

Sat, Apr 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#7261
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#912H
01:00:00	Song of the Mountains Mayberry Deputy, David Browning/Dry Hill Dragger	NETA	(S)	(CC)	N/A	#1107H
02:00:00	Woodsongs Sweet Honey in the Rock	NETA	(S)	(CC)	N/A	#1901H
	SWEET HONEY IN THE ROCK are Grammy winning folk and civil rights legends who express their history as African-American women through a capella song, dance, and even sign language. While there is no doubt the uniqueness of Sweet Honey is the message, her musical sound is what attracts first-time listeners. Described in the magazine High Fidelity as "breathtaking excursions into harmony singing" and "neck-hair raising" in Downbeat, one is startled at the many musical guises through which the message may appear. WoodSongs is proud to present this Special Event Broadcast from this legacy ensemble as they perform songs from their latest album 'LoveInEvolution'. WoodSongs Kids: Students of Lexington's SCAPA Vocals will be performing the civil rights anthem "We Shall Overcome".					
03:00:00	Film School Shorts It's in the Blood	NETA	(S)	(CC)	N/A	#309H
	Lambing Season (Columbia University) - Determined to meet the father who left her before she was born, a woman travels to Ireland, hoping it will help her understand his decision. Directed by Jeannie Donohoe. A Series of Kinetic Sets Tell a Story (University of Michigan) - Beautifully rendered cardboard sets and characters and a seemingly weightless camera capture an astonishing voyage of immigration, love, and World War II in a single take. Directed by Shannon Kohlitz.					
03:30:00	On Story Deconstructing The Fly	NETA	(S)	(CC)	N/A	#504H
	Mick Garris (Masters of Horror) and Alvaro Rodriguez (Machete) deconstruct the shock, suspense, and subtleties of David Cronenberg's The Fly and how his execution has contributed to the legitimacy and intellect of the horror genre.					
04:00:00	Science Goes to the Movies Math Movies	EPS	(S)	(CC)	N/A	#313H
	Don't get sucked into a black hole! Janna Levin explains the attempts that are being made to get our first glimpses at a real life black hole and her ambitious project to hear them. Fortunately for us all, the audio of a black hole was recorded as recently as 2015.					
04:30:00	Theater Talk Dear Evan Hansen Actors	EPS	(S)	(CC)	N/A	#1021H
	Guests: Dear Evan Hansen actors Ben Platt, Rachel Bay Jones, Jennifer Laura Thompson.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#190
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Mauve Magic	APTEX	(S)	(CC)	N/A	#511H
	In this episode, Gary paints a trio of roses using a magical hue that he achieves with the use of king lilac oil. He concentrates for some time on the techniques that result in a diverse lilac tinted background. Gary shows that even with an abstract background, one can still create a very realistic painting.					
08:30:00	Painting with Wilson Bickford Canada Goose, Part 1	NETA	(S)	(CC)	N/A	#205H
	A Canada Goose sits serenely on the water on a calm Fall day. In Part 1, Wilson masks out the goose and starts laying the foundation for the background.					
09:00:00	Landscapes Through Time with David Dunlop The Woodland Streams of the Hudson River Painters	NETA	(S)	(CC)	DVI	#208H
	David travels to a secluded woodland stream in New England, following in the footsteps of Hudson River painters such as Thomas Cole (1801-1848) and Asher Durand (1796-1886). David paints an oil study of the intimate stream in a setting of dense and dappled foliage, demonstrating techniques of painting water and woods used by the Hudson River painters to convey emotion as well as inspiration.					
09:30:00	Classical Stretch: By Essentrics Boost Your Energy	APTEX	(S)	(CC)	DVI	#1118H
	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.					

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10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1110H
10:30:00	Functional Fitness with Suzanne Andrews Osteoporosis Back Strength and Stretch	ACCES	(S)	(CC)	N/A	#305H
11:00:00	Delicious TV's Vegan Mashup Party Foods	NETA	(S)	(CC)	DVI	#101H
	This episode is packed with good ideas and Miyoko goes "nutty" for vegan cheese you'll have to try to believe! With our guest chef topping it off with a Cherry Sangria, you'll be ready to throw your next party. Gruyere and Pear Croustade/Tempeh Bites/Tzatsiki/Beet Tapenade/Cherry Sangria/Queveche.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Love of Live Fire Cooking	APTEX	(S)	(CC)	N/A	#1106H
	In Yucatan, cooking over fire is a way of life. Rick meets up with chef Juan Pablo Loza, who ignites the wood-fire grill for octopus with local pineapple. At Zama Beach Club in Isla Mujeres, Cancun chef Federico Lopez fires up his seaside grill to make tikin xic, a Yucatecan grilled fish dish smothered with achiote, the region's hallmark spice paste. And chef Eric Werner shows off his all wood-fire kitchen at Hartwood in Tulum. Forever obsessed with cooking over fire, Rick goes to Lena Brava, his new all wood-fire restaurant in Chicago, to make poc chuc, a traditional citrusy grilled spicy pork dish, then to his backyard for spatchcocked chicken al oregano worthy of a summertime fiesta.					
12:00:00	Lidia's Kitchen Italian Cakes	APTEX	(S)	(CC)	N/A	#425H
	The oven is on today in Lidia's Kitchen, and she is sharing some of her best cakes. There is a gianduia cake - a Piedmontese tradition and a dream for hazelnut and chocolate lovers; a delicious and moist chocolate and zucchini Cake; and finally a nutty walnut and espresso Cake.					
12:30:00	Moveable Feast with Fine Cooking Nyc - Little Italy	APTEX	(S)	(CC)	N/A	#203H
	On this episode of Moveable Feast with Fine Cooking, host Pete Evans explores one of New York City's most famous neighborhoods, Little Italy. Creating this masterful meal are best-selling author and owner of Prune restaurant, Gabrielle Hamilton, along with chef, author, and restaurant owner Marco Canora, of the Michelin star-rated Insieme Restaurant. First stop, the culinary trio starts off at Sophia on the famed Mulberry Street for an espresso and a shot of grappa, then they visit Di Palo that has been in the Italian food business since the early 1900's for the ingredients to make pasta and antipasto. And to round out their adventure of Italian purveyors they stop by a gelato maker to pick up dessert. On the menu tonight: a Negroni cocktail, Pork Chop Milanese with Endive and Treviso Salad, Bagna Cauda with Seasonal Vegetables, Fresh Pappardelle with Peas, Butter, and Parmigiano-Reggiano and Lemon Sgropino. A true Italian Feast! Mangia!					
13:00:00	Two for the Road Adventure In Antarctica	NETA	(S)	(CC)	N/A	#102H
	After crossing the dreaded Drake Passage, Nik and Dusty arrive to the coast to Antarctica, and find penguins, whales and skyscraper-sized icebergs. But a painful accident threatens to spoil their hopes of setting foot on the continent. Part 2 of 2.					
13:30:00	Joseph Rosendo's Travelscope Northwest Ontario - Lake Superior and Beyond	APTEX	(S)	(CC)	DVI	#809H
	Joseph takes off for Northwest Ontario, a region distinguished by Canada's great outdoors. On the 300-mile drive along the Trans-Canada Highway from Thunder Bay, on Northwest Ontario's eastern edge, to Kenora, near its Western border with Manitoba, the granite outcroppings of the Canadian Shield are revealed and the boreal forest covers the landscape. And there's water, water everywhere. Within its 204,000 square miles there are just 250,000 people, yet there are 5,000 wilderness camps and lodges and 150,000 fishable lakes. Joseph engages in fishing, hiking, climbing, kayaking, canoeing, sailing - if it can be done outside then Joseph's doing it. In addition, he discovers that the Northwest is in the middle of transforming itself from a region devoted to using up the environment to one that celebrates it - in new parks and conversation areas, farmers markets, downtown preservations and an emerging culinary scene. It's a turn for the better for the people who live here and Joseph finds a wealth of opportunities for those who visit.					
14:00:00	Rick Steves' Europe The Best of Israel	APTEX	(S)	(CC)	N/A	#805H
	We start in Jerusalem, alive with religious tradition and passion - Christian, Muslim, and Jewish. We then visit cosmopolitan Tel Aviv, with its in-love-with-life beaches; ponder the sad fortress of Masada; and join pilgrims at biblical sights around the Sea of Galilee. We'll also pay our respects at the Yad Vashem Holocaust memorial, drop into an Orthodox Jewish neighborhood, and savor the local cuisine.					
14:30:00	Born to Explore with Richard Wiese Namibia: Wild Cheetah	APTEX	(S)	(CC)	N/A	#103H
	Explorer Richard Wiese travels to Namibia to meet a woman who has dedicated her life to saving cheetahs from extinction-Dr. Laurie Marker, founder of the Cheetah Conservation Fund. Richard tracks cheetahs on the Namibian plains and helps a medical team with a cheetah check-up. Learn how local farmers have formed an extraordinary partnership with wildlife conservationists and use dogs to protect Livestock, ensuring the survival of Namibia's cheetah population.					

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15:00:00	Garden Smart Planning your garden? Putting the correct plant in the correct place is a fundamental step for success. GardenSMART visits an expert who shares their expertise in knowing where to site plants. Be sure to join us as we GardensMART.	NETA	(S)	(CC)	N/A	#4513H
15:30:00	Chefs A' Field King of Alaska Meet the "King" of King Salmon on Alaska's Mighty Yukon River Chef Rick Moonen: RM Seafood - Las Vegas, NV The mighty Yukon River in Alaska holds the most legendary salmon in the world: the Yukon River king salmon. When master seafood chef Rick Moonen ventures to this remote region, his passion for fish and the environment is quickly embraced by the native Yup'ik, who take him fishing on their sacred river. He and his Eskimo fishing companion, Billy Charles, discuss the Yup'ik culture, the future of our waterways, and why the salmon is the center of the Alaskan universe. Recipes: Poached Wild King Salmon with Turnip-Mashed Yukon Potatoes; Grilled Wild King Salmon with Raspberry-Merlot Redux.	APTEX	(S)	(CC)	N/A	#202H
16:00:00	Maria Hinojosa: One-On-One Ming Tsai Emmy Award-winning chef and restaurateur Ming Tsai is known for his innovative East- West approach. Tsai is chef/owner of Blue Ginger in Wellesley, MA and host of public television's Emmy-nominated Simply Ming, currently in its seventh season. Previously, he hosted East Meets West with Ming Tsai and Ming's Quest, and co-hosted Cooking Under Fire. He also has appeared on Top Chef and Iron Chef America. He is a national spokesperson for the Food Allergy and Anaphylaxis Network.	APTEX	(S)	(CC)	N/A	#409Z
16:30:00	Overheard with Evan Smith T.C. Boyle, Author In this episode of Overheard, author T.C. Boyle talks about his latest novel The Terranauts, having his books adapted for the big screen and much more. Boyle has published fifteen novels and ten volumes of short stories, including the PEN/Faulkner Award-winning World's End; The Tortilla Curtain, which was awarded France's prestigious Prix Medici etranger and the New York Times bestseller The Harder They Come.	NETA	(S)	(CC)	N/A	#710H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Chairmaker The century old tradition of building the Windsor Chair is a practical and elegant pursuit - host Eric Gorges and master craftsman Curtis Buchanan give the viewer a front seat.	APTEX	(S)	(CC)	N/A	#205H
18:00:00	Focus On Europe Germany-Turkey: The Escalating War of Words President Erdogan could change the Turkish constitution with the help of votes from German Turks. Right-wing populists in the Netherlands remain confident of victory in this month's election with their anti-Islam agenda.	WNVC	(S)	(CC)	N/A	#3512H
18:30:00	The Open Mind Watchdog of Humanity Ken Roth, executive director of Human Rights Watch, talks about securing the blessings of liberty at home and abroad.	NETA		(CC)	N/A	#3733H
19:00:00	Closer to Truth Why Anything at All? Why is there a world, a cosmos, something-instead of absolutely nothing at all? Of all the big questions, this is the biggest. Beware: this is no ordinary question.	EPS	(S)	(CC)	N/A	#1213H
19:30:00	Blue Chip Kids Based on the book Blue Chip Kids: What Every Child (and Parent) Should Know About Money, Investing, and the Stock Market, this interstitial series provides a fun and easy-to-understand introduction to the world of money and investing for kids and parents. Created by David W. Bianchi, an investor and lawyer with a degree in economics from Tufts University, this series demystifies complex financial concepts and shows what it takes to spend, save and invest wisely. Created by David W. Bianchi, an investor and lawyer with a degree in economics from Tufts University, this series demystifies complex financial concepts and shows what it takes to spend, save and invest wisely. Each one-minute episode illustrates a new financial fundamental using simple and relatable examples, plain language, and entertaining visuals that make understanding and discussing money matters easy for kids and their parents. The topics covered range from living within your means and being a disciplined saver to learning about currency from around the world and understanding different ways to make money.	APTEX	(S)	(CC)	N/A	#0%

Daily Program Listing II

43.1

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Melissa Etheridge	APTEX	(S)	(CC)	N/A	#508H
	That iconic voice and a wardrobe of guitars make for a riveting solo performance of greatest hits "Come to My Window," "I Want to Come Over," and "I'm the Only One," as well as songs from her latest album, This is M.E. The Grammy Award-winner shares personal stories about her remarkable journey through life and the inspiration behind some of her most beloved songs. Interview with Etheridge.					
21:00:00	Front and Center Steve Vai	APTEX	(S)	(CC)	N/A	#705H
	Legendary guitarist Steve Vai takes to the stage in the smallest room that he has performed in in years. Voted the 10th Greatest Guitarist by Guitar World magazine, Vai treats fans to selections throughout his three decade long career. Vai began his career as a transcriptionist for Frank Zappa in 1978 before joining his band from 1980-1983. As an independent guitarist he has won three Grammy Awards and has produced eight studio albums, two EPs, two special albums, eight live albums, twelve soundtracks, twenty compilation albums, and six DVD releases. Vai's solo sophomore release, Passion and Warfare, has earned gold certification in the US.					
22:00:00	Globe Trekker Road Trip: Patagonia	APTEX	(S)	(CC)	N/A	#1513H
	Zay Harding takes a journey along Ruta 40 by climbing Volcan Lanin, the highest peak in the area. Traveling down the Seven Lakes Drive, he passes through the Lake District in San Carlos de Bariloche, heads next to the former hippie colony of El Bolson, boards the La Trochita steam train, searches for Butch Cassidy's hideout in Cholila and drives on to Trevelin, a town founded by Welsh immigrants that maintains that culture. Zay then makes the long trek to Cueva de las Manos to admire its incredible rock art, reaches El Chalten for the spectacular view of Mount Fitz Roy before the final leg that takes him to the Cabo Virgenes lighthouse, the last stop on Ruta 40.					
23:00:00	Arts In Context Rude Mechs	NETA		(CC)	N/A	#504H
	Since 1995, Rude Mechs have created original theatrical productions that represent a genre-defying cocktail of big ideas, cheap laughs, and dizzying spectacle. While fostering a truly collaborative environment - there are no individual leaders or directors - Rude Mechs has jumped into the national spotlight as one of the most innovative and subversive acting companies in the country. Their generous creative spirit also led them to create Girl Action, a year-round arts mentoring program for teenage girls. This "punk theater" ensemble was borne out of a desire for a truly collaborative environment, which has also led to their management of a multi-arts space for the artistic community.					
23:30:00	Invitation to World Literature Candide	APTEX	(S)	(CC)	DVI	#109H
	A satirical novel following the travails of Candide, a hopeless optimist whose faith in his tutor's mantra that his is "the best of all possible worlds" is tested beyond all limits. Voltaire's challenge to the aristocracy of his day proves refreshingly amusing and biting today. Original illustrations, songs, and comic book figures plumb the depths of this satire. Featured speakers include director Harold Ramis, actress Kristen Chenoweth, and cartoonist Chris Ware.					

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01:00:00	Infinity Hall Live Melissa Etheridge That iconic voice and a wardrobe of guitars make for a riveting solo performance of greatest hits "Come to My Window," "I Want to Come Over," and "I'm the Only One," as well as songs from her latest album, This is M.E. The Grammy Award-winner shares personal stories about her remarkable journey through life and the inspiration behind some of her most beloved songs. Interview with Etheridge.	APTEx	(S)	(CC)	N/A	#508H
02:00:00	Front and Center Steve Vai Legendary guitarist Steve Vai takes to the stage in the smallest room that he has performed in in years. Voted the 10th Greatest Guitarist by Guitar World magazine, Vai treats fans to selections throughout his three decade long career. Vai began his career as a transcriptionist for Frank Zappa in 1978 before joining his band from 1980-1983. As an independent guitarist he has won three Grammy Awards and has produced eight studio albums, two EPs, two special albums, eight live albums, twelve soundtracks, twenty compilation albums, and six DVD releases. Vai's solo sophomore release, Passion and Warfare, has earned gold certification in the US.	APTEx	(S)	(CC)	N/A	#705H
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04:00:00	Arts In Context Rude Mechs Since 1995, Rude Mechs have created original theatrical productions that represent a genre-defying cocktail of big ideas, cheap laughs, and dizzying spectacle. While fostering a truly collaborative environment - there are no individual leaders or directors - Rude Mechs has jumped into the national spotlight as one of the most innovative and subversive acting companies in the country. Their generous creative spirit also led them to create Girl Action, a year-round arts mentoring program for teenage girls. This "punk theater" ensemble was borne out of a desire for a truly collaborative environment, which has also led to their management of a multi-arts space for the artistic community.	NETA		(CC)	N/A	#504H
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#191
08:00:00	Gary Spetz's Watercolor Quest Mexican Riviera Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint west-coast Mexico-from the quaint seaside village of Yelapa to the colorful "old town section" of Mazatlan. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEx	(S)	(CC)	N/A	#112H
08:30:00	Painting with Paulson The Piano Player Part II	NETA	(S)	(CC)	N/A	#1606H

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09:00:00	Wyland's Art Studio Blue Moon Seascape	APTEX		(CC)	N/A	#612H
	Art Lesson: Composition. Elements of composition are used to organize the components of an artwork in a pleasing manner. Used effectively, these elements provide a structure that leads the viewer's eye in a particular way for a variety of different effects. Examples of extraordinary composition may include the "Mona Lisa" by Leonardo da Vinci or "Starry Night" by Vincent van Gogh. Important components of good composition include: unity, balance and movement. All compositions begin by identifying a focal point. A range of artistic decisions proceeds from there, ranging from contrasts between light and dark to finding a rhythm that paces the eye of the viewer. The parts of the composition may feel as if they belong together. Or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm; whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: By Essentrics Feet and Calf Workout	APTEX	(S)	(CC)	DVI	#1119H
	In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.					
10:00:00	Sit and Be Fit Core Strengthening	NETA	(S)	(CC)	N/A	#1201H
	Mary Ann uses hand weights and a ball to strengthen the abdominal muscles. Gretchen adds some exercises to challenge the brain.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#223
11:00:00	Chef Paul Prudhomme's Always Cooking! Baking	APTEX	(S)	(CC)	DVI	#122
	New Mexico Apple Bread Pudding, Jalapeno Pie, Basque Chicken and Shrimp in Wine.					
11:30:00	New Orleans Cooking with Kevin Belton French Beginnings	APTEX	(S)	(CC)	N/A	#118H
	Daube, spaghetti bordelaise, lemon creme brulee.					
12:00:00	Ciao Italia Frittata Party/Una Festa Della Frittata	NETA	(S)	(CC)	N/A	#2423H
	Just when you thought eggs were just eggs, Mary Ann elevates them into two masterful creations, starting with a fantastic street food; Neapolitan Style Frittata. And then she keeps things on the convenient side, with her Mini-Baked Frittata with Greens and Beans, each one baked in a cupcake pan.					
12:30:00	Mike Colameco's Real Food Ny 2014 Deli/Jewish Cooking	NETA	(S)	(CC)	N/A	#1402H
	A brand new youth driven Deli scene is taking hold in NYC. We'll visit Baz bagels on Grand St., Black Seed Bagels on Elizabeth, Montreal Style Mile End Deli, the new Russ & Daughters Cafe on Orchard St., plus we'll meet the team behind Gefilteria that make artisanal gefilte fish and pickles.					
13:00:00	Bare Feet with Mickela Mallozzi Hogmanay In Scotland (Edinburgh, Scotland)	APTEX	(S)	(CC)	DVI	#106H
	Mickela heads to Edinburgh, Scotland to celebrate Hogmanay, the world's largest New Year's Eve celebration. While there, she explores Scotland's traditional dances of ceilidh, Highland dance, and step dance.					
13:30:00	Travel Detective with Peter Greenberg Over The Top Airline Seats	NETA	(S)	(CC)	DVI	#205H
	The airline industry is one of the most competitive in the world, with carriers scrambling to pack more and more bodies on board. But, there's another way airlines can turn a profit: charge more for the seats. CBS News Travel Editor Peter Greenberg tells us about some luxurious, over-the-top airline seats. Plus, if you think Hilton Head, South Carolina offers nothing but golf and time shares, you might want to think again. Peter shows us the hidden gems of the low country. Here's a hint: hope you like shrimp! And, it's a vacation of volunteer tourism unlike any other: a special falcon sanctuary in Abu Dhabi.					
14:00:00	Burt Wolf: Travels & Traditions Hong Kong - Part One	APTEX	(S)	(CC)	N/A	#1401H
	Burt returns to Hong Kong for his 10th visit and takes a look at how things have changed. He explains the history of the gold fish, and the Jade Market. He also takes us on a ride around Victoria Harbor, describes the history of the Chinese Junk, uncovers the power of the Feng Shui Master, and the story behind the Michelin Star restaurants.					

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14:30:00	Burt Wolf: Travels & Traditions Nature Vs. Nurture	APTEX	(S)	(CC)	N/A	#1503H
	For hundreds of years, people have been arguing the issue of Nature vs. Nurture. Are we the result of our youthful experiences or the genes we inherited from our ancestors? Recently, scientists have come to the conclusion that our genes interact with our environment and we change constantly throughout our lives. Our biology is actually altered by our environment. To take a look at this question, Burt talked to a group of people who had grown up in the structured culture of Taiwan and in their early years moved to the more open culture of the United States. Among the people Burt talks to are Steve Chen co-inventor of YouTube and Justin Lin who makes the Fast and Furious films. Burt then travels to Taiwan to take a look at what influenced their youth.					
15:00:00	Woodsmith Shop Project Wrap-Up	NETA	(S)	(CC)	N/A	#1012H
	Watch the Woodsmith editors complete the bookcase by adding a pair of rock-solid drawers. And a simple project for a basic shop tool goes together quickly.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Spice Box with Glen Huey	APTEX	(S)	(CC)	N/A	#605H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy works on a poplar and black walnut Spice Box. He'll be joined in the shop by Glen Huey of 360 Woodworking to help break down what looks like a complicated box structure with an amazing inlaid design on the door. Glen and Tommy are inspired by the famous Chester County, Pennsylvania spice boxes made popular in the late 18th Century, and want to see if these useful boxes can make a comeback!					
16:00:00	Happy Yoga with Sarah Starr Ocean Sky	NETA	(S)	(CC)	N/A	#208H
	Enjoy the blue ocean sky and rolling waves as we flow through an energizing yoga practice including a seated segment to strengthen the legs, abdominal muscles and lower back as well as a series of standing postures to tone the legs while stretching the hamstrings and hips using a chair for balance and support.					
16:30:00	Second Opinion Opioids to Heroin Addiction	APTEX	(S)	(CC)	N/A	#1301H
	Experts say the heroin epidemic, which is a growing problem nationwide, is largely spurred by people who first become addicted to prescribed opiate pain medications. As the pills become more expensive and harder to obtain, people move on to the cheaper and more potent high that heroin can provide. Cynthia Scudo, grandmother of twenty, shares the story of hip pain that ended with a nine-year addiction to heroin.					
17:00:00	Feel Grand with Jane Seymour Fixing Your Nutrition	APTEX	(S)	(CC)	N/A	#105H
	We all know that when we talk about nutrition, eating healthier is a big part of the prescription. But for our generation, the emphasis wasn't always on the importance of diet. And even beyond that, it's one thing when adopting a new diet as a preventative lifestyle choice, but about when it is your doctor's orders to stop eating certain foods?					
17:30:00	Well Read Katie Kitamura, A Separation	APTEX	(S)	(CC)	N/A	#617H
	From critic and novelist, Katie Kitamura - a searing, suspenseful story of intimacy and infidelity, A Separation lays bare the guilt that divides us from the inner lives of others. Named one of the most anticipated books of 2017 by the New York Times, Entertainment Weekly, Vulture, Huffington Post, and The Millions					
18:00:00	California's Gold Hidden Alcatraz	KCET		(CC)	N/A	#1002
	Most of us have seen one of the countless films based on Alcatraz, from the Birdman to Clint Eastwood and his Escape From Alcatraz. Over a million people every year take the ferry through the thick San Francisco fog to walk the cell blocks that housed the likes of Machine Gun Kelley and Al Capone. As usual Huell wasn't satisfied with the regular tour and went in search of the "Hidden Alcatraz". It got its name from the Spanish word Alcatrazes, or Bird Island and didn't see human inhabitants until the US Military took it over in the mid 1800s. During the Civil War it was used as a prison for Southern privateers. After the more modern prison was built in the 1930s, the old Civil War prison was covered over and virtually forgotten. Join Huell and Luis as they go under Alcatraz and discover the labyrinth of tunnels and caves that honeycomb "The Rock". The remnants of our state's rich history are finally uncovered in this very special tour. There is much more to Alcatraz than meets the eye.					
18:30:00	Curious Traveler Curious Paris	APTEX	(S)	(CC)	N/A	#201H
	Why does Paris look like Paris? Why were the Eiffel Tower and the Pont Alexandre III built for World Expos? Why is the Opera Garnier so ornate? Why is there a Romano-Byzantine Basilica atop the highest point in Paris? Why are the streets so windy in Montmartre? Why was a famous cabaret built inside a red mill: the Moulin Rouge?					

Sun, Apr 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Natural Heroes Native American Green: New Directions In Tribal Housing Highlights five recent successful projects building sustainable housing on Native American tribal lands. Leading architects, builders, and tribal members tell the stories behind their project's design, financing, and construction and reflect on the transformative effect they've had on tribal members. NATIVE AMERICAN GREEN reveals the emergence of an exciting new paradigm in tribal housing.	KNME	(S)	(CC)	N/A	#710H
19:30:00	The Kamla Show Special Catlin Powers, Co-Founder/Ceo of One Earth Designs In her Women in Science & Tech Series, host Kamla Bhatt interviews Catlin Powers, Co-founder and and CEO of Earth Designs.	KAMLA	(S)	(CC)	N/A	#108H
20:00:00	Black America Eliminating Inequality In America with Darren Walker On this episode of Black America, we will discuss eliminating inequality in America with Ford Foundation President, Darren Walker. Join us and find out why Darren Walker has become the person to watch in solving America's problems.	EPS	(S)	(CC)	N/A	#101H
20:30:00	Black America Motherhood with Staceyann Chin Spoken-word poet and activist Staceyann Chin sits down with host, Carol Jenkins and talks about her life of activism, art and motherhood.	EPS	(S)	(CC)	N/A	#102H
21:00:00	Learning from El Salvador Learning From El Salvador, a new one hour documentary from award winning producer Bob Gliner (Schools That Change Communities, Growing Up Green, Barefoot College) presents a very timely and critical look at this small Central American nation - a nation which while deeply connected to United States policies is little understood by most Americans. Many Americans think of El Salvador as a country to be avoided because of the danger posed by violent gangs and the resulting recent migration of children to the U.S. border. Others, with longer memories, recall American involvement in the brutal civil war during the 1980s and the legacy of two million Salvadorians living in the United States. Yet, as Learning From El Salvador shows, through its unprecedented access to all sectors of Salvadoran society, there is much that Americans do not know, particularly about recent changes in the country, driven by its new government. These changes are having a profound impact on the quality of life experienced by many Salvadorans - in their access to public education, health care, development of agriculture and small business, and ability to participate in a thriving democracy. While the United States is used to presenting itself as a model for the rest of the world to emulate, perhaps there is much we can learn from the transformation of Salvadoran society that might impact our own nation's policies, priorities and values.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Beyond Borders: Undocumented Mexican Americans BEYOND BORDERS: Undocumented Mexican-Americans examines US policy decisions that triggered the rise of undocumented immigration in a deeply moving documentary program that explores the under-reported lives of Mexicans living and raising families in the United States. The film carefully explains the history of the relationship between the two countries - Mexico and America - some of which may be unfamiliar to viewers. In telling the stories of several undocumented Mexican-Americans, BEYOND BORDERS reveals the reasons why millions of Mexican workers have settled in the US over the past four decades instead of returning home. It also illuminates the remarkable networks that connect the film's characters with the families they left behind, and the very real human impact of the anti-immigration backlash now sweeping the country.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Perfect 36: When Women Won The Vote PERFECT 36: WHEN WOMEN WON THE VOTE chronicles the dramatic vote to ratify this amendment, and the years of debate about women's suffrage that preceded it. On July 17, 1920, Carrie Chapman Catt, President of the National American Woman Suffrage Association, arrived to spend a few days in Nashville. She was traveling on the heels of Tennessee Governor A.H. Roberts' announcement of a special session of the state legislature, called at the urging of President Woodrow Wilson. One more state needed to ratify the proposed amendment, and that duty rested solely on the shoulders of Tennessee. Catt's few days dragged into weeks at her headquarters in the Hermitage Hotel, where pro- and anti- suffragists continued to clash in what came to be known as the "War of the Roses." Those in favor sported yellow roses, while those against wore red. On the sweltering day of August 18, 1920, the House convened. After two consecutive 48-48 outcomes to table the resolution, it was put to a vote. The votes were coming in neck and neck. At the last minute, 24-year-old freshman representative Harry Burn recalled a letter from his mother received that morning, urging him to, "be a good boy" and grant women the right to vote. In spite of wearing a red rose, Burn swung his vote, making Tennessee the deciding 36th state to enable passage of the 19th Amendment, and thereby granting women the Constitutional right to vote.	APTEX	(S)	(CC)	N/A	#0H
23:30:00	Working Lands: A History of Agriculture In Nevada Meet 12 ranching and farming families, preserving the traditions of the generations in the historic foothills of Nevada County.	NETA	(S)	(CC)	N/A	#0H

Mon, Apr 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Native American Green: New Directions In Tribal Housing Highlights five recent successful projects building sustainable housing on Native American tribal lands. Leading architects, builders, and tribal members tell the stories behind their project's design, financing, and construction and reflect on the transformative effect they've had on tribal members. NATIVE AMERICAN GREEN reveals the emergence of an exciting new paradigm in tribal housing.	KNME	(S)	(CC)	N/A	#710H
00:30:00	The Kamla Show Special Catlin Powers, Co-Founder/Ceo of One Earth Designs In her Women in Science & Tech Series, host Kamla Bhatt interviews Catlin Powers, Co-founder and and CEO of Earth Designs.	KAMLA	(S)	(CC)	N/A	#108H
01:00:00	Black America Eliminating Inequality In America with Darren Walker On this episode of Black America, we will discuss eliminating inequality in America with Ford Foundation President, Darren Walker. Join us and find out why Darren Walker has become the person to watch in solving America's problems.	EPS	(S)	(CC)	N/A	#101H
01:30:00	Black America Motherhood with Staceyann Chin Spoken-word poet and activist Staceyann Chin sits down with host, Carol Jenkins and talks about her life of activism, art and motherhood.	EPS	(S)	(CC)	N/A	#102H
02:00:00	Learning from El Salvador Learning From El Salvador, a new one hour documentary from award winning producer Bob Gliner (Schools That Change Communities, Growing Up Green, Barefoot College) presents a very timely and critical look at this small Central American nation - a nation which while deeply connected to United States policies is little understood by most Americans. Many Americans think of El Salvador as a country to be avoided because of the danger posed by violent gangs and the resulting recent migration of children to the U.S. border. Others, with longer memories, recall American involvement in the brutal civil war during the 1980s and the legacy of two million Salvadorians living in the United States. Yet, as Learning From El Salvador shows, through its unprecedented access to all sectors of Salvadoran society, there is much that Americans do not know, particularly about recent changes in the country, driven by its new government. These changes are having a profound impact on the quality of life experienced by many Salvadorans - in their access to public education, health care, development of agriculture and small business, and ability to participate in a thriving democracy. While the United States is used to presenting itself as a model for the rest of the world to emulate, perhaps there is much we can learn from the transformation of Salvadoran society that might impact our own nation's policies, priorities and values.	NETA	(S)	(CC)	N/A	#0H
03:00:00	Beyond Borders: Undocumented Mexican Americans BEYOND BORDERS: Undocumented Mexican-Americans examines US policy decisions that triggered the rise of undocumented immigration in a deeply moving documentary program that explores the under-reported lives of Mexicans living and raising families in the United States. The film carefully explains the history of the relationship between the two countries - Mexico and America - some of which may be unfamiliar to viewers. In telling the stories of several undocumented Mexican-Americans, BEYOND BORDERS reveals the reasons why millions of Mexican workers have settled in the US over the past four decades instead of returning home. It also illuminates the remarkable networks that connect the film's characters with the families they left behind, and the very real human impact of the anti-immigration backlash now sweeping the country.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Perfect 36: When Women Won The Vote PERFECT 36: WHEN WOMEN WON THE VOTE chronicles the dramatic vote to ratify this amendment, and the years of debate about women's suffrage that preceded it. On July 17, 1920, Carrie Chapman Catt, President of the National American Woman Suffrage Association, arrived to spend a few days in Nashville. She was traveling on the heels of Tennessee Governor A.H. Roberts' announcement of a special session of the state legislature, called at the urging of President Woodrow Wilson. One more state needed to ratify the proposed amendment, and that duty rested solely on the shoulders of Tennessee. Catt's few days dragged into weeks at her headquarters in the Hermitage Hotel, where pro- and anti- suffragists continued to clash in what came to be known as the "War of the Roses." Those in favor sported yellow roses, while those against wore red. On the sweltering day of August 18, 1920, the House convened. After two consecutive 48-48 outcomes to table the resolution, it was put to a vote. The votes were coming in neck and neck. At the last minute, 24-year-old freshman representative Harry Burn recalled a letter from his mother received that morning, urging him to, "be a good boy" and grant women the right to vote. In spite of wearing a red rose, Burn swung his vote, making Tennessee the deciding 36th state to enable passage of the 19th Amendment, and thereby granting women the Constitutional right to vote.	APTEX	(S)	(CC)	N/A	#0H
04:30:00	Working Lands: A History of Agriculture In Nevada Meet 12 ranching and farming families, preserving the traditions of the generations in the historic foothills of Nevada County.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#192

Mon, Apr 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol A Star Is Born/Galactic Star Games	APTEX	(S)	(CC)	DVI	#125
	A STAR IS BORN: When the ZPers travel through a Wormhole created by Wilson, he sneezes, accidentally shooting them into a region of space that is far from home. Their fuel is lost and the only way our heroes can return to Zula is by using the solar energy that will be emitted by protostars inside a nebula, after they change into full-fledged stars. But the protostars our ZPers meet are afraid of changing and fulfilling their destiny. Our heroes help them through that process, and the protostars learn that change can be good. GALACTIC STAR GAMES At the Sun's request, the Zula Patrol travels to the Star Games, a competition for stars, to help out the Sun's Aunt Dorothy, an older red dwarf star that wants to compete. But they soon discover that Dorothy and her older friends are being discriminated against because of their age.					
08:30:00	1001 Nights Give Until It Hurts/Ali Baba & The 40 Thieves	NETA	(S)	(CC)	DVI	#106H
	"Give Until It Hurts" - A poor man inherits a large sum of money and is surprised to see all the new friends he suddenly has. In the end, he learns what true friendship means. "Ali Baba & The 40 Thieves" - Ali Baba's town is robbed by the famed forty thieves. When he follows their trail, Ali finds their hidden cave filled with stolen treasure. He takes it back, but he incurs the wrath of their leader, Tabnak the Terrible.					
09:00:00	Functional Fitness with Suzanne Andrews Energy	ACCES		(CC)	N/A	#101H
09:30:00	Classical Stretch: By Essentrics Quad Lengthening & Strengthening	APTEX	(S)	(CC)	DVI	#1120H
	In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.					
10:00:00	Sit and Be Fit Healthy Aging	NETA	(S)	(CC)	N/A	#1202H
	A variety of unique exercises are introduced which are all designed to promote healthy aging.					
10:30:00	Sewing with Nancy Doodle Stitching, Part 1	NETA	(S)	(CC)	N/A	#3011H
	We've all doodled, sketching with short pencil strokes or shapes in the margins of notes or homework. Nancy teaches you to translate those doodles onto fabric with your sewing machine to create small works of fiber art. The sewing is fast, and the end result - satisfying.					
11:00:00	Knitting Daily Woven Look	NETA	(S)	(CC)	N/A	#1309H
	Weave your way to beautiful garments. First, Gwen Bortner introduces entrelac and shows how to create the building blocks of the fabric. Next, we travel virtually to India, land of fabulous woven fabrics, for a glimpse into the contemporary knitting scene. Then, Lily Chin uses her join-as-you-go knitting technique to create a weaving-inspired pillow. On Tools of the Trade, Tanis talks covet-worthy tools and yarn to add to your collection. Last, on Loose Ends, Vickie creates a woven fabric with mesh crochet.					
11:30:00	Fons & Porter's Love of Quilting Red Between The Lines, Part 1	NETA	(S)	(CC)	N/A	#2907H
	A magnificent quilt in the tradition of red-and-white quilts, Marianne Fons' Red Between the Lines was featured in the debut exhibit at the Iowa Quilt Museum. There is so much to learn from this spectacular medallion quilt that we broke it up into two shows. In this first episode, Marianne Fons and host Angela Huffman explore planning a medallion-style quilt, and techniques for creating the pieced border.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6181H
13:00:00	America's Test Kitchen from Cook's Illustrated Seafood Supper	APTEX	(S)	(CC)	N/A	#1706H
	Host Julia Collin Davison reveals the steps for making perfect pan-seared salmon. Next, tasting expert Jack Bishop challenges host Bridget Lancaster to a tasting of fish sauce. Then, science expert Dan Souza demonstrates the differences between wild and farmed salmon. Finally, test cook Elle Simone shows Julia the secrets to making the ultimate shrimp scampi.					
13:30:00	Pati's Mexican Table Tacos, Tacos, Tacos	APTEX	(S)	(CC)	DVI	#212H
	This episode explores three very different, very authentic and very simple twists on Mexican tacos, one of Mexico's most iconic foods. Bricklayer-Style Beef Tacos; Lime-Rubbed Chicken Tacos with Corn Guacamole; Adobo Fish Tacos with Grilled Pineapple Salsa.					

Mon, Apr 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Primal Grill with Steven Raichlen Gaucho Grill	APTEX	(S)	(CC)	N/A	#303H
	Gaucho describes the cowboys of northern Argentina and southern Brazil. These rustic cattle herders developed a simple yet powerful style of grilling over an open wood fire, a tradition still celebrated around Planet Barbecue today. Here are three indispensable gaucho favorites: Chicken roasted in a salt crust, from Uruguay's celebrity grill master, Francis Mallmann; the monster beef ribs that made the reputation of Brazil's famous grill house, Fogo de Chao; and a dessert from Brazil's cattle country, a pineapple you roast on the rotisserie. Chicken in a Salt Crust; Gaucho Beef Ribs; Brazilian Rotisserie Pineapple.					
14:30:00	Steven Raichlen's Project Smoke Abc's of Smoke	APTEX	(S)	(CC)	N/A	#201H
	Smoking ranks among the world's most ancient and popular cooking methods. We begin season two with a refresher course on the basic smoking techniques and smokers, from rotisserie-smoking chicken to smoke-roasting bourbon-bacon pork loin. From low and slow-smoked "brisket on the bone" (beef plate ribs) to smoked pears with smoked whipped cream for dessert, you'll learn to smoke on a kettle grill, pellet smoker, electric smoker, and offset barrel smoker. Rotisserie-smoked chicken with drip pan root vegetables; Bourbon-brown sugar smoked pork loin; Brisket on the bone; Smoke-roasted pears.					
15:00:00	Beads, Baubles and Jewels Bodybuilding with Resin	NETA	(S)	(CC)	N/A	#2509H
	Bulk up your jewelry design skills. Designer Susan Lenart warms up and works out by adding tints, glitter, graphics and bits of nature to layers of resin. She adds feathers, leather, threads and wires to create organic jewelry designs. Ana Piliguian cools down by polishing resin elements to create high-gloss finishes.					
15:30:00	Katie Brown Workshop Refreshing Remodeling 101	APTEX	(S)	(CC)	N/A	#607H
	The first episode in the three-part home makeover features a walk-through of Katie's Amagansett, NY home with experts. Before-and-after photos document the progress.					
16:00:00	Biz Kid\$ A World Without Taxes	APTEX	(S)	(CC)	DVI	#401H
	Explore how taxes impact your life. Find out about the importance of federal, state, and local taxes and learn what they pay for. Meet young business owners who sell lacrosse socks and others who serve as swimming instructors and hear how they handle taxes.					
16:30:00	Hands On Crafts for Kids Just for Fun	NETA	(S)	(CC)	DVI	#1712H
	It's important to have fun and today's projects are fun to make and to use. Katie creates a fuzzy mustache board will tickle you. Franz and his son, Axel play with paints, pencils, crayons, colors and techniques to find new ways of expression. Jenny and Katie let their imaginations go to create colorful pencil toppers. From the Family Craft Box, add empty paper rolls and colored paper to create a reversible playscape mat.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4405H
	Landscaping our homes is always a challenge. Where do we start, what do we need to consider, what do we want the finished product to look like, and accomplish? All great questions. We visit with an expert who takes us through his process of creating an outstanding landscape. A don't miss show.					
17:30:00	Growing A Greener World Design Tips for a Small Space Garden (San Francisco, Seattle, Raleigh)	APTEX	(S)	(CC)	N/A	#619H
	More people are moving into metropolitan cities, where yards are becoming smaller or even non-existent. From apartments to condos to in town homes on zero-lot lines, one thing persists: the desire to have a garden. It's actually easy to have a lush and beautiful garden on a balcony or terrace. We explore some of the latest techniques of small-space gardening and visit some very small gardens with big impact in the San Francisco area.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14066H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#201H
	An overview of the New York area's Asian Americans. It will feature a roundtable discussion with several prominent members of the community: Sayu Bhojwani, New American Leaders Project; Larry Lee, Asian Women's Center, Vanessa Leung, Coalition for Asian American Children and Families and Kyung Yoon, Korean American Community Foundation. We profile the oldest Asian immigrant enclave in the country, Manhattan's Chinatown, which will include a visit to the Museum of Chinese in America.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8001

Mon, Apr 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Focus On Europe Germany-Turkey: The Escalating War of Words President Erdogan could change the Turkish constitution with the help of votes from German Turks. Right-wing populists in the Netherlands remain confident of victory in this month's election with their anti-Islam agenda.	WNVC	(S)	(CC)	N/A	#3512H
20:00:00	Music City Roots Live from the Factory Molly Tuttle shows where bluegrass songwriting and hot guitar picking is heading. Emerging talent Christian Lopez brings passion and grit. And Sixpence None The Richer star singer Leigh Nash goes old school country.	APTEX	(S)	(CC)	N/A	#408H
21:00:00	Live from the Dennison Lodge Donna Hughes North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.	NETA	(S)	(CC)	N/A	#103H
22:00:00	Native Waters: A Chitimacha Recollection The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
22:30:00	The Mighty T: The Tuolumne River from Glacier to Golden Gate The Mighty T traces one of California's most important and powerful rivers on its journey from atop one of the last remaining glaciers in Yosemite's high country all the way down through San Francisco's Golden Gate. This visually stunning story is captured by the award-winning production team of Jim Schlosser and Tom Stienstra. Mr. Stienstra, host of the program, is already California's best-known and most-honored outdoors columnist, guidebook author, and photographer.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Audubon Audubon is a one-hour documentary that explores the extraordinary figure of John James Audubon. A self-taught painter and ornithologist, he left a legacy of art and science that made him famous in his lifetime and endures to this day. His portrait hangs in the White House, his statue stands over the entrance to the American Museum of Natural History, and his name was adopted by the nation's first conservation organization. More than 100 books have been written and about him, yet the story of John James Audubon has never been told on screen. Filmed in all of the major locations that Audubon explored himself, from Newfoundland and Texas to Key West and Montana, this documentary brings to life Audubon's timeless paintings with stunning footage of the living birds he immortalized - and celebrates visually the natural world he described so eloquently in his writings. The program features interviews with the foremost authorities on the man, experts on his art, and scholars of his science to put his work in a modern perspective. Not only is Audubon's work still relevant, it carries a message that could not be more timely and important in today's America.	WETA	(S)	(CC)	N/A	#0H

Tue, Apr 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8001
00:30:00	Focus On Europe Germany-Turkey: The Escalating War of Words President Erdogan could change the Turkish constitution with the help of votes from German Turks. Right-wing populists in the Netherlands remain confident of victory in this month's election with their anti-Islam agenda.	WNVC	(S)	(CC)	N/A	#3512H
01:00:00	Music City Roots Live from the Factory Molly Tuttle shows where bluegrass songwriting and hot guitar picking is heading. Emerging talent Christian Lopez brings passion and grit. And Sixpence None The Richer star singer Leigh Nash goes old school country.	APTEX	(S)	(CC)	N/A	#408H
02:00:00	Live from the Dennison Lodge Donna Hughes North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.	NETA	(S)	(CC)	N/A	#103H
03:00:00	Native Waters: A Chitimacha Recollection The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
03:30:00	The Mighty T: The Tuolumne River from Glacier to Golden Gate The Mighty T traces one of California's most important and powerful rivers on its journey from atop one of the last remaining glaciers in Yosemite's high country all the way down through San Francisco's Golden Gate. This visually stunning story is captured by the award-winning production team of Jim Schlosser and Tom Stienstra. Mr. Stienstra, host of the program, is already California's best-known and most-honored outdoors columnist, guidebook author, and photographer.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Audubon Audubon is a one-hour documentary that explores the extraordinary figure of John James Audubon. A self-taught painter and ornithologist, he left a legacy of art and science that made him famous in his lifetime and endures to this day. His portrait hangs in the White House, his statue stands over the entrance to the American Museum of Natural History, and his name was adopted by the nation's first conservation organization. More than 100 books have been written and about him, yet the story of John James Audubon has never been told on screen. Filmed in all of the major locations that Audubon explored himself, from Newfoundland and Texas to Key West and Montana, this documentary brings to life Audubon's timeless paintings with stunning footage of the living birds he immortalized - and celebrates visually the natural world he described so eloquently in his writings. The program features interviews with the foremost authorities on the man, experts on his art, and scholars of his science to put his work in a modern perspective. Not only is Audubon's work still relevant, it carries a message that could not be more timely and important in today's America.	WETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#193
08:00:00	Zula Patrol Blub-Glub/Power Flower BLUBGLUB: Dark Truder returns to his roots by starting small to jumpstart his career in villainy. He pretends to be the mascot of a water theme park, which he ruins when he replaces the water with a gooey substance called Blub-Glub. Thankfully, the Zula Patrollers happen to be enjoying the park at the time, and they use their knowledge of water to put an end to Truder's scheme, and save the water supply on Zula. Our heroes learn not to take something as wonderful and as necessary as water, for granted. POWER FLOWER: When Zeeter finds a lone flower on a previously unexplored island on Zula, she wants to save it by bringing it home. But when she accidentally leaves the lid off of its contained environment, the flower must venture out for water. However in its new environment, the flower automatically clones when it's fully hydrated. It isn't long before The Zula Patrol has more flowers than they ever imagined, and the water cycle, indeed, all life on the planet, is at risk.	APTEX	(S)	(CC)	DVI	#126
08:30:00	1001 Nights Keeping Up with the Jinns/King for a Day "Keeping Up With The Jinns" - A man stumbles across a bottle and a lamp in the middle of the desert. When he opens them, two genies appear who hate each other. "King For a Day" - A man brags that he could run things better if he were in charge. He gets his chance.	NETA	(S)	(CC)	DVI	#107H
09:00:00	Functional Fitness with Suzanne Andrews Bone Builder (Osteoporosis)	ACCES		(CC)	N/A	#102H

Tue, Apr 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Arm Toning Workout	APTEX	(S)	(CC)	DVI	#1121H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take you through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.					
10:00:00	Sit and Be Fit Exercise Is Fun	NETA	(S)	(CC)	N/A	#1203H
	Mary Ann focuses on fun and functional exercises set to some of her favorite music.					
10:30:00	Sewing with Nancy Doodle Stitching, Part 2	NETA	(S)	(CC)	N/A	#3012H
	Doodling-we've all done it with pen and paper. Now it can easily be replicated on fabric. Let Nancy inspire you to use simple stitches, and odds and ends of fabric to create greeting cards to desktop art from spontaneous Doodle Stitching ideas.					
11:00:00	Knitting Daily If It Knits, It Fits	NETA	(S)	(CC)	N/A	#1310H
	Today we learn how to make garments that fit. Designer Anne Hanson shows how to take measurements, and the most important fit points of a garment. Shannon Mullet-Bowlsby discusses designing crochet-wear to fit women of every size. Next Laura Bryant goes in-depth on the bust dart, explaining how to customize a sweater. Then, in Tools of the Trade, Tanis has some tools that simplify knitting and fitting. Vickie ties up Loose Ends with tips with a demo of knitting a fully fashioned decrease.					
11:30:00	Fons & Porter's Love of Quilting Red Between The Lines, Part 2	NETA	(S)	(CC)	N/A	#2908H
	In this second episode showcasing Marianne Fons' Red Between the Lines, Marianne and host Angela Huffman teach you the techniques needed for working with a multiple borders and the blocks in this heirloom-level quilt featured in the debut exhibit of the Iowa Quilt Museum.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6182H
13:00:00	Hubert Keller: Secrets of a Chef Pool Party Feast	NETA	(S)	(CC)	N/A	#512H
	Chef Keller demonstrates pool party favorites, starting with a refreshing melon gazpacho served with a duck prosciutto bruschetta. Then he makes his signature buffalo sliders with brie cheese. He shows step-by-step how to build the perfect charcuterie board with an assortment of sausages, pates, salami, and just the right accompaniments. Melon Gazpacho with Duck Prosciutto Bruschetta, Buffalo Sliders with Brie & Arugula, & Charcuterie Platter.					
13:30:00	Sara's Weeknight Meals Sunday Supper	APTEX	(S)	(CC)	N/A	#511H
	There has to be one day to kick back and enjoy cooking and that's Sunday. Sara has satisfying meals for a family gathering, like a hearty roast duck with a side of duck fat popovers. Then a British favorite deviled bones. In Ask Sara she answers viewer questions about that Sunday favorite mashed potatoes.					
14:00:00	Taste of History Winning The War with Bread	NETA	(S)	(CC)	N/A	#602H
	Chef Walter Staib bakes some of America's favorites, inspired by the Baker General, Christopher Ludwig. A native German, he brought the art of gingerbread making to Philadelphia. Chef Staib roasts a turkey to demonstrate how to make a classic turkey pot pie from scratch, then finishes the meal with gingerbread and poached pears.					
14:30:00	Sara's Weeknight Meals Best of Summer	APTEX	(S)	(CC)	N/A	#609H
	There is nothing like the height of summer for delicious produce, simply prepared. Sara's friends stop by to celebrate the season starting with Top Chef winner Hung Huynh. His grilled shrimp in lettuce wraps is delicious, portable and light in calories. Then Sara's buddy Giuseppe Fanelli makes a gorgeous lamb dish dressed with fresh heirloom tomatoes - agnello scottadito. And on Ask Sara, she answers a viewer's question about avocados. Recipes: Grilled shrimp in lettuce wraps; Agnello scottadito with heirloom tomatoes.					
15:00:00	Beads, Baubles and Jewels Leather Workout	NETA	(S)	(CC)	N/A	#2510H
	Give your leather designs a real workout. Jewelry designer Katie Hacker warms up by creating a choker necklace with beads and leather cord. Jewelry-maker Jill MacKay cuts leather shapes and adds stamps, paint and beads. Then, she cools down by adding metallic effects to leather motifs.					

