

“CORE PROGRAMMING”
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EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER
[AGE TARGET 13-16]
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Amended 6/3/19

Airdate: 1/6/2018
Time: 10:00AM
Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
VINTAGE HAVANA [VJG207]

Host Josh Garcia docks in Havana, Cuba, where he gets in touch with his Cuban ancestry. One of the most recognizable symbols of Cuba is the classic car and Josh takes a spin along the waterfront in one of these vintage American cars. He learns how these Motor City classics became synonymous with Cuban culture. Next, he visits a grand restaurant inside a private home and meets with a local restaurateur to get reacquainted with Cuban cuisine. He sinks his teeth into the country's national dish, Ropa Vieja, a beef and sofrito dish that originated in Spain. Sofrito is a richly flavored blend of herbs, spices, and finely chopped vegetables that serves as a base for many Latin dishes. Finally, Josh rubs elbows with Havana's movers and shakers, and gets a master class in a celebrated dance style. Cuban Salsa, or Rueda de Casino, became popular in Miami in the late 1980s. In this style of dance, the dance takes you full circle as you trade partners to make your way around a circle of other dancers. Josh learns the basics of Cuban Salsa and starts to feel the rhythm in his feet with practice and the help of some new friends.

[Educational Message: Connecting with your family's ancestry through cultural pastimes can provide a window into the past. Some pastimes like dance can transcend time and learning traditional dances can be fun and enjoyed across generations.]

Airdate: 1/6/2018
Time: 10:30AM
Duration: 30:00

WILDERNESS VET
ICONS OF THE YUKON [WDV207]

Having lived in the Yukon for years, Dr. Oakley has seen many unique and beautiful animals that call it home. When working with them, Dr. Oakley never takes for granted the significance these creatures hold for the heritage of this wild place. First, Dr. Oakley is checking up on a musk ox bull that has been acting abnormally. In his weakened state, if any of the other bulls challenge him, he may not survive. Dr. Oakley performs a physical on the sedated bull and quickly discovers that one of its hooves is cracked. This injury causes much discomfort for the musk ox and will eventually lead to arthritis. Dr. Oakley trims the bull's injured hoof and the treatment should help lead to a speedy recovery. Next, Dr. Oakley visits a bald eagle for its annual checkup. After carefully restraining the eagle, Dr. Oakley notices that there is some abnormal wear and inflammation in the raptor's foot. Dr. Oakley thoroughly cleans the eagle's feet and utilizes a moisturizer and antibiotics to help heal the injured foot. Finally, Dr. Oakley and her daughter Sierra are heading to a reindeer farm to perform some routine exams. After examining the herd, Dr. Oakley discovers that one of the reindeer is suffering from chipmunk cheeks, a diagnosis that can prove fatal if not treated quickly. Dr. Oakley acts quickly and cleans out the impacted food from the reindeer's cheeks and performs a routine surgery to tighten excess skin around the animal's mouth.

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

Airdate: 1/6/2018
Time: 11:00AM
Duration: 30:00

JOURNEY WITH DYLAN DREYER

ASH RUNNERS [JDD207]

Join host Dylan Dreyer on an epic journey to the volcanic island of New-Britain off the coast of Papua New Guinea. We'll witness the incredible ways nature has learned to adapt as volcanic eruptions invade their habitat. We'll see up-close how each creature responds in its own way, from the reactions of strange birds, mischievous hermit crabs, gregarious flying foxes, and majestic butterflies. First, we'll travel to the town of Rabaul in New-Britain, a harbor town nestled in a vast caldera with several smaller volcanoes along its edge. Here, numerous species of wildlife exist side-by-side with a volatile active volcano, nicknamed the "Hornet's Nest." We'll observe how fruit bats, caterpillars, hermit crabs, and various bird species survive in the inhospitable environment, as well as how some animals even rely on the volcano as a means of survival. We'll get up-close and personal with an extraordinary creature, the birdwing butterfly, which is one of the largest butterflies on Earth. We'll follow this creature from its earliest stages as a caterpillar, all the way through its metamorphosis into a butterfly, all while surviving in the shadow of an active volcano. We'll also meet a strange prehistoric bird called a megapode, which buries its eggs in warm volcanic ash to incubate its chicks. Finally, we'll witness the incredible hunting skills of giant eels and how they utilize momentum to propel themselves out of the water onto land to catch their prey.

[Educational Message: Nature can be unforgiving, we must always respect its beauty and power. We need to learn to adapt to changes in our world in order to survive.]

Airdate: 1/6/2018
Time: 11:30AM
Duration: 30:00

NATURALLY, DANNY SEO

JUICE RANCH [NDS207]

Host Danny Seo visits a California couple that makes juice using a masticator and also makes dairy-free cheese using cashews. A masticating juicer mimics chewing by squeezing out liquid while preserving nutrients and enzymes. Cashews are a good source of magnesium and may help reduce the risk of heart diseases; soaking them in water overnight helps remove phytic acid, which is an "anti-nutrient" stored in nuts that impairs the absorption of healthy minerals. Next, instead of using chickpeas to make hummus, Danny uses them in an unconventional way to make flatbread using chickpea flour, which is gluten free and packed with protein, topped with zucchini and figs. Zucchini's outer skin is high in fiber and antioxidants; figs are a good source of potassium, which may help control blood pressure. Then, Danny teaches how to prevent textile waste when he re-vamps an old pillow to give it new life by sequinning it using safety pins and adding denim flower pillows made from old jeans. Americans throw away over 25 billion pounds of clothing and textiles every year.

[Educational Message: Don't be afraid to branch out and create something using things you wouldn't necessarily think of, like using cashews to make cheese or adding parsley to juice—it's great to try new things because you might enjoy it and it could have added health benefits. Exploring new ways to do something is an opportunity to learn different techniques to use in the future.]

Airdate: 1/6/2018
Time: 12:00PM
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 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: 1/6/2018
Time: 12:30PM
Duration: 30:00

THE CHAMPION WITHIN RUNNING WILD [HOC207]

We see how Kansas City Chiefs’ running back Kareem Hunt went from doubting himself in pee-wee football, to proving himself in college, and eventually making his way to the NFL. The primary role of a running back is to receive handoffs from the quarterback and run the ball. Next, we meet junior golfer Udyat Sarangdevot who combined his two passions, golf and sharks, by writing a book about a shark that wins a golf championship. Next, 13-year-old equestrian Richard Kierkegaard explains how he overcame an accident in which he fell off his horse and began training again for his Olympic goals. Equestrianism is one of the few Olympic sports in which men and women may compete against each other. Lastly, we learn how golfer Robert Gamez thought he would never play again after a car accident in which he sustained career-threatening injuries, only to come back and win another tournament—setting the tour record for longest time between victories at 7 years.

[Educational Message: Hard work and humbleness can take you far— if you stumble, get back up and keep working toward your goal. Viewers learn the importance of not giving up, steps to take to become a professional football player, that you can have more than one passion in life, putting pen to paper is a great form of creative expression, and how to train to become an Olympic equestrian.]

Airdate: 1/13/2018
Time: 10:00AM
Duration: 30:00

THE VOYAGER WITH JOSH GARCIA PEARL OF THE ORIENT [VJG209]

Host Josh Garcia heads to Shanghai to explore this premier East meets West hot spot. He learns the ancient martial art of tai chi from a Chinese master in a local park. For people of all ages, practicing tai chi is one of the more popular exercises in China. Tai chi can be practiced alone or with a partner, and the objective of partner tai chi is to transfer energy from one person to another. Then, Josh discovers the secret to making Shanghai’s signature specialty, soup dumplings. Soup dumplings are typically filled with pork, shrimp, or crab, and this dish dates back to the 1800s in a town outside of Shanghai. Meat is steamed inside a pocket of thin, dumpling dough, locking in the broth. Dumplings are shaped through a technique called pleating. Finally, Josh takes a swing at Badminton, a sport that’s become a Chinese phenomenon! Badminton is played with a shuttlecock that’s passed over the court net with racquets. The shuttlecock is usually made with goose or duck feathers fixed into a cork base.

[Educational Message: Going into new experiences without expectation can be a great way to reach a positive outcome. Living in the present, and paying attention to the small details can be rewarding in itself.]

Airdate: 1/13/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

BOVINE UNIVERSITY [WDV209]

When cows are in trouble, Dr. Oakley is there on the double. From newly-born calves to large herds of cattle, there's no lengths she won't go to in order to help these amazing animals. First up, Dr. Oakley is on her way to a ranch to check on a newborn calf that's been showing signs of poor health. Dr. Oakley examines the calf and administers anti-inflammatories and antibiotics to reverse the calf's downward spiral. Next, Dr. Oakley and her daughter Sierra are on their way to a local farm to perform a pregnancy check on a female cow. Dr. Oakley completes the internal examination and confirms that the cow is indeed pregnant. Next, Dr. Oakley makes a long journey to Chichagof Island, an isolated area just south of Juneau, Alaska that has the highest concentration of bears per square mile of any place on Earth. However, Dr. Oakley has traveled here to perform a castration on the farm's newest calf, and her team must work together to properly sedate the calf and complete the procedure.

[Educational Message: The ability to work with others as a team to problem-solve is crucial. We can often accomplish more together than when working alone.]

Airdate: 1/13/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

NORTH AMERICAN ADVENTURE [JDD209]

Join host Dylan Dreyer on an exciting journey across North America. Traveling deep into the wilderness of Alaska, we'll come face-to-face with a family of black bears. Then, we'll explore the incredible ecosystem of the Great Lakes and learn how biologists are protecting an ancient fish called sturgeon. Later, we'll visit the world famous geyser Old Faithful and experience the breathtaking beauty of Yellowstone National Park. First, our adventure begins in Alaska where we meet a family of black bears as they emerge from a six-month hibernation. We'll follow a mother black bear as she raises her two young cubs in the harsh Alaskan wilderness. We'll also learn more about various Native American tribes and how they had a very close relationship with the bear species throughout North America. Next, we'll join a group of biologists who have dedicated their entire careers to saving the lake sturgeon, a fish that has lived on earth for more than a 150 million years. We'll learn more about the innovative and creative techniques being used by biologists to ensure the survival of the sturgeon species for years to come. Finally, we'll learn more about geothermal phenomena in Yellowstone such as geysers and hot springs. We'll follow a team of scientists and geologists using computers, probes, and satellites to measure numerous aspects of Old Faithful in order to learn why the geyser erupts with such predictable regularity.

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

Airdate: 1/13/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

CROFT ALLEY [NDS209]

Host Danny Seo visits a chef that creates unique, healthier versions of popular comfort food by incorporating vegetables, and he learns how to make cauliflower grilled cheese. Cauliflower can absorb flavors of spices and oil while retaining its firm texture, and one cup of cauliflower provides 73% of the daily-recommended amount of vitamin C. Next, Danny teaches viewers how to eat healthy on-the-go by making kale salad in canning jars. Kale is packed with antioxidants and nutrients, such as folate and magnesium, and it is low in calories, high in fiber, and has zero fat. Next, we learn that Americans throw away about 28 billion bottles and jars every year, and Danny shows viewers how they can do their part to reuse these items instead. Danny demonstrates how to turn recyclable bottles and cans into sea urchin inspired vases using dimensional paint, which expands as it dries to create a raised pattern.

[Educational Message: Exploring new recipes using vegetables is a great way to show creativity and add a healthy twist to typically not-so-healthy dishes. Being busy doesn't mean you have to sacrifice a healthy meal. Recycling bottles and cans as decorative vases is an innovative way to help reduce waste while also being artistic.]

Airdate: 1/13/2018

Time: 12:00PM

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: 1/13/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

WINTER WONDERS [HOC209]

We see how snowboarder Ryan Stassel works as a fisherman in Alaska to earn money so he can train for and participate in competitions. Commercial fishing is a major industry in Alaska and has been for hundreds of years. Inlets, which are indentations of shorelines that often lead to an enclosed body of saltwater, are popular fishing locations in Alaska. Next, golfer Wesley Bryan talks about the impact his father has on his career, not only as a father but also a coach, growing up in South Carolina, which is the only state in the country that grows tea and was one of the original 13 colonies that formed the United States. Then, we see how alpine skier Mikaela Shiffrin works hard to train for the sport as well as inspire those around her. Ski poles are used for balance and propulsion. Lastly, junior golfer Karson Adkins explains how her relationship with her sister encourages her to strive to be the best. In 1939, the USGA adopted the 14-club rule which limited the number of clubs a golfer could carry.

