



Topics:

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

(A) Health Issues

April 1, 07:30-09:30 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.

April 1, 09:30-11:00 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.

April 17, 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.

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

SIT AND BE FIT "Brain and Balance"

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

April 22, 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.

April 24, 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.



April 29, 05:15-05:45 a.m.

SIT AND BE FIT "Breathing, Posture and Balance"

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

May 1, 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.

May 6, 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.

May 6, 08:30-09:30 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.

May 16, 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.

May 17, 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.

May 30, 05:00-05:30 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.

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

SIT AND BE FIT "Vestibular System"

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

April 3, 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.



April 11, 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.

April 13, 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.

April 14, 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.

SIT AND BE FIT "Back Health"

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

April 25, 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.

April 27, 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.

May 4, 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.

May 9, 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.

May 11, 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.



May 12, 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.

May 15, 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.

May 17, 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.

June 3, 02:00-04:00 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.

June 4, 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.

June 7, 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.

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

SIT AND BE FIT "Kinesthetic Awareness"

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

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

SIT AND BE FIT "Static Balance"

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

June 13, 05:00-05:30 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.



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

SIT AND BE FIT "Neuromuscular Coordination"

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

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

SIT AND BE FIT "Strengthening Muscles & Joints"

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

June 17, 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.

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

SIT AND BE FIT "Better Balance"

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

June 20, 05:00-05:30 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.

June 22, 05:00-05:30 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.

June 26, 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.

June 27, 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.

June 30, 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.



June 3, 11:00 a.m.-01:00 p.m.

YOUNG FOREVER WITH MARK HYMAN, MD

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June 4, 01:00-02:30 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.

June 7, 11:00 p.m.-12:00 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.

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

SIT AND BE FIT "Lymphatic Health Special"

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

June 13, 07:30-08:00 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.

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

SIT AND BE FIT "Muscle Isolations"

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

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

SIT AND BE FIT "Grow Strong Effortlessly"

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

June 17, 11:00 a.m.-12:00 p.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.

June 18, 10:30 a.m.-12:30 p.m.

DR. FUHRMAN'S END DIETING FOREVER!

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



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

SIT AND BE FIT "Functional Feel-Good Exercises"

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

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

SIT AND BE FIT "Exercise Potpourri"

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

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

SIT AND BE FIT "Core Strength and Yoga Inspired Exercises"

Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening.

June 28, 07:30-08:00 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.

April 9, 08:30-09:00 a.m.

CLOSER TO TRUTH "Can Music Probe Human Mentality?"

A look at how music alters mental states and what this alteration reveals about mental states.

April 16, 08:30-09:00 a.m.

CLOSER TO TRUTH "What Would Transhuman Brains Mean?"

Brain enhancements are discussed. What happens to personal identity? What about moral standing?

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

NOVA "Your Brain: Perception Deception"

Neuroscientists discover the tricks and shortcuts the brain takes to help us survive.

May 18, 01:00-02:00 a.m.

NOVA "Your Brain: Perception Deception"

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(B) Environment/Ecology

April 5, 09:00-10:00 p.m.

NOVA "Arctic Sinkholes"

Scientists examine evidence that melting soil in the Arctic is releasing vast amounts of methane.

April 6, 01:00-02:00 a.m.

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April 12, 09:00-10:00 p.m.

NOVA "Weathering the Future"

With hotter heat waves to more intense rainstorms, the weather is constantly changing.

April 16, 07:30-08:00 p.m.

CREATURES OF THE CHESAPEAKE

An intimate look at the most fascinating, iconic and overlooked species in the Chesapeake.

April 17, 10:00-11:00 p.m.

CONOWINGO DAM: POWER ON THE SUSQUEHANNA

The many tales surrounding Conowingo Dam's unique history take center stage in this one-hour documentary. See the chronicle of its construction atop river bedrock, tales of ancient Native American petroglyphs, an ode to a small sunken town, the dam's tense battle against a Storm of the Century, and more!

April 18, 09:30-10:00 p.m.

POWER OF THE PADDLE

Chris Hopkinson's 240-mile paddleboard journey down the Chesapeake for oyster recovery.

April 19, 08:00-08:30 p.m.

UPSTREAM, DOWNRIVER

Frontline activists fight for clean water equity and climate justice across the U.S.

April 19, 10:15-10:35 p.m.

BAYOU CITY

A look at Houston's relationship with its bayous and the work being done to protect them.



April 20, 09:30-10:00 p.m.

OYSTERFEST

Festival of 3 short films about oysters and their impact on the Chesapeake Bay.

