

Wed, Feb 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7218
00:30:00	Americas Now	NETA	(S)	(CC)	N/A	#109H
01:00:00	Sun Studio Sessions Flea Market Hustlers	NETA	(S)	(CC)	N/A	#608H
<p>Tennessee based Flea Market Hustlers bring a fresh and unique approach to bluegrass. Their high energy performances have been described as a "musical celebration" and they have become fan favorites on the music festival circuit. In this episode, the band artfully performs several songs, including tracks from their acclaimed record "Free Demo For Sale."</p>						
01:30:00	Jammin at Hippie Jack's Mountain Heart 2	NETA	(S)	(CC)	N/A	#1015H
<p>A group of musicians who are so talented we couldn't do them justice with just one show. 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.</p>						
02:00:00	The Kate Jarrod Spector	APTEX	(S)	(CC)	N/A	#103H
<p>Actor and Broadway tenor Jarrod Spector channels the experience of playing 1500+ performances of Frankie Valli in Jersey Boysto deliver a dazzling storyboard of male vocalists from classic to modern. Experience the unstoppable energy of hits like "Good Vibrations," "Uptown Girl" and "Walk Like a Man" paired with swoon-worthy renditions of "Maybe I'm Amazed" and Enrico Caruso's "Una Furtiva." Spector's reverent interpretations illustrate his closeness to the material and his deep respect for these influential artists: Freddie Mercury, Paul McCartney, Billy Joel, Stevie Wonder, The Beach Boys, and of course, Frankie Valli. From "Star Search" to failed TV pilots, Jarrod's story is told with humor, tender moments and powerful singing.</p>						
03:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#202H
<p>In this episode, rehabbers at The Fund for Animals Wildlife Center take in two starving, orphaned baby bears from the drought-stricken Central Valley. Dealing with such a potentially dangerous species is a first for these rehabbers, who soon discover that though they're very cute, the growing cubs can pack a punch. Also in this episode, the unsung heroes of the urban environment, bats, get some TLC in the hands of the dedicated animal rehabilitators at Project Wildlife. An osprey rescued from Lake Murray after falling from the nest gets a job in education.</p>						
04:00:00	Mia, A Dancer's Journey	NETA	(S)	(CC)	N/A	#0H
<p>Mia Slavenska was one of the most celebrated ballerinas of the 20th century, Croatia's greatest dancer, and a pioneer in American ballet. Caught in the maelstrom of 20th century political events, she was forced to leave her native Croatia at age twenty in order to continue to dance; at age twenty-one, she was celebrated in Western Europe as the likely successor to prima Ballerina Anna Pavlova; and, at age twenty-three, she was emigrating to the United States with the Ballet Russe de Monte Carlo to escape a looming world war. When Mia arrived in the late 1930s, she found an America where outside of major cities ballet was known as "fancy dancing" and "toe dancing" and was most often performed as variety acts in music reviews and movie halls. She was one of a small band of famous European emigre ballerinas who changed the face of American culture by introducing audiences across the country to ballet as an art form. Without Mia and her emigre colleagues, choreographer George Balanchine's American revolution in ballet would never have made it past the borders of New York City. Mia was a modernist, one of the few ballerinas to form her own company. She moved freely between modern and ballet idioms. In 1952, she convinced Tennessee Williams to allow her ballet company to produce a ballet version of A Streetcar Named Desire. It was the first time a modern play was turned into a ballet. With her portrayal of Blanche Dubois, Mia Slavenska became a truly American artist. But her daughter, Maria, remembers her mother's halcyon days of dancing only vaguely. Slavenska retired from the stage in the early 1960s when Maria was still a young girl. Mostly, Maria remembers her mother's preoccupation with her lost fame. At the end of her life, Slavenska was haunted by the fear of obscurity and spent over twenty years of her life writing and rewriting her memoirs. When Slavenska died in 2002, her memoirs remained unpublished and she believed that she had been completely forgotten, not only in the United States but also in her native land of Croatia. Before Slavenska died, Maria promised that she would tell her mother's story. This film is the keeping of that promise. As Maria retraces her mother's life journey, she unearths the story of a maverick ballerina and a lost time in American dance. And, Maria makes a most surprising discovery: Mia Slavenska hasn't been forgotten after all.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#132

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Mack & Moxy Feeding Rainbow/A Friend Who Reads Is A Friend Indeed	APTEX	(S)	(CC)	N/A	#102H
	"Feeding Rainbow" - Time to save another Great Helpee! As Mack & Moxy zip-line over the Sky Islands in HelpeeLand with Trooper Francesca, they accidentally fall on a fatigued new friend, Rainbow. He's a lethargic Pegasus who hasn't had any breakfast. Since his parents have lost their jobs, there's not enough food to eat. Rainbow's strength is renewed once the Heroes locate a nearby food pantry and enjoy a nutritious feast. But Shelfish Sheldon jets ahead on a flying vacuum, trying to swoop the Great Helpee and keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Feeding America, a 35 year-old organization who feeds 46 million people every day across the US. "A Friend Who Reads is a Friend Indeed" - Here we go! Mack & Moxy set out with Trooper Kaitlyn on a colorful adventure to HelpeeLand in search of a Great Helpee. They meet Nolie, a loveable little puffball who has never had any pals to play with. As the Heroes become her first friends, they share and sing about the joys of reading books. Meanwhile, Shelfish Sheldon lurks nearby, scheming and sledding to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Josh Duhamel (Transformers, All My Children) helps the Heroes' mission in support of Save the Children, providing quality preschool programs to underserved children around the world since 1932.					
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.					
09:00:00	Power Yoga: Mind and Body Flow - Version One With Sun salutations A & B.	APTEX	(S)	(CC)	N/A	#101
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Toning	APTEX	(S)	(CC)	DVI	#919H
10:00:00	Sit and Be Fit Lighthearted Exercises	NETA	(S)	(CC)	N/A	#1311H
	Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening in this fun, light-hearted episode.					
10:30:00	Sewing with Nancy 10-20-30 Minutes to Recycle Jeans, Part 1	NETA	(S)	(CC)	N/A	#3007H
	Don't junk those old jeans! Nancy shows you how to use deconstructed denim jeans in a variety of new ways to decorate your kitchen. See how durable potholders, pretty placemats, a stylish casserole carrier, and darling bibs are all constructed using the 10-20-30 Minutes to Sew philosophy.					
11:00:00	Knitting Daily Sweater Weather	NETA	(S)	(CC)	N/A	#1405H
	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.					
11:30:00	Fons & Porter's Love of Quilting Dressed-Up Patchwork: Piecing with Alternative Fabrics	NETA	(S)	(CC)	N/A	#2803H
	Creating an original quilt, sometimes takes in a different direction. As quilters we work with cotton fabrics a majority of the time. Have you been curious about all the other fabrics available, denim, velvet, taffeta, and knits just to name a few. Can they be used in quilts? If so, what type of quilts and how do we approach them successfully. Patrick is joined by Jerry Granata an award winning quilter who teaches us the methods for working with alternative fabrics.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6138H
13:00:00	Lidia's Kitchen Quick and Delicious Braises	APTEX	(S)	(CC)	N/A	#309H
	Lidia loves long cooking techniques and braising but often, one just wants to prepare quick and delicious meals using the same technique. In this episode, she teaches the viewer to do just that. Her first dish is a velvety lettuce soup in a fontina gratin; she then makes a juicy but super quick pork tenderloin with balsamic onions. Lastly, she prepares string beans with rocky mashed potatoes made with garlic and olive oil.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Taste The Islands with Chef Irie Carnival Nights Chef Irie reinterprets Trinidadian favorites with Cilantro Corn soup, Chicken Pelau, Pineapple Pepper Slaw and an Irie-style ginger libation. Viewers listen in on a food conversation between Chef and Trinidadian Olympic athlete and Sports Analyst Ato Boldon.	APTEX	(S)	(CC)	N/A	#102H
14:00:00	Simply Ming Andrew Taylor and Mike Wiley Chefs Andrew Taylor and Mike Wiley head down from Portland, Maine for a seafood feast. Andrew and Mike work together on an oysters with kimchee ice and a savory brown butter lobster roll. Ming follows up with beer battered oysters with shallots and Chinese vinegar mignonette aioli. Turning New England traditions on their heads, this week on Simply Ming.	APTEX	(S)	(CC)	N/A	#1417H
14:30:00	Cook's Country All Wrapped Up Test cook Bridget Lancaster shows host Christopher Kimball how to make the ultimate bacon-wrapped meatloaf. Then, tasting expert Jack Bishop challenges Chris to a tasting of salted butter. Then, equipment expert Adam Ried reveals his top picks for vacuum sealers. And finally, test cook Julia Collin Davison uncovers the secrets to making chicken baked in foil with sweet potato and radish.	APTEX	(S)	(CC)	N/A	#909H
15:00:00	Beads, Baubles and Jewels Raid Your Craft Closet With tools from her craft closet, author and designer Eva Sherman shares clever ways to emboss metal to add new interest and detail. A well-equipped workspace lets you focus on creativity. Katie shows how to set up your workspace for maximum efficiency and fun.	NETA	(S)	(CC)	N/A	#2205H
15:30:00	For Your Home Bungalow Blowout 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.	APTEX	(S)	(CC)	N/A	#3103H
16:00:00	Biz Kid\$ What Is Money? The Biz Kids say: "Show me the money!" Join us and you'll take a grand tour through the history of money from the days of bartering, through the first coins and currency, all the way to the electronic transfers of today. Watch as the Biz Kids put on cowboy boots and get a crash course in the art of negotiation and exchange at a high-energy cattle auction in Colorado.	APTEX	(S)	(CC)	DVI	#102H
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 Road Trip P. Allen Smith packs his bags hits the open road for a more local approach to travel in North Carolina, Rhode Island, Tennessee and Arkansas.	APTEX	(S)	(CC)	N/A	#1513H
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	#14023H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#424H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7219