Tue, Apr 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Kitchen Confidential: The Nuts and Bolts of a Kitchen Renovation The second episode in the three-part home makeover features a walk-through of the kitchen in Katie's Connecticut home with experts. Before-and-after photos document the progress.	APTEX	(S)	(CC)	N/A	#608H
16:00:00	Biz Kid\$ Debt: The Good, The Bad, & The Ugly It's easy to spend more than you make with credit cards. Learn to avoid the pitfalls of overspending by keeping a spending journal, sticking to a budget, and living a cash existence. Meet the owner of a carpet cleaning company and a radio DJ who have both learned how to manage debt.	APTEX	(S)	(CC)	DVI	#402H
16:30:00	Hands On Crafts for Kids Use It Use what you make and get double fun from your crafts. Weave hip survival bracelets with some tips from Katie. Franz uses everyday objects to make a robot storage container. Blogger Rachel Howard and her kids make a miniature construction site for toy earth-moving equipment! Use items from the Family Craft Box and recycle old road maps to craft a travel case full of learning games and activities - and treats, too!	NETA	(S)	(CC)	DVI	#1713H
17:00:00	Garden Smart When thinking about what we want in our landscape the sky's the limit. But what is practical, what really works with our yard, and importantly, our budget? Good questions. GardenSMART visits with an expert who has some great ideas. Be sure to tune in, a great show.	NETA	(S)	(CC)	N/A	#4406H
17:30:00	Growing A Greener World Bringing Nature Home: How You Can Sustain Wildlife with Native Plants In too many places of our country, there is no place left for wildlife, but in the landscapes and gardens we ourselves create. Noted author Doug Tallamy illustrates how the choices we make as gardeners can profoundly impact the diversity of life in our yards, towns and on our planet.	APTEX	(S)	(CC)	N/A	#620H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14067H
18:30:00	Americas Now Argentina's Triple Border Argentina - Triple Border (Joel Richards) - The natural border that forms on the Parana and Iguazu Rivers in South America is known as the Triple Border. To the west lies Paraguay. To the east, Brazil and Argentina. It is a region known for its natural beauty and its tourist attractions, like Iguazu Falls the largest system of waterfalls in the world. But the area is also renowned for illicit activity. The porous border has given rise to arms and drugs trafficking with contraband estimated to be in the billions of dollars per year. Americas Now correspondent Joel Richards travelled to the Triple Border to see how authorities patrol this complex frontier. Game Changer - Alejandro Chavez (Harris Whitbeck) - Nearly one half of Guatemala's children are malnourished and lack of patient data makes it difficult for doctors to reach them and provide them with proper care. But a research assistant from Stanford University is using technology to revolutionize how doctors get data making vital information accessible where it never was and breathing life into rural Guatemala. Alejandro Chavez is this week's Game Changer.	NETA	(S)	(CC)	N/A	#121H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8002
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1313H
20:00:00	Sun Studio Sessions Beth Hart (Encore) Blues fans worldwide love Beth Hart and many will never forget her show riveting performance at the 2012 Kennedy Center Honors with her stunning tribute to Buddy Guy. The show stopping performance led to the collaboration with Buddy Guy, he recorded the song "What You Gonna Do About Me" with Beth Hart for his album Rhythm & Blues. In this encore episode, the Grammy nominated blues singer gives an intimate performance of fan favorites including "Baddest Blues" and the title track to her album "Bang Bang, Boom Boom."	NETA	(S)	(CC)	N/A	#804H
20:30:00	Jammin at Hippie Jack's New Country Rehab Even with the deep pool of technical talent, New Country Rehab's artistic vision and original writing has earned the respect of many critics. Combining sharp innovation and a deep respect and knowledge of timeless musical themes and motifs, the Toronto based collective creates music that is full of love, loss, longing and joy.	NETA	(S)	(CC)	N/A	#1001H

Tue, Apr 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	The Kate Rita Wilson	APTEX	(S)	(CC)	N/A	#106H
	<p>Rita Wilson may be well-known for her acting roles (It's Complicated, Sleepless in Seattle, CBS's The Good Wife, HBO's Girls), and producing chops (Mamma Mia!, My Big Fat Greek Wedding) but her performance on The Kate proves that this Hollywood Hills native has a deep affection for songwriting and the joy that music brings. Rita Wilson charms the audience with her stories of growing up in the 60's and 70's-from teasing jingles from products like Charlie Perfume and Jordache Jeans-to her renditions of era classics like "Please Come to Boston" and "Wichita Lineman" from her CD of cover songs AM/FM. Wilson's repertoire is varied mixing the influence of California pop on songs like "Girls Night In" and "I'm Guilty," co-written with famed songwriters for her self-titled album, to a heartwarming homage of the sounds of Laurel Canyon and her admiration for Joni Mitchell. Rita Wilson demonstrates her vocal abilities, love of a good song and sense of humor, including her impressions of series muse Katharine Hepburn. She encourages the audience to have a good time and come "Along for the Ride".</p>					
22:00:00	Reel South Private Violence	NETA	(S)	(CC)	N/A	#209H
	<p>By Cynthia Hill. With at least four women murdered each day by abusive (and often, ex) partners, a woman in America is most in danger in her own home. Witness the complex realities of intimate partner violence through the eyes of two survivors: Deanna Walters, a mother seeking justice for her estranged husband's crimes against her, and victims' advocate Kit Gruelle. Executive produced by Gloria Steinem.</p>					
23:00:00	The Crowd & The Cloud Even Big Data Starts Small	APTEX	(S)	(CC)	DVI	#101H
	<p>20,000 volunteers across the U.S. measure precipitation: when extreme weather hits, emergency managers turn their data into life-saving alerts. Armchair mappers worldwide update information used by first responders after the Nepal earthquake. A new project, EyesOnALZ, enlists the crowd to speed up research on Alzheimer's disease. DIY enthusiasts from Public Lab map the BP oil spill with kites, balloons and cameras and continue to watchdog pollution. The crowd, using mobile tech and the cloud contribute to science that saves lives.</p>					

Wed, Apr 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8002
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1313H
01:00:00	Sun Studio Sessions Beth Hart (Encore)	NETA	(S)	(CC)	N/A	#804H
	Blues fans worldwide love Beth Hart and many will never forget her show riveting performance at the 2012 Kennedy Center Honors with her stunning tribute to Buddy Guy. The show stopping performance led to the collaboration with Buddy Guy, he recorded the song "What You Gonna Do About Me" with Beth Hart for his album Rhythm & Blues. In this encore episode, the Grammy nominated blues singer gives an intimate performance of fan favorites including "Baddest Blues" and the title track to her album "Bang Bang, Boom Boom."					
01:30:00	Jammin at Hippie Jack's New Country Rehab	NETA	(S)	(CC)	N/A	#1001H
	Even with the deep pool of technical talent, New Country Rehab's artistic vision and original writing has earned the respect of many critics. Combining sharp innovation and a deep respect and knowledge of timeless musical themes and motifs, the Toronto based collective creates music that is full of love, loss, longing and joy.					
02:00:00	The Kate Rita Wilson	APTEX	(S)	(CC)	N/A	#106H
	Rita Wilson may be well-known for her acting roles (It's Complicated, Sleepless in Seattle, CBS's The Good Wife, HBO's Girls), and producing chops (Mamma Mia!, My Big Fat Greek Wedding) but her performance on The Kate proves that this Hollywood Hills native has a deep affection for songwriting and the joy that music brings. Rita Wilson charms the audience with her stories of growing up in the 60's and 70's-from teasing jingles from products like Charlie Perfume and Jordache Jeans-to her renditions of era classics like "Please Come to Boston" and "Wichita Lineman" from her CD of cover songs AM/FM. Wilson's repertoire is varied mixing the influence of California pop on songs like "Girls Night In" and "I'm Guilty," co-written with famed songwriters for her self-titled album, to a heartwarming homage of the sounds of Laurel Canyon and her admiration for Joni Mitchell. Rita Wilson demonstrates her vocal abilities, love of a good song and sense of humor, including her impressions of series muse Katharine Hepburn. She encourages the audience to have a good time and come "Along for the Ride".					
03:00:00	Reel South Private Violence	NETA	(S)	(CC)	N/A	#209H
	By Cynthia Hill. With at least four women murdered each day by abusive (and often, ex) partners, a woman in America is most in danger in her own home. Witness the complex realities of intimate partner violence through the eyes of two survivors: Deanna Walters, a mother seeking justice for her estranged husband's crimes against her, and victims' advocate Kit Gruelle. Executive produced by Gloria Steinem.					
04:00:00	The Crowd & The Cloud Even Big Data Starts Small	APTEX	(S)	(CC)	DVI	#101H
	20,000 volunteers across the U.S. measure precipitation: when extreme weather hits, emergency managers turn their data into life-saving alerts. Armchair mappers worldwide update information used by first responders after the Nepal earthquake. A new project, EyesOnALZ, enlists the crowd to speed up research on Alzheimer's disease. DIY enthusiasts from Public Lab map the BP oil spill with kites, balloons and cameras and continue to watchdog pollution. The crowd, using mobile tech and the cloud contribute to science that saves lives.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#194
08:00:00	Mixed Nutz School's In Session	NETA	(S)	(CC)	N/A	#501H
	School is a nightmare - literally! Babak worries that his new school will be a horrible experience because kids always tease him when they find out where he is from. Michael is worried that he is being perceived as boring. Both realize, after they get to know one another through a school assignment, that just being yourself is good enough. Lesson: Be proud of who you are.					
08:30:00	1001 Nights Abu Sabir/Bigger, Badder, Badr	NETA	(S)	(CC)	DVI	#108H
	"Abu Sabir" - When everyone in town goes running off to find treasure the ever patient Abu Sabir refuses to participate. "Bigger, Badder, Badr" - A lone man stands up to an evil tyrant and incurs his wrath.					
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 1	ACCES		(CC)	N/A	#103H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening Workout	APTEX	(S)	(CC)	DVI	#1122H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.					

Wed, Apr 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Strength Coordination This episode features a potpourri of movements to enhance strength and coordination.	NETA	(S)	(CC)	N/A	#1204H
10:30:00	Sewing with Nancy Doodle Stitching, Part 3 Instead of using pen and paper, use your sewing machine and colorful thread as your tools for doodling. There's no right or wrong way to Doodle Stitch. Rather, let the creative process be your guide. Nancy will show you how to create small, artistic projects without a rulebook.	NETA	(S)	(CC)	N/A	#3013H
11:00:00	Knitting Daily Foot Forward Put your best foot forward as Cathy Carron walks us through stockings past and present and demonstrates a World War I-inspired sock. Next, let's cross the pond and chat with British sock designer Rachel Coopey. Author Katie Startzman shows how to make a sweet felted slipper. On Tools of the Trade, Tanis helps you put your best foot forward when it comes to sock knitting. On Loose Ends, Vickie adds sole to your slippers with an easy crochet method.	NETA	(S)	(CC)	N/A	#1311H
11:30:00	Fons & Porter's Love of Quilting Rainbow Mosaic An unusual take on charm quilts, this design by Nancy Mahoney combines multiple charm shapes in a medallion-style quilt that uses batiks. Using templates to make things easier, Nancy and host Sara Gallegos walk you through different methods for dealing with these unusual shapes. Hexagons, diamonds, triangles-with the right tools and techniques, you can master them all!	NETA	(S)	(CC)	N/A	#2909H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6183H
13:00:00	Lidia's Kitchen Chicken Stock Every great kitchen needs a big pot of good stock and with this pot of stock Lidia will make three delicious dishes. She starts by making a flavorful chicken stock made into "Stracciatella," laced with eggs and spinach. She then uses the stock in her succulent stuffed veal chop with oozing fontina. Finally, she prepares a braised kale with bacon, a wonderful dish that she has been eating since she was a child.	APTEX	(S)	(CC)	N/A	#318H
13:30:00	Annabel Langbein: The Free Range Cook Italian Inspiration Annabel Langbein visits actor Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco and saffron risotto. Her pear and prune custard cream dessert has everyone swooning. Recipes from this episode: choconut slice, balsamic glaze, beet, fennel and goat cheese salad, osso bucco, gremolata, saffron spinach risotto, pear and prune custard cream, coffee liqueur, extra-special coffees.	APTEX	(S)	(CC)	N/A	#104H
14:00:00	Simply Ming Matt Louis This week on Simply Ming, he is joined by Portsmouth, N.H., chef Matt Louis from the restaurant Moxy, known for its Spanish-style tapas using seasonal New England ingredients and his newly opened Franklin Oyster House. Today, Matt cooks up goat meatballs with garlic mustard pesto, local farm feta and sunchoke chips, while Meg whips up surf-n-turf meatballs with his favorite Blue Dragon vinegar fries.	APTEX	(S)	(CC)	N/A	#1426H
14:30:00	Cook's Country Pasta for Every Palate Test cook Erin McMurrer shows host Christopher Kimball how to make pork ragu at home. Then, equipment expert Adam Ried reveals his top picks for dish towels. Finally, test cook Bridget Lancaster uncovers the secrets to making perfect pasta with roasted garlic sauce, arugula, and walnuts.	APTEX	(S)	(CC)	N/A	#805H
15:00:00	Beads, Baubles and Jewels Get Connected to Fitness Connect your designs in new ways. Warm up as host Katie Hacker designs with colorful stones. She adds beads and metal spacers to enhance the stone elements in necklaces. Author Lisa Crone works out with memory wire to create a sparkling necklace. Then, she cools down by making matching earrings.	NETA	(S)	(CC)	N/A	#2511H
15:30:00	Katie Brown Workshop How to Blend The Old with the New When Remodeling The final episode in the three-part home makeover features a walk-through of the living spaces in Katie's home in Connecticut. Before-and-after photos document the progress.	APTEX	(S)	(CC)	N/A	#609H

Wed, Apr 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Your First Big Purchase	APTEX	(S)	(CC)	DVI	#403H
	You'll want to understand the important steps to take before your first big purchase, whether you're buying the latest computer, a new smart phone, or a car. You will learn about budgeting, researching, negotiating, and more. Find out how a teen photographer upgraded his camera and a 15-year-old aviator purchased an old airplane!					
16:30:00	Hands On Crafts for Kids Fins, Feathers and Fur	NETA	(S)	(CC)	DVI	#1801H
	Let's get creative with inspiration from the forest, sea and sky. Jenny Barnett-Rohrs and Katie Hacker make a friendly hedgehog then Katie creates a wiggly fish. Franz Spohn scratches off paint to make colorful animal images and Jenny makes a gelatin print Valentine's Day card.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4407H
	Growing our own vegetables is increasing in popularity. But gauging from our mail, a lot of folks are having problems. GardenSMART visits an expert who is growing vegetables very successfully. A lot to learn, be sure to tune in.					
17:30:00	Growing A Greener World The New Generation of Farmers: Thinking Big While Staying Small (Various Cities)	APTEX	(S)	(CC)	N/A	#621H
	A new breed of farmer is emerging in America. These farmers are young, hardworking, and mission-driven toward environmental stewardship and ethical farming. These young people are turning to small-scale farming because they strive to make a real difference in the way our food is produced. In this episode, we meet several young farmers working to grow food sustainably and we learn the benefits of applying their best farming techniques to our own backyards.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14068H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1313H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8003
19:30:00	In Good Shape Alcohol: Downside of Drinking	WNVC	(S)	(CC)	N/A	#410H
	Alcohol - a substance to be savored or the world's most widespread poison? We talk about dependency with an expert on alcohol addiction and therapies used to treat it. Also, treating bladder infections without antibiotics, the dangers of altitude sickness, and a new treatment for lesions in the small intestine.					
20:00:00	The Lowertown Line. The Lowertown Line: Haley Bonar	APTEX	(S)	(CC)	N/A	#105H
	Singer/songwriter Haley Bonar performs in front of a live audience at the Twin Cities Public Television studios. Bonar discusses keytar, her creative process, and the South Dakota punk scene with host Dessa. Songs performed: Kill The Fun, No Sensitive Man, Heaven's Made For Two, Last War, Bad Reputation.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#110H
	Artists: Tim Easton, Talisha Holmes, Nathan Bell, Mark Brinkman, and hosted by songwriter Eric Gnezda. Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. He sings "Elmore James." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Follow Me." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "Names." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings, "Broken-In Friends and Worn-Out Shoes."					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#110H
	Performances by Gogol Bordello, Thievery Corp, Those Darlins', Yonder Mountain String Band, Drew Holcomb and commentary from Henry Rollins.					
22:00:00	Amazing Grace	NETA	(S)	(CC)	N/A	#0H
	"Amazing Grace" explores the treatment of women in the legal industry from the late 1940's through today. Specifically, it follows the story of Missouri Attorney Grace Day who was the lone woman in her law school class in 1948 and endured torment from her professors and peers. You'll fall in love with Grace Day, a woman who won over her enemies and helped blaze a path for future women lawyers.					

Wed, Apr 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Georgia O'keeffe: A Woman On Paper	APTEX		(CC)	N/A	#0H
	<p>Artist Georgia O'Keeffe has been called the "Mother of American Modernism," well-known for her flowing, colorful works depicting flowers and plants, dramatic cityscapes and Southwestern landscapes. The half-hour documentary GEORGIA O'KEEFFE: A WOMAN ON PAPER highlights the artist's career while focusing on the little-known story of O'Keeffe's time spent in Columbia, S.C. as an art instructor at Columbia College. While teaching at the college in the fall of 1915 and the spring of 1916, O'Keeffe found her voice with a series of innovative black and white abstract charcoal drawings that represented a radical break with tradition and led her art-and her career-in a new direction. Collectively titled "Specials," the charcoal drawings made O'Keeffe one of the very first American artists to practice pure abstraction, and they would go on to define and establish her career as one of the country's leading artists.</p>					
23:00:00	Lost Bird Project	APTEX	(S)	(CC)	DVI	#0H
	<p>THE LOST BIRD PROJECT charts sculptor Todd McGrain's efforts to memorialize five birds - the Great Auk, Carolina Parakeet, Labrador Duck, Passenger Pigeon and Heath Hen - driven to extinction in the late 19th and early 20th centuries. The captivating nature documentary follows McGrain and his brother-in-law, Andy, as they embark on a road trip in search of the last-known locations of the birds and seek permission to install McGrain's six-foot-tall bronze sculptures on those sites. Travelling from the tropical swamps of Florida to the rocky coasts of Newfoundland to the shores of Martha's Vineyard, the men spend more than two years scouting locations, talking to park rangers, speaking at town meetings and battling bureaucracy in their effort to gather support for the project. An elegy to the five birds, THE LOST BIRD PROJECT is a thoughtful and sometimes humorous look at the artist and his mission.</p>					

Thu, Apr 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8003
00:30:00	In Good Shape Alcohol: Downside of Drinking Alcohol - a substance to be savored or the world's most widespread poison? We talk about dependency with an expert on alcohol addiction and therapies used to treat it. Also, treating bladder infections without antibiotics, the dangers of altitude sickness, and a new treatment for lesions in the small intestine.	WNVC	(S)	(CC)	N/A	#410H
01:00:00	The Lowertown Line. The Lowertown Line: Haley Bonar Singer/songwriter Haley Bonar performs in front of a live audience at the Twin Cities Public Television studios. Bonar discusses keytar, her creative process, and the South Dakota punk scene with host Dessa. Songs performed: Kill The Fun, No Sensitive Man, Heaven's Made For Two, Last War, Bad Reputation.	APTEX	(S)	(CC)	N/A	#105H
01:30:00	Songs at the Center Artists: Tim Easton, Talisha Holmes, Nathan Bell, Mark Brinkman, and hosted by songwriter Eric Gnezda. Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. He sings "Elmore James." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Follow Me." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "Names." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings, "Broken-In Friends and Worn-Out Shoes."	APTEX	(S)	(CC)	N/A	#110H
02:00:00	Live at 9:30 Performances by Gogol Bordello, Thievery Corp, Those Darlins', Yonder Mountain String Band, Drew Holcomb and commentary from Henry Rollins.	NACC	(S)	(CC)	N/A	#110H
03:00:00	Amazing Grace "Amazing Grace" explores the treatment of women in the legal industry from the late 1940's through today. Specifically, it follows the story of Missouri Attorney Grace Day who was the lone woman in her law school class in 1948 and endured torment from her professors and peers. You'll fall in love with Grace Day, a woman who won over her enemies and helped blaze a path for future women lawyers.	NETA	(S)	(CC)	N/A	#0H
03:30:00	Georgia O'keeffe: A Woman On Paper Artist Georgia O'Keeffe has been called the "Mother of American Modernism," well-known for her flowing, colorful works depicting flowers and plants, dramatic cityscapes and Southwestern landscapes. The half-hour documentary GEORGIA O'KEEFFE: A WOMAN ON PAPER highlights the artist's career while focusing on the little-known story of O'Keeffe's time spent in Columbia, S.C. as an art instructor at Columbia College. While teaching at the college in the fall of 1915 and the spring of 1916, O'Keeffe found her voice with a series of innovative black and white abstract charcoal drawings that represented a radical break with tradition and led her art-and her career-in a new direction. Collectively titled "Specials," the charcoal drawings made O'Keeffe one of the very first American artists to practice pure abstraction, and they would go on to define and establish her career as one of the country's leading artists.	APTEX		(CC)	N/A	#0H
04:00:00	Lost Bird Project THE LOST BIRD PROJECT charts sculptor Todd McGrain's efforts to memorialize five birds - the Great Auk, Carolina Parakeet, Labrador Duck, Passenger Pigeon and Heath Hen - driven to extinction in the late 19th and early 20th centuries. The captivating nature documentary follows McGrain and his brother-in-law, Andy, as they embark on a road trip in search of the last-known locations of the birds and seek permission to install McGrain's six-foot-tall bronze sculptures on those sites. Travelling from the tropical swamps of Florida to the rocky coasts of Newfoundland to the shores of Martha's Vineyard, the men spend more than two years scouting locations, talking to park rangers, speaking at town meetings and battling bureaucracy in their effort to gather support for the project. An elegy to the five birds, THE LOST BIRD PROJECT is a thoughtful and sometimes humorous look at the artist and his mission.	APTEX	(S)	(CC)	DVI	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#195
08:00:00	Mixed Nutz Lessons The kids are not only faced with school on a Saturday but with a swimming class taught by a very demanding coach. After a series of trials and tribulations (such as getting frogs stuck in their bathing suits and getting dragged behind a speed boat), the kids learn that together they can overcome any obstacle...including off-the-wall swim coaches! Lesson: With teamwork, you can overcome any obstacle.	NETA	(S)	(CC)	N/A	#502H

Thu, Apr 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The Boy Who Cried Science/Prince Ahmad "The Boy Who Cried Science" - A young boy is forced to deal with ignorance and fear when superstition takes over his town. "Prince Ahmad" - A young prince is commanded to lead his country into battle and learns what it takes to be a great king.	NETA	(S)	(CC)	DVI	#109H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 2	ACCES		(CC)	N/A	#104H
09:30:00	Classical Stretch: By Essentrics Shoulder Pain Workout In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.	APTEX	(S)	(CC)	DVI	#1123H
10:00:00	Sit and Be Fit Reaction Time Mary Ann shows how to use a ball to test your reaction time.	NETA	(S)	(CC)	N/A	#1205H
10:30:00	Sewing with Nancy Patchwork Patterns Inspired By Antique Quilts, Part 1 Learn how to create your own versions of antique quilt designs from a collection of history-rich quilts spanning the late 1800s through the 1930s. Julie Hendricksen, antique-quilt collector, joins Nancy to unlock the secrets of quilts from yesteryear. Vintage patterns such as the Snowball, Postage Stamp, Checkerboard, and 100-Patch are featured.	NETA	(S)	(CC)	N/A	#3014H
11:00:00	Knitting Daily In Living Color! Today we're living in color! First, designer Annie Modesitt talks color theory and creates a vibrant slip-stitch cowl. Then we enter the colorful world of wearable artist Nicholas James White in our Space to Space segment. Next Laura Bryant demonstrates painting with yarn to create spectacular effects with hand-painted fibers. On Tools of the Trade, Tanis presents tools and yarns that brighten up to your knitting life. Finally, Vickie rambles about the bramble stitch on Loose Ends.	NETA	(S)	(CC)	N/A	#1312H
11:30:00	Fons & Porter's Love of Quilting Farmer's Wife Table Runner The Farmer's Wife quilts by Laurie Aaron Hird have become instant classics. The Fons & Porter staff was inspired to pick one quilt block from each iconic quilt, and incorporate them into a smaller project. Host Sara Gallegos and Fons & Porter Sewing Specialist Colleen Tauke showcase how small quilt blocks can be mixed-and-matched. This table runner will let you take a small taste of the rich tradition of sampler quilts.	NETA	(S)	(CC)	N/A	#2910H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6184H
13:00:00	Eat! Drink! Italy! with Vic Rallo Party Dish Bagna Cauda - Piemonte's Party Dish; a wine family close-up; wine hotel; Chef Giovanni Bonavita's Chicken Valdanese, a local classic.	APTEX	(S)	(CC)	N/A	#113H
13:30:00	Mike Colameco's Real Food Portugal Mike and his crew explore Portugal starting with a three-hour surf session in Cascias followed by a one star Michelin lunch, off to Lisbon to hit the markets and few top restaurants and then of course deep into the wine country.	NETA	(S)	(CC)	N/A	#1401H
14:00:00	Joanne Weir's Cooking Confidence Ticket to Provence Joanne and her student Sasha are transported to Provence using herbs, citrus, and garlic. Joanne begins with a bright fresh citrus salad and then working together they create a very classic country, yet refined, dish of braised cod with leeks and potato. Recipes: Citrus Salad with Mint and Red Onions, Cod Braised with Leeks, Potatoes and Thyme, and Roasted Garlic Slab. Student: Sasha Bernstein, Restaurant Consultant.	APTEX	(S)	(CC)	N/A	#110H
14:30:00	New Scandinavian Cooking Hiker's Food In this episode, Tina visits Gamlestolen in the mountainous heartland of Norway. While there, she prepares baked trout with herbs wrapped in cured ham, grilled sirloin with vinegar butter and burnt lemon, and mutton sausages with mustard-marinated potatoes.	APTEX	(S)	(CC)	N/A	#508H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Shape Up	NETA	(S)	(CC)	N/A	#2512H
	Bend it, twist it, shape it, wear it. Jewelry designer Sandra Lupo warms up by bending and shaping sheet metal with a tool she invented. Then, she enhances the designs with patterns, texture and color. Host and designer Katie Hacker make a quick and easy charm bracelet to cool down.					
15:30:00	For Your Home Take The Plunge	APTX	(S)	(CC)	N/A	#3101H
	Who could resist the drawn of a refreshing swimming pool on a hot summer afternoon. How complicated is it to have a pool built in your backyard? This season on FYH host Vicki Payne shares step by step the process of installing a backyard pool and spa.					
16:00:00	Biz Kid\$ What's Up with the Stock Market?	APTX	(S)	(CC)	DVI	#404H
	Learn the language of the stock market and how these terms apply to your life. Meet an 11-year-old who created an application for the iPhone that helps teach other kids about the stock market.					
16:30:00	Hands On Crafts for Kids Dress Up	NETA	(S)	(CC)	DVI	#1802H
	It's fun to dress up and decorate. Jenny Barnett-Rohrs and Katie Hacker team up to make a really cool cape. Candie Cooper recreates a design from a famous modern artwork. Then, we'll dance away in a new tutu skirt and make a patriotic decoration from blogger Angie Holden.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4408H
	With yards getting smaller, container gardening is becoming more popular. What should we consider when planting containers? GardenSMART visits with an expert who has lots of great ideas. We learned a lot, think you will too.					
17:30:00	Growing A Greener World Compost, Compost Everywhere: How It's Made (Seattle, Wa)	APTX	(S)	(CC)	N/A	#622H
	Healthy plants start with healthy soil, and healthy soil starts with compost. In this episode, we see how one commercial facility diverts yard waste and kitchen scraps that might otherwise be destined for a landfill and converts it into compost, veritable black gold for the garden. We also visit Seattle Tilth, a training facility that teaches homeowners how to compost on a much smaller scale to give their own gardens the best chance for success.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14069H
18:30:00	Consuelo Mack Wealthtrack Personal Retirement Paycheck	APTX	(S)	(CC)	N/A	#1341H
	Guests: Steven Earhart, Owner, Devon Financial Partners, LLC; Jamie Hopkins, Associate Professor of Taxation, The American College of Financial Services. This week's Consuelo Mack WealthTrack features two retirement income specialists, Professor Jamie Hopkins and financial advisor Steven Earhart, who explain how to create your own paycheck in retirement.					
19:00:00	NHK Newsline	APTX	(S)	(CC)	N/A	#8004
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1207H
20:00:00	Backstage Pass Randy Gelispie Quartet	NETA	(S)	(CC)	N/A	#612H
	Classic jazz from drummer Randy Gelispie. Gelispie has performed with Wes Montgomery, Dinah Washington, Etta Jones, Joe Williams, Nancy Wilson, Dizzy Gillespie and Tommy Flanagan. Randy and his Quartet perform jazz standards to the delight of their enthusiastic audience.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Billy Dean	OETA	(S)	(CC)	N/A	#113H
	"Little By Little" "Preacher and the Bear" (RAY) "American With A Remington" "Billy The Kid" (BILLY DEAN).					
21:00:00	Music Gone Public Delhi-2-Dublin	NETA	(S)	(CC)	N/A	#101H
	This Canadian "United-Nations of Musicians" whips up a wild brew of Irish fiddle, Punjabi-folk and Electronic Dance Music for an enthusiastic hometown crowd of Vancouver fans.					

Daily Program Listing II

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Thu, Apr 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Ecosense for Living Household Tips	NETA	(S)	(CC)	N/A	#101H
	Household tips for saving money while going easier on the planet. The first segment features nationally syndicated radio host and consumer advocate, Clark Howard, showing us the simple changes he's made in his own house to save on his energy bills. In the second segment, an urban couple in an older home is amazed at the results of their whole house energy audit. The third segment takes us behind the scenes at a grocery store for a look at how the decisions we make there affect the planet. Then we wrap it up with a "green cleaning" expert who tells us how to make our own eco-friendly cleaners using inexpensive items from our pantries.					
22:30:00	Ecosense for Living Children & Nature	NETA	(S)	(CC)	N/A	#102H
	Remember how kids used to play outside every day, running through the neighborhood until sunset? In this episode of EcoSense for Living we explore "nature deficit disorder," a term coined by Richard Louv (author, Last Child in the Woods), to describe the physical, mental, and emotional effects that children suffer when they lose contact with nature. Richard pinpoints how we came to be a nation separated from the natural world and how we can reverse it. We'll also hike with psychologist, Dr. David Busch, who uses nature therapy to help kids with ADD and ADHD. Then we'll experience how urban communities reconnect kids to nature through gardening, beekeeping, and creating safe untamed places where kids can still run wild. Find out how you can reconnect kids to their natural roots in your part of the world.					
23:00:00	Doing The Reptile Rumba from the Rainforest of Ranomafana	APTEX	(S)	(CC)	N/A	#0H
	DOING THE REPTILE RUMBA FROM THE RAINFOREST OF RANOMAFANA features Erik Callender, a herpetologist who has turned his lifelong fascination with reptiles into a professional teaching career. In the one-hour program, viewers see first-hand Erik's excitement for teaching and exposing children to the wonders of science and education through his classroom visits in the U.S., where he brings along a menagerie of exotic animals, including lizards, reptiles and snakes. He also travels to the Ranomafana rainforest in Madagascar, where Callender engages with the locals, studies the animals, feeds the crocodiles, and introduces the children of two cultures to some of the most fascinating creatures on earth - as well as each other through webcasts.					

Fri, Apr 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8004
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1207H
01:00:00	Backstage Pass Randy Gelispie Quartet	NETA	(S)	(CC)	N/A	#612H
	Classic jazz from drummer Randy Gelispie. Gelispie has performed with Wes Montgomery, Dinah Washington, Etta Jones, Joe Williams, Nancy Wilson, Dizzy Gillespie and Tommy Flanagan. Randy and his Quartet perform jazz standards to the delight of their enthusiastic audience.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Billy Dean	OETA	(S)	(CC)	N/A	#113H
	"Little By Little" "Preacher and the Bear" (RAY) "American With A Remington" "Billy The Kid" (BILLY DEAN).					
02:00:00	Music Gone Public Delhi-2-Dublin	NETA	(S)	(CC)	N/A	#101H
	This Canadian "United-Nations of Musicians" whips up a wild brew of Irish fiddle, Punjabi-folk and Electronic Dance Music for an enthusiastic hometown crowd of Vancouver fans.					
03:00:00	Ecosense for Living Household Tips	NETA	(S)	(CC)	N/A	#101H
	Household tips for saving money while going easier on the planet. The first segment features nationally syndicated radio host and consumer advocate, Clark Howard, showing us the simple changes he's made in his own house to save on his energy bills. In the second segment, an urban couple in an older home is amazed at the results of their whole house energy audit. The third segment takes us behind the scenes at a grocery store for a look at how the decisions we make there affect the planet. Then we wrap it up with a "green cleaning" expert who tells us how to make our own eco-friendly cleaners using inexpensive items from our pantries.					
03:30:00	Ecosense for Living Children & Nature	NETA	(S)	(CC)	N/A	#102H
	Remember how kids used to play outside every day, running thorough the neighborhood until sunset? In this episode of EcoSense for Living we explore "nature deficit disorder," a term coined by Richard Louv (author, Last Child in the Woods), to describe the physical, mental, and emotional effects that children suffer when they lose contact with nature. Richard pinpoints how we came to be a nation separated from the natural world and how we can reverse it. We'll also hike with psychologist, Dr. David Busch, who uses nature therapy to help kids with ADD and ADHD. Then we'll experience how urban communities reconnect kids to nature through gardening, beekeeping, and creating safe untamed places where kids can still run wild. Find out how you can reconnect kids to their natural roots in your part of the world.					
04:00:00	Doing The Reptile Rumba from the Rainforest of Ranomafana	APTEX	(S)	(CC)	N/A	#0H
	DOING THE REPTILE RUMBA FROM THE RAINFOREST OF RANOMAFANA features Erik Callender, a herpetologist who has turned his lifelong fascination with reptiles into a professional teaching career. In the one-hour program, viewers see first-hand Erik's excitement for teaching and exposing children to the wonders of science and education through his classroom visits in the U.S., where he brings along a menagerie of exotic animals, including lizards, reptiles and snakes. He also travels to the Ranomafana rainforest in Madagascar, where Callender engages with the locals, studies the animals, feeds the crocodiles, and introduces the children of two cultures to some of the most fascinating creatures on earth - as well as each other through webcasts.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#196
08:00:00	Mixed Nutz When I Grow Up	NETA	(S)	(CC)	N/A	#503H
	While working at a rummage sale, the kids share with each other what they would like to be when they grow up. Cowboy, Mad Scientist, Superhero, Astronaut! Nothing short of their imagination can limit their future plans! Lesson: You can be anything you want to be.					
08:30:00	1001 Nights It's A Steal/Which Way Is Up?	NETA	(S)	(CC)	DVI	#110H
	"It's a Steal" - A suspicious looking man is accused of stealing from his neighbors. The townspeople learn that things are not always what they seem. "Which Way Is Up?" - A family goes in search of a better life but they descend into bickering and hatred when they can't agree on the right path to take. In the end, they learn there is more than one way up the mountain.					
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Relief	ACCES		(CC)	N/A	#105H

Fri, Apr 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Knee Strengthening Workout	APTEX	(S)	(CC)	DVI	#1124H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.					
10:00:00	Sit and Be Fit Balance	NETA	(S)	(CC)	N/A	#1206H
	Improving balance through weight training, stretching and leg strengthening is the theme of this episode.					
10:30:00	Sewing with Nancy Patchwork Patterns Inspired By Antique Quilts, Part 2	NETA	(S)	(CC)	N/A	#3015H
	Nancy and guest, Julie Hendricksen, continue a look back in time to admire the work of quilt-making pioneers who didn't have the conveniences that we have today. Their skills, patterns, fabric choices, and designs serve as inspiration for quilts that we can reproduce. Be inspired by the Sewing Basket, Pinwheel, Medallion, and Triangles in a Row quilts.					
11:00:00	Knitting Daily Crochet Day!	NETA	(S)	(CC)	N/A	#1313H
	First, Robyn Chachula demonstrates adding color and texture in a plaid-inspired scarf. Then, meet fashionistas the Double Stitch Twins, Monika and Erika Simmons, who make crochet cool. On Tools of the Trade, get hooked on crochet with these fun hook and yarn ideas from Tanis. Finally, Gayle Bunn demonstrates a simple crocheted baby hat and shows an easy, on-trend embellishment.					
11:30:00	Fons & Porter's Love of Quilting Cross Road to Grandma's House	NETA	(S)	(CC)	N/A	#2911H
	Inspired by memories of traveling to her grandmother's house on Waddington Road, Barb Eikmeier designed this quilt combining two blocks-album cross and snowball-using an on-point layout. Barb and host Sara Gallegos will teach how to construct the quilt, and even share a few tips for working with plaid fabrics. The nostalgic, but bright colors make this a wonderful quilt for remembering the good times.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6185H
13:00:00	P. Allen Smith's Garden to Table There's More Than Meets The Arc	APTEX	(S)	(CC)	DVI	#302H
	Allen is in St. Louis, Missouri where he visits Schlayfly Bottleworks, a local brewery and restaurant that grows and serves fresh vegetables from their garden. Also in St. Louis, the chef at Five Bistro shares a special recipe and Allen makes the famous gooey butter cake, a little far-fetched from homegrown BUT, a true St. Louis experience.					
13:30:00	Cooking with Nick Stellino Breakfast Favorites	APTEX	(S)	(CC)	N/A	#201H
	French Toast with Butter Braised Strawberries in a Cassis Sugar; Matzo Brei; Breakfast Burrito with Ham, Eggs & Parmesan Crust; Kir Royal.					
14:00:00	Kitchen Wisdom of Cecilia Chiang A Legend Is Born	APTEX	(S)	(CC)	DVI	#101H
	Cecilia Chiang was born almost 100 years ago in a China that no longer exists. In this episode, viewers get an overview of her amazing story from Beijing to San Francisco. In 1960, she opened the acclaimed Mandarin restaurant, which revolutionized Chinese food in America. She mentored the likes of Julia Child, James Beard and Alice Waters (Alice calls Cecilia "the Julia Child of Chinese food in America") Now in her mid-90's, Cecilia is mentoring a new generation of Bay area chefs. Corey Lee, the Korean American chef and owner of Benu, a three-star Michelin restaurant, invites Cecilia into his kitchen where she gives him a lesson in making "jowza," or what we in America call "pot stickers."					
14:30:00	Essential Pepin Savory Staples	APTEX	(S)	(CC)	DVI	#101H
	Risotto With Vegetables; Darphin Potatoes; Skillet Sweet Potato; Green Couscous; Corn Polenta With Mushroom Ragout.					
15:00:00	Beads, Baubles and Jewels Beading Fitness Routine	NETA	(S)	(CC)	N/A	#2513H
	Check your beading fitness. Jewelry design Molly Schaller jump starts her designs by mixing matte and glossy beads. Polishing expert Anie Piliguian buffs matte beads to a high-gloss finish. Then, designer Katie Hacker cools down with ideas for using different types of leather cord and creates a jewelry ball to customize a pendant.					

Fri, Apr 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Coming Along Swimmngly	APTEX	(S)	(CC)	N/A	#3102H
	When the sun is hot and there's a mountain of dirt in your backyard it might seem as if your dream pool is never going to become a reality. Host Vicki Payne shows you how to not sweat the small details and keep your eye on the prize as FYH completes their first backyard pool construction project.					
16:00:00	Biz Kid\$ Crash Course On Starting A Business	APTEX	(S)	(CC)	DVI	#405H
	So you've got an idea - now what? Check out this quick, but comprehensive course on business basics. You'll learn how to refine your ideas, make a business plan, identify funding sources, find a market, and of course, sell your service or product. Find out how two teen girls developed a \$2 million business out of magnetic bottle caps.					
16:30:00	Hands On Crafts for Kids Superheroes	NETA	(S)	(CC)	DVI	#1803H
	Who's your favorite superhero? Katie Hacker creates a utility belt to boost your super powers. Jenny Barnett-Rohrs makes a hero emblem for your room. Franz Spohn shows how to draw yourself into a comic book hero and Katie makes Kryptonite soap.					
17:00:00	P. Allen Smith's Garden Home Embrace Your Space	APTEX	(S)	(CC)	DVI	#1601H
	Making the most out of your space doesn't just apply to what's in your house. P. Allen Smith shows you how to take advantage of your great outdoors without breaking the bank.					
17:30:00	Growing A Greener World Year-Round Growing with Eliot Coleman (Harborside, Me)	APTEX	(S)	(CC)	N/A	#623H
	It's a GGW trip to the extreme northeast as we visit acclaimed authors and accomplished gardening sages Eliot Coleman and Barbara Damrosch at their Four Seasons Farm in Harborside, Maine. Throughout the course of this episode, we see how this husband and wife team consistently and successfully grows vegetables all year-round... in even their sometimes frigid Zone 5 climate. You'll have no more excuses about gardening in challenging weather!					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14070H
18:30:00	Great Decisions In Foreign Policy Saudi Arabia	NETA	(S)	(CC)	N/A	#804H
	Saudi Arabia is a nation in transition, with increasing signs that the status quo it has enjoyed for decades is beginning to fray. Once known for having a "special relationship" with the U.S., growing concerns about human rights, terrorism and the Iran nuclear deal suggest the relationship between Riyadh and Washington is coming under strains.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8005
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#913H
20:00:00	Song of the Mountains Fiddlin' Carson Peters/Mark O'connor	NETA	(S)	(CC)	N/A	#1108H
21:00:00	Woodsongs Tim O'brien and Ron Block	NETA	(S)	(CC)	N/A	#1902H
	TIM O'BRIEN is one of titans of roots-music. Between collaborations with Darrell Scott, the recent Grammy winning recording with Jerry Douglas's Earls of Leicester and the rebooting of Hot Rize; it has been four years since Tim's last solo recording. Still, somewhere in O'Brien's vivid imagination, the seeds of 'Pompadour' began to sprout. The fruits of his recent wanderings, music making and worldly observations have blossomed into eleven exquisitely varied, true to life and above all musical tracks. RON BLOCK has long since secured his reputation as a deeply thoughtful and accomplished musician. After two-decades as part of Alison Krauss' band, Union Station, with whom he's earned a collection of Grammy					
22:00:00	Film School Shorts Express Yourself	NETA	(S)	(CC)	N/A	#310H
	Nani (American Film Institute) - While doing community service, a young graffiti artist befriends an elderly woman and introduces her to the exhilarating rush of tagging. Directed by Justin Tipping. Little Favour (University of Southern California) - Like poetry in motion, a single leaf morphs from clay to pencil to paper as it blows through a series of imaginative worlds. Directed by Yawen Zheng.					

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Fri, Apr 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Selling Non-Fiction to An Audience: A Conversation with Terry George Terry George (writer/director Hotel Rwanda; writer In the Name of the Father) reflects on the art of fictionalizing fact and placing ordinary people in extraordinary circumstances as a storytelling vehicle. Followed by Dean Loxton's short film, Under, about a train operator struggling to deal with a traumatic event and finding solace in an unsuspecting way.	NETA	(S)	(CC)	N/A	#505H
23:00:00	Science Goes to the Movies Real Life Nanotech	EPS	(S)	(CC)	N/A	#201H
23:30:00	Theater Talk Dear Evan Hansen Actors Guests: Dear Evan Hansen actors Ben Platt, Rachel Bay Jones, Jennifer Laura Thompson.	EPS	(S)	(CC)	N/A	#1021H

Sat, Apr 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8005
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#913H
01:00:00	Song of the Mountains Fiddlin' Carson Peters/Mark O'connor	NETA	(S)	(CC)	N/A	#1108H
02:00:00	Woodsongs Tim O'brien and Ron Block	NETA	(S)	(CC)	N/A	#1902H
	TIM O'BRIEN is one of titans of roots-music. Between collaborations with Darrell Scott, the recent Grammy winning recording with Jerry Douglas's Earls of Leicester and the rebooting of Hot Rize; it has been four years since Tim's last solo recording. Still, somewhere in O'Brien's vivid imagination, the seeds of 'Pompadour' began to sprout. The fruits of his recent wanderings, music making and worldly observations have blossomed into eleven exquisitely varied, true to life and above all musical tracks. RON BLOCK has long since secured his reputation as a deeply thoughtful and accomplished musician. After two-decades as part of Alison Krauss' band, Union Station, with whom he's earned a collection of Grammy					
03:00:00	Film School Shorts Express Yourself	NETA	(S)	(CC)	N/A	#310H
	Nani (American Film Institute) - While doing community service, a young graffiti artist befriends an elderly woman and introduces her to the exhilarating rush of tagging. Directed by Justin Tipping. Little Favour (University of Southern California) - Like poetry in motion, a single leaf morphs from clay to pencil to paper as it blows through a series of imaginative worlds. Directed by Yawen Zheng.					
03:30:00	On Story Selling Non-Fiction to An Audience: A Conversation with Terry George	NETA	(S)	(CC)	N/A	#505H
	Terry George (writer/director Hotel Rwanda; writer In the Name of the Father) reflects on the art of fictionalizing fact and placing ordinary people in extraordinary circumstances as a storytelling vehicle. Followed by Dean Loxton's short film, Under, about a train operator struggling to deal with a traumatic event and finding solace in an unsuspecting way.					
04:00:00	Science Goes to the Movies Real Life Nanotech	EPS	(S)	(CC)	N/A	#201H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1022H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#197
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Sunflower Drama	APTEX	(S)	(CC)	N/A	#512H
	The sunflower is, along with the rose, one of the most painted flowers in the world. This beautiful dramatic flower turns toward the sun's position, so any conceivable composition and flower position can be depicted. Gary pays particular attention to the petals of the flower which are painted in a loose, somewhat impressionistic style.					
08:30:00	Painting with Wilson Bickford Canada Goose, Part 2	NETA	(S)	(CC)	N/A	#206H
	A Canada Goose sits serenely on the water on a calm Fall day. In Part 2, Wilson finishes the background and shows how to detail bird feathers as he discovers what's good for the goose is good for the gander!					
09:00:00	Landscapes Through Time with David Dunlop Van Gogh's at Saint Remy De Provence	NETA	(S)	(CC)	DVI	#101H
	David takes us through the tumultuous, penultimate year of van Gogh's life - 1889, spent in the asylum of St. Paul de Mausole at St. Remy. David demonstrates the personally expressive palette and brushwork of van Gogh while describing van Gogh's uniquely spiritual and impassioned intentions for painting. David demonstrates van Gogh's drawing techniques as a preparation for his paintings, reveals his connections to Dutch landscape painting and Impressionist color, and shows how he employs these ideas with expressive, moving gestures in the landscape of van Gogh.					
09:30:00	Classical Stretch: By Essentrics Spine Strengthening & Pain-Relief Workout	APTEX	(S)	(CC)	DVI	#1125H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.					

