

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.

KRCB

Quarterly

Program Topic Report

September, 2023

Fri, Sep 01, 2023

06:00:00:00 00:26:46:01

YOUTH

Classical Stretch: By Essentrics

Knee Strengthening

Join Miranda Esmonde-White outside this majestic Chapel at the Colonial resort for a standing and barre workout to strengthen your knees and prevent knee pain.

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

YOUTH

Wild Kratts

Creature Power Challenge

After getting caught in the middle of a tussle between a grumpy rhino and an outraged elephant, Martin and Chris decide to have a contest to decide what's stronger - elephant or rhino powers.

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

YOUTH

Odd Squad

First Day

In this two-part episode, agents struggle with a case while Oscar interviews candidates to run the Odd Squad Creature Room. Curriculum: Data and charts.

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

A New Friend at School/ A New Friend at the Playground

A New Friend at School - Daniel can't wait to race the crafty car he made at school with Prince Wednesday! But Prince Wednesday is busy playing with Jodi now. Is Prince Wednesday still Daniel's friend? Of course he is! A New Friend at the Playground - Daniel and Miss Elaina are playing together at the park. When their new friend Jodi shows up to play, Daniel worries that Miss Elaina likes Jodi more than him, but then Daniel is reminded that they're all still friends.

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.

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

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.

16:00:00:00 00:26:45:25

HEALTH/HEALTH CARE  
Yoga In Practice

What Makes You Come Alive?

Yoga teaches that life is truly a precious gift, not to be forsaken, and we show our gratitude for our life by trying to live fully each day. In this episode, we will practice Vinyasa, moving fluidly with the breath in a series of poses to express this fullness.

19:00:00:00 01:58:39:03

GING  
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."

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

ARTS  
Burt Bacharach: A Life In Song

Celebrate the late legendary songwriter in a stunning 2015 tribute at London's Royal Festival Hall. The concert captures the magic of Bacharach's timeless classics with live performances from

a stellar lineup of artists.

Sat, Sep 02, 2023

06:00:00:00 00:26:45:24

HEALTH/HEALTH CARE

Sit and Be Fit

#### Exercise Potpourri

This workout is jam-packed with a variety of exercises to strengthen postural and core muscles; improve balance, mobility and range of motion. Mary Ann introduces finger and wrist exercises with a small ball to improve grip strength. Tai Chi practitioner, Tino, leads a Tai Chi segment. Dr. Emily shares stretching mobilization exercises to improve gait and mobility and Mary Ann finishes the workout with feet exercises using a small ball.

07:00:00:00 01:56:49:14

AGING

Young Forever with Mark Hyman, Md

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the maladies of aging-including heart disease, cancer, diabetes, and dementia. In this Young Forever program, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences-then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to turn on your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies

and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health-for life.

15:00:00:00 00:54:51:05

ARTS

Magpie Murders On Masterpiece

Episode 2

Everyone he knew had reason to kill mystery author Alan Conway. But was his fatal fall actually murder? The missing last chapter of his new book may hold the secret.

16:30:00:00 01:59:00:00

ARTS

From The Heart: A Tribute to Lawrence Welk & The American Dream

Join host Barbara Mandrell to celebrate the legendary bandleader in a 1993 musical spectacular not seen for 30 years. Taped at the Grand Ole Opry in Nashville, the program features 21 favorite Welk regulars and special guest stars.

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

ARTS

Foreigner: Double Vision - Then and Now

Grab a front-row seat at the first-ever reunion concert of both incarnations of the multi-platinum-selling band as they perform their greatest hits, including "Cold as Ice," "Jukebox Hero" and "I Want To Know What Love Is."

20:30:00:00 00:59:00:00

ARTS

Santana Live at the Us Festival

Thrill to the electrifying experience of an important moment in music history when Santana took the stage at the US Festival in San Bernardino, California, in 1982. Featuring the hits "Black Magic Woman," "Gypsy Queen," and "Oye Como Va."

21:30:00:00 01:28:44:02

ARTS

Jimi Hendrix: Electric Church

This critically acclaimed documentary traces Jimi Hendrix's journey to the Atlanta International Pop Festival and features 16mm multi-camera footage of his unforgettable performance on July 4, 1970. Against the backdrop of civil rights unrest, the toll of the Vietnam War and a burgeoning festival culture inspired by Woodstock that drew young people from across the country, the concert took place in a dusty, scorching hot pecan orchard in Byron, Georgia.

Sun, Sep 03, 2023

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

HEALTH/HEALTH CARE

Wai Lana Yoga

Lower Back Special (Part 2)

Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting cross-legged easy.

06:30:00:00 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.

07:00:00:00 00:26:55:25

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work

the musculature and joints of your feet, ankles, knees,  
and hips to keep your entire body pain  
free and healthy.

08:00:00:00 01:29:00:00

RTS

Carole King: Home Again - Live In Central Park

Celebrate the music icon in a triumphant homecoming  
concert on May 26, 1973, that captured King at  
her critical and commercial peak, basking in the  
enormous popularity of her album Tapestry.  
Includes a behind-the-scenes look at her legendary  
career.

09:30:00:00 01:29:00:00

ARTS

I Go to the Rock: The Gospel Music of Whitney Houston

The unmistakable voice of Whitney Houston is powerful  
and timeless. She became one of the most  
accomplished recording artists of all time, but her  
heart was always in Gospel music. From her  
first performance in front of an audience to the best-  
selling Gospel album of all time, The  
Preacher's Wife, experience how profoundly Gospel music  
influenced her personal life and helped  
shape her career. Join host CeCe Winans and discover  
Whitney's deep faith and love of Gospel  
music.

11:00:00:00 01:25:03:05

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nature

My Garden of a Thousand Bees

A wildlife cameraman spends his time during the pandemic  
lockdown filming the bees in his urban  
garden and discovers the many diverse species and  
personalities that exist in this insect family..

12:30:00:00 01:29:00:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nature

Soul of the Ocean

Take a deep breath and experience the complex world of ocean waters. NATURE shows a never-before-seen look at how life underwater co-exists in a marriage of necessity.

16:30:00:00 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."

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

ARTS

Mavis Staples at Symphony Center, Chicago

Join the legendary singer and civil rights icon for a one-night only, hometown performance for the ages. Staples brings her iconic smoky sound to Orchestra Hall in a scintillating evening of soul, gospel and her signature brand of R&B.

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

ARTS

I Go to the Rock: The Gospel Music of Whitney Houston

The unmistakable voice of Whitney Houston is powerful and timeless. She became one of the most accomplished recording artists of all time, but her heart was always in Gospel music. From her first performance in front of an audience to the best-selling Gospel album of all time, The Preacher's Wife, experience how profoundly Gospel music influenced her personal life and helped shape her career. Join host CeCe Winans and discover Whitney's deep faith and love of Gospel music.

22:00:00:00 00:26:51:01

CULTURE

Masters of Rhythm: The Afro-Peruvian Way

We took three of the world's finest percussionists - Afro-Peruvian masters Lalo Izquierdo, Cotito and Huevito - and put them together to jam and shoot the breeze. The result is magic. Shot in



Peru, supplemented by shots of community celebrations and a short narrative, this half-hour documentary will acquaint you with an aspect of the African diaspora you'd never even dreamed existed.

22:30:00:00 01:10:09:00

ARTS

La Otra Mirada

Alma Mater

Teresa continues to unravel the investigation when a mysterious note makes her flee. As the end of the semester approaches, the academy faces a serious economic crisis.

Mon, Sep 04, 2023

04:30:00:00 00:26:46:00

WOMEN

The Chavis Chronicles

Christian F. Nunes, President of NOW

In this episode, Dr. Chavis sits down with Christian F. Nunes, President of the National Organization for Women. Ms. Nunes is the second African American president and is the youngest person of color in the organization's history. Ms. Nunes talks with Dr. Chavis about her years of experience advocating for women's issues and the key initiatives she has launched at NOW.

06:00:00:00 00:26:46:01

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Mobility

Today on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the Saasil Kantenah Wedding resort that will improve the mobility of your spine and keep you standing tall all-day long.

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

YOUTH

Wild Kratts

Bugs Or Monkeys?

A miniaturized Martin wants to check out insects in the rainforest, but Chris wants to investigate the world of the Spider monkey. Chris wins when he puts "mini" Martin in his pack back and heads off through the treetops.

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

YOUTH  
Odd Squad

Odd Beginnings, Part 1

Odd Beginnings - Agents Opal and Omar uncover the location of a legendary odd artifact.  
Curriculum: Measurement, Simple Machines.

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

YOUTH  
Sesame Street

Community Mural

Friends on Sesame Street are painting a mural to celebrate the people in their neighborhood. Tamir, Ji-Young, and Abby have a hard time finding a paint color that is the same color of their skin and fur. Nina shows them how they can mix paint to create the beautiful color that looks just like them. She mixes brown paint with some pink to make a beautiful pinkish brown color that looks just like her skin Nina Pinkish Brown. Tamir mixes brown paint with a little bit of gold to make a beautiful golden-brown Tamir Brown. Ji-Young mixes gold paint with a little bit of pink to make Ji-Young Pinkish Gold. Abby adds in a little bit more red paint to pink to make a beautiful pink color, Abby Pink. Everyone works together to make the mural special, showing that we may be different on the outside but we're all friends on Sesame Street.

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

YOUTH  
Daniel Tiger's Neighborhood

Daniel Visits School/Daniel Visits The Doctor

Daniel Visits School - Daniel is visiting school for the first time and he's a little nervous until he learns that asking questions so that he knows what to expect is the best way to handle the anxiety that comes with new experiences. Daniel Visits the Doctor - Daniel is going to Dr. Anna for his checkup - but he is very anxious! Mom Tiger teaches him that talking about the situation will help him feel calmer, so Daniel makes a book with all the information he knows about the doctor.

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

YOUTH  
Rosie's Rules

The Ice Pop Truck/Rosies Dollar Dilemma

Rosie wants to try the new ice pop from the Ice Pop Truck, but she needs to find an extra dollar to buy it. / Rosie gets a dollar after helping Tia at the mercado, but she struggles to decide what to buy with it.

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

YOUTH  
Curious George

Guest Monkey/Charkie Goes to School

Guest Monkey - George is almost as excited as Allie on her first day of school, but is ecstatic when she invites him to school the next day as a special guest monkey! He soon learns, though, that kindergarten has a lot of special rules that he's not used to - like not climbing on the furniture or standing in the sand table. Will George get extra credit for trying to follow the rules, or will his effort create one big mess? Charkie Goes to School - Charkie's building has a new rule - all dogs must have a good-behavior diploma from obedience school. After seeing Charkie struggle with the obstacle course, George recruits the academy's top alumni, Hundley, to help prepare Charkie for the final exam. Can George and Hundley figure out a way to get Charkie to cross the finish line amid all the distractions?

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

YOUTH

Work It Out Wombats!

Talent Turmoil/Zeke's Collection Selection

The Wombats learn the hard way that you can't keep a talent show in order if all the props are out of order. / Feeling left out of the Treeborhood's Collection Bonanza, Zeke goes in search of a collection he can call his own.

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

ARTS

Variety Studio: Actors On Actors

Cate Blanchett (Tar) with Michelle Yeoh (Everything Everywhere All At Once), Kate Hudson (Glass Onion: A Knives Out Mystery) with Glen Powell (Devotion, Top Gun: Maverick) and Laura Dern (The Son) with Michelle Williams (The Fabelmans).

14:00:00:00 00:54:21:07

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

Alaskan Dinosaurs

Wielding chainsaws to extract fossils frozen into the permafrost and flying drones to map thousands of footprints, intrepid paleontologists discover that dinosaurs thrived in the unlikeliest of places -- the cold and dark of the Arctic Circle.

15:30:00:00 00:28:02:03

ARTS

Twenty Twelve

With time ticking inexorably downwards, the marketing team come up with a major public event to mark the '1000 days to go' milestone. A huge clock designed by a modern British artist will be installed outside Tate Modern on the banks of the Thames in a ceremony performed by both Seb Coe and Boris Johnson and will count down towards the start of the Olympic Games. The only problem is that the clock has a potentially disastrous design flaw which no-one seems to have noticed until it is too late. Meanwhile the process of deciding which public figures should be approached to carry the Olympic Torch on its journey around Britain has begun.

Tue, Sep 05, 2023

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

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Boulder Valley

Allow the energizing gales on top the rugged grandeur valley to inspire your practice as we focus on a modified flow sequence, linking breath with movement, and strengthening moves for the lower body designed to open the hips while using a chair for support.

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

YOUTH  
Wild Kratts

Golden Snub Nosed Monkey Man

The Wild Kratts go on an expedition into the Chinese mountains to find the amazing Snub nosed monkeys, a species of cold-adapted monkeys living in the snowy highlands. But when Martin becomes separated in an avalanche and his power suit malfunctions, it's a race against time for the Wild Kratts to find Martin, the Giant Snub-nosed Monkey Man!  
Science Concept: Animals need special adaptations to deal with cold mountain habitats.

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

YOUTH  
Odd Squad

Odd Beginnings, Part 2

Odd Beginnings - Agents Opal and Omar uncover the location of a legendary odd artifact.  
Curriculum: Measurement, Simple Machines.

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

YOUTH  
Sesame Street

Goldilocks and the Three Homes

Elmo, Abby, Baby Bear, and Chris go to Fairy Tale Land to build a home for Goldilocks. They wonder if they can build a home for Goldilocks that's just right. What if they use a tape measure to measure her so the home isn't too big or too small? Let's try! It works. They didn't give up and built a home that's just right for Goldilocks.

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

YOUTH  
Daniel Tiger's Neighborhood

Daniel's Babysitter/Daniel Goes to School

Daniel's Babysitter - Prince Tuesday comes to babysit Daniel Tiger while Mom Tiger and Dad Tiger go out dancing. As Daniel gets ready for bed, he misses his Mom and Dad, but Prince Tuesday reminds him that they will be back soon. And when Tigey goes missing right before bedtime, Daniel learns what a grr-ific babysitter Prince Tuesday is. Daniel Goes to School - When Daniel joins the rest of his friends at school, he doesn't want his Dad to leave - until Dad Tiger reminds him that "grownups come back." Then, Miss Elaina loses her locket and misses her mom, Lady Elaine. The kids help Miss Elaina find the locket and enjoy the rest of the school day. After lunch, the grownups return to the school.

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

YOUTH  
Rosie's Rules

Lights Out Rosie/Rosie Goes Camping

110A Because of a power outage, Rosie and Javi can't watch their movie, so they learn how people did things before there was electricity. 110B The Fuentes family goes camping, but when they forget their tools, Rosie learns to use tools from nature.

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

YOUTH  
Curious George

Wheels on the Bus/Seed Trouble

Wheels on the Bus - Running late for an important meeting at the Glass Palace, George and the Man

with the Yellow Hat decide to take the bus rather than walk. But when George and the Man get off at the wrong stop, the bus leaves with the Man's portfolio still inside! Determined to retrieve the important drawings AND make it to the meeting on time, George jumps in a basket on a bicycle. The Man orders a baffled taxi driver to follow that monkey on the bicycle to catch the bus to get his portfolio! With the clock ticking, will either of them catch up to the bus and arrive at the meeting in time? Seed Trouble - George loves eating at Chef Pisghetti's restaurant! When Chef explains that he can't grow enough vegetables to keep his customers fed, George and the Man with the Yellow Hat offer to start their own garden to help the Chef out. The garden is ready to be planted, when Compass and his pigeon friends eat some of the seeds! George dumps the seeds into one jar to keep them safe... and learns too late that different seeds can't be planted together. Can George figure out how to separate and identify the seeds, and keep Chef Pisghetti in business?

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

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.

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

ARTS

Best of the Joy of Painting

Mountain at Sunset

Bob Ross demonstrates his unique painting method and shows how to create a beautiful brown mountain scene.

16:00:00:00 00:26:29:25

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Full body strength and flexibility is vital in maintaining your balance, mobility, and staying out

of pain. This advanced, full-body workout is designed to challenge and improve your balance by strengthening your core and full body. Join Miranda Esmonde-White in Bermuda for this standing & barre workout!

