

1st QUARTER 2017
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
January 1, 2017 – March 31, 2017

In the 1st Quarter of 2017, NBC continued airing *The More You Know* Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic *The More You Know* brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

The Voyager with Josh Garcia is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *The Voyager with Josh Garcia* takes viewers on an exciting and immersive journey around the globe with world traveler and host, Josh Garcia. Each episode gives audiences access to the world's most incredible destinations as Josh seeks out the truly authentic experiences one can only find when shown by a knowledgeable and passionate guide. In each episode, Josh learns how to prepare an authentic, regional meal, visits a local artisan to learn about their trade and craft, and samples the culture while learning about the heritage of the region's population, showing viewers what is so unique about each city he visits. *The Voyager with Josh Garcia* brings viewers on an enthralling adventure to explore the people and cultures that make our world so breathtaking.

WILDERNESS VET

Wilderness Vet is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *Wilderness Vet* follows veterinarian Dr. Michelle Oakley, and features compelling stories from one of the most rugged areas on the planet, the Yukon. Dr. Oakley travels to homes, farms, and wildlife preserves across the Yukon to help animals in need, while balancing life at her home clinic. Providing a glimpse into a fascinating career choice, *Wilderness Vet* will show viewers the hard work and dedication involved in the rescue and rehabilitation of animals, while imparting tips to help keep all furry friends healthy.

JOURNEY WITH DYLAN DREYER

Journey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *Journey with Dylan Dreyer* is a wondrous celebration of nature. Hosted by meteorologist Dylan Dreyer, this series features breathtaking cinematography that will bring viewers up-close and personal with creatures big and small, from the black bears of Montana to polar bears in the Arctic. Audiences will have a unique platform to see animals living in their natural habitat, and will learn about the circle of life along the way. *Journey with Dylan Dreyer* also explores natural wonders of the world, including the migration of 1.5 million animals traveling over 500 miles across the Serengeti in Tanzania and Kenya. Viewers will uncover these amazing facts of nature, and learn why it's so important to protect Earth's natural resources and all its inhabitants.

NATURALLY, DANNY SEO

Naturally, Danny Seo is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. *Naturally, Danny Seo* is a series about seeking a healthier lifestyle by learning the science behind eating well, exercising your mind and body, and caring for our planet. Host Danny Seo is a leading authority on eco-friendly living, and has devoted his career to the idea that caring for the environment can go hand-in-hand with enjoying time with family and friends, sharing delicious and healthy meals, while creating an environmentally friendly home. In each episode of *Naturally, Danny Seo*, viewers will be introduced to inspiring ideas from fun and healthy recipes, to easy and sustainable crafts. Viewers will learn how to embrace a natural lifestyle, easily and beautifully, along with quick tips on green living.

GIVE

Give is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. ***Give*** introduces viewers to the world of philanthropy through the stories of small charities making a big impact. The series features Jenna Bush Hager, actor Blair Underwood, and other passionate celebrity philanthropists from film and television, music, sports, or business who are all on a mission to inspire others to do good. In each episode of ***Give***, one of these celebrity ambassadors will visit two charities that are dedicated to inspiring change in their communities. We'll discover what makes these charities effective, learn what each needs to make an even bigger impact, and surprise them with a gift to help continue their good work. Audiences will meet the inspiring individuals and volunteers behind each organization to see how they do their part to make the world a better place, learning compassion and the value of giving back along the way.

HEART OF A CHAMPION WITH LAUREN THOMPSON

Heart of a Champion with Lauren Thompson is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. ***Heart of a Champion with Lauren Thompson*** features the powerful and inspiring stories that exemplify what it really means to be a true champion. Hosted by Lauren Thompson, the series introduces viewers to people who have overcome obstacles while leading transcendent moments from the world of sports. From beating the odds to play the game they love, to giving back to the communities that supported them, the featured athletes will share their own stories and personal triumphs. Viewers will learn the value of good sportsmanship, and the dedication it takes to excel at the highest level. Win or lose, ***Heart of a Champion with Lauren Thompson*** proves that a champion is not only defined by their speed, strength, and agility, but by their grit, resiliency, and heart.

“CORE PROGRAMMING”

PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER [AGE TARGET 13-16]

January 1, 2017 – March 31, 2017

Airdate: 1/7/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SWEDISH AND SUBLIME [VJG107]

Host Josh Garcia travels to Stockholm, Sweden where he experiences the world’s stinkiest food, learns the delicate art of glassblowing, and gets a folk art carving lesson from one of Stockholm’s legendary carvers. First, Josh meets up with a local chef to try traditional Swedish food, including pickled herring. Pickling was a technique originally used as a preservation method to keep food for long periods of time. This technique dates back as far as 2030 B.C. and is still used today. Josh also tries a fermented herring, called surströmming, which famously has a pungent aroma. Next, Josh visits a local artisan to learn how he makes hand-blown glass goods. Josh learns the technique, but finds it’s more challenging than he thought. Finally, Josh learns how to make the dala horse, a beloved symbol of Swedish folk art. These hand-made pieces were first created in the 1800s as a child’s toy when peasants would carve and paint wooden horses as gifts for their children.

[Educational Message: Learning to appreciate the hard work of others and their particular tastes can help you find something new you might enjoy.]

Airdate: 1/7/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

THE DOCTOR IS IN [WDV107]

On this episode of Wilderness Vet, when you’re a veterinarian in one of the wildest places on Earth, you handle a variety of cases. For Dr. Oakley, that means dealing with everything from simple checkups to emergency situations. And when you never know what patient is about to walk through the door, you have to be prepared for anything. First up, Dr. Oakley has a busy morning at her home clinic with a variety of patients. Dr. Oakley soon gets a call from the Yukon Wildlife Preserve to see if she can help an ailing sheep. The sheep has a lump in its cheek and needs to be sedated for a dental exam. Dr. Oakley successfully tranquilizes the sheep and examines its mouth. Dr. Oakley discovers an infection in the sheep’s jaw caused by bacteria. Dr. Oakley successfully cleans and disinfects the wound allowing it to heal properly. Next, Dr. Oakley heads to Dark Horse farm to check on a horse with an abscess on its navel. Dr. Oakley discovers additional lumps on the horse’s belly that are determined to be a result of cellulitis. This chronic infection could eventually prove fatal for the horse. Dr. Oakley provides antibiotics and takes blood samples to ensure there are no additional problems causing the condition. Next, Dr. Oakley receives an emergency patient at her clinic suffering an attack from a coyote. The injured canine was bitten on its tail and suffered a severe laceration as a result. Dr. Oakley cleans the wound and applies a pressure bandage in order to stop the bleeding. The treatment proves successful and the canine is on the road to recovery.

[Educational Message: You must have faith and believe in yourself if you want to succeed. Have the courage to do what you believe is right.]

Airdate: 1/7/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

LAND DOWN UNDER [JDD108]

Host Dylan Dreyer takes viewers on an outback adventure to the land down under, Australia. We'll explore the great struggle for survival in the dry, desert outback. Discover the incredible ways clever creatures have learned to conserve and store water. We'll also come face-to-face with a collection of amazing animals found nowhere else on earth. Witness unforgettable creatures of Australia such as kangaroos, koalas, and even the platypus. Learn how Australia is the driest inhabited continent on earth and almost equal in size to the continental United States. It's surrounded by three oceans, making it the world's largest island. Millions of years of isolation have produced one of the most unique ecosystems in the world, including unbelievable wildlife. Discover how humans first migrated to the vast, ancient, and weathered territory over 48,000 years ago. Witness Australia's primeval landscape that is rich in resourceful life forms found nowhere else. We'll also explore the dry interior of the island world and meet the critters fighting to stay alive. Finally, we'll experience the tropical wet season that brings storms and flooding to Australia's far north. As the monsoon unfurls curtains of rain, a major environmental transformation begins that springs life from the most unexpected places.

[Educational Message: Although Australia's wildlife is faced with an extreme climate, the unique and amazing animals living there have not only survived, they have triumphed. With our protection and conservation, life here will always find a way.]

