

“CORE PROGRAMMING”
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DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER
[AGE TARGET 13-16]
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Airdate: 10/7/2017
Time: 10:00AM
Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
FIRST CITY OF THE LAST FRONTIER [VJG202]

Host Josh Garcia travels to Ketchikan, Alaska where he kicks off his Alaskan adventure in this seaside destination by exploring the legendary Tongass National Forest. Ketchikan, derived from the native term for creek, *Kitschhk-him*, meaning “thundering wings of an eagle,” sits at the gateway of the Tongass National Forest. The Tongass National Forest is the largest rainforest in the United States and is over 17 million acres. This timber-rich city is home to the world’s largest collection of totem poles, a native tradition of carving tree trunks to tell stories. Josh seeks out a skilled master craftsman keeping this Native tradition alive and tries his hand at totem carving. Later, Josh teams up with top-ranked timbersports athletes and tries his hand at a daring lumberjack competition! These games honor the region’s history as the this heavily forested area was once home to a booming timber industry.

[Educational Message: Interpretation can lead to new ways to enjoy and understand life, and can reveal a deeper understanding of culture, and sometimes new uses for seemingly ordinary tools, materials, and even trades.]

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

WILDERNESS VET
EQUINE E.R. [WDV202]

Horses are one of Dr. Oakley’s favorite animals to work with, which is why staying up-to-date on equine medicine is important in order for her to better help her patients. To refresh her education on this subject, Dr. Oakley is heading back to her alma mater to help one of the professors perform surgery on an injured horse. Before Dr. Oakley hits the road, she starts her day with a pregnancy check on one of her horse patients. Dr. Oakley uses an ultrasound to perform an examination and confirms that the mare is not pregnant. Next, Dr. Oakley visits another horse with a laceration on its leg. Dr. Oakley anesthetizes the horse in order to clean and stitch the wound. Next, Dr. Oakley and her daughter Sierra are taking a road trip to Prince Edward Island, which is where Dr. Oakley went to veterinary school. Today, they’ll both be assisting veterinarians with a variety of procedures on horses at the Atlantic Veterinary College. Here, Sierra gets an incredible opportunity to work side-by-side with other veterinary professionals, while Dr. Oakley also learns about the latest techniques and methods of animal medicine.

[Educational Message: Never stop learning. We must always ask questions and seek knowledge throughout life.]

Airdate: 10/7/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEARS [JDD202]

Join host Dylan Dreyer for a wild adventure with grizzly bears - and get closer than ever before to some of the largest predators on the planet. From black bears in Montana, to polar bears in the arctic, witness a fresh view of these powerful, majestic, and often misunderstood animals in the full glory of their natural habitat. First, we'll journey to Alaska, where we'll meet a naturalist and wilderness guide studying grizzly bears in their natural habitat. Alaska is home to over 30,000 brown bears, one of the highest populations in the world. Next, we'll travel to Montana to follow a family of black bears as they emerge from their hibernation in the Springtime. We'll learn that many of North America's native people had a close relationship with bears, and that they believed the spirit of the bear held a power to heal, protect, and bring forth the seasons. Next, we'll journey to the Arctic to discover more about the largest land predator in the world, the polar bear, and its survival in such an extreme and ever-changing habitat. Finally, we'll learn about the struggles between bears and humans in North America, and how a chance encounter with President Theodore Roosevelt helped turn the tide of history.

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

Airdate: 10/7/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SECOND CHANCE KITCHEN [NDS202]

Host Danny Seo learns how discarded food from grocery stores is being used to help others, makes breakfast treats that are packed with nutrients for when you're on-the-go, and shows how to recycle waste paper into something that smells and looks great. First, Danny visits a non-profit in Los Angeles that makes meals for the less fortunate by using food that has been discarded for cosmetic reasons. In the U.S. alone, three million tons of "ugly" produce reportedly goes to waste each year. Next, Danny makes carrot granola and a peach basil green smoothie, both quick breakfasts that can last the whole week and provide daily nutrients. Carrots and carrot juice are rich in vitamin A. You can make a healthy smoothie by adding coconut milk and spinach-- raw spinach contains lots of vitamin K, which may help in building strong bones and preventing heart disease. Then, Danny uses recycled shredded paper to make ornaments and paper bowls. Approximately 1 billion trees worth of paper are thrown away every year in the U.S. alone, and often times, shredded paper is difficult to recycle.

[Educational Message: It's important to find way to give back to the community, and helping to fix meals for those struggling with hunger is a great place to start. A healthy breakfast is important—making food ahead of time, like granola or a smoothie, is a great way to ensure you get a healthy breakfast without running late. Before throwing something out to be recycled, be sure to research if it actually can be recycled. In many cases, it helps the environment more to repurpose something rather than throw it out.]

Airdate: 10/7/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO LONG TERM SOLUTIONS TO LONG TERM PROBLEMS [GBU202]

In this episode of GIVE, Actor, Philanthropist, and GIVE Executive Producer Blair Underwood spends time at two Southern California non-profits that have created revolutionary solutions to intergenerational poverty and family homelessness. Blair's first appointment is with A Step Beyond, which offers free dance education, academic support and family counseling to children and youth from 3rd through 12th grade. Blair participates in a dance workshop with a fearless group of students and is deeply impressed, but he must move on to his second assignment: Solutions for Change. Starting with the organization's aquaponics farm, where wastewater from farmed fish is used to nourish vegetables tended by the homeless parents in the program, Blair learns about Solutions' intensive 1000-day method for solving and ending each family's homelessness, forever. Now it's time for Blair to take his findings back to the Lawrence Welk Family Foundation's Junior Board, which will decide how to distribute a \$35,000 gift from the foundation between the two organizations.

[Educational Message: When communities come together and support one another with the tools to succeed, they thrive. Tools like job readiness training, life skills, and accountability training can prepare individuals to gain independence and strengthen their communities.]

Airdate: 10/7/2017

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN

HISTORY IN THE MAKING [HOC202]

We see how Muslim Olympic Fencer, Ibtihaj Muhammad overcame moments of isolation because she was different and went on to become the first Muslim-American woman ever to win an Olympic medal in fencing, which is one of five activities that have been featured every modern Olympic games. Next, we meet sisters Alex and Corey Phillips who compete in world long drive, a competitive sport where success comes from driving a golf ball the farthest-- ball speeds in world long drive competitions can reach 220 mph. Then, we meet an Italian artistic gymnast who dreams of making it to the Olympics. Gymnastics was introduced at the 1896 Olympics, and women's gymnastics has four events: vault, uneven bars, balance beam, and floor exercise.

[Educational Message: Don't be afraid to get out of your comfort zone and be a trailblazer—whether you succeed or not, you can make a difference by setting an example for others. Viewers learn about the Muslim culture, the history of fencing, Long Drive competitions and how to get involved, and what it takes to train to be an Olympic gymnast.]

Airdate: 10/14/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE TEA IN TAIPEI [VJG203]

Host Josh Garcia sails into Taipei, Taiwan's stunning capital city, and explores its rich multi-cultural traditions. He visits a Taiwanese master skilled in the ancient art of glove puppetry. This art-form originated in China and came to Taiwan in the 17th century, where it is now vastly popular. Then Josh takes to the streets to witness a team of skilled trick top-spinners in action. Josh learns that this ancient folk game, Gan Le, has roots in a city just north of Taipei. Venturing into its famous markets, Josh dares to try the city's signature dish, stinky tofu! Stinky tofu is made by soaking tofu in a juice of fermented vegetables, meats, and fish, resulting in an aromatic, flavorful dish. Finally, he explores a majestic tea farm high above the city and learns how to make Taipei's celebrated elixir, Oriental Beauty. The process of harvesting tea begins by picking specific portions of the plant before the leaves are left out in the sun to wither to remove any excess water and to prepare the leaves for oxidation. Then the tea leaves are roasted, folded, and rolled to release the tea's natural flavors and aromas.

[Educational Message: Learning the processes of how simple, natural ingredients are harvested can bring you a deeper appreciation for these ingredients and cultural practices.]

Airdate: 10/14/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

LARGE AND IN CHARGE [WDV203]

Dr. Oakley knows that when working with large, wild animals you always have to be on high alert. First up, Dr. Oakley is heading out to the Alaska Wildlife Conservation Center to check up on some wood bison. Wood bison were thought to be extinct until a herd was discovered in the 1950s. Dr. Oakley and a team of volunteers perform routine health checks on two wood bison bulls to ensure they are healthy enough to be reintroduced to the wild. Next, Dr. Oakley brings her daughter Sierra out on a call to check up on a couple of brown bears. First, Dr. Oakley must sedate the bears in order to perform the routine physical exam. However, this process proves to be anything but routine as one of the bears avoids capture and soon puts itself in imminent danger. Dr. Oakley and team react quickly and save the bear from potentially drowning while under sedation. The other bear proves even more dangerous, as the tranquilizer wasn't strong enough and the sleeping bear awakes too soon. However, Dr. Oakley and team safely handle the situation and successfully sedate the other bear. After a quick checkup and physical examination, Dr. Oakley gives both bears a clean bill of health. Sierra learns a valuable lesson about the importance of safety when working in the field with dangerous animals.

[Educational Message: Every day offers new challenges. We must always seek to overcome obstacles and challenges in life in order to grow, learn, and succeed.]

Airdate: 10/14/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE GREAT LAKES [JDD203]

Join host Dylan Dreyer on a visual masterpiece that captures the beauty and importance of North America's Great Lakes. We'll explore the amazing geography, ecology, and history of the region on this epic journey through the greatest fresh water system in the world. First, we'll learn how the Great Lakes contain nearly 20% of all the freshwater on the face of the earth, and how they were formed 14,000 years ago at the end of the last great Ice Age. Next, we'll join a group of biologists who have dedicated their entire careers to saving the lake sturgeon, a fish that has lived on earth for more than a 150 million years. Sturgeons were on earth at the time of the dinosaurs, but today more than 99% of them have been wiped out within the last 100 years. Here we'll learn more about the innovative and creative techniques being used by biologists to ensure the survival of the sturgeon species for years to come. Next, we'll learn how the Great Lakes are on the frontlines of a struggle to find a sustainable balance between the needs of human societies and the natural resources we depend on. We'll learn how hydroelectric power plants utilize the flow of water to create one of the few sources of renewable clean power, free from the negative impacts of greenhouse gases. Finally, we'll discover more about the various cities along the Great Lakes and how they are doing their part to ensure a cleaner future for the habitat and its wildlife.

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

Airdate: 10/14/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

FALLEN FRUIT [NDS203]

Host Danny Seo meets a Los Angeles duo that founded a company that encourages locals to get out in the community and prevent food waste by utilizing fallen fruit from public fruit trees in the area, from which they make jam. Oranges are the most popular tree fruit in the United States, however, they are indigenous to China and Southeast Asia. Next, Danny explores different ways to use coconut oil beyond cooking with it, such as to moisturize skin and polish cookware. Coconut oil is a high saturated fat, which is considered a "healthy fat" because it can help raise good cholesterol. Then, Danny makes a healthy pasta dish using homemade sweet potato noodles. The sweet potato has a lower glycemic index than the white potato. Last, Danny creates stickers using leaves found outside to create a mandala. Early forms of stickers can be traced back to ancient Egyptians; and the word "mandala" is Sanskrit for "circle" and is one of the most ancient art forms.

[Educational Message: A great way to save money and prevent food waste is to use fruit from public fruit trees, but it's important to research local laws beforehand. Some natural ingredients, like coconut oil, can have more than one beneficial purpose, which can help save money and provide additional nutrients other products may not. Get creative and find ways to make meals healthy--you can use vegetables to make pasta noodles rather than using regular noodles. Use your imagination to make arts and crafts using items found in your yard, such as leaves—it's a great way to express yourself and explore different forms of art.]