Wed, Sep 06, 2023

06:00:00:00 00:26:46:01

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Back Pain Relief

In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.

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

YOUTH

Wild Kratts

#### Archerfish School

When the Kratt Bros meet a school of Archerfish, they are taught the secret of "water droplet" archery from an Archerfish named Arrow. Soon, they are using this newly learned skill to infiltrate Donita Donata's yacht and rescue the baby animals she has been capturing for her newest high-end fashion line. Science Concept: Physics of Motion.

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

YOUTH

Odd Squad

#### Back to the Past/Odd Squad Needs You

Back to the Past - When the agents are accidentally transported to the future, they need to figure out what day it is or risk a time-tastrophe! Curriculum: Using a calendar, understanding the concept of past, present and future. Odd Squad Needs You - When Odd Squad is asked to make a recruitment commercial, Ms. O proves difficult. Curriculum: Time-learning how many seconds equal a minute, exploring what you can do in 1 minute.



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 00:28:46:00

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 00:28:46:00

YOUTH  
Rosie's Rules

Rosie The Message Delivery Kid / Javi's

Growl

Rosie decides to be a message delivery kid and deliver messages to her neighbors, but her messages get all mixed up. / Javi temporarily loses his voice, so Rosie must help him recover before they perform their El Coco play.

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

YOUTH

Work It Out Wombats!

Helper for the Day/Race Car Wombats

Zeke's sorting choices prove interesting when he volunteers to be Mr. E's "Helper for the Day." / The Wombats are psyched to race in the Treeborhood Derby, but can't get their homemade car out of the house, let alone to the starting line.

14:00:00:00 00:56:46:02

ARTS

Fight The Power: How Hip Hop Changed The World

The Foundation

Discover the factors that led to the birth of Hip Hop and its first socially conscious hit The Message by Grandmaster Flash and the Furious Five in 1982.

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

HEALTH/HEALTH CARE

Wai Lana Yoga

Shake Your Legs

Shake tension from your legs and relieve varicose veins in Reverse Arrow. Use your breath to focus on the subtle energy flowing through your body from your navel to your throat.

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

ARTS

Grantchester On Masterpiece

Season 8, Episode 3

At one of Cambridge's most prestigious colleges, a man is murdered and a valuable painting is stolen, leaving Geordie to determine if the two crimes are linked.

21:00:00:00 00:55:12:01

RTS

Trouble with Maggie Cole

Peter Cole is visibly jittery from public and press attention following Maggie's interview. Author Marcus bonds with Jill, and Maggie continues her mission to right all of her wrongs with a tense visit to local hairdresser Kelly.

Thu, Sep 07, 2023

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

Ocean Spray

Allow the dancing waves of the sapphire ocean to inspire your practice as we focus on gentle stretches for the shoulders, neck and upper back, including moves to create more ease in the hips while using a chair for support.

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

To Touch A Hummingbird

Martin and Chris realize that the Hummingbird might be the ultimate flier in the Creature world and ask Aviva to create a new power disc with its powers. The only problem - it's not easy to touch Hummingbird!

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

Zero Effect/Bad Luck Bears

Zero Effect - Olive and Otto must stop zeroes from disappearing before the missing zeroes destroy the town... and Otto turns into a baby. Curriculum: Numbers and counting; place value. Bad Luck Bears - When odd things start happening to the Bears basketball team, Olive and Otto must set things straight before the big game. Curriculum: Number operations; addition problems with different addend combinations.

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

YOUTH  
Sesame Street

Community Mural

Friends on Sesame Street are painting a mural to celebrate the people in their neighborhood. Tamir, Ji-Young, and Abby have a hard time finding a paint color that is the same color of their skin and fur. Nina shows them how they can mix paint to create the beautiful color that looks just like them. She mixes brown paint with some pink to make a beautiful pinkish brown color that looks just like her skin Nina Pinkish Brown. Tamir mixes brown paint with a little bit of gold to make a beautiful golden-brown Tamir Brown. Ji-Young mixes gold paint with a little bit of pink to make Ji-Young Pinkish Gold. Abby adds in a little bit more red paint to pink to make a beautiful pink color, Abby Pink. Everyone works together to make the mural special, showing that we may be different on the outside but we're all friends on Sesame Street.

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 00:28:46:05

YOUTH  
Rosie's Rules

Sister Surprise/Rosies Twin

111A When Rosie learns about a surprise for a sister, she tries to find out who that sister is.

111B Inspired by the cool stuff twins Jun and Quinn do together, Rosie tries to find someone to be her very own twin.

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

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?

11:00:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
In The Americas with David Yetman

Slickrocks and Monuments in the Four

Corners

Nowhere else in the world offers a more graphic view of deep forces of geology at work than the Four Corners portion the Colorado Plateau. The arid climate, the peculiar volcanoes, the powerful forces of erosion, and the clashes of Earth's tectonic plates makes for the highest concentration of national park features in the United States. We travel from wind-swept deserts to dense forests as we move through the spectacular formations. In the process we witness the slow death of a modern lake.

16:00:00:00 00:26:46:06

AGING  
Sit and Be Fit

Full Body Workout

Mary Ann uses a towel to assist with neck alignment and a band for strengthening shoulders and upper back. There is a focus on core and a special tip to help balance.

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

CULTURE  
Charlie Russell's Old West

No one played a larger role in mythologizing the cowboy's place in American culture than Charles M. Russell. Explore his art and life as he witnessed and documented the end of the Wild West open range, and America entered the 20th Century.

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

ARTS

Out of Exile - The Photography of Fred Stein

A tale of danger and resilience: as the Nazi menace thrusts Fred Stein into a life of exile in 1930s Paris, across the war-torn French countryside, and 1940s New York, he learns photography and becomes a master of creating images that transcend their time and place.

Fri, Sep 08, 2023

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Hip and Leg Flexibility

Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.

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

YOUTH

Wild Kratts

Shadow: The Black Jaguar

Martin and Chris are trying to decide on their next wild cat adventure when they learn that Zach Varmitech has decided to "catnap" a Black Jaguar to use as a symbol for his new spybots.

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

YOUTH

Odd Squad

Mid-Day in the Garden of Good and  
Odd/Failure to

Lunch  
Mid-Day in the Garden of Good and Odd - When things in  
town get covered in jam, the agents turn to  
Odd Todd for help. Curriculum: Solving codes using  
patterns and addition. Failure to Lunch - When  
the agents go to lunch, they struggle to relax and  
ignore the oddness. Curriculum: Measurement.

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 Grr-ific Grandpere/Making Mozies with  
Nana

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 00:28:46:00

YOUTH  
Rosie's Rules

President of the Sandbox / Dino Parade

Rosie and Javi both want to be in charge of the sandbox,  
so the kids hold an election to choose  
the president. / The Dino Parade is about to be  
cancelled, so Rosie rallies her friends to form a  
marching band.

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

YOUTH

Work It Out Wombats!

Junior Supers/Measure for Measure

Super's special trick - breaking big jobs into little  
ones - helps Zadie and Malik clean up a big  
mess. / To make a new hat for Ellie, the Wombats are  
helped by a "special trick" - measuring!

15:30:00:00 00:20:44:03

ARTS

Almost Royal

The Future

Aristocratic internet stars Poppy and Georgie Carlton  
are on a mission to find out what the future  
holds for the human race, starting with a simulated trip  
to Mars. Next up they meet people who are  
hoping to survive the apocalypse before joining a  
political candidate with a more hopeful vision.  
They conclude their tour by meeting some adults who  
embrace the future by making science fiction  
their passion. Star Trekker George Takei guides them on  
their quest.

16:00:00:00 00:26:45:28

HEALTH/HEALTH CARE

Yoga In Practice

A Moving Meditation - Gravity and Direction

Every pose has a center of gravity that you draw into  
with strength and out of which you extend.  
The sense of direction refers to the subtle movement of  
your breath. Together, gravity and  
direction transform the practice into a moving  
meditation.

Sat, Sep 09, 2023



04:00:00:00 00:56:46:10

ARTS

Evening with Harry Belafonte

An Evening With Harry Belafonte is a one-on-one interview program that provides a rare look into the life and times of the legendary entertainer and humanitarian.

06:00:00:00 00:26:44:13

AGING

Sit and Be Fit

Core Strength and Yoga Inspired

Exercises

Yoga inspired exercises are woven throughout this gentle workout. Mary Ann focuses on exercises that emphasize extension, stretching and core strengthening. Dr. Emily shares a brain game exercise to help improve balance.

06:30:00:00 00:27:03:29

HEALTH/HEALTH CARE

Your Fountain of Youth with Lee Holden

Healthy Heart

Heart health is one of the few places both Western medical practitioners and Eastern agree: stress and anxiety are significant factors in heart disease. The more stressed out, anxious, and overwhelmed you are, the higher your risk. This episode focuses on your inner emotional state. Helping you become calm, relaxed, and at peace, so your heart stays healthy, nourished, and whole.

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

YOUTH

Mister Rogers' Neighborhood

Feelings When People Laugh at Mistakes

Mister Rogers helps children understand that everyone makes mistakes once in a while. Also, ventriloquist Susan Linn shows how she uses puppets to help people talk about their feelings.

07:30:00:00 00:28:45:29

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  
Arthur

Arthur's Family Vacation/Grandpa Dave's Old Country Farm

This animated series is based on Marc Brown's best-selling books about Arthur Read, an eight-year-old aardvark, his sister D.W., and their family and friends. On "Arthur's Family Vacation," things get off to a rocky start, but the family makes the best of some tough situations. In "Grandpa Dave's Old Country Farm," Grandpa is too proud to accept some much-needed help in keeping up his farm, until the kids come for a visit and show him how badly the repairs are needed.

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

YOUTH  
Dinosaur Train

Remember The Alamosaurus/Sunrise, Sunset

The Pteranodon kids and Dad get the idea to travel around on the Dinosaur Train and meet some of the biggest dinosaurs. They even sing a song, 'The Biggest Dinosaurs', before meeting Allie Alamosaurus, an enormous, long-necked, plant eating sauropod who is very friendly. Allie explains that her huge, strong legs hardly bend at all, but she can still have fun playing games with the kids, and teaching them some of her favorites! Dad takes the Pteranodon kids on an overnight camping trip where they watch both a sunrise and sunset, learning that the sun rises in the east

and sets in the west. The kids also find out more about nocturnal (night-active) animals, and diurnal (day-active) animals.

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

YOUTH  
Wild Kratts

To Touch A Hummingbird

Martin and Chris realize that the Hummingbird might be the ultimate flier in the Creature world and ask Aviva to create a new power disc with its powers. The only problem - it's not easy to touch Hummingbird!

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

YOUTH  
The Infinite Art Hunt

The Flamingo Fiasco (Public Art)

The Flamingo Fiasco (Public Art): When Cousin Cal's flamingo sculpture isn't accepted for the school art show, Freddie is determined to help him stay positive about his talent. Grandma Tilly introduces the kids to the concept of public art, and they learn how to make their own public art project.

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

ARTS  
Grantchester On Masterpiece

Season 8, Episode 3

At one of Cambridge's most prestigious colleges, a man is murdered and a valuable painting is stolen, leaving Geordie to determine if the two crimes are linked.

15:00:00:00 00:54:51:05

ARTS  
Magpie Murders On Masterpiece

Episode 3

Angling to sell his publishing firm and retire, Charles leans on Susan to take over as CEO. In a

parallel story, the detective plot in Alan's last novel unfolds.

20:00:00:00 00:56:46:05

ARTS

Austin City Limits

Jon Batiste

Rejoice in a high voltage hour with New Orleans-born R&B/jazz/gospel musician Jon Batiste. The Stephen Colbert bandleader performs songs from his album We Are, including "I Need You" and "Freedom."

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

ARTS

Lost River Sessions

Amythyst Kiah

Roots singer-songwriter Amythyst Kiah performs a stirring solo set from the Pushin Building Artists' Studio in Bowling Green, KY.

22:30:00:00 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."

Sun, Sep 10, 2023

04:00:00:00 00:26:46:05

ARTS

David Holt's State of Music

Zoe and Cloyd

Bluegrass and klezmer traditions meet in the music of married duo Zoe & Cloyd. Fiddler Natalya Zoe Weinstein and singer/songwriter/instrumentalist John Cloyd Miller visit with host David Holt.

06:00:00:00 00:27:30:00  
HEALTH/HEALTH CARE  
Wai Lana Yoga

#### Un-Knot Your Neck

Get rid of kinks and stubborn knots in your neck with exercises that release tension and prevent headaches. The flexibility you gain will prepare you for a few upside down poses.

06:30:00:00 00:26:46:00  
HEALTH/HEALTH CARE  
Yoga In Practice

#### It's Not What You Do, But How You Do It

We all have unique gifts and talents as expressed through our lifelong accomplishments. These gifts are meant to bring joy, satisfaction, and meaning into our lives and the lives of those around us. It's not about what you do in life but how you do it. It's about how much passion, love, and care you put into what you do that truly matters. Consider this as we begin a gentle yoga practice today.

07:00:00:00 00:26:28:28  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

08:00:00:00 00:28:45:00  
AGRICULTURE  
Bay Area Bountiful

#### Resilient Agriculture

Bay Area Bountiful examines and defines the many facets of sustainability. Models of

sustainability include a look at cutting down food waste in Sonoma County, nurturing the relationship between wildlife and agriculture and recycling initiatives. More information at bayareaboutiful.org

12:00:00:00 00:54:21:07

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

### Alaskan Dinosaurs

Wielding chainsaws to extract fossils frozen into the permafrost and flying drones to map thousands of footprints, intrepid paleontologists discover that dinosaurs thrived in the unlikeliest of places -- the cold and dark of the Arctic Circle.

13:00:00:00 00:56:46:00

ARTS

Out of Exile - The Photography of Fred Stein

A tale of danger and resilience: as the Nazi menace thrusts Fred Stein into a life of exile in 1930s Paris, across the war-torn French countryside, and 1940s New York, he learns photography and becomes a master of creating images that transcend their time and place.

15:00:00:00 00:49:15:03

ARTS

Seaside Hotel

The hotel opens summer 1932 for previous years' guests and stockbroker Molin and wife. He talks timber business with Madsen. There's Midsummer Eve bonfire on the beach. Amanda thinks of making filmed ads with Weyse.

17:00:00:00 00:25:45:01

WOMEN

The Chavis Chronicles

Carol Davis, Developer in the Ukraine

American female developer and construction expert Carol Davis shares her efforts to help rebuild

critical infrastructure facilities, roads and homes for  
Ukrainians left homeless and devastated in  
the wake of a brutal war with Russia.

19:00:00:00 00:56:46:05

WOMEN

In Their Own Words

Angela Merkel

Follow Merkel's meteoric rise from pastor's daughter to  
Time Person of the Year. As a young woman  
emerging from East Germany, she successfully navigated  
the male-dominated sphere of German  
politics to become first female Chancellor of Germany.

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

ARTS

Great Performances

Leonard Bernstein's Kaddish Symphony

Recorded in July 2022, Bernstein protege Marin Alsop  
conducts the Chicago Symphony Orchestra in a  
performance of Bernstein's "Kaddish" Symphony at the  
Ravinia Festival. Creating a musical  
meditation wherein women's voices are the tether to the  
highest powers, and examining the  
essential, eternal questions of humanity and faith, also  
featured are soprano Janai Brugger and  
Jaye Ladymore as narrator, along with the Chicago  
Children's Choir.

22:30:00:00 01:26:46:05

ARTS

La Otra Mirada

Fear of the Other

After spending months in jail, Teresa is released from  
prison, but she is not the same: exhausted,  
with no strength to face her sister, Roberta. Teresa  
finds purpose with Ines, a young street  
hustler she's intent on seeing at the Academy.

Mon, Sep 11, 2023

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Mobility

Today, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to give you range of motion in all of your activities.

06:30:00:00 00:28:46:01

YOUTH  
Wild Kratts

Eel-Lectric!

When the Tortuga crashes somewhere in the middle of the Amazon rainforest, the electrical system of the ship is destroyed. Grounded and exposed to the elements and predators - like jaguars and crocodiles - the Wild Kratts must come up with a plan to restore the electrical systems before the creatures of the Amazon completely take over the Tortuga! Science Concept: Electricity.

