

CHILDREN’S TELEVISION PROGRAMMING COMMERCIAL CERTIFICATION

KING TV (“Station”) certifies that all 12-and-under children’s TV programs carried during this quarter on its primary and multicast streams were formatted so that, as a matter of standard policy and practice, the programs would not exceed the “commercial matter” time limits of 73.670(a) of the FCC’s rules: Weekdays: 12 minutes in any clock-hour children’s programming (6 minutes in a stand-alone half-hour program); Weekends: 10.5 minutes in any clock-hour children’s programming (5.25 minutes in a stand-alone half-hour program). Programming promos, with certain exceptions, count as commercial matter.

<p>Program Title</p> <p><i>List all network and non-network 12-and-under children’s programs carried on primary and multicast channels.</i></p> <hr/> <p>There were no 12-and-under children’s programs carried on the KING 5.1 primary channel or the KING 5.2 multicast channel (Justice Network) for the quarter ending December 31, 2017.</p> <hr/> <hr/> <hr/>

- 1. Network-provided commercial limit certifications are attached in Appendix A.
- 2. Station certifies that there were no time periods during the quarter in which the “commercial matter” time limits stated above were exceeded during 12-and-under children’s programming.

<u>X</u>	_____
Yes	No

If no, provide details of each such instance in Appendix B.

- 3. Station certifies that, during the quarter, it has complied with the commercial requirements of Sections 73.670(b), (c) and (d) of the FCC’s rules regarding the display of Internet website addresses during 12-and-under children’s programming.

<u>X</u>	_____
Yes	No

If no, provide details in Appendix C.

I hereby state, under penalty of perjury, that the foregoing is true, correct and complete to the best of my knowledge, information and belief.



January 3, 2018
Date

Michael Loranger, KING & KONG Programming Manager

Attached commercial certification or confirmation provided by network and program suppliers.

Note Regarding FCC's Video Description Rules: The programs supplied in The More You Know block are video-described to provide a better viewing experience for blind or visually impaired children. Under the FCC's video description rules that became effective on July 1, 2015, full-power affiliates of the ABC, CBS, Fox and NBC networks that are located in the top 60 television markets must provide 50 hours per calendar quarter of video-described programming during prime time or in children's programming. A video described program may be counted toward the 50 hours when it is originally aired and on one re-airing. Although much of the programming aired with video description is likely to be newly produced, stations may count any program they are airing for the first or second time with video description after the effective date, even if the program aired on that station without video description prior to the effective date. Similarly, a station may count programming toward its 50-hour obligation even if that programming has aired elsewhere with video description, as long as it is airing with description for the first or second time on that station.

4th QUARTER 2017
EDUCATIONAL OBJECTIVES and SHOW SUMMARIES
[AGE TARGET 13-16]
October 1, 2017 – December 31, 2017

In the 4th Quarter of 2017, NBC continued airing The More You Know Educational/Informational programming block, designed for older adolescent children, ages 13-16. Each of the six shows has a hosted format, featuring non-fiction, informative programming that extends NBC's iconic The More You Know brand to Saturday mornings. The audience views inspiring stories about the environment, social change, health and wellness, and community engagement.

THE VOYAGER WITH JOSH GARCIA

The Voyager with Josh Garcia is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. The Voyager with Josh Garcia takes viewers on an exciting and immersive journey around the globe with world traveler and host, Josh Garcia. Each episode gives audiences access to the world's most incredible destinations as Josh seeks out the truly authentic experiences one can only find when shown by a knowledgeable and passionate guide. In each episode, Josh learns how to prepare an authentic, regional meal, visits a local artisan to learn about their trade and craft, and samples the culture while learning about the heritage of the region's population, showing viewers what is so unique about each city he visits. The Voyager with Josh Garcia brings viewers on an enthralling adventure to explore the people and cultures that make our world so breathtaking.

WILDERNESS VET

Wilderness Vet is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Wilderness Vet follows veterinarian Dr. Michelle Oakley, and features compelling stories from one of the most rugged areas on the planet, the Yukon. Dr. Oakley travels to homes, farms, and wildlife preserves across the Yukon to help animals in need, while balancing life at her home clinic. Providing a glimpse into a fascinating career choice, Wilderness Vet will show viewers the hard work and dedication involved in the rescue and rehabilitation of animals, while imparting tips to help keep all furry friends healthy.

