

“CORE PROGRAMMING”
PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY DESIGNED TO SERVE THE
EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER
[AGE TARGET 13-16]
July 1, 2017 – September 30, 2017

Airdate: 7/1/2017
Time: 10:00AM
Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
MEDITERRANEAN MELTING POT [VJG114]

Host Josh Garcia’s ship stops in Marseille, France where a local chef invites Josh and his shipmates to take part in the world-famous culinary tradition of bouillabaisse, a flavorful fish stew. Josh tries his hand at a famous local beach game called *petanque*, and visits a soap factory where he makes his very own personalized “Soap of Marseilles”. First, Josh visits a fish market with a local chef to see the real Marseille. He is served bouillabaisse, the most famous dish in Marseille, and experiences the flavors of the region. Then, he heads to the shore where he gets schooled in a famous pastime, the game of *petanque*. *Petanque* is a game that consists of skill and focus to toss steel balls closest to the target, the *cochonnet*, a small wooden ball. Finally, Josh gets a hands-on experience at a local soap factory where he learns the science behind world-famous Marseille soap.

[Educational Message: Learning a new outdoor game can bring great joy and relaxation. Not only does it get you outside in nature, but it can also connect you with new friends.]

Airdate: 7/1/2017
Time: 10:30AM
Duration: 30:00

WILDERNESS VET
WHEN MOM’S AWAY [WDV114]

On this episode of Wilderness Vet, while Dr. Oakley is away traveling she visits a family with a black Labrador Retriever, named BooBoo, who has a mysterious weight gain problem. After examining BooBoo, Dr. Oakley believes the ailing dog is suffering from hypothyroidism. BooBoo will be treated with medication and remain active until the excess weight is lost. Since her treatment, BooBoo has already lost an incredible 35 pounds and is well on her way to a healthier life. Next, with Dr. Oakley on the road, her husband Shane decides to use the opportunity to teach their daughters some outdoors skills. Today’s first lesson is chopping wood. Shane teaches the girls how to carefully chop logs into firewood and he explains to them the importance of self-reliance. Next, Shane takes the girls out to the riverbank to have them learn how to build a shelter, knowledge that can be life-saving in the extreme Yukon elements. The Oakley daughters learn to use teamwork in order to complete the natural shelter in a short amount of time. Next up, Dr. Oakley has an appointment with a Shih Tzu, Bitsy, who has a large mass growing from her stomach. Concerned about the possibility of cancer, Dr. Oakley suggests that Bitsy be treated at larger clinic in Juneau to have the mass surgically removed. Back at home, Shane is taking the girls out for one last outdoor skills test – building a fire. Hypothermia is a serious problem and can be life threatening if not treated quickly. Finally, back at the Bald Eagle Foundation, Dr. Oakley is visiting a Eurasian eagle-owl named Hans. Eurasian eagle-owls are one of the largest owl species in the world. Dr. Oakley successfully takes the blood sample that will be tested to ensure Hans is in good health.

[Educational Message: It’s important to learn the value of teamwork. Spending time with your siblings can be invaluable.]

Airdate: 7/1/2017
Time: 11:00AM
Duration: 30:00

JOURNEY WITH DYLAN DREYER

ANTARCTIC [JDD114]

Join host Dylan Dreyer at the end of the world as she explores the frozen, forgotten continent of Antarctica. We'll witness the incredible wildlife that survives in the most extreme environment on Earth, meet the scientists working to understand the growing threat of climate change, and learn about the early explorers who made the first brave attempts to reach the South Pole. Antarctica, the frozen and lonely wilderness at the bottom of the world, is the largest uninhabited place on Earth. First, we'll learn about the group of people who were the first to successfully reach the Antarctic and helped to build the foundations of Antarctic scientific exploration. Next, we'll meet with a group of Weddell seals, one of the first animals studied in Antarctica, who live further south than any other mammal on Earth. Next, we'll learn more about Emperor penguins and their ability to survive in the extreme Antarctic conditions. Finally, we'll team up with a group of scientists that are studying the effect of climate change on the South Pole. Here we learn how the sea ice around the continent waxes and wanes over time. In winter, Antarctica nearly doubles in size and the expanse of coldness effects climate over the entire globe. Next, we see how scientists use core drills to remove samples from the ice. Finally, we learn about the history of The Antarctica Treaty, an agreement among foreign nations to protect Antarctica as a place of peace and science.

[Educational Message: Antarctica is a symbol of human curiosity and courage. Learning to appreciate science can make a big impact on our lives.]

Airdate: 7/1/2017
Time: 11:30AM
Duration: 30:00

NATURALLY, DANNY SEO

BROTH BAR [NDS114]

Host Danny Seo makes homemade bone broth, an old-fashioned health remedy, and learns that you can save time peeling vegetables by leaving on the skin. Bone broth contains glucosamine, which helps protect your joints and relieve joint pain. Next, Danny cooks up gluten-free cookies. Gluten is a mix of proteins responsible for the elastic texture of dough, and can be substituted by using coconut flakes. Then, he turns trash into treasure by upcycling plastic caps and old boxes into jewelry and works of art. Finally, he shares tips on how to be green while travelling in your car.

[Educational Message: Bone broth is an easy way to get a daily dose of micronutrients in one serving-- micronutrients are chemical elements required for growth and development. Eating clean means avoiding processed foods. Use your imagination when looking at something you may consider trash; you have the ability to use it as way to express yourself artistically and create something unique.]

Airdate: 7/1/2017
Time: 12:00PM
Duration: 30:00

GIVE

GIVE TO LIFTING FAMILIES AND KIDS OUT OF HOMELESSNESS AND POVERTY IN ORANGE COUNTY, CALIFORNIA [GBU114]

Kat Graham, Actress and Singer, goes to Orange County, California to visit two organizations that support low-income and homeless children and their families with comprehensive, long-term services designed to interrupt inter-generational cycles of poverty. Using the story that she's there doing research for a project on philanthropy, Kat starts with a visit to the Wooden Floor Foundation, which has transformed the lives of over 80,000 children and youth with high-level dance instruction, academic and family counseling services and more. Deeply moved by the commitment Wooden Floor makes to its students Kat wants to help with everything she has. But first she makes a trip to see the Illumination Foundation, an organization that provides targeted medical, workplace and living assistance to homeless families and individuals, and those at risk of becoming homeless. At the organization's Santa Ana Children's Resource Center, Kat sees the Illumination Foundation's mission in action. Children and teens receive homework help, emotional and life-skills counseling, healthy food and a break from crowded and unsafe living conditions. In the end Kat makes the tricky decision of how to divide a generous gift the PIMCO Foundation between them.

[Educational Message: Philanthropic organizations that create safe spaces for individuals to learn and grow ultimately give those individuals an opportunity to develop life-long healthy practices, whether through financial literacy or dance therapy.]

Airdate: 7/1/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

VISIONARIES [HOC127]

David Brown, the fastest blind sprinter in the world, shows how he trains to win gold at the paralympics, which require blind sprinters to race tethered to guides. Golfer Justin Rose pays tribute to his father who passed away from cancer. We see how a rescued bald eagle, a bird whose vision is 4-8 times stronger than that of the average human, gets a second chance at life by becoming the mascot for the Crystal Palace soccer team. Finally, we see how Nascar driver Ryan Reed continues to race despite having diabetes, a disease in which the body has high levels of glucose in the blood.

[Educational Message: Don't underestimate someone by the way they look, what they can't do, how old they are, or hardships they have faced. You can still be great at something even if you don't fit the mold. Viewers learn how blind sprinters race in the Paralympics, how pro-golfers study their game to become better, what goes into being a mascot for a team, and what diabetes is and how you can manage it while still achieving your dream.]

Airdate: 7/8/2017

Time: 7:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

KUNG FU MASTER [VJG115]

Host Josh Garcia visits the port of Hong Kong where a local foodie takes him on an unforgettable tour of the city's nearly extinct foods, and Josh bravely tries some interesting dishes. Josh receives a lucky fortune at an ancient temple, and then gets a Kung Fu lesson from a master. First, Josh visits some of the oldest temples in Hong Kong and meets a cultural expert to learn the history and practices associated with Buddhism and Taoism. Then, Josh heads into town to learn how a craftsman is incorporating local materials into daily life, and he connects with a local foodie to try some unique dishes. Finally, he meets a living legend who trained under the same master as Bruce Lee and tries his hand at Kung Fu. The art of Kung Fu is said to be thousands of years old and dates back to the legend of Wing Chung, a nun who created the art to conquer an evil opponent.

[Educational Message: Visiting ancient landmarks can give you a glimpse into ancient practices and schools of thought. Ancient culture transforms in modernity through monuments, sculptures, and rituals.]

Airdate: 7/8/2017

Time: 7:30AM

Duration: 30:00

WILDERNESS VET

1 HOOF, 2 HOOVES, 3 HOOVES, 4 [WDV115]

On this episode of Wilderness Vet, Dr. Oakley is no stranger to working with large animals. From performing exams on feisty sheep, to helping a donkey with an infestation, or saving a Caribou with a troublesome limp, it's no wonder she's one of the best veterinarians in the Yukon. First up, Dr. Oakley's mission is to sedate and examine a bull Caribou who has been limping. Dr. Oakley and Randy Hallock from the Yukon Wildlife Preserve team up to accomplish the task. After multiple attempts over two days to sedate the animal, Dr. Oakley and team successfully dart the injured Caribou. Dr. Oakley performs a full body exam on the Caribou and takes a closer look at the injured leg. She determines that trimming the Caribou's toes and providing arthritis medication will relieve pressure on the bull's joints and help increase its mobility. Next, Dr. Oakley is performing a physical on a Dall sheep. To get up close for the examination, Dr. Oakley will have to sedate the sheep with a blow dart. After a successful hit, Dr. Oakley and team examine the sheep, provide vaccines, and trim its hooves. Finally, Dr. Oakley makes a house call to a new patient and finds a sick donkey named Jane. Dr. Oakley discovers that Jane has a puzzling skin problem and hair loss. After careful examination, Dr. Oakley finds that Jane has a lice problem, and she prescribes a dusting powder to treat and rid Jane of her infestation.

[Educational Message: The best preparation for tomorrow is doing your best today. We learn more from our mistakes than our successes.]

Airdate: 7/9/2017
Time: 11:00AM
Duration: 30:00

JOURNEY WITH DYLAN DREYER
ADRENALINE RUSH [JDD115]

Join host Dylan Dreyer as she explores the ultimate rush of Skydiving. Hold your breath - as we jump out of airplanes with professional thrill-seekers and rocket toward the earth with a parachute and a prayer. Finally, we'll recreate a parachute designed by Leonardo da Vinci over 500 years ago. First, we'll meet a team of skydivers and discover more about the daring and risky sport. Over 500,000 people make a total of three million skydives in the United States every year. Discover how skydivers control their bodies during flight and maintain a clear focused mind during an overwhelming sensation of freefall. We'll find out how air rushing underneath the parachute creates low pressure above it, creating a lift that breaks the jumper's fall. Next, we'll learn about the history and science behind wingsuits, parachutes and other flying concepts that trace all the way back to Leonardo da Vinci. We'll discover more about the numerous inventions that Leonardo da Vinci once conceived and how many similar concepts exist today. Next, we'll follow a group as they attempt to recreate one of the da Vinci concepts into a reality. Finally, with the help of Oxford University, we'll discover first-hand how a team of scientists accurately and successfully re-create Leonardo da Vinci's bold parachute design.

[Educational Message: The risks we take every day can sometimes become meaningful moments of our lives. Taking risks and thinking differently can challenge us to be the best versions of ourselves.]

Airdate: 7/9/2017
Time: 11:30AM
Duration: 30:00

NATURALLY, DANNY SEO
BLAZING NEW PATHS [NDS124]

Host Danny Seo meets our country's green pioneers, groundbreaking artisans creating from nature and entrepreneurs building businesses with and for animals. First, Danny travels to Oregon and participates in the process of making salt. Salt is created by boiling seawater, allowing it to evaporate to form salt crystals, and then dehydrating it for a few days. Although the finished product seems simple, salt comes in different forms, such as table, finishing and grinding salts. Plus, each can be infused with different flavors, like garlic. Next, Danny uses flowers to create botanical art, and he visits the Dog Café and explores a new way to pick a pet. Then, Danny travels to Rhode Island and participates in the process of harvesting honey. To collect the honey, beekeepers use smoke, which confuses bees, making them more docile; however, beekeepers harvest only the surplus honey and leave enough for the bees to survive. Finally, Danny travels to Oregon and meets the Martinez family, who have been creating hand-crafted leather products since 1962. He helps make a leather tote and learns how to cut, stamp, sew, and shape the bag and straps. The straps are usually made of English bridle leather, which is stronger and won't stretch.

[Educational Message: Nature is one of the best sources to provide food, art and many ingredients to use in diverse ways. Salt can be cultivated from seawater, and flowers can be used in an expressive way to make art. Nature plays an active role in creating honey-- worker bees fly about 500 miles in their lifetime, using the position of the sun to navigate back to their hives. Products can be tanned naturally by using barks, leaves, berries and roots.]

Airdate: 7/8/2017
Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO PEOPLE BRIDGING THE GENERATIONS [GBU115]

Film and television star Camilla Belle visits two innovative organizations making a big impact with people of all ages. Camilla starts the day at ONEGeneration, an organization that is both a senior care provider and a preschool where elders assist teachers as care-givers, in a partnership that reaps benefits for everyone involved. After spending the morning painting with a lively group of children and seniors, Camilla heads over to SPARK, an organization that provides mentoring to help 7th, 8th and 9th graders set goals and transition successfully to high school. Camilla joins a group of tweens working with volunteer mentors from HULU, and witnesses how attention from these professionals helps the youngsters recognize their own potential and promise. Now, Camilla is faced with the difficult job of dividing a \$100,000 grant from the Eisner Foundation between the two charities. In the end she gives each organization a gift to help them build inter-generational bonds that help everyone.

[Educational Message: Philanthropic organizations that provide intergenerational programs offer opportunities for people from older and younger generations to participate in mutually beneficial activities. Intergenerational programs can provide meaningful connections between seniors and young children and can help build strong communities of care.]

Airdate: 7/8/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

SUPPORT SYSTEMS [HOC128]

We get a behind-the-scenes look at an elite Nascar pit crew, the team responsible for refueling, tire changes, mechanical adjustments, and repairs. Next, we see how a teenage girl makes sacrifices to become an Olympic synchronized swimmer, a sport that is a blend of coordinated acrobatics, dancing and swimming. Then, we see the impact that the Simpson Cup, a British golf tournament for disabled veterans, has left on golf and those who play in the tournament. Later, we see a U.S. Olympian in shot put, a track and field event involving throwing a heavy ball as far as possible, pay tribute to his mother who coached him to success after losing his father.

