

# KEET Quarterly Issues and Programs Report

*For October 1st 2023 through December 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:** PBS  
**Program Title:** First Civilizations  
**Episode Title:** Trade  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday October 13th, 2023 2:00 am

Examine an ancient civilization unlike any other, that of the Indus Valley. Rather than imposing order through war or religion, it relied on the free flow of trade. The exchange of goods promoted wealth, co-operation and trust.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 80  
**Length:** 60 minutes  
**Segment Length:** 00:07:11  
**Format:** News (live news only)  
**Air Dates:** Friday October 20th, 2023 6:00 pm

The man at the center of a major fraud trial in New York right now, Sam Bankman-Fried, is also the subject of a new book by the best-selling author Michael Lewis. Economics correspondent Paul Solman talked with him about "Going Infinite" and the reaction to a story that changed dramatically as he was writing it.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 84  
**Length:** 60 minutes  
**Segment Length:** 00:05:03  
**Format:** News (live news only)  
**Air Dates:** Thursday October 26th, 2023 6:00 pm

In our news wrap Thursday, the U.S. economy had a robust third quarter showing resilience despite inflation and recession fears, a strike by Canadian workers paralyzed the vital St. Lawrence Seaway linking the Great Lakes to the Atlantic, UAW workers started returning to work at Ford after nearly six weeks on strike and Hurricane Otis killed at least 27 people in Mexico.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 103  
**Length:** 60 minutes  
**Segment Length:** 00:07:01  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 22nd, 2023 6:00 pm

There's been some good news of late when it comes to inflation. Data from the federal government last week showed inflation eased through October. And according to the Farm Bureau, the average cost of a Thanksgiving dinner actually decreased slightly this year. But as special correspondent Fred de Sam Lazaro reports, stubbornly high food prices are still squeezing families this holiday season.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 118  
**Length:** 60 minutes  
**Segment Length:** 00:05:32  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 13th, 2023 6:00 pm

The Federal Reserve opted to leave interest rates unchanged, but Fed Chairman Jerome Powell suggested there may be as many as three rate cuts next year. Powell said rate hikes appear to be over for now and the economy is well positioned for a so-called "soft landing." Stephanie Sy discussed more with economist Julia Coronado of MacroPolicy Perspectives

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 124  
**Length:** 60 minutes  
**Segment Length:** 00:05:47  
**Format:** News (live news only)  
**Air Dates:** Thursday December 21st, 2023 6:00 pm

One of the world's top trading routes, the Suez Canal, is essentially closed for business to many shipping companies. That's because Houthi rebels in Yemen have been attacking ships in response to Israel's war in Gaza. It's a major route for oil and gas shipments so prices edged up this week. John Yang discusses the implications for international commerce with Ryan Petersen of Flexport.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 130  
**Length:** 60 minutes  
**Segment Length:** 00:05:56  
**Format:** News (live news only)  
**Air Dates:** Friday December 29th, 2023 6:00 pm

It was a year in which many experts got a lot of things wrong about the economy. Many economists believed the Fed's battle to tame inflation with interest rate hikes would trigger high unemployment and a recession. Instead, inflation was cut in half, the economy added more than 2.5 million jobs and the S&P 500 rose to near record highs. Geoff Bennett discussed more with Roben Farzad.

## Education

**Program Source:** PBS  
**Program Title:** Prehistoric Road Trip  
**Episode Title:** We Dig Dinosaurs  
**Length:** 60 minutes  
**Format:** Demonstration/Instructional  
**Air Dates:** Friday November 10th, 2023 1:00 am

Cruise with Emily into the Cretaceous, when astonishing creatures like T. rex dominated the planet. But what happened to these tremendous animals? And how did other life forms survive an apocalyptic asteroid crash into Earth 66 million years ago?

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 67  
**Length:** 60 minutes  
**Segment Length:** 00:14:34  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 3rd, 2023 6:00 pm

Former Secretary of State Hillary Clinton is now a professor of practice at Columbia University's School of International and Public Affairs. She's teaching alongside Dean Keren Yarhi-Milo, who said their focus is inspiring future foreign policy leaders and thinkers to collaborate around solving the world's most pressing problems. Geoff Bennett sat down with Clinton to discuss her new role.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 68  
**Length:** 60 minutes  
**Segment Length:** 00:06:51  
**Format:** News (live news only)  
**Air Dates:** Wednesday October 4th, 2023 6:00 pm

President Biden has been using existing, targeted programs to cancel student debt after the Supreme Court struck down his original plan in June. Wednesday, he announced another \$9 billion in forgiveness for 125,000 borrowers and the Education Department is also making another attempt at mass relief. John Yang discussed the latest with Danielle Douglas-Gabriel.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 74  
**Length:** 60 minutes  
**Segment Length:** 00:13:13  
**Format:** News (live news only)  
**Air Dates:** Thursday October 12th, 2023 6:00 pm

Since the attack by Hamas and Israel's ongoing response, there have been bitter debates on many college campuses over which side bears responsibility. This plays into already raging debates at many schools over free speech and academic freedom. Judy Woodruff visited four colleges to understand how this fits into the nation's political divide. It's part of her series, America at a Crossroads.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 77  
**Length:** 60 minutes  
**Segment Length:** 00:07:41  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 17th, 2023 6:00 pm

Students who are starting to apply to colleges for the coming year are the first class to deal with the impact of the Supreme Court's decision to overturn affirmative action. For many high school students, this annual rite of passage is now trickier than ever to navigate. Special correspondent Hari Sreenivasan takes a look for our higher education series, Rethinking College.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 81  
**Length:** 60 minutes  
**Segment Length:** 00:08:02  
**Format:** News (live news only)  
**Air Dates:** Monday October 23rd, 2023 6:00 pm

The attack by Hamas on Israeli civilians two weeks ago and the subsequent bombardment of Gaza by Israel has roiled college and university campuses across the country. Jeffrey Brown reports on how protests, backlashes and debates around free speech are reverberating on campus.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 87  
**Length:** 60 minutes  
**Segment Length:** 00:09:11  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 31st, 2023 6:00 pm

West Virginia University made headlines in the world of higher education this year when it announced it was making major cuts to some academic programs and faculty. There's concern about whether other public universities may follow suit. Special correspondent Hari Sreenivasan has reports for our series, Rethinking College.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 92  
**Length:** 60 minutes  
**Segment Length:** 00:06:52  
**Format:** News (live news only)  
**Air Dates:** Tuesday November 7th, 2023 6:00 pm

There are no fancy dorms or stadiums at Berea College. There, each student receives free tuition and works throughout their four years, receiving a small salary that goes toward room and board. As part of our Rethinking College series, special correspondent Hari Sreenivasan reports from Kentucky on how a college can operate without passing the cost on to students or families.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 98  
**Length:** 60 minutes  
**Segment Length:** 00:10:21  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 15th, 2023 6:00 pm

Higher education is facing a mental health crisis. Yale settled a lawsuit following the death of a student by suicide in 2021 and will allow students flexibility to take lighter course loads and keep their healthcare while on medical leave. Geoff Bennett discussed more with Dr. Jessi Gold for our reporting on Early Warnings: America's Youth Mental Health Crisis and our series, Rethinking College.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 116  
**Length:** 60 minutes  
**Segment Length:** 00:06:24  
**Format:** News (live news only)  
**Air Dates:** Monday December 11th, 2023 6:00 pm

The president of Harvard University remains in her job, but there's been heavy debate about whether she should be allowed to stay. It all comes in response to how three high-profile university presidents spoke during a tense congressional hearing about antisemitism on some campuses. Laura Barrón-López reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 121  
**Length:** 60 minutes  
**Segment Length:** 00:05:34  
**Format:** News (live news only)  
**Air Dates:** Monday December 18th, 2023 6:00 pm

Across the country, more school districts are making the change to a four-day school week. NewsHour Communities Correspondent Gabrielle Hays traveled to one of those districts in Missouri to see how teachers and parents are adjusting.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 114  
**Length:** 60 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday December 7th, 2023 11:00 pm

Higher education has become a flashpoint in the American culture wars and a prime target for government downsizers. So it was no surprise when West Virginia University announced plans to slash majors and cut courses as a budgetary measure. The Atlantic writer Michael Powell joins the show to discuss his latest article, "What happens when a poor state guts its public university?"

## Environmental

**Program Source:** NETA  
**Program Title:** Ecosense for Living  
**Episode Title:** Saving Half The Earth  
**Length:** 30 minutes  
**Air Dates:** Thursday November 16th, 2023 2:00 pm

The E.O. Wilson Foundation continues to lead the movement to preserve half the earth's biodiversity. How are they applying Dr. Wilson's philosophy to identify biodiverse hot spots? One of E.O. Wilson's proteges, Ben Raines, shows us why the Mobile River basin has earned the title "America's Amazon." In middle Georgia, the Ocmulgee lands could be a model for how a national park embraces the influence of the indigenous people whose history predates ancient Egyptian pyramids and whose lives are still tied to their original homelands there.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Ice  
**Length:** 60 minutes  
**Air Dates:** Sunday October 1st, 2023 2:00 am  
Tuesday October 3rd, 2023 4:00 pm

At the planet's frozen extremes, shifts in animal movement and behavior reveal vital information about our future world. Examine polar bears in the Arctic, penguins in Antarctica and other animals wandering on icy islands.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Grasslands  
**Length:** 60 minutes  
**Air Dates:** Wednesday October 4th, 2023 10:00 pm  
Thursday October 5th, 2023 2:00 am  
Friday October 6th, 2023 3:00 am  
Sunday October 8th, 2023 2:00 am  
Tuesday October 10th, 2023 4:00 pm

Grasslands are one of the planet's most important, yet most overlooked habitats. Follow scientists as they discover animal species with the power to transform and restore our grasslands, turning them into carbon sinks that could slow climate change.

**Program Source:** PBS  
**Program Title:** Great Polar Bear Feast; The  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 6th, 2023 10:00 pm  
Thursday December 7th, 2023 2:00 am  
Friday December 8th, 2023 3:00 am  
Sunday December 10th, 2023 2:00 am  
Tuesday December 12th, 2023 4:00 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:** Great Yellowstone Thaw  
**Episode Title:** Episode 1  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 13th, 2023 10:00 pm  
Thursday December 14th, 2023 2:00 am  
Friday December 15th, 2023 3:00 am  
Sunday December 17th, 2023 2:00 am  
Tuesday December 19th, 2023 4:00 pm

A Yellowstone winter is a brutal one. With temperatures that plunge down to minus 40 degrees Fahrenheit the wildlife has to find strategies to survive. Some animals leave, some hide and some tough it out. Grizzlies hunker down and hibernate, but this winter the temperatures have been erratic and some bears are emerging early. Finding food is a huge challenge, but our camera crews follow one male who's lucky enough to hit the jackpot and find a bison that's been released from its icy tomb down in the valley. But he has to hang onto it whilst the scavengers hassle him. Great Gray owls suffer as their prey hides under an icy layer of snow that proves almost impossible to break through. Will this lack of food affect their mating and ability to raise a family in the Spring? Cameraman Jeff Hogan is following them to find out. And top wolf biologist Doug Smith explains why he's concerned about the number one predator. With a winter that's had less snow than usual it's favored the prey and the wolves are starving hungry. Host Kirk Johnson who's the Sant Director of the National Museum of Natural History in Washington, visits this unique wilderness to unravel the story of this particular winter in Yellowstone.

**Program Source:** PBS  
**Program Title:** Great Yellowstone Thaw  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 20th, 2023 10:00 pm  
Thursday December 21st, 2023 2:00 am  
Friday December 22nd, 2023 3:00 am  
Sunday December 24th, 2023 2:00 am  
Tuesday December 26th, 2023 4:00 pm

Our cameras continue to follow the wildlife dramas in Yellowstone, and Spring brings many new challenges. Whilst the brutal cold temperatures and deep snow of winter have gone, the weather is still erratic and there's the impending danger of the Thaw. When temperatures are high enough to melt the snowpack, millions of tonnes of water will cascade down the mountain, bulldozing everything in its path. Wildlife cameraman Jeff Hogan discovers a nest of Great Gray owls. There are three chicks, but one is a runt, significantly smaller than its siblings and at risk of starvation. And when the worst storms for years hit the Beartooth Mountains, Jeff wonders whether it can hang on. Down on the Snake River the family of beavers is busy making the most of the Spring vegetation. Infra

red cameras give Jeff and host Kirk Johnson a secret view of life inside the lodge, as the beavers squabble over food. Kirk also dons a dry suit to head underwater to admire the engineering skills of these rodents. Massive boulders and branches are there to strengthen their dams, but will they be enough to withstand the Thaw. When the torrent of water begins to hit, Kirk joins a hydrologist to help measure the water flow in the rivers and work out how this year's weather has affected the Thaw. And bear expert Casey Anderson follows a mother grizzly and her cubs - and explains that the biggest dangers come not from other predators, but surprisingly from their own kind.