JOURNEY WITH DYLAN DREYER

Journey with Dylan Dreyer is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Journey with Dylan Dreyer is a wondrous celebration of nature. Hosted by meteorologist Dylan Dreyer, this series features breathtaking cinematography that will bring viewers up-close and personal with creatures big and small, from the black bears of Montana to polar bears in the Arctic. Audiences will have a unique platform to see animals living in their natural habitat, and will learn about the circle of life along the way. Journey with Dylan Dreyer also explores natural wonders of the world, including the migration of 1.5 million animals traveling over 500 miles across the Serengeti in Tanzania and Kenya. Viewers will uncover these amazing facts of nature, and learn why it's so important to protect Earth's natural resources and all its inhabitants.

NATURALLY, DANNY SEO

Naturally, Danny Seo is a live action, half-hour television program designed to meet the educational and informational needs of children aged 13-16. Naturally, Danny Seo is a series about seeking a healthier lifestyle by learning the science behind eating well, exercising your mind and body, and caring for our planet. Host Danny Seo is a leading authority on eco-friendly living, and has devoted his career to the idea that caring for the environment can go hand-in-hand with enjoying time with family and friends, sharing delicious and healthy meals, while creating an environmentally friendly home. In each episode of Naturally, Danny Seo, viewers will be introduced to inspiring ideas from fun and healthy recipes, to easy and sustainable crafts. Viewers will learn how to embrace a natural lifestyle, easily and beautifully, along with quick tips on green living.

“CORE PROGRAMMING”
PROGRAMMING FURNISHED BY THE NBC NETWORK THAT IS SPECIFICALLY
DESIGNED TO SERVE THE EDUCATIONAL AND INFORMATIONAL NEEDS OF CHILDREN
16 AND UNDER
[AGE TARGET 13-16]
October 1, 2017 – December 31, 2017

Airdate: 10/7/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FIRST CITY OF THE LAST FRONTIER [VJG202]

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

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

Airdate: 10/7/2017

Time:

Duration: 30:00

WILDERNESS VET

EQUINE E.R. [WDV202]

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

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

Airdate: 10/7/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEARS [JDD202]

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

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

Airdate: 10/7/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SECOND CHANCE KITCHEN [NDS202]

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

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

Airdate: 10/14/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE TEA IN TAIPEI [VJG203]

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

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

Airdate: 10/14/2017

Time:

Duration: 30:00

WILDERNESS VET

LARGE AND IN CHARGE [WDV203]

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

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

Airdate: 10/14/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE GREAT LAKES [JDD203]

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

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

Airdate: 10/14/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

FALLEN FRUIT [NDS203]

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

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

Airdate: 10/21/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA
NATURE'S MASTERPIECE [VJG204]

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

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

Airdate: 10/21/2017

Time:

Duration: 30:00

WILDERNESS VET
CURING CANINES [WDV204]

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

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

Airdate: 10/21/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER
WOLVES [JDD204]

Join host Dylan Dreyer for an up-close look at the remarkable story of one of the world's most tenacious species, and our closest fellow predator, the wolf. We're on an epic adventure through the wilderness of North America, tracking some of the most elusive subjects ever caught on screen - and we'll learn how careful management and conservation are working to protect this important and majestic creature. We begin our Journey in the mountains of Yellowstone, where we'll follow a mother grey wolf that has just given birth to a litter of pups. Here we'll learn how the entire wolf pack helps with the feeding, protection, training and socialization of the pups. Next, we'll follow members of the Nez Perce Wolf Recovery Program as they reintroduce wolves to central Idaho. We'll learn how this group relies on modern tools, such as radio collars

and telemetry, to help them monitor, collect data, and protect the wolves of Idaho. Next, we'll follow a group of biologists and their wolf ambassador as they strive to educate and change public opinion about wolves. Due in part to their efforts, children today are learning that wolves are not simply something to fear, but animals to protect and revere. Finally, we'll learn about the long-lasting effects of reintroducing wolves to Yellowstone National Park, and how their impact has benefited countless species of wildlife as a result.

