

KEET Quarterly Issues and Programs Report

For January 1st 2023 through March 31st 2023

Below are programs that aired on KEET's main channel that address community issues decided by the KEET Community Advisory Board, letters, e-mails and phone calls from members and other viewers. Topics are: **Economy, Education, Environmental, Health Care, Technology.**

Economy

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 320
Length: 30 minutes
Air Dates: Friday February 17th, 2023 7:00 pm
Sunday February 19th, 2023 1:30 pm

We interview new 4th District Supervisor Natalie Arroyo about her new position, politics, homelessness, and cannabis policy. Also, we'll look at how offshore wind could spike manufacturing and construction around Humboldt Bay.

Program Source: APTEX
Program Title: Consuelo Mack Wealthtrack
Episode Title: Fed Tightening Consequences
Length: 30 minutes
Air Dates: Wednesday January 4th, 2023 12:30 am

Guest: Ed Hyman, Founder, Chairman, Head of Economic Research, Evercore ISI. On this week's Consuelo Mack WealthTrack: Legendary economist Ed Hyman worries about the unintended consequences of the Fed's rapid tightening.

Program Source: APTEX
Program Title: Gzero World with Ian Bremmer
Episode Title: Europe's Rough Winter Ahead
Length: 30 minutes
Air Dates: Thursday January 5th, 2023 12:30 am

Guest: Christoph Heusgen, German diplomat and chairman of the Munich Security Conference. Putin's increasingly costly and violent war in Ukraine continues to destabilize Europe at a time of high inflation and a low Euro. How will the continent make it out of what looks to be a particularly bleak winter?

Program Source: APTEX
Program Title: Gzero World with Ian Bremmer
Episode Title: Lurching Into 2023
Length: 30 minutes
Air Dates: Thursday January 12th, 2023 12:30 am

Guest: Dambisa Moyo, Global Economist. What's in store for the global economy in 2023? Well, it's not going to be pretty. A raging war in Europe, sky-high inflation, and an unstable China will create strong economic headwinds in the year to come. But it's not all doom and gloom.

Program Source: APTEX
Program Title: Gzero World with Ian Bremmer
Episode Number: 533
Length: 30 minutes
Air Dates: Thursday February 16th, 2023 12:30 am

Guest: Dambisa Moyo, Global Economist. What's in store for the global economy in 2023? Well, it's not going to be pretty. A raging war in Europe, sky-high inflation, and an unstable China will create strong economic headwinds in the year to come. But it's not all doom and gloom.

Program Source: PBS-NPS
Program Title: FRONTLINE
Episode Title: Age of Easy Money
Length: 120 minutes
Segment Length: 01:56:46
Format: Documentary
Air Dates: Tuesday March 14th, 2023 9:00 pm
Wednesday March 15th, 2023 1:00 am
Sunday March 19th, 2023 2:00 pm

The role of the Federal Reserve's "easy money" policies in the current economic uncertainty. From the Great Recession to the rise in inflation, the ongoing fragility of the financial system and the widening gap between Wall St. and Main St.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 136
Length: 60 minutes
Segment Length: 00:05:24
Format: News (live news only)
Air Dates: Friday January 6th, 2023 6:00 pm

Friday's jobs report signaled good news for those who are worried about a recession and inflation. It also capped a very strong year for the jobs market overall with more than 4.5 million new jobs created in 2022. That's the second-highest year since record-keeping began in 1939, but it still suggests that it's hard to find enough workers for some jobs. Economics correspondent Paul Solman reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:05:13
Format: News (live news only)
Air Dates: Tuesday January 10th, 2023 6:00 pm

The Biden administration released a new student loan payment plan that would lower monthly payments for millions of borrowers and pause them completely for some. There's been a freeze on loan repayments throughout the pandemic, but that's coming to an end in June. The new proposal comes while plans to cancel some of the debt are held up in court. Cory Turner of NPR joined Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 140
Length: 60 minutes
Segment Length: 00:04:47
Format: News (live news only)
Air Dates: Thursday January 12th, 2023 6:00 pm

Inflation rates fell for the sixth consecutive month, but Americans are still feeling the pinch from higher than usual prices. Many have been forced to pull out their credit cards, even while interest rates on those cards are soaring. Michelle Singletary, writer of the syndicated Washington Post column "The Color of Money," joined Geoff Bennett for a closer look at what this means.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:04:55
Format: News (live news only)
Air Dates: Tuesday January 17th, 2023 6:00 pm

The world's most populous country hit a historic turning point. China announced its first population decline in six decades with 850,000 fewer people at the end of last year than in 2021. Pulitzer Prize-winning author and journalist Mei Fong joined Geoff Bennett to discuss the cause of the decline and what it could mean for the global economy.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:08:49
Format: News (live news only)
Air Dates: Tuesday January 17th, 2023 6:00 pm

The U.S. is expected to bump into its borrowing limit in just a few days. The Treasury Department said it is taking "extraordinary measures" to allow the country to keep paying its debts for now, but Congress must vote to raise the debt ceiling. Wendy Edelberg of the Hamilton Project and Neil Bradley of the U.S. Chamber of Commerce joined Laura Barrón-López to discuss the concerns.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 145
Length: 60 minutes
Segment Length: 00:05:57
Format: News (live news only)
Air Dates: Thursday January 19th, 2023 6:00 pm

The United States government reached its debt limit Thursday, according to Treasury Secretary Janet Yellen. This means her agency must use accounting tactics to keep the government solvent while it waits on Congress to act. Congressional Correspondent Lisa Desjardins reports on what's next.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 153
Length: 60 minutes
Segment Length: 00:08:16
Format: News (live news only)
Air Dates: Tuesday January 31st, 2023 6:00 pm

We're learning more this week about the strength of the economy and whether high inflation and rising interest rates are pushing it into a recession. The Federal Reserve is expected to raise interest rates by another quarter of a point and the next labor report will show whether job growth is still slowing. National Economic Council Director Brian Deese joined Amna Nawaz to discuss the latest.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 156
Length: 60 minutes
Segment Length: 00:06:40
Format: News (live news only)
Air Dates: Friday February 3rd, 2023 6:00 pm

Job growth surged last month, shaking off fears of a hiring slowdown. Employers added 517,000 jobs in a hiring boom far stronger than anyone had expected. The jobless rate dropped to 3.4%, the lowest level in 53 years. The report underscores the challenges facing Federal Reserve officials who remain focused on slowing inflation. Economics Correspondent Paul Solman reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:06:13
Format: News (live news only)
Air Dates: Monday February 13th, 2023 6:00 pm

Intending to address the nation's soaring rent prices, the Biden administration announced a new effort to protect tenants and make renting more affordable. The plan comes after a year of meetings with industry and tenant advocates. Laura Barrón-López reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 164
Length: 60 minutes
Segment Length: 00:05:39
Format: News (live news only)
Air Dates: Wednesday February 15th, 2023 6:00 pm

In our news wrap Wednesday, the Congressional Budget Office offered a bleak reassessment of the U.S. economy, a white supremacist was sentenced to life without parole for killing 10 black people in Buffalo last May, the Justice Department closed a sex-trafficking probe into Rep. Matt Gaetz and the acting head of the FAA said the agency is working to prevent a repeat of a major systems failure.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 167
Length: 60 minutes
Segment Length: 00:04:37
Format: News (live news only)
Air Dates: Monday February 20th, 2023 6:00 pm

Rescue shelters are feeling pressure with too many potential pets and not enough people adopting them. Inflation has made owning and caring for a pet more expensive, leaving some owners struggling to afford rising costs. Deputy Senior Producer of National Affairs Courtney Norris and producer Dorothy Hastings have that story.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 170
Length: 60 minutes
Segment Length: 00:04:27
Format: News (live news only)
Air Dates: Thursday February 23rd, 2023 6:00 pm

The nation, and lawmakers, are facing some critical moments on major issues, including how to act on the debt ceiling. Some new numbers in our PBS NewsHour/NPR/Marist poll give a sometimes glaring sense of where the public is on the issue. Lisa Desjardins joined Amna Nawaz to go through the results.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 170
Length: 60 minutes
Segment Length: 00:07:44
Format: News (live news only)
Air Dates: Thursday February 23rd, 2023 6:00 pm

Every second, the U.S. falls about \$43,000 deeper into debt. Lawmakers will need to raise the country's borrowing limit in the coming months to avoid a catastrophic financial fallout at home and around the world. Republican Rep. Tom Cole is vice chairman of the House Appropriations Committee and chair of the House Rules Committee. He joined Geoff Bennett to discuss the debate.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 173
Length: 60 minutes
Segment Length: 00:11:12
Format: News (live news only)
Air Dates: Tuesday February 28th, 2023 6:00 pm

The fate of student debt relief promised for some 40 million Americans is in the hands of the Supreme Court. The justices heard arguments in high-stakes cases over the legality of President Biden's student loan forgiveness plan. John Yang discussed the arguments with NewsHour Supreme Court Analyst Marcia Coyle and Danielle Douglas-Gabriel of The Washington Post.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:11:30
Format: News (live news only)
Air Dates: Monday March 13th, 2023 6:00 pm

Regional banks took a beating and suffered their deepest losses in years on the stock market Monday. It came after the government's top financial authorities spent the weekend taking action to shore up confidence around the system after the failure of two major banks. Plenty of questions remain about the government's action and the potential fallout. Economics Correspondent Paul Solman reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 183
Length: 60 minutes
Segment Length: 00:05:03
Format: News (live news only)
Air Dates: Tuesday March 14th, 2023 6:00 pm

In our news wrap Tuesday, inflation shows fresh signs of easing but prices are still well above where they were a year ago, millions of Americans bore the brunt of foul weather from atmospheric rivers to nor'easters, the state of Ohio is suing Norfolk Southern over last month's train derailment and Facebook's" parent company Meta announced it's cutting 10,000 more jobs this year.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 183
Length: 60 minutes
Segment Length: 00:06:14
Format: News (live news only)
Air Dates: Tuesday March 14th, 2023 6:00 pm

Days after the collapse of Silicon Valley Bank and Signature Bank, there are plenty of questions being asked about the health of banks in the U.S. Sheila Bair served as the chair of the FDIC from 2006 to 2011 and worked to keep the system stable during the Great Recession. She joined Geoff Bennett to discuss the current situation surrounding banks and inflation.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 184
Length: 60 minutes
Segment Length: 00:06:26
Format: News (live news only)
Air Dates: Wednesday March 15th, 2023 6:00 pm

Trouble at a major European bank injected fresh fear into global financial markets. Shares in Credit Suisse plunged after its largest lender ruled out a rescue. That touched off a broader sell-off a day after Wall Street appeared to weather the collapse of two U.S. banks. Peter Conti-Brown joined William Brangham and discussed the turmoil and what it means for the banking sector.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:06:25
Format: News (live news only)
Air Dates: Thursday March 16th, 2023 6:00 pm

In our news wrap Thursday, it was another turbulent day in the financial world with news of rescues of troubled banks on both sides of the Atlantic, prosecutors in Virginia charged 10 people in the smothering death of a Black man at a state mental hospital and the Pentagon released video showing a Russian fighter jet intercepting a U.S. surveillance drone over the Black Sea.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 187
Length: 60 minutes
Segment Length: 00:06:06
Format: News (live news only)
Air Dates: Monday March 20th, 2023 6:00 pm

Ten days after the collapse of Silicon Valley Bank and emergency measures to stabilize the system, key parts of the banking industry are still reeling and anxious. UBS agreed to buy out its rival Credit Suisse for a fraction of its market value, and there were new efforts Monday to help stabilize First Republic Bank. Roben Farazad of Full Disclosure discussed the latest with Geoff Bennett.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 189
Length: 60 minutes
Segment Length: 00:08:03
Format: News (live news only)
Air Dates: Wednesday March 22nd, 2023 6:00 pm

The Federal Reserve raised interest rates again against the backdrop of troubles in the banking industry. The hikes are being blamed by some for weakening banks, but Fed policymakers stuck to their stance that higher rates are essential to bringing inflation under control. Kenneth Rogoff of Harvard University joined Amna Nawaz to discuss the decisions and the state of the economy.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 193
Length: 60 minutes
Segment Length: 00:06:04
Format: News (live news only)
Air Dates: Tuesday March 28th, 2023 6:00 pm

As lawmakers hold hearings about the collapse of Silicon Valley Bank, Economics Correspondent Paul Solman takes a look at what factors were behind the second-largest bank failure in U.S. History.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 193
Length: 60 minutes
Segment Length: 00:03:16
Format: News (live news only)
Air Dates: Tuesday March 28th, 2023 6:00 pm

Tuesday started two days of hearings about the failure of Silicon Valley Bank and the role of federal regulators both before the bank's collapse and since then. Lawmakers from both parties criticized top officials and dug into what went wrong. Congressional Correspondent Lisa Desjardins reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 195
Length: 60 minutes
Segment Length: 00:06:05
Format: News (live news only)
Air Dates: Thursday March 30th, 2023 6:00 pm

A looming global financial crisis of Congress's own making is still months away, but time is already running short on Capitol Hill. Congressional Correspondent Lisa Desjardins caught up with lawmakers before they left town for the long Easter break.

Program Source: PBS-NPS
Program Title: Washington Week
Episode Title: Episode 38
Length: 30 minutes
Segment Length: 00:14:07
Format: Interview/Discussion/Review
Air Dates: Friday March 17th, 2023 8:00 pm
Sunday March 19th, 2023 5:00 am
Sunday March 19th, 2023 12:30 pm

Two bank failures exposed economic concerns this week. Trying to prevent more collapses, President Biden took the unusual step of promising that all depositors at those banks would be made whole. In Washington, lawmakers on both sides of the aisle want to know what went wrong and why bank management, and their regulators, were caught flat-footed, especially following the 2008 financial crisis.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 143
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Tuesday January 17th, 2023 11:30 pm

Ursula von der Leyen weighs in on the World Economic Forum in Davos, Switzerland. Where the climate crisis is concerned, few countries have felt the pain like Pakistan in the past year. Pakistan's minister of state for foreign affairs joins to discuss. New details and never-before-seen footage are revealed in director Joe Berlinger's new Netflix documentary, "Madoff: The Monster of Wall Street."