**Program Source:** PBS  
**Program Title:** Great Yellowstone Thaw  
**Episode Title:** Episode 3  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 27th, 2023 10:00 pm  
Thursday December 28th, 2023 2:00 am  
Friday December 29th, 2023 3:00 am  
Sunday December 31st, 2023 2:00 am

See how the soaring summer temperatures affect the Yellowstone ecosystem. When a major fire breaks out in the Beartooths, a team scrambles to see if the great gray owl family has survived. How is one particular wolf pack feeding its 11 pups?

**Program Source:** PBS  
**Program Title:** Ireland's Wild Coast  
**Episode Title:** Episode 1  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Monday October 23rd, 2023 5:00 am

Follow a unique, personal journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special. Emmy Award-winning wildlife cameraman, Colin Stafford-Johnson, takes viewers on an authored odyssey along Ireland's rugged Atlantic coast.

**Program Source:** PBS  
**Program Title:** Ireland's Wild Coast  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Saturday October 28th, 2023 3:00 am

Follow a unique, personal journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special. Emmy Award-winning wildlife cameraman, Colin Stafford-Johnson, takes viewers on an authored odyssey along Ireland's rugged Atlantic coast.

**Program Source:** PBS  
**Program Title:** Islands of Wonder  
**Episode Title:** Madagascar  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Sunday December 3rd, 2023 1:00 am

The 3-part ISLANDS OF WONDER series takes viewers on a journey to the most exotic, mysterious and remote islands on Planet Earth: Madagascar, Borneo and Hawaii. These isolated and iconic tropical



islands are home to remarkable wildlife and human castaways found nowhere else on earth. The fragile islands also serve as a vital gauge for the planet's health.

**Program Source:** PBS  
**Program Title:** Kingdoms of the Sky  
**Episode Title:** Andes  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday December 3rd, 2023 2:00 am

Experience the astonishing natural life found in the world's longest mountain range, where pumas hunt guanaco, shape-shifting frogs hide in remote cloud forests and descendants of the Inca build bridges of grass.

**Program Source:** PBS  
**Program Title:** Life From Above  
**Episode Title:** Colorful Planet  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday November 11th, 2023 3:00 am

See new footage of the greatest, most beautiful and powerful colors on our planet.

**Program Source:** PBS  
**Program Title:** Life From Above  
**Episode Title:** Patterned Planet  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday November 18th, 2023 3:00 am

See new footage of the greatest, most beautiful and powerful patterns on our planet.

**Program Source:** PBS  
**Program Title:** Life From Above  
**Episode Title:** Changing Planet  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Saturday November 25th, 2023 3:00 am

Take a fresh look at our fragile planet and see just how much it's changing. Cameras in space show growing cities, disappearing forests and melting glaciers, but one country regenerated a landscape and helped save a chimpanzee family.

**Program Source:** PBS  
**Program Title:** Magical Land of Oz  
**Episode Title:** Land  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Thursday October 26th, 2023 3:00 am

An exploration of one of the most magical lands on the planet. Its unique wildlife includes a tree-dwelling kangaroo, a spider that survives underwater and a bird that spreads fire.

**Program Source:** PBS  
**Program Title:** Magical Land of Oz  
**Episode Title:** Ocean  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday October 27th, 2023 1:00 am

In this episode we see why marine species are drawn to the coasts of Australia and discover that the country's three surrounding oceans - the Southern Sea, the Pacific and The Indian Ocean create a unique environment for ocean voyagers of all types. In the clean waters of Pearson Island off South Australia Sealions, once a rare sight are now protected from hunting and are thriving. Meanwhile in the shallows of Spencer Gulf, June is the time for a midwinter gathering of spectacularly colourful giant cuttlefish who battle for mates. The cold Southern Ocean also brings humpback whales from Antarctica to give birth and triggers the breath-taking spectacle of thousands of Australian spider crabs, the largest crustaceans in the world, congregating under the piers of Port Philip Bay to moult. It's a grisly time as the first to reveal their soft shells are cannibalised by their neighbours. Still, there's safety in numbers as bigger predators, smooth stingrays, sweep over the congregation sucking them from the seabed.

**Program Source:** PBS  
**Program Title:** Magical Land of Oz  
**Episode Title:** Human  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday October 27th, 2023 2:00 am

Despite Australia's relatively small population, the human impact on wildlife has been dramatic. In this episode we meet Australia's natural history success stories and those being left behind as the continent undergoes rapid change.

**Program Source:** PBS  
**Program Title:** Native America  
**Episode Title:** Nature to Nations  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday October 18th, 2023 5:00 am

Explore the rise of great American nations. Investigate lost cities in Mexico, a temple in Peru, a potlatch ceremony in the Pacific Northwest and a tapestry of shell beads in upstate New York whose story inspired our own democracy.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Operation Lighthouse Rescue  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Sunday October 1st, 2023 12:00 am  
Tuesday October 3rd, 2023 3:00 pm

The Gay Head Lighthouse, a historic landmark perched high on the cliffs of Martha's Vineyard, is soon to become the next victim of the ocean's relentless erosion of the island's cliffs. Join engineers as they race to rescue this national treasure.

**Program Source:** PBS  
**Program Title:** Outback  
**Episode Title:** The Kimberley Comes Alive  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday November 3rd, 2023 1:00 am

Meet the diverse humans and creatures who inhabit the Kimberley region, a stunning Western Australia landscape that boasts some of the toughest characters and most spectacular wilderness in existence.

**Program Source:** PBS  
**Program Title:** Outback  
**Episode Title:** The Dry Season  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday November 3rd, 2023 2:00 am

Watch the Outback come to life during the dry season, as turtles lay their eggs, cattle are prepared for rodeos, elite athletes dive for pearls and the mother to marsupials sets her babies free.

**Program Source:** PBS  
**Program Title:** Outback  
**Episode Title:** Return of the Wet  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday November 4th, 2023 4:00 am

Watch as the Outback skies explode with thunder and rain, breaking the stifling heat, bringing relief to the animals and people, and beginning a new season in this ancient land.

**Program Source:** PBS  
**Program Title:** Prehistoric Road Trip  
**Episode Title:** Welcome to Fossil Country  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday November 9th, 2023 3:00 am

Travel with Emily through billions of years of Earth's history to meet some of its earliest life forms, from primitive bacteria to giant reptiles and many surprising creatures in between.

**Program Source:** PBS  
**Program Title:** Rivers of Life  
**Episode Title:** The Mississippi  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Monday December 4th, 2023 5:00 am

The Mississippi reaches far beyond the Deep South. Its fingers stretch into nearly half of the USA, from frozen waterfalls and coyotes fishing in the far north, through lakes crammed with tens of thousands of pelicans, to time-travelling grain barges and steamy southern swamps where alligators rule -the many faces of one river which unites an incredible nation.

**Program Source:** PBS  
**Program Title:** SuperNature - Wild Flyers  
**Episode Title:** Defying Gravity  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Thursday December 14th, 2023 3:00 am

Explore the basic principles of flight to see how animals become airborne in the first place. From leapers to gliders and those that effortlessly fly for hours, each creature has special techniques. But all must overcome a powerful force – gravity. Miniseries: Explore the wonder and science of one of nature’s greatest innovations – the power of flight. Cutting-edge camera technology and computer-generated graphics help explain airborne animals’ remarkable powers and how they work.

**Program Source:** PBS  
**Program Title:** SuperNature - Wild Flyers  
**Episode Title:** Masters of the Sky  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Friday December 15th, 2023 1:00 am

Many animals take to the skies for a split second, but to stay there, the planet’s strongest flyers push the laws of physics to the limit. Explore the extremes of true flight: power, acceleration, top speed, maneuverability and endurance.

**Program Source:** PBS  
**Program Title:** SuperNature - Wild Flyers  
**Episode Title:** Crowded Skies  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Friday December 15th, 2023 2:00 am

The sky is a crowded world where mammals, birds and insects hunt, escape, mate, defend territory, sleep and even die on the wing. Survival up there depends not just on beating gravity or mastering flight, but also out-flying the competition.

**Program Source:** PBS  
**Program Title:** The Age of Nature  
**Episode Title:** Awakening  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Saturday December 9th, 2023 3:00 am

Our awareness of Nature is growing. As we discover its role in our modern world and realize its true value, action is being taken to protect and restore it. This story is told by inspiring contributors who reveal the awakening of a new era.

**Program Source:** PBS  
**Program Title:** The Age of Nature  
**Episode Title:** Understanding  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday December 9th, 2023 4:00 am

Explore how a new understanding of nature is helping us find surprising ways to fix it. From the Pacific Northwest to Yellowstone to Scotland, scientists, citizens and activists are restoring the environment, benefiting humans and animals alike.

**Program Source:** PBS  
**Program Title:** The Age of Nature  
**Episode Title:** Changing  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday December 10th, 2023 3:00 am

Discover why restoring nature might be our best tool to slow global warming. From Borneo to Antarctica, the resilience of the planet is helping us find solutions to cope and even mitigate climate change, providing hope for a more positive future.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Maine: Embrace the Cold  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 11th, 2023 8:00 pm  
Friday October 13th, 2023 4:00 am  
Sunday October 15th, 2023 1:00 am  
Wednesday October 18th, 2023 3:00 pm

With its magnificent coastline and densely wooded interior, Maine is a place where outdoor adventure has a long history, and people are so committed to their outdoor passions that even the brutal winters can't deter them.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Oregon: New Heights  
**Length:** 60 minutes  
**Segment Length:** 00:53:03  
**Format:** Other  
**Air Dates:** Sunday October 1st, 2023 1:00 am  
Wednesday October 4th, 2023 3:00 pm

Oregon is known for its wild coastline and misty forests, but it's a place where a few hours in your car can take you from the coast to the high desert or the Cascade mountains. Embracing this incredible variety, Baratunde embraces forest bathing, goes spearfishing to discover underwater kelp forests, rides along with cowboys on the cutting edge of sustainable ranching and rollerblades through Portland.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Utah: Choose Your Path  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 4th, 2023 8:00 pm  
Friday October 6th, 2023 4:00 am  
Sunday October 8th, 2023 1:00 am  
Wednesday October 11th, 2023 3:00 pm

From paragliding over the Great Salt Lake to canyon climbing to discovering the science behind nature's healing powers, Baratunde journeys west to find out what modern day pilgrims are seeking in Utah's outdoor spaces.

**Program Source:** PBS-NPS  
**Program Title:** Europe's New Wild  
**Episode Title:** The Land of the Snow and Ice  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday October 15th, 2023 3:00 am

In Lapland, natives and conservation groups work to save an age-old reindeer migration and restore an entire ecosystem in the process. Now, Lapland is witnessing wildlife spectacles return to the land of ice and snow.

**Program Source:** PBS-NPS  
**Program Title:** Europe's New Wild  
**Episode Title:** Europe's Amazon  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday October 15th, 2023 4:00 am

See how the precious habitats of the Danube Delta depend on a healthy river to continue growing. The Danube is Europe's largest preserved wetland, but many of the species that call it home are the last of their kind.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Ice  
**Length:** 60 minutes  
**Segment Length:** 00:55:25  
**Format:** Documentary  
**Air Dates:** Sunday October 1st, 2023 2:00 am  
Tuesday October 3rd, 2023 4:00 pm

At the planet's frozen extremes, shifts in animal movement and behavior reveal vital information about our future world. Examine polar bears in the Arctic, penguins in Antarctica and other animals wandering on icy islands.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Grasslands  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 4th, 2023 10:00 pm  
Thursday October 5th, 2023 2:00 am  
Friday October 6th, 2023 3:00 am  
Sunday October 8th, 2023 2:00 am  
Tuesday October 10th, 2023 4:00 pm

Grasslands are one of the planet's most important, yet most overlooked habitats. Follow scientists as they discover animal species with the power to transform and restore our grasslands, turning them into carbon sinks that could slow climate change.

