



Topics:

- (A) Health Issues**
- (B) Environment/Ecology**
- (C) Education**
- (D) Diversity/Minorities**
- (E) Government Issues**

(A) Health Issues

July 1, 05:00-05:30 a.m.

SIT AND BE FIT "Exercising with Accessories"

These exercises incorporate a large ball and a small ball for finger flexibility and strengthening.

July 2, 05:00-05:30 a.m.

SIT AND BE FIT "Somatosensory Work"

Mary Ann focuses on the somatosensory system for good balance and everyday functioning.

July 3, 05:00-05:30 a.m.

SIT AND BE FIT "Releasing Muscle Tightness"

A small ball, a towel and large ball help release restrictions that build up in connective tissue.

July 4, 05:00-05:30 a.m.

SIT AND BE FIT "Myofacial Relief & Gait"

Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula.

July 5, 05:00-05:30 a.m.

SIT AND BE FIT "Keep The Fun In Functional Fitness"

Mary Ann focuses on the fun side of exercise with novelty music and imaginative choreography.

July 7, 04:00-06:00 p.m.

MAYO CLINIC: FAITH - HOPE - SCIENCE

Take a look at how the Mayo Clinic has met the changing demands of healthcare for 150 years.

July 8, 05:00-05:30 a.m.

SIT AND BE FIT "Variety, The Spice of Life"

Exercises that improve function are shared. The fingers and breath help control abdominal muscles.

July 9, 05:00-05:30 a.m.

SIT AND BE FIT "Finger Dexterity"

This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises.

July 10, 05:00-05:30 a.m.

SIT AND BE FIT "Happy Feet, Healthy Body"

Mary Ann stresses the importance of foot health and uses a small ball to share foot exercises



July 11, 05:00-05:30 a.m.

SIT AND BE FIT "All Systems Go!"

Exercises for the brain and several body systems including vestibular and lymphatic are shown.

July 12, 05:00-05:30 a.m.

SIT AND BE FIT "Fit from Head to Toe"

A variety of exercises ranging from vestibular system to feet and gait are demonstrated.

July 15, 05:00-05:30 a.m.

SIT AND BE FIT "Sensory Awareness and Breathing"

Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.

July 16, 05:00-05:30 a.m.

SIT AND BE FIT "Fun with the Large Ball"

The large ball is used in many ways, from postural alignment to helping with balance.

July 17, 05:00-05:30 a.m.

SIT AND BE FIT "Footwork and Core"

Mary Ann uses a variety of new exercises to focus on the importance of your feet.

July 18, 05:00-05:30 a.m.

SIT AND BE FIT "Controlled Breathing"

Several ways to control breathing to efficiently distribute oxygen throughout the body are shared.

July 19, 05:00-05:30 a.m.

SIT AND BE FIT "Vestibular and Core"

Mary Ann combines a mix of vestibular and core work. Gretchen showcases gait training exercises.

July 22, 05:00-05:30 a.m.

SIT AND BE FIT "Posture"

Mary Ann breaks down techniques to improve posture. Guest Jeff Brooks provides a balance exercise.

July 23, 05:00-05:30 a.m.

SIT AND BE FIT "Breathing"

Mary Ann offers several techniques to develop healthy breathing habits.

July 24, 05:00-05:30 a.m.

SIT AND BE FIT "Back Health"

Exercises to gently loosen the thoracic spine with subtle shoulder and back movements are shared.

July 25, 05:00-05:30 a.m.

SIT AND BE FIT "Functional Fitness"

These exercises will promote healthy living and being able to perform daily activities with ease.



July 26, 05:00-05:30 a.m.

SIT AND BE FIT "Good Alignment"

By doing exercises with eyes closed, you can build an awareness of how good spinal alignment feels.

July 28, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Pain Relief: for the Back"

A combination of deep stretch and targeted pain relief exercises.

July 29, 05:00-05:30 a.m.

SIT AND BE FIT "New Challenges"

A new abdominal exercise called the "Ski Jump" and a balance challenge are highlighted.

July 30, 05:00-05:30 a.m.

SIT AND BE FIT "Coordination and Reaction Time"

This episode focuses on being aware of your body's movements and how it contributes to coordination.

July 31, 05:00-05:30 a.m.

SIT AND BE FIT "Lymphatic System"

Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.

August 1, 05:00-05:30 a.m.

SIT AND BE FIT "Mobility and Balance"

This episode highlights a variety of exercises to improve balance and concludes with stroking.

August 2, 05:00-05:30 a.m.

SIT AND BE FIT "Your Feet, Your Foundation"

Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.

August 5, 05:00-05:30 a.m.

SIT AND BE FIT "Flabby Arms"

Mary Ann introduces a new way to strengthen arms using your own body as resistance.

August 6, 05:00-05:30 a.m.

SIT AND BE FIT "The Power of Small Movements"

This episode demonstrates what can be achieved with small gentle movements.

August 7, 05:00-05:30 a.m.

SIT AND BE FIT "Flexibility and Range of Motion"

All the exercises in this program highlight range of motion throughout the shoulders and back.

August 8, 05:00-05:30 a.m.