[Educational Message: Learning to trust, rely on and work well with others is crucial to having a successful team. Viewers learn the importance of teamwork by seeing what it takes for a pit crew, a synchronized swimming team, a team of disabled golfers, and a shot putter coached by his mom to be successful and achieve their goals by working together.]

Airdate: 7/15/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

EUROPE TOP TO BOTTOM [VJG116]

Host Josh Garcia revisits some of his favorite journal entries from his tantalizing tour of Europe. First up, in Stockholm, Sweden, Josh learns to blow glass from a master artisan. Glassblowing dates back 2000 years and made its way to Sweden in 1600 A.D. Next, in Bergen, Norway, Josh takes a bite of a local favorite, the reindeer hot dog, and tastes the local flavor palate that combines the sweet and savory. Lingonberries are used to add sweet flavor to some local dishes. Then, in Barcelona, Josh is blown away by the local castellers who build a massive human pyramid, a cultural tradition that's been performed for over three hundred years and was named Masterpieces of the Oral and Intangible Heritage of Humanity by UNESCO. Finally, in Aix-en-Provence, France, Josh meets a figurine maker who's at the top of his game making *santons*, a craft that dates back to the French Revolution.

[Educational Message: When traveling you can seek out local cultural art forms and practices that are native to that region. Many cultural practices date back thousands of years and sometimes it can feel like you are getting a glimpse at how things were made in the past.]

Airdate: 7/15/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

A VET FOR ALL PETS [WDV116]

On this episode of Wilderness Vet, Dr. Oakley is visited at her home clinic by a 15-year-old Golden Retriever named Rose. Two years ago, Dr. Oakley examined Rose for a growth on her side. Today, the growth has rapidly increased in size, which worries Dr. Oakley that it may be cancerous. Removing the tumor surgically is one option, but for an older dog it's risky a procedure. Dr. Oakley decides to take a biopsy and blood sample to determine whether or not the tumor is malignant or benign. Next, Dr. Oakley is visited by Miracle, a seasoned sled dog with several small growths on his body. After examining the growths, Dr. Oakley decides to take a fine needle biopsy and a blood sample to determine the severity of the lumps. The blood results soon come in to reveal that Miracle's masses are benign. Next, Dr. Oakley heads to Haines, Alaska to the HARK Animal Shelter. Here the shelter's manager, Steve Vick, takes in orphaned and feral animal to find them adoptive homes. Today, Dr. Oakley is coming to help with a feral cat. Next, Dr. Oakley heads to the outskirts of town where some farmers noticed their pigs have a severe itch. Constant scratching and dry scaly skin are symptoms of Sarcoptic mange, a highly contagious disease. The team puts the pigs in a pen and carefully corners them with wood panels, so that Dr. Oakley can safely treat each pig with medication. Dr. Oakley and team finally complete their mission and treat the mange before it spreads further. Since Dr. Oakley is already on site, the farmers want her to take a look at their new piglets. Dr. Oakley provides exams and vaccines on the piglets, while also separating and neutering the male pigs. Doing this is an important safety measure as the males will eventually grow into massive boars, weighing hundreds of pounds and sporting sharp tusks. Dr. Oakley successfully examines and treats all piglets on the farm.

[Educational Message: Caring for pets and animals can be a rewarding career path. It's important to treat animals with compassion and respect.]

Airdate: 7/15/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

OCEAN OASIS [JDD116]

Join host Dylan Dreyer on a journey to the coastline of Baja California to witness the awesome power of nature and the amazing wildlife struggling for survival in a harsh land. We'll explore the breeding grounds of the mighty elephant seal, ride alongside migrating blue whales, discover the brightly colored beauty of coral reefs, and dive deep with majestic manta rays and hungry sharks. Baja California is a hot, dry peninsula over 700 miles long and located below the state of California. On land, the climate varies considerably from snowcapped mountains to scorching deserts. However, the most influential feature of Baja California is the surrounding ocean, where an oasis of wildlife is waiting to be explored. First, we join a group of biologists and naturalists to discover this ancient land like never before. Here, we'll get a first-hand look at the magnificent Baja sea life such as whales, porpoises, sharks, manta rays, and moray eels. Also, we'll travel to the island of Rasa and witness over half a million migrating sea birds that return to the island every year. Next, we'll meet a colony of elephant seals and learn more about the species and the communities that inhabit the Baja beaches. We'll also discover more about the land mammals and reptiles that call Baja California home. Finally, we join a group of whale watchers to experience an up close and very personal interaction with a gentle giant.

[Educational Message: The seas and the deserts will endure without us, but we cannot survive without them. Our oceans support and sustain all life on Earth, and it's important that we play a part in keeping our waters clean.]

Airdate: 7/15/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

ECO-GROOMING [NDS116]

Host Danny Seo cooks up a healthy shrimp dinner and learns how food, such as ginger and basil, can rejuvenate your body. Ginger can help relieve digestive problems such as nausea, and basil contains disease-fighting antioxidants and properties that can help fight viruses and infections. Next, Danny explores eco-friendly ways to keep your dog healthy and clean. Using eco-friendly shampoos that contain natural ingredients, like coconut oil, instead of petroleum-based surfactants provides greater benefits for a dog's skin. A surfactant is a compound that reduces the surface tension between water and oils. Then, Danny finds new uses for old sweaters-- Americans throw away about 13 million tons of textiles every year. Finally, he creates an all-natural citrus cleaner by combining citrus peels and vinegar.

[Educational Message: Being conscious to incorporate everyday, nutritious ingredients, like ginger and basil, into meals is a great way to ensure overall health and increased energy. Just as you should maintain your own health, it's important to ensure your pet has a healthy lifestyle as well. Baths provide a great chance to assess the dog's overall condition, check teeth, and wipe out ears and eyes. Finding new ways to repurpose old clothes is a great way to use your imagination and help reduce textile waste.]

Airdate: 7/15/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO HELPING YOUNG PEOPLE BREAK INTO THE TECH WORLD [GBU116]

Jenna Bush Hager visits two San Francisco area organizations that are dedicated to preparing young kids of color to enter the high tech industry. Jenna begins at Hidden Genius and joins kids who are taking part in their "Immersion Program" which is a 15-month boot camp that provides computer science, software development and leadership training. The second organization is Code 2040 which creates pathways to educational, professional and entrepreneurial success in technology for kids of color. Jenna learns how the program has given young people the confidence and the skills needed to compete for the jobs of the future. Inspired by both charities, Jenna must determine how to divide \$25,000 from the Ford Fund between them and, in the end, surprises each organization with a generous gift.

[Educational Message: Philanthropic organizations working with youth of color to empower them to reach higher can pave the way for a new wave of industry professionals of color. Empowering youth to have the skills and confidence necessary to succeed can make for a stronger workforce in the future.]

Airdate: 7/15/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

STAYING THE COURSE [HOC129]

Golfer Bubba Watson shares the story of adopting his son and how it has impacted his life on and off the golf course. Next, Kelsey DiClaudio shares her story about being in a wheelchair and being the only female player on the U.S. sled hockey team; sled hockey players use double-blade sleds that allow the puck to pass beneath the sled. Then, we see how a young Nascar driver, Erik Jones, trains to excel in his field. Last, we see how thoroughbred horses prepare for races at horse school.

[Educational Message: Having a hobby is a great way to establish an outlet when obstacles come your way. Obstacles can set you back from achieving your goals, but that doesn't mean it is impossible— if you work hard, you can progress to where you want to be. Viewers learn about the process of adoption, young female athletes aspiring to be professionals in sled hockey, steps that aspiring drivers can take to join the profession, and how racehorses are trained.]

Airdate: 7/16/2017

Time: 10:30AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TUSCAN FUN [VJG117]

Host Josh Garcia visits Florence, Italy, the birthplace of the Renaissance and kicks the day off by searching for the world's most expensive food with a four-legged expert. Josh takes to the hills to forage for truffles. Then, Josh drops in on a local artisan to learn the fine-artform of marbling paper and he give it a shot. At the city's oldest gelato shop, he learns to make the tasty treat from scratch from a third generation gelato-maker. Gelato is a traditional Italian dessert made from milk, sugar, and eggs. For a grand finale, Josh gets a lesson in opera before catching a show at the birthplace of the art form to see (and hear) how the real pros hit all the notes.

[Educational Message: The sheer beauty of a place can be a striking experience. Noticing the architectural details of old, historic buildings can sometimes feel like a journey into the past.]

Airdate: 7/16/2017

Time: 11:00AM

Duration: 30:00

WILDERNESS VET

ANIMAL AMBASSADORS [WDV117]

On this episode of Wilderness Vet, Dr. Oakley is making her rounds examining the many unique creatures that call zoos and wildlife organizations home. First up, Dr. Oakley and her daughters are heading to the Southeast Alaska Fair to perform veterinarian demonstrations with some of the farm animals. State fairs offer an opportunity to help educate people about animals in a fun community setting. Dr. Oakley takes this time to help educate children about animals such as goats and ponies. Next up, Dr. Oakley heads to the Alaska Zoo to visit a porcupine, named Peggy Sue, in need of some serious dental work. Dr. Oakley first administers a sedative to help calm the porcupine and protect the team from its dangerous quills. After successfully sedating the animal, Dr. Oakley carefully trims the porcupine's incisors. Next, Dr. Oakley is heading to a small family farm, home to an alpaca in need of a foot trimming. After a difficult time restraining the alpaca, Dr. Oakley successfully trims the animal's feet and helps the farmers finish shearing the valuable alpaca fiber. Next, Dr. Oakley visits The Learning Farm, a place where kids can come and learn all about farming in Alaska. The farm's owner recently discovered several unexpected litters of bunnies. Rabbits can have multiple litters in a year, so if they don't find the male rabbit soon, this farm will have more bunnies than it can handle. Dr. Oakley examines all rabbits on the farm and discovers two more pregnant female rabbits. Eventually, Dr. Oakley locates the male culprit and recommends the rabbit be neutered to prevent further litters. Finally, Dr. Oakley is heading to the Calgary Zoo in Canada, where she first started out as an intern. Dr. Oakley's patients are eight baby meerkats that are in need of a general health exam. The goal is to exam the meerkats, draw a blood sample, and microchip them for identification. Dr. Oakley and team successfully treat the patients and all meerkats are given a clean bill of health.

[Educational Message: Zoos and wildlife organizations allow people to get up close and learn about different specie. Keeping these animal ambassadors in good health is always a top priority.]

Airdate: 7/16/2017

Time: 11:30AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

PEOPLE OF THE WORLD [JDD117]

Join host Dylan Dreyer on a tour of some of the most unique, fascinating, and remarkable cultures on planet Earth. We'll visit River People living in the rainforests of the Amazon Basin, explore the nomadic life of Nepali people on the Great Plains of Asia, witness the effects of climate change on the Inuit people of the Arctic, and discover the ancient Massai people on the Serengeti Plains of Eastern Africa. We'll first follow Julio Mamani, the brave medicine man from the Andes Mountains, as he travels thousands of miles to reach the Amazon River. Also, we'll join Harvard University Ethnobotanist Dr. Mark Plotkin, as he, too, looks for life saving remedies along the greatest river in the world. Here we'll learn more about the remarkable connection between the plants and the indigenous people of the Amazon forest. Next, we'll travel to the Serengeti Plains, the last refuge for the greatest concentration of migrating mammals remaining on the planet. We'll witness the arduous struggle for survival against predator and prey, for the diverse wildlife of Africa. We'll learn more about the Massai people, once the most formidable warriors in East Africa, and how they defend their cattle and families with spears to this day. Next, we travel to the arctic to learn more about a group of scientists studying the environment to discover more about the impact of climate change. Using special instruments and monitors, the team can measure the density of the ice and determine the rate at which it's melting. Also, we learn more about the native Inuit tribes that have inhabited the arctic region for many years. Finally, we visit the land of Tibet, which is home to Mount Everest and the highest plateau in the world.

[Educational Message: The world we recognize today is billions of years in the making. By helping to preserve and protect the environment we will leave behind a better world for future generations.]

Airdate: 7/16/2017

Time: 12:00PM

Duration: 30:00

NATURALLY, DANNY SEO

GOING GREEN & SAVING GREEN [NDS125]

Host Danny Seo's saving the planet and saving money with ingenious ways to solve pesky household problems, keeping plants hydrated, and saving energy while racking up big bucks. First, Danny creates spider repellent by using essential oils, which are distilled from various parts of plants like seeds, bark and stems. Next, Danny explains that by adding red pepper flakes to birdseed, it keeps squirrels away but doesn't bother birds because birds can't taste red pepper flakes. Then, Danny teaches how to water can travel through twine, making it to be a great way to water your plants while you're away; and he plants beans in re-used egg cartons and yogurt containers to create a mini greenhouse. A greenhouse effect happens when the sun warms the air and soil while the sealed container traps heat and moisture inside. Finally, Danny teaches that using reusable water bottles can help prevent waste that's created by plastic water bottles, and that using surge protectors and LED light bulbs will help save energy.

[Educational Message: A great way to save money is by getting creative and using household products in different ways as a solution for common problems. Spiders detect smell with scent sensitive hairs located on their legs, so incorporating scents, such as lavender, is a great way to repel them. Twine can be used to keep plants hydrated; and red pepper flakes in bird feeders can be a good deterrent for squirrels without affecting birds. Giving items new purposes can help create something unique, save money and prevent waste.]

Airdate: 7/30/2017

Time: 10:30AM

Duration: 30:00

GIVE

GIVE TO HELPING YOUNG MEN OF COLOR ACHIEVE THEIR POTENTIAL [GBU117]

Emmy Award winning actor Sterling K. Brown visits two Los-Angeles area organizations that mentor young men of color, helping them break negative cycles and make change for themselves and their communities. Sterling begins at Brotherhood Crusade, where he joins a therapeutic activity in which young men are able to speak freely about the past and articulate their visions for the future. The second organization is Social Justice Learning Institute, which serves youth of color through an array of programs designed to support them in school, guide them toward personal success, and help them to recognize their power to make positive change where they live. Impressed and moved by both charities, Sterling must now determine how to divide \$25,000 from the California Community Foundation between them. In the end he gives each organization a generous gift in support of their work.

[Educational Message: Empowering individuals and mentorship is an important part of community building. When you inspire someone to be their best self, you can empower them to take responsibility for themselves, their community, and their future.]