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

YOUTH  
Odd Squad

Portalandia/Slides and Ladders

Portalandia - The Mobile Unit's first case is to return a plant to the 17th dimension. Curriculum: Tessellation. Slides and Ladders - Oswald must learn everything he can about the Mobile Unit van before an important interview. Curriculum: Negative Numbers.

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

YOUTH  
Sesame Street

Sesame Street Super Heroes

Elmo, Abby, and Rosita are playing superheroes! Rosita introduces Super Carga, which means Super Charge in Spanish. Super Carga turns on everyone's superpowers with the catchphrase "a lo maximo" which means "to the maximum" in Spanish. Abby and Elmo want to be Super Carga, but they have a hard time saying the catchphrase. Elmo and Abby suggest Rosita to be Super Carga since she can say



the superhero's name and catchphrase. Rosita loves speaking Spanish, but she wants to do other superhero things too. When Mia joins them to play superheroes, Rosita and Mia share that speaking Spanish isn't the only thing that makes them special. Abby mentions that she wants to play Super Carga and Rosita helps her practice pronouncing the catchphrase "a lo maximo." Now, the superheroes are ready to play!

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

YOUTH

Daniel Tiger's Neighborhood

Daniel's Allergy/Allergies at School

Daniel's Allergy - When Daniel tries a peach for the first time, he learns he is allergic to the fruit. Dad and Doctor Anna take care of him, and Doctor Anna tells Daniel how he can take care of himself, too. Allergies at School - Daniel is celebrating the 100th day at school. He tells Teacher Harriet and his friends that he is allergic to peaches. Teacher Harriet, Katerina, Miss Elaina, O the Owl, and Prince Wednesday take care of Daniel by helping him avoid peaches. They all take care of each other in different ways throughout the school day. Strategy: We take care of each other.

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.

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

YOUTH

Work It Out Wombats!

Snout Wash Day/A Super Recipe

Because Zeke won't let go of his beloved stuffy, and because Malik wrecks the instructions,

Operation "Wash Stinky Snout!" doesn't go as planned. /  
The Wombats ask their friends for help in  
making a special Thank You treat for Super.

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

ARTS

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 00:54:23:07

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Nova

#### Secrets in the Scat

Scott Burnett is "Scatman"-an Australian ecologist on  
the trail of the secrets of poop. By  
identifying and analyzing animal scat for DNA and  
hormones, he discovers essential details of  
their behavior, how they fit in the ecosystem, and how  
to protect them. From the mysterious cubic  
poop of wombats to the precious pink waste of whales,  
join scientists as they explore nature's  
smelliest secrets.

16:00:00:00 00:26:46:00 #201H

HEALTH/HEALTH CARE  
Yndi Yoga

#### Practice for Balance (Water)

In a lush setting by a tranquil pond, "Practice for  
Balance" is inspired by the stillness of water  
to quiet the mind, and improve focus and balance. The  
yoga class, amidst the soothing sounds of  
nature, begins seated with postures close to the ground  
to feel the connection with the breath and  
basic balancing techniques to center yourself. The  
balancing in the standing portion of the  
practice teaches you how to hold yourself, refine  
alignment, and distribute weight, as well as use  
your gaze, or dristi, to keep your mind anchored in the  
present moment and the body safe. When the  
body can balance safely, the mind is in harmony, and the  
spirit is free.

19:00:00:00 00:29:23:02

ARTS

Twenty Twelve

A visiting group of dignitaries from Rio (Olympic hosts in 2016) is in London for the week. For Head of Deliverance Ian Fletcher and his team the mission is simple. All they have to do is to meet the Brazilian delegation and take them by coach to the Olympic Stadium where they will meet Head of LOCOG, Lord Sebastian Coe. What can possibly go wrong? As it turns out, just about everything: from language difficulties through satellite navigation issues to burst water mains and phantom punctures. For the team it's a lesson in the importance of staying positive and focused even when you are literally travelling in completely the wrong direction.

Tue, Sep 12, 2023

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

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Sunny Brook

Enjoy the sunny woods and calming brook as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support. Including moves to ignite the core as well as activate the hip flexors and quadriceps.

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

YOUTH

Wild Kratts

Speaking Dolphinese

The Wild Kratts are on a mission to decode the secret language of one of the smartest creatures on Earth - Dolphins!

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

YOUTH

Odd Squad

Running On Empty

Running on Empty - The Mobile Unit must return a blob to London, but their van has run into trouble. Curriculum: Liquid Measurement, Porous Vs Non-Porous.

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

YOUTH  
Sesame Street

#### Rainy Day Picnic

Elmo and Abby wanted to have a picnic in Abby's garden but it's raining. They decide to have a picnic inside, but the living room doesn't look like the garden. This is a problem! They wonder how they can make Elmo's living room look like Abby's garden. What if they make flowers, birds, and bugs using craft supplies?

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

YOUTH  
Daniel Tiger's Neighborhood

#### Daniel Makes A Mistake/Baking Mistakes

Daniel Makes a Mistake - While Daniel is looking at different items under the magnifier at school, he accidentally knocks a basket of objects off the table, sending things tumbling all over the floor. Whoops! Daniel thinks he has ruined Science Time until Teacher Harriet explains that everyone makes mistakes; the important thing is that we can fix them and always learn from them. Baking Mistakes - Daniel and Prince Wednesday are at the bakery helping Baker Aker make cookies for the Neighborhood. But Prince Wednesday accidentally spills the milk! No crying, though, because mistakes can happen. Soon the boys learn that they can try to fix their mistakes and learn from them, too. Trolley cookies for everyone! Strategy: It's ok to make mistakes, try to fix them and learn from them, too.

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

YOUTH  
Rosie's Rules

#### Neighborhood Market Day / Rosie and Jarvis

Slime Store

It's Neighborhood Market Day and Rosie searches for something to sell, but nothing seems quite right. / Rosie and Javi open a slime store, but realize they don't have enough slime, so they have to make more.

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

Misty Mountain Morning

Enjoy the view while Nicholas Hankins paints a sleepy, slow moving mountain river as it winds around towering evergreens in the valley; a real Bob Ross classic!

11:00:00:00 00:26:46:05

HEALTH/HEALTH CARE

Burt Wolf: Travels & Traditions

The Hospital of the Future -

Wallingford, Ct

Burt visits a non-profit hospital called Gaylord that specializes in helping people get through some of their most devastating medical problems. The staff works with each patient, teaching skills that will help them return to a normal life. Burt talks to patients and their families about their experiences and interviews the staff. This is what the hospital of the future might look like.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

## Human Footprint

### Top Predator

There's a killer inside us. Our biology, culture, technology, and economy have transformed our species into the greatest predator the world has ever seen. From Yellowstone to Mozambique, Shane explores our global impact as the planet's top predator.

16:00:00:00 00:27:02:07

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping your torso corseted, back upright, and spine in good posture. This is why having a strong and flexible core is essential to looking and feeling young. This intermediate workout is designed to strengthen the core and open the chest and pectorals - leaving you with improved posture.

21:00:00:00 00:49:13:01

ARTS

The Unknown Master of Restoration

Mayuyama Koji is an art restorer who works with antique dealers and museums nationwide. His unique skills allow him to flawlessly restore broken works to their former condition, earning him the nickname meaning "hands of God." The practice originated from his father in the postwar period, when many antiques would be repaired secretly through underground means. This documentary reveals the details of his techniques, as well as his mission not just to restore art, but to preserve it for generations to come.

Wed, Sep 13, 2023

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Spine Strengthening

In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico.

Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.

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

YOUTH  
Wild Kratts

#### The Other Martins

It's a relaxing day at Tortuga HQ when Chris comes in complaining about Martin. Confused, the gang soon discovers that Chris means a bird called the Purple martin and not his brother! Chris is not happy about something else named Martin and when a second creature called Martin comes along - he realizes it's not his day. But soon, comes to understand what awesome creatures these "Other Martins" really are. Science Concept: Form for Function.

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

YOUTH  
Odd Squad

#### The O Team/Show Me The Money

The O Team - Security agents Owen and Ohio secretly provide backup on a case so they can have a pizza party. Curriculum: Symmetry. Show Me The Money - When an unlucky coin is accidentally released into the public, the agents must retrieve it before the world ends. Curriculum: Money.

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

YOUTH  
Daniel Tiger's Neighborhood

Daniel and Margaret Play School/Treasure Hunt at the Castle

Daniel and Margaret Play School - Teacher Daniel is playing "school" today, but his "student," Baby Margaret, just won't cooperate! Big brother Daniel thinks of a way that he and Margaret can have fun together, and "school" can stay in session! Treasure Hunt at the Castle - Daniel, Prince Wednesday and Chrissie are playing at the Castle, and they just can't agree on what to play. They

soon learn that they're big enough to figure out what to do, and come up with creative solutions so they can play together. Strategy: You're big enough to think of what to do.

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.

14:00:00:00 00:56:46:03

CULTURE  
Fight The Power: How Hip Hop Changed The World

Under Siege

Explore the 1980s and the birth of Hip Hop as social commentary in the Reagan Era with the emergence of artists like Public Enemy, KRS-One, Ice-T, and NWA.

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

HEALTH/HEALTH CARE  
Wai Lana Yoga

Easy Plough

Try the Plough in stages to find the version that's right for you. Single Leg Shoulderstand and Bridge will give you a combination of strength, balance, and flexibility.

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

ARTS  
Grantchester On Masterpiece

Season 8, Episode 4

Leonard is devastated when a halfway house resident is found dead. The man confessed suicidal thoughts to Will, but is this suicide or murder?



21:00:00:00 00:54:51:01

ARTS

Trouble with Maggie Cole

As Maggie continues to seek amends with her neighbors, she makes a horrifying discovery in a confrontation with Roxanna. Gambling debts plague Alex, and the community's continued pressure on Peter threatens his job and family.

Thu, Sep 14, 2023

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

HEALTH/HEALTH CARE

Happy Yoga with Sarah Starr

Golden Monet

Renew your energy in the golden sunset of the "Monetesque" straw fields as you enjoy a modified yoga session using a chair for support, linking breath with movement; including stretches designed to increase flexibility and mobility in the shoulders and upper back, standing poses to create more freedom in the hips and hamstrings, ending with seated hip openers and gentle twists to release the spine.

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

YOUTH

Wild Kratts

Race for the Hippo Disc

When Chris and Martin accidentally lose a Power Disc on the African savannah, the Wild Kratts goes into crisis mode to find the disc before it gets into the hands of Zach Varmitech.

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

YOUTH

Odd Squad

Soundcheck/Double Trouble

Soundcheck - Olive and Otto must figure out how and why things are disappearing around town when all Otto wants to do is listen to a song by his favorite band, Soundcheck. Curriculum: Number operations; subtraction. Double Trouble - Debbie from Debbie's Pizzeria has doubled... not once, but twice, creating four Debbies! When one of the four Debbies goes missing, Olive and Otto need to find her. Curriculum: Numbers and counting; doubling.

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

YOUTH  
Sesame Street

#### Sesame Street Super Heroes

Elmo, Abby, and Rosita are playing superheroes! Rosita introduces Super Carga, which means Super Charge in Spanish. Super Carga turns on everyone's superpowers with the catchphrase "a lo maximo" which means "to the maximum" in Spanish. Abby and Elmo want to be Super Carga, but they have a hard time saying the catchphrase. Elmo and Abby suggest Rosita to be Super Carga since she can say the superhero's name and catchphrase. Rosita loves speaking Spanish, but she wants to do other superhero things too. When Mia joins them to play superheroes, Rosita and Mia share that speaking Spanish isn't the only thing that makes them special. Abby mentions that she wants to play Super Carga and Rosita helps her practice pronouncing the catchphrase "a lo maximo." Now, the superheroes are ready to play!

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

Rosie On Ice / The Meteor Shower

Rosie's going ice skating with the Purple Knight, but when she decides not to wear a coat, she is too cold to skate. / Rosie and Javi find the perfect spot to watch the meteor shower, but it's not as perfect as they thought.

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.

11:00:00:00 00:26:46:00

CULTURE  
In The Americas with David Yetman

Ancient Peoples of the Colorado Plateau

More than a thousand years before the arrival of Europeans in the southwestern U.S. native peoples were establishing their occupation of the Colorado Plateau. They learned early how to derive a living in a dry climate where winters were bitter and summers torrid. And they left behind proof of their scientific and technological accomplishments in plain sight-with a little assistance from contemporary archaeologists.

16:00:00:00 00:26:40:02

AGING  
Sit and Be Fit

Brain and Balance

This episode includes unusual exercises for brain stimulation and help with balance.

Fri, Sep 15, 2023

06:00:00:00 00:26:46:01  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Boost Your Energy

In this episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautiful Mexico. In this entry level standing and barre workout, Miranda will lead you through a series of exercises that will leave you feeling energized.

06:30:00:00 00:28:45:28  
YOUTH  
Wild Kratts

Sea Otter Swim

When the Wild Kratts take time out for a swim, Jimmy reveals that he's not that strong a swimmer. To help, Martin and Chris take him to his own personal swimming tutor - a Sea otter named Coach! Science Concept: How Objects Behave In Water.

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

Oscar Strikes Back

Oscar Strikes Back - In this two-part episode, Oscar attends a gathering of Odd Squad scientists called Lab-Con at Odd Squad Academy. Curriculum: Place value and multi-addend addition.

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

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

Moms Snowy Day/Rosies Nature Adventure

112A Mom yearns for past snowy winters, so Rosie tries to make her a snowy winter in the backyard.  
112B Rosie, Iggy and Papa are on hike in a national park, but it turns into a rescue mission when Lote falls in the river.

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

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 00:26:46:05

AGRICULTURE

Growing A Greener World

Urban Victory Gardens Project

As the resurgence of victory gardens are springing up across the country, we visit one historical Chicago victory garden where growing food is also growing communities. The Peterson Garden Project is all about building gardeners rather than gardens. Their success is amazing and inspiring.

15:30:00:00 00:21:14:26

ARTS  
Almost Royal

Law and Order

Poppy and Georgie investigate the American system of Law and Order, joining the police in a sleepy Louisiana town on a ride-along, learning that not all dogs are cute & cuddly, and that hosting doesn't always mean being polite to your guests. The Carltons also travel to the very end of the country to meet the Border Angels who offer help to migrants on their way into the United States. Questions are put to Youtube superstar and 'crime expert' Jimmy Tatro, which leads to confusion, rather than clarity.

16:00:00:00 00:26:45:25

HEALTH/HEALTH CARE  
Yoga In Practice

With Each Step I Arrive

Balancing poses help us to become fully present and focused. A mindful practice is done without the worries, fears, or anxiety that disconnect us from the present, keeping us more centered and better able to balance - to do the best we can.

22:30:00:00 00:26:46:00

ARTS  
PBS Arts Talk

Rhiannon Giddens with Brian Stokes Mitchell

Sat, Sep 16, 2023

06:00:00:00 00:26:44:12

HEALTH/HEALTH CARE  
Sit and Be Fit

## Fun Exercises for the Core and More

Mary Ann kicks off this lively episode with a variety of core strengthening exercises followed by a fast paced circulation segment. A small ball is used to improve grip strength, reaction time and finger dexterity. Weights are utilized to target muscles of the core, arms and lower body while a large ball is used for standing balance work and pelvic mobility. Gretchen leads a stretch segment using a towel and Dr. Emily closes the episode with a balance homework exercise.

06:30:00:00 00:26:21:19

HEALTH/HEALTH CARE

Your Fountain of Youth with Lee Holden

## Healthy Joints

As we age, our joints tend to get stiff, painful, and lose range of motion. In this episode, we learn to bring that youthful vitality back into our joints. Lee Holden guides you to clear stiffness and pain and increase range of motion through gentle stretches, mobilizing movement, and relaxing flows. As the saying goes, these practices "add not only years to your life, but life to your years."

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

YOUTH

Mister Rogers' Neighborhood

## Opera Day

"Spoon Mountain Opera," starring Betty Aberlin and Chuck Aber Wicked Knife and Fork is holding Purple Twirling Kitty captive on Spoon Mountain. Prince Extraordinary (Chuck Aber) and Betty Green (Betty Aberlin) from the Park Service must climb the mountain to rescue the kitty. They finally learn the reason for Wicked Knife and Fork's nasty behavior and are able to help him change.

