



**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 "Happy Feet, Healthy Body"

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

July 3, 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 4, 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 7, 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 8, 05:06-05:36 a.m.

SIT AND BE FIT "Controlled Breathing"

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

July 10, 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 11, 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 12, 05:00-05:30 a.m.

SIT AND BE FIT "Breathing"

Mary Ann offers several techniques to develop healthy breathing habits.

July 13, 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 15, 05:07-05:37 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 18, 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 19, 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.

July 20, 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.

July 25, 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.

July 26, 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.

July 29, 05:01-05:31 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.

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

SIT AND BE FIT "Core Strengthening"

Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.

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

SIT AND BE FIT "Strength Coordination"

This episode features a potpourri of movements to enhance strength and coordination.

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

SIT AND BE FIT "Reaction Time"

Mary Ann shows how to use a ball to test your reaction time.

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

SIT AND BE FIT "Balance"

Improving balance through weight training, stretching and leg strengthening is demonstrated.

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

SIT AND BE FIT "Pelvic Floor"

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

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

SIT AND BE FIT "Facial Exercises"

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

July 28, 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.

August 1, 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 2, 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 3, 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 4, 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 5, 05:02-05:32 a.m.

SIT AND BE FIT "Hip Mobility"

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

August 12, 06:30-08:30 a.m.

DR. FUHRMAN'S END DIETING FOREVER!

Dr. Fuhrman discusses a lifestyle in which you seek foods and recipes that are nutrient rich.

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

YOUNG FOREVER WITH MARK HYMAN, MD

Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

August 13, 11:15 p.m.-01:15 a.m.

DR. FUHRMAN'S END DIETING FOREVER!

Dr. Fuhrman discusses a lifestyle in which you seek foods and recipes that are nutrient rich.

August 16, 12:30-02:30 a.m.

YOUNG FOREVER WITH MARK HYMAN, MD

Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

August 17, 02:30-04:00 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 20, 03:00-04:00 a.m.

AGING BACKWARDS 3 WITH MIRANDA ESMONDE-WHITE

Learn how to keep your mind sharp and your body active as you age using gentle daily movement.

August 24, 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.

August 28, 02:15-03:45 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 30, 05:00-05:30 a.m.

SIT AND BE FIT "Muscle Isolations"

Mary Ann focuses on building a strong core with muscle isolations that target the pelvic floor.

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

SIT AND BE FIT "Grow Strong Effortlessly"

A variety of exercises to improve circulation, range of motion, mobility and balance are showcased.

August 1, 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.

August 4, 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.

August 10, 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.

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

SIT AND BE FIT "Static Balance"

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

August 14, 07:30-08:00 a.m.

SIT AND BE FIT "Pelvic & Ribcage Mobility"

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

August 15, 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.

August 16, 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.

August 18, 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.

August 21, 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.

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

SIT AND BE FIT "Better Balance"

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

August 23, 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 24, 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 25, 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 29, 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 30, 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 31, 07:30-08:00 a.m.

SIT AND BE FIT "Myofascial Relief & Gait"

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

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

SIT AND BE FIT "Warm Up, Circulate, Strengthen & Stretch"

Mary Ann introduces new exercises using a ball to improve dexterity and proper body mechanics.

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

SIT AND BE FIT "Functional Feel-Good Exercises"

Mary Ann introduces towel exercises to strengthen postural muscles and improve range of motion.

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

SIT AND BE FIT "Breathing, Posture and Balance"

Mary Ann uses a towel to improve tactile stimulation, grip strength and wrist flexibility.

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

SIT AND BE FIT "Exercise Potpourri"

Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength.

September 9, 05:01-05:31 a.m.

SIT AND BE FIT "Fun Exercises for the Core and More"

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.

September 10, 08:30-09:00 a.m.

YOGA IN PRACTICE "Breathing Into Awareness"

Learn how to align the general foundation of a pose to create overall steadiness and focus.

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

SIT AND BE FIT "Core Strengthening"

Mary Ann uses hand weights and a ball to strengthen the abdominal muscles.

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

SIT AND BE FIT "Healthy Aging"

A variety of unique exercises are introduced which are all designed to promote healthy aging.

September 23, 06:30-08:30 a.m.

YOUNG FOREVER WITH MARK HYMAN, MD

Dr. Mark Hyman explores the biological hallmarks of aging, their causes and their consequences and how to overcome them with simple dietary and lifestyle strategies.

September 23, 10:00-11:30 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.

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

SIT AND BE FIT "Strength Coordination"

This episode features a potpourri of movements to enhance strength and coordination.

September 27, 05:00-05:30 a.m.

SIT AND BE FIT "Reaction Time"

Mary Ann shows how to use a ball to test your reaction time.

September 28, 05:00-05:30 a.m.

SIT AND BE FIT "Balance"

Improving balance through weight training, stretching and leg strengthening is demonstrated.



September 4, 07:30-08:00 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.

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

SIT AND BE FIT "Finger Dexterity"

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

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

SIT AND BE FIT "All Systems Go!"