Airdate: 10/14/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO RESCUED KITTENS AND CATS AND THE PEOPLE WHO CARE FOR THEM

[GBU203]

On this episode of GIVE, Author and NBC News Correspondent Jenna Bush Hager visits two volunteer-run animal rescue organizations in New York City. Jenna's day begins at the Brooklyn Bridge Animal Welfare Coalition's Cat Café, an innovative answer to the hairy problem of animal homelessness. Jenna discovers how the Café promotes cat adoption through a full menu of activities ranging from Cats and Mats yoga, movie nights, book readings and more, that customers can enjoy in the company of rescued cats and kittens. After a lot of purring and a few tears, Jenna says goodbye and makes her way to a second organization, Anjellicle Cats. Created by cat-loving volunteers, Anjellicle pulls felines from city shelters and provides them with medical care and foster homes until their forever homes can be found. Jenna's heart feels a tug as she helps a vet examine an injured cat in the apartment of a dedicated volunteer. With her furry friends in mind, she reports back to the ASPCA to help determine how to divide a \$35,000 gift between the two organizations.

[Educational Message: Fostering a pet is a great start for aspiring or new pet owners, and if it is a good match you could choose to adopt that pet. Pet adoption gives pets who otherwise wouldn't have a home, a home.]

Airdate: 10/14/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

ALL IN A DAY'S WORK [HOC203]

We see how Jordan Burroughs uses the values and hard work his parents taught him to succeed in wrestling, one of the oldest sports on Earth, dating back to 15,000-year-old cave drawings in France. Next, we meet a father who developed the Girl's Independent Golf League after seeing the need for a girl's golf team to help encourage young girls to work together and find an outlet through golf. Then, we meet a 12-year-old hockey player who created a foundation dedicated to providing support for junior sled hockey teams, which are comprised of five players and one goalkeeper. Last, we meet a long drive competitor who finds outlets with motor cross and spending time with family.

[Educational Message: Success requires sacrifice and commitment; and if you dedicate the time, you will make a difference, whether it be in your own life or the lives of others. Don't just work hard for yourself, but also for your legacy—setting an example for others and impacting the community can be greater than winning. Viewers learn ways to give back to the community, how young girls can get involved with golf, what sled hockey is, and how to balance playing two different sports without losing focus on family and friends.]

Airdate: 10/21/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NATURE'S MASTERPIECE [VJG204]

Host Josh Garcia docks in Juneau, Alaska. First, Josh visits a hatchery where he learns how the salmon population is sustained. Of the five species of salmon, there are three that require an extra year in fresh water, which are king, silver, and sockeye salmon. When salmon make the transition from the freshwater to saltwater, they undergo smoltification. Once this process is complete, they are released back into the wild. Then, Josh goes out on the water with a local fisherman to deep dive into crab fishing. Finally, Josh ventures out with a glaciologist. They kayak to the great Mendenhall Glacier and learn more about Juneau's ecosystem. The Mendenhall Glacier stretches about thirteen miles before it merges into the Juneau Icefield, which is about fifteen hundred square miles. Josh visits an ice cave inside the Mendenhall Glacier and is blown away by how much light reaches the cave through the dozens of feet of glacial ice above them.

[Educational Message: Taking time to explore nature's beauty can improve wellness and encourage a better understanding of Earth's ecosystems.]

Airdate: 10/21/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

CURING CANINES [WDV204]

Dr. Oakley works with dogs everyday and is constantly reminded why they are considered man's best friend. That's why whenever one of these beloved pets is in trouble, this doctor doesn't stop fighting to help until they can go home wagging their tails. First up, Dr. Oakley is rushing to an emergency call where a pregnant dog is having trouble delivering all of her puppies. Dr. Oakley fears there may be more puppies trapped inside, which could be life threatening for both puppy and mother. Dr. Oakley performs an ultrasound but has inconclusive results. In order to have a more accurate reading, they must use an x-ray machine at another clinic. After a quick trip down the road and some tense moments, Dr. Oakley soon confirms there are no additional puppies inside the mother. Next, Dr. Oakley visits with Freya, a six-month-old puppy suffering from an eye infection. Dr. Oakley cleans the area and applies a temporary suture in order to reduce the swelling around the infected eye. Finally, Dr. Oakley visits with Maggie, an Australian shepherd suffering from a severe laceration on her paw. Although a difficult injury to treat, Dr. Oakley thoroughly cleans the area and applies stitches to close the wound.

[Educational Message: We must learn to adapt and improvise. We are constantly faced with new circumstances and surroundings. It's our job to adjust in order to accomplish our goals.]

Airdate: 10/21/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WOLVES [JDD204]

Join host Dylan Dreyer for an up-close look at the remarkable story of one of the world's most tenacious species, and our closest fellow predator, the wolf. We're on an epic adventure through the wilderness of North America, tracking some of the most elusive subjects ever caught on screen - and we'll learn how careful management and conservation are working to protect this important and majestic creature. We begin our Journey in the mountains of Yellowstone, where we'll follow a mother grey wolf that has just given birth to a litter of pups. Here we'll learn how the entire wolf pack helps with the feeding, protection, training and socialization of the pups. Next, we'll follow members of the Nez Perce Wolf Recovery Program as they reintroduce wolves to central Idaho. We'll learn how this group relies on modern tools, such as radio collars and telemetry, to help them monitor, collect data, and protect the wolves of Idaho. Next, we'll follow a group of biologists and their wolf ambassador as they strive to educate and change public opinion about wolves. Due in part to their efforts, children today are learning that wolves are not simply something to fear, but animals to protect and revere. Finally, we'll learn about the long-lasting effects of reintroducing wolves to Yellowstone National Park, and how their impact has benefited countless species of wildlife as a result.

[Educational Message: One of the best ways to ensure that our planet's wildlife and ecosystems remain healthy is by educating young people. We must do our part to teach others to appreciate and respect the natural beauty and fragility of our planet.]

Airdate: 10/21/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

URBAN FARMING [NDS204]

Host Danny Seo meets a couple who founded a non-profit that takes vacant lots and turns them into mini farms that benefit the community. They teach Danny how to make a pallet garden-- a pallet is a wooden platform designed to hold and carry heavy loads. Larger plants can be placed in a raised pallet lined with burlap, which helps keep moisture in the roots, in front of a vertical pallet. Pallets stamped with letters "MB" should be avoided because they were treated with a toxic pesticide that is no longer used. Next, Danny shows how to make dessert healthy by making a dairy-free, gluten-free orange cashew cheesecake, naturally sweetened with dates. While dates are high in natural sugars, they are a low glycemic index food, having little result on blood sugar levels. Then, Danny makes eco-friendly glitter by using everyday household items, such as salt and food dye.

[Educational Message: Always try to see the potential in something— you could find a diamond in the rough. For example, taking an empty space and turning it into a community or school garden is a great way to save money, help others, and turn something overlooked into something beneficial. You don't need sugar to make something sweet— there are many fruits that contain natural sweetness but are also good for you, and if you add salt, it triggers sensors in taste buds that make sweets seem even sweeter. You can create your own craft supplies at home by getting creative with items in your kitchen.]

Airdate: 10/21/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO THE TRANSFORMATIVE POWER OF ATHLETICS FOR UNDERSERVED CHILDREN AND YOUTH [GBU204]

On this episode of GIVE, U.S. Men's Soccer Hall of Famer Cobi Jones and Los Angeles Lakers Point Guard Jordan Clarkson team up to visit two LA area organizations using sports to transform the lives of underserved youth. First up, Cobi Jones heads to the North San Fernando Valley, where his own soccer career began, to score some points at Youth Speak Collective, an organization serving economically and socially isolated children and teens. Through an array of offerings including studio art, academic mentorship, college counseling and athletics, the Collective encourages young people to engage in school and become the architects of their own futures. After an afternoon on the pitch with the organization's "Club Futbolito," Cobi is ready to help, but now it's time for LA Lakers star Jordan Clarkson to get out on the court at Heart of Los Angeles, an organization that offers rich academic and arts programming and a safe haven for youth in LA's Rampart District. Seeing a version of his younger self in the hopeful athletes at HOLA, Jordan feels compelled to assist them. In the end, he and Cobi make their way to meet with the GIVE panel to help decide how to distribute a \$50,000 gift from the LA84 Youth Development Foundation between the two organizations.

[Educational Message: Sports participation can provide a sense of community, cultivating teamwork, leadership, and responsibility in those who engage. These skills carry over into all aspects of life, can improve your quality of life, and increase your academic potential.]

Airdate: 10/21/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN BORN TO RUN [HOC204]

We learn how the game of golf is impacting Japeri, an underprivileged area outside of Rio De Janeiro, after a golf school was opened for the children living in Japeri to give them self-confidence and something to participate in after school. Brazil is the largest country in South America, and Rio De Janeiro is the second-most populous municipality in Brazil; however, it only has two golf courses, which are private—depriving many people of the opportunity to play golf. Next, we see the special bond South African runner Wade Van Niekerk, who broke the world record in the men's 400 meters, has with his coach, who has been coaching for 50 years. South Africa has a population of roughly 56 million people and eleven official languages, including English. Then, Golfer Justin Rose pays tribute to his father who passed away from cancer. Lastly, 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.

[Educational Message: Never take an opportunity for granted because there are others not as fortunate. Viewers learn how golf is growing and becoming more mainstream in South America, how opportunities for athletes in South Africa have changed over the years, how pro-golfers study their game to become better, and tips on how to become a professional snowboarder.]

Airdate: 10/28/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PHO-NOMENAL [VJG205]

Host Josh Garcia is ashore in Ho Chi Minh City, Vietnam, where he explores the traditional culture still thriving in this fast paced, modern city. Josh visits a workshop where skilled artisans craft handmade pieces using the ancient technique of bronze casting. First, custom molds are shaped out of clay, and once the mold is dry, it's sealed by hand before it's wrapped in wax. After details are added, it is wrapped again in clay and ash and hardened in a kiln to melt away the wax before the bronze is added. Then, Josh meets a local chef who teaches him the art of making pho, Vietnam's wildly popular street food and signature dish. Pho is an aromatic soup that's served topped with thinly spiced beef, seasonings, flavorful herbs, and rice noodles. Finally, Josh ventures into the area's lush rice fields where he learns to harvest rice by hand one grain at a time. He learns that rice harvesting isn't easy and requires much time and careful work, spanning across about three cropping seasons per year.

[Educational Message: The intersection of modernity and antiquity arrives when ancient cultural practices are handed down and modern advancements are embraced.]

Airdate: 10/28/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

TINY FAMILY MEMBERS [WDV205]

Pets come in every shape and size, which, for Dr. Oakley, means seeing patients both large and small. From treating sick rats and aging parrots, to examining pregnant cats and chickens, Dr. Oakley will have to think big to save these tiny creatures. First up for the day, Dr. Oakley is visited by a couple of pet fancy rats suffering from tumors. After an examination, Dr. Oakley is concerned that the tumor on one of the rats may be malignant. The safest course of action to treat the rats is to remove the tumors. Dr. Oakley works very carefully on the small animals and the surgical procedures go off without a hitch. Next, Dr. Oakley is visiting a cat named Jill for routine vaccines and a spay. After a thorough physical exam, Dr. Oakley is now concerned that Jill may actually be pregnant. However, after a quick ultrasound, Dr. Oakley determines that the cat is not pregnant and proceeds with the spaying procedure. Next, Dr. Oakley visits a rescued pet tropical parrot named Buzz that was previously kept under poor conditions. Dr. Oakley performs a physical exam and discovers that Buzz is actually a wild caught parrot and is at least 25 years old. Because Buzz did not grow up in the wild, he will remain in human care. Finally, Dr. Oakley visits with a puppy named Dixie who is suffering canine parvovirus, a highly contagious infection. Dixie will be prescribed an antibiotic and be isolated from all other animals while she recovers.