[Educational Message: It takes more than physical training to succeed in a sport-- support off the field is just as important, whether it be financial or motivational. Viewers learn about Alaskan fishing, the role of a golf coach and how it can help your golf game, and steps junior golfers can take to grow their career.]

Airdate: 1/20/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CARIBBEAN GEM [VJG210]

Host Josh Garcia spends the day ashore in Amber Cove exploring the Dominican Republic's national treasures. First, he discovers the natural wonder of amber, an indigenous gem that dates back millions of years. Amber is the second national stone in the Dominican Republic and fossilized amber can be found in the region. Next, he teams up with a local restaurateur and learns how to make sancocho, the island's epic national dish. Sancocho is a popular Latin American dish that has different variations across different cultures. It is believed that sancocho originally came from the people of the Canary Islands. Fascinated by the country's success in major league baseball, Josh visits a premier sports academy and trains with its heavy hitters. Baseball is the Dominican Republic's national sport and has the highest percentage of Major League Baseball players in the world. Players traditionally start training at the age of thirteen. Josh learns some of the basics of hitting, pitching, and rounding the bases.

[Educational Message: Different variations of the same concept or idea can exist simultaneously in different cultures at one time. While each culture has its own spin or take on certain food dishes, these dishes can be more similar than you might think given that they share similar cooking techniques and practices.]

Airdate: 1/20/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

FUR THE LOVE OF ANIMALS [WDV210]

Working with wild animals can be a dangerous job, and when these creatures need help, Dr. Oakley never hesitates to jump into action. But when her patient's unpredictable behavior puts her entire medical staff at risk, she has to think fast to get them out of danger. First up, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to perform a check up on two black bear residents. However, Dr. Oakley will have to work on each black bear one at a time, which will soon prove to be difficult, and dangerous. Dr. Oakley and her team struggle to separate the bears safely in the rugged and wooded terrain. After some tense moments, Dr. Oakley and team successfully sedate one of the bears and perform the routine checkup. The day proved too long for the team, and Dr. Oakley will have to return another time to check on the other black bear. Next, Dr. Oakley is heading to a ranch to help locate and neuter an American bison bull that's just reached breeding age. Here we'll learn more about the extreme temperament and power of the bison species.

[Educational Message: Every day offers new challenges. When we are faced with adversity, we must always stay focused on our goals and push ourselves to overcome the obstacles.]

Airdate: 1/20/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE WILD WORLD OF BUGS [JDD210]

Join host Dylan Dreyer on an adventure deep into the rainforests of Southeast Asia, as we follow the life cycles of some of our planet's most amazing insect species. We'll meet mantis, beetles, butterflies and more, and watch as these amazing creatures navigate their tiny worlds. Our journey begins on the island of Borneo in Southeast Asia. First, we'll learn more about the Papilio species of caterpillar, which we'll follow as it emerges from its egg, until its metamorphosis into an adult butterfly. Here we'll discover more about the unique adaptations and defense mechanisms of this fascinating species of insect. Next, we'll discover more about the praying mantis and how there are more than 2,400 species of mantids around the world. We'll learn more about the excellent eyesight of the praying mantis and its incredible hunting skills in the wild. Next, we'll meet the rhinoceros beetle and learn about how beetles account for forty percent of all insects and twenty-five percent of all animal life on Earth. Finally, we'll discover more about the various predators of insects such as bats, scorpions, and tarantulas.

[Educational Message: No matter how big or small, we can all make a big impact in our environment. Insects play a vital role in our ecosystems and we must always respect nature and wildlife, no matter its size or appearance.]

Airdate: 1/20/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SALT BATH [NDS210]

Host Danny Seo travels to a yoga studio in New York that practices dry salt therapy and learns different yoga stretches. Dry Salt therapy is also known as halotherapy, which originated in the 1800s and may aid in detoxifying the respiratory system. Himalayan pink salt, which is typically used in halotherapy, is around 85% sodium chloride and contains over 80 minerals. Next, Danny uses tempeh, which contains more protein and fiber than tofu, as a meat alternative to make bacon and chili. Tempeh is fermented cooked soybeans formed into firm, dense cakes; and although it has a strong, nutty taste, it also absorbs other flavors easily. Then, Danny shows how to reuse plastic bottles to create self-watering planters with twine, which naturally absorbs water and allows moisture to travel through it.

[Educational Message: Exploring different methods of yoga is a way to learn historical background and practice ancient techniques. Tempeh is great source of plant-based protein and holds its shape when cooked, making it a versatile meat substitute. Turning plastic bottles into self-watering containers is a creative way to eliminate the task of remembering to water plants while also helping reduce waste.]

Airdate: 1/20/2018

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: 1/20/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

FLIGHT CLUB [HOC210]

Olympic snowboarders and skiers share the highs and lows of training in their field and explain what it feels like to defy gravity during competitions. The earliest organized ski jumping competitions were held in Norway in the 1860s-- bindings invented by Norwegian Sondre Norheim made it possible for skiers to jump in the air. Next, golfer Omar Uresti shares his story how he started playing golf at a young age, went on to become the Texas State Junior champion, and now has found a passion for The First Tee. The First Tee is a youth development organization that introduces the game of golf to kids. Then, alpine skier Lindsey Vonn explains how she trains for the Olympics and how she doesn't let injuries or the fear of falling hold her back. Alpine skiing has been an event at the Winter Olympics since 1936, and Italian Skier Simone Origone holds the world record for the fastest downhill ski at 156.2 miles per hour. Lastly, a profile on golfer Greg Norman shares how he worked his way back into the ranks of golf, eventually becoming the runner-up at the 1996 Masters. The Masters was called "the Augusta National Invitational" for the first five years.

[Educational Message: When you fall down, get back up and keep trying-- even if you don't reach your goal, you might end up discovering something that means more. Viewers learn about The First Tee, steps young golfers can take to grow in the ranks of professional golf, and important skills needed to train and become an Olympic snowboarder or skier.]

Airdate: 1/27/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NORTHERN HIGHLIGHTS [VJG211]

Host Josh Garcia rereads some of his favorite journal entries from his epic voyages to Alaska. His adventure begins in Juneau where he kayaks to the great Mendenhall Glacier with a geologist and ventures deep inside its majestic ice caves to learn more about Juneau's ecosystem. The sheer scale and grandeur of the glacier is truly magical. The Mendenhall Glacier stretches about thirteen miles before it merges into the Juneau Icefield, which is about fifteen hundred square miles. Inside an ice cave in the Mendenhall Glacier, Josh is blown away by how much light reaches the cave through the dozens of feet of glacial ice above them. In Ketchikan, Josh teams up with top-ranked timbersports athletes and tries his hand at a daring lumberjack competition! This heavily forested area was once home to a booming timber industry; these games honor the region's history in this industry. Finally, in Talkeetna, 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.

[Educational Message: When traveling, writing down your experiences is a great way to keep track of what you did and where you went. Then, in the future it's a great way to reminisce on those adventures!]

Airdate: 1/27/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

SURGEON ON CALL [WDV211]

For Dr. Oakley, performing surgery is always a last case scenario, but sometimes it's unavoidable. So when a rat with mysterious lump and a horse with a fractured leg need Dr. Oakley's help, she'll put on her surgeon's mask. First up, Dr. Oakley and her daughter Sierra are taking a road trip to Prince Edward Island, which is where Dr. Oakley went to veterinary school. Today, they'll both be assisting veterinarians with a variety of procedures on horses at the Atlantic Veterinary College. Here, Sierra gets an incredible opportunity to work side-by-side with other veterinary professionals, while Dr. Oakley also learns about the latest techniques and methods of animal medicine. Next, Dr. Oakley and her team are traveling to a farm in order to perform a surgery on a wild boar named Captain Black. Dr. Oakley and her team will have to work extra carefully due to the boar's sharp tusks and tough attitude. Finally, Dr. Oakley is visited by a couple of pet fancy rats suffering from tumors. After an examination, Dr. Oakley is concerned that the tumor on one of the rats may be malignant. The safest course of action to treat the rats is to remove the tumors. Dr. Oakley works very carefully on the small animals and the surgical procedures go off without a hitch.

[Educational Message: The ability to problem-solve is crucial to success. We must always seek solutions and not be discouraged by challenges.]

Airdate: 1/27/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

CLIMBING MOUNT KILIMANJARO [JDD211]

Join host Dylan Dreyer on an epic adventure to the Roof of Africa. We'll follow a band of brave trekkers as they journey through rugged terrain and extreme conditions, in order to make it to the very top of Africa's highest point. Ranging in age from 12 to 64, our mountaineers climb through rainforests and arctic glaciers, all the while learning about the formation of the African continent and serving as inspirations to people of all ages. We begin our journey in Tanzania, which is home to the Serengeti region and the largest mammal migration on Earth. We'll travel to Mount Kilimanjaro, which rises over 19,000 feet above sea level and is nicknamed the "Roof of Africa." Here we'll follow a group of climbers as they attempt to summit the mountain, and we'll learn about how the route to the summit passes through several different climates zones. First, the group will travel through the humid rainforests that encircle the mountain, then they will reach the unusual tree line of the Heath Zone, which will then lead to the grassy Moorland at over 10,000 feet in elevation. Conditions become increasingly harsh as the route leads through the Alpine Desert and into the Arctic Region, which, at above 17,000 feet, is windswept and bitterly cold. We'll follow the entire journey from top to bottom and witness the struggles and adversity the climbers face as they attempt to accomplish their mission to summit Mount Kilimanjaro.

[Educational Message: We must never place limits on our dreams and goals. No matter how difficult the task, or how old you are, we can accomplish great things with motivation and determination.]

Airdate: 1/27/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

STONYFIELD FARMS [NDS211]

Host Danny Seo travels to an organic dairy farm in Maine to learn about organic farming and how yogurt is made. Organic farmers are never allowed to use toxic persistent pesticides or synthetic fertilizers; and during winter months, organic cows eat a diet of hay supplemented with organic grains, like barley, oats and corn. Yogurt is made by testing the milk, separating the skim milk and cream, heating and cooling the milk, adding probiotics, and finally adding natural flavors. Probiotic cultures are live microorganisms that may help boost the immune system. Then, Danny cooks up fudgy brownies using coconut sugar, cacao powder, and a surprising ingredient, eggplant. Eggplant is part of the Solanaceae family, which includes tomatoes, potatoes and peppers. Coconut sugar contains antioxidants as well as nutrients like zinc and iron. Then, Danny creates a personalized message in a bottle using wire and cut outs. The earliest known message in a bottle was sent in 310 BCE by Greek philosopher Theophrastus, who used a message in a bottle to test his theory that the Atlantic Ocean flows into the Mediterranean Sea. Drift bottles are still used by oceanographers studying global currents.

[Educational Message: When making yogurt, the process of heating and cooling the milk is what makes yogurt rich and creamy. You can add a healthy twist to dessert by adding vegetables. The key to not tasting a vegetable in a dessert is finding the balance between the vegetable and natural sweeteners. Gifting someone with a message in a bottle is a creative alternative to a card and allows more options to express yourself artistically.]

Airdate: 1/27/2018

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: 1/27/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

INSPIRE AND DESIRE [HOC211]

Freestyle skier Maddie Bowman talks about growing up in Lake Tahoe, which is $\frac{2}{3}$ in California and $\frac{1}{3}$ in Nevada, and how she gains inspiration from her mother. Sir Arthur Conan Doyle is credited with the introduction of skiing to Switzerland. Next, golfer Jimmy Walker discusses about the impact his home state of Texas, which makes up more than seven percent of the total landmass of the U.S., has had on his career. Then, we travel to Uganda with olympic skier Gus Kenworthy and see the impact sports have on those in refugee camps. A refugee is a displaced person who has been forced to cross national boundaries and can't return home. Lastly, we meet junior golfer Momo Kikuchi who moved from Japan for the hopes of competing at Augusta. The United States has more golf courses than Japan, almost $\frac{3}{4}$ of which is made up of either forest or mountains.

[Educational Message: There is always something to be learned from your surroundings, whether it be a family member, your hometown or those less fortunate than you. Viewers learn about steps to take to be a freestyle skier, the state of Texas, what life is like in a refugee camp and how golf in Japan differs from golf in the United States.]