Airdate: 1/7/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

PLANT POWER [NDS107]

Host Danny Seo meets a family who transformed their life by changing their eating habits, shows different ways to make yogurt even more nutritious for breakfast, teaches how to make art on fabric with markers, and explains that we may be recycling wrong. First, Danny visits with a family that decided to switch to a plant-based diet and grows their own food, and he learns how to make a plant-based version of macaroni and cheese. A plant-based diet consists of not eating animal products and eating plants closest to their natural state. Next, Danny goes in the kitchen and dresses up plain yogurt by adding roasted beets and chlorophyll. Beets are a great source of magnesium, potassium and vitamin C; and chlorophyll helps remove toxins. Then, Danny crafts with designer Jules Moore and learns how to tie-dye fabrics by using markers and rubbing alcohol. The tie-dye effect occurs when permanent ink molecules from the markers are broken up when combined with rubbing alcohol. Finally, Danny explains the proper way to recycle common items, such as pizza boxes-- greasy cardboard is not recyclable because the oils cannot be separated from the paper fibers.

[Educational Message: It's never too late to start eating healthy— a clean, healthy diet using natural foods can help increase energy and help prevent health issues. Adding unexpected ingredients, such as beets and chlorophyll, to food is a great way to add more nutrition and diversity. You can upcycle old fabric and prevent textile waste by giving it a new design. Understanding what is recyclable and how recycling is sorted helps the environment by preventing waste in landfills.]

Airdate: 1/7/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO ARTS EDUCATION FOR ALL KIDS IN LOS ANGELES [GBU107]

Emmy Award Winning Dancer and Choreographer Derek Hough begins this episode of GIVE with a visit to Inner-City Arts under the ruse that he's there filming a television piece. Inner-City Arts is an organization that offers high-quality arts instruction to public school students in Los Angeles whose schools can't afford to provide art classes. After seeing the overflowing energy of the kids, Derek wants to help as much as possible. Little does he know that the second organization he visits will prove to be just as inspirational. Founded with the mission of bringing top-quality dance instruction to children and youth in Los Angeles' poorest neighborhoods, everybody dance! is a second home to the young dancers who study there. Being a dancer, Derek feels a natural connection with the students and even teaches a class. Deciding how to divide a large grant from The Rosalinde and Arthur Gilbert Foundation is not easy, but in the end Derek finds a way to surprise each of them with a wonderful gift.

[Educational Message: Studies have shown that dancing can improve mental health and yield other health benefits including increased spatial awareness and balance. The Arts can often provide a joyful and creative outlet for people of all ages.]

Airdate: 1/7/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

VISION QUEST [HOC108]

Ravens kicker Justin Tucker is also a talented opera singer, an art form in which singers perform a dramatic work combining text and musical score. David Brown, the fastest blind sprinter in the world, shows how he trains to win gold at the paralympics, which require blind sprinters to race tethered to guides. NBC correspondent Mary Carillo travels to Manitoba, Canada to find out more about the fascinating world of dog sledding, which can reach speeds up to 28 miles per hour. Nineteen year-old golfer Lydia Ko shares what it's like growing up as a child prodigy in golf.

[Educational Message: Don't underestimate someone by the way they look, what they can't do, or how old they are. You can still be great at something even if you don't fit the mold. Viewers learn what opera music consists of, how blind sprinters race in the Paralympics, and components to dog sledding.]

Airdate: 1/14/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PURE SPANISH [VJG109]

After arriving in Girona, host Josh Garcia heads for the Catalan countryside where he rides a Pure Spanish Horse, gets to know their character, and witnesses the beauty of the terrain. Next, a local foodie introduces him to the secret behind the local cuisine and Josh learns about “mar y montaña.” Catalan cuisine is different from traditional Spanish food and reflects the immediate “sea and mountain” environment. Then, with help from a local expert, Josh attempts to create a traditional Spanish ceramic piece on a pottery wheel. A cantir is a traditional canteen, meant to keep water cool and portable. Finally, Josh learns to play handball and enjoys a game with a local pro team. He discovers he may be out of his league with these all stars.

[Educational Message: Traveling off the beaten path can lead you to discover natural beauty you might not have otherwise experienced.]

Airdate: 1/14/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

BIRDS OF A FEATHER [WDV109]

On this episode of Wilderness Vet, Dr. Oakley is on a mission to return some of the wild’s fiercest predators back to the skies. But with some major injuries to overcome, will these animals be spreading their wings or will they be grounded for life? First up, Dr. Oakley takes a trip to the Bird Treatment and Learning Center to see if one of their injured juvenile eagles will be released in time for its migration. We learn about the importance of primary feathers that provide lift and allow the eagles to soar and glide through the air. Dr. Oakley determines that the eagle needs further time to heal its injuries before a potential release back to the wild, and the team will care for the eagle until it can be released the following summer. While at the Bird Treatment Center, Dr. Oakley visits an eagle with a lice infestation. Dr. Oakley treats the eagle for parasites and quarantines the raptor in order to properly heal for future release. Next, Dr. Oakley travels out with her daughter Willow to go fishing for hooligan fish. Willow wants to catch as many hooligan fish as she can to take to the American Bald Eagle Foundation, where she’s been training to become a certified junior raptor handler. In order to pass her test, Willow will have to give a speech while handling a barred owl named Hunter. Willow passes the test with flying colors and becomes the youngest certified junior raptor handler at the Bald Eagle Foundation. Next, Dr. Oakley travels to the Yukon Wildlife Preserve to check in on a snowy owl with a fractured wing. After a shaky test flight, Dr. Oakley is not convinced the snowy owl can be returned to the wild so it will have to wait until winter passes to try again.

[Educational Message: You are never too young or too old to follow your dreams. Dedication and hard work can help you achieve your passions and goals.]

Airdate: 1/14/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

VOLCANOES OF THE DEEP [JDD109]

Host Dylan Dreyer takes viewers on an adventure over two miles below the waves, hunting the most ancient species on earth. We'll ride onboard a deep-sea submarine to explore the Mid-Atlantic Ridge hidden under miles of ocean water. We'll meet animals no one has ever seen before and unlock the mystery of the world's oldest fossils. Prepare to learn more about *Peleodictyon Nodosum*, an ancient and mysterious creature that lived hundreds of millions of years before the dinosaurs. We'll learn more about how scientists use deep-sea submarines to further investigate this and other mysteries of our oceans. Discover more about bioluminescent deep-sea creatures that use living tissues to create a glowing light in the deep and dark ocean. Hidden under five miles of water, the Mid-Atlantic Ridge is a deep-sea mountain range over 24,000 miles long and was first discovered by the HMS Challenger in 1872. We learn more about how the many sea creatures adapted to surviving in the harsh volcanic vents and high temperatures in the depths of the Atlantic Ocean. Finally, we'll uncover more about the Hyperthermophile, an organism that miraculously lives in temperatures exceeding 230 degrees Fahrenheit.

[Educational Message: Curiosity and determination can lead to fascinating discoveries in our natural world.]

Airdate: 1/14/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

HANDCRAFTED LEATHER [NDS109]

Host Danny Seo visits a family-owned workshop to learn about tanning and how leather goods are made, teaches how to make a healthy pizza, shows ways to dress up a party by re-purposing items found around the house and outdoors, and shows how to start a mini greenhouse garden. First, Danny travels to Oregon and meets the Martinez family, who have been creating hand-crafted leather products since 1962. He helps make a leather tote and learns how to cut, stamp, sew, and shape the bag and straps. The straps are usually made of English bridle leather, which is stronger and won't stretch. Next, Danny doctors up traditional pizza to create a "beet-za" as a healthy alternative by adding cooked tomatoes, grated zucchini, arugula and roasted beets. Cooked tomatoes have increased levels of lycopene, which is beneficial for the immune system; zucchini is high in fiber and low in calories; and arugula has a peppery flavor and helps cleanse toxins in the liver. Then, Danny creates card and photo holders using river rocks and wire. He also upcycles old plates made of glass, which represents roughly 40% of landfill recyclables, by gluing them together to create a tiered serving tray. Finally, Danny plants beans in re-used egg cartons and yogurt containers to create a mini greenhouse. A greenhouse effect happens when the sun warms the air and soil while the sealed container traps heat and moisture inside.

[Educational Message: Products can be colored without the use of chemicals-- vegetable tanning is the all-natural process of preserving and coloring hides in wooden drums with barks, leaves, berries and roots. You can make a pizza healthy by using non-traditional toppings that have added health benefits. Giving items new purposes can help create something unique, save money and prevent waste. Beans are a good choice to plant in your mini greenhouse because they are not susceptible to many pests and require little maintenance.]