SIT AND BE FIT "Brain Booster"

These exercises activate the brain and includes great movement patterns for balance and gait.



August 9, 05:00-05:30 a.m.

SIT AND BE FIT "Practice Perfect Posture"

Postural alignment and using proper form to get the most out of each exercise are emphasized.

August 12, 05:00-05:30 a.m.

SIT AND BE FIT "Variety: The Spice of Life"

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

August 13, 05:00-05:30 a.m.

SIT AND BE FIT "Functional and Fun Exercises for the Feet"

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

August 14, 05:00-05:30 a.m.

SIT AND BE FIT "Yardsticks and Bands"

Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

August 15, 05:00-05:30 a.m.

SIT AND BE FIT "Shoulder and Back Strength"

This lively workout showcases exercises that help strengthen the shoulders and back.

August 16, 05:00-05:30 a.m.

SIT AND BE FIT "Postural Alignment and Shoulder Stability"

Exercises that help increase postural awareness and stabilize the shoulders are featured.

August 17, 06:30-08:00 a.m.

LIVE BETTER NOW WITH MIMI GUARNERI, MD

Dr. Mimi Guarneri offers a step-by-step program to awaken the healing potential of our bodies.

August 17, 10:30 a.m.-12:30 p.m.

3 STEPS TO PAIN-FREE LIVING

Eliminate the root cause of many painful conditions with this easy to follow plan from Lee Albert.

August 17, 01:30-03:00 p.m.

KETO DIET WITH DR JOSH AXE

Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

August 18, 06:30-08:00 a.m.

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August 19, 05:00-05:30 a.m.

SIT AND BE FIT "Circulation"

This upbeat episode focuses on movements designed to get the blood flowing through the body.

August 20, 02:00-04:00 a.m.

MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

August 20, 05:00-05:30 a.m.

SIT AND BE FIT "Core Strengthening"

Exercises that help build core strength play an important role in balance and back strength.

August 20, 11:00 p.m.-01:00 a.m.

MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

August 21, 05:00-05:30 a.m.

SIT AND BE FIT "Hip Mobility"

Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

August 21, 01:00-03:00 p.m.

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August 21, 03:00-04:30 p.m.

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Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

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3 STEPS TO PAIN-FREE LIVING

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August 22, 02:30-04:00 a.m.

AGE FIX WITH ANTHONY YOUN, MD

Dr. Youn provides a way to fix age-related skin concerns, without having painful surgery.

August 22, 11:15 p.m.-12:45 a.m.

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August 25, 08:00-09:30 a.m.

KETO DIET WITH DR JOSH AXE

Dr. Axe Josh puts his own fresh spin on the widely successful and well-researched keto diet.

August 25, 11:50 p.m.-01:50 a.m.

MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

August 26, 01:50-03:50 a.m.

3 STEPS TO PAIN-FREE LIVING

Eliminate the root cause of many painful conditions with this easy to follow plan from Lee Albert.

August 26, 11:30 p.m.-01:30 a.m.

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August 28, 02:00-04:00 a.m.

BRAIN SECRETS WITH DR. MICHAEL MERZENICH

Dr. Merzenich discusses how to improve and maintain cognitive fitness and deal with aging.

August 29, 12:00-02:00 a.m.

MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

August 29, 02:00-04:00 a.m.

3 STEPS TO INCREDIBLE HEALTH! WITH JOEL FUHRMAN, M

Joel Fuhrman offers a healthy, effective and scientifically proven plan for shedding weight quickly.

September 1, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE

"Weight Loss: Strengthen Spine & Improve Posture"

Miranda explains how to strengthen the spine and improve the posture with some stretches.

September 8, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE

"Pain Relief: Calf & Knee Strengthening"

Miranda shows how to stretch the calves and knees.

September 12, 05:00-05:30 a.m.

SIT AND BE FIT "Lymphatic Health Special"

Mary Ann demonstrates a variety of movements and exercises that stimulate healthy lymphatic flow.

September 13, 05:00-05:30 a.m.

SIT AND BE FIT "Tai Chi with Tino"

Mary Ann introduces guest Tai Chi instructor, Tino, who leads a fun "Tai Chi By The Sea" segment.

September 14, 05:00-05:30 a.m.

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September 15, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Weight Loss: for Legs & Arms"

Miranda teaches stretches for legs and arms.

September 16, 05:00-05:30 a.m.

SIT AND BE FIT "Brain and Balance"

Mary Ann shares exercises that improve postural strength and finger dexterity.

September 17, 05:00-05:30 a.m.

SIT AND BE FIT "Tone and Stretch"

Mary Ann uses a towel, large ball and weights to guide viewers through a full body workout.



September 18, 05:00-05:30 a.m.

SIT AND BE FIT "Balance Your Body"

Mary Ann showcases a workout designed to balance out the body to improve functional fitness.

September 21, 05:00-05:30 a.m.

SIT AND BE FIT "Tai Chi with Tino"

Mary Ann introduces guest Tai Chi instructor, Tino, who leads a fun "Tai Chi By The Sea" segment.

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September 22, 01:00-02:30 a.m.