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

Airdate: 10/28/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ARABIA [JDD205]

Join host Dylan Dreyer for a journey into the heart, history, culture and religion of the Arabian Peninsula. We'll explore the ancient traditions and unique customs found nowhere else in the world, and uncover the secrets of proud people who have flourished in one of the harshest environments on the planet for thousands of years. Surrounded by the Arabian Sea, the Red Sea, and the Persian Gulf, the Arabian Peninsula is the largest peninsula in the world. First we'll meet a young Saudi Arabian film student studying abroad, Hamzah Jamjoo, who is creating a film that will explore the traditions, cultures, and glorious past of his people. We'll also learn how the Arabian Peninsula is home to many diverse ecological regions such as mountains, valleys, volcanoes, and the desert. Next, we'll discover more about the life of Bedouin people, a grouping of nomadic Arab peoples who have historically inhabited the desert regions throughout the Arabian Peninsula. There are an estimated 21 million Bedouins in the world, and around 460,000 live in Saudi Arabia. Next, we'll learn about the incredible history of the ancient Nabateans, and how they created the first Arabian Golden Age over 2,000 years ago. Next, we'll discover more about the prophet Muhammad and the birth and spread of the Islam religion. We'll also learn about Islamic scholars, such as Ibn al-Haytham, whose theories of gravity and momentum preceded Isaac Newton's work by more than 700 years. In over 200 books, Ibn al-Haytham revolutionized physics, optics, and also developed the first camera obscura which would lead to telescopes and cameras. Finally, we'll witness the hajj and discover more about the holy pilgrimage to Mecca of millions of Muslims from over 160 different nations.

[Educational Message: The world we recognize today is comprised of many different peoples and beliefs. We must learn to respect other people and cultures that are different from our own.]

Airdate: 10/28/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SUPERFOOD VITAMINS [NDS205]

Host Danny Seo travels to New Hampshire to learn the process of how fresh beets, which are high in vitamin C, fiber, potassium and manganese, are turned into vitamin supplements. During the process, low heat is essential to keeping the nutrients intact. Next, Danny introduces an alternative to sports drinks, which can contain up to 34 grams of sugar in one beverage, by using water, lemons, Himalayan pink salt and raw honey. Lemons contain natural electrolytes, which are essential to hydration, regulating the flow of water in and out of cells. Next, Danny cooks up breakfast toast using tofu, which is curd made from mashed soybeans. Silken tofu has the highest water content and a custardy texture. Then, Danny creates plant-based fabric dyes using onion skins, beets, black tea and turmeric. The use of natural dyes dates back to 2600 BC in China.

[Educational Message: Although they shouldn't be used to replace meals, natural vitamin supplements are a way to increase the amount of nutrients you receive each day. You can create your own sports drink using natural ingredients that contain electrolytes and antioxidants without tons of sugar. If you need a meat-free or dairy-free meal option, tofu is a great ingredient; and there are three types to choose from depending on how you plan to prepare it. Using natural dyes is a creative way to color fabrics without using petrochemicals while practicing an age-old method; and table salt helps the dye and fabric form a lasting bond.]

Airdate: 10/28/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO BUILDING STRONG WOMEN AND GIRLS [GBU205]

On this episode of GIVE, television host and best-selling author Sunny Anderson visits two New York City based non-profit organizations that help women and girls imagine and realize brighter futures for themselves and their communities. The day begins in Harlem at Brotherhood/Sister Sol, or Bro/Sis, an organization that supports and mentors youth of color from middle school all the way through college. Sunny spends time with the Bro/Sis young women's leadership development program, learning first-hand how its members encourage and sustain each other in a sisterhood built to last throughout their lives. After hearing about a month-long journey the young women have recently made to Ghana, Sunny is moved to tears and vows to return to help. Next she heads to the Center for Family Life in Sunset Park, Brooklyn to attend a budgeting class with the women in its Co-op Development Program. Serving mainly immigrant women looking to build new opportunities for themselves as worker-owners of their own businesses, the program transforms often marginalized, poor and powerless women into the makers of their own destiny. Powerfully impressed by this living version of the American Dream, Sunny must make her way to the New York Women's Foundation to help decide how to divide a \$50,000 gift between the two organizations.

[Educational Message: When organizations provide education, resources, and tools to empower women to engage in new experiences, pursue higher education, and achieve life-goals, the possibilities for women are endless.]

Airdate: 10/28/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

LEAD BY EXAMPLE [HOC205]

We meet Bobby Carpenter and Denna Laing, both former hockey players, but one living with a spinal cord injury, who trained for and raced the Boston Marathon together to raise awareness for spinal cord injuries. Approximately 285,000 people in the U.S. are living with spinal cord injuries. The Boston Marathon is the oldest in the country and began in 1897. Next, we learn how golf was introduced into the Special Olympics and how Michael Ladieu, a Special Olympics golfer, encourages his fellow golfers. The Special Olympics is the world's largest sports organization for children and adults with disabilities. The first international Special Olympics Games were held in July of 1968 in Chicago, Illinois. Lastly, we see how Allyson Felix, the first woman to win six Olympic gold medals in track and field, trains for the Olympics. Sprinters use starting blocks, which can save about one-tenth of a second.

[Educational Message: Believing you can achieve something is the first step to reaching your goal. Viewers learn about spinal cord injuries and how people living with them rehabilitate, the history of the Special Olympics, and how to train to be an Olympic sprinter.]

Airdate: 11/4/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALASKAN GOLD [VJG206]

Host Josh Garcia sails into Alaska's biggest city and explores the wild side of Anchorage. At an animal sanctuary, Josh gets a once-in-a-lifetime opportunity to see the American bald eagle up-close and personal. He learns how these birds are cared for and rehabilitated before being released back into the wild. Then, Josh meets with a local chef to learn how spruce tips, a locally grown ingredient, are being used to flavor ice cream. Then, he heads to the countryside and comes face-to-face with the wild and woolly muskox-- one of the world's oldest and rarest animals. Qiviut falls off the muskox naturally each year to adapt for warmer weather, and this fiber is used in local industry. Qiviut is similar to wool, eight times warmer than sheep hair, and is one of the finest fibers in the world. Finally, Josh finds a different kind of treasure when he pans for gold.

[Educational Message: Some of life's biggest surprises can come in small packages. When you pay attention to your surroundings and ask questions, you might find something unexpected.]

Airdate: 11/4/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

LIVING WITH LIVESTOCK [WDV206]

In the Yukon, farms are a familiar sight, and that means plenty of livestock in need of veterinary care from Dr. Oakley. From big boars and baby cows, to even a few alpaca, Dr. Oakley knows these animals and the farmers that care for them are depending on her. First up, Dr. Oakley and her team are traveling to a farm in order to perform a surgery on a wild boar named Captain Black. Dr. Oakley and her team will have to work extra carefully due to the boar's sharp tusks and tough attitude. Next, Dr. Oakley is visiting another farm with a newborn calf that is struggling to stand. Dr. Oakley is suspicious that the calf did not get the necessary colostrum after birth. Packed with disease fighting antibodies, colostrum is the first stage of milk secreted by the mother after birth. Dr. Oakley confirms her suspicions and prescribes anti-inflammatories, antibiotics, and vitamins to help the struggling calf. Next, Dr. Oakley travels to an alpaca farm to visit a very small patient. Due to the small size of the alpaca and the risk of spreading those genes to the herd, Dr. Oakley performs a castration. Finally, Dr. Oakley visits Doc, a horse with a troubling leg issue. After observing the horse's movements, Dr. Oakley notices some swelling on the horse's knee. After performing an x-ray, Dr. Oakley discovers that Doc once had a small fracture in his knee joint that lead to arthritis. Although the diagnosis may seem minor, for an athlete like Doc, this means his competition days are over.

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

Airdate: 11/4/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

YELLOWSTONE [JDD206]

Join host Dylan Dreyer to explore the spectacular beauty, dramatic geothermal activity, and unique wildlife of the incredible Yellowstone ecosystem. We'll travel across the wilderness and back through time to meet the first people who lived in Yellowstone, experience a river-running trip with the historic Hunt Party, and even venture down inside the famous geyser Old Faithful. First, we'll learn about the earliest inhabitants of Yellowstone and how they created sharp tools from volcanic rock to ward off predators such as grizzly bears. Next, we'll learn about the earliest explorers to reach Yellowstone, and how they worked together with the native Crow Nation tribe in the early 1800's. Next, we'll learn how the later European settlers explored and traversed the Yellowstone territory, surviving extreme elements and dangerous predators in the process. Here we'll learn how Yellowstone became the first National Park in the United States, and the first preserve of its kind in the world. Finally, we'll learn more about geothermal phenomena in Yellowstone such as geysers and hot springs. We'll discover more about the famous geyser, Old Faithful, and that more than two thirds of all geysers on Earth are concentrated in Yellowstone. We'll follow a team of scientists and geologists using computers, probes, and satellites to measure numerous aspects of Old Faithful in order to learn why the geyser erupts with such predictable regularity.

[Educational Message: The notion to preserve our wilderness sites was a significant evolution in the relationship between man and nature. We must strive to protect our environment and the wildlife within for future generations to come.]

Airdate: 11/4/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

PET SPACE [NDS206]

Host Danny Seo travels to an animal shelter in Los Angeles that incorporates high-tech devices and hands-on education to teach potential pet owners about the responsibilities of owning a pet, such as training and grooming. Proper dog training instills social confidence in the animal, and grooming allows owners to track subtle changes in their pet's skin, ears and eyes. He also learns how animals with injuries or disabilities are rehabilitated through hydrotherapy, which improves muscle strength while the water's buoyancy reduces weight-bearing stress. Next, Danny teaches about foods that never expire, such as dried beans, which are rich with protein, carbohydrates, vitamins and minerals. He explains how to properly store them in airtight containers because light causes beans to fade and exposure to oxygen may spoil beans. Next, Danny shows how to make pumpkin waffles. Pumpkins are a member of the gourd family, which includes cucumbers, cantaloupe and watermelons. Then, Danny upcycles old vases by painting them to mimic sea glass, which is glass that has been weathered over time by waves, sand and sun.

[Educational Message: When adopting a pet, it's important to ask questions and consider training and care to find a pet that best fits your lifestyle. Storing food properly can extend its shelf life and help prevent waste. Foods such as beans, rice, vinegar, soy sauce and honey have an infinite shelf life. Using natural sweeteners, such as fresh fruit, Greek yogurt and pumpkin puree, is a great way to eliminate unhealthy sugars in meals. Painting old vases is a creative way to express yourself artistically while also preventing waste by reusing them.]

Airdate: 11/4/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO USING THE ARTS TO CHANGE THE TRAJECTORIES OF YOUNG PEOPLE'S LIVES [GBU206]

On this episode of GIVE, Actor, Artist and Horologist Aldis Hodge visits two Los Angeles non-profit organizations using the Arts to help underserved children and youth set a course for productive and successful futures. Aldis starts his day at PS Arts, which serves 25,000 kids in LA's poorest schools with year-round, weekly classes in music, visual arts, dance and more. At the heart of the PS Arts program is the creation of arts curricula that respond to and support academic learning. After boogying bee-style with a group of elementary students learning to translate biology lessons into dance moves, Aldis is inspired and wants to help. But first he must pay a visit to a group of former high school drop-outs enrolled in a filmmaking class at a second organization, artworxLA. Based on the idea that every young person deserves another chance, and working from strong data showing how the Arts make a difference for kids whose formal education has been interrupted, artworxLA provides many avenues for young people to tap into their creativity and pursue employment in creative fields. Impressed by the passion and professionalism of the young movie-makers in the group, Aldis knows the organization deserves help. Now he must make his way to the headquarters of the Rosalinde and Arthur Gilbert Foundation to help decide how to divide a \$50,000 gift between the two organizations.

[Educational Message: Having an appreciation for and a love of the Arts can lead into a successful and productive career. Participation in the Arts can increase academic participation and potential, and can provide new ways to learn and understand theories and concepts.]

Airdate: 11/4/2017

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN PRIDE AND JOY [HOC206]

We see how Nathan Chen got his start in figure skating at a young age, eventually becoming the first skater to compete with five different types of quadruple jumps, which is a type of figure skating jump with at least four, but less than five, revolutions. To land a quadruple, skaters spin fast enough to make all four revolutions in under a second. Next, we meet young golfer Alexa Pano to learn how she balances being a daughter, student and a rising amateur golf star. The average driver swing speed of an amateur female golfer is 62 mph. Then, we learn how former wrestling champion Dan Gable applied his commitment and work ethic to achieve 15 NCAA wrestling titles during his 21 years as head coach at University of Iowa. The first NCAA wrestling championship was held in 1912 in Ames, Iowa. Lastly, we see how Se Ri Pak paved the way for women's golf in South Korea after being the only Korean player on the LPGA tour in 1998 and winning the Women's Open that same year.