Sat, Apr 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Music and Novelty Mary Ann's love of combining novelty music and exercise is obvious by the way she matches her movements to this engaging staccato melody. Gretchen introduces a seated brain.	NETA	(S)	(CC)	N/A	#1601H
10:30:00	Functional Fitness with Suzanne Andrews Help Me Sleep: Yoga for Insomnia	ACCES	(S)	(CC)	N/A	#306H
11:00:00	Delicious TV's Vegan Mashup The Mediterranean Round-Up Our chefs share favorites dishes from Spain, Italy, and Greece. Rosemary Potato Pizza with Roasted Tomatoes/Paella/Seitan Gyro Rollups/Braised Escarole and Garlicky White Beans.	NETA	(S)	(CC)	DVI	#102H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Baking Up Comfort David Sterling, chef and author of "Yucatan: Recipes from a Culinary Expedition," brings Rick on a whirlwind tour of the peninsula. The pair of Oklahoma-born, Mexico-obsessed chefs begin their journey with a conversation in Hunucma, where Dona Lupita serves home-cooked meals at the kitchen table of her family's cocina economica. Though the Yucatan is not known for its bakeries, David goes to the rustic wood-burning ovens at Panaderia Liz in Merida. Then it's back to the gorgeous kitchen at Los Dos Cooking School, where David makes a pan of buttery, indulgent hojaldras - a sweet-and-savory pastry stuffed with ham, cheese and chile and dusted with sugar. Inspired by all of the homey comfort, Rick makes a nourishing frijol con puerco and a hojaldra all his own.	APTEX	(S)	(CC)	N/A	#1107H
12:00:00	Lidia's Kitchen Acidity At the base of Italian cuisine are essential Italian ingredients and vinegar is one of them. Lidia masters the art of cooking with vinegar in this episode. She prepares a red cabbage and bacon salad in a warm bacon and balsamic vinegar dressing; chicken in vinegar sauce; and a tangy garlic savoy cabbage and potatoes dish.	APTEX	(S)	(CC)	N/A	#426H
12:30:00	Moveable Feast with Fine Cooking Rancho Bella Sante On this episode of Moveable Feast with Fine Cooking, host Pete Evans travels to the southern mountains of Temecula, California where he is joined by chefs Susan Feninger and Mary Sue Miliken of Santa Monica's famous Border Grill. Together they create a Latin inspired feast that features delectable avocados. First stop on today's adventure, the Santa Monica Farmers Market, which is one of the largest grower-only markets in the nation. Here the group picks up lamb and other ingredients for the feast. Next stop, Temecula where Susan, Mary Sue and Pete pick avocados right off the tree. Tonight's homage to the avocado includes heirloom bean tostada with herbs and crispy avocados and a lamb paddy with avocado relish.	APTEX	(S)	(CC)	N/A	#204H
13:00:00	Two for the Road Into The Ecuadorian Amazon Nik and Dusty arrive in Ecuador, where they embark on an epic journey into the Amazon jungle in search of a legendary tribe. And they learn of a dark presence in the forest threatens to devastate the tribe's way of life.	NETA	(S)	(CC)	N/A	#103H
13:30:00	Joseph Rosendo's Travelscope Thousand Islands - A Canadian Bi-National Adventure There are so many beautiful islands in the bi-national Thousand Islands that its name could easily be Two Thousand and More Islands. Each has its particular charm and the Thousand Islands have long captured the heart and soul of those in search of an escape to a place of beauty and tranquility. On this Canadian adventure Joseph goes in search of the gentile pleasures that are synonymous with the islands - a place rich in natural wonders, historic sites and island traditions. There are many for him to choose from - cozy farmers markets, millionaire castles, kayak excursions, UNESCO Biosphere Reserves, family farms and fine restaurants. While the Thousand Islands was and still is the stomping ground of the rich and famous, the spirit of this place is neighborly and down-to-earth. On his travels Joseph discovers that the real treasures of the Thousand Islands are all the people that you'll meet - they're good-natured, independent, yet close knit and connected to this land. They have a spirit of adventure. Some have been here for generations; others just came for a visit and stayed for a lifetime. And their love of this place is real and infectious - it doesn't take long to catch it.	APTEX	(S)	(CC)	DVI	#810H
14:00:00	Rick Steves' Europe Palestine Palestine is the Muslim and Arab half of the Holy Land. After visiting Jerusalem, we harvest olives near Ramallah, follow pilgrims to the place of Jesus' birth in Bethlehem, approach Abraham's tomb - as both Jews and Muslims do - in Hebron, drop in on friends for dinner, and bob in the Dead Sea. We'll also learn about walls, Israeli settlements, and the challenges facing this region.	APTEX	(S)	(CC)	N/A	#806H

Sat, Apr 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese India: Good Karma Explorer Richard Wiese travels to the mystical land of India to explore its ancient yet vibrant traditions. His mission-to perform a "seva" or good deed at the Gurudwara Bangla Sahib in Delhi, a Sikh temple known for feeding thousands. At the world renowned Kalakshetra Foundation, he experiences the magic of Indian music and dance and discovers why they're considered holy arts. Meet an artist who paints holy elephants and find out why Indian pottery is an age-old craft.	APTEX	(S)	(CC)	N/A	#104H
15:00:00	Garden Smart With winter finally coming to an end, it can be hard for gardeners to remember what spring and summer look like in the garden. So GardenSMART visits, in the summer, a place best known for wintertime snow. The flowers and gardening lessons are impressive. Be sure to tune in.	NETA	(S)	(CC)	N/A	#4601H
15:30:00	Chefs A' Field Blueberry Bombshells Exploding Oregon Blueberries Blast the Taste Buds. Chef Vitaly Paley: Paley's Place - Portland, OR World-renowned Portland, Oregon, chef Vitaly Paley is a James Beard Foundation Award winner whose menu is inspired by the bounty of the Pacific Northwest. In search of the perfect berry, he lands in a blueberry patch where frolicking farm kids explain how to pick the prized fruit. With kids in tow, Chef Paley heads back to the kitchen to create dishes starring the blueberry. Recipes: Summer Blueberry Salad with Cascade Greens & Flowers; Blueberry Muffins a la Kuchen.	APTEX	(S)	(CC)	N/A	#203H
16:00:00	Maria Hinojosa: One-On-One Eve Ensler A worldwide phenomenon, the female empowerment play The Vagina Monologues has been translated into 45 different languages and performed in more than 119 countries. Creator Eve Ensler joins Maria Hinojosa for a discussion about the play, its global impact, and her tireless activism. Ensler created V-Day to stop violence against women around the world. In 10 years the movement has raised over \$70 million and has been cited as one of Worth magazine's "100 Best Charities."	APTEX	(S)	(CC)	N/A	#410Z
16:30:00	Overheard with Evan Smith Marcus Samuelsson, Chef/Restaurateur Marcus Samuelsson is a chef and restaurateur who has written numerous cookbooks. In 2013, he won the James Beard Foundation award for Writing and Literature related to food. He was the youngest chef ever to receive a three-star restaurant review from the New York Times. His restaurant, Red Rooster, is located in Harlem, NY. His latest book, "The Red Rooster Cookbook" was released this October.	NETA	(S)	(CC)	N/A	#711H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Weave Master Weaver Jaunita Hofstrom wanted to have a place just for weavers to gather and pursue their love of weaving. She bought a little church around the corner from her house and started living that dream. Host Eric Gorges explores the ins and outs and up and overs of this traditional craft.	APTEX	(S)	(CC)	N/A	#206H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3513H
18:30:00	The Open Mind Encryption and Liberty Guest: Cindy Cohn. Cindy Cohn, executive director of the Electronic Frontier Foundation, talks about safeguarding rights in the digital world.	NETA		(CC)	N/A	#3734H
19:00:00	Closer to Truth Death Disrupted? Religions offer life after death. Many people are skeptical. Evidence for post-mortem survival? Again, skeptics abound: Can death ever be defeated? Are these possible ways?	EPS	(S)	(CC)	N/A	#1701H
19:30:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 2 This is the second part of a two-part interview featuring a charged dialogue between controversial cultural critic and humanities/media studies professor Camille Paglia and legal studies expert and sociologist Laura Beth Nielsen on the topic of free speech on the college campus. Host Paula Marantz Cohen navigates this vexed subject, while Paglia and Nielsen explore a range of related themes including the implications of Title IX policy with regard to gender and sexual assault/harassment; the role of higher education administration in students' personal lives and social choices; the rising culture of anxiety among college students; affirmative consent codes in student sexual relationships; and free speech rights on the college campus.	NETA		(CC)	N/A	#510H

Sat, Apr 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live America	APTEX	(S)	(CC)	N/A	#401H
	<p>Grammy winning music group America, led for four decades by Gerry Beckley and Dewey Bunnell, perform their greatest hits. America's Infinity Hall Live concert takes the audience on a musical journey from the 70's to the 80's playing hit after hit of the folk rock band's timeless songs. The band's signature harmonies can be heard on classic hits such as; "A Horse with No Name", "Ventura Highway", "Sister Golden Hair," and "You Can Do Magic". Listen to Gerry and Dewey talk about what it was like to be a reflection of their own generation, achieving international recognition at the same time as The Eagles and Joni Mitchell all under the tutelage of David Geffen and the magnificence of the hippie counter culture that continued to permeate the seventies.</p>					
21:00:00	Front and Center The Cadillac Three	APTEX	(S)	(CC)	N/A	#706H
	<p>Fronted by Grammy Award nominated songwriter Jaren Johnston, The Cadillac Three have a sound that hovers between radio-ready country anthems, hard-and-heavy rock ballads and traditional southern folk. The trio perform songs from their latest album, Bury Me in My Boots, including their three top 50 songs "The South," "Party Like You," and "White Lightning."</p>					
22:00:00	Globe Trekker Road Trip: Rust Belt Highway, USA	APTEX	(S)	(CC)	N/A	#1601H
	<p>Globe Trekker Megan McCormick takes to the road to explore the industrial heartland of America. This atmospheric and evocative road trip goes through some of America's most underrated regions and beautiful country sides. Megan goes through the cities of Pittsburgh, Detroit and Flint, Michigan, along the famous Highway 61 before we skirt the shores of the Great Lakes. In Ohio, she visits Cleveland, Toledo and Akron, the former Rubber Capital of the World. This episode looks at what remains of the industries that made America great, and how the Rust Belt is transforming itself, and looking to the future in the 21st Century.</p>					
23:00:00	Arts In Context The Influencers	NETA		(CC)	N/A	#505H
	<p>Few things form the expectations for a work-of-art like its branding. Album art, posters, and visual presentation can enhance, transform, or even subvert its associated work-of-art. Responsible for some of the most iconic album art in the past two decades, Chris Bilheimer has left his stamp on the world of graphic design. Having created some of the most recognizable album covers in the world for R.E.M., Green Day, and Neutral Milk Hotel, Bilheimer is now in Austin, Texas, searching for new opportunities. Michael Sieben is not only one of the world's best graphic designers but is also the managing editor of Thrasher Magazine. These two key figures of contemporary graphic design are helping to shape the future of branding.</p>					
23:30:00	Invitation to World Literature Things Fall Apart	APTEX	(S)	(CC)	DVI	#110H
	<p>In this foundational modern African novel, Chinua Achebe's story follows the lives of people trying to understand which belief systems deserve their loyalty. The protagonist, Okonkwo is a tribal leader who battles neighboring villages, the English, and his own demons in early colonial Nigeria. The perspectives of readers from around the world reveal the novel's universal themes. Cast members include playwright and professor Tess Onwueme and theater director Chuck Mike.</p>					

Sun, Apr 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Death Disrupted? Religions offer life after death. Many people are skeptical. Evidence for post-mortem survival? Again, skeptics abound: Can death ever be defeated? Are these possible ways?	EPS	(S)	(CC)	N/A	#1701H
00:30:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 2 This is the second part of a two-part interview featuring a charged dialogue between controversial cultural critic and humanities/media studies professor Camille Paglia and legal studies expert and sociologist Laura Beth Nielsen on the topic of free speech on the college campus. Host Paula Marantz Cohen navigates this vexed subject, while Paglia and Nielsen explore a range of related themes including the implications of Title IX policy with regard to gender and sexual assault/harassment; the role of higher education administration in students' personal lives and social choices; the rising culture of anxiety among college students; affirmative consent codes in student sexual relationships; and free speech rights on the college campus.	NETA		(CC)	N/A	#510H
01:00:00	Infinity Hall Live America Grammy winning music group America, led for four decades by Gerry Beckley and Dewey Bunnell, perform their greatest hits. America's Infinity Hall Live concert takes the audience on a musical journey from the 70's to the 80's playing hit after hit of the folk rock band's timeless songs. The band's signature harmonies can be heard on classic hits such as; "A Horse with No Name", "Ventura Highway", "Sister Golden Hair," and "You Can Do Magic". Listen to Gerry and Dewy talk about what it was like to be a reflection of their own generation, achieving international recognition at the same time as The Eagles and Joni Mitchell all under the tutelage of David Geffen and the magnificence of the hippie counter culture that continued to permeate the seventies.	APTEX	(S)	(CC)	N/A	#401H
02:00:00	Front and Center The Cadillac Three Fronted by Grammy Award nominated songwriter Jaren Johnston, The Cadillac Three have a sound that hovers between radio-ready country anthems, hard-and-heavy rock ballads and traditional southern folk. The trio perform songs from their latest album, Bury Me in My Boots, including their three top 50 songs "The South," "Party Like You," and "White Lightning."	APTEX	(S)	(CC)	N/A	#706H
03:00:00	Globe Trekker Road Trip: Rust Belt Highway, USA Globe Trekker Megan McCormick takes to the road to explore the industrial heartland of America. This atmospheric and evocative road trip goes through some of America's most underrated regions and beautiful country sides. Megan goes through the cities of Pittsburgh, Detroit and Flint, Michigan, along the famous Highway 61 before we skirt the shores of the Great Lakes. In Ohio, she visits Cleveland, Toledo and Akron, the former Rubber Capital of the World. This episode looks at what remains of the industries that made America great, and how the Rust Belt is transforming itself, and looking to the future in the 21st Century.	APTEX	(S)	(CC)	N/A	#1601H
04:00:00	Arts In Context The Influencers Few things form the expectations for a work-of-art like its branding. Album art, posters, and visual presentation can enhance, transform, or even subvert its associated work-of-art. Responsible for some of the most iconic album art in the past two decades, Chris Bilheimer has left his stamp on the world of graphic design. Having created some of the most recognizable album covers in the world for R.E.M., Green Day, and Neutral Milk Hotel, Bilheimer is now in Austin, Texas, searching for new opportunities. Michael Sieben is not only one of the world's best graphic designers but is also the managing editor of Thrasher Magazine. These two key figures of contemporary graphic design are helping to shape the future of branding.	NETA		(CC)	N/A	#505H
04:30:00	Invitation to World Literature Things Fall Apart In this foundational modern African novel, Chinua Achebe's story follows the lives of people trying to understand which belief systems deserve their loyalty. The protagonist, Okonkwo is a tribal leader who battles neighboring villages, the English, and his own demons in early colonial Nigeria. The perspectives of readers from around the world reveal the novel's universal themes. Cast members include playwright and professor Tess Onwueme and theater director Chuck Mike.	APTEX	(S)	(CC)	DVI	#110H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#198
08:00:00	Gary Spetz's Watercolor Quest Sea of Cortez Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Baja Mexico-from the mountain-surrounded scenic town of Loreto to the flashy resort beaches of Cabo San Lucas. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#113H

Sun, Apr 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Rearing Horse Part I	NETA	(S)	(CC)	N/A	#1607H
09:00:00	Wyland's Art Studio Orcas Below Art Lesson: Creating Depth. Create the illusion of three-dimensional imagery. Mastering the ability to create depth in art takes practice and patience. Draw distant objects small than close objects. Incorporate the effects of atmosphere that decrease visibility of objects farther from the viewer. Reduce detail as the background diminishes with mountains and other objects appearing only as silhouettes. Other techniques to imply depth may include reducing color in the background to reinforce the concept of distance between images. Warm colors appear closer to the viewer, while cool colors appear farther. It should be noted that a full range of colors might be unneeded. Using three or even only two colors can make a coherent image with an exceptional sense of depth.	APTEX		(CC)	N/A	#613H
09:30:00	Classical Stretch: By Essentrics Hips & Hamstring Workout In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.	APTEX	(S)	(CC)	DVI	#1126H
10:00:00	Sit and Be Fit Pelvic Floor Muscles of pelvic floor are often ignored but this workout shows some easy movements to keep those important muscles strong.	NETA	(S)	(CC)	N/A	#1208H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#224
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#301H
11:30:00	New Orleans Cooking with Kevin Belton Oysters Oysters Rockefeller, fried oysters with spinach salad, oyster patties.	APTEX	(S)	(CC)	N/A	#119H
12:00:00	Ciao Italia Cooking at the Barilla Academy/Cucinando All'academia Barilla Mary Ann travels to Parma, Italy, where she teaches her students at Barilla Cooking Academy, beginning with Veal Cutlets Stuffed with Artichokes. Then the students go off to prepare the rest of their memorable meal; Green Lasagne Bolognese with Ragu Sauce, Stuffed, Oven-baked Zucchini, and for dessert? Don't be frightened, it' Almond Snake Cake.	NETA	(S)	(CC)	N/A	#2424H
12:30:00	Mike Colameco's Real Food Batard 239 W Broadway is hallowed ground in the NYC restaurant world. In 1989 impresario Drew Nieporent opened Montrachet there to great acclaim, that was followed by the 3 Star Corton and now Batard which earned accolade after accolade including the James Beards best new restaurant of 2014 and another 3 stars from the NY Times.	NETA	(S)	(CC)	N/A	#1403H
13:00:00	Bare Feet with Mickela Mallozzi Montreal Then & Now (Montreal, Canada) Montreal's European history translates to its traditional dances from France, England, Scotland, and Ireland - Mickela gets a taste of this Old World feel at La Grande Rencontre Festival, while also experiencing the artistic modernity of this city. She also gets a first-hand lesson on dance for people with disabilities.	APTEX	(S)	(CC)	DVI	#107H
13:30:00	Travel Detective with Peter Greenberg The Invisibles Do you ever wonder who really runs the travel industry? We're not talking about the corporate CEO's or hotel general managers, but rather, the people who load your bags on the plane or bring the towels to your room. CBS News Travel Editor Peter Greenberg calls them "The Invisibles", and explains how they make a critical difference every time you travel. Plus, it's not just about cheese! Peter takes us to tribal Indian nations: a hidden gem of Wisconsin. And, while the Corinthia London is a fairly new hotel in New York City, correspondent Tracy Gallagher reveals that it has quite a compelling history.	NETA	(S)	(CC)	DVI	#206H
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#301H

Sun, Apr 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Burt Wolf: Travels & Traditions Women @ Work	APTEX	(S)	(CC)	N/A	#1504H
	Burt's mother was one of the first women executives at Macy's Department store. During the past few years, as Burt traveled around the world he began to see how things had changed for women in business and how some things had not changed. In this program he visits with leading authorities on the history of women at work. It took him to New York City, Fairfield, Connecticut, Washington, DC and Zurich, Switzerland.					
15:00:00	Woodsmith Shop Classic Tips & Tricks	NETA	(S)	(CC)	N/A	#1013H
	The editors of Woodsmith magazine wrap up the season with a series of tips and tricks segments covering a range of woodworking topics.					
15:30:00	Rough Cut - Woodworking with Tommy Mac TV Tray with Jesse Shaw	APTEX	(S)	(CC)	N/A	#606H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy introduces a new face to the show, furniture maker Jesse Shaw. Jesse works with Tommy to build a contemporary version of the 1950's style TV tray, with an updated curve in the legs to make it more modern. Made out of a rich walnut, Jesse uses bent lamination and modern technology to make an amazingly handy living room essential.					
16:00:00	Happy Yoga with Sarah Starr Autumn Glory	NETA	(S)	(CC)	N/A	#209H
	Behold the changing leaves and bursts of fall color as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.					
16:30:00	Second Opinion Borderline Personality Disorder	APTEX	(S)	(CC)	N/A	#1302H
	Often misunderstood and under-diagnosed, Borderline Personality Disorder is a serious mental illness that leaves those affected struggling to control emotions and maintain healthy relationships. Amy Allison shares the story of the life she achieved as a high-functioning professional while her personal life was in turmoil.					
17:00:00	Feel Grand with Jane Seymour Redefining Cancer	APTEX	(S)	(CC)	N/A	#106H
	The word cancer describes a group of more than 100 diseases. It's the second largest killer in the United States today, accounting for nearly 1 in every 4 deaths. But do we need to look at cancer in in another way? If we change the conversation, and tackle cancer as a disease that's not automatically a death sentence and something you can live with, can we begin to conquer it psychologically?					
17:30:00	Well Read Ian Rankin: Rather Be The Devil	APTEX	(S)	(CC)	N/A	#618H
	International best selling author Ian Rankin, fresh from his homeland of Scotland, talks about his latest tale for popular detective John Rebus in the new book Rather Be The Devil. A must read about power, corruption, and bitter rivalries in the dark heart of Edinburgh.					
18:00:00	California's Gold Kaiser Shipyard Day Care and 24 Hour Meals, It Was The Model of Efficiency A	KCET		(CC)	N/A	#1003
	During W.W. II the Kaiser shipyard in Richmond California built 747 ships while working 24 hours a day and 365 days a year for the war effort. With full medical care, housing, daycare and 24 hour meals, it was the model of efficiency and the forerunner of Kaiser Permanente. Huell and Luis visit the site of the Kaiser Shipyard and talk with people who worked there throughout the war, including some "Rosie the Riveters" who took the place of the many men who were overseas. As a special treat we follow one of the original Victory ships that was built at the shipyard as it returns home. The SS Red Oak Victory was saved by the city of Richmond and towed out of the Naval Reserve Fleet at Suisun Bay down to its new home where it will be restored and used as a museum. We'll tag along on this exciting day as a piece of California's Gold comes home.					
18:30:00	Curious Traveler Curious Rome	APTEX	(S)	(CC)	N/A	#202H
	Why is there a giant hole in the top of the Pantheon? And how is it still standing after more than two millennia? Why does Piazza Navona look like a racetrack? And why did it used to be a swimming pool? Where did the bronze for St. Peter's Basilica come from, and why are those windows in the dome so heavenly?					
19:00:00	Natural Heroes Joanna Macy and the Great Turning	KNME	(S)	(CC)	N/A	#711H
	Eco-philosopher Joanna Macy knows that when things look bleak, human beings respond with great wisdom and ingenuity. Her story of what she calls "the Great Turning," the global shift from destruction to sustainability, is deeply inspiring. If you loved Joseph Campbell's insight, you'll be equally moved by Joanna Macy. "Don't be afraid of your heart breaking open," she tells us. "The heart that breaks open can hold the whole universe. It's that big."					

Sun, Apr 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Matthew Sade Ceo of Kite Hill Host Kamla Bhatt interviews Matthew Sade, CEO of Kite Hill, a bay area food company that produces plant-based artisan yogurts and cheeses with artisan almond milk and live active cultures to create the new gold-standard in plant-based dair products.	KAMLA	(S)	(CC)	N/A	#109H
20:00:00	Black America Hollywood In Black America with Courtney B. Vance Carol Jenkins talks with actor Courtney B. Vance about his career, his influences and his work as an actor in projects such as 'Scandal' and 'The People Vs. O.J. Simpson: An American Crime Story'.	EPS	(S)	(CC)	N/A	#103H
20:30:00	Black America Racism with Dr. Khalil Gibran Muhammad This week on Black America, we explore the topic of racism with guest, Dr. Khalil Gibran Muhammad, Director of the Schomburg Center for Research in Black Culture.	EPS	(S)	(CC)	N/A	#104H
21:00:00	Paving The Way: The National Park-To-Park Highway See America First At a time when train travel to the National Parks was only for the wealthy, this program follows the convergence of U.S. Land being set aside for all people, the development of the "autos for the everyman" and the need to escape the drone of WWI and the 1918 flu pandemic. With this need for release, 12 intrepid motorists embark upon the 1920 inaugural tour of the National Park-to-Park Highway. Traveling 5, 000 miles over 76 days to promote the need for good roads, these individuals also explore the idea of what it means to 'See America First' while touring in the western United States, instead of visiting their ancestry in war torn Europe.	APTEX	(S)	(CC)	N/A	#101
22:00:00	Illusions In Stone Illusions in Stone tells the global story of the emerald trade. It is a story of hope, faith, danger and desire. It is a place where you will meet righteous thieves, reckless illegal miners, and religious scholars in an underground business. They are all united by their fascination with the green stones. Our journey begins in the mines of Brazil, and takes us to India, Zambia, Israel and Colombia where workers face danger and uncertainty below ground and equally dangerous vice and temptation above ground. We meet the miners, traders, scholars, warriors and clergymen. Their stories are tied together by the thread of hope, by the green dream that calls them back to the mines and markets, the dream the often proves to be an illusion.	NETA	(S)	(CC)	N/A	#0H
23:00:00	I Go Home The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.	APTEX	(S)	(CC)	N/A	#0H

Mon, Apr 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Joanna Macy and the Great Turning Eco-philosopher Joanna Macy knows that when things look bleak, human beings respond with great wisdom and ingenuity. Her story of what she calls "the Great Turning," the global shift from destruction to sustainability, is deeply inspiring. If you loved Joseph Campbell's insight, you'll be equally moved by Joanna Macy. "Don't be afraid of your heart breaking open," she tells us. "The heart that breaks open can hold the whole universe. It's that big."	KNME	(S)	(CC)	N/A	#711H
00:30:00	The Kamla Show Special Matthew Sade Ceo of Kite Hill Host Kamla Bhatt interviews Matthew Sade, CEO of Kite Hill, a bay area food company that produces plant-based artisan yogurts and cheeses with artisan almond milk and live active cultures to create the new gold-standard in plant-based dair products.	KAMLA	(S)	(CC)	N/A	#109H
01:00:00	Black America Hollywood In Black America with Courtney B. Vance Carol Jenkins talks with actor Courtney B. Vance about his career, his influences and his work as an actor in projects such as 'Scandal' and 'The People Vs. O.J. Simpson: An American Crime Story'.	EPS	(S)	(CC)	N/A	#103H
01:30:00	Black America Racism with Dr. Khalil Gibran Muhammad This week on Black America, we explore the topic of racism with guest, Dr. Khalil Gibran Muhammad, Director of the Schomburg Center for Research in Black Culture.	EPS	(S)	(CC)	N/A	#104H
02:00:00	Paving The Way: The National Park-To-Park Highway See America First At a time when train travel to the National Parks was only for the wealthy, this program follows the convergence of U.S. Land being set aside for all people, the development of the "autos for the everyman" and the need to escape the drone of WWI and the 1918 flu pandemic. With this need for release, 12 intrepid motorists embark upon the 1920 inaugural tour of the National Park-to-Park Highway. Traveling 5, 000 miles over 76 days to promote the need for good roads, these individuals also explore the idea of what it means to 'See America First' while touring in the western United States, instead of visiting their ancestry in war torn Europe.	APTEX	(S)	(CC)	N/A	#101
03:00:00	Illusions In Stone Illusions in Stone tells the global story of the emerald trade. It is a story of hope, faith, danger and desire. It is a place where you will meet righteous thieves, reckless illegal miners, and religious scholars in an underground business. They are all united by their fascination with the green stones. Our journey begins in the mines of Brazil, and takes us to India, Zambia, Israel and Colombia where workers face danger and uncertainty below ground and equally dangerous vice and temptation above ground. We meet the miners, traders, scholars, warriors and clergymen. Their stories are tied together by the thread of hope, by the green dream that calls them back to the mines and markets, the dream the often proves to be an illusion.	NETA	(S)	(CC)	N/A	#0H
04:00:00	I Go Home The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#199
08:00:00	Mixed Nutz Bollywood Dreams Sanjay learns that love and politic don't mix when he falls in love with his teacher during class elections. He is too busy imagining her in romantic Bollywood movies, instead of paying attention to the voters. In the end, the more responsible party wins and Sanjay realizes where he went wrong. Lesson: When you take on a responsibility, do it for the right reasons.	NETA	(S)	(CC)	N/A	#504H
08:30:00	1001 Nights To Hatch A Thief/The Gift of Norooz "To Hatch a Thief" - When ordinary townspeople resort to stealing, they soon learn what it's like to have to live among thieves. "The Gift of Norooz" - A poor family learns the true spirit of giving during the Persian New Year.	NETA	(S)	(CC)	DVI	#111H
09:00:00	Functional Fitness with Suzanne Andrews Anti Aging	ACCES		(CC)	N/A	#106H

Mon, Apr 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Bone Strength Workout	APTEX	(S)	(CC)	DVI	#1127H
	In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.					
10:00:00	Sit and Be Fit Posture and Breathing	NETA	(S)	(CC)	N/A	#1209H
	Posture is essential to any good workout. In this program Mary Ann demonstrates how to maintain good posture while exercising.					
10:30:00	Sewing with Nancy Sew A Knit Wardrobe from Start to Finish, Part 1	NETA	(S)	(CC)	N/A	#3016H
	Start with a simple pattern and medium-weight knit fabric, plus a few sewing notions and you're ready to learn the basics of sewing with knits. Then, sew a versatile, yet carefree wardrobe in a minimum of sewing time with Nancy's streamline instructions. A swing jacket and top are the two wardrobe pieces featured in this first episode.					
11:00:00	Knitting Daily Great Beginnings	NETA	(S)	(CC)	N/A	#1401H
	Have you ever felt at a loss when trying to start a project? Learn to choose the right yarn and fiber with Patty Lyons, and meet up with designer Cirilia Rose in her Seattle studio. Stephannie Tallent shares tips on provisional cast-ons and Tanis Gray teaches an unusual vertical slit cable. Vickie Howell wraps up Loose Ends with an easy triangle shawl that's worked tip-to-tip.					
11:30:00	Fons & Porter's Love of Quilting A Formal Affair	NETA	(S)	(CC)	N/A	#2912H
	Who knew the home-y log cabin block could have such a dramatic side? Toby Lischko's variation on the log cabin design plays with color, value and placement, resulting in an elegant, riveting quilt. The simple construction gives Toby and host Sara Gallegos ample opportunity to teach the basic, good quilting practices that quilters are all too likely to rush past. Let this sophisticated-looking quilt bring you back to your roots.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6186H
13:00:00	America's Test Kitchen from Cook's Illustrated The Ultimate Sticky Buns	APTEX	(S)	(CC)	N/A	#1707H
	Hosts Julia Collin Davison and Bridget Lancaster head into the test kitchen to uncover the secrets to making the ultimate sticky buns at home. Then, science expert Dan Souza demystifies the science of a water roux. Next, tasting expert Jack Bishop challenges Bridget to a tasting of almond butter. And finally, equipment expert Adam Ried reviews waffle irons in the equipment corner.					
13:30:00	Pati's Mexican Table Naturally Vegetarian Mexican	APTEX	(S)	(CC)	DVI	#213H
	Forget soy and tofu; these are authentic Mexican recipes where produce, fruits and vegetables are naturally the stars. Zucchini Soup with Tortilla Crisps; Cactus Paddle Tostadas; Fluffy Plantain and Pecan Bread.					
14:00:00	Primal Grill with Steven Raichlen Italian Fire	APTEX	(S)	(CC)	N/A	#304H
	Since Roman times, the Italian focus-hearth-has made monumental contributions to the world of live fire cooking. A new addition to the Primal Grill equipment collection, an authentic Italian-style wood-burning oven, inspired this show's menu: two versions of Italy's iconic food, pizza, cooked on the floor of the oven but easily adapted to a conventional grill; wood oven-roasted sweet and sour duck; and monster bone-in pork chops glazed with a reduction of red wine, honey, and balsamic vinegar. Benissimo. Wood Oven Pizzas (Margherita and Bacon Potato); Sweet and Sour Duck; Grilled Pork Chops with Cipollini Onion Sauce; Grilled Cipollini Onions on Skewers.					
14:30:00	Steven Raichlen's Project Smoke Bird Meets Smoke	APTEX	(S)	(CC)	N/A	#202H
	Some of the world's greatest poultry dishes owe their character to wood smoke. In this show you'll learn the fundamentals of smoking chicken, turkey, duck, and even quail eggs-from curing and brining to hay-smoking in a stovetop smoker. Chipotle chilies give cherry barbecue sauce a blast of smoke, too. Cherry-smoked duck with chipotle-cherry barbecue sauce; Citrus-smoked turkey breast; Bacon, ham and cheese chicken thighs; Hay smoked quail eggs.					
15:00:00	Beads, Baubles and Jewels Mixing Simple Metal Smithing with Stringing	NETA	(S)	(CC)	N/A	#2001H
	Designer and author Candie Cooper has a unique lesson on coordinating your jewelry pieces. She creates simple layered earrings and then a knotted necklace. She also shares a tool tip for using a hammer and anvil. Katie's Beading Lesson is about coiled bead bracelets to suit any style.					

Mon, Apr 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Bungalow Blowout	APTEX	(S)	(CC)	N/A	#3103H
	It can be really expensive to fall in love with a neighborhood especially a trendy one filled with small, out of date houses. FYH tackles the renovation of a 1920's arts and crafts bungalow in a five-part mini series. In this first episode, viewers will meet the homeowners, architects, builder and experience the process of designing the new spaces.					
16:00:00	Biz Kid\$ How to Make A Million Bucks!	APTEX	(S)	(CC)	DVI	#406H
	It is possible! If you start early and save consistently, you'll take advantage of the power of compound interest. You can make a million by working hard, spending less than you make, and saving, saving, saving. Meet a 16-year-old with a fashion recycling business.					
16:30:00	Hands On Crafts for Kids Too Nice to Stay Inside	NETA	(S)	(CC)	DVI	#1804H
	Let's head outside for some fun. Jenny Barnett-Rohrs makes colorful hand grips for your bike. Katie Hacker has some fun with friendly bugs. Franz Spohn has sidewalk art tips and Katie makes special discovery eggs.					
17:00:00	P. Allen Smith's Garden Home Thank You for Sharing	APTEX	(S)	(CC)	DVI	#1602H
	Sharing is caring, so join P. Allen Smith as he visits with some of the movers and shakers making a real difference in their communities.					
17:30:00	Growing A Greener World Growing Without Soil: Hydroponics (Atlanta, Ga; New York City; Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#624H
	Growing hydroponically- without soil- offers many advantages, from fewer pest and diseases to being able to grow your own food in almost any size space. We showcase shipping containers that grow restaurant-quality produce hydroponically and a New Yorker creating small-scale hydroponic gardens that work anywhere there's a window. Even our own foodscape correspondent Brie Arthur shows her system for growing tomatoes hydroponically at her home.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14071H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#202H
	We feature Asian American leaders and Thornton in the fashion industry and profile designers, social media experts and entrepreneurs who are changing the way we look at fashion.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8006
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3513H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#409H
	Mod throwback instrumental ensemble Steelism plays country jazz and surf. Jake Shimabukuro makes his ukulele gently weep. And Nashville's beloved writer/player/singer Andrea Zonn debuts new music w guests Keb Mo and more.					
21:00:00	Live from the Dennison Lodge Best of Live from the Dennison	NETA	(S)	(CC)	N/A	#111H
	This holiday special features stand-out performances from the artists that graced the Dennison Lodge stage in Dubois over the past 18 months, including Mike Dowling, Bepe Gambetta, Karen Savoca, and more.					
22:00:00	Jens Jensen The Living Green	APTEX	(S)	(CC)	N/A	#0H
	Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.					
23:00:00	Saving New England Fisheries	NETA	(S)	(CC)	N/A	#0H
	For centuries, the ocean sustained life, built an economy and iconic culture in New England. This is the story of using lessons from the past to create a sustainable future for our fisheries.					

Tue, Apr 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8006
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3513H
01:00:00	Music City Roots Live from the Factory Mod throwback instrumental ensemble Steelism plays country jazz and surf. Jake Shimabukuro makes his ukulele gently weep. And Nashville's beloved writer/player/singer Andrea Zonn debuts new music w guests Keb Mo and more.	APTEX	(S)	(CC)	N/A	#409H
02:00:00	Live from the Dennison Lodge Best of Live from the Dennison This holiday special features stand-out performances from the artists that graced the Dennison Lodge stage in Dubois over the past 18 months, including Mike Dowling, Bepe Gambetta, Karen Savoca, and more.	NETA	(S)	(CC)	N/A	#111H
03:00:00	Jens Jensen The Living Green Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Saving New England Fisheries For centuries, the ocean sustained life, built an economy and iconic culture in New England. This is the story of using lessons from the past to create a sustainable future for our fisheries.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#200
08:00:00	Mixed Nutz Obsession Jae becomes obsessed with winning the junior golf championships, as Damaris gets carried away with cleanliness. Both kids learn the value of moderation, and enjoying the tasks at hand with getting too caught up in them. Lesson: Too much of anything can be harmful.	NETA	(S)	(CC)	N/A	#505H
08:30:00	1001 Nights Creature Karma/Just My Luck "Creature Karma" - A young girl befriends three animals who lead her on an interesting journey. "Just My Luck" - An unlucky man just can't get a break.	NETA	(S)	(CC)	DVI	#112H
09:00:00	Functional Fitness with Suzanne Andrews Copd/Asthma	ACCES		(CC)	N/A	#107H
09:30:00	Classical Stretch: By Essentrics Weight Loss Workout In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.	APTEX	(S)	(CC)	DVI	#1128H
10:00:00	Sit and Be Fit Facial Exercises Facial exercises are important because they increase sensory awareness in mouth and encourage facial expression. These exercises are essential for anyone experiencing neurological challenges.	NETA	(S)	(CC)	N/A	#1210H
10:30:00	Sewing with Nancy Sew A Knit Wardrobe from Start to Finish, Part 2 If it has been awhile since you've sewn with knits or if you've never tried sewing with knit fabrics, this series is what will give you knit-sewing confidence. See how easily a knit skirt or pants can be sewn or serged in an evening. Use Nancy's updated sewing techniques to make the process enjoyable without taking hours of time.	NETA	(S)	(CC)	N/A	#3017H

Daily Program Listing II

43.1

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Tue, Apr 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily Thick of It	NETA	(S)	(CC)	N/A	#1402H
	Bigger is better for a quick knit or last-minute gift. Nicole Winer demonstrates how to knit a mega bulky hat and fiber artist Kait Brink chats about her meta-mega yarn project. Tanis Gray knits a fun, loopy fur stitch with chunky yarn that could become a home dec item or a doll. Becca Smith explains the magic of scale and shows how to knit with really huge needles and giant yarn.					
11:30:00	Fons & Porter's Love of Quilting Twilight in the Garden	NETA	(S)	(CC)	N/A	#2913H
	Melanie Greseth and Joanie Holton join us again with a striking quilt that will have you eagerly branching out into new design territory. Playing with pieced borders, new ways to use old tools, and even metallic prints, this quilt is a garden of inspiration.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6187H
13:00:00	Hubert Keller: Secrets of a Chef Hawaiian Island Lunch	NETA	(S)	(CC)	N/A	#513H
	A fan of Hawaiian cuisine, Chef Keller prepares a tasty island lunch. First it's a grilled octopus salad with hearts of palm, sea beans and a chipotle aioli. Then he makes the popular musubi sandwich with sushi rice, nori seaweed, and pork belly. Dessert is a roasted pineapple, infused with vanilla beans and soaked in a rum brown sugar syrup. Grilled Octopus Salad with Hearts of Palm, Hawaiian Musubi Sandwich, & Roasted Pineapple with Vanilla and Rum.					
13:30:00	Sara's Weeknight Meals Upside Down Day	APTEX	(S)	(CC)	N/A	#512H
	Turn the day upside down by having breakfast for dinner. Savory waffles Benedict is perfect and perfectly filling as is Sara's take on the classic spaghetti with bacon, eggs and toasted bread crumbs! We'll also visit a smokehouse to see how bacon gets the flavor we all crave.					
14:00:00	Taste of History Artillery by the Book	NETA	(S)	(CC)	N/A	#603H
	Boston bookshop owner, Henry Knox, used his bookish interest in military manuals to become the chief artillery officer for General Washington. Chef Walter Staib visits Fort Mercer to learn how Knox and a rag-tag militia helped win America's independence. Chef Staib cooks "pease" soup with pork shanks and Sally Lunn toast, Hunter's stew with rabbit, beef, turkey and pork, skillet potatoes and lights cannonball punch on fire.					
14:30:00	Sara's Weeknight Meals Jewish Holidays	APTEX	(S)	(CC)	N/A	#610H
	Sara celebrates the Jewish holidays with two traditional dishes that are often tricky to prepare. She takes viewers through the process, step by step, starting with wine braised brisket. On the side, her husband's Aunt Rifka's recipe for matzo balls they call 'flying discs'. Next, Sara and her nephew visit Stone Barns, the farm and food incubator in Westchester, New York to get fresh winter vegetables for her root vegetable latkes, Sara's version of the traditional Hanukkah dish. Recipes: Braised brisket with flying disks; Root vegetable latkes.					
15:00:00	Beads, Baubles and Jewels Using Jigs for Wire Forming	NETA	(S)	(CC)	N/A	#2002H
	Brenda Schweder is an expert on using jigs for forming wire. She demonstrates how to use a jig, plus new ways to create buckle findings. Katie's Beading Lesson is a stylish color block necklace.					
15:30:00	For Your Home Getting Dirty	APTEX	(S)	(CC)	N/A	#3104H
	With building plans in place Vicki and her FYH team of professionals begin the demolish process of the existing bungalow. The foundation for the new addition is completed and the builder discovers extensive termite damage. Homeowners work through budgets and product selections for their bungalow.					
16:00:00	Biz Kid\$ Scam-A-Rama (Protect Yourself from Being Scammed)	APTEX	(S)	(CC)	DVI	#407H
	It's a complicated world and there are many ways you can be taken advantage of or cheated. Learn how to recognize a scam, and how to protect yourself from identify theft, pyramid schemes, and more.					
16:30:00	Hands On Crafts for Kids Wings	NETA	(S)	(CC)	DVI	#1805H
	Our creativity takes to the air. Jenny Barnett-Rohrs and Katie Hacker make sparkly wings and Katie creates a funny spoon bird. Franz Spohn creates see-through bug wings and we'll make a very special chalkboard gift for Mom or Dad.					

Tue, Apr 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Healthy for Generations Getting your family to eat and live healthy may seem like an enormous challenge, but as P. Allen Smith demonstrates, it can be easy and fun when everyone is on board.	APTEX	(S)	(CC)	DVI	#1603H
17:30:00	Growing A Greener World Debunking Gardening Myths with Linda Chalker Scott (Seattle, Wa) "Dig a ten-dollar hole for a one-dollar plant." "Water deeply but infrequently." Thanks to new academic research, many longstanding gardening "rules" like these are now being debunked as myths. Getting past these outdated or just plain misinformed old wives' tales makes us all better and smarter gardeners. In this episode, we do some myth busting of some of the most common practices with guest host and award-winning author Dr. Linda Chalker Scott.	APTEX	(S)	(CC)	N/A	#625H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14072H
18:30:00	Americas Now Haitians In Limbo & Enrique Chiu Costa Rica - Haitians in Limbo (Harris Whitbeck) - At the border between Costa Rica and Nicaragua, thousands of Haitians have been arriving, dead tired, but full of hope. They have come from Brazil, a place they fled two years ago in search of a better future. But the crisis in Brazil has them fleeing once again. After trekking more than 5-thousand kilometers, their journey has come to an abrupt halt. Correspondent Harris Whitbeck reports about this refugee camp in Costa Rica. Game Changer - Enrique Chiu (Lisa Hagen) - The border dividing Mexico and the United States has become a symbol for fear and division, but one artist is on a quest to transform it into a beacon of hope and humanity. His project is called the "Wall of Brotherhood", and it aims to inspire hearts and minds meter by meter of the border wall. Our Game Changer this week is Enrique Chiu. Nicaragua - Turtle Trouble (Grace Gonzalez) - Imagine standing on a beach and seeing thousands of turtles emerge from the ocean and onto the shore all at once. It happens each year in Nicaragua. Certain turtles - like the Olive Ridley - migrate there to lay their eggs. But threats to these sea creatures are causing trouble. Our correspondent Grace Gonzalez reports from the Nicaraguan Coast to see how turtle conservationists are helping ensure the survival of this revered and endangered reptile.	NETA	(S)	(CC)	N/A	#122H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8007
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1314H
20:00:00	Sun Studio Sessions Elizabeth Cook Elizabeth Cook is as, NPR notes a "treasure" of the Americana music scent. She's been nominated for multiple Americana Music Awards, including Song of the Year, Album of the Year and Artist of the Year. Rolling Stone magazine, who listed her 2010 record "Welder" in its 30 best albums for that year, describes her as "a traditionalist with a mountain howl and a taste for pure honky-tonk and gospel" and her most recent album was on Rolling Stone Country's most anticipated 2016 albums list. In this episode of Sun Studio Sessions she performs several songs including "Methadone Blues" and "Straightjacket Love."	NETA	(S)	(CC)	N/A	#805H
20:30:00	Jammin at Hippie Jack's Mountain Heart The band's name has been synonymous with cutting-edge excellence in acoustic music circles since the group's creation in 1999. Mountain Heart's musical virtuosity, unmatched energy, and keen sense of entertainment dynamics have helped them to forge a highly unique sound, and stage show, which appeals to an incredibly wide variety of musical tastes. They have appeared on the revered Grand Ole Opry in excess of 130 times and have shared the stage with acts ranging from Lynyrd Skynyrd to the Avett Brothers.	NETA	(S)	(CC)	N/A	#1002H
21:00:00	The Kate	APTEX	(S)	(CC)	N/A	#201H
22:00:00	Reel South Red Wolf Revival By Rosh Patel and Madison McClintock. Three decades ago, the nearly-extinct red wolf was reintroduced in North Carolina. While this flagship conservation effort paved the way for reintroducing several other species across the country, today fewer than 100 wild red wolves remain - and their fate hinges on significant biological, political, cultural and economic challenges.	NETA	(S)	(CC)	N/A	#210H
22:30:00	Reel South An Enduring Legacy: Louisiana's Croatian-Americans By James Catano. Little-known even in their home state, the Croatians of Lower Plaquemines Parish have used grit and determination to build an oystering industry that has made Louisiana famous. Follow the lives of four figures who embody the 150-year Croatian experience in Louisiana and share in the history of this unique tight-knit community.	NETA	(S)	(CC)	N/A	#211H

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Tue, Apr 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	The Crowd & The Cloud Citizens + Scientists	APTEX	(S)	(CC)	DVI	#102H

Citizen scientists track air and water pollution at fracking sites in windswept Wyoming and five other states, using simple but science-based techniques developed by the "Bucket Brigade." On idyllic East Coast trout streams, volunteers from Trout Unlimited monitor water quality regularly, generating baseline data that will prove invaluable in the event of future pollution events. Community members connected with professional researchers to tackle Flint's drinking water crisis and now the same is happening in Philadelphia and other cities. In China, citizens use government data and a unique mobile app to report environmental crimes. When citizens and scientists partner, it's a win-win for all concerned.