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 183
Length: 60 minutes
Segment Length: 00:17:43
Format: Interview/Discussion/Review
Air Dates: Tuesday March 14th, 2023 11:00 pm

Estonian Prime Minister Kaja Kallas's fierce support for Kyiv helped secure her re-election victory last week. The full impact of SVB's collapse is yet to be felt, but for many it's a worrying flashback to the 2008 financial crisis. "Age of Easy Money" director and economist Betsey Stevenson discuss. In "The Real Work," Adam Gopnik studies the methods of the masters in a variety of fields.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 191
Length: 60 minutes
Segment Length: 00:17:57
Format: Interview/Discussion/Review
Air Dates: Friday March 24th, 2023 11:00 pm

Competition between the U.S. and China boiled over in Congress this week in a hearing over TikTok. Facebook's former chief security officer Alex Stamos joins the show to discuss. Mike Chinoy discusses his new book "Assignment China." Amid the collapse of SVB and Credit Suisse, financial journalist William Cohan on whether the Fed is doing enough to contain the damages.

Education

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 147
Length: 60 minutes
Segment Length: 00:08:16
Format: News (live news only)
Air Dates: Monday January 23rd, 2023 6:00 pm

Florida Gov. Ron DeSantis defended his administration's decision to block a course on African American studies from the state's public schools. He said teaching Black history is required in Florida

schools, but the Advanced Placement course amounted to 'indoctrination.' The fight is just the latest in the ongoing identity and culture war in Florida that has become a hallmark of DeSantis' agenda.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 151
Length: 60 minutes
Segment Length: 00:07:35
Format: News (live news only)
Air Dates: Friday January 27th, 2023 6:00 pm

It's been more than a year since most American schoolchildren returned to the classroom full-time. Now, school districts are working to recover learning lost while kids were at home during the pandemic. Researchers say students in high-poverty areas lost the most. Geoff Bennett reports on a school in Baltimore where mental health and small group learning are at the center of its approach.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 154
Length: 60 minutes
Segment Length: 00:08:18
Format: News (live news only)
Air Dates: Wednesday February 1st, 2023 6:00 pm

The College Board released the official framework of a new Advanced Placement course on African American studies. It comes after criticism from Florida Gov. Ron DeSantis, who said the initial curriculum violated a state law limiting teachings on race in public schools. David Coleman and Brandi Waters of the College Board joined Geoff Bennett to discuss the course and the controversy.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 175
Length: 60 minutes
Segment Length: 00:05:22
Format: News (live news only)
Air Dates: Thursday March 2nd, 2023 6:00 pm

Scrutiny of libraries, books and teaching materials has become a central issue for conservative politicians around the nation. In Louisiana, the fight over banning books is escalating and targeting librarians as conservative Christian groups are working to take over the boards of public libraries. New Orleans Communities Correspondent Roby Chavez joined Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 188
Length: 60 minutes
Segment Length: 00:07:39
Format: News (live news only)
Air Dates: Tuesday March 21st, 2023 6:00 pm

A massive strike shut down schools in the Los Angeles Unified School District and it's focused on higher wages and better working conditions. This school strike was not initiated by the teachers,

who are still under contract, but by some of the district's lowest-paid employees. Geoff Bennett spoke with Sequoia Carrillo of NPR to discuss the latest on the strike and its impact.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 191
Length: 60 minutes
Segment Length: 00:10:58
Format: News (live news only)
Air Dates: Friday March 24th, 2023 6:00 pm

The U.S. House has passed a bill that Republicans say protects parents' rights in school districts, but opponents call it a dangerous move in a culture war. Lisa Desjardins has more on what the bill entails, and speaks with education journalist Jennifer Berkshire about what this means.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 179
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Wednesday March 8th, 2023 11:00 pm

In the decade following 2008, the share of people in the U.S. graduating with bachelor's degrees in humanities dropped by a third. What's at play here, and why does it matter? Andrew Delbanco is a professor of American studies at Columbia University and the recipient of a National Humanities Medal from President Obama. He discusses the importance of reversing the humanities decline.

Program Source: PBS-PLUS
Program Title: To the Contrary with Bonnie Erbe
Episode Title: Episode 49
Length: 30 minutes
Segment Length: 00:26:46
Format: Interview/Discussion/Review
Air Dates: Sunday February 5th, 2023 1:00 pm

For Black History Month, we speak with Marlene Daut, a history professor at Yale. She talks to us about lessons learned when teaching the Haitian Revolution and other parts of black history. And, we discuss the controversy surrounding Critical Race Theory.

Environmental

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 320
Length: 30 minutes
Air Dates: Friday February 17th, 2023 7:00 pm
Sunday February 19th, 2023 1:30 pm

We interview new 4th District Supervisor Natalie Arroyo about her new position, politics, homelessness, and cannabis policy. Also, we'll look at how offshore wind could spike manufacturing and construction around Humboldt Bay.

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 325
Length: 30 minutes
Air Dates: Friday March 24th, 2023 7:00 pm
Sunday March 26th, 2023 1:30 pm

We sit down with Matthew Marshall from the Redwood Coast Energy Authority to discuss the massive wind power project proposed for this region and all the infrastructure work that needs to get done prior to that project getting off the ground. Also, work has officially begun on the removal of dams from the Klamath River, an effort decades in the making and one that many hope will restore the natural balance to that watershed and its resident fisheries.

Program Source: APTEX
Program Title: Changing Seas
Episode Title: Lords of the Wetlands
Length: 30 minutes
Air Dates: Tuesday January 3rd, 2023 2:00 pm

While American crocodiles are recovering in parts of their range, their future looks bleak in Jamaica. Habitat loss and poaching for meat have led to a drastic decline in the population. Dedicated scientists and conservationists are working to save the species through research, education, and conservation initiatives.

Program Source: APTEX
Program Title: Changing Seas
Episode Title: Fishing The Flats for Science
Length: 30 minutes
Air Dates: Tuesday January 10th, 2023 2:00 pm

Flats fishing is popular with recreational anglers in the Caribbean and the Florida Keys. But until recently, little was known about tarpon, bonefish and permit - the species most coveted by sports fishermen. Now scientists are studying the fish to better understand their movements, habitat, and spawning behaviors.

Program Source: APTX
Program Title: Changing Seas
Episode Title: Toxic Waters
Length: 30 minutes
Air Dates: Tuesday January 24th, 2023 2:00 pm

Harmful algal blooms come in many forms, from toxic outbreaks impacting the health of animals and humans, to non-toxic but expansive sargassum mats devastating local economies and tourism. Scientists are working to understand what causes these blooms, how they impact us, and how we can stop them.

Program Source: APTX
Program Title: Changing Seas
Episode Title: Corals In Crisis
Length: 30 minutes
Air Dates: Tuesday January 31st, 2023 2:00 pm

Stony Coral Tissue Loss Disease is devastating Florida's fragile coral reef ecosystem. But all hope is not lost. Dedicated scientists are working hard to find the cause of the disease, treat the ill and restore these cities of the sea to their former glory.

Program Source: GREG
Program Title: Hupa Fire: Traditional and Cultural Fire Management
Length: 30 minutes
Air Dates: Monday January 2nd, 2023 7:30 pm
Tuesday January 3rd, 2023 1:00 am
Saturday January 7th, 2023 8:30 pm
Sunday January 22nd, 2023 2:30 pm

The Hoopa Fire Department, tells the story of how traditional fire burning or cultural burns helped California prevent major fires. This story is told by Hupa culture keepers who have firsthand accounts of their relationship to fire.

Program Source: NPS
Program Title: Nature
Episode Title: American Arctic
Length: 60 minutes
Air Dates: Sunday January 1st, 2023 1:00 am

The Arctic National Wildlife Refuge has long protected survivors of the Ice Age, but this once remote and frozen fortress is on the brink of change. Now, for the caribou, musk oxen, polar bears, and Arctic foxes, the ice age is slipping away.

Program Source: NPS
Program Title: Nova: Beyond The Elements
Episode Title: Indestructible
Length: 60 minutes
Air Dates: Wednesday January 18th, 2023 9:00 pm
Thursday January 19th, 2023 1:00 am
Friday January 20th, 2023 5:00 am
Sunday January 22nd, 2023 12:00 am
Tuesday January 24th, 2023 1:00 pm

Scientists have created virtually indestructible versions of glass, rubber and plastic. But are they too tough? As the environmental impact of the quest for durability becomes clear, scientists look for ways to maintain utility but minimize harm.

Program Source: PBS
Program Title: Great Polar Bear Feast; The
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 15th, 2023 3:00 pm

Investigate the problems facing a unique population of polar bears due to climate change. At the heart is an extraordinary event – the annual gathering of up to 80 polar bears on Barter Island in the Arctic Ocean each September.

Program Source: PBS
Program Title: Nature
Episode Title: The Serengeti Rules
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 15th, 2023 8:00 pm
Friday March 17th, 2023 4:00 am
Sunday March 19th, 2023 1:00 am
Sunday March 19th, 2023 7:00 pm
Wednesday March 22nd, 2023 3:00 pm

Travel back in time, from the Arctic Ocean to Pacific tide pools, with a pioneering group of scientists who make surprising discoveries that transform human understanding of nature and ecology

Program Source: PBS
Program Title: Operation Maneater
Episode Title: Great White Shark
Length: 60 minutes
Format: Documentary
Air Dates: Monday March 27th, 2023 5:00 am

Mark Evans travels to Western Australia, where seven people have been killed by sharks in the last three years. Authorities have implemented radical measures to catch and kill any shark they deem a threat. Evans wants to find non-lethal solutions to keep people – and sharks – safe. He enters the water to attach tracking tags to great whites; joins beach patrol teams searching for sharks; and tests a new “multi-spectral” camera that spots sharks from the air even when they are hidden several meters underwater.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Hannibal in the Alps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 15th, 2023 10:00 pm
Thursday February 16th, 2023 2:00 am
Friday February 17th, 2023 3:00 am
Sunday February 19th, 2023 2:00 am

Follow a team of experts as they solve the enduring mystery of exactly where Hannibal and his troops crossed the Alps to launch a surprise attack on Rome.

Program Source: PBS
Program Title: The Green Planet
Episode Title: Tropical Worlds
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday March 26th, 2023 9:00 am

Sir David Attenborough takes a plant's-eye view of life in a rainforest, a world of stunning beauty but also fierce competition. New film techniques allow us to enter their magical world as never before.

Program Source: PBS
Program Title: Wild Metropolis
Episode Title: Residents
Length: 60 minutes
Format: Documentary
Air Dates: Sunday February 12th, 2023 9:00 am

From pythons in Bangkok to otters in Singapore, cities may seem unlikely havens for wildlife, but for animals able to adapt, the urban world is filled with opportunity.

Program Source: PBS
Program Title: Wild Metropolis
Episode Title: Commuters
Length: 60 minutes
Format: Documentary
Air Dates: Sunday February 19th, 2023 9:00 am

In a modern migration, animals travel in and out of cities to find food, shelter or to start a family. See if the secret to success in a fast-changing world is commuting.

Program Source: PBS
Program Title: Wild Metropolis
Episode Title: Survivors
Length: 60 minutes
Format: Documentary
Air Dates: Sunday March 19th, 2023 9:00 am

As the urban world grows animals are displaced from land that belonged to them. From herons to humpback whales, follow the captivating stories of wild survivors.

Program Source: PBS
Program Title: Wonders of Mexico
Episode Title: Forests of the Maya
Length: 60 minutes
Format: Documentary
Air Dates: Thursday March 16th, 2023 3:00 am

Venture into a secret underworld that holds the key to life. Mexico's Yucatan peninsula, home to the Maya, is a forest rich in wildlife, including monkeys, jaguars and vibrant tropical birds.

Program Source: PBS
Program Title: Wonders of Mexico
Episode Title: Mountain Worlds
Length: 60 minutes
Format: Documentary
Air Dates: Thursday March 16th, 2023 4:00 am

Travel south of the border to discover mountains full of black bears, fiery volcanoes, exquisite birds and millions of monarch butterflies. Mountains dominate Mexico, shaping life and culture in this diverse land.

Program Source: PBS-NPS
Program Title: America Outdoors with Baratunde Thurston
Episode Title: Death Valley: Life Blooms
Length: 60 minutes
Segment Length: 00:52:35
Format: Other
Air Dates: Sunday January 1st, 2023 9:00 am

Baratunde explores the hottest place on Earth and finds it is remarkably full of life.

Program Source: PBS-NPS
Program Title: America Outdoors with Baratunde Thurston
Episode Title: Idaho: Tied to the Land
Length: 60 minutes
Segment Length: 00:52:00
Format: Other
Air Dates: Sunday January 8th, 2023 9:00 am

Baratunde ventures into the wilds of Idaho to explore its evolving outdoor culture

Program Source: PBS-NPS
Program Title: America Outdoors with Baratunde Thurston
Episode Title: LA: It's a Vibe
Length: 60 minutes
Segment Length: 00:53:00
Format: Other
Air Dates: Sunday January 15th, 2023 9:00 am

Baratunde explores Los Angeles to see how Angelinos connect with the outdoors in the sprawling city.

Program Source: PBS-NPS
Program Title: America Outdoors with Baratunde Thurston
Episode Title: Appalachia: A Different Way
Length: 60 minutes
Segment Length: 00:53:13
Format: Other
Air Dates: Sunday January 22nd, 2023 9:00 am

Baratunde meets people of Appalachia driving a revolution in how we see and interact with nature.