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

Airdate: 10/21/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

URBAN FARMING [NDS204]

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

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

Airdate: 10/28/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PHO-NOMENAL [VJG205]

Host Josh Garcia is ashore in Ho Chi Minh City, Vietnam, where he explores the traditional culture still thriving in this fast paced, modern city. Josh visits a workshop where skilled artisans craft handmade pieces using the ancient technique of bronze casting. First, custom molds are shaped out of clay, and once the mold is dry, it's sealed by hand before it's wrapped in wax. After details are added, it is wrapped again in clay and ash and hardened in a kiln to melt away the wax before the bronze is added. Then, Josh meets a local chef who teaches him the art of making pho, Vietnam's wildly popular street food and signature dish. Pho is an aromatic soup that's served topped with thinly spiced beef, seasonings, flavorful herbs, and rice noodles. Finally, Josh ventures into the area's lush rice fields where he learns to harvest rice by hand one grain at a

time. He learns that rice harvesting isn't easy and requires much time and careful work, spanning across about three cropping seasons per year.

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

Airdate: 10/28/2017

Time:

Duration: 30:00

WILDERNESS VET

TINY FAMILY MEMBERS [WDV205]

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

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

Airdate: 10/28/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ARABIA [JDD205]

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

years. In over 200 books, Ibn al-Haytham revolutionized physics, optics, and also developed the first camera obscura which would lead to telescopes and cameras. Finally, we'll witness the hajj and discover more about the holy pilgrimage to Mecca of millions of Muslims from over 160 different nations.

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

Airdate: 10/28/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SUPERFOOD VITAMINS [NDS205]

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

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

Airdate: 11/4/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALASKAN GOLD [VJG206]

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

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

Airdate: 11/4/2017

Time:

Duration: 30:00

WILDERNESS VET

LIVING WITH LIVESTOCK [WDV206]

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

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

Airdate: 11/4/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

YELLOWSTONE [JDD206]

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

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

Airdate: 11/4/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

PET SPACE [NDS206]

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

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

Airdate: 11/11/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VINTAGE HAVANA [VJG207]

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

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

Airdate: 11/11/2017

Time:

Duration: 30:00

WILDERNESS VET

ICONS OF THE YUKON [WDV207]

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

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

Airdate: 11/11/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ASH RUNNERS [JDD207]

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

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

Airdate: 11/11/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

JUICE RANCH [NDS207]

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

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

Airdate: 11/18/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

VIKING TERRITORY [VJG208]

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

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

Airdate: 11/18/2017

Time:

Duration: 30:00

WILDERNESS VET

CALL OF THE WILD [WDV208]

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

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

Airdate: 11/18/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

GREAT NORTH [JDD208]

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

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

Airdate: 11/18/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

HARRY CONNICK, JR. [NDS208]

Danny visits Harry Connick, Jr. and exchanges travel tips on how to travel more efficiently and healthy. Shoes can carry toxins and bacteria, so wrapping them before packing helps prevent contact with other

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

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

Airdate: 11/25/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

TOP OF THE WORLD [VJG201]

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

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

Airdate: 11/25/2017

Time:

Duration: 30:00

WILDERNESS VET

ONE TOUGH DOCTOR [WDV201]

For Dr. Oakley a hectic schedule is a regular part of the job, but this week is sure to push her to her limits. When her daughter applies to an out-of-town school, Dr. Oakley must find a way cope with her changing family while still caring for her many patients. First, Dr. Oakley visits a herd of thornhorn sheep in need of identification ear-tags. Here we learn more about the agile and sure-footed nature of the thornhorn sheep species. Next, Dr. Oakley visits a very large and ailing potbellied pig. After a quick hoof trimming and checkup, Adventure Pig is now on the mend. Next, Dr. Oakley visits Patches, a dog with an extremely

aggressive skin infection on his paws. Dr. Oakley suspects Patches is suffering from an autoimmune disorder. Here we learn about how there are many different types of autoimmune disorders, and how they are often difficult to treat. Dr. Oakley prescribes a series of antibiotics and steroids that soon lead to a full recovery for Patches. Finally, Dr. Oakley finds out that her daughter, Maya, is accepted to an out-of-town music, arts, and drama summer program. Dr. Oakley and Maya share a special moment together as her mother tells her the exciting news.