[Educational Message: You can set an example for others despite how old or young you are. Viewers learn about different figure skating jumps and steps young skaters can take to become a professional figure skater; the focus required at a young age to become a successful golfer; how you can use your success to help coach others to succeed; and the growth of women's golf in South Korea.]

Airdate: 11/11/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VINTAGE HAVANA [VJG207]

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

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

Airdate: 11/11/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

ICONS OF THE YUKON [WDV207]

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

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

Airdate: 11/11/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ASH RUNNERS [JDD207]

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

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

Airdate: 11/11/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

JUICE RANCH [NDS207]

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

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

Airdate: 11/11/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO NEW OPPORTUNITIES FOR PEOPLE OF ALL ABILITIES AND BACKGROUNDS

[GBU201]

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

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

Airdate: 11/11/2017

Time: 12:30PM

Duration: 30:00

THE CHAMPION WITHIN

RUNNING WILD [HOC207]

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

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

Airdate: 11/18/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VIKING TERRITORY [VJG208]

Host Josh Garcia sails into Copenhagen, the storybook capital of Denmark. First Josh visits the famed Viking museum to learn how Viking ships were built. He travels back in time as he learns the techniques and mechanisms used by Vikings, and takes part in building one of these ships in exactly the same fashion. Vikings were Norse seafarers that lived between the 8th and 11th centuries. Then Josh visits a local restaurant known for the country's national dish, and learns that there's more to smorrebrod than just any old open face sandwich. Smorrebrod is all about mixing texture and complex flavors, and is traditionally made with dark rye bread and herring. Herring is a fatty fish that is traditionally salted, smoked, or pickled. With the help of this local chef, Josh learns how to elevate this open face sandwich into a work of art. Finally, Josh ventures out to sea and explores the massive wind turbines that help generate the city's power. Denmark is a leader in renewable energy, and the power from wind turbines covers nearly forty percent of the country's power consumption. These wind farms are located in the North Sea because they are able to capture more wind since there's no interference from land or trees.

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

Airdate: 11/18/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

CALL OF THE WILD [WDV208]

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

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

Airdate: 11/18/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

GREAT NORTH [JDD208]

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

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

Airdate: 11/18/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

HARRY CONNICK, JR. [NDS208]

Danny visits Harry Connick, Jr. and exchanges travel tips on how to travel more efficiently and healthy. Shoes can carry toxins and bacteria, so wrapping them before packing helps prevent contact with other clothing. Newspaper and hair conditioner can serve more than one purpose— newspaper helps absorb toxins, odor and moisture; and hair conditioner can substitute for shaving cream because it's designed to moisturize, hydrate and soften hair, which can aid in hair removal. Americans throw away about 35 billion plastic bottles every year, so travelling with a reusable water bottle helps the environment and also helps ensure that you stay hydrated. Next, Danny cooks up a healthy version of ramen using butternut squash. The Japanese pronunciation for "ramen" comes from the Chinese word "lamian," which means pulled noodles. Though it originated in China, ramen has long been considered a national dish of Japan. Then, Danny teaches how to make two types of natural slime— one using psyllium husk and the other using xanthan gum. Psyllium is a type of fiber made from plant seeds, and xanthan gum is a sugar-like compound made by mixing fermented sugars with bacteria.

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

Airdate: 11/18/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO HELPING MULTIGENERATIONAL GROUPS DEVELOP LASTING RELATIONSHIPS [GBU207]

Armed with One-Hundred Thousand Dollars from the Eisner Foundation, Hollywood Icon Connie Stevens and her daughter, Actress and Singer Joely Fisher, visit two organizations focused on helping seniors through creative programs designed to foster unique inter-generational opportunities. Their first stop is Engage, a Los Angeles organization that creates community and transforms affordable senior and multi-generational housing projects into vibrant centers of learning, wellness and creativity. Connie and Joely take part in a class featuring young kids and seniors making art together. After leaving Connie at Engage, Joely heads to The Friendship Foundation, an organization that provides socially integrated programs to empower children and young adults with special needs. Joely takes part in their Bridge Program, which connects these young people with seniors for Game Night. Impressed and moved by both charities, Joely – along with the CEO of the Eisner Foundation, Trent Stamp, has to figure out how to divide the funds and, in the end, surprises each organization with a generous gift.

[Educational Message: When organizations create opportunities for young children and senior citizens to participate together in Arts and enrichment programs, both of these communities thrive. These individuals benefit from the sense of community and mentorship that can be fostered through intergenerational work.]

Airdate: 11/18/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

ICE IN THE VEINS [HOC208]

We meet Erin Hamlin, the first female American luger to medal at any Winter Olympics, and see how she stays true to her roots in Remsen, NY by applying her blue-collar background into her training. Lugers use small fiberglass sleds which sit on stainless steel blades. Next, we learn how Bryson DeChambeau credits geometry— a type of mathematics concerned with shape, size and the properties of space— for his early golf success. He also majored in physics, one of the oldest academic disciplines, to further his understanding of his golf game. Then, NHL Blue Jackets captain Nick Foligno finds new purpose after his daughter's life is saved by cardiologists. About 1 in 4 babies born with a heart defect have congenital heart disease. Lastly, we follow the career of Dale McNamara as we learn about the impact and legacy she has left on women's collegiate golf, particularly at the University of Tulsa, a private university in Oklahoma.

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

Airdate: 11/25/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TOP OF THE WORLD [VJG201]

Host Josh Garcia voyages north to Alaska and takes a train to the quaint Alaskan town of Talkeetna, in the shadow of Denali, the tallest peak in North America. Curious about Alaska's passion for sourdough, Josh first visits a local bakery where he discovers why this celebrated bread is the toast of the town. Sourdough has been traditional in Alaska since the pioneer days, when commercial yeast wasn't available and a sourdough starter was needed for bread to rise. Sourdough is a culture and a naturally occurring yeast. Then Josh takes a flightseeing tour of Denali and explores one of its magnificent glacial peaks. Denali National Park is 6 million acres, and the Denali summit is 20,310 feet. Then, a team of Iditarod sled dogs takes Josh for the ride of his life!

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

Airdate: 11/25/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

ONE TOUGH DOCTOR [WDV201]

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

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

Airdate: 11/25/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FLIGHT OF THE BUTTERFLIES [JDD201]

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

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

Airdate: 11/25/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SUCCULENTS IN THE CITY [NDS201]

Host Danny Seo learns about succulents, discovers ways to make snacks using food that's typically thrown in compost, and upcycles old CDs and DVDs. First, Danny visits a nursery to learn about succulents, which require little care and are easy to grow because their leaves retain water and they have shallow roots. The word "succulent" comes from the Latin word "sucus," which means juice or sap; and there are over 10,000 species of succulents, which can live indoors or outside. Next, Danny uses banana peels, which are rich in magnesium and potassium, and watermelon rinds to create unconventional snacks by making tea and pickling. Pickling is the process of preserving food by either anaerobic fermentation in brine or immersion in vinegar. Then, Danny finds ways to re-use old DVDs and CDs, which are made of hard to recycle #7 plastic, by making a mosaic tray and dumbbells. The earliest known examples of mosaics were found in Ubaid, Mesopotamia, dating back to the 3rd millennium B.C.

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

Airdate: 11/25/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO LONG TERM SOLUTIONS TO LONG TERM PROBLEMS [GBU202]

In this episode of GIVE, Actor, Philanthropist, and GIVE Executive Producer Blair Underwood spends time at two Southern California non-profits that have created revolutionary solutions to intergenerational poverty and family homelessness. Blair's first appointment is with A Step Beyond, which offers free dance education, academic support and family counseling to children and youth from 3rd through 12th grade. Blair participates in a dance workshop with a fearless group of students and is deeply impressed, but he must move on to his second assignment: Solutions for Change. Starting with the organization's aquaponics farm, where wastewater from farmed fish is used to nourish vegetables tended by the homeless parents in the program, Blair learns about Solutions' intensive 1000-day method for solving and ending each family's homelessness, forever. Now it's time for Blair to take his findings back to the Lawrence Welk Family Foundation's Junior Board, which will decide how to distribute a \$35,000 gift from the foundation between the two organizations.

[Educational Message: When communities come together and support one another with the tools to succeed, they thrive. Tools like job readiness training, life skills, and accountability training can prepare individuals to gain independence and strengthen their communities.]

Airdate: 11/25/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

GO THE DISTANCE [HOC201]

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

Next, we see how the Chelsea Football Club, a professional soccer team in London, England, is impacting the youth of Harlem, a neighborhood in the borough of Manhattan in New York City, by introducing them to soccer to encourage leadership on and off the field. Then, we travel to TPC Sawgrass, home of the The Players Championship, to learn about the historic 17th hole. Last, we meet a family that trains horses for The Kentucky Derby, which, along with Churchill Downs and Preakness Stakes, makes up the Triple Crown of horse racing.

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

Airdate: 12/2/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FIRST CITY OF THE LAST FRONTIER [VJG202]

Host Josh Garcia travels to Ketchikan, Alaska where he kicks off his Alaskan adventure in this seaside destination by exploring the legendary Tongass National Forest. Ketchikan, derived from the native term for creek, *Kitschhk-him*, meaning “thundering wings of an eagle,” sits at the gateway of the Tongass National Forest. The Tongass National Forest is the largest rainforest in the United States and is over 17 million acres. This timber-rich city is home to the world’s largest collection of totem poles, a native tradition of carving tree trunks to tell stories. Josh seeks out a skilled master craftsman keeping this Native tradition alive and tries his hand at totem carving. Later, Josh teams up with top-ranked timbersports athletes and tries his hand at a daring lumberjack competition! These games honor the region’s history as the this heavily forested area was once home to a booming timber industry.

[Educational Message: Interpretation can lead to new ways to enjoy and understand life, and can reveal a deeper understanding of culture, and sometimes new uses for seemingly ordinary tools, materials, and even trades.]

Airdate: 12/2/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

EQUINE E.R. [WDV202]

Horses are one of Dr. Oakley’s favorite animals to work with, which is why staying up-to-date on equine medicine is important in order for her to better help her patients. To refresh her education on this subject, Dr. Oakley is heading back to her alma mater to help one of the professors perform surgery on an injured horse. Before Dr. Oakley hits the road, she starts her day with a pregnancy check on one of her horse patients. Dr. Oakley uses an ultrasound to perform an examination and confirms that the mare is not pregnant. Next, Dr. Oakley visits another horse with a laceration on its leg. Dr. Oakley anesthetizes the horse in order to clean and stitch the wound. Next, Dr. Oakley and her daughter Sierra are taking a road trip to Prince Edward Island, which is where Dr. Oakley went to veterinary school. Today, they’ll both be assisting veterinarians with a variety of procedures on horses at the Atlantic Veterinary College. Here, Sierra gets an incredible opportunity to work side-by-side with other veterinary professionals, while Dr. Oakley also learns about the latest techniques and methods of animal medicine.

[Educational Message: Never stop learning. We must always ask questions and seek knowledge throughout life.]

Airdate: 12/2/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEARS [JDD202]

Join host Dylan Dreyer for a wild adventure with grizzly bears - and get closer than ever before to some of the largest predators on the planet. From black bears in Montana, to polar bears in the arctic, witness a fresh view of these powerful, majestic, and often misunderstood animals in the full glory of their natural habitat. First, we'll journey to Alaska, where we'll meet a naturalist and wilderness guide studying grizzly bears in their natural habitat. Alaska is home to over 30,000 brown bears, one of the highest populations in the world. Next, we'll travel to Montana to follow a family of black bears as they emerge from their hibernation in the Springtime. We'll learn that many of North America's native people had a close relationship with bears, and that they believed the spirit of the bear held a power to heal, protect, and bring forth the seasons. Next, we'll journey to the Arctic to discover more about the largest land predator in the world, the polar bear, and its survival in such an extreme and ever-changing habitat. Finally, we'll learn about the struggles between bears and humans in North America, and how a chance encounter with President Theodore Roosevelt helped turn the tide of history.

