. First up, we'll learn about the humpback whales that call that waters of Vancouver home. Reaching fifty-two feet in length and weighing more than thirty-six tons, the humpback whale is the fifth largest animal on the planet. The humpback's enormous frames are fueled by small schooling fish like herring and swarms of tiny shrimp-like crustaceans known as krill. These toothless whales use a mass of bristles called baleen plates to filter food from the water. We'll discover that there are over ten known whale species with baleen plates, categorized as "baleen whales." Baleen bristles can be anywhere from two inches to twelve feet long and are made of the same material as our fingernails. Next, we'll travel to East Sooke Park on the southern tip of Vancouver Island where thousands of turkey vultures gather creating a unique spectacle. Masters of soaring flight, turkey vultures aren't strong flyers and rely on winds and thermal currents to keep them aloft. This efficient way of traveling uses just a fraction more energy than when they're standing still. We'll discover that turkey vultures can have a wingspan of roughly six feet and can weigh up to four pounds. We'll learn that turkey vultures are also known as buzzards or carrion crows in some parts of North America. Finally, we'll meet with the island's largest predator, the black bear. Vancouver Island is home to seven thousand to twelve thousand black bears, one of the highest concentrations of black bears in the world. Darker than mainland bears and slightly larger, the black bears of Vancouver Island can weigh up to six-hundred pounds. We'll discover that adult black bears can gain roughly thirty pounds of fat per week when preparing for hibernation.

[Educational Message: Vancouver Island is a region with giants both on land and in the ocean. These creatures have learned to master the cold and the elements to ensure survival for themselves and their offspring. With the nutrients that Vancouver Island receives from the life cycle from all living things, animals continue to thrive in this unbelievable habitat.]

Airdate: 9/19/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

EXPLORING AROUND THE ANDES [EDD230]

Today on Earth Odyssey, host Dylan Dreyer leads us on an amazing adventure to the Andes Mountains, one of the most biodiverse regions on the Earth. At over forty-five hundred miles long, and one-hundred and twenty miles wide, the Andes are an epic landscape of snow-capped mountains and belching volcanoes. We'll learn that the average peak height in the Andes Mountain Range is roughly thirteen thousand feet. First up, we'll travel to the Altiplano region of the Andes to discover more about the creatures that inhabit the area. Due to volcanic activity, toxic lakes have formed in the high altitudes of the Altiplano region. We'll discover that colorful plankton and algae thrive in these mineral rich waters. In the spring, flamingos are attracted to these lakes to feed. Here we'll discover that three of the world's six species of flamingos gather here. All flamingos are filter feeders, targeting shrimp and algae from the salty waters. We'll discover that each species of flamingo has a different sized filter in its bill, and each gathers its food from different depths to avoid competition. Here we'll learn that this filter feeding adaptation was also found in the Pterosaur, which existed roughly one-hundred and fifty million years ago. Next, we'll meet one of the Andes' most iconic animals, the Andean bear. Andean bears are also called "spectacled bears" due to their facial markings which resemble glasses. We'll discover that Andean bears have markings as complicated and unique as human fingerprints. Here we'll witness a mother Andean bear as she teaches her cubs how to forage for food. Finally, we'll journey to the cloud forest to meet with the fascinating bird species of the Andes. In the cloud forest, the high altitude causes the nights to be extremely cold and the days very damp, meaning not many flying insects can survive here. Therefore, most plants are pollinated by hummingbirds. These birds hover in position by beating their wings up to a hundred times per second, with their heartbeat

reaching nearly a thousand beats per minute. To power their incredible metabolism, they must consume more than their own weight in nectar every day. We'll discover that hummingbirds must feed from hundreds of flowers to gain enough energy to survive the cold nights.

[Educational Message: Rainfall in the cloud forest is essential to supporting the amazing biodiversity that you'll find in the Andes Mountains. From flamingos to Andena bears, this mountain range is full of danger, beauty, and intrigue.]