LIVE BETTER NOW WITH MIMI GUARNERI, MD

Dr. Mimi Guarneri offers a step-by-step program to awaken the healing potential of our bodies.

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SIT AND BE FIT "Brain and Balance"

Mary Ann shares exercises that improve postural strength and finger dexterity.

September 29, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Pain Relief: Focusing On Hips"

Miranda teaches stretches that will help relieve hip pain.



July 1, 07:30-08:00 a.m.

SIT AND BE FIT "Pelvic Floor"

This workout shows some easy movements to keep the important muscles of pelvic floor strong.

July 2, 07:30-08:00 a.m.

SIT AND BE FIT "Posture and Breathing"

Mary Ann demonstrates how to maintain good posture while exercising.

July 3, 07:30-08:00 a.m.

SIT AND BE FIT "Facial Exercises"

Facial exercises increase sensory awareness in mouth and encourage facial expression.

July 5, 07:30-08:00 a.m.

SIT AND BE FIT "Don't Forget Your Fingers"

Paying special attention to the finger joints is important to keeping our hands functioning well.

July 8, 07:30-08:00 a.m.

SIT AND BE FIT "Vestibular System"

Challenge your vestibular system with a fun ball routine and functional movements set to jazz music.

July 9, 07:30-08:00 a.m.

SIT AND BE FIT "Breathing"

Learn how to get the most out of each breath by toning and stretching muscles around the ribcage.

July 10, 07:30-08:00 a.m.

SIT AND BE FIT "Stretching"

Strengthening should always be followed by stretching as an important component to any workout.

July 11, 07:30-08:00 a.m.

SIT AND BE FIT "Relaxation"

Mary Ann explores the healing touch of massage and demonstrates effective ways to release tension.

July 12, 07:30-08:00 a.m.

SIT AND BE FIT "Maintain Independence"

Functional movements to help improve performance of the activities of daily life are demonstrated.

July 15, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Waist Slenderizing Workout"

An all-standing, full-body workout that focuses on slenderizing the waist is featured in Jamaica.

July 15, 07:30-08:00 a.m.

SIT AND BE FIT "Resistance Exercises"

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

July 16, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Bone Strengthening Workout"

An all-barre workout designed to strengthen your bones and prevent Osteoporosis is showcased.



July 16, 07:30-08:00 a.m.

SIT AND BE FIT "Feel Your Best"

Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band.

July 17, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Spine Stretch for Posture Workout"

Stretches that will increase flexibility in your back and improve your posture are demonstrated.

July 17, 07:30-08:00 a.m.

SIT AND BE FIT "Fundamental Moves:"

Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.

July 18, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Slenderize and Strengthen Your Legs"

An all-floor workout designed to slenderize and strengthen your legs is showcased.

July 18, 07:30-08:00 a.m.

SIT AND BE FIT "Kinesthetic Awareness"

A focus on the importance of kinesthetic awareness and weight shifting as they relate to balance.

July 19, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Improve Your Posture"

Miranda demonstrates an all-barre workout that focuses on maintaining and improving posture.

July 19, 07:30-08:00 a.m.

SIT AND BE FIT "Static Balance"

Weights are incorporated into the standing exercises to challenge static balance.

July 22, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Anti Aging Workout"

This zero impact cardio workout will help you burn calories while strengthening your full body.

July 22, 07:30-08:00 a.m.

SIT AND BE FIT "Pelvic & Ribcage Mobility"

Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.

July 23, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Power Up Your Legs"

This all-barre workout focuses on strengthening your legs and will make you feel lighter.

July 23, 07:30-08:00 a.m.

SIT AND BE FIT "Strong Back Strong Core"

Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles.



July 24, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Triceps and Arms"

An all-standing workout intended to strengthen and slenderize your arms is demonstrated.

July 24, 07:30-08:00 a.m.

SIT AND BE FIT "Neuromuscular Coordination"

Heel tapping, patting, clapping and changing of rhythm patterns are used to improve coordination.

July 25, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Stress Release Workout"

This gentle, all-floor stress relief workout is sure to release tensions in your body.

July 25, 07:30-08:00 a.m.

SIT AND BE FIT "Release Tension Through Exercise"

This fast-paced workout ends with a peaceful relaxation, leading to a place of complete tranquility.

July 26, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Zero Impact Cardio"

This zero impact cardio workout will get your blood flowing without stressing your joints.

July 26, 07:30-08:00 a.m.

SIT AND BE FIT "Strengthening Muscles & Joints"

This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.

July 29, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Prevention of Hand and Finger Arthritis"

Miranda demonstrates an all-barre routine designed to help prevent hand and finger Arthritis.

July 29, 07:30-08:00 a.m.

SIT AND BE FIT "A Healthy Back"

Mary Ann focuses on exercises that involve back flexibility, strengthening and stretching.

July 30, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Quad Slenderizing"

This all-floor workout will slenderize and strengthen your quads while increasing spine mobility.

July 30, 07:30-08:00 a.m.

SIT AND BE FIT "Better Balance"

Good balance begins with proper spinal alignment and strong core muscles.

July 31, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Stomach Flattening Workout"

An all-standing workout designed to work your core and flatten your abs is demonstrated.



