

# KEET Quarterly Issues and Programs Report

*For July 1st 2023 through September 30th 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-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 8  
**Length:** 60 minutes  
**Segment Length:** 00:04:24  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 12th, 2023 6:00 pm

In our news wrap Wednesday, inflation cooled in June to its lowest level since early 2021, cleanup crews plowed through sludge in Montpelier, Vermont, after flood waters receded, heat alerts were issued as forecasts called for the Southwest to break temperature records again and Microsoft reports a Chinese-based hacking group breached email accounts linked to government agencies.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 13  
**Length:** 60 minutes  
**Segment Length:** 00:08:26  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 19th, 2023 6:00 pm

Germany's economy was the envy of Europe for many of the 30-plus years since reunification. But now the country is officially in recession and its people, used to decades of prosperity, are now losing confidence. Much of its current troubles have been caused by the war in Ukraine as Germany has turned its back on Russia, its former trading partner. Special correspondent Malcolm Brabant reports

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 18  
**Length:** 60 minutes  
**Segment Length:** 00:05:32  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 26th, 2023 6:00 pm

Interest rates are headed higher again, as the Federal Reserve resumes its fight with inflation. That effort is almost a year and a half old now. At the same time, Fed Chair Jay Powell wants to tame inflation without tipping the economy into a recession. Economics correspondent Paul Solman breaks down the thinking behind the Fed's moves.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 29  
**Length:** 60 minutes  
**Segment Length:** 00:05:51  
**Format:** News (live news only)  
**Air Dates:** Thursday August 10th, 2023 6:00 pm

In our news wrap Thursday, U.S. inflation was higher in July ending a year of monthly declines, Walt Nauta pleaded not guilty on new charges in the Trump classified documents case, special counsel Jack Smith requested a Jan. 2 trial date on charges that Trump tried to overturn his election loss and the CDC reported 49,500 suicides last year, the most ever recorded.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 45  
**Length:** 60 minutes  
**Segment Length:** 00:05:39  
**Format:** News (live news only)  
**Air Dates:** Friday September 1st, 2023 6:00 pm

The August jobs report portrays a labor market that's steadily growing, but there are signs of cooling in the face of the Federal Reserve's higher interest rates. Employers added 187,000 jobs in August while the unemployment rate ticked up from 3.5 to 3.8 percent. The report paints a complex picture of the current economy. John Yang discussed that with Catherine Rampell.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 52  
**Length:** 60 minutes  
**Segment Length:** 00:06:11  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 12th, 2023 6:00 pm

In 2021, as the economy reeled from the pandemic, a one-year expansion of the child tax credit led to a historic 46 percent decline in the child poverty rate. But new census data shows a dramatic reversal with the rate of children in poverty skyrocketing in 2022. Experts say it's due to the end of pandemic-era safety net policies and inflation. Stephanie Sy discussed more with Catherine Rampell

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 63  
**Length:** 60 minutes  
**Segment Length:** 00:04:16  
**Format:** News (live news only)  
**Air Dates:** Wednesday September 27th, 2023 6:00 pm

A student research project in Boston is drawing attention to price disparities between grocery stores in high and low-income neighborhoods. Student journalist Sriya Tallapragada reports in this story produced during NewsHour's Student Reporting Labs Summer Academy, where teens from around the country come together to hone their journalism, film and storytelling skills.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 20  
**Length:** 60 minutes  
**Segment Length:** 00:17:15  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday July 28th, 2023 11:00 pm

There are bold new moves underway in the U.S. to scrutinize blockbuster business deals and ensure they are in the interest of consumers and the wider economy. Assistant attorney general Jonathan Kanter and FTC chair Lina Khan join Walter to discuss the new proposed merger and acquisition guidelines released last week, and how they are calculated to protect market competition.

## Education

**Program Source:** KEET  
**Program Title:** Headline Humboldt  
**Episode Number:** 350  
**Length:** 30 minutes  
**Air Dates:** Friday September 15th, 2023 7:00 pm  
Sunday September 17th, 2023 1:30 pm

A new candidate has entered the race for 1st district supervisor of Humboldt County. Veteran and videographer Gordon Clatworthy joins us in a moment to talk politics, Humboldt County, and why he's felt the call to serve. Also, Cal Poly Humboldt's new enrollment numbers are way below expectations, though that hasn't stopped the university from offering a new slew of programs, including a brand new bachelor's degree for Pelican Bay inmates

**Program Source:** PBS-NPS  
**Program Title:** American Experience  
**Episode Title:** The Busing Battleground  
**Length:** 120 minutes  
**Segment Length:** 01:56:46  
**Format:** Documentary  
**Air Dates:** Monday September 11th, 2023 9:00 pm  
Tuesday September 12th, 2023 1:00 am  
Wednesday September 13th, 2023 3:00 am

In 1974, after a decades-long battle by Black parents in Boston working for equal education, a local judge mandated the desegregation of the public schools. Cross-town busing led to an eruption of explosive racial violence that tore the city apart, setting a tragic course for Boston's children that still reverberates today. Told through rare archival footage and first-person interviews with community leaders and students who took part in the busing plan, THE BUSING BATTLEGROUND is a definitive reexamination of a tumultuous piece of Boston's racial history.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 7  
**Length:** 60 minutes  
**Segment Length:** 00:06:27  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 11th, 2023 6:00 pm

Billions of dollars were funneled to school districts across the U.S. to help them make up for learning loss from the pandemic. But new research shows that even with that extra money, school districts are still struggling to close the gaps in reading, writing and math. Stephanie Sy discussed the findings with Karyn Lewis of the Center for School and Student Progress and a lead researcher at NWEA.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 9  
**Length:** 60 minutes  
**Segment Length:** 00:05:37  
**Format:** News (live news only)  
**Air Dates:** Thursday July 13th, 2023 6:00 pm

The Supreme Court ruling against affirmative action in college admissions has renewed the debate over legacy admissions. A Boston-based nonprofit filed a complaint alleging Harvard's legacy and donor-based admissions favors white students, and the NAACP called on 1,600 public and private universities across the country to end legacy admissions. Geoff Bennett discussed more with Derrick Johnson.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 14  
**Length:** 60 minutes  
**Segment Length:** 00:05:24  
**Format:** News (live news only)  
**Air Dates:** Thursday July 20th, 2023 6:00 pm

Stanford University President Marc Tessier-Lavigne will resign next month over the questionable handling of flawed scientific research. The investigation began last year after the campus newspaper "The Stanford Daily" investigated claims of research misconduct in past academic papers. Geoff Bennett discussed more with Theo Baker, the student journalist who first published the allegations.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 16  
**Length:** 60 minutes  
**Segment Length:** 00:06:39  
**Format:** News (live news only)  
**Air Dates:** Monday July 24th, 2023 6:00 pm

A study shows how college admissions practices benefit the richest applicants. Opportunity Insights, a group of Harvard economists, analyzed data from 12 of the country's top colleges from 1999 to 2015. They found that among students with the same test scores, applicants with families in the top one percent were 34 percent more likely to be accepted. Geoff Bennett discussed more with Raj Chetty.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 38  
**Length:** 60 minutes  
**Segment Length:** 00:05:59  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 23rd, 2023 6:00 pm

Student loan borrowers might find relief under the Biden administration's income-driven repayment plan. Launched this week, the SAVE plan, which stands for saving on a valuable education, could help borrowers with the potential for lower or no monthly payments. But there are questions about who will benefit from the plan and who it leaves out. Geoff Bennett discussed more with Cory Turner of NPR.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 45  
**Length:** 60 minutes  
**Segment Length:** 00:09:49  
**Format:** News (live news only)  
**Air Dates:** Friday September 1st, 2023 6:00 pm

More than three years ago, schools received the first installment in the biggest ever one-time infusion of federal money dedicated to education, about \$190 billion to protect against COVID and reverse the academic setbacks that followed the pandemic. One district in Virginia used its funds to add more days in the school year. Geoff Bennett visited to see how that program is faring.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 49  
**Length:** 60 minutes  
**Segment Length:** 00:05:00  
**Format:** News (live news only)  
**Air Dates:** Thursday September 7th, 2023 6:00 pm

During the pandemic, the federal government provided funds for free healthy school meals for students, but that program ended in 2022. Most states went back to the system they had before, but some will continue providing meals. NewsHour Communities Correspondents Gabrielle Hays in Missouri, Adam Kemp in Oklahoma and Frances Kai-Hwa Wang in Michigan joined Geoff Bennett to discuss the programs.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 50  
**Length:** 60 minutes  
**Segment Length:** 00:17:47  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday September 8th, 2023 11:00 pm

In the US, public universities are spending hundreds of thousands of dollars a day and getting students to foot the bill. College costs have soared past the inflation rate, while the nation's student loan debt is over \$1.7 trillion. Melissa Korn, higher education reporter at the Wall Street Journal, investigated the spending of 50 flagship universities. She joins the show to discuss her findings.

**Program Source:** PBS-PLUS  
**Program Title:** To the Contrary with Bonnie Erbe  
**Episode Title:** Episode 19  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Sunday July 23rd, 2023 1:00 pm

Legacy Admissions: Wesleyan University, among others, has put an end to legacy admissions for college applicants. Crisis of Masculinity: Concerns about American masculinity reach a tipping point. PANEL: Siobhan "Sam" Bennett, Carrie Sheffield, Lavern Spicer, and Jessica Washington.

## Environmental

**Program Source:** APTEX  
**Program Title:** To The Ends of the Earth: The Natural World - Oceans  
**Length:** 60 minutes  
**Air Dates:** Sunday July 30th, 2023 9:00 am

From the smallest sea shell to the immense whale shark, award-winning international wildlife photographer and filmmaker Todd Gustafson introduces viewers to the creatures that inhabit the sand flats, tidepools, lagoons and ocean depths in TO THE ENDS OF THE EARTH: THE NATURAL WORLD - OCEANS. Todd not only explains behaviors and underwater natural history, but also shares photographic techniques and some of the physical practicalities of taking a camera underwater. With an introduction by United Nations Messenger of Peace Jane Goodall, TO THE ENDS OF THE EARTH: THE NATURAL WORLD - OCEANS presents the beauty of the natural world and underscores the importance of preserving these striking and endangered ecosystems.

**Program Source:** APTEX  
**Program Title:** Wild Hope  
**Episode Title:** The Beautiful Undammed  
**Length:** 30 minutes  
**Air Dates:** Thursday September 14th, 2023 7:30 pm

A decade after the largest dam removal in history-on Washington State's Elwha River-scientists are chronicling a story of ecological rebirth. Recovering salmon populations are transferring critical nutrients from the ocean into the forests, enriching the entire ecosystem. The Elwha's revival is an encouraging model for the removal of larger dams in the region and around the world.

**Program Source:** NETA  
**Program Title:** Ecosense for Living  
**Episode Title:** 3 Billion Birds  
**Length:** 30 minutes  
**Air Dates:** Thursday September 7th, 2023 2:00 pm

The 3 BILLION BIRD STUDY shows that one in four birds has vanished in the last fifty years. The good news is that when humans manage habitats with birds in mind, species can not only survive, but flourish. From the Great Plains to the marshes of the southeast, this episode shows how we can save the wonderful world of birds.

**Program Source:** NETA  
**Program Title:** Ecosense for Living  
**Episode Title:** Wild Things Return  
**Length:** 30 minutes  
**Air Dates:** Thursday September 14th, 2023 2:00 pm

Focusing on diverse habitats from Florida and Georgia to South Dakota and Montana, we track the progress of several species whose survival depends on active conservation management. From Black-footed ferrets and prairie dogs to Red-cockaded woodpeckers and Indigo snakes, get a sneak peek behind the scenes at what it takes to resettle animals into their native habitats.

**Program Source:** NETA  
**Program Title:** Ecosense for Living  
**Episode Title:** Return of the Buffalo  
**Length:** 30 minutes  
**Air Dates:** Thursday September 21st, 2023 2:00 pm

Millions of bison once roamed nearly all of North America but their intentional killing in the late 1800s forever changed our landscapes and culture. Now the Lakota people of the Rosebud Reservation are bringing a wild buffalo herd back to regenerate their land as well as their health, well-being and independence.

**Program Source:** NPS  
**Program Title:** Earth Emergency  
**Length:** 60 minutes  
**Air Dates:** Wednesday August 30th, 2023 4:00 pm

Explore how environmental feedback loops are amplifying global warming and what we can do about it. Narrated by Richard Gere, this revealing film asks whether we are approaching a point of no return or if we have the will and vision to act now.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Earth  
**Length:** 60 minutes  
**Air Dates:** Wednesday September 6th, 2023 10:00 pm  
Thursday September 7th, 2023 2:00 am  
Friday September 8th, 2023 3:00 am  
Sunday September 10th, 2023 2:00 am  
Tuesday September 12th, 2023 4:00 pm

At Earth's extremes, animals are reacting in surprising ways. Animal homes are changing around them at superspeed. Follow remarkable stories of resilience and hope. From humpback whales to tiny butterflies to ingenious savanna chimpanzees.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Islands  
**Length:** 60 minutes  
**Air Dates:** Wednesday September 13th, 2023 10:00 pm  
Thursday September 14th, 2023 2:00 am  
Friday September 15th, 2023 3:00 am  
Sunday September 17th, 2023 2:00 am  
Tuesday September 19th, 2023 4:00 pm

Islands are like miniature simplified Earths, where evolution is playing out at superspeed right before our eyes. Journey from the Galapagos to the edge of Antarctica to seek out animals responding to our changing planet in extraordinary ways.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Heat  
**Length:** 60 minutes  
**Air Dates:** Wednesday September 20th, 2023 10:00 pm  
Thursday September 21st, 2023 2:00 am  
Friday September 22nd, 2023 3:00 am  
Sunday September 24th, 2023 2:00 am  
Tuesday September 26th, 2023 4:00 pm

Travel to the hottest and driest extremes to see animals go to extraordinary lengths to survive. From the Sahara Desert to Australia, animals provide new clues about our changing planet and what it will mean for the future of our heating world.

**Program Source:** NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Ice  
**Length:** 60 minutes  
**Air Dates:** Wednesday September 27th, 2023 10:00 pm  
Thursday September 28th, 2023 2:00 am  
Friday September 29th, 2023 3:00 am

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  
**Program Title:** Animal Babies: First Year on Earth  
**Episode Title:** First Steps  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Thursday September 7th, 2023 3:00 am

Like all babies, a young animal's first year can be filled with love, joy and play. A baby animal can also face several challenges in its first year, whether fighting for survival in the wild or learning to coexist with humans.



**Program Source:** PBS  
**Program Title:** Animal Babies: First Year on Earth  
**Episode Title:** Testing Limits  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 8th, 2023 1:00 am

Learn the new challenges baby animals face once they can get around on their own. Every day brings new trials and tribulations, like searching for food, surviving in harsh environments and bonding with family members.