Airdate: 1/14/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO GROWING COMMUNITIES AND GREEN JOBS IN BROOKLYN [GBU109]

Jenna Bush Hager, NBC News Host and Correspondent, visits the Northeast Brooklyn Housing Development Corporation, an organization that serves community members in Brooklyn New York through housing advocacy, its urban garden, food pantry and culinary education for youth. Under the ruse that they have come to research a television project, Jenna and celebrity chef Alex Guarnaschelli visit the NEBHDCO organization and teach the kids a thing or two in the kitchen. Jenna then checks out the work of Green City Force, an organization whose mission is to break the cycle of poverty for young adults, preparing them to succeed in new careers by engaging them in service and work experiences related to the clean energy economy. Jenna ultimately awards both organizations with a surprise donation from The Laurie M. Tisch Illumination Foundation.

[Educational Message: Philanthropic organizations that provide urban agriculture and nutritional education can create lasting healthy habits for those individuals and their families.]

Airdate: 1/14/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

FAMILY BUSINESS [HOC109]

College athlete Christian McCaffery shares how he trains for success as Stanford's star tailback, a position on offense that is primarily responsible for running with the football. A junior hockey billet mom helps unite a community in Pennsylvania by bringing the NHL to her hometown through her award-winning essay. Olympic skier Alex Bilodeau shares how he is inspired by his brother with cerebral palsy, a neurological disorder caused by a brain injury occurring while a child's brain is in development. Golfer Angel Cabrera talks about growing up in Córdoba, Argentina and working his way to ultimately being the first Argentinian to win the U.S. Open, the second of the four major championships in golf.

[Educational Message: No matter what your background or situation may be, you have the power to set your own expectations and make your own impact, whether it be paving your own way in an athletic dynasty, making a difference in your hometown, inspiring a sports team despite your inability to play, or achieving your dream despite financial hardships.]

Airdate: 1/21/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SKY HIGH [VJG110]

Host Josh Garcia is in Barcelona, Spain, where he dives deep into Catalan history and culture. He starts off with a medieval tapa tasting and learns about Spanish tapas, a now world-famous cultural institution. Josh witnesses as simple ingredients are transformed into unique dishes through some of the world's oldest cooking techniques. Next, Josh visits the oldest candle shop in Barcelona that dates back to the 19th century. He learns the history of candle making and sees if he has the hands to craft his own beeswax candle. Later, he stops by the largest local castell troupe to check out their rehearsal. Castells are enormous human towers that local enthusiasts have been performing for over 300 years at town festivals. Josh gets in on the action and learns the body mechanics involved in building these incredible human structures, where there's a place for everyone.

[Educational Message: Working together as a team can unlock opportunities to create things that couldn't have been otherwise imagined or created.]

Airdate: 1/21/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

DOG DAY AFTERNOON [WDV110]

On this episode of Wilderness Vet, sled dogs are some of the toughest animals in the sporting world, but even with top of the line care and training, injuries can happen. As a major sled dog race is preparing to start, Dr. Oakley is brought in to help the medical team caring for these athletes. Excitement is in the air as thirteen sled dog teams prepare for one of the largest races in the Yukon. With over 200 miles of slick ice, blazing sun, and sharp rocks to cross, this race is no easy feat. To ensure all the dogs remain safe, veterinarians from all over come to help care for them. Dr. Oakley and her daughter Willow first visit Ed Hopkins to check on one of his sled dogs, Ninja, who has a shoulder injury, in order to determine whether or not the dog is healthy enough to race. Dr. Oakley examines Ninja's shoulder and leg and doesn't notice any major problems, but believes the issue could lead to arthritis. Dr. Oakley determines that Ninja should not race and will be better off being left behind at home to rest. Next, Dr. Oakley prepares for her 24-hour shift, where she will be on-call to help any sled dogs in need. To get to the check point, Dr. Oakley will have to use a snowmobile to get up the icy river, and she'll have to make sure she has all the supplies the team will need over the next 24 hours. With over 100 dogs taking part in the race, Dr. Oakley will be on high alert for pulled muscles, broken bones, and overheated or dehydrated dogs. More than four hours into the race, Dr. Oakley sees that one of Ed Hopkin's most experienced sled dogs has been dragging the past couple of miles. Dr. Oakley examines the sled dog and determines the dog is struggling with dehydration in the unusually warm temperatures. She recommends that Ed leave the dehydrated dog at the checkpoint overnight for extended care. The last team at the checkpoint arrives with another dehydrated sled dog, who broke down early in the race and has not yet recovered. After several hours of rest and wet food, the dog is soon given clearance to continue the race.

[Educational Message: A sled dog's health is a top priority when it comes to racing. Preparation is crucial to success, and it is important to be ready for any outcome when the stakes are high.]

Airdate: 1/21/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE NILE [JDD110]

Join Host Dylan Dreyer and a team of scientists, photographers, and thrill seekers as they attempt to navigate down the entire length of the Nile River -- from source to sea. During this grueling 4-month expedition, our river-rafting team will face adventures, dangers, and wonders unlike anything they're ever seen while completing a journey no one has ever successfully finished before. The Nile River, which spans over 4,000 miles and eleven African countries, once powered the ancient Egyptian Empire and today provides water to millions of people and animals living along its banks. As the journey begins, we witness the Blue Nile Falls, which tower at 150 feet high and span nearly half a mile wide. Next, we see that the journey is only increasing in difficulty as the team encounters Nile crocodiles. Male Nile crocodiles can reach over 16 feet in length and weigh over 1,600 pounds. After a frightening encounter, the team decides to set up a night watch in order to alert the group to any intruding crocodiles. Next, we learn more about the factors of white water rapids and how gradient, constriction, obstruction, and seasons affect the size and ferocity of the river rapids. Later, on the final leg of their journey, the team arrives in Egypt at the ancient temple of Abu Simble. Here we learn more about how the ancient temple was moved to a new location in 1968, a heroic effort to protect it from the rising Nile River. After four long months and 3,000 miles, the team finally completes their journey and arrives at the Mediterranean Sea.

[Educational Message: No feat is too great or small. If you put your mind to it and are well-prepared, you can accomplish anything.]

Airdate: 1/21/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

ARTISAN SALT [NDS110]

Host Danny Seo discovers how salt is harvested straight from the sea, whips up a healthy snack using chia seeds, shares tips on healthier ways to make microwave popcorn, transforms shopping bags into gift wrap ideas, turns plain brown bags into portable works of artistic expression using chalk paint, and teaches easy ways to keep plants hydrated. First, Danny travels to Oregon and participates in the process of making salt. Salt is created by boiling seawater, allowing it to evaporate to form salt crystals, and then dehydrating it for a few days. Next, he teaches how to make overnight chia seed pudding, a healthy alternative to regular pudding. Chia seeds are an ancient grain, dating back to Mayan and Aztec cultures. He also teaches how to make easy microwave popcorn by putting corn kernels in a plain brown bag. Microwaving corn kernels in a plain brown bag can prevent exposure to BPA, which is a chemical used to make certain plastics. Then, Danny finds a new use for plastic bags by tying them together and crafting them into gift bows. The U.S. uses about 100 billion plastic shopping bags annually. Danny upcycles old paint by adding powdered grout to create chalkboard paint, and paints old items to give them a new look that can be written on to show personality. Finally, Danny discovers how to keep plants watered when you may not be around to do it yourself by adding cut up sponges to potting soil, which creates pockets of water in the soil that allow for the plant to stay hydrated for longer periods of time.

[Educational Message: Although the finished product seems simple, salt comes in different forms, such as table, finishing and grinding salts. Plus, each can be infused with different flavors, like garlic. Chia seeds can be used to create quick snacks that are rich in fibers and high in omega-3 fats. There are healthier alternatives to butter that can be added to popcorn, such as parmesan cheese, fresh parsley and truffle oil. A great way to prevent plastic bags from going to waste or ending up in landfills is to attach a few together to create unique gift bows. An easy way to ensure plants are receiving enough water, is to cut up old sponges and add them to potting soil.]

Airdate: 1/21/2017

Time: 9:30AM

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: 1/21/2017

Time: 10:00AM

Duration: 30:00

HEART OF A CHAMPION

MIRACLES ON ICE [HOC110]

United States Veterans find therapy and camaraderie through the sport of ice hockey and create their own team, the Minnesota Warriors. NBC's Mary Carillo travels to Switzerland and dives into the thrilling world of bobsledding and tobogganing, which is when a rider sleds head first while using special boots to brake and steer. Skier Julia Mancuso shares how she spends her off-season in Hawaii, which consists of eight islands: Niihau, Kauai, Oahu, Maui, Molokai, Lanai, Kahoolawe, and the big island of Hawaii. Golfer Bubba Watson shares the story of adopting his son and how it has impacted his life on and off the golf course.