Airdate: 9/19/2020

Time:

Duration: 30:00

CONSUMER 101

TALKING TO THE FUTURE [CNR225]

Host Jack Rico and the experts at the testing labs will teach us about the future of car technology, how to choose the right lawnmower, and how we can keep our information private when using smart televisions. First up, we'll join an auto expert to learn more about the future of technology on the roads. Vehicle to Everything, or V2X, is a newly developed technology that can enable vehicles to communicate with one another. V2X can also share information with the city's infrastructure, communicating everything from road conditions to traffic information and beyond. We'll discover that this technology has been implemented in cities and is already showing positive results. The goal is that V2X can help save lives by being implemented on ambulances, police vehicles, and fire trucks to better allow them to respond to incidents more quickly. Next, we'll meet with a lawn mower expert to learn more about lawn mowers and how to find the best one for your needs. We'll discover that there are many different types of lawn mowers such as push, self-propelled, battery powered, lawn tractor, and zero-turn radius. We'll learn that each mower is specifically designed and suited for different sized jobs. We'll also learn that it's important to wear ear protection when using a lawn mower. Finally, we'll join an expert to learn more about smart televisions and how they might be collecting our personal information. We'll discover that smart televisions are capable of collecting data on our viewing habits via the Automatic Content Recognition technology. Here we'll learn some tips on how to disable these functions and keep our personal information private.

[Educational Message: In this episode we learned about new technology changing the way we stay safe on the road. The new V2X technology is proving to be a vital tool in helping cities manage traffic, busses, and plows. Implementing this technology in emergency response vehicles will help reduce response time and allow help to get where its needed as fast as possible.]

Airdate: 9/19/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE BROOKLYN BRIDGE [RLT104]

Today on Roots Less Traveled, host Faruq Tauheed takes aunt and nephew Tammy and Julian on a cosmopolitan adventure in Brooklyn, New York. We'll first learn that the Brooklyn borough of New York City was originally called "Breukelen," which is Dutch for "broken land." Tammy and Julian's journey begins when they learn that they are related to undertaker John Baisley, who helped the city bury its dead during the Yellow Fever epidemic in 1856. Since the city of Brooklyn was so densely populated, hundreds died during this time and others left their homes and abandoned the city. We'll learn that while many were

fleeing the city, John Baisley stayed in Brooklyn to help nurse the sick and dying, in most cases rendering his services without expecting or receiving any pay. Tammy and Julian also learn that they have direct ties to James Howell, a former Mayor of Brooklyn who served from 1878-1881. Not only was James Howell the 19th Mayor of Brooklyn, he also owned a large iron works company and became an integral part in building the iconic Brooklyn Bridge. To learn more about their ancestor's iron works company, Tammy and Julian visit a blacksmithing shop to discover what it would've been like to work as a blacksmith during that time. Here we'll discover that the craft of blacksmithing has been traced back to 1350 BCE.

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

Airdate: 9/19/2020

Time:

Duration: 30:00

VETS SAVING PETS

LIKE PULLING TEETH [VSP225]

Today on Vets Saving Pets, an elderly feline is suffering from a tooth abscess, a Dalmatian is suffering from recurring seizures, and a puppy suffers from a heart murmur. First up, a Cavalier King Charles puppy named Begley arrives at the clinic for a heart assessment. Suffering from a heart murmur his entire life, Begley needs additional exams to ensure he can safely undergo an upcoming neutering surgery. Due to the high risk of potential complications with anesthesia, the team will have to find out the severity of Begley's heart murmur before surgical procedures can be performed. Dr. Williams, the clinic's cardiologist, will need to perform an ultrasound on Begley. Next, an elderly feline named Ginny arrives at the clinic suffering from a tooth abscess. Before Ginny can be taken into surgery to extract the abscessed tooth, the feline will need to have its heart tested to ensure there will be no complications with the anesthetic. Dr. Williams, the clinic's cardiologist, will perform an ultrasound procedure and X-rays with the assistance of the clinic's technicians, anesthesiologist, and dentist. Here we see how various veterinary specialists collaborate and work as a team to figure out the best course of action for their patients. Finally, a Dalmatian puppy named Snickers is brought to the clinic suffering from recurring seizures. Dr. Cochrane, a neurologist at the clinic, will perform a neurological exam to better determine the cause of Snickers' seizures. After a preliminary exam proves normal, Dr. Cochrane is concerned the issues may be linked to epilepsy or potentially a brain tumor. In order to best determine the root cause of this issue, Dr. Cochrane orders an MRI exam for Snickers. After an MRI rules out a brain tumor, Dr. Cochrane diagnoses Snickers with idiopathic epilepsy and prescribes medication to reduce the recurring seizures.