**Program Source:** PBS-NPS  
**Program Title:** Firing Line with Margaret Hoover  
**Episode Title:** Baratunde Thurston  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Saturday December 30th, 2023 12:30 am  
Sunday December 31st, 2023 5:30 am  
Sunday December 31st, 2023 11:30 am

Writer, activist, comedian and "America Outdoors" host Baratunde Thurston discusses how nature can bridge divides and help heal the nation. He explains why he uses humor to tackle tough topics like race and politics, and weighs in on A.I. and 2024.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** Santa's Wild Home  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 20th, 2023 8:00 pm  
Friday December 22nd, 2023 4:00 am  
Sunday December 24th, 2023 1:00 am  
Wednesday December 27th, 2023 3:00 pm

Get an intimate look into life in Lapland, fabled land of Santa Claus and actual home of tenacious wildlife such as reindeer, wolverines, Brown bears and more.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** Penguins: Meet the Family  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 27th, 2023 8:00 pm  
Friday December 29th, 2023 4:00 am  
Sunday December 31st, 2023 1:00 am

A unique celebration of one of Earth's most iconic and beloved birds, featuring all 18 species of penguins for the first time, from New Zealand, Cape Town, the Galapagos Islands and Antarctica. Witness the perils penguins face for survival, from rock climbing to extreme temperatures to predators. Meet the penguins that seem out of place, making their living in dense forests, desert islands and even city streets. Watch how these creatures parent and form lifelong bonds. Discover how scientists identified 37 new colonies of Emperor penguins in Antarctica without even traveling to the continent. Experience penguins' heart-warming family dynamics, like chicks bonding with their fathers, alongside astonishing adaptations and behaviors unique to these aquatic birds.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** American Arctic  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 6th, 2023 8:00 pm  
Friday December 8th, 2023 4:00 am  
Sunday December 10th, 2023 1:00 am  
Wednesday December 13th, 2023 3:00 pm

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:** Canada: Surviving the Wild North  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 13th, 2023 8:00 pm  
Friday December 15th, 2023 4:00 am  
Sunday December 17th, 2023 1:00 am  
Wednesday December 20th, 2023 3:00 pm

Journey from Canada's high arctic to boreal forest and discover how polar bears, coastal wolves, lynx and more survive in the North. Timing and seizing opportunity can mean the difference between life and death in this wild and rugged outpost.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** The Platypus Guardian  
**Length:** 60 minutes  
**Segment Length:** 00:53:10  
**Format:** Documentary  
**Air Dates:** Wednesday October 18th, 2023 8:00 pm  
Friday October 20th, 2023 4:00 am  
Sunday October 22nd, 2023 1:00 am  
Wednesday October 25th, 2023 3:00 pm

Witness the story of Pete Walsh, a Tasmanian man who befriends a platypus he names Zoom. With the help of experts, Pete learns more about the platypus's secret world in a mission to protect them from the dangers of urban development.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ancient Earth: Frozen  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 11th, 2023 9:00 pm  
Thursday October 12th, 2023 1:00 am  
Friday October 13th, 2023 5:00 am  
Sunday October 15th, 2023 12:00 am  
Tuesday October 17th, 2023 3:00 pm

700 million years ago, Earth was a giant snowball cloaked in ice from pole to pole. How did life manage to hold on through this deadly deep freeze, find creative ways to bounce back, and thrive in the dramatically different world that emerged?

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ancient Earth: Life Rising  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 18th, 2023 9:00 pm  
Thursday October 19th, 2023 1:00 am  
Friday October 20th, 2023 5:00 am  
Sunday October 22nd, 2023 12:00 am  
Tuesday October 24th, 2023 3:00 pm

For billions of years, life teemed in Earth's oceans while the land was desolate and inhospitable. See how life made the leap to land, transforming a barren, rocky landscape into the lush, green world we call home.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ancient Earth: Inferno  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 25th, 2023 9:00 pm  
Thursday October 26th, 2023 1:00 am  
Friday October 27th, 2023 5:00 am  
Sunday October 29th, 2023 12:00 am  
Tuesday October 31st, 2023 3:00 pm

252 million years ago, a devastating mass extinction wiped out about 90% of all species on Earth. Follow scientists as they piece together evidence to discover how life survived and set the stage for a new dominant life form: the dinosaurs.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ancient Earth: Humans  
**Length:** 60 minutes  
**Segment Length:** 00:52:01  
**Format:** Documentary  
**Air Dates:** Wednesday November 1st, 2023 9:00 pm  
Thursday November 2nd, 2023 1:00 am  
Friday November 3rd, 2023 5:00 am  
Sunday November 5th, 2023 12:00 am  
Tuesday November 7th, 2023 3:00 pm

The story of Earth can only be told because now, 4.5 billion years into its existence, a technological and self-aware animal species roams its surface, able to study the very planet that gave rise to it. But how exactly did Earth give rise to humans? Through stunningly realistic animation, witness the cataclysmic asteroid strike that wiped out the dinosaurs, the tumultuous changing climates that allowed early primates to spread across the planet, and the geologic events that created the conditions for the evolution of an animal that walks upright on two legs. Explore the power and paradox of humanity's profound impact on our planet, and ponder the question of how we may shape its future.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 71  
**Length:** 60 minutes  
**Segment Length:** 00:05:41  
**Format:** News (live news only)  
**Air Dates:** Monday October 9th, 2023 6:00 pm

In our news wrap Monday, people across western Afghanistan struggled for a third day to find survivors after a catastrophic earthquake, former House Speaker Kevin McCarthy now says he'd serve in that post again if his fellow Republicans want him and Robert F. Kennedy Jr. announced he's ending his bid for the Democratic nomination and will run as an independent.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 73  
**Length:** 60 minutes  
**Segment Length:** 00:03:11  
**Format:** News (live news only)  
**Air Dates:** Wednesday October 11th, 2023 6:00 pm

In our news wrap Wednesday, a strong new earthquake rocked the same parts of western Afghanistan that are reeling from Saturday's deadly tremor, Hurricane Lidia largely dissipated after striking Mexico's Pacific coast overnight and there's more data that students in the nation's high schools are falling behind with ACT scores at the lowest level in more than 30 years.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 89  
**Length:** 60 minutes  
**Segment Length:** 00:04:28  
**Format:** News (live news only)  
**Air Dates:** Thursday November 2nd, 2023 6:00 pm

In our news wrap Thursday, an extreme storm hit western Europe claiming at least seven lives and leaving millions without power, former President Trump's adult sons denied knowing about financial documents at the heart of a civil fraud trial, the U.S. is targeting Russia's war effort in Ukraine with new sanctions aimed at enablers and chaos deepened along Pakistan's border with Afghanistan.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 94  
**Length:** 60 minutes  
**Segment Length:** 00:09:00  
**Format:** News (live news only)  
**Air Dates:** Thursday November 9th, 2023 6:00 pm

As the planet warms scientists say natural disasters are becoming more destructive and more frequent, and the data shows certain communities are hit harder than others. Judy Woodruff reports from Florida on the disproportionate impact on people with disabilities as part of our series, "Disability Reframed."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 97  
**Length:** 60 minutes  
**Segment Length:** 00:05:12  
**Format:** News (live news only)  
**Air Dates:** Tuesday November 14th, 2023 6:00 pm

The National Climate Assessment shows America is warming faster than the global average with climate change impacting nearly every facet of life. It found extreme weather events now cost the U.S. roughly \$150 billion per year. Amna Nawaz discussed the report with Katharine Hayhoe, chief scientist of the Nature Conservancy and distinguished professor at Texas Tech University.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 100  
**Length:** 60 minutes  
**Segment Length:** 00:08:27  
**Format:** News (live news only)  
**Air Dates:** Friday November 17th, 2023 6:00 pm

The deadly wildfires that tore through Maui destroyed thousands of structures and killed 100 people. But as William Brangham reports, they also reignited a long-simmering concern among Native Hawaiians over who controls one of their most precious natural resources, water.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 102  
**Length:** 60 minutes  
**Segment Length:** 00:08:12  
**Format:** News (live news only)  
**Air Dates:** Tuesday November 21st, 2023 6:00 pm

The number of households where children are raised by grandparents is rising in lower and middle-income countries. Parents have moved away for opportunities as agricultural jobs no longer provide a reliable income due to climate change. Fred de Sam Lazaro reports for the series, Agents for Change, produced in partnership with the Under-Told Stories Project at the University of St. Thomas.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 104  
**Length:** 60 minutes  
**Segment Length:** 00:08:03  
**Format:** News (live news only)  
**Air Dates:** Thursday November 23rd, 2023 6:00 pm

Last year, the U.S. exported more than 950 million tons of plastic waste meant for recycling and a significant portion of that ended up in Southeast Asia. The region has been inundated with plastic scrap after China blocked all but the cleanest plastic waste imports in 2018. Special correspondent Fred de Sam Lazaro reports on how Thailand is dealing with the problem of plastic.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 108  
**Length:** 60 minutes  
**Segment Length:** 00:07:45  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 29th, 2023 6:00 pm

Coastal cities in Southeast Asia, including Bangkok, Jakarta and Manila, face a mutually risky future: they're sinking as sea levels around them are rising. Fred de Sam Lazaro reports from Thailand, in partnership with the Under-Told Stories Project at the University of St. Thomas in Minnesota.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 111  
**Length:** 60 minutes  
**Segment Length:** 00:07:34  
**Format:** News (live news only)  
**Air Dates:** Monday December 4th, 2023 6:00 pm

One of the big announcements at the UN climate conference this weekend in Dubai was a pledge by more than 110 countries to triple the amount of renewable energy they are generating by 2030. That work is already underway in a rather unlikely place. William Brangham reports in collaboration with the Global Health Reporting Center and with support from the Pulitzer Center.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 117  
**Length:** 60 minutes  
**Segment Length:** 00:06:14  
**Format:** News (live news only)  
**Air Dates:** Tuesday December 12th, 2023 6:00 pm

As the COP28 climate conference comes to a close, countries are racing against the clock. More than 100 nations are pushing for a firm commitment to stop the use of coal, oil and gas after earlier drafts advocated for eventually phasing out fossil fuels. Geoff Bennett discussed more with Michael Mann, one of the climate experts critical of what's happened at the summit.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 122  
**Length:** 60 minutes  
**Segment Length:** 00:04:55  
**Format:** News (live news only)  
**Air Dates:** Tuesday December 19th, 2023 6:00 pm

Iceland appears to have so far escaped the worst-case scenario after a volcano erupted overnight about 50 miles from the capital Reykjavik. The lava flow is moving away from important infrastructure, including a fishing port where 4,000 people had been moved waiting for just this moment. Special correspondent Malcolm Brabant reports.

**Program Source:** PBS-NPS  
**Program Title:** Spy in the Ocean, A Nature Miniseries  
**Episode Title:** Deep Feelings  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday November 1st, 2023 8:00 pm  
Friday November 3rd, 2023 4:00 am  
Sunday November 5th, 2023 1:00 am  
Sunday November 5th, 2023 2:00 am  
Wednesday November 8th, 2023 3:00 pm

Spy creatures explore animal emotions and the deep feelings we share. With surfing dolphins, kissing manatees and sensitive cuttlefish, witness the emotional rollercoaster of life in the sea.

**Program Source:** PBS-NPS  
**Program Title:** Spy in the Ocean, A Nature Miniseries  
**Episode Title:** Deep Trouble  
**Length:** 60 minutes  
**Segment Length:** 00:53:10  
**Format:** Documentary  
**Air Dates:** Wednesday November 15th, 2023 8:00 pm  
Friday November 17th, 2023 4:00 am  
Sunday November 19th, 2023 1:00 am  
Wednesday November 22nd, 2023 3:00 pm

Spy creatures showcase the challenges of ocean life. From a baby whale in danger and marine iguanas battling storms, to a mantis shrimp's knockout punch, the spies are never far from trouble.

**Program Source:** PBS-NPS  
**Program Title:** The Earthshot Prize 2023  
**Length:** 60 minutes  
**Segment Length:** 01:58:56  
**Format:** Event Coverage  
**Air Dates:** Sunday November 12th, 2023 4:00 pm  
Friday November 24th, 2023 4:00 am

Founded by Prince William in 2020, The Earthshot Prize aims to discover and help scale the world's most innovative climate and environmental solutions to protect and restore our planet. A star-studded awards ceremony, filming in Singapore on November 7, celebrates this year's fifteen finalists before awarding the five winners of The Earthshot Prize.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 110  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday December 1st, 2023 11:00 pm

Former White House national climate adviser Gina McCarthy on the importance of this year's COP. Correspondent Oren Liebermann reports on the Israel Gaza conflict from Tel Aviv. Azam Ahmed on his new book "Fear Is Just a Word." Reed Abelson and Jordan Rau on their New York Times series, "Dying Broke." 18-year-old banjo virtuoso Nora Brown on her latest EP, "Lady of the Lake."