[Educational Message: Having a hobby, whether it be sports or collecting sea shells, is a great way to establish an outlet when obstacles come your way. An outlet can be therapeutic and is also a great way to express yourself. Viewers learn about how hockey has helped veterans re-assimilate to civilian life, the origins of bobsledding, lifestyle in Hawaii, and the process of adoption.]

Airdate: 1/28/2017

Time: 10:30AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CRUISIN' THE CARIBBEAN [VJG111]

Host Josh Garcia revisits some of his favorite voyages of the Caribbean Sea. First stop, the U.S. Virgin Islands where he discovered the art of moko jumbie stilt walking. He takes a lesson from the moko jumbie, stilt walkers who perform acrobatic feats at local festivals, like Carnival. A symbol of the Virgin Islands, moko jumbie wear colorful garb and masks. Josh learns just how challenging stilt walking can be. Then, in San Juan, Puerto Rico, Josh teams up with a famous, local chef to learn to make a traditional plantain and pork dish called Mofongo, which reminds Josh of his own grandmother's cooking. Finally, in Playa del Carmen, Mexico, Josh goes hunting for jungle bee honey near the ruins of the ancient Mayan city of Tulum. He observes a shaman performing a ritual to ask the gods for a bountiful honey harvest. Josh even gets a look inside the beehive before having a taste.

[Educational Message: Cultural traditions can take many forms, and when you have an opportunity to experience different interpretations of culture, you gain a new perspective.]

Airdate: 1/28/2017

Time: 11:00AM

Duration: 30:00

WILDERNESS VET

HORSING AROUND [WDV111]

On this episode of Wilderness Vet, wild horses are some of the most beautiful animals in the Yukon, but when they start wandering too close to roadways, they pose a serious risk to both drivers and themselves. Today, Dr. Oakley is joining a team attempting to round up some of these animals and save them from danger. Dr. Oakley first heads to meet Doug Twiss at Half Breed Creek Corral, where a herd of wild horses are being cared for. These horses are slated to be moved to a pasture in Alaska, but before they can leave, Dr. Oakley carefully examines all wild horses, while administering blood tests and providing de-wormers. If all the blood samples come back negative, the horses will be cleared for their trip to Alaska. Next, Dr. Oakley is joining a team on a mission to clear a group of wild horses along the Alaska Highway. The colder temperatures are driving the horses to forage for grasses along the highway. To protect both the animals and drivers, Dr. Oakley is joining a special round-up team organized by the government. Agriculture Development Officer Kevin Bowers has been working to get the horses off the streets and into protected areas. The team will attempt to use a helicopter to herd the horses, while Dr. Oakley will monitor the horses' behavior to ensure they don't become too stressed during the mission. The plan is to push the horses into a fenced in pasture, so that they can be monitored and eventually relocated to a safer range in the Yukon. After several unsuccessful attempts, Dr. Oakley decides that pushing them any more would cause too much stress, and she makes the tough call to abandon the mission. Next, Dr. Oakley meets with several horses with a potentially serious illness. While administering routine checkups on the horses, Dr. Oakley discovers that one of the horses may have equine infectious anemia, which is similar to HIV in humans. The virus is transmitted by insects that bite the horses, which wrecks their immune system and causes them to become thin and weak, and eventually causes death. However, after testing all horses for the disease, Dr. Oakley discovers they are in fact healthy and do not suffer from the equine infectious anemia.

[Educational Message: Patience is not the ability to wait, but the ability to keep a good attitude while waiting. Sometimes even the best plans don't work out, but it's important to stay positive and keep trying.]

Airdate: 1/28/2017

Time: 11:30AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ANIMAL EXPLORATION [JDD111]

Join host Dylan Dreyer on an epic journey around the world exploring a few of the Earth's most amazing species. Spanning an area of approximately 12,000 square miles in Northern Tanzania, the Serengeti is the last refuge for the greatest concentration of migrating mammals remaining on the planet. First, witness the epic journey of nearly 3 million large mammals as they make the yearly migration north at the start of the dry season. Next, we'll learn how the Americas and the Alaskan landscape were formed by the last great ice age over 1.8 million years ago. We'll begin when water temperatures around the Alaskan coastline drop to freezing during the long winter months. When summer finally arrives, the ocean springs to life with salmon, whales and sea lions. After only six weeks of warmth, the air grows cold and summer visitors like birds and whales begin heading south to escape the bitter cold ahead. Next, witness unforgettable creatures of Australia such as kangaroos, koalas, and even the platypus. Learn how Australia is the driest inhabited continent on earth and almost equal in size to the continental United States. It's surrounded by three oceans, making it the world's largest island. Millions of years of isolation have produced one of the most unique ecosystems in the world, including unbelievable wildlife. Finally, we'll witness the bizarre migration of over one million red crabs located on Christmas Island about a thousand miles west of Australia.

[Educational Message: The amazing animals of the fragile Serengeti are endangered and we all need to do our part to protect it. America's last great wilderness, a place seemingly too hostile for living things, erupts with life and triumphs season after season. With our protection and conservation, life will always find a way.]

Airdate: 1/28/2017

Time: 12:00PM

Duration: 30:00

NATURALLY, DANNY SEO

WICKED HEALTHY [NDS111]

Host Danny Seo makes healthy mushroom tacos, improvises dishes using coconut flakes and coconut oil, finds ways to use leftover buttons and paint, and shares tips on how to keep squirrels out of bird feeders using a simple kitchen ingredient. First, Danny travels to Oregon to meet a plant-based chef and help cook mushroom tacos. A plant-based diet focuses on fruits, vegetables, grains, nuts and seeds, without animal products or by-products. Next, Danny cooks coconut miso eggplant using coconut oil and miso. Coconut oil can help improve skin care and digestion, while miso is a superfood that is high in protein, vitamins, minerals, fiber, and probiotics. He also makes coconut bacon by using flakes of coconut, which have high amounts of manganese, potassium and copper. Then, Danny paints canvases with leftover paint and glues old buttons to create works of art. Finally, Danny explains that by adding red pepper flakes to birdseed, it keeps squirrels away but doesn't bother birds because birds can't taste red pepper flakes.

[Educational Message: Great alternatives to cooking with meat are using maitake mushrooms, which can help lower cholesterol and strengthen your immune system, and butternut squash, which contains nearly half of the required daily dose of vitamin C. A healthier substitute for cooking with butter is using coconut oil. Rather than wasting leftover paint and old buttons, you can show your creativity by using them to create artwork on a blank canvas.]

Airdate: 1/28/2017

Time: 12:30PM

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: 1/28/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

GRACE UNDER PRESSURE [HOC111]

NBC's Mary Carillo discovers how Russian ballet influences the art of figure skating, which became the first winter sport included in the Olympics in the 1908 Games. Golfer Kyle Stanley reveals how he trained and made a comeback on the PGA tour, which generally hold 43 annual golf tournaments that take place throughout the United States. Olympic snowboarder Jamie Anderson puts family first and shares how her upbringing in Tahoe has impacted her success in snowboarding, which became an Olympic sport in 1998. We see how Southern California, where the first two-man volleyball game was played, has impacted the culture of beach volleyball.

[Educational Message: Looking to the people, settings, and activities around you is a great way to gain inspiration that can be applied to other talents you have. Viewers learn about the history of ballet and its influence on figure skating, how the game of golf can be unpredictable, tips on ways to become a professional snowboarder, and the history of beach volleyball.]

Airdate: 2/4/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

15th CENTURY SMILE [VJG112]

Ashore in Marseilles, host Josh Garcia explores the region of Provence and visits a farm to learn about goat cheese, try his hand at milking goats, and sample the fresh cheeses. He discovers the delicious secret behind a 15th century royal smile, then meets a talented figurine maker. First, in farm country, Josh meets some wild goats and learns the cheese making process of *chevre*, a local delicacy. He gets a taste and learns that in the South of France, it's not a cheese, but a dessert. Then, Josh travels through French history when he learns the art of santon making. This craft dates back to the French Revolution and he meets the family that's been keeping it alive across generations of artisans. Finally, Josh learns the secret of another local favorite with royal beginnings, the calisson. Calissons date back to the 15th century and, according to local legend, a king had them created for his sullen bride. Calissons are shaped as the queen's reaction, a smile. These cookies are an intersection between cookie, candy, and pastry.