Airdate: 7/30/2017

Time: 11:00AM

Duration: 30:00

HEART OF A CHAMPION

OVERCOMING THE ODDS [HOC130]

We see how Nascar driver Kyle Busch overcomes a frightening wreck to excel in racing.

Next, we see how Stacy Lewis works hard to play golf despite having scoliosis, a lateral curvature in the normally straight vertical line of the spine. Then, we learn about the legacy of Indiana University's diving program, which started in 1959, and how young divers are trained to become Olympians-- dives are typically judged based on three elements: the approach, the flight and the entry. Lastly, we see how Se Ri Pak, the youngest Women's Open champion ever in 1998, paved the way for women's golf in South Korea.

[Educational Message: Don't be afraid to be the first to do something or to try something again— your ambition can have a lasting impact on others and inspire future trailblazers. Don't let a setback scare you from trying again. Viewers learn about safety in Nascar racing, how to train to become a female golfer, what it takes to become an Olympic diver, and the growth of women's golf in South Korea.]

Airdate: 7/29/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

LITTLE ISLAND, BIG FLAVOR [VJG118]

Host Josh Garcia is ashore in Singapore, the world's only island city-state, and is immersed in the exotic melting pot of people and cultures. At a floating restaurant, he takes on a spicy national dish called Chili Crab. Then, a local actress introduces Josh to handmade flower garlands in the city's Little India district, and Josh seeks out specially beaded shoes as a birthday gift for his niece. First up, Josh travels with a local foodie to a floating restaurant where they are serving up the national dish that, according to local legend, was created in the 1950s by the wife of a fisherman who became tired and bored with eating plain steamed crab. Later, back on the island, Josh visits Little India where he heads to a bazaar and learns to make traditional flower garlands, which play a big role in local Indian culture. Then, Josh heads into town to learn another beautiful handicraft, and later meets up with a local chef to experience Singapore's true melting pot, its street food scene.

[Educational Message: Singapore is a melting pot of Indian, Malay, and Chinese cultures. Visiting a melting pot of cultures can be a great opportunity to see how culture transforms and transcends time and space.]

Airdate: 7/29/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

BIG ANIMALS, BIG PROBLEMS [WDV118]

On this episode of Wilderness Vet, Dr. Oakley revisits some of her biggest patients. First, Dr. Oakley heads to the Yukon Wildlife Preserve to check up on a musk-ox with an unknown illness. Dr. Oakley utilizes a clever technique in order to lure the musk-ox and tranquilize the animal for examination. Dr. Oakley carefully examines the musk-ox's kidneys and provides vaccinations while also retrieving a blood sample. Next, Dr. Oakley heads to meet Doug Twiss at Half Breed Creek Corral, where a herd of wild horses are being cared for. These horses are slated to be moved to a pasture in Alaska, but before they can leave, Dr. Oakley needs to run some blood tests to make sure they're disease free. Next, Dr. Oakley and her daughters, Sierra, and Maya head to a reindeer farm in Anchorage, Alaska to check in on a reindeer suffering from "chipmunk cheeks." This condition occurs when food impacts in the reindeer's cheeks and cannot provide nutrition for the animal. Dr. Oakley removes the impacted food and uses a float to file down the reindeer's molars. Finally, Dr. Oakley visits a local alpaca farm to perform physical exams, vaccinations, and deworming. Viewers will learn more about the unique alpaca and why the non-native species is bred and raised in Alaska. Dr. Oakley successfully examines and treats each alpaca and all are given a clean bill of health.

[Educational Message: We must strive to think big when setting our goals. Life's too short to think small.]

Airdate: 7/29/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

TROPICAL RAINFOREST [JDD118]

Join host Dylan Dreyer on an exploration of the tropical rainforests of the world. We'll discover a collection of amazing creatures that climb, fly, and slither their way through the deep jungle. We'll meet scientists at the front lines of rainforest conservation, and we'll venture to the tops of the world's tallest trees to connect with animals unlike anything you've ever seen before. First, we'll learn more about our rainforests, such as how they are responsible for nearly 30% of all oxygen on our planet, and how as much as 75% of all species on Earth call our rainforests home. Here, we'll observe and learn more about the many insects, reptiles, and other creatures who inhabit this region and how they adapt for survival. Next, we'll learn about the indigenous groups of people that live within the rainforests. Even today, the government of Brazil believes there are as many as 60 uncontacted tribes living in the Amazon rainforests. Next, we'll learn more about the countless mammals that inhabit the forests, like sloths, jaguars, and various primates. Next, we witness the incredible survival skills of the leafcutter ants, witnessing how they harvest leaves and feed them to certain types of fungus. As the fungus breaks down the chewed leaves, the leaves are converted back to food for the ants. Next, we'll follow an ecologist who is studying the canopies of the rainforests. Her goal is to determine the importance of certain plant species thriving in the canopy. It's a dangerous job but a rewarding one as well. Finally, we'll learn more about our own impact on the world's rainforests.

[Educational Message: Protecting our world's natural resources is of utmost importance. We must respect nature and do our part for future generations.]

Airdate: 7/29/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

BEE KEEPING [NDS118]

Host Danny visits a bee farm, teaches how food can help relieve health symptoms, upcycles bottles into gift boxes, and creates do-it-yourself spider repellent. First, Danny travels to Rhode Island and participates in the process of harvesting honey. To collect the honey, beekeepers use smoke, which confuses bees, making them more docile; however, beekeepers harvest only the surplus honey and leave enough for the bees to survive. Next, he joins Amie Valpone in the kitchen to make cabbage and mango salad and learn about the benefits of using organic produce, which is cultivated without using pesticides or synthetic fertilizers. Cabbage is an excellent source of vitamin K, vitamin C and dietary fiber; and mangos are a good source of fiber, vitamin A and folic acid. Then, he finds new ways to re-use plastic water bottles. Americans throw away approximately 2.5 million plastic bottles every hour. Danny turns old bottles into gift boxes through decoupage, the art of decorating something with paper cut-outs. Finally, Danny creates spider repellent by using essential oils, which are distilled from various parts of plants like seeds, bark and stems.

[Educational Message: Although harvesting honey seems like a simple process, much of the labor is done by the bees. However, we should be mindful of using certain pesticides and the impact it can have on bees--one bee with pesticide on its body can cause widespread destruction in a colony. A healthier diet can help relieve some chronic illness symptoms. You can recycle plastic bottles while also learning a new technique to create a reusable gift box. An easy way to repel spiders is by combining the scents of oils, which spiders dislike, such as rosemary, lemongrass and thyme.]

Airdate: 7/29/2017

Time: 9:00AM

Duration: 30:00

GIVE

GIVE TO SAVE RAINFORESTS AND THE ANIMALS WHO DEPEND ON THEM [GBU118]

In this special GIVE episode, NBC News Host and Correspondent Jenna Bush Hager crisscrosses the country to visit two organizations – and two visionary young leaders – using technology to protect the environment. Jenna begins with the Gabby Wild Foundation, the brainchild of activist and veterinary student, Gabby Wild. While Gabby cares for injured animals at Cornell University, her foundation places cameras in trees in the rainforests of Sumatra to monitor endangered elephants and defend them from poachers. Amazed by Gabby’s passion and accomplishments, Jenna is determined to help, but she has another organization to visit first. Across the country in Northern California, Jenna encounters Topher White and his foundation Rainforest Connection. Using discarded cell phones, Topher has engineered a device called The Guardian which he mounts high in the rainforest canopy in countries from Cameroon to Bolivia. By “listening” for the sound of chainsaws and trucks, and sending out real-time alerts to local forest protectors, The Guardian is a first line of defense for the world’s rainforests. In this way Rainforest Connection aims to stop illegal logging and halt deforestation, the leading cause of climate change. Blown away by all she has seen and learned, Jenna must now decide how to divide a \$25,000 gift from Mountain Hardware between the two organizations.

[Educational Message: It doesn’t matter your age, if you are passionate about something, you can take action to raise awareness for that cause.]

Airdate: 7/29/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

TEENAGE DREAMS [HOC131]

We see how a motorsports fabricator started a camp for children with congenital heart defects, which can affect the structure of a baby's heart and how blood flows to the rest of the body. Next, we journey to Kenya, a country that is known for producing Olympians in long distance running, where a 12-year-old girl aspires to play Olympic volleyball and win a gold medal for her country. Then, we see how a young multi-sport athlete triumphs despite having Spina Bifida, a birth defect that between 1,500-2,000 are born with each year in the U.S. Lastly, we see how golfer Erik Compton inspires others through his golf event benefiting organ transplant patients— on any given day, there are about 3,000 people in the U.S. on the waiting list for a heart transplant.

[Educational Message: Don't let your age or a physical disability prevent you from working toward achieving your dream or making a difference— it's never too early to start trying. Viewers learn ways young athletes can train to develop skills in order to become Olympic volleyball players and Paralympic track and field competitors. They also learn ways to raise awareness for a cause in order to make a difference.]

Airdate: 8/5/2017

Time: 10:00AM

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
CAMEO APPEARANCE [VJG119]**

Host Josh Garcia is in Campaña, Italy. He sails to Naples and samples the culture of the famous region. First, Josh heads straight to the source, in the countryside, to taste a local delicacy - true buffalo mozzarella. The name mozzarella comes from the Italian verb "mozzare," which means to sever with the hands. Then, on the storied Amalfi Coast, Josh learns how cameos, an ancient form of intricate shell carving, are made. The layers of the shell are shaved, shaped, and engraved to create beautiful pieces of art. Finally, he treks the coast to meet a falconer and his falcon. Josh tries his hand at the noble tradition of falconry.

[Educational Message: Taking an opportunity to learn the process of how things are made can be a rewarding experience. Understanding the process, can make you appreciate the end result that much more.]

Airdate: 8/5/2017

Time: 10:30AM

Duration: 30:00

**WILDERNESS VET
ALL ROADS LEAD HOME [WDV119]**

On this episode of Wilderness Vet, it's an unusual week for Dr. Oakley. First up, the Doc and her daughter Sierra head to a wildlife park to perform surgery on a Reindeer named Agnes. Agnes suffers from a hernia and has a history of previously failed surgeries. A hernia occurs when intestines are protruding from a weakness in the abdominal wall, interfering with digestion and the animal's overall health. The surgery will require Dr. Oakley to insert a surgical mesh sling into Agnes' abdomen. Here we learn more about the importance of sterilization when performing surgical procedures, especially outdoors. Next, Dr. Oakley heads to the Bird Treatment & Learning center in Anchorage, Alaska to see a great horned owl recovering from an injured toe. However, we soon find out that capturing the animal for its examination is easier said than done. Dr. Oakley carefully immobilizes the owl and begins the examination of the injured toe. After a thorough health exam, Dr. Oakley determines that the bird of prey is ready to return to the wild. The team then successfully relocates the owl back to the wild. Finally, Dr. Oakley uses her day off for a "family clinic" where she'll perform health exams on their family pets.

[Educational Message: All life has purpose. We must always care for the creatures of Earth both great and small.]

Airdate: 8/5/2017

Time: 8:00AM

Duration: 30:00

**JOURNEY WITH DYLAN DREYER
THE LAST REEF [JDD119]**

Join host Dylan Dreyer on an exploration of coral reefs from around the globe and discover the breath-taking marine life that call them home. From the ocean's smallest creatures, to the largest fish in the sea, we'll come face-to-face with animals that depend upon coral reefs to survive. Next, we learn more about the many species of coral and how they are formed over long periods of time. Also, we'll be introduced to the many marine species that depend on coral reefs for their survival. Here we'll discover the importance of symbiosis among the coral reefs and its marine inhabitants. Finally, we'll witness how coral is adapting to life in modern human society. Relics of war in the Pacific Ocean are now home to newly formed reefs, slowly transforming overtime. Decommissioned ships are now regularly sunk to encourage the development of new coral reefs. Learn more about how all over the world, people are trying to lend the reef builders a helping hand.

[Educational Message: We must better understand the science behind ocean conservation and the important connections we share with coral reefs. We must do our part to cut carbon emissions drastically and find greener sources of energy and transportation.]

Airdate: 8/5/2017

Time: 8:30AM

Duration: 30:00

NATURALLY, DANNY SEO

CITRUS SURPRISES [NDS119]

Host Danny Seo makes homemade citrus creations, discovers ways to re-use rice, teaches how to give new life to an old tabletop, and shows different ways to use pickle juice around the house. First, Danny travels to Ojai, California to meet with Victoria Pearson who grows her own citrus and creates fresh ideas to use citrus in everyday ways, such as in citrus almond milk and orange blossom honey. Orange blossom honey is made from bees that gather nectar from orange blossoms, and almond milk is high in iron and riboflavin, both important for muscle growth and healing. Also, almonds contain more calcium than any other nut. Next, Danny uses leftover brown rice to create a completely new meal—eggplant fried rice using sesame oil and shichimi togarashi, which is a spicy blend of seven flavors, including chilies, sesame seeds and citrus peel. Brown rice has more fiber and protein than white rice, and eggplant is a good source of dietary fiber, vitamin B1 and copper. Then, Danny takes an old tabletop and shows how to use wood veneer tape to create designs and patterns to give the table a new, refreshed look. Finally, Danny uses pickle brining juice, which typically consists of water, salt and vinegar, for household purposes, such as: killing weeds, revive hydrangeas, and clean grease from pans.

[Educational Message: You can make your own almond milk at home by combining water and raw almonds and then filtering it through cheesecloth. If you have leftover rice or leftover pickle juice, don't throw it away—it can be re-used in more ways you may not realize. With leftover rice, you can create a new dish by turning it into fried rice; and leftover pickle juice can be used to kill weeds or help some plants live longer, as certain plants respond differently to acidic things. Instead of throwing an old table out, you can redecorate it in a way that also allows you to show your creativity and express yourself artistically.]

Airdate: 8/5/2017

Time: 9:00AM

Duration: 30:00

GIVE

GIVE FOR A BETTER LIFE [GBU119]

Baseball All Star Mark Teixeira visits two charities providing life-enhancing programs to the communities they serve. Mark's first stop is Literacy Volunteers, a program that offers free, high-quality literacy instruction to English language learners of all levels. With classes in many parts of Connecticut, Literacy Volunteers gives people the tools and confidence to participate fully in their communities and our society. Mark joins a classroom of students learning English professional vocabulary. Impressed with their dedication and the struggles they endure, he feels compelled to help. The second organization Mark visits is the Maria Fareri Children's Hospital, where a forward thinking group of doctors, nurses and parents have created the Child Life and Creative Arts Therapy program, which aims to provide an environment and activities that keep critically ill children engaged and optimistic while they are in treatment. After playing music with a group of young patients and losing at foosball to a brave young boy in treatment for leukemia, Mark is determined to support the program. In the end, he gives both organizations a generous donation from the Greenwich International Film Festival.

