

QUARTERLY

ISSUES STATEMENT

The KRCB TV, KPJK TV and PBS Television issues that Northern California Public Media has determined to be most significant to our audience include: Aging, Agriculture, Arts, Community Politics/Government, Culture, Economy, Education, Environment/Nature/Natural Disasters, Health/Health Care, Poverty/Hunger, Women, and Youth. These issues were given significant treatment by the programs/descriptions that follow.

K

RCB

Quarterly

Program Topic Report

November, 2023

Wed, Nov 01, 2023

06:00:00:00 00:26:45:09

HEALTH/HEALTH CRE

Classical Stretch: By Essentrics

Hip Pain Relief and Stretch

Join Miranda Esmonde-White seaside for an episode of Classical Stretch that relieves pain and stretches your hips. This episode re-balances all of the muscles and joints that surround your hips and glutes.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Parrot Power

While flying over the Amazon rainforest, the gang share a bowl of colorful jelly beans. Martin tells them that the jelly beans remind him of parrots. This confuses everybody until he says it's because parrots come in almost every color. Soon the bros are off on a creature mission to find as many colorful parrots as they can in the Amazon. Science Concept: Species diversification.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

Mr. Unpredictable/Down The Tubes

Mr. Unpredictable - A new villain named Mr. Unpredictable challenges the Mobile Unit. Curriculum: Number Patterns. Down the Tubes - The Odd Squad tube system has mysteriously been shut down. Curriculum: Addition Combos of 10.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

Jobs Day

It's Jobs Day on Sesame Street! Elmo and his friends are learning about jobs they would like to do when they grow up. Elmo wants to be a cook like Alan who makes yummy food, Tamir wants to be an engineer like Nina who fixes things, and Mia wants to be a painter like Frida Kahlo who uses beautiful colors in her paintings. Gabrielle knows that she really loves dogs and other animals, but she doesn't know what she wants to do yet. When Gabrielle offers to take Tango to her checkup, she meets a veterinarian who helps animals by making sure they are healthy. Gabrielle finally knows what job she wants to do, a veterinarian because she loves animals and wants to help them stay healthy. And she learns that if you work hard and practice, you can do anything you want to do.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Jodi's Mama Travels for Work/The Tiger Family

Babysits

Jodi's Mama Travels for Work - Daniel's neighbor Jodi is sad when her mama leaves for a work trip until Daniel helps Jodi feel better by reminding her that grown-ups come back. The Tiger Family Babysits - Teddy and Leo Platypus get upset when their Nana leaves for the market. Daniel and Mom Tiger help them feel better by playing with them and reminding them that their Nana will come

back. And after three days away, Dr. Plat returns, too!

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

The Catrina Mystery/The Lucky Dragon

For their Day of the Dead celebration, Rosie is in charge of the Catrina doll, but it keeps disappearing. / Rosie celebrates Lunar New Year with the Lius, but when they miss the dragon dance, Jun, Quinn and Rosie decide to make their own.

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Special Delivery/Campout Confusion

Zadie helps Malik design a faster route to sick-and-snuffly Sammy, so Sammy's ice cream won't melt on the way. / When Zadie doesn't take the time to plan what they need for a fun campout, 'fun' quickly becomes unfun, until they make a list.

14:00:00:00 00:56:46:00

ARTS  
Rick Steves Art Prehistoric and Ancient

As the Ice Age glaciers melted, European civilization was born and with it, so was art. In the hour-long special RICK STEVES ART PREHISTORIC AND ANCIENT, Rick invites viewers to marvel at prehistoric art: mysterious tombs, mighty megaliths, and vivid cave paintings. See how the Egyptians and the Greeks laid the foundations of Western art by creating a world of magical goddesses, massive pyramids, sun-splashed temples, and ever-more-lifelike statues.

16:00:00:00 00:27:28:29

HEALTH/HEALTH CARE  
Wai Lana Yoga

Exhilaration!

Start with the Exhilarating Breath and end with Yoga Dance. Loosen tight muscles and strengthen your abs in between.

19:00:00:00 00:56:46:00

ARTS

World On Fire On Masterpiece

Episode 1

The war reaches the sands of the Egyptian desert while bombs fall on Manchester, and Harry introduces an explosive force into Robina's household.

20:00:00:00 00:56:46:00

ARTS

Van Der Valk On Masterpiece

Magic In Amsterdam, Part 1

The team is taken to the edge of reality following the death of a participant in a magical ritual invoking a demon. Is there a supernatural cause for the murder, or is there a much more earthbound explanation?

Thu, Nov 02, 2023

06:00:00:00 00:26:46:29

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Sunflower Glo

Bask in the golden sunflower glo as you enjoy a modified yoga session using a chair for support including; seated stretches to increase flexibility and mobility in the shoulders and upper back, and a standing sequence linking breath with movement designed to create more freedom in the hips and hamstrings while building strength, balance and focus.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Hermit Crab Shell Exchange

Martin and Chris discover a hermit crab on the beach and soon the Wild Kratts team is exploring the amazing world of this shell changing creature.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

Sample of New York/It's Not Easy Being Chill

Sample of New York - The Mobile Unit reports to the New York City Odd Squad to help with a big problem. Curriculum: Sample Size. It's Not Easy Being Chill - An agent-in-training visits the Mobile Unit. Curriculum: Fractions.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

How to Catch A Robot Dog

Elmo and Tamir need to catch Norbert's robot dog, Alfred, but he keeps running away. What if they make a fishing pole with a magnet since Alfred is made of metal? Let's try!

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Someone Else's Feelings/Empathy at School

Someone Else's Feelings: Daniel and O the Owl are pretending to be handymen, using their toy tools to make "repairs" to Daniel's playhouse. Daniel is having lots of fun hammering loudly, but it's upsetting O, who would rather do something quieter. Daniel loves hammering so much that it's hard for him to see why it upsets O. Mom helps Daniel be empathetic and think about how O is feeling: Daniel remembers a time when he was upset because Miss Elaina was being way too loud for him. He doesn't want O to feel this way, and realizes that they can both have fun as quiet handymen! Empathy at School: Chrissie and Daniel are playing together at school today, but when Chrissie loses her special bracelet, she doesn't feel like playing anymore. Daniel has trouble

understanding why until Teacher Harriet shows him how to be empathetic and think about how Chrissie may be feeling. Daniel remembers just how worried he was when he thought he had lost Tigey, and decides to stop playing and help find the bracelet.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

Trouble In Chalk Town/Story Time Garden

Rosie and Javi are making a chalk town in the circle drive, but things take a turn when others want to use the space too. / Rosie wants to fix the community garden for Story Time by herself, but it turns out to be harder than she thought.

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Brother Day/Cafe Chaos

The key to a successful "Brother Day?" Make sure you ask the brother in question "Zeke" what he wants to do. / The key to being a successful waiter? Make sure to remember everyone's order, and the order of the orders!

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE  
Sit and Be Fit

Footwork and Core

We take our feet and core muscles for granted. In this episode Mary Ann uses a variety of new exercises to focus on the importance of your feet.

Fri, Nov 03, 2023

06:00:00:00 00:26:45:08

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Quad Strengthening

This episode of Classical Stretch will build endurance and power in your quads, one of the largest muscles in your body. Join Miranda Esmonde-White in Montego Bay Jamaica for a quad strengthening workout.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

#### Voyage of the Butterflier Xt

Using Aviva's newly invented Butterflier XT, the miniaturized Kratt Brothers embark on the most incredible insect voyage in the world - the Monarch butterfly's 2,000 mile migration. Science Concepts: Life cycles.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### The Sandwich Project/Wax On Wax Odd

The Sandwich Project - When members of the Mobile Unit get turned into sandwiches, The Big O comes to the rescue. Curriculum: Time - Order of Events. Wax On Wax Odd - The Mobile Unit faces a series of odd challenges that only Orla knows how to stop. Curriculum: Calendar.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

#### Let's Grow Together

Welcome to the Sesame Street community garden! Tamir has an idea: open a garden stand to share the things they grow. Alan says they can share his grandmother's recipe for pickling daikon. While Alan's friends help him make the pickled daikon, they learn more about Alan's cultural heritage; he is Japanese American. Alan is proud to be Japanese American and he's happy to be sharing his family's culture.

08:00:00:00 00:28:46:05

YOUTH

Daniel Tiger's Neighborhood

Nana

Daniels Grr-Ific Grandpere/Making Mozies with

Daniels Grr-ific Grandpere - Daniel Tiger is excited to spend the whole day with his grandpa - Grandpere! Whether they're riding on Grandpere's boat, sorting through Grandpere's treasures, or even just relaxing on the sandy shore, they love the special time they have together. Making Mozies with Nana - Daniel Tiger spends the whole day with Jodi and her Nana. Jodi and Nana love the special things they do together, like baking sweet treats and coloring.

08:30:00:00 00:28:46:05

YOUTH

Rosie's Rules

The Doggie Detectives/A House for

Gatita

While delivering popcorn in Maya's apartment building, Rosie, Crystal and Mom find a lost dog toy, so they become doggie detectives to find its owner./Rosie builds a cardboard house for Gatita so she can have a peaceful nap.

09:00:00:00 00:28:46:00

YOUTH

Curious George

Count On George to Deliver/The Baby

Elephant

George loves being pulled around in his wagon on a sunny morning. Today especially, when he comes upon Vickie and Vinnie selling Sprouts Bars! How can he decide which delicious bars to buy - Banana Nut Chippers or Oatmeal Delights? One of each, of course! George wants to help his friends and volunteers do the most important job - deliver the boxes that were already sold. George needs to deliver a total of 10 boxes: 2 boxes of Oatmeal Delights to the Renkins, 5 boxes of Banana Chippers to Bill, and 2 boxes of Banana Chippers and 1 box of Oatmeal Delights to the Quints. With his wagon loaded and list at the ready, George completes the job for two happy customers, Mrs. Renkins and Bill. But when George gets to the Quints, he discovers that he's missing a box of



Oatmeal Delights! Did he miscount the boxes? Did Jumpy steal them? Will George be able to solve the mystery of the missing box, and salvage his dream of being the best delivery person ever?? / George loves sightseeing, especially when there are animals involved. And today is extra special. George is visiting an elephant sanctuary in Kenya, where the Man with the Yellow Hat worked long ago with two of his oldest friends - Ciku the caretaker and an elephant named Ishanga! Soon, a helicopter lands with a sad orphaned baby elephant, whom they name Toto. Eager to cheer up Toto, George looks after him and learns all about elephants - how they sleep, what they drink, how they have long memories and strong family ties, and even how they play! But when George goes to fetch Toto some cane juice with mint, Toto wanders off and gets stuck in a mud pit! After pushing and pulling Toto with no success, George realizes that this just might be a job for a bigger elephant. Can Ishanga show Toto the way out and become his new family?

09:30:00:00 00:28:46:05

YOUTH

Work It Out Wombats!

Snout and About/Zadie's Shell Shuffle

It's All Hands on Deck! when Zadie and Malik retrace their steps to locate Zeke's beloved stuffy. / When Zadie messes up Mr. E's shell garden, the key to fixing the pattern is... JunJun's song.

10:00:00:00 00:26:45:25

AGRICULTURE

Growing A Greener World

Gardening to Feed Our Souls and Nourish Our Neighbors

With more time at home than ever before, people are turning to gardening, many for the first time. Some are using their gardens to heal their mind and bodies and feed their families. Others are finding ways to use their gardens to nourish neighbors and their community in unique and powerful ways. Meet some of the team of Growing a Greener World in their own gardens, and see what others are doing across the country to serve their communities through gardening.

15:30:00:00 00:26:49:00

ARTS  
Muraling Austin

Pride of Place

Discover some of Austin's most defining murals and the national and local changemakers bringing these impactful public artworks to life. Get a glimpse into what inspired these unique murals, the stories behind them, and the artists who created them.

16:00:00:00 00:26:45:25 #312H

HEALTH/HEALTH CARE  
Yoga In Practice

From The Complex to the Simple - Chair

Yoga

Chair yoga is a practice that helps us to know ourselves better by clearing the clutter of the mind. As we calm our mind, we can hear an authentic voice within holding the answers to who we are and what we want. Honor your multifaceted, wonderful self.

Sat, Nov 04, 2023

04:00:00:00 00:56:14:00

ARTS  
Evening with Diahann Carroll

An Evening With Diahann Carroll provides a rare and insightful look into the life and career of the legendary entertainer.

06:00:00:00 00:26:45:02

HEALTH/HEALTH CARE  
Sit and Be Fit

Shoulder and Back Strength

Mary Ann guides viewers through a lively workout sharing exercises that help strengthen the shoulders and back.

06:30:00:00 00:25:46:29

HEALTH/HEALTH CARE

Your Fountain of Youth with Lee Holden

Better Breathing

If you could put all the benefits of deep breathing in a pill it would be the best-selling drug in history! Lee Holden guides you into deep, relaxed, full breathing with gentle, flowing motions.

Clear stress from the mind and tension from the muscles. Bring oxygen and energy to the body and relax the nervous system.

07:30:00:00 00:28:46:05

YOUTH

Sesame Street

A Home for Gecko

Elmo, Abby, and Chris are helping Zoe make a habitat for her new pet gecko, Gary. They fill a terrarium with soil, moss, rocks, and branches but are missing a hiding place to keep Gary cool.

This is a problem! They wonder what they can use for Gary's hiding spot. What if they use an empty yogurt cup? Let's try! It works. They didn't give up and made the perfect hiding spot for Gary's new home.

08:00:00:00 00:28:46:11

YOUTH

Arthur

The Good Sport/Crushed

When the Athlete of the Year Award doesn't go to Francine, she makes no effort to hide her hurt feelings from Jenna, the recipient. Michelle Kwan, world champion figure skater and graduate of

Lakewood Elementary (who knew?), guest stars to teach Francine about good sports(wo)manship.

Arthur can't believe his parents are hiring a babysitter-he's 8-years-old! Besides, babysitters are b-o-r-i-n-g! But 16-year-old Sally MacGill's favorite hobbies are eating ice cream and playing the Dark Bunny VI: Curse of the Moomy videogame, and now all Arthur can think is...WOW!

08:30:00:00 00:28:44:29

YOUTH

Dinosaur Train

Trains, Submarines and Zeppelins: Part 1/Part

2

When Mr. Pteranodon and Larry go out to the Big Pond to find some red platanoids for the Winter Solstice Celebration, they accidentally miss the last train home. Will Larry and Mr. Pteranodon stop bickering long enough to figure out a way home, or will they get stranded in the middle of nowhere and miss the family Winter Solstice Celebration?  
Educational Objective: The Winter Solstice is the shortest day of the year.

09:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Hermit Crab Shell Exchange

Martin and Chris discover a hermit crab on the beach and soon the Wild Kratts team is exploring the amazing world of this shell changing creature.

10:00:00:00 00:28:46:00

YOUTH  
The Infinite Art Hunt

Art In Unexpected Places (Curation)

Art in Unexpected Places (Curation): Freddie and Uncle Mars are dreading their time at the airport - he's afraid to fly, and she's afraid she'll be bored. Grandma Tilly introduces them to her friend Leah, who curates art throughout the airport including funky rocking chairs, a giant mural, and mini museums to showcase local artists and keep travelers entertained. The impact of art helps cure both of their fears.

14:00:00:00 00:56:46:00

ARTS  
Van Der Valk On Masterpiece

Magic In Amsterdam, Part 1

The team is taken to the edge of reality following the death of a participant in a magical ritual invoking a demon. Is there a supernatural cause for the murder, or is there a much more earthbound explanation?

16:00:00:00 00:26:46:00

ARTS

Rick Steves' Europe

Rick Steves' Europe: Art of Prehistoric Europe

As the Ice Age glaciers melted, prehistoric Europe bloomed with surprisingly sophisticated art.

From Ireland to France, Scotland to the Greek Isles, we traverse that mystical world of mighty

megaliths, torchlit cave paintings, magical goddesses, and wrinkled bog people. We stand in awe as

a massive tomb is radiated by a dramatic beam of sunlight and listen to ritual horns that still play today.

21:30:00:00 00:29:00:00

ARTS

Lost River Sessions

Carson McHone

Texas songwriter Carson McHone performs an incredible set live from the Venue at 939 Adams in Bowling Green, KY.

22:30:00:00 01:28:50:09

ARTS

Pavlo: Live In Santorini

Enjoy the music of the Mediterranean guitarist and special guests in a concert from the mystical Greek island of breathtaking sunsets and panoramic views. Featuring classic songs from Pavlo, Benise and America's Got Talent finalist Daniel Emmet.

Sun, Nov 05, 2023

03:30:00:00 00:29:00:00

ARTS

Lost River Sessions

Joan Shelley

Kentucky folk artist Joan Shelley performs an intimate set live with Nathan Salsburg from the Ironwood in Bowling Green, KY.

04:00:00:00 00:26:44:28

ARTS

David Holt's State of Music

Steep Canyon Rangers

Join David on a visit to a Blue Ridge Mountain farm where the Steep Canyon Rangers perform and share stories about the band's history and life on the road touring with comedian Steve Martin.

06:00:00:00 00:27:30:00

HEALTH/HEALTH CARE

Wai Lana Yoga

Lengthen Your Legs

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

06:30:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yoga In Practice

Tend to the Roots

During the recent upheavals of life I have found it comforting to engage in the nourishing activities of daily life. The basics have kept me grounded - taking walks outside, nestling into a sofa to read or watch a movie, cooking meals, playing with my grandchildren. Tending to the roots of daily life has created an inner resiliency that helps me face future uncertainties. Let's grow some roots today.

07:00:00:00 00:27:11:05

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Join Miranda along the stunning Bermuda coastline for an advanced, standing & floor workout that will improve your agility. By activating the muscle cells in your legs and full body this workout will leave you feeling invigorated, strong, and ready to take on your day.

08:00:00:00 00:26:46:00

CULTURE  
Bay Area Bountiful

### People Power

On this edition of Bay Area Bountiful, we look at the power of grassroots organizations and community minded individuals to create change for the good of our environment and society. As the relationship between environmental, economic and social justice becomes clearer, San Francisco Bay Area groups are leading the way towards a brighter future for all, both here at home and beyond. We'll delve into some of the unique ways in which outdoor education, the arts, sports, career skills training, and environmental activism are coming together as part of dynamic programs to empower a new generation

11:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Nature

### The Platypus Guardian

This story is about an extraordinary man and a mysterious animal living on an island at the end of the world Tasmania. Peter Walsh is a Tasmanian with no background in natural history, yet he has become obsessed with one of nature's least understood and most unlikely creature, the platypus. Walsh is on a mission to observe and understand the animals and save them from urban development in the capital city of Hobart. He has befriended one particular female he named Zoom. She lets him into her secretive world and a relationship like no other develops. Walsh will reveal the life of this enigmatic creature, but his time is precious as he manages with his MS diagnosis.

12:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Nova

### Ancient Earth: Life Rising

For billions of years, life teemed in Earth's oceans while the land was desolate and inhospitable. See how life made the leap to land, transforming a barren, rocky landscape into the lush, green

world we call home.

15:00:00:00 00:47:49:05

ARTS  
Seaside Hotel

#### A Happy Childhood

Leslie is fascinated by the maid Nana, who saved him from drowning, and proposes a secret date.

Mrs. Fjeldso receives some alarming news.

19:00:00:00 00:56:46:00

CULTURE  
Indigenize The Plate

Extraction, water displacement, and climate change have impacted food sustainability in Indigenous communities, and the combination of these challenges has also affected cultural sustainability. In

INDIGENIZE THE PLATE, a Dine woman travels from the Navajo Nation to a Quechuan community in Peru to see how they address these issues in their region. The program tells the stories of Indigenous people across the world and shows viewers how their communities are working together to address some of the many challenges that the world faces collectively.

20:00:00:00 01:56:55:00

CULTURE  
The American Buffalo

#### Blood Memory

The dramatic story of how America's national mammal, which sustained the lives of Native people, was driven to the brink of extinction. Ken Burns recounts the tragic collision of two opposing views of the natural world.

22:30:00:00 01:26:46:04

ARTS  
La Otra Mirada

#### From Within

The Academy closes its doors and Manuela feels terribly powerless. The Peraltas claim the school as theirs and have the documents to confirm it. Teresa, however, will not let Manuela sink with



the school.

Mon, Nov 06, 2023

03:30:00:00 00:28:00:04

CULTURE

Breath of Life: Revitalizing California Languages

What if Grandmother composed a song for you, but you couldn't understand the words? What if no one else could, either? The half-hour independent film "Breath of Life" explores the painstaking efforts of dedicated indigenous Californians who have committed themselves to revitalizing the rich cultural legacy their ancestors have left to them in tribal languages under threat of extinction. For decades, every two years a group of determined Native activists and allied language experts have convened an extraordinary week-long conference at the University of California, Berkeley, to make sure that the more than 100 individual tongues of this region remain vibrantly alive. The archive of linguistic resources housed here is of world significance. Conference attendees learn how to use it: locating anthropological field notes and cherished recordings that were made of their ancestors' stories, grammar and songs. For most it is a challenging and emotional--even spiritual--experience to rediscover these treasures.

06:00:00:00 00:26:45:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Weight Loss and Calorie Burn

Join Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Classical Stretch gets your heart racing, helping you to burn calories and melt fat.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Honey Seekers

While on an adventure to discover the toughest animal in Africa, Martin and Chris uncover the amazing relationship between the Honey guide bird and Honey badger. A relationship that the Wild Kratt team uses to foil the evil plans of Chef Gourmand.  
Science Concepts: Symbiotic relationships.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### The Jackies/Invasion of the Body Switchers

The Jackies - Ms. O and her team will stop at nothing to win their very first Jackie Award.  
Curriculum: Greater than and less than. Invasion of the Body Switchers - When Ms. O and Oscar accidentally switch bodies, Olive and Otto must set things right before the entire Odd Squad team finds out what happened. Curriculum: Geometry.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Big Bird's Happy to Be Me Club

Big Bird wants to join the Good Bird's Club but the members turn out to be bullies who want Big Bird to change who he is to fit in.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Daniels Blueberry Paws/Wow at the Library

Daniels Blueberry Paws - Daniel Tiger gets a special treat from Prince Tuesday's fruity ice treat cart, but when he's distracted by the other flavors, his ice starts to melt. Mom Tiger teaches Daniel to enjoy the "wow" - his blueberry ice - before it's gone. Wow at the Library - Daniel and O the Owl are enjoying a pop-up story at the library with Uncle X when O flutters off to find more books to read. X teaches O to enjoy the book they're already reading - the "wow" that's happening right now.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

Dino Day Delayed/Rosies Walkie Talkie

106A When Papa says they'll have to wait until tomorrow to go to the Dino Park, Rosie tries to make tomorrow come faster. 106B Rosie tries to remember where she left her walkie talkie so she, Javi and Jun can play a game.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

Submonkey/Double-O Monkey Tracks

Trouble

When Professor Pizza's birthday present is dragged away by a strong ocean current, George volunteers to take an undersea adventure in a monkey-sized submarine to retrieve it. Can the curious little monkey locate a small package at the bottom of the ocean or will Pizza's present be forever lost at sea? Double-Oh-Monkey takes on his most important case yet - to prevent Steve's well-intentioned (but always disastrous) "good luck present" from ruining Betsy's dance recital! Using his super spy skills and all five of his senses, George tracks down Steve and discovers...a bucket of wet paint?! Can George warn Betsy in time? Or will her dance recital get a splash of color?

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Me Time/Zadie and the Really Big,

Really Loud Noisy Thing

After discovering that Super takes an hour for herself every day, the Wombats go on a quest to create the perfect "Me Time."/After a too-calm "Quiet Day," Zadie yearns to make some noise with her Really Big, Really Loud Noisy Thing!

13:30:00:00 00:26:40:01

RTS

Variety Studio: Actors On Actors

Carey Mulligan (She Said) with Margot Robbie (Babylon),  
Austin Butler (Elvis) with Janelle Monae  
(Glass Onion: A Knives Out Mystery) and John Boyega (The  
Woman King) with Letitia Wright (Black  
Panther: Wakanda Forever).

14:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

Ancient Earth: Inferno

252 million years ago, a devastating mass extinction  
wiped out about 90% of all species on Earth.

Follow scientists as they piece together evidence to  
discover how life survived and set the stage  
for a new dominant life form: the dinosaurs.

15:30:00:00 00:28:44:03

ARTS

Twenty Twelve

The Rapper

Siobhan's team design a major sexual health campaign,  
complete with a rap song ("Get It On"),  
which may upset the Catholic competitors.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

Practice to Ignite The Fire Within (Fire)

Our inner fire and source for confidence and willpower  
to go after what we need lies in the solar

plexus, which is above the navel area in the abdomen.

"Practice to Ignite the Fire Within"

strengthens your abdominals in an all-encompassing  
practice to awaken and balance the solar plexus

chakra/energy center. The extra abdominal work

strengthens your core, gives your back and whole

body more stability, improves your stamina, and, most

importantly, empowers you to listen to your

gut and connect to your inner strength.

21:00:00:00 00:56:45:09

ARTS

Art of Home: A Wind River Story

From modern art to beading and leather work to drumming, and music, we'll follow Native American artists with a connection to the Wind River Reservation in Wyoming through their creative process.

These artists explain how their art connects them to their tribal past, present, and future.

Tue, Nov 07, 2023

06:00:00:00 00:26:46:25

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Waves

Allow the powerful ocean energy to recharge your body as we explore an invigorating modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to stretch and lengthen the spine in a full range of motion, creating more ease in the back, shoulders and hips.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Slider, The Otter

The Wild Kratts discover a lost otter cub. Assuming he is lost, the bros attempt to find his family, while introducing him to life in the Cypress Swamp of Florida.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

The Odd Antidote/The One That Got Away

The Odd Antidote - When Ms. O has bizarre side effects after being sprayed by a weird plant, Olive and Otto must travel around town finding the correct measurements of the ingredients for the

medicine to cure her, all while keeping Ms. O's condition a secret from her. Curriculum: Measuring, comparison. The One that Got Away - The only thing that can bring Ms. O's old partner O'Donahue out of retirement is the very thing that put him there in the first place: a mysterious villain and a case that's gone unsolved for years. Curriculum: Number operations; greater than and less than.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

#### Sesame Street Goes to the Farm

Elmo, Rosita, Bert, and Ernie are visiting a farm today! Farmer Todd takes them on a tour and tells them all about the animals that live on the farm, like chickens, goats, and cows, machines like tractors that help farmers do all kinds of jobs, and the food that grows on the farm, like strawberries, blueberries, and apples. (Guest: Keke Palmer)

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### The Class Votes/The Neighborhood Votes

The Class Votes - At school, Daniel and his classmates get to choose their new class pet! Teacher Harriet explains that they can either get a bunny or a turtle. The kids learn what it means to 'vote' and that sometimes it doesn't always turn out your way. Luckily, ALL of the kids find something to love about their new pet, 'Snowball'! The Neighborhood Votes - The Tiger family is going to Clock Factory Park today to hear a big announcement from King Friday. Daniel has to make several choices throughout the day, culminating in one BIG group decision: King Friday announces that the kids can choose one new piece of playground equipment and everyone gets to speak up for what they want by voting!

09:00:00:00 00:28:46:05

YOUTH  
Curious George

George Makes A Stand/Curious George

Sees The Light

George Makes a Stand - To earn money for a new soccer ball, George decides to set up his own lemonade stand. With help from Betsy, the stand is such a success that there are too many customers and not enough lemonade. In the nick of time, George remembers a trick that the Doorman showed him-make two glasses out of one by dividing. All the customers are satisfied, and now all George has to figure out is how to explain to The Man with the Yellow Hat what happened to all his lemonade. Curious George Sees the Light - A new traffic light is installed on the country road and George decides that it would really work a lot better with a few adjustments. But George's fixes don't have the desired effect-traffic gets backed up and even Jumpy can't get across the street to find his nuts! George has to work with Officer Quint to fix the light and get a better understanding of just what those red, yellow and green lights mean.

09:30:00:00 00:28:46:05

YOUTH

Work It Out Wombats!

The Mighty Zeke/Gift for a Fish

Zadie and Malik hope a cape, mask, and super strength gloves will help Zeke overcome his fear of riding a two-wheeler. / The Wombats are invited to the Fishmans' Fish Shower. But what sort of gift should they create?

10:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Mountain by the Sea

Bob Ross quickly paints a most challenging masterpiece of majestic mountains reigning over a colorful seascape.

14:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Spy in the Ocean, A Nature Miniseries

Deep Thinkers

Spy creatures reveal an ocean full of startling ways of thinking, including large-brained whales, smart octopi, diving monkeys, creative fish and other intelligent animals.

16:00:00:00 00:26:51:03

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Hamstring Stretches

Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.

21:00:00:00 00:56:46:00

ARTS

Rick Steves Art of the Baroque Age

In the 1600s and 1700s, godlike royals clung to the old medieval order while new ideas bubbled beneath the surface. The art of "divine" kings and popes, and that of the revolutionaries and reformers who countered them, tells the story of a Europe in transition. In the Catholic south, Baroque society favored fanciful decoration, high drama, and exuberant emotion. In the Protestant north, art was more sober and austere. And in France, the excesses of kings gave way to revolution, Napoleon, and the cerebral art of neoclassicism. RICK STEVES ART OF THE BAROQUE AGE explores this fascinating period of art and architecture.

Wed, Nov 08, 2023

06:00:00:00 00:26:45:28

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Back Pain Relief



This beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-White for a standing and barre workout that loosens and liberates your entire back, leaving your pain free.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

#### The Great Froggyback Ride

The Wild Kratts are creature adventuring in the Amazon when they accidentally get miniaturized. A mischievous monkey makes off with the Miniaturizer and the team must rely on the creature powers of the poison frog, going on a wild froggyback ride to rescue the Miniaturizer, or stay mini-sized forever! Curriculum: Coloration and mimicry.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### Odd Outbreak/The Perfect Lunch

Odd Outbreak - Dr. O takes the lead on the case of a strange medical crisis that causes chaos right in the middle of Odd Squad HQ. Curriculum: Data collection and analysis. The Perfect Lunch - Olive and Otto help Ms. O host a lunch for some very important but easily offended guests. Curriculum: Weight; algebraic thinking; deductive reasoning.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Bert's Bike Time with Luis

Elmo and Rudy play bus driver and bus monitor, driving a homemade bus and helping their friends get around Sesame Street

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### Mad at the Crayon Factory/Mad at School

Mad at the Crayon Factory - Daniel returns to the Crayon  
Factory with O the Owl and Jodi. When  
Daniel gets mad that he doesn't get a crayon box right  
away, he takes a deep breath and realizes  
there are plenty of boxes for everyone. Mad at School -  
Daniel and O are building a cardboard car  
contraption at school, but when it breaks, they get mad.  
Once they take a deep breath and count to  
four, they're able to fix their contraption together.

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Dance Party Island/Rosie The Mascot

Rosie creates a dance party island in her backyard, but  
the flag she puts on the island causes  
confusion. / Rosie wants to help cheer on Javi's soccer  
team, so she decides to become their  
mascot.

09:00:00:00 00:28:46:04

YOUTH  
Curious George

George's Geode Jamboree/The Man with the

Yellow Hair

At the museum, George stumbles upon a closed Earth  
Science exhibit. Inspired, George decides to  
start his own rock collection and finds a great bunch of  
them in the park. Back at home, George  
accidentally cracks open a rock and is amazed to  
discover beautiful crystals inside! What else  
could George break open that might have a surprise? As  
George goes to work cracking open fruits  
and household items, Professors Wiseman, Pizza and  
Einstein realize that George's geode - and a  
trip to a special cave - might be exactly what the  
exhibit needs to be awesome again. / The  
Country Square Dance is tonight and George and The Man  
with the Yellow Hat are on their way to get  
their shoes shined. George spots a fun airplane chair  
through a storefront window and goes to  
investigate. It's a barber shop! The barber shows George  
some of his special techniques and George  
is amazed. He never realized how fascinating hair is!  
When the barber steps out, George steps in -  
and ends up giving Bill, Mr. Renkins, and The Man with  
the Yellow Hat unique hair styles memorable  
enough for the dance.

09:30:00:00 00:28:46:03

YOUTH

Work It Out Wombats!

Summerween/Make It Snow

The Wombats decide to celebrate a summer version of their favorite holiday - Halloween! / Zeke so wants to play in the snow, but it's summer and the Everything Emporium does not sell snow. Next best thing? Build Zeke a giant snow globe!

14:00:00:00 00:56:46:00

ARTS

Rick Steves Art of the Baroque Age

In the 1600s and 1700s, godlike royals clung to the old medieval order while new ideas bubbled beneath the surface. The art of "divine" kings and popes, and that of the revolutionaries and reformers who countered them, tells the story of a Europe in transition. In the Catholic south, Baroque society favored fanciful decoration, high drama, and exuberant emotion. In the Protestant north, art was more sober and austere. And in France, the excesses of kings gave way to revolution, Napoleon, and the cerebral art of neoclassicism. RICK STEVES ART OF THE BAROQUE AGE explores this fascinating period of art and architecture.

16:00:00:00 00:27:29:00

HEALTH/HEALTH CARE

Wai Lana Yoga

Breathe and Meditate

After a series of lift-up backbends and other poses, Wai Lana shows you how to calm the mind with Alternate Nostril Breathing and meditation.

19:00:00:00 00:56:46:00

ARTS

World On Fire On Masterpiece

Episode 2

Harry struggles to adapt to the realities of desert combat and Lois longs to leave home. In Paris, Henriette is in grave danger, and in Manchester, a mysterious stranger arrives at Robina's door.

20:00:00:00 00:56:46:00

ARTS

Van Der Valk On Masterpiece

Magic In Amsterdam, Part 2

As the investigation continues into an occult-related death, Lucienne is forced to confront painful memories buried in her past. Van der Valk himself decides to open his heart once more to Lena. Will he get his happy ever after?

Thu, Nov 09, 2023

06:00:00:00 00:26:45:28

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Bloom

Rejuvenate amongst the spectacular desert bloom with a modified yoga practice using a chair for support. Including dynamic seated stretches to open the hips and improve range of motion in the spine along with a balance and strength standing sequence, incorporating gentle side bends to expand the breath, activate the core and bring overall spaciousness to the body.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Osprey

Jimmy accidentally drops the keys to the Tortuga into the ocean. Chris, Martin and Aviva on are a race to develop osprey creature powers to find the keys before they disappear forever!

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

Three's Company/Behind Enemy Mimes

Three's Company - Ms. O gets kicked out of her office due to odd infestations. Curriculum:  
Combining 3-D shapes. Behind Enemy Mimes - Ms. O needs the agents' help to track down her old partner, O'Donahue. Curriculum: Grouping; Multiplication.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

Big Bird's Happy to Be Me Club

Big Bird wants to join the Good Bird's Club but the members turn out to be bullies who want Big Bird to change who he is to fit in.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Thank You, Grandpere Tiger!/Neighborhood

Thank You Day

Thank You, Grandpere Tiger! - Grandpere Tiger comes to visit, but is only in town for a short while. Daniel is sad that Grandpere can't come to the special Thank You Day celebration later that day. Daniel learns to be thankful for the time they DO have together, and is then surprised when Grandpere appears at the celebration after all! Neighborhood Thank You Day - The neighborhood celebrates Thank You Day by putting notes in the Thank You Tree. Daniel has trouble deciding what to put in his note. Then, when a gust of wind blows the notes off of the tree, Mr. McFeely saves the day by catching and delivering everybody's thank you notes!

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

A Boxful of Snout / Postcard from Snout

Uh oh! The Wombats accidentally "gift-wrapped" Snout while helping Mr. E. Can they figure out

which box he's in? / Zeke misses Snout, who's  
accompanying Mr. E on a visit to Aunt Ida. Will a  
postcard from Snout chase away Zeke's blues?

16:00:00:00 00:26:46:12

HEALTH/HEALTH CARE  
Sit and Be Fit

#### Controlled Breathing

Mary Ann experiments with several ways to control  
breathing to efficiently distribute oxygen  
throughout the body.

22:00:00:00 00:47:10:02

ARTS  
Our Miracle Years

The old feelings between Ulla and Tommy flare up again  
in East Berlin. However, there is too much  
division between them, Ulla still sees no harm in her  
father, which Tommy cannot understand in the  
face of the charges against Eduard.

Fri, Nov 10, 2023

06:00:00:00 00:26:45:28

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Full Body Strengthening

Join Miranda Esmonde-White in beautiful Montego-Bay,  
Jamaica for a full-body workout that  
strengthens and stretches all 650-muscles, leaving you  
stronger, longer, and energized.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### Drop Gadget Repeat/20 Questions

Drop Gadget Repeat - The agents try to escape from a  
time loop. Curriculum: Addition. 20 Questions  
- A villain sets off a backwards bubble. Curriculum:  
Numerical relations; Using a number line;

Understanding greater than/less than.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

A Home for Gecko

Elmo, Abby, and Chris are helping Zoe make a habitat for her new pet gecko, Gary. They fill a terrarium with soil, moss, rocks, and branches but are missing a hiding place to keep Gary cool.