Wed, Feb 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	In Good Shape Periodontitis: A Life Threatening Condition	WNVC	(S)	(CC)	N/A	#401H
	Intermittent bleeding of the gums can be a symptom of periodontitis - gum disease. In Good Shape asks a dentist about potential consequences and treatment strategies. We also look at what Zumba can do when it comes to losing weight, and how a little boy is working hard to conquer brittle bone disease.					
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#101H
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#101H
	Artists: Hebdo, Hannah Aldridge, Zach Whitney, Happy Chichester, Jesse Henry, and hosted by songwriter Eric Gnezda. Hebdo calls his style, "Adventure-Folk." Hebdo has been strongly influenced by his Lebanese culture and Appalachia. His two recent EP's (A Thousand Steeples & Double Tambo) have received radio airplay, and produced a number of YouTube videos. He performs "Baby Me." Hannah Aldridge is an Americana artist steeped in the music of Nashville and Muscle Shoals. Trained as a classical pianist, she began writing songs in her early twenties. "I found out it really wasn't that hard" she says, "It's just saying things that are true and making them rhyme." She performs "Lie Like You Love Me." Zach Whitney is rooted in classic Country music. Growing up in rural Ohio, Zach spent nearly 12 years in Austin, Texas. It was a fine match all the way. His songs have been described as "the perfect remedy for town drunks and college professors... hookers and housewives...and just about everybody in between. He performs "Front Porch Music." Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Well Beyond." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya.					
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 Lavell Crawford.					
22:00:00	2016 Blues Music Awards	NETA	(S)	(CC)	N/A	#0H
	The Blues Music Awards presentations and musical performances from the 37th annual Blues Awards held in Memphis, TN in May of 2016. This program features many nominee performances, including Ruthie Foster, Dave Alvin and Phil Alvin and Beth Hart.					
23:30:00	Shoeless Blues: The Journey of Boscoe France	NETA	(S)	(CC)	N/A	#0H
	This is a story about a man and the blues guitar competition that changed his life. An unknown guitar virtuoso, Boscoe France, from the coal mining town of Madisonville, KY beats out 4,000 other guitarists to win Guitar Center's "Battle of the Blues" competition. After the win, Boscoe finds himself recording with Grammy winning producers, opening for B.B. King, picking out the guitar of his choice at the Gibson Custom Shop, and taking his kids to Disney World.					

Thu, Feb 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7219
00:30:00	In Good Shape Periodontitis: A Life Threatening Condition	WNVC	(S)	(CC)	N/A	#401H
<p>Intermittent bleeding of the gums can be a symptom of periodontitis - gum disease. In Good Shape asks a dentist about potential consequences and treatment strategies. We also look at what Zumba can do when it comes to losing weight, and how a little boy is working hard to conquer brittle bone disease.</p>						
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#101H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#101H
<p>Artists: Hebdo, Hannah Aldridge, Zach Whitney, Happy Chichester, Jesse Henry, and hosted by songwriter Eric Gnezda. Hebdo calls his style, "Adventure-Folk." Hebdo has been strongly influenced by his Lebanese culture and Appalachia. His two recent EP's (A Thousand Steeples&amp; Double Tambo) have received radio airplay, and produced a number of YouTube videos. He performs "Baby Me." Hannah Aldridge is an Americana artist steeped in the music of Nashville and Muscle Shoals. Trained as a classical pianist, she began writing songs in her early twenties. "I found out it really wasn't that hard" she says, "It's just saying things that are true and making them rhyme." She performs "Lie Like You Love Me." Zach Whitney is rooted in classic Country music. Growing up in rural Ohio, Zach spent nearly 12 years in Austin, Texas. It was a fine match all the way. His songs have been described as "the perfect remedy for town drunks and college professors... hookers and housewives...and just about everybody in between. He performs "Front Porch Music." Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Well Beyond." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya.</p>						
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#101H
<p>Performances by Garbage, Ibeyi, El Vy and Misterwives, with comedy from Hannibal Buress and Breaking Bad's Lavell Crawford.</p>						
03:00:00	2016 Blues Music Awards	NETA	(S)	(CC)	N/A	#0H
<p>The Blues Music Awards presentations and musical performances from the 37th annual Blues Awards held in Memphis, TN in May of 2016. This program features many nominee performances, including Ruthie Foster, Dave Alvin and Phil Alvin and Beth Hart.</p>						
04:30:00	Shoeless Blues: The Journey of Boscoe France	NETA	(S)	(CC)	N/A	#0H
<p>This is a story about a man and the blues guitar competition that changed his life. An unknown guitar virtuoso, Boscoe France, from the coal mining town of Madisonville, KY beats out 4,000 other guitarists to win Guitar Center's "Battle of the Blues" competition. After the win, Boscoe finds himself recording with Grammy winning producers, opening for B.B. King, picking out the guitar of his choice at the Gibson Custom Shop, and taking his kids to Disney World.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#133
08:00:00	Mack & Moxy Always Be Prepared/Feeding Rainbow	APTEX	(S)	(CC)	N/A	#103H
<p>"Always Be Prepared" - This is not a drill! When Mack &amp; Moxy zoom off to HelpeeLand with Trooper Jax to save another Great Helpee, they meet a cool kid named Kendling Pop-Pop Jr. He's busy drafting an escape plan for his house in case there's a fire. As they're looking for the Great Helpee in the house, the Kendling's smoke detector beeps. Remembering how to stay safe, they "get low and go." Meanwhile, Shelfish Sheldon scurries about to get the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Kal Penn (How I Met Your Mother, House M.D.) helps the Heroes' mission in support of the American Red Cross, dedicated to teaching emergency preparedness and providing disaster relief across the globe. "Feeding Rainbow" - Time to save another Great Helpee! As Mack &amp; Moxy zip-line over the Sky Islands in HelpeeLand with Trooper Francesca, they accidentally fall on a fatigued new friend, Rainbow. He's a lethargic Pegasus who hasn't had any breakfast. Since his parents have lost their jobs, there's not enough food to eat. Rainbow's strength is renewed once the Heroes locate a nearby food pantry and enjoy a nutritious feast. But Shelfish Sheldon jets ahead on a flying vacuum, trying to swoop the Great Helpee and keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Feeding America, a 35 year-old organization who feeds 46 million people every day across the US.</p>						
08:30:00	1001 Nights The Genie, The Fish, The Wolf and the Witch/The Forbidden City of Shenzhen	NETA	(S)	(CC)	DVI	#116H
<p>"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.</p>						