Program Source: PBS-NPS
Program Title: America Outdoors with Baratunde Thurston
Episode Title: Tidewater: Homecoming
Length: 60 minutes
Segment Length: 00:52:18
Format: Other
Air Dates: Sunday January 29th, 2023 9:00 am

Baratunde treks along the coast of North Carolina and discovers surprising ways in which history has shaped these environments. He explores a daunting swamp, soars above the dunes on a Wright Brothers glider and tracks wild horses on the beach.

Program Source: PBS-NPS
Program Title: Dogs in the Wild, A Nature Miniseries
Episode Title: Meet the Family
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 8th, 2023 8:00 pm
Friday February 10th, 2023 4:00 am
Sunday February 12th, 2023 1:00 am
Sunday February 12th, 2023 7:00 pm
Wednesday February 15th, 2023 3:00 pm

From the formidable Arctic wolf to the talkative dhole, and from the tiny fennec fox to the long-legged maned wolf, these remarkable creatures are the most widespread carnivores on the planet.

Program Source: PBS-NPS
Program Title: Dogs in the Wild, A Nature Miniseries
Episode Title: Secrets of Success
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 15th, 2023 8:00 pm
Friday February 17th, 2023 4:00 am
Sunday February 19th, 2023 1:00 am
Sunday February 19th, 2023 7:00 pm
Wednesday February 22nd, 2023 3:00 pm

Wild Dogs discover the secrets to their success, from Black-backed jackals who leap skywards to catch prey, to agile gray foxes that climb high into the trees, to African wild dogs who vote on a hunt by sneezing.

Program Source: PBS-NPS
Program Title: Dogs in the Wild, A Nature Miniseries
Episode Title: Defending Wild Dogs
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 22nd, 2023 8:00 pm
Friday February 24th, 2023 4:00 am
Wednesday March 1st, 2023 3:00 pm

Join scientists and researchers across the globe as they go to extraordinary lengths to understand wild dogs, making ground-breaking discoveries that are crucial to saving this incredible animal family.

Program Source: PBS-NPS
Program Title: Dogs in the Wild, A Nature Miniseries
Episode Title: Defending Wild Dogs
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 22nd, 2023 8:00 pm
Friday February 24th, 2023 4:00 am
Wednesday March 1st, 2023 3:00 pm

Join scientists and researchers across the globe as they go to extraordinary lengths to understand wild dogs, making ground-breaking discoveries that are crucial to saving this incredible animal family.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: The Elephant and the Termite
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 1st, 2023 8:00 pm
Friday February 3rd, 2023 4:00 am
Sunday February 5th, 2023 1:00 am
Sunday February 5th, 2023 7:00 pm
Wednesday February 8th, 2023 3:00 pm

Witness the dramas of Africa's great wildlife meeting place -- the waterhole. From mighty elephants to tiny termites, an entire community of creatures call the waterhole their home.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Born in the Rockies: First Steps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 22nd, 2023 8:00 pm
Friday March 24th, 2023 4:00 am
Sunday March 26th, 2023 1:00 am
Sunday March 26th, 2023 7:00 pm
Wednesday March 29th, 2023 3:00 pm

From early spring to late summer, follow new animal mothers through the trials of raising a family in the Rocky Mountains. Cranes migrate north to give birth, a bison mother protects her lambs from threats and young mountain goats learn to climb.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Born in the Rockies: Growing Up
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 29th, 2023 8:00 pm
Friday March 31st, 2023 4:00 am

Journey deep into the wild heart of North America's Rocky Mountains and experience this rugged land through the eyes of its natives. Follow the lives of the animals as they struggle to raise their offspring in this challenging environment.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: American Arctic
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday January 1st, 2023 1:00 am

Photographer and cinematographer Florian Schulz tracks wildlife at the Arctic National Wildlife Refuge in the northeastern corner of Alaska.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: WildHeart
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 18th, 2023 8:00 pm
Friday January 20th, 2023 4:00 am
Sunday January 22nd, 2023 1:00 am
Sunday January 22nd, 2023 7:00 pm
Wednesday January 25th, 2023 1:00 pm

Immerse yourself in Scotland's wild highland landscape and meet its long-lived forest keeper, a magnificent Scots pine tree. As one of its longest living species, this ancient tree has witnessed the island's history across 500 years.

Program Source: PBS-NPS
Program Title: Nature | The Alps
Episode Title: The High Life
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday January 4th, 2023 8:00 pm
Friday January 6th, 2023 3:30 am
Sunday January 8th, 2023 1:30 am
Sunday January 8th, 2023 7:00 pm
Wednesday January 11th, 2023 1:00 pm

Enjoy the Alps in spring and summertime as newborn animals grow up to face the coming brutal winter.

Program Source: PBS-NPS
Program Title: Nature | The Alps
Episode Title: Winter's Fortress
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday January 11th, 2023 8:00 pm
Friday January 13th, 2023 4:00 am
Sunday January 15th, 2023 1:00 am
Sunday January 15th, 2023 7:00 pm
Wednesday January 18th, 2023 1:00 pm

Experience the hostile and bitter cold ecosystems of the Alps, shaped by snow blizzards and avalanches.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Ancient Builders of the Amazon
Length: 60 minutes
Segment Length: 00:52:06
Format: Documentary
Air Dates: Wednesday February 15th, 2023 9:00 pm
Thursday February 16th, 2023 1:00 am
Friday February 17th, 2023 5:00 am
Sunday February 19th, 2023 12:00 am
Tuesday February 21st, 2023 3:00 pm

Recent discoveries in archaeology are exploding the myth of the Amazon as a primeval wilderness, revealing traces of ancient civilizations that flourished for centuries, with populations numbering in the millions.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 132
Length: 60 minutes
Segment Length: 00:06:49
Format: Interview/Discussion/Review
Air Dates: Monday January 2nd, 2023 6:00 pm

Months after historic flooding that killed more than 1,700 people, Pakistan is still struggling to recover. The UN is warning it might suspend its food support program for flood victims because it is running out of money. Fred de Sam Lazaro reports from Sindh, one of the hardest-hit provinces. This story is part of the series Agents for Change and produced in partnership with the Pulitzer Center.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 133
Length: 60 minutes
Segment Length: 00:07:36
Format: News (live news only)
Air Dates: Tuesday January 3rd, 2023 6:00 pm

Four months after a third of the country was underwater, Pakistan is still struggling to recover. The disaster affected more than 30 million people and is seen as a warning for other climate-vulnerable countries. As Fred de Sam Lazaro reports, recovery in the short and long term present complex challenges. This story is produced in partnership with the Pulitzer Center.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 134
Length: 60 minutes
Segment Length: 00:03:54
Format: News (live news only)
Air Dates: Wednesday January 4th, 2023 6:00 pm

The first major U.S. winter storm of 2023 is ushering in the new year with snow and ice from the Midwest to New England. Heavy rain, floods and tornadoes are threatening parts of the South and Northern California is preparing for severe rains just days after another deadly storm flooded homes and triggered widespread power outages. Stephanie Sy reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 135
Length: 60 minutes
Segment Length: 00:06:19
Format: News (live news only)
Air Dates: Thursday January 5th, 2023 6:00 pm

In our news wrap Thursday, the latest in a series of extreme storms blasted California and claimed at least two lives, court documents say police found Bryan Kohberger's DNA on a knife sheath where four college students in Idaho were killed and Russia declared a 36-hour ceasefire for the Orthodox Christmas holiday, a move a senior Ukrainian official quickly rejected as a "cynical trap."

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 137
Length: 60 minutes
Segment Length: 00:06:46
Format: News (live news only)
Air Dates: Monday January 9th, 2023 6:00 pm

In our news wrap Monday, California faces another round of storms with serious flooding in parts of the state, Iran sentenced three more anti-government protesters to death after hanging two men on Saturday, Russia rejected claims it is floating a possible peace deal with Ukraine and police in Virginia are still trying to figure out what drove a six-year-old boy to shoot his first-grade teacher.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:05:24
Format: News (live news only)
Air Dates: Tuesday January 10th, 2023 6:00 pm

With planet-warming emissions on the rise, scientists worry about melting glaciers and the onslaught of repercussions. A new study published in the Journal of Science looks at the future of hundreds of thousands of glaciers, and what we can expect. David Rounce of Carnegie Mellon University joined Amna Nawaz to discuss the study.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:07:11
Format: News (live news only)
Air Dates: Friday January 13th, 2023 6:00 pm

Rescue crews in Alabama and Georgia spent the day looking for survivors and victims after tornadoes ravaged the region Thursday evening. After a long night, the damage began coming into sharper focus after daybreak. At least nine people died, with seven of them in Alabama. Amna Nawaz reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 142
Length: 60 minutes
Segment Length: 00:06:17
Format: News (live news only)
Air Dates: Monday January 16th, 2023 6:00 pm

While California continues to be inundated by storms and millions of residents remain under flood watches, western New York is still recovering from last month's historic blizzard that dumped more than four feet of snow on Buffalo. Laura Barrón-López examines the frequency of extreme winter weather and the debate about their potential links to climate change.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:05:11
Format: News (live news only)
Air Dates: Tuesday January 17th, 2023 6:00 pm

In our news wrap Tuesday, much of California caught a break from the rain but communities are still facing flooding and mudslide dangers, the White House rejected criticism that it's been slow to answer questions about classified documents being found at President Biden's home and former office and the death toll from a Russian missile strike on a Ukraine apartment building reached 45.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 144
Length: 60 minutes
Segment Length: 00:04:43
Format: News (live news only)
Air Dates: Wednesday January 18th, 2023 6:00 pm

In our news wrap Wednesday, there are fresh signs that inflation is easing as U.S. wholesale prices slowed again, some major California roadways remained closed after weeks of storms and flooding and Israeli Prime Minister Benjamin Netanyahu's right-wing coalition suffered a setback when the nation's supreme court ruled he must fire a key ally.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 144
Length: 60 minutes
Segment Length: 00:07:12
Format: News (live news only)
Air Dates: Wednesday January 18th, 2023 6:00 pm

Pakistan is struggling to recover from last year's cataclysmic flooding that killed more than 1,700. It was the latest in a string of weather-related disasters the country has faced over the past two decades, prompting calls to make hard-hit communities more resilient as they rebuild. Fred de Sam Lazaro reports from the flood-ravaged Sindh province, in partnership with the Pulitzer Center.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 144
Length: 60 minutes
Segment Length: 00:05:00
Format: News (live news only)
Air Dates: Wednesday January 18th, 2023 6:00 pm

What do honeycombs, mushrooms and cornhusks have in common? They are all ingredients that a New England guitar maker uses to reduce her impact on the environment. Michelle San Miguel of Rhode Island PBS Weekly has the story for our arts and culture series, "CANVAS."

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 155
Length: 60 minutes
Segment Length: 00:05:44
Format: News (live news only)
Air Dates: Thursday February 2nd, 2023 6:00 pm

In our news wrap Thursday, the South is finally expecting relief after an ice storm that's disrupted travel and claimed at least 10 lives this week, House Republicans voted to oust Democratic Congresswoman Ilhan Omar from the Foreign Affairs Committee and the Pentagon said it's tracking a suspected Chinese surveillance balloon over the continental U.S.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 156
Length: 60 minutes
Segment Length: 00:05:31
Format: News (live news only)
Air Dates: Friday February 3rd, 2023 6:00 pm

This was an important week in the battle out west over water use. Seven states along the Colorado River basin were supposed to reach a collective agreement on how to use less water from an ever-shrinking river, but they failed to do so. William Brangham spoke with Rhett Larson for our series on water issues, Tipping Point.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 157
Length: 60 minutes
Segment Length: 00:08:33
Format: News (live news only)
Air Dates: Monday February 6th, 2023 6:00 pm

Swaths of southern Turkey and northern Syria are in ruins after a powerful earthquake ripped through the region. At least 3,400 are dead, more than 13,000 more injured and tens of thousands are homeless. The pre-dawn quake hit with a 7.8 magnitude and shook buildings as far away as Israel. Kieren Barnes of Mercy Corps joined Geoff Bennett to discuss the disaster.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 158
Length: 60 minutes
Segment Length: 00:12:25
Format: News (live news only)
Air Dates: Tuesday February 7th, 2023 6:00 pm

The death toll from the earthquake in Turkey and Syria has reached 7,300 and it's feared many more victims have yet to be found. Search teams are working with ever-growing urgency across a huge swath of areas. Jane Ferguson has the story from Turkey and Nick Schiffrin reports on the situation in Syria.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 159
Length: 60 minutes
Segment Length: 00:05:47
Format: News (live news only)
Air Dates: Wednesday February 8th, 2023 6:00 pm

An air of desperation is growing in Turkey and Syria as the chance of finding earthquake survivors grows dimmer by the hour. The death toll has grown to nearly 12,000 with an unknown number still missing. Jane Ferguson reports from the city of Adana.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 159
Length: 60 minutes
Segment Length: 00:03:59
Format: News (live news only)
Air Dates: Wednesday February 8th, 2023 6:00 pm

The mystery of two missing monkeys and the death and disappearance of other animals from the Dallas Zoo has captured the country's attention over the last couple of weeks. Wednesday at the Houston Zoo, zookeepers are on high alert after a cut was discovered in the mesh fence around the pelican habitat. As Stephanie Sy reports, authorities are still trying to pin down exactly what has happened.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 159
Length: 60 minutes
Segment Length: 00:07:37
Format: News (live news only)
Air Dates: Wednesday February 8th, 2023 6:00 pm

Drew Lanham refers to himself as a 'rare bird.' The ornithologist, naturalist and writer says he believes conservation efforts must be a blending of rigorous science and evocative art. Lanham is among the new class of MacArthur Fellows, an honor often called 'The Genius Award.' Jeffrey Brown traveled to South Carolina to speak with Lanham for our arts and culture series, CANVAS.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 160
Length: 60 minutes
Segment Length: 00:06:44
Format: News (live news only)
Air Dates: Thursday February 9th, 2023 6:00 pm