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 00:28:46:01

YOUTH  
Arthur

The Contest/Prove It

What would happen if Arthur and his friends entered a  
contest to write story ideas for the  
favorite television show? The kids realize that winning  
would be great but that writing and  
sharing is the best part. In the sceond story, D.W. has  
discovered science. But D.W.'s new-found  
passion proves that a little knowledge is a dangerous  
thing. Can Arthur get D.W. to the  
Exploratorium before she convinces all the kids that the  
sky is blue because brown and green were  
already taken?

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

YOUTH  
Dinosaur Train

Dinos A to Z, Part 1, The Big Idea/Dinos A to Z,  
Part 2, Spread The Word

While riding the Dinosaur Train with Buddy and Mom, Tiny  
gets the idea to gather all the dinosaurs  
in the `Dinosaurs A to Z' song for a picnic at Troodon  
Town. The Conductor agrees, and the Train  
starts picking up dinosaurs, as Tiny and Buddy help keep  
track of how many of the different  
species have come on board, and where they are on the  
dinosaur A to Z list. The Dinosaur Train  
continues traveling around the Mesozoic picking up more  
and more dinosaurs that are in the  
`Dinosaurs A to Z' song, on the way to a picnic at  
Troodon Town. As more train cars are added, and  
the rest of the Pteranodon family comes on board, Tiny  
and Mrs. Conductor team up to help keep  
order on the increasingly crowded Train.



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

YOUTH  
Wild Kratts

Race for the Hippo Disc

When Chris and Martin accidentally lose a Power Disc on the African savannah, the Wild Kratts goes into crisis mode to find the disc before it gets into the hands of Zach Varmitech.

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

YOUTH  
The Infinite Art Hunt

The Birdhouse (Creative Reuse)

The Birdhouse (Creative Reuse): Freddie is obsessed with building a high-tech luxury birdhouse but isn't sure how to go about it. A trip to a 'playbrary' where young creators can use secondhand toys and materials and a chat with a playground designer inspire Freddie to make something new and unique through creative reuse of old materials.

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

ARTS  
Grantchester On Masterpiece

Season 8, Episode 4

Leonard is devastated when a halfway house resident is found dead. The man confessed suicidal thoughts to Will, but is this suicide or murder?

15:00:00:00 00:54:51:05

ARTS  
Magpie Murders On Masterpiece

Episode 4

The puzzle pieces of Alan's death get more and more jumbled. At the same time, the plot of his new book and the lives of his acquaintances start to converge.

20:00:00:00 00:56:46:05

ARTS  
Austin City Limits

The Very Best of John Prine

Savor an hour of stirring performances from the late singer/songwriter John Prine's episodes of Austin City Limits. Songs include "Paradise," "Sam Stone" and "Angel from Montgomery," with special guest Bonnie Raitt.

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

ARTS  
The Caverns Sessions

Sierra Ferrell

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

ARTS  
Lost River Sessions

Liz Brasher

Soulful Memphis songwriter Liz Brasher performs a powerful set live from the Van Meter Hall in Bowling Green, KY.

Sun, Sep 17, 2023

04:00:00:00 00:26:46:05

ARTS  
David Holt's State of Music

John Mccutcheon

John McCutcheon and series host David Holt have been friends since the 1970s. They meet to share songs and stories.

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

HEALTH/HEALTH CARE  
Wai Lana Yoga

Lean On It! (Part 1)

Make friends with your wall, letting it support you in a variety of yoga poses. A wall makes it

fun and easy to balance, twist, and stretch.

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

HEALTH/HEALTH CARE  
Yoga In Practice

### The Delight of Freedom

How many of us have felt tightness in our neck and shoulders because we spend too much time looking down at devices or slumped over at a desk? In time, that forward action of our head and shoulders can lead to all sorts of discomfort and even injury if we do not address it. Good alignment is good therapy for injury, and when we feel more freedom in our body we are able to enjoy our life a bit more.

07:00:00:00 00:26:59:08

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Enjoy the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & barre workout. Miranda Esmonde-White believes that you can strengthen and tone your legs without causing injuries; that's why she has created this intermediate workout designed to activate and strengthen the muscles of your legs in a safe and balanced way.

08:00:00:00 00:29:30:00

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Bay Area Bountiful

### A Home for Honeybees

Honeybees are in dire need of new living conditions. Bee experts and community members share their knowledge and inspiration to help preserve these pollinators.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Human Footprint

### Top Predator

There's a killer inside us. Our biology, culture, technology, and economy have transformed our

species into the greatest predator the world has ever seen. From Yellowstone to Mozambique, Shane explores our global impact as the planet's top predator.

12:00:00:00 00:54:23:07

ENVIRONMENT/NATURE/NATURAL DISASTERS  
Nova

#### Secrets in the Scat

Scott Burnett is "Scatman"-an Australian ecologist on the trail of the secrets of poop. By identifying and analyzing animal scat for DNA and hormones, he discovers essential details of their behavior, how they fit in the ecosystem, and how to protect them. From the mysterious cubic poop of wombats to the precious pink waste of whales, join scientists as they explore nature's smelliest secrets.

15:00:00:00 00:46:17:05

ARTS  
Seaside Hotel

Molin is eagerly trying to hide the fact that he is on the verge of bankruptcy, but at the same time, he also has to make sure that his beautiful wife stays away from the actor Edward Weyse. Goodthings are happening for Amanda. And Fie's younger sister, Ane, demonstrates that secrets aren't solely reserved for the guests of the hotel.

20:00:00:00 01:26:46:00

AARTS  
Great Performances

#### Vienna Philharmonic Summer Night

Concert 2023

Each summer, the world-renowned Vienna Philharmonic is joined by a guest soloist to perform an enchanting open-air concert under the direction of a guest conductor from the magnificent gardens of Austria's Imperial Schonbrunn Palace, a UNESCO World Cultural Heritage Site.

22:30:00:00 01:26:46:05

ARTS  
La Otra Mirada

What I Expect from Myself

Teresa moves to a little house in Seville and gives Carmen, the new administrator, her room.

Carmen's first attempt at trimming the budget does not go over well with the students.

Mon, Sep 18, 2023

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

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

#### Bone Strengthening

In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.

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

YOUTH

Wild Kratts

#### Neck and Neck

As Chris and Martin search for the answer to why giraffes have long necks, a mischievous giraffe begins secretly taking Creature Power Suit parts and supplies from the Tortuga.

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

YOUTH

Odd Squad

#### Orlas Birthday/Jeremy

Orla's Birthday - Omar and Oswald search for the perfect gifts for Orla's 500th birthday.

Curriculum: Mapping. Jeremy - The Mobile Unit is accidentally locked out of their van. Curriculum:

Word Problems.

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

YOUTH

Sesame Street

#### Kind Ruby

Elmo, Chris, and Rudy are helping Abby out in the garden because she hurt her wrist. Elmo helps Chris pack garden supplies and Rudy wants to help too. He wonders how he can help. What if he holds the door for Chris who is holding the bag of soil? Rudy finds other ways to be kind by helping to water the flowers, cleaning up paint left out at the community center, and making a get-well card for Abby's wrist. Just because some things are done doesn't mean you can't help. You can find other ways to be kind!

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

YOUTH

Daniel Tiger's Neighborhood

Daniel Loves Tigey/Daniel Needs Tigey

at School

Daniel Loves Tigey - Daniel gets upset when Margaret spills juice on his favorite stuffed animal, Tigey. Daniel learns how he can make himself feel better when he's upset. Daniel Needs Tigey at School - Daniel is having a hard day at school, but he knows just how to make himself feel better: by hugging his Tigey! Strategy: When you're upset you can find a way to feel better.

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.

09:30:00:00 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.

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

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 00:54:12:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

Dinosaur Apocalypse: The New Evidence

Sir David Attenborough explores how a North Dakota fossil dig site could hold clues to what happened the day an asteroid struck Earth and wiped out the dinosaurs.

15:30:00:00 00:28:31:00

ARTS

Twenty Twelve

It's another challenging week for Head of Deliverance, Ian Fletcher, and his team. Roman remains of potentially national significance have been discovered on the site of the aquatics centre, forcing them to contemplate radical last-minute modifications to the design of the building. It's a matter of asking the tough questions. What would happen if they made the diving pool shallower? Will it matter if athletes have to go through the cafeteria to get from the changing rooms to the pool? Head of Brand, Siobhan Sharpe, has decided that the 2012 games should have their own unique audio logo. Head of Infrastructure Graham Hitchins is grappling with the sensitive issue of civil aviation flight paths during the period of the games, and Head of Sustainability Kay Hope is faced with recording her own video blog at the Olympic site itself.

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

HEALTH/HEALTH CARE  
Yndi Yoga

Practice for Fluidity (Water)

Connect to the infinite healing power of the ocean in "Practice for Fluidity." As you settle into the rhythm of the breath, you connect to your inner rhythm, which is also in line with the ebb of the flow of the ocean. A wave rises and falls, just like each breath. You'll channel this fluidity of the breath and the ocean into your body and physical practice with this immersive vinyasa flow so you can be with the ebb of flow of life, to feel resilient, strong, and in control of how you feel. We can't always control what's happening around us just like we can't control the waves, but we can control what's happening within us to be with the ebb of flow of life and with more ease.

Tue, Sep 19, 2023

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

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Waterfall Haven

Relax along the rejuvenating waterfall setting as we calm the body and mind with a gentle yoga practice using a chair for support, including stretches for the neck, shoulders and upper back combined with modified seated forward bends to stretch the hamstrings and hips.

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

YOUTH  
Wild Kratts

Red Panda Rescue

Chris finds a little lost Red panda, but before she can be reunited with her mother, Zach steals her as a Birthday present for Donita Donata. It's Wild Kratts to the rescue! Science Concept: Taxonomy - Red pandas are a unique species placed in their own unique family.

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



YOUTH  
Odd Squad

The Thrill of the Face/Raising The Bar

The Thrill of the Face - The Mobile Unit returns to the Museum of Natural Odd to battle a stone warrior. Curriculum: Algebraic. Thinking Raising the Bar - Opal and Orla head to The Valley of Odd to solve as much oddness as possible. Curriculum: Graphing.

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  
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 00:28:46:05

YOUTH  
Rosie's Rules

Iggy's Bedtime/The Great Crystalini

114A To help Mom, Rosie volunteers to put Iggy to bed, but she'll have to follow his special routine to do so. 114B Rosie is helping Crystal with her magic show, but for their big trick to work, she must follow the steps in order.

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

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 Gooley Goo, shells and gold paint - plus a whole lotta love - do the trick!

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

ARTS

Best of the Joy of Painting

#### High Chateau

Bob Ross and his fantastic brushes take us to a uniquely-shaped mountain side chalet today.

11:00:00:00 00:26:45:29

HEALTH/HEALTH CARE

Burt Wolf: Travels & Traditions

#### Sleep and Why You Need It - San Francisco, Ca

Not getting enough sleep can increase the risk of stroke, heart attack, asthma, and kidney disease. In many parts of the United States, 40% of the population is not getting enough sleep. In this program, Burt talks to Professor Matthew Walker, one of the world's leading experts on sleep.

Professor Walker explains the good things that happen to your brain and body when you get a proper amount of sleep, and what you can do to improve your sleep.

14:00:00:00 00:56:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Human Footprint

#### Man's Best Friend

Shane discovers why dogs are more than man's best friend - they've been reshaped by evolution into the perfect partner for our species. And just as we've transformed them, dogs have left an unmistakable pawprint on us and the world we both share.

16:00:00:00 00:26:56:22  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!

21:00:00:00 00:49:15:02  
ARTS  
The Unknown Master of Restoration 2

Mayuyama Hiroshi is thought by aficionados of fine Japanese ceramics to have "hands of god" able to restore the finest vintage pieces to pristine beauty. As an artisan first and foremost, Mayuyama has never before shown outsiders the workings of his craft. He has allowed NHK to observe his work on an early Edo period porcelain horse valued at more than 700,000 dollars from the famous kilns of Imari in Saga Prefecture. Hiroshi and his son Yu are also seen restoring a vintage platter from Arita in the same prefecture.

Wed, Sep 20, 2023

06:00:00:00 00:26:46:01

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

### Spine Flexibility

In this episode of Classical Stretch, join Miranda Esmonde-White at the Sassil Kantenah Wedding Resort. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this standing and floor workout.

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

YOUTH

Wild Kratts

### The Last Largest Lobster

The Wild Kratts are having a picnic when a seagull steals one of their creature power discs and drops it into the ocean. The Kratt Bros dive in to retrieve the disc and encounter an enormous lobster. Could this be the "Last Largest Lobster"? Martin and Chris begin to follow him to investigate the life of a lobster. But there's someone else on the lobster's trail. It's Chef Gourmand Gaston, who plans to catch him and "cook him up". It's up to Martin and Chris to stop Gourmand and save "the last largest lobster". Science Concept: Life cycle.

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

YOUTH

Odd Squad

### Olympia's Day/Otis's Day

Olympia's Day: When a new room opens up in headquarters, all the agents want a piece. Curriculum: Fractions. Otis's Day: Getting a villain back to headquarters proves cumbersome when the tubes are down for maintenance. Curriculum: Measurement; Money.

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

Daniel Thinks of Others/Daniel Thinks of What  
Margaret Needs

Daniel Thinks of Others - Daniel is making all kinds of  
art at school today. While making a  
picture for his family, he ends up using ALL of the  
glitter. Oh no! What if someone else needs  
some glitter? Teacher Harriet tells Daniel that it will  
be OK, but to always keep in mind that  
whatever you do, you should think about what other  
people might need, too. Daniel Thinks of What  
Margaret Needs - Daniel and Miss Elaina want to play  
their musical instruments and march all  
around the house, but Margaret needs to sleep and it  
would be way too noisy! Mom and Dad remind  
Daniel that he should be aware of how the things he does  
might affect the needs of others.  
Strategy: Whatever you do, think about what other people  
need, too.

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.

09:30:00:00 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.

16:00:00:00 00:27:30:02

HEALTH/HEALTH CARE

Wai Lana Yoga

#### Stay Cool

Warm up with Salute to the Sun, then cool both mind and body with Sheetal Pranayama, an easy breathing technique.

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

ARTS

Unforgotten On Masterpiece

#### Season 5, Episode 1

DCI Jessica James' first day in her new job is marred by an unforeseen and devastating event involving her family life. Her first case looks like a murder dating back to the 1930s, but could the body have been disposed of in more recent times?

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

ARTS

Grantchester On Masterpiece

#### Season 8, Episode 5

Geordie is placed on desk duty as Elliot contrives to force him to resign. The next murder case is handed to Larry, who wisely enlists the help of Miss Scott.

21:00:00:00 00:55:15:06

ARTS

Trouble with Maggie Cole

Devastated Maggie heads to the local pub to obtain a room, only to face another townspeople wronged by radio-gate. Becka and Maggie share a rare moment, putting things into perspective for Maggie. Karen surprises Peter in a borderline terrifying way.

Thu, Sep 21, 2023

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

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Blooming Sunset

Relax in the beauty of a blooming sunset as we gently stretch and lengthen the spine in a full range of motion. Including stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.

06:30:00:00 00:28:45:27

YOUTH  
Wild Kratts

Termites Vs. Tongues

When Aviva and Koki accidentally miniaturize themselves and get carried away by termites, Martin and Chris must split up to search for them.

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

YOUTH  
Odd Squad

Crime at Shapely Manor

Crime at Shapely Manor - Olive and Otto are sent to Shapely Manor to investigate an odd crime with even odder people. Curriculum: Geometry.

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

YOUTH  
Sesame Street

Kind Ruby

Elmo, Chris, and Rudy are helping Abby out in the garden because she hurt her wrist. Elmo helps Chris pack garden supplies and Rudy wants to help too. He wonders how he can help. What if he holds the door for Chris who is holding the bag of soil? Rudy finds other ways to be kind by helping to water the flowers, cleaning up paint left out at the community center, and making a

get-well card for Abby's wrist. Just because some things  
are done doesn't mean you can't help. You  
can find other ways to be kind!