**Program Source:** PBS-PLUS  
**Program Title:** Battle Over Bears Ears  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday November 22nd, 2023 4:00 pm

At its heart, it's a battle for homeland and sovereignty. Bears Ears, a remote section of land lined with red cliffs and filled with juniper, sage, is at the center of a fight over who has a say in how Western landscapes are protected and managed.

## Health Care

**Program Source:** KEET  
**Program Title:** Addicts Among Us  
**Length:** 60 minutes  
**Air Dates:** Wednesday October 25th, 2023 4:00 pm  
Saturday October 28th, 2023 2:00 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:** 402  
**Length:** 30 minutes  
**Air Dates:** Friday October 13th, 2023 7:00 pm  
Sunday October 15th, 2023 1:30 pm

Is this the end of the road for Dell'Arte? Toby Fuemmeler and Julie Douglas join us to talk about the financial woes that have caused mass layoffs and potentially the closure of this revered artistic institution after 50 years. Also, new mental health laws will make it easier for families to have their mentally ill relatives put into treatment, involuntarily.

**Program Source:** KEET  
**Program Title:** Headline Humboldt  
**Episode Number:** 403  
**Length:** 30 minutes  
**Air Dates:** Friday October 20th, 2023 7:00 pm  
Sunday October 22nd, 2023 1:30 pm

Lea Nagy from NAMI Humboldt and Jacob Rosen (Mental Health Clinician - City of Eureka) describe how new legislative changes to state mental health laws will make it easier for family members to put their loved ones in treatment, and how this change won't necessarily put people's rights at risk. Also, the Eureka City Council this week voted to put the Housing for All and Downtown Revitalization initiative in front of voters in November, even as several council members expressed serious concern about its impact on the city's plans to provide more affordable housing.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Shoulder Strengthening  
**Length:** 30 minutes  
**Air Dates:** Monday October 2nd, 2023 6:00 am

This full-body episode of Classical Stretch strengthens every muscle in your body while targeting your shoulders. Join Miranda-Esmonde white for a full-body workout in front of the beautiful Caribbean sea.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Full Leg Toning  
**Length:** 30 minutes  
**Air Dates:** Wednesday October 4th, 2023 6:00 am

This episode of Classical Stretch strengthens and tones every muscle group in your legs, leaving them stronger, leaner, and more defined. Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Body Shaping  
**Length:** 30 minutes  
**Air Dates:** Friday October 6th, 2023 6:00 am

Join Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classical Stretch shapes every muscle in your body leaving you with more definition and tone.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Quad Flexibility  
**Length:** 30 minutes  
**Air Dates:** Monday October 9th, 2023 6:00 am

Your quad muscles in the front of your thighs are one of the largest muscles in your entire body - this is why keeping them strong and flexible is so important to full body health. Join Miranda Esmonde-White for a Classical Stretch workout that focuses on strengthening and stretching the quad muscles.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1301  
**Length:** 30 minutes  
**Air Dates:** Wednesday October 11th, 2023 6:00 am

Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible



**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1302  
**Length:** 30 minutes  
**Air Dates:** Friday October 13th, 2023 6:00 am

Join Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside workout will rebalance your full body and strengthen your posture. By loosening, lengthening, and liberating your spine you will feel greater mobility between your vertebrae. This increased range of motion will allow you to go deeper into the strengthening exercises.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1303  
**Length:** 30 minutes  
**Air Dates:** Monday October 16th, 2023 6:00 am

Strengthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at the Cambridge Beaches Resort & Spa, this powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1304  
**Length:** 30 minutes  
**Air Dates:** Wednesday October 18th, 2023 6:00 am

Join Miranda in beautiful Bermuda! In this standing & barre workout you'll be led through a series of large, complex movements that will challenge your balance, strengthen your full body, and stimulate your brain's neurons and synapses! In this episode you will strengthen your body and activate your brain!

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1305  
**Length:** 30 minutes  
**Air Dates:** Friday October 20th, 2023 6:00 am

Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1306  
**Length:** 30 minutes  
**Air Dates:** Monday October 23rd, 2023 6:00 am

In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1307  
**Length:** 30 minutes  
**Air Dates:** Wednesday October 25th, 2023 6:00 am

Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1308  
**Length:** 30 minutes  
**Air Dates:** Friday October 27th, 2023 6:00 am

Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1309  
**Length:** 30 minutes  
**Air Dates:** Monday October 30th, 2023 6:00 am

Enjoy the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & barre workout. Miranda Esmonde-White believes that you can strengthen and tone your legs without causing injuries; that's why she has created this intermediate workout designed to activate and strengthen the muscles of your legs in a safe and balanced way.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1310  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 1st, 2023 6:00 am

Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strong, healthy hips.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1311  
**Length:** 30 minutes  
**Air Dates:** Friday November 3rd, 2023 6:00 am

Full body strength and flexibility is vital in maintaining your balance, mobility, and staying out of pain. This advanced, full-body workout is designed to challenge and improve your balance by strengthening your core and full body. Join Miranda Esmonde-White in Bermuda for this standing & barre workout!

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1312  
**Length:** 30 minutes  
**Air Dates:** Monday November 6th, 2023 6:00 am

The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping your torso corseted, back upright, and spine in good posture. This is why having a strong and flexible core is essential to looking and feeling young. This intermediate workout is designed to strengthen the core and open the chest and pectorals - leaving you with improved posture.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1313  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 8th, 2023 6:00 am

Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1314  
**Length:** 30 minutes  
**Air Dates:** Friday November 10th, 2023 6:00 am

This advanced, body shaping workout will tone and strengthen your arms, abs, core, waist, and legs. Join Miranda Esmonde-White in the breathtaking Bermuda for this full-body standing workout that will liberate your joints and connective tissue while simultaneously strengthening your entire body.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1315  
**Length:** 30 minutes  
**Air Dates:** Monday November 13th, 2023 6:00 am

Your connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fiber which connects each and every part of your body. This is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and pain free body. By working your full body in this all-standing, beginner workout you will liberate each and every layer of connective tissue. Allowing you to move more freely and without pain.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1316  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 15th, 2023 6:00 am

Join Miranda along the stunning Bermuda coastline for an advanced, standing & floor workout that will improve your agility. By activating the muscle cells in your legs and full body this workout will leave you feeling invigorated, strong, and ready to take on your day.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1317  
**Length:** 30 minutes  
**Air Dates:** Friday November 17th, 2023 6:00 am

Strength & suppleness throughout your entire body is vital to doing all of the activities that you love - and having a strong back is one of the easiest ways to prevent injury and do any activity efficiently! This all-standing, back strengthening workout will help you to do all of your favorite activities safely and with ease.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Number:** 1318  
**Length:** 30 minutes  
**Air Dates:** Monday November 20th, 2023 6:00 am

A strong core and back are the best way to prevent poor posture or rounding shoulders. In this intermediate, standing workout Miranda will stretch the vertebrae of your spine while strengthening your core and back. The combination of arm, chest, core, leg, and back exercises will prevent and relieve pain while strengthening your posture.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Full Body Alignment  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 22nd, 2023 6:00 am

Proper alignment allows us to use our body the way it was designed to be used - without putting additional pressure or strain on the joints, muscles, or spine. In just 23 minutes, this all-standing workout will improve your posture and balance, increase your range of motion, and relieve aches and pains while strengthening your entire body.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hamstring Stretches  
**Length:** 30 minutes  
**Air Dates:** Friday November 24th, 2023 6:00 am

Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Upper Back Strength  
**Length:** 30 minutes  
**Air Dates:** Monday November 27th, 2023 6:00 am

Get a strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your posture and stretch your chest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Improve Your Posture  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 29th, 2023 6:00 am

Unlock your spine by stretching and lubricating connective tissue in your back, chest and core. By gently and effectively working on your range of motion, your joints in your spine, hips and feet will feel liberated, making you feel taller. This beginner, full-body workout is a great way to improve your posture at your own pace.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Leg Toning  
**Length:** 30 minutes  
**Air Dates:** Friday December 1st, 2023 6:00 am

Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing and floor workout will leave your body feeling energized throughout the day.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Upper Back & Posture  
**Length:** 30 minutes  
**Air Dates:** Monday December 4th, 2023 6:00 am

Increase your range of motion in your hips and shoulders to strengthen your upper back and improve your posture. In this episode specific isolation exercises are done to stabilize muscles and joints, and correct imbalances due to weaknesses that often occur after an injury or a sedentary lifestyle. Combined with large sweeping movements, this rejuvenating workout will rebalance your body, liberate your shoulders and improve your overall posture.

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

Moving the spine in all directions, the way it was designed to move, can help reduce back pain. In this easy-to-follow standing and barre workout you'll relieve tension in the lower back with posture and hip isolation exercises. Plus you'll release, stretch and strengthen your psoas and hamstrings to help keep you pain-free!

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Calf & Knee  
**Length:** 30 minutes  
**Air Dates:** Friday December 8th, 2023 6:00 am

Join Miranda for an all standing, neuromuscular workout. Through gentle and controlled movements, and imagery designed to engage your mind, your body including your knees and calves will be stretched

and strengthened to help prevent injury. As an added bonus, you'll also work to increase your hip's range of motion, which will help you move faster and more easily throughout your day.

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

Strengthening the spine reduces stress on the spinal discs and joints, protects against injury and is one of the best ways to prevent back pain. Featuring standing and floor work, this rejuvenating workout will help develop a stable and aligned spine by strengthening the entire core musculature, from the abdominals to the entire back. With a strong back, you'll feel liberated and able to perform daily tasks with ease.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Full Body Workout  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 13th, 2023 6:00 am

Rev up your body with this zero impact, cardio workout that won't stress your joints. This all standing, invigorating workout features exercises that tone your abs and strengthen your hips. The flowing rotational movements will unlock your joints, improve your circulation and give you that after workout glow.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Glute & Hip Stretch  
**Length:** 30 minutes  
**Air Dates:** Friday December 15th, 2023 6:00 am

Work from head-to-toe as you stretch the entire body in this feel good Classical Stretch workout. Through twisting the spine you'll liberate your upper body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. As you continue with barre work, you'll release tension in your hips and spine so that you can stretch and strengthen your glutes and hamstrings.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Spine Flexibility  
**Length:** 30 minutes  
**Air Dates:** Monday December 18th, 2023 6:00 am

Working your spine through flexion, extension, lateral and rotational movements will help you gain greater flexibility in your spine and also your neck and hips! With this energizing standing and floor workout, you'll stretch tight glutes and hamstrings, which will liberate you spine too. Plus, there are exercises for ankle mobility to help increase your walking and running speed.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Glute Toning  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 20th, 2023 6:00 am

Powerful glutes play a key role in how efficiently your body moves. Keeping them toned and strong can relieve back pain and prevent injury. You'll also work on feet and hip alignment, and move in ways to increase your range of motion in this Classical Stretch episode. Perfect for beginners, the easy-to-follow full body movements will keep you energized throughout your day.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hip Strengthening  
**Length:** 30 minutes  
**Air Dates:** Friday December 22nd, 2023 6:00 am

Learn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing workout, Miranda shows you how to work through the muscle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to improve posture and relieve neck pain. This episode is great for those who want to improve their strength and overall health.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Zero Impact Cardio  
**Length:** 30 minutes  
**Air Dates:** Monday December 25th, 2023 6:00 am

In just 23 minutes, experience the exhilaration that comes from freedom of movement, better posture, increased stamina, and a renewed sense of vitality! Zero impact means you always have one foot firmly rooted to the ground, allowing you to enjoy the benefits of a heart-pumping workout without pressure on your joints. Join Miranda as she guides you through a series of dynamic sequential exercises designed to refine your alignment and build your core, giving you the power to move through your day with ease. A final cool down will leave you feeling like you are floating on air.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hip & Glute Strengthening  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 27th, 2023 6:00 am

Join Miranda for this targeted no-impact workout designed to stretch and strengthen the gluteus muscles by rebalancing the entire body. In just 23 minutes, you will learn to decompress the hip joints by releasing chronically tight hip flexors - allowing you to properly activate, strengthen and tone the largest muscle group in the body (which will help burn more calories!) Easy to follow and moderately paced, this standing and floor glute-centered workout will leave you feeling strengthened, freer in the joints, while improving posture and alleviating pain in the lower back, knees and hips.