[Educational Message: Every day we are presented with new challenges and we must do our best to overcome those obstacles. In this episode, Dr. Cochrane was challenged with diagnosing Snickers' health problems. We witnessed how Dr. Cochrane never gave up and kept working until she discovered the exact cause of the issue.]

Airdate: 9/19/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN
SURFING (FOR) U.S.A. [HOC417]

First, we learn how Olympic softball pitcher Monica Abbott splits her time playing in the U.S. and Japan as she prepares for softball's return to the Olympics at the Tokyo Games. The Japan Softball League was started in 1968. Next, we hear from surfers as they train to compete in the first Olympic surfing competition ever at the 2020 Olympics. Surfing originated in Polynesia, and in 1778, Captain James Cook was the first Westerner to witness it. Then, we hear Jimmie Johnson discuss the impact coach and mentor Rick Johnson had on his career, from racing dirt bikes at 4 years old to becoming the first and only driver in NASCAR history to win five consecutive championships. Dirt bikes are lightweight, off-road motorcycles built with a rugged frame, a stiff suspension, and special tires. Lastly, we learn how the U.S. Kids Golf Championship impacts junior golfers and allows them to play on the world's stage with golfers from 45 U.S. states and 52 countries. Forty-three percent of the world's golf courses are in the United States.

[Educational Message: Experiencing different cultures can help you learn different techniques, insights, and lessons that can be beneficial in life and sports. Viewers learn about the history of softball in Tokyo, the history of surfing, tips to get started in race car driving, and tips to get started golfing competitively.]

Airdate: 9/26/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER
THE AMAZING AMAZON [EDD231]

Today on Earth Odyssey, host Dylan Dreyer takes us to the Amazon to explore the wildlife and the cultures that live there today. Formed over the last fifteen million years, the Amazon covers three million square miles of South America. This vast rainforest straddles the equator making it permanently hot and wet, the ideal conditions for creating and maintaining life. First up, we'll learn about ancient civilizations living within the dense rainforests of the Amazon. We'll discover that it's now thought that five and a half million people inhabited the Amazon in the early sixteenth century. Today, there are thirty million people living in the Amazon. Many are descendants of the first waves of incomers such as rubber farmers and traders, but some are descended from people that have lived in the Amazon for ten thousand years. We'll discover that the population of the Amazon River Basin is less than ten percent indigenous. Here we'll learn about the rituals and hunting practices of the native people. We'll also witness the unique rites of passage for young boys living within the native tribes. Next, we'll discover more about the predators of the Amazon, such as the jaguar. While many cats avoid getting their feet wet, jaguars use the smaller waterways of the Amazon to move around with ease. Their large paws make excellent paddles as they hunt for fish, turtles, and even caiman. Finally, we'll discover more about the pink river dolphin. Pink river dolphins are nearly blind, but they do not require keen eyesight due to the low visibility in the murky waters of the Amazon. These creatures hunt and navigate using echolocation, an adaptation that helps the animals build a sonic picture of their underwater world. We'll discover that pink river dolphins are able to bend up to ninety degrees, allowing them to easily navigate roots and trees in the water.

[Educational Message: The traditions that have been passed down from generation to generation only add to the pure wonder of this biodiverse South American jewel. As the modern world encroaches, it's clear how vulnerable plants and animals can begin to change. The Amazon's future is in our hands and its complexities must be respected.]