Airdate: 2/3/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDIEVAL MAGIC [VJG212]

Host Josh Garcia sails to the stunning, medieval city of Dubrovnik, Croatia. He visits a silk museum where he learns about the little creature behind one of the city's most celebrated traditions. Humans began using silk approximately 5,000 years ago, and the first production of silk started in Dubrovnik's Konavle region in the 15th century. Silk comes from the cocoons of silkworms. Silk cocoons are soaked in hot water to unwind the threads, and then it is brushed out by hand to collect this material for textiles. Next, Josh ventures into the turquoise waters of the Adriatic and discovers a seafood delicacy found only in this part of the world. The bay of Mali Ston is home to the largest oyster cultivation facilities in the Adriatic. The famous European flat oyster is cultivated here. Later, he explores the area's famous salt flats and uncovers the incredible history behind this prized commodity.

[Educational Message: Over time, different materials and resources take on new forms and uses. It's hard to believe that years ago the salt we now use to season our food was at one time used to preserve food, before electric refrigeration.]

Airdate: 2/3/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

DOGS & HOGS [WDV212]

Whether they bark or oink, dogs and pigs are considered to be some of the most loyal pets, and that's why Dr. Oakley is so passionate about helping these animals. First up, Dr. Oakley is heading by helicopter to North Glacier, Alaska to visit a pack of sled dogs and perform routine checkups. Here, Dr. Oakley and her daughter Sierra work together to perform various exams on the entire pack of sled dogs. Next, Dr. Oakley is answering an emergency call about a sled dog with a potentially severe medical condition. Dr. Oakley is concerned the ailing dog has a twisted stomach, which will require surgery to treat. After an x-ray examination, Dr. Oakley confirms the suspected diagnosis and must move forward with the surgical procedure. Next, Dr. Oakley is on her way to a local farm to perform castrations on a group of piglets. Dr. Oakley and her team have to battle the elements as the weather takes a turn for the worse. Finally, Dr. Oakley is visited by a pet Vietnamese pot-bellied pig in need of a hoof trimming. Due to the dominant personality and nature of pot-bellied pigs, Dr. Oakley must sedate the patient in order to perform the procedure safely.

[Educational Message: It's important that we always treat animals with compassion and respect. All life is important, no matter how big or small.]

Airdate: 2/3/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE SURPRISE SALMON [JDD212]

Join host Dylan Dreyer on a journey to the most active volcanoes of Alaska to explore a population of salmon unlike any other on Earth. Scientists have only just begun to piece together what might have happened nearly 2,000 years ago, when one race of salmon faced the destruction of their home river. Navigating through poison waters, bears, sharks and eagles, the fish escaped and found a new home near the heart of an active volcano. Our journey begins in Alaska where we follow a group of salmon in route to their spawning grounds to make way for the next generation of salmon. Salmon are born in freshwater and migrate downstream to the ocean, where they eventually return to the freshwater to spawn. However, there are many obstacles and threats preventing the salmon from completing their journey. Here we'll learn how the volcanoes in this region have affected and changed the migration routes and populations of the salmon. Next, we'll discover how salmon must evade various predators on their journey such as bears, birds, and even great white sharks. Finally, we'll witness the incredible conclusion to this great salmon migration, in which female salmon will spawn over a period of several days. Their quest complete, their bodies spent, the salmon begin to deteriorate and eventually die. Here we'll witness how the nutrient rich bodies of the salmon help feed the wildlife and plant life in this ecosystem.

[Educational Message: We are constantly faced with new challenges and surroundings in our lives. We must learn to adapt and improvise in order to succeed.]

Airdate: 2/3/2018

Time: 11:30AM

Duration: 30:00

**NATURALLY, DANNY SEO
SQUARE ROOTS [NDS212]**

Host Danny Seo travels to Brooklyn, New York to visit with entrepreneurs practicing urban farming by building indoor vertical farms in steel shipping containers. Specialized growing equipment and careful climate control enable container farms to produce crops year-round. Whereas outdoor farms rely on natural white light, urban farmers use colored LED lighting—blue light prompts vegetative growth while red light results in flowering. Next, Danny makes a chocolate face mask using pure chocolate, salt and almond oil. Salt is exfoliating and fights bacteria, which can help acne prone skin; and almond oil may provide relief for dry skin conditions like eczema and psoriasis. Then, Danny creates truffles with only two ingredients, avocado and chocolate. Avocados are actually single-seeded berries, not vegetables, and with almost 20 vitamins and minerals in a single serving, avocados are considered a nutrient dense food. Then, Danny shows how to upcycle old computer keyboards by using keys to personalize journals, make gift tags and create art. The layout of the QWERTY keyboard was originally designed to translate Morse code.

[Educational Message: Indoor farms use LED lighting and up to 80% less water than outdoor farms, making them a more energy efficient option. Chocolate can be used for more than a sweet treat. It is filled with antioxidants, which can benefit your skin. You don't need a ton of ingredients to make a delicious dessert. The neutral taste of avocados make them a great option to use in dessert while also providing a healthy twist. Instead of recycling an old keyboard, you can reuse the keys in a creative way to personalize something or make art.]

Airdate: 2/3/2018

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 reconnect 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: 2/3/2018

Time: 9:30AM

Duration: 30:00

**THE CHAMPION WITHIN
FATHER'S DAY [HOC212]**

Washington Redskins quarterback Kirk Cousins talks about how his bond with his father has grown after having his father as a coach growing up and then seeing him battle skin cancer. The NFL was founded as the American Professional Football Conference on August 20, 1920, and players in the NFL were not required to wear helmets until 1943. Next, PGA teaching pro David Muttitt explains how helping others has benefited his own golf game, such as qualifying for the PGA Championship, which was televised in color for the first time in 1966. Then, we see how Olympic bobsledder Elana Meyers Taylor first got involved in the sport and now trains for the Olympics. Bobsleds can reach speeds up to 90 miles per hour, and the modern-day sport of bobsledding was conceived in Switzerland in the late 1800s. Lastly, we see how golfer Lydia Ko's golf career grew from an astonishing young age, labeling her a child prodigy. A child prodigy is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert.

[Educational Message: Helping others achieve their goals can be just as fulfilling as achieving your own. Viewers learn about steps to take to be a professional football player, bobsledding and how to become involved in the sport, and ways to help improve your golf game.]

Airdate: 2/10/2018

Time: 10:00AM

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
TOKYO IN BLOOM [VJG213]**

Host Josh Garcia sails into Tokyo, Japan and sets out to discover the sights, sounds, and flavors of this world-class city. He learns the Japanese art of flower arrangement known as ikebana. Kenzan is the spiky device used in ikebana for affixing flowers in containers. The natural qualities of the elements build the lines and drama of an arrangement. Then, he enjoys authentic Tokyo-style sushi with a master class in creating this iconic dish. Sushi is typically rice dressed with vinegar and topped with seafood or vegetables. The Japanese were the first to add vinegar to sushi rice. The most popular variations of sushi are made with tuna, salmon, or shrimp. Later, Josh explores the ancient sounds of Japan by learning to play the powerful Taiko drums! Taiko drumming is an ancient form of communication that has evolved into a form of entertainment. Bachi is the name of the sticks used for playing taiko.

[Educational Message: If you have the time, sometimes allowing yourself to get lost in a new city can be a great way to really immerse yourself in a new place and culture.]

Airdate: 2/10/2018

Time: 10:30AM

Duration: 30:00

**WILDERNESS VET
FARMYARD FRIENDS [WDV213]**

Farms in the Yukon offer a variety of patients for Dr. Oakley, and that means every day offers new challenges. From field surgeries to physical exams, these farm calls keep Dr. Oakley busy, and she knows the animals are relying on her to keep them happy and healthy. First up, Dr. Oakley is visiting a horse suffering from stringhalt, which is defined as a gait abnormality. Dr. Oakley and her team observe the horses' gait and determine that a ligament in the horses' legs is causing its knees to lock up. To treat the horse, Dr. Oakley and her team will need to perform an impromptu surgery to sever the ligaments and prevent future complications. Next, Dr. Oakley is heading to a local farm to check on a mother cow that is not caring for its newborn calf. Here we learn how without its mother's milk, a newborn calf's health will quickly deteriorate. Dr. Oakley examines the mother cow and determines that it is suffering from mastitis, an infection of the mammary glands which prohibits the calf from nursing. Dr. Oakley treats the mother cow with a soothing balm for its inflamed udders and a round of antibiotics to stave off the infection. Finally, Dr. Oakley visits a donkey that's been having aggression issues.

[Educational Message: We can choose to make the best of a bad situation. We must believe in ourselves no matter how difficult the circumstances may be.]

Airdate: 2/10/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER EXTREME CLIMATES [JDD213]

Join host Dylan Dreyer as we explore some of the most intense and diverse environments on planet Earth. We'll travel through the jungles of Southeast Asia, across the deserts of Saudi Arabia, up the mountain peaks of Africa, and over the frozen tundras of Northern Sweden. Along the way, we'll meet the amazing people and incredible animals that live there. First, we'll travel to the waters of the Eastern coast of South Africa. 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. Next, we'll trek deep into Australia's desolate desert outback and explore its ancient rainforests. Here, we'll find the remains of a species thought to have been extinct for over 100 million years. We'll follow a team of researchers as they explore the ancient grove and discover more about the prehistoric plants. Next, we'll journey into the heart, history, culture and religion of the Arabian Peninsula. We'll explore the ancient traditions and unique customs found nowhere else in the world, and uncover the secrets of proud people who have flourished in one of the harshest environments on the planet for thousands of years. Finally, we'll travel to the Great North where we'll hear the stories and music of the native people, the Inuit and the Saami, who live on the roof of the world in Canada and Sweden. And we'll come face-to-face with the sacred animal heart of their lives, the caribou and the reindeer, whose remarkable journey reveals the majestic Arctic landscape.

[Educational Message: Surviving in extreme climates takes adaptation and great determination. We must always respect and appreciate the beauty and power of nature.]

Airdate: 2/10/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

VOLUNTEERING AT THE SHELTER [NDS213]

Host Danny Seo teaches easy and cost efficient ways to help animal shelters, such as volunteering and donating time and household items. Approximately 1.6 million dogs are adopted out of shelters each year; and most shelters rely on donations to help offset everyday expenses, medical treatments and care for sick animals. Next, Danny makes flea repellent dog biscuits using brewer's yeast, shredded real cheese, oats and whole wheat flour. Brewer's yeast contains high levels of B vitamins, and the vitamins in combination with the specific minerals in brewer's yeast create a flea repellent component. Then, Danny cooks a sweet and savory whole wheat orzo pasta dish with raisins, onions and olives. Orzo contains almost twice as much protein as the same amount of cooked brown rice. Then, Danny uses leaves to make ceramic leaf bowls with polymer clay. The most common types of leaves found in North America are maple, sweetgum and aspen.

[Educational Message: Adopting a pet or donating money isn't the only way to help an animal shelter or make a difference in an animal's life. Donating items you have at home can help a shelter save money, and a creative way to donate time is to assist a shelter with social media exposure to help an animal find a forever home. Although orzo is actually a pasta, it can be a healthy alternative to rice. Leaves can be used for more than greenery. The unique types and shapes of leaves provide a diverse option to express creativity, like using a leaf to imprint polymer clay for a ceramic bowl.]

Airdate: 2/10/2018

Time: 9:00AM

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 re-unite, 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: 2/10/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

CHANGING THE COURSE [HOC213]

NHL player Brian Boyle discusses his battle with cancer. The first organized hockey game occurred in 1875, in Montreal, Canada; and the NHL was established in 1917. Next, we see how mixed martial artists use golf as way to mentally prepare for a MMA competition. Mixed martial arts teaches the ability to maintain control over responses, thoughts, and emotions. The earliest form of mixed martial arts was invented in China over 6,000 years ago; and during the early 20th century, various mixed-style contests took place throughout Japan and Taiwan. Then, paralympians Oksana Masters and Aaron Pike talk about their relationship and how they encourage each other while training for the biathlon, a winter sport that combines cross-country skiing and rifle shooting.

[Educational Message: Don't let an obstacle get in your way of achieving your goals. Viewers learn about sporting events in the paralympics, steps someone with a disability can take to become a paralympian, and how paralympians competing in the biathlon train. Viewers also learn about the history of the NHL, how hockey players train, and the history of mixed martial arts.]

Airdate: 2/17/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

JAMAICAN ME HUNGRY [VJG214]

Host Josh Garcia arrives in Ocho Rios, Jamaica and he rafts down the picturesque Martha Brae River, marveling at the exotic jungle scenery. Josh tries his hand at steering the bamboo raft. Then, at a nearby plantation, he learns about Jamaica's High Mountain coffee, following the java bean's journey from farm to cup. The conditions and climate in Jamaica's blue mountains are ideal for harvesting coffee. It takes three to five years for a coffee tree to reach maturity. Coffee berries are pulped to separate the pulp from the beans, then the beans are washed to remove any mucilage, a viscous protein produced by nearly all plants, and then the beans can be roasted. Later, Josh visits a famous jerk chicken restaurant, and explores the spicy flavors that make this iconic dish a world-wide favorite. Jerk chicken is seasoned with a mixture of dry seasonings instead of being marinated in juices and oil. In Jamaica, it is roasted on logs of allspice wood for added flavor. The wood gives the meat a smoky flavor. It takes approximately an hour and a half to roast jerk chicken.