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

Airdate: 11/25/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

FLIGHT OF THE BUTTERFLIES [JDD201]

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

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

Airdate: 11/25/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SUCCULENTS IN THE CITY [NDS201]

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

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

Airdate: 12/2/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

FIRST CITY OF THE LAST FRONTIER [VJG202]

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

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

Airdate: 12/2/2017

Time:

Duration: 30:00

WILDERNESS VET

EQUINE E.R. [WDV202]

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

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

Airdate: 12/2/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

BEARS [JDD202]

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

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

Airdate: 12/2/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SECOND CHANCE KITCHEN [NDS202]

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

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

Airdate: 12/9/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALL THE TEA IN TAIPEI [VJG203]

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

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

Airdate: 12/9/2017

Time:

Duration: 30:00

WILDERNESS VET

LARGE AND IN CHARGE [WDV203]

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

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

Airdate: 12/9/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

MYSTERIES OF THE GREAT LAKES [JDD203]

Join host Dylan Dreyer on a visual masterpiece that captures the beauty and importance of North America's Great Lakes. We'll explore the amazing geography, ecology, and history of the region on this epic journey through the greatest fresh water system in the world. First, we'll learn how the Great Lakes contain nearly 20% of all the freshwater on the face of the earth, and how they were formed 14,000 years ago at the end of the last great Ice Age. Next, we'll join a group of biologists who have dedicated their entire careers to

saving the lake sturgeon, a fish that has lived on earth for more than a 150 million years. Sturgeons were on earth at the time of the dinosaurs, but today more than 99% of them have been wiped out within the last 100 years. Here we'll learn more about the innovative and creative techniques being used by biologists to ensure the survival of the sturgeon species for years to come. Next, we'll learn how the Great Lakes are on the frontlines of a struggle to find a sustainable balance between the needs of human societies and the natural resources we depend on. We'll learn how hydroelectric power plants utilize the flow of water to create one of the few sources of renewable clean power, free from the negative impacts of greenhouse gases. Finally, we'll discover more about the various cities along the Great Lakes and how they are doing their part to ensure a cleaner future for the habitat and its wildlife.

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

Airdate: 12/9/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

FALLEN FRUIT [NDS203]

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

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

Airdate: 12/16/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

NATURE'S MASTERPIECE [VJG204]

Host Josh Garcia docks in Juneau, Alaska. First, Josh visits a hatchery where he learns how the salmon population is sustained. Of the five species of salmon, there are three that require an extra year in fresh water, which are king, silver, and sockeye salmon. When salmon make the transition from the freshwater to

saltwater, they undergo smoltification. Once this process is complete, they are released back into the wild. Then, Josh goes out on the water with a local fisherman to deep dive into crab fishing. Finally, Josh ventures out with a glaciologist. They kayak to the great Mendenhall Glacier and learn more about Juneau's ecosystem. The Mendenhall Glacier stretches about thirteen miles before it merges into the Juneau Icefield, which is about fifteen hundred square miles. Josh visits an ice cave inside the Mendenhall Glacier and is blown away by how much light reaches the cave through the dozens of feet of glacial ice above them.

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

Airdate: 12/16/2017

Time:

Duration: 30:00

WILDERNESS VET

CURING CANINES [WDV204]

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

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

Airdate: 12/16/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

WOLVES [JDD204]

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

but animals to protect and revere. Finally, we'll learn about the long-lasting effects of reintroducing wolves to Yellowstone National Park, and how their impact has benefited countless species of wildlife as a result.

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

Airdate: 12/16/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

URBAN FARMING [NDS204]

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

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

Airdate: 12/23/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

PHO-NOMENAL [VJG205]

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

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

Airdate: 12/23/2017

Time:

Duration: 30:00

WILDERNESS VET

TINY FAMILY MEMBERS [WDV205]

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

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

Airdate: 12/23/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

ARABIA [JDD205]

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

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

Airdate: 12/23/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO

SUPERFOOD VITAMINS [NDS205]

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

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

Airdate: 12/30/2017

Time:

Duration: 30:00

THE VOYAGER WITH JOSH GARCIA

ALASKAN GOLD [VJG206]

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

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

Airdate: 12/30/2017

Time:

Duration: 30:00

WILDERNESS VET

LIVING WITH LIVESTOCK [WDV206]

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

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

Airdate: 12/30/2017

Time:

Duration: 30:00

JOURNEY WITH DYLAN DREYER

YELLOWSTONE [JDD206]

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

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

Airdate: 12/30/2017

Time:

Duration: 30:00

NATURALLY, DANNY SEO
PET SPACE [NDS206]