**Program Source:** PBS  
**Program Title:** Animal Babies: First Year on Earth  
**Episode Title:** New Frontiers  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 8th, 2023 2:00 am

Join the baby animals as they near the end of their first year of life. It's time for these young ones to branch off from the comfort of their mothers and learn to explore the great unknown on their own.

**Program Source:** PBS  
**Program Title:** Civilizations  
**Episode Title:** Paradise on Earth  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 1st, 2023 1:00 am

Explore one of humanity's deepest artistic urges: the depiction of nature. But landscape painting is seldom a straightforward portrayal of observed nature; it's a projection of dreams, idylls, escapes and refuges#the elusive paradise on earth.

**Program Source:** PBS  
**Program Title:** Civilizations  
**Episode Title:** Paradise on Earth  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 1st, 2023 1:00 am

Explore one of humanity's deepest artistic urges: the depiction of nature. But landscape painting is seldom a straightforward portrayal of observed nature; it's a projection of dreams, idylls, escapes and refuges#the elusive paradise on earth.

**Program Source:** PBS  
**Program Title:** Earth's Natural Wonders  
**Episode Title:** Extreme Wonders  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday July 19th, 2023 3:00 am

Visit extreme locales – from the highest mountain to the greatest canyon – and learn how these places test their inhabitants to the limit. On Mount Everest, a Sherpa has to rope a route across the notorious Khumbu Icefall in time for the hundreds of foreign mountaineers who will arrive for climbing season. In the Grand Canyon, conservationists desperately try to ensure the survival of

one of America's few surviving condor chicks. And, on the slopes of Mount Kilimanjaro in Tanzania, farmers fight pitched battles with elephants in the dead of night.

**Program Source:** PBS  
**Program Title:** Earth's Natural Wonders  
**Episode Title:** Wonders of Water  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Saturday July 22nd, 2023 1:00 am

Explore wonders created by the awesome and unpredictable power of water. Above Victoria Falls in Zambia, a fisherman and his brothers brave crocodiles, elephants and the risk of being swept to their deaths, in order to reach fishing pools at the edge of the Falls. In Europe's secret water world of the Camargue, a young man duels with a savage bull in a centuries-old contest of man-versus-nature. And, among the world's richest ocean reefs, a guardian must hunt down an elusive manta ray among ferocious currents to help save the species.

**Program Source:** PBS  
**Program Title:** Earth's Natural Wonders  
**Episode Title:** Living Wonders  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Saturday July 22nd, 2023 3:00 am

Witness wonders created by the force that makes our planet unique – life itself. In the Amazon Rainforest, two 9-year old boys must prepare themselves for a terrifying rite of passage involving the insect with the most painful sting on Earth: the bullet ant. In Borneo, a father must provide for his family by climbing to the roof of a vast cave to collect birds' nests. And, in Bangladesh's Sundarbans, the largest mangrove forest in the world, a father and son must brave killer bees and man-eating tigers to find honey.

**Program Source:** PBS  
**Program Title:** India: Nature's Wonderland  
**Episode Title:** Episode 1  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday July 15th, 2023 1:00 am

Join a journey through India to discover its rich culture and rare wildlife. Experience a ritual tiger dance and see lions, elephants and India's only ape – the hoolock gibbon. Then climb to the Himalayas where the Ganges River begins.

**Program Source:** PBS  
**Program Title:** India: Nature's Wonderland  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday July 15th, 2023 3:00 am

Continue exploring India and meet a man who spent 30 years planting his own rainforest. On the way, encounter demoiselle cranes, tahr goats, one-horned rhinos, the tiny pika and lion-tailed macaques. Witness the mass hatching of olive ridley turtles.

**Program Source:** PBS  
**Program Title:** Nature  
**Episode Title:** Undercover in the Jungle  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday July 19th, 2023 8:00 pm  
Friday July 21st, 2023 4:00 am  
Sunday July 23rd, 2023 1:00 am  
Wednesday July 26th, 2023 3:00 pm

Go undercover with a film crew on a perilous journey to the untouched wilderness of biodiversity in the Amazon rainforest. Meet some of the most incredible creatures, from pygmy marmosets to pumas, as the wild secrets of the jungle are revealed.

**Program Source:** PBS  
**Program Title:** NATURE  
**Episode Title:** Wild Florida  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday July 2nd, 2023 2:00 am  
Sunday July 2nd, 2023 7:00 pm  
Wednesday July 5th, 2023 3:00 pm

Florida is home to beaches, coral reefs, pine forests and the famous Everglades wetland, but a growing human population and abandoned exotic pets like pythons are threatening this wild paradise. Can Florida's ecosystems continue to weather the storm?

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Arctic Ghost Ship  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 8:00 pm  
Friday September 1st, 2023 4:00 am  
Sunday September 3rd, 2023 12:00 am  
Wednesday September 6th, 2023 3:00 pm

Unravel the greatest mystery in Arctic exploration: 160 years ago, the Franklin Expedition to chart the Northwest Passage vanished. Now, a Canadian team discovers one of Franklin's lost ships—a vital clue to the fate of the ill-starred expedition.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Arctic Ghost Ship  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 8:00 pm  
Friday September 1st, 2023 4:00 am  
Sunday September 3rd, 2023 12:00 am  
Wednesday September 6th, 2023 3:00 pm

Unravel the greatest mystery in Arctic exploration: 160 years ago, the Franklin Expedition to chart the Northwest Passage vanished. Now, a Canadian team discovers one of Franklin's lost ships—a vital clue to the fate of the ill-starred expedition.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Operation Lighthouse Rescue  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday September 27th, 2023 9:00 pm  
Thursday September 28th, 2023 1:00 am  
Friday September 29th, 2023 5:00 am

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:** Killer Hurricanes  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday August 23rd, 2023 9:00 pm  
Thursday August 24th, 2023 1:00 am  
Friday August 25th, 2023 4:00 am  
Sunday August 27th, 2023 12:00 am

Follow a team of experts investigating the Great Hurricane of 1780 that killed more people than any other Caribbean hurricane. Discover what made the storm so deadly and whether mega-storms are more likely to strike in our rapidly changing climate.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Killer Floods  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday August 23rd, 2023 10:00 pm  
Thursday August 24th, 2023 2:00 am  
Friday August 25th, 2023 5:00 am  
Sunday August 27th, 2023 1:00 am  
Tuesday August 29th, 2023 4:00 pm

Uncover geologic fingerprints of colossal floods that violently reshaped the ancient world. Follow geologists around the globe as they reconstruct catastrophic Ice Age floods more powerful than all the worlds top ten rivers combined.

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Great White Shark  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Thursday September 28th, 2023 3:00 am

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

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Polar Bear  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 29th, 2023 1:00 am

Mark Evans travels to the shores of Canada’s Hudson Bay, where polar bears are causing havoc in isolated communities. He arrives in the town of Churchill hours after an attack has left two people seriously injured and a bear dead. He joins the Polar Bear Alert team as they transport a captured bear by helicopter to a release site outside town. In the Inuit town of Arviat, Evans works with wildlife officers to test an aerial drone early warning system, a military grade ultra-loud speaker to deter bears, and a controversial experiment to place meat out on the tundra to keep bears away from town.

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Crocodile  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Sunday July 2nd, 2023 9:00 am  
Friday September 29th, 2023 2:00 am

Mark Evans travels to Namibia’s Chobe River, a place that’s known as the croc attack capital of the world. Crocodiles here are growing in size and number and so is the frequency of attacks. Each time an attack occurs, the locals kill crocs in retaliation. To find a way to keep both people and crocodiles safe, Evans joins leading croc experts Rom Whitaker and Dr. Patrick Aust to carry out a radical new

experiment. The idea is to train crocs to associate the sound of a bell with an electric shock. Evans meets attack victims and puts the croc training experiment to the test, with surprising results

**Program Source:** PBS  
**Program Title:** SuperNature - Wild Flyers  
**Episode Title:** Defying Gravity  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Sunday July 9th, 2023 9:00 am  
Thursday September 21st, 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:** Sunday July 16th, 2023 9:00 am  
Friday September 22nd, 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:** Sunday July 23rd, 2023 9:00 am  
Friday September 22nd, 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:** Wild Metropolis  
**Episode Title:** Residents  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 15th, 2023 1:00 am

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

**Program Source:** PBS  
**Program Title:** Wild Metropolis  
**Episode Title:** Commuters  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 15th, 2023 2:00 am

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

**Program Source:** PBS  
**Program Title:** Wild Metropolis  
**Episode Title:** Survivors  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday September 16th, 2023 3:00 am

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

**Program Source:** PBS  
**Program Title:** Wonders of Mexico  
**Episode Title:** Forests of the Maya  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday August 4th, 2023 1:00 am

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

**Program Source:** PBS  
**Program Title:** Wonders of Mexico  
**Episode Title:** Forests of the Maya  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday August 4th, 2023 1:00 am

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

**Program Source:** PBS  
**Program Title:** Wonders of Mexico  
**Episode Title:** Mountain Worlds  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday August 5th, 2023 1:00 am

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

**Program Source:** PBS  
**Program Title:** Wonders of Mexico  
**Episode Title:** Burning North  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Monday August 7th, 2023 4:00 am

Journey across northern Mexico to discover a desert rich in life. From prairie dogs fighting snakes, bats hunting scorpions and tiny owls living in giant cacti, its animals have found clever ways to survive against the odds.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Death Valley: Life Blooms  
**Length:** 60 minutes  
**Segment Length:** 00:52:35  
**Format:** Other  
**Air Dates:** Saturday July 8th, 2023 1:00 am

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

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Idaho: Tied to the Land  
**Length:** 60 minutes  
**Segment Length:** 00:52:00  
**Format:** Other  
**Air Dates:** Saturday July 8th, 2023 3:00 am

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

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** LA: It's a Vibe  
**Length:** 60 minutes  
**Segment Length:** 00:53:00  
**Format:** Other  
**Air Dates:** Saturday July 8th, 2023 4:00 am

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

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Appalachia: A Different Way  
**Length:** 60 minutes  
**Segment Length:** 00:53:13  
**Format:** Other  
**Air Dates:** Monday July 10th, 2023 4:00 am

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



**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Tidewater: Homecoming  
**Length:** 60 minutes  
**Segment Length:** 00:52:18  
**Format:** Other  
**Air Dates:** Monday July 10th, 2023 5:00 am

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

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Suwannee: Wild River  
**Length:** 60 minutes  
**Segment Length:** 00:52:33  
**Format:** Other  
**Air Dates:** Wednesday September 6th, 2023 8:00 pm  
Friday September 8th, 2023 4:00 am  
Sunday September 10th, 2023 1:00 am  
Wednesday September 13th, 2023 3:00 pm

The Suwannee is one of the last wild rivers in America, and its watershed creates woods and wetlands, marshes, and cave systems. From its headwaters in the Okefenokee Swamp, Baratunde journeys downstream, meeting colorful denizens of the Suwannee. From jet skiers to herpetologists, manatees to snapping turtles, he learns how this unique environment inspires a whole range of passions.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** Arkansas: Hidden Gems  
**Length:** 60 minutes  
**Segment Length:** 00:52:31  
**Format:** Other  
**Air Dates:** Wednesday September 13th, 2023 8:00 pm  
Friday September 15th, 2023 4:00 am  
Sunday September 17th, 2023 1:00 am  
Wednesday September 20th, 2023 3:00 pm

In Arkansas, just about everyone you meet is into the outdoors, yet to many outside the state it barely registers as an outdoor destination. Now, it's on a mission to earn recognition as a wild mecca. Baratunde heads south to find out why this hidden gem has stayed hidden for so long, and how its outdoor culture is changing.

**Program Source:** PBS-NPS  
**Program Title:** America Outdoors with Baratunde Thurston  
**Episode Title:** New Mexico: Timeless  
**Length:** 60 minutes  
**Segment Length:** 00:52:56  
**Format:** Other  
**Air Dates:** Wednesday September 20th, 2023 8:00 pm  
Friday September 22nd, 2023 4:00 am  
Sunday September 24th, 2023 1:00 am  
Wednesday September 27th, 2023 3:00 pm

The Ancient Puebloans were the first inhabitants of what's now New Mexico, and their ruins can still be found there. From turkey hunting to rafting on the Rio Grande, Baratunde explores how New Mexico's history shapes its outdoor culture.

**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:** Wednesday September 27th, 2023 8:00 pm  
Friday September 29th, 2023 4:00 am

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:** American Experience  
**Episode Title:** Fatal Flood  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Tuesday August 22nd, 2023 10:00 pm  
Wednesday August 23rd, 2023 2:00 am  
Thursday August 24th, 2023 4:00 am

In the spring of 1927, after weeks of incessant rains, the Mississippi River went on a rampage from Cairo, Illinois to New Orleans, inundating hundreds of towns, killing as many as a thousand people and leaving a million homeless. In Greenville, Mississippi, efforts to contain the river pitted the majority black population against an aristocratic plantation family, the Percys -- and the Percys against themselves. A story of greed, power and race during one of America's greatest natural disasters.

**Program Source:** PBS-NPS  
**Program Title:** American Experience  
**Episode Title:** Flood in the Desert  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Tuesday August 22nd, 2023 9:00 pm  
Wednesday August 23rd, 2023 1:00 am  
Thursday August 24th, 2023 3:00 am  
Saturday August 26th, 2023 2:00 pm  
Tuesday August 29th, 2023 3:00 pm

Explore the 1928 dam collapse, the second deadliest disaster in California history. A colossal engineering failure, the dam was built by William Mulholland to ensure the growth of Los Angeles by bringing water to the city via aqueduct.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Earth  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday September 6th, 2023 10:00 pm  
Thursday September 7th, 2023 2:00 am  
Friday September 8th, 2023 3:00 am  
Sunday September 10th, 2023 2:00 am  
Tuesday September 12th, 2023 4:00 pm

At Earth's extremes, animals are reacting in surprising ways. Animal homes are changing around them at superspeed. Follow remarkable stories of resilience and hope. From humpback whales to tiny butterflies to ingenious savanna chimpanzees.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Islands  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday September 13th, 2023 10:00 pm  
Thursday September 14th, 2023 2:00 am  
Friday September 15th, 2023 3:00 am  
Sunday September 17th, 2023 2:00 am  
Tuesday September 19th, 2023 4:00 pm

Islands are like miniature simplified Earths, where evolution is playing out at superspeed right before our eyes. Journey from the Galapagos to the edge of Antarctica to seek out animals responding to our changing planet in extraordinary ways.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Heat  
**Length:** 60 minutes  
**Segment Length:** 00:55:23  
**Format:** Documentary  
**Air Dates:** Wednesday September 20th, 2023 10:00 pm  
Thursday September 21st, 2023 2:00 am  
Friday September 22nd, 2023 3:00 am  
Sunday September 24th, 2023 2:00 am  
Tuesday September 26th, 2023 4:00 pm

Travel to the hottest and driest extremes to see animals go to extraordinary lengths to survive. From the Sahara Desert to Australia, animals provide new clues about our changing planet and what it will mean for the future of our heating world.