[Educational Message: Witnessing the process by which familiar foods and ingredients are harvested and produced can be rewarding. The next time you see or have that item, you might appreciate it that much more knowing all the hard work and thoughtfulness that went into making it.]

Airdate: 2/17/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

BABY FEVER [WDV214]

It's birthing season in the Yukon, and that means Dr. Oakley's phone is ringing off the hook with calls asking for assistance with pregnant pets. For Dr. Oakley, being there for the first moments of a new animal's life is the greatest joy she gets to experience in her career. First up, Dr. Oakley is visited by a pregnant French bulldog named Saucey that is ready to give birth to her puppies. Dr. Oakley will need to perform a cesarean section on the pregnant mother in order to deliver the puppies safely. Next, Dr. Oakley heads out on an emergency call at a local farm to assist with a pregnant cow that is struggling to give birth. Dr. Oakley and the team will need to work fast to physically assist the calf's delivery, otherwise, they'll need to perform a risky cesarean section in the outdoors. Next, Dr. Oakley is spending some quality time with her daughter, Willow. Today, they are visiting a local goat farm where Willow is learning some important lessons about caring for young goats. Here, Willow gets the opportunity to learn how to properly hold and milk a baby goat. Finally, Dr. Oakley has a follow-up visit with French bulldog Saucey and her new litter of puppies. Dr. Oakley will need to perform medical exams and provide vaccinations and microchip identification for the whole litter.

[Educational Message: Life is a gift and we must treat all animals with respect and dignity. We should all do our best to leave the Earth a better place than we found it.]

Airdate: 2/17/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

GREAT NORTH [JDD208]

Join host Dylan Dreyer as she reveals the Far North as you have never experienced it before. We'll hear the stories and music of the native people, the Inuit and the Saami, who live on the roof of the world in Canada and Sweden. And we'll come face-to-face with the sacred animal heart of their lives, the caribou and the reindeer, whose remarkable journey reveals the majestic Arctic landscape. First, we'll learn more about the incredible history of the Inuit people surviving in the Arctic region for thousands of years. We'll also discover how the caribou is vital to the Inuit way of life, as the caribou defines the Inuit calendar and gives names to all the seasons. We'll take a closer look at caribou during their calving season as well as how they migrate further than any other land mammal. Next, we'll travel to the chilly tundra of Northern Sweden, where we learn how the center of Sami culture is herding reindeer, a close cousin of the caribou. We'll witness the modern day Sami culture and how they use helicopters to herd over 5,000 reindeer into a corral for a large community gathering. The ancestors of these men and women domesticated the reindeer long before people elsewhere in the world had even tamed the horse. About ten percent of the Sami people make a livelihood from herding reindeer, which provides their communities with meat, fur, and transportation. Finally, we'll learn first-hand how the ancient Inuit construct an igloo as a shelter in the Arctic tundra.

[Educational Message: Where there's a will, there's a way. Our ancestors survived and thrived in extreme conditions with very little of the comforts we know today. We must never forget our history and learn to appreciate the little things we often take for granted.]

Airdate: 2/17/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

HEIWA TOFU [NDS214]

Host Danny Seo travels to Maine to learn how to make tofu, which is an excellent source of calcium and iron. The process of making tofu consists of removing the fiber and protein from soybeans that have been soaked overnight to create soy milk, curdling the soy milk, separating the curds and whey, and pressing the curds into blocks of tofu. The texture of tofu is determined by its liquid content--the more liquid, the softer the tofu. Next, Danny uses lemons three different ways--to keep flowers fresh, prevent food from drying out, and make whole lemon mayonnaise dip. Adding a lemon to vase water can help prevent bacteria, which can choke the stem and leaves and shorten the life of flowers. The pith of a lemon acts as a natural sponge, so adding it to food containers can help keep food fresh by absorbing moisture. Using whole lemons in recipes has healthy benefits since lemon peel contains approximately 5 to 10 times more vitamins than lemon juice. Then, Danny upcycles a shopping bag into an instant gift bag using recyclable household materials, like aluminum foil and plastic bottles. Aluminum is 100% recyclable and maintains the same physical properties after recycling.

[Educational Message: Tofu is a versatile food that is not highly processed and has health benefits by being high in fiber and low in carbohydrates. Each part of a lemon provides a different benefit, allowing lemons to be used for multiple purposes, such as disinfecting. Turning a shopping bag into a gift bag by decorating it with recyclable materials is a unique way to help the environment and show your creativity.]

Airdate: 2/17/2018

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: 2/17/2018

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN

SUPPORT SYSTEMS [HOC214]

Professional golfers share how each victory or defeat can be attributed to the efforts of an entire team, consisting of roles such as a caddy, sports agent, swing coach and sports psychologist. Caddies help with reading greens, club selection, and knowing the conditions of the course; and a sports agent is a legal representative for athletes who negotiates employment and endorsement contracts. Next, we see how an adaptive ice-skating program in Jefferson City, Missouri, which is the state capital, helps children with special needs unite with family and friends. Ice skating is used in several different competitive sports, including figure skating, speed skating and ice hockey. Then, the father of PGA Tour pro, Adam Scott, discusses the ups and downs of his son's golf career and Scott's long-anticipated win at The Masters, which is the only major championship held each year at the same location. The Masters was coined by Augusta National chairman Clifford Roberts in 1938. Lastly, 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. Colombia is the only country in South America that has a coastline on both the Pacific Ocean and the Caribbean Sea.

[Educational Message: Surrounding yourself with a support system that challenges and motivates you can be instrumental in achieving your goal. Viewers learn about the evolution of the modern golf team and steps to take to become a sports agent, how sports can help people improve socialization, and skills needed to become a BMX racer.]

Airdate: 2/24/2018

Time: 10:00AM

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
OLYMPIC-SIZED ADVENTURE [VJG215]**

Host Josh Garcia sails to Athens, Greece to explore this ancient capital city. Athens is named after Athena, the Greek goddess of wisdom and courage. Dating back more than 3,000 years, Athens is one of the oldest cities in the world. Upon arriving, he learns how traditional prayer beads have been transformed into a popular part of Greek culture, known as worry beads. Called Komboloi, translating to mean knots in a line, these traditional prayer beads originated from knotted prayer ropes used in monasteries. Although now, these are not exclusively religious, they are used to ease worry or stress. Then, he travels to the countryside and makes a signature Greek dish using vegetables from the land. Moussaka is an eggplant dish that originated in the Middle East, and is popular in Greek cuisine. Mezze are small dishes in Greek cuisine that are meant to be shared by a group, including dishes like tzatziki, hummus, and eggplant salad. Josh's final excursion is a once-in-a-lifetime event as he meets an Olympian who teaches him to throw the javelin like a world-class athlete. At the site of the 2004 Olympic Games, Josh learns the basics of some track and field events. The Olympic Games were held every four years, and in antiquity this period was used by Greeks as a unit of time measurement.

[Educational Message: Visiting an ancient city that has been historically maintained while updated in some ways for modernity, can be an incredible experience, and in some ways can feel like a trip back in time.]

Airdate: 2/24/2018

Time: 10:30AM

Duration: 30:00

**WILDERNESS VET
DANGEROUS JOBS [WDV215]**

As a wildlife vet, not every appointment happens in the safety of an office, and sometimes heading into the patient's world is the only option. For Dr. Oakley, who handles everything from feisty musk oxen to grumpy bears, every exam becomes a risky procedure. First, Dr. Oakley and her family are heading to a horse ranch to assist in locating a group of missing horses. Dr. Oakley and the team will have to use a combination of all-terrain vehicles and an airplane to try and spot the wayward horses. Once successfully captured, Dr. Oakley will need to perform a surgical procedure on one of the horses in order to treat a hernia. Next, Dr. Oakley is visiting the Yukon Wildlife Preserve to check on an ailing musk ox. Record setting high temperatures in the Yukon area are giving the musk ox heat stress. Heat stress, or hyperthermia, is a condition that will quickly become dangerous for an animal that's meant to live in sub-zero temperatures. Dr. Oakley will have to race against the clock to help treat the musk ox successfully. Finally, Dr. Oakley is visiting a black bear in need of an examination before it's moved to a new enclosure. Dr. Oakley and her team work together to safely sedate and extricate the bear for its health exam and eventual relocation.

[Educational Message: We must always strive to get out of our comfort zones. When we push ourselves to take risks, we can find new opportunities for success.]

Airdate: 2/24/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

NORTH AMERICAN ADVENTURE [JDD209]

Join host Dylan Dreyer on an exciting journey across North America. Traveling deep into the wilderness of Alaska, we'll come face-to-face with a family of black bears. Then, we'll explore the incredible ecosystem of the Great Lakes and learn how biologists are protecting an ancient fish called sturgeon. Later, we'll visit the world famous geyser Old Faithful and experience the breathtaking beauty of Yellowstone National Park. First, our adventure begins in Alaska where we meet a family of black bears as they emerge from a six-month hibernation. We'll follow a mother black bear as she raises her two young cubs in the harsh Alaskan wilderness. We'll also learn more about various Native American tribes and how they had a very close relationship with the bear species throughout North America. Next, we'll join a group of biologists who have dedicated their entire careers to saving the lake sturgeon, a fish that has lived on earth for more than a 150 million years. We'll learn more about the innovative and creative techniques being used by biologists to ensure the survival of the sturgeon species for years to come. Finally, we'll learn more about geothermal phenomena in Yellowstone such as geysers and hot springs. We'll follow a team of scientists and geologists using computers, probes, and satellites to measure numerous aspects of Old Faithful in order to learn why the geyser erupts with such predictable regularity.

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

Airdate: 2/24/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

VEESTRO [NDS215]

Host Danny Seo visits a chef that started a plant-based meal service to help people with busy schedules eat healthier, and he learns how to make vegetable empanadas. Empanadas, which originated in a northwest region of Spain, can be baked or fried and are made by folding dough over a stuffing. Next, Danny creates a yogurt strawberry oat mask with bentonite clay. Strawberries are rich in vitamin C, oats help exfoliate, honey is an antioxidant that can reduce inflammation, and organic yogurt can help even skin tone. Bentonite clay, a detoxifier, is made from volcanic ash and contains iron, sodium, and calcium. Then, Danny makes kulfi pops using just three ingredients--sweetened condensed milk, evaporated milk, and regular milk. Kulfi is a frozen dairy-based dessert from India, and it's creamier and denser than ice cream. Then, Danny teaches a scientific way to repurpose nail polish by adding a few drops to hot water and dipping items on the surface to create colorful, marbled accessories. Nail polish contains a petroleum-based solvent, like oil, which is lighter than water; and it will adhere to non-porous surfaces like porcelain, glass and metal.

[Educational Message: Trying new recipes is a fun way to learn about different cultures. Items you have in your kitchen can also be used to benefit your skin. Old nail polish doesn't have to be thrown out--it can be used to create art. The combination of two simple materials, like nail polish and hot water, can result in a beautiful reaction, allowing you to decorate accessories in a unique way.]

Airdate: 2/24/2018

Time: 9:00AM

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: 2/24/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

ICE IN THE VEINS [HOC208]

We meet Erin Hamlin, the first female American luger to medal at any Winter Olympics, and see how she stays true to her roots in Remsen, NY by applying her blue-collar background into her training. Luges use small fiberglass sleds which sit on stainless steel

blades. Next, we learn how Bryson DeChambeau credits geometry— a type of mathematics concerned with shape, size and the properties of space— for his early golf success. He also majored in physics, one of the oldest academic disciplines, to further his understanding of his golf game. Then, NHL Blue Jackets captain Nick Foligno finds new purpose after his daughter's life is saved by cardiologists. About 1 in 4 babies born with a heart defect have congenital heart disease. Lastly, we follow the career of Dale McNamara as we learn about the impact and legacy she has left on women's collegiate golf, particularly at the University of Tulsa, a private university in Oklahoma.

[Educational Message: Lessons learned in one area of life-- whether it be your background, a school subject or a difficult situation-- can be applied to another area to help you succeed. Viewers learn what lugging is, how geometry is useful in the game of golf, what cardiology and congenital heart disease is, and about the growth of women's collegiate golf.]