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.

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

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.

11:00:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

The Wild and Explosive Past of  
Northwest New Mexico

For thousands of years, New Mexico's northwestern  
quadrant has been home to a wide variety of  
native peoples. The places they chose to live are a  
showcase of the powers of volcanoes and  
erosion. These natural monuments help define the  
territories these people have chosen and have  
become symbols for their homelands. Towering volcanic  
remnants shoot up from the earth while



others record disruptive flows of lava that continue nearly to the present. Some formations defy normal human expectations.

14:00:00:00 00:56:46:00  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
America Outdoors with Baratunde Thurston

Suwannee: Wild River

The Suwannee is one of the last wild rivers in America. From jet skiers to herpetologists, manatees to snapping turtles, Baratunde learns how this unique environment inspires a whole range of passions.

16:00:00:00 00:26:46:00  
HEALTH/HEALTH CARE  
Sit and Be Fit

Upbeat and Fun

This energetic full body workout has a lot stomping and good hip movement for anyone confined to a wheelchair or chair.

Fri, Sep 22, 2023

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

Arthritis Relief and Pain Prevention

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in Mexico. This entry level standing and barre workout is designed to liberate and rebalance all your joints.

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

The Mystery of the Two Horned Narwhal

During an argument over what is better - horns or antlers - Martin and Chris decide to go on an adventure with the horned Narwhal of the Arctic. But once they get there, they soon discover sometimes a horn isn't a horn and soon are unraveling the mystery of this amazing creature. Science Concept : Differences between horns, antlers and tusks. Rare growth patterns.

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

YOUTH  
Odd Squad

And Then They Were Puppies/A Case of the Sillies

And Then They Were Puppies - When every agent turns into a puppy, it's up to Agent Ohlm to save the day. Curriculum: Understanding maps; Position, location and direction A Case of the Sillies - Dr. O gets an odd illness called the Sillies. Curriculum: Measurement; Using standard measurement to measure capacity and length.

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

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

#### Fun House/Crystals New Bunny

113A At the carnival, Rosie is finally ready to go into  
the Fun House, but then learns she doesn't  
have enough tickets. 113B A visit to the pet store for  
Crystal's new bunny finds Rosie struggling  
to figure out what the bunny wants vs. what it needs.

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!

15:30:00:00 00:21:15:03

ARTS  
Almost Royal

#### Work

This episode sees The Carltons taking on the alien world  
of work, starting with a consultation on  
how to create the perfect resume before cooking up a  
storm in an American diner, learning the art  
of beekeeping (and bee mourning), before taking to the  
city streets as drivers for rideshare  
company Lyft. The show ends with the Carltons attending  
a job fair to show off their new skills  
and make an inspirational speech. TV star and  
entrepreneur Lisa Vanderpump is on hand for advice.

16:00:00:00 00:26:45:25  
HEALTH/HEALTH CARE  
Yoga In Practice

Learning to Take A Leap

Life can present challenges that demand strength, clarity and wisdom. We can view these challenges as obstacles or as catalysts for growth. This episode incorporates a challenging pose, hanumanasana, that reminds us we need grace and grit in life to take a leap beyond obstacles.

22:30:00:00 00:26:46:00  
ARTS  
PBS Arts Talk

Ann Curry with Min Jin Lee

Sat, Sep 23, 2023

04:00:00:00 00:56:46:26  
ARTS  
Evening with B.B. King

An Evening With B.B. King is a must see interview that provides a rare look into the life and times of the King of the Blues.

06:00:00:00 00:26:45:15  
GING  
Sit and Be Fit

Brain Booster

This program focuses on exercises that activate the brain and includes excellent movement patterns for balance and gait.

06:30:00:00 00:27:29:04  
HEALTH/HEALTH CARE  
Your Fountain of Youth with Lee Holden

Better Balance

Studies show that Qi Gong is one of the best forms of therapy to prevent falls. The practice uses slow, graceful movement, mindful exercise, and energy activations to help you get rooted, secure, and connected. In this episode, Lee Holden guides you through simple, practical, and easy-to-follow exercises to help prevent falls, strengthen the lower legs and feet, and improve balance.

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

YOUTH  
Mister Rogers' Neighborhood

#### Mister Rogers Talks About Art

Mister Rogers shows an animation device that a friend made. He also shows slides and a reproduction of famous works by Picasso. In Make Believe, Lady Aberlin is making her portrait of the King; X The Owl and Henrietta have already finished theirs. Lady Elaine isn't interested in doing a portrait of King Friday and sends over a Picasso instead! Mister Rogers goes to Chef Brocketts' Bakery to hear The Spanish Singing Bakers. Back at his place he makes a rhythm rattle similar to the one the singers use.

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 00:28:46:02

YOUTH  
Arthur

#### D.W. Tale Spins/Prunella Gets It Twice

What happens when you combine Greek mythology with D.W.'s imagination? When Grandma Thora shows

D.W. how to be an author of great stories without even knowing how to write, D.W. tells a fantastic tale (with a little help from Homer) that impresses even Arthur. In the second story, getting two Polly Locket dolls almost ruins Prunella's birthday party. That, and Francine's bad mood--why, she wouldn't even sing the happy birthday song! Wait...is there a connection? The Ghost of Presents Past appears to Prunella and shows her a thing or two about friendship and gratitude.

08:30:00:00 00:28:46:02

YOUTH  
Dinosaur Train

#### Hootin' Hadrosaurs!/Hatching Party

Hootin' Hadrosaurs! - Buddy, Tiny, Shiny and Don meet Perry Parasaurolophus, a dinosaur with a crest on his head who teaches them a new way to hoot some hip music. Hatching Party - Buddy, Tiny and Mrs. Pteranodon attend an egg hatching party and meet their friend Cory Corythosaurus's new brothers and sisters.

09:30:00:00 00:28:45:27

YOUTH  
Wild Kratts

#### Termites Vs. Tongues

When Aviva and Koki accidentally miniaturize themselves and get carried away by termites, Martin and Chris must split up to search for them.

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

YOUTH  
The Infinite Art Hunt

#### The Summer Dance Off (Hip Hop)

The Summer Dance Off (Hip Hop): It's Freddie's favorite day of the year - the annual summer dance off- but Cousin Ty isn't feeling quite as confident in his dancing ability. Freddie makes it her art mission to change his attitude and takes them to a studio where a dance instructor introduces them to his students and teaches a few moves.

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

ARTS

Grantchester On Masterpiece

Season 8, Episode 5

Geordie is placed on desk duty as Elliot contrives to force him to resign. The next murder case is handed to Larry, who wisely enlists the help of Miss Scott.

15:00:00:00 00:54:51:05

RTS

Magpie Murders On Masterpiece

Episode 5

Susan's sister and Andreas have unexpected connections to Alan. Meanwhile, Pund wraps up his investigation, promising, "Very soon all will be made clear!"

20:00:00:00 00:56:46:13

ARTS

Austin City Limits

Olivia Rodrigo/Phoebe Bridgers

Enjoy fresh perspectives in song from Olivia Rodrigo and Phoebe Bridgers. The chart-topping Rodrigo performs tunes from her bestselling debut Sour, while Bridgers sings songs from her critically acclaimed LP Punisher.

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

AARTS

Lost River Sessions

Hogslop String Band

Energetic string group Hogslop String Band perform a lively set from the Boyce General Store in Alvaton, KY.

22:00:00:00 00:26:46:05

ARTS

My Music with Rhiannon Giddens

Allison Russell

22:30:00:00 01:28:42:03

ARTS

David Bowie: Serious Moonlight

Experience one of the most dramatic and charismatic performances of Bowie's career on his 1983 tour. Recorded live in Vancouver, it features his greatest hits including "Let's Dance," "Heroes," "Golden Years," "China Girl" and "Space Oddity."

Sun, Sep 24, 2023

04:00:00:00 00:26:46:05

ARTS

David Holt's State of Music

Muriel Anderson

Virtuoso instrumentalist Muriel Anderson visits with David and demonstrates the harp guitar as conversation ranges from John Philip Sousa to Chet Atkins.

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

HEALTH/HEALTH CARE

Wai Lana Yoga

Lean On It! (Part 2)

Standing, lying, or upside down, a wall makes challenging poses easy. The wall helps you build strength as you prepare for Handstand, Headstand, and Scorpion.

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

HEALTH/HEALTH CARE

Yoga In Practice

Seeking Balance

We all get into habits, good and bad ones, like a dog that runs back and forth alongside a fence creating a groove. In Sanskrit, these patterns are called samaskaras, and they become more entrenched the longer we continue them. To cultivate better habits we have to bring awareness to



what is no longer serving us and then decide to make a change. Slowing down and being aware is a place to begin.

07:00:00:00 00:26:26:25

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strong, healthy hips.

08:00:00:00 00:26:36:23

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Water and Wildfires

In this Bay Area Bountiful episode, we look at two water-related topics: the potential impact of the recent fires on endangered and threatened fish species native to our rivers and streams, and the impact of wastewater treatment and reuse on drought conditions.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Human Footprint

Man's Best Friend

Shane discovers why dogs are more than man's best friend - they've been reshaped by evolution into the perfect partner for our species. And just as we've transformed them, dogs have left an unmistakable pawprint on us and the world we both share.

12:00:00:00 00:54:12:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

Nova

Dinosaur Apocalypse: The New Evidence

Sir David Attenborough explores how a North Dakota fossil dig site could hold clues to what

happened the day an asteroid struck Earth and wiped out the dinosaurs.

15:00:00:00 00:47:34:04

ARTS  
Seaside Hotel

Mr. Molin has come down with a nervous stomach. Mrs. Molin is looking forward to filming Amanda's advertisement with Mr. Weyse. Valter is trying his luck with Edith, and Mr. Aurland makes a suggestion that surprises the sensible Otilia.

17:00:00:00 00:26:41:11

COMMUNITY POLITICS/GOVERNMENT  
The Chavis Chronicles

Vernice Milet Travis, Environmental  
Activist

Vernice Miller-Travis, one of the nation's leading voices on environmental justice has fought for public health and racial justice for more than 30 years. In this episode, Miller-Travis and Dr. Chavis, discuss environmental racism and health issues in minority communities. Ms. Miller-Travis provides insights on how the government and communities can collaborate to eliminate environmental inequalities.

19:00:00:00 00:59:00:00

ARTS  
Last Mambo

THE LAST MAMBO is a documentary that explores the heritage of the San Francisco Bay Area Salsa and Latin Jazz community. This unique enclave of Latin music performers and audiences struggle to maintain culture, creativity and community despite dramatic socioeconomic and demographic changes. The film explores post WWII of Northern California's emerging multi-ethnic music community, the 1950's Mambo craze, the 70's heyday of Salsa and subsequent expansions of the art form. Despite today's fast-changing media environment and decreasing audiences and venues, Bay Area performers are transforming the future of the Afro-Latin music and dance through education and outreach.

20:00:00:00 01:56:46:04

ARTS  
Great Performances

Grammy Salute to Music Legends

Enjoy a starry tribute celebration of Recording Academy Lifetime Achievement Award winners featuring archival clips and acceptance remarks from the honorees and the artists they have influenced including Chicago, Roberta Flack, Iggy Pop and more.

22:00:00:00 00:26:46:05

ARTS  
Bluegrass Underground: Making of the Caverns

Come along as we take you to the new home of Bluegrass Underground, The Caverns, on a behind-the-scenes tour from when the cave was first purchased to getting it ready to shoot the newest season of Bluegrass Underground.

22:30:00:00 01:26:46:05

ARTS  
La Otra Mirada

Your History

The Academy prepares for a visit from the actor Benito Padilla, Manuela's cousin, and the director Jorge Merlot. Meanwhile, Roberta tries to get closer to Teresa and Carmen continues to pass information about the Academy to the Peraltas.

Mon, Sep 25, 2023

06:00:00:00 00:26:47:00

HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

Posture

In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.

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

YOUTH  
Wild Kratts

### Spirit Bear

When the Wild Kratts head out looking for Black bears, Aviva keeps seeing a fleeting glimpse of what she thinks is a ghostly white bear. The gang soon realizes that they have stumbled across the rare Spirit Bear of the Northern Pacific. But celebration turns to dismay when they encounter new villain, Ms. Paisley Paver, CEO of Pave Nature Incorporated, and discover her plans to turn the island into a Mega Storage facility. Science Concept: Generic differences.

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

YOUTH  
Odd Squad

### Odd Squad in the Shadows

Odd Squad in the Shadows - The Mobile Unit reports to the Odd Squad office in North Carolina to help them stop a villain. Curriculum: Symmetry, Shadows.

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

YOUTH  
Sesame Street

### The Great Corn Festival

Welcome to the Sesame Street Corn Party! Everyone's bringing a special food made from corn that their family makes. Elmo brings corn on the cob with paprika seasoning. It's a special recipe Elmo makes with his dad. Tamir and Charlie both bring cornbread. Tamir's family makes cornbread with zucchini and it's special to his family because they always make enough to share with friends and neighbors. Charlie's family makes cornbread with apples and it's special to her family because Charlie and her dad always make the food together. Rosita brings pineapple tamales. The pineapple tamales are a special recipe Rosita makes with her abuela. Together they learn about how corn is used in many ways and that by sharing foods that are special to them, they are sharing something

special about themselves.

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

YOUTH

Daniel Tiger's Neighborhood

A New Friend at School/ A New Friend at the  
Playground

A New Friend at School - Daniel can't wait to race the  
crafty car he made at school with Prince  
Wednesday! But Prince Wednesday is busy playing with  
Jodi now. Is Prince Wednesday still Daniel's  
friend? Of course he is! A New Friend at the Playground  
- Daniel and Miss Elaina are playing  
together at the park. When their new friend Jodi shows  
up to play, Daniel worries that Miss Elaina  
likes Jodi more than him, but then Daniel is reminded  
that they're all still friends.

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

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 Zadio 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.

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).

14:00:00:00 00:54:12:07  
ENVIRONMENT/NATURE/NATURAL DISASTERS  
Nova

Dinosaur Apocalypse: The Last Day

Sir David Attenborough explores fossils from a North Dakota site that could reveal what happened to the animals here the day an asteroid struck Earth and wiped out the dinosaurs.

15:30:00:00 00:29:28:03  
ARTS  
Twenty Twelve

Dave Wellbeck is an ex-athlete, double Olympic silver medallist and, in theory, a natural choice as brand ambassador for Raising the Bar, a scheme to get young people inspired by Olympic ideals. He is hardworking, conscientious and loyal, but the truth is that he has about as much charisma as a dimmer switch and his busy schedule of presentations in schools around the country is having the effect of switching young people off in their thousands. Ian and Siobhan have different views on how to deal with the problem. Head of Sustainability Kay Hope is forced to stand her ground in the light of the discovery that there might not, after all, be enough wind to power the much-vaunted Olympic Park wind turbine.

16:00:00:00 00:26:46:00  
HEALTH/HEALTH CARE  
Yndi Yoga

Practice to Release Tension (Water)

Rain soothes and helps bring our focus inward to relax. With the healing energy of the rain, "Practice to Release Tension" takes you through a flowing sequence of hip openers to release anxiety, stress, and tension out of the body. The hip openers are beneficial for the body as a whole as our hips give us stability and balance, but our hips also hold emotions. The energy center/chakra, associated with the hips, is the sacral chakra and represented by water. When the sacral chakra is balanced, we're with the ebb and flow of life, fostering creativity and feeling comfortable with our sexuality.

Tue, Sep 26, 2023

06:00:00:00 00:26:46:28

HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

Desert Gold

Bask in the brilliant desert bloom as we enjoy easy to follow yoga moves for the whole body.

Including gentle sun salutations along with stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.

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

YOUTH  
Wild Kratts

Sea Horse Rodeo

While exploring the world of the sea horse, Martin and Chris uncover a plot by Donita Donata to capture these amazing creatures and turn them into living jewelry.

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

YOUTH  
Odd Squad

Train of Thoughts/Overdue!

Train of Thoughts - The Mobile Unit must solve an odd case on a moving train. Curriculum:

Patterns. Overdue! - Orla is kicked off the Squad for having an overdue library book. Curriculum:  
Budget.