July 31, 07:30-08:00 a.m.

SIT AND BE FIT "Improve Your Mood"

Tactile stimulation is used to increase circulation and elicit a relaxed state of body and mind.

August 1, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Put A Bounce In Your Step"

This great, all-barre workout is sure to strengthen your entire body and put a bounce in your step.

August 1, 07:30-08:00 a.m.

SIT AND BE FIT "Lighthearted Exercises"

Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening.

August 2, 07:00-07:30 a.m.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE "Fingers and Hands"

This all-standing workout will strengthen your entire body with a focus on your fingers and hands!

August 2, 07:30-08:00 a.m.

SIT AND BE FIT "Back and Abdominal Strengthening"

The focus is on stretching and strengthening the abdominal and back muscles to protect the spine.

August 5, 07:30-08:00 a.m.

SIT AND BE FIT "Exercising with Accessories"

These exercises incorporate a large ball and a small ball for finger flexibility and strengthening.

August 6, 07:30-08:00 a.m.

SIT AND BE FIT "Somatosensory Work"

Mary Ann focuses on the somatosensory system for good balance and everyday functioning.

August 7, 07:30-08:00 a.m.

SIT AND BE FIT "Releasing Muscle Tightness"

A small ball, a towel and large ball help release restrictions that build up in connective tissue.

August 8, 07:30-08:00 a.m.

SIT AND BE FIT "Myofacial Relief & Gait"

Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula.

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SIT AND BE FIT "Keep The Fun In Functional Fitness"

Mary Ann focuses on the fun side of exercise with novelty music and imaginative choreography.

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MEMORY RESCUE WITH DANIEL AMEN, M.D.

Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.

August 17, 01:30-03:00 p.m.

LIVE BETTER NOW WITH MIMI GUARNERI, MD

Dr. Mimi Guarneri offers a step-by-step program to awaken the healing potential of our bodies.

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AGE FIX WITH ANTHONY YOUN, MD

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August 26, 07:30-08:00 a.m.

SIT AND BE FIT "Posture"

Mary Ann breaks down techniques to improve posture. Guest Jeff Brooks provides a balance exercise.

August 27, 07:30-08:00 a.m.

SIT AND BE FIT "Breathing"

Mary Ann offers several techniques to develop healthy breathing habits.

August 28, 07:30-08:00 a.m.

SIT AND BE FIT "Back Health"

Exercises to gently loosen the thoracic spine with subtle shoulder and back movements are shared.

August 29, 07:30-08:00 a.m.

SIT AND BE FIT "Functional Fitness"

These exercises will promote healthy living and being able to perform daily activities with ease.

August 30, 07:30-08:00 a.m.

SIT AND BE FIT "Good Alignment"

By doing exercises with eyes closed, you can build an awareness of how good spinal alignment feels.

September 2, 07:30-08:00 a.m.

SIT AND BE FIT "New Challenges"

A new abdominal exercise called the "Ski Jump" and a balance challenge are highlighted.

September 3, 07:30-08:00 a.m.

SIT AND BE FIT "Coordination and Reaction Time"

This episode focuses on being aware of your body's movements and how it contributes to coordination.

September 4, 07:30-08:00 a.m.

SIT AND BE FIT "Lymphatic System"

Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.

September 5, 07:30-08:00 a.m.

SIT AND BE FIT "Mobility and Balance"

This episode highlights a variety of exercises to improve balance and concludes with stroking.

September 6, 07:30-08:00 a.m.

SIT AND BE FIT "Your Feet, Your Foundation"

Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.



September 9, 07:30-08:00 a.m.

SIT AND BE FIT "Flabby Arms"

Mary Ann introduces a new way to strengthen arms using your own body as resistance.

September 10, 07:30-08:00 a.m.

SIT AND BE FIT "The Power of Small Movements"

This episode demonstrates what can be achieved with small gentle movements.

September 11, 07:30-08:00 a.m.

SIT AND BE FIT "Flexibility and Range of Motion"

All the exercises in this program highlight range of motion throughout the shoulders and back.

September 12, 07:30-08:00 a.m.

SIT AND BE FIT "Brain Booster"

These exercises activate the brain and includes great movement patterns for balance and gait.

September 13, 07:30-08:00 a.m.

SIT AND BE FIT "Practice Perfect Posture"

Postural alignment and using proper form to get the most out of each exercise are emphasised.

September 16, 07:30-08:00 a.m.

SIT AND BE FIT "Variety: The Spice of Life"

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

September 17, 07:30-08:00 a.m.

SIT AND BE FIT "Functional and Fun Exercises for the Feet"

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

September 18, 07:30-08:00 a.m.

SIT AND BE FIT "Yardsticks and Bands"

Mary Ann shows a unique warm-up routine and then focuses on upper and lower body strengthening.

September 19, 07:30-08:00 a.m.

SIT AND BE FIT "Shoulder and Back Strength"

This lively workout showcases exercises that help strengthen the shoulders and back.

September 20, 07:30-08:00 a.m.

SIT AND BE FIT "Postural Alignment and Shoulder Stability"

Exercises that help increase postural awareness and stabilize the shoulders are featured.