Airdate: 3/3/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

UN-BELIZE-ABLE! [VJG216]

Host Josh Garcia is ashore in Belize, and he kicks off his day with a local chef who teaches him how to make a traditional Belizean stew using unique culinary tools native to the country. Using a hana, a traditional mortar and pestle, they make hudut, mashed plantains customarily served with Belizean coconut stew, made with coconut, herbs, and fish. Next, he ventures into the jungle and discovers Mayan ruins that date back more than 3,000 years. The High Temple at Lamanai reaches a height of 108 feet from the plaza floor. The Maya built their temples to house their deities and bury their kings. The name Lamanai was recorded by the Spanish in the 16th century. The structure goes back as far as 100 B.C, but the beginning of the city goes back as far as 1,500 BC. Lamanai is the longest continually-occupied site in Mesoamerica. Finally, Josh enjoys a breathtaking underwater adventure swimming with sharks. The Hol Chan Marine Reserve was established in 1987, and is a protected area for nurse sharks and other wildlife. Nurse sharks have teeth set further back, so they eat with a sucking motion. Nurse sharks are important to the fragile marine ecosystem and reefs.

[Educational Message: Venturing safely into wildlife to witness the majesty of creatures in their natural habitat can be both an educational and also an enlightening experience, and can leave you in wonderment.]

Airdate: 3/3/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

TINY HEARTS [WDV216]

In the Yukon, large animals aren't the only ones that require Dr. Oakley's expertise, little creatures depend on her as well. But don't let their size fool you because these tiny patients tend to have the largest personalities. First, Dr. Oakley visits a bald eagle for its annual checkup. After carefully restraining the eagle, Dr. Oakley notices that there is some abnormal wear and inflammation in the raptor's foot. Dr. Oakley thoroughly cleans the eagle's feet and utilizes a moisturizer and antibiotics to help heal the injured foot. Next, Dr. Oakley visits with a puppy named Dixie who may be suffering canine parvovirus, a highly contagious infection. Dixie will be prescribed an antibiotic and be isolated from all other animals while she recovers. Next, Dr. Oakley visits with Maggie, an Australian shepherd suffering from a severe laceration on her paw. Although a difficult injury to treat, Dr. Oakley thoroughly cleans the area and applies stitches to close the wound. Finally, Dr. Oakley visits a rescued pet tropical parrot named Buzz that was previously kept under poor conditions. Dr. Oakley performs a physical exam and discovers that Buzz is actually a wild caught parrot that is at least 25 years old. Because Buzz did not grow up in the wild, he will remain in human care.

[Educational Message: We are always faced with obstacles in life, big or small. We must face all challenges with the same effort and enthusiasm in order to overcome.]

Airdate: 3/3/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE WILD WORLD OF BUGS [JDD210]

Join host Dylan Dreyer on an adventure deep into the rainforests of Southeast Asia, as we follow the life cycles of some of our planet's most amazing insect species. We'll meet mantis, beetles, butterflies and more, and watch as these amazing creatures navigate their tiny worlds. Our journey begins on the island of Borneo in Southeast Asia. First, we'll learn more about the Papilio species of caterpillar, which we'll follow as it emerges from its egg, until its metamorphosis into an adult butterfly. Here we'll discover more about the unique adaptations and defense mechanisms of this fascinating species of insect. Next, we'll discover more about the praying mantis and how there are more than 2,400 species of mantids around the world. We'll learn more about the excellent eyesight of the praying mantis and its incredible hunting skills in the wild. Next, we'll meet the rhinoceros beetle and learn about how beetles account for forty percent of all insects and twenty-five percent of all animal life on Earth. Finally, we'll discover more about the various predators of insects such as bats, scorpions, and tarantulas.

[Educational Message: No matter how big or small, we can all make a big impact in our environment. Insects play a vital role in our ecosystems and we must always respect nature and wildlife, no matter its size or appearance.]

Airdate: 3/3/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

CHLOE DAO [NDS216]

Host Danny Seo travels to Houston to visit fashion designer Chloe Dao and learns how to macramé using leftover fabric. Macramé is the art of tying knots to create designs, and it is believed to have originated with Arab weavers in the 13th century. In the 19th century, sailors helped spread the art of macramé by making macramé hammocks and belts, calling the process "square-knotting," and bartering or selling their creations at various ports. Next, Danny makes a peel-off charcoal mask using egg whites, activated charcoal and gelatin. Egg whites help tighten pores and are high in protein, which absorbs oil; and activated charcoal helps detoxify skin and is made from wood, coal or other substances that have been processed at high temperatures. Then, Danny prepares two different meals featuring yogurt. A typical serving of yogurt has a few billion "good" bacteria, which can aid in digestion; and when yogurt is frozen, the cultures become dormant, but once ingested, they become active again. Then, Danny makes wooden letters using twigs found outside and butyl. Even in extreme weather, butyl retains elasticity and adhesion; one of the first uses of butyl rubber was to make tire inner tubes.

[Educational Message: Macramé is a creative, easy way to make one-of-a-kind pieces, such as fashion accessories and art, while also practicing an ancient technique. Instead of spending money on a charcoal mask at the store, you can make one at home with just three ingredients that provide benefits for your skin. You can do more with yogurt than just eating it as-is, it can be used to enhance a recipe as a substitute for milk that provides more flavor. You can create personalized art using something you see everyday and wouldn't expect, like sticks found in your own backyard.]

Airdate: 3/3/2018

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: 3/3/2018

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN

WINTER WONDERS [HOC209]

We see how snowboarder Ryan Stassel works as a fisherman in Alaska to earn money so he can train for and participate in competitions. Commercial fishing is a major industry in Alaska and has been for hundreds of years. Inlets, which are indentations of shorelines that often lead to an enclosed body of saltwater, are popular fishing locations in Alaska. Next, golfer Wesley Bryan talks about the impact his father has on his career, not only as a father but also a coach, growing up in South Carolina, which is the only state in the country that grows tea and was one of the original 13 colonies that formed the United States. Then, we see how alpine skier Mikaela Shiffrin works hard to train for the sport as well as inspire those around her. Ski poles are used for balance and propulsion. Lastly, junior golfer Karson Adkins explains how her relationship with her sister encourages her to strive to be the best. In 1939, the USGA adopted the 14-club rule which limited the number of clubs a golfer could carry.

[Educational Message: It takes more than physical training to succeed in a sport-- support off the field is just as important, whether it be financial or motivational. Viewers learn about Alaskan fishing, the role of a golf coach and how it can help your golf game, and steps junior golfers can take to grow their career.]

Airdate: 3/10/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ASIAN ADVENTURE [VJG217]

Josh rereads some of his favorite journal entries from his thrilling tour of Asia. In Ho Chi Minh City, Vietnam, he ventures into the lush rice fields, learning first-hand about the country's most important crop. He learns to harvest rice by hand one grain at a time, and realizes that rice harvesting isn't easy and requires much time and careful work, spanning across about three cropping seasons per year. In Shanghai, China, Josh discovers the city's hottest specialty, little pillows of joy called soup dumplings. Soup dumplings are typically filled with pork, shrimp, or crab, and this dish dates back to the 1800s in a town outside of Shanghai. Meat is steamed inside a pocket of thin, dumpling dough, locking in the broth. Dumplings are shaped through a technique called pleating. Finally, in Taipei, Taiwan he explores a majestic tea farm high above the city and learns how to make Taipei's celebrated elixir, Oriental Beauty. The process of harvesting tea begins by picking specific portions of the plant and then the leaves are left out in the sun to wither to remove any excess water and prepare the leaves for oxidation. Then the tea leaves are roasted, folded, and rolled to release the tea's natural flavors and aromas.

[Educational Message: Paying attention to small details can have great reward, whether that's the meticulous details in a time and labor intensive process or appreciating the small things in life.]

Airdate: 3/10/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

OH DEER! [WDV217]

With so many species of deer roaming the Yukon, no two encounters are ever the same. But whatever size, age, or color - these creatures can always rely on Dr. Oakley to be there when they need her. First up, Dr. Oakley is visiting a local farm to check on a young reindeer with a serious injury. After sedating the patient, Dr. Oakley discovers the reindeer has a fractured leg and a massive infection. For this nasty injury to fully heal, it will take some time, antibiotics, and plenty of rest. Next, Dr. Oakley is heading to the Alaska Wildlife Conservation Center to test a herd of elk before they are released to the wild. To test these animals for diseases, Dr.

Oakley will need to sedate the elk, and collect blood samples. Dr. Oakley will be checking for adenovirus, a disease that can turn fatal quickly, and is extremely contagious. Next up, Dr. Oakley is checking in on an orphaned moose calf suffering from a broken leg. Due to the weakened condition of the animal, Dr. Oakley will provide I.V. fluids and pain relief to help treat the ailing moose calf. Finally, Dr. Oakley heads out to a local farm to check in on a newborn reindeer calf that may be suffering from conjunctivitis. However, after a quick examination, Dr. Oakley discovers that the calf actually has entropion, a medical condition in which the eyelid folds inward. Luckily, Dr. Oakley is joined by a group of veterinarian students, so this procedure will be an excellent teaching opportunity.

[Educational Message: Never stop learning and never stop sharing. We must constantly seek new knowledge and do our part to share it with others.]

Airdate: 3/10/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

CLIMBING MOUNT KILIMANJARO [JDD211]

Join host Dylan Dreyer on an epic adventure to the Roof of Africa. We'll follow a band of brave trekkers as they journey through rugged terrain and extreme conditions, in order to make it to the very top of Africa's highest point. Ranging in age from 12 to 64, our mountaineers climb through rainforests and arctic glaciers, all the while learning about the formation of the African continent and serving as inspirations to people of all ages. We begin our journey in Tanzania, which is home to the Serengeti region and the largest mammal migration on Earth. We'll travel to Mount Kilimanjaro, which rises over 19,000 feet above sea level and is nicknamed the "Roof of Africa." Here we'll follow a group of climbers as they attempt to summit the mountain, and we'll learn about how the route to the summit passes through several different climates zones. First, the group will travel through the humid rainforests that encircle the mountain, then they will reach the unusual tree line of the Heath Zone, which will then lead to the grassy Moorland at over 10,000 feet in elevation. Conditions become increasingly harsh as the route leads through the Alpine Desert and into the Arctic Region, which, at above 17,000 feet, is windswept and bitterly cold. We'll follow the entire journey from top to bottom and witness the struggles and adversity the climbers face as they attempt to accomplish their mission to summit Mount Kilimanjaro.

[Educational Message: We must never place limits on our dreams and goals. No matter how difficult the task, or how old you are, we can accomplish great things with motivation and determination.]

Airdate: 3/10/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SPILLING THE BEANS [NDS217]

Host Danny Seo travels to a factory in Indiana to learn how beans, which are a good source of iron and potassium, are produced. The process consists of soaking the beans for 18 to 22 hours; removing water by centrifugal force, which is the action of drawing a rotating body away from the center of rotation; steam blanching to remove oxygen; seasoning and canning. On average, Americans consume about 7.5 pounds of beans each year. Next, Danny makes different types of hummus using exotic ingredients, such as za'atar and preserved lemons. The word hummus means chickpeas in Arabic, and chickpeas are an excellent source of fiber, protein, iron and zinc. Za'atar is a Middle Eastern spice blend that was used for medicinal purposes in the 12th century and can be traced back to biblical times. Preserved lemons, a Moroccan staple, have a silky texture and a mellow, citrus flavor. Then, Danny turns rocks found in the yard into marbleized works of art using paint and glaze, which is a binding solution that gives decorative finishes depth and dimension. Marbleizing, originally called "ebru" or "cloud art," began in Persia, India and Turkey in the 15th century.

[Educational Message: A nutritious food starts with the soil in which it is grown--providing nutrients like nitrogen and potassium instead of synthetic fertilizer helps ensure healthy produce. Beans contain nutrients such as iron, potassium, magnesium, folic acid and zinc. Adding an exotic ingredient to a seemingly plain recipe or applying an ancient technique to decorate a seemingly plain object is a great way to show creativity and gain insight into a different culture.]