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

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

For 4th Quarter 2017
October - December, 2017

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

4th Quarter 2017 PSAs

NETWORK PUBLIC SERVICE SCHEDULE OCTOBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171006	FRI-1ST LOOK-A	3:26:14 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents
20171007	FRI-1ST LOOK-C	4:25:43 AM	0:15	ZNBC171030H	PSA 2017 TMYK NBC News, Diversity "I Am Anthem" :1
20171007	JOURNEY	11:26:45 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents
20171007	NATURALLY	11:57:26 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20171007	GIVE	12:27:33 PM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171014	VOYAGER	10:26:49 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents
20171014	NATURALLY	11:56:57 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents
20171021	FRI-1ST LOOK-C	4:25:04 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
	CHAMPION				
20171021	WITHIN	9:56:37 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents
20171021	WILDERNESS	10:56:32 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171028	VOYAGER	10:26:52 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents

NETWORK PUBLIC SERVICE SCHEDULE NOVEMBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171103	FRI-1ST LOOK-B	3:56:43 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171104	VOYAGER	10:27:17 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171104	WILDERNESS	10:54:44 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171104	NATURALLY	11:56:30 AM	0:15	ZNBC171081H	PSA 2017 TMYK NBCUniversal Diversity "I Am" Anthem
20171110	FRI-1ST LOOK-B CHAMPION	3:54:55 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171111	WITHIN	12:53:34 PM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171117	FRI-1ST LOOK-B	3:55:46 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171118	FRI-1ST LOOK-C	4:26:13 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171118	VOYAGER	10:25:40 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent
20171118	GIVE	12:27:33 PM	0:15	ZNBC171036H	PSA 2017 TMYK Willie Geist NBC Today, Education "Pop Quiz"
20171124	FRI-1ST LOOK-B	3:56:10 AM	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171125	WILDERNESS	10:56:39 AM	0:15	ZNBC171030H	PSA 2017 TMYK NBC News, Diversity "I Am Anthem" :1
20171125	NATURALLY	11:57:51 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparent

NETWORK PUBLIC SERVICE SCHEDULE DECEMBER 2017

AIR DATE	SHOW TITLE	HIT TIME	DURATION	MATERIAL ID	PRODUCT TITLE
20171201	FRI-1ST LOOK-A	3:26:14 AM 10:26:58	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171202	VOYAGER	AM 11:26:45	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171202	JOURNEY	AM 10:56:08	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171209	WILDERNESS	AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171215	FRI-1ST LOOK-B	3:56:30 AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171216	FRI-1ST LOOK-C	4:24:55 AM 10:26:17	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171216	VOYAGER	AM 10:56:32	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171216	WILDERNESS CHAMPION	AM 12:59:10	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171223	WITHIN	PM 10:29:10	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"
20171230	VOYAGER	AM 11:29:10	0:15	ZNBC171051H	PSA 2017 TMYK Ben Feldman NBC Superstore, Environment "Upgrade"
20171230	WILDERNESS	AM	0:15	ZNBC171005H	PSA 2017 TMYK Milo Ventimiglia NBC This Is Us, Community "Grandparents"

NBC NETWORK NON-BROADCAST EFFORTS

October - December, 2017

NBCUniversal's *The More You Know* website:

Since 1989, *The More You Know* has brought the nation's most important social issues to the forefront, and remains a trusted voice for sharing knowledge to improve lives and inspire action. *The More You Know's* comprehensive website (themoreyouknow.com) includes in-depth resource and referral information on the campaign's important focus issues including:

- HEALTH – fighting childhood obesity, encouraging nutrition and physical fitness
- ENVIRONMENT – encouraging everyday actions that reduce environmental impact

- EDUCATION – recruiting new teachers and promoting their long-lasting impact
- DIGITAL LITERACY & INTERNET SAFETY - sharing online safety tips and information
- DIVERSITY – embracing differences and promoting inclusion, tolerance and respect

Also featured on site is The More You Know Learning series' *Growing Up Online*, a free eBook on digital literacy and Internet Safety. *Growing Up Online* is an important tool to initiate conversation with children about online safety. The eBook is a media-rich, two-part learning resource that provides easy-to-use information about navigating the digital world in a unique and engaging way. Part one includes safety tips, discussion questions and key takeaways for parents and teachers. Part two features four entertaining video comic books for children, focused on real situations that come up when kids go online.

Additional content on the site includes public service announcements, behind-the-scenes videos, a general overview, a talent directory, and a list of the campaign's accolades such as the prestigious Emmy and Peabody awards.