September 23, 07:30-08:00 a.m.

SIT AND BE FIT "Circulation"

This upbeat episode focuses on movements designed to get the blood flowing through the body.



September 24, 07:30-08:00 a.m.

SIT AND BE FIT "Core Strengthening"

Exercises that help build core strength play an important role in balance and back strength.

September 25, 07:30-08:00 a.m.

SIT AND BE FIT "Hip Mobility"

Maintaining flexibility in the hips is an important strategy to ensure healthy aging.

(B) Environment/Ecology

July 3, 09:00-10:00 p.m.

NOVA "Black Hole Apocalypse/Black Hole Universe"

Join astrophysicist Janna Levin on a mind-blowing voyage to the frontiers of black hole science.

July 3, 10:00-11:00 p.m.

NOVA "Black Hole Universe"

Astrophysicist and novelist Janna Levin will take viewers on a journey to the frontiers of black hole science.

July 4, 12:00-01:00 a.m.

NOVA "Black Hole Apocalypse/Black Hole Universe"

Join astrophysicist Janna Levin on a mind-blowing voyage to the frontiers of black hole science.

July 4, 01:00-02:00 a.m.

NOVA "Black Hole Universe"

Astrophysicist and novelist Janna Levin will take viewers on a journey to the frontiers of black hole science.

July 4, 03:00-04:00 a.m.

NOVA "Black Hole Apocalypse/Black Hole Universe"

Join astrophysicist Janna Levin on a mind-blowing voyage to the frontiers of black hole science.

July 4, 04:00-05:00 a.m.

NOVA "Black Hole Universe"

Astrophysicist and novelist Janna Levin will take viewers on a journey to the frontiers of black hole science.

July 5, 04:00-05:00 a.m.

NOVA "Black Hole Apocalypse/Black Hole Universe"

Join astrophysicist Janna Levin on a mind-blowing voyage to the frontiers of black hole science.

July 9, 08:00-09:00 p.m.

SPACE MEN: AMERICAN EXPERIENCE

Meet the pioneering Air Force scientists and pilots who laid the groundwork for the US space program.

July 10, 02:00-03:00 a.m.

SPACE MEN: AMERICAN EXPERIENCE

Meet the pioneering Air Force scientists and pilots who laid the groundwork for the US space program.



July 10, 08:00-09:00 p.m.
NOVA "Back to the Moon"
Governments and private industry work together for the dawning of a new age in space travel.

July 11, 02:00-03:00 a.m.
NOVA "Back to the Moon"
Governments and private industry work together for the dawning of a new age in space travel.

July 17, 08:00-09:00 p.m.
YEAR IN SPACE
Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 18, 01:30-02:30 a.m.
YEAR IN SPACE
Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 18, 04:00-05:00 a.m.
YEAR IN SPACE
Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 20, 09:00-10:00 a.m.
SPACE MEN: AMERICAN EXPERIENCE
Meet the pioneering Air Force scientists and pilots who laid the groundwork for the US space program.

July 20, 10:00-11:00 a.m.
NOVA "Back to the Moon"
Governments and private industry work together for the dawning of a new age in space travel.

July 20, 01:30-02:30 p.m.
YEAR IN SPACE
Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 20, 05:30-06:30 p.m.
JOHN GLENN: A LIFE OF SERVICE
The extraordinary life and career of astronaut and United States Senator John Glenn are chronicled.



July 21, 10:00-11:00 p.m.

ANCIENT INVISIBLE CITIES "Athens"

3D scanning is used to explore Egypt's ancient treasures, including the Great Pyramid of Giza.

July 22, 02:00-03:00 a.m.

ANCIENT INVISIBLE CITIES "Athens"

3D scanning is used to explore Egypt's ancient treasures, including the Great Pyramid of Giza.

July 23, 10:00-11:00 p.m.

YEAR IN SPACE

Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 24, 02:00-03:00 a.m.

YEAR IN SPACE

Follow Astronaut Scott Kelly's year on the International Space Station, and experiments on the physical effects of space travel on his body compared with his earth bound twin brother, retired astronaut Mark Kelly.

July 24, 09:00-10:00 p.m.

NOVA "The Planets: Inner Worlds"

Planets are explored. Is there somewhere else in the solar system where life might flourish?

July 24, 10:00-11:00 p.m.

NOVA "The Planets: Mars"

Mars was once a blue water world studded with active volcanoes. Did life ever form on the planet?

July 25, 01:00-02:00 a.m.

NOVA "The Planets: Inner Worlds"

Planets are explored. Is there somewhere else in the solar system where life might flourish?

July 25, 02:00-03:00 a.m.

NOVA "The Planets: Mars"

Mars was once a blue water world studded with active volcanoes. Did life ever form on the planet?

July 25, 04:00-05:00 a.m.

NOVA "The Planets: Inner Worlds"

Planets are explored. Is there somewhere else in the solar system where life might flourish?

July 28, 05:34-05:59 p.m.

ANACOSTIA REVEALED

Passionate local residents use their expertise to improve the Anacostia watershed.



July 31, 09:00-10:00 p.m.
NOVA "The Planets: Jupiter"
Jupiter shaped life on Earth, delivering comets laden with water and perhaps even a fateful asteroid.