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

Airdate: 12/2/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SECOND CHANCE KITCHEN [NDS202]

Host Danny Seo learns how discarded food from grocery stores is being used to help others, makes breakfast treats that are packed with nutrients for when you're on-the-go, and shows how to recycle waste paper into something that smells and looks great. First, Danny visits a non-profit in Los Angeles that makes meals for the less fortunate by using food that has been discarded for cosmetic reasons. In the U.S. alone, three million tons of "ugly" produce reportedly goes to waste each year. Next, Danny makes carrot granola and a peach basil green smoothie, both quick breakfasts that can last the whole week and provide daily nutrients. Carrots and carrot juice are rich in vitamin A. You can make a healthy smoothie by adding coconut milk and spinach-- raw spinach contains lots of vitamin K, which may help in building strong bones and preventing heart disease. Then, Danny uses recycled shredded paper to make ornaments and paper bowls. Approximately 1 billion trees worth of paper are thrown away every year in the U.S. alone, and often times, shredded paper is difficult to recycle.

[Educational Message: It's important to find way to give back to the community, and helping to fix meals for those struggling with hunger is a great place to start. A healthy breakfast is important—making food ahead of time, like granola or a smoothie, is a great way to ensure you get a healthy breakfast without running late. Before throwing something out to be recycled, be sure to research if it actually can be recycled. In many cases, it helps the environment more to repurpose something rather than throw it out.]

Airdate: 12/2/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO RESCUED KITTENS AND CATS AND THE PEOPLE WHO CARE FOR THEM

[GBU203]

On this episode of GIVE, Author and NBC News Correspondent Jenna Bush Hager visits two volunteer-run animal rescue organizations in New York City. Jenna's day begins at the Brooklyn Bridge Animal Welfare Coalition's Cat Café, an innovative answer to the hairy problem of animal homelessness. Jenna discovers how the Cafe promotes cat adoption through a full menu of activities ranging from Cats and Mats yoga, movie nights, book readings and more, that customers can enjoy in the company of rescued cats and kittens. After a lot of purring and a few tears, Jenna says goodbye and makes her way to a second organization, Anjellicle Cats. Created by cat-loving volunteers, Anjellicle pulls felines from city shelters and provides them with medical care and foster homes until their forever homes can be found. Jenna's heart feels a tug as she helps a vet examine an injured cat in the apartment of a dedicated volunteer. With her furry friends in mind, she reports back to the ASPCA to help determine how to divide a \$35,000 gift between the two organizations.

[Educational Message: Fostering a pet is a great start for aspiring or new pet owners, and if it is a good match you could choose to adopt that pet. Pet adoption gives pets who otherwise wouldn't have a home, a home.]

Airdate: 12/2/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

HISTORY IN THE MAKING [HOC202]

We see how Muslim Olympic Fencer, Ibtihaj Muhammad overcame moments of isolation because she was different and went on to become the first Muslim-American woman ever to win an Olympic medal in fencing, which is one of five activities that have been featured every modern Olympic games. Next, we meet sisters Alex and Corey Phillips who compete in world long drive, a competitive sport where success comes from driving a golf ball the farthest-- ball speeds in world long drive competitions can reach 220 mph. Then, we meet an Italian artistic gymnast who dreams of making it to the Olympics. Gymnastics was introduced at the 1896 Olympics, and women's gymnastics has four events: vault, uneven bars, balance beam, and floor exercise.

[Educational Message: Don't be afraid to get out of your comfort zone and be a trailblazer—whether you succeed or not, you can make a difference by setting an example for others. Viewers learn about the Muslim culture, the history of fencing, Long Drive competitions and how to get involved, and what it takes to train to be an Olympic gymnast.]

Airdate: 12/9/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE TEA IN TAIPEI [VJG203]

Host Josh Garcia sails into Taipei, Taiwan's stunning capital city, and explores its rich multi-cultural traditions. He visits a Taiwanese master skilled in the ancient art of glove puppetry. This art-form originated in China and came to Taiwan in the 17th century, where it is now vastly popular. Then Josh takes to the streets to witness a team of skilled trick top-spinners in action. Josh learns that this ancient folk game, Gan Le, has roots in a city just north of Taipei. Venturing into its famous markets, Josh dares to try the city's signature dish, stinky tofu! Stinky tofu is made by soaking tofu in a juice of fermented vegetables, meats, and fish, resulting in an aromatic, flavorful dish. Finally, he explores a majestic tea farm high above the city and learns how to make Taipei's celebrated elixir, Oriental Beauty. The process of harvesting tea begins by picking specific portions of the plant before the leaves are left out in the sun to wither to remove any excess water and to prepare the leaves for oxidation. Then the tea leaves are roasted, folded, and rolled to release the tea's natural flavors and aromas.

[Educational Message: Learning the processes of how simple, natural ingredients are harvested can bring you a deeper appreciation for these ingredients and cultural practices.]

Airdate: 12/9/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

LARGE AND IN CHARGE [WDV203]

Dr. Oakley knows that when working with large, wild animals you always have to be on high alert. First up, Dr. Oakley is heading out to the Alaska Wildlife Conservation Center to check up on some wood bison. Wood bison were thought to be extinct until a herd was discovered in the 1950s. Dr. Oakley and a team of volunteers perform routine health checks on two wood bison bulls to ensure they are healthy enough to be reintroduced to the wild. Next, Dr. Oakley brings her daughter Sierra out on a call to check up on a couple of brown bears. First, Dr. Oakley must sedate the bears in order to perform the routine physical exam. However, this process proves to be anything but routine as one of the bears avoids capture and soon puts itself in imminent danger. Dr. Oakley and team react quickly and save the bear from potentially drowning while under sedation. The other bear proves even more dangerous, as the tranquilizer wasn't strong enough and the sleeping bear awakes too soon. However, Dr. Oakley and team safely handle the situation and successfully sedate the other bear. After a quick checkup and physical examination, Dr. Oakley gives both bears a clean bill of health. Sierra learns a valuable lesson about the importance of safety when working in the field with dangerous animals.

[Educational Message: Every day offers new challenges. We must always seek to overcome obstacles and challenges in life in order to grow, learn, and succeed.]

Airdate: 12/9/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE GREAT LAKES [JDD203]

Join host Dylan Dreyer on a visual masterpiece that captures the beauty and importance of North America's Great Lakes. We'll explore the amazing geography, ecology, and history of the region on this epic journey through the greatest fresh water system in the world. First, we'll learn how the Great Lakes contain nearly 20% of all the freshwater on the face of the earth, and how they were formed 14,000 years ago at the end of the last great Ice Age. Next, we'll join a group of biologists who have dedicated their entire careers to saving the lake sturgeon, a fish that has lived on earth for more than a 150 million years. Sturgeons were on earth at the time of the dinosaurs, but today more than 99% of them have been wiped out within the last 100 years. Here we'll learn more about the innovative and creative techniques being used by biologists to ensure the survival of the sturgeon species for years to come. Next, we'll learn how the Great Lakes are on the frontlines of a struggle to find a sustainable balance between the needs of human societies and the natural resources we depend on. We'll learn how hydroelectric power plants utilize the flow of water to create one of the few sources of renewable clean power, free from the negative impacts of greenhouse gases. Finally, we'll discover more about the various cities along the Great Lakes and how they are doing their part to ensure a cleaner future for the habitat and its wildlife.

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

Airdate: 12/9/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

FALLEN FRUIT [NDS203]

Host Danny Seo meets a Los Angeles duo that founded a company that encourages locals to get out in the community and prevent food waste by utilizing fallen fruit from public fruit trees in the area, from which they make jam. Oranges are the most popular tree fruit in the United States, however, they are indigenous to China and Southeast Asia. Next, Danny explores different ways to use coconut oil beyond cooking with it, such as to moisturize skin and polish cookware. Coconut oil is a high saturated fat, which is considered a "healthy fat" because it can help raise good cholesterol. Then, Danny makes a healthy pasta dish using homemade sweet potato noodles. The sweet potato has a lower glycemic index than the white potato. Last, Danny creates stickers using leaves found outside to create a mandala. Early forms of stickers can be traced back to ancient Egyptians; and the word "mandala" is Sanskrit for "circle" and is one of the most ancient art forms.

[Educational Message: A great way to save money and prevent food waste is to use fruit from public fruit trees, but it's important to research local laws beforehand. Some natural ingredients, like coconut oil, can have more than one beneficial purpose, which can help save money and provide additional nutrients other products may not. Get creative and find ways to make meals healthy--you can use vegetables to make pasta noodles rather than using regular noodles. Use your imagination to make arts and crafts using items found in your yard, such as leaves—it's a great way to express yourself and explore different forms of art.]

Airdate: 12/9/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO THE TRANSFORMATIVE POWER OF ATHLETICS FOR UNDERSERVED CHILDREN AND YOUTH [GBU204]

On this episode of GIVE, U.S. Men's Soccer Hall of Famer Cobi Jones and Los Angeles Lakers Point Guard Jordan Clarkson team up to visit two LA area organizations using sports to transform the lives of underserved youth. First up, Cobi Jones heads to the North San Fernando Valley, where his own soccer career began, to score some points at Youth Speak Collective, an organization serving economically and socially isolated children and teens. Through an array of offerings including studio art, academic mentorship, college counseling and athletics, the Collective encourages young people to engage in school and become the architects of their own futures. After an afternoon on the pitch with the organization's "Club Futbolito," Cobi is ready to help, but now it's time for LA Lakers star Jordan Clarkson to get out on the court at Heart of Los Angeles, an organization that offers rich academic and arts programming and a safe haven for youth in LA's Rampart District. Seeing a version of his younger self in the hopeful athletes at HOLA, Jordan feels compelled to assist them. In the end, he and Cobi make their way to meet with the GIVE panel to help decide how to distribute a \$50,000 gift from the LA84 Youth Development Foundation between the two organizations.

[Educational Message: Sports participation can provide a sense of community, cultivating teamwork, leadership, and responsibility in those who engage. These skills carry over into all aspects of life, can improve your quality of life, and increase your academic potential.]

Airdate: 12/9/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

ALL IN A DAY'S WORK [HOC203]

We see how Jordan Burroughs uses the values and hard work his parents taught him to succeed in wrestling, one of the oldest sports on Earth, dating back to 15,000-year-old cave drawings in France. Next, we meet a father who developed the Girl's Independent Golf League after seeing the need for a girl's golf team to help encourage young girls to work together and find an outlet through golf. Then, we meet a 12-year-old hockey player who created a foundation dedicated to providing support for junior sled hockey teams, which are comprised of five players and one goalkeeper. Last, we meet a long drive competitor who finds outlets with motor cross and spending time with family.

[Educational Message: Success requires sacrifice and commitment; and if you dedicate the time, you will make a difference, whether it be in your own life or the lives of others. Don't just work hard for yourself, but also for your legacy—setting an example for others and impacting the community can be greater than winning. Viewers learn ways to give back to the community, how young girls can get involved with golf, what sled hockey is, and how to balance playing two different sports without losing focus on family and friends.]

Airdate: 12/16/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NATURE'S MASTERPIECE [VJG204]

Host Josh Garcia docks in Juneau, Alaska. First, Josh visits a hatchery where he learns how the salmon population is sustained. Of the five species of salmon, there are three that require an extra year in fresh water, which are king, silver, and sockeye salmon. When salmon make the transition from the freshwater to saltwater, they undergo smoltification. Once this process is complete, they are released back into the wild. Then, Josh goes out on the water with a local fisherman to deep dive into crab fishing. Finally, Josh ventures out with a glaciologist. They kayak to the great Mendenhall Glacier and learn more about Juneau's ecosystem. The Mendenhall Glacier stretches about thirteen miles before it merges into the Juneau Icefield, which is about fifteen hundred square miles. Josh visits an ice cave inside the Mendenhall Glacier and is blown away by how much light reaches the cave through the dozens of feet of glacial ice above them.

[Educational Message: Taking time to explore nature's beauty can improve wellness and encourage a better understanding of Earth's ecosystems.]