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09:00:00	Power Yoga: Mind and Body Legs - Version One With Paschimottanasana, Janu Sirasana, Ardha Baddhu Padma, and others.	APTEX	(S)	(CC)	N/A	#102
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Back Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#920H
10:00:00	Sit and Be Fit Back and Abdominal Strengthening This episode focuses on stretching and strengthening the abdominal and back muscles to protect the spine and help avoid injury.	NETA	(S)	(CC)	N/A	#1312H
10:30:00	Sewing with Nancy 10-20-30 Minutes to Recycle Jeans, Part 2 What's old is new again! Restyle your old jeans into useful and decorative home accessories. Nancy applies her 10-20-30 Minutes to Sew philosophy to create Soft-sided Bins, the Double Duty Mat for sewing and pressing, the Crossbody Jeans Bag, and the Two-for-One Apron.	NETA	(S)	(CC)	N/A	#3008H
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 Anna's Starflake Striking designs are created through a variety of methods. In this episode Patrick and Nancy McNally will examine the fun of working with batiks, the steps taken in paper foundation piecing and the way to create a secondary design with sashing choices. Techniques and tips for quilters at all levels of experience.	NETA	(S)	(CC)	N/A	#2804H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6139H
13:00:00	Eat! Drink! Italy! with Vic Rallo Popping The Cork Yeast in sparkling wines; Michelin star Chef Christina DiRenaudi's Plin recipe; Pomodoro sauce; Chicken Valdarnese.	APTEX	(S)	(CC)	N/A	#104H
13:30:00	Cooking with Nick Stellino The Ultimate Bread Pudding Pasta Matriciana; Clams with Sausage & "Fettunta"; Bread Pudding with Two Chocolates.	APTEX	(S)	(CC)	N/A	#205H
14:00:00	Joanne Weir's Cooking Confidence Spain On My Mind Joanne shares with us her emotional connection to Spain. She begins by preparing Salmorejo, a cold tomato and bread soup she first discovered in Southern Spain, and then works with her student Joan to overcome his fear of cooking lamb by preparing a hearty lamb, white bean, and chorizo stew with a spicy infused olive oil drizzled over the top. Recipes: Salmorejo and Spanish Lamb Stew. Student: Joan Boada, Principal Dancer, San Francisco Ballet.	APTEX	(S)	(CC)	N/A	#101H
14:30:00	New Scandinavian Cooking Arctic Food In today's episode, Andreas visits Spitsbergen, the Norwegian settlement at 78 degrees north. In spite of the perpetual cold and barren surroundings, the area is home to some of the world's richest fisheries. Andreas also forages for arctic mushrooms and meets what is probably the world's northernmost farmer. Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod served with snow crab and Arctic mushrooms.	APTEX	(S)	(CC)	N/A	#705H
15:00:00	Beads, Baubles and Jewels Spotlight On Bracelets Author and instructor Melissa Grakowsky-Shippee creates stunning beaded components using two-hole tile beads and teaches her technique for a flawless herringbone stitch. Katie discusses the various types of memory wire as she makes a glass bead bracelet that's fun to wear.	NETA	(S)	(CC)	N/A	#2206H

## Daily Program Listing II

43.1

Date: 01/03/2017

02/01/2017 - 02/28/2017

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Thu, Feb 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ How Do You Get Money?	APTEX	(S)	(CC)	DVI	#103H
	Join us and you'll explore many ways to make money. Follow a Biz Kid on a job hunt-reviewing help wanted ads, filling out the application, and going through the interview. Hear from business celebrities, including Amazon.com founder Jeff Bezos, as they talk about their very first jobs. The Biz Kids also look at the many ways kids get and use allowances. Meet a young person whose love of animals turned into a profitable dog-walking business.					
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 Unique Eureka	APTEX	(S)	(CC)	N/A	#1514H
	P. Allen Smith visits the one-of-a kind mountain town of Eureka Springs, Arkansas. Art, food and natural scenery abound as we unwrap this hidden treasure.					
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	#14024H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1332H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7220
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1114H
20:00:00	Backstage Pass Hank Mowery & The Hawktones	NETA	(S)	(CC)	N/A	#603H
	Hank Mowrey plays the blues with old-school sensibility and modern-day energy, covering Chicago standards, Texas shuffles, West Coast swing, originals and more. Featuring Mike Morgan.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Don Schlitz	OETA	(S)	(CC)	N/A	#104H
	"The Streak" (RAY) "Everything's Beautiful" (RAY) Don Schlitz Hits Medley (DON) "The Gambler" (DON), "Sugarfoot Rag" instrumental by the Ray Stevens A Team Band, featuring bandleader Steve Gibson.					
21:00:00	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.					

Thu, Feb 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Desegregation: A Dream Delayed	APT	(S)	(CC)	N/A	#0
	<p>DESEGREGATION: A DREAM DELAYED investigates the failure of school desegregation in East Baton Rouge Parish, Louisiana, the venue of the oldest federal desegregation lawsuit in United States history. The program explores how and why this failure occurred and leads viewers through to the case's recent conclusion. During 45 years of litigation, there was minimal progress in creating a school system that provided quality education to students regardless of their race. Contrary to its intentions, the U.S. Justice Department and the federal judiciary accomplished just the opposite. They had re-segregated a school system that fell far short of the goals and ideals rooted in the U.S. Supreme Court's 1954 Brown decision and other subsequent high court rulings. DESEGREGATION: A DREAM DELAYED attempts to explain the complex and multi-layered reasons behind the long-delayed melding of races and cultures in public schools. This provocative documentary offers a better understanding of the process by which communities unify to provide quality education and social structure for its youth.</p>					
23:00:00	Whispers of Angels: A Story of the Underground Railroad	APT	(S)	(CC)	N/A	#0
	<p>WHISPERS OF ANGELS: A STORY OF THE UNDERGROUND RAILROAD is a documentary that recounts the story of the critical Eastern Line of The Underground Railroad and its role in the 19th century anti-slavery movement in America. Actors Ed Asner and Blair Underwood portray white Quaker abolitionist Thomas Garret and free, black anti-slavery activist William Still in dramatic re-enactments filmed on location in the historical settings where these freedom fighters undertook their noble and dangerous work. Interviews with a cadre of top scholars explore the themes of courage and racial cooperation in the years leading up to the Civil War.</p>					

Fri, Feb 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7220
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1114H
01:00:00	Backstage Pass Hank Mowery & The Hawktones	NETA	(S)	(CC)	N/A	#603H
	Hank Mowrey plays the blues with old-school sensibility and modern-day energy, covering Chicago standards, Texas shuffles, West Coast swing, originals and more. Featuring Mike Morgan.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Don Schlitz	OETA	(S)	(CC)	N/A	#104H
	"The Streak" (RAY) "Everything's Beautiful" (RAY) Don Schlitz Hits Medley (DON) "The Gambler" (DON), "Sugarfoot Rag" instrumental by the Ray Stevens A Team Band, featuring bandleader Steve Gibson.					
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	Desegregation: A Dream Delayed	APT	(S)	(CC)	N/A	#0
	DESEGREGATION: A DREAM DELAYED investigates the failure of school desegregation in East Baton Rouge Parish, Louisiana, the venue of the oldest federal desegregation lawsuit in United States history. The program explores how and why this failure occurred and leads viewers through to the case's recent conclusion. During 45 years of litigation, there was minimal progress in creating a school system that provided quality education to students regardless of their race. Contrary to its intentions, the U.S. Justice Department and the federal judiciary accomplished just the opposite. They had re-segregated a school system that fell far short of the goals and ideals rooted in the U.S. Supreme Court's 1954 Brown decision and other subsequent high court rulings. DESEGREGATION: A DREAM DELAYED attempts to explain the complex and multi-layered reasons behind the long-delayed melding of races and cultures in public schools. This provocative documentary offers a better understanding of the process by which communities unify to provide quality education and social structure for its youth.					
04:00:00	Korla	NETA	(S)	(CC)	N/A	#0H
	Korla is the amazing story of John Roland Redd, an African American from Columbia, Missouri who migrated to Hollywood in 1939 and reinvented himself as a musician from India. As one of early television's pioneering musical artists, Korla Pandit's life was one of talent, determination, ingenuity and racial passing, a story not fully realized until after his death in 1998.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#134
08:00:00	Mack & Moxy A Bop-Topuss's Garden/Ty The Grrrr	APTEX	(S)	(CC)	N/A	#104H
	"A Bop-Topuss's Garden" - Hey! Another Great Helpee is about to hatch! This time it's in the Giant Oyster Beds at the bottom of HelpeeLand Sea. Mack & Moxy, along with Trooper Georgia, plunge in and get hugged by a bubbly octopus named Penny and her multi-tasking mom, Mrs. Squiggly. As they bop their way to the Great Helpee, Mrs. Squiggly loses steam because she's been too busy to eat properly. Together the Heroes grow their own nutritious garden and with the energy from fresh fruits and vegetables, save the day! Meanwhile, Shelfish Sheldon spies and swiftly swims to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Melissa Fumero (Brooklyn 99) helps the Heroes' mission in support of the American Heart Association, building heart healthy lives for kids, families, and communities since 1924. "Ty the Grrrr" - To the Shimmerizer! Mack & Moxy hula to HelpeeLand, along with Trooper Tyree to rescue another Great Helpee. While in the Cool Green Jungle, they're pounced on by a playful cub named Ty the Grrrr who explains how all his friends have moved away because there's nowhere left to live. Together they find a solution. And of course, Shelfish Sheldon tries to snatch the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of World Wildlife Fund, which for over 50 years, has been committed to saving nature, conserving habitats, and protecting wildlife.					
08:30:00	1001 Nights The Broken Jewel/The Boy Who Became A Genie	NETA	(S)	(CC)	DVI	#117H
	"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.					
09:00:00	Power Yoga: Mind and Body Balancing Poses - Version One	APTEX	(S)	(CC)	N/A	#103
	With Utkatasana, Warrior III, Natarajasana, Garudasana and others.					