[Educational Message: When you look past appearances and get to know a person for who they are on the inside, you give that person permissions to be truly seen.]

Airdate: 8/5/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

FAMILY FIRST [HOC132]

NHL Blue Jackets captain Nick Foligno finds new purpose after his daughter's life is saved by cardiologists— the study of the human heart and its various disorders is known as cardiology. Next, Nascar driver Aric Amorila explains how he learned the value of hard work from his family. Then, we see how a young golfer with multiple hereditary exostoses, which occurs in 1 in every 50,000 people, overcomes knee surgery to qualify for the Drive, Chip and Putt championship. Last, we see a teenage alpine skier train for the 2022 Winter Paralympic Games, which are held every four years directly following the Winter Olympics.

[Educational Message: Just because you are different doesn't mean you can't achieve what others can— try other ways until you find what works for you. Viewers learn about certain heart conditions and how cardiologists work to repair them; the history of Nascar; the Drive, Chip and Putt championship and steps young golfers can take to qualify for it; and what it takes to become a Paralympic alpine skier.]

Airdate: 8/12/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE MARBLES [VJG120]

Host Josh Garcia spends the day ashore in Rome, Italy and heads straight to the Roman Forum to soak in the city's immense history. He learns not only about the history, but the important role of marble in this city's ancient architecture. Then, he carves his name in a marble slab after he learns the technique involved in shaping letters and images, and it isn't as easy as it looks. Then, he steps into the kitchen to learn how to make real Italian gnocchi, which is nothing like the gnocchi he's tried before. Gnocchi are small Italian dumplings made from potato and flour, traditionally served with sauce. Later, Josh joins a class at gladiator school and trains to compete like the ancient entertainers.

[Educational Message: Rome, Italy can feel like a living museum. Artwork and architecture abound and serve as a reminder of the remarkable innovations and triumphs of the past.]

Airdate: 8/12/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

FAMILY MATTERS [WDV120]

On this episode of Wilderness Vet, Dr. Oakley's daughter Sierra is leaving for a three week long guide school where she'll undergo survival training while horseback riding throughout the wilderness. First up, Dr. Oakley and her daughter Willow are visiting a farm to check up on a lame horse. The most common causes for lameness are infection, injuries, or complications resulting from old age. Dr. Oakley observes the lame horse's gait and examines its legs and feet. Next, Dr. Oakley and her daughter Maya travel to the Yukon Wildlife Preserve to check up on some lynx kittens. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens. This task soon proves to be easier said than done, as the lynx kittens are proving very difficult to catch. However, the team works together and eventually captures the kittens successfully. Dr. Oakley and team will perform physicals, vaccines, and also microchip the kittens. Next, Dr. Oakley is back at the Yukon Wildlife Preserve to perform a pregnancy check on a female bison. First, Dr. Oakley will use a blow gun to tranquilize the bison. This will allow the Doc to safely examine the bison to perform the pregnancy check. The team works together using vehicles to carefully corral the herd in a more suitable area. Next, Dr. Oakley uses an ultrasound to examine the female bison. After a careful exam, it is determined that the bison cow is indeed pregnant. Finally, it's an emotional ending to a long three weeks, as Sierra returns from survival camp and reunites with her loving family.

[Educational Message: Nothing can break the bond of a family. Family is of utmost importance. Together we can help each other accomplish any feat.]

Airdate: 8/12/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEST OF SCIENCE [JDD120]

Join host Dylan Dreyer on a journey through some of the most unique scientific discoveries of the last half century. From satellite technology of geosynchronous orbit, to deep ocean exploration along the Atlantic Ridge, to the climate science of Antarctica, we'll reveal the ways science has shaped our modern world. Prepare to learn more about Peleodictyon Nodosum, an ancient and mysterious creature that leaves behind strange fossils. The oldest living fossil on the planet, Peleodictyon Nodosum lived hundreds of millions of years before the dinosaurs. Our journey continues in Winslow, Arizona at the site of Meteor Crater. Here we learn more about the devastating meteorite impact that took place over 50,000 years ago. Scientists discovered the cause of the event was due to a space collision of large meteors. Next, we'll learn more about the varying levels of our earth's orbit such as low Earth orbit, near/middle Earth orbit, and Geosynchronous orbit. With so many objects careening through the same altitude, it's not hard to imagine that some objects may eventually collide. The Kessler Syndrome, first suggested in 1978, is the idea that collisions would eventually create smaller debris that would be hazardous to spacecraft. Finally, we'll team up with a group of scientists that are studying the effect of climate change on the South Pole. Here we learn how the sea ice around the continent waxes and wanes over time. In winter, Antarctica nearly doubles in size and the expanse of coldness effects climate over the entire globe. Next, we see how scientists use core drills to remove samples from the ice. Finally, we learn about the history of The Antarctica Treaty, an agreement among foreign nations to protect Antarctica as place of peace and science.

[Educational Message: By helping to preserve and protect the environment, we will leave a better world for future generations. Our own space junk, even the smallest wayward nut or bolt, could cause collisions in the future as we further explore space travel. Also, we must limit carbon emissions, for when the levels of carbon dioxide in the atmosphere change, so does the climate.]

Airdate: 8/12/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

PROJECT REPAT [NDS120]

Host Danny Seo upcycles your favorite t-shirts, teaches what is compostable, makes protein rich vegetarian dishes, and creates molded soaps. First, Danny travels to Fall River, Massachusetts to visit a plant that converts old t-shirts into something you can use for much longer—a quilt. Quilting, a craft that dates back as early as 3000 BC, is done when swatches of fabric are cut using a clicker press, which makes shapes out of soft materials, and sewn together using thread--plastic bottles can be melted and then reformed into thread that gets woven together to make upcycled fleece. Next, Danny explains that anything plant-based can be added to compost, and he shows some different, unexpected things that are also compostable, such as pasta, paper towels, post-its, old spices, old toast. Nearly 33 million tons of food waste is sent to landfills every year, but the majority of that is actually compostable. Composting allows decomposed materials to be reused as a nutritious supplement for gardens, lawns and plants. Then, Danny meets with Rebecca French to learn how to incorporate protein into vegetarian dishes by making a sweet potato pie smoothie and peanut butter power bites. Sweet potatoes are high in fiber and vitamins A and C; dates are a good source of energy and are rich in antioxidants; and peanuts are legumes and are more closely related to beans and peas than nuts. A plant-based diet consisting of a variety fruits, vegetable, beans, seed and nuts allows you to get enough amino acids, which transport and store nutrients in the body and are essential for the metabolic process, to combine to make protein. Finally, Danny melts down glycerin soap, which is typically translucent and helps moisturize skin, pours it into molds, and shows all-natural ways to give it color.

[Educational Message: More than 13 million tons of used textile waste is generated each year in the U.S. Instead of throwing away old t-shirts, find other ways to use them, like making a blanket. Anything plant-based can be used to create compost, so before you throw it away, research if it is compostable, as some compostable materials may surprise you. Vegetarian meals can also be rich in protein. You can make homemade soap and add color to it without using artificial dyes by using carrots, beets or chlorophyll, which is a green pigment found in plants.]

Airdate: 8/12/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO VETERANS WHO ARE ADJUSTING TO LIFE AFTER SERVICE [GBU120]

On This episode of Give, Blair Underwood visits two non-profits who are working to help veterans adjust to life after service. Bunker Labs helps military vets start their own businesses, and Blair joins a workshop that helps these veterans network and find support for their ideas. At the Armed Services Arts Partnership, the actor in Blair joins a class designed to help veterans find their voice through engagement in the arts. It allows these vets to express themselves creatively in a safe, community-oriented environment. After a new business workshop and an ad-lib class, Blair gives both organizations a generous donation from the Ford Fund to help them take their work to the next level.

[Educational Message: Philanthropic organizations that serve military veterans can provide safe spaces for veterans to receive emotional support and coaching to achieve their ambitions back home.]

Airdate: 8/12/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

LEAD BY EXAMPLE [HOC133]

We see how wrestling legend Dan Gable creates a lasting legacy at the University of Iowa and inspires future wrestlers. Next, a retired marine becomes captain of the U.S. Paralympic sled hockey team, a sport that was invented in the early 1960s at a rehabilitation center in Sweden. Then, we see how Dan Brooks, Duke's women's golf coach, has left his mark on college golf. Last, we learn how a 15-year-old American snowboarder is carving a path to the Olympics in the sport, which debuted at the 1998 Winter Olympics in Japan.

[Educational Message: Despite how different sports may be, many require the same amount of training and endurance—whether it is physical or mental. Lessons learned in one concentration can be applied to another in order to succeed. Viewers learn about the history of wrestling and sled hockey, as well as the growth of women's collegiate golf and ways young athletes train to develop skills in order to become Olympic snowboarders.]

Airdate: 8/19/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

DIDGERI-DUDE [VJG121]

Host Josh Garcia sails to the beautiful port of Sydney, Australia and falls for the city in a big way. First, he checks out the local wildlife and learns about the endemic species that inhabit the region. Josh meets some adorable joey kangaroos that easily win him over. The Western Gray, Eastern Gray, and Red Kangaroos are the most common breeds. Then, he heads into town to meet a local foodie and try some decadent desserts that blow his tastebuds away. Josh tries Gianduja, a chocolate hazelnut dessert, and Pavlova, a meringue custard dessert. Finally, for a truly special experience, an aboriginal cultural guide teaches Josh the techniques to throw a returning boomerang and, later, play the didgeridoo.

[Educational Message: Visiting new places can sometimes remind you of places you've already visited. You might be surprised at how cities across the world from each other might have more in common than you thought.]

Airdate: 8/19/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

ANIMALS OF THE YUKON [WDV121]

For an experienced wildlife vet living in the Yukon, animals like caribou, bison, and musk ox are common patients. But whether it's a simple health exam or a serious procedure, Dr. Oakley knows that the bigger the animal is, the bigger the job will be. On this episode of Wilderness Vet, Dr. Oakley's first stop is at the Alaska Wildlife Conservation Center to check in on some bison calves. There are four bison that appear to be developing slowly. Dr. Oakley fears that parasites may be the cause, so she plans to administer a dewormer. Using a blowgun, Dr. Oakley successfully treats two of the four bison calves with the dewormer. After a struggle to locate the remaining two calves, the team decides to try again another day, so as to not disturb the herd any further. Later that week, Dr. Oakley and team re-attempt to treat the remaining calves. With some persistence, Dr. Oakley successfully darts the bison calves with the dewormer. Next, Dr. Oakley is visiting a musk ox farm to check on two new patients. The Doc will be examining an older male musk ox, and will also be microchipping a young musk ox calf. After carefully separating herself from the calf's mother for her own safety, Dr. Oakley successfully microchips the musk ox calf. Next, Dr. Oakley examines the ailing male musk ox to try and determine what's causing the issues. Dr. Oakley suspects that underlying cause may be an infection. Once the bloodwork comes back from the lab, she'll be able to prescribe the correct antibiotics.

[Educational Message: The secret to success is to never give up. We must be determined and passionate about our goals in order to succeed.]

Airdate: 8/19/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD CALIFORNIA [JDD121]

Join host Dylan Dreyer on a tour of the Golden State. From its gorgeous coastline to its towering mountains, from Death Valley to the Golden Gate Bridge, California is not only the most populated state in America, it's also home to breathtaking wildlife and one of the largest economies in the world. California officially became the 31st state in America in 1850, it is the third largest U.S. state by landmass, and has since become the most populated. Today, the economy of California is so vast, if it were its own country, it would be the 6th largest economy in the world. When Spanish explorers first set eyes on this wilderness, they named the land after a mythical warrior queen, who is said to fly into battle on a giant Griffon. We'll discover more about the Spanish missionaries and how they built a 300 mile long chain of churches and missions in order to bring Christianity to a new world. Next, we'll follow a team of sky surfers as they freefall from an airplane high in the sky. Next, we'll learn how snowboarding was first invented in the late 1960s in the Sierra Nevada mountains and how it's since become a vastly popular recreational activity and Olympic sport. Next, we'll learn more about Yosemite Valley and the history of the giant Sequoia trees. Found nowhere else on Earth, these Sequoia trees have been rooted in the ground for more than three thousand years and shape the iconic landscape of Yosemite. Next, we'll discover how the Golden Gate Bridge was constructed in 1933 and remains standing to this day. We'll follow engineer Joseph Strauss on his quest to construct the mammoth bridge. Also, learn more about Strauss' obsession with worker safety that initiated the world's first use of the construction hard hat, as well as a steel safety net used for the less sure footed. Finally, we'll learn more about how California is the U.S. leader in producing renewable energy and has produced more solar power than all other states combined.

[Educational Message: We face many challenges balancing the needs of the environment and the needs of a growing population. We must educate future generations so we can all contribute to protecting our natural resources.]

Airdate: 8/19/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

CATTYWAMPUS [NDS121]

Host Danny Seo discovers natural fabric dyes, creates green juice frozen treats, and makes a homemade stain remover. First, Danny travels to Ojai, California to learn how nature can be foraged and used to make natural dyes. Cochineal bugs, a microscopic insect that bores into leaves of cactus can be used to create a red dye. The red color is carminic acid, which the female insects store in their bodies to ward off predators; and 14th century Incas and Aztecs valued the cochineal dye as much as gold. You can change the color of the fabric by dipping it in ammonia, which changes the pH level and, therefore, the color. Next, Danny makes green juice popsicles using cucumbers, celery, water, kale, pineapple, green apple, lemon juice and agave nectar. Cucumbers are high in energy boosting B vitamins; one cup of kale has more vitamin C than a medium orange; and agave nectar is 1.5 times sweeter than table sugar. Finally, Danny teaches how to make homemade stain remover by using dish soap, which cuts grease; hydrogen peroxide, which is basically water with an extra oxygen atom; and baking soda, which brightens fabric.

[Educational Message: Dying fabric is a way to express yourself and give old fabrics a new life. Fabric can be dyed by adding it to all-natural dyes in boiling water—the longer the fabric soaks, the darker it gets. You don't need a bunch of sugar to make dessert. Instead, you can combine vegetables, fruits, and honey to make popsicles—the fruit juices and honey will act as natural sweeteners. Instead of using laundry detergent as stain remover, as it can deteriorate the fibers and also leave residue on clothes, you can create your own at home.]