Airdate: 9/26/2020

Time:

Duration: 30:00

EARTH ODYSSEY WITH DYLAN DREYER

FINDING THE LOST WORLDS [EDD232]

Today on Earth Odyssey, host Dylan Dreyer leads us on an incredible adventure to the lost worlds of India. 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. These seven states of India are among the least explored places on Earth. First up, we'll learn about the local inhabitants of these lost worlds of India. Although the local humans thrive among the rich forested mountains, they aren't immune to attacks from the animals they share their home with. The Indian elephant's migratory routes extend throughout the region, but their ancient paths have been seriously interrupted by the local people. Here we'll discover that elephant herds consist of about fifteen elephants on average and are typically led by the oldest female. Elephants eat an estimated fifty-six tons of food per year, totaling roughly three hundred and thirty pounds per day. As homes and crops are devastated, tensions between humans and elephants escalate. As crops spread and villages grow, further clashes seem inevitable. Here we'll learn how the local people live and work alongside these massive creatures in harmony. Next, we'll embark on a hunting journey with a local tribe and learn more about the cultural rituals of these native people. We'll also find out that traditional folk songs and dances are essential ingredients of the local culture. These celebrations are inspired by a creature that is an icon throughout Northeast India, the great hornbill. Finally, we'll discover more about the legendary great hornbill bird species. Hornbills have a long curved bill which is often brightly colored and quite heavy. Hornbills are the only birds whose first two neck bones are fused together to help support the weight of their beak. Research suggests the hornbill's impressive beak may have formed to amplify their territorial calls. Here we'll discover that hornbills primarily eat fruit but supplement their diet with small mammals, insects, and even snakes. We'll also learn that the hornbill's wings are so loud, they can be heard from long distances, even up to half a mile away.

[Educational Message: Today we witnessed an incredible connection between animals and humans that's rarely seen in the wild. Without many other places on Earth like these lost worlds, it's important to protect some of the last remaining ancient traditions our world has.]

Airdate: 9/26/2020

Time:

Duration: 30:00

CONSUMER 101

CONQUERING THE USED CAR PURCHASE [CNR226]

Host Jack Rico and the experts at the testing labs will show us how to avoid online privacy traps, what to look for when buying a used car, and the future of vacuuming. First up, 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. Next, Jack joins an auto expert to learn some tips on how to buy the best used car. We'll find out that when speaking to a dealer about buying a car, you should never reveal how much money you want to spend. We also learn that you should never let a car

dealer rush you into a sale, always take your time to think it over first. We'll also find out that it's important to inspect the vehicle for any defects or damage before buying. It's also important to have a mechanic that you trust check the vehicle thoroughly for any other hidden issues. Finally, we'll check out the science behind the next generation of smart home helpers, robotic vacuums. We'll meet with expert vacuum testers to learn more about how the robot vacuums are scientifically measured in a controlled environment. In order to ensure consistency and accuracy, testers use a controlled weight of a variety of different sized debris for the vacuums to pick up. Following the test, the debris picked up by the vacuums is weighed in order to determine how effective the vacuums performed. We'll also see how experts use sensor technology to generate a map of the vacuum's path to determine how well it covers the space of a room.

[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: 9/26/2020

Time:

Duration: 30:00

ROOTS LESS TRAVELED

CONNECTING TO THE PAST [RLT108]

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

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

Airdate: 9/26/2020

Time:

Duration: 30:00

VETS SAVING PETS

WHAT THE CAT DRAGGED IN [VSP226]

Today on Vets Saving Pets, a rescue kitty is in need of dental work, a tabby cat is having trouble moving its hind legs, and a Schnauzer is brought to the clinic with end-stage heart failure.

First up, a tabby cat named Micah visits the clinic with serious mobility trouble in its hind legs. Micah is first examined by Dr. James, the clinic's neurologist, to determine the potential cause for the cat's condition. After performing an X-ray, Dr. James is concerned that Micah's spinal cord is being compressed and determines that he will need an MRI to confirm her suspicions.

Here we learn that an MRI, or magnetic resonance imaging scan, uses a powerful magnet and radio waves to look at organs and structures inside the body. After confirming the diagnosis, Dr. James will need to perform a delicate surgery to remove the disc that's pushing on Micah's spinal cord. Next, a rescue kitty named Jerry is brought into the clinic suffering dental issues. This brave cat survived a house fire but the smoke inhalation has damaged Jerry's gums and teeth. Dr. French, the clinic's dentist, will perform an X-ray scan on Jerry to determine how many of

his teeth will need to be removed. After the X-ray reveals the problem to be much more serious than previously believed, Jerry will go into surgery to have more than half of all his teeth removed. Finally, a Schnauzer named Sydra is visiting the clinic for a check-up cardiology appointment. Sydra has been suffering from end-stage heart failure which has been causing recent collapsing episodes. Dr. Williams, the clinic's cardiologist, will be performing an ultrasound on Sydra to determine if the pup's heart issues have progressed.