July 31, 10:00 p.m.-12:00 a.m.
FARTHEST - VOYAGER IN SPACE
Launched in 1977, NASA's epic Voyager missions revolutionized our understanding of our galaxy.

August 1, 01:00-02:00 a.m.
NOVA "The Planets: Jupiter"
Jupiter shaped life on Earth, delivering comets laden with water and perhaps even a fateful asteroid.

August 1, 02:00-04:00 a.m.
FARTHEST - VOYAGER IN SPACE
Launched in 1977, NASA's epic Voyager missions revolutionized our understanding of our galaxy.

August 7, 09:00-10:00 p.m.
NOVA "The Planets: Saturn"
NASA's Cassini explores Saturn for 13 years, looping through its icy rings and flying by its moons.

August 7, 10:00-11:00 p.m.
NOVA "To Catch a Comet"
The spacecraft Rosetta awakens for its mission to land on a comet speeding towards the sun.

August 8, 01:00-02:00 a.m.
NOVA "The Planets: Saturn"
NASA's Cassini explores Saturn for 13 years, looping through its icy rings and flying by its moons.

August 8, 02:00-03:00 a.m.
NOVA "To Catch a Comet"
The spacecraft Rosetta awakens for its mission to land on a comet speeding towards the sun.

August 8, 04:00-05:00 a.m.
NOVA "The Planets: Saturn"
NASA's Cassini explores Saturn for 13 years, looping through its icy rings and flying by its moons.

August 14, 08:00-09:00 p.m.
NOVA "Pluto and Beyond"
The New Horizons spacecraft attempts to fly by Ultima Thule, an object four billion miles from Earth.

August 14, 09:00-10:00 p.m.
NOVA "The Planets: Ice Worlds"
In the far reaches of the solar system, Uranus and Neptune dazzle with unexpected rings and moons.



August 15, 12:00-01:00 a.m.

NOVA "Pluto and Beyond"

The New Horizons spacecraft attempts to fly by Ultima Thule, an object four billion miles from Earth.

August 15, 01:00-02:00 a.m.

NOVA "The Planets: Ice Worlds"

In the far reaches of the solar system, Uranus and Neptune dazzle with unexpected rings and moons.

August 15, 03:00-04:00 a.m.

NOVA "Pluto and Beyond"

The New Horizons spacecraft attempts to fly by Ultima Thule, an object four billion miles from Earth.

August 15, 04:00-05:00 a.m.

NOVA "The Planets: Ice Worlds"

In the far reaches of the solar system, Uranus and Neptune dazzle with unexpected rings and moons.

August 27, 04:00-04:30 p.m.

FOR YOUR HOME "Taking Green Uptown"

A condo gets a green, chic makeover using the latest, innovative furnishings, ideas and projects.

August 28, 09:00-10:25 p.m.

LIFE FROM ABOVE "Moving Planet"

Cameras in space capture footage of the greatest and most powerful movements on our planet.

September 26, 12:00-01:00 a.m.

NILE: RIVERS OF LIFE "The Nile"

The Nile River provides a lifeline for Africa's wildest beasts and for some incredible cultures.

September 26, 01:00-02:00 a.m.

AMAZON: RIVERS OF LIFE

The Amazon river contains boiling streams, crystal clear lagoons, pink river dolphins and a new reef.

July 20, 08:30-09:50 p.m.

WHEN WE WERE APOLLO

The personal experiences of engineers, technicians and builders highlight the Apollo Space Program.

(C) Education

July 7, 06:00-07:00 p.m.

EISENHOWER'S SECRET WAR "From Warrior to President"

A look at the movement to draft Dwight Eisenhower as the Republican candidate for president in 1952.

July 7, 07:00-08:00 p.m.

EISENHOWER'S SECRET WAR "Building Weapons, Talking Peace"

President Eisenhower's battles against the Soviet Union in the escalating arms race are detailed.



July 15, 10:00-11:00 p.m.
COUNTING FROM INFINITY: YITANG ZHANG AND THE TWIN
Yitang "Tom" Zhang became a celebrity after discovering an important mathematical breakthrough.

July 16, 02:00-03:00 a.m.
COUNTING FROM INFINITY: YITANG ZHANG AND THE TWIN
Yitang "Tom" Zhang became a celebrity after discovering an important mathematical breakthrough.

September 1, 07:00-07:55 p.m.
GREAT ESCAPE
The audacious escape of Allied airmen from a Nazi P.O.W. camp during World War II is explored.

September 2, 04:00-04:55 a.m.
GREAT ESCAPE
The audacious escape of Allied airmen from a Nazi P.O.W. camp during World War II is explored.

July 20, 10:00-11:00 p.m.
HAWKING
The life of Stephen Hawking, one of the most remarkable minds of the modern age, is chronicled.

(D) Diversity/Minorities

July 17, 01:00-01:30 p.m.
RICK STEVES' EUROPE "Dublin and Mystical Sidetrips"
Dublin's story of feast and famine from its 18th-century Golden Age to its 20th-century struggles for independence to its boomtime today as seen through travel.