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

YOUTH  
Sesame Street

Goldilocks and the Three Homes

Elmo, Abby, Baby Bear, and Chris go to Fairy Tale Land to build a home for Goldilocks. They wonder

if they can build a home for Goldilocks that's just right. What if they use a tape measure to

measure her so the home isn't too big or too small?  
Let's try! It works. They didn't give up and  
built a home that's just right for Goldilocks.

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

YOUTH  
Daniel Tiger's Neighborhood

No Red Sweater for Daniel/Teacher

Harriet's New Hairdo

No Red Sweater for Daniel - Daniel is getting ready for  
the day and can't find his red sweater  
anywhere! Mom tells Daniel that it's in the wash, so  
he'll just have to find something else to  
wear. Daniel puts on a blue sweater and is concerned  
that he looks so different; how does he know  
he's still HIM? Mom assures him that no matter what you  
wear or how different you appear, you're  
always still YOU on the inside. Teacher Harriet's Hair -  
Daniel goes to school and finds that  
something is different; his teacher! But wait...it IS  
Teacher Harriet, only with a different  
hairstyle. Daniel is hesitant at first but soon comes to  
understand that even though we can all  
change how we look on the outside, we're still the same  
on the inside. Strategy: You can change  
your hair, or what you wear, but no matter what you do,  
you're still you

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.

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

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 00:27:00:00

ARTS

Best of the Joy of Painting

Misty Forest Oval

Bob Ross uses delicate Lavender and Green shades to  
paint this glimpse at a forest through an oval  
window.

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

ENVIRONMENT/NATURE/NATURAL DISASTERS

Human Footprint

The Replacements

Shane explores the surprising science and unexpected  
histories of "The Replacements": five animal  
and plant species that made allies of humans, grew to  
dominate the planet alongside us, and  
changed their destinies (and our own) forever.

16:00:00:00 00:26:50:20

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

This advanced, body shaping workout will tone and  
strengthen your arms, abs, core, waist, and  
legs. Join Miranda Esmonde-White in the breathtaking  
Bermuda for this full-body standing workout  
that will liberate your joints and connective tissue  
while simultaneously strengthening your  
entire body.

21:30:00:00 00:28:06:24

ENVIRONMENT/NATURE/NATURAL DISASTERS

Bay Area Bountiful

Three Ocean Advocates: Inspiring Change

Our oceans are the source of over 50 percent of our  
oxygen and are facing an environmental crisis.  
Watch how three individuals find creative ways to heal  
the ocean and engage the community with  
their actions.

Wed, Sep 27, 2023

06:00:00:00 00:26:46:01

HEALTH/HEALTH CARE

Classical Stretch: By Essentrics

Toning and Slenderizing

In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico.

Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.

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

YOUTH

Wild Kratts

Puffin Rescue

When a rogue wave crashes into the Tortuga, the Wild Kratts get separated. Jimmy and Aviva end up on rafts in the middle of the ocean. Koki is trapped on a sinking Tortuga. While Chris and Martin end up on two islands. Chris is alone on his island, but Martin isn't. He soon discovers a

creature friend - a Puffin! Martin begins to devise a plan to use the powers of this little bird

to get off the island and rescue his friends. Science Concept : Adaptation.

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

YOUTH

Odd Squad

Flawed Squad/The Creature Whisperer

Flawed Squad - The Villains team up to break into Odd Squad headquarters. Curriculum: Data

Collection and analysis; Using tally marks to track data; Graphing. The Creature Whisperer - The

agents struggle to catch an odd creature. Curriculum: Composition and Decomposition of 2D shapes.

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

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 00:28:46:00

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.

09:30:00:00 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 00:49:17:25

CULTURE

Fight The Power: How Hip Hop Changed The World

Still Fighting

Follow the evolution of Hip Hop as its artists turn into multimillionaires and successful entrepreneurs. As a cultural phenomenon, Hip Hop continues to change history and is adopted as the voice of protest around the world.

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

HEALTH/HEALTH CARE

Wai Lana Yoga

Yoga Dance

Stretch the kinks from your body with today's asanas, then set your spirit free by dancing and singing with Wai Lana.

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

ARTS

Unforgotten On Masterpiece

Season 5, Episode 2

The team works to identify the body found in the chimney flue as forensics reveal the cause of death.

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

ARTS

Grantchester On Masterpiece

Season 8, Episode 6

Will has disappeared, but with Bonnie about to give birth, Geordie must find him and bring him to his senses before it is too late.

21:00:00:00 00:56:45:05

ARTS

Trouble with Maggie Cole

It's the day of the village celebrations, but not everyone is in the mood. Maggie still has to make amends with Jill and Marcus, but is most concerned with reuniting with her family. A series of events could change life in Thurlbury forever.

Thu, Sep 28, 2023

06:00:00:00 00:26:46:25  
HEALTH/HEALTH CARE  
Happy Yoga with Sarah Starr

#### Luminous Sunset

Recharge along the luminous ocean sunset, gaining clarity and stability with a modified yoga practice using a chair for support including: dynamic seated stretches to open the hips and release tension in the spine and a standing sequence to build strength, balance and focus.

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

#### Stars of the Tides

When Martin and Chris argue about who gets to keep a prized creature souvenir, Aviva unveils a new Creature Power Challenge that should settle things. This time, Martin and Chris must make it through the day in one of the harshest habitats on Earth, the rocky intertidal. The Kratt Bros. must use the creature powers of the intertidal to outlast each other and win the prize. Science Concept: Adaptation. Life usually finds a way to survive in even the harshest of environments.

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

#### My Better Half/The Confalones

My Better Half - When symmetrical objects become vandalized, Olive and Otto must figure out why. Curriculum: Geometry and spatial Sense; symmetry. The Confalones - Olive and Otto are called in to

help when objects and, eventually, people start disappearing inside an Italian restaurant.

Curriculum: Rounding numbers.

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

YOUTH  
Sesame Street

### The Great Corn Festival

Welcome to the Sesame Street Corn Party! Everyone's bringing a special food made from corn that their family makes. Elmo brings corn on the cob with paprika seasoning. It's a special recipe Elmo makes with his dad. Tamir and Charlie both bring cornbread. Tamir's family makes cornbread with zucchini and it's special to his family because they always make enough to share with friends and neighbors. Charlie's family makes cornbread with apples and it's special to her family because Charlie and her dad always make the food together. Rosita brings pineapple tamales. The pineapple tamales are a special recipe Rosita makes with her abuela. Together they learn about how corn is used in many ways and that by sharing foods that are special to them, they are sharing something special about themselves.

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

YOUTH  
Daniel Tiger's Neighborhood

A Storm in the Neighborhood/After The Neighborhood Storm

The Neighborhood Storm - There's a big storm coming to the Neighborhood. Daniel and his friends are a little frightened at first, but the grown up's have a plan to keep everyone safe. After the Neighborhood Storm - The big storm that came through the Neighborhood has passed. But now everything looks different, with leaves all over, trees knocked down and window shutters fallen -- it's a scary thing for Daniel and his friends to see. But they are comforted to know that everyone is safe and there are helpers everywhere, coming together to fix the Neighborhood. Strategy: Take a grown-up's hand, follow the plan, and you'll be safe.

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

YOUTH

Rosie's Rules

Purple Sweet Potato Buns/Tias Big Break

Rosie, Jun and Grandpa Liu go to the Asian Market to get more sweet potato buns, but their normal route is closed. / Rosie and Javi help Tia overcome her stage fright when she appears on a TV cooking show.

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

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-goey mud. / First spied through a telescope, three adventurous Wombats attempt to find mystical Bellyflop Lake - without getting lost!

11:00:00:00 00:26:46:00

ENVIRONMENT/NATURE/NATURAL DISASTERS

In The Americas with David Yetman

The Northern Jaguar Preserve: Where The Great Cats Roam Freely

A little over one hundred miles south of the U.S-Mexico borders in the state of Sonora, international conservation groups have discovered the ideal habitat for jaguars, mountain lions, and ocelots. Through their efforts, former cattle ranches in some of the roughest country in North America now belong to these top predators, who leave their images on cameras that now document populations of the secretive beasts. The photographs reveal jaguars so at home in the region that researchers have given them names.

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

HEALTH/HEALTH CARE

Sit and Be Fit

Be Happy

Mary Ann will lift your spirits, posture, and leave you with a smile, happy feet and nimble fingers. The workout includes a brain workout with Gretchen and uses a small bell.

20:00:00:00 00:56:46:01  
HEALTH/HEALTH CARE  
When My Time Comes

Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in nine states and the District of Columbia. The result is both moving and informative - an eye-opening documentary that is sure to provoke strong reactions and thoughtful conversations among viewers of all ages and backgrounds.

Fri, Sep 29, 2023

06:00:00:00 00:26:46:01  
HEALTH/HEALTH CARE  
Classical Stretch: By Essentrics

#### Boost Your Energy

In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.

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

#### Rainforest Stew

When Chris and Martin go in search of an obscure rainforest creature to add to their Life Lists, the Wild Kratts becomes embroiled in the complex relationships of a tropical rainforest.

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



Happy Halfiversary/Good Egg Bad Egg

Happy Halfiversary - The agents celebrate an important milestone in their partnership. Curriculum:  
Using a calendar; Understanding how many days in a week and how many months in a year. Good Egg  
Bad Egg - The agents try to determine what kind of creature will hatch from an egg. Curriculum:  
Data Analysis and Measurement.

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

YOUTH  
Sesame Street

Goldilocks and the Three Homes

Elmo, Abby, Baby Bear, and Chris go to Fairy Tale Land to build a home for Goldilocks. They wonder if they can build a home for Goldilocks that's just right. What if they use a tape measure to measure her so the home isn't too big or too small? Let's try! It works. They didn't give up and built a home that's just right for Goldilocks.

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 00:28:46:00

YOUTH  
Rosie's Rules

Rosies Switcheroo/Rosies Family Tree

Rosie and Papa switch roles for the day, but it's a little trickier than they thought. / For Valentine's Day, Rosie tries to make a family tree by putting her family in a real tree.

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

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 00:26:46:05

AGRICULTURE

Growing A Greener World

Urban and Community Gardening Heroes

There's an enormous swell in the number of people learning to garden and grow their own food. Yet, many lack the space - or so it might seem. In this episode, we meet some of the great urban and community gardening heroes who are making gardening more accessible to all - no matter the boundaries or limitations.

15:30:00:00 00:21:14:24

ARTS

Almost Royal

Holidays

Poppy and Georgie Carlton immerse themselves in American holidays, learning about the lovely pre-Christmas event that is Thanksgiving by attending and giving a speech at a parade before making themselves at home with a host family who are kind enough to offer them dinner. They also attend Tu Bishvat, Groundhog Day and steal the show in an elaborate production of the nativity. Whitney Port is on hand to help them through the festive maze.

16:00:00:00 00:26:45:28  
HEALTH/HEALTH CARE  
Yoga In Practice

Open, Steady, and Patient

In the yoga tradition, we are made up of the five elements: space, earth, water, fire and air.

This episode involves poses that focus on three elements - space teaches how to have an open mind, earth teaches steady commitment to a task, and water teaches us how to be patient.

22:30:00:00 00:26:46:00  
ARTS  
PBS Arts Talk

Misty Copeland with Nathaniel Mary Quinn

Sat, Sep 30, 2023

04:00:00:00 00:56:18:00  
ARTS  
Evening with Berry Gordy

An Evening With Berry Gordy is a must see, live-to-tape one-on-one interview with the founder of Motown Records, beginning the story in Detroit where Gordy founded Motown Records in 1959 and grew the company into the most successful African American-owned enterprise in the United States, and detailing his life as an entrepreneur, songwriter, record producer, movie director and producer.

06:00:00:00 00:26:46:00  
HEALTH/HEALTH CARE  
Sit and Be Fit

Practice Perfect Posture

This episode puts an emphasis on postural alignment and using proper form to get the most out of each exercise.

06:30:00:00 00:27:06:22  
HEALTH/HEALTH CARE  
Your Fountain of Youth with Lee Holden

High Blood Pressure

Long-term stress is a key factor in high blood pressure. Stress contracts the energy system, which in turn constricts the blood vessels. In this episode, Lee Holden guides you in simple practices that ease stress and relax the mind and body. The blood vessels dilate, the energy flows, and blood pressure is lowered, reducing the risk of further health issues.

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

YOUTH  
Mister Rogers' Neighborhood

#### How People Make Books/Mistaken Delivery

Mister Rogers writes letters and erases the mistakes. Mr. McFeely brings the corrected Animal book that was shown the day before and a tape on HOW PEOPLE MAKE BOOKS and Quentin (real duck) visits. In Make-Believe, Audrey has for given but is upset that the king is making such a big fuss about her poem.

08:00:00:00 00:28:45:27

YOUTH  
Arthur

#### What Is That Thing?/Buster's Best Behavior

Arthur and friends are all faced with seemingly impossible tasks, from fixing a model biplane to babysitting D.W. (!). But they each encounter a mysterious and magical device that solves all their problems. What is that thing?1! In the second story, Buster knows he's fun, but he's beginning to feel like he's not particularly good at anything. Arthur knows he's smart, but he's beginning to feel like he's boring. When Buster and Arthur try to become like each other, everyone feels confused!

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

YOUTH  
Dinosaur Train

#### The Theropod Club/Surprise Party

The Theropod Club - Buddy's Theropod Club meets with other dinosaurs that walk on two legs, eat

meat, and have three toed feet. But Tiny feels left out until the Club invites her to join too!

Surprise Party - Shiny, Tiny and Don throw a surprise party for Buddy on the Dinosaur Train and invite a whole caboose full of his friends!

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

YOUTH  
Wild Kratts

#### Stars of the Tides

When Martin and Chris argue about who gets to keep a prized creature souvenir, Aviva unveils a new Creature Power Challenge that should settle things. This time, Martin and Chris must make it through the day in one of the harshest habitats on Earth, the rocky intertidal. The Kratt Bros. must use the creature powers of the intertidal to outlast each other and win the prize. Science Concept: Adaptation. Life usually finds a way to survive in even the harshest of environments.

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

YOUTH  
The Infinite Art Hunt

#### Sonic Sable (Comic Books)

Sonic Sable (Comic Books): When Freddie's best friend Sable is bullied about her artwork, she decides to give up her dream of creating a comic book. A visit to a comic book artist to learn about sequential art and everyday people who become heroes inspires a super solution to Sable's problem.

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

ARTS  
Grantchester On Masterpiece

#### Season 8, Episode 6

Will has disappeared, but with Bonnie about to give birth, Geordie must find him and bring him to his senses before it is too late.

15:00:00:00 00:54:31:05

ARTS  
Magpie Murders On Masterpiece

Episode 6

Susan cracks her case-not without mishap then  
accompanies Pund as he lays out the solution to  
Alan's final book, as magpies watch from above.

20:00:00:00 00:56:46:05

ARTS  
Austin City Limits

Brandi Carlile

Celebrate six-time Grammy-winning Americana  
singer/songwriter Brandi Carlile raising the roof for  
a full hour of passionate and powerful songs from her  
acclaimed album In These Silent Days.

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

ARTS  
Lost River Sessions

Leah Blevins

Kentucky songwriter Leah Blevins performs a stripped-  
down set live from the Historic Railpark in  
Bowling Green, KY.

22:00:00:00 00:26:46:04

ARTS  
My Music with Rhiannon Giddens

Rissi Palmer

22:30:00:00 01:28:52:05

ARTS  
The Doobie Brothers with Michael McDonald: 50th Anniversary at Radio

Celebrate 50 years with the GRAMMY-winning band, who  
have sold more than 48 million records  
worldwide. Their hits include "What a Fool Believes,"  
"Listen to the Music," "Jesus Is Just All  
Right," "China Grove," "Takin' It to the Streets" and  
more.

PBS

Quarterly

Program Topic Report

September,

2023

Category: Arts  
NOLA: PNWE 002019  
Series Title: PBS News Weekend  
Episode Title: Episode 19  
Length: 30 minutes  
Airdate: 9/2/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:19

This Labor Day weekend, Hollywood production remains shut down by writers and actors on strike. At the heart of negotiations is figuring out the role of artificial intelligence in the motion picture industry. Jules Roscoe, a reporter at VICE Motherboard, joins Ali Rogin to discuss the collision of labor and technology.