Teen Kids News – FCC Credentials

Teen Kids News meets FCC requirements for “core children’s programming” by providing educational features such as, “**Flag Facts**” (info on our state flags); “**College and You**” (tips for choosing and getting into college), “**Word**” (vocabulary skills training), as well as informational features for teens, such as reports about healthy eating; driving tips for new drivers, and internet predators. The show has been designed to meet needs of children and young adolescents with a unique curiosity about their world. The Program stimulates the 13-16 year olds’ curiosity, develops their learning and cognitive, listening and thinking skills, and serves as an enhancement of their academic and educational experience.

More than 10,000 schools are using TKN as part of their school curriculum and affiliate stations have already contacted school systems in that regard. The full scripts are available to provide easy access for teachers to use in their classrooms.

Advocacy group Children Now says broadcasters follow letter, not spirit of FCC's educational/informational standards.

By John Eggerton -- Broadcasting & Cable, 11/12/2008

Advocacy group Children Now says that only one in eight kids TV shows offered up by broadcasters as meeting the educational/informational (E/I) requirements of the FCC meet “high quality” standards for educational shows, and it wants the FCC to make its educational guidelines stronger and clearer.

It also wants the commission to monitor compliance and respond “quickly” to public complaints (like those filed by Children Now). The group called on broadcasters to improve the quality and availability of kids shows, including applying the six key criteria to their offerings (see below). It also asked parents to become more involved in their kids’ TV watching and to complain if they think an E/I-certified show is not sufficiently E/I.

Children Now concedes that broadcasters are meeting “the letter” of the law, airing three hours of E/I programming, and even applauds them for it. But the group asks whether “their efforts truly live up to the spirit” of the Children’s Television Act and its children’s programming requirements, overseen by the Federal Communications Commission.

The FCC essentially allows broadcasters to self-certify that their E/I programs meet FCC requirements, including that the shows have education as “a significant purpose,” that they are at least a half hour, that they air between 7 a.m. and 10 p.m. and that they air weekly.

That has produced some questionable, even embarrassing calls, like billing *The Flintstones* as a history lesson or a baseball pre-game show as educational because it teaches how to throw a curve ball.

TV stations are required to air at least three hours a week of educational/informational programming and to identify the shows to the FCC and in their public files.

The report, which is scheduled to be unveiled at a press conference in Washington Wednesday, at which FCC Commissioner Jonathan Adelstein is scheduled to speak, looks at the "quality" of the shows offered up as educational, something the FCC reporting requirement does not address.

Children Now says it measured the shows according to six criteria:

1. clarity, meaning how explicitly is the educational element presented
2. integration, or how often the lesson is repeated
3. involvement, which means how engaging is the educational element
4. applicability, or how the lesson is connected to the real world
5. importance, meaning not how important to the story but how important is the lesson to children's development
6. positive reinforcement, or to what degree is learning rewarded.

Each show--120 episodes from 24 "representative markets" were analyzed--was given a up to three points in each category, with an 0-6 score labeled "minimally educational," a 7-10 score deemed moderately educational, and an 11 or 12 score considered highly educational. Media researchers Dale Kunkel of the University of Arizona and Kristin Drogos of the University of Illinois did the analysis.

By that measure, only 12 shows got the highest score, while 21 were minimally educational, with the rest getting the lowest score. Children Now also says most broadcasters are only doing the minimum three hours (59%).

Kunkel is a familiar figure to broadcasters. He is a long-time critic of broadcasters' children's programming and has testified numerous times about the need for more educational "educational" children's shows.

One station singled out with high marks was Raycom's MyNetworkTV affiliate in Honolulu, KFVE, which airs 5.5 hours per week, with shows like *Where on Earth is Carmen Sandiego* and *Beakman's World*, and programming every day but Sunday.

The eight shows that were determined to be of the highest educational content were evenly divided among commercial and noncommercial shows with four apiece: *Sesame Street*, *Between the Lions*, *Cyberchase*, and *Fetch! With Ruff Ruffman* (PBS) and *Beakman's World*, *3-2-1 Penguins*, *The Suite Life of Zack and Cody*, and *Teen Kids News*.



Biz Kid\$ Generic Series Description:

Biz Kid\$ is a weekly half-hour series focusing on financial literacy and entrepreneurship for teens, targeting 13 to 16-year-olds. Using a mix of strong financial education tools, dynamic sketch comedy, and inspiring true stories of young entrepreneurs, ***Biz Kid\$*** provides important information for future success. Each episode features math, language arts, and social studies as well as teaching teens about money and business.

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JUSTICE NETWORK TELEVISION

Educational/Informational Programming

4th Quarter 2017

The following memo details Justice Network's Educational and Informational programming compliance in the 4th quarter of 2017. All programs are designed to meet the educational/informational requirement for children thirteen to sixteen years old. The programs are not subject to commercial limitation.

