

KEET Quarterly Issues and Programs Report

For January 1st 2024 through March 31st 2024

Below are programs that aired on KEET's main channel that address community issues decided by the KEET Community Advisory Board, letters, e-mails and phone calls from members and other viewers. Topics are: **Economy, Education, Environmental, Health Care, Technology.**

Economy

Program Source: APTEX
Program Title: Gzero World with Ian Bremmer
Episode Title: Trading Up
Length: 30 minutes
Air Dates: Thursday January 4th, 2024 12:30 am

Guest: Ngozi Okonjo-Iweala, Director-General, World Trade Organization. How can we reimagine trade to help countries left behind by globalization? Can we trade our way out of the world's biggest crises? GZERO sits down with one of the most powerful voices in the global economy, WTO Director-General Ngozi Okonjo-Iweala.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 167
Length: 60 minutes
Segment Length: 00:08:10
Format: News (live news only)
Air Dates: Tuesday February 20th, 2024 6:00 pm

Federal regulators in recent weeks have signaled concerns about commercial real estate, a financial sector that could spell economic trouble. A combination of decreased demand for office space and high interest rates have put pressure on lease holders and smaller banks in particular. Economics correspondent Paul Solman reports from San Francisco.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 180
Length: 60 minutes
Segment Length: 00:07:48
Format: News (live news only)
Air Dates: Friday March 8th, 2024 6:00 pm

Friday's latest jobs report is proof again of a labor market that has been resilient and often stronger than expected. But according to numerous polls, many Americans don't feel the economy is strong overall or helping them or their families. Economics correspondent Paul Solman reports on what's causing the disconnect.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 181
Length: 60 minutes
Segment Length: 00:07:33
Format: News (live news only)
Air Dates: Monday March 11th, 2024 6:00 pm

Amid many of the debates around entitlements and benefits, one thing is often lost to the public: Many people who qualify for help struggle to get and keep their benefits because it can be difficult to navigate the system. Economics correspondent Paul Solman looks at the challenge as part of our special series, America's Safety Net.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 188
Length: 60 minutes
Segment Length: 00:04:48
Format: News (live news only)
Air Dates: Wednesday March 20th, 2024 6:00 pm

In our news wrap Wednesday, the Federal Reserve left interest rates unchanged but signaled it anticipates three cuts this year, Secretary of State Blinken is in the Middle East trying to halt the war in Gaza, Palestinians report at least 28 people killed in a series of Israeli air strikes and helicopters began air-lifting American citizens out of Haiti's capital city as gang violence raged on.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 193
Length: 60 minutes
Segment Length: 00:06:05
Format: News (live news only)
Air Dates: Wednesday March 27th, 2024 6:00 pm

Donald Trump's Truth Social made its debut on the Nasdaq Tuesday. The stock price soared, powered by supporters looking to invest in the former president's business. But the platform's stock success doesn't seem to match its financials. Truth Social lost \$49 million last year and has fewer users than any other social network that has gone public. William Brangham discussed more with Dan Alexander.

Education

Program Source: KNME
Program Title: Inside California Education
Episode Title: Ethnic Studies in the Classroom
Length: 30 minutes
Air Dates: Sunday March 3rd, 2024 2:00 pm
Friday March 8th, 2024 3:00 pm

Learn about the new ethnic studies requirement for California high schools, tour a new affordable housing unit in the Bay Area built just for teachers, meet students in Elk Grove racing hydrogen

fuel cell remote control cars, and see what a "day in the life" is like for a school counselor in the Central Valley.

Program Source: KNME
Program Title: Inside California Education
Episode Title: Soil, Seeds, and Science
Length: 30 minutes
Air Dates: Sunday March 3rd, 2024 2:30 pm
Friday March 8th, 2024 3:30 pm

Visit a Central Valley school where students get a weekly agriculture lesson as part of their science studies, discover how graduating seniors in California can earn a State Seal of Biliteracy. Visit an outdoor science school in Southern California that introduces inner-city students to nature, and spend a "day in the life" with the Chief of Wellbeing of Los Angeles County schools.

Program Source: KNME
Program Title: Inside California Education
Episode Title: Achieving Financial Literacy
Length: 30 minutes
Air Dates: Sunday March 10th, 2024 2:00 pm
Friday March 15th, 2024 3:00 pm

Discover how these San Diego high schoolers are learning basics about managing their money, meet a new generation of student journalists in Sacramento telling stories about their schools, visit a Los Angeles County school where "kinder readiness" is reaping rewards for these youngsters, and check out a JROTC program in the desert with a focus on the Space Force.

Program Source: KNME
Program Title: Inside California Education
Episode Title: Steelhead in the Classroom
Length: 30 minutes
Air Dates: Sunday March 10th, 2024 2:30 pm
Tuesday March 12th, 2024 1:00 am
Friday March 15th, 2024 3:30 pm
Saturday March 16th, 2024 12:30 am

Journey to Humboldt County to see how students are raising steelhead in the classroom and returning them to rivers, tour the newly built Food Literacy Center cooking school and farm in Sacramento, meet California's Teacher of the Year, and meet two students in San Diego who represent their fellow students' interests on the school board.

Program Source: NETA
Program Title: Dream School: A Journey to Higher Ed
Length: 60 minutes
Air Dates: Friday March 15th, 2024 4:00 pm
Wednesday March 20th, 2024 5:00 am
Saturday March 23rd, 2024 3:00 am

This film is the inspiring journey of six bright and ambitious high school students working to get admitted into America's top colleges. Their stories and the advice of nationally-respected higher ed and mental health experts will help families better understand the college admission process.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 132
Length: 60 minutes
Segment Length: 00:05:57
Format: News (live news only)
Air Dates: Tuesday January 2nd, 2024 6:00 pm

After weeks of intense scrutiny, Harvard President Claudine Gay resigned Tuesday. It comes after she was criticized for testimony during a congressional hearing on rising anti-semitism on campus and alleged plagiarism in her academic writings. Gay was the first Black leader of Harvard and now has the shortest tenure. William Brangham discussed more with Hilary Burns of the Boston Globe.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 134
Length: 60 minutes
Segment Length: 00:09:48
Format: News (live news only)
Air Dates: Thursday January 4th, 2024 6:00 pm

The resignation of former Harvard president Claudine Gay has hardly settled any of the debate surrounding her tenure. While Gay did admit to several mistakes, she argues she's been unfairly targeted because of her race, ideology and push for diversity. William Brangham has two perspectives from Khalil Gibran Muhammad of Harvard's Kennedy School, and Tom Nichols of The Atlantic.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:06:20
Format: News (live news only)
Air Dates: Monday January 15th, 2024 6:00 pm

The United Negro College Fund received a \$100 million grant to help increase endowments for historically Black colleges and universities. The donation from the Lilly Endowment is the single largest unrestricted private grant in the organization's history and its purpose is to increase funding for its 37 member institutions. Geoff Bennett discussed more with UNCF President and CEO Michael Lomax.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:05:21
Format: News (live news only)
Air Dates: Wednesday January 17th, 2024 6:00 pm

Chronic absenteeism is a problem for school districts and students and the situation has grown significantly worse since the pandemic. Nearly 30 percent of students were chronically absent during the 2021-2022 school year, missing at least 10 percent of school days. Communities Correspondent Gabrielle Hays joined Geoff Bennett to discuss how schools in Missouri are struggling with it.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 145
Length: 60 minutes
Segment Length: 00:06:31
Format: News (live news only)
Air Dates: Friday January 19th, 2024 6:00 pm

President Biden on Friday announced another \$5 billion in student loan forgiveness for 74,000 borrowers. It's the latest batch of student debt cancellations after the Supreme Court struck down his larger forgiveness plan last year. John Yang reports on Biden's efforts and speaks with Danielle Douglas-Gabriel, who covers the economics of higher education for The Washington Post, to learn more.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 146
Length: 60 minutes
Segment Length: 00:03:25
Format: News (live news only)
Air Dates: Monday January 22nd, 2024 6:00 pm

Karen Vallejos is the executive director of the Dream Project, dedicated to supporting students whose immigration status may pose challenges to their academic aspirations. As a former undocumented student herself, Vallejos saw the barriers in place that prevent immigrant students from realizing their dreams. She shares her Brief But Spectacular take on Dreamers pursuing higher education.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 164
Length: 60 minutes
Segment Length: 00:10:14
Format: News (live news only)
Air Dates: Thursday February 15th, 2024 6:00 pm

The debate over diversity, equity and inclusion initiatives in colleges and universities has been heating up around the country. The political and actual backlash to past DEI programs has been growing. John Yang breaks down more of what this dispute is about and what the stakes are in the world of higher education for our series, Race Matters.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 166
Length: 60 minutes
Segment Length: 00:05:47
Format: News (live news only)
Air Dates: Monday February 19th, 2024 6:00 pm

Valor Collegiate Academy in Nashville encourages students to share what's going on in their lives and to accept support, creating what they call a community of care. We hear from high school teacher Natalie Nikitas and Valor students as they give their Brief But Spectacular take on building trust at school.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 173
Length: 60 minutes
Segment Length: 00:02:53
Format: News (live news only)
Air Dates: Wednesday February 28th, 2024 6:00 pm

The rhythm of mariachi music is known worldwide and becoming even more so. Music teacher Susana Diaz-Lopez shares her insights on its growth and impact in the Austin area. From cultural connections to musical exploration, her students find their place in and out of school. Our Student Reporting Labs academy fellows produced this story for our arts and culture series, CANVAS.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 192
Length: 60 minutes
Segment Length: 00:08:42
Format: News (live news only)
Air Dates: Tuesday March 26th, 2024 6:00 pm

Students waiting on financial aid will have to wait even longer after the Department of Education found a calculation error on hundreds of thousands of FAFSA applications. Laura Barron-Lopez has reaction from students questioning when and if they will get aid and discusses the problem with Ted Mitchell of the American Council on Education.

Program Source: PBS-NPS
Program Title: POV
Episode Title: Brief Tender Light
Length: 90 minutes
Segment Length: 01:26:45
Format: Documentary
Air Dates: Monday January 15th, 2024 9:30 pm
Wednesday January 17th, 2024 3:00 am

At the elite MIT, a Ghanaian alum follows four African students striving to become change agents for home. Now, living in America, each must refine their ideas about the world, themselves, and how to transform youthful ideals into action as adults.

Environmental

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 420
Length: 30 minutes
Air Dates: Friday February 16th, 2024 7:00 pm
Sunday February 18th, 2024 1:30 pm

Ongoing resurrection and restoration of the Klamath River gains steam as the Biden Administration puts money where its mouth has been. We're joined by Yurok Chairman Frankie Myers to talk about the river, the tribe, and the ongoing plight of missing and murdered native women and girls.

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 421
Length: 30 minutes
Air Dates: Friday February 23rd, 2024 7:00 pm
Sunday February 25th, 2024 1:30 pm

We interview 5th District Supervisor Steve Madrone about recent progress made on the restoration and renewal of the Klamath River, as well as the massive wind power project slated for Humboldt County and what it'll mean for area residents.

Program Source: GREG
Program Title: Hupa Fire: Traditional and Cultural Fire Management
Length: 30 minutes
Air Dates: Friday January 5th, 2024 10:30 pm
Saturday January 6th, 2024 2:30 am

The Hoopa Fire Department, tells the story of how traditional fire burning or cultural burns helped California prevent major fires. This story is told by Hupa culture keepers who have firsthand accounts of their relationship to fire.

Program Source: PBS
Program Title: Animal Babies: First Year on Earth
Episode Title: First Steps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Thursday January 18th, 2024 3:00 am
Sunday March 3rd, 2024 9:00 am

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

Program Source: PBS
Program Title: Animal Babies: First Year on Earth
Episode Title: Testing Limits
Length: 60 minutes
Format: Documentary
Air Dates: Thursday January 18th, 2024 4:00 am
Sunday March 10th, 2024 9:00 am

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

Program Source: PBS
Program Title: Animal Babies: First Year on Earth
Episode Title: New Frontiers
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 19th, 2024 1:00 am
Sunday March 17th, 2024 9:00 am

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

Program Source: PBS
Program Title: Big Pacific
Episode Title: Violent
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 26th, 2024 2:00 am
Sunday March 31st, 2024 9:00 am

Plunge into the Pacific with researchers and cinematographers and see the ocean's rare and dazzling creatures in a way never before seen on television. Filmed in cinematic 4K, the program examines an ocean that covers a third of the Earth's surface.