**Program Source:** PBS-NPS  
**Program Title:** Evolution Earth  
**Episode Title:** Ice  
**Length:** 60 minutes  
**Segment Length:** 00:55:25  
**Format:** Documentary  
**Air Dates:** Wednesday September 27th, 2023 10:00 pm  
Thursday September 28th, 2023 2:00 am  
Friday September 29th, 2023 3:00 am

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:** Firing Line with Margaret Hoover  
**Episode Title:** Baratunde Thurston  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Saturday September 16th, 2023 12:30 am  
Sunday September 17th, 2023 5:30 am  
Sunday September 17th, 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:** Human Footprint  
**Episode Title:** Strangers in Paradise  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday July 5th, 2023 9:00 pm  
Thursday July 6th, 2023 1:00 am  
Friday July 7th, 2023 3:00 am  
Sunday July 9th, 2023 2:00 am  
Tuesday July 11th, 2023 3:00 pm

Invasive species are reshaping the world's ecosystems, but who's really to blame? Shane wrestles a python, hunts Hawaiian pigs, and gets sucker-punched by a carp to answer the question: in the Age of Humans, how does our species decide what belongs?

**Program Source:** PBS-NPS  
**Program Title:** Human Footprint  
**Episode Title:** Top Predator  
**Length:** 60 minutes  
**Segment Length:** 00:54:53  
**Format:** Documentary  
**Air Dates:** Wednesday July 12th, 2023 9:00 pm  
Thursday July 13th, 2023 1:00 am  
Friday July 14th, 2023 3:00 am  
Sunday July 16th, 2023 2:00 am  
Tuesday July 18th, 2023 3:00 pm

There's a killer inside us. Our biology, culture, technology, and economy have transformed our species into the greatest predator the world has ever seen. From Yellowstone to Mozambique, Shane explores our global impact as the planet's top predator.

**Program Source:** PBS-NPS  
**Program Title:** Human Footprint  
**Episode Title:** The Urban Jungle  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday August 2nd, 2023 9:00 pm  
Thursday August 3rd, 2023 1:00 am  
Friday August 4th, 2023 3:00 am  
Sunday August 6th, 2023 2:00 am  
Tuesday August 8th, 2023 3:00 pm

"In "The Urban Jungle," Shane explores the modern city: an ecosystem built by, for us. He encounters three species thriving in the city, reckons with our complex urban history, and envisions a new and wilder urban future.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** Big Bend: The Wild Frontier of Texas  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday August 23rd, 2023 8:00 pm  
Friday August 25th, 2023 3:00 am  
Sunday August 27th, 2023 2:00 am  
Wednesday August 30th, 2023 3:00 pm

Roam the Wild West frontier land of the Rio Grande's Big Bend alongside its iconic animals, including black bears, rattlesnakes and scorpions.

**Program Source:** PBS-NPS  
**Program Title:** Nature  
**Episode Title:** The Bat Man of Mexico  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday August 9th, 2023 8:00 pm  
Friday August 11th, 2023 4:00 am

An ecologist tracks the Lesser Long-nosed bat's epic migration across Mexico, braving hurricanes, snakes, Mayan tombs and seas of cockroaches, in order to save the species and the tequila plants they pollinate.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Bat Superpowers  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday August 9th, 2023 10:00 pm  
Thursday August 10th, 2023 2:00 am  
Friday August 11th, 2023 5:00 am

Could the source of the world's deadliest viruses hold the secret to a healthier and longer life? Bats have a sinister reputation as potential sources for some of the deadliest disease outbreaks: Ebola, MERS, SARS, and most recently, SARS-CoV-2, the virus behind the COVID-19 global pandemic.

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

Rising seas and sinking land threaten to destroy Venice. Can the city's new hi-tech flood barrier save it? Discover the innovative projects and feats of engineering designed to stop this historic city from being lost to future generations.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 4  
**Length:** 60 minutes  
**Segment Length:** 00:05:54  
**Format:** News (live news only)  
**Air Dates:** Thursday July 6th, 2023 6:00 pm

It has been a week of record-breaking heat around the world. The average global temperature on Wednesday hit 62.9 degrees Fahrenheit, matching the record-high set just on Tuesday. The grim milestones are the latest in a series of climate change driven extremes. Amna Nawaz discussed these events and what to take from them with Mike Flannigan of Thompson Rivers University.

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

It's estimated there are fewer than 350 North Atlantic right whales remaining. They are dying faster than they can produce and it's largely due to human causes. With so few left, experts are closely monitoring for new offspring and working to keep the whale from extinction. Science Correspondent Miles O'Brien reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 6  
**Length:** 60 minutes  
**Segment Length:** 00:07:52  
**Format:** News (live news only)  
**Air Dates:** Monday July 10th, 2023 6:00 pm

Extreme weather is making an impact from one end of the country to the other. Ferocious heat and heavy rains persisted Monday and millions of Americans were left to cope and clean up. Stephanie Sy reports on flooding in the eastern U.S. and discusses the streak of 110-plus-degree days in Phoenix with David Hondula.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 7  
**Length:** 60 minutes  
**Segment Length:** 00:02:30  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 11th, 2023 6:00 pm

In New England, a storm for the ages has ravaged Vermont. There've been no reported deaths or injuries, but parts of the state capital are under water and property damage could reach the tens of millions of dollars. Geoff Bennett reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 7  
**Length:** 60 minutes  
**Segment Length:** 00:06:38  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 11th, 2023 6:00 pm

Tens of millions of people living in the Southwest are dealing with what the National Weather Service says it's one of the longest heat waves in modern record. That extreme heat is even more dangerous than some might realize. Geoff Bennett discussed that with Jeff Goodell, a climate journalist and author of "The Heat Will Kill You First: Life and Death on a Scorched Planet."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 8  
**Length:** 60 minutes  
**Segment Length:** 00:04:15  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 12th, 2023 6:00 pm

In the last century, more than 2,000 square miles of Louisiana's coastline have been lost to the sea. Tribal lands in the state's southeast are among the most impacted. As NewsHour New Orleans Communities correspondent Roby Chavez reports, one volunteer-led effort is gaining attention in the fight against coastal erosion with an unlikely tool: recycled oyster shells.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 11  
**Length:** 60 minutes  
**Segment Length:** 00:08:06  
**Format:** News (live news only)  
**Air Dates:** Monday July 17th, 2023 6:00 pm

The nation remains at the mercy of nature, but nature is showing no mercy with 100 degree heat stretching from the far West across the Deep South. It comes as a weekend deluge in the Northeast washed out roads and claimed lives. Geoff Bennett discussed the extreme heat in California with Wade Crowfoot, the secretary of the state's natural resources agency.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 12  
**Length:** 60 minutes  
**Segment Length:** 00:09:27  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 18th, 2023 6:00 pm

A little-known fact about the Colorado River is that American Indian tribes own rights to about a quarter of the river. In reality, for most tribes, they are only "paper rights" not amounting to water they can use. Stephanie Sy reports on the opportunities and impediments ahead as a megadrought afflicts the Colorado and other watersheds in the West.



**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 14  
**Length:** 60 minutes  
**Segment Length:** 00:09:23  
**Format:** News (live news only)  
**Air Dates:** Thursday July 20th, 2023 6:00 pm

The record heat across the world has been unrelenting and the World Meteorological Organization says it could last into August. The extreme weather is not limited to the heat, there is also torrential rain in some places. Special correspondents in four major cities across the world sent us these reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 15  
**Length:** 60 minutes  
**Segment Length:** 00:06:33  
**Format:** News (live news only)  
**Air Dates:** Friday July 21st, 2023 6:00 pm

After a recent spate of shark encounters, New York State is ramping up efforts to monitor the apex predator off the coast of Long Island. It comes as experts in Massachusetts are raising awareness about the surging population of great white sharks off Cape Cod. Science correspondent Miles O'Brien reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 17  
**Length:** 60 minutes  
**Segment Length:** 00:06:27  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 25th, 2023 6:00 pm

A new analysis finds the brutal heat waves the world has experienced over the past month would be virtually impossible without the impact of human-caused climate change. It comes from an international group of researchers that are part of an initiative known as the World Weather Attribution. William Brangham discussed the assessment with meteorologist Bernadette Woods Placky of Climate Central.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 17  
**Length:** 60 minutes  
**Segment Length:** 00:06:54  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 25th, 2023 6:00 pm

In our news wrap Tuesday, wildfires raged on across southern Greece and the tragedy deepened when a tanker plane crashed and killed two pilots, backlash in Israel grew over the vote to weaken the country's supreme court, Russia rejected new calls from the United Nations to reinstate the Black Sea grain deal and UPS reached a tentative deal with the Teamsters likely averting a crippling strike.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 18  
**Length:** 60 minutes  
**Segment Length:** 00:05:28  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 26th, 2023 6:00 pm

As heat waves roll across so much of the world, oceans are also heating up with surface temperatures breaking records. Off the coast of southern Florida, surface water temperatures have topped 100 degrees Fahrenheit, triggering a massive bleaching event of some coral reefs. William Brangham discussed what's happening with NOAA researcher Katey Lesneski.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 19  
**Length:** 60 minutes  
**Segment Length:** 00:07:00  
**Format:** News (live news only)  
**Air Dates:** Thursday July 27th, 2023 6:00 pm

People working outdoors are among the most likely to suffer the consequences during heat waves. President Biden announced the Department of Labor will develop an alert to signal to employers and employees when heat is dangerous. Florida is one state that requires no protections for outdoor workers, but one county is hoping to change that. William Brangham discussed more with Nikolas Rivero.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 19  
**Length:** 60 minutes  
**Segment Length:** 00:06:11  
**Format:** News (live news only)  
**Air Dates:** Thursday July 27th, 2023 6:00 pm

Living in certain parts of a city can make the impacts of extreme heat worse. That's because of a phenomenon called the urban heat island effect. A recent report by the research group Climate Central showed that more than 40 million Americans live in these hot spots. William Brangham discussed what this means for those residents with Michael Mendez of the University of California, Irvine.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 19  
**Length:** 60 minutes  
**Segment Length:** 00:07:33  
**Format:** News (live news only)  
**Air Dates:** Thursday July 27th, 2023 6:00 pm

Right whales are a majestic sight to behold off the eastern coast of North America, but they are endangered and their numbers are shrinking. Many conservationists say fishing gear that causes entanglements is a big part of the problem. But lobster harvesters fear they may be driven out of business by pressure to change their practices even further. Science correspondent Miles O'Brien reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 20  
**Length:** 60 minutes  
**Segment Length:** 00:03:45  
**Format:** News (live news only)  
**Air Dates:** Friday July 28th, 2023 6:00 pm

In our news wrap Friday, nearly 200 million Americans spent another day under heat advisories and severe weather warnings, new economic numbers show inflation in the U.S. is easing, soldiers in Niger declared a general the new head of state after ousting the democratically-elected president and Defense Secretary Lloyd Austin aimed tough talk at China over its aggressive moves in the Pacific.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 21  
**Length:** 60 minutes  
**Segment Length:** 00:05:07  
**Format:** News (live news only)  
**Air Dates:** Monday July 31st, 2023 6:00 pm

In our news wrap Monday, crews in California continue to battle wildfires as high temperatures begin to ease elsewhere in the country, Mar-a-Lago property manager Carlos de Oliveira appeared in court, Hunter Biden's former business partner Devon Archer testified before the House Oversight Committee, and the Islamic State group claimed responsibility for Sunday's deadly bombing in Pakistan.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 24  
**Length:** 60 minutes  
**Segment Length:** 00:03:49  
**Format:** News (live news only)  
**Air Dates:** Thursday August 3rd, 2023 6:00 pm

Firefighters are working to control a massive blaze that swept through the California desert and into Nevada. A wildfire of this scale is not common in the Mojave Desert landscape, known for its unique vegetation and animal species. Stephanie Sy explores what has already been lost and why experts say it's unlikely for it to grow back.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 25  
**Length:** 60 minutes  
**Segment Length:** 00:07:15  
**Format:** News (live news only)  
**Air Dates:** Friday August 4th, 2023 6:00 pm

The 2024 Republican presidential campaign season is in full swing and candidates are stumping on a host of key issues. But one topic that's missing from their agenda is climate change. Despite a summer of record-setting heat, new polling shows that Republican voters still don't see a warming planet as a concern. As William Brangham reports, neither do the GOP candidates who want to lead them.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 27  
**Length:** 60 minutes  
**Segment Length:** 00:07:19  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 8th, 2023 6:00 pm

In our news wrap Tuesday, a storm system blasted the Northeast with severe weather, there's new evidence of global warming affecting Antarctica with sea ice at a record low, the Supreme Court reinstated a federal regulation aimed at curbing the spread of "ghost guns," and more than 11,000 Los Angeles city employees called a 24-hour strike.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 27  
**Length:** 60 minutes  
**Segment Length:** 00:06:24  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 8th, 2023 6:00 pm

President Biden headed to Arizona Tuesday where he made an announcement designating some million acres of land around the Grand Canyon as a national monument. The move would stop future uranium mining projects on the land, marking a key victory for environmentalists and tribal leaders. Department of Interior Secretary Deb Haaland joined Amna Nawaz to discuss the designation.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 29  
**Length:** 60 minutes  
**Segment Length:** 00:07:39  
**Format:** News (live news only)  
**Air Dates:** Thursday August 10th, 2023 6:00 pm

Crews are still fighting fires on the Hawaiian island of Maui. At least 36 people are known dead and more than 270 buildings damaged or destroyed across a blackened landscape. It's the nation's deadliest fire disaster in five years. Amna Nawaz discussed the fires with KITV meteorologist Malika Dudley.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 29  
**Length:** 60 minutes  
**Segment Length:** 00:05:05  
**Format:** News (live news only)  
**Air Dates:** Thursday August 10th, 2023 6:00 pm

As temperature records fall all over the planet this summer, scientists are also increasingly concerned about what's happening to the sea ice around Antarctica. William Brangham reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 30  
**Length:** 60 minutes  
**Segment Length:** 00:08:58  
**Format:** News (live news only)  
**Air Dates:** Friday August 11th, 2023 6:00 pm

At least 55 people are now confirmed dead after fast-moving wildfires ravaged the Hawaiian island of Maui this week. Those who did manage to survive now face the daunting task of piecing their lives back together. Stephanie Sy reports on the latest and Amna Nawaz discusses the disaster response with Chad Blair of Honolulu Civil Beat.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 31  
**Length:** 60 minutes  
**Segment Length:** 00:07:26  
**Format:** News (live news only)  
**Air Dates:** Monday August 14th, 2023 6:00 pm