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Improve Your Balance  
**Length:** 30 minutes  
**Air Dates:** Friday December 29th, 2023 6:00 am

The importance of aligning and strengthening your hips and feet to improve your balance is emphasized in this full-body, Classical Stretch episode. Balance can deteriorate as we age but just like

muscles, balance can be stimulated, enhanced and improved through engagement. In this workout you'll strengthen your core and hips to improve your balance and posture, which help you move securely and stay injury-free.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lengthen & Strengthen  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 7th, 2023 6:30 am

Lengthen and strengthen the muscles of your legs, your arms, your entire body with poses like Wheel, Warrior, and Patient Crane.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Shake Your Legs  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 8th, 2023 6:30 am

Shake tension from your legs and relieve varicose veins in Reverse Arrow. Use your breath to focus on the subtle energy flowing through your body from your navel to your throat.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Easy Plough  
**Length:** 30 minutes  
**Air Dates:** Thursday November 9th, 2023 6:30 am

Try the Plough in stages to find the version that's right for you. Single Leg Shoulderstand and Bridge will give you a combination of strength, balance, and flexibility.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Stay Cool  
**Length:** 30 minutes  
**Air Dates:** Friday November 10th, 2023 6:30 am

Warm up with Salute to the Sun, then cool both mind and body with Sheetalī Pranayama, an easy breathing technique.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Yoga Dance  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 14th, 2023 6:30 am

Stretch the kinks from your body with today's asanas, then set your spirit free by dancing and singing with Wai Lana.



**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Twisting Cobra  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 15th, 2023 6:30 am

Stretch and compress your abdominal organs with a variety of poses that relieve gas and mild constipation and tone the liver and kidneys.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Strength & Balance  
**Length:** 30 minutes  
**Air Dates:** Thursday November 16th, 2023 6:30 am

Warrior 3, Crane, and One-Legged Wheel are all balancing poses that bring strength and coordination.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Tadagi Mudra  
**Length:** 30 minutes  
**Air Dates:** Friday November 17th, 2023 6:30 am

Combine breath retention and chakra visualization to activate the subtle energy, invigorating your entire body.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Better Backs  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 21st, 2023 6:30 am

Wai Lana shows you various poses that massage, strengthen, stretch, and twist your spine for optimum back health.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Exhilaration!  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 22nd, 2023 6:30 am

Start with the Exhilarating Breath and end with Yoga Dance. Loosen tight muscles and strengthen your abs in between.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Breathe and Meditate  
**Length:** 30 minutes  
**Air Dates:** Thursday November 23rd, 2023 6:30 am

After a series of lift-up backbends and other poses, Wai Lana shows you how to calm the mind with Alternate Nostril Breathing and meditation.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Galloping Horse, Arching Tiger  
**Length:** 30 minutes  
**Air Dates:** Friday November 24th, 2023 6:30 am

You'll develop balance and coordination, leg strength, and hip flexibility with Galloping Horse, while arching in Tiger Pose tones your thighs and buttocks.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Arch & Bend  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 28th, 2023 6:30 am

Alternate between forward bends and backbends to keep your spine supple and strong. Strengthen your thighs and abs with Half Vessel Pose.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Flex Your Feet  
**Length:** 30 minutes  
**Air Dates:** Wednesday November 29th, 2023 6:30 am

Lie down and relax as you rotate, flex, and point your feet to increase circulation and flexibility. You'll loosen your hip and knee joints too.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Plough Twist  
**Length:** 30 minutes  
**Air Dates:** Thursday November 30th, 2023 6:30 am

Get the extra benefits of a twist as you walk your legs to the side in this upside down pose. Try a new twist on Triangle too.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Bow Your Back  
**Length:** 30 minutes  
**Air Dates:** Friday December 1st, 2023 6:30 am

Bow your body upward, hold your feet, and balance on your belly. Then bow down for a counterpose to stretch out your back.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Hamstring Balance  
**Length:** 30 minutes  
**Air Dates:** Tuesday December 5th, 2023 6:30 am

You'll learn to focus as you balance in these standing leg stretches. Rock 'n Roll will give your spine a gentle massage.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Ab-Sense  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 6th, 2023 6:30 am

If you haven't felt your abdominal muscles for a while, today's poses will show you they're still there as you strengthen, stretch, and twist them.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Energize with the Sun  
**Length:** 30 minutes  
**Air Dates:** Thursday December 7th, 2023 6:30 am

Exercise and energize your entire body with the Salute to the Sun, Side Angle Pose, and two versions of Plough.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Shoulderstand Fun  
**Length:** 30 minutes  
**Air Dates:** Friday December 8th, 2023 6:30 am

Upside down poses are especially fun when you try the variations. Open your legs wide in Shoulderstand Twist to test your balance and flexibility.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lizard, Locust, & Flapping Fish  
**Length:** 30 minutes  
**Air Dates:** Tuesday December 12th, 2023 6:30 am

Lizard opens your chest and stretches your back, while Locust strengthens it. Relax comfortably at the end of your session with Flapping Fish.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Renew Your Energy  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 13th, 2023 6:30 am

Release tension, strengthen your back, and revitalize your entire body with Wai Lana as she guides you through today's yoga session.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Forward Folds  
**Length:** 30 minutes  
**Air Dates:** Thursday December 14th, 2023 6:30 am

Fold your body over your feet in Arm Garland Pose, then fold over your shoulders for Karnapidasana. Both will give you flexible hips and a great back stretch.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Rocking Bow  
**Length:** 30 minutes  
**Air Dates:** Friday December 15th, 2023 6:30 am

Lift your body into Bow Pose, then rock back and forth on your belly. This gives your internal organs a powerful massage and helps remove fat from the abdomen.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Hold Your Toes!  
**Length:** 30 minutes  
**Air Dates:** Tuesday December 19th, 2023 6:30 am

Standing or lying down, holding your toes loosens the groin and stretches the thighs and hamstrings. Learn to balance while you stretch in Easy Crane, then strengthen your abs in Rocking Horse Pose.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Seven-Stage Spinal Stretch  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 20th, 2023 6:30 am

The secret to this forward bend is to use your arms and legs to achieve your maximum stretch. You'll also bend backward in Camel and sideways in Windblown Tree.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Crane Poses  
**Length:** 30 minutes  
**Air Dates:** Thursday December 21st, 2023 6:30 am

Balance first on one leg, then on your hands in two poses that resemble this graceful white bird.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lower Back Special (Part 1)  
**Length:** 30 minutes  
**Air Dates:** Friday December 22nd, 2023 6:30 am

Wai Lana shows you how to relieve lower back tension with gentle stretches for tight muscles. A chair makes ab strengthening easy in an essential back-care exercise.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lower Back Special (Part 2)  
**Length:** 30 minutes  
**Air Dates:** Tuesday December 26th, 2023 6:30 am

Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting cross-legged easy.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Un-Knot Your Neck  
**Length:** 30 minutes  
**Air Dates:** Wednesday December 27th, 2023 6:30 am

Get rid of kinks and stubborn knots in your neck with exercises that release tension and prevent headaches. The flexibility you gain will prepare you for a few upside down poses.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lean On It! (Part 1)  
**Length:** 30 minutes  
**Air Dates:** Thursday December 28th, 2023 6:30 am

Make friends with your wall, letting it support you in a variety of yoga poses. A wall makes it fun and easy to balance, twist, and stretch.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lean On It! (Part 2)  
**Length:** 30 minutes  
**Air Dates:** Friday December 29th, 2023 6:30 am

Standing, lying, or upside down, a wall makes challenging poses easy. The wall helps you build strength as you prepare for Handstand, Headstand, and Scorpion.

**Program Source:** APTSY  
**Program Title:** Kids Vs. Screens  
**Length:** 60 minutes  
**Air Dates:** Wednesday November 29th, 2023 8:00 pm  
Thursday November 30th, 2023 1:00 am  
Wednesday December 6th, 2023 3:00 pm

Kids are hooked on screens, but is screen use an addiction and how does it affect their brains?

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Luminous Waves  
**Length:** 30 minutes  
**Air Dates:** Thursday December 7th, 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:** Tuesday December 12th, 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:** Thursday December 14th, 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:** Tuesday December 19th, 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:** Thursday December 21st, 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:** Tuesday December 26th, 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:** Thursday December 28th, 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:** Pastel Morning  
**Length:** 30 minutes  
**Air Dates:** Tuesday October 3rd, 2023 6:00 am

Enjoy the pastel sunrise and calming waves as you experience a gentle seated yoga practice using a chair for support. Includes sun salutations along with easy to follow yoga moves to create more mobility and flexibility in your neck, shoulders, chest, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Ocean Twilight  
**Length:** 30 minutes  
**Air Dates:** Thursday October 5th, 2023 6:00 am

Gently stretch your body from head to toe as you relax with the ocean waves at sunset. Enjoy seated sun salutations and gentle stretches designed to increase flexibility and mobility in your shoulders, back, hips, legs and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Golden Desert  
**Length:** 30 minutes  
**Air Dates:** Tuesday October 10th, 2023 6:00 am

Relax in the golden desert bloom as you enjoy easy to follow yoga moves for your whole body. Includes seated sun salutations along with gentle stretches to create more ease in your neck, shoulders, chest, back, hips and more while using a chair for support.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunny Bloom  
**Length:** 30 minutes  
**Air Dates:** Thursday October 12th, 2023 6:00 am

Soak up the sunshine energy in the bright spring bloom while enjoying a gentle seated yoga practice, great for all levels...especially beginners! Stay low on your mat and experience the benefits of gentle yoga. Includes seated, all fours and supine stretches for your shoulders, back, hips, legs and more!

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflowers and Honeybees  
**Length:** 30 minutes  
**Air Dates:** Tuesday October 17th, 2023 6:00 am

Re-energize in a field of sunflowers and honeybees as you experience a total body stretch while using a chair for support. Includes lower body moves to build strength and stamina along with gentle stretches for your shoulders, chest, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Golden Rays  
**Length:** 30 minutes  
**Air Dates:** Thursday October 19th, 2023 6:00 am

Allow the ocean waves and golden sunset to recharge your body as we gently stretch from head to toe with seated and standing poses for your shoulders, chest, back, hips, hamstrings and more. Relax and enjoy all the benefits of yoga as we tone, strengthen, improve balance, increase flexibility and reduce stress.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Mountain Skyline  
**Length:** 30 minutes  
**Air Dates:** Tuesday October 24th, 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 October 26th, 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 October 31st, 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:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Beauty  
**Length:** 30 minutes  
**Air Dates:** Thursday November 2nd, 2023 6:00 am

Bask in the beautiful sunflower fields of summer as you enjoy a gentle yoga practice while entirely seated in a chair. Includes lower body moves to build strength and stamina along with gentle stretches for your shoulders, chest, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Panoramic Seascape  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 7th, 2023 6:00 am

Recharge along the scenic ocean bluffs as we stretch from head to toe while using a chair for support. Includes gentle stretches for your hamstrings, shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Summer on the Farm  
**Length:** 30 minutes  
**Air Dates:** Thursday November 9th, 2023 6:00 am

Relax in the beauty of the simple and peaceful rustic farm setting as you enjoy a total body stretch while using a chair for support. Includes gentle stretches for your chest, shoulders, hips, legs and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Majestic Desert  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 14th, 2023 6:00 am

Recharge and reenergize in the majestic desert paradise as you stay low on your mat for an invigorating core focused yoga practice. Includes movements to tone and strengthen your core while stretching your hips, hamstrings, spine and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Lake Forest  
**Length:** 30 minutes  
**Air Dates:** Thursday November 16th, 2023 6:00 am

Reenergize in the majestic forest setting as you enjoy a series of gentle seated stretches designed to help you create more space to expand your breath, promoting deeper relaxation and greater ease in your whole body.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Flowering Sunset  
**Length:** 30 minutes  
**Air Dates:** Tuesday November 21st, 2023 6:00 am

Reenergize among the coastal sunflowers at sunset as you enjoy an accessible yoga practice using a chair for support. Includes a series of standing poses designed to create more mobility and flexibility in your hips and hamstrings while building strength, balance and focus.

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

Revitalize and recharge amid the beautiful ocean views as we focus on creating a stronger core while entirely seated in a chair. Includes simple core strengthening moves along with gentle stretches for your chest, back, hips, legs and more.

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

Recharge in the summer sunflower storm energy as we gently stretch your whole body while entirely seated in a chair. Includes dynamic core strengthening moves along with simple stretches for your shoulders, back hips, legs, and more.