The death toll from the catastrophic earthquake in Turkey and Syria has risen to nearly 21,000 with no end in sight. Aid is slowly starting to trickle in, but for many, it is too little, too late. Special correspondent Jane Ferguson reports from Antakya, the capital of Hatay Province in Turkey.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 161
Length: 60 minutes
Segment Length: 00:06:43
Format: News (live news only)
Air Dates: Friday February 10th, 2023 6:00 pm

Six days have passed since a catastrophic earthquake struck the Turkish-Syrian border region and nearly 24,000 people are confirmed dead. The focus is shifting to aiding the survivors in Turkey and the Idlib Province in Syria, but there have also been moments of people pulled alive from the ruins. Jane Ferguson reports from near the epicenter in southern Turkey, where little is left standing.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:02:52
Format: News (live news only)
Air Dates: Monday February 13th, 2023 6:00 pm

The official death count from the earthquake in Turkey and Syria has now topped 37,000. But a week after the disaster and against all odds, a few people are still being found alive in the wreckage. Special correspondent Jane Ferguson reports from Turkey.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:07:16
Format: News (live news only)
Air Dates: Monday February 13th, 2023 6:00 pm

In Syria, the earthquake brutalized a community that has already suffered more than a decade of war. Rebel-held provinces in the country's northwest now face a double disaster: the deadly quake and little to no outside help. Special correspondent Jane Ferguson and video journalist Jorgen Samsø traveled to Afrin in Syria's Aleppo province where they found heartache but also stories of resilience.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:07:11
Format: News (live news only)
Air Dates: Monday February 13th, 2023 6:00 pm

In eastern Ohio, residents have been on edge for over a week following an explosive train derailment and a toxic chemical leak. Evacuation orders have been lifted and the all-clear has been given in East Palestine, a small community of about 5,000 on the Pennsylvania border, but that's done little to calm anxieties. Geoff Bennett discussed the toxic crash with Ohio Governor Mike DeWine.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 163
Length: 60 minutes
Segment Length: 00:02:47
Format: News (live news only)
Air Dates: Tuesday February 14th, 2023 6:00 pm

The death toll from the earthquake in Syria and Turkey has topped 40,000. Some 35,000 of those killed were in Turkey, making it the country's worst disaster in a century. At the same time, a few flickers of life are still being found. Amna Nawaz reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 165
Length: 60 minutes
Segment Length: 00:08:43
Format: News (live news only)
Air Dates: Thursday February 16th, 2023 6:00 pm

The death toll from the devastating earthquakes in Turkey and Syria has crossed 41,000. The disaster has also exposed Turkey's President Erdoğan's political fault lines. He's facing scrutiny for failing to enforce construction standards that could have saved lives. Amna Nawaz discussed the frustrations with Gönül Tol of the Middle East Institute's Center for Turkish Studies.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 167
Length: 60 minutes
Segment Length: 00:05:16
Format: News (live news only)
Air Dates: Monday February 20th, 2023 6:00 pm

In our news wrap Monday, a new earthquake touched off more terror across the Turkey-Syria border region, the far-right government in Israel advanced an overhaul of the courts amid mass dissent, the UN nuclear watchdog says it's asking Iran about signs of uranium being enriched to levels very near nuclear weapons-grade and dozens of people are missing in Brazil after extreme rains.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 168
Length: 60 minutes
Segment Length: 00:11:43
Format: News (live news only)
Air Dates: Tuesday February 21st, 2023 6:00 pm

The federal government ordered Norfolk Southern to clean up soil and water at its train derailment site in East Palestine, Ohio. Residents there say they're feeling the effects of air and water contamination. Geoff Bennett traveled to Ohio and questioned the rail company's CEO Alan Shaw about the long-term consequences of the derailment and chemical spill.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 170
Length: 60 minutes
Segment Length: 00:03:44
Format: News (live news only)
Air Dates: Thursday February 23rd, 2023 6:00 pm

Federal investigators say the crew of the train that derailed in East Palestine, Ohio, tried to slow and stop the train after getting a critical sensor warning. But the preliminary NTSB investigation also found that the warning, which came from an overheated axle, didn't arrive until just moments before the train went off the track. Geoff Bennet reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 170
Length: 60 minutes
Segment Length: 00:06:55
Format: News (live news only)
Air Dates: Thursday February 23rd, 2023 6:00 pm

In our news wrap Thursday, an unprecedented winter storm has put some 75 million Americans under winter weather alerts, the United Nations General Assembly passed a nonbinding resolution calling for Russia to withdraw from Ukraine, fresh violence erupted along the Israel-Gaza border and Harvey Weinstein was sentenced to 16 years in prison for a rape and sexual assault case in Los Angeles.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 171
Length: 60 minutes
Segment Length: 00:04:10
Format: News (live news only)
Air Dates: Friday February 24th, 2023 6:00 pm

In our news wrap Friday, the death toll from heavy rain in Brazil that devastated coastal areas has risen to 54, parts of California saw blizzard and flood warnings as a storm intensified across the western U.S., the Federal Reserve's preferred measure of inflation rose more than expected and First Lady Jill Biden gave the strongest signal yet that the president will run for reelection.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 171
Length: 60 minutes
Segment Length: 00:05:31
Format: News (live news only)
Air Dates: Friday February 24th, 2023 6:00 pm

In the two weeks since deadly earthquakes hit southern Turkey and northern Syria, the focus has shifted from rescue to rehabilitation. The task ahead is not only to reconstruct homes, but also to rebuild lives, especially for the youngest victims. Special correspondent Jane Ferguson reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 172
Length: 60 minutes
Segment Length: 00:04:13
Format: News (live news only)
Air Dates: Monday February 27th, 2023 6:00 pm

In our news wrap Monday, the latest in a barrage of storms forced blizzard warnings in California and piled up tornado wreckage in the Southern Plains, air raid sirens sounded across Ukraine and intense fighting raged around Bakhmut, all three presidential frontrunners in Nigeria claim they're headed for victory and another sizeable earthquake struck southern Turkey, killing one person.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 174
Length: 60 minutes
Segment Length: 00:07:37
Format: News (live news only)
Air Dates: Wednesday March 1st, 2023 6:00 pm

Scientists researching the aftermath of California wildfires say they are finding evidence that climate change is accelerating the risk of disease spreading from animals to humans. Science correspondent Miles O'Brien reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 177
Length: 60 minutes
Segment Length: 00:05:18
Format: News (live news only)
Air Dates: Monday March 6th, 2023 6:00 pm

In our news wrap Monday, California residents are recovering from winter storms with more snow expected, the UN warns of funding shortages after earthquakes in Turkey and Syria, Ukraine holds out against a Russian attack, more than 20 people in Atlanta face domestic terrorism charges, and a Transportation Department feature shows airlines that allow families to sit together at no cost.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 181
Length: 60 minutes
Segment Length: 00:02:52
Format: News (live news only)
Air Dates: Friday March 10th, 2023 6:00 pm

California took another hit from inclement weather as a so-called "atmospheric river" brought torrents of rain and more snow. Stephanie Sy reports on how the weather is adding to the state's weather woes after a series of extreme storms

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:04:05
Format: News (live news only)
Air Dates: Monday March 13th, 2023 6:00 pm

In our news wrap Monday, new winter storms are bearing down on both coasts, the U.S. and South Korea launched their biggest joint military drills in years provoking furious protests from North Korea, Australia will buy as many as five nuclear-powered attack submarines from the United States to counter China's growing naval reach and an FBI survey shows hate crimes surged in 2021.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:04:44
Format: News (live news only)
Air Dates: Monday March 13th, 2023 6:00 pm

The Biden administration officially approved a controversial oil drilling project in Alaska known as Willow. It is expected to produce some 600 million barrels of crude oil over the next three decades. Supporters hail the energy and jobs it would create while opponents say it would accelerate emissions and the climate crisis. Liz Ruskin of Alaska Public Media joined Amna Nawaz to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 183
Length: 60 minutes
Segment Length: 00:05:38
Format: News (live news only)
Air Dates: Tuesday March 14th, 2023 6:00 pm

For the first time, the federal government is on the cusp of regulating a class of deadly, so-called "forever chemicals" out of America's drinking water. The EPA's proposal applies to six of those chemicals, known as PFAS compounds, and would require water utilities to clean any detectable level out of their systems. Annie Snider from Politico joined Amna Nawaz to discuss the new limits.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:05:50
Format: News (live news only)
Air Dates: Thursday March 16th, 2023 6:00 pm

The phrase "One person's trash is another's treasure," certainly applies to author Lara Maiklem. She is what's known as a "mudlarker" and spends her spare time scouring the shores of London's River Thames for artifacts. Maiklem wrote a best-selling book explaining her passion for this unusual pastime. Special correspondent Malcolm Brabant joined her down in the mud.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 187
Length: 60 minutes
Segment Length: 00:06:59
Format: News (live news only)
Air Dates: Monday March 20th, 2023 6:00 pm

Scientists warned that human-induced climate change is warming the planet to the point where it is causing irreversible damage in some parts of the world. The report was released by the United Nations Intergovernmental Panel on Climate Change. Climate Scientist Katharine Hayhoe of The Nature Conservancy joined Amna Nawaz to look at what can be done to change the direction the planet is headed.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 192
Length: 60 minutes
Segment Length: 00:02:54
Format: News (live news only)
Air Dates: Monday March 27th, 2023 6:00 pm

In our news wrap Monday, aid poured into the hard-hit Mississippi Delta after Friday's powerful tornado, the head of the IAEA warned that the Russian-occupied Zaporizhzhia nuclear plant in Ukraine is once again under threat, labor unions in Germany called a one-day transit strike for higher pay, the U.S. and South Korea held joint naval exercises, and Silicon Valley Bank has a new owner.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 196
Length: 60 minutes
Segment Length: 00:02:39
Format: News (live news only)
Air Dates: Friday March 31st, 2023 6:00 pm

A tornado plowed into Little Rock, Arkansas, and nearby towns Friday afternoon with reports of heavy damage and many people injured. Video shows the tornado moving across neighborhoods, flipping cars and tearing away rooftops. It was all part of a massive storm front that affected at least 15 states from the Great Lakes to the Deep South.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 196
Length: 60 minutes
Segment Length: 00:04:52
Format: News (live news only)
Air Dates: Friday March 31st, 2023 6:00 pm

In our news wrap Friday, President Biden toured Rolling Fork, Mississippi, where a tornado killed 13 people and damaged hundreds of homes, the Justice Department filed suit against Norfolk Southern railroad over a February train derailment in Ohio and Minneapolis agreed to restructure its policing nearly three years after an officer killed George Floyd.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 159
Length: 60 minutes
Segment Length: 00:16:55
Format: Interview/Discussion/Review
Air Dates: Wednesday February 8th, 2023 11:00 pm

International Rescue Committee CEO David Miliband discusses rescue efforts in Turkey and Syria following Monday's earthquake. Iranian activist Nasrin Sotoudeh joins Christiane for an exclusive interview on human rights. Financial Times commentator Martin Wolf discusses his new book "The Crisis of Democratic Capitalism."

Health Care

Program Source: KEET
Program Title: Addicts Among Us
Length: 60 minutes
Air Dates: Tuesday February 7th, 2023 10:00 pm

Addicts Among Us investigates the connection between childhood trauma in Humboldt County and the region's skyrocketing addiction rates. Addiction experts have zeroed in on adverse childhood experiences as a cause for addictive behavior. By examining local lives and stories, KEET examines this connection and efforts in the community to see this addressed.

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 315
Length: 30 minutes
Air Dates: Friday January 13th, 2023 7:00 pm
Sunday January 15th, 2023 1:30 pm

Headline Humboldt brings you another installment of What's Wrong with Humboldt? (And How to Fix It) by focusing on skilled nursing facilities in Humboldt County and the conditions facing many of our seniors. At the same time, James Faulk and Linda Stansberry have released a related podcast episode on the same topics, available at most outlets.

Program Source: APTEX
Program Title: Classical Stretch: By Essentrics
Episode Title: Boost Your Energy
Length: 30 minutes
Air Dates: Monday January 2nd, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.