Airdate: 12/16/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

CURING CANINES [WDV204]

Dr. Oakley works with dogs everyday and is constantly reminded why they are considered man's best friend. That's why whenever one of these beloved pets is in trouble, this doctor doesn't stop fighting to help until they can go home wagging their tails. First up, Dr. Oakley is rushing to an emergency call where a pregnant dog is having trouble delivering all of her puppies. Dr. Oakley fears there may be more puppies trapped inside, which could be life threatening for both puppy and mother. Dr. Oakley performs an ultrasound but has inconclusive results. In order to have a more accurate reading, they must use an x-ray machine at another clinic. After a quick trip down the road and some tense moments, Dr. Oakley soon confirms there are no additional puppies inside the mother. Next, Dr. Oakley visits with Freya, a six-month-old puppy suffering from an eye infection. Dr. Oakley cleans the area and applies a temporary suture in order to reduce the swelling around the infected eye. Finally, Dr. Oakley visits with Maggie, an Australian shepherd suffering from a severe laceration on her paw. Although a difficult injury to treat, Dr. Oakley thoroughly cleans the area and applies stitches to close the wound.

[Educational Message: We must learn to adapt and improvise. We are constantly faced with new circumstances and surroundings. It's our job to adjust in order to accomplish our goals.]

Airdate: 12/16/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WOLVES [JDD204]

Join host Dylan Dreyer for an up-close look at the remarkable story of one of the world's most tenacious species, and our closest fellow predator, the wolf. We're on an epic adventure through the wilderness of North America, tracking some of the most elusive subjects ever caught on screen - and we'll learn how careful management and conservation are working to protect this important and majestic creature. We begin our Journey in the mountains of Yellowstone, where we'll follow a mother grey wolf that has just given birth to a litter of pups. Here we'll learn how the entire wolf pack helps with the feeding, protection, training and socialization of the pups. Next, we'll follow members of the Nez Perce Wolf Recovery Program as they reintroduce wolves to central Idaho. We'll learn how this group relies on modern tools, such as radio collars and telemetry, to help them monitor, collect data, and protect the wolves of Idaho. Next, we'll follow a group of biologists and their wolf ambassador as they strive to educate and change public opinion about wolves. Due in part to their efforts, children today are learning that wolves are not simply something to fear, but animals to protect and revere. Finally, we'll learn about the long-lasting effects of reintroducing wolves to Yellowstone National Park, and how their impact has benefited countless species of wildlife as a result.

[Educational Message: One of the best ways to ensure that our planet's wildlife and ecosystems remain healthy is by educating young people. We must do our part to teach others to appreciate and respect the natural beauty and fragility of our planet.]

Airdate: 12/16/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

URBAN FARMING [NDS204]

Host Danny Seo meets a couple who founded a non-profit that takes vacant lots and turns them into mini farms that benefit the community. They teach Danny how to make a pallet garden-- a pallet is a wooden platform designed to hold and carry heavy loads. Larger plants can be placed in a raised pallet lined with burlap, which helps keep moisture in the roots, in front of a vertical pallet. Pallets stamped with letters "MB" should be avoided because they were treated with a toxic pesticide that is no longer used. Next, Danny shows how to make dessert healthy by making a dairy-free, gluten-free orange cashew cheesecake, naturally sweetened with dates. While dates are high in natural sugars, they are a low glycemic index food, having little result on blood sugar levels. Then, Danny makes eco-friendly glitter by using everyday household items, such as salt and food dye.

[Educational Message: Always try to see the potential in something— you could find a diamond in the rough. For example, taking an empty space and turning it into a community or school garden is a great way to save money, help others, and turn something overlooked into something beneficial. You don't need sugar to make something sweet— there are many fruits that contain natural sweetness but are also good for you, and if you add salt, it triggers sensors in taste buds that make sweets seem even sweeter. You can create your own craft supplies at home by getting creative with items in your kitchen.]

Airdate: 12/16/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO BUILDING STRONG WOMEN AND GIRLS [GBU205]

On this episode of GIVE, television host and best-selling author Sunny Anderson visits two New York City based non-profit organizations that help women and girls imagine and realize brighter futures for themselves and their communities. The day begins in Harlem at Brotherhood/Sister Sol, or Bro/Sis, an organization that supports and mentors youth of color from middle school all the way through college. Sunny spends time with the Bro/Sis young women's leadership development program, learning first-hand how its members encourage and sustain each other in a sisterhood built to last throughout their lives. After hearing about a month-long journey the young women have recently made to Ghana, Sunny is moved to tears and vows to return to help. Next she heads to the Center for Family Life in Sunset Park, Brooklyn to attend a budgeting class with the women in its Co-op Development Program. Serving mainly immigrant women looking to build new opportunities for themselves as worker-owners of their own businesses, the program transforms often marginalized, poor and powerless women into the makers of their own destiny. Powerfully impressed by this living version of the American Dream, Sunny must make her way to the New York Women's Foundation to help decide how to divide a \$50,000 gift between the two organizations.

[Educational Message: When organizations provide education, resources, and tools to empower women to engage in new experiences, pursue higher education, and achieve life-goals, the possibilities for women are endless.]

Airdate: 12/16/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

BORN TO RUN [HOC204]

We learn how the game of golf is impacting Japeri, an underprivileged area outside of Rio De Janeiro, after a golf school was opened for the children living in Japeri to give them self-confidence and something to participate in after school. Brazil is the largest country in South America, and Rio De Janeiro is the second-most populous municipality in Brazil; however, it only has two golf courses, which are private—depriving many people of the opportunity to play golf. Next, we see the special bond South African runner Wade Van Niekerk, who broke the world record in the men's 400 meters, has with his coach, who has been coaching for 50 years. South Africa has a population of roughly 56 million people and eleven official languages, including English. Then, Golfer Justin Rose pays tribute to his father who passed away from cancer. Lastly, 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.

[Educational Message: Never take an opportunity for granted because there are others not as fortunate. Viewers learn how golf is growing and becoming more mainstream in South America, how opportunities for athletes in South Africa have changed over the years, how pro-golfers study their game to become better, and tips on how to become a professional snowboarder.]

Airdate: 12/23/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PHO-NOMENAL [VJG205]

Host Josh Garcia is ashore in Ho Chi Minh City, Vietnam, where he explores the traditional culture still thriving in this fast paced, modern city. Josh visits a workshop where skilled artisans craft handmade pieces using the ancient technique of bronze casting. First, custom molds are shaped out of clay, and once the mold is dry, it's sealed by hand before it's wrapped in wax. After details are added, it is wrapped again in clay and ash and hardened in a kiln to melt away the wax before the bronze is added. Then, Josh meets a local chef who teaches him the art of making pho, Vietnam's wildly popular street food and signature dish. Pho is an aromatic soup that's served topped with thinly spiced beef, seasonings, flavorful herbs, and rice noodles. Finally, Josh ventures into the area's lush rice fields where he learns to harvest rice by hand one grain at a time. He learns that rice harvesting isn't easy and requires much time and careful work, spanning across about three cropping seasons per year.

[Educational Message: The intersection of modernity and antiquity arrives when ancient cultural practices are handed down and modern advancements are embraced.]

Airdate: 12/23/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

TINY FAMILY MEMBERS [WDV205]

Pets come in every shape and size, which, for Dr. Oakley, means seeing patients both large and small. From treating sick rats and aging parrots, to examining pregnant cats and chickens, Dr. Oakley will have to think big to save these tiny creatures. First up for the day, Dr. Oakley is visited by a couple of pet fancy rats suffering from tumors. After an examination, Dr. Oakley is concerned that the tumor on one of the rats may be malignant. The safest course of action to treat the rats is to remove the tumors. Dr. Oakley works very carefully on the small animals and the surgical procedures go off without a hitch. Next, Dr. Oakley is visiting a cat named Jill for routine vaccines and a spay. After a thorough physical exam, Dr. Oakley is now concerned that Jill may actually be pregnant. However, after a quick ultrasound, Dr. Oakley determines that the cat is not pregnant and proceeds with the spaying procedure. Next, Dr. Oakley visits a rescued pet tropical parrot named Buzz that was previously kept under poor conditions. Dr. Oakley performs a physical exam and discovers that Buzz is actually a wild caught parrot and is at least 25 years old. Because Buzz did not grow up in the wild, he will remain in human care. Finally, Dr. Oakley visits with a puppy named Dixie who is suffering canine parvovirus, a highly contagious infection. Dixie will be prescribed an antibiotic and be isolated from all other animals while she recovers.

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

Airdate: 12/23/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ARABIA [JDD205]

Join host Dylan Dreyer for a journey into the heart, history, culture and religion of the Arabian Peninsula. We'll explore the ancient traditions and unique customs found nowhere else in the world, and uncover the secrets of proud people who have flourished in one of the harshest environments on the planet for thousands of years. Surrounded by the Arabian Sea, the Red Sea, and the Persian Gulf, the Arabian Peninsula is the largest peninsula in the world. First we'll meet a young Saudi Arabian film student studying abroad, Hamzah Jamjoo, who is creating a film that will explore the traditions, cultures, and glorious past of his people. We'll also learn how the Arabian Peninsula is home to many diverse ecological regions such as mountains, valleys, volcanoes, and the desert. Next, we'll discover more about the life of Bedouin people, a grouping of nomadic Arab peoples who have historically inhabited the desert regions throughout the Arabian Peninsula. There are an estimated 21 million Bedouins in the world, and around 460,000 live in Saudi Arabia. Next, we'll learn about the incredible history of the ancient Nabateans, and how they created the first Arabian Golden Age over 2,000 years ago. Next, we'll discover more about the prophet Muhammad and the birth and spread of the Islam religion. We'll also learn about Islamic scholars, such as Ibn al-Haytham, whose theories of gravity and momentum preceded Isaac Newton's work by more than 700 years. In over 200 books, Ibn al-Haytham revolutionized physics, optics, and also developed the first camera obscura which would lead to telescopes and cameras. Finally, we'll witness the hajj and discover more about the holy pilgrimage to Mecca of millions of Muslims from over 160 different nations.

[Educational Message: The world we recognize today is comprised of many different peoples and beliefs. We must learn to respect other people and cultures that are different from our own.]

Airdate: 12/23/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

SUPERFOOD VITAMINS [NDS205]

Host Danny Seo travels to New Hampshire to learn the process of how fresh beets, which are high in vitamin C, fiber, potassium and manganese, are turned into vitamin supplements. During the process, low heat is essential to keeping the nutrients intact. Next, Danny introduces an alternative to sports drinks, which can contain up to 34 grams of sugar in one beverage, by using water, lemons, Himalayan pink salt and raw honey. Lemons contain natural electrolytes, which are essential to hydration, regulating the flow of water in and out of cells. Next, Danny cooks up breakfast toast using tofu, which is curd made from mashed soybeans. Silken tofu has the highest water content and a custardy texture. Then, Danny creates plant-based fabric dyes using onion skins, beets, black tea and turmeric. The use of natural dyes dates back to 2600 BC in China.

[Educational Message: Although they shouldn't be used to replace meals, natural vitamin supplements are a way to increase the amount of nutrients you receive each day. You can create your own sports drink using natural ingredients that contain electrolytes and antioxidants without tons of sugar. If you need a meat-free or dairy-free meal option, tofu is a great ingredient; and there are three types to choose from depending on how you plan to prepare it. Using natural dyes is a creative way to color fabrics without using petrochemicals while practicing an age-old method; and table salt helps the dye and fabric form a lasting bond.]

Airdate: 12/23/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO USING THE ARTS TO CHANGE THE TRAJECTORIES OF YOUNG PEOPLE'S LIVES [GBU206]

On this episode of GIVE, Actor, Artist and Horologist Aldis Hodge visits two Los Angeles non-profit organizations using the Arts to help underserved children and youth set a course for productive and successful futures. Aldis starts his day at PS Arts, which serves 25,000 kids in LA's poorest schools with year-round, weekly classes in music, visual arts, dance and more. At the heart of the PS Arts program is the creation of arts curricula that respond to and support academic learning. After boogying bee-style with a group of elementary students learning to translate biology lessons into dance moves, Aldis is inspired and wants to help. But first he must pay a visit to a group of former high school drop-outs enrolled in a filmmaking class at a second organization, artworxLA. Based on the idea that every young person deserves another chance, and working from strong data showing how the Arts make a difference for kids whose formal education has been interrupted, artworxLA provides many avenues for young people to tap into their creativity and pursue employment in creative fields. Impressed by the passion and professionalism of the young movie-makers in the group, Aldis knows the organization deserves help. Now he must make his way to the headquarters of the Rosalinde and Arthur Gilbert Foundation to help decide how to divide a \$50,000 gift between the two organizations.