Justice Network did not pre-empt any childrens programming on a national basis at any time during the quarter.

October 1st, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

October 8th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

October 15th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

October 22nd, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

October 29th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

November 5th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

November 12th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

November 19th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

November 26th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

December 3rd, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

December 10th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

December 17th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

December 24th, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET

December 31st, 2017

Wild Wonders: 10-10:30am ET
Walking Wild: 10:30-11am ET
Wild About Animals: 11am-1pm ET



Dear Station,

Pursuant to the Children's Television Act of 1990, "WILD WONDERS AT THE SAN DIEGO ZOO" will satisfy the FCC Children's programming requirement and can be classified as either core or non-core programming. "WILD WONDERS AT THE SAN DIEGO ZOO" serves the educational and informational needs of children 13 to 16 years of age with its program content. The series profiles rare and exotic animals and the unique aspects of each of these amazing creatures.

"WILD WONDERS AT THE SAN DIEGO ZOO" as delivered is formatted to allow for no more than 14 minutes of total commercial time per broadcast hour (7 minutes per half-hour). "WILD WONDERS AT THE SAN DIEGO ZOO" does not display any Internet web site address or host selling during or adjacent to the program, and is otherwise in compliance with Sections 73.670(a) through (d) of the Commission's Rules.

To facilitate your FCC filings, episode synopses are available on line at our website, www.telcoproductions.com. Also available on-line are testimonials from our educational advisory review board, consisting of educators and other professionals who have reviewed the series (see the following letters for details).

If you have any other questions, please don't hesitate to contact us.

Sincerely,

A handwritten signature in cursive script that reads "Alex Paen".

Alex Paen
President, Telco Productions, Inc.



Dear Station,

Pursuant to the Children's Television Act of 1990, "WALKING WILD AT THE SAN DIEGO ZOO" will satisfy the FCC Children's programming requirement and can be classified as either core or non-core programming. "WALKING WILD AT THE SAN DIEGO ZOO" serves the educational and informational needs of children 13 to 16 years of age with its program content. The series explores the world of wild and exotic animals, how they live and are cared for at the San Diego Zoo.

"WALKING WILD AT THE SAN DIEGO ZOO" as delivered is formatted to allow for no more than 14 minutes of total commercial time per broadcast hour (7 minutes per half-hour).

"WALKING WILD AT THE SAN DIEGO ZOO" does not display any Internet web site address or host selling during or adjacent to the program, and is otherwise in compliance with Sections 73.670(a) through (d) of the Commission's Rules.

To facilitate your FCC filings, episode synopses are available on line at our website, www.telcoproductions.com. Also available on-line are testimonials from our educational advisory review board, consisting of educators and other professionals who have reviewed the series (see the following letters for details).

If you have any other questions, please don't hesitate to contact us.

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A handwritten signature in cursive script that reads "Alex Paen".

Alex Paen
President, Telco Productions, Inc.



STEVE ROTFELD PRODUCTIONS
FCC OBJECTIVE LETTER

TO: PROGRAM DIRECTORS
FROM: FERN ROTFELD / CAROL BROOKS / BRUCE GENTER / MATT JAY
DATE: JUNE, 2017
RE: **“WILD ABOUT ANIMALS” - FCC OBJECTIVE LETTER**

“WILD ABOUT ANIMALS” is a half-hour weekly animal magazine series. The show is hosted by the Emmy-award winning actress Mariette Hartley. Mariette has committed herself to fighting for the rights of animals for over 20 years.

This series is produced for children 16 and under (**specific target audience is 13-16**). As the producers of **“WILD ABOUT ANIMALS,”** it is the objective of Steve Rotfeld Productions, Inc., to educate and inform children, specifically in the target age group, by bringing them entertaining and interesting stories about the world’s most fascinating animals. Each episode will consist of four (4) different stories designed to teach children about both exotic and unique animals, as well as to educate them further about animals they see everyday.

We provide a written synopsis of each episode for your FCC Children’s Television Report. These write-ups will be e-mailed to your station on a quarterly basis. *Also, each episode is close-captioned and E/I inscribed throughout.*

If you need additional information, please feel free to contact us.

Sincerely,

Fern Rotfeld
Director of Syndication Sales
fern@rotfeldproductions.com or matt@rotfeldproductions.com