In our news wrap Monday, the death toll from the Maui wildfires continues to climb as officials warn the number may rise further with just a fraction of the affected area searched so far, a string of floods and landslides in northern India killed at least 48 people and trapped many others and three waves of Russian drone and missile strikes rocked the Ukrainian port city of Odesa.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 32  
**Length:** 60 minutes  
**Segment Length:** 00:05:07  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 15th, 2023 6:00 pm

In our news wrap Tuesday, the official death toll climbed in Maui as crews searched the wildfire disaster zone but more bodies are likely among the untouched piles of ash, North Korea claims an American soldier who entered the country last month confessed to harboring ill feelings against the U.S. Army and the mother of a 6-year-old who shot his teacher in Virginia pleaded guilty to child neglect.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 32  
**Length:** 60 minutes  
**Segment Length:** 00:03:18  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 15th, 2023 6:00 pm

Monday, a judge in Montana sided with a group of young environmental activists who argued the state was violating its constitution by promoting fossil fuel development without considering the impact on climate change. William Brangham examined the arguments on both sides of the case before the trial and reports on the ruling's implications in Montana and nationwide.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 33  
**Length:** 60 minutes  
**Segment Length:** 00:08:02  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 16th, 2023 6:00 pm

As disaster recovery efforts ramp up on Maui, so too has the arduous search operation. The confirmed death toll now stands at 106 people and with most of those victims still unidentified, families and friends of the missing are left fearing the worst. Historic landmarks, art and artifacts have also been destroyed. Noelani Ahia discussed the cultural loss with Geoff Bennett.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 34  
**Length:** 60 minutes  
**Segment Length:** 00:04:41  
**Format:** News (live news only)  
**Air Dates:** Thursday August 17th, 2023 6:00 pm

In our news wrap Thursday, a mass evacuation is underway in Yellowknife, Canada, as a wildfire burns about 10 miles away, survivors on Maui spent another day picking up the pieces a week after fires devastated parts of the island and more than 60 people are feared dead after a ship carrying mostly Senegalese migrants capsized in the Atlantic Ocean.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 35  
**Length:** 60 minutes  
**Segment Length:** 00:02:35  
**Format:** News (live news only)  
**Air Dates:** Friday August 18th, 2023 6:00 pm

The impact of wildfires is being felt on two fronts tonight. On Maui, residents are trying to rebuild their lives days after fires scorched parts of the island and killed more than one hundred people. But for one city in Canada's Northwest Territories, the fire danger is only just beginning. Geoff Bennett reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 35  
**Length:** 60 minutes  
**Segment Length:** 00:02:55  
**Format:** News (live news only)  
**Air Dates:** Friday August 18th, 2023 6:00 pm

In our news wrap Friday, Hurricane Hilary is brewing over the Pacific and could become the first tropical storm to reach Southern California in 84 years, Russia said it shot down a Ukrainian drone over Moscow, the U.S. gave approval for the Netherlands and Denmark to deliver F-16 jets to Ukraine and the Spanish island of Tenerife is experiencing the worst wildfire the area has seen in decades.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 36  
**Length:** 60 minutes  
**Segment Length:** 00:02:54  
**Format:** News (live news only)  
**Air Dates:** Monday August 21st, 2023 6:00 pm

Southern California has been battered by historic rainfall, floods and mudslides in the latest in a string of disasters wreaking havoc across the country. So far, there are no reports of major damage or injuries linked to Tropical Storm Hilary. As the system barrels north, some 17 million people are under flood and high-wind advisories, watches and warnings. Geoff Bennett reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 36  
**Length:** 60 minutes  
**Segment Length:** 00:06:28  
**Format:** News (live news only)  
**Air Dates:** Monday August 21st, 2023 6:00 pm

Local officials and residents are still assessing the scope of loss from the Maui wildfires. Troubling questions and anger have emerged as well about the role of Hawaii's biggest power utility, the response by local and state government and a lack of critical communication when residents most needed it. Geoff Bennett discussed that perspective with Marina Riker of Honolulu Civil Beat.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 37  
**Length:** 60 minutes  
**Segment Length:** 00:04:52  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 22nd, 2023 6:00 pm

In our news wrap Tuesday, crews in mountain and desert towns in California are still digging out of mud and debris left behind from Tropical Storm Hilary, more than 800 people on Maui are still unaccounted for two weeks after the deadly wildfires first erupted and a U.N. report paints a grim picture of the situation in Afghanistan since the Taliban took over.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 37  
**Length:** 60 minutes  
**Segment Length:** 00:06:17  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 22nd, 2023 6:00 pm

A heat wave is baking much of the country, leading to record highs and triple-digit temperatures in the Midwest and the South. It's the latest in a series of extreme weather events that have led to damage, destruction and death this summer. Amna Nawaz discussed more with Michael Mann of the University of Pennsylvania and author of the forthcoming book, "Our Fragile Moment."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 38  
**Length:** 60 minutes  
**Segment Length:** 00:03:02  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 23rd, 2023 6:00 pm

It's been a very difficult summer in Canada as that country has battled wildfires endlessly. More than 37 million acres have burned and smoke from those fires significantly affected air quality in the U.S. A new analysis out this week found that warmer conditions from climate change made those fires more likely to break out. Dan Rivers of Independent Television News reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 38  
**Length:** 60 minutes  
**Segment Length:** 00:08:38  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 23rd, 2023 6:00 pm

In February, a 7.8-magnitude earthquake rocked northwest Syria, killing more than 7,000, injuring thousands more and destroying livelihoods. Cut off from the rest of the world by the Assad regime, survivors have struggled to rebuild. Special correspondent Leila Molana-Allen traveled to some of the worst-affected areas to speak with survivors coping with the emotional and physical scars.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 40  
**Length:** 60 minutes  
**Segment Length:** 00:09:20  
**Format:** News (live news only)  
**Air Dates:** Friday August 25th, 2023 6:00 pm

The grim and grueling search operation across Maui's fire-ravaged communities has now entered a new phase. The confirmed death toll stands at 115 people, but hundreds more are still missing. Stephanie Sy reports on the search and Geoff Bennett discusses the tragedy with Kaniela Ing, a seventh-generation Indigenous Hawaiian from Maui and former state legislator.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 41  
**Length:** 60 minutes  
**Segment Length:** 00:04:46  
**Format:** News (live news only)  
**Air Dates:** Monday August 28th, 2023 6:00 pm

In our news wrap Monday, dozens of counties in Florida declared emergencies as Tropical Storm Idalia is forecast to strengthen into a hurricane and strike the state, crews are still struggling to contain a record number of wildfires in drought-stricken Louisiana and the U.S. and China held talks on export controls for sensitive technology but there were no breakthroughs.



**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 41  
**Length:** 60 minutes  
**Segment Length:** 00:07:16  
**Format:** News (live news only)  
**Air Dates:** Monday August 28th, 2023 6:00 pm

This year marks the 50th anniversary of the Endangered Species Act. It was the most comprehensive legislation for preserving species at risk of extinction and made the United States a global leader in environmental law. But today, Congress is divided over how far its protections should go. William Brangham reports on the act's legacy and uncertain future.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 42  
**Length:** 60 minutes  
**Segment Length:** 00:06:46  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 29th, 2023 6:00 pm

Hurricane Idalia is gaining strength and barreling toward Florida where it is expected to make landfall as a Category 3 hurricane Wednesday morning. Forecasters are warning of a catastrophic storm surge along with destructive winds, flooding rain and tornadoes. Anna Nawaz discussed the storm with Jamie Rhome of the National Hurricane Center.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 42  
**Length:** 60 minutes  
**Segment Length:** 00:08:51  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 29th, 2023 6:00 pm

The extreme weather events that hit the U.S. and other countries have cast a sharp spotlight on the role of climate change. In recent years, those concerns have been a key part of significant changes in the way investment firms and companies do business. But now a backlash is brewing against what conservative politicians call "woke capitalism." Economics correspondent Paul Solman reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 42  
**Length:** 60 minutes  
**Segment Length:** 00:07:33  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 29th, 2023 6:00 pm

If you think of landscape architecture, you might conjure gardens and plantings. But in a rapidly changing climate fueled by intense heat, flooding, fires, smoke and hurricanes, architect and designer Kate Orff is helping redefine her field and push us all toward new climate adaptation solutions. Jeffrey Brown has the story for our arts and culture series, CANVAS.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 43  
**Length:** 60 minutes  
**Segment Length:** 00:07:02  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 30th, 2023 6:00 pm

Hurricane Idalia made landfall Wednesday blasting Florida with winds near 125 miles an hour and a wall of water that caused heavy flooding. Thousands chose to get out of harm's way, while others hunkered down for the first major storm to strike the state this year. So far, officials reported two rain-related traffic deaths. Geoff Bennett reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 43  
**Length:** 60 minutes  
**Segment Length:** 00:04:57  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 30th, 2023 6:00 pm

FEMA Administrator Deanne Criswell is heading to Florida to assess Hurricane Idalia's damage first-hand. Before departing Washington, she joined Amna Nawaz to discuss the federal response.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 44  
**Length:** 60 minutes  
**Segment Length:** 00:08:01  
**Format:** News (live news only)  
**Air Dates:** Thursday August 31st, 2023 6:00 pm

Tropical Storm Idalia is heading back out to sea, but in its wake, Florida, Georgia and the Carolinas are busy cleaning up. As a Category 3 hurricane, Idalia caused major damage in Florida's Big Bend region, but overall there was less damage throughout the Southeast than many feared. William Brangham reports from Florida where people say they want to stay and rebuild.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 45  
**Length:** 60 minutes  
**Segment Length:** 00:04:04  
**Format:** News (live news only)  
**Air Dates:** Friday September 1st, 2023 6:00 pm

In our news wrap Friday, a power company in Florida said it could take two weeks to repair electrical grids in rural areas damaged by Hurricane Idalia, The White House is asking Congress for another \$4 billion in disaster aid, more members of the Proud Boys were sentenced for their actions on Jan. 6 and Japan held nationwide earthquake drills marking 100 years since its deadliest quake ever.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 48  
**Length:** 60 minutes  
**Segment Length:** 00:08:06  
**Format:** News (live news only)  
**Air Dates:** Wednesday September 6th, 2023 6:00 pm

Extreme weather is hitting with catastrophic consequences. At least eight people died in Europe after severe storms, 31 people died from flooding in Brazil and more than 80 million Americans are living through blazing temperatures and yet another heat alert. It all comes as the planet reached an alarming milestone this summer. William Brangham discussed the impacts with Gavin Schmidt.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 49  
**Length:** 60 minutes  
**Segment Length:** 00:04:43  
**Format:** News (live news only)  
**Air Dates:** Thursday September 7th, 2023 6:00 pm

In our news wrap Thursday, the death toll has reached 18 from severe storms raging across southeastern Europe, flooding in southern Brazil claimed at least 39 lives, forecasters are warning that Hurricane Lee could become the first Category 5 storm of the Atlantic season and former Trump advisor Peter Navarro was convicted of contempt of Congress in the Jan. 6 investigation.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 49  
**Length:** 60 minutes  
**Segment Length:** 00:09:14  
**Format:** News (live news only)  
**Air Dates:** Thursday September 7th, 2023 6:00 pm

Friday marks a month since the wildfires in Maui raged out of control, claiming too many victims and destroying a historic part of the island. Now, amid so much grief and loss, residents and businesses are trying to recover and eventually rebuild. One of them is former Top Chef contestant Lee Anne Wong. She spoke with Amna Nawaz about where things stand for her and her community.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 49  
**Length:** 60 minutes  
**Segment Length:** 00:06:20  
**Format:** News (live news only)  
**Air Dates:** Thursday September 7th, 2023 6:00 pm

With the new school year underway, high temperatures have led to schools either closing or dismissing early in at least nine states this week. That's raised questions about old overheated buildings, the lack of air conditioning and bigger ventilation concerns tied to COVID. Stephanie Sy discussed more with Joseph Allen of the Healthy Buildings Program at Harvard's Chan School of Public Health.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 50  
**Length:** 60 minutes  
**Segment Length:** 00:04:37  
**Format:** News (live news only)  
**Air Dates:** Friday September 8th, 2023 6:00 pm

In our news wrap Friday, the summer's latest heat wave spread its sweltering grip across New England where Boston declared a heat emergency and opened cooling centers, floodwaters began receding in parts of central Greece after three days of record downpours and Russian missiles rained down on multiple cities in Ukraine killing at least 4 civilians and injuring dozens.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 51  
**Length:** 60 minutes  
**Segment Length:** 00:03:59  
**Format:** News (live news only)  
**Air Dates:** Monday September 11th, 2023 6:00 pm

The aftershocks of the earthquake that hit Morocco Friday continued Monday as the death toll approached 3,000. That number is expected to rise further along with the number of injured. The rescue and recovery operations continue at a slow pace, a source of frustration and anger for many Moroccans who say the government is not doing enough. Special correspondent Alex Cadier reports from Marrakesh.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 51  
**Length:** 60 minutes  
**Segment Length:** 00:06:52  
**Format:** News (live news only)  
**Air Dates:** Monday September 11th, 2023 6:00 pm

In our news wrap Monday, the Red Cross says up to 2,000 people may be dead after flooding from a powerful storm hit eastern Libya, the U.S. marked 22 years since the attacks of September 11, the FDA approved new boosters for COVID-19 vaccines by Pfizer and Moderna and Ukraine's military says it recaptured several oil platforms in the Black Sea near Russian-occupied Crimea.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 52  
**Length:** 60 minutes  
**Segment Length:** 00:05:26  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 12th, 2023 6:00 pm

Relief workers are responding to dual disasters in North Africa. The death toll in the Morocco earthquake has topped 2,900 while Libya counts at least 5,300 killed in catastrophic flooding. Special correspondent Alex Cadier reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 53  
**Length:** 60 minutes  
**Segment Length:** 00:04:55  
**Format:** News (live news only)  
**Air Dates:** Wednesday September 13th, 2023 6:00 pm

Scenes of biblical devastation, the dead stacked in the streets and aid for the living too slow in arriving. That is the situation in North Africa where at least 5,100 are dead from flooding in Libya. The mayor of one city says the toll could be as high as 20,000. And to the west in Morocco, nearly 3,000 are now officially counted among the dead from the Friday earthquake. Ali Rogin reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 54  
**Length:** 60 minutes  
**Segment Length:** 00:04:43  
**Format:** News (live news only)  
**Air Dates:** Thursday September 14th, 2023 6:00 pm