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

Airdate: 9/26/2020

Time:

Duration: 30:00

THE CHAMPION WITHIN

THE PERFECT WAVE GOODBYE [HOC418]

First, we hear Daniel Suarez, the first international champion in NASCAR history, discuss the transition after moving from Mexico to Charlotte, NC, and how Walleye Allen impacted his career by coaching him on the track and helping him learn to speak English. Spanish is spoken by over 400 million people around the world. Next, we learn how surfer Carissa Moore's upbringing in Hawaii fostered her love for the sport at 7 years old and how she gives back to her community by mentoring young girls, encouraging them to be authentic and confident. Hawaii's nickname is "The Aloha State." "Alo" means to stand face-to-face, and "ha" means to share the breath of life. Then, we meet hockey players and brothers Charlie and Will Capalbo and hear how Will donated bone marrow to Charlie, who was battling two types of cancer back-to-back, ultimately saving his life and allowing him to attend the Winter Classic hockey game. Marrow is the sponge-like material inside bone, and bone marrow donation requires less than 5% of marrow cells. The first Winter Classic, which is an outdoor NHL game, took place in 2003. Lastly, country singer Justin Moore explains why golf is his go-to sport when he isn't performing-- every course is different and each round presents different challenges.

[Educational Message: Embracing who you are helps set you apart from others— remembering where you started and what you went through to achieve your goal is important in remaining humble and successful. Viewers learn how international drivers are making an impact in NASCAR, the history of surfing in Hawaii, and the importance of being selfless and supportive to others.]

For 3rd Quarter 2020
July 1, 2020 – September 30, 2020

THERE WAS NO OTHER PROGRAMMING FOR THE 3RD QUARTER OF 2020, THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

3rd Quarter 2020 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JULY 2020

Air Date	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
07/04/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	09:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
07/04/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	09:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/04/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	10:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
07/04/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	10:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
07/04/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	11:24:17	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
07/04/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	11:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/11/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
07/11/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/11/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
07/11/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
07/11/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20187H	PSA 2020, The More You Know, Natalya Neidhart USA/WWE "Diversity-Taking Action" :15
07/11/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20188H	PSA 2020, The More You Know, Sasha Banks USA/WWE "Diversity-What's Your Story" :15
07/18/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15

07/18/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/18/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
07/18/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
07/18/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
07/18/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/25/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
07/25/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
07/25/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
07/25/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
07/25/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20187H	PSA 2020, The More You Know, Natalya Neidhart USA/WWE "Diversity-Taking Action" :15
07/25/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15

NETWORK PUBLIC SERVICE SCHEDULE AUGUST 2020

Air Date	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
08/01/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
08/01/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
08/01/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
08/01/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
08/01/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20180H	PSA 2020, The More You Know, COVID-19 AAPI "No Room" :15

08/01/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20179H	PSA 2020, The More You Know, COVID-19 AAPI "Time of Crisis" :15
08/08/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
08/08/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
08/08/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
08/08/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
08/08/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20180H	PSA 2020, The More You Know, COVID-19 AAPI "No Room" :15
08/08/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20179H	PSA 2020, The More You Know, COVID-19 AAPI "Time of Crisis" :15
08/15/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20180H	PSA 2020, The More You Know, COVID-19 AAPI "No Room" :15
08/15/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20179H	PSA 2020, The More You Know, COVID-19 AAPI "Time of Crisis" :15
08/15/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
08/15/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
08/15/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
08/15/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20187H	PSA 2020, The More You Know, Natalya Neidhart USA/WWE "Diversity-Taking Action" :15
08/22/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20186H	PSA 2020, The More You Know, BLM Akbar Gbajabiamila "Diversity-Free to Play" :15
08/22/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20184H	PSA 2020, The More You Know, BLM Carl Quintanilla "Diversity-Kindness/Kindergarten" :15
08/22/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15
08/22/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
08/22/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20180H	PSA 2020, The More You Know, COVID-19 AAPI "No Room" :15
08/22/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20179H	PSA 2020, The More You Know, COVID-19 AAPI "Time of Crisis" :15
08/29/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	08:18:54	:15	ZNBC20188H	PSA 2020, The More You Know, Sasha Banks USA/WWE "Diversity-What's Your Story" :15