Fri, Feb 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Spine Strength & Flexibility (All Standing)	APTEX	(S)	(CC)	DVI	#921H
10:00:00	Sit and Be Fit Exercising with Accessories Mary Ann introduces a variety of unique exercises incorporating a large ball during the warm up and a small ball for finger flexibility and strengthening.	NETA	(S)	(CC)	N/A	#1313H
10:30:00	Sewing with Nancy Trusty Triangles - A Row-By-Row Sampler Quilt, Part 1 Nancy explains how to arrange simple half-square triangles into beautiful row-by-row designs. Learn how to make half-square triangles, and assemble three rows of a six row sampler quilt. Designs include - Opposing Arrows, Teetering Triangles, and Twirling Triangles.	NETA	(S)	(CC)	N/A	#3009H
11:00:00	Knitting Daily Arm Yourself 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.	NETA	(S)	(CC)	N/A	#1407H
11:30:00	Fons & Porter's Love of Quilting Freshly Pieced Vegetables Quilters love to find ways to surround themselves with art. The kitchen, being a place we spend a large portion of our time, is the perfect place to show off a "little" pieced project. Mary and Kelly Bowser will teach you techniques for paper foundation piecing that can be used for fanciful, garden-inspired kitchen accessories.	NETA	(S)	(CC)	N/A	#2805H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6140H
13:00:00	P. Allen Smith's Garden to Table "Egg"Cellent! In this episode, P. Allen Smith showcases the egg. Allen visits chef Patrick Herron to learn about duck eggs and make some incredible desserts. Plus, we learn about a rare breed of heritage ducks called Aylesburys and what's being done to protect them. Allen also gets to crack the mystery behind the amazing chemistry involved while cooking with eggs. Finally, Allen shares some delicious recipes including a red pepper frittata.	APTEX	(S)	(CC)	DVI	#106H
13:30:00	Mike Colameco's Real Food Aquavit In 2014 Chef Emma Bengtsson talk over the helm as Chef at Aquavit. She had been the pastry chef and the owner thought she was ready for this next phase. A year later with three stars from the NY Times under her belt she became one of a handful of women worldwide to earn two Michelin Stars. She's a chef's chef who loves the craft and we spend a day with her and her staff to see what Emma is all about.	NETA	(S)	(CC)	N/A	#1414H
14:00:00	Chef John Besh's New Orleans Slow-Cooked Baby Goat and Cauliflower and Crawfish Soup.	APTEX	(S)	(CC)	N/A	#108H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#243H
15:00:00	Beads, Baubles and Jewels Trendspotting: Tassels and Knotting Tassels are the next big trend in jewelry-making. Designer Wyatt White shows how to wrap, tie and finish beautiful tassels for earrings and other accessories. Katie adds a modern twist to traditional knotting techniques to make bracelets with crystal pearls.	NETA	(S)	(CC)	N/A	#2207H
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

Fri, Feb 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ What Can You Do with Money?	APTEX	(S)	(CC)	DVI	#104H
	Decisions, decisions! Join the Biz Kids and you'll ponder the merits of spending, saving, donating, and investing money. Visit the New York Stock Exchange, get tips from the author of Not Buying It, and learn to avoid compulsive shopping. You can also learn how to create a financial diary and track spending. Meet an ambitious teen who opened a candy store at age 15 and, in the process, fulfilled a dream and revived an ailing business district in her small town.					
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.					
17:00:00	P. Allen Smith's Garden Home The Best of Garden Home: Gardening	APTEX	(S)	(CC)	N/A	#1515H
	P. Allen Smith highlights some of his favorite gardening segments in this blast from the past.					
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	#14025H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2438Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7221
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#904H
20:00:00	Song of the Mountains Carolina Blue/Moron Brothers	NETA	(S)	(CC)	N/A	#1123H
21:00:00	Woodsongs Tommy Emmanuel	NETA	(S)	(CC)	N/A	#1806H
	Tommy Emmanuel is arguably one of the most exciting, brilliant and powerful guitar masters on earth. Walking in the legacy of Merle Travis, Chet Atkins and many others Tommy has dazzled audiences worldwide with his sheer mastery of the instrument. WoodSongs is excited to welcome back our friend for his sixth appearance on our broadcast as we help Tommy celebrate the release of his brand new album It's Never Too Late.					
22:00:00	Film School Shorts Final Ascent	NETA	(S)	(CC)	N/A	#301H
	The Karman Line (New York University) - Olivia Coleman (Broadchurch, The Iron Lady, Hot Fuzz) stars as a mother who is hit by an unusual condition that causes her to lift off the ground at a slow but ever increasing rate. Directed by Oscar Sharp.					
22:30:00	On Story Deconstructing Dog Day Afternoon	NETA	(S)	(CC)	N/A	#411H
	Frank Pierson's Academy Award winning Dog Day Afternoon elevates the classic crime genre through its exploration of textured characters and rationale. Screenwriters Robin Swicord (The Curious Case of Benjamin Button) and Peter Craig (The Town) examine the story's masterful reveal of information and its surprising, but inevitable and honest conclusion.					
23:00:00	Science Goes to the Movies Producing The Science Movie In Hollywood, Part 2	EPS	(S)	(CC)	N/A	#305H
	The conversation continues with movie producer, Lynda Obst, about the importance of using real science in movies, her relationship with Carl Sagan and her experience meeting Stephen Hawking.					

Daily Program Listing II  
43.1

Date: 01/03/2017  
Fri, Feb 03, 2017

02/01/2017 - 02/28/2017

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<u>Start</u>	<u>Title</u> <u>Subtitle</u>	<u>Distrib</u>	<u>Stereo</u>	<u>Cap</u>	<u>AS2</u>	<u>Episode</u>
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1016

Sat, Feb 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7221
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#904H
01:00:00	Song of the Mountains Carolina Blue/Moron Brothers	NETA	(S)	(CC)	N/A	#1123H
02:00:00	Woodsongs Tommy Emmanuel	NETA	(S)	(CC)	N/A	#1806H
	Tommy Emmanuel is arguably one of the most exciting, brilliant and powerful guitar masters on earth. Walking in the legacy of Merle Travis, Chet Atkins and many others Tommy has dazzled audiences worldwide with his sheer mastery of the instrument. WoodSongs is excited to welcome back our friend for his sixth appearance on our broadcast as we help Tommy celebrate the release of his brand new album It's Never Too Late.					
03:00:00	Film School Shorts Final Ascent	NETA	(S)	(CC)	N/A	#301H
	The Karman Line (New York University) - Olivia Coleman (Broadchurch, The Iron Lady, Hot Fuzz) stars as a mother who is hit by an unusual condition that causes her to lift off the ground at a slow but ever increasing rate. Directed by Oscar Sharp.					
03:30:00	On Story Deconstructing Dog Day Afternoon	NETA	(S)	(CC)	N/A	#411H
	Frank Pierson's Academy Award winning Dog Day Afternoon elevates the classic crime genre through its exploration of textured characters and rationale. Screenwriters Robin Swicord (The Curious Case of Benjamin Button) and Peter Craig (The Town) examine the story's masterful reveal of information and its surprising, but inevitable and honest conclusion.					
04:00:00	Science Goes to the Movies Producing The Science Movie In Hollywood, Part 2	EPS	(S)	(CC)	N/A	#305H
	The conversation continues with movie producer, Lynda Obst, about the importance of using real science in movies, her relationship with Carl Sagan and her experience meeting Stephen Hawking.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1016
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#135
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Pink Perfection	APTEX	(S)	(CC)	N/A	#503H
	In this third episode of the new series Gary depicts an old English rose with the subtle combination of colors in the red spectrum providing a beautiful pink sheen. A light gray background with dark accents completes the painting. This painting would be very well suited in a beautiful silver frame.					
08:30:00	Grand View Great Basin National Park	APT		(CC)	N/A	#207H
09:00:00	Landscapes Through Time with David Dunlop Frederic Church's Olana In Hudson River Valley, Ny	NETA	(S)	(CC)	DVI	#113H
	David visits Olana, Frederic Church's Persian-inspired home in the Hudson River Valley, painting the expansive vista of the Hudson River Valley. The Hudson River Painters, considered the first American school of painting, were profoundly influenced by European traditions, especially the ideal Italian landscapes of Claude Lorraine. They were popular from 1825 to 1875 and gave Americans their pictorial sense of national identity.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize The Saddle Bags	APTEX	(S)	(CC)	DVI	#922H
10:00:00	Sit and Be Fit Somatosensory Work	NETA	(S)	(CC)	N/A	#1314H
	We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.					