In Libya, deep fears are becoming a horrific reality as the death toll from the devastating floods there has spiked to more than 11,000. Thousands are still missing, submerged in the muddy mire or washed out to sea. Stephanie Sy reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 54  
**Length:** 60 minutes  
**Segment Length:** 00:05:04  
**Format:** News (live news only)  
**Air Dates:** Thursday September 14th, 2023 6:00 pm

Rats, the furry nuisance that once was a sometimes issue, have become a bigger problem over the pandemic years. Courtney Norris and Dorothy Hastings explore what led to the rise in the rat population.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 55  
**Length:** 60 minutes  
**Segment Length:** 00:03:16  
**Format:** News (live news only)  
**Air Dates:** Friday September 15th, 2023 6:00 pm

The deadly floods that inundated eastern Libya earlier this week have now led to a tide of the dead, with a death toll of more than 11,000. This amid a race that pits dignity and respect for those lost, against the threat of disease and further calamity. Stephanie Sy reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 55  
**Length:** 60 minutes  
**Segment Length:** 00:04:52  
**Format:** News (live news only)  
**Air Dates:** Friday September 15th, 2023 6:00 pm

In our news wrap Friday, New England residents are preparing for the impact of Hurricane Lee, climate change protests kick off worldwide, federal prosecutors say former President Trump is trying to intimidate potential witnesses in his Jan. 6 case and Birmingham, Alabama marked 60 years since the bombing of the 16th Street Baptist Church killed four young Black girls.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 57  
**Length:** 60 minutes  
**Segment Length:** 00:08:14  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 19th, 2023 6:00 pm

Abandoned fishing gear, often called "ghost gear," is breaking down in our oceans and adding to the problems brought by plastics and microplastics. But there was a recent effort to get the United Nations to enforce tougher regulations, and a coalition announced new funding to remove some debris in the Gulf of Maine. Science correspondent Miles O'Brien reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 60  
**Length:** 60 minutes  
**Segment Length:** 00:03:50  
**Format:** News (live news only)  
**Air Dates:** Friday September 22nd, 2023 6:00 pm

In our news wrap Friday, Tropical Storm Ophelia barreled toward the East Coast, with expected landfall Saturday morning in North Carolina. Also, a judge at Guantanamo Bay has declared one of the defendants in the 9/11 attacks case unfit for trial.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 62  
**Length:** 60 minutes  
**Segment Length:** 00:10:56  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 26th, 2023 6:00 pm

It's been seven weeks since the deadliest American wildfires in more than a century swept through the Hawaiian island of Maui. Some residents in the hardest-hit neighborhoods of Lahaina are finally getting a chance to return home. William Brangham reports from Maui on what life is like for those who survived.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 64  
**Length:** 60 minutes  
**Segment Length:** 00:05:02  
**Format:** News (live news only)  
**Air Dates:** Thursday September 28th, 2023 6:00 pm

Children will return to schools in Lahaina, Hawaii, starting next month and tourists will also be allowed back into parts of western Maui nearly two months after the devastating fires there. Officials are trying to help restart an economy that ground to a halt on parts of the island. William Brangham is in Maui and has been talking with residents about these plans.

**Program Source:** PBS-NPS  
**Program Title:** When Disaster Strikes  
**Episode Title:** A Perfect Storm: Mozambique  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday July 26th, 2023 3:00 am

Hear the extraordinary story of bravery and hope after Cyclone Idai strikes Mozambique. The world races to help rescue and support survivors from flooding on a biblical scale.

**Program Source:** PBS-NPS  
**Program Title:** When Disaster Strikes  
**Episode Title:** The Silent Killer: Somalia  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday July 28th, 2023 1:00 am

Hear shocking stories as another drought strikes Somalia. Mass migration, food shortages and malnutrition mean famine is a very real threat, but resolute humanitarians race to meet the basic needs of the most vulnerable.

**Program Source:** PBS-NPS  
**Program Title:** When Disaster Strikes  
**Episode Title:** Paradise Lost: Bahamas  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Saturday July 29th, 2023 1:00 am

Hear an epic tale of survival as one of the Caribbean's strongest hurricanes strikes The Bahamas. The government and international aid workers battle to meet the survivors' basic needs in the chaos of the aftermath.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Tuesday July 4th, 2023 11:04 pm

Author Peter Frankopan explains how climate change has shaped the development—and often the demise—of civilizations through time. Artist Ai Weiwei gives Christiane a tour of his new exhibition in London. Nicola Fox—NASA’s head of science—joins Walter Isaacson to discuss future space missions.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 5  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday July 7th, 2023 11:00 pm

Barbados PM Mia Mottley and her climate envoy are pushing the Bridgetown Initiative to help contain, and pay for, climate change damage in developing countries. The U.S. – the richest country in the world – has a higher rate of poverty than any other advanced democracy. Author Matthew Desmond discusses. Gilbert and George have opened a permanent exhibition space dedicated to to their work.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 9  
**Length:** 60 minutes  
**Segment Length:** 00:18:19  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday July 13th, 2023 11:00 pm

The European Space Agency is predicting this year will see some of the hottest temperatures ever recorded. A new report shows last year’s European heat wave caused nearly 62,000 deaths. Dr. Hoesung Lee chairs the Intergovernmental Panel on Climate Change, the U.N. body tasked with advancing scientific knowledge on the climate crisis. Lee joins Hari Sreenivasan to discuss these startling figures.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 11  
**Length:** 60 minutes  
**Segment Length:** 00:18:14  
**Format:** Interview/Discussion/Review  
**Air Dates:** Monday July 17th, 2023 11:30 pm

Christian Cooper is a passionate birdwatcher who went viral after he was on the receiving end of a racially charged incident in Central Park. He is now turning one of his darkest days into a platform for education. Cooper, in his new memoir, details how a life of bird watching prepared him for that infamous incident. He discusses unexpected fame, and his love for the natural world.



**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 45  
**Length:** 60 minutes  
**Segment Length:** 00:18:15  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday September 1st, 2023 11:00 pm

Ukrainian foreign minister joins to discuss the latest from the counteroffensive. Mykola Kuleba, the CEO of Save Ukraine, discusses arranging the reunions of children and their families in Ukraine. Sang-Hyup Kim, co-chair of the Presidential Commission on Carbon Neutrality and Green Growth, talks about South Korea's climate policy.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 48  
**Length:** 60 minutes  
**Segment Length:** 00:17:49  
**Format:** Interview/Discussion/Review  
**Air Dates:** Wednesday September 6th, 2023 11:00 pm

Author and activist Baratunde Thurston is back with a new season of "America Outdoors," exploring our interactions with the world around us. He joins the show to discuss how the series encourages us to reconnect with nature.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 51  
**Length:** 60 minutes  
**Segment Length:** 00:17:26  
**Format:** Interview/Discussion/Review  
**Air Dates:** Monday September 11th, 2023 11:00 pm

Morocco is suffering from a deadly earthquake, Sam Kiley joins from a hospital in the country. Director of Emergency Response of the World Central Kitchen discusses getting food and water to victims. Morocco's director of the Interior Ministry Khalid Zerouali discusses the government's response. Former Pentagon official talks about the G20 summit. Naoise Mac Sweeney talks about her new book.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 65  
**Length:** 60 minutes  
**Segment Length:** 00:17:56  
**Format:** Interview/Discussion/Review  
**Air Dates:** Friday September 29th, 2023 11:30 pm

Ali Zaidi is the national climate advisor for the White House, and his job couldn't be more important right now. The year has so far seen 23 separate billion-dollar weather and climate disasters, according to the U.S. government. Zaidi joins Michel Martin to talk about turning the climate crisis into opportunity.

## Health Care

**Program Source:** KEET  
**Program Title:** Headline Humboldt  
**Episode Number:** 347  
**Length:** 30 minutes  
**Air Dates:** Friday August 25th, 2023 7:00 pm  
Sunday August 27th, 2023 1:30 pm

We sit down with Eureka High School graduate Dr. Eric Nelson from the University of Florida's emerging pathogens institute to talk about moto-meds, a program he's developed to deliver emergency medications to stranded patients in Haiti. Also, thousands of poor kids and adults are getting kicked off Medi-Cal because of paperwork issues, even though they still qualify. We'll have the story

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Feet and Calf Workout  
**Length:** 30 minutes  
**Air Dates:** Wednesday July 5th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Quad Lengthening & Strengthening  
**Length:** 30 minutes  
**Air Dates:** Friday July 7th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Arm Toning Workout  
**Length:** 30 minutes  
**Air Dates:** Monday July 10th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Spine Strengthening Workout  
**Length:** 30 minutes  
**Air Dates:** Wednesday July 12th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Shoulder Pain Workout  
**Length:** 30 minutes  
**Air Dates:** Friday July 14th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Knee Strengthening Workout  
**Length:** 30 minutes  
**Air Dates:** Monday July 17th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Spine Strengthening & Pain-Relief Workout  
**Length:** 30 minutes  
**Air Dates:** Wednesday July 19th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hips & Hamstring Workout  
**Length:** 30 minutes  
**Air Dates:** Friday July 21st, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Bone Strength Workout  
**Length:** 30 minutes  
**Air Dates:** Monday July 24th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Weight Loss Workout  
**Length:** 30 minutes  
**Air Dates:** Wednesday July 26th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Ab & Core Strength Workout  
**Length:** 30 minutes  
**Air Dates:** Friday July 28th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Increase Balance Workout  
**Length:** 30 minutes  
**Air Dates:** Monday July 31st, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Plantar Fasciitis Release  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 2nd, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hip Pain Relief and Stretch  
**Length:** 30 minutes  
**Air Dates:** Friday August 4th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Quad Strengthening  
**Length:** 30 minutes  
**Air Dates:** Monday August 7th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Weight Loss and Calorie Burn  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 9th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Back Pain Relief  
**Length:** 30 minutes  
**Air Dates:** Friday August 11th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Full Body Strengthening  
**Length:** 30 minutes  
**Air Dates:** Monday August 14th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Posture  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 16th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Long Adductor  
**Length:** 30 minutes  
**Air Dates:** Friday August 18th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Back Pain Relief  
**Length:** 30 minutes  
**Air Dates:** Monday August 21st, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Endurance and Power  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 23rd, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Arthritis Workout  
**Length:** 30 minutes  
**Air Dates:** Friday August 25th, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Hamstring Flexibility  
**Length:** 30 minutes  
**Air Dates:** Monday August 28th, 2023 6:00 am

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

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

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Spine Strengthening  
**Length:** 30 minutes  
**Air Dates:** Friday September 1st, 2023 6:00 am

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

**Program Source:** APTX  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Shoulder Pain Relief  
**Length:** 30 minutes  
**Air Dates:** Monday September 4th, 2023 6:00 am

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

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

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Full Body Toning  
**Length:** 30 minutes  
**Air Dates:** Friday September 8th, 2023 6:00 am

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

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

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Waist Slenderizing  
**Length:** 30 minutes  
**Air Dates:** Wednesday September 13th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Feet Strengthening  
**Length:** 30 minutes  
**Air Dates:** Friday September 15th, 2023 6:00 am

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

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

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



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

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

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

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Upper Body Pain Relief  
**Length:** 30 minutes  
**Air Dates:** Monday September 25th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Balance  
**Length:** 30 minutes  
**Air Dates:** Wednesday September 27th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Classical Stretch: By Essentrics  
**Episode Title:** Stomach Flattening  
**Length:** 30 minutes  
**Air Dates:** Friday September 29th, 2023 6:00 am

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

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Crane Poses  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 8th, 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:** Wednesday August 9th, 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:** Thursday August 10th, 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:** Friday August 11th, 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:** Tuesday August 15th, 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:** Wednesday August 16th, 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:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Dynamic Combo Rolls  
**Length:** 30 minutes  
**Air Dates:** Thursday August 17th, 2023 6:30 am

Turn upside down, stretch your hamstrings, test your balance, and strengthen your abs all in one fun exercise that combines different poses.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Ease Into It!  
**Length:** 30 minutes  
**Air Dates:** Friday August 18th, 2023 6:30 am

This seven-stage forward bend will ease your hamstrings to their maximum length. Then rest your legs as you focus on your torso with a side bend and twist.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Perfect Posture  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 22nd, 2023 6:30 am

Wai Lana shows you a series of poses to loosen the shoulders and open the chest, making good posture a breeze.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Threaded Twist  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 23rd, 2023 6:30 am

Threading your arm through your leg gives you stability and leverage for a great spinal twist. Round out the session with an energizing breath, Headstand, and deep relaxation.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Special: High Blood Pressure  
**Length:** 30 minutes  
**Air Dates:** Thursday August 24th, 2023 6:30 am

Relaxing poses and gentle stretches are ideal for high blood pressure. Get a few cushions and join Wai Lana for restful asanas and a special breathing technique.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Special: Chair Poses  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 29th, 2023 6:30 am

Wai Lana shows you creative ways to use a chair in forward bends, backbends, and even inversions.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Stand Strong  
**Length:** 30 minutes  
**Air Dates:** Wednesday August 30th, 2023 6:30 am

Stand firm in a variety of standing poses, then end the session by tensing and releasing the various parts of your body, one by one, until you are utterly relaxed.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Butterfly Shoulderstand  
**Length:** 30 minutes  
**Air Dates:** Thursday August 31st, 2023 6:30 am

Today you'll go from Plough to Shoulderstand to Butterfly and Bridge in a fun flow of upside down poses.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Backbend Boons  
**Length:** 30 minutes  
**Air Dates:** Friday September 1st, 2023 6:30 am

Try a range of backbends to strengthen your spine, stretch your abdominal organs, and build your stamina.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lunge!  
**Length:** 30 minutes  
**Air Dates:** Tuesday September 5th, 2023 6:30 am

Combine a lunge with a hamstring stretch to loosen up your hips, then strengthen your arms and test your balance with Two-Hand Snake Pose.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Animal Poses  
**Length:** 30 minutes  
**Air Dates:** Wednesday September 6th, 2023 6:30 am

Bulldog, Pigeon, Dolphin, and Stretching Dog all have something to teach us about stretching and strengthening various parts of our bodies.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Special: Hemorrhoids  
**Length:** 30 minutes  
**Air Dates:** Thursday September 7th, 2023 6:30 am

Aswini Mudra is an easy technique that helps relieve this common ailment. Combine it with the poses on today's show for effective results.

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

Let your body bend in Blowing Tree. Loosen your legs for Lotus with a five-part stretch, then do some lying-down versions of the posture.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Special: Blankets  
**Length:** 30 minutes  
**Air Dates:** Wednesday September 13th, 2023 6:30 am

Blankets can make your yoga session easier and more enjoyable. Wai Lana shows you how.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Perfect Partners  
**Length:** 30 minutes  
**Air Dates:** Thursday September 14th, 2023 6:30 am

Flexibility and strength are perfect partners, so develop them both with today's mix of postures.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Lord of the Dance  
**Length:** 30 minutes  
**Air Dates:** Friday September 15th, 2023 6:30 am

This graceful balancing pose is a study in concentration, poise, and beauty. After backbends and a twist, end the session with musical meditation.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Topsy Turvy  
**Length:** 30 minutes  
**Air Dates:** Tuesday September 19th, 2023 6:30 am

Today's upside down poses give your glands a boost, regulating those pesky hormones.