Program Source: PBS
Program Title: Civilizations
Episode Title: Paradise on Earth
Length: 60 minutes
Format: Documentary
Air Dates: Sunday January 21st, 2024 4:00 am

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

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Shape
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 7th, 2024 3:00 am

The forces of nature make Earth a restless planet, but they also turned our ball of rock into a home for life. How did our planet's ingredients, the chemical elements, come together and take that first crucial step from barren rock to a living world?

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Elements
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Friday February 9th, 2024 1:00 am

Earth is painted in stunning colors. By understanding how these colors are created and the energy they carry, we can learn the secret language of the planet.

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Color
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 9th, 2024 2:00 am

We can't directly see the forces that govern Earth, but we can see their shadows in the shapes of nature that surround us. If we understand why these shapes exist, we can understand the rules that bind the entire universe.

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Motion
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Saturday February 10th, 2024 3:00 am

The forces of nature have kept Earth on the move since it was formed billions of years ago. Though we can't feel the motion, we experience the consequences - from tidal bores surging through the Amazon rainforest to the ruinous power of hurricanes.

Program Source: PBS
Program Title: Ireland's Wild Coast
Episode Title: Episode 1
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday February 25th, 2024 3:00 am

Follow a unique, personal journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special. Emmy Award-winning wildlife cameraman, Colin Stafford-Johnson, takes viewers on an authored odyssey along Ireland's rugged Atlantic coast.

Program Source: PBS
Program Title: Ireland's Wild Coast
Episode Title: Episode 2
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday February 25th, 2024 4:00 am

Follow a unique, personal journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special. Emmy Award-winning wildlife cameraman, Colin Stafford-Johnson, takes viewers on an authored odyssey along Ireland's rugged Atlantic coast.

Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Madagascar
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Saturday March 2nd, 2024 3:00 am

The 3-part ISLANDS OF WONDER series takes viewers on a journey to the most exotic, mysterious and remote islands on Planet Earth: Madagascar, Borneo and Hawaii. These isolated and iconic tropical islands are home to remarkable wildlife and human castaways found nowhere else on earth. The fragile islands also serve as a vital gauge for the planet's health.

Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Madagascar
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Saturday March 2nd, 2024 3:00 am

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Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Borneo
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Saturday March 2nd, 2024 4:00 am

The 3-part ISLANDS OF WONDER series takes viewers on a journey to the most exotic, mysterious and remote islands on Planet Earth: Madagascar, Borneo and Hawaii. These isolated and iconic tropical islands are home to remarkable wildlife and human castaways found nowhere else on earth. The fragile islands also serve as a vital gauge for the planet's health.

Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Borneo
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Saturday March 2nd, 2024 4:00 am

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Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Hawaii
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday March 3rd, 2024 3:00 am

The 3-part ISLANDS OF WONDER series takes viewers on a journey to the most exotic, mysterious and remote islands on Planet Earth: Madagascar, Borneo and Hawaii. These isolated and iconic tropical islands are home to remarkable wildlife and human castaways found nowhere else on earth. The fragile islands also serve as a vital gauge for the planet's health.

Program Source: PBS
Program Title: Islands of Wonder
Episode Title: Hawaii
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday March 3rd, 2024 3:00 am

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Program Source: PBS
Program Title: Magical Land of Oz
Episode Title: Land
Length: 60 minutes
Format: Documentary
Air Dates: Sunday March 10th, 2024 4:00 am

An exploration of one of the most magical lands on the planet. Its unique wildlife includes a tree-dwelling kangaroo, a spider that survives underwater and a bird that spreads fire.

Program Source: PBS
Program Title: Magical Land of Oz
Episode Title: Ocean
Length: 60 minutes
Format: Documentary
Air Dates: Sunday March 17th, 2024 3:00 am

In this episode we see why marine species are drawn to the coasts of Australia and discover that the country's three surrounding oceans - the Southern Sea, the Pacific and The Indian Ocean create a unique environment for ocean voyagers of all types. In the clean waters of Pearson Island off South Australia Sealions, once a rare sight are now protected from hunting and are thriving. Meanwhile in the shallows of Spencer Gulf, June is the time for a midwinter gathering of spectacularly colourful giant cuttlefish who battle for mates. The cold Southern Ocean also brings humpback whales from Antarctica to give birth and triggers the breath-taking spectacle of thousands of Australian spider crabs, the largest crustaceans in the world, congregating under the piers of Port Philip Bay to moult. It's a grisly time as the first to reveal their soft shells are cannibalised by their neighbours. Still, there's safety in numbers as bigger predators, smooth stingrays, sweep over the congregation sucking them from the seabed.

Program Source: PBS
Program Title: Magical Land of Oz
Episode Title: Human
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday March 17th, 2024 4:00 am

Despite Australia's relatively small population, the human impact on wildlife has been dramatic. In this episode we meet Australia's natural history success stories and those being left behind as the continent undergoes rapid change.

Program Source: PBS
Program Title: Nature
Episode Title: The Serengeti Rules
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 3rd, 2024 8:00 pm
Friday January 5th, 2024 4:00 am
Sunday January 7th, 2024 1:00 am
Wednesday January 10th, 2024 3:00 pm

Travel back in time, from the Arctic Ocean to Pacific tide pools, with a pioneering group of scientists who make surprising discoveries that transform human understanding of nature and ecology

Program Source: PBS
Program Title: Nature
Episode Title: Remarkable Rabbits
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 27th, 2024 8:00 pm
Friday March 29th, 2024 3:00 am
Sunday March 31st, 2024 2:00 am

There are more than 100 domestic and wild kinds of rabbits and hares, from snowshoe hares to Flemish giants. Despite their remarkable ability to reproduce, many wild rabbits are in danger of being eradicated.

Program Source: PBS
Program Title: Nature | Equus: Story of the Horse
Episode Title: Origins
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 13th, 2024 8:00 pm
Friday March 15th, 2024 3:00 am
Sunday March 17th, 2024 2:00 am
Wednesday March 20th, 2024 3:00 pm

The relationship between man and his noble steed is almost as old as civilization itself. Ever since the mysterious beginning of our extraordinary partnership, horses helped shape the human world. At the speed of a horse, our ancestors conquered distances and built empires. Together, humans and horses flourished side by side. What makes us so perfect for each other?

Program Source: PBS
Program Title: Nature | Equus: Story of the Horse
Episode Title: Chasing the Wind
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 20th, 2024 8:00 pm
Friday March 22nd, 2024 3:00 am
Sunday March 24th, 2024 2:00 am
Wednesday March 27th, 2024 3:00 pm

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Program Source: PBS
Program Title: NOVA
Episode Title: Polar Extremes
Length: 120 minutes
Format: Other
Air Dates: Wednesday March 20th, 2024 9:00 pm
Thursday March 21st, 2024 1:00 am
Friday March 22nd, 2024 4:00 am
Sunday March 24th, 2024 12:00 am
Tuesday March 26th, 2024 3:00 pm

Join renowned paleontologist Kirk Johnson on an epic adventure through time at the polar extremes of our planet. Following a trail of strange fossils found in all the wrong places-beech trees in Antarctica, hippo-like mammals in the Arctic-Johnson uncovers the bizarre history of the poles, from miles-high ice sheets to warm polar forests teeming with life. What caused such dramatic changes at the ends of the Earth? And what controls the dial on Earth's thermostat? Today, the Arctic is warming faster than anywhere else in the world, and Antarctica has locked in its ice enough water to raise sea level by a terrifying 200 feet. The way that the poles respond to a warming climate is one of the greatest wildcards in predicting our climate future. Johnson uses Earth's history, written in stone, as a cipher to decode what is going on at our polar extremes today, and what the future may hold.

Program Source: PBS
Program Title: Operation Maneater
Episode Title: Polar Bear
Length: 60 minutes
Format: Documentary
Air Dates: Thursday February 29th, 2024 2:00 am
Friday March 1st, 2024 3:00 am
Sunday March 3rd, 2024 2:00 am

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

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Program Source: PBS
Program Title: Outback
Episode Title: Return of the Wet
Length: 60 minutes
Format: Documentary
Air Dates: Sunday March 10th, 2024 3:00 am

Watch as the Outback skies explode with thunder and rain, breaking the stifling heat, bringing relief to the animals and people, and beginning a new season in this ancient land.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Graveyard of the Giant Beasts
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Wednesday February 7th, 2024 10:00 pm
Thursday February 8th, 2024 2:00 am
Friday February 9th, 2024 3:00 am
Sunday February 11th, 2024 2:00 am
Tuesday February 13th, 2024 4:00 pm

A mining operation in Cerrejon, Northern Colombia, opened a window onto a previously unknown period of the earth's history - and a world teeming with giant creatures emerged. The biggest of them all was Titanoboa, a 43-foot snake, the largest that ever lived. No other creature could match Titanoboa in its size and strength, or so it was thought.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Hannibal in the Alps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 24th, 2024 10:00 pm
Thursday January 25th, 2024 2:00 am
Friday January 26th, 2024 3:00 am
Sunday January 28th, 2024 2:00 am
Tuesday January 30th, 2024 4:00 pm

Follow a team of experts as they solve the enduring mystery of exactly where Hannibal and his troops crossed the Alps to launch a surprise attack on Rome.

Program Source: PBS
Program Title: Wonders of Mexico
Episode Title: Forests of the Maya
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 23rd, 2024 1:00 am

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

Program Source: PBS
Program Title: Wonders of Mexico
Episode Title: Mountain Worlds
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 23rd, 2024 2:00 am

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

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Australian Bushfire Rescue
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 28th, 2024 8:00 pm
Friday March 1st, 2024 4:00 am
Sunday March 3rd, 2024 1:00 am
Wednesday March 6th, 2024 3:00 pm

Meet the people rescuing and caring for the animal survivors of Australia's devastating bushfires. Iconic species like koalas, kangaroos and wombats face a series of hurdles to recover from their trauma.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Australian Bushfire Rescue
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 28th, 2024 8:00 pm
Friday March 1st, 2024 4:00 am
Sunday March 3rd, 2024 1:00 am
Wednesday March 6th, 2024 3:00 pm

Meet the people rescuing and caring for the animal survivors of Australia's devastating bushfires. Iconic species like koalas, kangaroos and wombats face a series of hurdles to recover from their trauma.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Sharks of Hawaii
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday March 6th, 2024 8:00 pm
Friday March 8th, 2024 4:00 am
Sunday March 10th, 2024 1:00 am
Wednesday March 13th, 2024 3:00 pm

Learn surprising facts about the sharks that call the warm waters near Hawaii's islands their home. Meet the White Tip Reef shark, Whale shark, Tiger shark and more.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Penguins: Meet the Family
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 3rd, 2024 3:00 pm

A unique celebration of one of Earth's most iconic and beloved birds, featuring all 18 species of penguins for the first time, from New Zealand, Cape Town, the Galapagos Islands and Antarctica. Witness the perils penguins face for survival, from rock climbing to extreme temperatures to predators. Meet the penguins that seem out of place, making their living in dense forests, desert islands and even city streets. Watch how these creatures parent and form lifelong bonds. Discover how scientists identified 37 new colonies of Emperor penguins in Antarctica without even traveling to the continent. Experience penguins' heart-warming family dynamics, like chicks bonding with their fathers, alongside astonishing adaptations and behaviors unique to these aquatic birds.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Big Little Journeys: Home
Length: 60 minutes
Segment Length: 00:53:07
Format: Documentary
Air Dates: Wednesday January 10th, 2024 8:00 pm
Friday January 12th, 2024 4:00 am
Sunday January 14th, 2024 1:00 am
Wednesday January 17th, 2024 3:00 pm

In Canada, a tiny turtle ventures through a forest of giants in search of the lake where she will spend the next 50 years of her life. In South Africa, a young bushbaby is drawn towards a world of light in his quest to find a new home.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Big Little Journeys: Survival
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 17th, 2024 8:00 pm
Friday January 19th, 2024 4:00 am
Sunday January 21st, 2024 1:00 am
Wednesday January 24th, 2024 3:00 pm

In Taiwan, a Formosan pangolin travels through a land of giants to find a mate in a protected forest, while in Brazil's Atlantic Forest, a family of golden-headed lion tamarins journey from the edge of their world into a land of plenty.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Big Little Journeys: Bloodlines
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 24th, 2024 8:00 pm
Friday January 26th, 2024 4:00 am
Sunday January 28th, 2024 1:00 am
Wednesday January 31st, 2024 3:00 pm