This is a problem! They wonder what they can use for Gary's hiding spot. What if they use an empty yogurt cup? Let's try! It works. They didn't give up and made the perfect hiding spot for Gary's new home.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Everyone Has A Turn at Show and Tell/Daniel

Takes Turns at the Pool

Daniel and his classmates learn how to take turns during Show and Tell. /At the Neighborhood pool,

Daniel and Miss Elaina take turns playing with the bubble wand. Later, he and Prince Wednesday take turns using a pool noodle.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

Royal Rosie/Rosies No-Strawberry Stand

107A The Purple Knight is coming to Mom's bookstore, but Rosie isn't sure how to help Mom set up.

107B Rosie and Javi make a strawberry horchata stand, but they don't have strawberries. They go to the store where Rosie learns how stores get food.

09:00:00:00 00:28:46:00

YOUTH  
Curious George

Locked Out/Bark Suit!

When winter is forecasted to come early this year,  
George and Allie worry that their upcoming fall  
camping trip may be canceled. So they try to stall  
winter's arrival by reattaching leaves to  
the trees to fool the seasons into not changing. When  
snow falls anyway, George and Allie are  
devastated -- their trip is ruined! But The Man with the  
Yellow Hat takes them camping in the  
snowy forest anyway and they see many new amazing  
sights, including a deer, rabbit, fox and giant  
mystery footprints made by ... an abominable snowman?!  
When George makes a trail for the snowman  
to find their campsite, the trio is in for a big snowy  
surprise indeed. / Excited for his first  
trip to the Botanical Gardens, George tries to grow  
fruits and vegetables in his bedroom. The Man  
with the Yellow Hat explains that where George is going  
is not that kind of garden, it's where  
exotic flowers and unusual plants grow! When George  
arrives, what he sees is beyond his wildest  
expectations -- a plant that looks like brains, flowers  
that smell like lemons and .... big green  
giraffes and lions!? The Topiary Garden, where big leafy  
bushes are shaped into animals, inspires  
George to spruce up his home shrubbery and make his own.  
But which shapes should George create?  
And will Jumpy stand still long enough for George to  
trim a squirrel-shaped bush? When  
George's creatures end up in unexpected shapes, he  
and Mrs. Renkins brainstorm a solution to  
make George's Topiary Garden come to life.

09:30:00:00 00:28:46:05

YOUTH

Work It Out Wombats!

#### Crab Quakes/Hopping Helpers

The Wombats are on the case, helping find the mystery of  
a scary-weird sound that has frightened  
Carly, CeCe, and Clyde. / The Wombats become "Hopping  
Helpers," packaging jars of super-sticky  
Ooey Gooey Goo.

15:30:00:00 00:26:49:00

ARTS

Muraling Austin

#### Women Rising

Women are rising on the walls of Austin, Texas. From  
portraits of trailblazers to spiritual images



of empowerment, murals are celebrating women. Come face-to-face with the Austin murals honoring women and the artists that are creating them.

16:00:00:00 00:26:45:08

HEALTH/HEALTH CARE  
Yoga In Practice

The Sweetness of Learning to Let Go -  
Restorative Yoga

Sat, Nov 11, 2023

04:00:00:00 00:56:59:15

ARTS  
Evening with Dionne Warwick

An Evening With Dionne Warwick is a one-on-one interview program provides a rare look into the life and times of the artist who bridged the gap and climbed to the top of the charts more than any other female entertainer of her time.

06:00:00:00 00:26:46:06

HEALTH/HEALTH CARE  
Sit and Be Fit

Postural Alignment and Shoulder  
Stability

This program features exercises that help increase postural awareness and stabilize the shoulders.

06:30:00:00 00:26:13:09

HEALTH/HEALTH CARE  
Your Fountain of Youth with Lee Holden

The Five Elements

The Five Elements represent the energy flowing in nature: water, wood, fire, earth and metal. The Five Elements are present in you as well, and connect you to nature. When the elements and energies are balanced inside - physically, mentally and emotionally - we feel happy, healthy and whole. Lee Holden shows you how, through the power and grace of this classic sequence of gentle

movements.

07:00:00:00 00:29:00:07

YOUTH  
Mister Rogers' Neighborhood

Construction Paper  
Trying & Learning/How People Make

Mister Rogers shows how people make construction paper and makes some paper chains. It can take a lot of trying to learn something the important thing is to keep trying.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

The Pie Caper

Elmo and Abby are visiting the farm today and just helped Farmer Todd make a pie. They wait for the pie to cool and help Farmer Todd with some chores. When they return, they see that their special treat is gone. Someone has eaten their pie! Elmo and Abby become detectives and look for clues to figure out that Cookie Monster had eaten the pie.

08:00:00:00 00:28:46:00

YOUTH  
Arthur

The Boy with His Head in the Clouds/More!

All the kids know that George is smart-so why does he sometimes have trouble reading and writing? With a little help from others with dyslexia like Principal Haney... and Leonardo Di Vinci!... George and the gang discover that learning happens in all different ways. D.W. is thrilled to be getting an allowance. At last, she'll be rich and powerful! When she learns that Emily and the Tibbles have been already getting theirs for...well...years, D.W. is devastated. How can she remain friends with them is they have more money than she does?

08:30:00:00 00:28:45:29

YOUTH

Dinosaur Train

Triassic Turtle/Tank's Baby Brother

Triassic Turtle - Don mistakes a shell for a rock and meets Adam Adocus, a turtle with a head he can pull into his shell. The Pteranodon family travels to the Triassic and meets Pauline Proganochelys, another kind of turtle who shares her own methods of defending herself. Tank's Baby Brother - Tank Triceratops has a new baby brother that everyone dotes on, making Tank feel left out. Buddy, Tiny, and Tank play with some big kids and Tank learns the perks of being a big brother.

09:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Osprey

Jimmy accidentally drops the keys to the Tortuga into the ocean. Chris, Martin and Aviva on are a race to develop osprey creature powers to find the keys before they disappear forever!

10:00:00:00 00:28:46:00

YOUTH  
The Infinite Art Hunt

The Wanda Blob (Mosaic)

The Wanda Blob (Mosaic): Freddie and Hildegard are headed to an immersive mosaic art garden, but Hildegard is not quite in the mood after breaking her favorite cat figurine, Wanda. Freddie can't understand why it would upset her so much but after exploring the art environment she learns that art can be a way to see into someone's emotions - and finds a way to make Hildegard feel better and honor Wanda.

14:00:00:00 00:56:46:00

ARTS  
Van Der Valk On Masterpiece

Magic In Amsterdam, Part 2

As the investigation continues into an occult-related death, Lucienne is forced to confront

painful memories buried in her past. Van der Valk  
himself decides to open his heart once more to  
Lena. Will he get his happy ever after?

16:00:00:00 00:26:46:00

ARTS  
Rick Steves' Europe

Art of Ancient Greece

Ancient Greece laid the foundations of Western art.  
Traveling from its sun-splashed isles to the  
rugged mainland to bustling Athens, we trace the rise of  
Greek culture. We marvel at the timeless  
Acropolis, perfect Parthenon, and Golden Age theaters.  
And we watch as art evolves from stiff  
statues to perfectly balanced Venuses to the exuberant  
Winged Victory, capturing the spirit of the  
age.

21:30:00:00 00:29:00:00

ARTS  
Lost River Sessions

Joan Shelley

Kentucky folk artist Joan Shelley performs an intimate  
set live with Nathan Salsburg from the  
Ironwood in Bowling Green, KY.

22:30:00:00 01:23:35:03

ARTS  
The Who Hits 50! Live

Celebrate the legendary rock band's 50th anniversary at  
the Royal Albert Hall in London, where  
they tear through their greatest hits including "My  
Generation," "Won't Get Fooled Again," "Baba  
O'Riley," "You Better You Bet" and "Who Are You."

Sun, Nov 12, 2023

03:30:00:00 00:29:00:00

ARTS  
Lost River Sessions

Fort Defiance

Husband and wife duo Fort Defiance perform an eclectic set live from Thundersound Recording Studios in Franklin, KY.

04:00:00:00 00:26:44:29

ARTS

David Holt's State of Music

Glencon Mill - Alice Gerrard, Rayna Gellert, Laurelyn Dossett

David meets bluegrass legend Alice Gerrard, fiddler Rayna Gellert, and singer-songwriter Laurelyn Dossett at a 19th-century cotton mill to play traditional mill songs and share stories.

06:00:00:00 00:27:30:00

HEALTH/HEALTH CARE

Wai Lana Yoga

Special: Chair Poses

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

06:30:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yoga In Practice

Strengthening The Back

One of the most common physical issues people deal with in modern life is lower back pain caused from too much sitting. While sitting, we often collapse our front body and shoulders, over-extending the neck and weakening our back muscles. In today's class we will work on strengthening the back muscles for better posture. When you enjoy good posture a natural self-assurance arises.

07:00:00:00 00:26:27:05

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Strength & suppleness throughout your entire body is vital to doing all of the activities that you

love - and having a strong back is one of the easiest ways to prevent injury and do any activity efficiently! This all-standing, back strengthening workout will help you to do all of your favorite activities safely and with ease.

08:00:00:00 00:26:46:00

CULTURE

Bay Area Bountiful

#### Feeding A Need

On this episode of Bay Area Bountiful, we explore the realities of food insecurity in our region.

From San Francisco to Albany, Santa Clara to Sonoma County, we look to the dedicated volunteers and nonprofits that feed our communities in the greater Bay Area, often with healthy and organic options.

11:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Spy in the Ocean, A Nature Miniseries

#### Deep Thinkers

Spy creatures reveal an ocean full of startling ways of thinking, including large-brained whales, smart octopi, diving monkeys, creative fish and other intelligent animals.

12:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

#### Ancient Earth: Inferno

252 million years ago, a devastating mass extinction wiped out about 90% of all species on Earth.

Follow scientists as they piece together evidence to discover how life survived and set the stage for a new dominant life form: the dinosaurs.

14:00:00:00 00:56:46:00

CULTURE

Common Ground with Jane Whitney

#### Is The World Getting Worse - Or Better

2016 officially was named The Worst Year Ever. Then came 2017. And 2018 and, finally, last year.

That was the worst. Or so we thought until this year. It's become more than a meme that the world is getting worse, going to hell in a handbasket. And yet, year by year statistics show life is improving for most people around the world. More of us live better than ever before - even if few of us believe the good news. The disconnect between the spreading sunlight of progress and most people's growing gloom is creating a toxic political environment and undermines democratic norms, paving the way for autocracy and plutocracy. In its tenth forum, Common Ground will explore the schism between the way we are and how we think of the world. Guest: Steven Pinker.

15:00:00:00 00:47:57:03

ARTS  
Seaside Hotel

#### The Stranger

Waves are created at the small hotel when Mrs. Fjeldso's relative, the Austrian Jew Robert, escapes from a German concentration camp.

19:00:00:00 00:26:46:00

WOMEN  
Native Ball: Legacy of a Trailblazer

A Native American girl from an isolated Blackfeet reservation uses her basketball skills as a ticket to a college education and the opportunity to give back to her people. Her chief described her as "a warrior."

19:30:00:00 00:26:46:00

ARTS  
Cara Romero: Following The Light

Contemporary fine art photographer Cara Romero's work captures Indigenous and non-Indigenous cultural memory, collective history, and lived experiences from a Native American female perspective.

20:00:00:00 01:56:55:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
The American Buffalo

Into The Storm

By the late 1880s, the buffalo that once numbered in the tens of millions is teetering on the brink of extinction. But a diverse and unlikely collection of Americans start a movement that rescues the national mammal from disappearing forever.

23:00:00:00 00:28:00:04

CULTURE

Breath of Life: Revitalizing California Languages

What if Grandmother composed a song for you, but you couldn't understand the words? What if no one else could, either? The half-hour independent film "Breath of Life" explores the painstaking efforts of dedicated indigenous Californians who have committed themselves to revitalizing the rich cultural legacy their ancestors have left to them in tribal languages under threat of extinction. For decades, every two years a group of determined Native activists and allied language experts have convened an extraordinary week-long conference at the University of California, Berkeley, to make sure that the more than 100 individual tongues of this region remain vibrantly alive. The archive of linguistic resources housed here is of world significance. Conference attendees learn how to use it: locating anthropological field notes and cherished recordings that were made of their ancestors' stories, grammar and songs. For most it is a challenging and emotional--even spiritual--experience to rediscover these treasures.

23:30:00:00 00:26:46:00

ARTS

By The River

Margaret Verble

Holly Jackson is by the river with Pulitzer Prize Finalist Margaret Verble discussing her novel, When Two Feathers Fell From the Sky. As an enrolled citizen of the Cherokee Nation, Margaret discusses how she weaves Cherokee narratives into her books and the importance of indigenous



voices in literature. She shares how she used her  
childhood in Nashville, TN as an inspiration for  
the setting of the book and the significant amount of  
research that is required for historical  
fiction.

Mon, Nov 13, 2023

06:00:00:00 00:26:45:25  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Posture

Today's episode is set in one of the most beautiful  
locations yet, Montego Bay, Jamaica. Join  
Miranda Esmonde-White today for a full-body posture  
workout. Good posture is the key to looking  
and feeling youthful and vibrant.

06:30:00:00 00:28:46:05  
YOUTH  
Wild Kratts

#### Opossum In My Pocket

While on a mission to find Chris' night vision goggles  
lost in the Cypress swamp, the brothers  
discover a marsupial opossum with a similar problem.

07:00:00:00 00:28:46:05  
YOUTH  
Odd Squad

#### Teach A Man to Ice Fish

Teach a Man to Ice Fish - The Mobile Unit must teach the  
agents in the Odd Squad Arctic office how  
to solve a case for themselves. Curriculum: Addition  
Patterns, Force and Friction.

07:30:00:00 00:28:46:00  
YOUTH  
Sesame Street

#### Gold Medal Tango

Elmo, Rosita, and Chris are making a doggy obstacle course for Tango. They use boxes to make a doggy tunnel for Tango to run through and cones for Tango to zig zag around. They find a hula hoop that Tango could jump through, but it won't stand up. This is a problem! They wonder how to make the hoop stand up and have enough room for Tango to jump through. What if they put the hoop through the slats of two chairs? Let's try! It works. They didn't give up and made a great game for Tango to play.

08:00:00:00 00:28:46:05

YOUTH

Daniel Tiger's Neighborhood

The Neighborhood Fall Festival/Field

Day at School

The Neighborhood Fall Festival - The neighbors are busy decorating for the big Fall Festival when a gust of wind knocks down Music Man Stan's hard work. Daniel and his friends help rebuild the scene and learn that everyone's abilities are different - what's important is that you do your best. Field Day at School - Teacher Harriet has set up a Fall Field Day outside at school today. While trying new games, Daniel and his friends struggle to do the games how they want to. They learn a lesson about the importance of doing your best. Strategy: Do your best. Your best is the best for you.

08:30:00:00 00:28:46:05

YOUTH

Rosie's Rules

Rosie Rocks Mariachi/Rosie Canta Un Corrido

105A Papa and Tia's Mariachi band is performing, but when a player can't come, Rosie jumps in to help. 105B Rosie wants to sing a corrido for the family talent show, but she struggles to find inspiration.

09:00:00:00 00:28:46:05

YOUTH

Curious George

Candy Counter/Curious George, Rescue Monkey

Candy Counter - Eating candy is easy, but counting and sorting it is much more difficult! George quickly learns this when he agrees to watch Cayley's candy counter for an afternoon. While trying to stack the chocolates into different shapes, they all fall over, and George can't remember which candy is what! With help from a few customers, and a little sampling, George discovers how to sort the candies by color and shape. Curious George, Rescue Monkey - George is inspired to become a volunteer with the fire department when they help him get his foot unstuck from a chair. He spends the day with Andie, Stig and Stew of Rescue Squad 86 and has fun trying out all the special fire fighting tools. But when Compass gets trapped at the museum, a little monkey ends up being the best tool for the job.

09:30:00:00 00:28:46:00

YOUTH

Work It Out Wombats!

The Treehouse Harvest Day/The Treeborhood

Thankfulness Stew

Harvest Day is being ruined by fog! Can the Wombats save the day by locating Mr. E's fog goggles, buried in a box somewhere? / It's time to make the Treeborhood Thankfulness Stew. Can Zeke create a stew that meets Mr. E's high standards?

13:30:00:00 00:26:40:04

ARTS

Variety Studio: Actors On Actors

Viola Davis (The Woman King) with Jennifer Lawrence (Causeway), Jamie Lee Curtis (Everything Everywhere All At Once) with Colin Farrell (The Banshees of Inisherin) and Brendan Fraser (The Whale) with Adam Sandler (Hustle).

14:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

Ancient Earth: Humans

How did Earth give rise to humans? With stunningly realistic animation, witness the asteroid

strike that wiped out the dinosaurs, the spread of primates across the planet, and the geologic events that made our species' existence possible.

15:30:00:00 00:29:30:03

ARTS

Twenty Twelve

### Catastrophisation

Thirty two days to go, and with Head of Deliverance Ian Fletcher chairing the final ever meeting of the Twenty Twelve Security Committee's Special Catastrophisation Unit, it emerges that someone has been caught converting official Olympic starting pistols to fire live rounds. With the US Security Forward Team about to arrive to review security arrangements for the Games, the challenge is to find a way of handling this piece of news that doesn't involve shooting themselves in the foot. Meanwhile Kay Hope continues her one woman quest to find a Sustainable use for the Stadium post Games, and Siobhan Sharpe and her team at Perfect Curve take on the task of re-branding the Twenty Twelve Travel Advice Pack in such a way that no-one will ever have to read it.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

### Practice for Introspection (Fire)

With the warmth of candlelight, bring your focus inward as you have a transformative yoga practice to strengthen you from the inside out. "Practice for Introspection" fuses together different disciplines of yoga to work every part of the body, so you feel full of vitality and at the same time maintain a quiet mind. With clear alignment instruction, feel your breath soothe you and take you on a journey. In the right structure our body is safe, and as you bring your focus inward you gain more insight into your practice and life. Observe with no expectations and judgements to receive the most from your practice.