Wed, Apr 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8007
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1314H
01:00:00	Sun Studio Sessions Elizabeth Cook	NETA	(S)	(CC)	N/A	#805H
	Elizabeth Cook is as, NPR notes a "treasure" of the Americana music scent. She's been nominated for multiple Americana Music Awards, including Song of the Year, Album of the Year and Artist of the Year. Rolling Stone magazine, who listed her 2010 record "Welder" in its 30 best albums for that year, describes her as "a traditionalist with a mountain howl and a taste for pure honky-tonk and gospel" and her most recent album was on Rolling Stone Country's most anticipated 2016 albums list. In this episode of Sun Studio Sessions she performs several songs including "Methadone Blues" and "Straightjacket Love."					
01:30:00	Jammin at Hippie Jack's Mountain Heart	NETA	(S)	(CC)	N/A	#1002H
	The band's name has been synonymous with cutting-edge excellence in acoustic music circles since the group's creation in 1999. Mountain Heart's musical virtuosity, unmatched energy, and keen sense of entertainment dynamics have helped them to forge a highly unique sound, and stage show, which appeals to an incredibly wide variety of musical tastes. They have appeared on the revered Grand Ole Opry in excess of 130 times and have shared the stage with acts ranging from Lynyrd Skynyrd to the Avett Brothers.					
02:00:00	The Kate	APTEX	(S)	(CC)	N/A	#201H
03:00:00	Reel South Red Wolf Revival	NETA	(S)	(CC)	N/A	#210H
	By Rosh Patel and Madison McClintock. Three decades ago, the nearly-extinct red wolf was reintroduced in North Carolina. While this flagship conservation effort paved the way for reintroducing several other species across the country, today fewer than 100 wild red wolves remain - and their fate hinges on significant biological, political, cultural and economic challenges.					
03:30:00	Reel South An Enduring Legacy: Louisiana's Croatian-Americans	NETA	(S)	(CC)	N/A	#211H
	By James Catano. Little-known even in their home state, the Croatians of Lower Plaquemines Parish have used grit and determination to build an oystering industry that has made Louisiana famous. Follow the lives of four figures who embody the 150-year Croatian experience in Louisiana and share in the history of this unique tight-knit community.					
04:00:00	The Crowd & The Cloud Citizens + Scientists	APTEX	(S)	(CC)	DVI	#102H
	Citizen scientists track air and water pollution at fracking sites in windswept Wyoming and five other states, using simple but science-based techniques developed by the "Bucket Brigade." On idyllic East Coast trout streams, volunteers from Trout Unlimited monitor water quality regularly, generating baseline data that will prove invaluable in the event of future pollution events. Community members connected with professional researchers to tackle Flint's drinking water crisis and now the same is happening in Philadelphia and other cities. In China, citizens use government data and a unique mobile app to report environmental crimes. When citizens and scientists partner, it's a win-win for all concerned.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#201
08:00:00	Mixed Nutz Food for Thought	NETA	(S)	(CC)	N/A	#506H
	After viewing the interesting foods from around the world that his friends bring for lunch, Michael's peanut butter and jelly sandwich looks more boring than ever. To top it off, his Dad only promotes eating the same things. Lucky for Michael, his Mom decides to have a pot luck dinner party, and Michael and his Dad both get to experience international flavors. Lesson: Appreciate what you have but also keep an open mind and try new things.					
08:30:00	1001 Nights Details, Details...../Sinbad In Solitude	NETA	(S)	(CC)	DVI	#113H
	"Details, Details..." - A loose bolt on a wagon wheel sets in motion a chain of events that ends up destroying an entire town. "Sinbad in Solitude" - A shipwrecked Sinbad and Dina embark on an hilarious voyage that takes them to the exotic island of the Wok Wok women.					
09:00:00	Functional Fitness with Suzanne Andrews Better Balance with the Ball	ACCES		(CC)	N/A	#108H

Wed, Apr 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Ab & Core Strength Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.	APTEX	(S)	(CC)	DVI	#1129H
10:00:00	Sit and Be Fit We've Gone Country Country music sets the tone and pace for this fun full body workout.	NETA	(S)	(CC)	N/A	#1211H
10:30:00	Sewing with Nancy Second Chance T-Shirt Makeovers, Part 1 Do you have a drawer filled with once important, but seldom worn T-shirts? Give those notable shirts a second chance. Nancy and sewing makeover specialist, Mary Mulari, share ways of using the fabric from T-shirts to create more usable projects and memory makers. Learn how to make a rag-quilt, ideal for graduates, plus Christmas Stockings, luggage tags, and more.	NETA	(S)	(CC)	N/A	#3018H
11:00:00	Knitting Daily Transitional Knits Knitwear is for every season. Designer Andi Smith teaches a bi-colored cable cowl for when it's too warm for a scarf. Knitted miniatures-maker Althea Crome creates the tiniest knits around. Transition to boot weather with Stephannie Tallent and the beautiful textures of Aran lace. Tanis Gray knits filigree cables lace and Vickie Howell shares a mesh stitch for a market bag.	NETA	(S)	(CC)	N/A	#1403H
11:30:00	Fons & Porter's Love of Quilting Just Beachy Would you like to add a touch of whimsy to your next pool side gathering? This beach ball placemat and mini mat project would be the perfect addition. Patrick and Marianne will walk you through the basics of raw edge applique with tips on machine quilting like a pro.	NETA	(S)	(CC)	N/A	#2701H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6188H
13:00:00	Lidia's Kitchen Focaccia Focaccia is an irresistible, crunchy Italian flatbread. It's great for sandwiches and even to stuff. Lidia begins by making a classic rosemary and lemon focaccia; she then moves on to a filled focaccia with smoky speck and fontina cheese. To finish these two lunchtime and snack favorites, she creates a salad of shrimp, fava and cranberry beans.	APTEX	(S)	(CC)	N/A	#319H
13:30:00	Annabel Langbein: The Free Range Cook Cooking for a Crowd Annabel Langbein tries her hand at fly fishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt. As her neighbors arrive for a cookout she whips up help-yourself hamburgers and blueberry crepes over the outdoor fire. Recipes from this episode: vegetable samosas, minty yogurt dipping sauce, salt-crusted fish, speedy mayo, dill and caper mayo, mango salsa, sesame beef patties, help-yourself hamburgers, holiday crepes, blueberry sauce, retro fruit punch.	APTEX	(S)	(CC)	N/A	#105H
14:00:00	Simply Ming Daniel Boulud This week on Simply Ming, is legendary French chef Daniel Boulud. Daniel is the chef/owner of several restaurants: Daniel, Bar Boulud, and Cafe Boulud in New York City and also Bar Boulud in Boston. This week a couple of different versions of chicken will be made. Chef Daniel creates a poulet a l'estragon with rice pilaf and yellow wax beans and Ming makes his favorite Chinese five-spice split chicken with charred chile-tomato salsa and steamed buns. Plus, there's a very special treat from Chef Daniel.	APTEX	(S)	(CC)	N/A	#1401H
14:30:00	Cook's Country Fried Chicken and Grilled Peppers Test cook Julia Collin Davison shows host Christopher Kimball how to make latin fried chicken at home. Next, equipment expert Adam Ried reveals his top picks for deep-fry/candy thermometers. Then, tasting expert Jack Bishop challenges Chris to a tasting of green salsa. And finally, test cook Bridget Lancaster uncovers the secrets to perfect grill-roasted peppers.	APTEX	(S)	(CC)	N/A	#806H
15:00:00	Beads, Baubles and Jewels Torch-Fired Enameling Metal artist Mary Hettmansperger demonstrates torch-fired enameling and how to create three dimensional surfaces. She also shares tips for cutting metal. Then, enjoy an online visit with author and teacher Kate Richbourg from her studio with advice for caring for and cleaning your tools.	NETA	(S)	(CC)	N/A	#2003H

Wed, Apr 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home All About The Surfaces New spaces take shape as drywall, hardwood floors and vinyl siding transform the interior and exterior of the bungalow while new doors and windows provide beauty and energy saving advantages. Homeowner, Liz Lowry, works with Ron, the finish carpenter, to recycle two old wooden doors into headboards for two of her three children's bedrooms.	APTEX	(S)	(CC)	N/A	#3105H
16:00:00	Biz Kid\$ The Value of Money With many currencies around the world, what determines the value of money? What are the factors that raise or lower the value of the american dollar? Why is the dollar measured against the chinese yuan, the japanese yen, or the euro? Learn why the value of the dollar is important in your life.	APTEX	(S)	(CC)	DVI	#408H
16:30:00	Hands On Crafts for Kids Trees Bring the outside inside with a little creativity. Jenny Barnett-Rohrs makes a colorful leafy tree banner. Candie Cooper creates a fish kite and Katie Hacker builds a whimsical woods scene. Then, Jenny decorates a glittery tree to celebrate the holidays.	NETA	(S)	(CC)	DVI	#1806H
17:00:00	P. Allen Smith's Garden Home The Local Life The concept of living local has become very popular in recent years, hearkening back to pre-industrial times. Let P. Allen Smith show you the power this movement has and where it may lead us.	APTEX	(S)	(CC)	DVI	#1604H
17:30:00	Growing A Greener World Designing The Landscape (Atlanta, Ga) Want to learn how great designers create beautiful landscapes? Joe Lamp'l and Brie Arthur team up to design and install a new landscape in this packed episode. We walk viewers through the complete process from concept to completion: design consultation, plan creation, shopping for and selecting plants, and (of course) the actual installation. This episode is full of useful information to equip anyone in creating a more beautiful landscape.	APTEX	(S)	(CC)	N/A	#626H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14073H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#501H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8008
19:30:00	In Good Shape Hospital Hygiene Multi-drug Resistant Hospital Germs: How dangerous are they and how can they be kept under control? DW consults hospital hygiene experts. Also, why cell phones are a pain in the neck, and how to pamper your skin in the wintertime.	WNVC	(S)	(CC)	N/A	#411H
20:00:00	The Lowertown Line. The Lowertown Line: Har Mar Superstar Sean Tillman, better known as Har Mar Superstar, performs in front of a live audience at the Twin Cities Public Television studios.. Tillman and host Dessa discuss Saint Paul malls, acting in feature films, and growing as a performer. Songs performed: Lady, You Shot Me, Restless Leg, Everywhere I'm Local, Late Night Morning Light, Power Lunch.	APTEX	(S)	(CC)	N/A	#106H
20:30:00	Songs at the Center Artists: Josh Krajcik, Nathan Bell, Talisha Holmes, Mark Brinkman, and hosted by songwriter Eric Gnezda. Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "When You Go." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "I Don't Do This for Love, I Do It For Love." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Wartorn." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association Awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings "Grandpa's Way of Live."	APTEX	(S)	(CC)	N/A	#111H
21:00:00	Live at 9:30 Performances by Troye Sivan, The Suffers, The Claypool Lennon Delirium (Les Claypool & Sean Lennon), Clutch and The Knocks.	NACC	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	By All Rights A film centering on the efforts to give appropriate legal rights to whales, dolphins, and porpoises. The film discusses the unique human-like qualities these animals possess and the difficulties they face in dealing with many human activities. Narrated by Mike Farrell.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H

Thu, Apr 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8008
00:30:00	In Good Shape Hospital Hygiene Multi-drug Resistant Hospital Germs: How dangerous are they and how can they be kept under control? DW consults hospital hygiene experts. Also, why cell phones are a pain in the neck, and how to pamper your skin in the wintertime.	WNVC	(S)	(CC)	N/A	#411H
01:00:00	The Lowertown Line. The Lowertown Line: Har Mar Superstar Sean Tillman, better known as Har Mar Superstar, performs in front of a live audience at the Twin Cities Public Television studios.. Tillman and host Dessa discuss Saint Paul malls, acting in feature films, and growing as a performer. Songs performed: Lady, You Shot Me, Restless Leg, Everywhere I'm Local, Late Night Morning Light, Power Lunch.	APTEX	(S)	(CC)	N/A	#106H
01:30:00	Songs at the Center Artists: Josh Krajcik, Nathan Bell, Talisha Holmes, Mark Brinkman, and hosted by songwriter Eric Gnezda. Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "When You Go." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "I Don't Do This for Love, I Do It For Love." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Wartorn." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association Awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings "Grandpa's Way of Live."	APTEX	(S)	(CC)	N/A	#111H
02:00:00	Live at 9:30 Performances by Troye Sivan, The Suffers, The Claypool Lennon Delirium (Les Claypool & Sean Lennon), Clutch and The Knocks.	NACC	(S)	(CC)	N/A	#111H
03:00:00	By All Rights A film centering on the efforts to give appropriate legal rights to whales, dolphins, and porpoises. The film discusses the unique human-like qualities these animals possess and the difficulties they face in dealing with many human activities. Narrated by Mike Farrell.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#202
08:00:00	Mixed Nutz Persian Adventures With the help of a mysterious artist and some magical paintings, Babak, Saman and Sousanne travel through Iran to learn that with a little faith and imagination one can make the mundane really fun. Lesson: Having the ability to use one's imagination and maintaining an open mind can make everyday an adventure.	NETA	(S)	(CC)	N/A	#507H
08:30:00	1001 Nights The Tale of Taymour and Tiny/The Boy and the Panther "The Tale Of Taymour And Tiny" - Taymour accidentally knocks an egg out of a bird's nest and decides to care for it. When he does, he gets a big surprise. "The Boy and the Panther" - Nadeem witnesses a crime at the fair and sees that the wrong person gets blamed. Since he wasn't supposed to be there, he can't tell anyone or he'll get in trouble.	NETA	(S)	(CC)	DVI	#114H
09:00:00	Functional Fitness with Suzanne Andrews Better Balance	ACCES		(CC)	N/A	#109H
09:30:00	Classical Stretch: By Essentrics Increase Balance Workout In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.	APTEX	(S)	(CC)	DVI	#1130H
10:00:00	Sit and Be Fit Don't Forget Your Fingers Paying special attention to the finger joints is important in our quest to stay independent and keep our hands functioning well.	NETA	(S)	(CC)	N/A	#1212H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Second Chance T-Shirt Makeovers, Part 2	NETA	(S)	(CC)	N/A	#3019H
	Be creative with T-shirts that are not being worn by using the fabric from the shirts in a new way. Nancy and guest, Mary Mulari, show how to turn the T-shirts from family vacation sites, school events, and sporting games into easy-to-sew projects such as, pennant banners, headbands, neck gaiters, scarves and more. These second-chance projects are ideal for beginner stitchers.					
11:00:00	Knitting Daily Norwegian Knits	NETA	(S)	(CC)	N/A	#1404H
	The Yarn Guys, Jeffrey Wall and Dennis Rinkenburger, share traditional ways to knit color patterns. Contemporary Norwegian designer Marion Rindsem compares old and new. Donna Druchunas turns classic designs into a trendy winter wearables and Tanis unravels the mystery of Latvian Braids. Vickie takes Nordic practice swatches and creates a cozy pillow.					
11:30:00	Fons & Porter's Love of Quilting Core Connection	NETA	(S)	(CC)	N/A	#2702H
	Some quilt patterns just speak to us. Someday you know you will have to make one. The Apple Core template makes Core Connection a "snap" to cut, now to polish the curve piecing skill. Patrick Lose and Colleen Tauke will present how to use a template to cut and then piece with accuracy this beautiful quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6189H
13:00:00	Eat! Drink! Italy! with Vic Rallo Simple Is Key	APTEX	(S)	(CC)	N/A	#301H
	Vic is in San Danielle to visit a prosciutto maker. Vic and Tony Verdoni interview five young women who are helping to redefine the Piemonte area's Barolo wines. Vic makes the classic Mozzarella sandwich.					
13:30:00	Mike Colameco's Real Food Ny 2014 Deli/Jewish Cooking	NETA	(S)	(CC)	N/A	#1402H
	A brand new youth driven Deli scene is taking hold in NYC. We'll visit Baz bagels on Grand St., Black Seed Bagels on Elizabeth, Montreal Style Mile End Deli, the new Russ & Daughters Cafe on Orchard St., plus we'll meet the team behind Gefilteria that make artisanal gefilte fish and pickles.					
14:00:00	Joanne Weir's Cooking Confidence Eat Your Vegetables	APTEX	(S)	(CC)	N/A	#111H
	Joanne eases the anxiety that can sometimes set in when a vegetarian is coming to dinner. Working with her fitness specialist student Randy she prepares a satisfying bulgur and feta salad and fried potato and spiced red pepper frittata that would satisfy vegetarians and meat-eaters alike. Recipes: Bulgur, Feta and Oven-Dried Tomato Salad and Fried Potato and Spiced Red Pepper Frittata. Student: Randy Bramblett, Fitness Specialist.					
14:30:00	New Scandinavian Cooking Bergen Food Renaissance	APTEX	(S)	(CC)	N/A	#509H
	Andreas visits Bergen in Western Norway, where he meets up with local chef Christopher Haatuft to collect oysters and wild scallops. Then, he makes a trout tartar and a smoked trout dish, served with a bitter-sweet summer salad. Finally, Andreas prepares a trout burger with onion compote and coleslaw.					
15:00:00	Beads, Baubles and Jewels Stringing Projects Using Double-Drilled Beads	NETA	(S)	(CC)	N/A	#2004H
	Author and designer Kristal Wick has some fabulous stringing projects featuring double drilled beads. She shows how to design coordinating necklace and bracelet using double drilled beads. Kristal also has a segment discussing metal clay. Katie shows how to store and organize seed beads.					
15:30:00	For Your Home Electrifying Details	APTEX	(S)	(CC)	N/A	#3106H
	Renovating an old house always requires updating the electrical, plumbing and heating and cooling systems as well as replacing old bathroom fixtures, cabinets, countertops and finishing details. Discover what's involved in selecting and installing all the new mechanicals and architectural details.					
16:00:00	Biz Kid\$ What's Your Money Personality?	APTEX	(S)	(CC)	DVI	#501H
	How do you act with money? Are you a "Money Star," "Oblivious," or "Penny Wise Pound Foolish"? This episode looks at the range of emotional reactions and connections people have with money. So what personality are you? Find out in this episode.					

Thu, Apr 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Outer Limits Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.	NETA	(S)	(CC)	DVI	#1807H
17:00:00	P. Allen Smith's Garden Home Melting Potluck Join P. Allen Smith as he joins a diverse group of families to share cultures, kitchen tips and of course, food. Take a culinary journey around the world without having to leave your couch.	APTEX	(S)	(CC)	DVI	#1605H
17:30:00	Growing A Greener World The Giving Garden: Ample Harvest Helps Share The Bounty (Milford, Nj) If you've ever grown a vegetable garden, you've probably had more of something than you could use at the end of the season. That was the basis for how AmpleHarvest.org was formed. Gary Oppenheimer saw that his community garden was producing far more than the gardeners could consume, or even give away to family and friends. So he decided to find a way to get that fresh produce in the hands of neighbors in need, and that simple idea grew into a national non-profit network. The premise was to make it possible for anyone to have access to- or donate- fresh produce, wherever they lived-all from garden surplus. Today, AmpleHarvest.org has been recognized by the White House as well as major companies and organizations for their important work. In this episode, founder Gary Oppenheimer will be introduced and learn how we can all share some of our "ample harvest" with our own neighbors in need.	APTEX	(S)	(CC)	N/A	#701H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14074H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1342H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8009
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1208H
20:00:00	Backstage Pass Randy Gelispie Quartet - Encore More classic jazz from drummer Randy Gelispie. Gelispie has performed with Wes Montgomery, Dinah Washington, Etta Jones, Joe Williams, Nancy Wilson, Dizzy Gillespie and Tommy Flanagan. Randy and his Quartet perform jazz standards to the delight of their enthusiastic audience.	NETA	(S)	(CC)	N/A	#613H
20:30:00	Ray Stevens Cabaray Nashville Guest: Bobby Goldsboro Skies Aren't Friendly" (RAY) "Does Your Chewin' Gum Lose It's Flavor On The Bedpost Overnight" (RAY) "Little Things" & "Honey" (BOBBY).	OETA	(S)	(CC)	N/A	#114H
21:00:00	Music Gone Public Nell Robinson This sweetheart of Americana radio brings two National Medal of Arts winners, a Grammy winner, and an all-star bluegrass/folk/country band in a thematic song cycle about military stories of service to tug at your heart and make you think about war.	NETA	(S)	(CC)	N/A	#105H
22:00:00	Ecosense for Living Green Jobs In post-Katrina New Orleans, there's a shining example of real-life results of green job training. At-risk young people get hands-on training on how to fortify and weatherize homes in The Big Easy. Then EcoSense takes you to Spartanburg, S.C., to witness a unique recycling process - The Coca-Cola Company has partnered to create new bottles directly from old bottles without using raw materials. Hungry to go green? See how traditional food industry jobs are being transformed, from the farmer all the way to pizza delivery.	NETA	(S)	(CC)	N/A	#103H
22:30:00	Ecosense for Living Green Buildings Green Buildings profiles homes, a school and even the third busiest sports and concert venue in the nation to illustrate how energy efficient buildings reduce our carbon footprint in remarkable ways. Atlanta's Phillips Arena was retrofitted with energy efficient systems and it now uses 21% less electricity than other arenas of similar size and the energy the facility saves in one year could power 111 private homes. This episode also profiles Arabia Mountain High School which focuses on environmental learning throughout its curricula using Promethean boards (to reduce paper and enhance learning), outdoor classrooms, and even energy- and water-efficient rest rooms. Green Buildings compares modular, new, completely green homes to modified older homes with energy efficient systems and opens by touring the Solar Decathlon in Washington, DC for a glimpse of the cutting edge green building designs being developed across the globe. Sponsored by the Department of Energy, the Decathlon is a competition showcasing design and designers, many of them college students, from Germany to California.	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Violins of Hope: Strings of the Holocaust	APTEX	(S)	(CC)	DVI	#0H

For Jews during the Holocaust, there wasn't much reprieve from the despair and horror surrounding them, but music-particularly that of violins, which hold an important role in Jewish culture-offered temporary solace and a glimmer of humanity. Violinists in concentration camps were sometimes treated better and even spared their lives because of their ability to play this important instrument. Narrated by Adrien Brody ("The Pianist" and "The Grand Budapest Hotel"), VIOLINS OF HOPE: STRINGS OF THE HOLOCAUST follows the journey of Israeli violinmaker Amnon Weinstein in his efforts to restore violins recovered from the Holocaust, and captures the lessons and highlights the music the instruments now bring to others. These special artifacts from the Holocaust, which Weinstein has dubbed the "Violins of Hope," include instruments that were played by Jewish prisoners in concentration camps and others that belonged to the Klezmer musical culture. The program chronicles the journey of the instruments from Weinstein's small workshop in Tel Aviv, Israel, where he has worked for two decades to repair the violins to Cleveland, where they were brought in 2015. During this U.S. visit, the violins were on display for the community as part of a traveling exhibit, used as teaching tools in classrooms, and played by music students and orchestras.

Fri, Apr 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8009
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1208H
01:00:00	Backstage Pass Randy Gelispie Quartet - Encore	NETA	(S)	(CC)	N/A	#613H
	More classic jazz from drummer Randy Gelispie. Gelispie has performed with Wes Montgomery, Dinah Washington, Etta Jones, Joe Williams, Nancy Wilson, Dizzy Gillespie and Tommy Flanagan. Randy and his Quartet perform jazz standards to the delight of their enthusiastic audience.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Bobby Goldsboro	OETA	(S)	(CC)	N/A	#114H
	Skies Aren't Friendly" (RAY) "Does Your Chewin' Gum Lose It's Flavor On The Bedpost Overnight" (RAY) "Little Things" & "Honey" (BOBBY).					
02:00:00	Music Gone Public Nell Robinson	NETA	(S)	(CC)	N/A	#105H
	This sweetheart of Americana radio brings two National Medal of Arts winners, a Grammy winner, and an all-star bluegrass/folk/country band in a thematic song cycle about military stories of service to tug at your heart and make you think about war.					
03:00:00	Ecosense for Living Green Jobs	NETA	(S)	(CC)	N/A	#103H
	In post-Katrina New Orleans, there's a shining example of real-life results of green job training. At-risk young people get hands-on training on how to fortify and weatherize homes in The Big Easy. Then EcoSense takes you to Spartanburg, S.C., to witness a unique recycling process - The Coca-Cola Company has partnered to create new bottles directly from old bottles without using raw materials. Hungry to go green? See how traditional food industry jobs are being transformed, from the farmer all the way to pizza delivery.					
03:30:00	Ecosense for Living Green Buildings	NETA	(S)	(CC)	N/A	#104H
	Green Buildings profiles homes, a school and even the third busiest sports and concert venue in the nation to illustrate how energy efficient buildings reduce our carbon footprint in remarkable ways. Atlanta's Phillips Arena was retrofitted with energy efficient systems and it now uses 21% less electricity than other arenas of similar size and the energy the facility saves in one year could power 111 private homes. This episode also profiles Arabia Mountain High School which focuses on environmental learning throughout its curricula using Promethean boards (to reduce paper and enhance learning), outdoor classrooms, and even energy- and water-efficient rest rooms. Green Buildings compares modular, new, completely green homes to modified older homes with energy efficient systems and opens by touring the Solar Decathlon in Washington, DC for a glimpse of the cutting edge green building designs being developed across the globe. Sponsored by the Department of Energy, the Decathlon is a competition showcasing design and designers, many of them college students, from Germany to California.					
04:00:00	Violins of Hope: Strings of the Holocaust	APTEX	(S)	(CC)	DVI	#0H
	For Jews during the Holocaust, there wasn't much reprieve from the despair and horror surrounding them, but music-particularly that of violins, which hold an important role in Jewish culture-offered temporary solace and a glimmer of humanity. Violinists in concentration camps were sometimes treated better and even spared their lives because of their ability to play this important instrument. Narrated by Adrien Brody ("The Pianist" and "The Grand Budapest Hotel"), VIOLINS OF HOPE: STRINGS OF THE HOLOCAUST follows the journey of Israeli violinmaker Amnon Weinstein in his efforts to restore violins recovered from the Holocaust, and captures the lessons and highlights the music the instruments now bring to others. These special artifacts from the Holocaust, which Weinstein has dubbed the "Violins of Hope," include instruments that were played by Jewish prisoners in concentration camps and others that belonged to the Klezmer musical culture. The program chronicles the journey of the instruments from Weinstein's small workshop in Tel Aviv, Israel, where he has worked for two decades to repair the violins to Cleveland, where they were brought in 2015. During this U.S. visit, the violins were on display for the community as part of a traveling exhibit, used as teaching tools in classrooms, and played by music students and orchestras.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#203
08:00:00	Mixed Nutz Camping	NETA	(S)	(CC)	N/A	#508H
	When two troopers get separated from the scout troop, Adele takes charge and leads everybody to set up camp. The kids are able to put their differences aside long enough to get rescued. Lesson: Learning to appreciate each other can make the world a better place.					
08:30:00	1001 Nights Abu Hassim's Smelly Shoes/The Bandits of Basra	NETA	(S)	(CC)	DVI	#115H
	"Abu Hassim's Smelly Shoes" - A grouchy old man inherits a pair of smelly shoes. No matter how hard he tries, he is unable to get rid of them. "The Bandits of Basra" - Mujab and Sameer pretend to be lawmen in order to land jobs as sheriffs in a small town. What they don't realize is that they have to arrest the most vicious bandit in the territory.					

Fri, Apr 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Diabetes	ACCES		(CC)	N/A	#110H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderizing Your Core	APTEX	(S)	(CC)	DVI	#901H
10:00:00	Sit and Be Fit Vestibular System Mary Ann challenges your vestibular system with a fun ball routine and other functional movements set to jazz music.	NETA	(S)	(CC)	N/A	#1213H
10:30:00	Sewing with Nancy Magic Inch Quilts, Part 1 Learn the secret of piecing small strips of fabric into larger section to create clever, improvisational quilts that will delight both beginner and veteran quilters. Nancy and her guests, Bill Kerr and Weeks Ringle of Modern Quilt Studio, will teach clever use of color and simple piecing techniques. Prepare to be inspired!	NETA	(S)	(CC)	N/A	#3020H
11:00:00	Knitting Daily Sweater Weather Celebrate sweater weather! Barry Klein shows how to pick the perfect sweater for your next project. Meet designer Rohn Strong to talk about crochet sweater patterns. Louisa Demmitt hand knits a hoodie, and Tanis Gray demonstrates the simple but graphic technique of two-color corrugated ribbing. Then Vickie shows how to flatter any figure with the best sweater for your shape.	NETA	(S)	(CC)	N/A	#1405H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 1 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Weathervane Block made by Marianne and the Texas Star Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2703H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6190H
13:00:00	P. Allen Smith's Garden to Table Follow The Pig Allen takes viewers on a true farm-to-table journey in this episode as he "follows the pig" in Kansas City by visiting a local farm that raises grain-fed pork and a local butcher shop that only selects locally raised and steroid- free meat. And you can't visit Kansas City without trying some of the best BBQ in the country. Allen visits with a long time employee at the famous Arthur Bryant's restaurant to get some tips on smoking meat.	APTEX	(S)	(CC)	DVI	#303H
13:30:00	Cooking with Nick Stellino Southern Comfort Chicken Milanese Southern Style; Biscuits & Gravy; Nanci's Lobster Mac & Cheese.	APTEX	(S)	(CC)	N/A	#202H
14:00:00	Kitchen Wisdom of Cecilia Chiang The Long Walk In 1937, the Japanese invaded China and by 1939 they arrived in Beijing, seizing most of the large family compound and with it, Cecilia's idyllic and privileged youth. By 1941 there wasn't enough food for the family so Cecilia and her number five sister (she had nine in total), fled on foot through Japanese occupied territory. They walked more than 1,000 miles and it took almost six months to reach the safety of "Free China." In this episode, Cecilia joins Laurence Jossel, chef and owner of Nopa. Like Cecilia, South African-born Jossel came a long way to open a restaurant in San Francisco. Cecilia shows Laurence how to make "beggar's chicken," a whole, stuffed chicken wrapped in lotus leaves and then clay, and baked for at least two hours. It comes out of the oven with a hard shell that must be smashed with a mallet to open.	APTEX	(S)	(CC)	DVI	#102H
14:30:00	Essential Pepin Fabulous Fins Cured Salmon In Molasses; Tuna Steaks With Tapenade Coating; Tuna Tartare On Marinated Cucumbers; Poached Salmon In Ravigote Sauce; Ray Meuniere With Mushrooms.	APTEX	(S)	(CC)	DVI	#102H
15:00:00	Beads, Baubles and Jewels Get Creative with Resin and Wire Mixed media artist Susan Lenart Kazmer demonstrates making faux stones with glass glitter, inclusions and resin, and then she shows cold surface work to mimic enameling on metal. Today's Beading Lesson is on knotting with leather.	NETA	(S)	(CC)	N/A	#2005H

Fri, Apr 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Finishing Touches It always take longer than you expect to complete any construction project but the wait is always worth it. Tour the finished bungalow with host Vicki Payne as she reveals the stunning details that transformed a 1920s bungalow into a functional home for a multi-generational family of five.	APTEX	(S)	(CC)	N/A	#3107H
16:00:00	Biz Kid\$ Business Structures What structure is right for your future business? It's not just "incorporated" anymore. Join us and learn about LLCs, sole proprietorships, partnerships, and more. Examine the pros and cons of each business structure and discover which one could be right for you. Meet two girls who were able to start both a non-profit organization and a for-profit company, all from selling honey.	APTEX	(S)	(CC)	DVI	#502H
16:30:00	Hands On Crafts for Kids Write It Down When creative ideas pop up, write them down. Make a colorful pocket journal with Jenny Barnett-Rohrs. Candie Cooper shares creative tips for handwriting and Franz Spohn writes with clay. Katie Hacker decorates for fall with a shining pumpkin luminary from blogger Carissa Bonham.	NETA	(S)	(CC)	DVI	#1808H
17:00:00	P. Allen Smith's Garden Home No Passport Necessary You don't have to leave home to relax and take a break from life. P. Allen Smith will show you how to incorporate the vacation style and mindset into your everyday.	APTEX	(S)	(CC)	DVI	#1606H
17:30:00	Growing A Greener World Regenerating Detroit Through Urban Gardening (Detroit, Mi) Once America's most productive manufacturing city, Detroit's landscape took a turn for the worse in the mid-1960s. But in recent years, green-minded citizens began to reclaim their city with community gardens and urban farms providing two of the fastest roads to recovery. Today, over 1,300 such plots have sprouted throughout Detroit. They're providing an emotional boost to citizens, food for the hungry and instant beauty to areas while lifting spirits, enthusiasm and economic recovery for a better tomorrow.	APTEX	(S)	(CC)	N/A	#702H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14075H
18:30:00	Great Decisions In Foreign Policy The Geopolitics of Oil After decades of relative stability, the U.S. energy revolution is beginning to shift the dynamics of the energy market. Once dependent on the Middle East for much of its energy, the U.S. is now producing more of its own-potentially freeing America to pursue a new foreign policy in the region.	NETA	(S)	(CC)	N/A	#805H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8010
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#914H
20:00:00	Song of the Mountains South Carolina Broadcasters/Bearwallow Bluegrass Band	NETA	(S)	(CC)	N/A	#1109H
21:00:00	Woodsongs Earls of Leicester The Earls of Leicester is a bluegrass group assembled by master musician and multi-Grammy winner Jerry Douglas to present the music of Lester Flatt, Earl Scruggs and their band the Foggy Mountain Boys. Their self-titled debut album on Rounder Records earned a Grammy Award for Best Bluegrass Album. The band had a big 2016. They released their second album 'Rattle and Roar' and won the 2016 IBMA award for Entertainers of the Year. The band's music focuses on the music of Flatt and Scruggs during the period when the band consisted of Lester Flatt on guitar and lead vocals, Earl Scruggs on banjo and guitar, 'Uncle' Josh Graves on dobro, Paul Warren on fiddle, Curly Seckler on mandolin, and 'Cousin' Jake Tullock on bass. _ The band's name is a play on the names of "Earl" Scruggs and "Lester" Flatt. Onstage for tonight's special event WoodSongs broadcast taping is Jerry Douglas (dobro) Shawn Camp (lead vocals and guitar) Charlie Cushman (banjo) Jeff White (mandolin) Johnny Warren (fiddle) and Barry Bales (upright bass). WoodSongs Kids: Presley Barker and Clay Russell are two young bluegrass musicians from the Western North Carolina area. They been honored with many awards in the bluegrass competitions within their regions.	NETA	(S)	(CC)	N/A	#1903H
22:00:00	Film School Shorts Future In Zelos a mother who strives to "have it all" orders a clone to keep her home life in order and outshine her flawless colleague, but soon realizes she purchased an unbeatable rival. Directed by Thoranna Sigurdardottir. Salaam Ghourba (Farewell Exile) takes viewers to an impoverished neighborhood of Casablanca, Morocco. Fatima impatiently awaits news from her husband in exile abroad. Will she be able to secure the immigration papers necessary to travel toward a better future for her and her son? Directed by Lamia Alami.	NETA	(S)	(CC)	N/A	#401H

Daily Program Listing II
43.1

Date: 03/19/2017

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Fri, Apr 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story The Left and Write: Politically Driven Narratives Beau Willimon (creator House of Cards) and Eli Attie (writer The West Wing) debate politically-driven narratives, power struggles, and dramatizing the truths and fictions that comprise ideologically-charged stories. Accompanied by Topher Field's short film, The Hustle, offering a glimpse inside a swindler's artful technique and deception.	NETA	(S)	(CC)	N/A	#506H
23:00:00	Science Goes to the Movies Burnt, Cooking & Chemistry	EPS	(S)	(CC)	N/A	#202H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1022H

Sat, Apr 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8010
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#914H
01:00:00	Song of the Mountains South Carolina Broadcasters/Bearwallow Bluegrass Band	NETA	(S)	(CC)	N/A	#1109H
02:00:00	Woodsongs Earls of Leicester	NETA	(S)	(CC)	N/A	#1903H
	<p>The Earls of Leicester is a bluegrass group assembled by master musician and multi-Grammy winner Jerry Douglas to present the music of Lester Flatt, Earl Scruggs and their band the Foggy Mountain Boys. Their self-titled debut album on Rounder Records earned a Grammy Award for Best Bluegrass Album. The band had a big 2016. They released their second album 'Rattle and Roar' and won the 2016 IBMA award for Entertainers of the Year. The band's music focuses on the music of Flatt and Scruggs during the period when the band consisted of Lester Flatt on guitar and lead vocals, Earl Scruggs on banjo and guitar, 'Uncle' Josh Graves on dobro, Paul Warren on fiddle, Curly Seckler on mandolin, and 'Cousin' Jake Tullock on bass. _ The band's name is a play on the names of "Earl" Scruggs and "Lester" Flatt. Onstage for tonight's special event WoodSongs broadcast taping is Jerry Douglas (dobro) Shawn Camp (lead vocals and guitar) Charlie Cushman (banjo) Jeff White (mandolin) Johnny Warren (fiddle) and Barry Bales (upright bass). WoodSongs Kids: Presley Barker and Clay Russell are two young bluegrass musicians from the Western North Carolina area. They been honored with many awards in the bluegrass competitions within their regions.</p>					
03:00:00	Film School Shorts Future	NETA	(S)	(CC)	N/A	#401H
	<p>In Zelos a mother who strives to "have it all" orders a clone to keep her home life in order and outshine her flawless colleague, but soon realizes she purchased an unbeatable rival. Directed by Thoranna Sigurdardottir. Salaam Ghourba (Farewell Exile) takes viewers to an impoverished neighborhood of Casablanca, Morocco, Fatima impatiently awaits news from her husband in exile abroad. Will she be able to secure the immigration papers necessary to travel toward a better future for her and her son? Directed by Lamia Alami.</p>					
03:30:00	On Story The Left and Write: Politically Driven Narratives	NETA	(S)	(CC)	N/A	#506H
	<p>Beau Willimon (creator House of Cards) and Eli Attie (writer The West Wing) debate politically-driven narratives, power struggles, and dramatizing the truths and fictions that comprise ideologically-charged stories. Accompanied by Tophier Field's short film, The Hustle, offering a glimpse inside a swindler's artful technique and deception.</p>					
04:00:00	Science Goes to the Movies Burnt, Cooking & Chemistry	EPS	(S)	(CC)	N/A	#202H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1023H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#204
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Hydrangea	APTEX	(S)	(CC)	N/A	#513H
	<p>Gary paints an endless summer hydrangea with white petals. Gary uses his imagination to add some pink and yellow highlights. The background of this painting has some dark accents making the subject pop nicely in the frame.</p>					
08:30:00	Painting with Wilson Bickford Farmland Sunset	NETA	(S)	(CC)	N/A	#207H
	<p>Silhouette scenes are very striking due their light and dark contrasts. Wilson demonstrates how to take strong, darker elements and place them against vibrant sky colors such as a sunset.</p>					
09:00:00	Landscapes Through Time with David Dunlop Monet's Waterlilies	NETA	(S)	(CC)	DVI	#102H
	<p>David visits the enchanting village of Giverny, 45 miles northwest of Paris, which was the last home there until the end of his life in 1926. David describes the evolution of Impressionism from its experimental beginnings in the Gleyre studio in Paris in 1862 with Monet and his friends Sisley, Renoir, Bazille, Pissarro - to its later stage (and beyond) of explosive color, loose brushwork, complementary color vivid sunshine and sensual delight. David discusses and demonstrates Monet's later methods as a mid-career Impressionist at Giverny and his evolution into expressionism with his carefully developed and cultivated waterlily garden as his inspiration.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize The Saddle Bags	APTEX	(S)	(CC)	DVI	#922H

Sat, Apr 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Breathing By toning and stretching muscles around the ribcage and practicing good breathing technique viewers learn how to get the most out of each breath.	NETA	(S)	(CC)	N/A	#1214H
10:30:00	Functional Fitness with Suzanne Andrews 30 Day Bladder Fix Pelvic Floor Strengthening	ACCES	(S)	(CC)	N/A	#307H
11:00:00	Delicious TV's Vegan Mashup Holiday Classics This episode will have you breaking out the best china and every family member digging in to the bounty of vegan deliciousness. The Unbird/Thanksgiving Fritters/Sweet Potato Chipolte Bisque.	NETA	(S)	(CC)	DVI	#103H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless The Splendor of Yucatan's Enchanting Markets Revered by his Mexican peers, Federico Lopez is one of Mexico's most affable and talented chefs. He joins Rick at the enchanting Mercado Municipal in Valladolid to extol the virtues of unique Yucatecan produce. After that, the pair head to Temozon, to a decades-old meat market where they smoke pork in rustic ovens behind the store. With a basket full of market produce and smoked meats, the chefs return to Federico's sleek catering kitchen in Cancun, where Federico artfully recreates the market in a salad of local beans, squash, heirloom tomato and chile dulce. Federico also makes pork tenderloin with longaniza sausage and beans. Back in Chicago, Rick makes lima bean soup with ham hock, plus pork lomitos.	APTEX	(S)	(CC)	N/A	#1108H
12:00:00	Lidia's Kitchen Layering Italian Flavors "Alla Parmigiana" is a technique applied in many southern Italian dishes that is all about layering simple bold flavors. In today's episode, Lidia shows the viewers her chicken parmigiana light: a version of chicken parmigiana, a breaded chicken thigh layered with tomato and mozzarella and nestled in a bed of tomato sauce; steamed broccoli and egg salad: a simple steamed broccoli dish dressed with red wine vinegar and hard boiled eggs; and limoncello tiramisu: a real "pick me up" made with lady fingers, mascarpone and limoncello zabaglione.	APTEX	(S)	(CC)	N/A	#401H
12:30:00	Moveable Feast with Fine Cooking Portland Wine Collective On this episode of Moveable Feast with Fine Cooking, Pete Evans visits the city of Portland, Oregon that is a city any true foodie would appreciate. Two of America's finest chefs: two time James Beard Award winning chef Gabriel Rucker and Greg Denton, whose restaurant, Ox, is considered one of Portland's finest, join Pete on today's adventure. First stop for ingredients, the Portland Farmer's Market that is one of the most beautiful in the country. Next, Pete, Gabe and Greg stop at Nicky USA for some amazing cuts of meat, including bison chops. Today's meal is served at the Wine Collective in Portland. To go along with the fabulous wine, the menu includes Spiced Bison Flank Steak with Chimichurri, Tomatoes and Cucumbers, Charred Baby Leeks with Hazelnut Romesco and a Snap Pea and Goat Cheese salad that replaces the standard tomato with strawberries. Portland you have out done yourself!	APTEX	(S)	(CC)	N/A	#205H
13:00:00	Two for the Road Alaska: Cruising The Inside Passage Nik and Dusty make their first-ever visit to Alaska, where they explore its famed Inside Passage - and encounter its diverse and spectacular wildlife - aboard a small-ship expedition cruise.	NETA	(S)	(CC)	N/A	#104H
13:30:00	Joseph Rosendo's Travelscope Northeast Ontario - Canada's Canoe Culture and First Nations People Joseph visits Northeast Ontario, Canada, a vast land of trees, water and rock that has served many. It has been home to aboriginal people for more than 10,000 years. To illustrate the aboriginal people's connection, on Manitoulin Island Joseph joins his First Nations guides at a pow wow, on a hike along the Niagara Escarpment, in handcrafting a drum and at an aboriginal feast. He also visits a Roman Catholic church which endeavors to be a gathering place for native and non-native alike by incorporating the symbols, traditions and beliefs of both. On the historic French River he learns that to the French fur traders, voyageurs, its lakes and rivers were highways to prosperity - and to outdoor enthusiasts a never-ending source of pleasure. In the region's largest town, Sudbury, it's clear that to the lumber and mining industries the surrounding trees and rocks are a resource of wealth and riches. With the French River as a magnificent backdrop Joseph meets artists to whom the natural scenery is an inspiration and who capture its dramatic landscape to showcase Canada's natural beauty. Finally, Joseph's journey of discovery reveals that the historic interactions and modern day partnerships formed here between diverse interests speak of a spirit of cooperation that distinguishes Canada. There is indeed a "Canoe Culture" where each respects the talents of the other and strives to pull together for the common good.	APTEX	(S)	(CC)	DVI	#811H
14:00:00	Rick Steves' Europe Italy's Riviera: Cinque Terre Exploring Italy's most remote and romantic stretch of Riviera, we visit five tiny port towns: dramatic Vernazza, surrounded by vineyards; reclusive Corniglia, high on its bluff; pastel Manarola; hardscrabble Riomaggiore; and the pint-sized resort of Monterosso. Fishing for anchovies, sipping wine out of rustic barrels, and savoring twinkling Mediterranean vistas, we enjoy the ultimate Riviera adventure.	APTEX	(S)	(CC)	N/A	#807H

Sat, Apr 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese Scotland: Vikings, Puffins & Ponies	APTEX	(S)	(CC)	N/A	#105H
	Travel with host Richard Wiese to the Shetland Islands in northern Scotland. At a renowned breeding farm, Richard meets a herd of pint-sized Shetland ponies; on the craggy cliffs of Sumburgh Head, he encounters thousands of sea birds, including pint-sized puffins. He meets a lively woman who reveals the secrets for knitting the classic Shetland sweater and explores life below the waters of the North Sea.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4602H
	As gardeners, many of us start thinking about and planning our gardens right after Christmas. GardenSMART visits an historic garden that's prepared for many springs over its lifetime. A lot to learn. Join us as we plan ahead and GardenSMART.					
15:30:00	Chefs A' Field Old Salts, Young Guns	APTEX	(S)	(CC)	N/A	#204H
	Chesapeake Bay Oysters Bubble Back from Virtual Extinction. Chef Jason Alley: Comfort Restaurant - Portsmouth and Richmond, VA Virginia chef Jason Alley and his children join Chesapeake Bay oyster farmers Ryan and Travis Croxton to harvest oysters and learn how the once-endangered bivalves are helping to clean up pollution in the bay. In the kitchen, Chef Alley and his children prepare dishes featuring their prized catch. Recipes: Angels on Horseback; Oysters on the Half Shell with Vanilla-Ginger Mignonette.					
16:00:00	Maria Hinojosa: One-On-One Melissa Harris-Lacewell	APTEX	(S)	(CC)	N/A	#411Z
	Princeton University professor and frequent MSNBC commentator Melissa Harris-Lacewell joins Maria Hinojosa to discuss the state of African Americans in the Obama era. Winner of the W.E.B. DuBois book award for Barbershops, Bibles, and BET: Everyday Talk and Black Political Thought, Harris-Lacewell teaches African-American studies and political science.					
16:30:00	Overheard with Evan Smith Thomas Haden Church, Actor	NETA	(S)	(CC)	N/A	#712H
	Thomas Haden Church is an actor who first gained attention for six seasons on NBC's sitcom Wings, followed by two seasons starring opposite Debra Messing on Fox's Ned & Stacey. Other film and television roles have included parts in Spider-Man 3, Easy A and most recently the HBO TV series Divorce.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Cheesemaker	APTEX	(S)	(CC)	N/A	#207H
	Cheese, please! Join master cheesemaker Bruce Workman and host Eric Gorges for an inside view of an award winning creamery. Who knew master cheesemakers started their day at 2am?					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3514H
18:30:00	The Open Mind Constitutionalism Vs. Trumpism	NETA		(CC)	N/A	#3735H
	Guest: Evan McMullin. Former presidential candidate Evan McMullin talks about his conservative manifesto.					
19:00:00	Closer to Truth How Does Faith Work?	EPS	(S)	(CC)	N/A	#1702H
	Can God be known only by faith? What is faith? What does faith feel like? Can faith be actionable, practical? Describing faith is one thing; having faith, quite another.					
19:30:00	Drexel Interview Jennifer Shahade	NETA		(CC)	N/A	#511H
	Jennifer Shahade is a U.S. Chess Champion and Woman Chess Grandmaster, professional poker player, author, and performance artist. The author of Chess Bitch: Women in the Ultimate Intellectual Sport, Shahade has traveled the world as a professional gamer with special interest in promoting access for youth and female players. In this interview, Host Paula Marantz Cohen talks with Shahade about her advancement to international success in chess and poker, as well as her ability to defy gender stereotypes and cultural standards across the board.					