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

September 8, 07:30-08:00 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.

September 12, 07:30-08:00 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.

September 14, 07:30-08:00 a.m.

SIT AND BE FIT "Controlled Breathing"

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

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

SIT AND BE FIT "Vestibular and Core"

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

September 20, 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.

September 21, 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.

September 26, 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 27, 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 28, 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.

## **(B) Environment/Ecology**

July 5, 10:00-11:00 p.m.

NOVA "The Planets: Inner Worlds"

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

July 13, 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 19, 10:00-11:00 p.m.

NOVA "The Planets: Jupiter"

Jupiter shaped life on Earth, delivering comets laden with water and perhaps even a fateful asteroid.

July 26, 10:00-11:00 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 2, 10:00-11:00 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 9, 10:00-11:00 p.m.

NOVA "Bat Superpowers"

From caves in Texas to labs around the globe, scientists are decoding the superpowers of the bat.

September 6, 09:00-10:00 p.m.

NOVA "Saving Venice"

Rising seas and sinking land threaten to destroy Venice. Can a new hi-tech flood barrier save it?

### **(C) Education**

July 5, 12:03-01:03 a.m.

GETTYSBURG STORY

The story of Gettysburg is told with breathtaking imagery of legendary places of the battlefield.

August 22, 10:00-11:00 p.m.

AMERICAN EXPERIENCE "Fatal Flood"

A story of greed, power and race during one of America's greatest natural disasters is chronicled.

September 13, 09:00-10:00 p.m.

NOVA "Rebuilding Notre Dame"

Engineers, masons and timber workers work to restore Paris's iconic Notre Dame Cathedral.

September 20, 09:00-10:00 p.m.

NOVA "London Super Tunnel"

For over a decade, more than 10,000 engineers and construction workers hurry to build a brand-new subterranean railroad under London: the Elizabeth Line. Facing delays and cost overruns worsened by the pandemic, the engineers and technicians race to create 10 new stations, learn to operate the new trains and test out new 13-mile twin tunnels.

## **(D) Diversity/Minorities**

July 17, 09:00-10:00 p.m.

### **SABBATH "Part 1"**

From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a “tech-Sabbath” SABBATH ties together our collective history, our health practices, our response to God’s invitation and the search for a more sustainable way of life

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

### **SABBATH "Part 2"**

From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a “tech-Sabbath” SABBATH ties together our collective history, our health practices, our response to God’s invitation and the search for a more sustainable way of life

August 13, 08:30-10:00 a.m.

### **HARRIET TUBMAN: VISIONS OF FREEDOM**

Go beyond the legend and meet the woman who became of the greatest freedom fighters in U.S. history.

August 13, 10:00-11:30 a.m.

### **BECOMING FREDERICK DOUGLASS**

Explore the role Fredrick Douglass played in securing the right to freedom for African Americans.

August 26, 10:00-11:30 p.m.

### **QUINCY JONES A MUSICAL CELEBRATION IN PARIS**

World-class musicians perform "Soul Bossa Nova," "Billie Jean" and more to celebrate Quincy Jones.

August 27, 02:00-03:30 p.m.

### **BECOMING FREDERICK DOUGLASS**

Explore the role Fredrick Douglass played in securing the right to freedom for African Americans.

August 27, 03:30-05:00 p.m.

### **HARRIET TUBMAN: VISIONS OF FREEDOM**

Go beyond the legend and meet the woman who became of the greatest freedom fighters in U.S. history.

August 16, 08:00-09:30 p.m.

**UNDERGROUND RAILROAD: THE WILLIAM STILL STORY**

Discover the inspiring story of William Still, one of the most important heroes of the Underground Railroad. The documentary blends history, characters and evocative reenactments with sometimes shocking, often touching, accounts from the day.

August 16, 09:30-11:00 p.m.

**HARRIET TUBMAN: VISIONS OF FREEDOM**

Go beyond the legend and meet the woman who became one of the greatest freedom fighters in U.S. history.

September 17, 04:00-05:00 p.m.

**SABBATH "Part 1"**

From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a "tech-Sabbath" SABBATH ties together our collective history, our health practices, our response to God's invitation and the search for a more sustainable way of life

September 17, 05:00-06:00 p.m.

**SABBATH "Part 2"**

From the Biblical accounts of Creation, to the 10 Commandments. to the Puritans landing in the New World, to the contemporary practice of a "tech-Sabbath" SABBATH ties together our collective history, our health practices, our response to God's invitation and the search for a more sustainable way of life

September 24, 06:00-07:55 p.m.

**MORGAN CHOIR, THE: A JOYFUL CELEBRATION**

Diverse repertoire by award-winning choir dir. by the late Dr. Nathan Carter.

September 5, 08:00-08:50 p.m.

**HAMPTON UNIVERSITY: ONE OF THE WONDERS OF THE WORLD**

The history of Hampton University and the legacy of past-President, Dr. William R. Harvey.