Program Source: APTEX
Program Title: Classical Stretch: By Essentrics
Episode Title: Feet and Calf Workout
Length: 30 minutes
Air Dates: Wednesday January 4th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Quad Lengthening & Strengthening
Length: 30 minutes
Air Dates: Friday January 6th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Arm Toning Workout
Length: 30 minutes
Air Dates: Monday January 9th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take you through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening Workout
Length: 30 minutes
Air Dates: Wednesday January 11th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Shoulder Pain Workout
Length: 30 minutes
Air Dates: Friday January 13th, 2023 6:00 am

In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Knee Strengthening Workout
Length: 30 minutes
Air Dates: Monday January 16th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening & Pain-Relief Workout
Length: 30 minutes
Air Dates: Wednesday January 18th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Hips & Hamstring Workout
Length: 30 minutes
Air Dates: Friday January 20th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Bone Strength Workout
Length: 30 minutes
Air Dates: Monday January 23rd, 2023 6:00 am

In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Weight Loss Workout
Length: 30 minutes
Air Dates: Wednesday January 25th, 2023 6:00 am

In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Ab & Core Strength Workout
Length: 30 minutes
Air Dates: Friday January 27th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Increase Balance Workout
Length: 30 minutes
Air Dates: Monday January 30th, 2023 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Plantar Fasciitis Release
Length: 30 minutes
Air Dates: Wednesday February 1st, 2023 6:00 am

Your feet are the foundation for your body. Join Miranda Esmonde-White for a full-body relaxation workout that stretches and strengthens your feet and calves, leaving you flexible and pain free.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Hip Pain Relief and Stretch
Length: 30 minutes
Air Dates: Friday February 3rd, 2023 6:00 am

Join Miranda Esmonde-White seaside for an episode of Classical Stretch that relieves pain and stretches your hips. This episode re-balances all of the muscles and joints that surround your hips and glutes.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Quad Strengthening
Length: 30 minutes
Air Dates: Monday February 6th, 2023 6:00 am

This episode of Classical Stretch will build endurance and power in your quads, one of the largest muscles in your body. Join Miranda Esmonde-White in Montego Bay Jamaica for a quad strengthening workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Weight Loss and Calorie Burn
Length: 30 minutes
Air Dates: Wednesday February 8th, 2023 6:00 am

Join Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Classical Stretch gets your heart racing, helping you to burn calories and melt fat.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Back Pain Relief
Length: 30 minutes
Air Dates: Friday February 10th, 2023 6:00 am

This beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-White for a standing and barre workout that loosens and liberates your entire back, leaving your pain free.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Full Body Strengthening
Length: 30 minutes
Air Dates: Monday February 13th, 2023 6:00 am

Join Miranda Esmonde-White in beautiful Montego-Bay, Jamaica for a full-body workout that strengthens and stretches all 650-muscles, leaving you stronger, longer, and energized.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Posture
Length: 30 minutes
Air Dates: Wednesday February 15th, 2023 6:00 am

Today's episode is set in one of the most beautiful locations yet, Montego Bay, Jamaica. Join Miranda Esmonde-White today for a full-body posture workout. Good posture is the key to looking and feeling youthful and vibrant.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Long Adductor
Length: 30 minutes
Air Dates: Friday February 17th, 2023 6:00 am

Your long adductors are the muscles of your inner thighs. This Classical Stretch workout tones and liberates these muscles leaving your legs longer and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for a long adductor workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Back Pain Relief
Length: 30 minutes
Air Dates: Monday February 20th, 2023 6:00 am

Relieve your back pain instantly with this full-body Classical Stretch Workout. It only takes one episode a day to relieve and prevent back pain - join Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Jamaica.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Endurance and Power
Length: 30 minutes
Air Dates: Wednesday February 22nd, 2023 6:00 am

Build endurance and power with this full-body strengthening Classical Stretch Workout. Join Miranda Esmonde-White in breathtaking Montego Bay, Jamaica for a workout that leaves every muscle feeling stronger and more powerful.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Arthritis Workout
Length: 30 minutes
Air Dates: Friday February 24th, 2023 6:00 am

Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classical Stretch Workout lubricates all of your joints and strengthens every muscle to help relieve the pain associated with arthritis.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Hamstring Flexibility
Length: 30 minutes
Air Dates: Monday February 27th, 2023 6:00 am

Your hamstrings are one of your largest muscles and they connect your legs to your back, this is why hamstring pain can actually cause pain in your legs, bum, and back. Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Toning The Waist
Length: 30 minutes
Air Dates: Wednesday March 1st, 2023 6:00 am

Today's episode is set in a villa that is rumored to have once been graced by the infamous director, Oscar Hammerstein. Join Miranda Esmonde-White for an episode of Classical Stretch that tones and strengthens every muscle in your waist.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening
Length: 30 minutes
Air Dates: Friday March 3rd, 2023 6:00 am

You need a strong back to be active and independent. Strengthen your spine with this episode of Classical Stretch set in front of the quaint water sports center in Montego Bay, Jamaica.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Shoulder Pain Relief
Length: 30 minutes
Air Dates: Monday March 6th, 2023 6:00 am

This episode of Classical Stretch targets shoulder pain and provides instant relief. Join Miranda Esmonde-White for a picturesque and pain soothing workout in Montego Bay, Jamaica.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Relieve Neck Pain
Length: 30 minutes
Air Dates: Wednesday March 8th, 2023 6:00 am

This episode of Classical Stretch liberates all of the joints and muscles in your neck and shoulders providing you with instant relief. Join Miranda Esmonde-White for a Classical Stretch workout to relieve neck pain.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Full Body Toning
Length: 30 minutes
Air Dates: Friday March 10th, 2023 6:00 am

Join Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for a full body toning Classical Stretch workout. This all-standing workout tones and strengthens every muscle in your body in minutes.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Psoas & Hip Strengthening
Length: 30 minutes
Air Dates: Monday March 13th, 2023 6:00 am

Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stunning scenery of Montego Bay, Jamaica for an episode of Classical Stretch.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Waist Slenderizing
Length: 30 minutes
Air Dates: Wednesday March 15th, 2023 6:00 am

This all-standing Classical Stretch waist slenderizing workout strengthens every muscle around your core and waist leaving you longer and leaner.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Feet Strengthening
Length: 30 minutes
Air Dates: Friday March 17th, 2023 6:00 am

Your feet are the foundation of your body - without strong, healthy, pain-free feet you cannot achieve a strong, healthy, pain-free body. Join Miranda Esmonde-White for a foot strengthening Classical Stretch workout.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Connective Tissue
Length: 30 minutes
Air Dates: Monday March 20th, 2023 6:00 am

Your connective tissue surrounds your entire body from the top of your head to the tip of your toes. A healthy body requires a healthy connective tissue, and a healthy connective tissue requires healthy muscles. Strengthen and stretch every muscle and all of your connective tissue with Miranda Esmonde-White.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Hip & Glute Flexibility
Length: 30 minutes
Air Dates: Wednesday March 22nd, 2023 6:00 am

When your hips and glutes are not doing their job properly you may feel discomfort throughout your entire body. This Classical Stretch Workout not only strengthens, it also stretches these muscles leaving your entire lower body liberated and flexible.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Stretch Your Spine
Length: 30 minutes
Air Dates: Friday March 24th, 2023 6:00 am

Today's episode is set on the patio of a stunning villa with breathtaking views of the Caribbean sea. Join Miranda Esmonde-White for an episode of Classical Stretch that decompresses your vertebrae and stretches your spine.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Title: Upper Body Pain Relief
Length: 30 minutes
Air Dates: Monday March 27th, 2023 6:00 am

To relieve upper body pain you must stretch and strengthen every muscle in your body. This Classical Stretch workout set in Montego Bay, Jamaica liberates your entire body while focusing on your shoulders, back, and neck - leaving you completely pain-free.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Balance
Length: 30 minutes
Air Dates: Wednesday March 29th, 2023 6:00 am

Today's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-White for a full body workout that strengthens your core and improves your balance.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Stomach Flattening
Length: 30 minutes
Air Dates: Friday March 31st, 2023 6:00 am

Today's episode is set in one of the most beautiful locations we've ever seen. Join Miranda Esmonde-White in paradise for a stomach flattening workout that stretches and strengthens every muscle needed to smooth out your tummy.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Tension Spots
Length: 30 minutes
Air Dates: Thursday March 23rd, 2023 6:30 am

Wai Lana shows you how to release knots of tension in the upper back and shoulders without a massage! Half Camel fully stretches the front of the spine, while Bowing Pose stretches the back.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Leg Work
Length: 30 minutes
Air Dates: Friday March 24th, 2023 6:30 am

Riding an imaginary bike, balancing on one leg, Bridge and Warrior all strengthen and tone the legs. Other asanas loosen the hips and knees and stretch the thighs and hamstrings.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Get A Head Start
Length: 30 minutes
Air Dates: Tuesday March 28th, 2023 6:30 am

The heart-healthy Headstand and Shoulder Stand work the entire body from head to toes.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Hamstrings
Length: 30 minutes
Air Dates: Wednesday March 29th, 2023 6:30 am

Wai Lana demonstrates some exercises to stretch these notoriously tight tendons at the backs of the legs.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Body Mind and Breath
Length: 30 minutes
Air Dates: Thursday March 30th, 2023 6:30 am

Invigorate your entire body with Yoga Breathing. Release tension as you stretch your shoulders and expand your chest. Then relax your mind with Wai Lana's soothing mind awareness technique.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Focus: Arms and Legs
Length: 30 minutes
Air Dates: Tuesday January 3rd, 2023 6:30 am

Loosen your shoulders while strengthening your arms. A squatting pose and leg lifts loosen your hips while strengthening your legs.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Energize Your Spine!
Length: 30 minutes
Air Dates: Wednesday January 4th, 2023 6:30 am

Forward bends, backbends, and twists loosen the spine and give you energy. They also tone the spinal nerves connected to your internal organs, creating vibrant inner health.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Two-Hand Snake
Length: 30 minutes
Air Dates: Thursday January 5th, 2023 6:30 am

This balancing pose strengthens both arms and abs and improves concentration. End with a standing chin lock that calms the mind and emotions.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Banish Lower Back Pain
Length: 30 minutes
Air Dates: Friday January 6th, 2023 6:30 am

Wai Lana shows you a series of poses to strengthen your abs, thighs, and back muscles-all essential for a healthy back.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Enjoy Supple Joints
Length: 30 minutes
Air Dates: Tuesday January 10th, 2023 6:30 am

Get your toes, knees, hips, and shoulders moving to give your joints the freedom of maximum flexibility. Then salute the sun to energize your entire body.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Easy Stress Relief
Length: 30 minutes
Air Dates: Wednesday January 11th, 2023 6:30 am

Wai Lana shows you poses and a breathing technique to release stored stress, both physical and mental.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Loose Legs, Loose Hips
Length: 30 minutes
Air Dates: Thursday January 12th, 2023 6:30 am

Loosen your hamstrings to release your hips for deeper forward bends. Stretch your thighs and release your groin for deeper backbends.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Chakra Breathing
Length: 30 minutes
Air Dates: Friday January 13th, 2023 6:30 am

Wai Lana teaches you to breathe to the navel chakra while balancing in Reverse Arrow. Activating this energy center purifies the subtle body and prevents disease.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Duck Walking
Length: 30 minutes
Air Dates: Tuesday January 17th, 2023 6:30 am

Waddling like a duck increases circulation in your legs. This and other exercises loosen your knees and hips to prepare you for the meditative sitting poses.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Bellows Breath
Length: 30 minutes
Air Dates: Wednesday January 18th, 2023 6:30 am

Use your breath to achieve peace of mind after an invigorating exercise session that includes yoga splits.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: The Thigh Bone's Connected to the Hip Bone
Length: 30 minutes
Air Dates: Thursday January 19th, 2023 6:30 am

Use your legs in different ways to loosen your hips and massage your spine. Then strengthen your thighs with Dynamic Squatting Pose.

Program Source: APTX
Program Title: Wai Lana Yoga
Episode Title: Special: Pregnancy - Part 1
Length: 30 minutes
Air Dates: Friday January 20th, 2023 6:30 am

Wai Lana shows you poses to keep you strong and flexible while pregnant-or anytime. The Blowing Breath will help you through labor and delivery.

Program Source: APTX
Program Title: Wai Lana Yoga
Episode Title: Special: Pregnancy - Part 2
Length: 30 minutes
Air Dates: Tuesday January 24th, 2023 6:30 am

Complete Yoga Breathing helps you relax, an essential skill both before and after giving birth. Restrained Angle Pose prepares the groin for childbirth, and Aswini Mudra keeps your internal organs toned.

Program Source: APTX
Program Title: Wai Lana Yoga
Episode Title: Special: Pregnancy - Part 3
Length: 30 minutes
Air Dates: Wednesday January 25th, 2023 6:30 am

Wai Lana shows you how to use a wall and a chair to stretch and strengthen your body without losing your balance. The hip openers will ease the birthing process.

Program Source: APTX
Program Title: Wai Lana Yoga
Episode Title: Special: Recovery from Childbirth - Part 1
Length: 30 minutes
Air Dates: Thursday January 26th, 2023 6:30 am

Practice these poses to get your abs back in shape and tighten up the pelvic muscles. Wai Lana will also show you a deep breathing technique you can do alongside your baby.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Forest Cove
Length: 30 minutes
Air Dates: Thursday January 12th, 2023 6:00 am

Rejuvenate inside a lush forest cove as we get those good endorphins flowing, feeling replenished with gentle stretching for all your major muscles, including legs, hips, back, shoulders and neck, using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Majestic Golden Fields
Length: 30 minutes
Air Dates: Tuesday January 17th, 2023 6:00 am

Bask in the glory of the majestic golden wheat fields as we experience a modified yoga practice using a chair to improve posture and support movement in the whole body including balance and standing poses to open the hips and lengthen the hamstrings.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desk Jockey Gentle Yoga
Length: 30 minutes
Air Dates: Thursday January 19th, 2023 6:00 am

Rejuvenate amongst the sunflower backdrop as we enjoy a modified yoga practice using a chair for support. The chair replaces the yoga mat, creating an amazing form of adaptive exercise. Apply this practice to mini yoga breaks at work, a long plane ride, or any time you need to balance the mind, increase blood flow and boost your energy.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Seascapes
Length: 30 minutes
Air Dates: Tuesday January 24th, 2023 6:00 am

Allow the calming waves and sparkling sea caves to soothe you as we experience the gift of renewal through a series of tranquil, rejuvenating poses using a chair for support, including shoulder, chest and upper back stretches, hip openers, twists and more.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Radiant Bloom
Length: 30 minutes
Air Dates: Thursday January 26th, 2023 6:00 am

Enjoy the radiant summer sunflower setting as Sarah Starr guides you expertly through a modified yoga practice with an emphasis on alignment - dedicated to opening the full circumference of the hip-joints using a chair for support as well as gentle seated stretching for the upper body.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Tranquil Meadow
Length: 30 minutes
Air Dates: Tuesday January 31st, 2023 6:00 am

Replenish your energy in the natural beauty of a tranquil summer meadow as we focus on seated shoulder and upper back stretches, as well as standing hip openers, using a chair for balance and support, creating easy comfort in each movement.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Summer Brilliance Gentle Yoga
Length: 30 minutes
Air Dates: Thursday February 2nd, 2023 6:00 am