August 4, 08:00-08:30 a.m.
CLOSER TO TRUTH "What's Fine - Tuning In Cosmology?"
Cosmic conditions that allow complex structures depend on constants of nature. Is fine-tuning valid?

August 11, 08:00-08:30 a.m.
CLOSER TO TRUTH "What's Fine - Tuning In Physics?"
Why do the "constants of nature" have the values they do? Does fine-tuning cry out for explanation?

September 1, 08:00-08:30 a.m.
CLOSER TO TRUTH "What's Fine - Tuning In Physics?"
Why do the "constants of nature" have the values they do? Does fine-tuning cry out for explanation?

September 8, 08:00-08:30 a.m.
CLOSER TO TRUTH "Is The Anthropic Principle Significant?"
The Anthropic Principle is controversial. Does it convey deep insights or thwart science?



September 12, 01:00-01:30 p.m.

RICK STEVES' EUROPE "The Best of Sicily"

Sail from Naples to Palermo; Capuchin crypt, mosaics of Monreale, ruins of Siracusa, fiery rim of Mt. Etna.

September 13, 01:00-01:30 p.m.

RICK STEVES' EUROPE "Dublin and Mystical Side trips"

Explore the town's foreboding castle, patriotic jail, Trinity College and the Wicklow Mountains.

September 15, 08:00-08:30 a.m.

CLOSER TO TRUTH "What's Strong Emergence?"

Special laws of the scientific hierarchy, physics, chemistry, biology, psychology, are discussed.

September 16, 01:00-01:30 p.m.

RICK STEVES' EUROPE "South Ireland: Waterford to the Ring of Kerry"

Scenic charms include Waterford's crystal factory and Kinsale's star-shaped fortresses.

September 17, 01:00-01:30 p.m.

RICK STEVES' EUROPE "The Best of West Ireland: Dingle, Galway, and the"

Explore the rugged Aran Islands, a castle at a medieval folk banquet and the Dingle Peninsula.

September 28, 06:00-07:00 p.m.

FROM WEST BALTIMORE

Six young teens in West Baltimore, coming from a community plagued with violence, high unemployment, and generational poverty, share their days of being middle school students, their fears and hopes. Through their eyes, the traumatic reality of their neighborhoods is revealed, sharply contrasting to their optimism for the future.

September 29, 08:00-08:30 a.m.

CLOSER TO TRUTH "What Exists II?"

What's the ultimate stuff of reality? What's absolutely fundamental and non-reducible?

July 27, 07:00-07:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Mexico City and Ixtapa"

The world's largest metropolis is modern, crowded, cosmopolitan and steeped in tradition.

July 27, 08:00-08:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Queensland, Australia"

Visit sun-washed beaches, chic beachside towns, cliffs and rainforests and the Great Barrier Reef.

July 27, 08:30-09:00 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Oahu and Kauai"

Explore the state's Polynesian roots at the Bishop Museum and remember WWII history at Pearl Harbor.

July 27, 10:00-10:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Maui and Hawaii's Big Island"

Explores cascading waterfalls and takes a helicopter tour to the world's most active volcano.



July 27, 11:00-11:30 a.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Sydney"

Australia's stunning metropolis seduces with its glorious harbor, carefree attitude and beaches.

July 27, 07:00-07:30 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Mexico City and Ixtapa"

The world's largest metropolis is modern, crowded, cosmopolitan and steeped in tradition.

July 28, 01:00-01:30 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Mexico City and Ixtapa"

The world's largest metropolis is modern, crowded, cosmopolitan and steeped in tradition.

July 28, 02:00-02:30 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Queensland, Australia"

Visit sun-washed beaches, chic beachside towns, cliffs and rainforests and the Great Barrier Reef.

July 28, 02:30-03:00 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Oahu and Kauai"

Explore the state's Polynesian roots at the Bishop Museum and remember WWII history at Pearl Harbor.

July 28, 04:00-04:30 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Maui and Hawaii's Big Island"

Explores cascading waterfalls and takes a helicopter tour to the world's most active volcano.

July 28, 05:00-05:30 p.m.

SMART TRAVELS - PACIFIC RIM WITH RUDY MAXA "Sydney"

Australia's stunning metropolis seduces with its glorious harbor, carefree attitude and beaches.

August 6, 04:30-05:30 a.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

August 10, 04:00-05:00 p.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

August 11, 04:30-05:30 a.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

September 17, 04:30-05:30 a.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.



September 21, 04:00-05:00 p.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

September 22, 04:30-05:30 a.m.

RICHARD BANGS' ADVENTURES WITH PURPOSE PEARL RIVER

The adventurer explores the Pearl River Delta of South China in search of the roots of harmony.

(E) Government Issues

July 5, 07:00-07:30 p.m.

STATE CIRCLE

We begin with the health of the horse racing industry. While there continues to be a standoff over the future of Pimlico, another crisis this year created a more immediate threat to the entire industry. And, this year on State Circle we're focusing on higher education in a segment we call the College Road Trip. This week a visit to Frostburg State University.

July 12, 07:00-07:30 p.m.