21:00:00:00 00:56:46:00

ARTS

Ivan Doig: Landscapes of a Western Mind

Ivan Doig (1939-2015) mined his hardscrabble Montana childhood to create an iconic body of literary work. Drawing upon his experience as a journalist and historian, his captivating and, at times, heartbreaking narratives embody the harshness and beauty of the Western landscape and celebrate the grit required for his beloved characters to survive in challenging social and physical climates. His dedication to language, people, and place has made him one of the most influential and celebrated authors of the American West. IVAN DOIG: LANDSCAPES OF A WESTERN MIND gives viewers a peek into his writing process and his impact on American literature.

Tue, Nov 14, 2023

06:00:00:00 00:26:45:28  
HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Golden Shoreline

Relax with the golden light of sunset along the peaceful shoreline as we enjoy a modified yoga practice using a chair for support. Including gentle stretches for the neck, shoulders and back combined with calming forward bends to stretch the hamstrings and hips.

06:30:00:00 00:28:46:05  
YOUTH  
Wild Kratts

Happy Turkey Day

The Wild Kratts are on a mission to defend the honor of the wild turkey and to stop Gourmand, who is hunting for the largest, fattest turkey in the forest.

07:00:00:00 00:28:46:05  
YOUTH  
Odd Squad

The Weight of the World Depends On  
Orla/Substitute

The Weight of the World Depends on Orla - Orla shares the story of how she was chosen to protect the 44-leaf clover. Curriculum: Measurement Weight / Density. Substitute Agents - With the Mobile Unit agents in trouble, Oxley and Olanda must come to the rescue. Curriculum: Prediction and Probability.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

#### Chickens on the Farm

Big Bird is visiting his chicken friend, Lottie, at the farm. Lottie hasn't been able to lay an egg because the nesting box isn't comfy and cozy. This is a problem! Big Bird wonders if there's something they can use to make the nesting box comfier and cozier. What if they use hay? Let's try! It works. Big Bird makes the nesting box comfier for Lottie. It's so comfy that Lottie lays an egg!

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### Daniel Does Gymnastics/The Big Slide

Daniel Does Gymnastics - When Daniel goes to gymnastics for the first time, he feels a little nervous to join in with his friends. Dad Tiger helps Daniel feel brave by doing the gymnastics movements together and showing him that he can do it all on his own. The Big Slide - Daniel and O the Owl are excited to ride the dinosaur slide at the playground, but when O sees how tall it is, he gets a little scared. Daniel and Mom Tiger help O feel brave, and he goes down the slide - he loves it so much he even goes down again!

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

#### An Anniversary Tradition/Chiles En

Nogada Day

Rosie, Crystal and Iggy try to recreate Mom and Pap's beach anniversary tradition at home./It's

Chiles en Nogada Day, but when Papa loses the recipe,  
it's up to Rosie to figure out who else  
might have it.

09:00:00:00 00:28:45:28

YOUTH  
Curious George

Monkey Goes Batty/Curious George and the Balloon  
Hound

A hole in the roof means George and the Man with the  
Yellow Hat must sleep in the living room  
while their bedrooms are being repaired. But their  
adventure quickly turns into a disaster when  
George's nightly trips to the kitchen keep the Man awake  
at night. Can George figure out a way to  
quietly find his way to the refrigerator in the dark?  
George and Hundley are amazed by all the  
flying machines at the museum's aviation exhibit. So  
when Hundley's souvenir airship flies out of  
reach in the lobby, he dreams he is British flying ace,  
Leftenant Doxie. Joined by the daring  
flyboy Chuck Monkey, the dynamic duo use propeller power  
as they race towards the finish line.  
When Hundley awakens from his dream, he has a few new  
ideas on how to get his ceiling bound toy  
within reach.

09:30:00:00 00:28:46:01

YOUTH  
Work It Out Wombats!

3,2,1 Lift Off! / Moon Magic

Only one way to find out if there are unicorns on the  
moon build a spaceship and go see for  
yourself! / Louisa tells Zeke she's a Moon Magician who  
can turn the moon into different shapes.  
Would Zeke like to learn how she does it?

10:00:00:00 00:27:00:00

ARTS  
Best of the Joy of Painting

Mountain Stream

With just a few tools, Bob Ross paints a mountain stream  
running through gently sloping ground  
that looks soft as velvet.

14:00:00:00 00:56:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Spy in the Ocean, A Nature Miniseries

Deep Feelings

Spy creatures explore animal emotions and the deep feelings we share. With surfing dolphins, kissing manatees and sensitive cuttlefish, witness the emotional rollercoaster of life in the sea.

16:00:00:00 00:27:04:21  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Upper Back Strength

Get a strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your posture and stretch your chest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.

21:00:00:00 00:56:46:00  
ARTS  
Rick Steves Art of the Modern Age

Art tells the rollicking story of our modern age. In RICK STEVES ART OF THE MODERN AGE, Rick explores how new technologies and social progress spawned a variety of artistic styles during the 1800s: freedom-loving and soul-stirring romanticism, the gauzy art of the prosperous Belle Epoque, light-chasing impressionism, and sensuous art nouveau. Then, Rick careens through Europe's tumultuous 20th century, with rule-breaking art as exciting as the times. From expressionism and cubism to surrealism and abstract, the visionary genius of artists like Van Gogh, Picasso, and Dali helped express the complexity of our modern world and our place in it.

Wed, Nov 15, 2023

06:00:00:00 00:26:45:27  
HEALTH/HEALTH CARE



Classical Stretch: By Essentrics

Long Adductor

Your long adductors are the muscles of your inner thighs. This Classical Stretch workout tones and liberates these muscles leaving your legs longer and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for a long adductor workout.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

When Fish Fly

Martin and Chris challenge Koki and Aviva to a contest about who has the most challenging job. In their quest to win this challenge, the gang uncovers an unlikely animal partner that could ultimately lead either team to victory...or defeat.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

Oswald in the Machine/The B-Team

Oswald in the Machine - Oswald has to go undercover as a robot to enter a villain warehouse run by robots. Curriculum: Coding. The B-Team - The Mobile Unit learns how things might have been if they hadn't joined the team. Curriculum: Addition and Doubling.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

Happy Hair Day

Elmo and his friends are singing about something that makes each of them special, their hair! Tamir and Charlie realize one thing they both have that makes them special is their curly hair. Tamir's hair is black with soft coils while Charlie's hair is golden brown with loose curls. Elmo joins in singing about how his red and fluffy fur is one of the things that make him special. They meet Prairie Dawn who has blonde and straight hair and Mia who has brown and wavy hair. They all

sing together about how hair is part of what makes each of them special no matter how it grows.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

#### In Case of Emergency/George's Bff

The Doorman is upgrading the building's emergency system, and in the lobby now is a big red emergency button that George is dying to push. When George plays fetch with Hundley and their ball is lost, George thinks that this is an emergency worthy of pushing that button! Push it he does, and the fire crew is on their way. What George doesn't know is that the ball went down the elevator shaft, causing the elevator to break down with The Man with the Yellow Hat stuck inside - a REAL emergency! Will the fire crew rescue his friend (before his ice cream melts)? And will George learn when he should, and should not, push that button? / Flying home from a fishing tournament, George and The Man with the Yellow Hat encounter a storm, so they land and spend the night at a Prairie Nature Center. Their friend and guide, Inez, raises endangered Black Footed Ferrets and releases them into the wild. George has several close encounters with one of the ferrets, who likes to play chase and steal George's fishing trophy! When it's time to release the ferret into the wild, George surprises the ferret with a gift...but George is the one who ends up surprised when the ferret becomes a stowaway on the plane ride back home!

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

#### The Sleepover/Secret Tunnels

Can Zeke manage a sleepover at the Creation Station when the bedtime routine is nothing like his own? / Hand-drawn map in hand, the Wombats navigate an exciting network of tunnels beneath the Treeborhood.

14:00:00:00 00:56:46:00

ARTS  
Rick Steves Art of the Modern Age

Art tells the rollicking story of our modern age. In RICK STEVES ART OF THE MODERN AGE, Rick explores how new technologies and social progress spawned a variety of artistic styles during the 1800s: freedom-loving and soul-stirring romanticism, the gauzy art of the prosperous Belle Epoque, light-chasing impressionism, and sensuous art nouveau. Then, Rick careens through Europe's tumultuous 20th century, with rule-breaking art as exciting as the times. From expressionism and cubism to surrealism and abstract, the visionary genius of artists like Van Gogh, Picasso, and Dali helped express the complexity of our modern world and our place in it.

15:30:00:00 00:26:45:25

ARTS

Poetry In America

Urban Love Poem - Marilyn Chin

Explore San Francisco's history--from the Gold Rush and early Chinese immigration to the rise of Silicon Valley--through Marilyn Chin's poem of her San Francisco youth. In this series opener, Elisa New brings together acclaimed memoirist Maxine Hong Kingston, tech investor Randy Komisar and four Bay Area residents on a rooftop in Chinatown to discuss love of a great city.

16:00:00:00 00:27:29:03

HEALTH/HEALTH CARE

Wai Lana Yoga

Galloping Horse, Arching Tiger

You'll develop balance and coordination, leg strength, and hip flexibility with Galloping Horse, while arching in Tiger Pose tones your thighs and buttocks.

19:00:00:00 00:56:46:00

ARTS

World On Fire On Masterpiece

Episode 3

As Stan and Rajib make a hasty retreat across the desert, Marga reasserts her commitment to the

Fuhrer. Meanwhile, David is in peril in the skies over France.

20:00:00:00 00:56:46:00

ARTS

Annika On Masterpiece

When a phone with a recording of a brutal drowning is handed to police headquarters, the pressure is on for Annika and the team to track down the murderer.

Thu, Nov 16, 2023

06:00:00:00 00:26:46:02

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Sunflower Inspiration

Allow the uplifting sunflower energy to inspire your practice as we create more support from the inside out with a modified yoga session designed to activate the core. Including a seated a seated warm up along with moves to firm the abs, strengthen the core and increase upper body endurance while exploring modified plank variations and standing poses using a chair for support.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Search for the Florida Panther

When the Wild Kratts team gets an alert from a Wild Kratts kid that an injured endangered Florida Panther was just spotted off the Alligator Alley highway, the team springs into rescue mode.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

Rise of the Hydraclops/O Is Not for Old

Rise of the Hydraclops - In order to save humanity,  
Olive and Otto must locate a treasure chest  
that Oscar buried. Curriculum: Measurement; length. O is  
Not for Old - The agents throw a surprise  
party for Ms. O. Curriculum: Data collection and  
analysis; using tally marks to record data.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Gold Medal Tango

Elmo, Rosita, and Chris are making a doggy obstacle  
course for Tango. They use boxes to make a  
doggy tunnel for Tango to run through and cones for  
Tango to zig zag around. They find a hula hoop  
that Tango could jump through, but it won't stand up.  
This is a problem! They wonder how to make  
the hoop stand up and have enough room for Tango to jump  
through. What if they put the hoop  
through the slats of two chairs? Let's try! It works.  
They didn't give up and made a great game  
for Tango to play.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### Calm at the Restaurant/Calm In Class

Calm at the Restaurant - The Tiger Family goes to the  
restaurant for taco night with Jodi and Dr.  
Plat. Daniel and Jodi find out that there are times to  
be silly and times to be calm. Calm in  
Class - Music Man Stan comes to school for a special  
musical story with the class. Daniel,  
Katerina, and Miss Elaina learn to be calm so that  
everyone can enjoy the story.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

#### Rosies Pirate Adventure/Time Trouble

Rosie and friends pretend to be pirates travelling  
around the world, but they need a globe to plan  
a route./While Jun is visiting Shanghai, she and Rosie  
plan a virtual breakfast. But when it's

daytime for Rosie, it's nighttime for Jun.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

Hundley Jr./Curious George Gets Winded

Hundley Jr. - What's long, low to the ground, and loves to clean milkweed off the lobby floor?

Hundley's newest friend and caterpillar, Hundley Jr! But when Hundley is torn between looking

after the lobby and caring for his new friend, he turns his lobby duties over - to a monkey!

Curious George Gets Winded - Bill needs one more newspaper delivery to win the coveted Golden

Pouch, but a big snowfall ruins his chances. Even with George's help, there's no way he can

deliver all those papers in time. Can George's monkey-made wind sled help the duo sail to victory?

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Amazing Adventure/The Kaya-Tastic Banana-Tastic Halo Halo Split!

Thanks to Ellie, best babysitter ever, the Wombats embark on a for-real Sticker Monster treasure

hunt. / Kaya has to get creative when she breaks her tablet right before her Kaya-tastic

Banana-tastic Halo-Halo Split cooking class.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE  
Sit and Be Fit

Vestibular and Core

Mary Ann combines a nice mix of vestibular and core work while Gretchen reinforces the importance of gait training exercises.

20:00:00:00 00:56:46:00

WOMEN  
Native America

Women Rule

Native women are leading, innovating, and inspiring in the arts, politics, and protecting the planet. NATIVE AMERICA explores the diverse ways they carry forward deep traditions to better their communities, their lands, and the world.

22:00:00:00 00:48:44:05

ARTS

Our Miracle Years

Margot marries Bocker. As the new managing director of United Metal Works, he wants to have ammunition manufactured.

Fri, Nov 17, 2023

06:00:00:00 00:26:45:23

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Back Pain Relief

Relieve your back pain instantly with this full-body Classical Stretch Workout. It only takes one episode a day to relieve and prevent back pain - join Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Jamaica.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

The Vanishing Stingray

A bored Martin and Chris want to play a game of Creature Hide and Seek and secretly ask Aviva's help to program a new creature power disc to use. But first, they need to find a creature that has amazing hiding powers. The stingray. Science Concept: Cartilaginous fish - fishes with no bones.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

Dance Like Nobody Is Watching/Recipe for

Disaster

Dance Like Nobody is Watching - When the alarm system at Headquarters is triggered, Olive, Otto, Ms. O, and Oscar must avoid a series of booby traps in order to shut it off. Curriculum: Algebraic thinking; pattern recognition and extension. Recipe for Disaster - Olive and Otto explain to Ms. O how a case went wrong, each in their own way. Curriculum: Number operations; determining unknown number in an equation.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

### The Pie Caper

Elmo and Abby are visiting the farm today and just helped Farmer Todd make a pie. They wait for the pie to cool and help Farmer Todd with some chores. When they return, they see that their special treat is gone. Someone has eaten their pie! Elmo and Abby become detectives and look for clues to figure out that Cookie Monster had eaten the pie.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

### Daniel Learns to Ask First/Friends Ask First

Daniel Learns to Ask First - When Daniel needs a drumstick for his pretend marching band, he takes away a spoon that Margaret was using, which makes her cry. Dad Tiger teaches Daniel that he needs to ask first before taking something away from someone else. Friends Ask First - O the Owl is reading a story to his class at school, but when Prince Wednesday grabs the book to get a closer look, no one else can see the pictures. Teacher Harriet explains that you should ask first if it's okay before you take something away from someone else.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

### Rosie Gets Moving/The Flying Disc

Dilemma



108A When Tia forgets her lucky spoon, Rosie, Javi and Papá use different kinds of transportation to get it to her before her train leaves. 108B When Crystal's flying disc gets stuck in a tree, Rosie learns that just the right kind of transportation can get it down.

09:00:00:00 00:28:46:00

YOUTH  
Curious George

### Bonus Day/Understudy George

George can't believe that it's already the last day of February. But his hedgehog calendar shows that tomorrow is February 29th instead of March 1st! Huh? The Man with the Yellow Hat explains this is Leap Year, which means they get an extra day. Wowsa! George wants to do something extra special on his bonus day. But what? George soon discovers that there's no shortage of fun events planned for Leap Day: Hundley's Leap Year Dachshund Dash, the Polar Bear Plunge, the launch of Mr. Glass's Boat Hotel (the Boatel!), Professors Pizza and Einstein flying trapeze class and, of course, Chef Pisghetti's famous Leapin Lemon Pound Cake! George makes a schedule to do all five things - a Leap Day record! - but soon discovers that even the best laid Leap Day Plans can go awry. Can George get back on track to hit these amazing activities, or will he need to wait another four years!? / Everything is ready for today's opening of The Man with the Yellow Hat's play, "Lunch on Planet Zooz"! When Mr. Renkins gets a cold, leaving the cast with no understudies, George eagerly volunteers. Only to find out he must learn three roles! - Bill's confident space captain, Mrs. Quint's friendly Zooz greeter, and Mr. Quint's efficient roller skating robot waiter - and fast! George observes what he can in rehearsal but when the cast takes a break, George wonders if can find other people with these characteristics to help him learn the parts. With time running out, George goes out on the town and luckily encounters Shirley the confident bus driver, friendly Mrs. Renkins (and extra friendly Bo!), and efficient waiter Jimmy, and recruits them all! But when Bessie the cow blocks the town road, and draws Bill and the Quints into the drama, the curtain comes up and George finds himself needing to play .... ALL of the roles.

09:30:00:00 00:28:46:00

YOUTH

Work It Out Wombats!

The Treehouse Harvest Day/The Treeborhood

Thankfulness Stew

Harvest Day is being ruined by fog! Can the Wombats save the day by locating Mr. E's fog goggles, buried in a box somewhere? / It's time to make the Treeborhood Thankfulness Stew. Can Zeke create a stew that meets Mr. E's high standards?

15:30:00:00 00:26:50:20

ARTS

Muraling Austin

Big, Bright & Bold

Check out the vibrant contemporary murals that are bursting on the walls of Austin and energizing the city's urban architecture. Meet the artists who are transforming and beautifying spaces with their uplifting public art.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yoga In Practice

Love Yourself As You Are

According to Voltaire, "The perfect is the enemy of the good." Often we do not strive for the good life or the good body or experience but the perfect one, ruining our chances of satisfaction. The practice of yoga can open a path of self-care and awareness, help us learn to appreciate the good in ourselves and let go of striving for perfection. In this episode we embrace who we are right now.

21:00:00:00 00:56:46:00

CULTURE

Pov

Uyra: The Rising Forest

While traveling through the Amazon, Uyra shares ancestral knowledge with Indigenous youth to

promote the significance of identity and place,  
threatened by Brazil's oppressive political  
regime. Through dance, poetry, and stunning  
characterization, Uyra boldly confronts historical  
racism, transphobia, and environmental destruction,  
while emphasizing the interdependence of  
humans and the environment.

Sat, Nov 18, 2023

06:00:00:00 00:26:22:16  
HEALTH/HEALTH CARE  
Sit and Be Fit

#### Circulation

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

06:30:00:00 00:26:41:06  
HEALTH/HEALTH CARE  
Your Fountain of Youth with Lee Holden

#### Longevity

Longevity has been a quest for humans across cultures  
for centuries. Based on 4,500 years of  
practice and refinement, the movements in this program  
"add not only years to your life, but life  
to your years. " Lee Holden guides you through gentle  
stretches, energy activations, and  
easy-to-follow flowing movements you can use to age with  
grace on the path to longevity.