[Educational Message: Multigenerational artisans are able to keep cultural art forms alive by handing down those crafts through generations of family members. This allows historical art forms to carry on into the future.]

Airdate: 2/4/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

THE GREAT CAT CORRAL [WDV112]

On this episode of Wilderness Vet, it's a feline frenzy as Dr. Oakley examines some very wild, and very large, cats. But jaguars, leopards, and cheetahs aren't her only concern because she also has to handle a few housecats with some puzzling problems. First up, Dr. Oakley heads to the Alaska Zoo to visit a snow leopard with a nagging cough. After successfully sedating the cat, Dr. Oakley and team bring the snow leopard to a clinic in order to perform x-rays and an ultrasound to investigate further. Unfortunately, the team discovers a tumor in the cat's chest, so the snow leopard will be taken back to the zoo, where the staff will monitor her condition going forward. Next, Dr. Oakley and her daughter Sierra head to Alberta, Canada to visit a variety of animal patients. This proves to be a great opportunity for Sierra to observe many different types of veterinary medicine. The first stop is at Discovery Wildlife Park, where the first patient is a jaguar in need of its annual vaccines. Dr. Oakley demonstrates to Sierra how she administers the vaccines and treats the large animal. Next up, Dr. Oakley and Sierra visit with a cheetah to observe its recovery from a recent surgical procedure. All is well with the big cat and Sierra gets up close and personal to learn more about the fascinating feline. Next, Dr. Oakley recruits her daughter Maya to help handle some feisty lynx kittens at the Yukon Wildlife Preserve. Dr. Oakley, Maya, and team use nets in order to carefully capture the lynx kittens to perform a routine checkup and provide vaccinations. Next, a feline is brought into Dr. Oakley's clinic to be spayed. Before beginning the procedure, Dr. Oakley discovers several masses in the feline's abdomen. Fearing the worst, Dr. Oakley performs an ultrasound to rule out any potential health issues. Here we learn more about the non-invasive ways veterinarians observe and detect potential medical problems for their patients. Thankfully, all is well and Dr. Oakley discovers that the feline is actually pregnant with kittens.

[Educational Message: Teamwork is essential to success. If everyone is moving forward together, then each member of the team can contribute something valuable to the group.]

Airdate: 2/4/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WONDERS OF THE ARCTIC [JDD112]

Join host Dylan Dreyer on the top of the world as she explores the breath-taking beauty of the Arctic. We'll team up with scientists working to better understand climate change, and meet the native people of the Arctic who feel the effects of global warming first hand. We'll trek deep into the Arctic wilderness, discover incredible wildlife, and visit a remote Canadian village with more polar bears than people. We'll discover how freezing arctic water holds more oxygen and supports some of the most productive ecosystems in the world. We'll learn more about how Beluga whales, Narwhals, Bowhead whales, and Greenland sharks survive in this environment. Next, we'll meet with a team of marine biologists studying the health and population of local arctic Bowhead whales. Follow this team on their mission to carefully gather DNA samples while riding alongside the whales on speeding boats. Next, we'll travel to Hudson Bay, where we'll meet a group of Polar bears. Hudson Bay has the highest concentration of Polar bears in the world. In the small town of Churchill, Canada, we learn more about how the local community handles encroaching Polar bears. We soon follow a team that works to safely extract and relocate a Polar bear to a protected area away from human interference. Next, we'll learn more about a group of scientists studying the environment to discover more about the impact of climate change in the arctic. Using special instruments and monitors, the team can measure the density of the ice and determine the rate at which it's melting. Finally, we learn more about the native Inuit tribes that have inhabited the arctic region for many years.

[Educational Message: The arctic remains one of the planet's last wild frontiers. We must do our part to respect and protect the environment in order to preserve the fragile ecosystems within.]

Airdate: 2/4/2017

Time: 11:00AM

Duration: 30:00

NATURALLY, DANNY SEO

CHICKPEAS AND FAST CASH [NDS112]

Host Danny Seo meets design students who make furniture, creates surprising snacks and sweet treats using chickpeas, teaches about the importance of skin care and how to make DIY lip and hair beauty products, and shows four easy tricks to save money while also helping save the environment. First, Danny travels to meet design students who have been challenged to get creative with laminate to make furniture. Laminate is typically bent or shaped by heat, making it more flexible so it can be glued to a frame or used to show artistic expression by creating different designs, like curvilinear and tessellation. Curvilinear describes something that is consisting of a curved line or lines, and tessellation is a pattern of geometric shapes with no overlaps or gaps. Next, Danny makes chickpea chocolate chip cake. Chickpeas are a great source of iron, which can help strengthen hair and nails. Then, Danny teaches how to make homemade lip scrub and hair mask by using items found at home. Olive oil is high in oleic acid, which is a fatty acid that pulls moisture deep into the skin; raw honey contains hydrogen peroxide, which helps clarify and clean skin; sugar contains glycolic acid, which boosts new cell production and softens the skin; and bananas are rich in potassium, which can help strengthen hair. Finally, Danny teaches that using reusable water bottles can help prevent waste that's created by plastic water bottles, and that using surge protectors and LED light bulbs will help save energy.

[Educational Message: Inspiration is all around us and can be incorporated in ways you may not expect, so think outside the box and get creative. Chickpeas can be used in more ways than just on salads and in hummus. Our skin is the largest organ on our body, so it's important to treat it well by moisturizing and exfoliating, which can be done by using what you already have at home. Doing simple gestures at home, like using certain light bulbs, can make a big difference in the environment and in the money you spend.]

Airdate: 2/4/2017

Time: 11:30AM

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: 2/4/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

ACTION JACKSON [HOC112]

NFL Receiver Vincent Jackson gives back to military families through his charity and explains the special meaning behind his father's dog tags, an informal term for the identification tags worn by military personnel. Golfer Justin Rose pays tribute to his father who passed away from cancer. NBC's Mary Carillo explores the history of Olympic Curling, which dates back to 1838. We see how an aspiring young golfer uses her talents to help prevent bullying.

[Educational Message: You can use your talent in more ways than one-- it's a great opportunity to give back to those that have influenced you or to raise awareness for a cause. Viewers gain insight on what it's like to have a family member in the military, learn about pressures that come with being a pro golfer, learn about the history of curling, and learn ways to raise awareness to help prevent bullying.]

Airdate: 2/11/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

WORLD CHAMPION PESTO [VJG113]

Host Josh Garcia arrives in Genoa, Italy where he explores the rich culture and cuisine of this historic Mediterranean city. First, Josh takes to the foothills with the help of some Italian donkeys who share the load. He arrives at a basil farm where he learns the secret to the most famous herb grown in the region. Under the guidance of a world champion, Josh helps make a truly authentic version of pesto that won the Pesto World Championship. Pesto is a Genovese staple traditionally made from a strict list of 7 ingredients: basil, pine nuts, parmesan and pecorino cheese, garlic, olive oil, and salt. Then, Josh heads to a local factory where he learns the traditional process of candying fruit. Candying fruit dates back thousands of years to Genoa's maritime culture when candying was used to preserve fruit for long journeys. Finally, Josh sets sail with some local sailors on the same waters as Genoa's famous son, Christopher Columbus.

[Educational Message: Sometimes doing things by hand can yield the best results. When harvesting herbs and preparing certain dishes, using your hands instead of machines can often result in the best-tasting dish.]

Airdate: 2/11/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

THE EFFECTS OF INFECTIONS [WDV113]

On this episode of Wilderness Vet, when some of Dr. Oakley's patients develop infections, she'll have to use every trick in the book to help them. From a duck with a swollen foot, a puppy with a mysterious disease, to an owl with a broken wing, Dr. Oakley's goal is always the same: make sure they're happy and healthy when they go home. First up, Dr. Oakley is at her satellite clinic in Haines, Alaska with her daughter Sierra. Dr. Oakley's first patient is a duck with an infection in her foot. Dr. Oakley examines the duck's foot and determines the animal is suffering from bumblefoot. Dr. Oakley takes this time to teach Sierra more about the x-ray process and how the instrument is used. The x-ray reveals that the infection is so severe, it has spread to the duck's bone. Dr. Oakley prescribes antibiotics and will perform surgery on the duck's toe in the coming weeks. Next, a Black and Tan Coonhound with a nasty ear infection comes in to see Dr. Oakley. Here we learn about the breed's susceptibility to ear infections due to its long ears. The diagnosis is a mild ear infection, and Dr. Oakley prescribes ear drops to stave off the infection. Next, Dr. Oakley is visited by a puppy named Scruffy in need of vaccinations. It is suspected that the puppy may have Parvovirus, which spreads very easily and can prove fatal for puppies if not vaccinated early. Dr. Oakley examines the puppy and administers the necessary vaccines. Next, Dr. Oakley is visited by dog that was quilled by a porcupine. After a tense procedure, all quills are carefully removed and the dog will eventually fully recover. Finally, Dr. Oakley visits the Yukon Wildlife Preserve to assist in the release of a Great Horned Owl. This owl suffered a broken wing during the previous winter and has been rehabilitating at the Preserve.