April 21, 10:41-11:11 p.m.

CREATURES OF THE CHESAPEAKE

An intimate look at the most fascinating, iconic and overlooked species in the Chesapeake.

April 22, 09:00-09:55 a.m.

WETLANDS OF WONDER: THE HIDDEN WORLD OF VERNAL POOLS

A look at vernal pools, seasonal wetland ecosystems found in Delaware and Maryland.

April 22, 04:46-05:01 p.m.

COLD-STUNNED

Every year, The National Aquarium works to rescue and return home stranded sea turtles.

April 23, 01:00-01:30 p.m.

FOREST HER: THE NEXT WAVE OF CONSERVATION

Exploration of the historical roles women have provided in forest management.

April 26, 09:00-10:00 p.m.

NOVA "Chasing Carbon Zero"

Is achieving net zero carbon emissions by 2050 feasible? Join NOVA and change carbon zero.

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

NOVA "Saving the Right Whale"

Follow scientists determined to save the critically endangered right whale.

May 11, 01:00-02:00 a.m.

NOVA "Hidden Volcano Abyss"

Join scientists as they investigate one of the most powerful volcanic eruptions in recorded history.

April 20, 10:00-10:30 p.m.

TIDEWATER

Sea level rise effects on the military & surrounding municipalities of Hampton Roads, VA.



(C) Education

April 21, 07:30-08:00 p.m.

SEARCH FOR THE USS SCORPION

Underwater archaeologists explore a War of 1812 shipwreck in the Patuxent River in an attempt to piece together a lost chapter of history.

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

NOVA "Your Brain: Who's In Control?"

Dive into the subconscious to see what's really driving the decisions you make.

May 31, 09:00-10:00 p.m.

NOVA "Why Ships Crash"

The 2021 crash of the Ever Given container ship in the Suez Canal and its impact are investigated.

May 6, 08:00-09:00 p.m.

CHARLES R: THE MAKING OF A MONARCH

The documentary explores the past 74 years that Charles has been a king in the making, showing his life as captured on film, home movies and TV cameras.

June 1, 01:00-02:00 a.m.

NOVA "Why Ships Crash"

The 2021 crash of the Ever Given container ship in the Suez Canal and its impact are investigated.

June 21, 09:00-10:00 p.m.

NOVA "Why Bridges Collapse"

In 2018, Italy's Morandi Bridge collapsed, killing 43 people. NOVA investigates what went wrong.

June 28, 09:00-10:00 p.m.

NOVA "Ice Age Footprints"

Thousands of prehistoric footprints in New Mexico's White Sands National Park are explored.

June 28, 10:00-11:00 p.m.

NOVA "Emperor's Ghost Army"

The 8,000 buried clay warriors of China's first emperor are researched using 3 D computer modeling.



June 29, 01:00-02:00 a.m.

NOVA "Ice Age Footprints"

Thousands of prehistoric footprints in New Mexico's White Sands National Park are explored.

(D) Diversity/Minorities

April 1, 03:00-04:30 a.m.

AMERICAN MASTERS "Roberta Flack"

Follow music icon, Roberta Flack from a piano lounge through her rise to stardom.

April 2, 01:00-02:30 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.

April 2, 02:30-04:00 p.m.

BECOMING FREDERICK DOUGLASS

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

April 8, 07:00-08:00 p.m.

THEY SURVIVED TOGETHER

The story of the Neiger family's escape from certain death in the Nazi occupied Ghetto of Krakow.

April 9, 03:00-04:00 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.

April 9, 04:00-05:00 p.m.

SPIRITUAL AUDACITY: THE ABRAHAM JOSHUA HESCHEL STORY

An engaging profile of one of the 20th century's most prominent Jewish theologians and philosophers.

April 15, 11:30 a.m.-01:00 p.m.

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April 24, 09:00-09:55 p.m.

GO-GO CITY: DISPLACEMENT & PROTEST IN WASHINGTON,

Exploration of the intersection of go-go music, gentrification, and racial justice in DC.

April 25, 01:30-02:25 a.m.

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Exploration of the intersection of go-go music, gentrification, and racial justice in DC.

April 29, 09:00-10:25 p.m.

JEWS OF THE WILD WEST

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

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

NORMAN MINETA AND HIS LEGACY: AN AMERICAN STORY

Meet the statesman who served as cabinet secretary for Presidents Clinton and George W. Bush.

April 3, 09:00-10:25 p.m.

JEWS OF THE WILD WEST

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

June 3, 02:00-03:30 p.m.