[Educational Message: Having an appreciation for and a love of the Arts can lead into a successful and productive career. Participation in the Arts can increase academic participation and potential, and can provide new ways to learn and understand theories and concepts.]

Airdate: 12/23/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

LEAD BY EXAMPLE [HOC205]

We meet Bobby Carpenter and Denna Laing, both former hockey players, but one living with a spinal cord injury, who trained for and raced the Boston Marathon together to raise awareness for spinal cord injuries. Approximately 285,000 people in the U.S. are living with spinal cord injuries. The Boston Marathon is the oldest in the country and began in 1897. Next, we learn how golf was introduced into the Special Olympics and how Michael Ladieu, a Special Olympics golfer, encourages his fellow golfers. The Special Olympics is the world's largest sports organization for children and adults with disabilities. The first international Special Olympics Games were held in July of 1968 in Chicago, Illinois. Lastly, we see how Allyson Felix, the first woman to win six Olympic gold medals in track and field, trains for the Olympics. Sprinters use starting blocks, which can save about one-tenth of a second.

[Educational Message: Believing you can achieve something is the first step to reaching your goal. Viewers learn about spinal cord injuries and how people living with them rehabilitate, the history of the Special Olympics, and how to train to be an Olympic sprinter.]

Airdate: 12/30/2017

Time: 10:00AM

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALASKAN GOLD [VJG206]

Host Josh Garcia sails into Alaska's biggest city and explores the wild side of Anchorage. At an animal sanctuary, Josh gets a once-in-a-lifetime opportunity to see the American bald eagle up-close and personal. He learns how these birds are cared for and rehabilitated before being released back into the wild. Then, Josh meets with a local chef to learn how spruce tips, a locally grown ingredient, are being used to flavor ice cream. Then, he heads to the countryside and comes face-to-face with the wild and woolly muskox-- one of the world's oldest and rarest animals. Qiviut falls off the muskox naturally each year to adapt for warmer weather, and this fiber is used in local industry. Qiviut is similar to wool, eight times warmer than sheep hair, and is one of the finest fibers in the world. Finally, Josh finds a different kind of treasure when he pans for gold.

[Educational Message: Some of life's biggest surprises can come in small packages. When you pay attention to your surroundings and ask questions, you might find something unexpected.]

Airdate: 12/30/2017

Time: 10:30AM

Duration: 30:00

WILDERNESS VET

LIVING WITH LIVESTOCK [WDV206]

In the Yukon, farms are a familiar sight, and that means plenty of livestock in need of veterinary care from Dr. Oakley. From big boars and baby cows, to even a few alpaca, Dr. Oakley knows these animals and the farmers that care for them are depending on her. First up, Dr. Oakley and her team are traveling to a farm in order to perform a surgery on a wild boar named Captain Black. Dr. Oakley and her team will have to work extra carefully due to the boar's sharp tusks and tough attitude. Next, Dr. Oakley is visiting another farm with a newborn calf that is struggling to stand. Dr. Oakley is suspicious that the calf did not get the necessary colostrum after birth. Packed with disease fighting antibodies, colostrum is the first stage of milk secreted by the mother after birth. Dr. Oakley confirms her suspicions and prescribes anti-inflammatories, antibiotics, and vitamins to help the struggling calf. Next, Dr. Oakley travels to an alpaca farm to visit a very small patient. Due to the small size of the alpaca and the risk of spreading those genes to the herd, Dr. Oakley performs a castration. Finally, Dr. Oakley visits Doc, a horse with a troubling leg issue. After observing the horse's movements, Dr. Oakley notices some swelling on the horse's knee. After performing an x-ray, Dr. Oakley discovers that Doc once had a small fracture in his knee joint that led to arthritis. Although the diagnosis may seem minor, for an athlete like Doc, this means his competition days are over.

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

Airdate: 12/30/2017

Time: 11:00AM

Duration: 30:00

JOURNEY WITH DYLAN DREYER

YELLOWSTONE [JDD206]

Join host Dylan Dreyer to explore the spectacular beauty, dramatic geothermal activity, and unique wildlife of the incredible Yellowstone ecosystem. We'll travel across the wilderness and back through time to meet the first people who lived in Yellowstone, experience a river-running trip with the historic Hunt Party, and even venture down inside the famous geyser Old Faithful. First, we'll learn about the earliest inhabitants of Yellowstone and how they created sharp tools from volcanic rock to ward off predators such as grizzly bears. Next, we'll learn about the earliest explorers to reach Yellowstone, and how they worked together with the native Crow Nation tribe in the early 1800's. Next, we'll learn how the later European settlers explored and traversed the Yellowstone territory, surviving extreme elements and dangerous predators in the process. Here we'll learn how Yellowstone became the first National Park in the United States, and the first preserve of its kind in the world. Finally, we'll learn more about geothermal phenomena in Yellowstone such as geysers and hot springs. We'll discover more about the famous geyser, Old Faithful, and that more than two thirds of all geysers on Earth are concentrated in Yellowstone. We'll follow a team of scientists and geologists using computers, probes, and satellites to measure numerous aspects of Old Faithful in order to learn why the geyser erupts with such predictable regularity.

[Educational Message: The notion to preserve our wilderness sites was a significant evolution in the relationship between man and nature. We must strive to protect our environment and the wildlife within for future generations to come.]

Airdate: 12/30/2017

Time: 11:30AM

Duration: 30:00

NATURALLY, DANNY SEO

PET SPACE [NDS206]

Host Danny Seo travels to an animal shelter in Los Angeles that incorporates high-tech devices and hands-on education to teach potential pet owners about the responsibilities of owning a pet, such as training and grooming. Proper dog training instills social confidence in the animal, and grooming allows owners to track subtle changes in their pet's skin, ears and eyes. He also learns how animals with injuries or disabilities are rehabilitated through hydrotherapy, which improves muscle strength while the water's buoyancy reduces weight-bearing stress. Next, Danny teaches about foods that never expire, such as dried beans, which are rich with protein, carbohydrates, vitamins and minerals. He explains how to properly store them in airtight containers because light causes beans to fade and exposure to oxygen may spoil beans. Next, Danny shows how to make pumpkin waffles. Pumpkins are a member of the gourd family, which includes cucumbers, cantaloupe and watermelons. Then, Danny upcycles old vases by painting them to mimic sea glass, which is glass that has been weathered over time by waves, sand and sun.

[Educational Message: When adopting a pet, it's important to ask questions and consider training and care to find a pet that best fits your lifestyle. Storing food properly can extend its shelf life and help prevent waste. Foods such as beans, rice, vinegar, soy sauce and honey have an infinite shelf life. Using natural sweeteners, such as fresh fruit, Greek yogurt and pumpkin puree, is a great way to eliminate unhealthy sugars in meals. Painting old vases is a creative way to express yourself artistically while also preventing waste by reusing them.]

Airdate: 12/30/2017

Time: 12:00PM

Duration: 30:00

GIVE

GIVE TO HELPING MULTIGENERATIONAL GROUPS DEVELOP LASTING RELATIONSHIPS [GBU207]

Armed with One-Hundred Thousand Dollars from the Eisner Foundation, Hollywood Icon Connie Stevens and her daughter, Actress and Singer Joely Fisher, visit two organizations focused on helping seniors through creative programs designed to foster unique inter-generational opportunities. Their first stop is Engage, a Los Angeles organization that creates community and transforms affordable senior and multi-generational housing projects into vibrant centers of learning, wellness and creativity. Connie and Joely take part in a class featuring young kids and seniors making art together. After leaving Connie at Engage, Joely heads to The Friendship Foundation, an organization that provides socially integrated programs to empower children and young adults with special needs. Joely takes part in their Bridge Program, which connects these young people with seniors for Game Night. Impressed and moved by both charities, Joely – along with the CEO of the Eisner Foundation, Trent Stamp, has to figure out how to divide the funds and, in the end, surprises each organization with a generous gift.

[Educational Message: When organizations create opportunities for young children and senior citizens to participate together in Arts and enrichment programs, both of these communities thrive. These individuals benefit from the sense of community and mentorship that can be fostered through intergenerational work.]

Airdate: 12/30/2017

Time: 9:30AM

Duration: 30:00

THE CHAMPION WITHIN

PRIDE AND JOY [HOC206]

We see how Nathan Chen got his start in figure skating at a young age, eventually becoming the first skater to compete with five different types of quadruple jumps, which is a type of figure skating jump with at least four, but less than five, revolutions. To land a quadruple, skaters spin fast enough to make all four revolutions in under a second. Next, we meet young golfer Alexa Pano to learn how she balances being a daughter, student and a rising amateur golf star. The average driver swing speed of an amateur female golfer is 62 mph. Then, we learn how former wrestling champion Dan Gable applied his commitment and work ethic to achieve 15 NCAA wrestling titles during his 21 years as head coach at University of Iowa. The first NCAA wrestling championship was held in 1912 in Ames, Iowa. Lastly, we see how Se Ri Pak paved the way for women's golf in South Korea after being the only Korean player on the LPGA tour in 1998 and winning the Women's Open that same year.

[Educational Message: You can set an example for others despite how old or young you are. Viewers learn about different figure skating jumps and steps young skaters can take to become a professional figure skater; the focus required at a young age to become a successful golfer; how you can use your success to help coach others to succeed; and the growth of women's golf in South Korea.]

For 4th Quarter 2017
October - December, 2017

THERE WAS NO OTHER PROGRAMMING FOR THE 4TH QUARTER 2017 THAT CONTRIBUTED, AS PART OF NBC'S OVERALL PROGRAMMING, TO SERVE THE EDUCATION AND INFORMATIONAL NEEDS OF CHILDREN 16 AND UNDER.

4th Quarter 2017 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171007	JOURNEY	11:26:45 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171007	NATURALLY	11:57:26 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20171007	GIVE	12:27:33 PM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171014	VOYAGER	10:26:49 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171014	NATURALLY CHAMPION	11:56:57 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171021	WITHIN	9:56:37 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171021	WILDERNESS	10:56:32 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171028	VOYAGER	10:26:52 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171104	VOYAGER	10:27:17 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171104	WILDERNESS	10:54:44 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171104	NATURALLY CHAMPION	11:56:30 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20171111	WITHIN	12:53:34 PM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171118	VOYAGER	10:25:40 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171118	GIVE	12:27:33 PM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20171125	WILDERNESS	10:56:39 AM	0:15	ZNBC171030H	PSA 2017 TMYK NBC News, Diversity "I Am Anthem" :1
20171125	NATURALLY	11:57:51 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171202	VOYAGER	10:26:58 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171202	JOURNEY	11:26:45 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171209	WILDERNESS	10:56:08 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171216	VOYAGER	10:26:17 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171216	WILDERNESS CHAMPION	10:56:32 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171223	WITHIN	12:59:10 PM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171230	VOYAGER	10:29:10 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171230	WILDERNESS	11:29:10 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

*Total Calculation of Network PSA Air-Time: 6:00 minutes

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 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.