[Educational Message: Preventive care for animals can allow them to live healthier and fuller lives. Allowing proper time for injuries to heal will increase the chances of success when returning animals to the wild.]

Airdate: 2/11/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

SPACE JUNK [JDD113]

Join host Dylan Dreyer as she explores the growing junk yard orbiting our planet. Debris and trash floating high above our heads are threatening space travel as we know it -- and threatening the communication satellites that power our modern world. We'll meet the scientists racing to solve the problem and prevent potential disasters. Our journey begins in Winslow, Arizona at the site of Meteor Crater. Here we learn more about the devastating meteorite impact that took place over 50,000 years ago. Scientists discovered the cause of the event was due to a space collision of large meteors. This thinking lead to the idea that our own space junk could cause collisions in the future as we further explore space travel. Next, we'll learn more about the varying levels of our planet's orbit such as low Earth orbit, near/middle Earth orbit, and Geosynchronous orbit. With so many objects careening through the same altitude, it's not hard to imagine that some objects may eventually collide. Next, we'll learn more about the history of various satellites launched in our orbit over the years, and how over 100,000 objects now orbit our Earth. Of the thousands of objects launched into space of the years, only about 1,000 are operational. Today, scientists and researchers are working on ways to safely capture and remove the exorbitant amount of debris.

[Educational Message: Whether here on Earth or up in space, we need to do our part to protect the environment. We must always seek solutions to reduce our waste and carbon footprint for future generations. Creative solutions are often needed to tackle problems.]

Airdate: 2/11/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

GOAT FARM [NDS113]

Host Danny Seo visits a goat farm to learn how to milk goats and create soap using goat milk. Dairy goats average around 3 quarts of milk per day, and Nubian goats are known for high-quality, high butterfat milk production. Next, Danny cooks up easy five-ingredients-or-less dinners, using vegetables such as squash, shallots and asparagus. Squash is high in vitamin C, which helps maintain healthy skin and boost the immune system; shallots can help lower blood pressure and can boost immunity; and asparagus is very high in folic acid, a B vitamin that's a natural mood booster. Then, Danny creates unique crafts by upcycling old leather belts and sewing them to create coasters. Sewing is one of the oldest forms of textile art, dating back to the Paleolithic Age. Finally, Danny makes homemade, natural hand scrub using lemon and sugar. The lemon helps disinfect and remove germs, while the sugar works as an exfoliant because it's coarse and contains alpha-hydroxy acids, which remove dead cells.

[Educational Message: The nutrients and anti-inflammatory properties in goat milk can help reduce eczema, psoriasis and acne. Great recipes don't need to be complicated; adding vegetables like squash, asparagus or shallots are great options to add flavor and health benefits. Old belts don't have to go to waste; they can be cut and sewn together to create coasters or hang wall art. It's important to protect our skin from germs, and by combining lemon and sugar, it creates a homemade, disinfecting hand scrub.]

Airdate: 2/11/2017

Time: 12:00PM

Duration: 30:00

GIVE

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

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

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

Airdate: 2/11/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

HISTORY IN THE MAKING [HOC113]

We see how Buffalo Sabres rising star, Jack Eichel, turned his NHL dreams into reality by playing for Team USA, whose greatest feat in history was the “miracle on ice” at the 1980 Winter Olympics when they upset the Soviet Union. A junior golfer chronicles a history of golf and the golden age of golf architecture, which was from 1900 to 1930. U.S. Olympians share how their parents influenced their success and journey to the Olympics. We follow golf superfan, Dave Finn--who suffers from mitochondrial disease, which is where cells fail to generate the energy needed to operate organ systems--and see the impact he has left on those golfers who have impacted his life.

[Educational Message: You can learn important lessons from your family, peers, and history that can influence you in your path to achieve your goals. Viewers learn about what it’s like to be a professional hockey player, how former golfers and architects have impacted the sport, the support and sacrifices that come with being an Olympian and a family member of one, and what mitochondrial disease is.]

Airdate: 2/18/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

MEDITERRANEAN MELTING POT [VJG114]

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

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

Airdate: 2/18/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

WHEN MOM'S AWAY [WDV114]

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

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

Airdate: 2/18/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ANTARCTIC [JDD114]

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

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

Airdate: 2/18/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

BROTH BAR [NDS114]

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

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

Airdate: 2/18/2017

Time: 12:00PM

Duration: 30:00

GIVE

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

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

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

Airdate: 2/18/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

FLY THE FLAG [HOC114]

Swiss Ski Jumper Simon Ammann, who made his Olympic debut in 1998, explains his decision and path to learn to fly a plane. Young African-American golfer, Mariah Stackhouse, blazes a trail in women's golf and aims to play in the LPGA, which saw the first African-American compete in 1963. We learn about a world renowned soccer training facility for young, aspiring players in Southampton, England, which is located on the southern coast of England and is the largest city in the county of Hampshire. Later, we see the impact that the Simpson Cup, a British golf tournament for disabled veterans, has left on golf and those who play in the tournament.

[Educational Message: In order to be successful at something, education and having a well balanced, emotionally healthy lifestyle is just as important as the talent itself. Viewers learn about steps to take to learn to fly a plane, the impact of African American women in the LPGA, steps to become a female college golfer, the training it takes to become a professional soccer player, and the origins of the Simpson Cup golf tournament.]

Airdate: 2/25/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

KUNG FU MASTER [VJG115]

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

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

Airdate: 2/25/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

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

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

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

Airdate: 2/25/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ADRENALINE RUSH [JDD115]

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

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

Airdate: 2/25/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

LOCAL 360 [NDS115]

Host Danny Seo visits a chef who explains the benefits of eating locally grown food, which helps save money by eliminating the costs of shipping out-of-season food, helps support local economy, and helps promote health through eating fresh ingredients. Next, Danny teaches how to make a homemade all-purpose household cleaner by using baking soda, castile soap, and hydrogen peroxide. Baking soda is not fully water soluble, making it a good scouring agent; castile soap is traditionally an olive oil based vegan cleaner, which does not contain animal fats; and hydrogen peroxide kills bacteria by destroying their cell walls. Then, he uses tea bags in an unconventional way to make soup. Boiling a tea bag with garlic creates a broth that serves as a good base for soup, plus garlic has high levels of antioxidants, which help clear acne and boost the immune system. Finally, he tours a designer garage to discover creative ways laminate can be used to show personality.

[Educational Message: The method of cooking locally grown food is referred to as "farm-to-table". You can save money on cleaning products by creating your own at home using household items. You can make more with a tea bag beside a beverage. Don't be afraid to explore opportunities to use something in new ways.]

Airdate: 2/25/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO BROADWAY AND COLLEGE BOUND KIDS [GBU121]

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

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

Airdate: 2/25/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

GENERATION NEXT [HOC115]

NBC's Mary Carillo visits a renowned ski school in Austria, where 62% of the country is covered by the Austrian Alps. We see how a junior golfer manages to train regularly despite living in Minnesota, where an average winter brings 4 ½ feet of snow. We travel to South America, where 8-year-old Nicole Foronda aspires to be an Olympian in BMX racing, a type of off-road bicycle racing on dirt tracks with various jumps.

[Educational Message: No matter how young you are, you can start taking steps now to achieve big goals in the future. Viewers learn steps young athletes can take to develop skills in order to become Olympic skiers, BMX riders and professional golfers.]