08/29/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	08:48:54	:15	ZNBC20187H	PSA 2020, The More You Know, Natalya Neidhart USA/WWE "Diversity-Taking Action" :15
08/29/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	09:23:10	:15	ZNBC20179H	PSA 2020, The More You Know, COVID-19 AAPI "Time of Crisis" :15
08/29/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	09:52:27	:15	ZNBC20180H	PSA 2020, The More You Know, COVID-19 AAPI "No Room" :15
08/29/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	10:22:27	:15	ZNBC20185H	PSA 2020, The More You Know, BLM Tony Dungy "Diversity-Taking Action" :15
08/29/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	10:48:54	:15	ZNBC20182H	PSA 2020, The More You Know, BLM Nichole Bloom "Diversity-Check Yourself" :15

NETWORK PUBLIC SERVIC SCHEDULE SEPTEMBER 2020

Air Date	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
09/05/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	04:55:00	:15	ZNBC20194H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various "A Mask Is A Must" :15
09/05/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	05:25:00	:15	ZNBC20193H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various "Physical Distancing" :15
09/05/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	05:55:00	:15	ZNBC20191H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various V1 "Coronavirus General" :15
09/05/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	06:24:17	:15	ZNBC20192H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various V2 "Coronavirus General" :15
09/05/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	06:54:17	:15	ZNBC20194H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various "A Mask Is A Must" :15
09/05/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	07:25:00	:15	ZNBC20194H	PSA 2020, The More You Know, Coronavirus Phase 2 Anthem Various "A Mask Is A Must" :15
09/12/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	08:55:35	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/12/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/12/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/12/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/12/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/12/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15

09/16/2020	NBC NEWS - TODAY III	10:47:48	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/16/2020	NBC ENTERTAINMENT: DAYS OF OUR LIVES (MO-FRI) (60 minutes)	13:49:04	:15	ZNBC20199H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Be Vocal :15
09/18/2020	NBC ENTERTAINMENT: AMERICA'S GOT TALENT (2 hours)	21:08:17	:15	ZNBC20198H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15
09/18/2020	NBC ENTERTAINMENT: LATE NIGHT (60 minutes)	24:59:28	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/19/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	08:23:10	:15	ZNBC201105H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Speaking Up for Injustice :15
09/19/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	08:51:59	:15	ZNBC201104H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Get Out the Vote - Talent Group 2 :15
09/19/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC201103RH	PSA 2020, The More You Know, Diversity, Equity & Inclusion Use Your Voice Against Injustice :15
09/19/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC20198H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Teaching Kids About Equity :15
09/19/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC201102H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Get Out the Vote :15
09/19/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/26/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #1 30 MIN (4 SEG)	10:25:00	:15	ZNBC20196H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Census - Minorities :15
09/26/2020	TMYK EARTH ODYSSEY WITH DYLAN DREYER #2 30 MIN (4 SEG)	10:55:00	:15	ZNBC201102H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Get Out the Vote :15
09/26/2020	TMYK CONSUMER 101 30 MIN (5 SEG)	11:25:00	:15	ZNBC201105H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Speaking Up for Injustice :15
09/26/2020	TMYK ROOTS LESS TRAVELD 30 MIN (5 SEG)	11:54:17	:15	ZNBC201103RH	PSA 2020, The More You Know, Diversity, Equity & Inclusion Use Your Voice Against Injustice :15
09/26/2020	TMYK VETS SAVING PETS 30 MIN (5 SEG)	12:24:17	:15	ZNBC20199H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Be Vocal :15
09/26/2020	TMYK CHAMPION WITHIN 30 MIN (5 SEG) (269533)	12:55:00	:15	ZNBC201104H	PSA 2020, The More You Know, Diversity, Equity & Inclusion Get Out the Vote - Talent Group 2 :15

NBC NETWORK NON-BROADCAST EFFORTS

July - September, 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.