In Madagascar, a match-stick sized chameleon goes on an epic journey to find a mate and lay eggs before it's too late. A water vole in the Scottish Highlands swims a lake, climbs a waterfall and scales a mountain to find a place to raise her pups.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Gorilla
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 8:00 pm
Friday February 2nd, 2024 4:00 am
Sunday February 4th, 2024 1:00 am
Wednesday February 7th, 2024 3:00 pm

Gabon's Loango National Park is home to a group of western lowland gorillas that have become accustomed to biologists who have studied them for almost 20 years. This documentary presents an intimate look at a silverback and his family, and features a newborn baby gorilla, brave researchers, forest elephants, buffalos and the last remaining wild coastline in the African tropics.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Gorilla
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 8:00 pm
Friday February 2nd, 2024 4:00 am
Sunday February 4th, 2024 1:00 am
Wednesday February 7th, 2024 3:00 pm

Gabon's Loango National Park is home to a group of western lowland gorillas that have become accustomed to biologists who have studied them for almost 20 years. This documentary presents an intimate look at a silverback and his family, and features a newborn baby gorilla, brave researchers, forest elephants, buffalos and the last remaining wild coastline in the African tropics.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Flyways
Length: 60 minutes
Segment Length: 00:53:10
Format: Documentary
Air Dates: Wednesday February 7th, 2024 8:00 pm
Friday February 9th, 2024 4:00 am
Sunday February 11th, 2024 1:00 am
Wednesday February 14th, 2024 3:00 pm

Shorebirds fly thousands of miles each year along ancient and largely unknown migratory routes called Flyways. Species travel from feeding grounds in the southern hemisphere to breeding grounds in the Arctic regions and back again, flying up to nine days non-stop without food or water. But their populations are crashing. Follow a conservation movement of bird-loving experts and citizen scientists as they mobilize to the challenge of understanding and saving shorebirds.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Attenborough and the Jurassic Sea Monster
Length: 60 minutes
Segment Length: 00:52:55
Format: Documentary
Air Dates: Wednesday February 14th, 2024 8:00 pm
Friday February 16th, 2024 4:00 am
Sunday February 18th, 2024 1:00 am
Wednesday February 21st, 2024 3:00 pm

Sir David Attenborough unearths a once in a lifetime discovery: the fossil of a giant Pliosaur, the largest Jurassic predator ever known. Follow a team of forensic experts on a perilous expedition to excavate the skull, uncover the predatory secrets lying deep inside the fossil, and unlock clues about the life of this giant sea beast.

Program Source: PBS-NPS
Program Title: Nature
Episode Title: Patrick and the Whale
Length: 60 minutes
Segment Length: 00:53:10
Format: Documentary
Air Dates: Wednesday February 21st, 2024 8:00 pm
Friday February 23rd, 2024 4:00 am
Sunday February 25th, 2024 1:00 am
Wednesday February 28th, 2024 3:00 pm

For years, Patrick Dykstra has traveled the globe following and diving with whales, learning how whales see, hear and perceive other creatures in the water. In Dominica, Patrick has a life changing experience - a close encounter with a sperm whale he names "Delores." Witness Patrick and the whale attempt to communicate with each other in extraordinary footage.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Reef Rescue
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 28th, 2024 9:00 pm
Thursday February 29th, 2024 1:00 am
Friday March 1st, 2024 5:00 am
Sunday March 3rd, 2024 12:00 am
Tuesday March 5th, 2024 3:00 pm

If oceans continue to warm at the current pace, coral reefs could be wiped out by the end of the century. But scientists from around the globe are rushing to help corals adapt to a changing climate through assisted evolution.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Reef Rescue
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 28th, 2024 9:00 pm
Thursday February 29th, 2024 1:00 am
Friday March 1st, 2024 5:00 am
Sunday March 3rd, 2024 12:00 am
Tuesday March 5th, 2024 3:00 pm

If oceans continue to warm at the current pace, coral reefs could be wiped out by the end of the century. But scientists from around the globe are rushing to help corals adapt to a changing climate through assisted evolution.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Arctic Drift
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 3rd, 2024 9:00 pm
Thursday January 4th, 2024 1:00 am
Friday January 5th, 2024 5:00 am
Sunday January 7th, 2024 12:00 am
Tuesday January 9th, 2024 3:00 pm

Join scientists as they embark on the most ambitious Arctic research expedition of all time.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Butterfly Blueprints
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 6th, 2024 9:00 pm
Thursday March 7th, 2024 1:00 am
Friday March 8th, 2024 5:00 am
Sunday March 10th, 2024 12:00 am
Tuesday March 12th, 2024 3:00 pm

Investigate the hidden scientific secrets of butterflies that reveal them as more inventive and resilient than we imagined, and explore how they're inspiring cutting-edge technical innovations.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Arctic Sinkholes
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 13th, 2024 10:00 pm
Thursday March 14th, 2024 2:00 am
Friday March 15th, 2024 5:00 am
Sunday March 17th, 2024 1:00 am

Scientists investigate colossal explosions in Siberia and other evidence that rapidly melting soil in the Arctic is releasing vast amounts of methane, a potent greenhouse gas. What are the implications for our climate future?

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Hidden Volcano Abyss
Length: 60 minutes
Segment Length: 00:52:04
Format: Documentary
Air Dates: Wednesday March 13th, 2024 9:00 pm
Thursday March 14th, 2024 1:00 am
Friday March 15th, 2024 4:00 am
Sunday March 17th, 2024 12:00 am
Tuesday March 19th, 2024 3:00 pm

In January 2022, one of the most powerful volcanic eruptions in recorded history rocked the islands of Tonga. Join scientists as they investigate what caused the blast, how it spurred a devastating tsunami, and if another eruption could be imminent.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: When Whales Could Walk
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 9:00 pm
Thursday February 1st, 2024 1:00 am
Friday February 2nd, 2024 5:00 am
Sunday February 4th, 2024 12:00 am
Tuesday February 6th, 2024 3:00 pm

A spectacular fossil graveyard reveals a 43-million-year-old whale that had four legs and could walk. Follow scientists as they search for new clues to how mammals moved from land into the sea to become the largest animals on Earth.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: When Whales Could Walk
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 9:00 pm
Thursday February 1st, 2024 1:00 am
Friday February 2nd, 2024 5:00 am
Sunday February 4th, 2024 12:00 am
Tuesday February 6th, 2024 3:00 pm

A spectacular fossil graveyard reveals a 43-million-year-old whale that had four legs and could walk. Follow scientists as they search for new clues to how mammals moved from land into the sea to become the largest animals on Earth.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 135
Length: 60 minutes
Segment Length: 00:04:19
Format: News (live news only)
Air Dates: Friday January 5th, 2024 6:00 pm

Nearly 80 percent of Louisiana remains in a severe drought which will lead to fewer crawfish and higher prices for the state's multi-million dollar "mudbug" industry. Communities correspondent Roby Chavez has been following the story and joined Geoff Bennett to discuss why farmers are worried.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 137
Length: 60 minutes
Segment Length: 00:04:15
Format: News (live news only)
Air Dates: Tuesday January 9th, 2024 6:00 pm

In our news wrap Tuesday, winter storms battered much of the country with everything from tornadoes to blizzards, Senate Republicans signaled that Congress will need to pass another short-term funding bill to avoid a partial government shutdown, more than 1,000 towns in Ukraine lost power amid Russian attacks on the electrical grid and NASA delayed sending astronauts to circle the moon until 2025.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 137
Length: 60 minutes
Segment Length: 00:05:30
Format: News (live news only)
Air Dates: Tuesday January 9th, 2024 6:00 pm

Last year was the hottest on record by a long shot. Europe's top climate agency released data showing 2023 global temperatures averaged 1.48 degrees Celsius above pre-industrial levels. Record-high temperatures are expected to continue this year. Amna Nawaz discussed the implications of this record heat with Radley Horton, a professor at Columbia University's Climate School.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:10:33
Format: News (live news only)
Air Dates: Monday January 15th, 2024 6:00 pm

Republicans are enduring frigid weather to participate in the Iowa caucuses. An Arctic blast brought record-setting snowfall, powerful gusts and wind chill readings 40 degrees below zero. It choked campaigns to a near-halt at one point. When candidates did return, the storm still took center stage. Lisa Desjardins reports from West Des Moines.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:02:20
Format: News (live news only)
Air Dates: Monday January 15th, 2024 6:00 pm

The same deep freeze that's put Iowa on ice has millions of other Americans in its grip as well. Most of the country shivered through a long day of power outages and flight cancellations, with at least six deaths blamed on the weather. William Brangham reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 143
Length: 60 minutes
Segment Length: 00:04:29
Format: News (live news only)
Air Dates: Wednesday January 17th, 2024 6:00 pm

In our news wrap Wednesday, a new winter storm iced over much of the Pacific Northwest, the move to toss Donald Trump off the Maine primary ballot is on hold, a judge threatened to throw Trump out of his defamation damages trial in New York, Florida Gov. Ron DeSantis is pulling back from New Hampshire six days before the state's primary and China's population declined for the second year in a row.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 149
Length: 60 minutes
Segment Length: 00:09:38
Format: News (live news only)
Air Dates: Thursday January 25th, 2024 6:00 pm

The push towards a green, battery-powered future comes with a major tradeoff. Student reporters from the Howard Center for Investigative Journalism at Arizona State University discovered that increased mining for lithium inside the United States will stress freshwater aquifers. Caitlin Thompson has their investigation.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 153
Length: 60 minutes
Segment Length: 00:06:04
Format: News (live news only)
Air Dates: Wednesday January 31st, 2024 6:00 pm

An extreme drought in Panama is forcing authorities to substantially scale back shipping through the Panama Canal, one of the world's key shipping channels. This comes at a time when traffic through the Suez Canal has been significantly disrupted. Ilya Espino de Marotta, the Panama Canal Authority's deputy administrator, joins Stephanie Sy to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 155
Length: 60 minutes
Segment Length: 00:05:00
Format: News (live news only)
Air Dates: Friday February 2nd, 2024 6:00 pm

In our news wrap Friday, rain and snow drenched California after the first of two storms swept through, Fulton County District Attorney Fani Willis admitted to having a personal relationship with a special prosecutor she hired in Donald Trump's election fraud case and Ukraine says Russia is refusing to return the bodies of scores of Ukrainian prisoners of war who allegedly died in a plane crash.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 156
Length: 60 minutes
Segment Length: 00:06:38
Format: News (live news only)
Air Dates: Monday February 5th, 2024 6:00 pm

In our news wrap Monday, a state of emergency covered much of Southern California as a storm brought record rainfall, weekend wildfires in Chile killed at least 122 people with hundreds more missing, Britain's King Charles has been diagnosed with cancer and the incumbent president of El Salvador appeared to be the landslide winner in his bid for re-election.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 157
Length: 60 minutes
Segment Length: 00:08:29
Format: News (live news only)
Air Dates: Tuesday February 6th, 2024 6:00 pm

One year ago, a devastating earthquake laid waste to large parts of southern Turkey and northwestern Syria. Tens of thousands were killed and recovery has been slow and agonizing, especially in Syria, where more than a decade of war had already made life unbearable. Leila Molana-Allen reports on how Syrians on both sides of the border are struggling to survive.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 168
Length: 60 minutes
Segment Length: 00:07:10
Format: News (live news only)
Air Dates: Wednesday February 21st, 2024 6:00 pm

The Supreme Court heard arguments in a major environmental case over a rule that requires states to stop their air pollution from drifting over to neighboring states. Three states, led by Ohio, are claiming the rule is too costly and they're asking the court to block the so-called "good neighbor" policy. William Brangham discussed the case with Coral Davenport of The New York Times.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 173
Length: 60 minutes
Segment Length: 00:04:29
Format: News (live news only)
Air Dates: Wednesday February 28th, 2024 6:00 pm

In our news wrap Wednesday, high winds pushed wildfires across the Texas Panhandle and one grew into the second largest in state history, the Supreme Court will decide whether to uphold a ban on bump stocks, the leader of Hamas claims his group will consider making concessions in the Gaza cease-fire talks and loved ones of Alexei Navalny will hold a funeral for him on Friday in Moscow.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 174
Length: 60 minutes
Segment Length: 00:02:42
Format: News (live news only)
Air Dates: Thursday February 29th, 2024 6:00 pm

Akiima Price has dedicated her life to getting people outdoors. As executive director of The Friends of Anacostia Park in Washington, D.C., she aims to improve the park and the lives of those who live in the community. She shares her Brief But Spectacular take on the power of nature.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 176
Length: 60 minutes
Segment Length: 00:06:26
Format: News (live news only)
Air Dates: Monday March 4th, 2024 6:00 pm

In our news wrap Monday, a new round of snow is blanketing the mountains of Northern California as residents struggle to dig out from a days-long blizzard, Jack Teixeira pleaded guilty to leaking highly classified military documents online and the State Department urged Americans to leave Haiti as heavily armed gangs attacked the main international airport.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 178
Length: 60 minutes
Segment Length: 00:05:24
Format: News (live news only)
Air Dates: Wednesday March 6th, 2024 6:00 pm

Firefighters are making some progress against Texas wildfires as they try to contain them. But the damage there is causing concerns among residents over the cost of rebuilding. Stephanie Sy has reports on the long road ahead in the recovery process for those impacted by the fires.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 181
Length: 60 minutes
Segment Length: 00:07:01
Format: News (live news only)
Air Dates: Monday March 11th, 2024 6:00 pm

The Smokehouse Creek wildfire has burned more than a million acres in Texas since it began on February 26. As firefighters continue to battle the blazes, Stephanie Sy has a look at the long road of recovery ahead for farmers and ranchers in the Panhandle.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 185
Length: 60 minutes
Segment Length: 00:06:07
Format: News (live news only)
Air Dates: Friday March 15th, 2024 6:00 pm

In our news wrap Friday, a string of suspected tornadoes killed at least three people overnight in Ohio, with the death toll likely to rise as the search through debris continues. Also, at least 20 people were killed by a Russian missile attack on a residential area of Odessa.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 187
Length: 60 minutes
Segment Length: 00:06:23
Format: News (live news only)
Air Dates: Tuesday March 19th, 2024 6:00 pm

The World Meteorological Organization issued a red alert warning Tuesday about warming and climate change, saying 2024 is shaping up to be another record year. One of the many worries about how the planet is changing, thanks in part to human activity, is the record-shattering warming of the world's oceans. William Brangham discussed more with John Abraham.