Airdate: 3/4/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

EUROPE TOP TO BOTTOM [VJG116]

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

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

Airdate: 3/4/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

A VET FOR ALL PETS [WDV116]

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

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

Airdate: 3/4/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

OCEAN OASIS [JDD116]

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

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

Airdate: 3/4/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO
ECO-GROOMING [NDS116]

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

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

Airdate: 3/4/2017

Time: 12:00PM

Duration: 30:00

GIVE

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

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

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

Airdate: 3/4/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

IN THE BLINK OF AN EYE [HOC116]

NBC's Mary Carillo travels to Holland to see the country's passion for Olympic speed skating, which has been featured in every Winter Olympic Games since 1924, and learn about the historic Elfstedentocht race. A young man with Down syndrome, which occurs when an individual has an extra copy of chromosome 21, excels at golf. We see how the Philadelphia Eagles' long snapper Jon Dorenbos works with children by using magic, a craft that is believed to date back to around 2,600 B.C. An aspiring young golfer moves from China to the U.S. to chase her dream of becoming a professional golfer and play in the Drive, Chip and Putt Championship.

[Educational Message: Don't be afraid to chase your dreams or do something different regardless of your age, obstacles you might face, or what others might think. Viewers learn about the origins of speed skating, achieving goals while living with Down syndrome, and steps young golfers can take to build a future in the sport.]

Airdate: 3/11/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

LITTLE ISLAND, BIG FLAVOR [VJG118]

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

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

Airdate: 3/11/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

ANIMAL AMBASSADORS [WDV117]

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

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

Airdate: 3/11/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER
PEOPLE OF THE WORLD [JDD117]

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

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

Airdate: 3/11/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO
FLORA FORAGER [NDS117]

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

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

Airdate: 3/11/2017

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: 3/11/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

GIRL POWER [HOC117]

Kelsey DiClaudio shares her story about being in a wheelchair and being the only female player on the U.S. sled hockey team. Sled hockey players use double-blade sleds that allow the puck to pass beneath the sled. We see how Dan Brooks, Duke's women's golf coach, has left his mark on college golf. We journey to Kenya, a country that is known for producing Olympians in long distance running, where a 12-year-old girl aspires to play Olympic volleyball and win a gold medal for her country.

[Educational Message: Don't let age, gender, size or background prevent you from being a trailblazer. Viewers learn about young female athletes aspiring to be professionals in sled hockey, golf, and Olympic volleyball, and the steps one can take to excel in each.]

Airdate: 3/18/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

CITY OF DELIGHT [VJG108]

Host Josh Garcia travels to Paris, France where he takes a tasting tour with a local Parisian foodie, meets a master craftsman whose specialty is vintage umbrellas, and learns the art of French gastronomy from a renowned chef. First, Josh samples a variety of different Parisian treats with the help of a food tour guide, who shows him some local favorites. While visiting a fromagerie, or cheese shop, Josh learns there are over 400 varieties of French cheese, usually named after the town or region of origin. Next, Josh learns a lost art from a master craftsman who restores and creates one-of-a-kind umbrellas and parasols, which were chic fashion accessories in 19th century Paris. Finally, Josh takes a cooking class to learn how to make French cuisine after he returns from his travels.

[Educational Message: Keeping an open mind and a willingness to explore is important to leading a fulfilling life and understand others.]

Airdate: 3/18/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

SET LOOSE A MOOSE [WDV108]

On this episode of Wilderness Vet, when Dr. Oakley gets a call about two moose calves that are ready to be released, she and her oldest daughters offer to lend a helping hand. Together, mother and daughters will work to send these animals home; and along the way, they'll fight to save some other amazing creatures. Dr. Oakley, Sierra, and Maya first head to a reindeer farm in Anchorage, Alaska. Dr. Oakley is checking on a reindeer suffering from "chipmunk cheeks." This condition occurs when food impacts in the reindeer's cheek and cannot provide nutrition for the animal. Dr. Oakley removes the impacted food and uses a float to file down the reindeer's molars. From here, the condition of the reindeer will be monitored to ensure the problem does not return. Next, Dr. Oakley and her daughters are on their way to help release two rescued orphaned moose calves back into the wild. The calves are to be transported to Chugach National Forest to help increase moose populations in the area. But before they can go home, they have to pass a health exam. After a quick examination, the moose calves are given a clean bill of health. The 260 mile trip to Chugach National Park, however, will not be as quick. The team's only route requires that they take a ferry across an inlet and cross a tunnel that is only open for fifteen minutes every hour. Therefore, perfect timing is critical to the success of the journey. Dr. Oakley and the team carefully coax the moose calves into the transport containers and secure them to the truck for the trip. After a tense drive, the team arrives at the destination and successfully releases the calves. Finally, Dr. Oakley and her daughters enjoy a nice hike together and practice their moose calling skills.

[Educational Message: Preparation is key to success. The best preparation for the future is doing your best in the present.]

Airdate: 3/18/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

THE GREAT AMAZON RIVER [JDD104]

Host Dylan Dreyer takes viewers on a journey down the greatest river on earth: the mighty Amazon. We'll follow medicine men from the mountains of Brazil and the halls of Harvard as they work to discover new treatments and medicines from healing plants hidden deep within the jungle. Viewers will come face-to-face with amazing animals struggling to survive. Learn how biologists believe the Amazon rainforest holds 10% of all known animal species on earth, including over 400 different mammal species alone. We'll also meet people whose ancestors have lived in this wild landscape since the dawn of history. Find out how South America is home to the largest forest, the longest mountain range, and the biggest river of all the continents on Earth. Over ten times the size of the Mississippi River, the Amazon River has a total length of 4,345 miles. This colossal river flows towards the rising sun with one fifth of the continental runoff water of the planet. Rivers from five nations pour into the vast flatland of equatorial Brazil to form the greatest moving mass of fresh water in the world. Follow Julio Mamani, the brave medicine man from the Andes Mountains, as he travels thousands of miles to reach the Amazon River. Also, join Harvard University Ethnobotanist Dr. Mark Plotkin, as he, too, looks for life saving remedies along the greatest river in the world.

[Educational Message: The Amazon remains one of the most important ecosystems in the world. The wildlife and people who call it home deserve our reverence, respect, and protection.]

Airdate: 3/18/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

LUNCH AT THE RANCH [NDS108]

Host Danny Seo learns about ocean noodles and cooking healthy, gives a tour of his ultra-sustainable set and tips on how to be energy efficient, upcycles building blocks to give an old lamp a new look, and creates homemade laundry detergent. We learn that kelp noodles are made from kelp, an edible seaweed that is rich in calcium, iron and iodine. This is a healthy alternative to pasta. Danny encourages viewers to use their imagination to create something new when he shows that upcycling old lamps and using old building blocks can result in a fun craft to keep on display. Danny also demonstrates how creating homemade detergent with castile soap is better for your skin and the environment because it is biodegradable and does not contain chemical detergents, like sodium lauryl sulfate.

[Educational Message: Eating healthy can be done by substituting popular dishes with healthy alternatives. Understanding ways to be energy efficient is important because it helps the environment by decreasing food waste, energy usage, and water usage. Upcycling objects saves money and prevents waste.]

Airdate: 3/18/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE AN OPPORTUNITY FOR KIDS TO HELP KIDS [GBU108]

On this unique episode of GIVE, YouTube star Bethany Mota teams up with UNICEF at P.S. 119 in Brooklyn, New York, to help malnourished children in Haiti. Bethany learns about UNICEF's Kid Power program from Jenna Bush Hager and Casey Rotter, who help promote the program around the world. Through this program, kids can unlock therapeutic food packets to be distributed to malnourished kids around the world. Bethany and the students watch a video about Haiti, an impoverished country that was ravaged by a devastating earthquake in 2010, and has since seen a spike in hunger and malnourishment. This has particular resonance with the students at PS 119, a number of whom of Haitian descent. Bethany sets up the 4th and 5th graders for a friendly competition to see who can earn the most points, and send more help to Haiti.

[Educational Message: About 795 million people in the world struggle with hunger while about 1.2 billion people live in extreme poverty. It's important to do what you can to help those in need, especially after a natural disaster.]

Airdate: 3/18/2017

Time: 9:30AM

Duration: 30:00

HEART OF A CHAMPION

HISTORY IN THE MAKING [HOC113]

We see how Buffalo Sabres rising star, Jack Eichel, turned his NHL dreams into reality by playing for Team USA, whose greatest feat in history was the "miracle on ice" at the 1980 Winter Olympics when they upset the Soviet Union. A junior golfer chronicles a history of golf and the golden age of golf architecture, which was from 1900 to 1930. U.S. Olympians share how their parents influenced their success and journey to the Olympics. We follow golf superfan, Dave Finn--who suffers from mitochondrial disease, which is where cells fail to generate the energy needed to operate organ systems--and see the impact he has left on those golfers who have impacted his life.