07:00:00:00 00:29:00:07  
YOUTH  
Mister Rogers' Neighborhood

Electric Cars & A Boy In An Electric  
Wheelchair

Mister Rogers visits a garage where electric cars are  
being made. In the Neighborhood of  
Make-Believe, Handyman Negri organizes a search for  
Prince Tuesday and the unhappy Prince is  
finally found.

07:30:00:00 00:28:46:05  
YOUTH

Sesame Street

The Great Home Carnival

It's raining, and Elmo, Abby, and Rudy can't go to the carnival anymore. This is a problem! They wonder if they can make their own carnival games with things at home. What if they use paper for a memory game, rolled-up socks for a toss game, and empty boxes for pretend roller coaster cars? Let's try! It works. They didn't give up, and they made their favorite carnival games at home.

08:00:00:00 00:28:46:00

YOUTH  
Arthur

The Boy Who Cried Comet/Arthur and Los

Vecinos

Buster is convinced that he's seen real UFO's, and he uses Muffy's fancy new telescope to get the proof. What he discovers is much more terrifying-a comet hurtling directly toward earth! Can Buster convince his friends that this sighting is real in time for them to save the planet? Mr. Sipple from next door is moving away and Arthur wonders-who will be the new neighbors? When Alberto Molina and his family settle in, Arthur makes a new friend and learns about a different culture...and about a comic book character named Conejitos Mechanicos! (That's Spanish for Bionic Bunny)

08:30:00:00 00:28:45:29

YOUTH  
Dinosaur Train

Erma Eoraptor/Under The Volcano

Erma Eoraptor - Buddy, Tiny, and Mrs. Pteranodon go on an expedition to find Erma Eoraptor, a member of the first species of dinosaur that ever lived. They venture off the beaten paths in the Triassic to find Erma, and then bring her back for a ride on the Dinosaur Train! Under the Volcano - Tiny, Buddy, and Mr. Pteranodon take the Dinosaur Train to Volcano Valley to see the local volcano. The sight is so spectacular, they go back for the rest of the family only to discover they've already gone to see the volcano! The merry mix-up concludes as the whole family meets up

to marvel at the sight of Mt. Smoky erupting.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

Hundley Jr./Curious George Gets Winded

Hundley Jr. - What's long, low to the ground, and loves to clean milkweed off the lobby floor?

Hundley's newest friend and caterpillar, Hundley Jr! But when Hundley is torn between looking

after the lobby and caring for his new friend, he turns his lobby duties over - to a monkey!

Curious George Gets Winded - Bill needs one more newspaper delivery to win the coveted Golden

Pouch, but a big snowfall ruins his chances. Even with George's help, there's no way he can

deliver all those papers in time. Can George's monkey-made wind sled help the duo sail to victory?

09:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Search for the Florida Panther

When the Wild Kratts team gets an alert from a Wild Kratts kid that an injured endangered Florida

Panther was just spotted off the Alligator Alley highway, the team springs into rescue mode.

10:00:00:00 00:28:46:00

YOUTH  
The Infinite Art Hunt

The Crestfallen Mallard (Video Games)

The Crestfallen Mallard (Video Games): Ty won't accept Freddie's help on his latest masterpiece,

and his painting of a duck is turning out to be kind of a bummer. Frustrated, Freddie leaves the

studio, while Ty plays host to Grandma Tilly's friends - video game designers who work in a

collaborative process. Ty sees that masterpieces aren't always created by one person and agrees to

let his younger cousin lend a hand.

14:00:00:00 00:56:46:00

ARTS  
Annika On Masterpiece

When a phone with a recording of a brutal drowning is handed to police headquarters, the pressure is on for Annika and the team to track down the murderer.

16:00:00:00 00:26:46:00

ARTS  
Rick Steves' Europe

Rick Steves' Europe: Ancient Roman Art

We follow Rome's rise through its awe-inspiring art, starting at Rome's humble birthplace in the Forum. Soon Rome is graced with supersized monuments like the majestic domed Pantheon and the Colosseum, where gladiators battled to the death. We also get a glimpse of Rome's more intimate side: the colorful mosaics, luxurious frescoes, and realistic portraits of the solid citizens who made Rome great.

21:30:00:00 00:29:00:00

ARTS  
Lost River Sessions

Fort Defiance

Husband and wife duo Fort Defiance perform an eclectic set live from Thundersound Recording Studios in Franklin, KY.

22:30:00:00 01:28:56:03

ARTS  
Willie Nelson: Live at Budokan

Grab a front-row seat to this 1984 Tokyo concert, one of Nelson's live legendary performances. Filmed at Budokan, the famous martial arts hall, the show features an amazing collection of Nelson's greatest hits.

Sun, Nov 19, 2023

03:30:00:00 00:29:00:00

ARTS  
Lost River Sessions

Kristina Murray

Georgia born, Nashville based songwriter Kristina Murray performs a honky-tonk inspired set live from the Capitol Arts Center in Bowling Green, KY.

04:00:00:00 00:26:45:01

ARTS

David Holt's State of Music

Wayne Henderson, Jeff Little

David goes to Rugby, Virginia, to play tunes with Wayne Henderson and Jeff Little. Jeff talks about the piano as a bluegrass instrument and Wayne takes David inside his guitar-making workshop.

06:00:00:00 00:27:30:00

HEALTH/HEALTH CARE

Wai Lana Yoga

Stand Strong

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

06:30:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yoga In Practice

Breath and Relaxation

77 percent of Americans report physical symptoms related to stress and anxiety. To calm the noise in our minds we will ease into a practice that enhances the parasympathetic nervous system, aiding our sleep and digestion instead of fueling the fight or flight response. Today's class will open our ribcage so we can breathe more deeply. We'll finish with a guided relaxation called yoga nidra, or yogic sleep.

07:00:00:00 00:26:53:03

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

A strong core and back are the best way to prevent poor posture or rounding shoulders. In this

intermediate, standing workout Miranda will stretch the vertebrae of your spine while strengthening your core and back. The combination of arm, chest, core, leg, and back exercises will prevent and relieve pain while strengthening your posture.

08:00:00:00 00:26:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

#### Preparing for Fire

On this episode of Bay Area Bountiful, we visit a rebuilt Santa Rosa winery destroyed by the 2017 Tubbs Fire; discover how some wildfire mitigation may actually damage communities; speak with three Bay Area fire chiefs on fire preparedness; see how a tenants union helps prepare for poor air quality; and learn how South Bay residents work at releasing emergency information in multiple languages.

11:00:00:00 00:56:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Spy in the Ocean, A Nature Miniseries

#### Deep Feelings

Spy creatures explore animal emotions and the deep feelings we share. With surfing dolphins, kissing manatees and sensitive cuttlefish, witness the emotional rollercoaster of life in the sea.

14:00:00:00 00:56:46:00  
CULTURE  
Common Ground with Jane Whitney

A Tale of Two Economies - How Wealth Inequality Is Making America Poor

While the pandemic crushed the dreams of millions, shuttering businesses and schools and leaving millions jobless, the wealthy reaped a bonanza and watched their net worth more than double. They became richer while the poor got poorer. Already at historic heights before the pandemic, wealth inequality by many measures now is worse than during the Gilded Age and divides the country into the haves and the have-nots. And that endangers us all by cutting social mobility, increasing



crime and empowering authoritarians. In the eleventh show of the season, Common Ground will examine the consequences of this cleavage, the values that drive economic policy and the connections between our political and economic crises. Guest: Mark Cuban.

15:00:00:00 00:47:47:03

ARTS  
Seaside Hotel

New Plans

Mr. Madsen is close to the goal of his dreams, to be allowed to build in Germany, but what if the Nazis find out about Robert?

20:00:00:00 03:56:46:00

ARTS  
Great Performances at the Met

Der Rosenkavalier

Enjoy Strauss' Viennese comedy with Lise Davidsen as the aging Marschallin opposite Samantha Hankey in the "pants role" as her lover Octavian with Erin Morley as the younger woman who steals his heart. Simone Young conducts and Deborah Voigt hosts.

Mon, Nov 20, 2023

06:00:00:00 00:26:33:19

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Endurance and Power

Build endurance and power with this full-body strengthening Classical Stretch Workout. Join Miranda Esmonde-White in breathtaking Montego Bay, Jamaica for a workout that leaves every muscle feeling stronger and more powerful.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Happy Turkey Day

The Wild Kratts are on a mission to defend the honor of the wild turkey and to stop Gourmand, who is hunting for the largest, fattest turkey in the forest.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### High Maintenance/Not Ok Computer

High Maintenance - Agents switch jobs with the maintenance department for a day. Curriculum: Word problems involving multi-addend addition and multiplication. Not OK Computer - The agents get trapped in a computer. Curriculum: Using standard to measure length and capacity.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Bubble Trouble

It's national bubble week! Elmo, Rosita, Zoe, and Charlie are filling all of Sesame Street with bubbles to celebrate. They try blowing bubbles and waving a rope to make more bubbles but their lips are arms are getting tired. They wonder if there's something that could make bubbles for them. What if they put bubble wands on an egg rack in front of a fan and spin it through a tub of soapy water? Let's try! It works. They didn't give up and Sesame Street gets filled with bubble with their new bubble machine!

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### Thank You, Grandpere

Tiger!/Neighborhood Thank You Day

Thank You, Grandpere Tiger! - Grandpere Tiger comes to visit, but is only in town for a short while. Daniel is sad that Grandpere can't come to the special Thank You Day celebration later that day. Daniel learns to be thankful for the time they DO have together, and is then surprised when Grandpere appears at the celebration after all! Neighborhood Thank You Day - The neighborhood

celebrates Thank You Day by putting notes in the Thank You Tree. Daniel has trouble deciding what to put in his note. Then, when a gust of wind blows the notes off of the tree, Mr. McFeely saves the day by catching and delivering everybody's thank you notes!

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Donating Day/Gatita The Volunteer Cat

Rosie donates some things for Donating Day, but when she accidentally gives away her doll Lele, she must get it back. / Rosie & Gatita volunteer for Seniors Day at the Nature Center, but their volunteering doesn't go as planned.

09:00:00:00 00:28:45:28

YOUTH  
Curious George

George's Photo Finish/Monkey Mystery

Gift

Today is the big unveiling of the Ankylosaurus dinosaur skeleton at the Museum, but it's missing a leg! George and the Man with the Yellow Hat thought they delivered all 4 bones. Where did the 4th bone go? Fortunately, Mr. Quint took pictures on their way to the Museum. Maybe the photos can lead them to the bone...if they can only figure out which order to put them in. George and Allie's imaginations run wild as they brainstorm what could be in the large unmarked box on George's doorstep. Based on its weight, sound, smell, and bristly hair, they're certain it's a baby goat! But what's really inside surprises them more than anything they could have ever imagined.

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Bake It Til You Make It/Zoom-In Zadie

Louisa hatches a plan to trade mud pies for stickers, but Zeke can't remember his perfect mud pie recipe. / Mr. E yearns to paint a square, but Quique's lessons aren't helping. Can Zadie's photos

bring students to the class to inspire Mr. E?

13:30:00:00 00:29:00:00

ARTS

Variety Studio: Actors On Actors

Ana de Armas (Blonde) with Eddie Redmayne (The Good Nurse), Paul Dano (The Fabelmans) with Brian Tyree Henry (Causeway) and Joe Alwyn (Stars at Noon, Catherine Called Birdy) with Paul Mescal (Aftersun).

15:30:00:00 00:29:44:03

ARTS

Twenty Twelve

Inclusivity Day

Having been shot in the foot with a doctored starting pistol, Head of Deliverance Ian Fletcher discovers that he's also shortly to be without a PA as current PA Daniel Stroud has been offered another job. Back over at the offices of the ODC they try to work out how to launch "Inclusivity Day" in London on the same day that Seb Coe is launching "Diversity Day" in Oldham, when even though both Boris Johnson and Baroness Tanni Grey-Thompson have agreed to take part, no-one knows what Inclusivity Day is. Ian's foot may have gone septic. Meanwhile over at PR Company Perfect Curve Siobhan Sharpe and her team devise a viral campaign designed to change the face of women's football without mentioning women's football following catastrophic ticket sales. The clock ticks on.

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

Practice for Motivation (Fire)

Like flames of a fire, our self-discipline fuels the transformation. Think of what motivates you in life and use this inspiration on your mat. You are stronger than you think. "Practice for Motivation" is a more vigorous vinyasa practice fusing together different disciplines, with modifications explained and ways to amplify your practice included. The breath guides you through

the flow to sharpen your focus as you improve flexibility, strength, and endurance, physically and mentally. When we recognize our inner strength, we have the motivation and inspiration to create positive change in our life.

Tue, Nov 21, 2023

06:00:00:00 00:26:44:29

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Waterfall Glen

Enjoy the peaceful waterfall valley as we open to more ease with a modified yoga practice using a chair for support. Including gentle sun salutations, side bends, twist variations and forward folds to create more breathing space in your body.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Iron Wolverine

While flying over the Amazon rainforest, the gang share a bowl of colorful jelly beans. Martin tells them that the jelly beans remind him of parrots. This confuses everybody until he says it's because parrots come in almost every color. Soon the bros are off on a creature mission to find as many colorful parrots as they can in the Amazon. Science Concept: Species diversification.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

O Is for Opposite/Agent Oksana's Kitchen

Nightmares

O is for Opposite - When Ms. O gets trapped in a mirror, an opposite Ms. O enters the real world.  
Curriculum: Data analysis and graphing; Prediction and probability. Agent Oksana's Kitchen  
Nightmares - The agents try to resolve a disagreement between Ms. O and Oksana. Curriculum: Estimation; Skip counting.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

Backyard Pizza Parlor

It's Friday, and that means Abby and Rudy are going to Crusty Charlie's. When Daddy Freddy gets home, he tells them that they won't be able to go to for a while, because they have to make choices and buy things they need. But they can still have pizza at home. To make it more fun, they pretend that they're at Crusty Charlie's. They sing songs, play games, and take turns being servers.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Daniels Tiger Twirl/You Can Play Your Own Way

Daniels Tiger Twirl - At the Neighborhood Carnival, Miss Elaina shows off her cartwheel trick, but when Daniel tries, he can't do a cartwheel like the one Miss Elaina did. Dad Tiger teaches Daniel that he can do a trick his own way, the Daniel way! You Can Play Your Own Way - Daniel is playing school with Miss Elaina and Jodi, but Miss Elaina gets upset when Jodi keeps copying everything she does. The friends help Jodi realize that she has great ideas of her own, and that she should play her own way.

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Rosie The Reporter/The Jalapeno Giant

Rosie tries to be a reporter, but has a hard time finding things that are newsworthy. / Rosie & Jun believe there's a jalapeno giant on the loose, so they try to warn everyone.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

The Truth About George Burgers/Curious George  
in the Dark

The Truth About George Burgers - George accidentally loses a batch of Chef Pisghetti's newest creation: Giardino Burgers. And they need to be delivered to the Fireman's Picnic right away. Can George save the day by re-creating the Chef's recipe? Curious George in the Dark - Most of the time, George isn't afraid of the dark, but when he explores a mysterious cave, he decides that sometimes the dark can be a little scary. It doesn't get any better when a thunderstorm knocks the power out and the country house is in the dark. But with the help of his trusty flashlight, George conquers his fears and even shows Jumpy how to have some fun with shadows.

09:30:00:00 00:28:46:05

YOUTH

Work It Out Wombats!

Junjun's Wake-Up Call/Stack 'em Up

JunJun loves ice cream -- ube ice cream, especially -- but he also loves sleep. Sleeping late, sleeping in, staying tucked up in bed for just as longggggg as he can, which is a problem when the Eat 'N Greet holds its first-ever "Ice Cream for Breakfast" day. Can Zadie wake up her sleepyhead best friend before last call? / Can Zeke really clean Super's big, messy closet all by his little self? (There are a TON of boxes of many shapes and sizes.) With Louisa's help, he can once they get their imaginary "house" built, cross a raging river, and discover how triangles, squares, and rectangles fit together nicely.

10:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Moonlit Serenade

Nicholas Hankins paints a gnarled old tree adorned with Spanish moss as it stands sentinel over a moonlit stream in this moody Bob Ross landscape.

14:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Spy in the Ocean, A Nature Miniseries

## Deep Relationships

Spy creatures uncover surprising undersea relationships as sharks befriend fish, whales play with dolphins, and lobsters do the conga in seas where even spider crabs have friends.

16:00:00:00 00:27:01:04

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

## Improve Your Posture

Unlock your spine by stretching and lubricating connective tissue in your back, chest and core. By gently and effectively working on your range of motion, your joints in your spine, hips and feet will feel liberated, making you feel taller. This beginner, full-body workout is a great way to improve your posture at your own pace.

Wed, Nov 22, 2023

06:00:00:00 00:26:45:29

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

## Arthritis Workout

Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classical Stretch Workout lubricates all of your joints and strengthens every muscle to help relieve the pain associated with arthritis.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

## Where The Bison Roam

When the Wild Kratts Team decides to explore the spot where early explorers Lewis and Clark first laid eyes on the American prairie, they discover that prairies and the amazing bison herds of yore are much harder to find these days.



07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

Rookie Night/Who Let The Doug Out?

Rookie Night - It's party time for all the new agents at Odd Squad. Curriculum: Temperature: Using a thermometer; Associating different climates/seasons with degrees. Who Let The Doug Out? - Delivery Doug needs help with an egg situation.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

Rudy's Favorite Sweater

Rudy's favorite sweater doesn't fit him anymore so Nina suggests having a clothing drive in the neighborhood to give clothes that they don't need anymore to the people who do need them. Rudy's sweater goes to a little girl who is very excited to wear it.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Daniel and Max Ask to Play/Daniel Asks to Play at the Music Shop

Daniel and Max see their friends playing, but don't know how to join in. They learn that sometimes, you just have to ask! /O the Owl is worried about joining his friends, but when he asks if he can play too, they say yes!

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Catch That Watermelon/Dino Cave

Rosie & Javi try to find a way to transport a watermelon from her house to the park for the family picnic. / Rosie offers to build a dino cave for Iggy, but first she needs to transport all the materials they'll need.