Program Source: PBS-NPS
Program Title: Planet California
Episode Title: Rivers of Gold
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Friday March 1st, 2024 1:00 am

California is a land of extremes - tallest, deepest, highest, hottest. But in a rapidly changing and thirsty world, drought, dams and fire pose dire threats to an ecosystem connected by rivers on land, in the air and in the sea.

Program Source: PBS-NPS
Program Title: Planet California
Episode Title: Rivers of Gold
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Friday March 1st, 2024 1:00 am

California is a land of extremes - tallest, deepest, highest, hottest. But in a rapidly changing and thirsty world, drought, dams and fire pose dire threats to an ecosystem connected by rivers on land, in the air and in the sea.

Program Source: PBS-NPS
Program Title: Planet California
Episode Title: Close Encounters
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Friday March 1st, 2024 2:00 am

Hollywood may captivate, but in one of the most biologically diverse places on Earth, the real stars of California - a wild and spectacular cast of creatures in the sea and on land, from blue whales to burrowing owls - are ready for their close-up.

Program Source: PBS-NPS
Program Title: Planet California
Episode Title: Close Encounters
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Friday March 1st, 2024 2:00 am

Hollywood may captivate, but in one of the most biologically diverse places on Earth, the real stars of California - a wild and spectacular cast of creatures in the sea and on land, from blue whales to burrowing owls - are ready for their close-up.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 159
Length: 60 minutes
Segment Length: 00:18:21
Format: Interview/Discussion/Review
Air Dates: Thursday February 8th, 2024 11:00 pm

In the new National Geographic series "Arctic Ascent," Alex Honnold sets his sights higher than ever before, on a 4,000-foot sea cliff in Greenland. This time he's got ropes, but he also has the climate crisis on his mind as he's joined by a team of scientists led by glaciologist Heidi Sevestre. Honnold and Sevestre talked with Hari Sreenivasan about what they discovered.

Health Care

Program Source: KEET
Program Title: Headline Humboldt
Episode Number: 415
Length: 30 minutes
Air Dates: Friday January 12th, 2024 7:00 pm
Sunday January 14th, 2024 1:30 pm

We speak with local Native American author Judith Surber on her new and acclaimed book, Reservation High, which centers on family relationships and substance abuse issues on the Hoopa Reservation.

Program Source: KEET
Program Title: Seeing The Signs: Suicide Prevention
Episode Number: 1
Length: 30 minutes
Air Dates: Thursday February 1st, 2024 2:30 pm
Sunday February 4th, 2024 4:30 pm

Repeat of 02/01/2024 02:30PM on KEET-1

Program Source: APTEX
Program Title: Classical Stretch: By Essentrics
Episode Title: Full Body Workout
Length: 30 minutes
Air Dates: Wednesday January 3rd, 2024 6:00 am

In this episode, join Miranda at the Saasil Kantenah Wedding Resort in Riviera Maya, Mexico for a full-body, all-standing workout to strengthen and stretch your 650 muscles.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Posture Workout
Length: 30 minutes
Air Dates: Friday January 5th, 2024 6:00 am

This standing and barre posture workout, filmed in Riviera Maya, Mexico will improve your posture and give you tons of energy.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Weight Loss
Length: 30 minutes
Air Dates: Monday January 8th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the Zentropia Spa for a standing and floor workout to tone your full body and promote weight loss.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Full Body Flexibility
Length: 30 minutes
Air Dates: Wednesday January 10th, 2024 6:00 am

Join Miranda Esmonde-White for this full-body flexibility workout in a peaceful garden to stretch all of your muscles and help you move comfortably in every direction.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Waist Toning
Length: 30 minutes
Air Dates: Friday January 12th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the chapel terrace for an all-barre, waist toning workout aimed at strengthening your abs and slenderizing your core.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Knee Strengthening
Length: 30 minutes
Air Dates: Monday January 15th, 2024 6:00 am

Join Miranda Esmonde-White outside this majestic Chapel at the Colonial resort for a standing and barre workout to strengthen your knees and prevent knee pain.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Mobility
Length: 30 minutes
Air Dates: Wednesday January 17th, 2024 6:00 am

Today on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the Saasil Kantenah Wedding resort that will improve the mobility of your spine and keep you standing tall all-day long.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Back Pain Relief
Length: 30 minutes
Air Dates: Friday January 19th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Hip and Leg Flexibility
Length: 30 minutes
Air Dates: Monday January 22nd, 2024 6:00 am

Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Mobility
Length: 30 minutes
Air Dates: Wednesday January 24th, 2024 6:00 am

Today, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to give you range of motion in all of your activities.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening
Length: 30 minutes
Air Dates: Friday January 26th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico. Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Boost Your Energy
Length: 30 minutes
Air Dates: Monday January 29th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautiful Mexico. In this entry level standing and barre workout, Miranda will lead you through a series of exercises that will leave you feeling energized.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Bone Strengthening
Length: 30 minutes
Air Dates: Wednesday January 31st, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Flexibility
Length: 30 minutes
Air Dates: Friday February 2nd, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the Sassil Kantenah Wedding Resort. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this standing and floor workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Arthritis Relief and Pain Prevention
Length: 30 minutes
Air Dates: Monday February 5th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in Mexico. This entry level standing and barre workout is designed to liberate and rebalance all your joints.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Posture
Length: 30 minutes
Air Dates: Wednesday February 7th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Toning and Slenderizing
Length: 30 minutes
Air Dates: Friday February 9th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico. Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Boost Your Energy
Length: 30 minutes
Air Dates: Monday February 12th, 2024 6:00 am

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Riviera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Feet and Calf Workout
Length: 30 minutes
Air Dates: Wednesday February 14th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Quad Lengthening & Strengthening
Length: 30 minutes
Air Dates: Friday February 16th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Arm Toning Workout
Length: 30 minutes
Air Dates: Monday February 19th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening Workout
Length: 30 minutes
Air Dates: Wednesday February 21st, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Shoulder Pain Workout
Length: 30 minutes
Air Dates: Friday February 23rd, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Spine Strengthening & Pain-Relief Workout
Length: 30 minutes
Air Dates: Wednesday February 28th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Hips & Hamstring Workout
Length: 30 minutes
Air Dates: Friday March 1st, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Bone Strength Workout
Length: 30 minutes
Air Dates: Monday March 4th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Weight Loss Workout
Length: 30 minutes
Air Dates: Wednesday March 6th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Ab & Core Strength Workout
Length: 30 minutes
Air Dates: Friday March 8th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Increase Balance Workout
Length: 30 minutes
Air Dates: Monday March 11th, 2024 6:00 am

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

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Number: 1301
Length: 30 minutes
Air Dates: Wednesday March 13th, 2024 6:00 am

Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Number: 1302
Length: 30 minutes
Air Dates: Friday March 15th, 2024 6:00 am

Join Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside workout will rebalance your full body and strengthen your posture. By loosening, lengthening, and liberating your spine you will feel greater mobility between your vertebrae. This increased range of motion will allow you to go deeper into the strengthening exercises.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Number: 1303
Length: 30 minutes
Air Dates: Monday March 18th, 2024 6:00 am

Strengthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at the Cambridge Beaches Resort & Spa, this powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Number: 1304
Length: 30 minutes
Air Dates: Wednesday March 20th, 2024 6:00 am

Join Miranda in beautiful Bermuda! In this standing & barre workout you'll be led through a series of large, complex movements that will challenge your balance, strengthen your full body, and stimulate your brain's neurons and synapses! In this episode you will strengthen your body and activate your brain!

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Number: 1305
Length: 30 minutes
Air Dates: Friday March 22nd, 2024 6:00 am

Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Number: 1306
Length: 30 minutes
Air Dates: Monday March 25th, 2024 6:00 am

In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.

Program Source: APTX
Program Title: Classical Stretch: By Essentrics
Episode Number: 1307
Length: 30 minutes
Air Dates: Wednesday March 27th, 2024 6:00 am

Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Number: 1308
Length: 30 minutes
Air Dates: Friday March 29th, 2024 6:00 am

Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

Program Source: APTEx
Program Title: Classical Stretch: By Essentrics
Episode Title: Waist Toning
Length: 30 minutes
Air Dates: Monday January 1st, 2024 6:00 am

Enhance your sense of body awareness and work at your own pace as you dynamically stretch to strengthen your abs, tone your waist and increase flexibility in your legs, hips and spine. This full-body workout loosens and lubricates your muscles and connective tissue, and is perfect for beginners and veteran Classical Stretch students- no matter what age.

Program Source: APTEx
Program Title: No Evidence of Disease
Length: 60 minutes
Air Dates: Tuesday March 26th, 2024 3:00 am
Friday March 29th, 2024 3:00 pm

NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Tip-Top Trio
Length: 30 minutes
Air Dates: Thursday March 28th, 2024 6:30 am

Wai Lana shows you a trio of backbends to keep you in tip-top shape. You'll strengthen your back, give your digestive system a boost, and improve your overall health.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Dynamic Combo Rolls
Length: 30 minutes
Air Dates: Tuesday January 2nd, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Ease Into It!
Length: 30 minutes
Air Dates: Wednesday January 3rd, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Perfect Posture
Length: 30 minutes
Air Dates: Thursday January 4th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Threaded Twist
Length: 30 minutes
Air Dates: Friday January 5th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Special: High Blood Pressure
Length: 30 minutes
Air Dates: Tuesday January 9th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Lengthen Your Legs
Length: 30 minutes
Air Dates: Wednesday January 10th, 2024 6:30 am

Tight legs are often the cause of back troubles. Keep both quads and hamstrings supple with an easy version of splits and a fun thigh stretch.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Special: Chair Poses
Length: 30 minutes
Air Dates: Thursday January 11th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Stand Strong
Length: 30 minutes
Air Dates: Friday January 12th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Butterfly Shoulderstand
Length: 30 minutes
Air Dates: Tuesday January 16th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Backbend Boons
Length: 30 minutes
Air Dates: Wednesday January 17th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Lunge!
Length: 30 minutes
Air Dates: Thursday January 18th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Animal Poses
Length: 30 minutes
Air Dates: Friday January 19th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Special: Hemorrhoids
Length: 30 minutes
Air Dates: Tuesday January 23rd, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Lotus
Length: 30 minutes
Air Dates: Wednesday January 24th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Toes & Palms Balance
Length: 30 minutes
Air Dates: Thursday January 25th, 2024 6:30 am

Balance in push-up position, then test your strength and stamina by turning sideways to balance on one hand and foot. An energizing breath and an easy twist will give you energy for Yoga Dance.