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

Recharge among the coastal sunflowers at sunset as you experience a total body stretch while using a chair for support. Includes lower body strengthening moves along with gentle stretches for your shoulders, chest, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Peaceful Lake Beauty  
**Length:** 30 minutes  
**Air Dates:** Tuesday December 5th, 2023 6:00 am

Breathe in the peaceful forest lake beauty as you stay low on your mat for this gentle yoga practice. Enjoy stretches for your whole body as you release tension in your hips, hamstrings, spine and more.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Shoulder and Back Strength  
**Length:** 30 minutes  
**Air Dates:** Monday October 2nd, 2023 6:30 am

Mary Ann guides viewers through a lively workout sharing exercises that help strengthen the shoulders and back.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Postural Alignment and Shoulder Stability  
**Length:** 30 minutes  
**Air Dates:** Monday October 9th, 2023 6:30 am

This program features exercises that help increase postural awareness and stabilize the shoulders.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Circulation  
**Length:** 30 minutes  
**Air Dates:** Monday October 16th, 2023 6:30 am

This upbeat episode focuses on movements designed to get the blood flowing through the body.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Core Strengthening  
**Length:** 30 minutes  
**Air Dates:** Monday October 23rd, 2023 6:30 am

Mary Ann shares exercises that help build core strength which plays an important role in balance and back strength.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Hip Mobility  
**Length:** 30 minutes  
**Air Dates:** Monday October 30th, 2023 6:30 am

Maintaining flexibility in the hips is an important strategy to ensure healthy aging. Mary Ann spends time during this workout focusing on this area of functional fitness.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Music and Novelty  
**Length:** 30 minutes  
**Air Dates:** Monday November 6th, 2023 6:30 am

Mary Ann's love of combining novelty music and exercise is obvious by the way she matches her movements to this engaging staccato melody. Gretchen introduces a seated brain.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Imagining Resistance  
**Length:** 30 minutes  
**Air Dates:** Monday November 13th, 2023 6:30 am

Mary Ann demonstrates three different ways to push up from a chair and uses imaginary resistance to strengthen muscles. Gretchen combines a standing balance routine with vestibular work.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** A Treat for Your Feet  
**Length:** 30 minutes  
**Air Dates:** Monday November 20th, 2023 6:30 am

In this episode Mary Ann is paying special attention for feet, shoulders and hip range of motion using a towel and band.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Somatosensory and Lymphatic Systems  
**Length:** 30 minutes  
**Air Dates:** Monday November 27th, 2023 6:30 am

Mary Ann uses a large ball to stimulate the sensory and lymphatic systems, accompanied by jazzy, New Orleans style music. Gretchen's new cross and open pattern for a brain.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Neglected Areas of Body  
**Length:** 30 minutes  
**Air Dates:** Monday December 4th, 2023 6:30 am

This episode begins slow and easy with great music to accompany exercises for posture using a towel and band, a large ball for balance, in addition to exercises for hips, carpal tunnel and the pelvic floor.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Diabetes and Peripheral Neuropathy  
**Length:** 30 minutes  
**Air Dates:** Monday December 11th, 2023 6:30 am

A large and small ball is used as a way to facilitate exercises to improve conditions such as diabetes and peripheral neuropathy.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Full Body Workout  
**Length:** 30 minutes  
**Air Dates:** Monday December 18th, 2023 6:30 am

Mary Ann uses a towel to assist with neck alignment and a band for strengthening shoulders and upper back. There is a focus on core and a special tip to help balance.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Brain and Balance  
**Length:** 30 minutes  
**Air Dates:** Monday December 25th, 2023 6:30 am

This episode includes unusual exercises for brain stimulation and help with balance.

**Program Source:** NETA  
**Program Title:** Unseen: How We're Failing Parent Caregivers & Why It Matters  
**Length:** 60 minutes  
**Air Dates:** Sunday October 8th, 2023 2:00 pm

Many parent caregivers for children or adults who are disabled or medically complex are exhausted and isolated. Their mental and physical struggle is a public health crisis that costs us all. Unseen gives an unfiltered, honest glimpse into their lives to enable a change for millions of caregivers and their families.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** The Battle to Beat Malaria  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday November 15th, 2023 9:00 pm  
Thursday November 16th, 2023 1:00 am  
Friday November 17th, 2023 5:00 am  
Tuesday November 21st, 2023 3:00 pm

Are scientists on the verge of a breakthrough in the fight against malaria, one of humanity's oldest and most devastating plagues? Follow researchers as they develop and test a promising new vaccine on a quest to save millions of lives.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 67  
**Length:** 60 minutes  
**Segment Length:** 00:02:40  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 3rd, 2023 6:00 pm

Jeanann Verlee uses her work to bring awareness to issues surrounding mental health. She has authored three books of poetry and writes about mental health awareness, trauma survival and domestic abuse and domestic violence. She shares her Brief But Spectacular take on destigmatizing mental illness through poetry.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 68  
**Length:** 60 minutes  
**Segment Length:** 00:05:51  
**Format:** News (live news only)  
**Air Dates:** Wednesday October 4th, 2023 6:00 pm

The largest healthcare worker strike in U.S. history is underway after Kaiser Permanente and its unionized employees failed to reach a new contract agreement. The strike is set to last three days

as contract negotiations continue. Workers say they are focusing on wage increases and solutions to staffing shortages. Geoff Bennett spoke with union director Caroline Lucas.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 77  
**Length:** 60 minutes  
**Segment Length:** 00:03:47  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 17th, 2023 6:00 pm

Melinda French Gates envisions a world where women and their newborns remain healthy before, during and after childbirth. The Gates Foundation reported staggering numbers surrounding maternal mortality and offers several interventions that have the potential to save the lives of 2 million mothers and babies by 2030. She gives her Brief But Spectacular take on making birth safer.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 86  
**Length:** 60 minutes  
**Segment Length:** 00:08:59  
**Format:** News (live news only)  
**Air Dates:** Monday October 30th, 2023 6:00 pm

Since the pandemic eased, millions of Americans have had to deal with several drug shortages. For those with ADHD, it's been an especially difficult year as they and their families have struggled to get through ordinary daily routines. Stephanie Sy has the story for our ongoing series, Early Warnings: America's Youth Mental Health Crisis.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 87  
**Length:** 60 minutes  
**Segment Length:** 00:06:08  
**Format:** News (live news only)  
**Air Dates:** Tuesday October 31st, 2023 6:00 pm

A new federal civil rights lawsuit is raising concerns about the treatment of pregnant detainees at an Alabama jail and the potential harm to their unborn children whom the law claims to protect. Stephanie Sy reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 88  
**Length:** 60 minutes  
**Segment Length:** 00:09:46  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 1st, 2023 6:00 pm

Some 30,000 Americans have been diagnosed with ALS, the rare neurodegenerative condition also known as Lou Gehrig's Disease. As researchers work for a cure, one patient is raising millions for the cause while he reckons with his own mortality. Judy Woodruff has the story for our series, Disability Reframed.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 93  
**Length:** 60 minutes  
**Segment Length:** 00:05:24  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 8th, 2023 6:00 pm

The last decade has brought an alarming rise in the number of babies born in the U.S. with syphilis. New CDC data showed more than 3,700 babies born with the disease in 2022, about 10 times the number born in 2012. Dr. John Venchiere, chief of the division of pediatric infectious diseases at LSU Health in Shreveport, Louisiana, joins Amna Nawaz to explain the increase and what can be done.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 95  
**Length:** 60 minutes  
**Segment Length:** 00:05:49  
**Format:** News (live news only)  
**Air Dates:** Friday November 10th, 2023 6:00 pm

Respiratory syncytial virus leads to as many as 80,000 hospitalizations and 300 deaths per year among children under 5, and is the leading cause of hospitalization for infants under 1 year old. Dr. Céline Gounder, an epidemiologist and senior fellow at KFF, joins Amna Nawaz to discuss the impact of a shortage of drugs to treat RSV.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 96  
**Length:** 60 minutes  
**Segment Length:** 00:08:35  
**Format:** News (live news only)  
**Air Dates:** Monday November 13th, 2023 6:00 pm

There are more than five million nurses in the U.S. and a survey shows nearly a third of them are thinking of quitting. That would be a devastating blow for patients and hospitals. William Brangham reports on efforts to turn the tide for our series, Critical Care: The Future of Nursing, in collaboration with the Global Health Reporting Center and with support from the Pulitzer Center.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 101  
**Length:** 60 minutes  
**Segment Length:** 00:08:33  
**Format:** News (live news only)  
**Air Dates:** Monday November 20th, 2023 6:00 pm

The increasing diversity of the U.S. brings an array of challenges, including the basic hurdle of not speaking the same language. The stakes are especially high in a medical setting. In collaboration with the Global Health Reporting Center and with support from the Pulitzer Center, William Brangham looks at how nurses are meeting the moment for our series, Critical Care: The Future of Nursing.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 105  
**Length:** 60 minutes  
**Segment Length:** 00:07:36  
**Format:** News (live news only)  
**Air Dates:** Friday November 24th, 2023 6:00 pm

For years, researchers have studied the effects repeated blows to the head have on athletes in pro football, hockey, soccer and other sports. Now, researchers at Boston University are conducting the first major study of CTE, the degenerative brain disease linked to repeated hits to the head, in athletes who died before their 30th birthday. John Yang reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 107  
**Length:** 60 minutes  
**Segment Length:** 00:08:22  
**Format:** News (live news only)  
**Air Dates:** Tuesday November 28th, 2023 6:00 pm

A federal study shows that last year, nearly half of healthcare workers reported they often feel burned out. Research suggests nurses are especially vulnerable and that can impact the care they provide. In collaboration with the Global Health Reporting Center and with support from the Pulitzer Center, Stephanie Sy reports from Columbus, Ohio, for our series, Critical Care: The Future of Nursing.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 109  
**Length:** 60 minutes  
**Segment Length:** 00:03:28  
**Format:** News (live news only)  
**Air Dates:** Thursday November 30th, 2023 6:00 pm

It took many years of effort from students and advocates, but Hawaii is now one of nine states requiring public and charter schools to provide free menstrual products to students. Kate Nakamura from the PBS NewsHour Student Reporting Labs has the story.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 111  
**Length:** 60 minutes  
**Segment Length:** 00:07:19  
**Format:** News (live news only)  
**Air Dates:** Monday December 4th, 2023 6:00 pm

New research is confirming something that doctors have already been noticing, an increase in cancer diagnoses among young women. Ali Rogin explores the reasons behind the increase and the blind spots medical systems have when treating young women.



**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 113  
**Length:** 60 minutes  
**Segment Length:** 00:12:47  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 6th, 2023 6:00 pm

Just over 15 percent of American adults have gotten the latest COVID booster. Demand for the vaccine has dropped sharply since it was first introduced at the height of the pandemic. That's partly because the government's response to COVID-19 has been so politically charged. Judy Woodruff discussed that with public health experts for her series, America at a Crossroads.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 115  
**Length:** 60 minutes  
**Segment Length:** 00:08:47  
**Format:** News (live news only)  
**Air Dates:** Friday December 8th, 2023 6:00 pm

The CDC says synthetic opioids, particularly fentanyl, contributed to about 75,000 overdose deaths in the United States in 2022. It's a crisis that hits every demographic group, but there are large racial disparities between who is offered the most effective treatment and who isn't. William Brangham reports for our ongoing series, America Addicted and Race Matters.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 119  
**Length:** 60 minutes  
**Segment Length:** 00:05:55  
**Format:** News (live news only)  
**Air Dates:** Thursday December 14th, 2023 6:00 pm

The United Nations says Gaza's health system has virtually collapsed, and Gazans who have survived daily bombings now face the risk of disease amid chronically overcrowded hospitals. William Brangham discussed that with Avril Benoit, the executive director of Doctors Without Borders in the U.S. The international humanitarian organization has been operating in Gaza since the start of the war.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 121  
**Length:** 60 minutes  
**Segment Length:** 00:07:30  
**Format:** News (live news only)  
**Air Dates:** Monday December 18th, 2023 6:00 pm

The health system in Gaza has collapsed with 75 percent of the hospitals there not operational. Those that are open lack crucial medical supplies and are overcrowded and understaffed. Amna Nawaz spoke with Dr. Ghassan Abu-Sittah, a British Palestinian surgeon who spent a month-and-a-half in Gaza, tending to people at the peak of the Israeli bombing campaign.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 123  
**Length:** 60 minutes  
**Segment Length:** 00:07:20  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 20th, 2023 6:00 pm