09:00:00:00 00:28:46:04

YOUTH  
Curious George

The Great Train Birthday

All aboard! George and Hundley go on an overnight train trip together. The trip coincides with George's birthday, and, as a special treat, the conductor will allow George to drive the train on his big day. But when George and Hundley accidentally get off the train, the trip becomes a true cross-country adventure. Will they find their way back in time for George to blow out the candles - and blow the train whistle?

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Sparkle Pants/Game Changer

Is it possible to have too many pairs of Sparkle Pants? Not if you find creative ways to repurpose them! / After a long spell of rain, it's time to play! But, what game can Zadie, Cece, Clyde, and Carly play that's fun for all?

15:30:00:00 00:26:45:25

ARTS  
Poetry In America

One Art - Elizabeth Bishop

"The art of losing isn't hard to master," Elizabeth Bishop wrote in her poem "One Art," universally considered one of her greatest. Journalist Katie Couric, media executives Sheryl Sandberg and Yang Lan, Singer/Songwriter Mary Chapin Carpenter, and others discuss Bishop's masterpiece on losses, great and small.

16:00:00:00 00:27:29:06

HEALTH/HEALTH CARE  
Wai Lana Yoga

Arch & Bend

Alternate between forward bends and backbends to keep your spine supple and strong. Strengthen your thighs and abs with Half Vessel Pose.

19:00:00:00 00:56:46:00

ARTS  
World On Fire On Masterpiece

Episode 4

20:00:00:00 00:56:46:00

ARTS  
Annika On Masterpiece

Anika and the team are sent to Edinburgh to investigate the death of a recently released prisoner whose body is pulled out of the Forth River.

Thu, Nov 23, 2023

06:00:00:00 00:26:45:28

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Sunflower Sunset

Bask in the setting sun over the vast sunflower fields of summer as we enjoy a modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more ease in the hands, neck, shoulders, back, hips and more.

06:30:00:00 00:28:46:05

YOUTH  
Wild Kratts

Happy Turkey Day

The Wild Kratts are on a mission to defend the honor of the wild turkey and to stop Gourmand, who is hunting for the largest, fattest turkey in the forest.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

16-And-A-Half Blocks/Follow The Leader

16-and-a-Half Blocks - The Mobile Unit must bring a villain to The Big O's safe house. Curriculum: Mapping. Follow the Leader - The Mobile Unit goes undercover as villains to try and stop The Shadow. Curriculum: Deductive Reasoning.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Bubble Trouble

It's national bubble week! Elmo, Rosita, Zoe, and Charlie are filling all of Sesame Street with bubbles to celebrate. They try blowing bubbles and waving a rope to make more bubbles but their lips are arms are getting tired. They wonder if there's something that could make bubbles for them. What if they put bubble wands on an egg rack in front of a fan and spin it through a tub of soapy water? Let's try! It works. They didn't give up and Sesame Street gets filled with bubble with their new bubble machine!

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

#### Donating Day/Gatita The Volunteer Cat

Rosie donates some things for Donating Day, but when she accidentally gives away her doll Lele, she must get it back. / Rosie & Gatita volunteer for Seniors Day at the Nature Center, but their volunteering doesn't go as planned.

09:00:00:00 00:28:46:00

YOUTH  
Curious George

#### Locked Out/Bark Suit!

George loves Chef Pisghetti's Meatball Monday, especially when he and The Man with the Yellow Hat eat lunch on their balcony. Back home, they discover George had forgotten to lock their front door and he promises to remember in the future. As they're setting the table on their balcony, George remembers that he left the meatballs in the lobby. He runs to get them and, like a good little

monkey, locks the doors behind him. When he returns, George realizes that he's locked himself out of the apartment - and locked his friend out on the balcony! He needs the Doorman's spare key, but the Doorman went out to get meatballs! Won't any key work? With Hundley's help, George dashes around the building and Pisghetti's restaurant borrowing keys - and even making one! Will George learn how keys work in time to rescue his friend before the rain ruins the meatballs - and rescue the meatballs before they are gobbled up by Compass and his hungry pigeon friends?? / George loves exploring the woods. One day, while picking up rocks, sticks and pinecones, George finds a new wonder - a flat red bark beetle! George is also curious about all the bark on the ground and Bill explains that bark protects a tree like a suit of armor - which the tree sheds when it grows out of it. Fascinated, George collects the bark but doesn't see the beetle jump onto his wagon to go along for the ride! Back at home, George discovers the stowaway beetle and resolves to return it to its habitat. But first, why not make a bark suit to protect himself and the bark-loving beetle for the journey? The suit is a success, shielding them both from thorny bushes and wet sprinklers. But it turns out that the suit George cut up to make his armor is the Man with the Yellow Hat's lucky suit he was planning on wearing to the Hollering Contest this evening! Now George must help his friend figure out what his "signature holler" should be!

09:30:00:00 00:28:46:00

YOUTH

Work It Out Wombats!

The Treehouse Harvest Day/The Treeborhood

Thankfulness Stew

Harvest Day is being ruined by fog! Can the Wombats save the day by locating Mr. E's fog goggles, buried in a box somewhere? / It's time to make the Treeborhood Thankfulness Stew. Can Zeke create a stew that meets Mr. E's high standards?

19:00:00:00 00:56:46:00

WOMEN

Native America

Women Rule

Native women are leading, innovating, and inspiring in the arts, politics, and protecting the planet. NATIVE AMERICA explores the diverse ways they carry forward deep traditions to better their communities, their lands, and the world.

22:00:00:00 00:47:03:03

ARTS

Our Miracle Years

After almost a week in which no one has heard from Bocker, he suddenly appears again. He makes accusations that Margot betrayed him.

Fri, Nov 24, 2023

06:00:00:00 00:26:45:26

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Hamstring Flexibility

Your hamstrings are one of your largest muscles and they connect your legs to your back, this is why hamstring pain can actually cause pain in your legs, bum, and back. Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Bandito: The Black Footed Ferret

Martin impulsively tries out Aviva's new Stone Digger before it is finished and flies out of control and crash lands into a hidden prairie where he is stranded, but encounters a lost colony of black footed ferrets.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

End of the Road

End of the Road - The Mobile Unit heads to Australia to  
stop The Shadow from causing world-wide  
odds. Curriculum: Patterns and Coordinate Mapping.

07:30:00:00 00:28:46:05

YOUTH  
Sesame Street

The Great Home Carnival

It's raining, and Elmo, Abby, and Rudy can't go to the  
carnival anymore. This is a problem! They  
wonder if they can make their own carnival games with  
things at home. What if they use paper for a  
memory game, rolled-up socks for a toss game, and empty  
boxes for pretend roller coaster cars?  
Let's try! It works. They didn't give up, and they made  
their favorite carnival games at home.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Thank You, Grandpere Tiger!/Neighborhood Thank You Day

Thank You, Grandpere Tiger! - Grandpere Tiger comes to  
visit, but is only in town for a short  
while. Daniel is sad that Grandpere can't come to the  
special Thank You Day celebration later that  
day. Daniel learns to be thankful for the time they DO  
have together, and is then surprised when  
Grandpere appears at the celebration after all!  
Neighborhood Thank You Day - The neighborhood  
celebrates Thank You Day by putting notes in the Thank  
You Tree. Daniel has trouble deciding what  
to put in his note. Then, when a gust of wind blows the  
notes off of the tree, Mr. McFeely saves  
the day by catching and delivering everybody's thank you  
notes!

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Rosie The Reporter/The Jalapeno Giant

Rosie tries to be a reporter, but has a hard time  
finding things that are newsworthy. / Rosie &  
Jun believe there's a jalapeno giant on the loose, so  
they try to warn everyone.

09:00:00:00 00:28:46:00

YOUTH  
Curious George

Hawai'i

Aloha! George, The Man with the Yellow Hat and friends are on a Hawaiian vacation, and George can't wait to explore the island. Where should he start? So much beauty to choose from - the enticing ocean, exotic flowers, and an exciting volcano! Hundley, who just wants to curl up on his sea turtle raft in a quiet place, decides for them both by accidentally drifting out to sea, taking George with him! When they come aground, lost and far from the hotel, George and Hundley embark on a special journey. They meet new friends, experience the amazing flora and fauna of Hawaii, and then use what they've learned to find their way home. Aloha!

09:30:00:00 00:28:46:04

YOUTH  
Work It Out Wombats!

The Treeborhood Photo Album/Runway Recycling

Zadie creates a Treeborhood photo album to trace the growth of their beloved Tree from little, to big, to VERY big. / When Mr. E accidentally polka-dances a sculpture to smithereens, he and Louisa hold a contest to replace it.

10:00:00:00 00:26:46:01

AGRICULTURE  
Growing A Greener World

The Spark In Sparta

This tiny Georgia town was one of many that never fully recovered after the boll weevil decimated the cotton industry in the South. But the future is looking brighter after one couple provided an unlikely spark, and accidentally started an urban farming revolution smack in the middle of downtown... from front yard gardens to a mushroom-growing warehouse.

16:00:00:00 00:26:46:00



HEALTH/HEALTH CARE  
Yoga In Practice

How to Get Going

Some days we feel stuck or bored, as if we are simply muddling through life. A word to describe this feeling is languishing. To shift out of our daily ruts we need motivation. A good way to start is to reflect on what matters to you most, provides you with a sense of well-being and grounds your energy, then go do that. This episode shows us how to challenge ourselves while practicing chair yoga.

19:30:00:00 01:29:00:00

ARTS

Broadway's Brightest Lights

Grab a front-row seat at a concert featuring new arrangements and timeless renditions of some of the greatest show tunes of musical theatre. Featuring Luke Frazier and The American Pops Orchestra, plus some of today's brightest Broadway stars.

21:00:00:00 01:29:00:00

Lynyrd Skynyrd: Celebrating 50 Years, Recorded Live at the Ryman

Sat, Nov 25, 2023

07:00:00:00 01:27:27:14

AGING

Just One Thing with Steven Gundry, MD

Aging is not linked, scientifically, with joint pain, memory loss, frailty and a host of other negative stereotypes of getting older. Based on researching the world's longest living people and treating patients at his waitlist clinics six days a week, Dr. Steven Gundry-renowned surgeon, medical researcher and bestselling author-explains why aging doesn't have to equate to decline and loss of freedom. Dr. Gundry then reveals the 'just one thing' that leads to living well until a ripe old age. The program ends with a step-by-step approach to help us feel better and more

youthful today while offering revolutionary, yet simple, methods to losing weight, reducing our need for medications and increasing our healthspan.

08:30:00:00 01:58:39:03

AGING

Suze Orman's Ultimate Retirement Guide

Join the acclaimed personal finance expert for essential advice on planning for and thriving in retirement. With empathy, straight talk and humor, Suze provides information about key steps for anyone trying to achieve their "ultimate retirement."

14:00:00:00 00:59:00:00

ARTS

All Creatures Great and Small: Chapter Three

Go behind the scenes of the charming MASTERPIECE series with the cast and creators. Learn how every detail is researched for authentic period sets and costumes and celebrate how the series takes viewers back to a simpler time.

20:00:00:00 01:29:00:00

ARTS

Johnny Cash: Man In Black - Live In Denmark 1971

Join the "Man in Black," along with June Carter Cash, the First Family of Country Music's matriarch Maybelle Carter, rockabilly eminence Carl Perkins and the Statler Brothers for an evening of country, rockabilly, American roots music and spirituals.

21:30:00:00 01:29:00:00

ARTS

Billy Strings at the Ryman Auditorium

Join the Grammy-winning guitarist and his band for a one-of-a-kind concert honoring the birthplace of Bluegrass. One of the top emerging artists across all genres of music, Strings reveres acoustic music while pushing it forward into new spaces.

23:00:00:00 01:58:12:03

ARTS

Bob Dylan - Shadow Kingdom

Join Dylan in an intimate setting as he performs songs from his extensive body of work in 2021.

The concert showcases Dylan performing "Forever Young," "I'll Be Your Baby Now," "It's All Over Now, Baby Blue" and many more.

Sun, Nov 26, 2023

06:00:00:00 01:29:00:00

ARTS

Broadway's Brightest Lights

Grab a front-row seat at a concert featuring new arrangements and timeless renditions of some of the greatest show tunes of musical theatre. Featuring Luke Frazier and The American Pops Orchestra, plus some of today's brightest Broadway stars.

07:30:00:00 01:56:45:26

CULTURE

Rick Steves European Christmas

From manger scenes and mistletoe to wintry wonderlands, RICK STEVES' EUROPEAN CHRISTMAS celebrates the Christmas season throughout the European continent. In the special, Rick visits friends and families in England, France, Norway, Germany, Austria, Switzerland and Italy to reveal their customs and practices of the holiday season. He begins his travels in England, where the Christmas pudding is the real centerpiece of a traditional English holiday meal. In Paris, the Eiffel Tower heralds the season with its red, twinkling lights. And in the countryside of Tuscany, villagers stack neat pyramids of wood for great bonfires. The lighting of the fires is a signal to villagers - dressed as shepherds - to come and sing old carols. RICK STEVES' EUROPEAN CHRISTMAS offers a colorful, musical celebration of Christmas across Europe where viewers will learn about customs from "the old countries," hear local choirs, and discover holiday family traditions.

19:00:00:00 01:29:00:00

ARTS

Shakira: Live from Paris

Shakira, the highest-selling Colombian recording artist of all time with more than 70 million albums sold worldwide, was captured on film in June 2011 performing at the Palais Omnisports de Paris-Bercy. Live from Paris is a concert special from the multiple Grammy, Latin Grammy, and American Music Award winner's successful Sale El Sol (The Sun Comes Out) tour, launched to promote her eighth and ninth albums (She Wolf and Sale El Sol). The tour set includes her biggest hits from "Whenever, Wherever" to "Inevitable" to "Hips Don't Lie." She also pays tribute to Frances Cabrel by singing "Je L'aime à Mourir." From beginning to end, it is Shakira at her best.

22:00:00:00 01:28:47:05

ARTS

Prince and the Revolution: The Purple Rain Tour

Experience the powerful performance by Prince and The Revolution on their legendary Purple Rain Tour, featuring hits like "Let's Go Crazy," "Little Red Corvette," "When Doves Cry" and a mind-bending 18+ minute version of "Purple Rain."

Mon, Nov 27, 2023

06:00:00:00 00:26:06:26

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Toning The Waist

Today's episode is set in a villa that is rumored to have once been graced by the infamous director, Oscar Hammerstein. Join Miranda Esmonde-White for an episode of Classical Stretch that tones and strengthens every muscle in your waist.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

The Great Tail Fail

When a stowaway red squirrel accidentally gets loose on the African savanna, the guys activate

Cheetah Powers to catch her. Unfortunately, they run into major creature power suit malfunctions.

The Tail Match Modulator is broken and producing a mismatched tail with every activation. In their quest to return the red squirrel home to North America, the gang discovers the amazing variety and diverse functions of creature tails along the way.  
Science Concept: Uses of tails.

07:00:00:00 00:28:46:05

YOUTH  
Odd Squad

#### Hold The Door/Flatastrophe

Hold the Door - When a young agent in training gets lost in headquarters, Olive and Otto must find him before Ms. O finds out. Curriculum: Number operations; working with addition and subtraction equations. Flatastrophe - Olive and Otto must stop Fladam, a villain with a vendetta against cubes. Curriculum: Geometry; identifying and comparing 2-dimensional and 3-dimensional shapes.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Nani Bird Visits

Big Bird's aunt, Nani Bird, is visiting Sesame Street from Hawaii. Nani Bird shares special things with Big Bird, Elmo, Abby and Nina that are part of Hawaiian culture. They learn how to say "aloha" which means hello and goodbye in Hawaii, make lei with paper flowers that are given as gifts to family and friends, and learn about hula which is a kind of dance to tell a story by moving your hands and body. They thank Big Bird and Nani Bird for sharing special things their family does in Hawaii.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

#### The Neighborhood Fall Festival/Field Day at School

The Neighborhood Fall Festival - The neighbors are busy decorating for the big Fall Festival when

a gust of wind knocks down Music Man Stan's hard work.  
Daniel and his friends help rebuild the  
scene and learn that everyone's abilities are different  
- what's important is that you do your  
best. Field Day at School - Teacher Harriet has set up a  
Fall Field Day outside at school today.  
While trying new games, Daniel and his friends struggle  
to do the games how they want to. They  
learn a lesson about the importance of doing your best.  
Strategy: Do your best. Your best is the  
best for you.

08:30:00:00 00:28:46:00

YOUTH  
Rosie's Rules

Catch That Watermelon/Dino Cave

Rosie & Javi try to find a way to transport a watermelon  
from her house to the park for the family  
picnic. / Rosie offers to build a dino cave for Iggy,  
but first she needs to transport all the  
materials they'll need.

09:00:00:00 00:28:45:29

YOUTH  
Curious George

Ski Monkey/George The Grocer

Ski Monkey - When a blizzard covers the country house  
with a foot of snow, George can't wait to  
get outside to play. But he soon learns that such deep  
snow isn't easy for a monkey to play in,  
until he learns how much fun it can be to ski, snowshoe  
and sled. George the Grocer - George  
really wants the toy oven he sees in the window at the  
toy store, but first, he has to find a job  
to earn money to buy it. Since neither Chef Pisghetti  
nor Mr. Glass need help, George decides to  
go to work at the Grocery Store. While George is pretty  
proud of the job he does helping  
customers, the grocer is pretty confused about who is  
causing such chaos in the aisles.

13:30:00:00 00:26:40:01

ARTS  
Variety Studio: Actors On Actors

Emily Blunt (The English) with Brian Cox (Succession);  
Taron Egerton (Black Bird) with Rachel

Weisz (Dead Ringers); Elle Fanning (The Great) with Jenna Ortega (Wednesday).

14:00:00:00 01:58:39:03

AGING

Suze Orman's Ultimate Retirement Guide

Join the acclaimed personal finance expert for essential advice on planning for and thriving in retirement. With empathy, straight talk and humor, Suze provides information about key steps for anyone trying to achieve their "ultimate retirement."

16:00:00:00 00:26:46:00

HEALTH/HEALTH CARE

Yndi Yoga

Practice for Connection (Space)

Channel the nurturing energy of the moon as you move through a fluid practice with clear modifications in "Practice for Connection." This practice improves your strength, flexibility, and insightful alignment with building the right structure to keep your body safe. The breath guides the body through a steady flow to build connection within you and around you. Take time on your mat to comfort and nurture yourself with your breath and a mindful yoga practice. You deserve to feel your best. You can have two blocks with you if you have them. You can also do the practice without blocks.