**Program Source:** APTEx  
**Program Title:** Wai Lana Yoga  
**Episode Title:** Supple Sides  
**Length:** 30 minutes  
**Air Dates:** Wednesday September 20th, 2023 6:30 am

Loosen the sides of your torso with Cat Twist and a side leg lift. Stretch out your hips, knees, and legs with Lotus Stretch and relax into Lotus Forward Bend.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Bloom  
**Length:** 30 minutes  
**Air Dates:** Tuesday July 4th, 2023 6:00 am

Rejuvenate amongst the spectacular desert bloom with a modified yoga practice using a chair for support. Including dynamic seated stretches to open the hips and improve range of motion in the spine along with a balance and strength standing sequence, incorporating gentle side bends to expand the breath, activate the core and bring overall spaciousness to the body.

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

Relax with the golden light of sunset along the peaceful shoreline as we enjoy a modified yoga practice using a chair for support. Including gentle stretches for the neck, shoulders and back combined with calming forward bends to stretch the hamstrings and hips.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Inspiration  
**Length:** 30 minutes  
**Air Dates:** Tuesday July 11th, 2023 6:00 am

Allow the uplifting sunflower energy to inspire your practice as we create more support from the inside out with a modified yoga session designed to activate the core. Including a seated a seated warm up along with moves to firm the abs, strengthen the core and increase upper body endurance while exploring modified plank variations and standing poses using a chair for support.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Waterfall Glen  
**Length:** 30 minutes  
**Air Dates:** Thursday July 13th, 2023 6:00 am

Enjoy the peaceful waterfall valley as we open to more ease with a modified yoga practice using a chair for support. Including gentle sun salutations, side bends, twist variations and forward folds to create more breathing space in your body.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Sunset  
**Length:** 30 minutes  
**Air Dates:** Tuesday July 18th, 2023 6:00 am

Bask in the setting sun over the vast sunflower fields of summer as we enjoy a modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more ease in the hands, neck, shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Panoramic Wilderness  
**Length:** 30 minutes  
**Air Dates:** Thursday July 20th, 2023 6:00 am

Revel in the beauty of the panoramic wilderness as you enjoy a modified yoga session using a chair for support. Including gentle seated stretches designed to create more mobility in your upper body, standing balance poses to strengthen and tone the legs, and seated warrior moves to open your hips.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Fiery Ocean Sunset  
**Length:** 30 minutes  
**Air Dates:** Tuesday July 25th, 2023 6:00 am

Allow the natural energy of the ocean waves and golden, fiery sunset to inspire your practice. Enjoy this intermediate yoga session as we flow slowly and gracefully through standing and seated poses creating more movement around the hips and hamstrings through an effective set of postures including lunges, forward folds and hip opening stretches.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Red Rock Sunset  
**Length:** 30 minutes  
**Air Dates:** Thursday July 27th, 2023 6:00 am

Bask in the glorious red rock sunset as we enjoy a modified seated yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more mobility and flexibility in the hands, neck, chest, shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Autumn Leaves  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 1st, 2023 6:00 am

Bask in the golden leaves of autumn as you connect to your core with a dynamic intermediate flow practice. Including postures that will help to strengthen your abdominals, legs and thighs, creating greater ease of movement and better posture in your daily life.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Spectacular Sunflower  
**Length:** 30 minutes  
**Air Dates:** Thursday August 3rd, 2023 6:00 am

Allow the spectacular sunflower display to inspire your practice as we enjoy a modified seated yoga practice using a chair for support. Including seated sun salutations and a gentle series of stretches to increase range of motion in the shoulders and upper back while releasing tension in the neck and spine.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Ocean Sundown  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 8th, 2023 6:00 am

Allow the peaceful ocean sunset to inspire you as we enjoy a modified seated yoga practice using a chair for support. Including seated lower body poses to create strength in the legs and glutes, along with upper body stretches designed to increase mobility in the shoulders and upper back.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Red Rock Panoramic  
**Length:** 30 minutes  
**Air Dates:** Thursday August 10th, 2023 6:00 am

Bask in the red rock beauty as you enjoy a well balanced intermediate flow practice with an emphasis on core strengthening moves and standing poses to open the hips, shoulders and spine.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Glowing Sunflower Sunset  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 15th, 2023 6:00 am

Revel in Mother Nature's beauty of a magnificent sunflower sunset as we enjoy a modified yoga practice using a chair for support. Practice seated and standing postures designed to create more balance and strength in the lower body, combined with core work, creating greater ease of movement and better posture in your daily life.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Island Breeze  
**Length:** 30 minutes  
**Air Dates:** Thursday August 17th, 2023 6:00 am

Allow the ocean breeze and setting sun to inspire your practice as we enjoy a modified yoga session using a chair for support. Including seated and standing postures designed to open your hips and stretch the hamstrings along with balance postures to tone your legs & glutes.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflowers Galore  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 22nd, 2023 6:00 am

Renew your practice with the bountiful sunflower energy as we focus on intermediate yoga sequences to fire up the core. Including supine, plank and standing core strengthening moves that challenge your balance and focus.



**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Garden Paradise  
**Length:** 30 minutes  
**Air Dates:** Thursday August 24th, 2023 6:00 am

Revel in the tropical garden paradise as you enjoy an accessible yoga practice using a chair for support. Including seated and standing poses to tone your legs and core, along with upper body stretches designed to increase mobility in your spine, shoulders and chest.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Island Sunset  
**Length:** 30 minutes  
**Air Dates:** Tuesday August 29th, 2023 6:00 am

Enjoy the brilliant ocean sunset as you experience a gentle yoga session using a chair for support. Including seated sun salutations along with easy to follow yoga moves to create more mobility and flexibility in your hands, neck, shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Peaceful Wood Glen  
**Length:** 30 minutes  
**Air Dates:** Thursday August 31st, 2023 6:00 am

Create more calm in your day in the peaceful wooded glen as you enjoy a gentle seated yoga practice using a chair for support. Including strengthening warrior moves to create more tone in your legs, combined with upper body stretches for your shoulders and upper back.

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

Refresh and recharge with the ocean waves at sunset as you enjoy a gentle seated yoga practice using a chair for support. Including seated sun salutations and gentle stretches designed to increase range of motion and enhance mobility in your shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Pebble Shore  
**Length:** 30 minutes  
**Air Dates:** Tuesday September 12th, 2023 6:00 am

Recharge along the pebble beach at sunset with an energizing flow practice as we focus on increasing lower body mobility while strengthening your core, hips, glutes and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Gold  
**Length:** 30 minutes  
**Air Dates:** Thursday September 14th, 2023 6:00 am

Revel in the golden sunflower sunset as you enjoy a gentle yoga practice using a chair for support. Including gentle seated sun salutations along with easy to follow yoga moves to create more ease in your neck, shoulders, chest, back and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Red Rock Basin  
**Length:** 30 minutes  
**Air Dates:** Tuesday September 19th, 2023 6:00 am

Allow the magnificent red rock wilderness to inspire your practice as you enjoy an accessible yoga session using a chair for support. Including modified sun salutations and standing poses to build strength in your lower body and more openness in your hips.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Meadow  
**Length:** 30 minutes  
**Air Dates:** Thursday September 21st, 2023 6:00 am

Bask in the serene sunflower meadow as you enjoy a gentle yoga practice using a chair for support. Including gentle seated sun salutations along with easy to follow yoga moves to create more ease in your hands, neck, shoulders, back, hips and more.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Peaceful Lake Sunrise  
**Length:** 30 minutes  
**Air Dates:** Tuesday September 26th, 2023 6:00 am

Allow the serene lake sunrise to inspire your yoga practice as we explore dynamic core focused moves to strengthen your center, along with balance poses to lengthen, strengthen and tone your lower body.

**Program Source:** NETA  
**Program Title:** Happy Yoga with Sarah Starr  
**Episode Title:** Sunflower Woods  
**Length:** 30 minutes  
**Air Dates:** Thursday September 28th, 2023 6:00 am

Bask in the serene sunflower beauty as you enjoy an accessible yoga practice using a chair for support. Includes a standing sequence designed to create more freedom and mobility in your hips while building strength, balance and focus.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** New Challenges  
**Length:** 30 minutes  
**Air Dates:** Monday July 3rd, 2023 6:30 am

Mary Ann introduces a new abdominal exercise called the "Ski Jump" and Gretchen gives you a new balance challenge.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Coordination and Reaction Time  
**Length:** 30 minutes  
**Air Dates:** Monday July 10th, 2023 6:30 am

This episode focuses on being aware of your body's movements and how it contributes to coordination and reaction time.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Lymphatic System  
**Length:** 30 minutes  
**Air Dates:** Monday July 17th, 2023 6:30 am

Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Mobility and Balance  
**Length:** 30 minutes  
**Air Dates:** Monday July 24th, 2023 6:30 am

This episode highlights a variety of exercises to improve balance and concludes with stroking.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Your Feet, Your Foundation  
**Length:** 30 minutes  
**Air Dates:** Monday July 31st, 2023 6:30 am

It's important to let your feet feel the floor. Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Flabby Arms  
**Length:** 30 minutes  
**Air Dates:** Monday August 7th, 2023 6:30 am

This workout focuses on exercises to tone the arm muscles. Mary Ann introduces a new way to strengthen arms using your own body as resistance.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** The Power of Small Movements  
**Length:** 30 minutes  
**Air Dates:** Monday August 14th, 2023 6:30 am

This episode demonstrates what can be achieved with small gentle movements.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Flexibility and Range of Motion  
**Length:** 30 minutes  
**Air Dates:** Monday August 21st, 2023 6:30 am

All the exercises in this program highlight range of motion throughout the shoulders and back.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Brain Booster  
**Length:** 30 minutes  
**Air Dates:** Monday August 28th, 2023 6:30 am

This program focuses on exercises that activate the brain and includes excellent movement patterns for balance and gait.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Practice Perfect Posture  
**Length:** 30 minutes  
**Air Dates:** Monday September 4th, 2023 6:30 am

This episode puts an emphasis on postural alignment and using proper form to get the most out of each exercise.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Variety: The Spice of Life  
**Length:** 30 minutes  
**Air Dates:** Monday September 11th, 2023 6:30 am

Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Functional and Fun Exercises for the Feet  
**Length:** 30 minutes  
**Air Dates:** Monday September 18th, 2023 6:30 am

This workout begins with a fun segment dedicated to keeping your feet happy and healthy.

**Program Source:** NETA  
**Program Title:** Sit and Be Fit  
**Episode Title:** Yardsticks and Bands  
**Length:** 30 minutes  
**Air Dates:** Monday September 25th, 2023 6:30 am

Opening this program is a unique warm-up routine using a yardstick. Later in the show, Mary Ann focuses on upper and lower body strengthening using bands.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 1  
**Length:** 60 minutes  
**Segment Length:** 00:06:57  
**Format:** News (live news only)  
**Air Dates:** Monday July 3rd, 2023 6:00 pm

For the first time in 20 years, malaria has been locally transmitted within the U.S. The Centers for Disease Control and Prevention has identified five cases, four in Florida and one in Texas. William Brangham spoke with infectious disease epidemiologist Catherine Troisi about what we know and how concerned we should be.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 2  
**Length:** 60 minutes  
**Segment Length:** 00:05:53  
**Format:** News (live news only)  
**Air Dates:** Tuesday July 4th, 2023 6:00 pm

The U.S. is in the midst of an ongoing prescription drug shortage with more and more medication in short supply for longer stretches of time. Those medications include chemotherapy drugs, antibiotics, ADHD medication and more. It's making treatment decisions difficult for doctors and patients. Laura Barrón-López discussed the shortages with Erin Fox.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 4  
**Length:** 60 minutes  
**Segment Length:** 00:05:29  
**Format:** News (live news only)  
**Air Dates:** Thursday July 6th, 2023 6:00 pm

The Food and Drug Administration has approved a blood test that can identify pregnant women at severe risk for preeclampsia, a high blood pressure disorder that can develop during pregnancy and is a leading cause of maternal death worldwide. Roughly one in 25 pregnancies in the U.S. is affected by preeclampsia, according to the CDC. Stephanie Sy spoke with Dr. Ravi Thadhani about the test.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 6  
**Length:** 60 minutes  
**Segment Length:** 00:05:43  
**Format:** News (live news only)  
**Air Dates:** Monday July 10th, 2023 6:00 pm

There are concerns about how the Supreme Court's ruling striking down affirmative action in college admissions could affect the medical profession. Currently, just 5.7 percent of doctors in the U.S. are Black and nearly 7 percent are Hispanic. There's worry about what this ruling could mean for the pipeline of who eventually provides healthcare. Amna Nawaz discussed more with Dr. Utibe Essien.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 9  
**Length:** 60 minutes  
**Segment Length:** 00:05:38  
**Format:** News (live news only)  
**Air Dates:** Thursday July 13th, 2023 6:00 pm

U.S. regulators approved the nation's first over-the-counter birth control pill. The FDA signed off on Opill, a once-a-day tablet available by prescription since 1973 that will soon be readily available online and in stores. The move is being applauded by medical societies and women's health groups who pushed for wider access. Geoff Bennett discussed more with Dr. Jennifer Villavicencio.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 10  
**Length:** 60 minutes  
**Segment Length:** 00:04:13  
**Format:** News (live news only)  
**Air Dates:** Friday July 14th, 2023 6:00 pm

The World Health Organization has classified the artificial sweetener aspartame as possibly carcinogenic to humans. That has led to some concerns and confusion about the risks. Besides diet sodas, aspartame can also be found in a variety of foods, including breakfast cereals, chewing gum and some desserts. Geoff Bennett discussed more with Allison Aubrey of NPR News.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 14  
**Length:** 60 minutes  
**Segment Length:** 00:08:08  
**Format:** News (live news only)  
**Air Dates:** Thursday July 20th, 2023 6:00 pm

As the World Cup kicks off, many of the big names in women's soccer are notably absent from the international competition because of knee injuries, specifically ACL tears. It's part of what some are calling an epidemic among female athletes from the professional level down to youth sports. Amna Nawaz reports from Los Angeles.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 18  
**Length:** 60 minutes  
**Segment Length:** 00:06:31  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 26th, 2023 6:00 pm

President Biden has been hitting the road to sell his economic record, emphasizing pocketbook and consumer issues, including a new rule to crack down on insurers for inadequate coverage of mental health care. But his agenda also faces headwinds. William Brangham discussed some of those challenges with Neera Tanden, the White House domestic policy adviser.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 20  
**Length:** 60 minutes  
**Segment Length:** 00:08:56  
**Format:** News (live news only)  
**Air Dates:** Friday July 28th, 2023 6:00 pm