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Special: Blankets
Length: 30 minutes
Air Dates: Friday January 26th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Perfect Partners
Length: 30 minutes
Air Dates: Tuesday January 30th, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Lord of the Dance
Length: 30 minutes
Air Dates: Wednesday January 31st, 2024 6:30 am

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

Program Source: APTEx
Program Title: Wai Lana Yoga
Episode Title: Topsy Turvy
Length: 30 minutes
Air Dates: Thursday February 1st, 2024 6:30 am

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

Program Source: APTX
Program Title: Wai Lana Yoga
Episode Title: Supple Sides
Length: 30 minutes
Air Dates: Friday February 2nd, 2024 6:30 am

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

Program Source: FRP
Program Title: 5 Minute Yoga Fix with Peggy Cappy
Length: 60 minutes
Air Dates: Saturday January 13th, 2024 2:00 pm
Monday February 26th, 2024 6:00 am
Saturday March 2nd, 2024 8:00 am

Learn how to combat the effects of aging in just five minutes a day with stretching, breathwork and strength building to maintain the four pillars that support the structure of our bodies: strength, flexibility, balance and mobility.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Ocean Sky
Length: 30 minutes
Air Dates: Tuesday January 2nd, 2024 6:00 am

Enjoy the blue ocean sky and rolling waves as we flow through an energizing yoga practice including a seated segment to strengthen the legs, abdominal muscles and lower back as well as a series of standing postures to tone the legs while stretching the hamstrings and hips using a chair for balance and support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Autumn Glory
Length: 30 minutes
Air Dates: Thursday January 4th, 2024 6:00 am

Behold the changing leaves and bursts of fall color as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Pastel Beach
Length: 30 minutes
Air Dates: Tuesday January 9th, 2024 6:00 am

Bask in the early morning pastel colors of the serene beach setting as we enjoy a modified yoga practice designed to create more space in the upper body, including a sequence of standing poses to open the hips and lengthen the hamstrings while using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Beautiful Bluffs
Length: 30 minutes
Air Dates: Thursday January 11th, 2024 6:00 am

Bask and breathe on the edge of the awe-inspiring 100-foot limestone bluffs as we focus on a dynamic creative flow practice using a chair for support, designed to reignite your energy while opening to more space and ease in the shoulders, chest and upper back.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Waterfall
Length: 30 minutes
Air Dates: Tuesday January 16th, 2024 6:00 am

Allow the beauty of the inspiring waterfall energy to recharge your body as we focus on standing postures designed to improve balance while creating more flexibility in the legs and hips using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Rainbow Sunrise
Length: 30 minutes
Air Dates: Thursday January 18th, 2024 6:00 am

Relax and recharge with a glowing morning sunrise as we focus on an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves and hip openers with a series of upper body stretches designed to release tension in the shoulders and upper back.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desert Bloom
Length: 30 minutes
Air Dates: Tuesday January 23rd, 2024 6:00 am

Allow the colorful springtime bloom of desert flowers to inspire your practice as we enjoy a series of simple stretches along with conscious deep breathing, designed to create more ease in the hands, wrists, shoulders, upper back and legs using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Golden Sunset
Length: 30 minutes
Air Dates: Thursday January 25th, 2024 6:00 am

Bask in the golden light of sunset with a rejuvenating modified yoga practice using a chair for balance and support. Includes seated and standing postures focusing on opening the hips and elongating the spine, while increasing circulation.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Beach Cove
Length: 30 minutes
Air Dates: Tuesday January 30th, 2024 6:00 am

Relax and rejuvenate amid the tranquil beach setting, drawing in calm, soothing energy from the ocean waves as we focus on seated postures to strengthen the legs while opening the hips, combined with upper body moves to stretch the shoulders and chest using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Mt. Grandeur
Length: 30 minutes
Air Dates: Thursday February 1st, 2024 6:00 am

Enjoy the magnificent mountain setting as we gently stretch and lengthen the spine in a full range of motion, helping to move energy while creating more ease in the shoulders and upper back, using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Serene Tide Pools
Length: 30 minutes
Air Dates: Tuesday February 6th, 2024 6:00 am

Enjoy the magical ocean tide pools as we focus on a revitalizing modified yoga practice, including seated stretches for the upper body and standing postures to stretch the hips, hamstrings and spine while using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Cascading Paradise
Length: 30 minutes
Air Dates: Thursday February 8th, 2024 6:00 am

Bask in the paradise of the magnificent waterfall setting as we gently stretch and lengthen the spine in a full range of motion, including moves to create more ease in the hips, shoulders and upper back using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Ocean Sunset
Length: 30 minutes
Air Dates: Tuesday February 13th, 2024 6:00 am

Savor the peaceful ocean sunset as we focus on upper body stretches for the hands, wrists, shoulders and chest, as well as gentle seated postures designed to create more flexibility in the lower body.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desert Rock
Length: 30 minutes
Air Dates: Thursday February 15th, 2024 6:00 am

Create more ease in your body amid the desert beauty and natural rock formations as we flow through a series of modified yoga postures, including standing poses designed to stretch the hips, legs, back and shoulders using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Boulder Valley
Length: 30 minutes
Air Dates: Tuesday February 20th, 2024 6:00 am

Allow the energizing gales on top the rugged grandeur valley to inspire your practice as we focus on a modified flow sequence, linking breath with movement, and strengthening moves for the lower body designed to open the hips while using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Ocean Spray
Length: 30 minutes
Air Dates: Thursday February 22nd, 2024 6:00 am

Allow the dancing waves of the sapphire ocean to inspire your practice as we focus on gentle stretches for the shoulders, neck and upper back, including moves to create more ease in the hips while using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Sunny Brook
Length: 30 minutes
Air Dates: Tuesday February 27th, 2024 6:00 am

Enjoy the sunny woods and calming brook as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support. Including moves to ignite the core as well as activate the hip flexors and quadriceps.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Golden Monet
Length: 30 minutes
Air Dates: Thursday February 29th, 2024 6:00 am

Renew your energy in the golden sunset of the "Monetesque" straw fields as you enjoy a modified yoga session using a chair for support, linking breath with movement; including stretches designed to increase flexibility and mobility in the shoulders and upper back, standing poses to create more freedom in the hips and hamstrings, ending with seated hip openers and gentle twists to release the spine.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Waterfall Haven
Length: 30 minutes
Air Dates: Tuesday March 5th, 2024 6:00 am

Relax along the rejuvenating waterfall setting as we calm the body and mind with a gentle yoga practice using a chair for support, including stretches for the neck, shoulders and upper back combined with modified seated forward bends to stretch the hamstrings and hips.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Blooming Sunset
Length: 30 minutes
Air Dates: Thursday March 7th, 2024 6:00 am

Relax in the beauty of a blooming sunset as we gently stretch and lengthen the spine in a full range of motion. Including stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desert Gold
Length: 30 minutes
Air Dates: Tuesday March 12th, 2024 6:00 am

Bask in the brilliant desert bloom as we enjoy easy to follow yoga moves for the whole body. Including gentle sun salutations along with stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Luminous Sunset
Length: 30 minutes
Air Dates: Thursday March 14th, 2024 6:00 am

Recharge along the luminous ocean sunset, gaining clarity and stability with a modified yoga practice using a chair for support including: dynamic seated stretches to open the hips and release tension in the spine and a standing sequence to build strength, balance and focus.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Seashore Cove
Length: 30 minutes
Air Dates: Tuesday March 19th, 2024 6:00 am

Bask along the luminous seashore cove as we gently lengthen and stretch the whole body, all while seated in a chair. Relax from head to toe as we open the hips and hamstrings, release tension in the shoulders and neck, and find more length in the spine with this modified yoga practice.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Desert Wildflowers
Length: 30 minutes
Air Dates: Thursday March 21st, 2024 6:00 am

Enjoy the colorful burst of desert wildflowers as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Sunlit Woods
Length: 30 minutes
Air Dates: Tuesday March 26th, 2024 6:00 am

Allow the peaceful sunlit woods to renew your energy as we focus on a modified yoga practice using a chair for support. Including stretches to increase mobility in the shoulders and gentle moves to lengthen the spine in a full range of motion; combined with standing poses to create more strength and flexibility in the lower body.

Program Source: NETA
Program Title: Happy Yoga with Sarah Starr
Episode Title: Summer Sunflower Sunset
Length: 30 minutes
Air Dates: Thursday March 28th, 2024 6:00 am

Bask in the beauty of a summer sunset amid a majestic field of sunflowers while enjoying a modified yoga session using a chair for support. Including; easy to follow exercises to stretch the neck, wrists, shoulders, spine, hips and legs.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Brain Booster
Length: 30 minutes
Air Dates: Friday March 1st, 2024 6:30 am

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

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Practice Perfect Posture
Length: 30 minutes
Air Dates: Friday March 8th, 2024 6:30 am

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

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Variety: The Spice of Life
Length: 30 minutes
Air Dates: Friday March 15th, 2024 6:30 am

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

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Functional and Fun Exercises for the Feet
Length: 30 minutes
Air Dates: Friday March 22nd, 2024 6:30 am

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

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Yardsticks and Bands
Length: 30 minutes
Air Dates: Friday March 29th, 2024 6:30 am

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

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Upbeat and Fun
Length: 30 minutes
Air Dates: Monday January 1st, 2024 6:30 am

This energetic full body workout has a lot stomping and good hip movement for anyone confined to a wheelchair or chair.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Muscle Isolations
Length: 30 minutes
Air Dates: Monday January 15th, 2024 6:30 am

Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor. She dedicates the circulation segment to her young fans. The workout progresses through movements that stretch and strengthen the entire body including exercises for the eyes. Dr. Emily closes the program with a relaxation tip to reduce anxiety and pain.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Grow Strong Effortlessly
Length: 30 minutes
Air Dates: Monday January 22nd, 2024 6:30 am

Mary Ann begins this workout with gentle functional exercises using a ball to improve posture and strengthen the core. Slow methodical movements with weights are incorporated during the strengthening

segment. Things speed up with a variety of exercises to improve circulation, range of motion, mobility and balance. Dr. Emily shares four simple tricks to improve balance.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Head to Toe - Tone, Stretch & Strengthen
Length: 30 minutes
Air Dates: Monday January 29th, 2024 6:30 am

Mary Ann uses a large ball to warm up the body and a small ball to exercise the fingers. A towel is used for stretching. Gretchen leads a circulation segment incorporating brain exercises and later in the program shares balance strengthening exercises. The episode ends with a visual relaxation segment.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Pulse, Press, Pull-Up
Length: 30 minutes
Air Dates: Monday February 5th, 2024 6:30 am

Using small pulses, presses and isometric contractions to strengthen muscles in a gentle way, Mary Ann introduces a variety of new movements targeting different muscle groups and joints throughout the entire body. Gretchen leads a finger segment that challenges the brain. Standing exercises focus on improving gait, balance and mobility. Special attention is given to the pelvic girdle and pulling up on the muscles of the pelvic floor.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Warm Up, Circulate, Strengthen & Stretch
Length: 30 minutes
Air Dates: Monday February 12th, 2024 6:30 am

This episode begins with a warm up dedicated to a young Sit and Be Fit fan followed by a circulation and weight segment. Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics. Dr. Emily shares 4 balance exercises and Gretchen leads a relaxation segment.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Functional Feel-Good Exercises
Length: 30 minutes
Air Dates: Monday February 19th, 2024 6:30 am

Diaphragmatic breathing takes center stage for the first 5 minutes of this episode followed by a lively circulation song that will wake up your feet. Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion. Dr. Emily shares an exercise to mobilize the ribcage to improve gait and mobility. Mary Ann's granddaughter, Maddie, leads a flamenco segment and Gretchen finishes with a brief relaxation. This workout will leave you feeling good!

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Exercise Potpourri
Length: 30 minutes
Air Dates: Monday March 4th, 2024 6:30 am

This workout is jam-packed with a variety of exercises to strengthen postural and core muscles; improve balance, mobility and range of motion. Mary Ann introduces finger and wrist exercises with

a small ball to improve grip strength. Tai Chi practitioner, Tino, leads a Tai Chi segment. Dr. Emily shares stretching mobilization exercises to improve gait and mobility and Mary Ann finishes the workout with feet exercises using a small ball.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Core Strength and Yoga Inspired Exercises
Length: 30 minutes
Air Dates: Monday March 11th, 2024 6:30 am

Yoga inspired exercises are woven throughout this gentle workout. Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening. Dr. Emily shares a brain game exercise to help improve balance.