Airdate: 8/19/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO BROADWAY AND COLLEGE BOUND KIDS [GBU121]

Tony Award winning actress Cynthia Erivo visits organizations that bring the transformational power of creativity to young people in New York City. First, she visits the folks at Broadway Bound Kids, which is an organization that offers a free program for kids who want to learn to sing, dance and act. Cynthia joins the kids as they build their self confidence in the performing arts and life. Cynthia also visits an organization called Publicolor, which engages high risk, low-income students in their education. The students are also mentored for success in college, careers, and life. Cynthia visits Publicolor's design studio where the kids are immersed in literacy and math through product design. In the end, Cynthia awards both organizations with a generous donation and pulls some strings to find a new rehearsal space for Broadway Bound Kids.

[Educational Message: It's powerful when someone believes in you and your ability to succeed. When you tell someone you believe in them, it opens up the possibility for them to discover who they are and who they want to be.]

Airdate: 8/19/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

CULTURAL STUDIES [HOC134]

We see how Nascar driver Kevin Harvick got his start driving go karts, which range from motorless models to high-powered racing machines, to eventually become a racing star. Next, we see how Southern California, where the first two-man volleyball game was played, has impacted the culture of beach volleyball. Then, we see a young golfer work hard for her goals after overcoming heart surgery while also supporting her mom battling breast cancer. Last, an adaptive ice-skating program in Jefferson City, Missouri helps children with special needs unite with family and friends.

[Educational Message: Looking to the people, settings, and activities around you is a great way to gain inspiration that can be applied to other talents you have. Viewers learn about the background of Nascar and what it takes to become a driver, the history of beach volleyball, and about the sport of ice-skating.]

Airdate: 8/26/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VOYAGE AROUND THE WORLD [VJG122]

Host Josh Garcia rereads some of his favorite journal entries from his whirlwind voyage around the world. In Valladolid, Mexico Josh is taught the traditional Mayan craft of weaving hammocks while he observes a local craftswoman weaving a hammock. Then, in Marseille, France he learns about the 600-year-old traditional soap that put Marseilles on the map. Josh gets a hands-on experience at a local soap factory where he learns the science behind world-famous Marseille soap. Then, in Genoa, Italy Josh arrives at a basil farm where he learns the secret to the most famous herb grown in the region. Under the guidance of a world champion, he helps make a truly authentic version of pesto that won the Pesto World Championship. Finally, he meets a living legend who trained under the same master as Bruce Lee and tries his hand at Kung Fu. The art of Kung Fu is said to be thousands of years old and dates back to the legend of Wing Chung, a nun who created the art to conquer an evil opponent.

[Educational Message: Writing down what you experience while traveling can be a great way to remember and reflect on past experiences.]

Airdate: 8/26/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

EARNING THEIR WINGS [WDV122]

When it comes to animals, Dr. Oakley loves each and every one, but some of her favorite memories involve her feathered patients. From majestic eagles and owls with wing injuries, to beautiful ducks and ravens with broken bones, Dr. Oakley finds great joy in helping all these birds recover so they can fly home once again. On this episode of Wilderness Vet, Dr. Oakley first helps a blue and gold macaw with a routine beak and nail trim. Next, Dr. Oakley travels to the Yukon Wildlife Preserve to perform a check up on two eaglets with injured legs. After discovering that both birds had previously suffered fractured legs, Dr. Oakley performs x-rays on the eaglets to determine how well the fractures have healed. When x-rays reveal that the injuries are healed, Dr. Oakley and the Yukon Wildlife Preserve team successfully return both eaglets back into the Alaskan wild. Next, Dr. Oakley's patient is a duck with an infection in her foot. Dr. Oakley examines the duck's foot and determines the animal is suffering from bumblefoot. She will need to perform an x-ray to figure out if the infection has spread to the bird's joint and bone. Dr. Oakley takes this time to teach Sierra more about the x-ray process and how the instrument is used. Finally, at the Bald Eagle Foundation, Dr. Oakley is visiting a Eurasian eagle-owl named Hans. Eurasian eagle-owls are one of the largest owl species in the world. Dr. Oakley needs to take a blood sample from Hans that proves to be easier said than done for the powerful raptor. Eventually, Dr. Oakley successfully takes the blood sample that will be tested to ensure Hans is in good health.

[Educational Message: Persistence is crucial to success. We must have the energy and patience to work hard for our dreams.]

Airdate: 8/26/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD OCEAN [JDD122]

Join host Dylan Dreyer on a tour of South Africa's Wild Coast to discover one of the last great ocean wildernesses and witness the amazing animals drawn here from around the globe. We'll reveal the many threats humans cause to ocean life, meet the proud people who depend on the Wild Coast for food, and learn the ways they're fighting to protect it. Oceans cover more than 72% of our planet but scientists believe less than 5% of oceans have actually been explored. The oceans are home to 230,000 known species but biologists believe the actual number to be closer to 2 million. First, we'll travel to the waters of the Eastern coast of South Africa. Here we'll learn more about The Wild Coast and its diverse ocean ecosystem. Discover more about how humans have overfished oceans and, in turn, devastated marine populations. Next, we'll learn more about the marine life that inhabits The Wild Coast. We'll follow pods of dolphins and whales as they seek their next meals. Also, discover how sardines play a vital role in sustaining marine life and how their populations are greatly decreasing each year. Finally, we'll meet the native people and learn more about their connection to the ocean and dependence on the marine life. We'll join in on the annual "sardine run" and witness first hand the incredible teamwork needed to catch and harvest the millions of fish.

[Educational Message: Human activity has caused severe damage to ocean habitats and threatens entire ocean ecosystems with collapse. One by one, fisheries have been depleted throughout the world. Discover how the global fishing industry is estimated to be 2-3 times larger than what oceans can sustain. The most powerful and positive environmental changes will come from our individual choices. When we all do our part, big things can happen.]

Airdate: 8/26/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

REAL FOOD [NDS122]

Host Danny Seo makes vegan chocolate silk pie, uses kitchen ingredients to get healthy skin, and discovers how laminate is made. First, Danny visits chef Ann Gentry to learn how to make vegan chocolate pie using ingredients such as silken tofu, also called soft tofu, has a softer consistency than regular tofu. Next, Danny makes a face scrub using rice, banana and coconut milk—the rice acts as an exfoliant; bananas are high in skin hydrating potassium; and coconut milk is high in vitamin C, which helps maintain elasticity of skin. Finally, Danny visits a factory to see how a decorative paper is turned into laminate, which is made of 70% paper. Once the decorative paper is cut, a top layer is added by combining melamine resin and tissue paper, then phenolic resin is added to give laminate its flexibility and bending properties.

[Educational Message: You can create a vegan dessert without adding any artificial sweetener. Using coconut oil and maple syrup is an alternative, healthy way to sweeten a dessert. Instead of buying face scrub, you can save money by making your own at home. Many items you can find in your pantry contain ingredients that can benefit skin health. Laminate can be used in more ways than just on countertops, as it has a flexibility to it. It also has environmental benefits, as 41% of the kraft paper is made from recycled materials.]

Airdate: 8/26/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO VETERANS FINDING THE WAY HOME [GBU122]

Actor Wilmer Valderrama visits two Los Angeles-based organizations helping veterans recover from the wounds of war and find their footing in civilian life. The first organization, Pets for Vets, matches veterans struggling with Post Traumatic Stress Disorder with rescue dogs. Through personalized training, the vets and their pets learn to manage the physical and psychological effects of war and develop a “superbond” that supports them both for life. After a moving encounter with two veterans and their furry companions, Wilmer understands the significance of service animals in a new way and is determined to help the organization thrive. Before he awards them with a gift, however, he pays a visit to Team Rubicon, an organization that deploys vets as first responders in disaster zones. Tracking disasters in real time, Team Rubicon assembles teams of ex-military personnel to help save and repair lives at home and abroad. Members of Team Rubicon regain a sense of purpose in peacetime and re-connect with a community of veterans who support and understand them. Having seen the work of the organization up close, Wilmer wants to support them. In the end he divides a \$50,000 gift from the Steven and Alexandra Cohen Foundation between the two organizations.

[Educational Message: Philanthropic organizations that work with military service veterans can create opportunities for those individuals to regain a sense of purpose.]

Airdate: 8/26/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

THE SECRETS TO SUCCESS [HOC135]

A young man with Down syndrome, which occurs when an individual has an extra copy of chromosome 21, excels at golf. Next, NFL Receiver Vincent Jackson gives back to military families through his charity and explains the special meaning behind his father’s dog tags, an informal term for the identification tags worn by military personnel. Then, we travel to the Lakeshore Foundation to see how the U.S. Men’s Wheelchair Rugby team, a sport which has been included in the Paralympics since 2000, train together.

[Educational Message: Don’t be afraid to chase your dreams or do something different regardless of your age, obstacles you might face, or what others might think. Viewers learn about achieving goals while living with Down syndrome, gain insight on what it’s like to have a family member in the military, and learn about wheelchair rugby and what it takes to train for the Paralympics.]

Airdate: 9/2/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PIZZA PERFECTION [VJG123]

Host Josh Garcia embraces Neapolitan culture on a cruise to the port city of Naples, Italy. First, he takes to the streets to learn a traditional dance that for centuries was used as a remedy for sickness. During the Renaissance, the Tarantella was performed together

by workers and was said to be a remedy against the ills of everyday life. Then, Josh dives head first into the local cuisine. He heads into town and tries sfogliatella, a delicious pastry he can't pronounce, and learns how it is made. Flaky pastry dough is stuffed with a mixture of ricotta cheese and candied fruit. Finally, Josh takes a lesson in making authentic Neapolitan pizza in the city where it was born. He learns his way around a peel and cooks his pizza in a traditional oven.

[Educational Message: Trying a dish in its original form can be different from the way you might have had it elsewhere in the world. Getting to the root of how something is made can give you a new perspective on the dish across the board.]

Airdate: 9/2/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

MAINTENANCE DAY [WDV123]

For Dr. Oakley, some days are spent performing life-saving surgeries, others involve helping with conservation projects, but most of her days consist of routine exams. As any good veterinarian knows, On this episode of Wilderness Vet, Dr. Oakley's first call will bring her face to face with one of the Yukon's fiercest predators, the wolverine. At the Kroeschel Wildlife Center, Dr. Oakley meets the wolverine that will soon be shipped elsewhere to join a breeding program to further the species. Dr. Oakley will need to sedate the wolverine so that it can be carefully captured and contained for travel. Next, Dr. Oakley heads to the Yukon Wildlife Preserve to help a musk ox suffering from overgrown toe nails. The team must first secure the musk ox in a pen so that they can carefully sedate the animal. Next, Dr. Oakley visits a dairy farm to perform a pregnancy check on a cow named Raspberry. Dr. Oakley completes the internal exam and determines that Raspberry is indeed pregnant. Next, Dr. Oakley heads to another dairy farm to perform an additional pregnancy check. Due to a previously failed pregnancy, the farmer is a bit worried there may be an issue with her cow. Dr. Oakley performs the pregnancy check and determines that all is well and the calf is positioned correctly in the mother's uterus. Finally, Dr. Oakley heads to a ranch to perform tail docking on a herd of sheep. Docking is a common procedure, performed by farmers when the sheep are born, in which they trim the sheep's tails. Without this procedure, the sheep can be susceptible to infection and other health problems. Dr. Oakley carefully and successfully performs the tail dockings on all sheep.

[Educational Message: In life, it isn't always about fixing problems, sometimes it's about preventing them. We rise up by lifting others.]

Airdate: 9/2/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ZION CANYON [JDD123]

Join host Dylan Dreyer on a journey through one of the wild jewels of the American West: Zion National Park. We'll reveal the history of the proud people who first settled this ancient land and explore the natural wonders of southern Utah. We'll also come face

to face with the birds, mammals, and reptiles that inhabit the four unique life zones of Zion: desert, riverbed, woodland, and forest. Zion Canyon is over 150 million years old and was carved by the North Fork of the Virgin River. The first humans began settling in Zion eight thousand years ago and the region became the center of a mystic land. Next, we'll witness recreations of the cliff people ceremonies and learn more about the gods and spirits they worshipped, and feared. We'll learn about how they believed the gods placed guardians to protect the sacred land. Next, we'll follow the first group of European settlers to arrive in Zion Canyon in the mid 1800's. These Mormon missionaries gave Zion Canyon its name, meaning a place of peace, harmony, and devotion to God. Discover more about the first missionaries and their quest explore the unknown realms of the canyon. Next, we'll learn about the rainy season and how flash floods can rip through the canyons without warning. Native populations grew accustomed to these dangers over generations, but many European settlers discovered the hard way. Finally, we'll join some modern day Zion Canyon rock climbing enthusiasts, who soon realize that some cliffs require a bit more skill than others.

[Educational Message: Our National Parks preserve the most beautiful corners of the American landscape for future generations. We must appreciate and respect their natural beauty and fragility.]

Airdate: 9/2/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

RAIDING YOUR FRIDGE AND PANTRY [NDS123]

Host Danny Seo explore unusual ways to use ordinary ingredients, transforms veggies into decadent desserts, makes a do-it-yourself natural cleaner, and creates a hand scrub using products from your kitchen cupboards. First, Danny visits Catherine McCord and learns how to create healthy one-of-a-kind school lunches. Then, he uses tea bags in an unconventional way to make soup. Boiling a tea bag with garlic creates a broth that serves as a good base for soup, plus garlic has high levels of antioxidants, which help clear acne and boost the immune system. Next, Danny makes ice cream using cauliflower, which is rich in vitamins and minerals— one serving contains 77% of the daily recommended intake of vitamin C. Then, Danny teaches how to make a homemade all-purpose household cleaner by using baking soda, castile soap, and hydrogen peroxide. Baking soda is not fully water soluble, making it a good scouring agent; castile soap is traditionally an olive oil based vegan cleaner, which does not contain animal fats; and hydrogen peroxide kills bacteria by destroying their cell walls. Finally, Danny makes homemade, natural hand scrub using lemon and sugar. The lemon helps disinfect and remove germs, while the sugar works as an exfoliant because it's coarse and contains alpha-hydroxy acids, which remove dead cells.

[Educational Message: A great way to ensure you eat a balanced lunch is to include a fruit, vegetable, carbohydrate and protein. You can make more with a tea bag besides a beverage, and ice cream can be healthy--don't be afraid to explore opportunities to use something in new ways. You can save money on cleaning products by creating your own at home using household items. It's important to protect our skin from germs, and by combining lemon and sugar, it creates a homemade, disinfecting hand scrub.]