The supply chain that brings pharmaceutical drugs from the factory to the pharmacy is long, complex and unclear. Congress and several state legislatures have proposed or enacted laws to bring more transparency and curb soaring drug prices. As special correspondent Fred de Sam Lazaro reports, many small or independent pharmacies complain the system also hurts them.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 21  
**Length:** 60 minutes  
**Segment Length:** 00:09:58  
**Format:** News (live news only)  
**Air Dates:** Monday July 31st, 2023 6:00 pm

More than \$50 billion in settlement funds from pharmaceutical companies that made and sold opioid painkillers will be paid out over the next 18 years to state and local governments across the country. But the debate around how this money should be spent is just beginning. Special correspondent Cat Wise and producer Mike Fritz report from North Carolina for our ongoing series, "America Addicted."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 24  
**Length:** 60 minutes  
**Segment Length:** 00:06:01  
**Format:** News (live news only)  
**Air Dates:** Thursday August 3rd, 2023 6:00 pm

Signs point to a COVID-19 summer surge for the fourth consecutive year. Overall, infections remain much lower compared to the past, but cases began increasing last month and between 300 and 400 Americans are dying each week. John Yang discussed the growing concerns with epidemiologist Dr. Katelyn Jetelina.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 25  
**Length:** 60 minutes  
**Segment Length:** 00:07:45  
**Format:** News (live news only)  
**Air Dates:** Friday August 4th, 2023 6:00 pm

The State Department is putting lessons learned during the COVID-19 pandemic into action. The Bureau of Global Health Security and Diplomacy is aimed at better preventing, detecting and responding to existing and future health threats. Its first leader is renowned virologist Dr. John Nkengasong. He sat down with Geoff Bennett to discuss the new effort to respond to global health crises.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 27  
**Length:** 60 minutes  
**Segment Length:** 00:06:41  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 8th, 2023 6:00 pm

What happens when doctors spread misinformation during a pandemic, potentially endangering peoples' lives? A new investigation from The Washington Post looks at why doctors who pushed medical misinformation, particularly about alleged COVID remedies or treatments, faced so few repercussions for their behavior. William Brangham spoke with Lena Sun, one of the lead reporters on that investigation.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 28  
**Length:** 60 minutes  
**Segment Length:** 00:09:31  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 9th, 2023 6:00 pm

One in five coal miners in central Appalachia with at least 25 years of experience has black lung disease. It is caused by inhaling toxic dust in and around mines and the most severe form is at its highest rate in decades. In June, the federal agency charged with overseeing miners' health and safety proposed cutting the exposure limit to hazardous silica dust in half. William Brangham reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 30  
**Length:** 60 minutes  
**Segment Length:** 00:06:00  
**Format:** News (live news only)  
**Air Dates:** Friday August 11th, 2023 6:00 pm

The Supreme Court blocked a bankruptcy plan for drug maker Purdue Pharma that would have paid out billions of dollars to address the opioid epidemic and shielded the company's owners from legal liability. The Justice Department argued that shielding the Sackler family from all future lawsuits was an abuse of the bankruptcy system. William Brangham discussed the implications with NPR's Brian Mann.



**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 33  
**Length:** 60 minutes  
**Segment Length:** 00:05:46  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 16th, 2023 6:00 pm

A recent government study estimates nearly half of America's tap water could contain toxic "forever chemicals" known as PFAS. These chemicals have been used in many everyday items since the 1940s from nonstick cookware to cosmetics to rain jackets. Exposure to them can lead to serious health outcomes. Stephanie Sy discussed the possible health implications and what can be done with Jamie DeWitt.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 36  
**Length:** 60 minutes  
**Segment Length:** 00:07:05  
**Format:** News (live news only)  
**Air Dates:** Monday August 21st, 2023 6:00 pm

The nation's obesity epidemic is growing. Nearly 42 percent of all American adults are considered obese. Now, new findings about the FDA-approved weight-loss drug Wegovy may lead to even more demand for a medication that can be both life-changing and expensive. William Brangham reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 36  
**Length:** 60 minutes  
**Segment Length:** 00:09:45  
**Format:** News (live news only)  
**Air Dates:** Monday August 21st, 2023 6:00 pm

Across the country, states are trying to tackle the growing mental health crisis. Some are enacting laws and policies that would make it easier to hospitalize or detain the severely mentally ill against their will or through voluntary court-ordered treatment. California is taking steps toward compelling more mentally ill patients into care. Stephanie Sy reports from San Diego.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 39  
**Length:** 60 minutes  
**Segment Length:** 00:07:30  
**Format:** News (live news only)  
**Air Dates:** Thursday August 24th, 2023 6:00 pm

For too many American women, giving birth can be deadly. The United States has the highest rate of maternal mortality among developed nations, but the risk is even higher for Black American women who are three times as likely to die from labor complications. Amna Nawaz reports on the people working to help Black women have safer pregnancies.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 42  
**Length:** 60 minutes  
**Segment Length:** 00:06:38  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 29th, 2023 6:00 pm

President Biden announced the first batch of drugs designated for Medicare price negotiations that would make them more affordable for older and disabled Americans. But drug manufacturers are attempting to block the effort. Stephanie Sy discussed more with Stacie Dusetzina.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 42  
**Length:** 60 minutes  
**Segment Length:** 00:06:36  
**Format:** News (live news only)  
**Air Dates:** Tuesday August 29th, 2023 6:00 pm

A new podcast is bringing to light the abuses suffered at a fertility clinic at Yale. In 2020, a nurse secretly replaced vials of an opioid used to reduce pain during egg retrievals with saline solution. That meant the women felt the procedure, some describing excruciating agony while the clinic downplayed or ignored them. Lisa Desjardins discussed more with Susan Burton, host of "The Retrievals."

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 45  
**Length:** 60 minutes  
**Segment Length:** 00:07:34  
**Format:** News (live news only)  
**Air Dates:** Friday September 1st, 2023 6:00 pm

A ban on gender-affirming medical care for transgender youth went into effect in Texas, making it the most populous state to date with such a ban. The law revokes the medical licenses of any doctor who provides minors with gender-affirming medical care like puberty blockers, hormone treatments or surgeries. Laura Barrón-López reports on families grappling with the potential consequences.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 52  
**Length:** 60 minutes  
**Segment Length:** 00:06:28  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 12th, 2023 6:00 pm

A new round of COVID-19 boosters will be available within days as cases and hospitalizations continue to rise across the country. The Food and Drug Administration approved the new shots Monday and a CDC advisory panel recommended the updated boosters for all Americans 6 months or older. Amna Nawaz discussed the latest with CDC Director Dr. Mandy Cohen.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 52  
**Length:** 60 minutes  
**Segment Length:** 00:10:13  
**Format:** News (live news only)  
**Air Dates:** Tuesday September 12th, 2023 6:00 pm

The COVID-19 pandemic revealed the enormous strain on the mental healthcare system for young Americans. Parents whose children have complex mental and behavioral needs have had to take desperate measures to get their kids treatment. Christopher Booker reports for our series, Early Warnings: America's Youth Mental Health Crisis. A warning, this story includes discussions of suicide and depression.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 55  
**Length:** 60 minutes  
**Segment Length:** 00:07:38  
**Format:** News (live news only)  
**Air Dates:** Friday September 15th, 2023 6:00 pm

In February, a Norfolk Southern train carrying hazardous chemicals derailed in the Ohio village of East Palestine, leading officials to burn the toxic freight to avoid an explosion. Residents soon began to claim a range of health issues. Months later, as remediation efforts continue, concerns in the area remain. Alan Shaw, the CEO of Norfolk Southern, joins Geoff Bennett to discuss.

**Program Source:** PBS-NPS  
**Program Title:** POV  
**Episode Title:** Eat Your Catfish  
**Length:** 90 minutes  
**Segment Length:** 01:26:46  
**Format:** Documentary  
**Air Dates:** Monday July 24th, 2023 10:00 pm  
Tuesday July 25th, 2023 1:30 am  
Sunday July 30th, 2023 3:00 am

Paralyzed by late-stage ALS, Kathryn clings to a mordant wit as she yearns to witness her daughter's wedding. Shot from her fixed point of view, watch a family grappling with the daily demands of disability and in-home caretaking.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 23  
**Length:** 60 minutes  
**Segment Length:** 00:17:25  
**Format:** Interview/Discussion/Review  
**Air Dates:** Wednesday August 2nd, 2023 11:00 pm

Dr. Chavi Eve Karkowsky is a maternal-fetal physician. In a new essay for the New York Times, she argues that “administrative burden” is putting undue stress on the U.S. healthcare system. Dr. Karkowsky tells Michel Martin how red tape complicates access to care and endangers lives.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 32  
**Length:** 60 minutes  
**Segment Length:** 00:18:03  
**Format:** Interview/Discussion/Review  
**Air Dates:** Tuesday August 15th, 2023 11:00 pm

A new Covid variant is fueling a resurgence of the virus as it continues to evolve. But three years on, we still don't know how the pandemic started. Author and journalist David Quammen ponders the origin of the virus in his latest article for The New York Times Magazine. He joins Walter Isaacson to discuss the conflicting theories.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 53  
**Length:** 60 minutes  
**Segment Length:** 00:18:17  
**Format:** Interview/Discussion/Review  
**Air Dates:** Wednesday September 13th, 2023 11:00 pm

Earlier this year, former U.S. president Jimmy Carter announced he would enter hospice care. Many took this to mean he was on the verge of death. Yet Carter is now weeks away from celebrating his 99th birthday. Dr. Daniela Lamas, a critical care physician, tells Michel Martin why she's grateful to Carter for dispelling the idea that hospice automatically means death.

**Program Source:** PBS-PLUS  
**Program Title:** To the Contrary with Bonnie Erbe  
**Episode Title:** Episode 26  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Sunday September 10th, 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.

**Program Source:** PBS-PLUS  
**Program Title:** To the Contrary with Bonnie Erbe  
**Episode Title:** Episode 27  
**Length:** 30 minutes  
**Segment Length:** 00:26:46  
**Format:** Interview/Discussion/Review  
**Air Dates:** Sunday September 17th, 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:** APTEX  
**Program Title:** The Last Artifact  
**Length:** 60 minutes  
**Air Dates:** Wednesday July 26th, 2023 4:00 pm

THE LAST ARTIFACT tells the story of the scientists and metrologists around the world who worked to redefine the kilogram in 2018. The world's base unit to measure weight, the kilogram was the last of the SI units still defined, not by a universal constant, but by a physical artifact - a man-made cylinder located at the International Bureau of Weights and Measurements in France. The program recounts how a necessary update to the standard resigned this object to history.

**Program Source:** PBS  
**Program Title:** Food - Delicious Science  
**Episode Title:** Food on the Brain  
**Length:** 60 minutes  
**Format:** Demonstration/Instructional  
**Air Dates:** Monday July 17th, 2023 4:00 am

Michael Mosley and James Wong travel the world to discover how the chemistry in our food affects our brains and creates our deepest cravings. This is delicious science.

**Program Source:** PBS  
**Program Title:** Food - Delicious Science  
**Episode Title:** A Matter of Taste  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Monday July 24th, 2023 4:00 am

Travel the world with Michael Mosley and James Wong to learn about the science that makes our food taste delicious and the powerful effect it has on our tongue and nose.

**Program Source:** PBS  
**Program Title:** Nature  
**Episode Title:** Octopus: Making Contact  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday July 5th, 2023 8:00 pm  
Friday July 7th, 2023 4:00 am  
Sunday July 9th, 2023 1:00 am  
Wednesday July 12th, 2023 3:00 pm

Follow an Alaskan professor as he raises and studies a pet octopus in his home, making remarkable discoveries about its extraordinary intelligence, personality and skills. Octopuses are able to recognize faces and interact with other individuals.

**Program Source:** PBS  
**Program Title:** Nature  
**Episode Title:** The Whale Detective  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday July 12th, 2023 8:00 pm  
Friday July 14th, 2023 4:00 am  
Sunday July 16th, 2023 1:00 am  
Wednesday July 19th, 2023 3:00 pm

A filmmaker investigates his traumatic encounter with a 30-ton humpback whale that breached and almost landed on him while he was kayaking. What he discovers raises far bigger questions about humans' relationship with whales and their future.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Emperor's Ghost Army  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Sunday July 2nd, 2023 1:00 am

In central China, a vast underground mausoleum conceals a life-size terracotta army of cavalry, infantry, horses, chariots, weapons, administrators, acrobats, and musicians, all built to serve China's first emperor, Qin Shi Huang Di, in the afterlife. Lost and forgotten for over 2,200 years, this clay army, 8,000-strong, stands poised to help the First Emperor rule again beyond the grave. Now, a new archaeological campaign is probing the thousands of figures entombed in the mausoleum. With exclusive access to pioneering research, EMPEROR'S GHOST ARMY reveals how the Emperor directed the manufacture of the tens of thousands of bronze weapons carried by the clay soldiers including lethal crossbows engineered with astonishing precision. NOVA tests the power of these weapons with high-action experiments and reports on revolutionary 3D computer modeling techniques that are revealing new insights into how the clay figures were made. The program reveals the secrets of one of archaeology's greatest discoveries and brings to life the startlingly sophisticated world of Qin's legendary empire.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Sunken Ship Rescue  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 9:00 pm  
Thursday August 31st, 2023 1:00 am  
Friday September 1st, 2023 5:00 am  
Sunday September 3rd, 2023 1:00 am  
Tuesday September 5th, 2023 3:00 pm

NOVA follows the epic operation to secure, raise and salvage the Costa Concordia cruise ship, which ran aground and capsized off the coast of Italy on January 13, 2012, killing 32 people. The wreck stretches the length of three football fields, weighs 45,000 tons and lies half submerged on the site of a protected reef, with a 160-foot-long hole in its hull. Moving it from its precarious perch on the edge of an underwater cliff will be a huge technical and logistical challenge. Now, NOVA joins a team of more than 500 divers and engineers working around the clock as they attempt the biggest ship recovery project in history.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Sunken Ship Rescue  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 9:00 pm  
Thursday August 31st, 2023 1:00 am  
Friday September 1st, 2023 5:00 am  
Sunday September 3rd, 2023 1:00 am  
Tuesday September 5th, 2023 3:00 pm

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**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Arctic Ghost Ship  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 8:00 pm  
Friday September 1st, 2023 4:00 am  
Sunday September 3rd, 2023 12:00 am  
Wednesday September 6th, 2023 3:00 pm

Unravel the greatest mystery in Arctic exploration: 160 years ago, the Franklin Expedition to chart the Northwest Passage vanished. Now, a Canadian team discovers one of Franklin's lost ships—a vital clue to the fate of the ill-starred expedition.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Arctic Ghost Ship  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Wednesday August 30th, 2023 8:00 pm  
Friday September 1st, 2023 4:00 am  
Sunday September 3rd, 2023 12:00 am  
Wednesday September 6th, 2023 3:00 pm

Unravel the greatest mystery in Arctic exploration: 160 years ago, the Franklin Expedition to chart the Northwest Passage vanished. Now, a Canadian team discovers one of Franklin's lost ships—a vital clue to the fate of the ill-starred expedition.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Operation Lighthouse Rescue  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday September 27th, 2023 9:00 pm  
Thursday September 28th, 2023 1:00 am  
Friday September 29th, 2023 5:00 am

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:** Killer Hurricanes  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday August 23rd, 2023 9:00 pm  
Thursday August 24th, 2023 1:00 am  
Friday August 25th, 2023 4:00 am  
Sunday August 27th, 2023 12:00 am

Follow a team of experts investigating the Great Hurricane of 1780 that killed more people than any other Caribbean hurricane. Discover what made the storm so deadly and whether mega-storms are more likely to strike in our rapidly changing climate.