Sat, Apr 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Sadie and the Hotheads	APTEX	(S)	(CC)	N/A	#402H
	<p>Sadie and the Hotheads, fronted by actress Elizabeth McGovern, are a real band whose musicianship combines a world of musical influences, from 60s pop to country, esoteric folk to jazz, Celtic to torch songs. During this concert Infinity Hall Live audiences will delight in McGovern's girlish enthusiasm combined with a rock 'n' roll style that is a world away from her persona as the dignified Lady Cora in Downton Abbey. The band's mix of original songs and new approach to pop classics like the Bee Gee's "Stayin' Alive or The Fixx's "One Thing Leads to Another" showcase their spirited approach to music making. The band consists of Elizabeth McGovern (lead vocals, acoustic guitar), Simon Nelson (electric and acoustic guitars, dobro, backing vocals), Steve Nelson (acoustic guitar, bouzouki, banjo, backing vocals), Teri Bryant (drums and percussion), Ron Knights (bass), Nick Lacey (piano, keyboards, penny whistle, backing vocals) and Danica Chapman (backing vocals). A line-up that between them has worked with everyone from John Paul Jones to Joss Stone, Walter Trout to Faith Hill and Mavis Staples to Roddy Frame.</p>					
21:00:00	Front and Center Kaleo	APTEX	(S)	(CC)	N/A	#707H
	<p>All the way from Iceland, indie rock band Kaleo comes to New York City to perform songs from their debut album A/B. Highlights include a performance of "Vor i Vaglaskogi," a traditional Icelandic Love song sung in the band's native language, as well as their top 10 singles "All the Pretty Girls" and "Way Down We Go." Formed in 2012, the band music is mostly influenced by folk and blues and prominently features a distinctive resonator sound.</p>					
22:00:00	Globe Trekker Road Trip: Rust Belt Highway 2, USA	APTEX	(S)	(CC)	N/A	#1602H
	<p>In part two of the Rust Belt Road Trip, Globe Trekker Megan McCormick spans the American Midwest and its Great Lake states in search of the innovations that ignited an industrial revolution and united America after the divisive conflict of a bloody civil war. The so-called "Rust Belt" region was coined back in 1984 by former Vice President Walter Mondale to describe a hinterland of collapsed industrial manufacturing. But on her travels, Megan discovers that this is also a region bristling with life, for as young people are moving in, regenerating the once monumental metropolises of America's gilded age with their enterprise and zeal.</p>					
23:00:00	Arts In Context Classical Undead	NETA		(CC)	N/A	#506H
	<p>Since 1999 Golden Hornet Project has presented over 60 concerts of indie classical music by more than 40 composers from non-academic musical backgrounds - all in the name of making classical music as exciting and accessible as it was meant to be. Their latest project is reanimating Mozart's unfinished Requiem Mass in D minor with contributions from a diverse line-up of genre defying composers including Glen Kotche of Wilco, Pulitzer Prize-winner Caroline Shaw, and DJ Spooky. With the simple notion that music should be for everyone, Golden Hornet Project seeks to bring excitement and energy back to the world of classical music.</p>					
23:30:00	Invitation to World Literature One Hundred Years of Solitude	APTEX	(S)	(CC)	DVI	#111H
	<p>Gabriel Garcia Marquez's multigenerational saga of the Buendia family in the isolated town of Macondo inaugurated the boom in Latin American literature in the 1970s and marked the beginning of magical realism. Writer Sandra Cisneros and scholar of Latin American literature, Ilan Stavans lend their thoughts and voices to the discussion of this epic novel.</p>					

Sun, Apr 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How Does Faith Work? Can God be known only by faith? What is faith? What does faith feel like? Can faith be actionable, practical? Describing faith is one thing; having faith, quite another.	EPS	(S)	(CC)	N/A	#1702H
00:30:00	Drexel Interview Jennifer Shahade Jennifer Shahade is a U.S. Chess Champion and Woman Chess Grandmaster, professional poker player, author, and performance artist. The author of Chess Bitch: Women in the Ultimate Intellectual Sport, Shahade has traveled the world as a professional gamer with special interest in promoting access for youth and female players. In this interview, Host Paula Marantz Cohen talks with Shahade about her advancement to international success in chess and poker, as well as her ability to defy gender stereotypes and cultural standards across the board.	NETA		(CC)	N/A	#511H
01:00:00	Infinity Hall Live Sadie and the Hotheads Sadie and the Hotheads, fronted by actress Elizabeth McGovern, are a real band whose musicianship combines a world of musical influences, from 60s pop to country, esoteric folk to jazz, Celtic to torch songs. During this concert Infinity Hall Live audiences will delight in McGovern's girlish enthusiasm combined with a rock 'n' roll style that is a world away from her persona as the dignified Lady Cora in Downton Abbey. The band's mix of original songs and new approach to pop classics like the Bee Gee's "Stayin' Alive" or The Fixx's "One Thing Leads to Another" showcase their spirited approach to music making. The band consists of Elizabeth McGovern (lead vocals, acoustic guitar), Simon Nelson (electric and acoustic guitars, dobro, backing vocals), Steve Nelson (acoustic guitar, bouzouki, banjo, backing vocals), Teri Bryant (drums and percussion), Ron Knights (bass), Nick Lacey (piano, keyboards, penny whistle, backing vocals) and Danica Chapman (backing vocals). A line-up that between them has worked with everyone from John Paul Jones to Joss Stone, Walter Trout to Faith Hill and Mavis Staples to Roddy Frame.	APTEX	(S)	(CC)	N/A	#402H
02:00:00	Front and Center Kaleo All the way from Iceland, indie rock band Kaleo comes to New York City to perform songs from their debut album A/B. Highlights include a performance of "Vor i Vaglaskogi," a traditional Icelandic Love song sung in the band's native language, as well as their top 10 singles "All the Pretty Girls" and "Way Down We Go." Formed in 2012, the band music is mostly influenced by folk and blues and prominently features a distinctive resonator sound.	APTEX	(S)	(CC)	N/A	#707H
03:00:00	Globe Trekker Road Trip: Rust Belt Highway 2, USA In part two of the Rust Belt Road Trip, Globe Trekker Megan McCormick spans the American Midwest and its Great Lake states in search of the innovations that ignited an industrial revolution and united America after the divisive conflict of a bloody civil war. The so-called "Rust Belt" region was coined back in 1984 by former Vice President Walter Mondale to describe a hinterland of collapsed industrial manufacturing. But on her travels, Megan discovers that this is also a region bristling with life, for as young people are moving in, regenerating the once monumental metropolises of America's gilded age with their enterprise and zeal.	APTEX	(S)	(CC)	N/A	#1602H
04:00:00	Arts In Context Classical Undead Since 1999 Golden Hornet Project has presented over 60 concerts of indie classical music by more than 40 composers from non-academic musical backgrounds - all in the name of making classical music as exciting and accessible as it was meant to be. Their latest project is reanimating Mozart's unfinished Requiem Mass in D minor with contributions from a diverse line-up of genre defying composers including Glen Kotche of Wilco, Pulitzer Prize-winner Caroline Shaw, and DJ Spooky. With the simple notion that music should be for everyone, Golden Hornet Project seeks to bring excitement and energy back to the world of classical music.	NETA		(CC)	N/A	#506H
04:30:00	Invitation to World Literature One Hundred Years of Solitude Gabriel Garcia Marquez's multigenerational saga of the Buendia family in the isolated town of Macondo inaugurated the boom in Latin American literature in the 1970s and marked the beginning of magical realism. Writer Sandra Cisneros and scholar of Latin American literature, Ilan Stavans lend their thoughts and voices to the discussion of this epic novel.	APTEX	(S)	(CC)	DVI	#111H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#205
08:00:00	Painting and Travel with Roger & Sarah Bansemer Inside Passage Roger and Sarah Bansemer travel north to Alaska where they visit the town of Ketchikan and Totem Bight State Historical Park where Sarah learns about the methods and materials used to create colorful totem poles. Back in the studio Roger uses oils to create a painting of the misty shoreline by the park.	NETA	(S)	(CC)	N/A	#901H
08:30:00	Painting with Paulson Rearing Horse Part II	NETA	(S)	(CC)	N/A	#1608H

Sun, Apr 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Bengal Tiger	APTEX		(CC)	N/A	#501H
	The dramatic markings of wild animals offer a perfect study of contrast. Arranging different colors, shades and textures against each other appeals to our natural love of contrast and adds a heightened element of drama. Artists may use contrast of hue, which is simply a color that has not been diluted. Contrast of value is the range of lightness versus darkness of certain colors. Occasionally, in oil painting, artists will paint entirely in shades of grey. This is the oil equivalent of a tonal drawing. A strong tonal drawing almost always leads to a strong painting. Artists such as Degas understood the effectiveness of color contrast. Wyland explores contrasting shades in this painting of a Bengal Tiger.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Leg Slenderizers	APTEX	(S)	(CC)	DVI	#923H
10:00:00	Sit and Be Fit Stretching	NETA	(S)	(CC)	N/A	#1215H
	Strengthening should always be followed by stretching as an important component to any workout. This episode includes some great stretching exercises to improve flexibility.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#225
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#302H
11:30:00	New Orleans Cooking with Kevin Belton Thanksgiving	APTEX	(S)	(CC)	N/A	#120H
	Stuffed mirlitons, Cajun turkey and dirty rice.					
12:00:00	Ciao Italia Strawberries and Raspberries for Dessert/Fragole E Lamponi Per Dessert	NETA	(S)	(CC)	N/A	#2425H
	Master Pastry Chef Jim Dodge reveals the secret of making the perfect Italian custard called Budino, while Mary Ann returns the favor by sharing her tips on how to make masterful Little Raspberry Thyme Tarts.					
12:30:00	Mike Colameco's Real Food Ny Wine Bars	NETA	(S)	(CC)	N/A	#1404H
	Great food paired with a huge selection of wines by the glass, well what's not to like? Today's episode we visit Ardesia in Hell's Kitchen, Corkbuzz with Master Sommelier and owner Laura Maniac at both locations and Ten Bells a funky LES all bio / organic wine bar down on Broome St.					
13:00:00	Bare Feet with Mickela Mallozzi Waltzing In Vienna (Vienna, Austria)	APTEX	(S)	(CC)	DVI	#108H
	The world-renowned ball season in Vienna, Austria emulates the ostentatious lifestyle of the 18th & 19th century imperial family, the House of Habsburg, with its traditional Viennese waltzes. Mickela dons a gown in celebration while also learning the knee-slapping traditions of Schuhplattler in the hills of Steiermark!					
13:30:00	Travel Detective with Peter Greenberg Constructing A Mega Resort	NETA	(S)	(CC)	DVI	#207H
	Modern resorts are getting bigger and even more impressive. But did you ever think of how difficult it is to build one of them? CBS News Travel Editor Peter Greenberg goes behind the scenes and shows us the construction of one of the biggest resorts of all-time: the much-delayed Baha Mar, in the Bahamas. Plus, a lot of hotels will claim they are historic, simply because they're old. And then there's the case of the legendary Raffles Hotel in Singapore. Peter reveals its rich and colorful history. And, correspondent Tracy Gallagher takes us to Hilton Head Island in South Carolina, which is one of the most important beaches in the world for loggerhead turtle nesting.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#302H
14:30:00	Burt Wolf: Travels & Traditions The Girl with the Book	APTEX	(S)	(CC)	N/A	#1505H
	For centuries, women were discouraged from going to school. It was OK if a woman could read and write, but anything more advanced was considered "dangerous". These days, for the first time in U.S. history, more women graduate from American universities than men. It's an amazing change in the relationship between men and women. In this program, Burt travels around trying to find out what had been going on for hundreds of years and why things are changing.					
15:00:00	American Woodshop Shaker Inspired Spindle Bench Turning for Beginners - Very Affordable!	NETA	(S)	(CC)	N/A	#2401H

Sun, Apr 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Rough Cut - Woodworking with Tommy Mac Library Chair with Tom Mclaughlin	APTEX	(S)	(CC)	N/A	#607H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy is inspired by his Dad's old library chair. Back in the shop is Master Woodworker Tom McLaughlin, who's updating the design by adding a bent laminated seat rail, stack laminated crest rail and making the actual seat a bit more comfortable. Made out of cherry, this chair is sure to make it another generation in the MacDonald family.					
16:00:00	Happy Yoga with Sarah Starr Pastel Beach	NETA	(S)	(CC)	N/A	#210H
	Bask in the early morning pastel colors of the serene beach setting as we enjoy a modified yoga practice designed to create more space in the upper body, including a sequence of standing poses to open the hips and lengthen the hamstrings while using a chair for support.					
16:30:00	Second Opinion Tourette Syndrome	APTEX	(S)	(CC)	N/A	#1303H
	Tourette Syndrome is a neurological disorder that presents in early childhood or adolescence with the first symptoms often being involuntary movements, or tics. Peter Morrison was diagnosed when he was 10 years old, and he shares his story of overcoming the personal and social challenges caused by the syndrome. He's joined by his mother Susan, who provides her perspective as a parent.					
17:00:00	Feel Grand with Jane Seymour Heart Health	APTEX	(S)	(CC)	N/A	#107H
	Heart disease remains one of the biggest challenges all of us face as we get older, and the sudden untimely death of a well-known figure like James Gandolfini reminds us how sudden, unpredictable and fragile our hearts are. What can we do to take care of that most vital organ as our bodies get older, and especially for women, what are some heart attack warning signs that we don't know about?					
17:30:00	Well Read Viet Thanh Nguyen / The Refugees	APTEX	(S)	(CC)	N/A	#619H
	Pulitzer prize winning author Viet Thanh Nguyen shares with Well Read audiences his second work of fiction, The Refugees. A book about the aspirations of those who leave one country for another, and the relationships and desires for self-fulfillment that define our lives.					
18:00:00	California's Gold San Onofre Beach	KCET		(CC)	N/A	#1004
	Huell and Luis hit the beach in our April episode of California's Gold. Surfing has played a major role in the "California" lifestyle and has a rich and colorful history up and down our coast. One of the most famous and historic is San Onofre Beach in San Diego County. Surfing got it's start in Polynesia over three thousand years ago and Hawaiian's have been riding waves for over one thousand. Surfing arrived in California in 1907 and has been a passion of Californians ever since. Many of our states early surfing pioneers cut their chops on the famous waves at San Onofre Beach. Huell meets and reminisces with several members of the San Onofre Surfing Club and gets an inside look at California surfing history and beach culture. We'll meet the old timers and the new breed who call San Onofre home. So grab your ukulele and your surf board and hop in your Woody for a trip to the beach with Huell.					
18:30:00	Curious Traveler Curious Copenhagen	APTEX	(S)	(CC)	N/A	#203H
	Why did Shakespeare use Kronborg Castle as the setting for Hamlet? Was picturesque Nyhavn really the playground for sailors and brothels? Christiansborg Palace, Amalienborg Palace, Rosenborg Castle - why so many palaces in one small European country?					
19:00:00	Natural Heroes Common Ground	KNME	(S)	(CC)	N/A	#712H
	Several ranching and farming communities living against the stunning landscape of the Rocky Mountain Front in Montana are faced with the decision of what is to become of this unprotected public land. As the community battles with the idea of proposing more wilderness areas, heritage and tradition are seemingly defended on both sides. When the people begin to raise their voices, they come to find that what is feared most is change. (Natural Heroes, Emmy award-winning filmmaker)					
19:30:00	The Kamla Show Special Rachel Rosen San Francisco Film Society	KAMLA	(S)	(CC)	N/A	#110H
	Kamla interviews Rachel Rosen, Director of Programming for the San Francisco Film Society, about the upcoming 59th San Francisco International Film Festival.					
20:00:00	Black America The Power of the Documentary with June Cross	EPS	(S)	(CC)	N/A	#105H
	Carol Jenkins sits down with multiple Emmy and duPont award recipient, documentary filmmaker June Cross and discusses her film 'Wilhemina's War'.					

Daily Program Listing II

43.1

Date: 03/19/2017

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Sun, Apr 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Black America Dr. Roscoe C. Brown Jr. & Honorable David N. Dinki Carol Jenkins is joined by two legends, NYC's 106th Mayor, David N. Dinkins and Tuskegee Airman, Roscoe C. Brown Jr. to discuss the future in black America.	EPS	(S)	(CC)	N/A	#106H
21:00:00	Paving The Way: The National Park-To-Park Highway Welcome Home Continue the journey of the 1920 inaugural tour of the National Park-to-Park Highway. Tour members are faced with the decision to turn back or journey on as they are without their leader. With some of the most magnificent vistas still ahead, they learn what it really means to be road weary, but at the same time find the pure joy of a true American experience -The Road Trip.	APTEX	(S)	(CC)	N/A	#102
22:00:00	Rick Steves Special European Easter	APTEX	(S)	(CC)	N/A	#107H
23:00:00	The Many Storeys and Last Days of Thomas Merton In the last year of his life Thomas Merton, one of the 20th century's most noted spiritual thinkers, travels to Asia for meetings with the Dalai Lama and other spiritual seekers. The journey is revelatory, his sudden death stunning.	NETA		(CC)	N/A	#0H

Mon, Apr 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Common Ground Several ranching and farming communities living against the stunning landscape of the Rocky Mountain Front in Montana are faced with the decision of what is to become of this unprotected public land. As the community battles with the idea of proposing more wilderness areas, heritage and tradition are seemingly defended on both sides. When the people begin to raise their voices, they come to find that what is feared most is change. (Natural Heroes, Emmy award-winning filmmaker)	KNME	(S)	(CC)	N/A	#712H
00:30:00	The Kamla Show Special Rachel Rosen San Francisco Film Society Kamla interviews Rachel Rosen, Director of Programming for the San Francisco Film Society, about the upcoming 59th San Francisco International Film Festival.	KAMLA	(S)	(CC)	N/A	#110H
01:00:00	Black America The Power of the Documentary with June Cross Carol Jenkins sits down with multiple Emmy and duPont award recipient, documentary filmmaker June Cross and discusses her film 'Wilhemina's War'.	EPS	(S)	(CC)	N/A	#105H
01:30:00	Black America Dr. Roscoe C. Brown Jr. & Honorable David N. Dinki Carol Jenkins is joined by two legends, NYC's 106th Mayor, David N. Dinkins and Tuskegee Airman, Roscoe C. Brown Jr. to discuss the future in black America.	EPS	(S)	(CC)	N/A	#106H
02:00:00	Paving The Way: The National Park-To-Park Highway Welcome Home Continue the journey of the 1920 inaugural tour of the National Park-to-Park Highway. Tour members are faced with the decision to turn back or journey on as they are without their leader. With some of the most magnificent vistas still ahead, they learn what it really means to be road weary, but at the same time find the pure joy of a true American experience -The Road Trip.	APTEX	(S)	(CC)	N/A	#102
03:00:00	Rick Steves Special European Easter	APTEX	(S)	(CC)	N/A	#107H
04:00:00	The Many Storeys and Last Days of Thomas Merton In the last year of his life Thomas Merton, one of the 20th century's most noted spiritual thinkers, travels to Asia for meetings with the Dalai Lama and other spiritual seekers. The journey is revelatory, his sudden death stunning.	NETA		(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#206
08:00:00	Mixed Nutz Mind The Gap Jae and Hanna's embarrassing Grandfather visits and goes out of his way to get involved in their routines. Michael takes an "anything goes" attitude when his "hard of hearing" grandmother babysits. The kids realize there is more than meets the eye to their grandparents and gain a new sense of respect for them. Lesson: Grandparents should be loved and respected.	NETA	(S)	(CC)	N/A	#509H
08:30:00	1001 Nights The Genie, The Fish, The Wolf and the Witch/The Forbidden City of Shenzhen "The Genie, The Fish, The Wolf and The Witch" - When Shahryar can't sleep, Shahrzad tells a series of stories within stories that become fascinatingly intertwined. "The Forbidden City of Shenzhen" - Ahn-Ming climbs to the other side of the forbidden wall to learn that everything he's been taught about his evil neighbors is wrong.	NETA	(S)	(CC)	DVI	#116H
09:00:00	Functional Fitness with Suzanne Andrews Healthy Back	ACCES		(CC)	N/A	#111H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Workout (All Standing)	APTEX	(S)	(CC)	DVI	#924H
10:00:00	Sit and Be Fit Relaxation Mary Ann explores the healing touch of massage, demonstrating some effective ways to release tension and use movement to relax.	NETA	(S)	(CC)	N/A	#1216H

Mon, Apr 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Magic Inch Quilts, Part 2 Guests Bill Kerr and Weeks Ringle of Modern Quilt Studio join Nancy to demonstrate how to create custom quilt designs of your own with a modern flair. See how to adapt the Magic Inch technique to any size block. Grab your rotary cutter and sew along while we master a fresh approach to quilting.	NETA	(S)	(CC)	N/A	#3021H
11:00:00	Knitting Daily Accessorize It! Accessories create the look! Dorinda Balanecki incorporates beautiful crystal buttons for a touch of glitz. Shelby Allaho shares her love of crocheted accessories, and editor Louisa Demmitt show how to make warm, stylish mittens. Tanis Gray adds texture with the oyster stitch. Vickie Howell shares a stranding technique to make a cozy cowl.	NETA	(S)	(CC)	N/A	#1406H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 2 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Farmer's Daughter Block made by Marianne and the Sun Rays Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2704H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6191H
13:00:00	America's Test Kitchen from Cook's Illustrated Hearty One Pot Meals Host Julia Collin Davison shows host Bridget Lancaster how to make the best ground beef chili. Next, equipment expert Adam Ried reviews food processors in the Equipment Corner. Finally, test cook Erin McMurrer uncovers the secrets to the ultimate red lentil soup with north African spices.	APTEX	(S)	(CC)	N/A	#1708H
13:30:00	Pati's Mexican Table Born in the Kitchen Pati travels to Mexico City to reconnect with her father and help him cook one of her favorite childhood meals: Huevos a la Mexicana. Back in her own kitchen, she'll use that visit as inspiration to cook a few dishes that she remembers fondly from childhood, and then passes on the tradition by cooking dessert with her youngest son, Juju. Recipe 1: Shredded Flank Steak with Potatoes in Green Salsa; Recipe 2: Mexican Rice with Prawns; Recipe 3: Orange Vanilla Flan.	APTEX	(S)	(CC)	N/A	#301H
14:00:00	Primal Grill with Steven Raichlen Burn in the USA The whole world grills, and a few countries smoke. But only one place on Planet Barbecue has highly evolved traditions of both-the U.S.A. (Of course, in the South, Midwest, and Texas, smoked meats are better known as barbecue.) In previous seasons of Primal Grill, we've shown you how to barbecue the familiar-chicken, ribs, and brisket. So here's a look at some less well-known regional live fire cooking: lobster the way we do it on Martha's Vineyard (my summer home); Texas beef clod-a massive cut from the shoulder that handily feeds a carnivorous horde; and Puerto Rican pork shoulder, seasoned with oregano and garlic, basted with annatto oil, and spit-roasted until the skin is shatteringly crisp and the meat fork-tender. Lobster Martha's Vineyard-Style; Texas Clod; Puerto Rican Pork Shoulder.	APTEX	(S)	(CC)	N/A	#305H
14:30:00	Steven Raichlen's Project Smoke Asian Smoke Smoking reigns supreme in the Americas and Europe. In Asia, not so much. This show explores a region you don't normally associate with smoking, from Chinese char siu pork and pork belly steamed buns, to smoke-braised lamb shanks and smoky tangerine flan for dessert. Get ready for Asian barbecue with American wood smoke. Char siu pork tenderloin; Pork belly steamed buns; Smoke-braised lamb shanks; Tangerine smoked flans.	APTEX	(S)	(CC)	N/A	#203H
15:00:00	Beads, Baubles and Jewels Beaded Embellishments for Your Home Add a touch of glamour to your life. Laura Timmons has rings for your fingers and beaded napkin rings for your table decor. Laura also has tips for adding crystals to fabric. Katie's Beading Lesson is on creating your own beading storage station.	NETA	(S)	(CC)	N/A	#2006H
15:30:00	For Your Home Do You Know? In this fact filled episode host Vicki Payne answers FYH viewers' questions, like why do you have to have your furnace and air conditioner inspected each season? Which is best a natural gas fire pit or one that operates on propane? How can you protect your outdoor planters from winter weather and what kinds of plants can take care of themselves? Information all homeowners need to know.	APTEX	(S)	(CC)	N/A	#3108H

Mon, Apr 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Movin' On Out	APTEX	(S)	(CC)	DVI	#503H
	Check out this kid's guide to the true cost of cutting the cord and being independent. This episode takes you through it all - budgeting, roommates, finding a place, and learning about all the hidden costs that Mom and Dad does to pay for you. Meet seven girls who figured out how to share finances and the hairdryer. So how much does it cost to live on your own? More than you think!					
16:30:00	Hands On Crafts for Kids On The Road and Around The Word	NETA	(S)	(CC)	DVI	#1809H
	Travel can really shake up your creativity. Inspired by their travels, Jenny Barnett-Rohrs and Katie Hacker capture cityscapes. Candie Cooper makes a necklace or bookmark with beads from around the world. Franz Spohn sketches vacation memories and Katie makes colorful candy ornaments from blogger Angie Holden.					
17:00:00	P. Allen Smith's Garden Home Super Foods; Super Recipes	APTEX	(S)	(CC)	DVI	#1607H
	In this episode of Garden Home, P. Allen Smith shows that you don't have to be a superhero to save the day. Super performers in the kitchen, garden and home are highlighted to help give your life some extra punch.					
17:30:00	Growing A Greener World Masters of the Edible Landscape (San Francisco, Ca and Mt. Vernon, Wa)	APTEX	(S)	(CC)	N/A	#703H
	A common misconception of food gardens is that they're ugly and unsuitable in front yards or as ornamental displays. Accordingly, they're typically relegated to out of sight corners in backyards. But landscape design pro Rosalind Creasy has been working to debunk that myth for over 35 years. Even her home garden - starting right at the curb - is so beautiful that passersby usually don't even realize that it's almost exclusively an edible landscape. In this episode, Joe visits another master of gardening and food, international celebrity chef and television host Graham Kerr, a.k.a. "The Galloping Gourmet." His newfound passion for gardening is infectious, and his desire to share a love of growing food is a true inspiration.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14076H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#203H
	Profiles of Asian American leaders in the arts & entertainment business, including contemporary artists, musicians, author, playwright, dancer and filmmakers. Guests include: David Henry Hwang, Susan Choi, Xiaochuan Xie.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8011
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3514H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#410H
	For the third time, Music City Roots goes to N. Ireland to seek the "roots of our roots." Featuring Scott Miller and Jim Lauderdale in Belfast plus key Belfast songwriters playing in Nashville.					
21:00:00	Live from the Dennison Lodge Growling Old Men	NETA	(S)	(CC)	N/A	#105H
	Ben Winship and John Lowell team up as the "Growling Old Men" for an evening of flat picking and mandolin. Dubois artist Jess O'Neal joins the guys for a couple of songs to add a gentler edge.					
22:00:00	American Conscience: The Reinhold Niebuhr	APTEX	(S)	(CC)	N/A	#0H
	An American Conscience: The Reinhold Niebuhr Story tells Niebuhr's story through photographs, recordings, and interviews with his former students, his daughter, and eminent public figures including New York Times writer David Brooks, Civil Rights icon Andrew Young, Susannah Heschel and others. It also includes academic experts who discuss his life and influence. The stories and insights that emerge are critical to preserving and portraying Niebuhr's seminal role in American life. Perhaps the clearest indication of the scope of his appeal is the popularity of his Serenity Prayer, most prominently used by Alcoholics Anonymous.					
23:00:00	Kaneko's Monumental Risk	APTEX	(S)	(CC)	N/A	#0H
	KANEKO'S MONUMENTAL RISK explores the life and work of Japanese-American sculptor and artist Jun Kaneko. Kaneko is known for building the largest ceramic art pieces in the world, with some towering more than 13 feet without any interior support. Over the course of his 50 year career, Kaneko has created massive public art installations in plazas, gardens, airports, city parks and convention centers. KANEKO'S MONUMENTAL RISK follows Kaneko working around the world in places like San Francisco, Kyoto, New York, Nagoya, Chicago, Puerto Vallarta, and his adopted hometown of Omaha. It also looks at the evolution of his work from painting in a realism style to his abstract sculptures and his risky undertaking of opera design with the San Francisco Opera's production of The Magic Flute. The program concludes with a look at the multi-million dollar creativity center he built in Omaha to encourage us all to unleash our risk-taking and creative sides.					

Tue, Apr 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8011
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3514H
01:00:00	Music City Roots Live from the Factory For the third time, Music City Roots goes to N. Ireland to seek the "roots of our roots." Featuring Scott Miller and Jim Lauderdale in Belfast plus key Belfast songwriters playing in Nashville.	APTEX	(S)	(CC)	N/A	#410H
02:00:00	Live from the Dennison Lodge Growling Old Men Ben Winship and John Lowell team up as the "Growling Old Men" for an evening of flat picking and mandolin. Dubois artist Jess O'Neal joins the guys for a couple of songs to add a gentler edge.	NETA	(S)	(CC)	N/A	#105H
03:00:00	American Conscience: The Reinhold Niebuhr An American Conscience: The Reinhold Niebuhr Story tells Niebuhr's story through photographs, recordings, and interviews with his former students, his daughter, and eminent public figures including New York Times writer David Brooks, Civil Rights icon Andrew Young, Susannah Heschel and others. It also includes academic experts who discuss his life and influence. The stories and insights that emerge are critical to preserving and portraying Niebuhr's seminal role in American life. Perhaps the clearest indication of the scope of his appeal is the popularity of his Serenity Prayer, most prominently used by Alcoholics Anonymous.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Kaneko's Monumental Risk KANEKO'S MONUMENTAL RISK explores the life and work of Japanese-American sculptor and artist Jun Kaneko. Kaneko is known for building the largest ceramic art pieces in the world, with some towering more than 13 feet without any interior support. Over the course of his 50 year career, Kaneko has created massive public art installations in plazas, gardens, airports, city parks and convention centers. KANEKO'S MONUMENTAL RISK follows Kaneko working around the world in places like San Francisco, Kyoto, New York, Nagoya, Chicago, Puerto Vallarta, and his adopted hometown of Omaha. It also looks at the evolution of his work from painting in a realism style to his abstract sculptures and his risky undertaking of opera design with the San Francisco Opera's production of The Magic Flute. The program concludes with a look at the multi-million dollar creativity center he built in Omaha to encourage us all to unleash our risk-taking and creative sides.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#207
08:00:00	Mixed Nutz Halloween Haunts When their trick or treating plans are ruined by an unexpected electrical storm, the kids are left telling spooky ghost stories. It all ends with Damaris's "Lady in White" story, that even scares the most skeptic of the lot. Lesson: A good time can be had even when your original plans go out the door (and more importantly - without a TV!).	NETA	(S)	(CC)	N/A	#510H
08:30:00	1001 Nights The Broken Jewel/The Boy Who Became A Genie "The Broken Jewel" - Two servants accidentally break a jewel from the king's crown. In order to avoid getting caught, they must find another one at the top of Asir Mountain. "The Boy Who Became a Genie" - Dissatisfied with his life, Harif trades places with a genie, only to discover that his boring life wasn't so bad after all.	NETA	(S)	(CC)	DVI	#117H
09:00:00	Functional Fitness with Suzanne Andrews Healthy Neck	ACCES		(CC)	N/A	#112H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Your Hamstrings	APTEX	(S)	(CC)	DVI	#925H
10:00:00	Sit and Be Fit Maintain Independence This episode is full of functional movements to help improve performance of the activities of daily life and help you maintain independence as you age.	NETA	(S)	(CC)	N/A	#1217H
10:30:00	Sewing with Nancy Every Last Piece Nancy and guest, Lynn Harris, will inspire you with numerous ways to maximize how you use fabric in quilts. See how to refresh traditional designs by giving them a scrappy look while updating other quilts with a minimalist charm when all scraps are used on broad backgrounds. You'll never again be tempted to throw away fabric scraps.	NETA	(S)	(CC)	N/A	#3022H

Tue, Apr 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily Arm Yourself	NETA	(S)	(CC)	N/A	#1407H
	Barry Klein shows some great ideas for finishing off your sleeve caps. Chat with the Tech Knitter about her popular blog. Leslye Solomon demonstrates how to attach set-in sleeves and Tanis Gray shows why diamonds and bobbles are a girl's best friend. Vickie Howell shows how details really matter, right down to the cuffs.					
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 3	NETA	(S)	(CC)	N/A	#2705H
	Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Wheels Block made by Marianne and the Dutchman's Puzzle Block made by Liz Porter.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6192H
13:00:00	Hubert Keller: Secrets of a Chef Beer Makes It Better	NETA	(S)	(CC)	N/A	#514H
	Chef Keller shows how beer can add richness and great flavor to many dishes. Using apricot beer, he marinates yellowtail for a luscious sashimi treat. Then he makes an unforgettable fried chicken with beer and lots of great spices. The beer fest continues with an assortment of ice-cream beer floats. Yellowtail Sashimi with Apricot Beer, Fried Chicken "HK" Style , & Ice-Cream Beer Floats.					
13:30:00	Sara's Weeknight Meals Build A Better Burge	APTEX	(S)	(CC)	N/A	#513H
	It's everything you wanted to know about burgers, plus two delicious recipes. Sara's turkey spinach burger is a light but succulent version of the American standard, while her Spanish burger puts an international spin on an old favorite. We'll discover the best grind of meat for burgers from a venerable Philadelphia butcher, and while we're there Sara discovers the secret to great fries at Philly's Dandelion Restaurant.					
14:00:00	Taste of History Fort Mifflin's River War	NETA	(S)	(CC)	N/A	#604H
	After the British invaded Philadelphia, Washington sent soldiers to Fort Mifflin to delay supply ships and give the Continental Army time to escape to Valley Forge. Chef Staib makes shrimp and rutabaga fricassee, corn fritters, okra fish stew and baked fennel.					
14:30:00	Sara's Weeknight Meals On The Table In 20	APTEX	(S)	(CC)	N/A	#601H
	No time to cook? No problem. Sara's got great recipes to help you get food on the table fast. First up: Indian scrambled eggs with the crunch of the Indian flatbread papadam. On Ask Sara, Sara answers a viewer's question about eggs; especially how to hard boil them without that ugly green ring around the yolk. She also visits a dairy where every cow is a lady and is treated like one, down to a daily shampoo of her tail. Finally, Sara's brother Peter joins her to make steak and butter. And they really are making butter. It's easy! Recipes: Indian scrambled eggs with paapadam Steak and butter.					
15:00:00	Beads, Baubles and Jewels Hammering, Torching and Shaping	NETA	(S)	(CC)	N/A	#2007H
	Author and metal artist Mary Hettmansperger has some great ideas for hammering, texturing and coloring metal, plus using eyelets and rivets for cold connections. Katie's Beading Lesson is using snap finding to make jewelry quickly and easily.					
15:30:00	For Your Home Backyard Living Spaces	APTEX	(S)	(CC)	N/A	#3109H
	FYH host Vicki Payne takes a trip to Michigan to help her son Tony transform his backyard into an exciting place to entertain his family of five and all their friends. Tony lends sweat equity to the project and gets lots of help from his neighbors to stay on budget throughout the project.					
16:00:00	Biz Kid\$ You Are The Target!	APTEX	(S)	(CC)	DVI	#504H
	Every day, kids and teens are subjected to thousands of commercial messages from advertisers. This episode helps you recognize when you are being targeted, how to resist manipulation, and when to apply good consumer skills to cut through the commercial fog.					
16:30:00	Hands On Crafts for Kids Creatures	NETA	(S)	(CC)	DVI	#1810H
	With some paper and a little creativity, we'll make a silly, slithery creature. Candie Cooper recreates impressionist art and Katie Hacker makes glittery slime. Jenny Barnett-Rohrs makes creepy eyeballs and silly spiders for Halloween fun from blogger Morena Hockley.					

Tue, Apr 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Leaders in the Field	APTEX	(S)	(CC)	DVI	#1608H
	Join P. Allen Smith as he learns a thing or two from gardeners, chefs and designers who are leading the pack in their field and are anything but traditional.					
17:30:00	Growing A Greener World The 50-Mile Bouquet: Why Local Matters with Flowers, Too (Skagit Valley, Wa)	APTEX	(S)	(CC)	N/A	#704H
	We've all heard the term "sustainably grown." But have you ever stopped to consider that it can apply to more than food? In fact, the flowers you put on your dinner table (unless you grew them yourself) are likely loaded with pesticides that were applied when they were growing in foreign countries thousands of miles away. While the multi-billion-dollar floral industry creates a beautiful product, the growing practices to bring it to market are anything but. Fortunately, a new and local industry for organic and sustainably grown cut flowers is springing up and gaining momentum all across America. These farmers care deeply about not only their product but also the methods used to grow them. In this episode, Joe visits Jello Mold Farm in the beautiful Skagit Valley, WA to see how this small farm operation has created a successful business while caring for the environment.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14077H
18:30:00	Americas Now Columbia's Homeless City & Portuguese Homecoming	NETA	(S)	(CC)	N/A	#123H
	Colombia - Homeless City (Michelle Begue) - When Bogota's new mayor Enrique Penalosa took office in early 2016, he vowed to take down crime in the Colombian capital. One of his first offensives was a raid into the "Bronx." It is the city's most dangerous slum, plagued by drugs, weapons and savage violence. The raid ended with the evacuation of cartels and criminal gangs... but it also uncovered a complex reality: thousands of people were living in the Bronx, without a home. Correspondent Michelle Begue has more on Colombia's Homeless City. Portugal - Portuguese Homecoming (Gerry Hadden) - Waves of Brazilians have been arriving in Portugal, in what some are calling an unprecedented influx of immigration. They come from all walks of life: rich and poor; educated and uneducated; entering with and without legal documents. But they are bound by a common goal: to escape economic and political instability back home. AN correspondent Gerry Hadden has the story of this unique return to the motherland. Musical - Rio: World Heritage Rio - It's called the Marvelous City an iconic metropolis known for its sky-high cliffs, vast beaches and lush tropical vegetation. Its most emblematic statue is said to welcome visitors with open arms: Its most famous song celebrates a girl who swayed her hips on the way to Ipanema beach. And now, it's officially a UNESCO World Heritage Site after almost 5 years waiting. Rio de Janeiro is this week's musical ending piece.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8012
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1315H
20:00:00	Sun Studio Sessions Leo Bud Welch	NETA	(S)	(CC)	N/A	#806H
	Leo "Bud" Welch Sr. was born in Sabougla, Mississippi in 1932. Bud earned his living by carrying a chainsaw through the hills and hollows of North Mississippi, logging for 35 years. He played his guitar for close family and friends for over 65 years and remained well under the radar until his debut album "Sabougla Voices" was released January 7, 2014 just two months before his 82nd birthday and his sophomore album "I Don't Prefer No Blues" was released on March 24, 2015 just two days after his 83rd birthday. Rolling Stone named him an artist to watch and he now enjoys an international fan base. In this episode, Leo showcases his blues chops performing several songs, including "Cadillac Baby" and "Praise Him."					
20:30:00	Jammin at Hippie Jack's Willie Sugarcapps	NETA	(S)	(CC)	N/A	#1003H
	There is a very strange chemistry between the five distinct musicians that inspires a repertoire of songs demanding to be documented. Birthed from the swamps of the Frog Pond, Willie Sugarcapps consists of Grayson Capps, Will Kimbrough, Corky Hughes, Sugarcane Jane and Anthony Crawford. Together they create impeccable songs imbued by relaxed performances, angelic harmonies and country zen sentiment. Band members often take turns singing lead as they switch up between fiddle, banjo, mandolin, lap steel, bass and even ukulele.					
21:00:00	The Kate	APTEX	(S)	(CC)	N/A	#202H
22:00:00	Reel South Shake 'em On Down: The Blues According to Fred Mcdowell	NETA	(S)	(CC)	N/A	#212H
	By Joe York and Scott Barretta. Through interviews and never-before-seen footage, delight in the story of Mississippi sharecropper of Fred McDowell, the godfather of the North Mississippi style of blues, who was first recorded by Alan Lomax in 1959, traveled to Europe with the Rolling Stones in the mid-1960s, mentored Bonnie Raitt, and influenced the music of many others including RL Burnside, Taj Mahal and the North Mississippi All Stars.					

Tue, Apr 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	The Crowd & The Cloud Viral Vs. Virus	APTEX	(S)	(CC)	DVI	#103H

Sensors on asthma inhalers generate real-time maps of environmental dangers to help patients, physicians and disease detectives in Louisville, Kentucky. Street knowledge was also crucial in a historic medical breakthrough: John Snow's mapping of cholera fatalities in 19th century London. In West Oakland, California, citizens confront air pollution and rising asthma rates by collecting traffic data. Local ordinances are changed and everyone breathes easier. Can apps and maps combat globalized diseases in a warming world? Stories of citizen science fighting mosquito-borne diseases with apps and crowd-sourced data in Barcelona, Houston and New Orleans. In Kenya, Medic Mobile develops smart but low-cost software to give simple phones powerful capabilities to help community health workers improve maternal and child health.

Wed, Apr 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8012
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1315H
01:00:00	Sun Studio Sessions Leo Bud Welch	NETA	(S)	(CC)	N/A	#806H
	Leo "Bud" Welch Sr. was born in Sabougla, Mississippi in 1932. Bud earned his living by carrying a chainsaw through the hills and hollows of North Mississippi, logging for 35 years. He played his guitar for close family and friends for over 65 years and remained well under the radar until his debut album "Sabougla Voices" was released January 7, 2014 just two months before his 82nd birthday and his sophomore album "I Don't Prefer No Blues" was released on March 24, 2015 just two days after his 83rd birthday. Rolling Stone named him an artist to watch and he now enjoys an international fan base. In this episode, Leo showcases his blues chops performing several songs, including "Cadillac Baby" and "Praise Him."					
01:30:00	Jammin at Hippie Jack's Willie Sugarcapps	NETA	(S)	(CC)	N/A	#1003H
	There is a very strange chemistry between the five distinct musicians that inspires a repertoire of songs demanding to be documented. Birthed from the swamps of the Frog Pond, Willie Sugarcapps consists of Grayson Capps, Will Kimbrough, Corky Hughes, Sugarcane Jane and Anthony Crawford. Together they create impeccable songs imbued by relaxed performances, angelic harmonies and country zen sentiment. Band members often take turns singing lead as they switch up between fiddle, banjo, mandolin, lap steel, bass and even ukulele.					
02:00:00	The Kate	APTEX	(S)	(CC)	N/A	#202H
03:00:00	Reel South Shake 'em On Down: The Blues According to Fred McDowell	NETA	(S)	(CC)	N/A	#212H
	By Joe York and Scott Barretta. Through interviews and never-before-seen footage, delight in the story of Mississippi sharecropper of Fred McDowell, the godfather of the North Mississippi style of blues, who was first recorded by Alan Lomax in 1959, traveled to Europe with the Rolling Stones in the mid-1960s, mentored Bonnie Raitt, and influenced the music of many others including RL Burnside, Taj Mahal and the North Mississippi All Stars.					
04:00:00	The Crowd & The Cloud Viral Vs. Virus	APTEX	(S)	(CC)	DVI	#103H
	Sensors on asthma inhalers generate real-time maps of environmental dangers to help patients, physicians and disease detectives in Louisville, Kentucky. Street knowledge was also crucial in a historic medical breakthrough: John Snow's mapping of cholera fatalities in 19th century London. In West Oakland, California, citizens confront air pollution and rising asthma rates by collecting traffic data. Local ordinances are changed and everyone breathes easier. Can apps and maps combat globalized diseases in a warming world? Stories of citizen science fighting mosquito-borne diseases with apps and crowd-sourced data in Barcelona, Houston and New Orleans. In Kenya, Medic Mobile develops smart but low-cost software to give simple phones powerful capabilities to help community health workers improve maternal and child health.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#208
08:00:00	Mixed Nutz The New Girl	NETA	(S)	(CC)	N/A	#511H
	Damaris becomes unusually competitive in a social networking video game and ignores her father. Adele is looked down upon as the "new girl" in school. Both kids learn how important it is to have good family and friends around. Lesson: Your loved ones are the most important in life!					
08:30:00	1001 Nights The Tale of the Mountain and the Valley/Three Tales of a Daydreaming Boy	NETA	(S)	(CC)	DVI	#118H
	"The Tale of the Mountain and The Valley" - A silly rumor spreads like wildfire through two communities, causing them to go to war with each other. "Three Tales of a Daydreaming Boy" - A set of three shorts about two artists who compete for the same customers, a thirsty bird who struggles to drink the water at the bottom of a bottle, and two kids who accidentally release a mischievous genie.					
09:00:00	Functional Fitness with Suzanne Andrews Brain Aerobics	ACCES		(CC)	N/A	#113H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Focusing On Leg Work	APTEX	(S)	(CC)	DVI	#906H

Wed, Apr 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Resistance Exercises	NETA	(S)	(CC)	N/A	#1218H
	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.					
10:30:00	Sewing with Nancy Fashion Sewing: Plain to Fabulous, Part 1	NETA	(S)	(CC)	N/A	#3023H
	Make a sewing statement, starting with a basic pattern, then "fill up" spaces-a yoke, a front panel, or cuffs, with embellishments or unique fabrics. Learn how these fabric accents can create flattering illusions of a slimmer shape while learning creative sewing techniques such as discharge fabric dyeing and carefree threadwork. Guest Lorraine Torrence joins Nancy.					
11:00:00	Knitting Daily Playtime Knits	NETA	(S)	(CC)	N/A	#1408H
	It's time to play! Author Elizabeth Green Musselman knits a kid-approved Ninja back pack. Artist Taylor Hart shares her whimsical crocheted taxidermy and the Dolly Mamas knit a furry friend for a good cause. Tanis Gray teaches the puffy Canterbury Bells stitch and Vickie Howell shows how to finger knit.					
11:30:00	Fons & Porter's Love of Quilting Easy Edge to Edge Quilting	NETA	(S)	(CC)	N/A	#2706H
	One style of machine quilting is labeled "edge-to-edge". This refers to an overall pattern that begins along one outer edge of the quilt and proceeds in an even manner across the quilt to the opposite edge. Patrick and his guest Angela Huffman delve into aids that can assist us in creating these quick, yet useful designs to complete our quilts.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6193H
13:00:00	Lidia's Kitchen Savory Baking	APTEX	(S)	(CC)	N/A	#320H
	In this episode, the oven is on for the fish dish, the vegetable dish and for the chicken drumsticks! Lidia creates three great main course ideas that are just right for days when you want to do everything in one dish and put it in the oven until it's ready to serve. She makes a baked fennel with tomatoes and oozing cheese. She then creates a rollatini of sole with flavored breadcrumbs baked in a light and delicate sauce of fresh herbs, lemon and white wine. Her simple and flavorful chicken drumsticks are made with peppers, onions and paprika.					
13:30:00	Annabel Langbein: The Free Range Cook The Perfect Roast	APTEX	(S)	(CC)	N/A	#106H
	Annabel Langbein visits and gathers culinary lavender and merino lamb from local farms to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine maple and apple tarte tatin. Recipes from this episode: cookie sampler, chevre-stuffed zucchini flowers, roast lamb with herb crust, vegetable tian, green beans with olives and garlic, maple and apple tarte tatin, and lavender syrup.					
14:00:00	Simply Ming Lidia Bastianich	APTEX	(S)	(CC)	N/A	#1402H
	This week on Simply Ming, legendary and James Beard award-winning Italian chef Lidia Bastianich is here. She's the author of many Italian cookbooks including her most recent, Mastering the Art of Italian Cuisine. Lidia is also expanding her Eataly empire to include Boston. Today, Lidia shows off the best of her Italian style with a wonderful calamari alla griglia with head-on shrimp, salsa verde and grilled bread. Ming counters that with his famous blue ginger crispy calamari with Thai-lime dipping sauce.					
14:30:00	Cook's Country All-American Sweet Dough Desserts	APTEX	(S)	(CC)	N/A	#807H
	Test cook Julia Collin Davison revives a classic recipe for Dakota peach kuchen. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of peach jam. Finally, test cook Erin McMurrer shows Chris how to make the perfect kolaches.					
15:00:00	Beads, Baubles and Jewels Style and Color	NETA	(S)	(CC)	N/A	#2008H
	Molly Schaller shows how she uses trend boards to design jewelry and demonstrates trendy leather bracelets with large focal beads. Then she makes a colorful statement necklace and shares great tips on storing bead strands. In Katie's Beading Lesson she shows how to organize your work space. She offers suggestions for the right supplies and tools and adds another important element - lighting, especially when working with small beads and distinguishing colors.					
15:30:00	For Your Home What's Cooking	APTEX	(S)	(CC)	N/A	#3110H
	Tony's Michigan backyard project is completed. The finished project includes a new deck, hot tub, fire pit and outdoor kitchen. Discover how to recycle existing deck foundations, build a fire pit and select appliances, countertops and cabinets for outdoor kitchens.					