Program Source: NETA
Program Title: Sit and Be Fit
Episode Title: Fun Exercises for the Core and More
Length: 30 minutes
Air Dates: Monday March 18th, 2024 6:30 am

Mary Ann kicks off this lively episode with a variety of core strengthening exercises followed by a fast paced circulation segment. A small ball is used to improve grip strength, reaction time and finger dexterity. Weights are utilized to target muscles of the core, arms and lower body while a large ball is used for standing balance work and pelvic mobility. Gretchen leads a stretch segment using a towel and Dr. Emily closes the episode with a balance homework exercise.

Program Source: NETA
Program Title: Your Fantastic Mind
Episode Title: The Opioid Crisis
Length: 30 minutes
Air Dates: Friday February 2nd, 2024 12:30 am

This episode begins in Appalachia, the geographical birthplace of the opioid crisis, setting up how the use of opioids became rampant and spread. Then we go inside the brain to show how and why the brain becomes quickly addicted to opioids. The episode also features medication assisted treatment, an effective treatment that has been stigmatized.

Program Source: NPS
Program Title: The Invisible Shield
Episode Title: The Old Playbook
Length: 60 minutes
Air Dates: Tuesday March 26th, 2024 10:00 pm
Wednesday March 27th, 2024 2:00 am
Thursday March 28th, 2024 3:00 am
Friday March 29th, 2024 4:00 pm

Discover how public health has doubled life expectancy, but the system is now in jeopardy. When the world has to cope with the COVID-19 pandemic, the public health sector revisits the past to create solutions.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Van Gogh's Ear
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Wednesday January 10th, 2024 10:00 pm
Thursday January 11th, 2024 2:00 am
Friday January 12th, 2024 3:00 am
Sunday January 14th, 2024 2:00 am
Tuesday January 16th, 2024 4:00 pm

The night when Vincent van Gogh cut his own ear defines his turbulent life and art. Generations have theorized about what really happened on December 23, 1888, in the French town of Arles, but no one has been clear on the details—until now.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: The Woman in the Iron Coffin
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 14th, 2024 10:00 pm
Thursday February 15th, 2024 2:00 am
Friday February 16th, 2024 3:00 am
Sunday February 18th, 2024 2:00 am
Tuesday February 20th, 2024 4:00 pm

Follow a team of forensic experts as they investigate the preserved remains of a young African American woman from 19th century New York and reveal the little-known story of early America's free black communities.

Program Source: PBS-NPS
Program Title: American Experience
Episode Title: The Cancer Detectives
Length: 60 minutes
Segment Length: 00:51:49
Format: Documentary
Air Dates: Tuesday March 26th, 2024 9:00 pm
Wednesday March 27th, 2024 1:00 am
Thursday March 28th, 2024 4:00 am

Three heroes and their dramatic journeys in the fight against cervical cancer.

Program Source: PBS-NPS
Program Title: Independent Lens
Episode Title: Sister Una Lived a Good Death
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Monday February 5th, 2024 10:00 pm
Tuesday February 6th, 2024 2:00 am
Wednesday February 7th, 2024 4:00 am
Saturday February 10th, 2024 4:00 am

Following a cancer diagnosis, a wisecracking Catholic nun chooses to live as she's dying. In this touching end-of-life documentary, the self-proclaimed "leader of the misfits" plans her funeral in her last nine months to live.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 131
Length: 60 minutes
Segment Length: 00:07:00
Format: News (live news only)
Air Dates: Monday January 1st, 2024 6:00 pm

As recently as the early 80s, about three of every four doctors in the U.S. worked for themselves, owning small clinics. Today, some 75 percent of physicians are employees of hospital systems or large corporate entities. Some worry the trend is leading to diminished quality of care and is one reason doctors at a large Midwestern health provider decided to unionize. Fred de Sam Lazaro reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 135
Length: 60 minutes
Segment Length: 00:06:11
Format: News (live news only)
Air Dates: Friday January 5th, 2024 6:00 pm

After years of pressure from states, lawmakers and consumer advocates, the Food and Drug Administration gave the go-ahead to allow a state to import drugs from Canada for the first time. Florida will be allowed to import certain medications in the hopes of lowering prices. Lisa Desjardins discussed what it could mean and whether it will deliver the savings people want with Dr. Stacie Dusetzina.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 136
Length: 60 minutes
Segment Length: 00:05:17
Format: News (live news only)
Air Dates: Monday January 8th, 2024 6:00 pm

The Pentagon said Secretary of Defense Lloyd Austin is out of intensive care after spending at least four days there last week for complications from an elective procedure performed before Christmas. But many questions about his illness remain, including why he waited days to inform President Biden or announce publicly that he had been hospitalized. Nick Schifrin reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:05:13
Format: News (live news only)
Air Dates: Wednesday January 10th, 2024 6:00 pm

The diagnosis of Defense Secretary Lloyd Austin's prostate cancer, and his initial decision not to disclose it, has put that cancer back at the center of some attention. It's one of the most treatable cancers, but for many men there's still a stigma around it all too often. John Yang discussed that with Dr. Jay Raman, professor and chair of the Department of Urology at Penn State Health.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 140
Length: 60 minutes
Segment Length: 00:06:55
Format: News (live news only)
Air Dates: Friday January 12th, 2024 6:00 pm

The U.S. and other parts of the world are in the midst of another COVID-19 wave. Infections and hospitalizations are on the rise this winter and a new variant is responsible for most of those cases. John Yang discussed these current trends and if the approach to the virus needs to change with Dr. Eric Topol.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 142
Length: 60 minutes
Segment Length: 00:08:25
Format: News (live news only)
Air Dates: Tuesday January 16th, 2024 6:00 pm

Diabetics will now see a break in their out-of-pocket costs for insulin. Sanofi, one of the leading manufacturers of the hormone, joined two other major pharmaceutical companies in capping their insulin copays at \$35. This comes after years of pressure by President Biden, lawmakers and activists for companies to lower their list prices. White House Correspondent Laura Barrón-López reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 142
Length: 60 minutes
Segment Length: 00:04:58
Format: News (live news only)
Air Dates: Tuesday January 16th, 2024 6:00 pm

Mental health among the nation's student population has been a growing concern, especially due to the pandemic. From PBS Wisconsin, Steven Potter reports on how peer support, school staff and psychology researchers are trying to keep up with the growing rate of mental health issues among students. It's part of our series, Early Warnings: America's Youth Mental Health Crisis.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 144
Length: 60 minutes
Segment Length: 00:07:16
Format: News (live news only)
Air Dates: Thursday January 18th, 2024 6:00 pm

Activists and health advocates are pressing the Biden administration to ban menthol cigarettes ahead of an FDA deadline. Black community leaders and public health advocates marched toward the White House and staged a mock funeral for the 45,000 Black lives lost from tobacco-related illnesses each year. But there's a battle over whether the administration should enact a ban. Stephanie Sy reports.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 146
Length: 60 minutes
Segment Length: 00:05:25
Format: News (live news only)
Air Dates: Monday January 22nd, 2024 6:00 pm

Medicaid recipients typically had to prove their eligibility each year to renew coverage. That stopped during the onset of the pandemic, but automatic re-enrollment ended in April. Since then, more than 15 million people have been disenrolled from Medicaid. Geoff Bennett discussed more with Jennifer Tolbert, deputy director of the Program on Medicaid and the Uninsured at KFF.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 154
Length: 60 minutes
Segment Length: 00:08:18
Format: News (live news only)
Air Dates: Thursday February 1st, 2024 6:00 pm

The number of Americans getting health insurance through the Affordable Care Act has hit a record high with more than 21 million people signed up through the marketplaces. As it has in the past, the law known as Obamacare is becoming an election issue. We hear from people who currently get insurance through ACA and William Brangham discusses what's at stake with Sabrina Corlette.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 164
Length: 60 minutes
Segment Length: 00:09:34
Format: News (live news only)
Air Dates: Thursday February 15th, 2024 6:00 pm

Since the launch of 988, the three-digit dialing code for the National Suicide and Crisis Lifeline, millions have made contact with counselors. But the support and services available after someone calls 988 largely depend on what state one lives in. Stephanie Sy reports on how Arizona's crisis response network has become a leading model for crisis care.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 169
Length: 60 minutes
Segment Length: 00:06:24
Format: News (live news only)
Air Dates: Thursday February 22nd, 2024 6:00 pm

We've long known about racial and ethnic bias in health care, but now we're getting some first-hand knowledge of how pervasive it is through interviews with health care workers in the largest study of its kind. William Brangham breaks down the study's findings with one of its co-authors Dr. Laurie Zephyryn. It's part of our ongoing coverage of Race Matters.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 171
Length: 60 minutes
Segment Length: 00:04:12
Format: News (live news only)
Air Dates: Monday February 26th, 2024 6:00 pm

There's some relief for people with food severe allergies. A study published in the New England Journal of Medicine reports the drug Xolair allows people with allergies to tolerate higher doses of allergenic foods before developing a reaction after accidental exposure. Geoff Bennett discussed more with the study's principal investigator, Dr. Robert Wood of the Johns Hopkins Children's Center.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 175
Length: 60 minutes
Segment Length: 00:06:11
Format: News (live news only)
Air Dates: Friday March 1st, 2024 6:00 pm

The Centers for Disease Control and Prevention has changed its COVID guidance for when people need to isolate, return to school or work and get a booster shot. It's part of broader recommendations on respiratory illnesses. CDC Director Dr. Mandy Cohen joined Amna Nawaz to discuss the changes.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 178
Length: 60 minutes
Segment Length: 00:05:55
Format: News (live news only)
Air Dates: Wednesday March 6th, 2024 6:00 pm

There were 58 reported cases of measles in the U.S. during all of 2023. But there's already been 41 cases across 16 states so far this year. The outbreak of this highly contagious virus is cause for concern for many public health departments. Dr. Paul Offit, a pediatrician specializing in virology and immunology at Children's Hospital of Philadelphia, joins William Brangham to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 179
Length: 60 minutes
Segment Length: 00:06:47
Format: News (live news only)
Air Dates: Thursday March 7th, 2024 6:00 pm

A cyberattack on a little-known health care company in February has caused major trouble and serious financial consequences for hospitals, doctors and patients around the United States. Stephanie Sy spoke with Dan Diamond, who has been covering the story for The Washington Post, to learn more about the impact and efforts to solve these problems.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 190
Length: 60 minutes
Segment Length: 00:05:09
Format: News (live news only)
Air Dates: Friday March 22nd, 2024 6:00 pm

Kate, the Princess of Wales, announced that she is undergoing treatment for cancer. The news came amid rampant and often irresponsible speculation about her in the British press and beyond. It also came after missteps by the royal family itself about her whereabouts and condition. Amna Nawaz discussed the announcement with Jennie Bond.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 192
Length: 60 minutes
Segment Length: 00:08:21
Format: News (live news only)
Air Dates: Tuesday March 26th, 2024 6:00 pm

After decades of covering war, traveling the world and being estranged from his family, journalist and author Rod Nordland was in New Delhi when he was struck by a grand mal seizure and given a diagnosis of incurable cancer. Nick Schifrin sat down with Nordland to talk about facing death and his discovery of a grace and love that he had never felt before.

Program Source: PBS-NPS
Program Title: The Invisible Shield
Episode Title: The Old Playbook
Length: 60 minutes
Segment Length: 00:54:02
Format: Documentary
Air Dates: Tuesday March 26th, 2024 10:00 pm
Wednesday March 27th, 2024 2:00 am
Thursday March 28th, 2024 3:00 am
Friday March 29th, 2024 4:00 pm

Discover how public health has doubled life expectancy, but the system is now in jeopardy. When the world has to cope with the COVID-19 pandemic, the public health sector revisits the past to create solutions.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 156
Length: 60 minutes
Segment Length: 00:18:22
Format: Interview/Discussion/Review
Air Dates: Monday February 5th, 2024 11:00 pm

In the midst of Finland's presidential election, the hot favorite to win, former Prime Minister Alexander Stubb, joins the show. Royal Correspondent Max Foster reports on King Charles III's cancer diagnosis. NASA Deputy Administrator Pam Melroy on the current state of America's mission to the moon, and beyond, amid a series of setbacks. Dr. Uché Blackstock on her new book "Legacy."

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 180
Length: 60 minutes
Segment Length: 00:17:38
Format: Interview/Discussion/Review
Air Dates: Friday March 8th, 2024 11:00 pm

President Biden's self-assured delivery of the State of the Union address challenged doubts about his age. Neuroscientist Charan Ranganath believes that we have been oversimplifying the way we think about age and memory. In his new book "Why We Remember," the author shares years of his research. He discusses with Hari Sreenivasan.