19:00:00:00 01:29:00:00

CULTURE

Ireland Made with Love

Explore the legacy of craftsmanship through the skill, pride and love that go into legendary Irish products. From the spectacular cliffs on the Atlantic coast to medieval castles, Ireland's epic landscape and rich culture are gloriously showcased.

Tue, Nov 28, 2023

03:30:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Mountain River

Far-away mountains appear to float in the clouds as Bob Ross paints a gently flowing river in the foreground.

06:00:00:00 00:26:46:29

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Panoramic Wilderness

Revel in the beauty of the panoramic wilderness as you enjoy a modified yoga session using a chair for support. Including gentle seated stretches designed to create more mobility in your upper body, standing balance poses to strengthen and tone the legs, and seated warrior moves to open your hips.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Mosquito Dragon

When Koki and Jimmy get walloped by mosquitoes in the Cypress Swamp, Aviva, Martin, and Chris go on a fact-finding adventure to find out exactly why mosquitoes try to steal our blood in the first place!

07:00:00:00 00:28:46:04

YOUTH

Odd Squad

Puppet Show/Mystic Egg Pizza

Puppet Show - Olive and Otto have to crack a case in which a group of people have been turned into puppets. Curriculum: Measurement; telling time and ordering events. Mystic Egg Pizza - With the help of Odd Squad, Delivery Debbie and Delivery Doug must figure out why their food is disappearing. Curriculum: Number operations; beginning understanding of fraction.

07:30:00:00 00:28:46:05

YOUTH



Sesame Street

Let's Grow Together

Welcome to the Sesame Street community garden! Tamir has an idea: open a garden stand to share the things they grow. Alan says they can share his grandmother's recipe for pickling daikon. While Alan's friends help him make the pickled daikon, they learn more about Alan's cultural heritage; he is Japanese American. Alan is proud to be Japanese American and he's happy to be sharing his family's culture.

08:00:00:00 00:28:46:11

YOUTH

Daniel Tiger's Neighborhood

The Family Campout/A Game Night for Everyone

The Family Campout - Daniel and Dad Tiger head to the "Dad and Me" Camp-out, joined by his friends and their dads. When Katerina arrives with her mom, she notices that she's the only one who brought her mom. Henrietta assures Katerina that all families are different, and that's okay. A Game Night for Everyone - Daniel and Mom are on their way to "Mom and Me" Game Night when they run into O and X the Owl. O isn't sure if he can go to Game Night without a mom, but Uncle X assures him that he has his uncle, who loves him very much, to bring him.

08:30:00:00 00:28:46:05

YOUTH

Rosie's Rules

The Doggie Detectives/A House for Gatita

While delivering popcorn in Maya's apartment building, Rosie, Crystal and Mom find a lost dog toy, so they become doggie detectives to find its owner./Rosie builds a cardboard house for Gatita so she can have a peaceful nap.

09:00:00:00 00:28:46:05

YOUTH

Curious George

Keep Out Cows/Curious George and the Missing  
Piece

Keep Out Cows - George loves Leslie the cow but do she  
and her friends have to keep eating all  
those beautiful wildflowers that he wants to show The  
Man with the Yellow Hat? George works  
against time and the cows' appetites to come up with a  
wall strong enough to save the flowers.

Curious George and the Missing Piece - When George  
discovers a bone buried in the ground, he's  
convinced it's got to be part of a dinosaur skeleton-but  
which one? When none of the dinosaurs in  
the museum are missing a piece, George uses his best  
scientific sleuthing skills to match the bone  
to the animal. Is the bone from a completely new kind of  
animal? And why is Charkie always chasing  
after him to steal that bone away?

09:30:00:00 00:28:46:05

YOUTH

Work It Out Wombats!

A Boxful of Snout / Postcard from Snout

Uh oh! The Wombats accidentally "gift-wrapped" Snout  
while helping Mr. E. Can they figure out  
which box he's in? / Zeke misses Snout, who's  
accompanying Mr. E on a visit to Aunt Ida. Will a  
postcard from Snout chase away Zeke's blues?

10:00:00:00 00:27:00:00

ARTS

Best of the Joy of Painting

Mountain River

Far-away mountains appear to float in the clouds as Bob  
Ross paints a gently flowing river in the  
foreground.

14:00:00:00 00:56:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Spy in the Ocean, A Nature Miniseries

Deep Trouble

Spy creatures showcase the challenges of ocean life.  
From a baby whale in danger and marine  
iguanas battling storms, to a mantis shrimp's knockout  
punch, the spies are never far from

trouble.

16:00:00:00 00:27:19:03

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Leg Toning

Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing and floor workout will leave your body feeling energized throughout the day.

21:00:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

#### Baby Animals

On this episode of Bay Area Bountiful, we spend the springtime with baby animals coming into the world. We'll visit a flock of sheep who are contract grazers, and get to meet their new lambs; we'll observe the work of a South Bay wild animal rescue center as they rehabilitate baby wildlife; finally, we'll meet some baby African penguins and learn about the important conservation efforts local institutions are taking part in to protect this endangered species.

21:30:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

#### Winter Wild

On this edition of Bay Area Bountiful, we'll discover how the changing season impacts the natural patterns of wild creatures from the sky to the soil. We'll see why the Bay Area plays an important role for many bird species at this time of year, check in on the winter travel plans of the iconic monarch butterfly, and dig deep into the earthy and rain-loving inhabitants of the forest floor-fungi!

Wed, Nov 29, 2023

06:00:00:00 00:26:20:16

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

`Spine Strengthening

You need a strong back to be active and independent. Strengthen your spine with this episode of

Classical Stretch set in front of the quaint water sports center in Montego Bay, Jamaica.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Uh-Oh Ostrich!

While cruising across the African savanna in the Tortuga, a gust of wind blows a piece of paper out of Aviva's hand and into an ostrich nest. The bros think it's a new secret formula and they spring into action to rescue her work from one of the most protective parents on earth - the ostrich! Science Concept: Ecology and reproduction of the ostrich.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

6:00 to 6:05

6:00 to 6:05 - In this half-hour episode, dinosaurs break out of the dinosaur room in headquarters and Olive and Otto must travel back in time to save the day. Curriculum: Measurement; telling time on an analog clock.

07:30:00:00 00:28:46:00

YOUTH

Sesame Street

How to Catch A Robot Dog

Elmo and Tamir need to catch Norbert's robot dog, Alfred, but he keeps running away. What if they

make a fishing pole with a magnet since Alfred is made of metal? Let's try!

08:00:00:00 00:28:46:05

YOUTH

Daniel Tiger's Neighborhood

Daniel's Birthday/Daniel's Picnic

Daniel's Birthday - It's Daniel's Birthday! Daniel is very excited to go to Baker Aker's Bakery with his mom to pick out a cake for his party. When they arrive home after a bumpy ride on Trolley, Daniel is disappointed to find that his cake is smushed. It turns out...smushed cake is yummy too! Daniel's Picnic - Daniel, Prince Wednesday and Miss Elaina are having a picnic in front of the clock factory. When it starts to rain, the picnic is ruined, leaving them very disappointed. The friends turn this around by having their picnic inside the clock factory

09:00:00:00 00:28:46:05

YOUTH

Curious George

Aiming for the Stars/George Vs The Volcano

Professor Wiseman visits the country and teaches George about constellations, the groups of stars in the sky that form recognizable shapes. George is fascinated with Orion's Belt, the Big Dipper, and The Dog - and he draws his own book of constellations as a guide to the night sky. When George returns to the city, he can't wait to spot the stars there too - and he invites all of his city friends onto the roof for a star-gazing party! But the city lights block their view of the sky, and the stars are hard to see, so George and his friends find a way to make their own stars. / George is thrilled when Marco asks him to help build a volcano for Show-and-Share at school. With some paint, chicken wire and papier mache, their creation is nearly complete. All they need is the lava! Marco combines a frothy concoction of vinegar, soap and baking soda and -- sizzle, fizzle, and foam! -- the volcano erupts. Wow! When Marco leaves the project at George's apartment for the night, George can't stop thinking about the eruption and, not able to resist, triggers another. But now George is out of all of the ingredients needed for the eruption and somehow must recreate

the lava flow for the big day! Can George save Marco's volcano??

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

Moo Moo Choo Choo / Lake Bellyflop

The Wombats help to free the Moo Moo Choo Choo train, which got itself stuck in a sea of ooey-gooey mud. / First spied through a telescope, three adventurous Wombats attempt to find mystical Bellyflop Lake - without getting lost!

16:00:00:00 00:27:29:24

HEALTH/HEALTH CARE  
Wai Lana Yoga

Flex Your Feet

Lie down and relax as you rotate, flex, and point your feet to increase circulation and flexibility. You'll loosen your hip and knee joints too.

19:00:00:00 01:29:00:00

ARTS  
All Creatures Great and Small: Chapter Three

Go behind the scenes of the charming MASTERPIECE series with the cast and creators. Learn how every detail is researched for authentic period sets and costumes and celebrate how the series takes viewers back to a simpler time.

20:30:00:00 01:29:00:00

ARTS  
All Creatures Great and Small: Christmas in the Dales

Celebrate the heartwarming MASTERPIECE series with clips and behind-the-scenes memories of its Christmas finales. Experience the kindness, empathy and love in the magical village of Darrowby and the stunning Yorkshire Dales during the holiday season.

22:00:00:00 00:58:54:03

ARTS

The Mysterious Women of Masterpiece Mystery

Go behind-the-scenes of the popular MASTERPIECE mystery series Miss Scarlet & The Duke, Annika and Magpie Murders. Interviews with the stars and creators offer insights into the joys and challenges of making these shows.

Thu, Nov 30, 2023

06:00:00:00 00:26:45:29

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Fiery Ocean Sunset

Allow the natural energy of the ocean waves and golden, fiery sunset to inspire your practice.

Enjoy this intermediate yoga session as we flow slowly and gracefully through standing and seated

poses creating more movement around the hips and hamstrings through an effective set of postures including lunges, forward folds and hip opening stretches.

06:30:00:00 00:28:46:05

YOUTH

Wild Kratts

Tardigrade Xtreme

The gang wonder if there is life on other planets, so the Kratt Bros. decide to head to outer

space to look for clues. Back on Earth, Jimmy discovers a tardigrade, a microscopic creature that

seems to be able to survive in the most extreme conditions. When the guys encounter problems in

space, the Wild Kratts hope that the powers of their new friend, the tardigrade, can help rescue

Martin and Chris. Science Concept: The basic needs required for life.

07:00:00:00 00:28:46:05

YOUTH

Odd Squad

The Cherry-On-Top-Inator/Sir

The Cherry-On-Top-Inator - Agents recall how a beloved gadget helped them. Curriculum: Prediction and probability. Sir - The agents bring someone with an odd problem back to headquarters. Curriculum: Time.

07:30:00:00 00:28:46:00

YOUTH  
Sesame Street

#### Nani Bird Visits

Big Bird's aunt, Nani Bird, is visiting Sesame Street from Hawaii. Nani Bird shares special things with Big Bird, Elmo, Abby and Nina that are part of Hawaiian culture. They learn how to say "aloha" which means hello and goodbye in Hawaii, make lei with paper flowers that are given as gifts to family and friends, and learn about hula which is a kind of dance to tell a story by moving your hands and body. They thank Big Bird and Nani Bird for sharing special things their family does in Hawaii.

08:00:00:00 00:28:46:05

YOUTH  
Daniel Tiger's Neighborhood

Daniel Likes to Be with Dad/Daniel Likes to Be with Mom

Daniel Likes to Be with Dad - Daniel and Dad Tiger spend the whole day together searching for seashells, picking apples, and even a special surprise. But when things don't go as planned, Dad and Daniel remember that it doesn't matter what they do, they just enjoy being together. Daniel Likes to Be with Mom - Daniel is thrilled to spend the day with Mom - they even turn Mom's old wagon into a trolley together! Although the wagon doesn't turn out perfectly, it doesn't matter because they're just happy to be with one another.

08:30:00:00 00:28:46:05

YOUTH  
Rosie's Rules

Dino Day Delayed/Rosies Walkie Talkie



106A When Papa says they'll have to wait until tomorrow  
to go to the Dino Park, Rosie tries to  
make tomorrow come faster. 106B Rosie tries to remember  
where she left her walkie talkie so she,  
Javi and Jun can play a game.

09:00:00:00 00:28:46:05

YOUTH  
Curious George

Where's The Firedog?/Toot Toot Tootsie

Goodbye

Where's the Firedog? - George's canine friend Blaze  
keeps running away from the firehouse. When  
Blaze winds up in the animal shelter, George and his  
firefighter friend Sam learn how to keep her  
safe by putting a tag on her collar, walking her on a  
leash, and making sure she's never lonely.  
Toot Toot Tootsie Goodbye - Toots the blues-singing germ  
is back and the Man with the Yellow Hat  
has a cold. George chases Toots out of the Man but now  
the germ wants to spread to other people.  
Can George stop Toots before they catch the infectious  
tune?

09:30:00:00 00:28:46:05

YOUTH  
Work It Out Wombats!

A Sleep Story for Ellie/Super's Super Mug

What's a super sleepy Ellie to do, besides stumble  
around groggily and talk to bushes? The  
storytellers of her favorite sleepy time radio show are  
on vacation, so she's having trouble  
falling asleep! Zadie decides to come up with a soothing  
story just for Ellie, a story about a  
dragon who loves pizza; Malik and Zeke volunteer to help  
provide the relaxing sound effects. Guess  
what? It works! / When Super's favorite mug smashes into  
a bunch of pieces, the Wombats decide to  
fix it so Super won't be too sad. Sticky tape doesn't  
work, sticky taffy doesn't work, but Mr. E's  
Ooey Gooey Goo, shells and gold paint - plus a whole  
lotta love - do the trick!

16:00:00:00 00:26:45:26

HEALTH/HEALTH CARE  
Sit and Be Fit

Breathing

Mary Ann offers several techniques to develop healthy breathing habits.

19:00:00:00 01:29:00:00

ARTS

Sting: Live at the Olympia Paris

Sting's 57th & 9th World Tour celebrated his first rock/pop album in over a decade. This concert, filmed at the Olympia Paris in April 2017, reflects the impulsive energy of the 57th & 9th album recording sessions. Blistering performances of new songs, including the infectious, guitar driven "I Can't Stop Thinking About You" and the anthemic "50,000," alongside classics from The Police as well as Sting's illustrious solo career, showcase the full range of his musical styles and songwriting influences. Sting is joined by a four-piece band including his longtime guitarist, Dominic Miller, Josh Freese (drums), Rufus Miller (guitar), and Percy Cardona (accordion) with backing vocals from Joe Sumner plus Diego Navaira and Jerry Fuentes of The Last Bandoleros.

PBS

Quarterly

Program Topic Report

November, 2023

Category: Arts  
NOLA: MLNH 014088  
Series Title: PBS NewsHour  
Episode Title: Episode 88  
Length: 60 minutes  
Airdate: 11/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:21

Megan Fernandes is a writer and assistant professor at Lafayette College in Pennsylvania, where she teaches courses on poetry and environmental writing. She shares her Brief But Spectacular take on humor and humiliation in poetry.

Category: Arts  
NOLA: MLNH 014089  
Series Title: PBS NewsHour  
Episode Title: Episode 89  
Length: 60 minutes  
Airdate: 11/2/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:23

Thousands of runners have been training for this Sunday's New York City Marathon and one of them is representing a running club inside California's San Quentin prison. The group is featured in the documentary "26.2 to Life" that is playing on the state's prison TV network and for its parole board. Special correspondent Mike Cerre has the story for our arts and culture series, CANVAS.

Category: Arts  
NOLA: PNWE 002037  
Series Title: PBS News Weekend  
Episode Title: Episode 37  
Length: 30 minutes  
Airdate: 11/4/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:02:07

Since the 1970s, a man known as Dreamer has been giving free haircuts to fellow veterans in Los Angeles. In this animated feature from our partners at StoryCorps, Dreamer speaks with his friend Paul Crowley about the day they first met.

Category: Arts  
NOLA: MLNH 014091  
Series Title: PBS NewsHour  
Episode Title: Episode 91  
Length: 60 minutes  
Airdate: 11/6/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:21

Corinne Dufka spent more than two decades documenting human rights abuses when she led the West Africa division at Human Rights Watch. In the 1980s and '90s, she covered some of the world's most brutal conflicts as a war photographer. Many of her photos are now being published for the first

time in her new book, "This Is War." Amna Nawaz spoke with Dufka for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014093  
Series Title: PBS NewsHour  
Episode Title: Episode 93  
Length: 60 minutes  
Airdate: 11/8/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:48

In the wake of the pandemic and other changes, arts organizations are struggling. Opera, one of the most expensive of all art forms, is especially feeling the pinch and looking for new ways to move forward in its music, business model, and audience outreach. Jeffrey Brown visits Philadelphia's opera, for our arts and culture series, "CANVAS."

Category: Arts  
NOLA: PNWE 002040  
Series Title: PBS News Weekend  
Episode Title: Episode 40  
Length: 30 minutes  
Airdate: 11/12/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:14

When the popularity of his "Happy Days" character, The Fonz, exploded in the 1970s, actor Henry Winkler worried he'd be a one-hit wonder. Almost 50 years later, he hasn't stopped working in film and television, and has authored scores of children's books. John Yang speaks with Winkler about his new memoir, the challenges of dyslexia and his advice for young people experiencing similar struggles.

Category: Arts  
NOLA: PNWE 002040  
Series Title: PBS News Weekend  
Episode Title: Episode 40  
Length: 30 minutes  
Airdate: 11/12/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:01

For Native American Heritage Month, as part of our "Hidden Histories" series, we look back on the life of Maria Tallchief, an Osage Nation dancer who left an indelible mark on the world of ballet.

Category: Arts  
NOLA: MLNH 014103  
Series Title: PBS NewsHour  
Episode Title: Episode 103  
Length: 60 minutes  
Airdate: 11/22/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:10

In leading museums these days, women artists are gaining more prominence. But studies of acquisitions and overall exhibitions show just how much the gender gap remains. The National Museum of Women in the Arts is solely dedicated to the creativity and work of women and recently reopened after an extensive renovation. Jeffrey Brown visited for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014107  
Series Title: PBS NewsHour  
Episode Title: Episode 107  
Length: 60 minutes  
Airdate: 11/28/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:39

Ordinary people with extraordinary stories. That's the ethos behind the Louisville Story Program which is celebrating ten years of amplifying unheard voices and untold stories. Jeffrey Brown went to Kentucky to see the power of writing one's own story. It's part of our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014108  
Series Title: PBS NewsHour  
Episode Title: Episode 108  
Length: 60 minutes  
Airdate: 11/29/2023 5:30 PM 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:47

The great painter John Singer Sargent, an American expat, is the subject of a new show at Boston's Museum of Fine Arts. It reveals much about his methods and why his work remains relevant more than a hundred years later. Special correspondent Jared Bowen of GBH Boston reports for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014109

Series Title: PBS NewsHour  
Episode Title: Episode 109  
Length: 60 minutes  
Airdate: 11/30/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:43

Last year, artist Simone Leigh represented the U.S. at what is widely considered the world's most important exhibition of contemporary art, the Venice Biennale. She was the first Black woman to have that honor. Now, there's a chance to see her work in a retrospective touring the country. Jeffrey Brown meets the artist for our arts and culture series, CANVAS.