Wed, Apr 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ The Economics of Economics	APTEX	(S)	(CC)	DVI	#505H
	Here's a lighter look at a complex science. Learn about everything from micro to macro economics, supply and demand, and economic indicators. See how business owners and even individuals use economic principles to make financial decisions. Meet a young entrepreneur who started up her serving business when the economy turned down. It's all economics!					
16:30:00	Hands On Crafts for Kids Music	NETA	(S)	(CC)	DVI	#1811H
	Music inspires creativity and adds to the fun. To keep the beat, Jenny Barnett-Rohrs makes a drum. Katie Hacker makes a jingly bell bracelet and Franz Spohn illustrates great musical works. Jenny has a wonderful gift idea for a sports fan from blogger Morena Hockley.					
17:00:00	P. Allen Smith's Garden Home Facts of Life	APTEX	(S)	(CC)	DVI	#1609H
	Life at Moss Mountain Farm is like any other working farm, has its ups and downs. Let P. Allen Smith take you through the trials, tribulations and immense rewards on a day at the farm.					
17:30:00	Growing A Greener World Dominica: Island Ingenuity In Sustainability (Island of Dominica, The Caribbean)	APTEX	(S)	(CC)	N/A	#705H
	It's been said that necessity is the mother of invention. And when your resources are limited, you quickly learn to make the most of them, while protecting what you have. That's the way of life on one tiny Caribbean island. Commonly known as "The Nature Island," Dominica has unquestionably earned the nickname. Over two-thirds of the island is made up of protected rainforests. On the remaining third, sustainable agriculture and eco-tourism help the nation thrive, while serving as a role model for others. In this episode, Joe travels to the beautiful shores and jungles of Dominica to discover what we can all learn from this small country whose population appreciates what they have and takes nothing for granted.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14078H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#502H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8013
19:30:00	In Good Shape Naturopathic Treatment for Cancer	WNVC	(S)	(CC)	N/A	#412H
	Are special diets, naturopathic treatment, and herbal medicine effective against cancer? Also, treating osteoporosis with drugs and exercise, and which therapies really help overcome stuttering.					
20:00:00	The Lowertown Line. The Lowertown Line: The 4onthefloor	APTEX	(S)	(CC)	N/A	#107H
	The 4onthefloor performs an energetic live show at Icehouse Restaurant in Minneapolis. Front man Gabriel Douglas talks about playing fast, his love of relentless drumming, and making sure everyone has a good time at The 4onthefloor's energetic live shows. Songs performed: Off The Cuff, Undertow, Down the Line, Lake Street Shuffle, Miss Behave, All My Friends.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#112H
	Artists: Cliff Cody, Angela Perley, Tim Easton, and hosted by songwriter Eric Gnezda. Special feature: Profile of Guitar House Workshop. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonessingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the network talent show Rising Star. He performs "Gotta Go To Heaven." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Brooklyn Girls." Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. Hesings "Don't Lie. " "Scenes from the Scene" Segment: Guitar House Workshop is a fretted instrument restoration shop that also builds and sells top-line instruments. Luthiers John Bolzenius and Josh Wydick demonstrate and discuss the building of their custom guitars. In addition, artist-in-residence, Linda Langhorst, exhibits and talks about her paintings of musical scenes.					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#112H
	Performances by Of Monsters & Men, Josh Ritter, Blind Pilot, The Lone Bellow and St. Paul & The Broken Bones.					

Wed, Apr 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Painful Truth	NETA	(S)	(CC)	N/A	#0H
<p>What happens when lives are dramatically torn apart by chronic pain? The Painful Truth takes us behind the headlines of addiction and beyond the controversies of the war on opioids - and provides an intimate view of patients' frustrations, setbacks, and goals as they deal with chronic pain. We hear patients tell us their stories...and we understand the social barriers and prejudices they face every day. Note to Programmers: The Painful Truth deals with a complex issue at a time when much public attention is focused on our nation's opioid epidemic. This film offers important context on the subject and brings forward the voices of individuals that suffer terribly from chronic pain as well as the stigma of using medication to make their lives tolerable. Additionally, this film tells the story of doctors that are persecuted for simply trying to help their patients in the most professional and responsible way they can. Dr. Lynn Webster, the film's co-producer, has not been immune to these types of accusations. NETA and MontanaPBS have carefully reviewed The Painful Truth, and the credentials of Dr. Webster. We have found Dr. Webster to be one of the country's experts on pain treatment, a past president of the American Academy of Pain Medicine, and an advocate for the safe prescription of opioids. Dr. Webster does not appear in the film. We feel that the voices of both patients and doctors who daily cope with chronic pain need to be heard and that The Painful Truth provides that opportunity.</p>						
23:00:00	Rebels with a Cause	APTEX	(S)	(CC)	N/A	#0H
<p>Narrated by Oscar-winning actress Frances McDormand, REBELS WITH A CAUSE spotlights a small group of people who banded together to protect and preserve open spaces near urban areas for parks and farms from rampant development. In doing so, they brought about America's system of national seashores and recreation areas. The film begins in the 1950s and tells the tale of this disparate band of activists who, despite reversals, diversions, and disappointments, persisted in their mission for 20 years. Their cause crosses party lines, unifies seemingly antagonistic foes, falters and is nearly extinguished many times along the way, but is ultimately victorious. REBELS WITH A CAUSE documents a fascinating example of a hard-fought campaign to preserve something important to all Americans - our public lands.</p>						

Thu, Apr 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8013
00:30:00	In Good Shape Naturopathic Treatment for Cancer Are special diets, naturopathic treatment, and herbal medicine effective against cancer? Also, treating osteoporosis with drugs and exercise, and which therapies really help overcome stuttering.	WNVC	(S)	(CC)	N/A	#412H
01:00:00	The Lowertown Line. The Lowertown Line: The 4onthefloor The 4onthefloor performs an energetic live show at Icehouse Restaurant in Minneapolis. Front man Gabriel Douglas talks about playing fast, his love of relentless drumming, and making sure everyone has a good time at The 4onthefloor's energetic live shows. Songs performed: Off The Cuff, Undertow, Down the Line, Lake Street Shuffle, Miss Behave, All My Friends.	APTEX	(S)	(CC)	N/A	#107H
01:30:00	Songs at the Center Artists: Cliff Cody, Angela Perley, Tim Easton, and hosted by songwriter Eric Gnezda. Special feature: Profile of Guitar House Workshop. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonessingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the network talent show Rising Star. He performs "Gotta Go To Heaven." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Brooklyn Girls." Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. Hesings "Don't Lie." "Scenes from the Scene" Segment: Guitar House Workshop is a fretted instrument restoration shop that also builds and sells top-line instruments. Luthiers John Bolzenius and Josh Wydick demonstrate and discuss the building of their custom guitars. In addition, artist-in-residence, Linda Langhorst, exhibits and talks about her paintings of musical scenes.	APTEX	(S)	(CC)	N/A	#112H
02:00:00	Live at 9:30 Performances by Of Monsters & Men, Josh Ritter, Blind Pilot, The Lone Bellow and St. Paul & The Broken Bones.	NACC	(S)	(CC)	N/A	#112H
03:00:00	Painful Truth What happens when lives are dramatically torn apart by chronic pain? The Painful Truth takes us behind the headlines of addiction and beyond the controversies of the war on opioids - and provides an intimate view of patients' frustrations, setbacks, and goals as they deal with chronic pain. We hear patients tell us their stories...and we understand the social barriers and prejudices they face every day. Note to Programmers: The Painful Truth deals with a complex issue at a time when much public attention is focused on our nation's opioid epidemic. This film offers important context on the subject and brings forward the voices of individuals that suffer terribly from chronic pain as well as the stigma of using medication to make their lives tolerable. Additionally, this film tells the story of doctors that are persecuted for simply trying to help their patients in the most professional and responsible way they can. Dr. Lynn Webster, the film's co-producer, has not been immune to these types of accusations. NETA and MontanaPBS have carefully reviewed The Painful Truth, and the credentials of Dr. Webster. We have found Dr. Webster to be one of the country's experts on pain treatment, a past president of the American Academy of Pain Medicine, and an advocate for the safe prescription of opioids. Dr. Webster does not appear in the film. We feel that the voices of both patients and doctors who daily cope with chronic pain need to be heard and that The Painful Truth provides that opportunity.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Rebels with a Cause Narrated by Oscar-winning actress Frances McDormand, REBELS WITH A CAUSE spotlights a small group of people who banded together to protect and preserve open spaces near urban areas for parks and farms from rampant development. In doing so, they brought about America's system of national seashores and recreation areas. The film begins in the 1950s and tells the tale of this disparate band of activists who, despite reversals, diversions, and disappointments, persisted in their mission for 20 years. Their cause crosses party lines, unifies seemingly antagonistic foes, falters and is nearly extinguished many times along the way, but is ultimately victorious. REBELS WITH A CAUSE documents a fascinating example of a hard-fought campaign to preserve something important to all Americans - our public lands.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#209
08:00:00	Mixed Nutz Indian Wedding When Sanjay's dear Auntie Sonya announces she is getting married, Sanjay is very jealous and recruits the gang to sabotage the wedding! After a few failed attempts Sanjay comes around to accepting the situation and sends off the bride and groom with a big dance number. Lesson: If you love someone, you have to set them free.	NETA	(S)	(CC)	N/A	#512H
08:30:00	1001 Nights The Riddle of the Ruined Tomb/The Merchant and the Pickpocket "The Riddle of the Ruined Tomb" - Three witnesses to a crime each give different accounts about what really happened. "The Merchant and The Pickpocket" - A young pickpocket learns that there is not honor among thieves.	NETA	(S)	(CC)	DVI	#119H

Daily Program Listing II

43.1

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Thu, Apr 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 1	ACCES		(CC)	N/A	#114H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Ab & Waist Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#907H
10:00:00	Sit and Be Fit Feel Your Best	NETA	(S)	(CC)	N/A	#1219H
	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.					
10:30:00	Sewing with Nancy Fashion Sewing: Plain to Fabulous, Part 2	NETA	(S)	(CC)	N/A	#3024H
	Join Nancy and wearable art specialist Lorraine Torrance as they share how to combine fabrics that are not usually used together to change a plain fashion to fabulous. Silk organza, charmeuse, denim and velveteen can all play well together in a jacket you create, once you learn the sewing savvy tips and techniques. Be inspired to personalize your fashion sewing.					
11:00:00	Knitting Daily Crochet Home	NETA	(S)	(CC)	N/A	#1409H
	Crochet some style for your home. Editor Marcy Smith highlights a unique, colorful rug and Toni Rexroat talks about crochet and home decor. Marcy Smith shows a charming log cabin afghan and Tanis Gray shares a perfect stitch for a house warming gift. Vickie Howell transforms a doily pattern into a chic throw rug with multiple strands of yarn and a big hook.					
11:30:00	Fons & Porter's Love of Quilting Bountiful Stars	NETA	(S)	(CC)	N/A	#2707H
	The clever interaction of this two-block design creates a balance and beauty fitting for a military service person. Mary and her guest Nancy Mahoney will present the various techniques used to produce the precision units that make up this Quilt of Valor.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6194H
13:00:00	Eat! Drink! Italy! with Vic Rallo You Get Out What You Put In	APTEX	(S)	(CC)	N/A	#302H
	Paestum's Chef Matteo Sangiovanni teaches Vic his "reversed" ravioli. Vic visits Chef Massimo Camia in Piemonte as he prepares a locally inspired rabbit dish.					
13:30:00	Mike Colameco's Real Food Batard	NETA	(S)	(CC)	N/A	#1403H
	239 W Broadway is hallowed ground in the NYC restaurant world. In 1989 impresario Drew Nieporent opened Montrachet there to great acclaim, that was followed by the 3 Star Corton and now Batard which earned accolade after accolade including the James Beards best new restaurant of 2014 and another 3 stars from the NY Times.					
14:00:00	Joanne Weir's Cooking Confidence Magical Morocco	APTEX	(S)	(CC)	N/A	#112H
	Joanne shows us just how easily and quickly a deliciously spiced lentil soup can be made when you have the right spices in the pantry. She continues to spice it up with her student John, building a warm Moroccan chicken and sweet potato salad, cooling it off with a cardamom and ginger cocktail she has aptly named the Marrakech 75. Recipes: Spiced Lentil Soup, Warm Moroccan Chicken and Sweet Potato Salad, and Marrakech 75 Cocktail. Student: John Cu, Trial Attorney.					
14:30:00	New Scandinavian Cooking Mountain Riches	APTEX	(S)	(CC)	N/A	#510H
	Back in the mountain region of Valdres, Tina makes fried fudge cheese with cloudberries and parsley. As the main dish, she prepares creamy chanterelles with cured mutton and lingonberries. For dessert, Tina makes a thick pancake with Cognac raisins.					
15:00:00	Beads, Baubles and Jewels Learn How to Viking Knit	NETA	(S)	(CC)	N/A	#2009H
	Stephanie Eddy shares some of her secrets about Viking knitting - making a bracelet and ways to add beads to Viking knit. Katie has some special tips for making stretchy bracelets more durable in her Beading Lesson.					

Thu, Apr 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Crafty Ideas Vicki has always been a crafter and loves to spend time in the kitchen. Join her for the day as she shares some of her favorite kitchen based crafting projects. She'll show how to use fresh herbs and citrus to create natural air fresheners, turn ordinary butter into flavorful hostess gifts, make your own infused olive oils and dipping spices and how to bleach pinecones.	APTEX	(S)	(CC)	N/A	#3111H
16:00:00	Biz Kid\$ Businesses That Give Back Get to know some businesses that are giving back in big ways, including up-and-coming entertainer Cymphonique, who helps encourage positive self-esteem for girls. Learn from socially conscious companies that are doing good. It's the new triple bottom line: people, planet, and profit.	APTEX	(S)	(CC)	DVI	#506H
16:30:00	Hands On Crafts for Kids Me! Let's turn toward ourselves for creative ideas. When she makes a lighted mirror, Jenny Barnett-Rohrs makes you a star. Katie Hacker makes personal paper dolls and Franz Spohn draws a 3D self-portrait. Jenny celebrates Thanksgiving with Pilgrim-style table decorations.	NETA	(S)	(CC)	DVI	#1812H
17:00:00	P. Allen Smith's Garden Home Handcrafted Southern hospitality and the arts come together like biscuits and gravy in Natchez, the oldest city on the Mississippi River. Join P. Allen Smith as he explores the cuisine and culture of a city where the river is wide and the history is deep.	APTEX	(S)	(CC)	DVI	#1610H
17:30:00	Growing A Greener World Beyond Organic Gardening: The Principles of Permaculture (Raleigh, Nc and While organic gardening is a great way to work in harmony with nature as we learn to garden and farm without chemicals, permaculture is all that and more. In fact, permaculture is becoming one of the hottest trending terms for those seeking to take their gardening and farming practices to the next earth-friendly level. In this episode, we meet Dr. Will Hooker, who teaches permaculture at North Carolina State University and demonstrates the practices in his own home garden. Then we head to Georgia to visit a community that is incorporating permaculture into their daily farming and gardening practices. This episode offers great take-away information to show some of the simple steps of permaculture while showing that you can still have function and beauty in such a garden.	APTEX	(S)	(CC)	N/A	#706H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14079H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1343H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8014
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1209H
20:00:00	Backstage Pass Marci Linn Band Veteran vocalist Marci Linn and her tight, six-piece band serve up a rich blend of blue-eyed soul with a touch of sass.	NETA	(S)	(CC)	N/A	#614H
20:30:00	Ray Stevens Cabaray Nashville Guests: (Gospel Show) T. Graham Brown and Suzi Ragsdale "If Jesus Was A Stranger" (RAY) "Everything Is Beautiful" (special arrangement w/Suzi) (RAY & DAUGHTER SUZI) "Wine Into Water" (T.GRAHAM) "Turn Your Radio On" (RAY).	OETA	(S)	(CC)	N/A	#115H
21:00:00	Music Gone Public Tom Rigney A fiddler extraordinaire wielding a fiery bow with power, passion, and exquisite taste brings a tour-de-force journey through Zydeco, blues, classical, funk and bluegrass in a must- see performance.	NETA	(S)	(CC)	N/A	#106H
22:00:00	Ecosense for Living Environmental Body Makeover In this episode, we explore makeovers that matter: getting rid of toxins in and on our bodies. Bestselling author, Dr. Andrew Weil, tells us how to keep healthy by making smart diet & nutrition choices and knowing what food labels really say. Director of Environmental Working Group, Ken Cook, shares some surprising tidbits about chemicals in everyday body products. A boy with Autism makes amazing progress with help from Shauna K. Young, PhD, through a manganese-free diet and elimination of food additives. Environmentalist Laurie David gives us her take on how the overuse of antibiotics on farm animals makes us more susceptible to disease and sickness, and what we can do about it.	NETA	(S)	(CC)	N/A	#105H

Daily Program Listing II

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Thu, Apr 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Ecosense for Living Environmental Home Makeover	NETA	(S)	(CC)	N/A	#106H
	Many of us think of our homes as safe havens, but you may be surprised to learn how many toxins are hiding in common household products. In this episode of EcoSense for Living, we discover potentially harmful chemical ingredients in and around our homes and do a makeover inside our chemical-laden cabinets. Environmental experts including Dr. Sanjay Gupta, Dr. Andrew Weil, Ken Cook and Laurie David explain why harmful ingredients are in our products, how we can avoid or replace them, and what actions we can take to make sure we have a "Home, Safe Home."					
23:00:00	Robert Bly: A Thousand Years of Joy	APTEX	(S)	(CC)	N/A	#0H
	ROBERT BLY: A THOUSAND YEARS OF JOY presents a moving portrait of one of America's most celebrated and revolutionary poets of the last half-century. The film showcases Bly's development as a writer with an unswerving belief in the importance of poetry both to his own life and to American culture in general. A THOUSAND YEARS OF JOY charts Bly's singular path from a mid-western farmer's son to radical anti-Vietnam War activist to "wild man" of the 1990s men's movement and author of The New York Times best-seller Iron John: A Book About Men.					

Fri, Apr 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8014
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1209H
01:00:00	Backstage Pass Marci Linn Band	NETA	(S)	(CC)	N/A	#614H
	Veteran vocalist Marci Linn and her tight, six-piece band serve up a rich blend of blue-eyed soul with a touch of sass.					
01:30:00	Ray Stevens Cabaray Nashville Guests: (Gospel Show) T. Graham Brown and Suzi Ragsdale "If Jesus Was A Stranger" (RAY) "Everything Is Beautiful" (special arrangement w/Suzi) (RAY & DAUGHTER SUZI) "Wine Into Water" (T.GRAHAM) "Turn Your Radio On" (RAY).	OETA	(S)	(CC)	N/A	#115H
02:00:00	Music Gone Public Tom Rigney	NETA	(S)	(CC)	N/A	#106H
	A fiddler extraordinaire wielding a fiery bow with power, passion, and exquisite taste brings a tour-de-force journey through Zydeco, blues, classical, funk and bluegrass in a must- see performance.					
03:00:00	Ecosense for Living Environmental Body Makeover	NETA	(S)	(CC)	N/A	#105H
	In this episode, we explore makeovers that matter: getting rid of toxins in and on our bodies. Bestselling author, Dr. Andrew Weil, tells us how to keep healthy by making smart diet & nutrition choices and knowing what food labels really say. Director of Environmental Working Group, Ken Cook, shares some surprising tidbits about chemicals in everyday body products. A boy with Autism makes amazing progress with help from Shauna K. Young, PhD, through a manganese-free diet and elimination of food additives. Environmentalist Laurie David gives us her take on how the overuse of antibiotics on farm animals makes us more susceptible to disease and sickness, and what we can do about it.					
03:30:00	Ecosense for Living Environmental Home Makeover	NETA	(S)	(CC)	N/A	#106H
	Many of us think of our homes as safe havens, but you may be surprised to learn how many toxins are hiding in common household products. In this episode of EcoSense for Living, we discover potentially harmful chemical ingredients in and around our homes and do a makeover inside our chemical-laden cabinets. Environmental experts including Dr. Sanjay Gupta, Dr. Andrew Weil, Ken Cook and Laurie David explain why harmful ingredients are in our products, how we can avoid or replace them, and what actions we can take to make sure we have a "Home, Safe Home."					
04:00:00	Robert Bly: A Thousand Years of Joy	APTEX	(S)	(CC)	N/A	#0H
	ROBERT BLY: A THOUSAND YEARS OF JOY presents a moving portrait of one of America's most celebrated and revolutionary poets of the last half-century. The film showcases Bly's development as a writer with an unswerving belief in the importance of poetry both to his own life and to American culture in general. A THOUSAND YEARS OF JOY charts Bly's singular path from a mid-western farmer's son to radical anti-Vietnam War activist to "wild man" of the 1990s men's movement and author of The New York Timesbest-seller Iron John: A Book About Men.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#210
08:00:00	Mixed Nutz Phantom of the Auditorium	NETA	(S)	(CC)	N/A	#513H
	The kids put on a school musical and Adele finds out that the school bully Tubby is actually a really nice boy named Tobias. Lesson: Don't judge a book by its cover.					
08:30:00	1001 Nights Arman The Cheat/Abu Hassan's Legendary Wedding	NETA	(S)	(CC)	DVI	#120H
	"Arman the Cheat" - When a young boy gets away with cheating he decides that crime really does pay. "Abu Hassan's Legendary Wedding" - A wedding goes horribly wrong when the groom appears to have uncontrollable flatulence.					
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 2	ACCES		(CC)	N/A	#115H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Quad & Hips	APTEX	(S)	(CC)	DVI	#908H

Fri, Apr 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Fundamental Moves: In this episode Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.	NETA	(S)	(CC)	N/A	#1220H
10:30:00	Sewing with Nancy Quilt with An Embroidery Machine In 8 Easy Lessons, Part 1 See how to turn your embroidery machine into a quilting machine with Nancy and guest, Eileen Roche, embroidery specialist. Nancy and Eileen show how the traditional way of quilting can be revolutionized, letting the computerized machine do the tricky stitching. Learn four of the eight embroidery lessons.	NETA	(S)	(CC)	N/A	#3025H
11:00:00	Knitting Daily Made In North America Some of the most exciting yarns are made in North America. Donna Drachunas knits a lace scarf with luxurious yarn from the Alaskan muskox. Ron and Theresa Miskin share their story of yarn from the American bison. Tanis Gray stitches a patriotic star flower to accent hats to pillows. Nicole Winer demonstrates a project with a US-made yarn that benefits a good cause.	NETA	(S)	(CC)	N/A	#1410H
11:30:00	Fons & Porter's Love of Quilting Rail Fence Baby Quilt The first quilt ever made by many veteran quilters was a baby quilt. A unique gift created with love a baby quilt is small, easy to manage and a joy to create. Mary joined by Liz and Elizabeth Evans will take you thru the construction of blocks and setting for a fun, Rail Fence Baby quilt.	NETA	(S)	(CC)	N/A	#2708H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6195H
13:00:00	P. Allen Smith's Garden to Table Food and Fun Go Together Allen shares earth-friendly tips on packing a healthy picnic lunch. Allen then hits the road for visits to the roof top garden at Chicago's Markethouse restaurant and a community garden in Kansas City. Plus, Allen shows us how to properly can peppers straight from the garden.	APTEX	(S)	(CC)	DVI	#304H
13:30:00	Cooking with Nick Stellino Incredible Soups Sicilian Bread Soup; Onion Soup with Gorgonzola & Prosciutto; Chicken Soup with Meatballs.	APTEX	(S)	(CC)	N/A	#203H
14:00:00	Kitchen Wisdom of Cecilia Chiang The Best Chinese Restaurant In America When Cecilia first opened the Mandarin in 1960, business was slow-a bit like the scene from the movie "Big Night" where nobody shows up. But then Herb Caen, front page gossip columnist for the San Francisco Chronicle, wrote about the Mandarin and from that moment on, there were lines out the door. In 1967, Cecilia moved to the recently renovated Ghirardelli Square, where she opened an elegant, temple-like restaurant with 300 seats and white tablecloths. It was called the "best Chinese restaurant in America." The Mandarin attracted the icons of the food world and later, at the urging of actor and comedian Danny Kaye, Cecilia opened another Mandarin in Beverly Hills where she became star to the stars. In this episode, Cecilia teams up with Nancy Oakes, chef/owner of Boulevard, a belle epoque eatery that for the past 20 years has been voted San Francisco's favorite restaurant. Cecilia teaches Nancy and her chef Dana Youkins how to make "minced squab in lettuce cups," a dish Cecilia created that became one of the signature dishes at the Mandarin.	APTEX	(S)	(CC)	DVI	#103H
14:30:00	Essential Pepin Sweets for My Sweet Tartelettes Aux Fruit Panaches; Tarte Tatin; Meme's Apple Tart; Individual Chocolate And Nut Pies.	APTEX	(S)	(CC)	DVI	#103H
15:00:00	Beads, Baubles and Jewels Art Inspired Jewelry Making Blogger Andrew Thornton talks about drawing inspiration from your art and turning your hobby into a business. Then, he shares one of his favorite new jewelry making techniques on making decorative end caps using epoxy clay. Katie's Beading Lesson is about using beaded chain for an easy necklace.	NETA	(S)	(CC)	N/A	#2010H
15:30:00	For Your Home Garage Apartment Part I This FYH classic episode is the most requested project ever. Join Vicki and her FYH team as they transform an unused garage attic into a stunning two-bedroom garage apartment.	APTEX	(S)	(CC)	N/A	#3112H

Fri, Apr 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ What's in the Books? Poor recordkeeping adds up to lost money. This episode examines bookkeeping and accounting, income and expenses, profit and loss, and gives tips on how to get over math anxiety (in case you have it). Meet the youngest Harlem Globetrotter who does a slam dunk with his books.	APTEX	(S)	(CC)	DVI	#507H
16:30:00	Hands On Crafts for Kids Make Believe Anything can happen in the world of make-believe. Jenny Barnett-Rohrs turns into a scary monster with a fun headband. Katie Hacker makes a fantasy tent and then whips up a never-ending cherry pie. Jenny shows how to create a show with puppets you make yourself from blogger Mom Carolina Moore.	NETA	(S)	(CC)	DVI	#1813H
17:00:00	P. Allen Smith's Garden Home Farm School In this episode of Garden Home, P. Allen Smith explores how modern farmers are teaching the next generation the principles of sustainable farming.	APTEX	(S)	(CC)	DVI	#1611H
17:30:00	Growing A Greener World Know Your Farmer: Supporting Community Agriculture (Pennington, Nj; Bedford The next best thing to growing your own fresh produce is to have someone local do it for you. That's the basis of community supported agriculture co-ops, known as CSAs. Their popularity with consumers has swept the country. For those that don't have the time, space, or desire to grow their own food, it's the perfect partnership between farmer and consumer. In this episode, the team visits the oldest and largest certified organic CSA program in New Jersey. They also visit a small community co-op in New York that's put a surprising spin on the traditional CSA. Viewers will learn how CSAs work, how to find one in their area, and how to harvest the benefits of being a part of this "growing" community.	APTEX	(S)	(CC)	N/A	#707H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14080H
18:30:00	Great Decisions In Foreign Policy Latin America Once known for economic and political turmoil, the majority of nations in Latin America are now constitutional democracies. Shifting away from the "revolutionary" leftist economic policies, Latin Americans are combining left-leaning social agendas with more pragmatic governance.	NETA	(S)	(CC)	N/A	#806H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8015
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#915H
20:00:00	Song of the Mountains Valley Grass/Jim Lauderdale	NETA	(S)	(CC)	N/A	#1110H
21:00:00	Woodsongs Celebration of Barbershop Harmony with the Ringmasters, Vintage Mix, The Barbershop Singing is a passionate, joyful celebration of the human voice. It originated in the late 1800s and early 1900s of America, a hybrid of both black and white expressive cultural forms at the time. The African American influence is sometimes overlooked although these quartets had a very formative role in the development of this style of singing. Popularity of the style faded in the 1920s and was revived in the mid-20th century with help by the Society for Preservation and Encouragement of Barber Shop Quartet Singing in America, founded in 1938 is now known as the Barbershop Harmony Society. Performing on this broadcast: THE RINGMASTERS are from Sweden and an official World Champion barbershop ensemble. Their vibrant shows take you from barbershop classics, through Simon and Garfunkel to the Beatles and Elvis Presley. VINTAGE MIX is a group of 15-year-old quadruplets from the Milwaukee Area that sing in the Barbershop legacy but fuel it with a cutting edge approach. THE WILDCAT HARMONIZERS is a group of boys ranging from grades 3-8 who sing four-part barbershop arrangements and do choreography. THE TIME BANDITS are the 2016 Bronze Medalist winners from Kentucky.	NETA	(S)	(CC)	N/A	#1904H
22:00:00	Film School Shorts America '80s-inspired comedy Total Freak tells the story of how a boy's pursuit of his first summer camp kiss awakens a monster from the deep. Directed by Andrew Ellmaker. Next, Iranian-born Rita sets out to change her life from ordinary to extraordinary in Rita Mahtoubian is Not a Terrorist, starring Patrick Fugit. Directed by Roja Gashtili and Julia Lerman. And one robot learns that fitting in isn't all it's cracked up to be when his new human form attracts the wrong kind of attention in post-9/11 America in Timmy II. Directed by Imran J. Kahn.	NETA	(S)	(CC)	N/A	#402H

Daily Program Listing II
43.1

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Fri, Apr 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Indie Filmmaking In Hollywood: A Conversation with Jay Duplass Jay Duplass (writer/director Jeff Who Lives at Home, The Puffy Chair) recollects his journey with brother Mark Duplass onto the DIY indie film scene, along with their specific approach to storytelling. Followed by Future Home, the story of a father, son, and a time-travelling killer android, in a short film by Ramin Serry.	NETA	(S)	(CC)	N/A	#507H
23:00:00	Science Goes to the Movies The Knick & Modern Medicine	EPS	(S)	(CC)	N/A	#203H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1023H

Sat, Apr 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8015
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#915H
01:00:00	Song of the Mountains Valley Grass/Jim Lauderdale	NETA	(S)	(CC)	N/A	#1110H
02:00:00	Woodsongs Celebration of Barbershop Harmony with the Ringmasters, Vintage Mix, The	NETA	(S)	(CC)	N/A	#1904H
	<p>Barbershop Singing is a passionate, joyful celebration of the human voice. It originated in the late 1800s and early 1900s of America, a hybrid of both black and white expressive cultural forms at the time. The African American influence is sometimes overlooked although these quartets had a very formative role in the development of this style of singing. Popularity of the style faded in the 1920s and was revived in the mid-20th century with help by the Society for Preservation and Encouragement of Barber Shop Quartet Singing in America, founded in 1938 is now known as the Barbershop Harmony Society. Performing on this broadcast: THE RINGMASTERS are from Sweden and an official World Champion barbershop ensemble. Their vibrant shows take you from barbershop classics, through Simon and Garfunkel to the Beatles and Elvis Presley. VINTAGE MIX is a group of 15-year-old quadruplets from the Milwaukee Area that sing in the Barbershop legacy but fuel it with a cutting edge approach. THE WILDCAT HARMONIZERS is a group of boys ranging from grades 3-8 who sing four-part barbershop arrangements and do choreography. THE TIME BANDITS are the 2016 Bronze Medalist winners from Kentucky.</p>					
03:00:00	Film School Shorts America	NETA	(S)	(CC)	N/A	#402H
	<p>'80s-inspired comedy Total Freak tells the story of how a boy's pursuit of his first summer camp kiss awakens a monster from the deep. Directed by Andrew Ellmaker. Next, Iranian-born Rita sets out to change her life from ordinary to extraordinary in Rita Mahtoubian is Not a Terrorist, starring Patrick Fugit. Directed by Roja Gashtili and Julia Lerman. And one robot learns that fitting in isn't all it's cracked up to be when his new human form attracts the wrong kind of attention in post-9/11 America in Timmy II. Directed by Imran J. Kahn.</p>					
03:30:00	On Story Indie Filmmaking In Hollywood: A Conversation with Jay Duplass	NETA	(S)	(CC)	N/A	#507H
	<p>Jay Duplass (writer/director Jeff Who Lives at Home, The Puffy Chair) recollects his journey with brother Mark Duplass onto the DIY indie film scene, along with their specific approach to storytelling. Followed by Future Home, the story of a father, son, and a time-travelling killer android, in a short film by Ramin Serry.</p>					
04:00:00	Science Goes to the Movies The Knick & Modern Medicine	EPS	(S)	(CC)	N/A	#203H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1024H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#211
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Roberto Rooster Returns	APTEX	(S)	(CC)	N/A	#514H
	<p>Gary had a rooster running around in his garden. He named it Roberto. He has painted Roberto many times in various positions. This time Roberto is depicted as a bust, with a deliberately impressionistic background. The earthy colors of the background are a nice contrast with the bright red color of Roberto's comb.</p>					
08:30:00	Painting with Wilson Bickford Out to Pasture, Part 1	NETA	(S)	(CC)	N/A	#208H
	<p>Old cars and trucks have a lot of character - and make great painting subjects! In this piece, an old truck has been left to rust in a flowery pasture. In Part 1, Wilson masks out the truck and starts the background.</p>					
09:00:00	Landscapes Through Time with David Dunlop Cezanne at Mont Sainte Victoire	NETA	(S)	(CC)	DVI	#103H
	<p>Travel with David to the locations of Paul Cezanne's (1839-1906) natural inspiration near Aix-en-Provence & Mont Saint Victoire. David considers Cezanne's ambitious struggle with the contradiction: how to present stability and form with change and movement. David demonstrates Cezanne's strategies; from sketch to watercolor to oil, and discusses Cezanne's insights into acts of visual perception. He discusses Cezanne's difficulties, frustrations, and his ultimate success - as the father of Modernism.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Posture Workout	APTEX	(S)	(CC)	DVI	#909H

Sat, Apr 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Kinesthetic Awareness This Sit and Be Fit episode focuses on the importance of kinesthetic awareness and weight shifting as they relate to balance.	NETA	(S)	(CC)	N/A	#1301H
10:30:00	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H
11:00:00	Delicious TV's Vegan Mashup Healthy on a Budget With grocery bills on the rise, the Vegan Mashup chefs offer you delicious and cost-conscious alternatives to your every day dishes. Shepard's Pie/Sukiyaki/Lickity Split Pea Soup.	NETA	(S)	(CC)	DVI	#104H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Place of Deeply Rooted Innovation If you could define the singular challenge facing Yucatecan chefs, it's about honoring the past while pushing forward. Perhaps no one is more emblematic of the effort than Pedro Evia, co-owner of Ku'uk, a molecular fine dining palace housed in a restored Merida mansion. Rick and Pedro start their day talking tradition over tacos at Wayan'e, a busy family-run taco stand in Merida. Then, Pedro invites Rick to his home, where Pedro and his mother make traditional sopa de lentejas. At Ku'uk, Pedro shows us his ultra-modern take on the same dish. Back in Chicago, Rick makes recado negro to complement cured duck. At home, he makes tacos with eggs and burnt habanero salsa, avocado and red onion - the perfect chef's late-night snack.	APTEX	(S)	(CC)	N/A	#1109H
12:00:00	Lidia's Kitchen Poached Egg The egg is a staple ingredient in any kitchen and should not be overlooked or overcooked. In this episode, Lidia shows the classic technique of poaching an egg and making a warm mushroom salad: a bed of frisee with a warm medley of mixed wild mushrooms, pancetta and a poached egg; eggs poached in tomato sauce: a simple and delicious tomato sauce poached egg served with slices of grilled country bread and brutti ma buoni, a classic Italian hazelnut cookie made with meringue.	APTEX	(S)	(CC)	N/A	#402H
12:30:00	Moveable Feast with Fine Cooking Flanagan's Farm On this episode of Moveable Feast with Fine Cooking, Pete Evans visits Portland, Maine a rugged foodie paradise. To help Pete today are two of Maine's premiere chefs, Rob Evans and Sam Hayward. First stop for ingredients the trio visits Matt Moretti at Bang Island Mussels where they learn the art of cultivating mussels. Later in the day Evan Strusinski joins Pete, Rob and Sam to go foraging around the area to find certain items for the meal. With their newly gathered ingredients...it's time to start cooking. On the menu tonight, Beer-Steamed Mussels, Rainbow Chard and Russian Kale with King Oyster Mushrooms and Pork Belly, Foraged Salad with Deviled Duck Eggs and Coppa and Casarecce with Goat Ragu. It must be Maine; the way life should be!	APTEX	(S)	(CC)	N/A	#206H
13:00:00	Two for the Road Tanzania: The Search for the Big Five Nik and Dusty travel to wild and beautiful Tanzania for their first-ever African safari. But will the weather wash away their hopes of capturing Africa's "Big Five" animals on camera?	NETA	(S)	(CC)	N/A	#105H
13:30:00	Joseph Rosendo's Travelscope San Antonio's Fiesta - Ole! Joseph and Julie travel to San Antonio, their favorite Texas town, for eleven days of parades, music, food, dance and celebration. During their stay they share their individual and mutual San Antonio stories. With more than 100 events and three million people attending, Fiesta is San Antonio's biggest party. Yet, it's a party with a purpose. Fiesta honors history, customs and traditions and is, above all, a celebration of community. Fiesta events benefit more than 100 non-profit organizations, which in turn aid San Antonians of every sex, age, race, creed and heritage. Viva Fiesta!	APTEX	(S)	(CC)	DVI	#812H
14:00:00	Rick Steves' Europe Italy's Veneto: Verona, Padua, and Ravenna In the shadow of Venice, we visit three great cities. Padua is famed for its venerable university, precious Giotto frescoes, and pilgrim-packed Basilica. Verona is a hit with aficionados of Roman ruins and Romeo and Juliet fans. And Ravenna, with its shimmering mosaics, was once the western bastion of the Byzantine Empire. We enliven each stop with a tasty dose of Italian dolce vita.	APTEX	(S)	(CC)	N/A	#808H
14:30:00	Born to Explore with Richard Wiese Indonesia: Orangutans-People of the Forest Explorer Richard Wiese travels to Borneo, Indonesia, one of only two islands on the planet where orangutans live in the wild. Richard experiences life aboard a "klotok" boat during his journey deep into the rainforest in search of these magnificent great apes. Find out why Borneo's rainforests are vanishing and meet the local communities who are banding together to save the mighty orangutan.	APTEX	(S)	(CC)	N/A	#106H

Sat, Apr 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart We gardeners take for granted many of the conveniences of modern-day gardening. And we should. But there are valuable things we can learn from past gardening practices. GardenSMART visits a garden that takes us back in time. We think you'll enjoy. Be sure to tune in.	NETA	(S)	(CC)	N/A	#4603H
15:30:00	Chefs A' Field Sweet Nectar World's First Organic Fair-Trade Honey & Blue Agave Syrup from Mexico. Chef Richard Sandoval: Modern Mexican Restaurants - New York; Dubai; Las Vegas; Denver; Tysons Corner, VA; Washington, D.C.; Mexico City; Acapulco This episode accompanies Chef Richard Sandoval, world-famous for his modern Mexican cuisine, on a journey to the outer reaches of Mexico, from the dense jungles of Quintana Roo to the mountaintops of Jalisco to the Pacific cliffs outside Acapulco. We see how the world's first organic fair-trade honey is harvested by native Mayans, and Chef Sandoval shows how to tap the rare blue agave for its syrup. In the kitchen, a Mexican feast is prepared by three generations of Sandovals. Recipes: Salmon Terrine with Chile Guajillo a la Blue Agave; Camarones de la Vera Cruz (& a Touch of Honey).	APTEX	(S)	(CC)	N/A	#205H
16:00:00	Maria Hinojosa: One-On-One Jose Rivera Maria Hinojosa is joined by critically acclaimed screenwriter Jose Rivera, whose 2004 film The Motorcycle Diaries earned an Oscar nomination for "Best Adapted Screenplay," making him the first-ever Puerto Rican nominee in the category.	APTEX	(S)	(CC)	N/A	#412Z
16:30:00	Overheard with Evan Smith David Fahrenthold, Journalist David Fahrenthold is a reporter at The Washington Post and most recently covered the 2016 presidential campaign. He is best known for reporting on the Donald J. Trump foundations and campaign donations. Since his time at The Post, he's focused on Congress, the environment and D.C. police. Before graduating Harvard in 2000, Fahrenthold wrote for The Harvard Crimson.	NETA	(S)	(CC)	N/A	#713H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Primitive Bowmaker Experienced naturalist and wilderness survivor, Greg Anderson is also a master bow maker. Host Eric Gorges learns how to craft a traditional bow with Greg as his guide and tests his skills with the bulls-eye.	APTEX	(S)	(CC)	N/A	#208H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3515H
18:30:00	The Open Mind A Peaceful Worldly Islam Guest: Omar Saif Ghobash. Ambassador of the United Arab Emirates to Russia Omar Saif Ghobash talks about his groundbreaking book "Letters to a Young Muslim.	NETA		(CC)	N/A	#3736H
19:00:00	Closer to Truth How The Subconscious Affects Us There is more to our mental lives than the current content of our awareness. Our subconscious affects what we sense, think, feel and do. How does the subconscious work its magic?	EPS	(S)	(CC)	N/A	#1703H
19:30:00	Drexel Interview Edward G. Rendell with Richardson Dilworth Former Philadelphia Mayor and Pennsylvania Governor Edward G. Rendell and political scientist/historian Richardson Dilworth are both experts in the industry and politics of American metropolitan regions. In this special episode of The Drexel InterView paying tribute to the 125th Anniversary of Drexel University-where "art, science, and industry" are at the institutional core-Host Paula Marantz Cohen delves into discussion with Rendell and Dilworth about the influence of government personality and policy on industry, economy, urban demographic trends, and even the role of popular sports and labor unions.	NETA		(CC)	N/A	#512H
20:00:00	Infinity Hall Live Tedeschi Trucks Band Filmed in Connecticut's historic Warner Theatre, Infinity Hall Live goes "On the Road" to bring you the rock and soul sounds of the Tedeschi Trucks Band. After many years on the road building separate, successful solo careers, Derek Trucks and Susan Tedeschi united to form a new band with an extended pool of collaborators and friends. The chemistry of the band is something to behold, complementing the masterful guitar playing of Trucks and the vocal prowess of Tedeschi this performance turns your living room into a soul stirring party. Listen to Tedeschi and Trucks talk about the experience of combining their musical talents and interests into a unique opportunity to bring their family on the road to deliver their blend of southern soul, American roots, authentic rock 'n' roll, and a touch of Florida swamp magic.	APTEX	(S)	(CC)	N/A	#403H

Sat, Apr 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Dawes	APTEX	(S)	(CC)	N/A	#708H
	Folk-rock band Dawes take the stage for a performance of both old and new material. The band, comprised of brothers Taylor and Griffin Goldsmith, Wylie Gelber, and Lee Pardini, formed in 2009 from the band Simon Dawes after the departure of their co-songwriter. Their last two albums All Your Favorite Bands (2015) and self-released We're All Gonna Die (2016) have reached No. 1 on the Billboard Folk Chart. Dawes performs new songs "Tequila," "One of Us," and "Roll with the Punches," as well as hits such as "Little Bit" and "When My Time Comes."					
22:00:00	Globe Trekker Tough Trains: The Transcontinental Railroad, USA	APTEX	(S)	(CC)	N/A	#1603H
	This episode takes on one of the greatest engineering feats of the 19th Century - the Transcontinental Railroad. Intrepid traveler Zay Harding explores the rich history of railroads on this incredible 3, 000-mile journey across America. Traveling from the Atlantic to the Pacific, through four time zones and 12 states, we experience some of the most epic landscapes and stunning scenery that North America has to offer. From the very earliest steam locomotives in the 1830s, railroads have fundamentally shaped the USA as we know it today, enabling trade, spreading ideas and facilitating mass migration and settlement across the country.					
23:00:00	Arts In Context A Light in the Dark	NETA		(CC)	N/A	#601H
	Produced locally and created by hand, Gail Chovan's rich, textural clothing challenges notions of traditional beauty. She examines the transformative properties of textiles and the relationship between the garment and the individual. Influenced more by her European-taught design aesthetic, Chovan stands alone in the Austin fashion world with her evocative, intriguing pieces. Photographer Denise Prince portrays the haunting stories of subjects brutal physical pasts. Her irony of high fashion on disabled models lets the audience wonder: what is body image?					
23:30:00	Invitation to World Literature The God of Small Things	APTEX	(S)	(CC)	DVI	#112H
	Fraternal twins Rahel and Estha struggle to reclaim their lives after their childhood is destroyed by tragic circumstances. As past and present merge in this narrative of Indian society and politics, the many layers of the caste system are mirrored in the poetic and inventive language of the author. Featured speakers include Simon Gikandi of Princeton University, author Evelyn Ch'ien.					