Program Source: PBS-PLUS
Program Title: To the Contrary with Bonnie Erbe
Episode Title: Episode 31
Length: 30 minutes
Segment Length: 00:26:46
Format: Interview/Discussion/Review
Air Dates: Sunday March 10th, 2024 1:00 pm

Two women are being honored with the American Innovators Award by the bipartisan Bayh-Dole Coalition. Dr. Katalin Karikó helped develop the mRNA platform behind the COVID-19 vaccine and Dr. Carol Mimura helped the research that led to a revolutionary cancer therapy.

Program Source: PFP
Program Title: Easy Yoga: The Secret to Strength and Balance with Peggy Cappy
Length: 60 minutes
Air Dates: Saturday January 13th, 2024 3:00 pm

Discover how yoga can help anyone, regardless of age, increase strength and mobility. Cappy's gentle approach shows how yoga can increase range of motion, improve body awareness, help prevent bone loss and keep the metabolism running efficiently.

Technology

Program Source: PBS
Program Title: 10 Modern Marvels That Changed America
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 12th, 2024 1:00 am
Saturday March 30th, 2024 4:00 am

Take a whirlwind tour of engineering feats that made our civilization possible. See how engineers connected our nation with bridges, rail networks and a continent-wide freeway system, and delivered water from distant rivers to our kitchen sinks.

Program Source: PBS
Program Title: 10 Modern Marvels That Changed America
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 12th, 2024 1:00 am
Saturday March 30th, 2024 4:00 am

Take a whirlwind tour of engineering feats that made our civilization possible. See how engineers connected our nation with bridges, rail networks and a continent-wide freeway system, and delivered water from distant rivers to our kitchen sinks.

Program Source: PBS
Program Title: Ancient Skies
Episode Title: Gods and Monsters
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 16th, 2024 1:00 am

We uncover the story of our relationship with the skies from our earliest ancestors, through to the birth of the science of astronomy.

Program Source: PBS
Program Title: Ancient Skies
Episode Title: Finding the Center
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 16th, 2024 2:00 am

Follow the efforts to give the Earth a shape and a place. From flat Earth legends to Galileo's telescope, track major changes in scientific understanding. Ideas rise and fall as we continue to explore our ancient skies.

Program Source: PBS
Program Title: Big Pacific
Episode Title: Mysterious
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 26th, 2024 1:00 am
Sunday March 24th, 2024 9:00 am

Plunge into the Pacific with researchers and cinematographers and see the ocean's rare and dazzling creatures in a way never before seen on television. Filmed in cinematic 4K, the program examines an ocean that covers a third of the Earth's surface.

Program Source: PBS
Program Title: Breakthrough: The Ideas That Changed the World
Episode Title: The Telescope
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 5th, 2024 1:00 am
Sunday March 3rd, 2024 10:00 am

Meet the brilliant minds throughout history, from Galileo to Edwin Hubble, responsible for creating the telescope. Today, their invention allows humanity to reach the furthest limits of seeing -- 13 billion light-years out.

Program Source: PBS
Program Title: Breakthrough: The Ideas That Changed the World
Episode Title: The Airplane
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 5th, 2024 2:00 am
Sunday March 10th, 2024 10:00 am

Take to the sky with the dreamers whose work gave humans the ability to fly. From Leonardo da Vinci's "flying machines" to the modern commercial plane, without these inventions, we may have never left the ground.

Program Source: PBS
Program Title: Breakthrough: The Ideas That Changed the World
Episode Title: The Robot
Length: 60 minutes
Format: Documentary
Air Dates: Friday January 19th, 2024 2:00 am
Sunday March 17th, 2024 10:00 am

Learn how robots were first conceptualized in ancient Rome and see how their use has evolved over the centuries, from the calculator to the Roomba. Then, take a sneak peek at what future robots will be able to do.

Program Source: PBS
Program Title: Breakthrough: The Ideas That Changed the World
Episode Title: The Rocket
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Sunday March 31st, 2024 10:00 am

Learn the explosive history of the rocket, from its origin in ancient China, to its use as a weapon of war, to how adding hydrogen allowed it to carry astronauts all the way to the moon.

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Shape
Length: 60 minutes
Format: Documentary
Air Dates: Wednesday February 7th, 2024 3:00 am

The forces of nature make Earth a restless planet, but they also turned our ball of rock into a home for life. How did our planet's ingredients, the chemical elements, come together and take that first crucial step from barren rock to a living world?

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Elements
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Friday February 9th, 2024 1:00 am

Earth is painted in stunning colors. By understanding how these colors are created and the energy they carry, we can learn the secret language of the planet.

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Color
Length: 60 minutes
Format: Documentary
Air Dates: Friday February 9th, 2024 2:00 am

We can't directly see the forces that govern Earth, but we can see their shadows in the shapes of nature that surround us. If we understand why these shapes exist, we can understand the rules that bind the entire universe.

Program Source: PBS
Program Title: Forces of Nature
Episode Title: Motion
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Saturday February 10th, 2024 3:00 am

The forces of nature have kept Earth on the move since it was formed billions of years ago. Though we can't feel the motion, we experience the consequences - from tidal bores surging through the Amazon rainforest to the ruinous power of hurricanes.

Program Source: PBS
Program Title: NOVA
Episode Title: Iceman Reborn
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 24th, 2024 9:00 pm
Thursday January 25th, 2024 1:00 am
Friday January 26th, 2024 5:00 am
Sunday January 28th, 2024 12:00 am
Tuesday January 30th, 2024 3:00 pm

Murdered more than 5,000 years ago, Otzi the Iceman is Europe's oldest known natural mummy. Now, new revelations about Otzi's life and legacy come to light, including surprising secrets hidden in his genetic code.

Program Source: PBS
Program Title: NOVA
Episode Title: Polar Extremes
Length: 120 minutes
Format: Other
Air Dates: Wednesday March 20th, 2024 9:00 pm
Thursday March 21st, 2024 1:00 am
Friday March 22nd, 2024 4:00 am
Sunday March 24th, 2024 12:00 am
Tuesday March 26th, 2024 3:00 pm

Join renowned paleontologist Kirk Johnson on an epic adventure through time at the polar extremes of our planet. Following a trail of strange fossils found in all the wrong places-beech trees in Antarctica, hippo-like mammals in the Arctic-Johnson uncovers the bizarre history of the poles, from miles-high ice sheets to warm polar forests teeming with life. What caused such dramatic changes at the ends of the Earth? And what controls the dial on Earth's thermostat? Today, the Arctic is warming faster than anywhere else in the world, and Antarctica has locked in its ice enough water to raise sea level by a terrifying 200 feet. The way that the poles respond to a warming climate is one of the greatest wildcards in predicting our climate future. Johnson uses Earth's history, written in stone, as a cipher to decode what is going on at our polar extremes today, and what the future may hold.

Program Source: PBS
Program Title: Operation Maneater
Episode Title: Polar Bear
Length: 60 minutes
Format: Documentary
Air Dates: Thursday February 29th, 2024 2:00 am
Friday March 1st, 2024 3:00 am
Sunday March 3rd, 2024 2:00 am

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

Program Source: PBS
Program Title: Operation Maneater
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Air Dates: Thursday February 29th, 2024 2:00 am
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Program Source: PBS
Program Title: Secrets of Britain
Episode Title: Underground London
Length: 60 minutes
Format: Documentary
Air Dates: Sunday February 18th, 2024 3:00 am

On the surface, London is a buzzing, modern metropolis – but underneath lies a secret, hidden world, all but forgotten by the millions of people above. This program uncovers 2,000 years of subterranean

history: a world of ancient caves and perfectly preserved Roman remains; mysterious rivers and gruesome plague pits; impenetrable vaults and top-secret bunkers. Digging deep, the program unearths some of the most extraordinary stories of the darkest part of the city.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Ben Franklin's Bones
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Wednesday January 17th, 2024 10:00 pm
Thursday January 18th, 2024 2:00 am
Friday January 19th, 2024 3:00 am
Sunday January 21st, 2024 2:00 am
Tuesday January 23rd, 2024 4:00 pm

When skeletal remains of at least 10 people, including several infants, turned up in the basement of Benjamin Franklin's British residence, people wondered if the Founding Father might have had a much darker side, as the bones had been meticulously cut and drilled. Franklin was aware of the bodies in his basement, but they weren't the victims of violent acts. Rather, they were used for the purposes of an illegal anatomy school that helped shaped modern medicine.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Jamestown's Dark Winter
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 10:00 pm
Thursday February 1st, 2024 2:00 am
Friday February 2nd, 2024 3:00 am
Sunday February 4th, 2024 2:00 am
Tuesday February 6th, 2024 4:00 pm

Jamestown, Virginia. The site of the first permanent English colony the Americas settled in 1607 and the home of the archaeological site "Historic Jamestowne" today. It has long been speculated that the harsh conditions faced by the colonists during the winter of 1609, often referred to as the "starving time," might have made them desperate enough to participate in the unthinkable.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Jamestown's Dark Winter
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 31st, 2024 10:00 pm
Thursday February 1st, 2024 2:00 am
Friday February 2nd, 2024 3:00 am
Sunday February 4th, 2024 2:00 am
Tuesday February 6th, 2024 4:00 pm

Jamestown, Virginia. The site of the first permanent English colony the Americas settled in 1607 and the home of the archaeological site "Historic Jamestowne" today. It has long been speculated

that the harsh conditions faced by the colonists during the winter of 1609, often referred to as the “starving time,” might have made them desperate enough to participate in the unthinkable.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Graveyard of the Giant Beasts
Length: 60 minutes
Segment Length: 01:00:00
Format: Documentary
Air Dates: Wednesday February 7th, 2024 10:00 pm
Thursday February 8th, 2024 2:00 am
Friday February 9th, 2024 3:00 am
Sunday February 11th, 2024 2:00 am
Tuesday February 13th, 2024 4:00 pm

A mining operation in Cerrejon, Northern Colombia, opened a window onto a previously unknown period of the earth’s history – and a world teeming with giant creatures emerged. The biggest of them all was Titanoboa, a 43-foot snake, the largest that ever lived. No other creature could match Titanoboa in its size and strength, or so it was thought.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Nero's Sunken City
Length: 60 minutes
Segment Length: 01:00:00
Format: Other
Air Dates: Wednesday January 3rd, 2024 10:00 pm
Thursday January 4th, 2024 2:00 am
Friday January 5th, 2024 3:00 am
Sunday January 7th, 2024 2:00 am
Tuesday January 9th, 2024 4:00 pm

Baiae... An escape for ancient Rome’s powerful elite, the Las Vegas of its day. Now, archaeologists are mapping underwater ruins and piecing together what life was like in this playground for the rich.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Leonardo, The Man who Saved Science
Length: 60 minutes
Segment Length: 01:00:00
Format: Other
Air Dates: Wednesday February 21st, 2024 10:00 pm
Thursday February 22nd, 2024 2:00 am
Friday February 23rd, 2024 3:00 am
Sunday February 25th, 2024 2:00 am
Tuesday February 27th, 2024 4:00 pm

Leonardo da Vinci is well known for his inventions as well as his art. New evidence shows that many of his ideas were realized long before he sketched them out in his notebooks- some even 1,700 years before him! Of these “inventions” da Vinci never affirmed that his projects came from his original ideas. This film features drawings of his most famous ideas and inventions, some of which trace their original creation to ancient Greece while others were a product of the scientific inventions of golden age of Islamic learning. This knowledge seemed to be lost in Europe during the Dark Ages until the Renaissance when da Vinci recovered it.