Airdate: 3/10/2018

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO FUTURE SCIENTISTS AND CHAMPIONS OF THE LAND IN COLORADO [GBU110]

Jenna Bush Hager, NBC Host and Correspondent, goes to Colorado to visit two organizations teaching children and teens the importance – and joy – of caring for their environment. Using the story that she’s there to film a documentary, Jenna begins her day with a visit to the Aspen Center for Environmental Studies (ACES) where kids study geology hands-on in a valley below Aspen’s Maroon Bells mountains. Blown away by ACES’ innovative approach to environmental education and commitment to making it available to all kids, Jenna is determined to help. Next, Jenna spends time with the Roaring Fork Outdoor Volunteers, who get kids and teens to leave their screens behind and build a sense of responsibility and a reverence for nature as they clear hiking trails around Aspen. In the end, seeing that both organizations are worthy of support, Jenna divides a generous gift from the Environment Foundation between them.

[Educational Message: Philanthropic organizations can encourage environmental stewardship by providing opportunities for hands-on learning, taking individuals outside in nature.]

Airdate: 3/10/2018

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN

FLIGHT CLUB [HOC210]

Olympic snowboarders and skiers share the highs and lows of training in their field and explain what it feels like to defy gravity during competitions. The earliest organized ski jumping competitions were held in Norway in the 1860s-- bindings invented by Norwegian Sondre Norheim made it possible for skiers to jump in the air. Next, golfer Omar Uresti shares his story how he started playing golf at a young age, went on to become the Texas State Junior champion, and now has found a passion for The First Tee. The First Tee is a youth development organization that introduces the game of golf to kids. Then, alpine skier Lindsey Vonn explains how she trains for the Olympics and how she doesn’t let injuries or the fear of falling hold her back. Alpine skiing has been an event at the Winter Olympics since 1936, and Italian Skier Simone Origone holds the world record for the fastest downhill ski at 156.2 miles per hour. Lastly, a profile on golfer Greg Norman shares how he worked his way back into the ranks of golf, eventually becoming the runner-up at the 1996 Masters. The Masters was called “the Augusta National Invitational” for the first five years.

[Educational Message: When you fall down, get back up and keep trying-- even if you don’t reach your goal, you might end up discovering something that means more. Viewers learn about The First Tee, steps young golfers can take to grow in the ranks of professional golf, and important skills needed to train and become an Olympic snowboarder or skier.]

Airdate: 3/17/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VIKING TERRITORY [VJG208]

Host Josh Garcia sails into Copenhagen, the storybook capital of Denmark. First Josh visits the famed Viking museum to learn how Viking ships were built. He travels back in time as he learns the techniques and mechanisms used by Vikings, and takes part in building one of these ships in exactly the same fashion. Vikings were Norse seafarers that lived between the 8th and 11th centuries. Then Josh visits a local restaurant known for the country’s national dish, and learns that there’s more to smorrebrod than just any old open face sandwich. Smorrebrod is all about mixing texture and complex flavors, and is traditionally made with dark rye bread and herring. Herring is a fatty fish that is traditionally salted, smoked, or pickled. With the help of this local chef, Josh learns how to

elevate this open face sandwich into a work of art. Finally, Josh ventures out to sea and explores the massive wind turbines that help generate the city's power. Denmark is a leader in renewable energy, and the power from wind turbines covers nearly forty percent of the country's power consumption. These wind farms are located in the North Sea because they are able to capture more wind since there's no interference from land or trees.

[Educational Message: Things aren't always what they appear to be on the surface, and sometimes it's best to reserve your judgement until you have more information and a better understanding of what's beneath the surface.]

Airdate: 3/17/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

CALL OF THE WILD [WDV208]

The most rewarding part of Dr. Oakley's job is being out in the field working with wild animals. That's why when calls start coming in asking for her to help with wildlife projects, Dr. Oakley jumps at the opportunity to get up-close and personal with some amazing creatures. First, Dr. Oakley is visiting a local rancher who works with wild horses. Today's mission is to relocate two wild horses to their ranch in order to restore the breed for future generations. These wild horses will prove difficult to catch, so Dr. Oakley and her team will need to utilize a helicopter in order to track, capture, and relocate the animals safely. We'll follow Dr. Oakley and her team as they successfully capture and relocate two healthy, wild horses. Next, Dr. Oakley is heading to Fortress of the Bear Animal Sanctuary to examine an injured bear resident, named Kilznu. Dr. Oakley will begin by examining Kilznu from outside of a special handling area. Dr. Oakley observes bite marks on the bear, which were caused by a fight with Kilznu's siblings. Dr. Oakley flushes Kilznu's wounds and provides antibiotics as well as anti-inflammatories in order to help the bear recover. Finally, Dr. Oakley performs a spaying surgery on a gray wolf puppy, named Deshka. Since these wolves are not endangered species, Alaska State law requires all females to be spayed, in order to control population sizes.

[Educational Message: Do what you love and love what you do. The best way to do great work is to enjoy what you are doing.]

Airdate: 3/17/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE SURPRISE SALMON [JDD212]

Join host Dylan Dreyer on a journey to the most active volcanoes of Alaska to explore a population of salmon unlike any other on Earth. Scientists have only just begun to piece together what might have happened nearly 2,000 years ago, when one race of salmon faced the destruction of their home river. Navigating through poison waters, bears, sharks and eagles, the fish escaped and found a new home near the heart of an active volcano. Our journey begins in Alaska where we follow a group of salmon in route to their spawning grounds to make way for the next generation of salmon. Salmon are born in freshwater and migrate downstream to the ocean, where they eventually return to the freshwater to spawn. However, there are many obstacles and threats preventing the salmon from completing their journey. Here we'll learn how the volcanoes in this region have affected and changed the migration routes and populations of the salmon. Next, we'll discover how salmon must evade various predators on their journey such as bears, birds, and even great white sharks. Finally, we'll witness the incredible conclusion to this great salmon migration, in which female salmon will spawn over a period of several days. Their quest complete, their bodies spent, the salmon begin to deteriorate and eventually die. Here we'll witness how the nutrient rich bodies of the salmon help feed the wildlife and plant life in this ecosystem.

[Educational Message: We are constantly faced with new challenges and surroundings in our lives. We must learn to adapt and improvise in order to succeed.]

Airdate: 3/17/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

HARRY CONNICK, JR. [NDS208]

Host Danny Seo visits Harry Connick, Jr. and exchanges travel tips on how to travel more efficiently and healthy. Shoes can carry toxins and bacteria, so wrapping them before packing helps prevent contact with other clothing. Newspaper and hair conditioner can serve more than one purpose— newspaper helps absorb toxins, odor and moisture; and hair conditioner can substitute for shaving

cream because it's designed to moisturize, hydrate and soften hair, which can aid in hair removal. Americans throw away about 35 billion plastic bottles every year, so travelling with a reusable water bottle helps the environment and also helps ensure that you stay hydrated. Next, Danny cooks up a healthy version of ramen using butternut squash. The Japanese pronunciation for "ramen" comes from the Chinese word "lamian," which means pulled noodles. Though it originated in China, ramen has long been considered a national dish of Japan. Then, Danny teaches how to make two types of natural slime— one using psyllium husk and the other using xanthan gum. Psyllium is a type of fiber made from plant seeds, and xanthan gum is a sugar-like compound made by mixing fermented sugars with bacteria.

[Educational Message: Finding a way to use something for more ways than one can allow you to travel lighter. It's important to stay healthy while you travel, and you can do so by helping prevent the spread of bacteria and staying hydrated. A creative way to ensure you get enough vegetables is by making them into noodles using a spiralizer. Creating ethnic dishes is a great way to learn about different cultures. Science can be fun— seeing how different ingredients react to each other can result in something interesting, like slime.]

Airdate: 3/17/2018

Time: 9:00AM

Duration: 30:00

GIVE

GIVE HOPE TO KIDS IN NEED [GBU111]

Actor and GIVE Executive Producer Blair Underwood visits two New York-based charities that are transforming the lives of children in need. First, Blair suits up at a tennis camp in Queens run by the Parks Foundation, which provides free sports instruction for kids in underserved neighborhoods. Blair witnesses kids of all ages and skill levels learning a game that teaches the valuable lessons of self-reliance and discipline. With encouragement from the coaches, Blair gets his hands on a racket and goes toe-to-toe with a student who shows him just how valuable the City Parks Foundation has been in her life. Next, Blair journeys out on Long Island to visit the Sunrise Association, an organization that provides day camps for children with cancer and their siblings. Blair meets a teenager who lost a leg to bone cancer but finds joy and hope in the Sunrise Camps program. Realizing that the two organizations offer different but vital services to the populations they serve, Blair must determine how to divide \$50,000 between them. In the end, he returns to surprise and delight each charity with a gift.

[Educational Message: Camp programs can provide individuals with opportunities to learn new skills, harness creativity, strengthen social skills, and boost confidence.]

Airdate: 3/17/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

INSPIRE AND DESIRE [HOC211]

Freestyle skier Maddie Bowman talks about growing up in Lake Tahoe, which is $\frac{2}{3}$ in California and $\frac{1}{3}$ in Nevada, and how she gains inspiration from her mother. Sir Arthur Conan Doyle is credited with the introduction of skiing to Switzerland. Next, golfer Jimmy Walker discusses about the impact his home state of Texas, which makes up more than seven percent of the total landmass of the U.S., has had on his career. Then, we travel to Uganda with olympic skier Gus Kenworthy and see the impact sports have on those in refugee camps. A refugee is a displaced person who has been forced to cross national boundaries and can't return home. Lastly, we meet junior golfer Momo Kikuchi who moved from Japan for the hopes of competing at Augusta. The United States has more golf courses than Japan, almost $\frac{3}{4}$ of which is made up of either forest or mountains.

[Educational Message: There is always something to be learned from your surroundings, whether it be a family member, your hometown or those less fortunate than you. Viewers learn about steps to take to be a freestyle skier, the state of Texas, what life is like in a refugee camp and how golf in Japan differs from golf in the United States.]

Airdate: 3/24/2018

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CARIBBEAN GEM [VJG210]

Host Josh Garcia spends the day ashore in Amber Cove exploring the Dominican Republic's national treasures. First, he discovers the natural wonder of amber, an indigenous gem that dates back millions of years. Amber is the second national stone in the Dominican Republic and fossilized amber can be found in the region. Next, he teams up with a local restaurateur and learns how to make sancocho, the island's epic national dish. Sancocho is a popular Latin American dish that has different variations across different cultures. It is believed that sancocho originally came from the people of the Canary Islands. Fascinated by the country's success in major league baseball, Josh visits a premier sports academy and trains with its heavy hitters. Baseball is the Dominican Republic's national sport and has the highest percentage of Major League Baseball players in the world. Players traditionally start training at the age of thirteen. Josh learns some of the basics of hitting, pitching, and rounding the bases.

[Educational Message: Different variations of the same concept or idea can exist simultaneously in different cultures at one time. While each culture has its own spin or take on certain food dishes, these dishes can be more similar than you might think given that they share similar cooking techniques and practices.]

Airdate: 3/24/2018

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

BOVINE UNIVERSITY [WDV209]

When cows are in trouble, Dr. Oakley is there on the double. From newly-born calves to large herds of cattle, there's no lengths she won't go to in order to help these amazing animals. First up, Dr. Oakley is on her way to a ranch to check on a newborn calf that's been showing signs of poor health. Dr. Oakley examines the calf and administers anti-inflammatories and antibiotics to reverse the calf's downward spiral. Next, Dr. Oakley and her daughter Sierra are on their way to a local farm to perform a pregnancy check on a female cow. Dr. Oakley completes the internal examination and confirms that the cow is indeed pregnant. Next, Dr. Oakley makes a long journey to Chichagof Island, an isolated area just south of Juneau, Alaska that has the highest concentration of bears per square mile of any place on Earth. However, Dr. Oakley has traveled here to perform a castration on the farm's newest calf, and her team must work together to properly sedate the calf and complete the procedure.

[Educational Message: The ability to work with others as a team to problem-solve is crucial. We can often accomplish more together than when working alone.]

Airdate: 3/24/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

EXTREME CLIMATES [JDD213]

Join host Dylan Dreyer as we explore some of the most intense and diverse environments on planet Earth. We'll travel through the jungles of Southeast Asia, across the deserts of Saudi Arabia, up the mountain peaks of Africa, and over the frozen tundras of Northern Sweden. Along the way, we'll meet the amazing people and incredible animals that live there. First, we'll travel to the waters of the Eastern coast of South Africa. 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. Next, we'll trek deep into Australia's desolate desert outback and explore its ancient rainforests. Here, we'll find the remains of a species thought to have been extinct for over 100 million years. We'll follow a team of researchers as they explore the ancient grove and discover more about the prehistoric plants. Next, we'll journey into the heart, history, culture and religion of the Arabian Peninsula. We'll explore the ancient traditions and unique customs found nowhere else in the world, and

uncover the secrets of proud people who have flourished in one of the harshest environments on the planet for thousands of years. Finally, we'll travel to the Great North where we'll hear the stories and music of the native people, the Inuit and the Saami, who live on the roof of the world in Canada and Sweden. And we'll come face-to-face with the sacred animal heart of their lives, the caribou and the reindeer, whose remarkable journey reveals the majestic Arctic landscape.