**Program Source:** PBS  
**Program Title:** NOVA  
**Episode Title:** Killer Floods  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday August 23rd, 2023 10:00 pm  
Thursday August 24th, 2023 2:00 am  
Friday August 25th, 2023 5:00 am  
Sunday August 27th, 2023 1:00 am  
Tuesday August 29th, 2023 4:00 pm

Uncover geologic fingerprints of colossal floods that violently reshaped the ancient world. Follow geologists around the globe as they reconstruct catastrophic Ice Age floods more powerful than all the worlds top ten rivers combined.



**Program Source:** PBS  
**Program Title:** NOVA | The Planets  
**Episode Title:** Inner Worlds  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday July 5th, 2023 10:00 pm  
Thursday July 6th, 2023 2:00 am  
Friday July 7th, 2023 5:00 am  
Sunday July 9th, 2023 12:00 am

The rocky planets - Mercury, Venus, Earth and Mars - were born of similar material around the same time, yet only one supports life. Were Earth's neighbors always so extreme? Is there somewhere else in the solar system where life might flourish?

**Program Source:** PBS  
**Program Title:** NOVA | The Planets  
**Episode Title:** Mars  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Wednesday July 12th, 2023 10:00 pm  
Thursday July 13th, 2023 2:00 am  
Friday July 14th, 2023 5:00 am  
Sunday July 16th, 2023 12:00 am

Mars was once a blue water world studded with active volcanoes. But when its magnetic field and protective atmosphere faded, it became the frozen desert planet we know today. With so many necessary elements in place, did life ever form on Mars?

**Program Source:** PBS  
**Program Title:** NOVA | The Planets  
**Episode Title:** Jupiter  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday July 19th, 2023 10:00 pm  
Thursday July 20th, 2023 2:00 am  
Friday July 21st, 2023 5:00 am  
Sunday July 23rd, 2023 12:00 am

Jupiter's massive gravitational force made it a wrecking ball when it barreled through the early solar system. But it also shaped life on Earth, delivering comets laden with water - and perhaps even the fateful asteroid that wiped out the dinosaurs.

**Program Source:** PBS  
**Program Title:** NOVA | The Planets  
**Episode Title:** Saturn  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday July 26th, 2023 10:00 pm  
Thursday July 27th, 2023 2:00 am  
Friday July 28th, 2023 5:00 am  
Sunday July 30th, 2023 12:00 am

NASA's Cassini explores Saturn for 13 years, looping through its icy rings and flying by its moons. The probe captures stunning ring-moon interactions, but when it finds the ingredients for life on the moon Enceladus, a bittersweet decision is made.

**Program Source:** PBS  
**Program Title:** NOVA | The Planets  
**Episode Title:** Ice Worlds  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday August 2nd, 2023 10:00 pm  
Thursday August 3rd, 2023 2:00 am  
Friday August 4th, 2023 5:00 am  
Sunday August 6th, 2023 12:00 am

In the far reaches of the solar system, Uranus and Neptune dazzle with unexpected rings, supersonic winds and dozens of moons. And NASA's New Horizons gets a stunning up-close view of Pluto before venturing deep into the Kuiper Belt.

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Great White Shark  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Thursday September 28th, 2023 3:00 am

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

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Polar Bear  
**Length:** 60 minutes  
**Format:** Documentary  
**Air Dates:** Friday September 29th, 2023 1:00 am

Mark Evans travels to the shores of Canada's Hudson Bay, where polar bears are causing havoc in isolated communities. He arrives in the town of Churchill hours after an attack has left two people seriously injured and a bear dead. He joins the Polar Bear Alert team as they transport a captured bear by helicopter to a release site outside town. In the Inuit town of Arviat, Evans works with wildlife

officers to test an aerial drone early warning system, a military grade ultra-loud speaker to deter bears, and a controversial experiment to place meat out on the tundra to keep bears away from town.

**Program Source:** PBS  
**Program Title:** Operation Maneater  
**Episode Title:** Crocodile  
**Length:** 60 minutes  
**Segment Length:** 01:00:00  
**Format:** Documentary  
**Air Dates:** Sunday July 2nd, 2023 9:00 am  
Friday September 29th, 2023 2:00 am

Mark Evans travels to Namibia's Chobe River, a place that's known as the croc attack capital of the world. Crocodiles here are growing in size and number and so is the frequency of attacks. Each time an attack occurs, the locals kill crocs in retaliation. To find a way to keep both people and crocodiles safe, Evans joins leading croc experts Rom Whitaker and Dr. Patrick Aust to carry out a radical new experiment. The idea is to train crocs to associate the sound of a bell with an electric shock. Evans meets attack victims and puts the croc training experiment to the test, with surprising results

**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:** Sunday July 16th, 2023 9:00 am  
Friday September 22nd, 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-NPS  
**Program Title:** Animals with Cameras, A Nature Miniseries  
**Episode Title:** Oceans  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Demonstration/Instructional  
**Air Dates:** Wednesday July 26th, 2023 8:00 pm  
Friday July 28th, 2023 4:00 am  
Sunday July 30th, 2023 1:00 am  
Wednesday August 2nd, 2023 3:00 pm

Wildlife cameraman Gordon Buchanan leads a team using state of the art cameras, offering a fresh look at the lives of some of the animals in our oceans such as sharks, elephant seals, turtles and gannets.

**Program Source:** PBS-NPS  
**Program Title:** Animals with Cameras, A Nature Miniseries  
**Episode Title:** Oceans  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Demonstration/Instructional  
**Air Dates:** Wednesday July 26th, 2023 8:00 pm  
Friday July 28th, 2023 4:00 am  
Sunday July 30th, 2023 1:00 am  
Wednesday August 2nd, 2023 3:00 pm

Wildlife cameraman Gordon Buchanan leads a team using state of the art cameras, offering a fresh look at the lives of some of the animals in our oceans such as sharks, elephant seals, turtles and gannets.

**Program Source:** PBS-NPS  
**Program Title:** Animals with Cameras, A Nature Miniseries  
**Episode Title:** Australia  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday August 2nd, 2023 8:00 pm  
Friday August 4th, 2023 4:00 am  
Sunday August 6th, 2023 1:00 am  
Wednesday August 9th, 2023 3:00 pm

Wildlife cameraman Gordon Buchanan fronts the team helping scientists investigate the lives of some of Australia's most iconic animals. Koalas, fruit bats and kangaroos take the cameras into their secret worlds.

**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:** Saturday September 30th, 2023 1:00 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:** Human Footprint  
**Episode Title:** Man's Best Friend  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday July 19th, 2023 9:00 pm  
Thursday July 20th, 2023 1:00 am  
Friday July 21st, 2023 3:00 am  
Sunday July 23rd, 2023 2:00 am  
Tuesday July 25th, 2023 3:00 pm

Shane discovers why dogs are more than man's best friend - they've been reshaped by evolution into the perfect partner for our species. And just as we've transformed them, dogs have left an unmistakable pawprint on us and the world we both share.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Ice Age Footprints  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Sunday July 2nd, 2023 12:00 am  
Tuesday July 4th, 2023 3:00 pm

Ancient footprints provide new evidence of humans and extinct giant beasts of the Ice Age.

**Program Source:** PBS-NPS  
**Program Title:** NOVA  
**Episode Title:** Rebuilding Notre Dame  
**Length:** 60 minutes  
**Segment Length:** 00:56:46  
**Format:** Documentary  
**Air Dates:** Wednesday September 13th, 2023 9:00 pm  
Thursday September 14th, 2023 1:00 am  
Friday September 15th, 2023 5:00 am  
Sunday September 17th, 2023 12:00 am  
Tuesday September 19th, 2023 3:00 pm

In April 2019, the world watched as a devastating fire almost destroyed Paris's iconic Notre Dame Cathedral. Go behind the scenes with a team of engineers, masons, and timber workers tackling the daunting challenges of restoring the historic landmark.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 3  
**Length:** 60 minutes  
**Segment Length:** 00:11:22  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 5th, 2023 6:00 pm

Questions about information and misinformation spread on social media made their way to the federal courts. Several Republican state attorneys general argued the Biden administration went too far to suppress conservative views online. Amna Nawaz discussed the judge's ruling with Louisiana Solicitor General Liz Murrill and Genevieve Lakier, a professor at the University of Chicago Law School.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 4  
**Length:** 60 minutes  
**Segment Length:** 00:05:10  
**Format:** News (live news only)  
**Air Dates:** Thursday July 6th, 2023 6:00 pm

Mark Zuckerberg's Meta has launched its new app that's expected to compete with Twitter, which has faced backlash under Elon Musk's ownership. The text-based app known as Threads looks nearly identical to Twitter and has seen more than 30 million users sign up since Wednesday's launch. Amna Nawaz discussed more with Mike Isaac of The New York Times.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 6  
**Length:** 60 minutes  
**Segment Length:** 00:07:15  
**Format:** News (live news only)  
**Air Dates:** Monday July 10th, 2023 6:00 pm

The series "Black Mirror" just released its sixth and possibly final season. The sci-fi anthology is a social satire playing with society's deepest fears about our increasingly digital lives. Special correspondent Malcolm Brabant caught up with show creator Charlie Brooker in London to discuss why he thinks this work has gripped audiences. It's part of our arts and culture series, CANVAS.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 8  
**Length:** 60 minutes  
**Segment Length:** 00:07:15  
**Format:** News (live news only)  
**Air Dates:** Wednesday July 12th, 2023 6:00 pm

Wednesday marks a year since the world first started seeing spectacular images of the cosmos that were captured by the powerful James Webb Space Telescope. But getting those images is only part of the important work being done by the \$10 billion telescope. Science correspondent Miles O'Brien reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 21  
**Length:** 60 minutes  
**Segment Length:** 00:07:08  
**Format:** News (live news only)  
**Air Dates:** Monday July 31st, 2023 6:00 pm

Are we alone in the universe? Former Pentagon employee David Grusch told Congress last week that UFOs are real and the U.S. government has been withholding knowledge of non-human life on Earth for nearly a century. Meanwhile, NASA is set to release its own report on UFOs in the next few weeks. Journalist and author Garrett Graff joins Geoff Bennett to help separate fact from science fiction.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 38  
**Length:** 60 minutes  
**Segment Length:** 00:06:15  
**Format:** News (live news only)  
**Air Dates:** Wednesday August 23rd, 2023 6:00 pm

It was a historic day for India as it became the fourth country to land on the moon. It comes after a failed attempt in 2019 and just days behind a failed Russian lunar landing. Prime Minister Modi watched alongside the team at the Indian Space Research Organization as the Chandrayaan-3 touched down in the moon's south polar region. Amna Nawaz and Miles O'Brien discussed the monumental moment.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 51  
**Length:** 60 minutes  
**Segment Length:** 00:07:25  
**Format:** News (live news only)  
**Air Dates:** Monday September 11th, 2023 6:00 pm

The monopoly case against Google is going to court in what's considered the biggest antitrust trial of the modern digital era. The question in this trial centers on whether Google stifled competition and harmed consumers by becoming the default search engine through deals with phone makers and internet browsers. Geoff Bennett discussed the case with Cecelia Kang and Rebecca Allenworth.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 58  
**Length:** 60 minutes  
**Segment Length:** 00:06:37  
**Format:** News (live news only)  
**Air Dates:** Wednesday September 20th, 2023 6:00 pm

Astronomers around the world are calling for international agreements to limit the spread of satellite constellations in space, with warnings that light pollution at night from the satellites damages vital scientific work. In Britain, the government is also being urged to impose new planning regulations to reduce light pollution to stop the loss of the nation's dark skies. Malcolm Brabant reports.

**Program Source:** PBS-NPS  
**Program Title:** PBS NewsHour  
**Episode Title:** Episode 61  
**Length:** 60 minutes  
**Segment Length:** 00:07:52  
**Format:** News (live news only)  
**Air Dates:** Monday September 25th, 2023 6:00 pm

You may have heard about a NASA probe that successfully brought some samples from a deep-space asteroid back to Earth. It took four billion miles to get them, but researchers believe it will be worth it. You also may be wondering just why scientists want these samples from what's essentially a huge rock flying through space. Science correspondent Miles O'Brien explains.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 8  
**Length:** 60 minutes  
**Segment Length:** 00:18:17  
**Format:** Interview/Discussion/Review  
**Air Dates:** Wednesday July 12th, 2023 11:00 pm

EU Commissioner Thierry Breton discusses new European content rules for social media.

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 19  
**Length:** 60 minutes  
**Segment Length:** 00:55:28  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday July 27th, 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

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 38  
**Length:** 60 minutes  
**Format:** Interview/Discussion/Review  
**Air Dates:** Wednesday August 23rd, 2023 11:00 pm

Connor Leahy and Marietje Schaake discuss the dangers of A.I. In his latest project, "Our Common Nature," cellist Yo-Yo Ma seeks to enhance our humanity by deepening our ties with the natural world. Ben Smith, founding editor-in-chief of BuzzFeed News, explores the history of online journalism in his new book, "Traffic."

**Program Source:** PBS-PLUS  
**Program Title:** Amanpour and Company  
**Episode Title:** Episode 59  
**Length:** 60 minutes  
**Segment Length:** 00:17:35  
**Format:** Interview/Discussion/Review  
**Air Dates:** Thursday September 21st, 2023 11:00 pm

Former U.S. ambassador to NATO Kurt Volker joins the show. In part two of his exclusive conversation with Christiane, Qatar's prime minister discusses stability in the Middle East, Syria's return to the Arab League and LGBTQ rights. Acting deputy secretary of state Victoria Nuland discusses the political implications of U.S. foreign policy in Ukraine. Tim Wu explains the case against Google.