Airdate: 9/2/2017

Time: 12:00PM

Duration: 30:00

GIVE

JENNA'S FAVORITE GIVE MOMENTS [GBU123]

On this special episode of GIVE, NBC News Host and Correspondent Jenna Bush Hager revisits some of her all-time favorite moments from this season. Whether it's Kyle Martino bungee jumping with kids at camp, Derek Hough dancing with kids in LA,

Kristen Kish helping siblings reunite, or Jenna herself working with Therapy Dogs, these are the moments that made Jenna laugh, cry and shout out loud.

[Educational Message: When you give back to your community with your time, you can experience joy knowing that your time empowers others.]

Airdate: 9/2/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

SEEING IS BELIEVING [HOC136]

We see how the Philadelphia Eagles' long snapper Jon Dorenbos works with children by using magic, a craft that is believed to date back to around 2,600 B.C. Next, golfer Martin Kaymer pays tribute to his mother, who passed away from cancer, and honors her by playing golf. Then, NBC's Mary Carillo explores the history of Olympic Curling, which dates back to 1838. Last, we travel to South America, where 8-year-old Nicole Foronda aspires to be an Olympian in BMX racing, a type of off-road bicycle racing on dirt tracks with various jumps.

[Educational Message: You can use your talent in more ways than one-- it's a great opportunity to give back to those that have influenced you or to raise awareness for a cause. Viewers learn about PGA golf competitions, the history of magic and curling, and steps young athletes can take to develop skills in order to become BMX riders.]

Airdate: 9/9/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ELEPHANT-SIZED FUN [VJG124]

Host Josh Garcia cruises to Phuket, Thailand to explore this premier destination. First, he visits an oyster farm to learn how cultured seawater pearls are made. Then, he catches up with a local chef to try a mouthwatering lineup of authentic Thai cuisine. Josh learns the flavor is in the herbs and coconut. Thailand is the world's 6th largest producer of coconuts. Then, Josh visits an elephant sanctuary where he meets two Asian elephants that show off their playful side. These Asian elephants are smaller than their African counterparts and are herbivores. Finally, he meets an artisan who introduces him to the ancient art of dyeing fabric, known as batik.

[Educational Message: Taking time to visit a culture that you aren't familiar with can provide you with a global perspective.]

Airdate: 9/9/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

WHEN DOCTOR BECOMES PATIENT [WDV124]

Dr. Oakley loves her job and part of what makes it so rewarding is working with animals and their owners. But after a full week of treating other people's pets, the tables turn when Dr. Oakley's dog, Daisy, needs an operation, reminding this doctor what it's like to

be the patient. On this episode of Wilderness Vet, Dr. Oakley first heads to her bi-weekly satellite clinic in Haines, Alaska. Dr. Oakley performs routine physicals, vaccines, and spays and neuters for the local pets. Dr. Oakley's first patient is a Dachshund named Scrappy who is in the clinic to be neutered. The procedure is quick and successful for Scrappy. Next, the doctor visits with a couple of Labradors who had a run in with a porcupine. They will need multiple quills removed from their mouths and faces. After some tense moments, Dr. Oakley carefully and successfully removes the quills on both dogs. Next, an emergency patient is brought into Dr. Oakley's clinic. A dog has severely lacerated its leg on a sharp piece of tin. Dr. Oakley is worried that the injury might have become infected over the past few days. Dr. Oakley performs a surgery to clean the wound and suture the laceration. The dog is also given antibiotics and is currently on the road to recovery. Next, Dr. Oakley and her daughter Willow make a house call to one of their regular patients. The patient is a Labrador named Serku, who has been dealing with a chronic cough for the past couple of months. After reviewing Serku's x-rays, Dr. Oakley notices what may be tumors or abscesses in the dog's lungs. Due to the dog's old age, treatment may not be a viable option. Serku's owner decides to go forward with further diagnostics to potentially help determine the underlying issue. Finally, Dr. Oakley finds herself in an unusual position. Instead of being the doctor today, she'll be taking her pug, Daisy, to another veterinarian for a spaying procedure. After some tense moments, Daisy's procedure is successfully completed. Now, it's back home for Daisy to fully recover with her family.

[Educational Message: Always be open minded and never quick to judge. Patience and understanding are valuable qualities.]

Airdate: 9/9/2017
Time: 11:00AM
Duration: 30:00

JOURNEY WITH DYLAN DREYER
ROCKY MOUNTAIN EXPRESS [JDD124]

Join host Dylan Dreyer through the breathtaking Canadian Rockies and relive the creation of the Canadian Pacific Railway. We'll meet young American railway superintendent William Cornelius Van Horne and retrace the original railroad construction route aboard the majestic steam engine *2816*. Witness one of the greatest engineering feats in modern history through a region of stunning natural beauty. In the 1800's, steam engines were powering the Industrial Revolution, connecting people and economies across continents. Steam engines traveled on vast networks of railroads that crossed mountains, deserts, rivers, and canyons. Today, we're on a journey through history to learn how one of the most difficult railroads on Earth snakes its way through the vast wilderness of North America. In the mid-1800's, the government of Canada began an ambitious railway project across the vast mountain wilderness of western North America. In the spring of 1881, the federal government finally began construction and would soon discover just how monumental the task would be. As mile after mile of track was eventually laid, the Canadian wilderness would challenge the brave crews time and time again. Next, we'll learn more about the man in charge of the project, William Cornelius Van Horne. But all of his years of experience couldn't prepare him for the nearly impossible task that lay ahead. We'll also learn more about the many innovations discovered in their time that modern trains and other locomotives still use to this day.

[Educational Message: Hard work and determination can lead to great accomplishments. We must always overcome, no matter how difficult the task.]

Airdate: 9/9/2017
Time: 11:30AM
Duration: 30:00

NATURALLY, DANNY SEO
LOCAL 360 [NDS125]

Host Danny Seo's saving the planet and saving money with ingenious ways to solve pesky household problems, keeping plants hydrated, and saving energy while racking up big bucks. First, Danny creates spider repellent by using essential oils, which are distilled from various parts of plants like seeds, bark and stems. Next, Danny explains that by adding red pepper flakes to birdseed, it

keeps squirrels away but doesn't bother birds because birds can't taste red pepper flakes. Then, Danny teaches how to water can travel through twine, making it to be a great way to water your plants while you're away; and he plants beans in re-used egg cartons and yogurt containers to create a mini greenhouse. A greenhouse effect happens when the sun warms the air and soil while the sealed container traps heat and moisture inside. Finally, Danny teaches that using reusable water bottles can help prevent waste that's created by plastic water bottles, and that using surge protectors and LED light bulbs will help save energy.

[Educational Message: A great way to save money is by getting creative and using household products in different ways as a solution for common problems. Spiders detect smell with scent sensitive hairs located on their legs, so incorporating scents, such as lavender, is a great way to repel them. Twine can be used to keep plants hydrated; and red pepper flakes in bird feeders can be a good deterrent for squirrels without affecting birds. Giving items new purposes can help create something unique, save money and prevent waste.]

Airdate: 9/9/2017

Time: 12:00PM

Duration: 30:00

GIVE

INSPIRING LEADERS [GBU124]

If there's one thing we've learned on this season of GIVE, it's that non-profits need strong leaders to thrive. And not just strong leaders, but inspiring, passionate, dedicated, intelligent and courageous people who are ready to defy the odds and make things happen for the communities they serve. We think these inspirational folks deserve a second look.

[Educational Message: When individuals pursue careers in what they are passionate about, they can create powerful experiences for the individuals and communities they serve.]

Airdate: 9/9/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

EXTRA CURRICULAR [HOC137]

We hear Broncos Linebacker Von Miller talk about his hometown and how he remains humble amid all of his success. Next, we follow golf superfan, Dave Finn, who suffers from mitochondrial disease, which is where cells fail to generate the energy needed to operate organ systems. We see the impact he has left on those golfers who have impacted his life. Then, we see how Nascar driver Jimmie Johnson relies on cycling to build up his endurance for races-- due to the high temperatures in the car, Nascar drivers can lose up to 10 pounds in sweat during a race. Last, we learn how a youth hockey program in St. Louis, the first American city to host the Olympics in 1904, has grown to be a gateway to the NHL.

[Educational Message: You can learn important lessons from your family, peers, and history that can influence you in your path to achieve your goals. Lessons you learn in one sport can also be applied to other sports and aspects of life. Viewers learn about mitochondrial disease, the endurance required to be a Nascar driver and how to train for it, and ways young athletes can train to develop skills in order to become professional hockey players.]

Airdate: 9/16/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

LIFE'S A BEACH [VJG125]

Host Josh Garcia spends the day ashore discovering Sydney's amazing beach culture. First, Josh surveys the coastal landscape from a seaplane and witnesses some iconic landmarks. Then, he heads to the coast to connect with some chefs and learns that "shrimp on the barbie" is actually a real thing...and it's delicious. Josh digs into his first Australian barbeque on the picturesque coast. Then, Josh tries

out the indigenous tradition of natural basket weaving with a local artisan. Finally, he finishes his day on a surfboard. Josh learns the techniques to catch a wave like a pro and stay on the board, for at least a few seconds.

[Educational Message: Taking the opportunity to jump in and try new experiences first hand can build confidence when trying new things in the future. Plus, you might even catch yourself having fun!]

Airdate: 9/16/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

DR. DO-A-LOT [WDV125]

Dr. Oakley's work never slows down and that's just the way she likes it. But this week offers an extra load of patients as she heads out into the field to work with some of the many iconic animals of the Yukon. Dr. Oakley knows that a busy doctor is a happy doctor. On this episode of Wilderness Vet, Dr. Oakley first heads to the Yukon Wildlife Preserve to check in on a caribou bull suffering from numerous growths on its body. The first step is to sedate the caribou before examining the growths. After a successful sedation, Dr. Oakley examines the lumps and removes a small biopsy for further testing. The test results eventually arrive and prove that the caribou's lumps are not cancerous and are a benign form of warts. This means the caribou will not need surgery and is free to roam with the herd. Back at the Yukon Wildlife Preserve, Dr. Oakley is helping the staff with applying ear tags to a herd of sheep. The team will have to be careful with the sheep and avoid their large horns. Dr. Oakley first sedates the sheep before applying the unique ID tag. Dr. Oakley successfully tags the sheep and also takes the time for a quick hoof trimming as well. Next, Dr. Oakley is visiting a reindeer suffering from a broken antler. Dr. Oakley examines the injury and determines it likely took place during a battle with another bull reindeer. Dr. Oakley decides the best course of action is to remove the broken antler. The team first sedates the bull reindeer so they can safely approach. Then, using her medical instruments, Dr. Oakley successfully removes the broken antler and provides the animal with antibiotics. Finally, Dr. Oakley decides to spend some quality time with her family. The Oakley's end the day with a ride on their all-terrain vehicles and have some messy fun playing in the mud.

[Educational Message: Always do what you're passionate about in life. Love what you do, let the passion drive you.]

Airdate: 9/16/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WILD AUSTRALIA [JDD125]

Join host Dylan Dreyer on an adventure to the Land Down Under. We'll discover why Australia is home to some of the most unique species on the planet. We'll trek deep into Australia's desolate desert outback and explore its ancient rainforests. And we'll find the remains of a species thought to have been extinct for over 100 million years. Towards the end of 1994, explorers in Australia found a small grove of ancient trees that were remnants of a species thought to have been extinct for 65 million years. It's called the Wollemi

Pine and finding this tree was about as likely as finding a small dinosaur wandering through the forest. They are the last survivors of the first trees to ever grow on Earth and are considered one of the rarest living things on our planet. Their location is kept a secret and access is strictly controlled. However, in our modern world, nothing is safe for long. We'll follow a team of researchers as they explore the ancient grove and discover more about the prehistoric plants. Next, we'll learn more about the diverse wildlife of Australia, such as platypus, koalas, and kangaroos. Discover how they adapt to survive and reproduce in the harsh and varying climates of the outback. Then, we'll learn more about the earliest settlers to arrive in Australia, including the birth of a new nation that took place in 1901. Discover how the first humans settled in Australia at least 40,000 years ago. We'll also learn more about the incredible continent and how conservationists are discovering more about ways we can help protect the land and wildlife.

[Educational Message: We must work together to create a better future for our planet. Determination and creativity are crucial to our survival.]

Airdate: 9/16/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

FLORA FORAGER [NDS117]

Host Danny Seo uses flowers to create botanical art. Next, he teaches about the benefits of cooking with steam. Steamed food is not immersed in water, so vitamins and minerals do not seep out; also, steam adds moisture, so extra oil and fat aren't needed to keep food juicy. Then, he redesigns reusable bags using duct tape. The original duct tape was army green because it was invented during WWII for the military, and it has three layers-- the top layer is plastic, the middle is a fabric mesh, and the bottom layer is rubber-based. Finally, he shows how to enhance the life of fresh cut flowers by using filtered tap water, apple cider vinegar and sugar. Filtered tap water doesn't contain heavy metals and pesticides that may be in unfiltered water, apple cider vinegar helps neutralize bacterial growth in water, and sugar added to water acts as a food for flowers to ensure continued development.

[Educational Message: Nature can be beautiful, but it can also be artistic. Art is all around us-- you don't need paint or brushes to create it. Cooking with steam is a healthy option to prepare food. You can transform reusable bags by giving them a touch of your own personality with duct tape while also adding reinforcement. You don't need a green thumb to keep long lasting flowers-- there are household items that can help keep flowers looking fresh.]

Airdate: 9/16/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE MOMENTS THAT MADE AN IMPACT [GBU125]

Over the course of this season of GIVE, we've visited forty eight organizations and helped make life better for hundreds, if not thousands, of people. In every show, no matter the topic, what moves us most is the people we touched. Today on GIVE we revisit some of the great individuals we've met along the way, whose lives are enriched every day by organizations featured on the show.

[Educational Message: When you have a strong leader at the helm of a philanthropic organization, communities thrive.]

Airdate: 9/16/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

UNBREAKABLE BONDS [HOC138]

We see how golfer Jason Day and his caddie form a lasting bond and how it has influenced his success. Next, Olympic skier Alex Bilodeau shares how he is inspired by his brother with cerebral palsy, a neurological disorder caused by a brain injury occurring while a child's brain is in development. Then, we learn Ravens kicker Justin Tucker is also a talented opera singer, an art form in which singers perform a dramatic work combining text and musical score. Last, a 12-year-old phenom trains to represent Italy at the Olympics in gymnastics, a sport in which women were not allowed to compete until 1928.