[Educational Message: Surviving in extreme climates takes adaptation and great determination. We must always respect and appreciate the beauty and power of nature.]

Airdate: 3/24/2018

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

CROFT ALLEY [NDS209]

Host Danny Seo visits a chef that creates unique, healthier versions of popular comfort food by incorporating vegetables, and he learns how to make cauliflower grilled cheese. Cauliflower can absorb flavors of spices and oil while retaining its firm texture, and one cup of cauliflower provides 73% of the daily-recommended amount of vitamin C. Next, Danny teaches viewers how to eat healthy on-the-go by making kale salad in canning jars. Kale is packed with antioxidants and nutrients, such as folate and magnesium, and it is low in calories, high in fiber, and has zero fat. Next, we learn that Americans throw away about 28 billion bottles and jars every year, and Danny shows viewers how they can do their part to reuse these items instead. Danny demonstrates how to turn recyclable bottles and cans into sea urchin inspired vases using dimensional paint, which expands as it dries to create a raised pattern.

[Educational Message: Exploring new recipes using vegetables is a great way to show creativity and add a healthy twist to typically not-so-healthy dishes. Being busy doesn't mean you have to sacrifice a healthy meal. Recycling bottles and cans as decorative vases is an innovative way to help reduce waste while also being artistic.]

Airdate: 3/24/2018

Time: 9:00AM

Duration: 30:00

GIVE

GIVE TO PET OWNERS AND THEIR FURRY FRIENDS IN SOUTH LOS ANGELES [GBU112]

Actress and blogger Jamie Chung goes to South Los Angeles to visit two organizations dedicated to the wellbeing of our furry friends and their human families. Using the story that she's there doing research for her blog, Jamie begins her day with a visit to the Amanda Foundation, which rescues animals from shelters and provides free and low-cost medical care for pets in some of LA County's poorest communities. Inspired by the young volunteers she meets at Amanda Foundation -- middle-schoolers who want to take care of animals and their neighborhoods as veterinarians one day -- Jamie is determined to help. But first she pays a visit to Downtown Dog Rescue, an organization that helps homeless and low-income pet-owners keep and care for their four-legged loved ones with free medical and legal services, and an emergency kennel. At Downtown Dog Rescue, Jamie has an emotional encounter with a group of homeless pet-owners and their dogs. Seeing that both organizations are worthy of all the support she can give them, she divides a generous gift from the ASPCA between them.

[Educational Message: Owning a pet can be a long-term commitment to caring for the health and wellbeing of your furry friend. For many, pets can provide emotional support for their owners.]

Airdate: 3/24/2018

Time: 9:30AM

Duration: 30:00

**THE CHAMPION WITHIN
FATHER'S DAY [HOC212]**

Washington Redskins quarterback Kirk Cousins talks about how his bond with his father has grown after having his father as a coach growing up and then seeing him battle skin cancer. The NFL was founded as the American Professional Football Conference on August 20, 1920, and players in the NFL were not required to wear helmets until 1943. Next, PGA teaching pro David Muttitt explains how helping others has benefited his own golf game, such as qualifying for the PGA Championship, which was televised in color for the first time in 1966. Then, we see how Olympic bobsledder Elana Meyers Taylor first got involved in the sport and now trains for the Olympics. Bobsleds can reach speeds up to 90 miles per hour, and the modern-day sport of bobsledding was conceived in Switzerland in the late 1800s. Lastly, we see how golfer Lydia Ko's golf career grew from an astonishing young age, labeling her a child prodigy. A child prodigy is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert.

[Educational Message: Helping others achieve their goals can be just as fulfilling as achieving your own. Viewers learn about steps to take to be a professional football player, bobsledding and how to become involved in the sport, and ways to help improve your golf game.]

Airdate: 3/31/2018

Time: 10:00AM

Duration: 30:00

**THE VOYAGER WITH JOSH GARCIA
SWEET PARADISE [VJG218]**

Host Josh Garcia docks in the captivating Spanish island of Mallorca. First, Josh takes a scenic ride through the countryside on a one-of-a-kind wooden train built over a century ago. The Sollar Train has been in service since 1912 and at one time was used to transport goods and passengers from Sollar to Palma. It's a narrow gauge train which refers to the width of the track being 3 feet compared to the standard 4.5 feet. Then, at a gourmet sausage lab, he learns how to make *sobrasada*, a world-famous Mallorcan delicacy. Sobrasada has been a delicacy since the 17th century and is a combination of spices and pork meat. Once it has been filled into casings, it cures for approximately six weeks. Later, Josh visits a historic bakery where he tries his hand at creating an *ensaimada*, the island's most beloved pastry. This pastry is made with lard, a cooking fat used to make pastries crumbly in texture. Ensaïmada can be made to have different flavors, both sweet and savory.

[Educational Message: Traditions can be passed down through different generations of a family, and these traditions can evolve with modernity while retaining some of the original techniques. When it comes to cooking and baking, many recipes are handed down across generations, showing how certain ingredients and techniques are preserved in history through practice.]

Airdate: 3/31/2018

Time: 10:30AM

Duration: 30:00

**WILDERNESS VET
CLAWS, PAWS, AND HOOVES [WDV218]**

Having a diverse range of clients is what Dr. Oakley loves most about her job. She can be playing with puppies one minute, out in the field with wild wolverines the next, or simply working with pigs back at her office. First up, Dr. Oakley is visited by a pet pot bellied pig suffering from eye issues. After an examination, Dr. Oakley determines that the pig's sore eyes are being caused by pressure from its growing tusks, which will be easily treatable with anti-inflammatories. Next, Dr. Oakley is heading out to an emergency call to check on a couple of dogs that had a run-in with a porcupine. To treat the patients, Dr. Oakley will have to carefully remove all of the porcupine quills. Next, Dr. Oakley is on her way to the Alaska Wildlife Conservation Center to check in on their newest arrival, a wolverine. Before moving the wolverine to its new enclosure, Dr. Oakley will be performing a castration. This procedure will ensure the healthy Alaskan population of wolverines will not be introduced to the foreign genetics of the new arrival. Finally, Dr. Oakley is visiting a group of sled dog puppies to ensure they are healthy and able to compete in sled dog racing. Here, Dr. Oakley will perform standard physical exams while enjoying some puppy playtime in the process.

[Educational Message: We are presented with new challenges every day and we must not let ourselves be defeated. We learn more from failure than we do from success.]

Airdate: 3/31/2018

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

OLD MAN RIVER [JDD214]

Join host Dylan Dreyer on an epic adventure through the vast Delta of the Mississippi River. We'll travel from the Gulf of Mexico, to the famous city of New Orleans, up the banks of plantations, past enchanted swamplands full of alligators, and finally into cattle country. Along the way, we'll discover some of America's most impressive wildlife, most diverse habitats, and some of the most vibrant people. First, we'll travel along the Mississippi River Delta and learn more about the diverse ecosystem and unique habitat for the local wildlife. Also, we'll learn how a vast network of man-made islands and sandbars that help slow down the river's flow and counter tidal surges from the ocean. Next, we'll visit the historic city of New Orleans, Louisiana, which is home to more than 300,000 residents. New Orleans was one of the largest immigrant melting pots in the history of the United States. Here we'll learn more about how this eclectic mix of styles and cultures permeated through the food, music, and art of New Orleans. Next, we'll travel to a preserved plantation home where we'll learn more about the history of slavery in the South and its impact on New Orleans. Finally, we'll travel to the Atchafalaya Basin, where we'll discover more about the unique Cajun culture of Louisiana. Here, we'll witness firsthand the way of life for modern-day Cajuns and listen to them speak guttural French, a dialect that has remained unchanged for over 150 years.

[Educational Message: The importance of Louisiana to the United States cannot be overstated. Its history, ecology, and industry helped power our new nation, and remains as vital today as it has ever been.]

Airdate: 3/31/18

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

AVOGANIC [NDS218]

Host Danny Seo visits an organic avocado tree-to-table farm to learn how organic avocados are produced and how to make avocado key lime pie. A tree-to-table supplier offers fresh produce direct from a farm without using a grocer or distributor; and being organic means alternatives to synthetic fertilizers are used, such as fish emulsion fertilizer that feeds plants and the healthy microbes that live in the soil. Next, Danny makes homemade makeup remover using two all-natural ingredients, witch hazel and jojoba oil. Witch hazel is a natural astringent derived from the leaves, bark and twigs of the witch hazel plant; and jojoba oil has moisturizing and sun-protecting effects. Then, Danny makes cauliflower cheddar bread with a healthy twist by substituting butter with yogurt. Cauliflower has high levels of vitamins C and K. Then, Danny gives old tile and plates a new look by reglazing them. Ceramic glaze is an impervious coating that can be heat-fused to porcelain, and additional decoration applied on top of a layer of glaze is referred to as overglaze. The earliest discoveries of glazed pottery came from the 8th or 9th century BC in China, Egypt, Mesopotamia and Greece.

[Educational Message: Avocados are not only good for eating, but they also contain nutrients that can be used to make cosmetics, shampoo and dog food. Some makeup remover wipes contain parabens and alcohol, which can dry out skin; so a more natural option is to make all-natural makeup remover wipes at home with plant-based ingredients. Yogurt is a good alternative to butter that has less fat and provides more protein. Reglazing pottery is an affordable and creative way to rejuvenate old pieces without the hassle of using a kiln.]

Airdate: 3/31/2018

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO HELP CHILDREN READ, WRITE AND GROW [GBU113]

Jenna Bush Hager, NBC News Host and Correspondent, visits two New York City based organizations that use the power of books to bring about positive impacts in the academic and emotional lives of children and teens. Jenna's first stop is Pajama Program, which provides pajamas and books to thousands of children and teens around country who are living in shelters, orphanages, group homes and foster care. At the Pajama Program Reading Center in NYC, Jenna witnesses first hand how the simple act of reading feeds

children’s minds and fills them with security, comfort and love. Recognizing the profound significance of bedtime reading in the lives of her own children, Jenna is deeply moved and wants to help, but first she goes to see another organization in action. Created to answer the challenge of falling literacy rates in New York City’s high-poverty schools, Behind the Book brings professional authors into Pre-K – 12th grade classrooms to conduct writing workshops that culminate in the publication of a book of student work. Energized by the passion she sees in the students, and impressed with the effectiveness of Behind the Book’s method, Jenna must decide how to divide fifty thousand dollars between the two organizations. In the end, with the help of the GIVE panel, she finds a way to support them both.

[Educational Message: Reading aloud is one of the most important activities to become a successful reader. When you read aloud, your vocabulary grows, as does your confidence.]

Airdate: 3/31/2018

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

CHANGING THE COURSE [HOC213]

NHL player Brian Boyle discusses his battle with cancer. The first organized hockey game occurred in 1875, in Montreal, Canada; and the NHL was established in 1917. Next, we see how mixed martial artists use golf as way to mentally prepare for a MMA competition. Mixed martial arts teaches the ability to maintain control over responses, thoughts, and emotions. The earliest form of mixed martial arts was invented in China over 6,000 years ago; and during the early 20th century, various mixed-style contests took place throughout Japan and Taiwan. Then, paralympians Oksana Masters and Aaron Pike talk about their relationship and how they encourage each other while training for the biathlon, a winter sport that combines cross-country skiing and rifle shooting.

[Educational Message: Don’t let an obstacle get in your way of achieving your goals. Viewers learn about sporting events in the paralympics, steps someone with a disability can take to become a paralympian, and how paralympians competing in the biathlon train. Viewers also learn about the history of the NHL, how hockey players train, and the history of mixed martial arts.]