It's been described as the airline industry's silent struggle, the issue of pilot mental health. It was pushed into the spotlight when an off-duty pilot was charged with trying to crash an Alaska Airlines flight from inside the cockpit. The National Transportation Safety Board held a summit devoted to mental health in aviation and NTSB Chair Jennifer Homendy joined Geoff Bennett to discuss.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 123  
**Length:** 60 minutes  
**Segment Length:** 00:10:18  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 20th, 2023 6:00 pm

The nearly five million direct care workers who support older adults and people with disabilities are the largest workforce in the U.S. But despite high demand, many are paid little more than minimum wage. A longstanding workforce shortage means people with disabilities who depend on those workers are left without the support they need. Judy Woodruff reports for our series, Disability Reframed.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 126  
**Length:** 60 minutes  
**Segment Length:** 00:08:47  
**Format:** News (live news only)  
**Air Dates:** Monday December 25th, 2023 6:00 pm

The Oct. 7 Hamas attack against Israel and Israel's attacks against Palestinians has taxed the medical communities on both sides of the conflict. The ambulance drivers and paramedics are on the front lines of the war. Special correspondent Martin Himel has a look at the life of two medics, one in Gaza and one in Israel.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 126  
**Length:** 60 minutes  
**Segment Length:** 00:05:50  
**Format:** News (live news only)  
**Air Dates:** Monday December 25th, 2023 6:00 pm

Mental health experts believe one of the long-term consequences of lockdowns during the COVID pandemic is an increase in loneliness. In Britain, communities are trying to combat people's isolation by introducing so-called chatty benches and chatty cafes. Special correspondent Malcolm Brabant reports from Kent.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 127  
**Length:** 60 minutes  
**Segment Length:** 00:07:13  
**Format:** News (live news only)  
**Air Dates:** Tuesday December 26th, 2023 6:00 pm

Meta is the target of state lawsuits over allegations it has harmed the mental health of children and misled the public about safety. State attorneys general argue Facebook and Instagram deliberately manipulate their apps in ways that addict kids and failed to keep them off despite age limits. Stephanie Sy discussed the legal scrutiny of social media with Jeff Horwitz of The Wall Street Journal.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 129  
**Length:** 60 minutes  
**Segment Length:** 00:07:59  
**Format:** News (live news only)  
**Air Dates:** Thursday December 28th, 2023 6:00 pm

One of the biggest health stories of this past year is the surge in demand for popular weight-loss drugs like Ozempic and Wegovy. Those drugs are in such demand that there's a nationwide shortage of them. Pharmaceutical companies are scrambling to keep up at a time of rising obesity rates in the U.S. Ali Rogin reports.

**Program Source:** PBS-NPS  
**Program Title:** POV  
**Episode Title:** Fire Through Dry Grass  
**Length:** 90 minutes  
**Segment Length:** 01:26:46  
**Format:** Documentary  
**Air Dates:** Monday October 30th, 2023 10:00 pm  
Wednesday November 1st, 2023 3:00 am

Wearing snapback caps and Air Jordans, the Reality Poets don't look like typical nursing home residents. In Fire Through Dry Grass, these young, Black and brown disabled artists document their lives on lockdown during Covid, using their poetry and art to underscore the danger and imprisonment they feel. In the face of institutional neglect, they refuse to be abused, confined, and erased.

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**Program Source:** PBS-NPS  
**Program Title:** POV  
**Episode Title:** How to Have an American Baby  
**Length:** 120 minutes  
**Segment Length:** 01:56:46  
**Format:** Documentary  
**Air Dates:** Monday December 11th, 2023 10:00 pm  
Wednesday December 13th, 2023 3:00 am  
Sunday December 17th, 2023 3:00 am

Voyage into the shadow economy catering to Chinese tourists traveling to the U.S. to give birth for citizenship. Through a series of intimate vignettes, this story depicts the fortunes and tragedies that befall the ordinary people caught in its web.

**Program Source:** PBS-PLUS  
**Program Title:** To the Contrary with Bonnie Erbe  
**Episode Title:** Episode 31  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Sunday October 15th, 2023 1:00 pm

Two women are being honored with the American Innovators Award by the bipartisan Bayh-Dole Coalition. Dr. Katalin Karikó helped develop the mRNA platform behind the COVID-19 vaccine and Dr. Carol Mimura helped the research that led to a revolutionary cancer therapy.

## Technology

**Program Source:** NETA  
**Program Title:** Story in the Public Square  
**Episode Title:** Meredith Broussard  
**Length:** 30 minutes  
**Air Dates:** Sunday October 1st, 2023 11:00 am

The myth is that technology is unbiased, but data scientist Meredith Broussard says the truth is more complex and explains how bias and discrimination creep into the algorithms that shape the modern world.

**Program Source:** PBS  
**Program Title:** First Peoples  
**Episode Title:** Americas  
**Length:** 60 minutes  
**Segment Length:** 00:01:00  
**Format:** Documentary  
**Air Dates:** Thursday October 5th, 2023 3:00 am

Learn why an underwater discovery in Mexico may rewrite the story of early migration to the Americas. Colonization was a challenge because a huge ice sheet blocked the route. It's now believed that humans arrived in the Americas by boat, not on foot. Series: See how the mixing of prehistoric human genes led the way for our species to survive and thrive around the globe. Archaeology, genetics and anthropology cast new light on 200,000 years of history, detailing how early humans became dominant.

**Program Source:** PBS  
**Program Title:** First Peoples  
**Episode Title:** Africa  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Friday October 6th, 2023 1:00 am

Examine research that suggests humans evolved in many places across Africa at the same time. The idea is that our ancestors met, mated and hybridized with other human types on the continent – creating ever greater diversity within our species.

**Program Source:** PBS  
**Program Title:** First Peoples  
**Episode Title:** Asia  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Friday October 6th, 2023 2:00 am

Discover the ancient humans living across Asia when Homo sapiens arrived. Our ancestors mated with them, and their genes found a home within our DNA. More than that, they've helped us face down extinction.

**Program Source:** PBS  
**Program Title:** First Peoples  
**Episode Title:** Australia  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Saturday October 7th, 2023 4:00 am

Learn how Homo sapiens, newly arrived in Australia – where they were truly alone for the first time, surrounded by wildly different flora and fauna – survived and populated a continent.

**Program Source:** PBS  
**Program Title:** First Peoples  
**Episode Title:** Europe  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday October 8th, 2023 3:00 am

Find out why Homo sapiens in prehistoric Europe prevailed over our genetically similar cousins, the Neanderthals, with whom they interbred. Learn what caused the Neanderthals' extinction.

**Program Source:** PBS  
**Program Title:** Great Yellowstone Thaw  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 20th, 2023 10:00 pm  
Thursday December 21st, 2023 2:00 am  
Friday December 22nd, 2023 3:00 am  
Sunday December 24th, 2023 2:00 am  
Tuesday December 26th, 2023 4:00 pm

Our cameras continue to follow the wildlife dramas in Yellowstone, and Spring brings many new challenges. Whilst the brutal cold temperatures and deep snow of winter have gone, the weather is still erratic and there's the impending danger of the Thaw. When temperatures are high enough to melt the snowpack, millions of tonnes of water will cascade down the mountain, bulldozing everything in its path. Wildlife cameraman Jeff Hogan discovers a nest of Great Gray owls. There are three chicks, but one is a runt, significantly smaller than its siblings and at risk of starvation. And when the worst storms for years hit the Beartooth Mountains, Jeff wonders whether it can hang on. Down on the Snake River the family of beavers is busy making the most of the Spring vegetation. Infra red cameras give Jeff and host Kirk Johnson a secret view of life inside the lodge, as the beavers squabble over food. Kirk also dons a dry suit to head underwater to admire the engineering skills of these rodents. Massive boulders and branches are there to strengthen their dams, but will they be enough to withstand the Thaw. When the torrent of water begins to hit, Kirk joins a hydrologist to help measure the water flow in the rivers and work out how this year's weather has affected the Thaw. And bear expert Casey Anderson follows a mother grizzly and her cubs - and explains that the biggest dangers come not from other predators, but surprisingly from their own kind.

**Program Source:** PBS  
**Program Title:** Great Yellowstone Thaw  
**Episode Title:** Episode 3  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday December 27th, 2023 10:00 pm  
Thursday December 28th, 2023 2:00 am  
Friday December 29th, 2023 3:00 am  
Sunday December 31st, 2023 2:00 am

See how the soaring summer temperatures affect the Yellowstone ecosystem. When a major fire breaks out in the Beartooths, a team scrambles to see if the great gray owl family has survived. How is one particular wolf pack feeding its 11 pups?

**Program Source:** PBS  
**Program Title:** Life From Above  
**Episode Title:** Moving Planet  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday November 5th, 2023 5:00 am

Cameras in space tell stories of life on our planet from a brand new perspective, revealing its incredible movements.

**Program Source:** PBS  
**Program Title:** Life From Above  
**Episode Title:** Patterned Planet  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday November 18th, 2023 3:00 am

See new footage of the greatest, most beautiful and powerful patterns on our planet.

**Program Source:** PBS  
**Program Title:** Native America  
**Episode Title:** From Caves to Cosmos  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday October 18th, 2023 4:00 am

Combine ancient wisdom and modern science to answer a 15,000-year-old question: who were America's First Peoples? The answer hides in Amazonian cave paintings, Mexican burial chambers, New Mexico's Chaco Canyon and waves off California's coast.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Operation Lighthouse Rescue  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Sunday October 1st, 2023 12:00 am  
Tuesday October 3rd, 2023 3:00 pm

The Gay Head Lighthouse, a historic landmark perched high on the cliffs of Martha's Vineyard, is soon to become the next victim of the ocean's relentless erosion of the island's cliffs. Join engineers as they race to rescue this national treasure.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Ghosts of Stonehenge  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 6th, 2023 9:00 pm  
Thursday December 7th, 2023 1:00 am  
Friday December 8th, 2023 5:00 am  
Sunday December 10th, 2023 12:00 am  
Tuesday December 12th, 2023 3:00 pm

Who built Stonehenge and why? Discover how the last decade of groundbreaking archaeological digs has revealed major new clues to Britain's enigmatic 5,000-year-old site and the people who constructed it.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Decoding the Great Pyramid  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 20th, 2023 9:00 pm  
Thursday December 21st, 2023 1:00 am  
Friday December 22nd, 2023 5:00 am  
Sunday December 24th, 2023 12:00 am  
Tuesday December 26th, 2023 3:00 pm

Stunning new archaeological evidence provides clues about the Egyptians who built the Great Pyramid of Giza -- and how they did it. Join researchers as they delve into the logbook of a work crew and discover how the massive project transformed Egypt.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** The Next Pompeii  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 13th, 2023 9:00 pm  
Thursday December 14th, 2023 1:00 am  
Friday December 15th, 2023 5:00 am  
Sunday December 17th, 2023 12:00 am  
Tuesday December 19th, 2023 3:00 pm

Discover Campi Flegrei, a lesser-known volcano in the shadow of Vesuvius. If it erupts, millions of lives could be at risk. Meet the scientists exploring its geography and developing a warning system to prevent Naples from becoming the next Pompeii.

**Program Source:** PBS  
**Program Title:** Prehistoric Road Trip  
**Episode Title:** Welcome to Fossil Country  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday November 9th, 2023 3:00 am

Travel with Emily through billions of years of Earth's history to meet some of its earliest life forms, from primitive bacteria to giant reptiles and many surprising creatures in between.

**Program Source:** PBS  
**Program Title:** Prehistoric Road Trip  
**Episode Title:** We Dig Dinosaurs  
**Length:** 60 minutes  
**Format:** Demonstration/Instructional  
**Air Dates:** Friday November 10th, 2023 1:00 am

Cruise with Emily into the Cretaceous, when astonishing creatures like T. rex dominated the planet. But what happened to these tremendous animals? And how did other life forms survive an apocalyptic asteroid crash into Earth 66 million years ago?



**Program Source:** PBS  
**Program Title:** Prehistoric Road Trip  
**Episode Title:** Tiny Teeth, Fearsome Beasts  
**Length:** 60 minutes  
**Format:** Demonstration/Instructional  
**Air Dates:** Friday November 10th, 2023 2:00 am

Join Emily as she continues her adventure, discovering surprising truths hidden in the fossil record. Meanwhile, scientists studying our planet's past are revealing clues about its future.