Category: Arts  
NOLA: MLNH 014048  
Series Title: PBS NewsHour  
Episode Title: Episode 48  
Length: 60 minutes  
Airdate: 9/6/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:17

In a series of reports, Jeffrey Brown has looked at the intersection of arts and health. Recently, he traveled to the Berklee Institute for Accessible Arts Education in Boston to see a program bringing music into the lives of people with disabilities. It's for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014051  
Series Title: PBS NewsHour  
Episode Title: Episode 51  
Length: 60 minutes  
Airdate: 9/11/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:07

Many of the major music streaming services are now offering spatial music playlists with more immersive versions of some of your favorite songs. The Dolby Atmos Music format is heralded as important an innovation as the advent of stereo recordings in the 60s. Special correspondent Mike Cerre reports for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014051  
Series Title: PBS NewsHour  
Episode Title: Episode 51  
Length: 60 minutes  
Airdate: 9/11/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:02:48

Hope Boykin and Teri Ayanna Wright are a duo who bring together prose and dance. Boykin is both a choreographer and writer, and Wright is a dancer who accompanies the spoken word portion of the piece, bringing it to another dimension. They share their Brief But Spectacular take on creating their own paths. It's part of our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014054  
Series Title: PBS NewsHour  
Episode Title: Episode 54  
Length: 60 minutes  
Airdate: 9/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:34

Regional theater has been a glory of the American cultural scene for many decades, bringing great plays and musicals to audiences in cities all across the country. But the pandemic and a host of other societal shifts have led to cutbacks, cancellations and closures of theaters. Jeffrey Brown has a look for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014054  
Series Title: PBS NewsHour  
Episode Title: Episode 54  
Length: 60 minutes  
Airdate: 9/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:34

Regional theater has been a glory of the American cultural scene for many decades, bringing great plays and musicals to audiences in cities all across the country. But the pandemic and a host of other societal shifts



have led to cutbacks, cancellations and closures of theaters. Jeffrey Brown has a look for our arts and culture series, CANVAS.

Category: Arts  
NOLA: MLNH 014060  
Series Title: PBS NewsHour  
Episode Title: Episode 60  
Length: 60 minutes  
Airdate: 9/22/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:06

The husband-and-wife creative duo behind the 12-member Tedeschi Trucks Band have been called two of the best roots musicians of their generation. But after a decade of success and touring, they hit a rough period after the death of a bandmate. Susan Tedeschi and Derek Trucks sit down with William Brangham to explain how the COVID lockdown helped them reset creatively and write new albums.

Category: Arts  
NOLA: PNWE 002025  
Series Title: PBS News Weekend  
Episode Title: Episode 25  
Length: 30 minutes  
Airdate: 9/23/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:16

For Hispanic Heritage Month, as part of our "Hidden Histories" series, we look back on the life of Lydia Mendoza, a Mexican American singer whose music bridged styles and cultures to tell the stories of the working class.

Category: Arts  
NOLA: PNWE 002026  
Series Title: PBS News Weekend  
Episode Title: Episode 26  
Length: 30 minutes  
Airdate: 9/24/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:27

Mahogany Browne is a poet, writer, organizer and educator. Recently, she became the first-ever poet-in-residence at the Lincoln Center in New York City. She shares her Brief But Spectacular take on poetry as ritual.

Category: Arts

NOLA: MLNH 014064  
Series Title: PBS NewsHour  
Episode Title: Episode 64  
Length: 60 minutes  
Airdate: 9/28/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:52

The blues guitar legend Buddy Guy once wrote, "Funny thing about the blues. You play 'em cause you got 'em. But when you play 'em, you lose 'em. The blues chase the blues away." That's especially true for 32-year-old Kentuckian Nat Myers. Special correspondent Tom Casciato has the story for our arts and culture series, CANVAS. A warning: some racial slurs Myers was called are named in this piece.

Category: Arts  
NOLA: MLNH 014065  
Series Title: PBS NewsHour  
Episode Title: Episode 65  
Length: 60 minutes  
Airdate: 9/29/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:39

For many, Cheech Marin is a household name. The comedian and actor is best known as part of the countercultural duo Cheech and Chong, but he's also an avid collector of Chicano art and opened the first major museum entirely devoted to that. Jeffrey Brown visited "The Cheech" for our arts and culture series, CANVAS.

Category: Community Politics, Government  
NOLA: MLNH 014047  
Series Title: PBS NewsHour  
Episode Title: Episode 47  
Length: 60 minutes  
Airdate: 9/5/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:15

In our news wrap Tuesday, a panel of three federal judges struck down Alabama's second try at a congressional map after Republican lawmakers refused to create a second majority-Black district, prosecutors in Atlanta charged 61 people with racketeering after two years of protests against a police and fire training facility and the UN is cutting food aid in Afghanistan amid a funding shortfall.

Category: Culture  
NOLA: APOC 006060

Series Title: Amanpour and Company  
Episode Title: Episode 60  
Length: 60 minutes  
Airdate: 9/26/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:36

Malaysian prime minister Anwar Ibrahim sits down with Christiane at the close of the United Nations General Assembly to discuss balancing relations with both China and the United States. Author Ann Patchett talks about her newest novel, "Tom Lake" and her departure into exploring love. Loren Grush on her book "The Six," that tells the untold story of the first class of female astronauts at NASA.

Category: Economy  
NOLA: MLNH 014045  
Series Title: PBS NewsHour  
Episode Title: Episode 45  
Length: 60 minutes  
Airdate: 9/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:39

The August jobs report portrays a labor market that's steadily growing, but there are signs of cooling in the face of the Federal Reserve's higher interest rates. Employers added 187,000 jobs in August while the unemployment rate ticked up from 3.5 to 3.8 percent. The report paints a complex picture of the current economy. John Yang discussed that with Catherine Rampell.

Category: Economy  
NOLA: MLNH 014052  
Series Title: PBS NewsHour  
Episode Title: Episode 52  
Length: 60 minutes  
Airdate: 9/12/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:11

In 2021, as the economy reeled from the pandemic, a one-year expansion of the child tax credit led to a historic 46 percent decline in the child poverty rate. But new census data shows a dramatic reversal with the rate of children in poverty skyrocketing in 2022. Experts say it's due to the end of pandemic-era safety net policies and inflation. Stephanie Sy discussed more with Catherine Rampell

Category: Economy  
NOLA: MLNH 014063

Series Title: PBS NewsHour  
Episode Title: Episode 63  
Length: 60 minutes  
Airdate: 9/27/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:16

A student research project in Boston is drawing attention to price disparities between grocery stores in high and low-income neighborhoods. Student journalist Sriya Tallapragada reports in this story produced during NewsHour's Student Reporting Labs Summer Academy, where teens from around the country come together to hone their journalism, film and storytelling skills.

Category: Education  
NOLA: MLNH 014045  
Series Title: PBS NewsHour  
Episode Title: Episode 45  
Length: 60 minutes  
Airdate: 9/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:49

More than three years ago, schools received the first installment in the biggest ever one-time infusion of federal money dedicated to education, about \$190 billion to protect against COVID and reverse the academic setbacks that followed the pandemic. One district in Virginia used its funds to add more days in the school year. Geoff Bennett visited to see how that program is faring.

Category: Education  
NOLA: MLNH 014049  
Series Title: PBS NewsHour  
Episode Title: Episode 49  
Length: 60 minutes  
Airdate: 9/7/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:00

During the pandemic, the federal government provided funds for free healthy school meals for students, but that program ended in 2022. Most states went back to the system they had before, but some will continue providing meals. NewsHour Communities Correspondents Gabrielle Hays in Missouri, Adam Kemp in Oklahoma and Frances Kai-Hwa Wang in Michigan joined Geoff Bennett to discuss the programs.

Category: Education  
NOLA: APOC 006050

Series Title: Amanpour and Company  
Episode Title: Episode 50  
Length: 60 minutes  
Airdate: 9/12/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:47

In the US, public universities are spending hundreds of thousands of dollars a day and getting students to foot the bill. College costs have soared past the inflation rate, while the nation's student loan debt is over \$1.7 trillion. Melissa Korn, higher education reporter at the Wall Street Journal, investigated the spending of 50 flagship universities. She joins the show to discuss her findings.

Category: Education  
NOLA: PNWE 002024  
Series Title: PBS News Weekend  
Episode Title: Episode 24  
Length: 30 minutes  
Airdate: 9/17/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:04

This fall is the first college application season in which schools are prohibited from considering race and ethnicity when making admissions decisions, after June's landmark Supreme Court ruling. Sandy Baum, a senior fellow at the Urban Institute's Center on Education Data and Policy, joins John Yang to discuss how this affects college-bound students and their families.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014045  
Series Title: PBS NewsHour  
Episode Title: Episode 45  
Length: 60 minutes  
Airdate: 9/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:04

In our news wrap Friday, a power company in Florida said it could take two weeks to repair electrical grids in rural areas damaged by Hurricane Idalia, The White House is asking Congress for another \$4 billion in disaster aid, more members of the Proud Boys were sentenced for their actions on Jan. 6 and Japan held nationwide earthquake drills marking 100 years since its deadliest quake ever.

Category: Environment/Nature/Natural Disasters  
NOLA: APOC 006045

Series Title: Amanpour and Company  
Episode Title: Episode 45  
Length: 60 minutes  
Airdate: 9/5/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:18:15

Ukrainian foreign minister joins to discuss the latest from the counteroffensive. Mykola Kuleba, the CEO of Save Ukraine, discusses arranging the reunions of children and their families in Ukraine. Sang-Hyup Kim, co-chair of the Presidential Commission on Carbon Neutrality and Green Growth, talks about South Korea's climate policy.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002019  
Series Title: PBS News Weekend  
Episode Title: Episode 19  
Length: 30 minutes  
Airdate: 9/2/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:16

The Federal Emergency Management Agency has responded to a record number of billion-dollar weather-related disasters so far in 2023. And in recent years, FEMA has been called on for duties beyond extreme weather events, from COVID vaccine distribution to helping settle refugees. Former FEMA administrator Craig Fugate joins John Yang to discuss the future of disaster management.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002020  
Series Title: PBS News Weekend  
Episode Title: Episode 20  
Length: 30 minutes  
Airdate: 9/3/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:46

Africa's first climate summit begins Monday in Kenya with the goal of better preparing the continent for climate disasters. When these disasters strike, aid often pours in from around the world. A new method of delivering aid uses technology to help predict the greatest need and send it in advance. Babatunde Ojei, Nigeria director for the International Rescue Committee, joins Ali Rogin to discuss.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014048  
Series Title: PBS NewsHour

Episode Title: Episode 48  
Length: 60 minutes  
Airdate: 9/6/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:06

Extreme weather is hitting with catastrophic consequences. At least eight people died in Europe after severe storms, 31 people died from flooding in Brazil and more than 80 million Americans are living through blazing temperatures and yet another heat alert. It all comes as the planet reached an alarming milestone this summer. William Brangham discussed the impacts with Gavin Schmidt.

Category: Environment/Nature/Natural Disasters  
NOLA: AOUT 000202  
Series Title: America Outdoors with Baratunde Thurston  
Episode Title: Suwannee: Wild River  
Length: 60 minutes  
Airdate: 9/23/2023 5:30:00 PM  
Service: PBS-NPS  
Format: Other  
Segment Length: 00:52:33

The Suwannee is one of the last wild rivers in America, and its watershed creates woods and wetlands, marshes, and cave systems. From its headwaters in the Okefenokee Swamp, Baratunde journeys downstream, meeting colorful denizens of the Suwannee. From jet skiers to herpetologists, manatees to snapping turtles, he learns how this unique environment inspires a whole range of passions.

Category: Environment/Nature/Natural Disasters  
NOLA: APOC 006048  
Series Title: Amanpour and Company  
Episode Title: Episode 48  
Length: 60 minutes  
Airdate: 9/6/2023 11:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:49

Author and activist Baratunde Thurston is back with a new season of "America Outdoors," exploring our interactions with the world around us. He joins the show to discuss how the series encourages us to reconnect with nature.

Category: Environment/Nature/Natural Disasters  
NOLA: APOC 006048  
Series Title: Amanpour and Company  
Episode Title: Episode 48  
Length: 60 minutes  
Airdate: 9/8/2023 1:00:00 PM

Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:49

Author and activist Baratunde Thurston is back with a new season of "America Outdoors," exploring our interactions with the world around us. He joins the show to discuss how the series encourages us to reconnect with nature.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014049  
Series Title: PBS NewsHour  
Episode Title: Episode 49  
Length: 60 minutes  
Airdate: 9/7/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:43

In our news wrap Thursday, the death toll has reached 18 from severe storms raging across southeastern Europe, flooding in southern Brazil claimed at least 39 lives, forecasters are warning that Hurricane Lee could become the first Category 5 storm of the Atlantic season and former Trump advisor Peter Navarro was convicted of contempt of Congress in the Jan. 6 investigation.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014049  
Series Title: PBS NewsHour  
Episode Title: Episode 49  
Length: 60 minutes  
Airdate: 9/7/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:09:14

Friday marks a month since the wildfires in Maui raged out of control, claiming too many victims and destroying a historic part of the island. Now, amid so much grief and loss, residents and businesses are trying to recover and eventually rebuild. One of them is former Top Chef contestant Lee Anne Wong. She spoke with Amna Nawaz about where things stand for her and her community.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014049  
Series Title: PBS NewsHour  
Episode Title: Episode 49  
Length: 60 minutes  
Airdate: 9/7/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)



Segment Length: 00:06:20

With the new school year underway, high temperatures have led to schools either closing or dismissing early in at least nine states this week. That's raised questions about old overheated buildings, the lack of air conditioning and bigger ventilation concerns tied to COVID. Stephanie Sy discussed more with Joseph Allen of the Healthy Buildings Program at Harvard's Chan School of Public Health.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014050  
Series Title: PBS NewsHour  
Episode Title: Episode 50  
Length: 60 minutes  
Airdate: 9/8/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:37

In our news wrap Friday, the summer's latest heat wave spread its sweltering grip across New England where Boston declared a heat emergency and opened cooling centers, floodwaters began receding in parts of central Greece after three days of record downpours and Russian missiles rained down on multiple cities in Ukraine killing at least 4 civilians and injuring dozens.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002021  
Series Title: PBS News Weekend  
Episode Title: Episode 21  
Length: 30 minutes  
Airdate: 9/9/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:39

Africa is the continent most vulnerable to climate change, despite being responsible for just 2 to 3 percent of global carbon emissions and receiving only 3 percent of funding committed to climate mitigation and adaptation. Caroline Kimeu, The Guardian's East Africa global development correspondent, joins Ali Rogin to discuss Africa's first climate summit held this week in Kenya and its outcomes.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002021  
Series Title: PBS News Weekend  
Episode Title: Episode 21  
Length: 30 minutes  
Airdate: 9/9/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)

Segment Length: 00:06:38

Invasive species harm ecosystems around the world and cost the global economy \$423 billion a year, according to a new report backed by the UN. A number of researchers believe that estimate may be just the tip of the iceberg. William Brangham speaks with one of the study's authors, Laura Meyerson of the University of Rhode Island, about the ways invasive species affect us.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002022  
Series Title: PBS News Weekend  
Episode Title: Episode 22  
Length: 30 minutes  
Airdate: 9/10/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:02:09

In our news wrap Saturday, Post-Tropical Cyclone Lee grazed New England and made landfall in Nova Scotia, negotiations resumed between the UAW and big three automakers a day after thousands of auto workers went on strike, Libya is investigating the collapse of two dams that triggered this week's devastating floods, and North Korea's Kim Jong Un continued his visit to Russia.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014051  
Series Title: PBS NewsHour  
Episode Title: Episode 51  
Length: 60 minutes  
Airdate: 9/11/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:59

The aftershocks of the earthquake that hit Morocco Friday continued Monday as the death toll approached 3,000. That number is expected to rise further along with the number of injured. The rescue and recovery operations continue at a slow pace, a source of frustration and anger for many Moroccans who say the government is not doing enough. Special correspondent Alex Cadier reports from Marrakesh.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014051  
Series Title: PBS NewsHour  
Episode Title: Episode 51  
Length: 60 minutes  
Airdate: 9/11/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)

Segment Length: 00:06:52

In our news wrap Monday, the Red Cross says up to 2,000 people may be dead after flooding from a powerful storm hit eastern Libya, the U.S. marked 22 years since the attacks of September 11, the FDA approved new boosters for COVID-19 vaccines by Pfizer and Moderna and Ukraine's military says it recaptured several oil platforms in the Black Sea near Russian-occupied Crimea.