**For 1st Quarter 2018
January – March, 2018**

THERE WAS NO OTHER PROGRAMMING FOR THE 1ST QUARTER 2018 THAT CONTRIBUTED, AS PART OF NBC’S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

1st Quarter 2018 PSAs

NETWORK PUBLIC SERVICE SCHEDULE JANUARY 2018

AIRDATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180106	VOYAGER	10:26:40 AM	0:14	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180106	NATURALLY	11:56:40 AM	0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

20180113	JOURNEY	11:26:42 AM	0:14	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180113	GIVE	12:27:22 PM	0:15	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"
20180120	CHAMPION WITHIN	9:54:27 AM			
20180120	WITHIN		0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180120	WILDERNESS	10:55:35 AM	0:14	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180127	VOYAGER	10:25:16 AM	0:14	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180127	NATURALLY	11:57:28 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180127	GIVE	12:27:40 PM	0:14	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"

NETWORK PUBLIC SERVICE SCHEDULE FEBRUARY 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180203	VOYAGER	10:25:53 AM	0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180203	WILDERNESS	10:55:27 AM	0:15	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"
20180210	GIVE	9:27:17 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180210	CHAMPION WITHIN	9:56:09 AM			
20180210	WITHIN		0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180210	WILDERNESS	10:56:59 AM	0:15	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"
20180217	VOYAGER	10:25:54 AM	0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180217	WILDERNESS	10:54:55 AM	0:15	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"
20180224	GIVE	9:25:17 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180224	VOYAGER	10:27:06 AM	0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

NETWORK PUBLIC SERVICE SCHEDULE MARCH 2018

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20180303	WILDERNESS	10:56:16 AM	0:14	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20180303	JOURNEY	11:26:31 AM	0:14	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20180303	CHAMPION WITHIN	12:53:01 PM	0:14	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"
20180310	WILDERNESS	10:56:12 AM	0:14	ZNBC81007H	NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20180310	JOURNEY	11:27:24 AM	0:14	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START
20180310	NATURALLY	11:57:42 AM	0:14	ZNBC81042H	NEWS PSA SAVANNAH DIVERSITY - WOMEN SERVE
20180310	GIVE	12:27:10 PM	0:14	ZNBC81007H	NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20180310	CHAMPION WITHIN	12:54:27 PM	0:14	ZNBC81091H	NEWS PSA LESTER HEALTH - HEALTH BOOST
20180317	CHAMPION WITHIN	9:55:16 AM	0:14	ZNBC81090H	NEWS PSA MEGYN HEALTH - SLEEP
20180317	VOYAGER	10:25:40 AM	0:14	ZNBC81092H	NEWS PSA HODA HEALTH - SHORT-SIGHTED
20180317	WILDERNESS	10:57:22 AM	0:14	ZNBC81091H	NEWS PSA LESTER HEALTH - HEALTH BOOST
20180317	JOURNEY	11:26:55 AM	0:14	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups"

20180317	NATURALLY	11:56:45 AM	0:14	ZNBC81007H	NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20180324	GIVE	9:27:26 AM	0:15	ZNBC81090H	NEWS PSA MEGYN HEALTH - SLEEP
20180324	VOYAGER	10:27:01 AM	0:15	ZNBC81007H	NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20180324	JOURNEY	11:25:21 AM	0:15	ZNBC171052H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Styrofoam Cups
20180324	NATURALLY	11:58:24 AM	0:15	ZNBC81091H	NEWS PSA LESTER HEALTH - HEALTH BOOST
20180331	VOYAGER	10:27:40 AM	0:15	ZNBC81007H	NEWS PSA HODA COMMUNITY - VOLUNTEER SKILLS
20180331	JOURNEY	11:26:31 AM	0:15	ZNBC81091H	NEWS PSA LESTER HEALTH - HEALTH BOOST
20180331	NATURALLY	11:57:04 AM	0:15	ZNBC81070H	NEWS PSA SAVANNAH ENVIRONMENT - NEW TO YOU
20180331	CHAMPION WITHIN	12:53:01 PM	0:15	ZNBC81005H	NEWS PSA MEGYN COMMUNITY - HIT START

*Total Calculation of Network PSA Air-Time: 9:22 minutes

NBC NETWORK NON-BROADCAST EFFORTS

January – March, 2018

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.

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.

Title	Airdate	Time & Duration	Description of Program
Scholar Athlete	1/9/18	6:00-6:30PM (newscast) Duration: 1:30 minutes	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. Student/School: A.J. Clifford, Canandaigua High School

	1/16/18	Duration: 1:30 minutes	Student/School: Kaitlyn Mullin, Pittsford Sutherland High School
	1/23/18	Duration: 1:30 minutes	Student/School: Carson Daly, Brockport High School
	1/30/18	Duration: 1:30 minutes	Student/School: Emily Leone, Leroy High School
	2/6/18	Duration: 1:30 minutes	Student/School: Alexander McNulty, McQuaid High School
	2/13/18	Duration: 1:30 minutes	Student/School: Braelin Scott, Bloomfield High School
	2/27/18	Duration: 1:30 minutes	Student/School: Frankie Gissendanner, Penfield High School
	3/13/18	Duration: 1:30 minutes	Student/School: Noah Shinaman, Brighton High School
	3/20/18	Duration: 1:30 minutes	Student/School: Peyton Gleason, Churchville-Chili High School
	3/27/18	Duration: 1:30 minutes	Student/School: Alyssa Ballou, Greece Arcadia High School
		<u>Total Duration:</u> 15:00 minutes	

Title	Airdate	Time & Duration	Description of Program
Do The Right Thing	Tuesdays	5:00-6:00PM (newscast) (1:00 min. per newscast)	Once a week during this quarter we recognized kids who have gone above and beyond to help others. They are the recipients of the Rochester Police Departments and News10NBCs, Do the Right Thing award. The winners have done noteworthy things, such as organizing charity events, preventing bullying or going out of their way to help a classmate in need. Profiles were broadcast during our newscasts.
		<u>Total Duration:</u> 13:00 minutes	

WHEC-TV PUBLIC SERVICE SCHEDULE JANUARY-MARCH 2018

Title	Airdate	Time	Duration	Description of Program
Kids Programming E/I	1/1/18	9:5AM	:30 seconds	This PSA explains the programming educational/informational symbol; what it means and how parents can use it.
Kids Programming E/I	1/6/18	10:47AM	:30 seconds	
Kids Programming E/I	1/10/18	2:10PM	:30 seconds	
Kids Programming E/I	1/13/18	9:43AM	:30 seconds	
Kids Programming E/I	1/16/18	12:53PM	:30 seconds	
Kids Programming E/I	1/20/18	10:16AM	:30 seconds	
Kids Programming E/I	1/22/18	12:21PM	:30 seconds	
Kids Programming E/I	1/27/18	10:44AM	:30 seconds	

Kids Programming E/I	1/29/18	12:21PM	:30 seconds
Kids Programming E/I	2/3/18	10:17AM	:30 seconds
Kids Programming E/I	2/5/18	11:33AM	:30 seconds
Kids Programming E/I	2/8/18	2:28PM	:30 seconds
Kids Programming E/I	2/10/18	10:46AM	:30 seconds
Kids Programming E/I	2/12/18	9:33AM	:30 seconds
Kids Programming E/I	2/17/18	9:59AM	:30 seconds
Kids Programming E/I	2/21/18	9:46AM	:30 seconds
Kids Programming E/I	2/24/18	11:50AM	:30 seconds
Kids Programming E/I	2/28/18	12:52PM	:30 seconds
Kids Programming E/I	3/3/18	10:46AM	:30 seconds
Kids Programming E/I	3/9/18	11:59AM	:30 seconds
Kids Programming E/I	3/10/18	11:49AM	:30 seconds
Kids Programming E/I	3/16/18	2:44PM	:30 seconds
Kids Programming E/I	3/17/18	11:18AM	:30 seconds
Kids Programming E/I	3/23/18	2:48PM	:30 seconds
Kids Programming E/I	3/24/18	10:45AM	:30 seconds
Kids Programming E/I	3/30/18	9:50AM	:30 seconds
Kids Programming E/I	3/31/18	9:47AM	:30 seconds

WHEC-TV PUBLIC SERVICE SCHEDULE JANUARY-MARCH 2018

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Distracted Driving	1/2/18	3:19PM	:30 seconds	Don't text and drive. It's against the law.
Distracted Driving	1/7/18	8:27AM	:30 seconds	
Distracted Driving	1/12/18	4:46PM	:30 seconds	
Distracted Driving	1/17/18	3:12PM	:30 seconds	
Distracted Driving	1/22/18	7:53PM	:30 seconds	
Distracted Driving	1/27/18	10:16AM	:30 seconds	
Distracted Driving	3/1/18	9:51AM	:30 seconds	
Distracted Driving	3/1/18	4:24PM	:30 seconds	
Distracted Driving	3/2/18	9:29AM	:30 seconds	
Distracted Driving	3/3/18	12:16PM	:30 seconds	
Distracted Driving	3/4/18	11:39AM	:30 seconds	

Distracted Driving	3/4/18	11:59AM	:30 seconds
Distracted Driving	3/6/18	12:46PM	:30 seconds
Distracted Driving	3/6/18	12:54PM	:30 seconds
Distracted Driving	3/7/18	11:32AM	:30 seconds
Distracted Driving	3/14/18	2:37PM	:30 seconds
Distracted Driving	3/15/18	3:59PM	:30 seconds
Distracted Driving	3/15/18	4:53PM	:30 seconds
Distracted Driving	3/16/18	4:31PM	:30 seconds
Distracted Driving	3/17/18	7:53PM	:30 seconds
Distracted Driving	3/18/18	11:54AM	:30 seconds
Distracted Driving	3/19/18	2:56PM	:30 seconds
Distracted Driving	3/20/18	2:28PM	:30 seconds
Distracted Driving	3/21/18	3:58PM	:30 seconds
Distracted Driving	3;22;18	3:29PM	:30 seconds
Distracted Driving	3/24/18	9:45AM	:30 seconds
Distracted Driving	3/24/18	10:17AM	:30 seconds
Distracted Driving	3/25/18	10:54AM	:30 seconds
Distracted Driving	3/26/18	1:58PM	:30 seconds
Distracted Driving	3/27/18	11:54AM	:30 seconds
Distracted Driving	3/28/18	9:46AM	:30 seconds
Distracted Driving	3/28/18	11:48AM	:30 seconds
Distracted Driving	3/29/18	7:45PM	:30 seconds
Distracted Driving	3/30/18	3:17PM	:30 seconds
Distracted Driving	3/31/18	11:48AM	:30 seconds

Don't Be A Bully 1/1/18 4:31PM :60 seconds Don't be a bully and if you see someone being bullied, help stop it.

WHEC-TV PUBLIC SERVICE SCHEDULE JANUARY-MARCH 2018

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Student Attendance	1/1/18	7:11PM	:30 seconds	When kids miss school ... they miss a lot.
Student Attendance	1/6/18	12:45PM	:30 seconds	
Student Attendance	1/11/18	2:49PM	:30 seconds	
Student Attendance	1/16/18	3:58PM	:30 seconds	
Student Attendance	1/21/18	11:38AM	:30 seconds	
Student Attendance	1/26/18	7:45PM	:30 seconds	
Student Attendance	1/31/18	3:37PM	:30 seconds	
Student Attendance	2/1/18	2:39PM	:30 seconds	
Student Attendance	2/2/18	2:20PM	:30 seconds	
Student Attendance	2/4/18	8:48AM	:30 seconds	
Student Attendance	2/5/18	12:58PM	:30 seconds	
Student Attendance	2/7/18	3:37PM	:30 seconds	

Student Attendance	2/8/18	4:45PM	:30 seconds
Student Attendance	2/10/18	9:18AM	:30 seconds
Student Attendance	2/11/18	11:48AM	:30 seconds
Student Attendance	2/13/18	9:42AM	:30 seconds
Student Attendance	2/14/18	12:54PM	:30 seconds
Student Attendance	2/16/18	11:56AM	:30 seconds
Student Attendance	2/17/18	10:47AM	:30 seconds
Student Attendance	2/19/18	9:56AM	:30 seconds
Student Attendance	2/20/18	2:21PM	:30 seconds
Student Attendance	2/22/18	11:50AM	:30 seconds
Student Attendance	2/23/18	12:53PM	:30 seconds
Student Attendance	2/25/18	11:41AM	:30 seconds

Pedestrian Safety	3/14/18	4:24PM	:30 seconds
Pedestrian Safety	3/17/18	7:23PM	:30 seconds
Pedestrian Safety	3/19/18	4:36PM	:30 seconds
Pedestrian Safety	3/22/18	3:18PM	:30 seconds
Pedestrian Safety	3/25/18	10:46AM	:30 seconds
Pedestrian Safety	3/27/18	2:11PM	:30 seconds
Pedestrian Safety	3/30/18	11:31AM	:30 seconds

If you are texting or reading a text message and walking...STOP...pay attention.

*Total Calculation of PSA Air-Time: 47:30 minutes