QUINCY JONES A MUSICAL CELEBRATION IN PARIS

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

June 9, 01:00-02:30 p.m.

JEWISH JOURNEY: AMERICA

Jewish life in the old country and the establishment of communities in America are highlighted.

June 10, 02:30-04:00 p.m.

BECOMING FREDERICK DOUGLASS

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



June 10, 04:00-05:30 p.m.

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June 11, 10:00-11:30 a.m.

GREAT PERFORMANCES "The Magic of Spirituals"

Glimpse behind the curtain at opera stars Kathleen Battle and Jessye Norman's famed 1990 concert.

June 13, 08:00-09:00 p.m.

JEWISH JOURNEY: AMERICA

Jewish life in the old country and the establishment of communities in America are highlighted.

June 17, 02:30-04:25 p.m.

MORGAN CHOIR, THE: A JOYFUL CELEBRATION

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

June 24, 07:00-08:00 p.m.

SABBATH "Part 1"

SABBATH is an expansive look at the Commandment to "rest" and "keep holy the Lord's Day" across religions and cultures throughout America. From the first Pilgrim settlements to the large-scale religious gatherings of today to how COVID has changed the way Americans gather for worship, the film explores how Sabbath has been and continues to be an important theme etched into the story of America.

June 24, 08:00-09:00 p.m.

SABBATH "Part 2"

SABBATH is an expansive look at the Commandment to "rest" and "keep holy the Lord's Day" across religions and cultures throughout America. From the first Pilgrim settlements to the large-scale religious gatherings of today to how COVID has changed the way Americans gather for worship, the film explores how Sabbath has been and continues to be an important theme etched into the story of America.



June 25, 12:00-01:00 a.m.

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

JEWISH JOURNEY: AMERICA

Jewish life in the old country and the establishment of communities in America are highlighted.

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

RICK STEVES' EUROPE "Dublin and Mystical Side Trips"

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

June 23, 11:00-11:30 a.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.

June 24, 06:00-06:30 p.m.

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

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

(E) Government Issues

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

STATE CIRCLE "Mission to the Moon"

A new report alleging crime and cover-up by the Catholic Church, a push for health coverage for more immigrants, and we'll meet the Maryland native set to lead NASA's moon mission.

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

STATE CIRCLE "2023 Legislative Session Overview"

The 2023 Legislative Session is in the history books, what the Governor, Senate President, House Speaker and Republican leadership have to say about it.

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

STATE CIRCLE "Protecting The Chesapeake Bay"

What if the Chesapeake Bay was one big park? A new leader for Natural Resources and kids leading the way on the environment.

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

STATE CIRCLE "Former Speaker of the House Cas Taylor"

Global leaders connecting communities of color, scandal at the State's veteran's homes and looking back on the life of former Speaker of the House Cas Taylor.

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

STATE CIRCLE "Wind Energy. Cannabis Legalization. Ben Cardin."

Ramping up the business of wind energy, cannabis entrepreneurs getting a jump on legalization and Senator Ben Cardin stepping down.



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

STATE CIRCLE "College Enrollment Bounce Back? Veteran Pain to Pr"

Will the College enrollment bounce back? Veterans turning pain to profit and a one-track state of mind for the Maryland horse racing industry.

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

STATE CIRCLE

"This Year's Running of the Preakness"

A new report on pandemic learning loss, a statue of Harriet Tubman making a big impression and the pageantry, promises and concerns surrounding this year's running of the Preakness.

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

STATE CIRCLE "Protecting the Chesapeake Bay"

What if the Chesapeake Bay was one big park? A new leader for Natural Resources and kids leading the way on the environment.

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

STATE CIRCLE "Debt Ceiling Deal"

Young athletes using their platforms to promote social justice, analyzing the debt ceiling deal and a new strategy for dealing with low-level crime.

June 9, 07:00-07:30 p.m.

STATE CIRCLE "A New Economic Plan for Baltimore"

A new economic plan for Baltimore, a new report on the economic impact of the CIAA Basketball tournament, plus, Governor Moore signs an executive order to protect gender related health care in Maryland.

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

STATE CIRCLE "Juneteenth. Legalized Marijuana."

Maryland performers on a big stage for Juneteenth, local governments preparing for day one of legal marijuana, plus a new state effort to build religious tolerance in Maryland.

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

STATE CIRCLE "The Red Line Back On Track."

Empowering veterans and active duty military families, the state's top court takes aim at expert ballistics testimony, and the Red Line back on track.