September 7, 07:30-08:00 p.m.

**FIRST GEN: FROM WEST BALTIMORE**

Five young adults from West Baltimore become the first in their families to go to college.

September 7, 08:30-09:00 p.m.

**OUR BLUES MAKE US GOLD**

The 130-year history and legacy of North Carolina A&T State University in Greensboro, NC.

September 10, 02:00-02:50 p.m.

**HAMPTON UNIVERSITY: ONE OF THE WONDERS OF THE WORLD**

The history of Hampton University and the legacy of past-President, Dr. William R. Harvey.

September 10, 04:30-05:25 p.m.

**LEGACY OF OPPORTUNITY: THE HISTORY OF DELAWARE STATE UNIVERSITY**

The history and legacy of Delaware State University, Delaware's only HBCU.

September 10, 08:00-09:25 p.m.

**JEWS OF THE WILD WEST**

Discovering Jewish pioneers from the silver screen and real life helped shape the expansion of the US.

September 12, 10:00-11:00 p.m.

**STREIT'S: MATZO AND THE AMERICAN DREAM**

Streit's factory in New York is a fifth-generation family business that stays true to tradition.

September 17, 03:00-03:55 p.m.

**OUT OF THE BLOCKS**

COVID's impact on the lives and communities of the people living on the blocks of Baltimore, Seattle, Charleston, and Pine Ridge Indian Reservation of South Dakota.

**(E) Government Issues**

July 7, 07:00-07:30 p.m.

**STATE CIRCLE "Cannabis Sales; Author On Racial Violence & Mass S"**

Weed week one, how legal recreational cannabis sales are going, plus the author of a new book on racial violence and mass shootings in Maryland.

July 14, 07:00-07:30 p.m.

**STATE CIRCLE "Rolling Out The Red Line"**

Which flags should be displayed at local schools? Rolling out the Red Line - residents weigh-in; and are Maryland leaders changing their strategy on gun violence?

July 21, 07:00-07:30 p.m.

STATE CIRCLE "New Book: Life of Late Md Senator Daniel Brewster"

Portraits of a former first couple are unveiled, wounded warriors get to take a break with a day on the Bay, and a new book looks at the life of the late Maryland Senator Daniel Brewster.

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

STATE CIRCLE "County Governments Crack Down On Rent Increases: A"

County governments clamping down on landlords who are jacking up the rent, why opponents say the new laws could backfire, plus Attorney General Anthony Brown.

August 4, 07:00-07:30 p.m.

STATE CIRCLE "Preserving Segregated School History; Local Children"

Preserving the history of segregated schools, a local author helping children embrace their uniqueness, plus, one of the leading candidates for an open U.S. Senate Seat.

August 11, 07:00-07:30 p.m.

STATE CIRCLE "Upcoming Sales Tax Holiday"

How can you save some money during the upcoming sales tax holiday, how Maryland's historically black colleges are gaining momentum, plus, how the year old crisis hotline number is working.

August 18, 07:00-07:30 p.m.

STATE CIRCLE "Children Returning to School. Hbcu Week Preview."

Helping families deal with the stress and anxiety of kids returning to school, an HBCU Week preview with the President of Bowie State University, and the state's newest cabinet agency is open for business.

August 25, 07:00-07:30 p.m.

STATE CIRCLE "Troubled State Budget Times Ahead?"

A Maryland choir selected for a D-Day Commemoration in Normandy, an HBCU Week interview with the outgoing president of Howard University, and troubled state budget times ahead?

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

STATE CIRCLE "Ciaa Basketball Tournament In Baltimore"

Plans for an even bigger and better CIAA Basketball tournament in Baltimore, plus a conversation with one of the top candidates for an open U.S. Senate seat in Maryland.

September 13, 07:00-08:00 p.m.

**ASK THE GOVERNOR: EXAMINING EDUCATION**

A landmark education bill became law in 2021. And now change is underway in Maryland's classrooms. What does it all mean for students, teachers, and parents? Governor Wes Moore joins Jeff Salkin to answer your questions. Learn more about the Blueprint for Maryland's future as we examine education

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

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

**STATE CIRCLE "Md National Guard's Future In Aviation"**

The Maryland National Guard's future in aviation is up in the air, we'll have a conversation with the state's new top general and we'll examine the state of education in Maryland with Governor Moore.

September 17, 12:00 p.m.-01:00 p.m.

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September 22, 07:00-07:30 p.m.

**STATE CIRCLE "Phasing Out Gasoline Powered Cars"**

Maryland's goal for phasing out gasoline powered cars, can the deadline be met? A change in leadership at the State's environmental research university and an interview with a top candidate running for U.S. Senate.

September 16, 08:00-09:00 p.m.

**ASK THE GOVERNOR: EXAMINING EDUCATION**

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classrooms. What does it all mean for students, teachers, and parents? Governor Wes Moore joins Jeff Salkin to answer your questions. Learn more about the Blueprint for Maryland's future as we examine education.