**Program Source:** PBS  
**Program Title:** SuperNature - Wild Flyers  
**Episode Title:** Masters of the Sky  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Friday December 15th, 2023 1:00 am

Many animals take to the skies for a split second, but to stay there, the planet's strongest flyers push the laws of physics to the limit. Explore the extremes of true flight: power, acceleration, top speed, maneuverability and endurance.

**Program Source:** PBS  
**Program Title:** The Amazing Human Body  
**Episode Title:** Grow  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Thursday December 21st, 2023 3:00 am

Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.

**Program Source:** PBS  
**Program Title:** The Amazing Human Body  
**Episode Title:** Survive  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday December 22nd, 2023 1:00 am

Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.

**Program Source:** PBS  
**Program Title:** The Amazing Human Body  
**Episode Title:** Learn  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday December 22nd, 2023 2:00 am

See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.

**Program Source:** PBS-NPS  
**Program Title:** Firing Line with Margaret Hoover  
**Episode Title:** Walter Isaacson  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Sunday October 1st, 2023 5:30 am  
Sunday October 1st, 2023 11:30 am

Bestselling author Walter Isaacson discusses his biography of Elon Musk, who leads SpaceX, Tesla, and endeavors in AI and brain-machine interfaces. Isaacson comments on Musk's Twitter takeover, geopolitical influence, controversies, and aspirations.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Alaskan Dinosaurs  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday December 27th, 2023 9:00 pm  
Thursday December 28th, 2023 1:00 am  
Friday December 29th, 2023 5:00 am  
Sunday December 31st, 2023 12:00 am

Wielding chainsaws to extract fossils frozen into the permafrost and flying drones to map thousands of footprints, intrepid paleontologists discover that dinosaurs thrived in the unlikeliest of places -- the cold and dark of the Arctic Circle.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ancient Earth: Birth of the Sky  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 4th, 2023 9:00 pm  
Thursday October 5th, 2023 1:00 am  
Friday October 6th, 2023 5:00 am  
Sunday October 8th, 2023 12:00 am  
Tuesday October 10th, 2023 3:00 pm

Early Earth was a hellscape of molten lava and barren rock, bombarded by meteors, with no atmosphere at all. How did our familiar blue sky - the thin, life-giving band of gasses protecting our planet - come to be?

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Inside China's Tech Boom  
**Length:** 60 minutes  
**Segment Length:** 00:52:04  
**Format:** Documentary  
**Air Dates:** Wednesday November 8th, 2023 9:00 pm  
Thursday November 9th, 2023 1:00 am  
Friday November 10th, 2023 5:00 am  
Sunday November 12th, 2023 12:00 am  
Tuesday November 14th, 2023 3:00 pm

In just a few decades, China has transformed into a science and technology superpower. See inside leading Chinese tech companies and labs to discover how they innovate, what drives their rise, and what it means for the future of the global economy.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Lee and Liza's Family Tree  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday November 22nd, 2023 9:00 pm  
Thursday November 23rd, 2023 1:00 am  
Friday November 24th, 2023 5:00 am  
Sunday November 26th, 2023 12:00 am  
Tuesday November 28th, 2023 3:00 pm

With the help of scientists and genealogists, filmmaker Byron Hurt and his family members search for their ancestors. Follow their journey as they hunt for new details of a history long obscured by the enduring legacy of slavery.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 69  
**Length:** 60 minutes  
**Segment Length:** 00:06:53  
**Format:** News (live news only)  
**Air Dates:** Thursday October 5th, 2023 6:00 pm

This week's Nobel Prize announcements are highlighting groundbreaking work once again in the sciences and medicine. William Brangham has a conversation with one of the year's winners in medicine, whose work led to a profound change in tackling the pandemic.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 70  
**Length:** 60 minutes  
**Segment Length:** 00:06:50  
**Format:** News (live news only)  
**Air Dates:** Friday October 6th, 2023 6:00 pm

Veteran journalist and Nobel Peace Prize winner Maria Ressa has a dire warning about the defense of truth in the digital age. She says we risk losing the information war to adversarial artificial intelligence and to authoritarian governments who can weaponize the tech. Geoff Bennett spoke

with Ressa at the inaugural summit of the newly launched Institute of Global Politics at Columbia University.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 86  
**Length:** 60 minutes  
**Segment Length:** 00:06:27  
**Format:** News (live news only)  
**Air Dates:** Monday October 30th, 2023 6:00 pm

President Biden signed the government's first executive order to establish new standards and rules for the use of artificial intelligence. It's a wide-ranging set of rules and recommendations to address concerns about national security, privacy, equity and the labor market. Geoff Bennett discussed these changes with Dr. Nicol Turner Lee, director of the Center for Technology Innovation.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 101  
**Length:** 60 minutes  
**Segment Length:** 00:05:49  
**Format:** News (live news only)  
**Air Dates:** Monday November 20th, 2023 6:00 pm

Microsoft announced that it hired Sam Altman, the co-founder of ChatGPT maker OpenAI, after he was unexpectedly fired from that company days earlier. Microsoft is a financial partner in OpenAI. Altman had kicked off a global race for artificial intelligence supremacy and was the face of the AI boom. Geoff Bennett discussed the corporate shakeup with Mike Isaac of The New York Times.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 103  
**Length:** 60 minutes  
**Segment Length:** 00:04:27  
**Format:** News (live news only)  
**Air Dates:** Wednesday November 22nd, 2023 6:00 pm

Sam Altman is returning as the chief executive of OpenAI. The hot tech startup behind ChatGPT is not only bringing Altman back, it's also overhauling the board that fired him, ending a dramatic five-day standoff that's transfixed Silicon Valley and the artificial intelligence industry. Geoff Bennett discussed the latest with Mike Isaac of The New York Times.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 104  
**Length:** 60 minutes  
**Segment Length:** 00:06:58  
**Format:** News (live news only)  
**Air Dates:** Thursday November 23rd, 2023 6:00 pm

Small, inexpensive, off-the-shelf drones have transformed the battlefield. Both Russian and Ukrainian forces are using them to devastating effect. But in Britain, the technology has brought new hope to families who've lost their dogs. Special correspondent Malcolm Brabant reports from southern England.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 106  
**Length:** 60 minutes  
**Segment Length:** 00:06:22  
**Format:** News (live news only)  
**Air Dates:** Monday November 27th, 2023 6:00 pm

Since the 1940s, unidentified flying objects have been a part of our nation's cultural phenomena. But for the U.S. government, UFOs have been a mystery and something the military has been investigating for decades. Amna Nawaz discussed that with Garrett Graff, author of the new book, "UFO: The Inside Story of the US Government's Search for Alien Life Here—and Out There."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 111  
**Length:** 60 minutes  
**Segment Length:** 00:03:28  
**Format:** News (live news only)  
**Air Dates:** Monday December 4th, 2023 6:00 pm

Astronomers have discovered a rare solar system with six planets moving in sync with one another. Estimated to be billions of years old, the formation 100 light-years away may help unravel some mysteries of our solar system. Miles O'Brien reports on this perfect cosmic dance.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 113  
**Length:** 60 minutes  
**Segment Length:** 00:06:20  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 6th, 2023 6:00 pm

This week marks the 25th anniversary of when astronauts first entered the beginnings of the International Space Station. A quarter of a century later, the station is manned by seven international crew members and has become an iconic and important part of space history. But the celebration is bittersweet as the ISS is set to be decommissioned. Geoff Bennett discussed more with Miles O'Brien.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 118  
**Length:** 60 minutes  
**Segment Length:** 00:07:51  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 13th, 2023 6:00 pm

With Congress deadlocked on whether to approve tens of billions of dollars in additional aid for Ukraine, that nation's domestic arms industry is becoming increasingly important. Perhaps the most vital weapons system it's producing is an army of drones. Nick Schifrin and videographer Eric O'Connor visited the frontline in southern Ukraine to understand how drones have transformed the war.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 118  
**Length:** 60 minutes  
**Segment Length:** 00:05:21  
**Format:** News (live news only)  
**Air Dates:** Wednesday December 13th, 2023 6:00 pm

Tesla has recalled 2 million cars, nearly all of its vehicles sold in the U.S. since 2012, because of issues with its self-driving features. Safety regulators have investigated nearly a thousand crashes involving Tesla's autopilot system, which can fully take over steering, braking and acceleration. William Brangham discussed the recall with Faiz Siddiqui of The Washington Post.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 124  
**Length:** 60 minutes  
**Segment Length:** 00:07:47  
**Format:** News (live news only)  
**Air Dates:** Thursday December 21st, 2023 6:00 pm

The last year has seen headlines of hope and outright fear around the rapid development of artificial intelligence. It creates questions about whether the innovations can lead to broad gains for everyone or just a select few. Economics correspondent Paul Solman focused on the connections between technology and prosperity with one of the co-authors of the new book, "Power and Progress."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 127  
**Length:** 60 minutes  
**Segment Length:** 00:03:08  
**Format:** News (live news only)  
**Air Dates:** Tuesday December 26th, 2023 6:00 pm

The addictive nature of social media doesn't just have parents, lawmakers and advocates worried. Last year, more than half of U.S. teens said it would be difficult to give up social media, including TikTok and YouTube. The latest episode of our Student Reporting Labs series "Moments of Truth" tells the story of one teen who faced this dilemma head-on with Instagram.

**Program Source:** PBS-NPS  
**Program Title:** Secrets of the Dead  
**Episode Title:** Jurassic Fortunes  
**Length:** 60 minutes  
**Segment Length:** 00:55:01  
**Format:** Documentary  
**Air Dates:** Wednesday October 18th, 2023 10:00 pm  
Thursday October 19th, 2023 2:00 am  
Friday October 20th, 2023 3:00 am  
Sunday October 22nd, 2023 2:00 am  
Tuesday October 24th, 2023 4:00 pm

Discover the world of dinosaur fossil collecting. Hear perspectives on the controversial hobby from private collectors, paleontologists, and others as Big John, the largest Triceratops fossil ever found, is assembled in Italy and auctioned in France.

**Program Source:** PBS-NPS  
**Program Title:** Secrets of the Dead  
**Episode Title:** Death in Britannia  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday November 1st, 2023 10:00 pm  
Thursday November 2nd, 2023 2:00 am  
Friday November 3rd, 2023 3:00 am  
Sunday November 5th, 2023 3:00 am  
Tuesday November 7th, 2023 4:00 pm

The discovery of a skeleton, dating to the Roman occupation of Britain, provokes further study after scientists see an iron nail driven through its heel bone. Could the remains belong to someone the Romans crucified? Despite hundreds, if not thousands, of people being crucified in the Roman Empire, only one other crucified skeleton has ever been found in the world. Who was this person? What was his life in Roman Britain like? And what could they have done to receive so harsh a punishment?

**Program Source:** PBS-NPS  
**Program Title:** Spy in the Ocean, A Nature Miniseries  
**Episode Title:** Deep Thinkers  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 25th, 2023 8:00 pm  
Friday October 27th, 2023 4:00 am  
Sunday October 29th, 2023 1:00 am  
Wednesday November 1st, 2023 3:00 pm

Spy creatures reveal an ocean full of startling ways of thinking, including large-brained whales, smart octopi, diving monkeys, creative fish and other intelligent animals.

**Program Source:** PBS-NPS  
**Program Title:** Spy in the Ocean, A Nature Miniseries  
**Episode Title:** Deep Thinkers  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday October 25th, 2023 8:00 pm  
Friday October 27th, 2023 4:00 am  
Sunday October 29th, 2023 1:00 am  
Wednesday November 1st, 2023 3:00 pm

Spy creatures reveal an ocean full of startling ways of thinking, including large-brained whales, smart octopi, diving monkeys, creative fish and other intelligent animals.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 80  
**Length:** 60 minutes  
**Segment Length:** 00:17:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday October 20th, 2023 11:00 pm

About Russia's invasion of Ukraine, and now the war between Israel and Hamas, people across the globe are voicing their opinions on social media. This can end in tribalism, polarization and dehumanizing

narratives. Author Ben Sheehan's viral Instagram post called for greater compassion and nuance in response, and he joins the show to discuss the dangers of propaganda on social media.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 103  
**Length:** 60 minutes  
**Segment Length:** 00:55:28  
**Air Dates:** Wednesday November 22nd, 2023 11:00 pm

Christiane hosts a panel of leaders in the field of artificial technology. In a world where it's increasingly hard to discern fact from fiction, Hari Sreenivasan and Christiane Amanpour discuss the ethical dilemmas of A.I., and why it's more important than ever to keep real journalists in the game.