[Educational Message: Surrounding yourself with people who support you will help you progress to your goal. No matter what your background or situation may be, you have the power to set your own expectations and make your own impact. Viewers learn how to get started playing golf at a young age, about cerebral palsy, what it takes to become an Olympic skier, what opera music consists of, and about the history of gymnastics.]

Airdate: 9/23/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ITALY BY SEA [VJG126]

Host Josh Garcia rereads some of his favorite journal entries from Italian ports of call. The fun begins at a Roman gladiator school where Josh learns the basics of the ancient sport. Josh trains to compete like the ancient entertainers. Then, in Campania, Josh heads out to the countryside to get hands-on with authentic mozzarella cheese. Josh witnesses the cheese making process and sees this science in action. The name mozzarella comes from the Italian verb “mozzare,” which means to sever with the hands. Then, he heads to Florence where Josh gets a lesson in opera before catching a show at the birthplace of the art form to see (and hear) how the real pros hit all the notes. Finally, in Genoa, he discovers the age-old tradition of candying fruit. Josh heads to a local factory where he learns the traditional process of candying fruit, which dates back thousands of years to Genoa’s maritime culture when candying was used to preserve fruit for long journeys.

[Educational Message: Reflecting on past experiences can reveal things that you might not have noticed in the moment at the time you experienced it. Contemplation can reveal bonus features from your lived experiences.]

Airdate: 9/23/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

UNIQUE FAMILY MEMBERS [WDV126]

In the Yukon, there’s no such thing as a common household pet. Whether it’s a horse, pig, or donkey their owners love them all the same and Dr. Oakley will give it her all to keep their pets healthy and happy. On this episode of Wilderness Vet, Dr. Oakley first heads to Dark Horse farm to check on a horse with an abscess on its navel. Dr. Oakley discovers additional lumps on the horse’s belly that are determined to be a result of cellulitis. Dr. Oakley provides antibiotics and takes blood samples to ensure there are no additional problems causing the condition. Next, Dr. Oakley makes a house call to a new patient and finds a sick donkey named Jane.

Dr. Oakley discovers that Jane has a puzzling skin problem and hair loss. After careful examination, Dr. Oakley discovers that Jane has a lice problem. This is not a serious problem and Dr. Oakley prescribes a dusting powder to treat and rid Jane of her infestation. Next, Dr. Oakley is visiting The Learning Farm, a place where kids can come and learn all about farming in Alaska. The farm's owner recently discovered several unexpected litters of bunnies. Dr. Oakley examines all rabbits on the farm and discovers two more pregnant female rabbits. Eventually, Dr. Oakley locates the male culprit and recommends the rabbit be neutered to prevent further litters. Finally, Dr. Oakley heads to the outskirts of town where some farmers noticed their pigs have a severe itch. Constant scratching and dry scaly skin are symptoms of Sarcoptic mange, a highly contagious disease. In order to treat the mange, Dr. Oakley will have to treat every pig. Dr. Oakley and team finally complete their mission and successfully treat the mange before it spreads further. Since Dr. Oakley is already on site, the farmers want her to take a look at their new piglets. Dr. Oakley provides exams and vaccines on the piglets, while also separating and neutering the male pigs. Doing this is an important safety measure as the males will eventually grow into massive boars, weighing hundreds of pounds and sporting sharp tusks. Dr. Oakley successfully examines and treats all piglets on the farm.

[Educational Message: Work harder than you think you did yesterday. All roads to success have to pass through hard work.]

Airdate: 9/23/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

NORTH AMERICAN ANIMALS [JDD126]

Join host Dylan Dreyer on a tour of the west coast of North America. We'll explore the wild landscape of southern Utah, the breathtaking ocean coastline of Mexico, and the stunning beauty of Alaska. First, we'll discover how Alaskan wildlife face the epic struggle for survival in cold winters and life-giving summers. We'll fly high above the clouds with bald eagles, race alongside caribou, join a pack of wolves hunting for food, and meet people whose ancestors have lived in the wild Alaskan wilderness since the dawn of history. Next, we'll journey through one of the wild jewels of the American West: Zion National Park. We'll reveal the history of the proud people who first settled this ancient land and explore the natural wonders of southern Utah. The first humans began settling in Zion eight thousand years ago and the region became the center of a mystic land. We'll witness recreations of the cliff people ceremonies and learn more about the gods and spirits they worshipped, and also feared. We'll learn about how they believed the gods placed guardians to protect the sacred land. Next, we'll journey to the coastline of Baja California to witness the awesome power of nature and the amazing wildlife struggling for survival in a harsh land. We'll meet a colony of elephant seals and learn more about the species and the communities that inhabit the Baja beaches. We'll get a first-hand look at the magnificent Baja sea life such as whales, porpoises, sharks, manta rays, and moray eels. Finally, we join a group of whale watchers to experience an up close and very personal interaction with a gentle beast.

[Educational Message: Earth has endured without us for millions of years. We must respect and protect our environment to ensure its future for years to come.]

Airdate: 9/23/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

UPCYCLING DIYS [NDS126]

Host Danny Seo shows how to upcycle by making awesome keepsakes with things you already have in your home, crafty ideas to brighten up a room, and transforming a boring bag from bland to glam. First, Danny shows great ways to reuse VHS tapes by using the tape to make gift bows, upcycles favorite t-shirts into fabric bowls, and re-purposes old building blocks to create a new base for an old lamp. Next, Danny creates unique crafts by upcycling old leather belts and sewing them to create coasters. Sewing is one of the oldest forms of textile art, dating back to the Paleolithic Age. Then, Danny finds a new use for plastic bags by tying them together and

crafting them into gifts bows. The U.S. uses about 100 billion plastic shopping bags annually. Finally, Danny redesigns reusable bags using duct tape. The original duct tape was army green because it was invented during WWII for the military, and it has three layers--the top layer is plastic, the middle is a fabric mesh, and the bottom layer is rubber-based.

[Educational Message: Common household items can be reused to create something different and help prevent waste. Reusing old t-shirts to make something else is a great way to eliminate textile waste. Instead of throwing away old lamps, building blocks, belts or plastic bags, use your imagination to create something new—upcycling objects saves money and prevents waste. It’s also a great opportunity to express yourself artistically.]

Airdate: 9/23/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE INNOVATIONS [GBU126]

On this special episode of GIVE, philanthropy expert Joan Garry and Life is Good Children’s Foundation head Steve Gross revisit organizations featured on this season of GIVE that respond in innovative ways to some very big challenges. Whether the problem is homelessness or food justice or climate change, these organizations - large and small - have come up with solutions that deserve a second look.

[Educational Message: When problem solving, stepping back to look at the big picture of a situation can provide insight on how to get creative and offer solutions that you might not have come to otherwise.]

Airdate: 9/23/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

UNsung HEROES [HOC139]

We see a profile of the golf career of Veejay Singh through the eyes of a sports journalist.

Next, Panthers Tight End Greg Olsen raises awareness for congenital heart disease, a condition that nearly 1 in every 100 babies is born with and nearly 1 million adults in the U.S. are living with. Then, we travel to Bekoji, a town in central Ethiopia on the continent of Africa, to see how a teenage distance runner is preparing for the Olympics— Ethiopians currently hold Olympic records in the 5,000 meter and 10,000 meter races. Lastly, we see United States Veterans find therapy and camaraderie through the sport of ice hockey and create their own team, the Minnesota Warriors.

[Educational Message: Don’t be afraid to stand up for a cause that’s important to you or to be a trailblazer— it’s a great step in progression toward a result. Sometimes resilience has a stronger impact than winning— it’s important to leave a positive impression for those that follow. Viewers learn what a sports journalist does, about congenital heart disease and what is being done to help treat it, how to train to become a distance runner and track runner, and how hockey has helped veterans re-assimilate to civilian life.]

Airdate: 9/17/2017

Time: 10:30AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TOP OF THE WORLD [VJG201]

Host Josh Garcia voyages north to Alaska and takes a train to the quaint Alaskan town of Talkeetna, in the shadow of Denali, the tallest peak in North America. Curious about Alaska’s passion for sourdough, Josh first visits a local bakery where he discovers why this celebrated bread is the toast of the town. Sourdough has been traditional in Alaska since the pioneer days, when commercial yeast wasn’t available and a sourdough starter was needed for bread to rise. Sourdough is a culture and a naturally occurring yeast. Then

Josh takes a flightseeing tour of Denali and explores one of its magnificent glacial peaks. Denali National Park is 6 million acres, and the Denali summit is 20,310 feet. Then, a team of Iditarod sled dogs takes Josh for the ride of his life!

[Educational Message: Across generations, cultural practices and traditions can transform and take on new functions to adapt to modern practices and ways of life. In time, something that once felt outdated could later feel significant again under a new use in modern culture.]

Airdate: 9/17/2017

Time: 11:00AM

Duration: 30:00

WILDERNESS VET

ONE TOUGH DOCTOR [WDV201]

For Dr. Oakley a hectic schedule is a regular part of the job, but this week is sure to push her to her limits. When her daughter applies to an out-of-town school, Dr. Oakley must find a way cope with her changing family while still caring for her many patients. First, Dr. Oakley visits a herd of thinhorn sheep in need of identification ear-tags. Here we learn more about the agile and sure-footed nature of the thinhorn sheep species. Next, Dr. Oakley visits a very large and ailing potbellied pig. After a quick hoof trimming and checkup, Adventure Pig is now on the mend. Next, Dr. Oakley visits Patches, a dog with an extremely aggressive skin infection on his paws. Dr. Oakley suspects Patches is suffering from an autoimmune disorder. Here we learn about how there are many different types of autoimmune disorders, and how they are often difficult to treat. Dr. Oakley prescribes a series of antibiotics and steroids that soon lead to a full recovery for Patches. Finally, Dr. Oakley finds out that her daughter, Maya, is accepted to an out-of-town music, arts, and drama summer program. Dr. Oakley and Maya share a special moment together as her mother tells her the exciting news.

[Educational Message: When the going gets tough, the tough get going. When we are faced with adversity, we must always stay focused on our goals and push ourselves to overcome any obstacle.]

Airdate: 9/24/2017

Time: 11:30AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FLIGHT OF THE BUTTERFLIES [JDD201]

Join host Dylan Dreyer on an epic natural history detective story. We'll follow Dr. Fred Urquhart over his 40-year career as he works to discover the secrets of monarch butterflies-- and reveal the most incredible animal migration on Earth. From the forests of central Mexico to the mountains of Canada, this is an experience like you've never seen before. First, we'll learn how Dr. Urquhart's fascination with monarch butterflies soon lead to an incredible group effort to discover more about the species and its migration patterns. Next, we'll take a closer look at the monarch butterfly species and learn about the stages of metamorphosis that occur throughout its lifespan. Then, we'll learn how Dr. Urquhart and his team came up with a clever solution to use grocery store stickers as identification tags for monarch butterflies. Word quickly spread about this experiment and many others across the United States soon joined the effort to tag monarch butterflies. Finally, Dr. Urquhart travels to central Mexico where he discovers indisputable evidence of the monarch butterflies' incredible journey. Their lifelong experiment revealed a monarch migration that covers over 4,800 miles from start to finish.

[Educational Message: Teamwork is necessary for great achievement. When we work together as one, we can accomplish almost any task.]

Airdate: 9/24/2017

Time: 12:00PM

Duration: 30:00

NATURALLY, DANNY SEO

SUCCULENTS IN THE CITY [NDS201]

Host Danny Seo learns about succulents, discovers ways to make snacks using food that's typically thrown in compost, and upcycles old CDs and DVDs. First, Danny visits a nursery to learn about succulents, which require little care and are easy to grow because their leaves retain water and they have shallow roots. The word "succulent" comes from the Latin word "sucus," which means juice or sap; and there are over 10,000 species of succulents, which can live indoors or outside. Next, Danny uses banana peels, which are rich in magnesium and potassium, and watermelon rinds to create unconventional snacks by making tea and pickling. Pickling is the

process of preserving food by either anaerobic fermentation in brine or immersion in vinegar. Then, Danny finds ways to re-use old DVDs and CDs, which are made of hard to recycle #7 plastic, by making a mosaic tray and dumbbells. The earliest known examples of mosaics were found in Ubaid, Mesopotamia, dating back to the 3rd millennium B.C.

[Educational Message: You don't need a green thumb to have plants. Some plants, like succulents, can live indoors or outside and require little watering, which are easy to maintain during a busy school week. Before you throw something in the compost, explore other methods to use it, such as making tea or pickling. Just because something is out of date, doesn't mean it has no purpose— get creative and find a way to upcycle it, like using CDs as dumbbell weights.]

Airdate: 9/24/2017

Time: 10:30AM

Duration: 30:00

GIVE

GIVE TO NEW OPPORTUNITIES FOR PEOPLE OF ALL ABILITIES AND BACKGROUNDS [GBU201]

Celebrity ambassadors J.R. Martinez and James Pickens Jr. visit two Philadelphia based organizations that give underserved and special needs individuals opportunities to excel academically and in the arts. Under the ruse that he's there to film a PSA, Actor and Army Veteran J.R. Martinez makes the first stop at Dream Camp, a program where children and youth from impoverished neighborhoods and schools receive year-round courses in everything from violin to dance to chess. Amazed by the enthusiasm of the kids and the staff's devotion to them, J.R. feels that Dream Camp is well worthy of support. Meanwhile, actor James Pickens Jr. has made his way to Acting Without Boundaries to meet up with a group of singers and actors who refuse to allow their special physical needs to keep them from the joys of performance. Moved by their stories and the visionary leadership of the organization's founder Christine, who was born with cerebral palsy, James wants to help. Now the ambassadors must share their experiences with a group of philanthropic families who have decided to make a generous contribution to their community. In the end, these donors will determine how to divide a gift of \$50,000 between the two organizations.

[Educational Message: Participating in a new activity with your peers can lead to a new interest you didn't know you had or a new connection with someone you didn't know before. Taking the time to step outside your comfort zone and learn something new can enrich your life in more ways than one.]

Airdate: 9/24/2017

Time: 11:00AM

Duration: 30:00

THE CHAMPION WITHIN

GO THE DISTANCE [HOC201]

We see how junior golfer, Maverick Steiner, overcame a bone marrow transplant and suffering from Autism Spectrum Disorder by using golf as an outlet, teaching him to be more extroverted.

Next, we see how the Chelsea Football Club, a professional soccer team in London, England, is impacting the youth of Harlem, a neighborhood in the borough of Manhattan in New York City, by introducing them to soccer to encourage leadership on and off the field. Then, we travel to TPC Sawgrass, home of the The Players Championship, to learn about the historic 17th hole. Last, we meet a

family that trains horses for The Kentucky Derby, which, along with Churchill Downs and Preakness Stakes, makes up the Triple Crown of horse racing.