[Educational Message: You can learn important lessons from your family, peers, and history that can influence you in your path to achieve your goals. Viewers learn about what it's like to be a professional hockey player, how former golfers and architects have impacted the sport, the support and sacrifices that come with being an Olympian and a family member of one, and what mitochondrial disease is.]

Airdate: 3/25/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

SWEDISH AND SUBLIME [VJG107]

Host Josh Garcia travels to Stockholm, Sweden where he experiences the world's stinkiest food, learns the delicate art of glassblowing, and gets a folk art carving lesson from one of Stockholm's legendary carvers. First, Josh meets up with a local chef to try traditional Swedish food, including pickled herring. Pickling was a technique originally used as a preservation method to keep food for long periods of time. This technique dates back as far as 2030 B.C. and is still used today. Josh also tries a fermented herring, called surströmming, which famously has a pungent aroma. Next, Josh visits a local artisan to learn how he makes hand-blown glass goods. Josh learns the technique, but finds it's more challenging than he thought. Finally, Josh learns how to make the dala horse, a beloved symbol of Swedish folk art. These hand-made pieces were first created in the 1800s as a child's toy when peasants would carve and paint wooden horses as gifts for their children.

[Educational Message: Learning to appreciate the hard work of others and their particular tastes can help you find something new you might enjoy.]

Airdate: 3/25/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

THE DOCTOR IS IN [WDV107]

On this episode of Wilderness Vet, when you're a veterinarian in one of the wildest places on Earth, you handle a variety of cases. For Dr. Oakley, that means dealing with everything from simple checkups to emergency situations. And when you never know what patient is about to walk through the door, you have to be prepared for anything. First up, Dr. Oakley has a busy morning at her home clinic with a variety of patients. Dr. Oakley soon gets a call from the Yukon Wildlife Preserve to see if she can help an ailing sheep. The sheep has a lump in its cheek and needs to be sedated for a dental exam. Dr. Oakley successfully tranquilizes the sheep and examines its mouth. Dr. Oakley discovers an infection in the sheep's jaw caused by bacteria. Dr. Oakley successfully cleans and disinfects the wound allowing it to heal properly. Next, Dr. Oakley heads to Dark Horse farm to check on a horse with an abscess on its navel. Dr. Oakley discovers additional lumps on the horse's belly that are determined to be a result of cellulitis. This chronic infection could eventually prove fatal for the horse. Dr. Oakley provides antibiotics and takes blood samples to ensure there are no additional problems causing the condition. Next, Dr. Oakley receives an emergency patient at her clinic suffering an attack from a coyote. The injured canine was bitten on its tail and suffered a severe laceration as a result. Dr. Oakley cleans the wound and applies a pressure bandage in order to stop the bleeding. The treatment proves successful and the canine is on the road to recovery.

[Educational Message: You must have faith and believe in yourself if you want to succeed. Have the courage to do what you believe is right.]

Airdate: 3/25/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

VOLCANOES OF THE DEEP [JDD109]

Host Dylan Dreyer takes viewers on an adventure over two miles below the waves, hunting the most ancient species on earth. We'll ride onboard a deep-sea submarine to explore the Mid-Atlantic Ridge hidden under miles of ocean water. We'll meet animals no one has ever seen before and unlock the mystery of the world's oldest fossils. Prepare to learn more about Peleodictyon Nodosum, an ancient and mysterious creature that lived hundreds of millions of years before the dinosaurs. We'll learn more about how scientists use deep-sea submarines to further investigate this and other mysteries of our oceans. Discover more about bioluminescent deep-sea creatures that use living tissues to create a glowing light in the deep and dark ocean. Hidden under five miles of water, the Mid-Atlantic Ridge is a deep-sea mountain range over 24,000 miles long and was first discovered by the HMS Challenger in 1872. We learn more about how the many sea creatures adapted to surviving in the harsh volcanic vents and high temperatures in the depths of the Atlantic Ocean. Finally, we'll uncover more about the Hyperthermophile, an organism that miraculously lives in temperatures exceeding 230 degrees Fahrenheit.

[Educational Message: Curiosity and determination can lead to fascinating discoveries in our natural world.]

Airdate: 3/25/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

HANDCRAFTED LEATHER [NDS109]

Host Danny Seo visits a family-owned workshop to learn about tanning and how leather goods are made, teaches how to make a healthy pizza, shows ways to dress up a party by re-purposing items found around the house and outdoors, and shows how to start a mini greenhouse garden. First, Danny travels to Oregon and meets the Martinez family, who have been creating hand-crafted leather products since 1962. He helps make a leather tote and learns how to cut, stamp, sew, and shape the bag and straps. The straps are usually made of English bridle leather, which is stronger and won't stretch. Next, Danny doctors up traditional pizza to create a "beet-za" as a healthy alternative by adding cooked tomatoes, grated zucchini, arugula and roasted beets. Cooked tomatoes have increased levels of lycopene, which is beneficial for the immune system; zucchini is high in fiber and low in calories; and arugula has a peppery flavor and helps cleanse toxins in the liver. Then, Danny creates card and photo holders using river rocks and wire. He also upcycles old plates made of glass, which represents roughly 40% of landfill recyclables, by gluing them together to create a tiered serving tray. Finally, Danny plants beans in re-used egg cartons and yogurt containers to create a mini greenhouse. A greenhouse effect happens when the sun warms the air and soil while the sealed container traps heat and moisture inside.

[Educational Message: Products can be colored without the use of chemicals-- vegetable tanning is the all-natural process of preserving and coloring hides in wooden drums with barks, leaves, berries and roots. You can make a pizza healthy by using non-traditional toppings that have added health benefits. Giving items new purposes can help create something unique, save money and prevent waste. Beans are a good choice to plant in your mini greenhouse because they are not susceptible to many pests and require little maintenance.]

Airdate: 3/25/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO GROWING COMMUNITIES AND GREEN JOBS IN BROOKLYN [GBU109]

Jenna Bush Hager, NBC News Host and Correspondent, visits the Northeast Brooklyn Housing Development Corporation, an organization that serves community members in Brooklyn New York through housing advocacy, its urban garden, food pantry and culinary education for youth. Under the ruse that they have come to research a television project, Jenna and celebrity chef Alex Guarnaschelli visit the NEBHDCO organization and teach the kids a thing or two in the kitchen. Jenna then checks out the work of Green City Force, an organization whose mission is to break the cycle of poverty for young adults, preparing them to succeed in new careers by engaging them in service and work experiences related to the clean energy economy. Jenna ultimately awards both organizations with a surprise donation from The Laurie M. Tisch Illumination Foundation.

[Educational Message: Philanthropic organizations that provide urban agriculture and nutritional education can create lasting healthy habits for those individuals and their families.]

Airdate: 3/25/2017

Time: 12:30PM

Duration: 30:00

HEART OF A CHAMPION

FLY THE FLAG [HOC114]

Swiss Ski Jumper Simon Ammann, who made his Olympic debut in 1998, explains his decision and path to learn to fly a plane. Young African-American golfer, Mariah Stackhouse, blazes a trail in women's golf and aims to play in the LPGA, which saw the first African-American compete in 1963. We learn about a world renowned soccer training facility for young, aspiring players in Southampton, England, which is located on the southern coast of England and is the largest city in the county of Hampshire. Later, we see the impact that the Simpson Cup, a British golf tournament for disabled veterans, has left on golf and those who play in the tournament.

[Educational Message: In order to be successful at something, education and having a well balanced, emotionally healthy lifestyle is just as important as the talent itself. Viewers learn about steps to take to learn to fly a plane, the impact of African American women in the LPGA, steps to become a female college golfer, the training it takes to become a professional soccer player, and the origins of the Simpson Cup golf tournament.]

For 1st Quarter 2017
January 1, 2017 – March 31, 2017

THERE WAS NO OTHER PROGRAMMING FOR THE 1ST QUARTER 2017 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

NBC NETWORK NON-BROADCAST EFFORTS

January – March, 2017

NBCUniversal's *The More You Know* website:

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

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

Also featured on site is The More You Know Learning series' *Growing Up Online*, a free eBook on digital literacy and Internet Safety. *Growing Up Online* is an important tool to initiate conversation with children about online safety. The eBook is a media-rich, two-part learning resource that provides easy-to-use information about navigating the digital world in a unique and engaging way. Part one includes safety tips, discussion questions and key takeaways for parents and teachers. Part two features four entertaining video comic books for children, focused on real situations that come up when kids go online.

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