Sun, Apr 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How The Subconscious Affects Us There is more to our mental lives than the current content of our awareness. Our subconscious affects what we sense, think, feel and do. How does the subconscious work its magic?	EPS	(S)	(CC)	N/A	#1703H
00:30:00	Drexel Interview Edward G. Rendell with Richardson Dilworth Former Philadelphia Mayor and Pennsylvania Governor Edward G. Rendell and political scientist/historian Richardson Dilworth are both experts in the industry and politics of American metropolitan regions. In this special episode of The Drexel InterView paying tribute to the 125th Anniversary of Drexel University-where "art, science, and industry" are at the institutional core-Host Paula Marantz Cohen delves into discussion with Rendell and Dilworth about the influence of government personality and policy on industry, economy, urban demographic trends, and even the role of popular sports and labor unions.	NETA		(CC)	N/A	#512H
01:00:00	Infinity Hall Live Tedeschi Trucks Band Filmed in Connecticut's historic Warner Theatre, Infinity Hall Live goes "On the Road" to bring you the rock and soul sounds of the Tedeschi Trucks Band. After many years on the road building separate, successful solo careers, Derek Trucks and Susan Tedeschi united to form a new band with an extended pool of collaborators and friends. The chemistry of the band is something to behold, complementing the masterful guitar playing of Trucks and the vocal prowess of Tedeschi this performance turns your living room into a soul stirring party. Listen to Tedeschi and Trucks talk about the experience of combining their musical talents and interests into a unique opportunity to bring their family on the road to deliver their blend of southern soul, American roots, authentic rock 'n' roll, and a touch of Florida swamp magic.	APTEX	(S)	(CC)	N/A	#403H
02:00:00	Front and Center Dawes Folk-rock band Dawes take the stage for a performance of both old and new material. The band, comprised of brothers Taylor and Griffin Goldsmith, Wylie Gelber, and Lee Pardini, formed in 2009 from the band Simon Dawes after the departure of their co-songwriter. Their last two albums All Your Favorite Bands (2015) and self-released We're All Gonna Die (2016) have reached No. 1 on the Billboard Folk Chart. Dawes performs new songs "Tequila," "One of Us," and "Roll with the Punches," as well as hits such as "Little Bit" and "When My Time Comes."	APTEX	(S)	(CC)	N/A	#708H
03:00:00	Globe Trekker Tough Trains: The Transcontinental Railroad, USA This episode takes on one of the greatest engineering feats of the 19th Century - the Transcontinental Railroad. Intrepid traveler Zay Harding explores the rich history of railroads on this incredible 3, 000-mile journey across America. Traveling from the Atlantic to the Pacific, through four time zones and 12 states, we experience some of the most epic landscapes and stunning scenery that North America has to offer. From the very earliest steam locomotives in the 1830s, railroads have fundamentally shaped the USA as we know it today, enabling trade, spreading ideas and facilitating mass migration and settlement across the country.	APTEX	(S)	(CC)	N/A	#1603H
04:00:00	Arts In Context A Light in the Dark Produced locally and created by hand, Gail Chovan's rich, textural clothing challenges notions of traditional beauty. She examines the transformative properties of textiles and the relationship between the garment and the individual. Influenced more by her European-taught design aesthetic, Chovan stands alone in the Austin fashion world with her evocative, intriguing pieces. Photographer Denise Prince portrays the haunting stories of subjects brutal physical pasts. Her irony of high fashion on disabled models lets the audience wonder: what is body image?	NETA		(CC)	N/A	#601H
04:30:00	Invitation to World Literature The God of Small Things Fraternal twins Rahel and Estha struggle to reclaim their lives after their childhood is destroyed by tragic circumstances. As past and present merge in this narrative of Indian society and politics, the many layers of the caste system are mirrored in the poetic and inventive language of the author. Featured speakers include Simon Gikandi of Princeton University, author Evelyn Ch'ien.	APTEX	(S)	(CC)	DVI	#112H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#212
08:00:00	Painting and Travel with Roger & Sarah Bansemer The Sea Turtle Sarah visits the Whitney Marine Laboratory and sea turtle hospital in St. Augustine, Florida where she learns about the research and care of injured sea turtles. Back in his studio, Roger uses acrylics and creates a portrait of one of the magnificent creatures.	NETA	(S)	(CC)	N/A	#902H
08:30:00	Painting with Paulson Two Different Worlds Part I	NETA	(S)	(CC)	N/A	#1609H

Sun, Apr 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Mt. Hood	APTEX		(CC)	N/A	#502H
	Oregon's Mount Hood rises sharply in the distance, as a sprawling lake fills the foreground in this iconic painting of the Pacific Northwest. The artist uses the scene as a study of vanishing points, horizon lines, and linear perspective. Artists use linear perspective -- the illusion of space and distance on a flat surface -- first by picturing the canvas surface as an "open window" through which to see the painted world. Straight lines are then drawn on the canvas to represent the horizon and "visual rays" connecting the viewer's eye to a point in the distance. The horizon line runs across the canvas at the eye level of the viewer. The horizon line is where the sky appears to meet the ground. The vanishing point should be located near the center of the horizon line. The vanishing point is where all parallel lines (orthogonals) that run towards the horizon line appear to come together like train tracks in the distance. Orthogonal lines are "visual rays" helping the viewer's eye to connect points around the edges of the canvas to the vanishing point.					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: for the Back	APTEX	(S)	(CC)	DVI	#910H
10:00:00	Sit and Be Fit Static Balance	NETA	(S)	(CC)	N/A	#1302H
	Weights are incorporated into the standing exercises to challenge static balance.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#226
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#303H
11:30:00	New Orleans Cooking with Kevin Belton Wash Day	APTEX	(S)	(CC)	N/A	#121H
	Red beans and rice, panned veal, bread pudding with whiskey sauce.					
12:00:00	Ciao Italia The Best Cocktails and Snacks/Ottimi Cocktails E Stuzzichini	NETA	(S)	(CC)	N/A	#2426H
	Mary Ann's daughter-in-law and food writer, Jen Chase arrives nella cucina with a fantastic collection of cocktail materials to celebrate the 25th anniversary of Ciao Italia, by creating modern day versions of Italian favorites, like a Sambuca Citron Martini, while Mary Ann makes a Frico and other tasty antipasti to go along with their anniversary party.					
12:30:00	Mike Colameco's Real Food The Clam/Louro	NETA	(S)	(CC)	N/A	#1405H
	We'll meet up with veteran NYC Chefs Joey Campanero and Mike Price at their homage to their favorite ingredient, the clam located on a lovely corner spot on Hudson St in the far West Village. Then we meet David Santos at his spot Louro on W 10th another W Village gem.					
13:00:00	Bare Feet with Mickela Mallozzi Malaysia, Part 1 (Western Malaysia)	APTEX	(S)	(CC)	DVI	#109H
	Mickela discovers the diversity and multi-faceted cultural history in the metropolitan city of Kuala Lumpur, from its Chinese, Indian, and Malay dance influences.					
13:30:00	Travel Detective with Peter Greenberg Egypt Tourism	NETA	(S)	(CC)	DVI	#208H
	In 2011, there was the Arab Spring, a revolution in Egypt that was quickly followed by the Arab Winter. Travel and tourism flatlined in the country. CBS News Travel Editor Peter Greenberg explains how this impacted Egypt and, more importantly, how does that impact you as travelers? Plus, Peter reveals his hidden gems of Baja California, with an insider's look at experiences in Mexico no one knows about, from wine, to cheese, to horseback riding. None of which is in the brochures! And, Travel Weekly Editor In Chief Arnie Weissman introduces us to some alternatives to staying in hotels. They include parked jumbo jets converted into overnight accommodations, abandoned missile silos, and a building crane suspended 500 feet in the air!					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#303H
14:30:00	Burt Wolf: Travels & Traditions It's A Good Thing	APTEX	(S)	(CC)	N/A	#1506H
	When Burt started traveling around the world, the hotels, restaurants, airlines, and just about every other business he encountered had been started by a man, today, half the businesses he deals with were put together by entrepreneurial women and as Martha Stewart would say, "That's a good thing". In this program Burt travels around looking at the tradition of women entrepreneurs.					

Sun, Apr 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Homemade Window Casings and Baseboard Trim for Everyone.	NETA	(S)	(CC)	N/A	#2402H
15:30:00	Rough Cut - Woodworking with Tommy Mac Contemporary Bench with Steven Brown This week on Rough Cut Woodworking with Tommy Mac, series regular Steve Brown is back in the shop! He's here to help Tommy update a traditional bench with a more contemporary design, but still keep it comfortable. Using this project as another teaching tool, Steve walks us through some of the basic steps of woodworking any expert will tell you are important to practice.	APTEX	(S)	(CC)	N/A	#608H
16:00:00	Happy Yoga with Sarah Starr Beautiful Bluffs Bask and breathe on the edge of the awe-inspiring 100-foot limestone bluffs as we focus on a dynamic creative flow practice using a chair for support, designed to reignite your energy while opening to more space and ease in the shoulders, chest and upper back.	NETA	(S)	(CC)	N/A	#211H
16:30:00	Second Opinion Broken Heart Syndrome Can you really die of a broken heart? Research says that indeed you can die from Broken Heart Syndrome, also known as Takotsubo and Stress Cardiomyopathy. But with quick medical intervention, the condition can be completely reversed. Maryann Murray shares her story of how stress suddenly turned her into a cardiac patient.	APTEX	(S)	(CC)	N/A	#1304H
17:00:00	Feel Grand with Jane Seymour Combating Fatigue and Finding The Energy Obviously as our bodies age, fatigue and finding the energy is one of the major battles we face. And, we have time to rest but sometimes that is easier said than done. You can tell someone they need more sleep but when you can't get more sleep because of insomnia and other issues that come with aging, what can you do to find that energy that will help you feel younger?	APTEX	(S)	(CC)	N/A	#108H
17:30:00	Well Read George Saunders / Lincoln in the Bardo Lincoln in the Bardo is an astonishing feat of imagination and a bold step forward from one of the most important and influential writers of his generation. The long-awaited first novel from George Saunders: a moving and original father-son story featuring none other than Abraham Lincoln, as well as an unforgettable cast of supporting characters, living and dead, historical and invented.	APTEX	(S)	(CC)	N/A	#620H
18:00:00	California's Gold Things That Came Back At one time Tulare Lake was the largest freshwater lake west of the Great Lakes. In the 1930s farmers choked off the four major rivers that fed the lake and it quickly dried up. Once the home to millions of birds and herds of tule elk and antelope, the lake bed is now covered in agriculture. But like all things great in California, the lake refuses to disappear completely. During very heavy winters, the lake partially re-fills with water and stops motorists in their tracks as they come across a huge lake amongst the vineyards and orchards that fill the valley. Huell and Luis take a very special canoe ride in this magical lake. Anybody who has studied California history knows the name James Marshall and his discovery of gold which sparked the beginning of the gold rush. Does the name Jenny Wimmer ring a bell? Probably not, but she played a major role in Marshall's discovery. Jenny Wimmer cooked for and took care of twenty men who worked at Sutters Fort including James Marshall. When Marshall reached down into the tailrace of the mill and picked up a small shiny nugget, it was Jenny Wimmer he went to for conformation. Jenny had done quite a bit of mining and new how to test for gold in a lye bucket she used for making soap. Huell and Luis travel back to Coloma to re-create that historic moment. As a special treat, the actual "Wimmer Nugget" comes home for the day as does many of Jenny's descendants.	KCET		(CC)	N/A	#1005
18:30:00	Curious Traveler Curious Vancouver Who was Gassy Jack and why was he so gassy? Why was Capilano Suspension Bridge built and what do all those totem poles mean? What's so important about the Hotel Vancouver, and what does it have to do with the train station, the Queen of England, and Harry Potter? Who was Yip Sang, and why did he have his own Boy Scout Troop?	APTEX	(S)	(CC)	N/A	#204H
19:00:00	Natural Heroes Bluebird Man One man's remarkable role in the successful recovery of bluebirds. Passionate citizen scientists across the country, like 93 year-old Al Larson in Idaho, have made the recovery of bluebirds one of our most inspiring conservation success stories. (Emmy award nominated)	KNME	(S)	(CC)	N/A	#713H
19:30:00	The Kamla Show Special Shampa Banerjee In her Women in Science & Tech Series, host Kamla Bhatt interviews Shampa Banerjee, Chief Product Officer of Silicon Valley-based Eros Now, the digital division of Eros International, the largest integrated studio for Bollywood films. Banerjee has worked in Silicon Valley for 20 years.	KAMLA	(S)	(CC)	N/A	#111H

Sun, Apr 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Black America Education In Black America with Jahana Hayes	EPS	(S)	(CC)	N/A	#107H
	Carol Jenkins sits down with Connecticut's 2016 Teacher of the Year, Jahana Hayes. Find out what message Jahana felt the school system sent to her that affected.					
20:30:00	Black America Church Ladies with Dr. Martia Goodson	EPS	(S)	(CC)	N/A	#108H
	Author, Dr. Martia Goodson joins Carol Jenkins to discuss her latest book, "Church Ladies: Untold Stories of Harlem Women in the Powell Era".					
21:00:00	Growing Cities	APTEX	(S)	(CC)	N/A	#0H
	In Lincoln's time, 80 percent of the U.S. population lived in rural areas and worked in farm-related jobs. Today, more than 80 percent of Americans live in cities, with less than 1 percent of the population claiming farming as an occupation. However, many city-dwellers are re-imagining the possibilities of farming in urban settings - growing their own food in empty lots and lawns, and creating healthier, stronger and more vibrant communities in the process. GROWING CITIES examines the role of urban agriculture in the United States and its potential for revitalizing cities and changing the way Americans eat.					
22:00:00	Making Light In Terezin	APTEX	(S)	(CC)	DVI	#0H
	MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us"- originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.					
23:00:00	Great Decisions In Foreign Policy America's Diplomats: A Great Decisions Special	NETA	(S)	(CC)	N/A	#709H
	Narrated by Kathleen Turner, America's Diplomats explores the role of the Foreign Service - from Ben Franklin to Benghazi - through stories of individual diplomats and their families. After decades of war, America is turning to her Foreign Service more than ever to confront global challenges. From preventing war to promoting economic interests, we reveal the sacrifices made by those working behind the scenes of American foreign policy.					

Mon, Apr 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Bluebird Man One man's remarkable role in the successful recovery of bluebirds. Passionate citizen scientists across the country, like 93 year-old Al Larson in Idaho, have made the recovery of bluebirds one of our most inspiring conservation success stories. (Emmy award nominated)	KNME	(S)	(CC)	N/A	#713H
00:30:00	The Kamla Show Special Shampa Banerjee In her Women in Science & Tech Series, host Kamla Bhatt interviews Shampa Banerjee, Chief Product Officer of Silicon Valley-based Eros Now, the digital division of Eros International, the largest integrated studio for Bollywood films. Banerjee has worked in Silicon Valley for 20 years.	KAMLA	(S)	(CC)	N/A	#111H
01:00:00	Black America Education In Black America with Jahana Hayes Carol Jenkins sits down with Connecticut's 2016 Teacher of the Year, Jahana Hayes. Find out what message Jahana felt the school system sent to her that affected.	EPS	(S)	(CC)	N/A	#107H
01:30:00	Black America Church Ladies with Dr. Martia Goodson Author, Dr. Martia Goodson joins Carol Jenkins to discuss her latest book, "Church Ladies: Untold Stories of Harlem Women in the Powell Era".	EPS	(S)	(CC)	N/A	#108H
02:00:00	Growing Cities In Lincoln's time, 80 percent of the U.S. population lived in rural areas and worked in farm-related jobs. Today, more than 80 percent of Americans live in cities, with less than 1 percent of the population claiming farming as an occupation. However, many city-dwellers are re-imagining the possibilities of farming in urban settings - growing their own food in empty lots and lawns, and creating healthier, stronger and more vibrant communities in the process. GROWING CITIES examines the role of urban agriculture in the United States and its potential for revitalizing cities and changing the way Americans eat.	APTEX	(S)	(CC)	N/A	#0H
03:00:00	Making Light In Terezin MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us" - originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.	APTEX	(S)	(CC)	DVI	#0H
04:00:00	Great Decisions In Foreign Policy America's Diplomats: A Great Decisions Special Narrated by Kathleen Turner, America's Diplomats explores the role of the Foreign Service - from Ben Franklin to Benghazi - through stories of individual diplomats and their families. After decades of war, America is turning to her Foreign Service more than ever to confront global challenges. From preventing war to promoting economic interests, we reveal the sacrifices made by those working behind the scenes of American foreign policy.	NETA	(S)	(CC)	N/A	#709H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#213
08:00:00	Roey's Paintbox FOLK ART - Folk art is a style that allows people to express themselves through their creations to reveal their personal and cultural values. Folk art shares the traditions and practices of closely connected groups and preserves cultural and community identity through artistic expressions such as music, dance, art, and craft. LANDSCAPE - Landscapes are works of art that feature scenes of nature: mountains, lakes, gardens, rivers, and especially art where the main subject is a wide view.	APTEX	(S)	(CC)	N/A	#101H
08:30:00	1001 Nights The King Who Became A Slave/The Spoon That Ruined Everything "The King Who Became a Slave" - A king learns what happens when he's out of touch with his people. "The Spoon That Ruined Everything" - People in a small community see a spoon for the first time and begin to fight over it .	NETA	(S)	(CC)	DVI	#121H
09:00:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H

Mon, Apr 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize Your Waist	APTEX	(S)	(CC)	DVI	#911H
10:00:00	Sit and Be Fit Pelvic & Ribcage Mobility Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.	NETA	(S)	(CC)	N/A	#1303H
10:30:00	Sewing with Nancy Quilt with An Embroidery Machine In 8 Easy Lessons, Part 2 Turn old school quilting into new school technology when using an embroidery machine for quilting. Eileen Roche, embroidery pro, joins Nancy to show how to hoop a quilt and handle the bulk with ease while stitching the designs automatically. Learn tips and techniques from quilting a table runner to a queen-sized quilt.	NETA	(S)	(CC)	N/A	#3026H
11:00:00	Knitting Daily New Spin Learn how to make yarn yourself! Editor Anne Merrow introduces the ancient art of spinning using a drop spindle and shares ideas for knitting with hand-spun yarn. Liz Gipson shares her love of making yarn by hand and Tanis Gray demonstrates the lazy links stitch. Then learn to make dryer balls to assure great results when laundering knits.	NETA	(S)	(CC)	N/A	#1411H
11:30:00	Fons & Porter's Love of Quilting Garden House Pillow We're all about taking the apprehension out of applique. Small projects that give us opportunities to try a variety of skills is the place to start. Patrick joined by Jan Patek will give you expert techniques and tips for making graceful curves, stems and leaves like a pro.	NETA	(S)	(CC)	N/A	#2709H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6196H
13:00:00	America's Test Kitchen from Cook's Illustrated Outsmarting Thanksgiving Test cook Dan Souza shows host Julia Collin Davison how to make the ultimate roast turkey. Next, gadget guru Lisa McManus uncovers the best oven thermometers. Finally, test cook Becky Hays uncovers the secrets to foolproof boiled corn.	APTEX	(S)	(CC)	N/A	#1709H
13:30:00	Pati's Mexican Table Pati's Texican Inspired by her years living in Texas, Pati creates a series of dishes that combine her passion for Mexican cuisine and her favorite foods of America's Lone Star State. Her oldest son, Alan, who was born in Texas and is fully Tex-Mex, joins her in the kitchen. Recipe 1: Tex-Mex Chili; Recipe 2: Poblano, Bacon & Cheddar Skillet Corn Bread; Recipe 3: Mexican Chocolate Doughnuts.	APTEX	(S)	(CC)	N/A	#302H
14:00:00	Primal Grill with Steven Raichlen Bombay Blast More than 5000 years ago, a potter in Central Asia made a tall, urn-shaped, incredibly efficient clay barbecue pit-the origin of the Indian tandoor. Today, tandoori, Indian barbecue, is enjoyed from New Delhi to New Caledonia to New York. This show features tandoori salmon (washed with garlic water and marinated in spices, yogurt, and chickpea flour). Next up, two traditional Indian charcoal-grilled breads made from the same dough: naan and flaky, puff pastry-like lachha paratha, followed by fragrant Persian-inspired saffron chicken tikka kebabs. Best of all, each recipe can be cooked on a conventional grill, too. Tandoori Salmon; Indian Naan and Puff Pastry ; Chicken Tikka Kebabs.	APTEX	(S)	(CC)	N/A	#306H
14:30:00	Steven Raichlen's Project Smoke Raichlen On Ribs Ribs epitomize barbecue, combining well-marbled, rich-tasting meat with the primal pleasure of eating with your bare hands. In this show we embark on a rib world tour, from St. Louis ribs with a surprise ingredient to Chinatown spareribs and the Project Smoke version of the boneless rib sandwich. You'll also learn how to build an onion bomb that explodes with flavor in your mouth. St. Louis ribs with vanilla-brown sugar glaze; Chinatown ribs; Onion bombs; Rob's real BBQ baby back rib sandwich.	APTEX	(S)	(CC)	N/A	#204H
15:00:00	Beads, Baubles and Jewels Bench Jewelry Techniques Patti Bullard shares some bench jewelry techniques that don't require a lot of space or supplies, plus a tip on how to choose the right pliers for a special project. She also shows how to texture bracelets and earrings. Katie's Bead Lesson is about stamping on leather, a fast and easy technique to learn to create a trendy bracelet.	NETA	(S)	(CC)	N/A	#2011H

Mon, Apr 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Garage Apartment Part II	APTEX	(S)	(CC)	N/A	#3113H
	With the new garage apartment construction underway it's time to start adding the finishing touches. Vicki shows you how to add value to your project with versatile features such as a multi-purpose kitchen, full bathroom, living area, two great bedrooms, one of which doubles as an office. You're going to love the way this space turns out.					
16:00:00	Biz Kid\$ Take It to the Bank	APTEX	(S)	(CC)	DVI	#508H
	Get a kid's view of the services that banks, credit unions and other financial institutions offer - and why you should make use of them early in life. Learn the different products and services that banks offer and how to shop for the right bank for you. Meet a young entrepreneur with a haunted house who has no fear of banking.					
16:30:00	Hands On Crafts for Kids Artist	NETA	(S)	(CC)	DVI	#1901H
	Artists look at the world from fresh perspectives. Host Jenny Barnett-Rohrs draws the geometric patterns she sees looking at the world from high above. Franz Spohn has ideas for all the things artists can do besides creating works for a museum. Candie Cooper introduces us to the art form of Yamamoto to create a collage and Jenny makes a 3-D color wheel.					
17:00:00	P. Allen Smith's Garden Home Living Poultry Museum	APTEX	(S)	(CC)	DVI	#1612H
	Heritage poultry has seen a decline in population numbers, but P. Allen Smith goes in depth to find out how we can save these breeds from extinction.					
17:30:00	Growing A Greener World Beyond Veggies: Adding Fruit to Your Food Garden (St. Louis, Mo)	APTEX	(S)	(CC)	N/A	#708H
	The natural first step to growing food is usually a small vegetable plot or garden. For many, the desire to expand their palate often finds them considering fruit trees or shrubs. Yet all too often, they stop short of taking that step for various reasons, including the belief that growing fruit will take too much room or require more work and extra care to battle pests and diseases. Yet with the right information and plant choices, growing fruit in a backyard of any size can be a successful and enjoyable experience, without all the work or chemicals you thought you might need. In this episode, Joe visits Stark Brothers Nurseries, the oldest fruit nursery in America, to learn expert tips that can be used to successfully grow fruit in your own backyard orchard.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14081H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#204H
	Asian American Life takes an in-depth look at four topical news issues that impact the Asian American communities in the tri-state (New York) metropolitan area. Another topical story Asian American Life explores is the controversy surrounding CBS host and anchor Julie Chen who had plastic surgery on her eyes earlier in her broadcast journalism career. Correspondent Kyung Yoon takes a closer look at why plastic surgery has become so popular and mainstream in Asia, as well as within our Asian American communities here in New York City.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8016
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3515H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#411H
	Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.					
21:00:00	Live from the Dennison Lodge Karen Savoka	NETA	(S)	(CC)	N/A	#106H
	Karen Savoca's warm vocals and catchy percussion accompanied by her husband Pete on guitar bring an eclectic mix of engaging Americana music.					
22:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H

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Mon, Apr 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Wildside with Nick Molle - Costa Rica	APTEX	(S)	(CC)	DVI	#0
<p>In WILDSIDE WITH NICK MOLLE - COSTA RICA, nature lover and award-winning filmmaker Nick Molle embarks on entertaining and educational adventures in one of the most biologically diverse places on Earth. An experienced guide leads eco-tourist Molle through Corcovada National Park on Costa Rica's Osa Peninsula. Molle's extensive knowledge of biology, passion for preservation and sense of humor shine through as he encounters a variety of wildlife, including white-faced spider monkeys, squirrel monkeys, the scarlet macaw, the American saltwater crocodile, humpback whales and many other inhabitants of Costa Rica's ecosystems.</p>						

Daily Program Listing II

43.1

Date: 03/19/2017

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Tue, Apr 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8016
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3515H
01:00:00	Music City Roots Live from the Factory Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.	APTEX	(S)	(CC)	N/A	#411H
02:00:00	Live from the Dennison Lodge Karen Savoka Karen Savoca's warm vocals and catchy percussion accompanied by her husband Pete on guitar bring an eclectic mix of engaging Americana music.	NETA	(S)	(CC)	N/A	#106H
03:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H
04:00:00	Wildside with Nick Molle - Costa Rica In WILDSIDE WITH NICK MOLLE - COSTA RICA, nature lover and award-winning filmmaker Nick Molle embarks on entertaining and educational adventures in one of the most biologically diverse places on Earth. An experienced guide leads eco-tourist Molle through Corcovada National Park on Costa Rica's Osa Peninsula. Molle's extensive knowledge of biology, passion for preservation and sense of humor shine through as he encounters a variety of wildlife, including white-faced spider monkeys, squirrel monkeys, the scarlet macaw, the American saltwater crocodile, humpback whales and many other inhabitants of Costa Rica's ecosystems.	APTEX	(S)	(CC)	DVI	#0
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#214
08:00:00	Roey's Paintbox LANDMARK PAINTING - A landmark is a recognizable natural or man-made feature that can include anything that is easily recognizable, such as a monument, building, or other structure. In American English it is the main term used to designate places that might be of interest to tourists due to notable physical features or historical significance. POP ART - Pop Art is modern art movement that often uses styles and themes from advertising, media and popular culture. Pop Art differs from the traditions of fine art by including imagery from popular culture and isolating the material in a fun and flashy way.	APTEX	(S)	(CC)	N/A	#102H
08:30:00	1001 Nights The King Who Outlawed Laughter/Sinbad and the Black Diamond "The King Who Outlawed Laughter" - A king tries to execute his prisoners but no matter what he does, he is unable to kill them. "Sinbad and The Black Diamond" - Sinbad is off once more on a hilarious adventure. This time he battles the dread pirat Santiago for a mysterious black diamond that possesses strange powers.	NETA	(S)	(CC)	DVI	#122H
09:00:00	Functional Fitness with Suzanne Andrews Younger Joints In 30 Days	ACCES		(CC)	N/A	#117H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Arm Slenderizing (All Standing)	APTEX	(S)	(CC)	DVI	#912H
10:00:00	Sit and Be Fit Strong Back Strong Core Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles and their role in maintaining back health.	NETA	(S)	(CC)	N/A	#1304H
10:30:00	It's Sew Easy Style on the Edge Start your style at the very edge. Garment sewing expert Rebecca Kemp Brent finishes seams in various ways for a couture look. In the style tip, sewing educator Joanne Banko brings lace in from the edge to create reverse applique motifs. Designer and sewing engineer Gretchen Hirsch uses border prints and scalloped edges to style her designs.	NETA	(S)	(CC)	DVI	#1101H
11:00:00	Knitting Daily Novelty of It All Create a novel effect with non-traditional yarns. Yarn designer Barry Klein shares tips and tricks to get the maximum effect. Soak up the creative spirit of writer and artist Kathy Cano-Murillo. Author Laura Nelkin's combines novelty yarn and beads to make an elegant bracelet. Tanis Gray makes a charming daisy applique with crystals. Vickie Howell crochets a cool cable pattern with lofty, colorful yarn.	NETA	(S)	(CC)	N/A	#1412H

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Tue, Apr 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:30:00	Fons & Porter's Love of Quilting Goose Crossing Graphic and dynamic the Goose Crossing quilt keeps your eyes moving. Mary and Barb Eikmeier will break apart the design and reveal the diagonal setting of this classic pattern.	NETA	(S)	(CC)	N/A	#2710H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6197H
13:00:00	Hubert Keller: Secrets of a Chef Main Dish Favorites Chef Keller demonstrates a classic French technique for poaching a whole fish in a luxurious broth of vegetables, herbs, and wine. Then he creates a symphony of flavors by pairing ordinary chicken breast with some great Mediterranean ingredients. Branzini Poached in White Wine, Herbs & Vegetables, & Roast Chicken Breast with Moroccan-spiced Carrots & Harissa Yogurt.	NETA	(S)	(CC)	N/A	#515H
13:30:00	Sara's Weeknight Meals Farm to Table Farm fresh food is a mantra for Sara and so many chefs. That's why her tea rubbed duck salad with Roquefort and pear dressing hits every note. Then, Sara is off to California's Napa Valley to visit chef Joey Altman, a three time James Beard award winner. They visit a winery and gather ingredients at a local farm for an al fresco meal of salmon and corn salad with pea pesto crostini.	APTEX	(S)	(CC)	N/A	#514H
14:00:00	Taste of History General Hand, Redcoat/Patriot Born in Ireland, General Hand came to America with the British army, but changed his allegiance in favor of his newly adopted country. Chef Staib cooks cabbage soup with meat dumplings, roasted stuffed pork stomach with pan gravy, steamed leeks with Irish bacon and Irish soda bread.	NETA	(S)	(CC)	N/A	#605H
14:30:00	Sara's Weeknight Meals Fruit and Meat They say opposites attract. There's something sensational about the sweetness of fruit with the savory taste of meat. Grilled pork tenderloin is a fantastic summer meal with a dressing of watermelon and cucumber. And Sara's son Sam joins her to make a family favorite, chicken with lemon and capers. It's easy and delicious. And on Ask Sara, Sara answers viewer questions on cutting herbs quickly and storing vanilla beans. Recipes: Grilled pork with watermelon cucumber salsa Chicken with lemon and capers.	APTEX	(S)	(CC)	N/A	#602H
15:00:00	Beads, Baubles and Jewels Needle Tatting and Chainmaille Lauren Andersen, The Chainmaille Lady has a new take on mixing other materials with chainmaille, including needle tatting and premade cuffs. Lauren also shares a tip for making your own jump rings. Katie makes a beaded cluster bracelet in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2012H
15:30:00	Make It Artsy Books Books are not just for reading! Tool expert Joe Rotella cuts a niche in a book to create a planter. Craft metal book hinges with designer Mary Hettmansperger and Mou Saha makes vintage books into colorful art journals. Host Julie Fei Fan Balzer has a tip for creating a charming little book necklace.	NETA	(S)	(CC)	N/A	#101H
16:00:00	Biz Kid\$ It's A Job to Get A Job! It's a job getting a job and Biz Kid\$ is here to help. Learn tips and tricks for writing a great resume, dressing for success, and nailing the interview. Get the inside scoop on what employers look for from a young entrepreneur who manages 200 employees.	APTEX	(S)	(CC)	DVI	#509H
16:30:00	Hands On Crafts for Kids Old Is New Give a new twist to traditional art forms. Jenny Barnett-Rohrs makes a trinket box inspired by a popular video game. Then, she makes a friendly turtle using the ancient art of mosaic. Candie Cooper creates pop art with polka dots in the style of the artist Kusama, and Jenny coils a rag basket with a touch of denim.	NETA	(S)	(CC)	DVI	#1902H
17:00:00	P. Allen Smith's Garden Home Embrace Your Space Making the most out of your space doesn't just apply to what's in your house. P. Allen Smith shows you how to take advantage of your great outdoors without breaking the bank.	APTEX	(S)	(CC)	DVI	#1601H

Tue, Apr 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World The Edible Schoolyard: A Class Without Walls and a Love to Learn (Berkeley, Ca)	APTEX	(S)	(CC)	N/A	#709H
	In all the years of producing episodes for Growing a Greener World, one theme observed that always holds true: place a student in a learning environment that includes growing plants or gardening, and you can't pull them away. They love everything about it... just don't tell them they're getting every aspect of the core curriculum including math, science, language arts, social studies, nutrition, and more. In this episode, the team showcases the original and world-renowned Edible Schoolyard in Berkeley, Calif. Co-founded by famous chef and school neighbor Alice Waters, the Edible Schoolyard is a world-caliber outdoor classroom where teachers from around the globe come to impart lessons that last a lifetime and extend well beyond both the classroom and the garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14082H
18:30:00	Americas Now Mexico's Crime-Free Town	NETA	(S)	(CC)	N/A	#124H
	Mexico - Crime free town - Mexico's war on drugs has proven long and brutal. The central state of Michoacan has been hit especially hard, with rival cartels fighting each other for territory AND against onslaughts by the Mexican Army. The violence has led to lawlessness... and a spike in illegal logging. One small town, Cheran, took on all the bad guys and drove them out. Five years later the Purepecha Indian village is still effectively governing itself. Peace reigns in Cheran but villagers say they can never lower their guard. Costa Rica - Renewable energy - Costa Rica is well-known for its pristine nature, abundant waterways and commitment to clean energy. But the country has recently taken its environmental initiative one step further. It has broken records for going the longest stretch of time -- using energy "only" from renewable power sources. Correspondent Harris Whitbeck reports on the progress this pioneering nation is making -- to be a global model for sustainability.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8017
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1316H
20:00:00	Sun Studio Sessions Stephen Kellogg	NETA	(S)	(CC)	N/A	#807H
	Stephen Kellogg is a natural storyteller and is a road warrior who puts on energetic live shows from coast to coast. Billboard magazine says Kellogg delivers "songs that delve deep into the personal, but make room for a sense of fun, while the music, which is intelligent and intimate, is also full of passion and electricity." His solo record "Blunderstone Rookery" featured guest performances by Travis McNabb and Annie Clements from Sugarland, Sean Watkins from Nickel Creek, and Jerry DePizzo from O.A.R. In this episode, Kellogg performs several songs, including "Good Red Wine" and "Crosses."					
20:30:00	Jammin at Hippie Jack's Steeldrivers	NETA	(S)	(CC)	N/A	#1004H
	Only Nashville could give birth to such a band: a group of seasoned veterans. The SteelDrivers have been nominated for three Grammys and IBMA awards. Bringing together country, soul and other contemporary influences to create an unapologetic hybrid that is as old as the hills but as fresh as the morning dew. This is new music with the old feel.					
21:00:00	The Kate	APTEX	(S)	(CC)	N/A	#203H
22:00:00	World Dancesport Grand Slam Series Standard Series: The First Four Legs	APTEX	(S)	(CC)	N/A	#101H
	This first episode covers highlights of four Standard competitions from the inaugural leg in Helsinki, Finland, to the events in Wuhan, China, Hong Kong and Moscow. Former world champion Latin dancer and Honorary Life President of DanceSport England, Peter Maxwell invites viewers to leave the confines of a ballroom and to take a look at how true athletes make a challenging sport of dance as they compete in the World DanceSport GrandSlam Standard Series. In a whirlwind tour that brings them from Europe to Asia and back to Europe, top dancers in gowns and tails perform at sporting venues and in front of appreciative audiences. Provided the dancers make the six-couple final, they collect prize money and maximum ranking points at each leg of the Series. The biggest names in the Standard dances meet at regular intervals throughout the year for match-ups between couples. Will the perennial runners-up, Dmitry Zharkov and Olga Kulikova of Russia, ever be able to beat the reigning World and GrandSlam Champions Simone Segatori and Annette Sudol of Germany?					
23:00:00	The Crowd & The Cloud Citizens4earth	APTEX	(S)	(CC)	DVI	#104H
	Counting birds for more than 100 years generates data on a changing climate and there's an app for that: eBird. Surfer science using smart tech tracks ocean acidification and coastal temperatures in the Smartfin project, a recent startup. We spend "A Year in the Life of Citizen Science" including a Thanksgiving Monarch Butterfly Watch in California. Seasonal change is tracked by Latina and Native American teens in springtime in Albuquerque, New Mexico, and horseshoe crabs are surveyed in summer by retirees along mid-Atlantic coasts. In Uganda, World Bank economists and local partners generate data for sustainable development. The far-ranging potential of "Citizen Science in the Digital Age."					

Wed, Apr 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8017
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#215
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#103H
	PHOTOREALISM - Photorealism is the genre of painting based on using cameras and photographs to gather visual information. It was an American Art movement that began in the late 1960s when artists first attempted to create paintings that resemble photographs. IMPRESSIONISM - Impressionism is a style of painting that originated in Paris in the mid-1800s. The paintings are mostly outdoors and portray natural subjects like trees, fields, and oceans. The style was called impressionism because the artists used many short brush strokes, applying paint thickly, to create the idea, or impression, of a subject.					
08:30:00	1001 Nights The Man Who Went Back In Time/The Schoolmaster	NETA	(S)	(CC)	DVI	#123H
	"The Man Who Went Back in Time" - A man complains his life would have been better if he'd been given his neighbor's luck breaks. When he gets the chance to go back in time and change things, however, he realizes it's not as easy as he imagined. "The Schoolmaster" - A con man lies his way into a job as a Schoolmaster and learns an unexpected lesson about the value of integrity.					
09:00:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Spine & Improve Posture	APTEX	(S)	(CC)	DVI	#913H

Wed, Apr 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Neuromuscular Coordination In this episode, Mary Ann uses heel tapping, patting, clapping and changing of rhythm patterns which contribute to improving neuromuscular coordination.	NETA	(S)	(CC)	N/A	#1305H
10:30:00	It's Sew Easy Stylish Accessories Make your style statement from head to toe with accessories. Blogger and designer Cheryl Sleboda makes colorful espadrilles. In the style tip, sewing educator Joanne Banko adds texture and style to basic garments using decorative stitches. Fabric artist Kim Montagnese embellishes in free motion to create a go-everywhere tote bag.	NETA	(S)	(CC)	DVI	#1102H
11:00:00	Knitting Daily Don't Sweater The Small Stuff Take your project from homemade to handmade. Knitter and instructor Patty Lyons shares tips to make your next sweater a success. Kate Gilbert of the Twist Collective talks about why sweaters are such popular projects. Leslye Solomon shows how to block a sweater successfully and Tanis Gray adds a feminine touch with lace picot. Vickie Howell compares neckline treatments and proportional sizing for baby sweaters.	NETA	(S)	(CC)	N/A	#1413H
11:30:00	Fons & Porter's Love of Quilting Lines By Design The quilt featured in this episode is named Clerestory, which refers to bringing light into a space. Patrick Lose and Debbie Grifka will discuss the use of negative space, applique and the selection of appropriate applique stitching to secure the roof pieces.	NETA	(S)	(CC)	N/A	#2711H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6198H
13:00:00	Lidia's Kitchen Gnocchi If there were another name for Lidia's family, it would be the gnocchi family. They love making them together and eating them. Lidia starts with a butternut squash gnocchi that is as soft as a feather and served with a velvety sage and butter sauce. Next, she prepares a marinated bread of chicken seared with shiitake mushrooms, rosemary and sage. Her sauteed earthy Brussels sprouts are made with pepperoncino, garlic and walnuts. They are nutty and spicy.	APTEX	(S)	(CC)	N/A	#321H
13:30:00	Annabel Langbein: The Free Range Cook A Taste of Asia In sunny Nelson at the top of New Zealand's South Island, Annabel Langbein goes foraging and harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake. She also shares her recipe for a super-simple lemon and ginger ice cream served with crunchy ginger biscotti. Recipes from this episode: pan-fried mushrooms with pine nuts, lahmacun flatbread, salted edamame, teriyaki sauce, teriyaki fish and mushroom bake, Japanese-style rice, gingered bok choy, lemon and ginger ice cream, ginger biscotti, fresh flower tea.	APTEX	(S)	(CC)	N/A	#107H
14:00:00	Simply Ming Jacques Pepin This week on Simply Ming, the iconic television host, artist and master chef, Jacques Pepin, joins Ming as they cook up chicken livers two ways. Jacques is making chicken livers with mushroom port cranberry sauce, olive oil small potatoes, and topping it all off with an incredible chocolate Souffle; while Ming tries to match that with a hot chicken liver mousse with bacon-thyme sauce.	APTEX	(S)	(CC)	N/A	#1403H
14:30:00	Cook's Country Break Out The Bourbon Test cook Julia Collin Davison uncovers secrets to perfect smoked bourbon chicken. Next, equipment expert Adam Ried reveals his top picks for liquid dish soap. Finally, test cook Bridget Lancaster shows host Christopher Kimball how to make the ultimate sweet potato pie at home.	APTEX	(S)	(CC)	N/A	#808H
15:00:00	Beads, Baubles and Jewels Mixed Media Jewelry Author and designer Cynthia Deis demonstrate collage techniques for mixed media jewelry. She creates a mica tag and a flat leather bracelet. Katie's Beading Lesson features an assist from Candie Cooper for a quick lesson on making silk beads.	NETA	(S)	(CC)	N/A	#2013H
15:30:00	Make It Artsy Assemblage Add an artsy flair to ordinary objects. Urban artist Seth Apter wraps everyday objects with wire, fibers and beads. Julie Fei Fan Balzer personalizes wooden nesting dolls. Author Laurie Mika fashions clay with stamps, charms and beads to make mini-shrines. In the tip, maker Roxanne Coble adds dimension and texture to journals.	NETA	(S)	(CC)	N/A	#102H

Wed, Apr 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Fundraising Can Be Fun	APTEX	(S)	(CC)	DVI	#510H
	Have a worthy cause? Then host a worthy fundraiser. This episode shows how to organize volunteers, choose the right venue, get the word out, and keep expenses low. Learn the right way to do the right thing.					
16:30:00	Hands On Crafts for Kids Stars	NETA	(S)	(CC)	DVI	#1903H
	Look beyond the sky. Jenny Barnett-Rohrs makes a glittery star catcher featuring the constellations. Candie Cooper creates a 3-D board illustrating moon phases. Artist Franz Spohn creates a landscape featuring clouds. Candie Cooper creates a sparkly space galaxy.					
17:00:00	P. Allen Smith's Garden Home A Visit from the Beekman Boys	APTEX	(S)	(CC)	N/A	#1401H
	Two New York City boys turned farmers visit Moss Mountain Farm. Find out how the Fabulous Beekman Boys fare, when faced with the challenge of capturing a free-range turkey while Allen puts a spin on a classic dish.					
17:30:00	Growing A Greener World Saving Seeds for Future Generations: Seed Savers Exchange (Decorah, Ia)	APTEX	(S)	(CC)	N/A	#710H
	Few people realize that less than 10% of all seed varieties commonly grown in 1900 are still with us today. They're extinct-gone forever, because no one took the time to preserve them for future generations. That risk is even greater today thanks to the genetic manipulation of a relatively few remaining seed varieties, combined with the massive buying up of smaller seed companies by overseas giants. The mission of protecting, preserving, and sharing today's precious seed and heirloom varieties has never been more important. Thankfully, one company established to do just that is alive and well, and since 1975 has been thriving in their efforts to preserve horticultural diversity. Seed Savers Exchange has an active international membership of over 13,000 who are helping with the cause. In this episode, Joe makes a trip to Iowa to their scenic 890-acre Heritage Farm to learn more about their process as well as the risks and challenges of safeguarding today's precious seed varieties for future generations.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14083H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#503H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8018
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#413H
20:00:00	The Lowertown Line. The Lowertown Line: Black Diet	APTEX	(S)	(CC)	N/A	#108H
	The members of garage/indie/soul band Black Diet met on Craigslist and come from diverse musical backgrounds including gospel, cabaret, blues, funk, afrobeat and punk rock. The band performs a live set at Bedlam Lowertown in St. Paul, and talks about thrift store finds, making a living and being close friends. Songs performed: Don't Tell Me, Do a Little Wrong, Find a New Love, State Line, Fever, Slow it Down.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#113H
	Artists: Cliff Cody, Josh Krajcik, Jamie Sagle, Angela Perley, and hosted by songwriter Eric Gnezda. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonesingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the ABC talent show Rising Star. He performs "Homegrown." Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "The Remedy." Jamie Sagle is a singer-songwriter with an indie-folk influence. After gaining the attention of radio several years ago, she set aside her music to raise her two children. She has reconciled the balance of being a mother, wife, and songwriter. Her songs merge insightful lyrics with appealing melodies, delivered with power and energy. She sings "The Thin Blue Line." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Easy."					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#101H
	Performances by Garbage, Ibeyi, El Vy and Misterwives, with comedy from Hannibal Buress and Breaking Bad's Lavelle Crawford.					

Wed, Apr 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	The Great Transmission	NETA		(CC)	N/A	#0H
	Imagine that you are one of a handful of survivors of a disaster that has virtually erased your culture. Now you must recover the knowledge that was lost and find ways to ensure that it continues into the future. The Great Transmission is the story of one Tibetan refugee lama and his efforts to preserve the sacred texts of his tradition. But more than that, it is the story of the epic journey of a precious inheritance of human knowledge from its origins in Ancient India to the present day, and the celebration of the valiant efforts of those devoted to its survival.					
23:00:00	Let There Be Light	APTEX	(S)	(CC)	N/A	#0H
	Narrated by Garrison Keillor, LET THERE BE LIGHT follows the grand masters of stained glass art, artist Rowan LeCompte and craftsman Dieter Goldkuhle, as they create their last great series of windows for Washington National Cathedral. A native of Baltimore, Maryland, Rowan began making stained glass windows at the age of 14 and designed his first window for Washington National Cathedral (the sixth largest cathedral in the world, with more than 200 stained glass windows), at the age of 16. He spent almost 70 years studying, drawing and creating architectural stained glass and mosaics for a multitude of locations, including: Episcopal Cathedrals in Maryland and Wyoming, the chapels of Trinity College and Princeton University, and the New York State Capitol in Albany. At the age of 81, Rowan was commissioned to produce what would be his last series of windows for the monumental building. The project was initially intended to take one year and be ready for the 2007 centennial celebration of the cathedral's founding. Rowan would design and paint this enormous window while Dieter, his long-time collaborator, would select and cut the glass and do the leading and installation. The documentary chronicles the fascinating creative process but also captures how age begins to take its toll on Rowan. The window falls behind dramatically schedule and the centennial deadline is missed. Artistic differences and the slow pace of work causes a tension to develop between artist and craftsman, and Dieter must eventually leave the project because of other commitments. Six years in the making, LET THERE BE LIGHT is told with stunningly beautiful imagery as it documents Rowan's life-long passion, imagination and creativity in using glass and light. Later, in a surprise reversal, an official Cathedral panel questions installing the new windows at all.					

Thu, Apr 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newslines	APTEX	(S)	(CC)	N/A	#8018
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#413H
01:00:00	The Lowertown Line. The Lowertown Line: Black Diet	APTEX	(S)	(CC)	N/A	#108H
	The members of garage/indie/soul band Black Diet met on Craigslist and come from diverse musical backgrounds including gospel, cabaret, blues, funk, afrobeat and punk rock. The band performs a live set at Bedlam Lowertown in St. Paul, and talks about thrift store finds, making a living and being close friends. Songs performed: Don't Tell Me, Do a Little Wrong, Find a New Love, State Line, Fever, Slow it Down.					
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	Performances by Garbage, Ibeyi, El Vy and Misterwives, with comedy from Hannibal Buress and Breaking Bad's Lavelle Crawford.					
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#216
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#104H
	CUBISM - Cubism is an early 20th century avant-garde movement. In Cubist artwork, objects are analyzed, broken up and reassembled in an abstracted form - instead of depicting objects from one viewpoint, the artist depicts the subject from a multitude of viewpoints to represent the subject in a greater context. EXPRESSIONISM - Abstract expressionism is a post-World War II movement developed in New York City in the 1940s. The work's emphasis is on spontaneous, automatic or subconscious creation and the technique reflects a sea on colors and textures created with inventive brush strokes and drips.					
08:30:00	1001 Nights The Tale of the Haunted Palace/Habib and the Baby Genie	NETA	(S)	(CC)	DVI	#124H
	"The Tale of the Haunted Palace" - When their wagon breaks down in the middle of nowhere, Shahryar, Shahrzad, Shahzaman, and Donyazad are forced to spent the night in a haunted place. "Habib and the Baby Genie" - A baby genie and a human are switched at birth.					

Thu, Apr 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Calf & Knee Strengthening	APTEX	(S)	(CC)	DVI	#914H
10:00:00	Sit and Be Fit Release Tension Through Exercise	NETA	(S)	(CC)	N/A	#1306H
	This fast-paced workout ends with a peaceful relaxation, leading viewers from a state of invigoration to a place of complete tranquility.					
10:30:00	It's Sew Easy Stylish Home	NETA	(S)	(CC)	DVI	#1103H
	Your home reflects who you are. Using an easy smocking technique, sewing enthusiast Cheryl Sleboda makes colorful, patterned pillows to showcase her style. Blogger Heather Valentine combines unusual materials to create a handy caddy for her studio. With hand-dyed wool and nubby fibers, author Lisa Shepard Stewart stitches a lush wall-hanging.					
11:00:00	Knit and Crochet Now! Keeping Bay Warm	APTEX	(S)	(CC)	DVI	#601H
	Kristin shows how to knit the Sawtelle Cardigan and Ellen demonstrates the crochet Sideways Cardigan, both from Berroco. Lena demonstrates a knit Brioche 2-color rib scarf.					
11:30:00	Fons & Porter's Love of Quilting Strawberry Fields Quilt	NETA	(S)	(CC)	N/A	#2712H
	Quilts and quilt blocks can be inspired by nature. A picnic quilt is the perfect place to enjoy that nature inspired creation. Mary joined by Liz and Elizabeth Evans will teach the snowball block and variations to make a "strawberry" shape. They will also walk you through the assembly of their quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6199H
13:00:00	Eat! Drink! Italy! with Vic Rallo You Are What You Eat	APTEX	(S)	(CC)	N/A	#303H
	Vic is in Tuscany with Chef Lia Schiera to make her spinach filled crepes. Vic and Tony Verdoni talk about one of the best Chiantis. Chef Roberto Rossi teaches Vic his unique dessert Calzone.					
13:30:00	Mike Colameco's Real Food Ny Wine Bars	NETA	(S)	(CC)	N/A	#1404H
	Great food paired with a huge selection of wines by the glass, well what's not to like? Today's episode we visit Ardesia in Hell's Kitchen, Corkbuzz with Master Sommelier and owner Laura Maniac at both locations and Ten Bells a funky LES all bio / organic wine bar down on Broome St.					
14:00:00	Joanne Weir's Cooking Confidence Asia Express	APTEX	(S)	(CC)	N/A	#113H
	Joanne embraces teaching traditional recipes and then showing new ways to use them. She and her student Reggie make mayonnaise and create an Asian inspired meal of tuna burgers with wasabi mayonnaise and Thai cabbage and grapefruit slaw, leaving Reggie wondering if he will ever buy mayonnaise again. Recipes: Grilled Yellowtail Tuna Burgers with Wasabi Mayonnaise and Thai Cabbage and Grapefruit Slaw. Student: Reggie Wooden, Student.					
14:30:00	New Scandinavian Cooking Farmer's Food	APTEX	(S)	(CC)	N/A	#511H
	Tina visits Moss and the nearby islands, a rich agricultural region in eastern Norway. She makes an open omelet with broccoli, cheese and horseradish. Tina also prepares a chicken with parsnip and herb dumplings, and for the main course, she makes a glazed pigeon breast with vinegar pork belly and beets.					
15:00:00	Beads, Baubles and Jewels Leatherworking	NETA	(S)	(CC)	N/A	#2101H
	Leatherworking has deep roots in the Old West. Author Melissa Cable shows how to create a rippled bracelet from a leather strip and embellish with beads. In her second segment, she creates a studded leather bracelet. In Katie's Beading Lesson, learn to wrap wire around stones to create a ring or bracelet.					