[Educational Message: Sports can be used as an outlet to help overcome an obstacle or learn a new skill that can be applied to everyday life. Viewers learn about Autism and how people cope with it, that lessons learned in sports can also be applied off the field, about the history of TPC Sawgrass, and what it takes to train horses to prepare for races.]

For 3rd Quarter 2017
July 1, 2017 – September 30, 2017

THERE WAS NO OTHER PROGRAMMING FOR THE 3RD QUARTER 2017 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

3rd Quarter 2017 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JULY 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATI ON	MATERIAL ID	PRODUCT TITLE
20170701	NATURALL Y	11:56:36 AM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170701	HEART	12:55:50 PM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

20170709	NATURALLY	11:56:25 AM	0:15	ZNBC171036 H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170708	GIVE	12:27:39 PM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170708	HEART	12:55:22 PM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170716	WILDERNESSES	11:25:07 AM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170729	GIVE	9:27:39 AM	0:14	ZNBC171036 H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170729	WILDERNESSES	10:55:29 AM	0:14	ZNBC171034 H	PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170729	JOURNEY	11:25:46 AM	0:14	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170730	MTP	9:56:06 AM	0:15	ZNBC171030 H	PSA 2017 TMYK NBC News, Diversity "I Am Anthem"

NETWORK PUBLIC SERVICE SCHEDULE AUGUST 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20170805	VOYAGER	10:26:55 AM	0:15	ZNBC171034 H	PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170805	WILDERNESSES	10:54:15 AM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170812	JOURNEY	11:26:07 AM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170812	GIVE	12:27:21 PM	0:15	ZNBC171081 H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170819	WILDERNESSES	10:54:59 AM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170819	JOURNEY	11:26:24 AM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170826	HEART	9:55:14 AM	0:15	ZNBC171081 H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170826	GIVE	12:27:28 PM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"

NETWORK PUBLIC SERVICE SCHEDULE SEPTEMBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20170902	VOYAGER	10:26:46 AM	0:15	ZNBC171034 H	PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170902	WILDERNESS	10:56:13 AM	0:15	ZNBC171081 H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170902	HEART OF CHAMPION	12:54:32 PM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

20170909	HEART OF CHAMPION	9:55:22 AM	0:15	ZNBC171034 H	PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170909	VOYAGER	10:26:21 AM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170909	WILDERNESS	10:54:19 AM	0:15	ZNBC171034 H	PSA 2017 TMYK Jane Lynch, NBC Hollywood Game Night Education "Fourth Grade Girls"
20170916	WILDERNESS	10:56:08 AM	0:15	ZNBC171051 H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20170916	JOURNEY	11:26:27 AM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20170916	GIVE	12:25:17 PM	0:15	ZNBC171081 H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170923	HEART OF CHAMPION	9:55:24 AM	0:15	ZNBC171036 H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20170923	VOYAGER	10:23:26 AM	0:15	ZNBC171081 H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20170923	NATURALLY	11:57:03 AM	0:15	ZNBC171005 H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

WHEC-TV PUBLIC SERVICE SCHEDULE JULY-SEPTEMBER 2017

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Kids Programming E/I	7/1/17	9:59AM	:30 seconds	This PSA explains the programming educational/informational symbol; what it means and how parents can use it.
Kids Programming E/I	7/1/17	3:18PM	:30 seconds	
Kids Programming E/I	7/6/17	12:35PM	:30 seconds	

Kids Programming E/I	7/8/17	7:46AM	:30 seconds
Kids Programming E/I	7/12/17	12:13PM	:30 seconds
Kids Programming E/I	7/15/17	9:25AM	:30 seconds
Kids Programming E/I	7/21/17	2:20PM	:30 seconds
Kids Programming E/I	7/28/17	12:48PM	:30 seconds
Kids Programming E/I	7/29/17	10:47AM	:30 seconds
Kids Programming E/I	7/31/17	9:59AM	:30 seconds
Kids Programming E/I	8/5/17	10:45AM	:30 seconds
Kids Programming E/I	8/10/17	9:46AM	:30 seconds
Kids Programming E/I	8/12/17	11:17AM	:30 seconds
Kids Programming E/I	8/18/17	12:46PM	:30 seconds
Kids Programming E/I	8/19/17	9:18AM	:30 seconds
Kids Programming E/I	8/23/17	2:15PM	:30 seconds
Kids Programming E/I	8/26/17	9:07AM	:30 seconds
Kids Programming E/I	8/30/17	12:38PM	:30 seconds
Kids Programming E/I	9/2/17	11:46AM	:30 seconds
Kids Programming E/I	9/8/17	12:55PM	:30 seconds
Kids Programming E/I	9/9/17	9:46AM	:30 seconds
Kids Programming E/I	9/12/17	11:48AM	:30 seconds
Kids Programming E/I	9/16/17	9:46AM	:30 seconds
Kids Programming E/I	9/21/17	2:45PM	:30 seconds
Kids Programming E/I	9/23/17	9:28AM	:30 seconds
Kids Programming E/I	9/25/17	2:38PM	:30 seconds

Teens Drunk Driving	7/1/17	9:46AM	:30 seconds
Teens Drunk Driving	7/2/17	8:49AM	:30 seconds

Don't let your friends drive drunk. Be a designated driver.

Bullying	7/15/17	9:09AM	:30 seconds
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Don't be a Bully...lend a helping hand if you see someone being bullied, say something to someone...step-up, be a friend.

Bullying	7/29/17	8:40AM	:30 seconds
Bullying	8/26/17	9:23AM	:30 seconds

WHEC-TV PUBLIC SERVICE SCHEDULE JULY-SEPTEMBER 2017

Title	Airdate	Time	Duration	Description of Program
NYS Office of Parks & Recreation	7/3/17	12:44PM	:30 seconds	Keep your family safe this summer. Remember to wear lifejackets when boating.
NYS Office of Parks & Recreation	7/4/17	12:54PM	:30 seconds	
NYS Office of Parks & Recreation	7/5/17	10:58AM	:30 seconds	
NYS Office of Parks & Recreation	7/6/17	3:22PM	:30 seconds	
NYS Office of Parks & Recreation	7/7/17	4:27PM	:30 seconds	

NYS Office of Parks & Recreation	7/8/17	7:54PM	:30 seconds
NYS Office of Parks & Recreation	7/9/17	8:59AM	:30 seconds
NYS Office of Parks & Recreation	7/10/17	3:56PM	:30 seconds
NYS Office of Parks & Recreation	7/11/17	3:11PM	:30 seconds
NYS Office of Parks & Recreation	7/12/17	3:28PM	:30 seconds
NYS Office of Parks & Recreation	7/13/17	2:59PM	:30 seconds
NYS Office of Parks & Recreation	7/14/17	3:58PM	:30 seconds
NYS Office of Parks & Recreation	7/15/17	9:47AM	:30 seconds
NYS Office of Parks & Recreation	7/16/17	11:15AM	:30 seconds
NYS Office of Parks & Recreation	7/17/17	3:42PM	:30 seconds
NYS Office of Parks & Recreation	7/18/17	3:36PM	:30 seconds
NYS Office of Parks & Recreation	7/19/17	4:40PM	:30 seconds
NYS Office of Parks & Recreation	7/20/17	4:32PM	:30 seconds
NYS Office of Parks & Recreation	7/21/17	1:23PM	:30 seconds
NYS Office of Parks & Recreation	7/24/17	2:58PM	:30 seconds
NYS Office of Parks & Recreation	7/25/17	2:59PM	:30 seconds
NYS Office of Parks & Recreation	7/26/17	3:53PM	:30 seconds
NYS Office of Parks & Recreation	7/27/17	3:58PM	:30 seconds
NYS Office of Parks & Recreation	7/28/17	3:26PM	:30 seconds
NYS Office of Parks & Recreation	7/29/17	11:48AM	:30 seconds
NYS Office of Parks & Recreation	7/30/17	11:14AM	:30 seconds
NYS Office of Parks & Recreation	7/31/17	3:28PM	:30 seconds

WHEC-TV PUBLIC SERVICE SCHEDULE JULY-SEPTEMBER 2017

Title	Airdate	Time	Duration	Description of Program
NYS Office of Parks & Recreation	7/20/17	4:32PM	:30 seconds	Keep your family safe this summer. Remember to wear lifejackets when boating.
NYS Office of Parks & Recreation	7/21/17	1:23PM	:30 seconds	
NYS Office of Parks & Recreation	7/24/17	2:58PM	:30 seconds	
NYS Office of Parks & Recreation	7/25/17	2:59PM	:30 seconds	
NYS Office of Parks & Recreation	7/26/17	3:53PM	:30 seconds	
NYS Office of Parks & Recreation	7/27/17	3:58PM	:30 seconds	
NYS Office of Parks & Recreation	7/28/17	3:26PM	:30 seconds	
NYS Office of Parks & Recreation	7/28/17	3:26PM	:30 seconds	

Recreation			
NYS Office of Parks & Recreation	7/29/17	11:48AM	:30 seconds
NYS Office of Parks & Recreation	7/30/17	11:14AM	:30 seconds
NYS Office of Parks & Recreation	7/31/17	3:28PM	:30 seconds
Distracted Driving	7/8/17	1:23PM	:30 seconds
Distracted Driving	7/8/17	1:29PM	:30 seconds
Distracted Driving	7/9/17	8:25AM	:30 seconds
Distracted Driving	7/15/17	9:23AM	:30 seconds
Distracted Driving	7/30/17	11:37AM	:30 seconds
Distracted Driving	8/2/17	2:23PM	:30 seconds
Distracted Driving	8/5/17	9:19AM	:30 seconds
Distracted Driving	8/6/17	11:09AM	:30 seconds
Distracted Driving	8/7/17	3:11PM	:30 seconds
Distracted Driving	8/10/17	3:48PM	:30 seconds
Distracted Driving	8/12/17	9:29AM	:30 seconds
Distracted Driving	8/15/17	2:51PM	:30 seconds
Distracted Driving	8/20/17	11:29AM	:30 seconds
Distracted Driving	8/22/17	3:16PM	:30 seconds
Distracted Driving	8/24/17	2:38PM	:30 seconds
Distracted Driving	8/26/17	9:29AM	:30 seconds
Distracted Driving	8/31/17	4:40PM	:30 seconds
Distracted Driving	9/14/17	12:58PM	:30 seconds
Distracted Driving	9/16/17	2:59PM	:30 seconds
Distracted Driving	9/19/17	3:37PM	:30 seconds
Distracted Driving	9/21/17	3:56PM	:30 seconds
Distracted Driving	9/24/17	8:29AM	:30 seconds
Distracted Driving	9/26/17	3:58PM	:30 seconds
Distracted Driving	9/29/17	9:59AM	:30 seconds

Don't text and drive. It's against the law.

WHEC-TV PUBLIC SERVICE SCHEDULE JULY-SEPTEMBER 2017

Title	Airdate	Time	Duration	Description of Program
Hurricane Relief	9/3/17	8:55AM	:30 seconds	Help the men, women and children affected by hurricanes Harvey and Irma. Donate today.
Hurricane Relief	9/3/17	10:59AM	:30 seconds	
Hurricane Relief	9/4/17	9:30AM	:30 seconds	
Hurricane Relief	9/4/17	9:54AM	:30 seconds	
Hurricane Relief	9/5/17	2:37PM	:30 seconds	
Hurricane Relief	9/5/17	3:30PM	:30 seconds	
Hurricane Relief	9/6/17	3:06PM	:30 seconds	
Hurricane Relief	9/6/17	3:35PM	:30 seconds	
Hurricane Relief	9/7/17	12:40PM	:30 seconds	
Hurricane Relief	9/7/17	2:53PM	:30 seconds	
Hurricane Relief	9/8/17	12:58PM	:30 seconds	
Hurricane Relief	9/8/17	3:53PM	:30 seconds	
Hurricane Relief	9/9/17	8:59AM	:30 seconds	
Hurricane Relief	9/9/17	1:21PM	:30 seconds	
Hurricane Relief	9/10/17	1:08PM	:30 seconds	

Hurricane Relief	9/10/17	1:27PM	:30 seconds
Hurricane Relief	9/11/17	2:59PM	:30 seconds
Hurricane Relief	9/11/17	3:46PM	:30 seconds
Hurricane Relief	9/12/17	3:27PM	:30 seconds
Hurricane Relief	9/12/17	3:35PM	:30 seconds
Hurricane Relief	9/13/17	2:59PM	:30 seconds

WHEC-TV SPECIAL BROADCAST EFFORTS REGARDING YOUTH

During the Report Period the following Short-Segment Programs (half-hour or less) were broadcast to meet the educational and informational needs of children 16 years old and younger.

Scholar Athlete

Local High School seniors are nominated to be the 10-NBC Scholar Athlete of the week. Every Tuesday our sports-team selects a unique senior who not only holds a B+ (85 or higher) average academically, but also excels in one or more school athletic programs. The recipient is profiled during the Sports segment of our six o'clock newscast.

9/26/17 6:00-6:30PM :90 seconds
(newscast)

Student/School:
Dennis Swetz; Churchville-Chili High School

NBC NETWORK NON-BROADCAST EFFORTS

July – September, 2017

NBCUniversal's *The More You Know* website:

Since 1989, *The More You Know* has brought the nation's most important social issues to the forefront, and remains a trusted voice for sharing knowledge to improve lives and inspire action. *The More You Know's* comprehensive website (themoreyouknow.com) includes in-depth resource and referral information on the campaign's important focus issues including:

- HEALTH – fighting childhood obesity, encouraging nutrition and physical fitness
- ENVIRONMENT – encouraging everyday actions that reduce environmental impact
- EDUCATION – recruiting new teachers and promoting their long-lasting impact
- DIGITAL LITERACY & INTERNET SAFETY - sharing online safety tips and information
- DIVERSITY – embracing differences and promoting inclusion, tolerance and respect

Also featured on site is The More You Know Learning series' *Growing Up Online*, a free eBook on digital literacy and Internet Safety. *Growing Up Online* is an important tool to initiate conversation with children about online safety. The eBook is a media-rich,

two-part learning resource that provides easy-to-use information about navigating the digital world in a unique and engaging way. Part one includes safety tips, discussion questions and key takeaways for parents and teachers. Part two features four entertaining video comic books for children, focused on real situations that come up when kids go online.

Additional content on the site includes public service announcements, behind-the-scenes videos, a general overview, a talent directory, and a list of the campaign's accolades such as the prestigious Emmy and Peabody awards.