Category: Environment/Nature/Natural Disasters  
NOLA: APOC 006051  
Series Title: Amanpour and Company  
Episode Title: Episode 51  
Length: 60 minutes  
Airdate: 9/13/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:17:26

Morocco is suffering from a deadly earthquake, Sam Kiley joins from a hospital in the country. Director of Emergency Response of the World Central Kitchen discusses getting food and water to victims. Morocco's director of the Interior Ministry Khalid Zerouali discusses the government's response. Former Pentagon official talks about the G20 summit. Naoise Mac Sweeney talks about her new book.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014052  
Series Title: PBS NewsHour  
Episode Title: Episode 52  
Length: 60 minutes  
Airdate: 9/12/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:26

Relief workers are responding to dual disasters in North Africa. The death toll in the Morocco earthquake has topped 2,900 while Libya counts at least 5,300 killed in catastrophic flooding. Special correspondent Alex Cadier reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014053  
Series Title: PBS NewsHour  
Episode Title: Episode 53  
Length: 60 minutes  
Airdate: 9/13/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:55

Scenes of biblical devastation, the dead stacked in the streets and aid for the living too slow in arriving. That is the situation in North Africa where at least 5,100 are dead from flooding in Libya. The mayor of one city says the toll could be as high as 20,000. And to the west in Morocco, nearly 3,000 are now officially counted among the dead from the Friday earthquake. Ali Rogin reports.

Category: Environment/Nature/Natural Disasters  
NOLA: AOUT 000203  
Series Title: America Outdoors with Baratunde Thurston  
Episode Title: Arkansas: Hidden Gems  
Length: 60 minutes  
Airdate: 9/30/2023 5:30:00 PM  
Service: PBS-NPS  
Format: Other  
Segment Length: 00:52:31

In Arkansas, just about everyone you meet is into the outdoors, yet to many outside the state it barely registers as an outdoor destination. Now, it's on a mission to earn recognition as a wild mecca. Baratunde heads south to find out why this hidden gem has stayed hidden for so long, and how its outdoor culture is changing.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014054  
Series Title: PBS NewsHour  
Episode Title: Episode 54  
Length: 60 minutes  
Airdate: 9/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:43

In Libya, deep fears are becoming a horrific reality as the death toll from the devastating floods there has spiked to more than 11,000. Thousands are still missing, submerged in the muddy mire or washed out to sea. Stephanie Sy reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014054  
Series Title: PBS NewsHour  
Episode Title: Episode 54  
Length: 60 minutes  
Airdate: 9/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:43

In Libya, deep fears are becoming a horrific reality as the death toll from the devastating floods there has spiked to more than 11,000. Thousands are still missing, submerged in the muddy mire or washed out to sea. Stephanie Sy reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014054  
Series Title: PBS NewsHour  
Episode Title: Episode 54  
Length: 60 minutes  
Airdate: 9/14/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:04

Rats, the furry nuisance that once was a sometimes issue, have become a bigger problem over the pandemic years. Courtney Norris and Dorothy Hastings explore what led to the rise in the rat population.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014055  
Series Title: PBS NewsHour  
Episode Title: Episode 55  
Length: 60 minutes  
Airdate: 9/15/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:16

The deadly floods that inundated eastern Libya earlier this week have now led to a tide of the dead, with a death toll of more than 11,000. This amid a race that pits dignity and respect for those lost, against the threat of disease and further calamity. Stephanie Sy reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014055  
Series Title: PBS NewsHour  
Episode Title: Episode 55  
Length: 60 minutes  
Airdate: 9/15/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:52

In our news wrap Friday, New England residents are preparing for the impact of Hurricane Lee, climate change protests kick off worldwide, federal prosecutors say former President Trump is trying to intimidate potential witnesses in his Jan. 6 case and Birmingham, Alabama marked 60 years since the bombing of the 16th Street Baptist Church killed four young Black girls.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002023  
Series Title: PBS News Weekend

Episode Title: Episode 23  
Length: 30 minutes  
Airdate: 9/16/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:36

Next Saturday, the autumn equinox will mark the beginning of fall in the Northern Hemisphere. For some, though, the real start of fall is when the leaves change color. But scientists say climate change is affecting both the timing and intensity of fall foliage. John Yang speaks with Bill Keeton, a professor of forest ecology at the University of Vermont, to learn more.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002024  
Series Title: PBS News Weekend  
Episode Title: Episode 24  
Length: 30 minutes  
Airdate: 9/17/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:02:55

In our news wrap Saturday, Tropical Storm Ophelia made landfall in North Carolina, the family of a Black high school student suspended for his hairstyle is suing Texas Gov. Abbott and Attorney General Paxton, car dealers may soon feel ripple effects of the auto workers strike, and Secretary of Homeland Security Mayorkas met with the president of Honduras in Texas to discuss migration.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014057  
Series Title: PBS NewsHour  
Episode Title: Episode 57  
Length: 60 minutes  
Airdate: 9/19/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:14

Abandoned fishing gear, often called "ghost gear," is breaking down in our oceans and adding to the problems brought by plastics and microplastics. But there was a recent effort to get the United Nations to enforce tougher regulations, and a coalition announced new funding to remove some debris in the Gulf of Maine. Science correspondent Miles O'Brien reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014060  
Series Title: PBS NewsHour  
Episode Title: Episode 60

Length: 60 minutes  
Airdate: 9/22/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:50

In our news wrap Friday, Tropical Storm Ophelia barreled toward the East Coast, with expected landfall Saturday morning in North Carolina. Also, a judge at Guantanamo Bay has declared one of the defendants in the 9/11 attacks case unfit for trial.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002026  
Series Title: PBS News Weekend  
Episode Title: Episode 26  
Length: 30 minutes  
Airdate: 9/24/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:01:11

In our news wrap Saturday, New York City remains under a state of emergency after Friday's record rainfall overwhelmed the city's drainage system and turned roadways into rivers, and the White House is sounding the alarm about a build-up of Serbian troops along the country's border with Kosovo amid escalating tensions between the two sides.

Category: Environment/Nature/Natural Disasters  
NOLA: PNWE 002026  
Series Title: PBS News Weekend  
Episode Title: Episode 26  
Length: 30 minutes  
Airdate: 9/24/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:47

Cities across the U.S. broke thousands of heat records this summer, but in many of them, some areas were hotter than others. These areas are known as urban heat islands, which can mean higher energy bills and unsafe conditions for residents. Blair Waltman-Alexin of Austin PBS, in partnership with Austin Vida, reports.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014062  
Series Title: PBS NewsHour  
Episode Title: Episode 62  
Length: 60 minutes  
Airdate: 9/26/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)

Segment Length: 00:10:56

It's been seven weeks since the deadliest American wildfires in more than a century swept through the Hawaiian island of Maui. Some residents in the hardest-hit neighborhoods of Lahaina are finally getting a chance to return home. William Brangham reports from Maui on what life is like for those who survived.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014062  
Series Title: PBS NewsHour  
Episode Title: Episode 62  
Length: 60 minutes  
Airdate: 9/26/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:10:56

It's been seven weeks since the deadliest American wildfires in more than a century swept through the Hawaiian island of Maui. Some residents in the hardest-hit neighborhoods of Lahaina are finally getting a chance to return home. William Brangham reports from Maui on what life is like for those who survived.

Category: Environment/Nature/Natural Disasters  
NOLA: MLNH 014064  
Series Title: PBS NewsHour  
Episode Title: Episode 64  
Length: 60 minutes  
Airdate: 9/28/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:02

Children will return to schools in Lahaina, Hawaii, starting next month and tourists will also be allowed back into parts of western Maui nearly two months after the devastating fires there. Officials are trying to help restart an economy that ground to a halt on parts of the island. William Brangham is in Maui and has been talking with residents about these plans.

Category: Health/Health Care  
NOLA: MLNH 014045  
Series Title: PBS NewsHour  
Episode Title: Episode 45  
Length: 60 minutes  
Airdate: 9/1/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:34

A ban on gender-affirming medical care for transgender youth went into effect in Texas, making it the most populous state to date with such a



ban. The law revokes the medical licenses of any doctor who provides minors with gender-affirming medical care like puberty blockers, hormone treatments or surgeries. Laura Barrón-López reports on families grappling with the potential consequences.

Category: Health/Health Care  
NOLA: PNWE 002020  
Series Title: PBS News Weekend  
Episode Title: Episode 20  
Length: 30 minutes  
Airdate: 9/3/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:08:15

Medicaid enrollments reached unprecedented levels when Congress temporarily blocked states from kicking people off of the health insurance plan during the pandemic. But that policy has ended, and now states have until 2024 to check people's eligibility and remove those who no longer qualify. Ali Rogin reports from Arkansas, which is nearing the end of its Medicaid unwinding process.

Category: Health/Health Care  
NOLA: PNWE 002021  
Series Title: PBS News Weekend  
Episode Title: Episode 21  
Length: 30 minutes  
Airdate: 9/9/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:10

Firearms are involved in more than half of suicides in the U.S. The gun suicide rate has reached an all-time high, and for the first time, the rate is higher among Black kids and teens than white ones, according to a recent analysis by Johns Hopkins University. William Brangham speaks with Dr. Emmy Betz, director of the Firearm Injury Prevention Initiative, to learn more.

Category: Health/Health Care  
NOLA: MLNH 014052  
Series Title: PBS NewsHour  
Episode Title: Episode 52  
Length: 60 minutes  
Airdate: 9/12/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:28

A new round of COVID-19 boosters will be available within days as cases and hospitalizations continue to rise across the country. The Food and

Drug Administration approved the new shots Monday and a CDC advisory panel recommended the updated boosters for all Americans 6 months or older. Amna Nawaz discussed the latest with CDC Director Dr. Mandy Cohen.

Category: Health/Health Care  
NOLA: MLNH 014052  
Series Title: PBS NewsHour  
Episode Title: Episode 52  
Length: 60 minutes  
Airdate: 9/12/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:10:13

The COVID-19 pandemic revealed the enormous strain on the mental healthcare system for young Americans. Parents whose children have complex mental and behavioral needs have had to take desperate measures to get their kids treatment. Christopher Booker reports for our series, Early Warnings: America's Youth Mental Health Crisis. A warning, this story includes discussions of suicide and depression.

Category: Health/Health Care  
NOLA: APOC 006053  
Series Title: Amanpour and Company  
Episode Title: Episode 53  
Length: 60 minutes  
Airdate: 9/15/2023 1:00:00 PM  
Service: PBS-PLUS  
Format: Interview/Discussion/Review  
Segment Length: 00:18:17

Earlier this year, former U.S. president Jimmy Carter announced he would enter hospice care. Many took this to mean he was on the verge of death. Yet Carter is now weeks away from celebrating his 99th birthday. Dr. Daniela Lamas, a critical care physician, tells Michel Martin why she's grateful to Carter for dispelling the idea that hospice automatically means death.

Category: Health/Health Care  
NOLA: MLNH 014055  
Series Title: PBS NewsHour  
Episode Title: Episode 55  
Length: 60 minutes  
Airdate: 9/15/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:38

In February, a Norfolk Southern train carrying hazardous chemicals derailed in the Ohio village of East Palestine, leading officials to burn the toxic freight to avoid an explosion. Residents soon began to claim a

range of health issues. Months later, as remediation efforts continue, concerns in the area remain. Alan Shaw, the CEO of Norfolk Southern, joins Geoff Bennett to discuss.

Category: Health/Health Care  
NOLA: PNWE 002023  
Series Title: PBS News Weekend  
Episode Title: Episode 23  
Length: 30 minutes  
Airdate: 9/16/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:27

Health care workers are five times as likely to experience workplace violence as other workers, according to government data. In a National Nurses United survey in 2022, 40 percent of hospital nurses said they'd seen an increase in violent incidents. Karen Coughlin, chair of the Massachusetts Nurses Association's workplace violence and abuse prevention task force, joins John Yang to discuss.

Category: Health/Health Care  
NOLA: PNWE 002025  
Series Title: PBS News Weekend  
Episode Title: Episode 25  
Length: 30 minutes  
Airdate: 9/23/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:17

Nearly one in three Americans surveyed this summer said they have at least one tattoo, according to the Pew Research Center. But while tattoo artists are required to have a license in all 50 states and the District of Columbia, tattoo ink is totally unregulated in the United States. Dr. Thomas Rohrer, a dermatologic surgeon, joins John Yang to discuss the associated health risks.

Category: Health/Health Care  
NOLA: PNWE 002025  
Series Title: PBS News Weekend  
Episode Title: Episode 25  
Length: 30 minutes  
Airdate: 9/23/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:05:18

In a medical emergency, you want to get to a hospital as quickly as possible. But what happens when the cost of that transportation is hundreds or thousands of dollars, even with insurance? NewsHour health

reporter Laura Santhanam joins Ali Rogin to discuss how a legal loophole is creating a dangerous dilemma for families across the country.

Category: Health/Health Care  
NOLA: PNWE 002026  
Series Title: PBS News Weekend  
Episode Title: Episode 26  
Length: 30 minutes  
Airdate: 9/24/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:37

Nearly 300,000 American men are expected to be diagnosed with prostate cancer this year alone, though most of those diagnosed don't die from it. Ali Rogin speaks with Dr. Charles Ryan, a genitourinary oncologist and head of the Prostate Cancer Foundation, about the screening, diagnosis and treatment of the disease, and what it means to live with it.

Category: Poverty/Hunger  
NOLA: MLNH 014048  
Series Title: PBS NewsHour  
Episode Title: Episode 48  
Length: 60 minutes  
Airdate: 9/6/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:04:28

The United Nations World Food Programme has announced a lack of funding is forcing it to stop feeding some of the most vulnerable people in Afghanistan. The organization is scaling back just as hunger is rising to record levels with some 15 million Afghans, more than a third of the country, struggling to find their next meal. Nick Schifrin reports.

Category: Women  
NOLA: PNWE 002022  
Series Title: PBS News Weekend  
Episode Title: Episode 22  
Length: 30 minutes  
Airdate: 9/10/2023 6:30:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:10:28

It has been one year since 22-year-old Mahsa Amini died after morality police arrested her in Tehran. Her death unleashed decades of pent-up anger over Iran's clerical rule and sparked the country's biggest protests in years. Human rights activist Nazanin Boniadi joins John Yang to discuss whether life has changed for Iranian women living under strict Islamic law in the past year.

Category: Women  
NOLA: MLNH 014055  
Series Title: PBS NewsHour  
Episode Title: Episode 55  
Length: 60 minutes  
Airdate: 9/15/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:07:23

One year ago, a young Iranian woman died in police custody after she was arrested for taking off her headscarf, or hijab, required under the laws of the Islamic Republic. Huge protests followed, led by women. Tehran special correspondent Reza Sayah has the story of some of the women who participated in the protests and others who did not.

Category: Women  
NOLA: MLNH 014061  
Series Title: PBS NewsHour  
Episode Title: Episode 61  
Length: 60 minutes  
Airdate: 9/25/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:03:11

Writer Mary Otis' work grapples with issues of addiction, artistic purpose, and mother-daughter relationships. She recently performed excerpts from her debut novel, "Burst," at Lincoln Center in New York City. She shares her Brief But Spectacular take on finding her voice.

Category: Youth  
NOLA: MLNH 014046  
Series Title: PBS NewsHour  
Episode Title: Episode 46  
Length: 60 minutes  
Airdate: 9/4/2023 5:30 PM & 11:00 PM  
Service: PBS-NPS  
Format: News (live news only)  
Segment Length: 00:06:15

Legislative efforts to protect children online typically center on their privacy. But thanks to the efforts of an Illinois teenager, the finances of some of the youngest digital workers could also be better protected in the future. Lisa Desjardins reports.