Thu, Apr 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Make It Artsy Layering	NETA	(S)	(CC)	N/A	#103H
	Peel back the layers to discover more artistic possibilities. Mixed media maker Roxanne Coble alters postcards with blobs, patterns and drips. Collage artist Rebekah Meier sews circles to make mandalas. Tool expert, Joe Rotella, molds and casts accessories and embellishments. Crafter Kathy Cano-Murillo has a tip for layering scraps to make a new surface.					
16:00:00	Biz Kid\$ What to Do with a Windfall	APTEX	(S)	(CC)	DVI	#511H
	Congratulations - you have a windfall! Now what? Take a look at some investment alternatives and how to evaluate them based on time, risk, and rate of return. Meet several young entrepreneurs who were faced with a financial opportunity and see where they decided to invest their money.					
16:30:00	Hands On Crafts for Kids Creatures	NETA	(S)	(CC)	DVI	#1904H
	The earth is full of wonderful creatures. Jenny Barnett-Rohrs crafts simple animals that are easily adaptable and molds a robot mouse. Artist Franz Spohn draws creatures that are just like us - or not. Jenny uses glow-in-the-dark clay to craft a spooky-sweet charm for your backpack.					
17:00:00	P. Allen Smith's Garden Home Past Made New	APTEX	(S)	(CC)	N/A	#1402H
	Take a step back in time to the late 18th century town of Salem, North Carolina. Learn how many of the same practices and principles in this Moravian community can be utilized in today's modern backyard gardens.					
17:30:00	Growing A Greener World Community Gardens: Growing So Much More Than Plants	APTEX	(S)	(CC)	N/A	#711H
	Having an opportunity to participate in a community garden builds a sense of community like nothing else. It provides opportunities for exercise, education, therapy, relaxation and social interaction, along with preserving green space and conserving resources. By looking at several prime examples of community gardens in action, this episode demonstrates how the benefits of a neighborhood garden can reach far beyond the garden gates, bringing people closer to the earth and to each other. In the kitchen, Chef Nathan uses kale fresh from the garden to create a ribollita, also known as a Tuscan vegetable and bread soup.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14084H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1344H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8019
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1210H
20:00:00	Backstage Pass Marci Linn Band - Encore	NETA	(S)	(CC)	N/A	#615H
	Veteran vocalist Marci Linn and her tight, six-piece band serve up more blue-eyed soul with a touch of sass.					
20:30:00	Ray Stevens Cabaray Nashville Guests: Williams & Ree (Bruce Williams And Terry Ree)	OETA	(S)	(CC)	N/A	#116H
	"Knock Him Out John" (RAY) "Alley Oop" (RAY) & "Woogie Boogie" (DUET w/RAY/WILLIAMS & REE) Musical Comedy Routine "Sweet Thang" (WILLIAMS & REE) "Rose of Old San Antone" (WMS & REE).					
21:00:00	Music Gone Public Frank Vignola	NETA	(S)	(CC)	N/A	#107H
	Former sideman for Les Paul, Madonna, and Ringo Starr known for impeccable chops and Victor Borge-style humor brings an all-star cast, featuring Bucky Pizzarelli, Tommy Emmanuel, and Vinny Raniolo.					
22:00:00	Ecosense for Living Take Back The Farm	NETA	(S)	(CC)	N/A	#107H
	There's a "growing" awareness in the U.S. about our food...where it comes from, how it's grown, and what exactly it takes to feed all of us nutritious, earth-conscious meals. In this episode, we explore farmers of all types in all kinds of situations. From Ron Finley, a renegade gardener in south central Los Angeles to south Georgia farmer, Will Harris, we'll meet people who are changing the way we think about and consume food. Lawn and garden expert Paul Tukey gives us some surprising revelations about how we moved from growing our own food to our fascination with perfect lawns. We'll get the story from a suburban man who became a local outlaw for "growing too many vegetables." We wrap with a quick trip to Chipotle, a national chain that's taking a local approach to their food supply.					

Thu, Apr 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Ecosense for Living Food Fight	NETA	(S)	(CC)	N/A	#108H
	<p>The quality and accessibility of food has been a hot button issue throughout the ages. Lack of secure food has been the source of revolutions and toppled governments. In "Food Fight," we look at the tug of war over America's diet. From questions plaguing genetically-modified ingredients to wheat-free/gluten-free concerns to the rapid decline of bees, we explore pressures on the safety and security of our food supply. Rich Food, Poor Food authors, Jayson and Mira Calton, guide us through a grocery store and reveal how to make smart choices and avoid unwanted ingredients. Cardiologist Dr. William Davis, author of Wheat Belly, tells us his surprising results after removing wheat from his patients' diets. Filmmaker and concerned father Jeremy Siefert tells his journey trying to understand the impact of genetically-modified food on his children's health. Bee experts sound the alarm about the decline of our most valuable pollinators and what we can do to make sure they continue supplying us with fresh fruits and vegetables.</p>					
23:00:00	Nuclear Requiem	APTEX	(S)	(CC)	N/A	#0H
	<p>Produced 70 years after the creation and first use of nuclear weapons, THE NUCLEAR REQUIEM is a film meditation that explores the conundrum of humankind's most lethal weapon, investigates the continuing struggle over how to resolve this complex issue, and ponders why nuclear weapons continue to exist. The documentary features commentary by leading experts, heads of international agencies, and world leaders, who provide insights on the realities of living in a nuclear world, the challenges of moving beyond nuclear weapons, and the hard work needed to invest in arms control and nonproliferation. THE NUCLEAR REQUIEM incorporates a specifically composed musical piece by French musician Alain Kremski, which is threaded throughout the documentary to help illustrate the unrelenting flow of 70 years as a nuclear world and the continuing challenges it poses for all. The documentary features commentary by leading experts, heads of international agencies, and world leaders, who provide insights on the realities of living in a nuclear world, the challenges of moving beyond nuclear weapons, and the hard work needed to invest in arms control and nonproliferation. Daryl Kimball, executive director of the Arms Control Association, observes that while the Iran nuclear deal was designed to block Iran's path to the bomb, there are other countries with nuclear weapons that are pursuing destabilizing and dangerous activities, and that we may be on the verge of a potential new global arms race. Annika Thunborg, director of disarmament and nonproliferation at the Ministry of Foreign Affairs in Sweden, notes that these weapons have become such integrated parts of many countries and their defense doctrines that it is hard to see how to move beyond them.</p>					

Fri, Apr 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8019
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1210H
01:00:00	Backstage Pass Marci Linn Band - Encore Veteran vocalist Marci Linn and her tight, six-piece band serve up more blue-eyed soul with a touch of sass.	NETA	(S)	(CC)	N/A	#615H
01:30:00	Ray Stevens Cabaray Nashville Guests: Williams & Ree (Bruce Williams Andterry Ree) "Knock Him Out John" (RAY) "Alley Oop" (RAY) & "Woogie Boogie" (DUET w/RAY/WILLIAMS & REE) Musical Comedy Routine "Sweet Thang" (WILLIAMS & REE) "Rose of Old San Antone" (WMS & REE).	OETA	(S)	(CC)	N/A	#116H
02:00:00	Music Gone Public Frank Vignola Former sideman for Les Paul, Madonna, and Ringo Starr known for impeccable chops and Victor Borge-style humor brings an all-star cast, featuring Bucky Pizzareli, Tommy Emmanuel, and Vinny Raniolo.	NETA	(S)	(CC)	N/A	#107H
03:00:00	Ecosense for Living Take Back The Farm There's a "growing" awareness in the U.S. about our food...where it comes from, how it's grown, and what exactly it takes to feed all of us nutritious, earth-conscious meals. In this episode, we explore farmers of all types in all kinds of situations. From Ron Finley, a renegade gardener in south central Los Angeles to south Georgia farmer, Will Harris, we'll meet people who are changing the way we think about and consume food. Lawn and garden expert Paul Tukey gives us some surprising revelations about how we moved from growing our own food to our fascination with perfect lawns. We'll get the story from a suburban man who became a local outlaw for "growing too many vegetables." We wrap with a quick trip to Chipotle, a national chain that's taking a local approach to their food supply.	NETA	(S)	(CC)	N/A	#107H
03:30:00	Ecosense for Living Food Fight The quality and accessibility of food has been a hot button issue throughout the ages. Lack of secure food has been the source of revolutions and toppled governments. In "Food Fight," we look at the tug of war over America's diet. From questions plaguing genetically-modified ingredients to wheat-free/gluten-free concerns to the rapid decline of bees, we explore pressures on the safety and security of our food supply. Rich Food, Poor Food authors, Jayson and Mira Calton, guide us through a grocery store and reveal how to make smart choices and avoid unwanted ingredients. Cardiologist Dr. William Davis, author of Wheat Belly, tells us his surprising results after removing wheat from his patients' diets. Filmmaker and concerned father Jeremy Siefert tells his journey trying to understand the impact of genetically-modified food on his children's health. Bee experts sound the alarm about the decline of our most valuable pollinators and what we can do to make sure they continue supplying us with fresh fruits and vegetables.	NETA	(S)	(CC)	N/A	#108H
04:00:00	Nuclear Requiem Produced 70 years after the creation and first use of nuclear weapons, THE NUCLEAR REQUIEM is a film meditation that explores the conundrum of humankind's most lethal weapon, investigates the continuing struggle over how to resolve this complex issue, and ponders why nuclear weapons continue to exist. The documentary features commentary by leading experts, heads of international agencies, and world leaders, who provide insights on the realities of living in a nuclear world, the challenges of moving beyond nuclear weapons, and the hard work needed to invest in arms control and nonproliferation. THE NUCLEAR REQUIEM incorporates a specifically composed musical piece by French musician Alain Kremski, which is threaded throughout the documentary to help illustrate the unrelenting flow of 70 years as a nuclear world and the continuing challenges it poses for all. The documentary features commentary by leading experts, heads of international agencies, and world leaders, who provide insights on the realities of living in a nuclear world, the challenges of moving beyond nuclear weapons, and the hard work needed to invest in arms control and nonproliferation. Daryl Kimball, executive director of the Arms Control Association, observes that while the Iran nuclear deal was designed to block Iran's path to the bomb, there are other countries with nuclear weapons that are pursuing destabilizing and dangerous activities, and that we may be on the verge of a potential new global arms race. Annika Thunborg, director of disarmament and nonproliferation at the Ministry of Foreign Affairs in Sweden, notes that these weapons have become such integrated parts of many countries and their defense doctrines that it is hard to see how to move beyond them.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#217
08:00:00	Ruby's Studio The Feelings Show "Ruby's Studio: The Feelings Show" helps young children understand, appropriately express, and move through their big feelings. Featuring curriculum guided by child development expert Betsy Brown Braun.	APTEX	(S)	(CC)	N/A	#101H

Fri, Apr 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Three Tales of a Daydreaming Girl/Abu Mohammad Lazybones "Three Tales of a Daydreaming Girl" - A second set of shorts about a cat who befriends a bird, a genie-in-training, and a little pickpocket who finds kindness in others. "Abu Mohammad Lazybones" - A simpleton rises to become the leader of a town without trying to.	NETA	(S)	(CC)	DVI	#125H
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 1	ACCES		(CC)	N/A	#120H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: for Legs & Arms	APTEX	(S)	(CC)	DVI	#915H
10:00:00	Sit and Be Fit Strengthening Muscles & Joints This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.	NETA	(S)	(CC)	N/A	#1307H
10:30:00	It's Sew Easy Personalized Style Make a truly personal style statement. Embroidery expert Eileen Roche restyles a t-shirt with embroidery, then laces it up to create a boutique look. Designer Angela Wolf has a style tip for quickly updating a classic jacket. Educator Rebecca Kemp Brent uses basic computer fonts and a sewing machine to create beautiful monograms.	NETA	(S)	(CC)	DVI	#1104H
11:00:00	Knit and Crochet Now! Keeping Bay Warm Kristin shows how to knit the Sawtelle Cardigan and Ellen demonstrates the crochet Sideways Cardigan, both from Berroco. Lena demonstrates a knit Brioche 2-color rib scarf.	APTEX	(S)	(CC)	DVI	#601H
11:30:00	Fons & Porter's Love of Quilting Glorified Nine Patch Quilt The Glorified Nine Patch design begins with a simple varied nine patch, but with the use of a wonderful template set we show you how to create curves without end. Patrick joined by Colleen Tauke will give you expert techniques and tips for piecing graceful curved seams.	NETA	(S)	(CC)	N/A	#2713H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6200H
13:00:00	P. Allen Smith's Garden to Table Arousing Your Senses Allen shares recipes and garden advice on herbs and fruit that appeal to our sense of smell and taste. He shows us how to plant a citrus herb container and how to use some of the herbs in fabulous recipes. Allen will also show us how to prepare a refreshing sun tea with lemon and fresh rosemary.	APTEX	(S)	(CC)	DVI	#305H
13:30:00	Cooking with Nick Stellino Favorites with a Twist Crab Cakes with Spicy Tequila, Corn & Salsa; Sausage Meatballs with Tomato Sauce; Halibut & Fresh Mediterranean Salsa.	APTEX	(S)	(CC)	N/A	#204H
14:00:00	Kitchen Wisdom of Cecilia Chiang Mother Knows Best "In most families in China, father was the boss" Cecilia tells viewers, "but in our family my mother was the boss." Cecilia's mother was very short and plump, loved to eat and was a very good cook. But with 12 children and a husband to feed, she left the cooking to her two chefs who turned out different elaborate lunches and dinners each day-food that can no longer be found, even in China. At the table the mother would go into detail about each dish. Cecilia called upon this knowledge when she opened the first Mandarin restaurant. In this episode, Cecilia cooks with Gary Danko who also learned about food from his mom. In the kitchens of Restaurant Gary Danko, where reservations are coveted like winning lottery tickets, Cecilia and Gary recreate the Mandarin's crispy Szechuan duck and then Gary shows Cecilia his lemon pepper duck breast with confit duck hash.	APTEX	(S)	(CC)	DVI	#104H
14:30:00	Essential Pepin Veg-In! Ragout Of Asparagus; Zucchini And Tomato Gratin; Cauliflower Gratin; Artichoke Hearts Helen; Corn Tempura.	APTEX	(S)	(CC)	DVI	#104H

Fri, Apr 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Heirloom Cabochons	NETA	(S)	(CC)	N/A	#2102H
	Using colorful fabric, blogger Mandi Ainsworth fashions cabochons to create heirlooms using a new twist on traditional techniques. Mandi makes a bezel with seed beads to create timeless pendants, bracelets and necklaces. Katie shows how to tie knots in leather strips to create a fashion-forward necklace.					
15:30:00	Make It Artsy Stamping	NETA	(S)	(CC)	N/A	#104H
	No matter how many stamps you have, you need more. Color-happy artist Mou Saha draws and cuts custom stamps. Julie Fei Fan Balzer makes cool wrapping paper from paper bags. Joe Rotella, tool expert, manufactures his own stamps from foam. In the tip, Mou Saha throws her stamping process into reverse to create new looks.					
16:00:00	Biz Kid\$ Businesses Going Green	APTEX	(S)	(CC)	DVI	#512H
	Going green is worthwhile and good for the bottom line. Explore the profitable side of going green, and learn how to distinguish between what's hype, and what's hip. Meet two college grads who learned how to make a profit from the coffee grounds up.					
16:30:00	Hands On Crafts for Kids Bloom	NETA	(S)	(CC)	DVI	#1905H
	Flowers make us happy. By mixing bright colors, Jenny Barnett-Rohrs makes a fun floral banner. Candie Cooper makes flowerpots that help you count and add. Artist Franz Spohn draws tulips and daisies in different perspectives. Jenny creates a nightlight inspired by coral that grows in the sea.					
17:00:00	P. Allen Smith's Garden Home Pay It Forward	APTEX	(S)	(CC)	N/A	#1403H
	Be inspired to pay it forward! From building homes for those in need, to inspiring children to garden, in this episode P. Allen Smith spotlights several groups and organizations that are doing their part giving back to the community.					
17:30:00	Growing A Greener World Growing Big Flavors In Small Spaces (Los Angeles, Ca)	APTEX	(S)	(CC)	N/A	#712H
	The busier we get, the more we seem to seek a time when life wasn't so fast. A movement toward a simple yet flavorful lifestyle, often associated with the term "homesteading," is growing more popular all the time. And it's not just rural farm-types that are leading the charge. People from all walks of life, including professionals from the suburbs to city-dwelling urbanites are looking to raise their own chickens, grow their own organic food, can and preserve the harvest, and other practices more commonly associated with the activities of our parents and grandparents. In this episode, the team goes behind the scenes with one of the country's leading contemporary urban homesteaders, Theresa Loe, to learn more about what's behind this exploding trend. It all happens from her own tiny Los Angeles homestead, where's she all about fresh, seasonal and locally-sourced flavor.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14085H
18:30:00	Great Decisions In Foreign Policy Afghanistan	NETA	(S)	(CC)	N/A	#807H
	U.S. troops have been in Afghanistan for over 15 years-making it the longest war in American history. As Washington and NATO pivot away from Afghanistan by reducing troop numbers, the ability of the government and security forces to maintain stability will be tested.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8020
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#916H
20:00:00	Song of the Mountains Emi Sunshine/Jesse McCreynolds & Friends	NETA	(S)	(CC)	N/A	#1111H

Fri, Apr 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Woodsongs O'connor Band with Mark O'connor	NETA	(S)	(CC)	N/A	#1905H
	<p>THE O'CONNOR BAND with MARK O'CONNOR isn't your typical family band. The Band features one of the most iconic fiddlers in American history, Mark O'Connor. His collaborations with James Taylor, Vince Gill, Ricky Skaggs, Tony Rice, Bela Fleck, Sam Bush, Alison Krauss, Yo-Yo Ma, Wynton Marsalis, and many others have led to performances on the most visible concert stages worldwide. In the O'Connor Band, Mark is joined by his wife Maggie (fiddle, vocals), son Forrest (mandolin, vocals), and Forrest's partner Kate Lee (fiddle, vocals). Their repertoire is centered around some of Mark's greatest instrumentals as well as songs written by Forrest and Kate, the band's lead singers, whose tight harmonies and lyrical honesty have earned praise from the likes of Krauss, Rosanne Cash, and Mary Gauthier. Along with national flatpick guitar champion Joe Smart and Eastman School of Music graduate and current University of Miami DMA candidate Geoff Saunders, the O'Connor Band will be performing selections from their Grammy nominated debut album. WoodSongs Kid: Allie Hagan is a 17-year-old fiddle champion from Nicholasville, Kentucky. She recently taught 75 students in Kenya to play the violin using the O'Connor Fiddle Method.</p>					
22:00:00	Film School Shorts Mean Streets	NETA	(S)	(CC)	N/A	#403H
	<p>Taissa Farniga stars in Share as a 15-year-old girl facing her return to school after someone shared an explicit video of her online. Directed by Pippa Bianco. Next, watch as racial tensions explode between young people waiting in line to buy the hottest new sneakers on the market in Hypebeasts, inspired by Spike Lee's Do the Right Thing. Directed by Jessica dela Merced.</p>					
22:30:00	On Story Groundhog Day: Deconstructing The Comedy Classic	NETA	(S)	(CC)	N/A	#508H
	<p>Danny Rubin, co-writer of Groundhog Day, deconstructs the unconventional romantic comedy's progression from script to screen and reminisces on his unique collaboration with the legendary Harold Ramis.</p>					
23:00:00	Science Goes to the Movies Dr. Who: Quantum Physicist	EPS	(S)	(CC)	N/A	#204H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1024H

Sat, Apr 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	NHK Newsline	APTEX	(S)	(CC)	N/A	#8020
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#916H
01:00:00	Song of the Mountains Emi Sunshine/Jesse McCreynolds & Friends	NETA	(S)	(CC)	N/A	#1111H
02:00:00	Woodsongs O'connor Band with Mark O'connor	NETA	(S)	(CC)	N/A	#1905H
	<p>THE O'CONNOR BAND with MARK O'CONNOR isn't your typical family band. The Band features one of the most iconic fiddlers in American history, Mark O'Connor. His collaborations with James Taylor, Vince Gill, Ricky Skaggs, Tony Rice, Bela Fleck, Sam Bush, Alison Krauss, Yo-Yo Ma, Wynton Marsalis, and many others have led to performances on the most visible concert stages worldwide. In the O'Connor Band, Mark is joined by his wife Maggie (fiddle, vocals), son Forrest (mandolin, vocals), and Forrest's partner Kate Lee (fiddle, vocals). Their repertoire is centered around some of Mark's greatest instrumentals as well as songs written by Forrest and Kate, the band's lead singers, whose tight harmonies and lyrical honesty have earned praise from the likes of Krauss, Rosanne Cash, and Mary Gauthier. Along with national flatpick guitar champion Joe Smart and Eastman School of Music graduate and current University of Miami DMA candidate Geoff Saunders, the O'Connor Band will be performing selections from their Grammy nominated debut album. WoodSongs Kid: Allie Hagan is a 17-year-old fiddle champion from Nicholasville, Kentucky. She recently taught 75 students in Kenya to play the violin using the O'Connor Fiddle Method.</p>					
03:00:00	Film School Shorts Mean Streets	NETA	(S)	(CC)	N/A	#403H
	<p>Taissa Farmiga stars in Share as a 15-year-old girl facing her return to school after someone shared an explicit video of her online. Directed by Pippa Bianco. Next, watch as racial tensions explode between young people waiting in line to buy the hottest new sneakers on the market in Hypebeasts, inspired by Spike Lee's Do the Right Thing. Directed by Jessica dela Merced.</p>					
03:30:00	On Story Groundhog Day: Deconstructing The Comedy Classic	NETA	(S)	(CC)	N/A	#508H
	<p>Danny Rubin, co-writer of Groundhog Day, deconstructs the unconventional romantic comedy's progression from script to screen and reminisces on his unique collaboration with the legendary Harold Ramis.</p>					
04:00:00	Science Goes to the Movies Dr. Who: Quantum Physicist	EPS	(S)	(CC)	N/A	#204H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1025H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#218
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Pretty As A Peacock	APTEX	(S)	(CC)	N/A	#515H
	<p>Using his stuffed peacock Gary shows how you can create a beautiful composition with the use of a model. Blue dominates this painting and Gary suggests you can do well by using Prussian blue. Beware however, this color is very strong.</p>					
08:30:00	Painting with Wilson Bickford Out to Pasture, Part 2	NETA	(S)	(CC)	N/A	#209H
	<p>Old cars and trucks have a lot of character - and make great painting subjects! In this piece, an old truck has been left to rust in a flowery pasture. In Part 2, Wilson finishes the summer scene and details the truck.</p>					
09:00:00	Landscapes Through Time with David Dunlop Renoir's Olive Groves in the South of France	NETA	(S)	(CC)	DVI	#104H
	<p>At Pierre Auguste Renoir's (1841-1919) home and studio in Les Colettes in the South of France, David takes us through the ancient olive grove overlooking Nice and the Mediterranean. David Traces Renoir's difficult but ultimately successful quest for putting clean and strong color into soft and suggestive shapes. David sets his easel precisely where Renoir set his and demonstrates Renoir's methods, describing their effects and explaining his thoughts.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Focusing On Hips	APTEX	(S)	(CC)	DVI	#916H

Daily Program Listing II

43.1

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Sat, Apr 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit A Healthy Back	NETA	(S)	(CC)	N/A	#1308H
	Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.					
10:30:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
11:00:00	Delicious TV's Vegan Mashup Cooking for Teens	NETA	(S)	(CC)	DVI	#105H
	Encouraging your kids to eat healthier meals just got easier when our chefs pull out all the stops on these fun and easy recipes. Tempeh Chorizo Soft Tacos/Citrus Salad/Tofu BLT/No Queso Quesadilla.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Chocolate Dreams, Cacao Fantasies	APTEX	(S)	(CC)	N/A	#1110H
	Belgian-born chocolatier Mathieu Brees brings Rick deep in the jungles of Ticul for a tour of cacao groves. The serene setting is the backdrop for a complete bean-to-bar chocolate education, with Mathieu, Rick and the plantation's caretaker tromping around the lovingly farmed cacao fields. Then, Rick and Mathieu head to the Ki' Xocolatl chocolate factory in Merida. Still daydreaming about all of that chocolate, Rick makes a trio of cacao-inspired dishes, including a chocolate cake with candied ancho chile, red mole with chocolate and a cocktail featuring macerated cacao and chile-infused tequila.					
12:00:00	Lidia's Kitchen All About Chicken	APTEX	(S)	(CC)	N/A	#403H
	This episode features a "Best of Chicken" with some of Lidia's favorite dishes from the oven to the stovetop. Recipes include a succulent roasted chicken; a simple and earthy seared chicken breast with mushrooms; and finally a dish with a little kick - paprika drumsticks with peppers.					
12:30:00	Moveable Feast with Fine Cooking Southern Michigan	APTEX	(S)	(CC)	N/A	#207H
	Today on Moveable Feast with Fine Cooking, Pete joins three top chefs from metropolitan Chicago and travels three hours into the neighboring Michigan countryside for the makings of a true Midwestern meal. Cooking by the beautiful lakeside party are The Hearty Boys, Dan Smith and Steve McDonagh. Joining them is acclaimed pastry chef, Gail Gand. The entire meal is sourced within a radius of 5 miles from Buchanan, Michigan's center city, including some gorgeous summer veggies, corn meal from the town's old mill and beer from a local brewery. On today's menu, Breakfast Radishes with Butter and Sea Salt, Kale Salad with Pickled Beets, Lardons, Blue Cheese, and Honey Clove Vinaigrette, Ramp-Stuffed Sirloin Roll with Hazelnuts and Michigan Cherry Sauce and a Midwest favorite--Cornmeal Spaetzle with Charred Grape Tomatoes and Asparagus. It's happiness in the heartland!					
13:00:00	Two for the Road Journey to the End of the World	NETA	(S)	(CC)	N/A	#101H
	Nik and Dusty leave their home in Texas and set out for the "city at the end of the world," where they hop on board a Russian research ship bound for Antarctica. Part 1 of 2.					
13:30:00	Joseph Rosendo's Travelscope Following The Reformation Trail In Switzerland and Germany - Part 1	APTEX	(S)	(CC)	DVI	#813H
	Joseph follows in the path of the reformers as he travels through Switzerland and Germany and commemorates the 500th Anniversary of the Protestant Reformation. "Out of love and concern for the truth and with the object of eliciting it..." So begins Martin Luther's 95 theses hung on the door of Wittenberg's Castle Church on October 31, 1517. Thanks to the printing press, within two months his 95 Theses spread throughout Europe where they found fertile ground in Switzerland in Zurich priest Ulrich Zwingli and elsewhere and grew into the Protestant Reformation, which would shape the western world's religious and cultural future. Join Joseph as he follows this historical trail.					
14:00:00	Rick Steves' Europe Amsterdam	APTEX	(S)	(CC)	N/A	#809H
	Europe's best-preserved 17th-century city, Amsterdam is quaint and jarring, traditional and modern. Filled with history and happy-go-lucky, it's a delight to explore. Uniquely entertaining Amsterdam shows us Rembrandts and Van Goghs, more bikes than cars, flirting prostitutes, and pot-filled coffeeshops - all under tall, skinny facades leaning out below quaint church towers.					
14:30:00	Born to Explore with Richard Wiese Canada: The Mighty Polar Bear Migration	APTEX	(S)	(CC)	N/A	#107H
	Journey with Richard Wiese to the barren wilds of Arviat, Canada where polar bears and the Inuit people live in uneasy harmony. Richard is welcomed into a small Inuit community and discovers how these hunter-gatherers struggle to survive in this inhospitable land and preserve their traditional way of life. Richard explores the frozen tundra and comes face-to-face with magnificent polar bears in the wild.					

Sat, Apr 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Gardening can present many challenges. Where do we begin, and how? Often starting with one small spot jump-starts the process. The results can be stunning, and the lessons learned substantial. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4604H
15:30:00	Chefs A' Field Peaches and Herb Pennsylvania Peaches Transcending Politics in Washington, D.C. Chef Brian McBride: Blue Duck Tavern - Washington, D.C. In Washington, D.C. , the talk of the town is GDP and CPI, but just across the Pennsylvania border, folks are discussing IPM. One of Washington, D.C. 's hottest chefs, Brian McBride, and his daughters visit Pennsylvania farmer Mark Toigo, who uses IPM, integrated pest management, to grow sweet, picture-perfect peaches and plums with no chemical residue. In the kitchen, the chef and his daughters prepare a visually pleasing, mouthwatering feast. Recipes: Free-Range Chicken with Peaches & Herbs; Summer Salad with Heirloom Tomatoes, Garden Herbs & Doughnut Peaches.	APTEX	(S)	(CC)	N/A	#206H
16:00:00	Maria Hinojosa: One-On-One Anita Snow Anita Snow, currently a Neiman Fellow at Harvard University, served as the Havana bureau chief for the Associated Press from 1998-2009. Snow describes life of a journalist in today's Cuba and offers predictions for the future.	APTEX	(S)	(CC)	N/A	#413Z
16:30:00	Overheard with Evan Smith DeRay Mckesson, Activist and Educator DeRay Mckesson is a civil rights activist and educator. He is a predominant member of the Black Lives Matter movement and was named one of Fortune Magazine's top 50 World's Greatest Leaders in 2015. Mckesson is a co-founder of Campaign Zero, a platform to end police violence.	NETA	(S)	(CC)	N/A	#714H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Medieval Armormaker James Gillaspie has been making medieval/Renaissance armor for over 20 years. Host Eric Gorges plays to his base as a fellow metal shaper. James and Eric do a little jousting and a lot of shop-talk!	APTEX	(S)	(CC)	N/A	#209H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3516H
18:30:00	The Open Mind Awakening The Rustbelt Guest: Jason Franklin. W.K. Kellogg Community Philanthropy Chair Jason Franklin talks about how to reverse an era of vast inequality.	NETA		(CC)	N/A	#3737H
19:00:00	Closer to Truth Can Metaphysics Discern God I? How to think about God rationally, logically, profoundly, critically. We have no illusion that metaphysics can find God, but can a kind of progress be made?	EPS	(S)	(CC)	N/A	#1704H
19:30:00	Drexel Interview Bernard Amadei and Michele Marcolongo Founder of Engineers Without Borders and civil engineering professor Bernard Amadei and materials science and engineering professor Michele Marcolongo are both experts in the field of engineering. In this special episode of The Drexel InterView paying tribute to the 125th Anniversary of Drexel University - where "art, science, and industry" are at the institutional core - Host Paula Marantz Cohen delves into discussion with Amadei and Marcolongo about engineering science's impact on modern society, the applied nature of the field, its potential for humanitarianism, and the leadership necessary to help move a global society forward.	NETA		(CC)	N/A	#513H
20:00:00	Infinity Hall Live Infinity Hall Live - Women of Song Infinity Hall Live brings you some of the best female performances captured through our lens with songs from; Tori Amos, Aimee Mann, Shelby Lynne, The Wailin' Jenny's, Wilson Phillips and Joan Osborne. These women have brought us to our feet with their thought provoking lyrics, intense musicianship and emotional courage. Aimee Mann sings "Save Me" and "Wise Up" from the film Magnolia which earned her nominations for an Oscar, Golden Globe and three Grammys. Shelby Lynne shares the challenge of love and the pains of heartbreak on songs like "Killin' Kind" and "Your Lies". Tori Amos backed by a chamber ensemble dazzles with her poetic lyrics and intense piano playing on the playful "Leather" and haunting ballad "Winter". Relish the celestial harmonies of The Wailin' Jenny's with their gospel influenced version of "Bring Me Li'l Water Silvy" and join Joan Osborne as she begs the question "What if God was One of Us" from her number one hit of the same name.	APTEX	(S)	(CC)	N/A	#404H

Sat, Apr 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles	APTEX	(S)	(CC)	N/A	#709H
	Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, <i>That Girl</i> , hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, <i>Playing with Fire</i> , released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."					
22:00:00	Globe Trekker Art Trails of the French Riviera	APTEX	(S)	(CC)	N/A	#1604H
	Kate Comer searches out the refuges and favorite playgrounds of great artists like Cezanne, Renoir, Picasso and Chagall along the extraordinary art trail of the French Riviera. Exploring the towns of Arles, Aix, Cagnes-sur-Mer, Antibes, Vence, Biot and Nice, Kate takes in the sun and peerless blue skies, the rugged mountains and sublime coastline that attracted these iconoclasts to the Riviera.					
23:00:00	Arts In Context In Their Words	NETA		(CC)	N/A	#602H
	Darden Smith had never had a real conversation with a U.S. military service member until he met Lt. Col. Fred Cale. He quickly realized that they had much in common - both were music lovers. Through this meeting, Smith realized that the divide between soldier and civilian was not what he thought it was. He saw the potential for music and songwriting to help soldiers transition back into civilian life. <i>Songwriting With Soldiers</i> offers intensely immersive retreats to military veterans and active duty soldiers where they write songs about their experiences with the help of professional songwriters. Equal parts cathartic release and creative endeavor, <i>SongwritingWith: Soldiers</i> offers a chance at healing to the people who need it most.					
23:30:00	Invitation to World Literature The Thousand and One Nights	APTEX	(S)	(CC)	DVI	#113H
	Shahrazad must hold the interest of her despotic husband the sultan with nightly tales, lest she lose her life in the morning. This wellspring of storytelling, circulating from medieval Persia to Egypt to Iraq, like its wily raconteur lives on in many modern adaptations. Art, performance, and film images are employed to show the collection's broad span of influence. Featured speakers include Marin Alsop, musical director of the Baltimore Symphony Orchestra and Aly Jetha and Shabnam Rezai, co-producers of the 1001 Nights animated series.					

Sun, Apr 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Can Metaphysics Discern God I? How to think about God rationally, logically, profoundly, critically. We have no illusion that metaphysics can find God, but can a kind of progress be made?	EPS	(S)	(CC)	N/A	#1704H
00:30:00	Drexel Interview Bernard Amadei and Michele Marcolongo Founder of Engineers Without Borders and civil engineering professor Bernard Amadei and materials science and engineering professor Michele Marcolongo are both experts in the field of engineering. In this special episode of The Drexel InterView paying tribute to the 125th Anniversary of Drexel University - where "art, science, and industry" are at the institutional core - Host Paula Marantz Cohen delves into discussion with Amadei and Marcolongo about engineering science's impact on modern society, the applied nature of the field, its potential for humanitarianism, and the leadership necessary to help move a global society forward.	NETA		(CC)	N/A	#513H
01:00:00	Infinity Hall Live Infinity Hall Live - Women of Song Infinity Hall Live brings you some of the best female performances captured through our lens with songs from; Tori Amos, Aimee Mann, Shelby Lynne, The Wailin' Jenny's, Wilson Phillips and Joan Osborne. These women have brought us to our feet with their thought provoking lyrics, intense musicianship and emotional courage. Aimee Mann sings "Save Me" and "Wise Up" from the film Magnolia which earned her nominations for an Oscar, Golden Globe and three Grammys. Shelby Lynne shares the challenge of love and the pains of heartbreak on songs like "Killin' Kind" and "Your Lies". Tori Amos backed by a chamber ensemble dazzles with her poetic lyrics and intense piano playing on the playful "Leather" and haunting ballad "Winter". Relish the celestial harmonies of The Wailin' Jenny's with their gospel influenced version of "Bring Me Li'l Water Silvy" and join Joan Osborne as she begs the question "What if God was One of Us" from her number one hit of the same name.	APTEX	(S)	(CC)	N/A	#404H
02:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, That Girl, hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, Playing with Fire, released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."	APTEX	(S)	(CC)	N/A	#709H
03:00:00	Globe Trekker Art Trails of the French Riviera Kate Comer searches out the refuges and favorite playgrounds of great artists like Cezanne, Renoir, Picasso and Chagall along the extraordinary art trail of the French Riviera. Exploring the towns of Arles, Aix, Cagnes-sur-Mer, Antibes, Vence, Biot and Nice, Kate takes in the sun and peerless blue skies, the rugged mountains and sublime coastline that attracted these iconoclasts to the Riviera.	APTEX	(S)	(CC)	N/A	#1604H
04:00:00	Arts In Context In Their Words Darden Smith had never had a real conversation with a U.S. military service member until he met Lt. Col. Fred Cale. He quickly realized that they had much in common - both were music lovers. Through this meeting, Smith realized that the divide between soldier and civilian was not what he thought it was. He saw the potential for music and songwriting to help soldiers transition back into civilian life. Songwriting With Soldiers offers intensely immersive retreats to military veterans and active duty soldiers where they write songs about their experiences with the help of professional songwriters. Equal parts cathartic release and creative endeavor, SongwritingWith: Soldiers offers a chance at healing to the people who need it most.	NETA		(CC)	N/A	#602H
04:30:00	Invitation to World Literature The Thousand and One Nights Shahrazad must hold the interest of her despotic husband the sultan with nightly tales, lest she lose her life in the morning. This wellspring of storytelling, circulating from medieval Persia to Egypt to Iraq, like its wily raconteur lives on in many modern adaptations. Art, performance, and film images are employed to show the collection's broad span of influence. Featured speakers include Marin Alsop, musical director of the Baltimore Symphony Orchestra and Aly Jetha and Shabnam Rezai, co-producers of the 1001 Nights animated series.	APTEX	(S)	(CC)	DVI	#113H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#219
08:00:00	Painting and Travel with Roger & Sarah Bansemer Todd's General Store Sarah and Roger Bansemer visit the small town of Todd, North Carolina where Sarah talks to some down home whittlers and a talented musician on the front porch of the local gathering spot. Roger sets up his easel on location and using acrylics, catches the quickly changing colors and paints the general store in the early morning light.	NETA	(S)	(CC)	N/A	#903H

Sun, Apr 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Two Different Worlds Part II	NETA	(S)	(CC)	N/A	#1610H
09:00:00	Wyland's Art Studio Lion	APTEX		(CC)	N/A	#503H
	For centuries, artists have employed light and shadow for a theatrical effect. The technique, known traditionally as chiaroscuro, refers to a strong juxtaposition of light and shade to enhance the dramatic aspects of a painting. The technique was pioneered and used to heightened effect by Leonardo da Vinci, Caravaggio, and Rembrandt. In this portrait of a regal lion, Wyland uses the interplay of shading to establish dramatic and dominant nature of these beautiful apex hunters. First, Wyland pays singular attention to his light sources and creates the painting from there, establishing lines, mid tones, then adding strong shadows. The light source is the single most important aspect of chiaroscuro painting. Highlights that have a bit of color from the light source may be added. If the light source is cool, highlights may include a variety of blue colors. If the source is warm, yellows, oranges or reds may be added.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Increase Your Range of Motion	APTEX	(S)	(CC)	DVI	#917H
10:00:00	Sit and Be Fit Better Balance	NETA	(S)	(CC)	N/A	#1309H
	Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#227
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#304H
11:30:00	New Orleans Cooking with Kevin Belton Garden Harvest	APTEX	(S)	(CC)	N/A	#122H
	Corn and sweet pepper relish, fried green tomatoes, Creole okra.					
12:00:00	Ciao Italia Chicken Never Tasted So Good/Pollo Mai Assaggiato Così Buono	NETA	(S)	(CC)	N/A	#2401H
	It's "Here, chick, chick, chick..." when Mary Ann shows you how quick and easy it is to prepare a clever Chicken and Cauliflower Lasagne. Then upon a waiting bed of hot polenta she serves up a Venetian specialty, Burano Style Chicken.					
12:30:00	Mike Colameco's Real Food Clinton Street	NETA	(S)	(CC)	N/A	#1406H
	The LES is on a roll and nowhere is this more obvious than the frenetic food scene on Clinton St. We'll tour Sushi Ko, Seoul Wings, Ivan ramen, the Black Crescent bar, Azasu Izakaya and Thelma on Clinton.					
13:00:00	Bare Feet with Mickela Mallozzi Malaysia, Part 2 (Eastern Malaysia)	APTEX	(S)	(CC)	DVI	#110H
	Mickela digs deeper into the Portuguese colonial influence and the indigenous tribal communities in the Eastern part of Malaysia as she celebrates Gawai, the Harvest Festival.					
13:30:00	Travel Detective with Peter Greenberg Cruise Ship Ghosts	NETA	(S)	(CC)	DVI	#301H
	Think you're sailing on a brand new cruise ship? Think again! That ship may have sailed under different names, or different companies, for decades. CBS News Travel Editor Peter Greenberg looks at the notorious past lives of some cruise ships. Plus, discover the hidden gems of Beijing and explore how ancient China is evolving in modern times. And, when an airline switches your seat on you, we'll tell you how to fight back!					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#304H
14:30:00	Burt Wolf: Travels & Traditions Kansas City	APTEX	(S)	(CC)	N/A	#1601H
	Burt visits Kansas City, discovers the history of Kansas City BBQ, visits the town's best BBQ joint and goes into their kitchens to checkout their technique. He visits the Kansas City Royals stadium, which is one of the few stadiums still standing that was originally built for baseball and learns about the team culture that has made them champions. He tours the city's great art museum and discovers the World War I Memorial Museum.					

Sun, Apr 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Corinthian Door Pilasters with Beautiful Carved Capitals.	NETA	(S)	(CC)	N/A	#2403H
15:30:00	Rough Cut - Woodworking with Tommy Mac Master Showcase with Phil Lowe This week on Rough Cut Woodworking with Tommy Mac, we travel to Beverly, Massachusetts to learn from Master Woodworker and furniture maker Phil Lowe. As the owner and director of the Furniture Institute of Massachusetts, he's well known for his teaching throughout North America. He and Tommy get together to build a chair, and Tommy is excited to learn new techniques as well as add his own spin to the design.	APTEX	(S)	(CC)	N/A	#609H
16:00:00	Happy Yoga with Sarah Starr Waterfall Allow the beauty of the inspiring waterfall energy to recharge your body as we focus on standing postures designed to improve balance while creating more flexibility in the legs and hips using a chair for support.	NETA	(S)	(CC)	N/A	#212H
16:30:00	Second Opinion Down Syndrome Life expectancy for people with Down Syndrome has increased over the last 30 years - from 25 years old in 1983 to 60 years old today. While Down Syndrome carries certain health issues and risks, people with Down Syndrome and their families are moving beyond the limitations of this disability. Patient and Special Olympic medalist Frankie Antonelli and his mother Debbie share what their family has done to help Frankie reach his full potential.	APTEX	(S)	(CC)	N/A	#1305H
17:00:00	Feel Grand with Jane Seymour Autoimmune Mysteries It's relatively easy to recognize the signs of a heart attack or stroke. They show themselves on the surface. But what about the disorders that start on a much deeper, biological level? Autoimmune disorders are chronic conditions that affect, and re-affect the body's immune system. For Lupus, the symptoms can mimic those of other ailments, so diagnosis can be difficult. In this episode, we will discuss what to look out for and the current medical care that allows for a full life, despite a diagnosis.	APTEX	(S)	(CC)	N/A	#109H
17:30:00	Well Read Mohsin Hamid / Exit West From the internationally bestselling author Mohsin Hamid shares his astonishingly timely love story in his new novel Exit West. A book that brilliantly imagines the forces that transform ordinary people into refugees -- as they're driven from their homes to the uncertain embrace of new lands.	APTEX	(S)	(CC)	N/A	#621H
18:00:00	California's Gold Trestle The San Diego & Arizona Railway has been called "the impossible railroad". They broke ground in 1907 and completed the line in 1919. Between San Diego and Arizona is some of the most treacherous countryside in the US With a bevy of workman and a lot of dynamite they managed to snake their way to Arizona. The railroad had many tunnels collapse over the years, especially in the Carrizo Gorge. The railroad decided to build the Goat Canyon Trestle in 1932 after a series of tunnel closures. The Goat canyon Trestle is one of the most impressive feats of engineering in the world. Huell, Luis and a handful of ex-railroad employees hop on a 1932 Model A railbus and work their way to the now unused trestle. The Goat Canyon Trestle is the highest existing curved wooden trestle in the US Huell takes a close look at this marvel from the top to the bottom. Men who worked on the line reminisce about the trestle and the wonder of its size and beauty. This tour is not for those with a fear of heights.	KCET		(CC)	N/A	#1006
18:30:00	Curious Traveler Curious Loire Valley When and why were so many stunning chateaux built in such a concentrated area in central France? Why is there a river running through Chateau de Chenonceau, and what do the ladies of the castle have to do with it? Why does Chateau de Chambord have 440 rooms, yet no one ever lived there? Why is there a porcupine over the entrance to Chateau d'Amboise?	APTEX	(S)	(CC)	N/A	#205H
19:00:00	New Environmentalists From Peru to Tanzania The New Environmentalists share a common goal - safeguarding the Earth's natural resources from exploitation and pollution, while fighting for justice in their communities. The film is the latest in the Mill Valley Film Group's Emmy Award-winning series featuring inspiring portraits of six passionate and dedicated activists. These are true environmental heroes who have placed themselves squarely in harm's way to battle intimidating adversaries while building strong grassroots support.	NETA	(S)	(CC)	N/A	#2016H
19:30:00	The Kamla Show Special Hannah Kain Kamla's guest today is Hannah Kain, CEO/President of ALOM, a global supply chain company in Fremont, CA. Kalma talks to her about her journey from a liberal arts student to founding a company in Silicon Valley.	KAMLA	(S)	(CC)	N/A	#112H

Sun, Apr 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Black America Black Women, Beauty and Power with Vanessa De Luca Carol Jenkins sits down with Vanessa De Luca, editor in chief of Essence Magazine and discusses the April issue featuring Audra McDonald, The essence Beauty Box and the launch of 'Essence Live'.	EPS	(S)	(CC)	N/A	#109H
20:30:00	Black America Social Media with Marcus Mabry Esteemed journalist and Managing Editor of TwitterMoments, Marcus Mabry joins Carol Jenkins to shed some light on this powerful force known to us as social media.	EPS	(S)	(CC)	N/A	#110H
21:00:00	Shifting Sands: on the Path to Sustainability For more than a century, North America's giants in manufacturing (US Steel, Standard Oil and Bethlehem Steel) and preservationists battled over a 47-mile stretch of sandy shore along Lake Michigan that contains one of the most diverse ecosystems on the planet-the Indiana Dunes region. While the factories provided jobs and contributed to the community's economic growth, they also wiped out a tremendous amount of rare habitat, and polluted the waterways. In SHIFTING SANDS: ON THE PATH TO SUSTAINABILITY, the hour-long documentary takes a look at the decades-long effort to create the Indiana Dunes National Lakeshore amid the presence of heavy industry along Lake Michigan. It also highlights the collaborative effort to clean up and restore the region. The clash over the Indiana Dunes-considered to be the birthplace of ecological science in North America-would lead to the creation of public policy with worldwide impact, and it would give the United States one of its first urban National Parks. Today, that decades-old battle has transformed into a new model of cooperation, where industrialists and environmentalists, once bitter adversaries, are now working together to steer this community toward sustainability.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Counting from Infinity: Yitang Zhang and the Twin Prime Conjecture COUNTING FROM INFINITY: YITANG ZHANG AND THE TWIN PRIME CONJECTURE centers on an exciting string of mathematical discoveries. It began in April 2013 when Yitang "Tom" Zhang, a virtually unknown mathematician working as an adjunct professor at the University of New Hampshire, submitted a paper to the Annals of Mathematics. Zhang had made an important breakthrough in Number Theory by solving the Twin Prime Conjecture (pairs of prime numbers that differ by two). His work, Small Gaps Between Primes, was immediately recognized as an important mathematical break-through, and Zhang became an instant celebrity - a role for which he was unprepared. The film documents Zhang's quiet perseverance amidst adversity, and his preference for thinking and working in solitude. Zhang's story is interwoven with a history of the Twin Prime Conjecture as told by several mathematicians, many of whom have wrestled with this challenging problem: Daniel Goldston, Kannan Soundararajan, Andrew Granville, Peter Sarnak, Enrico Bombieri and James Maynard. By chronicling the series of rapid developments around the twin prime problem in 2013, and the many individuals who contributed to it, the film offers a glimpse at how mathematics progresses. A snapshot of a great moment in mathematical history, COUNTING FROM INFINITY is at once a biographical portrait of a unique individual and the exciting story of his discovery.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Paleo Sleuths The one-hour program PALEO SLEUTHS explores a series of paleontology excavations that showcase the changing landscape and animal life on America's Great Plains - beginning 34 million years ago with the Ice Age. Through interviews with paleontology experts, modern-day footage of excavations, historic re-enactments, archival photo-graphs, and stunning animations with 3-D models that bring pre-historic figures to life, the educational and informative PALEO SLEUTHS features fossil discoveries in the Great Plains that challenge popular understanding of the origins of mammals.	APTEX	(S)	(CC)	N/A	#0H