Bask and breathe in the gorgeous sunset amongst a brilliant sunflower backdrop as we move through a gentle seated practice. Today Sarah Starr will guide you through a gentle practice using a chair for stability and balance. Enjoy stretches that link breath with movement, forward bends to free the muscles of the back, increasing circulation to internal organs, ending with a relaxing guided meditation.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Dunes Gentle Yoga
Length: 30 minutes
Air Dates: Tuesday February 7th, 2023 6:00 am

Relax and rejuvenate on the tranquil beach dunes, drawing in calm, soothing energy from the surrounding water. Allow Sarah Starr to lead you through a gentle yoga routine using the support of a chair as you open to more flexibility in the shoulders, upper back and hamstrings.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Garden Delight Gentle Yoga
Length: 30 minutes
Air Dates: Thursday February 9th, 2023 6:00 am

Bask in the beauty of Mother Nature in our gentle seated practice as you enjoy easy to follow exercises to stretch the hands, wrists, shoulders, upper back and legs. Each pose can be done gently, just simple stretches along with conscious and deep breathing are effective and powerful.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Luminous Waves
Length: 30 minutes
Air Dates: Tuesday February 14th, 2023 6:00 am

Allow the luminous water energy to recharge your body as we enjoy a dynamic flowing warrior series using a chair for support, focusing on strengthening the legs while opening to more space and flexibility in the hips, shoulders and upper back.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Sunrise Delight
Length: 30 minutes
Air Dates: Thursday February 16th, 2023 6:00 am

Savor the brilliant colors of sunrise as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support, focusing on igniting the core as well as activating the hip flexors and quadriceps.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Flowing River
Length: 30 minutes
Air Dates: Tuesday February 21st, 2023 6:00 am

Allow the powerful flowing river energy to renew your body as we explore a rejuvenating yoga practice using a chair for support, focusing on coordinating movement and breath, improving circulation in the upper body while dissolving tension in the neck and shoulders.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Peaceful Woods
Length: 30 minutes
Air Dates: Thursday February 23rd, 2023 6:00 am

Bask in the deep silence of a lush wooded paradise as we create more grace and fluidity in your body using a chair for support, beginning with stretches to open the shoulders and chest, a rejuvenating modified flow practice, ending with a spacious hips and hamstrings sequence.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Sunflower Splendor
Length: 30 minutes
Air Dates: Tuesday February 28th, 2023 6:00 am

Breathe in the grandeur of a brilliant sunflower setting as we gently stretch and lengthen the spine in a full range of motion, helping to move energy while creating more strength and flexibility in the lower body, using a chair for balance and support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: River Waterfall
Length: 30 minutes
Air Dates: Thursday March 2nd, 2023 6:00 am

Allow the dramatic river falls to inspire your yoga practice as we enjoy a warrior series designed to build strength and flexibility in the lower body while creating more ease in the neck, shoulders and upper back using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Lush Mountain
Length: 30 minutes
Air Dates: Tuesday March 7th, 2023 6:00 am

Allow the dramatic lush mountain setting to replenish your body as we open to more ease with simple stretches designed to unravel tension in the shoulders and upper back, including a sequence of lateral stretches to create more space in the spine while deepening the breath and a series of gentle hip openers using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Ocean Sky
Length: 30 minutes
Air Dates: Thursday March 9th, 2023 6:00 am

Enjoy the blue ocean sky and rolling waves as we flow through an energizing yoga practice including a seated segment to strengthen the legs, abdominal muscles and lower back as well as a series of standing postures to tone the legs while stretching the hamstrings and hips using a chair for balance and support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Autumn Glory
Length: 30 minutes
Air Dates: Tuesday March 14th, 2023 6:00 am

Behold the changing leaves and bursts of fall color as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Pastel Beach
Length: 30 minutes
Air Dates: Thursday March 16th, 2023 6:00 am

Bask in the early morning pastel colors of the serene beach setting as we enjoy a modified yoga practice designed to create more space in the upper body, including a sequence of standing poses to open the hips and lengthen the hamstrings while using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Beautiful Bluffs
Length: 30 minutes
Air Dates: Tuesday March 21st, 2023 6:00 am

Bask and breathe on the edge of the awe-inspiring 100-foot limestone bluffs as we focus on a dynamic creative flow practice using a chair for support, designed to reignite your energy while opening to more space and ease in the shoulders, chest and upper back.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Waterfall
Length: 30 minutes
Air Dates: Thursday March 23rd, 2023 6:00 am

Allow the beauty of the inspiring waterfall energy to recharge your body as we focus on standing postures designed to improve balance while creating more flexibility in the legs and hips using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Rainbow Sunrise
Length: 30 minutes
Air Dates: Tuesday March 28th, 2023 6:00 am

Relax and recharge with a glowing morning sunrise as we focus on an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves and hip openers with a series of upper body stretches designed to release tension in the shoulders and upper back.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desert Bloom
Length: 30 minutes
Air Dates: Thursday March 30th, 2023 6:00 am

Allow the colorful springtime bloom of desert flowers to inspire your practice as we enjoy a series of simple stretches along with conscious deep breathing, designed to create more ease in the hands, wrists, shoulders, upper back and legs using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Mountain Skyline
Length: 30 minutes
Air Dates: Tuesday January 3rd, 2023 6:00 am

Allow the mountain skyline to inspire your practice as you enjoy a gentle seated yoga session using a chair for support. Includes seated sun salutations and gentle stretches designed to increase range of motion and enhance mobility in your shoulders, upper back, hips and more.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Wilderness Paradise
Length: 30 minutes
Air Dates: Thursday January 5th, 2023 6:00 am

Revitalize and recharge in the wilderness paradise as we focus on creating a stronger core while entirely seated in a chair! Receive all the amazing benefits of a strong core including improved balance and stability, reduced back pain and improved posture.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Tropical Garden
Length: 30 minutes
Air Dates: Tuesday January 10th, 2023 6:00 am

Bask in the tropical garden paradise as you enjoy a creative intermediate yoga practice designed to stretch your hamstrings, hips and spine with an emphasis on strengthening your core.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Strengthening Muscles & Joints
Length: 30 minutes
Air Dates: Monday January 2nd, 2023 6:30 am

This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: A Healthy Back
Length: 30 minutes
Air Dates: Monday January 9th, 2023 6:30 am

Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Better Balance
Length: 30 minutes
Air Dates: Monday January 16th, 2023 6:30 am

Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Improve Your Mood
Length: 30 minutes
Air Dates: Monday January 23rd, 2023 6:30 am

In this episode Mary Ann uses tactile stimulation to increase circulation and elicit a relaxed state of body and mind.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Lighthearted Exercises
Length: 30 minutes
Air Dates: Monday January 30th, 2023 6:30 am

Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening in this fun, light-hearted episode.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Back and Abdominal Strengthening
Length: 30 minutes
Air Dates: Monday February 6th, 2023 6:30 am

This episode focuses on stretching and strengthening the abdominal and back muscles to protect the spine and help avoid injury.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Exercising with Accessories
Length: 30 minutes
Air Dates: Monday February 13th, 2023 6:30 am

Mary Ann introduces a variety of unique exercises incorporating a large ball during the warm up and a small ball for finger flexibility and strengthening.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Somatosensory Work
Length: 30 minutes
Air Dates: Monday February 20th, 2023 6:30 am

We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Releasing Muscle Tightness
Length: 30 minutes
Air Dates: Monday February 27th, 2023 6:30 am

Mary Ann uses a small ball, a towel and large ball to release some of the restrictions that build up in the connective tissue that runs throughout the body.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Myofacial Relief & Gait
Length: 30 minutes
Air Dates: Monday March 6th, 2023 6:30 am

Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula. Later in the program she focuses on exercises to improve gait.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Keep The Fun In Functional Fitness
Length: 30 minutes
Air Dates: Monday March 13th, 2023 6:30 am

In this episode Mary Ann focuses on the fun side of exercise through the use of novelty music and imaginative choreography.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Variety, The Spice of Life
Length: 30 minutes
Air Dates: Monday March 20th, 2023 6:30 am

Mary Ann combines a variety of exercises that improve function including a new exercise that uses the fingers and breath to control abdominal muscles.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Finger Dexterity
Length: 30 minutes
Air Dates: Monday March 27th, 2023 6:30 am

This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises using a pencil, sit to stand exercises and vestibular work.

Program Source: NPS
Program Title: Nova
Episode Title: The Truth About Fat
Length: 60 minutes
Air Dates: Sunday January 1st, 2023 12:00 am

Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.

Program Source: PBS
Program Title: NOVA
Episode Title: The Truth About Fat
Length: 60 minutes
Format: Documentary
Air Dates: Sunday January 1st, 2023 12:00 am

Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: The Woman in the Iron Coffin
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 8th, 2023 10:00 pm
Thursday February 9th, 2023 2:00 am
Friday February 10th, 2023 3:00 am
Sunday February 12th, 2023 2:00 am

Follow a team of forensic experts as they investigate the preserved remains of a young African American woman from 19th century New York and reveal the little-known story of early America's free black communities.

Program Source: PBS-NPS
Program Title: American Masters
Episode Title: Dr. Tony Fauci
Length: 120 minutes
Segment Length: 00:56:10
Format: Documentary
Air Dates: Tuesday March 21st, 2023 8:00 pm
Thursday March 23rd, 2023 4:00 am
Thursday March 23rd, 2023 3:00 pm
Saturday March 25th, 2023 3:00 am

Follow Dr. Fauci across fourteen months, showing a rarely seen side of this passionate scientist, husband, father and public servant.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 132
Length: 60 minutes
Segment Length: 00:06:08
Format: Interview/Discussion/Review
Air Dates: Monday January 2nd, 2023 6:00 pm

Three years into the pandemic and yet another new variant of the coronavirus has emerged. The omicron subvariant known as XBB.1.5 now accounts for more than 40% of new COVID infections in the U.S. and around 75% of cases in the Northeast. Dr. Jay Varma of the Cornell Center for Pandemic Prevention and Response joined William Brangham to discuss the concerns.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 137
Length: 60 minutes
Segment Length: 00:05:38
Format: News (live news only)
Air Dates: Monday January 9th, 2023 6:00 pm

The CDC is investigating a rise in severe cases of strep throat among kids in the U.S. Several children's hospitals across the country have reported an increase in strep cases since November, including in Colorado where two children died. Dr. Peter Hotez of the Texas Children's Hospital Center for Vaccine Development joined Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:06:10
Format: News (live news only)
Air Dates: Tuesday January 10th, 2023 6:00 pm

In our news wrap Tuesday, at least 17 are dead as Pacific storms have battered California for 10 days, the Biden administration announced more measures to address record numbers at the southern border and the World Health Organization urged countries to recommend passengers resume wearing masks on long-distance flights as a new COVID subvariant is spreading.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 140
Length: 60 minutes
Segment Length: 00:08:16
Format: News (live news only)
Air Dates: Thursday January 12th, 2023 6:00 pm

When sports journalist Grant Wahl died of an aortic aneurysm while covering the World Cup in Qatar, a flood of misinformation took over social media, with anti-vaxxers and conspiracy theorists falsely claiming the COVID vaccine was to blame. Wahl's wife, Dr. Celine Gounder, is an infectious disease specialist. She joined Amna Nawaz to discuss the fight against this kind of disinformation.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:06:18
Format: News (live news only)
Air Dates: Friday January 13th, 2023 6:00 pm

Cancer deaths in the United States have dropped 33% the past three decades, according to a report from the American Cancer Society. Cervical cancer rates dropped 65% for women in their early 20s, but there are troubling signs as well. Advanced prostate cancer diagnoses have risen roughly 4.5% annually since 2011. Karen Knudsen of the American Cancer Society joined Amna Nawaz to discuss the study.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:07:26
Format: News (live news only)
Air Dates: Tuesday January 17th, 2023 6:00 pm

The American Academy of Pediatrics released new guidelines on treating childhood obesity. It recommended pediatricians should evaluate and treat obesity in kids early on to reduce the risk of developing long-term health conditions. Dr. Sandra Hassink of the Institute for Healthy Childhood Weight joined Amna Nawaz for a closer look at the recommendations and the implications.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:08:18
Format: News (live news only)
Air Dates: Tuesday January 17th, 2023 6:00 pm

Each year, an estimated 35,000 Nepalis are sold into modern slavery. They are vulnerable in part because of their economic conditions, as of the 29 million people who live in Nepal, nearly half live in poverty. But the country is trying to fight back and police recently busted a network that was trafficking people into neighboring India for the illegal sale of their kidneys. Zeba Warsi reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 146
Length: 60 minutes
Segment Length: 00:05:34
Format: News (live news only)
Air Dates: Friday January 20th, 2023 6:00 pm

Medical experts predict China could see tens of thousands of deaths a day over the Lunar New Year holiday. Since the dismantling of the government's zero-COVID policy, many have been anxious about the wave of infections that have swept through. As special correspondent Richard Kimber reports, most are brushing risks and fears aside to celebrate the most important festival on the Chinese calendar.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 151
Length: 60 minutes
Segment Length: 00:05:36
Format: News (live news only)
Air Dates: Friday January 27th, 2023 6:00 pm

The FDA announced plans to ease a decades-old restriction preventing men who have sex with men from donating blood. A lifetime ban was put in place during the AIDS epidemic over fears of HIV transmission. The new guidelines would ask all potential donors about their recent sexual history. Cole Williams of Pride and Plasma joined Amna Nawaz to discuss the change.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 153
Length: 60 minutes
Segment Length: 00:06:29
Format: News (live news only)
Air Dates: Tuesday January 31st, 2023 6:00 pm

Since the start of the pandemic, both former President Trump and President Biden have repeatedly renewed a special declaration of a national and public health emergency. But the government's approach toward COVID has dramatically changed and Biden said he would allow that emergency declaration to end in May. William Brangham spoke with Lawrence Gostin about what it will mean.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 153
Length: 60 minutes
Segment Length: 00:05:02
Format: News (live news only)
Air Dates: Tuesday January 31st, 2023 6:00 pm