Sat, Feb 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Wai Lana Yoga Get The Edge with Yoga Whether you run, lift weights, or play soccer, basketball, or tennis, Wai Lana's stretches counterbalance tight muscles, giving you winning-edge flexibility. Learn a meditation that will put you on top of your mental game, too.	APTEX	(S)	(CC)	N/A	#506
11:00:00	Delicious TV's Vegan Mashup The Vegan Bbq Step up and fire up the grill! BBQing is our passion on Delicious TV's Vegan Mashup and we'll show you four fantastic flavor-packed recipes to keep you grilling all summer long and beyond! Toni Fiore starts the sizzle with juicy Portobello Steak Burger with Citrus Slaw. In a flash Miyoko Schinner brings it back with outrageous yet simple BBQ frozen tofu and a surprise grilled dessert. Terry Romero brushes Seitan Kebabs with fresh and zesty homemade Chimichurri pesto.	NETA	(S)	(CC)	N/A	#206H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Dreaming of Sustainable Agriculture Chef Pedro Abascal is changing tourist's perceptions of the food in Riviera Maya, using local farms to supply his hip hotel restaurants. Rick and Pedro discuss his challenges and successes of his approach over a traditional Yucatecan meal at Faison y Venado. Rick pays a visit to a lamb farm in Tizimin for a conversation with a rancher, then heads to C-Grill, Pedro's hip restaurant on the shores of Playa del Carmen, where he makes a beautiful roasted lamb in adobo. In Chicago, Rick heads to the outdoor Green City Market to gather ingredients for his grilled leg of lamb with green garlic mojo and camote mash, accompanied by grilled asparagus with pasilla crema. Oh, and an incredibly delicious skillet cake.	APTEX	(S)	(CC)	N/A	#1111H
12:00:00	Lidia's Kitchen Vegetable Favorites Italy is a garden year round, and Lidia celebrates an array of beautiful vegetable dishes including: celery stalks stuffed with gorgonzola and apples; an elegant asparagus and scallion salad; a refreshing fava sesame dip, that pairs beautifully with flat breads and finally a linguine with swisschard made with walnuts and creamy fresh ricotta.	APTEX	(S)	(CC)	N/A	#417H
12:30:00	Moveable Feast with Fine Cooking Anchorage, Alaska On this episode of Moveable Feast with Fine Cooking, host Pete Evans travels to the beautiful city of Anchorage, Alaska to learn about Alaska's finest fish cuisine. While there, Pete takes a field trip to the Bait Shack to meet up with chef Travis Haugen, and fishing guru Dustin Slinker for a fishing adventure that includes catching a fresh king salmon for their delicious grilled meal that evening. Meanwhile, chef Patrick Hoogerhyde travels to Copper River Seafood, one of the city's largest seafood warehouses, to find the freshest halibut for their feast. The chefs then meet up to craft a flavorful menu including: grilled king salmon with tomato-anchovy vinaigrette, pan-seared halibut with cucumber-radish slaw; salmon belly with golden raisins and ginger-tamari dressing; and salmon tartar.	APTEX	(S)	(CC)	N/A	#308H
13:00:00	Expeditions with Patrick Mcmillan South Texas - A Hint of the Tropics This is a place that few of us will ever visit. It's packed with biodiversity. Many of the plants and animals that are found here can be found no place else in the United States and their future is tied to a connection with Mexico, here on the border. Join Patrick as he explores a land of Green Jays and Plain Chachalacas in South Texas.	APTEX	(S)	(CC)	N/A	#307H
13:30:00	Joseph Rosendo's Travelscope Taiwan - Iron Pathways to Adventure - Part 1 Joseph embarks on his fourth visit to Taiwan and his sixth episode in the country. Using Taiwan's extensive train system he rides the rails in search of treasures at the ends of the lines. He discovers that Taiwan's rail system is indeed a pathway to adventures that never cease to entertain, educate and enchant. On his journey, Taiwan's natural beauty, cultural richness, colorful history and creative spirit are revealed. It also becomes clear that it doesn't matter how one gets around the island, what matters is what you find. And there is no end to the surprising, enlightening, exhilarating and heart-warming experiences that can be had on what the Portuguese discoverers called Ilha Formosa - this beautiful Isle.	APTEX	(S)	(CC)	DVI	#801H
14:00:00	Rick Steves' Europe Siena and Tuscany's Wine Country Siena, once a proud and independent city-state, retains its confidence and unique traditions. Rick enjoys a front-row seat at its wild horse race - the venerable Palio - and marvel at cultural treasures from the days when Siena rivaled Florence for leadership of Tuscany. Then he heads into wine country for a little dolce vita under the Tuscan sun.	APTEX	(S)	(CC)	N/A	#907H
14:30:00	Journeys In Africa Durban - Land of Gandhi Few people know that Gandhi got his political activist start in South Africa. This is where Asia meets Africa in one of the most diverse cities in the world. Here Bill mixes it up with people of European, Far Eastern and Indian decent as well as the local Zulus.	NETA	(S)	(CC)	N/A	#208H

Sat, Feb 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart GardenSMART visits an extraordinarily beautiful garden thriving amid the hustle and bustle of a city. There's a lot to discover, join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4505H
15:30:00	Farm with Ian Knauer Pig Roast Every year Ian and his family host a pig roast on The Farm. Learn about raising heritage breed pigs and sustainable farming as well as how to roast a whole pig and make crowd-pleasers like Big Phil's Mac 'n' Cheese and Erin's Piggy Cupcakes.	NETA	(S)	(CC)	DVI	#106H
16:00:00	Maria Hinojosa: One-On-One Neil Degrasse Tyson Astrophysicist Neil deGrasse Tyson, author of The Pluto Files: The Rise and Fall of America's Favorite Planet and host of the WGBH-produced TV series Nova ScienceNow, talks about his passion for science, his efforts to make astronomy accessible, and why he doesn't think the sky is the limit.	APTEX	(S)	(CC)	N/A	#401Z
16:30:00	Overheard with Evan Smith R.L. Stine, Author R.L. Stine is a novelist, short story writer, and TV producer. He is best known for his children's horror fiction novels including Goosebumps, Rotten School, and The Nightmare Room series. His books have sold over 400 million copies worldwide and has been on countless bestseller lists. His latest book Young Scrooge: A Very Scary Christmas Story has just been released.	NETA	(S)	(CC)	N/A	#709H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Blade Maker Knife-maker Tim Zowada's creations start from sand collected from Lake Michigan. Host Eric Gorges visits with Tim and makes a knife.	APTEX	(S)	(CC)	N/A	#110H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3504H
18:30:00	The Open Mind	NETA		(CC)	N/A	#3725H
19:00:00	Closer to Truth How Does Personal Identity Persist Through Time? Is the self an illusion? Decades roll by; every molecule of my body changes many times over. Yet I sense myself the same. Not just continuity, but unity.	EPS	(S)	(CC)	N/A	#1205H
19:30:00	Drexel Interview Wendell Pierce, Part 1 This is the first part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. He is the author of a post-Hurricane Katrina memoir and tribute to his hometown of New Orleans, The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken. In this episode, Pierce discusses his formative journey as an actor, the social impact of The Wire, and his role as Clarence Thomas in the HBO feature Confirmation.	NETA		(CC)	N/A	#501H
20:00:00	Infinity Hall Live Jackie Greene Jackie Green weaves into his lyrics and guitar playing influences from blues, rock, soul and folk. He boasts music in the Oscar-winning Brokeback Mountain, has participated in multiple tours alongside Phil Lesh, Joan Osborne, and Steve Gorman. He spent some time as a member of The Black Crowes and played alongside Levon Helm at many of his famed Midnight Rambles. This singer, songwriter, bandleader and multi-instrumentalist shares music from his eighth album, Back To Birth, and other Jackie Green favorites like "Honey I Been Thinking About You" and "Gone Wanderin".	APTEX	(S)	(CC)	N/A	#408H
21:00:00	Front and Center George Ezra British singer/songwriter George Ezra, whose debut album Wanted On Voyage launched his career internationally and landed on the Top 10 charts in over ten countries, brings his bluesy-pop vocals to the Iridium in New York City. The 2015 Artist to Watch nominee at the MTV Video Music Awards performs "Cassy'O," "Blame It On Me," and his Top 5 hit from the US Hot Rock Songs Chart, "Budapest." The young artist also has the crowd singing along for a soulful cover of Macy Gray's Grammy Award-winning single "I Try," and performs "Girl from The North Country," written by his longtime musical influence Bob Dylan.	APTEX	(S)	(CC)	N/A	#605H