STATE CIRCLE

Why the state's largest university is changing its name. First tonight, a call for marijuana legalization on the federal level.

July 19, 07:00-07:30 p.m.

STATE CIRCLE

A primer on how immigration law really works, plus, the coming fight over a data gold mine, the photos and other information on file at the MVA.

July 26, 07:00-07:30 p.m.

STATE CIRCLE

How a retired veteran is turning his communication skills from the Air Force into a second career and how Goucher College is making sure students today are ready for jobs tomorrow. But first, while summer might feel like it's just underway, it's already time to focus on back to school and Maryland's tax free shopping week.

August 2, 07:00-07:30 p.m.

STATE CIRCLE

A financial shock to a part of Maryland that has long suffered economically. Nearly 700 workers are losing their jobs as a paper mill closes after more than a century in business, plus how Maryland is gearing up for the census.

August 16, 07:00-07:30 p.m.

STATE CIRCLE

Inside the rumors about the future of the Orioles, plus a heavier caseload for federal prosecutors. They are on pace for a 50 percent increase in drug and gun cases this year.



August 23, 07:00-07:30 p.m.

STATE CIRCLE

New efforts to memorialize the dozens of victims of lynching's in Maryland history; A deep dive into the dead zone in the Chesapeake Bay.

August 30, 07:00-07:30 p.m.

STATE CIRCLE

What's new at National Harbor in Prince George's County this summer? Jeff Salkin and the State Circle crew take the show on the road for the latest attractions.

September 6, 07:00-07:30 p.m.

STATE CIRCLE

A first look at the new statues of two famous Marylanders, plus, the fight over a third Chesapeake Bay Bridge. The governor is backing construction of a new span near the two current bridges after a commission recommended three sites all of them touching Anne Arundel County.

September 6, 11:30 p.m.-12:00 a.m.

MCLAUGHLIN GROUP, THE "Wall Re-Appropriations; Brexit Chaos; Gun Control"

Guest: Emily Jashinsky, Writer at The Federalist. Wall Re-Appropriations; Brexit Chaos; Gun Control

September 8, 11:00-11:30 a.m.

MCLAUGHLIN GROUP, THE "Wall Re-Appropriations; Brexit Chaos; Gun Control"

Guest: Emily Jashinsky, Writer at The Federalist. Wall Re-Appropriations; Brexit Chaos; Gun Control

September 13, 07:00-07:30 p.m.

STATE CIRCLE

Caring for the caregivers, we'll learn about a new support system for people in front line health care roles, plus, a visit to the oldest continuously operated grist mill in the country.

September 13, 11:30 p.m.-12:00 a.m.

MCLAUGHLIN GROUP, THE "The Debate; Bolton Departure; Dan Bishop Victory/S"

The Issues: The Debate; Bolton departure; Dan Bishop victory/SCOTUS ruling; Afghanistan negotiations

Guest: Jim Antle, Editor, The American Conservative

September 15, 11:00-11:30 a.m.

MCLAUGHLIN GROUP, THE "The Debate; Bolton Departure; Dan Bishop Victory/S"

The Issues: The Debate; Bolton departure; Dan Bishop victory/SCOTUS ruling; Afghanistan negotiations

Guest: Jim Antle, Editor, The American Conservative

September 20, 07:00-07:30 p.m.

STATE CIRCLE

Tips for visiting the newly reopened Washington Monument. But first tonight both sides turning up the heat in the debate over increasing education funding. Advertising campaigns are being planned and this week a meeting of the Kirwan Commission turned contentious over a decision to close the doors



September 20, 11:30 p.m.-12:00 a.m.

MCLAUGHLIN GROUP, THE "An Act of War!; to Impeach Or Not to Impeach; News"

Topics: An Act of War!; to Impeach Or Not to Impeach; News That Was Fit to Print?; Unequal Branches of Government
Guest Host: Seth Berenzweig. Guest Panelist: Siraj Hashmi, Writer, Washington Examiner

September 22, 11:00-11:30 a.m.

MCLAUGHLIN GROUP, THE "An Act of War!; to Impeach Or Not to Impeach; News"

Topics: An Act of War!; to Impeach Or Not to Impeach; News That Was Fit to Print?; Unequal Branches of Government
Guest Host: Seth Berenzweig. Guest Panelist: Siraj Hashmi, Writer, Washington Examiner

September 27, 07:00-07:30 p.m.

STATE CIRCLE

Inside the numbers of the new Goucher poll. Plus, members of the Maryland Congressional Delegation are lining up behind an impeachment probe of President Trump.

September 27, 11:30 p.m.-12:00 a.m.

MCLAUGHLIN GROUP, THE "From Ukraine with Impeachment; Globalism Versus Nationalism At United Nations"

Guest: Shermichael Singleton; Writer & Political Consultant
Topics: From Ukraine With Impeachment; Globalism Versus Nationalism

September 29, 11:00-11:30 a.m.

MCLAUGHLIN GROUP, THE "From Ukraine with Impeachment; Globalism Versus Nationalism At United Nations"

Guest: Shermichael Singleton; Writer & Political Consultant
Topics: From Ukraine With Impeachment; Globalism Versus Nationalism