Since the Affordable Care Act was implemented more than a decade ago, 39 states have expanded Medicaid, the public insurance program that provides health coverage to low-income Americans. North Carolina is not one. One of the obstacles had been Republican State Senator Phil Berger, but he changed his mind last year and now the expansion is a top priority. Berger joined Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 157
Length: 60 minutes
Segment Length: 00:06:28
Format: News (live news only)
Air Dates: Monday February 6th, 2023 6:00 pm

The Family and Medical Leave Act was hailed as revolutionary for its time when President Clinton signed it into law in 1993. Workers were guaranteed job protection if they needed to take time off to care for themselves, a newborn baby or a sick family member. Laura Barrón-López spoke with Jocelyn Frye of the National Partnership for Women and Families about its impact and the challenges ahead.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 160
Length: 60 minutes
Segment Length: 00:09:31
Format: News (live news only)
Air Dates: Thursday February 9th, 2023 6:00 pm

No disease kills more Americans annually than heart disease. At least half of all Americans are at risk because of factors such as obesity, elevated blood pressure, high cholesterol or smoking. It's projected to get even worse in the coming decades. Stephanie Sy reports from Mississippi, the state with the highest rate of heart disease, on how access to care is affecting rural areas.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 160
Length: 60 minutes
Segment Length: 00:08:44
Format: News (live news only)
Air Dates: Thursday February 9th, 2023 6:00 pm

There are no quick solutions or magical pills that easily solve the problems of obesity. But new anti-obesity drugs are proving remarkably effective, cutting body weight by an average 15% to 22%. Medicines including Ozempic and Wegovy could trigger a shift in how doctors treat obesity. We hear from some people taking them and William Brangham speaks with Dr. Fatima Cody Stanford about the drugs.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:05:14
Format: News (live news only)
Air Dates: Monday February 13th, 2023 6:00 pm

A recent study found a disturbing rise in deaths among pregnant women and new mothers during the pandemic, and not just because of complications from pregnancy and childbirth. Native American women faced the greatest risk as they were three-and-a-half times more likely to die compared to white women. Amna Nawaz spoke with Jessica Whitehawk to better understand what's driving this increase.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 163
Length: 60 minutes
Segment Length: 00:10:10
Format: News (live news only)
Air Dates: Tuesday February 14th, 2023 6:00 pm

A national survey by the CDC sounded a new alarm about teens in crisis. It shows nearly 30% of teenage girls said they considered dying by suicide, and three out of five girls said they felt persistently sad or hopeless. This comes as there's growing concern about the impact of social media. Christopher Booker reports for our series, "Early Warnings: America's Youth Mental Health Crisis."

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 165
Length: 60 minutes
Segment Length: 00:08:26
Format: News (live news only)
Air Dates: Thursday February 16th, 2023 6:00 pm

In Ohio, anger and anxiety are running high nearly two weeks after a train derailment and major chemical spill. Residents there are growing increasingly frustrated saying they aren't getting answers about their risk of toxic exposure. To help understand the potential risks for residents, Geoff Bennett spoke with Peter Decarlo of Johns Hopkins University.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 165
Length: 60 minutes
Segment Length: 00:10:32
Format: News (live news only)
Air Dates: Thursday February 16th, 2023 6:00 pm

The specter of long COVID, with its mysterious cause, no obvious cure and an unknown duration, haunts millions and millions of people. In this report, we hear from some of those who are suffering with it and William Brangham speaks with Dr. David Putrino of Mount Sinai Health in New York about the varied symptoms people are dealing with.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 165
Length: 60 minutes
Segment Length: 00:07:04
Format: News (live news only)
Air Dates: Thursday February 16th, 2023 6:00 pm

Pennsylvania Sen. John Fetterman announced Thursday that he is in the hospital after voluntarily seeking treatment for clinical depression. Millions of Americans struggle with depression but few politicians ever share their stories publicly. Geoff Bennett discussed this with Jason Kander. He stepped away from a mayoral campaign in 2018 after acknowledging struggles with depression and PTSD.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 168
Length: 60 minutes
Segment Length: 00:06:07
Format: News (live news only)
Air Dates: Tuesday February 21st, 2023 6:00 pm

A highly contagious avian flu is infecting birds all over the globe. In the U.S., farmers have lost, or had to kill, over 58 million birds to try and prevent the spread of the virus. The H5N1 strain hasn't caused any serious threat to humans, but outbreaks in some mammals raised concerns about the potential to spread further. Influenza researcher Scott Hensley joined William Brangham to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 174
Length: 60 minutes
Segment Length: 00:05:12
Format: News (live news only)
Air Dates: Wednesday March 1st, 2023 6:00 pm

More than seven million Americans rely on insulin and prices for the life-saving drug have skyrocketed. With pressure mounting on pharmaceutical companies to address the cost of diabetes care, Eli Lilly announced it's cutting prices for its most popular insulin products by 70% and capping out-of-pocket costs at \$35 a month. Bram Sable-Smith of Kaiser Health News joined Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 177
Length: 60 minutes
Segment Length: 00:07:46
Format: News (live news only)
Air Dates: Monday March 6th, 2023 6:00 pm

Three years ago this month the U.S. began shutting down due to the explosive spread of COVID. But as the country enters its fourth year with the virus, many people believe the pandemic is over. This as the CDC reports nearly 2,300 deaths tied to COVID in the last week and an average of more than 3,000 people hospitalized each day. CDC Director Dr. Rochelle Walensky joins Geoff Bennett to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 177
Length: 60 minutes
Segment Length: 00:08:31
Format: News (live news only)
Air Dates: Monday March 6th, 2023 6:00 pm

As the COVID-19 pandemic enters its fourth year, one unexpected results has been a rise in birth rates. It's the first major reversal in declining U.S. fertility rates since 2007. Special correspondent and Washington Post columnist Catherine Rampell reports on the surprise pandemic baby bump.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 179
Length: 60 minutes
Segment Length: 00:04:53
Format: News (live news only)
Air Dates: Wednesday March 8th, 2023 6:00 pm

The country's top intelligence officials testified in the Senate Wednesday, assessing Russia's plans in Ukraine, the threat of TikTok and the origins of COVID, which was also the subject of its own hearing in the House. Nick Schifrin reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 180
Length: 60 minutes
Segment Length: 00:08:12
Format: News (live news only)
Air Dates: Thursday March 9th, 2023 6:00 pm

Part of President Biden's budget focuses on attacking hepatitis C, a disease that's almost completely curable with drugs. Left untreated, it can lead to chronic illness and even death. But roughly 2.4 million Americans still live with it amid barriers over cost and access. Dr. Francis Collins, former National Institutes of Health director and now an adviser to Biden, joins Anna Nawaz to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 184
Length: 60 minutes
Segment Length: 00:05:28
Format: News (live news only)
Air Dates: Wednesday March 15th, 2023 6:00 pm

A federal judge in Texas heard a case that could force the FDA to revoke its approval of mifepristone. The drug is one part of a two-pill regimen for medication abortions which account for more than half of all abortions in the U.S. and has been relied on heavily since the Supreme Court overturned Roe v. Wade. Geoff Bennett discussed the case with Sarah Varney of Kaiser Health News.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:09:51
Format: News (live news only)
Air Dates: Thursday March 16th, 2023 6:00 pm

The CDC released two reports about mortality rates for mothers and babies in America and they include some stark racial divides. New mothers are dying at higher rates than mothers in any other industrialized nation. And while the overall rate of infants dying is at record lows, the deaths of Black infants spiked during the pandemic. William Brangham explores the trends with two of the researchers.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:07:37
Format: News (live news only)
Air Dates: Thursday March 16th, 2023 6:00 pm

The national nursing shortage dates back decades, but the COVID-19 pandemic pushed it to crisis levels. One study predicts that in the next two years, there will be a shortage of up to 450,000 bedside nurses in the U.S. Stephanie Sy explores how the medical staffing shortage is affecting patients and why nurses are leaving hospitals for other jobs.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 186
Length: 60 minutes
Segment Length: 00:06:14
Format: News (live news only)
Air Dates: Friday March 17th, 2023 6:00 pm

The debate over COVID-19's origin is focused on two theories, that humans were first infected by a wild animal or that the virus leaked from a lab. Scientists say the natural transmission theory has been strengthened by new genetic evidence from the market in Wuhan, China, where there was a big COVID outbreak in December 2019. John Yang discussed the report with Katherine Wu of The Atlantic.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 189
Length: 60 minutes
Segment Length: 00:06:15
Format: News (live news only)
Air Dates: Wednesday March 22nd, 2023 6:00 pm

The Biden administration announced plans to overhaul the network that has run the nation's organ transplant system for nearly four decades. The United Network for Organ Sharing has faced criticism for inadequately managing the process. The proposal would open up bidding for other organizations to take over the network to shorten wait times. Amna Nawaz discussed the latest with Dr. Jayme Locke.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 189
Length: 60 minutes
Segment Length: 00:09:03
Format: News (live news only)
Air Dates: Wednesday March 22nd, 2023 6:00 pm

When it comes to health, rural America lags far behind the country's urban and suburban areas. The reasons are complex and these challenges are the focus of a new series called Rural RX. With support from the Pulitzer Center and in collaboration with the Global Health Reporting Center, William Brangham starts our series in Martinsburg, West Virginia.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 190
Length: 60 minutes
Segment Length: 00:07:24
Format: News (live news only)
Air Dates: Thursday March 23rd, 2023 6:00 pm

New CDC data revealed an increase in the prevalence of autism spectrum disorder in the U.S. The report shows in 2020, one out of every 36 children in America was diagnosed with autism. In 2018, that figure was one in 44, and in 2010, it was one in 68. Amna Nawaz discussed the findings with Dena Gassner of the Interagency Autism Coordinating Committee. Gassner was diagnosed with autism at age 40.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 190
Length: 60 minutes
Segment Length: 00:05:47
Format: News (live news only)
Air Dates: Thursday March 23rd, 2023 6:00 pm

Three years into the pandemic, cases, hospitalizations and deaths are all declining. But questions remain about new variants and whether some people may need a spring booster shot, and there are many concerns about the impact of long COVID. Epidemiologist Katelyn Jetelina joined William Brangham with an update on the state of COVID in the U.S.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 191
Length: 60 minutes
Segment Length: 00:06:59
Format: News (live news only)
Air Dates: Friday March 24th, 2023 6:00 pm

Health care systems and hospitals across the country are grappling with a nationwide shortage of liquid albuterol, a common medication used to treat asthma, COPD and other lung diseases. Stephanie Sy speaks with people feeling the impact and Dr. Juanita Mora, an allergist and immunologist in Chicago and national spokesperson for the American Lung Association, about what's being done.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 194
Length: 60 minutes
Segment Length: 00:09:05
Format: News (live news only)
Air Dates: Wednesday March 29th, 2023 6:00 pm

A CDC report shows maternal deaths nearly doubled over three years, with over 1,200 deaths in 2021. Rural communities, where maternal mortality is almost double urban rates, struggle to access lifesaving maternal healthcare. With support from the Pulitzer Center and in collaboration with the Global Health Reporting Center, Stephanie Sy reports from Pickens County, Alabama, for our series Rural RX.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 195
Length: 60 minutes
Segment Length: 00:05:18
Format: News (live news only)
Air Dates: Thursday March 30th, 2023 6:00 pm

A federal judge in Texas ruled that employers can not be required to cover key preventative health care benefits under the Affordable Care Act. It jeopardizes free coverage of a wide range of preventative services for some 160 million Americans. The Biden administration is expected to request a stay on the ruling. Amna Nawaz discussed the case with Larry Levitt of the Kaiser Family Foundation.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 140
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Thursday January 12th, 2023 11:00 pm

Dr. Céline Gounder, widow of journalist Grant Wahl, joins the show to put an end to the rumors that her husband's death was due to COVID-19 vaccines. U.S. Transportation Secretary Pete Buttigieg breaks down the progress of Biden's bipartisan infrastructure bill, and to discuss the pressures on the travel sector. Historian Robert Kagan on his new book, "In The Ghost at the Feast."

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:17:01
Format: Interview/Discussion/Review
Air Dates: Friday January 13th, 2023 11:00 pm

Classified documents have been discovered at Biden's Delaware home and former office. Elie Honig on the legal implications. California's lieutenant governor discusses the current climate crisis. Jan Egeland just spent the week in Kabul, meeting with Taliban officials in an effort to convince them to reverse the ban on women workers. Dr. Beaudoin on why long COVID is so difficult to diagnose.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 167
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Monday February 20th, 2023 11:00 pm

Christiane is at the Munich Security conference. Ukrainian Foreign Minister Dmytro Kuleba and NATO secretary General Jens Stoltenberg join her to reflect on the one year anniversary of Putin's war in Ukraine. Political Anthropologist Dr. Eric Reinhart explains why doctors in the U.S. are demoralized.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 173
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Tuesday February 28th, 2023 11:30 pm

Bolanle Olukanni analyzes the Nigerian election. Author Roger Cohen discusses threats to democracy and his new book “An Affirming Flame.” Anand Menon explains what’s at stake in a new trade deal between the U.K. and the European Union. New York Times columnist David Brooks reflects on his experience losing a lifelong friend to suicide.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 177
Length: 60 minutes
Segment Length: 00:17:08
Format: Interview/Discussion/Review
Air Dates: Monday March 6th, 2023 11:00 pm

Three years ago, as the World Health Organization was preparing to declare COVID-19 a pandemic, scientists were already weeks into developing a vaccine. Dr. Kizzmekia Corbett was part of the groundbreaking team that produced the mRNA vaccine for Moderna. She joins Walter Isaacson to reflect on the early days of the pandemic and the future of vaccine research.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:17:44
Format: Interview/Discussion/Review
Air Dates: Monday March 13th, 2023 11:00 pm

Now we turn to a drug that our next guest says could “change the conversation” about an often stigmatized medical condition. Nearly 2.3 billion people globally – and more than two in five American adults – hover between overweight and obese. But with the help of breakthrough weight loss drugs, Dr. Fatima Cody Stanford is seeing some patients lose as much as 16% in weight.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:17:53
Format: Interview/Discussion/Review
Air Dates: Thursday March 16th, 2023 11:00 pm

This month marks the third anniversary since coronavirus became a global pandemic and the world went into lockdown. Millions still suffer the symptoms of Long COVID-19, a condition doctors are trying urgently to understand. In a new piece for Scientific American, neuroscientist Stephani Sutherland says, “Long COVID now looks like a neurological disease.”