## Daily Program Listing II

43.1

Date: 01/03/2017

02/01/2017 - 02/28/2017

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Sat, Feb 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Globe Trekker Food Hour: Ireland	APTEX	(S)	(CC)	N/A	#1505H
	Globe Trekker Bobby Chinn samples oysters in Galway, fishes for salmon in Connemara, plays a tune or two with The Chieftains in Westport, visits the Nenagh Agricultural Show, judges a baking competition in Tipperary, and learns the history of Guinness in Dublin.					
23:00:00	Arts In Context Passing It Forward	NETA		(CC)	N/A	#704H
	With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.					
23:30:00	Invitation to World Literature The Epic of Gilgamesh	APTEX	(S)	(CC)	DVI	#101H
	The first known human story is that of Gilgamesh, king of Uruk. Images of artifacts from ancient Iraq mix with beautiful illustrations, dance, and costume to tell of the relations between gods and mortals, the search for friendship, love, and immortality. Featured cast members include Assyriologist Ben Foster, comic book illustrator Jim Starlin, and poet and playwright Yusef Komunyakaa.					

Sun, Feb 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How Does Personal Identity Persist Through Time? Is the self an illusion? Decades roll by; every molecule of my body changes many times over. Yet I sense myself the same. Not just continuity, but unity.	EPS	(S)	(CC)	N/A	#1205H
00:30:00	Drexel Interview Wendell Pierce, Part 1 This is the first part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. He is the author of a post-Hurricane Katrina memoir and tribute to his hometown of New Orleans, The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken. In this episode, Pierce discusses his formative journey as an actor, the social impact of The Wire, and his role as Clarence Thomas in the HBO feature Confirmation.	NETA		(CC)	N/A	#501H
01:00:00	Infinity Hall Live Jackie Greene Jackie Green weaves into his lyrics and guitar playing influences from blues, rock, soul and folk. He boasts music in the Oscar-winning Brokeback Mountain, has participated in multiple tours alongside Phil Lesh, Joan Osborne, and Steve Gorman. He spent some time as a member of The Black Crowes and played alongside Levon Helm at many of his famed Midnight Rambles. This singer, songwriter, bandleader and multi-instrumentalist shares music from his eighth album, Back To Birth, and other Jackie Green favorites like "Honey I Been Thinking About You" and "Gone Wanderin".	APTEX	(S)	(CC)	N/A	#408H
02:00:00	Front and Center George Ezra British singer/songwriter George Ezra, whose debut album Wanted On Voyage launched his career internationally and landed on the Top 10 charts in over ten countries, brings his bluesy-pop vocals to the Iridium in New York City. The 2015 Artist to Watch nominee at the MTV Video Music Awards performs "Cassy'O," "Blame It On Me," and his Top 5 hit from the US Hot Rock Songs Chart, "Budapest." The young artist also has the crowd singing along for a soulful cover of Macy Gray's Grammy Award-winning single "I Try," and performs "Girl from The North Country," written by his longtime musical influence Bob Dylan.	APTEX	(S)	(CC)	N/A	#605H
03:00:00	Globe Trekker Food Hour: Ireland Globe Trekker Bobby Chinn samples oysters in Galway, fishes for salmon in Connemara, plays a tune or two with The Chieftains in Westport, visits the Nenagh Agricultural Show, judges a baking competition in Tipperary, and learns the history of Guinness in Dublin.	APTEX	(S)	(CC)	N/A	#1505H
04:00:00	Arts In Context Passing It Forward With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.	NETA		(CC)	N/A	#704H
04:30:00	Invitation to World Literature The Epic of Gilgamesh The first known human story is that of Gilgamesh, king of Uruk. Images of artifacts from ancient Iraq mix with beautiful illustrations, dance, and costume to tell of the relations between gods and mortals, the search for friendship, love, and immortality. Featured cast members include Assyriologist Ben Foster, comic book illustrator Jim Starlin, and poet and playwright Yusef Komunyakaa.	APTEX	(S)	(CC)	DVI	#101H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#136
08:00:00	Gary Spetz's Watercolor Quest Eastern Caribbean Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint the colorful eastern Caribbean Islands of Grand Turk, Virgin Gorda, St. John, and Half Moon Cay-explaining, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	DVI	#104
08:30:00	Paint This with Jerry Yarnell Night Sail, Part 3 Jerry demonstrates how to paint the water so that it appears to have movement; he demonstrates using a variety colors and glazes to bring the water to life with the addition of white caps, spray and even swells. All of this is done with an eye on the negative space and the connectivity of lightly skimmed lines on the water.	NETA	(S)	(CC)	N/A	#1211H

Sun, Feb 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Baby Seal Pup	APTEX	(S)	(CC)	N/A	#604H
	Art Lesson: Negative Space. The use of negative space is a key element of artistic composition. Negative space is the space around and between the subject of an image. Negative space may be most evident when the space around a subject, and not the subject itself, is used to artistic effect as the "real" subject of an image. In a two-tone, black-and-white image, a subject is normally depicted in black and the space around it is left blank (white), thereby forming a silhouette of the subject. However, reversing the tones so that the space around the subject is printed black and the subject itself is left blank causes the negative space to be apparent as it forms shapes around the subject, called figure-ground reversal. Wyland will demonstrate how utilizing negative space can be an ideal technique for representing animals in the wild.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Leg Slenderizers	APTEX	(S)	(CC)	DVI	#923H
10:00:00	Sit and Be Fit Releasing Muscle Tightness	NETA	(S)	(CC)	N/A	#1315H
	Mary Ann uses a small ball, a towel and large ball to release some of the restrictions that build up in the connective tissue that runs throughout the body.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#215
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#245H
11:30:00	New Orleans Cooking with Kevin Belton Egg Dishes	APTEX	(S)	(CC)	N/A	#110H
	Eggs Benedict, eggs sardou, clean-out-the-fridge frittata.					
12:00:00	Ciao Italia Would You Like A Bowl of Soup?/Vorebbe Una Ciotola Della Minestra	NETA	(S)	(CC)	N/A	#2415H
	When all else fails, soup wins, when Mary Ann creates three masterpieces nella cucina, starting with a velvety-smooth Cream of Carrot and Potato Soup, and then goes fishing with a surprisingly satisfying Swordfish Minestrone. Break out the bowls and spoons and sit down for soup!					
12:30:00	Mike Colameco's Real Food Alek Stupak	NETA	(S)	(CC)	N/A	#1417H
	What happens when one of the greatest most avant-garde pastry chefs in America who had worked at Alinea and WD-50 decides he's done with pastry and wants instead to do authentic Mexican food in NYC. We'll meet chef Alex Stupak and visit his three downtown restaurants where he may be doing some of the best Mexican inspired ever in Manhattan.					
13:00:00	Wild Photo Adventures The Art of Concealment	NETA	(S)	(CC)	DVI	#311H
	Host and professional wildlife photographer Doug Gardner shows what it takes to find and hide from various wildlife in order to photograph them.					
13:30:00	Equitrekking Georgia Coast	APTEX	(S)	(CC)	N/A	#510
	On Sea Island, Equitrekking host Darley Newman rides with a naturalist and tries what the island natives call "swim riding." On secluded Cumberland Island, Darley observes wild horses with local naturalist Fred Whitehead, who speaks about herd dynamics, the history of horses on the island and how they survive in the subtropical environment. Darley stays at the island's only lodging, the historic Greyfield Inn, and learns about the Carnegie family's role in the island's history. Next, Darley visits Jekyll Island, where she rides through the remnants of an ancient maritime forest on Driftwood Beach and strolls through the historic district to delve deeper into Jekyll's unique past.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#243H
14:30:00	Travel with Kids Fiji Castaway Island	NETA	(S)	(CC)	N/A	#408H
	Get ready to go Tom Hanks style in this island paradise. Explore the actual Castaway island where the movie was filmed and is still uninhabited. Learn to cook island style from local chefs learning the tricks that ancient Fijians used to cook. Visit a nearby island where you have to be welcomed by the Chief to sit and drink Kava before walking the village. Learn about Fijian history and culture in the Chiefs Bure, or hut. Experience the happy smiles of Bula and learn about the proud happy locals of these islands. Visit a nearby school to see how local kids learn and have fun.					