Category: Culture  
NOLA: MLNH 014099  
Series Title: PBS NewsHour  
Episode Title: Episode 99  
Length: 60 minutes  
Airdate: 11/16/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:15

Keegan-Michael Key is a modern master of sketch comedy, starring in hits shows "Mad TV," "Key and Peele" and "Schmigadoon!" Now, he and his wife, film and TV producer Elle Key, have taken a long look into the history of the art form. They talked recently with Jeffrey Brown for our arts and culture series, CANVAS.

Category: Culture  
NOLA: PNWE 002041  
Series Title: PBS News Weekend  
Episode Title: Episode 41  
Length: 30 minutes  
Airdate: 11/18/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:26

From lending someone a hand with their car to giving a simple "thank you" to a cashier, acts of kindness – whether big or small – can have a huge effect on both recipients and givers. Ali Rogin reports on insights into the power of these acts.

Category: Culture  
NOLA: MLNH 014102  
Series Title: PBS NewsHour  
Episode Title: Episode 102  
Length: 60 minutes  
Airdate: 11/21/2023 5:30 PM & 11:00 PM

Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:15

Jonathan McCrory has served as the artistic director at the National Black Theatre for over ten years. Along the way, he earned three Obie Awards, the highest honor for off-Broadway theater. He shares his Brief But Spectacular take on love, joy and the pursuit of happiness.

Category: Economy  
NOLA: MLNH 014103  
Series Title: PBS NewsHour  
Episode Title: Episode 103  
Length: 60 minutes  
Airdate: 11/22/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:01

There's been some good news of late when it comes to inflation. Data from the federal government last week showed inflation eased through October. And according to the Farm Bureau, the average cost of a Thanksgiving dinner actually decreased slightly this year. But as special correspondent Fred de Sam Lazaro reports, stubbornly high food prices are still squeezing families this holiday season.

Category: Education  
NOLA: MLNH 014092  
Series Title: PBS NewsHour  
Episode Title: Episode 92  
Length: 60 minutes  
Airdate: 11/7/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:52

There are no fancy dorms or stadiums at Berea College. There, each student receives free tuition and works throughout their four years, receiving a small salary that goes toward room and board. As part of our Rethinking College series, special correspondent Hari Sreenivasan reports from Kentucky on how a college can operate without passing the cost on to students or families.

Category: Education  
NOLA: MLNH 014098  
Series Title: PBS NewsHour  
Episode Title: Episode 98  
Length: 60 minutes  
Airdate: 11/15/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)

Segment Length: 00:10:21

Higher education is facing a mental health crisis. Yale settled a lawsuit following the death of a student by suicide in 2021 and will allow students flexibility to take lighter course loads and keep their healthcare while on medical leave. Geoff Bennett discussed more with Dr. Jessi Gold for our reporting on Early Warnings: America's Youth Mental Health Crisis and our series, Rethinking College.

Category: Environment/Nature/Natural Disasters  
NOLA: NOVA 005014  
Series Title: NOVA  
Episode Title: Ancient Earth: Inferno  
Length: 60 minutes  
Airdate: 11/6/2023 8:00:00 PM  
Service: PBS-NPS  
Format: Documentary  
Segment Length: 00:56:46

252 million years ago, a devastating mass extinction wiped out about 90% of all species on Earth. Follow scientists as they piece together evidence to discover how life survived and set the stage for a new dominant life form: the dinosaurs.

Category: Environment/Nature/Natural Disasters  
NOLA: SPYO 000102  
Series Title: Spy in the Ocean, A Nature Miniseries  
Episode Title: Deep Feelings  
Length: 60 minutes  
Airdate: 11/14/2023 8:00:00 PM  
Service: PBS-NPS  
Format: Documentary  
Segment Length: 00:56:46

Spy creatures explore animal emotions and the deep feelings we share. With surfing dolphins, kissing manatees and sensitive cuttlefish, witness the emotional rollercoaster of life in the sea.

Category: Environment/Nature/Natural Disasters  
NOLA: NOVA 005015  
Series Title: NOVA  
Episode Title: Ancient Earth: Humans  
Length: 60 minutes  
Airdate: 11/13/2023 8:00:00 PM  
Service: PBS-NPS  
Format: Documentary  
Segment Length: 00:52:01

The story of Earth can only be told because now, 4.5 billion years into its existence, a technological and self-aware animal species roams its surface, able to study the very planet that gave rise to it. But how



exactly did Earth give rise to humans? Through stunningly realistic animation, witness the cataclysmic asteroid strike that wiped out the dinosaurs, the tumultuous changing climates that allowed early primates to spread across the planet, and the geologic events that created the conditions for the evolution of an animal that walks upright on two legs. Explore the power and paradox of humanity's profound impact on our planet, and ponder the question of how we may shape its future.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014089  
Series Title: PBS NewsHour  
Episode Title: Episode 89  
Length: 60 minutes  
Airdate: 11/2/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:28

In our news wrap Thursday, an extreme storm hit western Europe claiming at least seven lives and leaving millions without power, former President Trump's adult sons denied knowing about financial documents at the heart of a civil fraud trial, the U.S. is targeting Russia's war effort in Ukraine with new sanctions aimed at enablers and chaos deepened along Pakistan's border with Afghanistan.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014089  
Series Title: PBS NewsHour  
Episode Title: Episode 89  
Length: 60 minutes  
Airdate: 11/2/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:50

Sixty years after it originally debuted, Mutual of Omaha's Wild Kingdom will return to TV in October. The reboot comes at a time when wildlife is more threatened than ever with an estimated 40% of animals at risk of extinction. Stephanie Sy reports.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002038  
Series Title: PBS News Weekend  
Episode Title: Episode 38  
Length: 30 minutes  
Airdate: 11/5/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:04

The Mississippi River is a superhighway for American agricultural products, but a warm fall and extreme drought conditions have contributed to its water levels dropping to record lows. Special correspondent Megan Thompson reports from Missouri on what conditions along this vital commercial route mean for farmers who rely on it to get their crops to market.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014094  
Series Title: PBS NewsHour  
Episode Title: Episode 94  
Length: 60 minutes  
Airdate: 11/9/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:00

As the planet warms scientists say natural disasters are becoming more destructive and more frequent, and the data shows certain communities are hit harder than others. Judy Woodruff reports from Florida on the disproportionate impact on people with disabilities as part of our series, "Disability Reframed."

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014097  
Series Title: PBS NewsHour  
Episode Title: Episode 97  
Length: 60 minutes  
Airdate: 11/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:12

The National Climate Assessment shows America is warming faster than the global average with climate change impacting nearly every facet of life. It found extreme weather events now cost the U.S. roughly \$150 billion per year. Amna Nawaz discussed the report with Katharine Hayhoe, chief scientist of the Nature Conservancy and distinguished professor at Texas Tech University.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014097  
Series Title: PBS NewsHour  
Episode Title: Episode 97  
Length: 60 minutes  
Airdate: 11/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:12

The National Climate Assessment shows America is warming faster than the global average with climate change impacting nearly every facet of life.

It found extreme weather events now cost the U.S. roughly \$150 billion per year. Amna Nawaz discussed the report with Katharine Hayhoe, chief scientist of the Nature Conservancy and distinguished professor at Texas Tech University.

Category: Environment/Nature/Natural Disasters  
NOLA: SPYO 000104  
Series Title: Spy in the Ocean, A Nature Miniseries  
Episode Title: Deep Trouble  
Length: 60 minutes  
Airdate: 11/28/2023 8:00:00 PM  
Service: PBS-NPS  
Format: Documentary  
Segment Length: 00:53:10

Spy creatures showcase the challenges of ocean life. From a baby whale in danger and marine iguanas battling storms, to a mantis shrimp's knockout punch, the spies are never far from trouble.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014100  
Series Title: PBS NewsHour  
Episode Title: Episode 100  
Length: 60 minutes  
Airdate: 11/17/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:27

The deadly wildfires that tore through Maui destroyed thousands of structures and killed 100 people. But as William Brangham reports, they also reignited a long-simmering concern among Native Hawaiians over who controls one of their most precious natural resources, water.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014102  
Series Title: PBS NewsHour  
Episode Title: Episode 102  
Length: 60 minutes  
Airdate: 11/21/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:12

The number of households where children are raised by grandparents is rising in lower and middle-income countries. Parents have moved away for opportunities as agricultural jobs no longer provide a reliable income due to climate change. Fred de Sam Lazaro reports for the series, Agents for Change, produced in partnership with the Under-Told Stories Project at the University of St. Thomas.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014102  
Series Title: PBS NewsHour  
Episode Title: Episode 102  
Length: 60 minutes  
Airdate: 11/21/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:22

Scientists in Iceland say that a major volcanic eruption could occur within days. But they are increasingly optimistic that it may spare a town 40 miles southwest of the capital Reykjavik. Special correspondent Malcolm Brabant reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014104  
Series Title: PBS NewsHour  
Episode Title: Episode 104  
Length: 60 minutes  
Airdate: 11/23/2023 11:00:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:03

Last year, the U.S. exported more than 950 million tons of plastic waste meant for recycling and a significant portion of that ended up in Southeast Asia. The region has been inundated with plastic scrap after China blocked all but the cleanest plastic waste imports in 2018. Special correspondent Fred de Sam Lazaro reports on how Thailand is dealing with the problem of plastic.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014108  
Series Title: PBS NewsHour  
Episode Title: Episode 108  
Length: 60 minutes  
Airdate: 11/29/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:45

Coastal cities in Southeast Asia, including Bangkok, Jakarta and Manila, face a mutually risky future: they're sinking as sea levels around them are rising. Fred de Sam Lazaro reports from Thailand, in partnership with the Under-Told Stories Project at the University of St. Thomas in Minnesota.

Category: Health/Health Care  
NOLA: MLNH 014088

Series Title: PBS NewsHour  
Episode Title: Episode 88  
Length: 60 minutes  
Airdate: 11/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:46

Some 30,000 Americans have been diagnosed with ALS, the rare neurodegenerative condition also known as Lou Gehrig's Disease. As researchers work for a cure, one patient is raising millions for the cause while he reckons with his own mortality. Judy Woodruff has the story for our series, Disability Reframed.

Category: Health/Health Care  
NOLA: PNWE 002037  
Series Title: PBS News Weekend  
Episode Title: Episode 37  
Length: 30 minutes  
Airdate: 11/4/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:29

An estimated 15 percent of veterans who served in Iraq and Afghanistan suffer from PTSD and depression. For some, it's the invisible wounds that take the greatest toll. A program at a farm in Connecticut is helping ease those struggles by connecting veterans with horses. Pamela Watts of Rhode Island PBS Weekly reports.

Category: Health/Health Care  
NOLA: PNWE 002037  
Series Title: PBS News Weekend  
Episode Title: Episode 37  
Length: 30 minutes  
Airdate: 11/4/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:29

An estimated 15 percent of veterans who served in Iraq and Afghanistan suffer from PTSD and depression. For some, it's the invisible wounds that take the greatest toll. A program at a farm in Connecticut is helping ease those struggles by connecting veterans with horses. Pamela Watts of Rhode Island PBS Weekly reports.

Category: Health/Health Care  
NOLA: PNWE 002037  
Series Title: PBS News Weekend  
Episode Title: Episode 37  
Length: 30 minutes  
Airdate: 11/4/2023 6:30:00 PM

Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:47

Data shows that interest in vasectomies as a form of birth control is on the rise after the Supreme Court struck down the constitutional right to seek an abortion in 2022. To learn more, John Yang speaks with communities correspondent Gabrielle Hays, who talked with doctors and patients in Missouri about their experiences.

Category: Health/Health Care  
NOLA: PNWE 002038  
Series Title: PBS News Weekend  
Episode Title: Episode 38  
Length: 30 minutes  
Airdate: 11/5/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:41

The federally funded President's Emergency Plan for AIDS Relief provides HIV prevention, treatment and education around the world. The program has seen broad bipartisan support on Capitol Hill for years, but now, a battle led by a small group of House Republicans is putting its future at risk. John Yang speaks with Jennifer Kates, director of global health and HIV policy at KFF, to learn more.

Category: Health/Health Care  
NOLA: MLNH 014093  
Series Title: PBS NewsHour  
Episode Title: Episode 93  
Length: 60 minutes  
Airdate: 11/8/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:24

The last decade has brought an alarming rise in the number of babies born in the U.S. with syphilis. New CDC data showed more than 3,700 babies born with the disease in 2022, about 10 times the number born in 2012. Dr. John Venchieri, chief of the division of pediatric infectious diseases at LSU Health in Shreveport, Louisiana, joins Amna Nawaz to explain the increase and what can be done.

Category: Health/Health Care  
NOLA: MLNH 014095  
Series Title: PBS NewsHour  
Episode Title: Episode 95  
Length: 60 minutes  
Airdate: 11/10/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS

Format: News (live news only)  
Segment Length: 00:05:49

Respiratory syncytial virus leads to as many as 80,000 hospitalizations and 300 deaths per year among children under 5, and is the leading cause of hospitalization for infants under 1 year old. Dr. Céline Gounder, an epidemiologist and senior fellow at KFF, joins Amna Nawaz to discuss the impact of a shortage of drugs to treat RSV.

Category: Health/Health Care  
NOLA: PNWE 002039  
Series Title: PBS News Weekend  
Episode Title: Episode 39  
Length: 30 minutes  
Airdate: 11/11/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:32

For many people in the United States, mosquitoes are merely a summertime nuisance. But around the world, mosquitoes and the diseases they carry are a growing public health concern. Ali Rogin speaks with Stephanie Nolen, a global health reporter for The New York Times, to learn more.

Category: Health/Health Care  
NOLA: PNWE 002039  
Series Title: PBS News Weekend  
Episode Title: Episode 39  
Length: 30 minutes  
Airdate: 11/11/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:45

One in four health visits in the U.S. are now provided by non-physicians, as a growing number of nurse practitioners fill in critical health care gaps. But nurse practitioners say their work is hampered by outdated restrictions on providing care without physician supervision. Stephanie Sy reports from Ohio for our series, "Critical Care: The Future of Nursing."

Category: Health/Health Care  
NOLA: MLNH 014096  
Series Title: PBS NewsHour  
Episode Title: Episode 96  
Length: 60 minutes  
Airdate: 11/13/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:35

There are more than five million nurses in the U.S. and a survey shows nearly a third of them are thinking of quitting. That would be a devastating blow for patients and hospitals. William Brangham reports on efforts to turn the tide for our series, *Critical Care: The Future of Nursing*, in collaboration with the Global Health Reporting Center and with support from the Pulitzer Center.

Category: Health/Health Care  
NOLA: PNWE 002041  
Series Title: PBS News Weekend  
Episode Title: Episode 41  
Length: 30 minutes  
Airdate: 11/18/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:22

The food we eat affects us in many ways. A recent study from Massachusetts General Hospital and Harvard Medical School found a link between the consumption of ultra-processed foods and an increase in the risk of depression. Ali Rogin speaks with Olivia Okereke, an associate professor of psychiatry at Harvard Medical School who worked on the study, to learn more.

Category: Health/Health Care  
NOLA: MLNH 014101  
Series Title: PBS NewsHour  
Episode Title: Episode 101  
Length: 60 minutes  
Airdate: 11/20/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:33

The increasing diversity of the U.S. brings an array of challenges, including the basic hurdle of not speaking the same language. The stakes are especially high in a medical setting. In collaboration with the Global Health Reporting Center and with support from the Pulitzer Center, William Brangham looks at how nurses are meeting the moment for our series, *Critical Care: The Future of Nursing*.

Category: Health/Health Care  
NOLA: MLNH 014105  
Series Title: PBS NewsHour  
Episode Title: Episode 105  
Length: 60 minutes  
Airdate: 11/24/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:36



For years, researchers have studied the effects repeated blows to the head have on athletes in pro football, hockey, soccer and other sports. Now, researchers at Boston University are conducting the first major study of CTE, the degenerative brain disease linked to repeated hits to the head, in athletes who died before their 30th birthday. John Yang reports.

Category: Health/Health Care  
NOLA: MLNH 014107  
Series Title: PBS NewsHour  
Episode Title: Episode 107  
Length: 60 minutes  
Airdate: 11/28/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:22

A federal study shows that last year, nearly half of healthcare workers reported they often feel burned out. Research suggests nurses are especially vulnerable and that can impact the care they provide. In collaboration with the Global Health Reporting Center and with support from the Pulitzer Center, Stephanie Sy reports from Columbus, Ohio, for our series, Critical Care: The Future of Nursing.

Category: Health/Health Care  
NOLA: MLNH 014109  
Series Title: PBS NewsHour  
Episode Title: Episode 109  
Length: 60 minutes  
Airdate: 11/30/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:28

It took many years of effort from students and advocates, but Hawaii is now one of nine states requiring public and charter schools to provide free menstrual products to students. Kate Nakamura from the PBS NewsHour Student Reporting Labs has the story.

Category: Women  
NOLA: PNWE 002040  
Series Title: PBS News Weekend  
Episode Title: Episode 40  
Length: 30 minutes  
Airdate: 11/12/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:35

Former first lady Rosalynn Carter has died at the Carters' home in Plains, Georgia. On Friday, the Carter Center announced that she had entered hospice care alongside former President Jimmy Carter, her husband of 77

years. In a statement Sunday, Jimmy Carter said his wife was his equal partner in everything he ever accomplished. Judy Woodruff shares this remembrance.

Category: Women  
NOLA: APOC 006096  
Series Title: Amanpour and Company  
Episode Title: Episode 96  
Length: 60 minutes  
Airdate: 11/14/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:20

Founded in 1966, the National Organization for Women (NOW) laid the groundwork for challenging gender discrimination in the U.S. In her new book "The Women of NOW," historian Katherine Turk details the founding and legacy of the influential feminist organization. The author joins Michel Martin to discuss how lessons from the past can inform activism today.