Program Source: PBS-PLUS
Program Title: To the Contrary with Bonnie Erbe
Episode Title: Episode 16
Length: 30 minutes
Segment Length: 00:26:23
Format: Interview/Discussion/Review
Air Dates: Sunday January 15th, 2023 1:00 pm

This week, Mandy Teefey sits down with host Bonnie Erbé to discuss the new project she's starting with her daughter, actor and singer Selena Gomez, and with Daniella Pierson. Wondermind promises to help people struggling with mental health.

Technology

Program Source: NPS
Program Title: Nova: Beyond The Elements
Episode Title: Indestructible
Length: 60 minutes
Air Dates: Wednesday January 18th, 2023 9:00 pm
Thursday January 19th, 2023 1:00 am
Friday January 20th, 2023 5:00 am
Sunday January 22nd, 2023 12:00 am
Tuesday January 24th, 2023 1:00 pm

Scientists have created virtually indestructible versions of glass, rubber and plastic. But are they too tough? As the environmental impact of the quest for durability becomes clear, scientists look for ways to maintain utility but minimize harm.

Program Source: PBS
Program Title: Nature
Episode Title: The Serengeti Rules
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 15th, 2023 8:00 pm
Friday March 17th, 2023 4:00 am
Sunday March 19th, 2023 1:00 am
Sunday March 19th, 2023 7:00 pm
Wednesday March 22nd, 2023 3:00 pm

Travel back in time, from the Arctic Ocean to Pacific tide pools, with a pioneering group of scientists who make surprising discoveries that transform human understanding of nature and ecology

Program Source: PBS
Program Title: NOVA
Episode Title: Einstein's Quantum Riddle on NOVA
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 29th, 2023 9:00 pm
Thursday March 30th, 2023 1:00 am
Friday March 31st, 2023 5:00 am

Quantum entanglement is poised to revolutionize technology from networks to code breaking, but first we need to know it's real. Join physicists as they capture light from across the universe in a bid to prove Einstein's "spooky action at a distance."

Program Source: PBS
Program Title: NOVA
Episode Title: Kilauea: Hawai'i on Fire
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 15th, 2023 9:00 pm
Thursday March 16th, 2023 1:00 am
Friday March 17th, 2023 5:00 am
Sunday March 19th, 2023 12:00 am
Tuesday March 21st, 2023 3:00 pm

Journey to Hawai'i's Kilauea volcano, which sent rivers of lava through communities and into the sea when it erupted in 2018. Join a group of scientists and locals investigating the spike in volcano activity that turned paradise into an inferno.

Program Source: PBS
Program Title: Operation Maneater
Episode Title: Great White Shark
Length: 60 minutes
Format: Documentary
Air Dates: Monday March 27th, 2023 5:00 am

Mark Evans travels to Western Australia, where seven people have been killed by sharks in the last three years. Authorities have implemented radical measures to catch and kill any shark they deem a threat. Evans wants to find non-lethal solutions to keep people – and sharks – safe. He enters the water to attach tracking tags to great whites; joins beach patrol teams searching for sharks; and tests a new “multi-spectral” camera that spots sharks from the air even when they are hidden several meters underwater.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Hannibal in the Alps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 15th, 2023 10:00 pm
Thursday February 16th, 2023 2:00 am
Friday February 17th, 2023 3:00 am
Sunday February 19th, 2023 2:00 am

Follow a team of experts as they solve the enduring mystery of exactly where Hannibal and his troops crossed the Alps to launch a surprise attack on Rome.

Program Source: PBS-NPS
Program Title: American Experience
Episode Title: The Lie Detector
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Tuesday January 3rd, 2023 9:00 pm
Wednesday January 4th, 2023 1:00 am
Thursday January 5th, 2023 4:00 am
Friday January 6th, 2023 2:30 am

In the 1920s, two men designed a machine that could tell if a person was lying. Called the polygraph, their lie detector transformed police work and seized headlines, soon becoming the nation's "mechanical conscience. A tale of good intentions, twisted morals, and unintended consequences.

Program Source: PBS-NPS
Program Title: First Contact: An Alien Encounter
Length: 90 minutes
Segment Length: 01:26:46
Format: Documentary
Air Dates: Wednesday January 4th, 2023 9:00 pm
Thursday January 5th, 2023 1:00 am
Friday January 6th, 2023 4:30 am
Sunday January 8th, 2023 12:00 am

Mixing a fictional narrative with documentary interviews, explore the dramatic story of an encounter with an extraterrestrial artifact and the new tools we have available in the search for life beyond earth.

Program Source: PBS-NPS
Program Title: Frontline
Episode Title: Global Spyware Scandal: Exposing Pegasus, Part 1
Length: 60 minutes
Segment Length: 00:56:15
Format: Documentary
Air Dates: Tuesday January 3rd, 2023 10:00 pm
Wednesday January 4th, 2023 2:00 am
Sunday January 8th, 2023 2:00 pm

Investigating the powerful spyware Pegasus, sold to governments around the world by the Israeli company NSO Group. Part one of a two-part series with Forbidden Stories into the hacking tool used to spy on journalists, activists, the fiancée of Saudi journalist Jamal Khashoggi and others.

Program Source: PBS-NPS
Program Title: Frontline
Episode Title: Global Spyware Scandal: Exposing Pegasus, Part 2
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Tuesday January 10th, 2023 10:00 pm
Wednesday January 11th, 2023 2:00 am
Sunday January 15th, 2023 2:00 pm

Investigating the powerful spyware Pegasus, sold to governments around the world by the Israeli company NSO Group. The conclusion of a two-part series with Forbidden Stories into the hacking tool used to spy on journalists, activists, the fiancée of Saudi journalist Jamal Khashoggi and others.

Program Source: PBS-NPS
Program Title: Frontline
Episode Title: Global Spyware Scandal: Exposing Pegasus, Part 2
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Tuesday January 10th, 2023 10:00 pm
Wednesday January 11th, 2023 2:00 am
Sunday January 15th, 2023 2:00 pm

Investigating the powerful spyware Pegasus, sold to governments around the world by the Israeli company NSO Group. The conclusion of a two-part series with Forbidden Stories into the hacking tool used to spy on journalists, activists, the fiancée of Saudi journalist Jamal Khashoggi and others.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Soul of the Ocean
Length: 60 minutes
Segment Length: 01:56:46
Format: Documentary
Air Dates: Wednesday January 25th, 2023 8:00 pm
Friday January 27th, 2023 4:00 am
Sunday January 29th, 2023 1:00 am
Sunday January 29th, 2023 7:00 pm
Wednesday February 1st, 2023 1:00 pm

Howard Hall (NATURE: Shark Mountain), one of the world's foremost underwater filmmakers, brings to NATURE a lifetime of insights into how life in the ocean really works - in surprisingly cooperative communities built on age-old partnerships. Coral reefs turn out to be cosmopolitan cities where relationships thrive: a specialist shrimp, a baby damsel fish, and a porcelain crab all share the protection of an anemone; an urchin and a crab form an unlikely pair; fan corals each support their own kind of seahorse. They are all part of a vast system that only exists because everything is connected. From great whales to turtles, to sharks and tiny blennies, the ocean is full of creatures that need and support each other.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Star Chasers of Senegal
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 8th, 2023 9:00 pm
Thursday February 9th, 2023 1:00 am
Friday February 10th, 2023 5:00 am
Sunday February 12th, 2023 12:00 am
Tuesday February 14th, 2023 3:00 pm

A visionary astronomer in West Africa attempts a high-stakes observation of a distant asteroid vital to a NASA mission. From prehistoric ruins to Islamic skywatchers, explore the heritage and future of African astronomy.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: New Eye on the Universe
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 22nd, 2023 9:00 pm
Thursday February 23rd, 2023 1:00 am
Friday February 24th, 2023 5:00 am
Tuesday February 28th, 2023 3:00 pm

Join scientists as they use NASA's brand new James Webb Space Telescope to peer deep in time to hunt for the first stars and galaxies in our universe, and try to detect the fingerprints of life in the atmospheres of distant exoplanets.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: New Eye on the Universe
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 22nd, 2023 9:00 pm
Thursday February 23rd, 2023 1:00 am
Friday February 24th, 2023 5:00 am
Tuesday February 28th, 2023 3:00 pm

Join scientists as they use NASA's brand new James Webb Space Telescope to peer deep in time to hunt for the first stars and galaxies in our universe, and try to detect the fingerprints of life in the atmospheres of distant exoplanets.

Program Source: PBS-NPS
Program Title: NOVA: Beyond the Elements
Episode Title: Reactions
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday January 11th, 2023 9:00 pm
Thursday January 12th, 2023 1:00 am
Friday January 13th, 2023 5:00 am
Sunday January 15th, 2023 12:00 am
Tuesday January 17th, 2023 1:00 pm

Discover the chemical reactions that constantly transform our world. Like one that enables us to feed billions but when reversed, is explosive. And lock-and-key molecules that put the heat in hot peppers or make deadly venoms useful to medicine.

Program Source: PBS-NPS
Program Title: NOVA: Beyond the Elements
Episode Title: Indestructible
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday January 18th, 2023 9:00 pm
Thursday January 19th, 2023 1:00 am
Friday January 20th, 2023 5:00 am
Sunday January 22nd, 2023 12:00 am
Tuesday January 24th, 2023 1:00 pm

Scientists have created virtually indestructible versions of glass, rubber, and plastic. But are they too tough? As the environmental impact of the quest for durability becomes clear, scientists look for ways to maintain utility but minimize harm.

Program Source: PBS-NPS
Program Title: NOVA: Beyond the Elements
Episode Title: Life
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 25th, 2023 9:00 pm
Thursday January 26th, 2023 1:00 am
Friday January 27th, 2023 5:00 am
Sunday January 29th, 2023 12:00 am
Tuesday January 31st, 2023 1:00 pm

Without the chemistry of photosynthesis, ozone, and an enzyme called Rubisco, we wouldn't exist. So why do we? Discover the molecules that allowed life on Earth to begin, and ultimately thrive, and how scientists use evolution in chemistry.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 133
Length: 60 minutes
Segment Length: 00:06:04
Format: News (live news only)
Air Dates: Tuesday January 3rd, 2023 6:00 pm

Artificial intelligence, robotics and gene sequencing are the stuff of headlines, science fiction and sometimes even our worst fears. It's all on view at the new MIT Museum. A place where the latest

scientific advancements fill galleries, but only really work with your input. Special correspondent Jared Bowen of GBH Boston looks at this artistic frontier for our arts and culture series, "CANVAS."

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:08:00
Format: News (live news only)
Air Dates: Tuesday January 10th, 2023 6:00 pm

In recent months, new artificial intelligence tools have garnered attention, and concern, over their ability to produce original work. The creations range from college-level essays to computer code and works of art. As Stephanie Sy reports, this technology could change how we live and work in profound ways.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 144
Length: 60 minutes
Segment Length: 00:04:41
Format: News (live news only)
Air Dates: Wednesday January 18th, 2023 6:00 pm

The job cuts in big tech are piling up. Microsoft said it's laying off 10,000 employees and Amazon started a fresh round of job cuts in what's expected to become the largest workforce reduction in its 28-year history. It all follows recent layoffs by Twitter, Meta, Lyft and other tech companies. Roben Farzad joined Geoff Bennett to discuss the fears of a possible recession.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 154
Length: 60 minutes
Segment Length: 00:07:09
Format: News (live news only)
Air Dates: Wednesday February 1st, 2023 6:00 pm

Wednesday marks 20 years since the space shuttle Columbia disintegrated on its way home. The tragedy not only killed all seven astronauts on board but also was the beginning of the end for the space shuttle program and changed how we explore space now. Science correspondent Miles O'Brien spoke with retired astronaut and Senator Mark Kelly about the Columbia disaster.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:09:46
Format: News (live news only)
Air Dates: Thursday March 16th, 2023 6:00 pm

The Chinese parent company of TikTok says the Biden administration is pressuring it to sell to an American firm or face a national ban. Nick Schifrin reports on the national security concerns of the

hugely popular video app and Amna Nawaz discusses TikTok's future with Matt Perault of the University of North Carolina's Center on Technology Policy.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 190
Length: 60 minutes
Segment Length: 00:12:19
Format: News (live news only)
Air Dates: Thursday March 23rd, 2023 6:00 pm

TikTok is the fastest growing app on the planet with more than 150 million monthly users in the U.S. alone. But that popularity does not extend to Capitol Hill where its defenders are in the minority. Laura Barrón-López looks into the potential personal, political and international fallout should the government outlaw the platform.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 176
Length: 60 minutes
Format: Interview/Discussion/Review
Air Dates: Friday March 3rd, 2023 11:30 pm

Journalist James Lasdun reacts to the trial of Alex Murdaugh. Jixian Wang and Dasha Zakopaylo discuss what it's like on the ground in Odesa, Ukraine. Salah Hamwi discusses the humanitarian disaster in Yemen. WIRED Editor at Large Steven Levy explains the guardrails that may be necessary to keep AI chatbots in line.