Sun, Feb 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Working with Small Parts  A small handle provides the final touch to the keepsake box. In the shop project segment, the Woodsmith editors create storage compartments in the roll-around cart.	NETA	(S)	(CC)	N/A	#1004H
15:30:00	Rough Cut - Woodworking with Tommy Mac Interior Trim, Doors and Windows  This week on Rough Cut Woodworking with Tommy Mac we are finally able to finish the interior of the shop. Tommy finishes up the interior doors and trim and moves on to the windows for the final touches.	APTEX	(S)	(CC)	N/A	#710H
16:00:00	Happy Yoga with Sarah Starr Garden Delight Gentle Yoga  Bask in the beauty of Mother Nature in our gentle seated practice as you enjoy easy to follow exercises to stretch the hands, wrists, shoulders, upper back and legs. Each pose can be done gently, just simple stretches along with conscious and deep breathing are effective and powerful.	NETA	(S)	(CC)	N/A	#109H
16:30:00	Second Opinion Rosacea  Patient Story: Rosacea is a common skin condition that causes redness in the face and often develops into small red, pus-filled bumps. For many, rosacea is an embarrassing condition that causes psychological symptoms, as well as physical ones. Although there is no cure for rosacea, there are some treatments which can control the symptoms, and knowing the triggers is key to preventing episodes. Meet Barb Ficarra, who has been dealing with rosacea for many years while living an active life with a demanding professional career. Myth or Medicine: Does caffeine cause rosacea flare-ups? Second Opinion 5: Five common skin conditions that affect the face, and how to treat them.	APTEX	(S)	(CC)	N/A	#1203H
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells II  Cutting-edge stem cell treatments outside the U.S. - R. Vijayanagar, MD: pioneering transplant surgeon now provides stem-cell treatments for heart disease at a Bahamas clinic. A full-service stem-cell treatment clinic in Panama - Neil Riordan, PhD: research scientist and founder of Stem Cell Institute, in Panama City, Panama. Why the clinic's stem cell treatments are safe - Jorge Paz Rodriguez, MD: internal medicine specialist at the institute. Acquisition and processing of stem cells - Rodolfo Fernandez: medical technologist. Personal stories - Sam Harrell - being treated for MS; Juan Jose Ballareno - being treated for a spinal injury; Todd Rinehart - being treated for rheumatoid arthritis.	EPS	(S)	(CC)	N/A	#107H
17:30:00	Well Read Dr. Larry Brilliant, Sometimes Brilliant  Sometimes Brilliant is the adventures of a philosopher, mystic, hippie, doctor, groundbreaking tech innovator, and key player in the eradication of one of the worst pandemics in human history. Dr. Brilliant shares his story, of what happens when love, compassion and determination meet the right circumstances to effect positive change, is the kind that keeps hope and the sense of possibility alive.	APTEX	(S)	(CC)	N/A	#609H
18:00:00	California's Gold China Clipper  They were huge flying boats named after the great sailing ships that in the 1800's sailed the oceans of the world. The luxurious Pan American "Clipper" planes of the 1930's took cargo, mail and passengers around the world in what was, for its time, considered a daring and pioneering feat. Pan American's Treasure Island terminal and lagoon became the home port for the Clipper's Pacific operations -- connecting the United States with the Far East by air. Starting in the mid-1930s, and lasting for only five years, residents of the Bay Area were treated to the sights and sounds of these huge boat planes taking off and heading out over the Pacific. Recently in a very special episode of "California's Gold," history repeated itself as, once again, a boat plane landed on the Bay, taxied up to a docking area near Treasure Island, took on passengers and flew out over the city. This episode is a tribute to the "China Clipper" and its California connection. The original Terminal building on Treasure Island is the stage where former Pan American pilots and crew members who actually flew the Clipper, gather once more for conversation and reminiscing. Producer/host, Huell Howser experiences his high point when he climbs aboard one of these historic boat planes with two former crew members for a short, exciting flight around the Bay area. The days of the Clipper are gone forever, replaced decades ago by long-range jets. But for a few hours on a beautiful spring afternoon, some of the glory days of the great Clipper ships, and the people who made those days happen, returned to Treasure Island. It's a look back at a glorious part of our aviation history as we take to the air in search of "California's Clipper Gold".	KCET		(CC)	N/A	#906
18:30:00	Joseph Rosendo's Travelscope Peru - The Amazon and Beyond  Join Joseph as he ships out on a Peruvian Amazon journey from the jungle town of Iquitos, Peru and makes his way through one of the world's wonders. One-fifth of the world's water and oxygen are produced in the Amazon Rainforest and thousands of species of birds, fish, reptiles, mammals and plants as well as hundreds of thousands of people thrive there. With all the pressures from logging and mining interests, it's also a wonder that this natural world still exists. Joseph sets out on a discovery that includes daybreak bird watching, night safaris in search of caimans, piranha fishing, canoeing the Amazon's tributaries, swimming with pink dolphins and close encounters with the "riverinos" - the people of the river. In the hopes that eco-tourism can slow the flow of the region's demise, Joseph embarks on an adventure that is fast becoming extinct. A visit to the Amazon is a reminder of from whence we've come, what we've lost and the need to protect and preserve what is left. Experiencing it is a thrill.	APTEX	(S)	(CC)	DVI	#904H

Sun, Feb 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Blackademics Television Ulmer / Wests / Smiths  Young entrepreneurs from around the United States inspire with their business successes and community engagement. Young scholars explain the essence of the Juneteenth holiday.	KNME	(S)	(CC)	N/A	#401H
19:30:00	The Kamla Show Special Solis Winery  Kamla talks to Vic Vanni of Solis Winery of Santa Clara Wineries - the oldest wine growing region of California. Long before technology, this was known as the Valley of Heart's Delight. Vanni shares how his family had a flower business in Mountain View and how they moved south to Gilroy and started the winery in the 1970s.	KAMLA	(S)	(CC)	N/A	#121H
20:00:00	Assignment Asia China's Vanishing Villages  China has undergone rapid urbanization in the last 30 years. During that time an estimated 440 million people have left villages for work in the big cities. Reporters Ryan Chua and Yang Zhao take us to two different parts of China to see what has happened to the people who have stayed behind in rural villages.	NETA	(S)	(CC)	N/A	#107H
20:30:00	American Forum Trump's Foreign Policy and How Traditional Conservatives Are Coping  Former national security advisor to VP Dick Cheney, ERIC EDELMAN, on traditional conservatives, President-elect Trump and the world he inherits.	NETA	(S)	(CC)	N/A	#219H
21:00:00	Cuba On Its Own Terms  While the United States has recently normalized diplomatic relations with Cuba, it still maintains an economic embargo which has had a significant impact on the small island nation. Written, directed and co-produced by Bob Gliner (Schools That Change Communities, Barefoot College, Lessons From the Real World), Cuba On Its Own Terms provides a snapshot of life in Cuba as seen through the eyes of typical Cubans. Though many Americans see Cuba as a country whose values and way of life should be changed to become more like ours, perhaps there is much we can learn from Cuban attitudes and priorities, from the way they have coped with the many challenges they have faced.	NETA		(CC)	N/A	#0
21:30:00	Communities As Classrooms  Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Paul Laurence Dunbar: Beyond The Mask  A major documentary on the life & legacy of Paul Laurence Dunbar (1872-1906) the first African American writer to achieve national fame. Best known for his poem, "We Wear The Mask," lines from "Sympathy" became the title of Maya Angelou's autobiography "I Know Why the Caged Bird Sings." A clip of Angelou reciting "Sympathy" on the David Frost Show is featured. PLD was friends with the Wright Brothers who published his newspaper for Dayton, OH's black citizens. At the 1893 World's Fair, Frederick Douglass called PLD "The most promising young black man in America." Dunbar wrote essays critical of Jim Crow laws and lynching, and "The Negro Problem." He was friends with WEB DuBois & critical of Booker T Washington's conciliatory philosophy. To earn a living he wrote songs for Broadway that echoed minstrelsy.	ACCES	(S)	(CC)	N/A	#0H