Program Source: PBS
Program Title: Secrets of the Dead
Episode Title: Hannibal in the Alps
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 24th, 2024 10:00 pm
Thursday January 25th, 2024 2:00 am
Friday January 26th, 2024 3:00 am
Sunday January 28th, 2024 2:00 am
Tuesday January 30th, 2024 4:00 pm

Follow a team of experts as they solve the enduring mystery of exactly where Hannibal and his troops crossed the Alps to launch a surprise attack on Rome.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Alaskan Dinosaurs
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Tuesday January 2nd, 2024 3:00 pm

Wielding chainsaws to extract fossils frozen into the permafrost and flying drones to map thousands of footprints, intrepid paleontologists discover that dinosaurs thrived in the unlikeliest of places -- the cold and dark of the Arctic Circle.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Ultimate Space Telescope
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday January 17th, 2024 9:00 pm
Thursday January 18th, 2024 1:00 am
Friday January 19th, 2024 5:00 am
Sunday January 21st, 2024 12:00 am
Tuesday January 23rd, 2024 3:00 pm

Explore the dramatic story of NASA's James Webb Space Telescope from its conception to completion.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Star Chasers of Senegal
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 27th, 2024 10:00 pm
Thursday March 28th, 2024 2:00 am
Friday March 29th, 2024 5:00 am
Sunday March 31st, 2024 12:00 am

A visionary astronomer in West Africa attempts a high-stakes observation of a distant asteroid vital to a NASA mission. From prehistoric ruins to Islamic skywatchers, explore the heritage and future of African astronomy.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Building the Eiffel Tower
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 14th, 2024 9:00 pm
Thursday February 15th, 2024 1:00 am
Friday February 16th, 2024 5:00 am
Sunday February 18th, 2024 12:00 am
Tuesday February 20th, 2024 3:00 pm

Explore the revolutionary engineering behind Paris's iconic landmark. Completed in 1889, the iron tower smashed the record for the tallest structure on Earth, ushering in a new age of global construction that reached for the skies.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: Hunt for the Oldest DNA
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday February 21st, 2024 9:00 pm
Thursday February 22nd, 2024 1:00 am
Friday February 23rd, 2024 5:00 am
Sunday February 25th, 2024 12:00 am
Tuesday February 27th, 2024 3:00 pm

For decades, scientists have tried to unlock the secrets of ancient DNA. Follow the dramatic quest to recover DNA millions of years old and reveal a lost world from before the last Ice Age.

Program Source: PBS-NPS
Program Title: NOVA
Episode Title: A.I. Revolution
Length: 60 minutes
Segment Length: 00:56:46
Format: Documentary
Air Dates: Wednesday March 27th, 2024 9:00 pm
Thursday March 28th, 2024 1:00 am
Friday March 29th, 2024 4:00 am
Sunday March 31st, 2024 1:00 am

A.I. tools like ChatGPT seem to think, speak, and create like humans. But what are they really doing? From cancer cures to Terminator-style takeovers, leading experts explore what A.I. can - and can't - do today, and what lies ahead.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 131
Length: 60 minutes
Segment Length: 00:06:47
Format: News (live news only)
Air Dates: Monday January 1st, 2024 6:00 pm

In 2023, we saw incredibly detailed images from the most advanced telescope in space and the 25th year of a global partnership sending astronauts to orbit Earth. Digital video producer Casey Kuhn delves into the major discoveries from last year with our science correspondent Miles O'Brien.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 133
Length: 60 minutes
Segment Length: 00:03:11
Format: News (live news only)
Air Dates: Wednesday January 3rd, 2024 6:00 pm

Vint Cerf is known for his pioneering work as one of the fathers of the internet. He now serves as the vice president and chief internet evangelist for Google where he furthers global policy development and accessibility of the internet. He shares his Brief But Spectacular take on the future of the internet.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 138
Length: 60 minutes
Segment Length: 00:05:30
Format: News (live news only)
Air Dates: Wednesday January 10th, 2024 6:00 pm

Advance technology labs are not places where you're likely to find much creative artistic expression, let alone color. But a scientist and an artist have joined forces to help inspire the development of the next generation of computing at Google's Quantum A.I. Lab. Special correspondent Mike Cerre reports for our arts and culture series, CANVAS.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 141
Length: 60 minutes
Segment Length: 00:06:49
Format: News (live news only)
Air Dates: Monday January 15th, 2024 6:00 pm

Where do we come from and how did we evolve into the beings and bodies we are today? The new book "Eve: How the Female Body Drove 200 Million Years of Human Evolution" argues for a better understanding of our origins with critical implications for our present. Jeffrey Brown spoke with author Cat Bohannon for our arts and culture series, CANVAS.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 150
Length: 60 minutes
Segment Length: 00:07:13
Format: News (live news only)
Air Dates: Friday January 26th, 2024 6:00 pm

Astronauts of the future could be sent on missions to the moon and Mars that take years, but living in space that long poses all kinds of physical and psychological challenges. NASA is trying to learn as much as it can from astronauts who have spent the most time in space. Science correspondent Miles O'Brien spoke with the American who set the record for longest single space mission.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 153
Length: 60 minutes
Segment Length: 00:11:24
Format: News (live news only)
Air Dates: Wednesday January 31st, 2024 6:00 pm

Senators interrogated CEOs of top social media companies about online child safety Wednesday in an emotional and contentious hearing, as they tried to get them to back proposed legislation. But much of the focus was on questions of accountability. Lisa Desjardins reports on what took place and Amna Nawaz speaks with Christine McComas, whose daughter died by suicide after being bullied online.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 158
Length: 60 minutes
Segment Length: 00:07:26
Format: News (live news only)
Air Dates: Wednesday February 7th, 2024 6:00 pm

Meta's policy for dealing with deepfakes and AI is under fire after it allowed an altered video of President Biden to remain online. Meta's oversight board called the company's manipulated media policies "incoherent" and "confusing." Meta now says it will label AI-generated content as such in the months to come. Amna Nawaz discussed more with Nick Clegg, president of global affairs at Meta.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 162
Length: 60 minutes
Segment Length: 00:06:45
Format: News (live news only)
Air Dates: Tuesday February 13th, 2024 6:00 pm

From robocalls to deep fakes, artificial intelligence is already playing a role in the 2024 election. Last week the Federal Communications Commission made AI-generated voice calls illegal. Laura Barron-Lopez has been covering AI's impact on the upcoming election and discussed the latest with Amna Nawaz.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 168
Length: 60 minutes
Segment Length: 00:06:03
Format: News (live news only)
Air Dates: Wednesday February 21st, 2024 6:00 pm

The realism of AI-generated video is one of the more remarkable, and potentially scary, developments we've seen so far with the technology. Oren Etzioni studies artificial intelligence and is the founder of truemedia.org, an organization that fights against AI-based disinformation. Etzioni joined William Brangham to discuss the future of AI.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 169
Length: 60 minutes
Segment Length: 00:09:07
Format: News (live news only)
Air Dates: Thursday February 22nd, 2024 6:00 pm

Giants in their fields of music and science are merging their knowledge to propel advancements in body and mind. A recent international gathering of researchers, therapists and artists took stock of what is known and what is yet to be discovered. Jeffrey Brown reports for our ongoing arts and health coverage on CANVAS.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 169
Length: 60 minutes
Segment Length: 00:05:29
Format: News (live news only)
Air Dates: Thursday February 22nd, 2024 6:00 pm

It's the first U.S.-built spacecraft to land on the moon in more than 50 years, and the first ever by a private company. The Odysseus lander took off from Cape Canaveral last week and made it to the lunar surface on Thursday. The Houston-based company Intuitive Machines created the spacecraft and the trip is key to NASA's goal of returning to the moon with a manned mission.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 170
Length: 60 minutes
Segment Length: 00:06:19
Format: News (live news only)
Air Dates: Friday February 23rd, 2024 6:00 pm

A new investigation looks at the disturbing world of so-called "kidfluencers" and the moms who run their accounts. One in three preteens say being an influencer is a career goal, but the reality poses serious risks to underage girls. Stephanie Sy discussed those concerns with New York Times reporter Michael Keller.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 171
Length: 60 minutes
Segment Length: 00:02:48
Format: News (live news only)
Air Dates: Monday February 26th, 2024 6:00 pm

Ancient scrolls that were buried in volcanic ash during the eruption of Mount Vesuvius are now being deciphered two thousand years later thanks in part to artificial intelligence. Martin Stew of Independent Television News reports from Oxfordshire, England.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 177
Length: 60 minutes
Segment Length: 00:06:58
Format: News (live news only)
Air Dates: Tuesday March 5th, 2024 6:00 pm

Few journalists have been covering Silicon Valley as long as Kara Swisher, and even fewer are as respected, liked and feared by the tech industry and its most iconic leaders. For the first time, Swisher is opening up about her own life in her latest book entitled "Burn Book: A Tech Love Story." She joins Amna Nawaz to discuss.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 179
Length: 60 minutes
Segment Length: 00:03:52
Format: News (live news only)
Air Dates: Thursday March 7th, 2024 6:00 pm

For many tribal communities in America, internet access isn't always as easy as logging on to a computer. The FCC reports almost 28 percent of tribal land residents lack high-speed broadband, compared to 1.5 percent of urban residents. But the Biden administration is offering funds to try and change that. Cronkite News reporter Maria Staubs reports on how better connectivity may not be enough.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:11:06
Format: News (live news only)
Air Dates: Tuesday March 12th, 2024 6:00 pm

TikTok is once again in Congress' crosshairs as the U.S. House of Representatives weighs a bill that would either require the platform to be divested from its Chinese parent company, or face a nationwide ban. Congressional correspondent Lisa DeJardins takes a close look at the brewing battle over the nation's fastest growing social media platform.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 183
Length: 60 minutes
Segment Length: 00:07:50
Format: News (live news only)
Air Dates: Wednesday March 13th, 2024 6:00 pm

The House voted overwhelmingly today to pass a bill that could ban TikTok here in the U.S. unless the app cuts ties with China. The bill now heads to the Senate where its fate is unclear. Last night, we heard from the lead sponsors of the bill. Tonight, we hear an opposing voice from David Greene, civil liberties director and senior staff attorney at the Electronic Frontier Foundation.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 184
Length: 60 minutes
Segment Length: 00:07:13
Format: News (live news only)
Air Dates: Thursday March 14th, 2024 6:00 pm

Scientists, researchers and some big companies are eager to jumpstart the next generation of computing, one that will be far more sophisticated and dependent on understanding the subatomic nature of the universe. But as science correspondent Miles O'Brien reports, it's a huge challenge to take this new quantum leap forward.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 186
Length: 60 minutes
Segment Length: 00:04:03
Format: News (live news only)
Air Dates: Monday March 18th, 2024 6:00 pm

Adrian Antao is a high school English teacher at KIPP NYC. Adrian has worked with educators, coders and designers at the nonprofit Playlab.ai to develop Project Toni, an AI tool to support his students with their writing revisions. While many are worried about using AI in the classroom, Adrian has found real benefits. He shares his Brief But Spectacular take on harnessing AI in schools.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 190
Length: 60 minutes
Segment Length: 00:06:53
Format: News (live news only)
Air Dates: Friday March 22nd, 2024 6:00 pm

In a historic first, a kidney from a genetically modified pig was successfully transplanted into a human. Researchers hope for more of this kind of transplant because there aren't enough human organs for the thousands in need. But putting animal tissue into a human is complicated. William Brangham discussed that with Dr. Leonardo Riella of Massachusetts General Hospital.

Program Source: PBS-NPS
Program Title: PBS NewsHour
Episode Title: Episode 193
Length: 60 minutes
Segment Length: 00:08:23
Format: News (live news only)
Air Dates: Wednesday March 27th, 2024 6:00 pm

Machines that think like humans, the dream of artificial intelligence, is becoming a reality. It brings concerns that AI will displace jobs, fuel online bias, supercharge deep fake videos and slip from human control. But it is not as grim as it seems. AI may create new tools to address complex problems and the climate emergency is at the top of the list. Miles O'Brien reports.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 134
Length: 60 minutes
Segment Length: 00:18:09
Format: Interview/Discussion/Review
Air Dates: Thursday January 4th, 2024 11:00 pm

More than a decade ago, pioneering biochemist Jennifer Doudna co-invented CRISPR, the gene editing technology which earned her the Nobel Prize in chemistry. Now, the very first treatment based on CRISPR has been approved in the U.K. and the U.S., a landmark decision for the treatment of sickle cell disease and for the potential of this rapidly advancing field. Dr. Doudna joins to discuss.

Program Source: PBS-PLUS
Program Title: Amanpour and Company
Episode Title: Episode 182
Length: 60 minutes
Segment Length: 00:17:44
Format: Interview/Discussion/Review
Air Dates: Tuesday March 12th, 2024 11:00 pm

Haitian Prime Minister Ariel Henry has announced that he will resign. Monique Clesca and Ambassador Pamela White join to discuss. Four years after WHO declared the coronavirus a global pandemic, Dr. Cornelia Griggs discusses her new memoir, "The Sky Was Falling." Josh Tyrangiel joins Walter Isaacson to discuss his latest piece: "Let AI Remake the Whole U.S. Government (and Save the Country)."

Program Source: PBS-PLUS
Program Title: To the Contrary with Bonnie Erbe
Episode Title: Episode 43
Length: 30 minutes
Segment Length: 00:26:46
Format: Interview/Discussion/Review
Air Dates: Sunday January 7th, 2024 1:00 pm

This week on To The Contrary, we speak with Julia Allison, one of the first online influencers. She tells us how she innovated this profession, and what she thinks of online influencers today.