CHILDREN'S PROGRAMMING REPORT

WHEC-TV SPECIAL BROADCAST EFFORTS REGARDING YOUTH

Station: **WHEC-TV** Report Period: **10/1/17** to **12/31/17**

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

Title	Airdate	Time & Duration	Description of Program
Scholar Athlete		6:00-6:30PM (newscast)	Local High School seniors are nominated to be the 10-NBC Scholar Athlete of the week. Every Tuesday our sports-team selects a unique senior who not only holds a B+ (85 or higher) average academically, but also excels in one or more school athletic programs. The recipient is profiled during the Sports segment of our six o'clock newscast.
	10/3/17	Duration: 1:30 minutes	Student/School: Caroline Mollenkopf, Mercy High School
	10/10/17	Duration: 1:30 minutes	Student/School: Aleah Martone, Spencerport High School
	10/17/17	Duration: 1:30 minutes	Student/School: Paige Smith, Honeoye Falls-Lima High School
	10/24/17	Duration: 1:30 minutes	Student/School: Dan Taddeo, Penfield High School
	10/31/17	Duration: 1:30 minutes	Student/School: Mackenzie Mortimer, Fairport High School
	11/7/17	Duration: 1:30 minutes	Student/School: Tommy Ryan, Victor High School
	11/14/17	Duration: 1:30 minutes	Student/School: Ty Carpenter, Hilton High School
	11/21/17	Duration: 1:30 minutes	Student/School: Imani Baker, Harley Allendale Columbia High School
	11/28/17	Duration: 1:30 minutes	Student/School: Patrick Meisenzahl, Greece Athena High School
	12/5/17	Duration: 1:30 minutes	Student/School: Olivia Keller, Pal-Mac High School
	12/12/17	Duration: 1:30 minutes	Student/School: Max McHale, Irondequoit High School
12/19/17	Duration: 1:30 minutes	Student/School: Taylor Requa, Kendall High School	
		<u>Total Duration:</u> 17:00 minutes	

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

Warm Welcome Holiday Drive	12/4/17- 12/8/17	News10NBC Today @ 5AM News10NBC Today @ 6AM News10NBC @ Noon News10NBC @ Five News10NBC @ Seven News10NBC @ Eleven (newscast) (1:30 min. per newscast) <u>Total Duration:</u> 45:00 minutes	WHEC-TV participated in a "Warm Welcome Holiday Drive". During the week of 12/4/17-12/8/17, we asked viewers to lend a helping hand for people who've come to Rochester to escape the aftermath of Hurricane Maria in Puerto Rico. We collected new or gently used winter clothing -- like coats, scarves, hats, and gloves for the hundreds of families from who relocated here. In addition to promotion time, news anchors and reporters were at various drop-off locations doing stories for our daily newscasts (News10NBC Today 5AM and 6AM, Noon, 5pm, 7pm and 11pm). Each report was approximately 1:30 minutes.
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<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Kids Programming E/I	10/5/17	2:20PM	:30 seconds	This PSA explains the programming educational/informational symbol; what it means and how parents can use it.
Kids Programming E/I	10/7/17	11:48AM	:30 seconds	
Kids Programming E/I	10/9/17	2:58PM	:30 seconds	
Kids Programming E/I	10/14/17	11:48AM	:30 seconds	
Kids Programming E/I	10/18/17	11:33AM	:30 seconds	
Kids Programming E/I	10/21/17	10:47AM	:30 seconds	
Kids Programming E/I	10/26/17	12:50PM	:30 seconds	
Kids Programming E/I	10/28/17	11:17AM	:30 seconds	
Kids Programming E/I	11/3/17	12:42PM	:30 seconds	
Kids Programming E/I	11/4/17	10:45AM	:30 seconds	
Kids Programming E/I	11/10/17	2:48PM	:30 seconds	
Kids Programming E/I	11/11/17	10:48AM	:30 seconds	
Kids Programming E/I	11/17/17	11:34AM	:30 seconds	
Kids Programming E/I	11/18/17	9:44AM	:30 seconds	
Kids Programming E/I	11/21/17	12:47PM	:30 seconds	
Kids Programming E/I	11/25/17	9:45AM	:30 seconds	
Kids Programming E/I	11/30/17	9:59AM	:30 seconds	
Kids Programming E/I	12/2/17	9:46AM	:30 seconds	
Kids Programming E/I	12/8/17	12:51PM	:30 seconds	
Kids Programming E/I	12/9/17	11:47AM	:30 seconds	
Kids Programming E/I	12/13/17	9:47AM	:30 seconds	
Kids Programming E/I	12/16/17	9:45AM	:30 seconds	
Kids Programming E/I	12/18/17	1:58PM	:30 seconds	
Kids Programming E/I	12/23/17	11:48AM	:30 seconds	
Kids Programming E/I	12/25/17	12:14PM	:30 seconds	
Kids Programming E/I	12/30/17	9:45AM	:30 seconds	

Title	Airdate	Time	Duration	Description of Program
Distracted Driving	10/1/17	8:57AM	:30 seconds	Don't text and drive. It's against the law.
Distracted Driving	10/5/17	2:39PM	:30 seconds	
Distracted Driving	10/8/17	11:29AM	:30 seconds	
Distracted Driving	10/10/17	2:20PM	:30 seconds	
Distracted Driving	10/13/17	3:53PM	:30 seconds	
Distracted Driving	10/16/17	2:08PM	:30 seconds	
Distracted Driving	10/19/17	3:29PM	:30 seconds	
Distracted Driving	10/22/17	10:53AM	:30 seconds	
Distracted Driving	10/25/17	2:49PM	:30 seconds	
Distracted Driving	10/31/17	12:58PM	:30 seconds	
Distracted Driving	11/1/17	2:58PM	:30 seconds	
Distracted Driving	11/4/17	7:59AM	:30 seconds	
Distracted Driving	11/7/17	11:47AM	:30 seconds	

Drunk Driving	10/6/17	3:28PM	:30 seconds	If you are not old enough to drink, than you shouldn't be drinking and driving. Prevent deaths don't let your friends drink and especially not drive. If necessary, be a designated driver.
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Drunk Driving	10/11/17	1:58PM	:30 seconds
Drunk Driving	10/14/17	9:45AM	:30 seconds
Drunk Driving	10/17/17	9:59AM	:30 seconds
Drunk Driving	10/20/17	12:51PM	:30 seconds
Drunk Driving	10/23/17	12:58PM	:30 seconds
Drunk Driving	10/26/17	2:38PM	:30 seconds
Drunk Driving	10/29/17	7:58AM	:30 seconds
Drunk Driving	11/1/17	4:41PM	:30 seconds
Drunk Driving	11/4/17	8:57AM	:30 seconds
Drunk Driving	11/7/17	3:56PM	:30 seconds
Drunk Driving	12/25/17	3:43PM	:30 seconds
Drunk Driving	12/26/17	9:44AM	:30 seconds
Drunk Driving	12/26/17	3:55PM	:30 seconds
Drunk Driving	12/27/17	12:53PM	:30 seconds
Drunk Driving	12/27/17	1:58PM	:30 seconds
Drunk Driving	12/28/17	12:58PM	:30 seconds
Drunk Driving	12/28/17	3:20PM	:30 seconds

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Student Attendance	10/2/17	3:45PM	:30 seconds	When kids miss school ... they miss a lot.
Student Attendance	10/15/17	11:47AM	:30 seconds	
Student Attendance	11/8/17	12:44PM	:30 seconds	
Student Attendance	11/8/17	12:53PM	:30 seconds	
Student Attendance	11/9/17	2:10PM	:30 seconds	
Student Attendance	11/9/17	3:32PM	:30 seconds	
Student Attendance	11/10/17	3:30PM	:30 seconds	
Student Attendance	11/10/17	3:44PM	:30 seconds	
Student Attendance	11/11/17	7:45PM	:30 seconds	
Student Attendance	11/11/17	7:52PM	:30 seconds	
Student Attendance	11/12/17	10:00AM	:30 seconds	
Student Attendance	11/12/17	11:29AM	:30 seconds	
Student Attendance	11/13/17	9:59AM	:30 seconds	
Student Attendance	11/13/17	2:58PM	:30 seconds	
Student Attendance	11/14/17	3:10PM	:30 seconds	
Student Attendance	11/14/17	3:56PM	:30 seconds	
Student Attendance	11/15/17	12:52PM	:30 seconds	
Student Attendance	11/15/17	2:41PM	:30 seconds	
Student Attendance	11/16/17	9:48AM	:30 seconds	
Student Attendance	11/16/17	3:38PM	:30 seconds	
Student Attendance	11/17/17	2:39PM	:30 seconds	
Student Attendance	11/17/17	3:46PM	:30 seconds	
Student Attendance	11/18/17	8:58AM	:30 seconds	
Student Attendance	11/18/17	11:16AM	:30 seconds	
Student Attendance	11/19/17	7:59AM	:30 seconds	
Student Attendance	11/19/17	12:18PM	:30 seconds	
Student Attendance	11/20/17	12:46PM	:30 seconds	
Student Attendance	11/20/17	3:21PM	:30 seconds	
Student Attendance	11/21/17	2:09PM	:30 seconds	
Student Attendance	11/21/17	2:28PM	:30 seconds	
Student Attendance	11/22/17	12:58PM	:30 seconds	
Student Attendance	11/22/17	3:47PM	:30 seconds	
Student Attendance	11/23/17	7:40PM	:30 seconds	
Student Attendance	11/23/17	7:46PM	:30 seconds	
Student Attendance	11/24/17	12:58PM	:30 seconds	
Student Attendance	11/24/17	7:44PM	:30 seconds	
Student Attendance	11/25/17	9:28AM	:30 seconds	
Student Attendance	11/25/17	3:27PM	:30 seconds	

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Student Attendance	11/26/17	11:41AM	:30 seconds	When kids miss school ... they miss a lot.
Student Attendance	11/27/17	2:59PM	:30 seconds	
Student Attendance	11/28/17	10:58AM	:30 seconds	
Student Attendance	11/28/17	11:55AM	:30 seconds	
Student Attendance	11/29/17	4:48PM	:30 seconds	
Student Attendance	11/29/17	7:52PM	:30 seconds	
Student Attendance	11/30/17	12:53PM	:30 seconds	
Student Attendance	11/30/17	2:58PM	:30 seconds	
Pedestrian Safety	10/2/17	3:45PM	:30 seconds	If you are texting or reading a text message and walking...STOP...pay attention.
Pedestrian Safety	10/5/17	3:57PM	:30 seconds	
Pedestrian Safety	10/8/17	11:59AM	:30 seconds	
Pedestrian Safety	10/10/17	11:47AM	:30 seconds	
Pedestrian Safety	10/13/17	12:43PM	:30 seconds	
Pedestrian Safety	10/16/17	9:59AM	:30 seconds	
Pedestrian Safety	10/19/17	9:35AM	:30 seconds	
Pedestrian Safety	10/22/17	10:38AM	:30 seconds	
Pedestrian Safety	10/25/17	9:48AM	:30 seconds	
Pedestrian Safety	10/28/17	9:29AM	:30 seconds	
Pedestrian Safety	10/31/17	2:59PM	:30 seconds	
Pedestrian Safety	11/3/17	3:45PM	:30 seconds	
Pedestrian Safety	11/6/17	1:59PM	:30 seconds	

Title	Airdate	Time	Duration	Description of Program
Puerto Rican – Warm Welcome Drive	12/3/17	1:41PM	:15 seconds	News10NBC reached out to our community asking to help families who have been dislocated from Puerto Rico to Rochester and lost almost all of their possessions, due to Hurricane Irma. Winter clothing, especially coats, hats and gloves were requested.
Puerto Rican – Warm Welcome Drive	12/3/17	5:24PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	8:47AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	10:55AM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	11:48AM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	12:27PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	12:54PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	3:38PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	5:18PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	6:26PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/4/17	7:09PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	8:46AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	9:47AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	10:57AM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	12:27PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	1:28PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	3:37PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	5:18PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/5/17	6:10PM	:15 seconds	

<u>Title</u>	<u>Airdate</u>	<u>Time</u>	<u>Duration</u>	<u>Description of Program</u>
Puerto Rican – Warm Welcome Drive	12/5/17	7:12PM	:15 seconds	News10NBC reached out to our community asking to help families who have been dislocated from Puerto Rico to Rochester and lost almost all of their possessions, due to the hurricanes. Winter clothing, especially coats, hats and gloves were requested to help them stay warm during the winter months.
Puerto Rican – Warm Welcome Drive	12/6/17	8:48AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	10:57AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	11:48AM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	12:27PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	12:54PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	3:37PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/6/17	7:11PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	8:49AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	10:55AM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	12:12PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	1:29PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	3:33PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	5:17PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	6:27PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	7:13PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/7/17	10:00PM	:15 seconds	
Puerto Rican – Warm Welcome Drive	12/8/17	8:46AM	:30 seconds	
Puerto Rican – Warm Welcome Drive	12/8/17	10:55AM	:15 seconds	

*Total Calculation of PSA Air-Time: 69 minutes & 15 seconds.