Mon, Feb 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Ulmer / Wests / Smiths Young entrepreneurs from around the United States inspire with their business successes and community engagement. Young scholars explain the essence of the Juneteenth holiday.	KNME	(S)	(CC)	N/A	#401H
00:30:00	The Kamla Show Special Solis Winery Kamla talks to Vic Vanni of Solis Winery of Santa Clara Wineries - the oldest wine growing region of California. Long before technology, this was known as the Valley of Heart's Delight. Vanni shares how his family had a flower business in Mountain View and how they moved south to Gilroy and started the winery in the 1970s.	KAMLA	(S)	(CC)	N/A	#121H
01:00:00	Assignment Asia China's Vanishing Villages China has undergone rapid urbanization in the last 30 years. During that time an estimated 440 million people have left villages for work in the big cities. Reporters Ryan Chua and Yang Zhao take us to two different parts of China to see what has happened to the people who have stayed behind in rural villages.	NETA	(S)	(CC)	N/A	#107H
01:30:00	American Forum Trump's Foreign Policy and How Traditional Conservatives Are Coping Former national security advisor to VP Dick Cheney, ERIC EDELMAN, on traditional conservatives, President-elect Trump and the world he inherits.	NETA	(S)	(CC)	N/A	#219H
02:00:00	Cuba On Its Own Terms While the United States has recently normalized diplomatic relations with Cuba, it still maintains an economic embargo which has had a significant impact on the small island nation. Written, directed and co-produced by Bob Gliner (Schools That Change Communities, Barefoot College, Lessons From the Real World), Cuba On Its Own Terms provides a snapshot of life in Cuba as seen through the eyes of typical Cubans. Though many Americans see Cuba as a country whose values and way of life should be changed to become more like ours, perhaps there is much we can learn from Cuban attitudes and priorities, from the way they have coped with the many challenges they have faced.	NETA		(CC)	N/A	#0
02:30:00	Communities As Classrooms Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.	NETA	(S)	(CC)	N/A	#0H
03:00:00	Paul Laurence Dunbar: Beyond The Mask A major documentary on the life & legacy of Paul Laurence Dunbar (1872-1906) the first African American writer to achieve national fame. Best known for his poem, "We Wear The Mask," lines from "Sympathy" became the title of Maya Angelou's autobiography "I Know Why the Caged Bird Sings." A clip of Angelou reciting "Sympathy" on the David Frost Show is featured. PLD was friends with the Wright Brothers who published his newspaper for Dayton, OH's black citizens. At the 1893 World's Fair, Frederick Douglass called PLD "The most promising young black man in America." Dunbar wrote essays critical of Jim Crow laws and lynching, and "The Negro Problem." He was friends with WEB DuBois & critical of Booker T Washington's conciliatory philosophy. To earn a living he wrote songs for Broadway that echoed minstrelsy.	ACCES	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#137

Mon, Feb 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Mack & Moxy Get Up, Get Going/Always Be Prepared "Get Up, Get Going" - On your mark, get set, go! Somewhere in HelpeeLand, a Great Helpee is hatching! Mack & Moxy jump into action with Trooper Lauren and bump into a friendly teenager named Blump who spends his time playing video games and eating candy bars. When asked to help the Heroes find the Great Helpee at the top of the mountain, Blump slumps and sighs. But once he breaks a sweat and gets into shape bike riding, hooping, and hiking up the hill, he reaps the rewards of exercise. As always, Shelfish Sheldon tries to beat them to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Rachael Ray helps the Heroes in support of the President's Council on Fitness, Sports & Nutrition, whose mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. "Always Be Prepared" - This is not a drill! When Mack & Moxy zoom off to HelpeeLand with Trooper Jax to save another Great Helpee, they meet a cool kid named Kendling Pop-Pop Jr. He's busy drafting an escape plan for his house in case there's a fire. As they're looking for the Great Helpee in the house, the Kendling's smoke detector beeps. Remembering how to stay safe, they "get low and go." Meanwhile, Shelfish Sheldon scurries about to get the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Kal Penn (How I Met Your Mother, House M.D.) helps the Heroes' mission in support of the American Red Cross, dedicated to teaching emergency preparedness and providing disaster relief across the globe.	APTEX	(S)	(CC)	N/A	#105H
08:30:00	1001 Nights The Tale of the Mountain and the Valley/Three Tales of a Daydreaming Boy "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.	NETA	(S)	(CC)	DVI	#118H
09:00:00	Power Yoga: Mind and Body Hips - Version One With Baddha Konasana, Pigeon/Kapottasana, Double Pigeon and others.	APTEX	(S)	(CC)	N/A	#104
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 Myofacial Relief & Gait Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula. Later in the program she focuses on exercises to improve gait.	NETA	(S)	(CC)	N/A	#1316H
10:30:00	Sewing with Nancy Trusty Triangles - A Row-By-Row Sampler Quilt, Part 2 Half-square triangles serve as the foundation for three stunning row-by-row quilt designs. Nancy demonstrates how to create Perpetual Pinwheels, Star Gazer, and Flying Home. Incorporate these rows into the Trusty Triangles Row-By-Row Sampler Quilt, or use the techniques to create your own work of fiber art.	NETA	(S)	(CC)	N/A	#3010H
11:00:00	Knitting Daily Playtime Knits 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.	NETA	(S)	(CC)	N/A	#1408H
11:30:00	Fons & Porter's Love of Quilting Picnic In Provence Classics are always eye catching and Picnic in Provence is definitely a classic. Patrick and his guests Joanie Holton and Melanie Greseth will discuss the construction of this diagonal set quilt, demonstrate their applique method and provide tips for finishing your quilt like a pro.	NETA	(S)	(CC)	N/A	#2806H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6141H
13:00:00	America's Test Kitchen from Cook's Illustrated Mexican Mole and Drunken Beans Host Christopher Kimball goes into the test kitchen with test cook Julia Collin Davison to learn how to make the best chicken mole poblano at home. Then, tasting expert Jack Bishop challenges Chris to a tasting of Mexican lagers. Finally, test cook Bridget Lancaster reveals the secrets to making the ultimate drunken beans.	APTEX	(S)	(CC)	N/A	#1624H

Mon, Feb 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Pati's Mexican Table Easy Comfort Food	APTEX	(S)	(CC)	DVI	#204H
	Simple, easy, home-style cuisine that you'd find in just about any Mexican home, recreated for the American kitchen. This meal was Pati's favorite "everyday" meal growing up in Mexico, and one she regularly makes for her own family today. She's proud to share the steps so that you can enjoy it, too! Dressed-up Chicken Milanese; Chayote Squash and Pickled Onion Salad; Chunky Chipotle Mashed Potatoes.					
14:00:00	Kevin Dundon's Back to Basics Sauces	APTEX	(S)	(CC)	N/A	#103H
	Getting the basic sauces right to transform any dish; a visit to the Anthenry Cattle Mart to learn the history of beef production in Ireland. Recipes include: Basic Roux; Chicken Blanquette; Mayonnaise/Coleslaw; Salad Vinaigrette; Courgette & Feta Pasta Salad; Tomato Sauce; and Beef Lasagne.					
14:30:00	Steven Raichlen's Project Smoke Big Bad Beef	APTEX	(S)	(CC)	N/A	#106H
	For many people, beef makes the ultimate barbecue. This show celebrates beef in all its smoky glory, from not-so-traditional beef jerky (marinated in fiery Sriracha and smoked in an electric smoker) to a magisterial whole smoked beef tenderloin smoked in an upright barrel smoker and served with horseradish whipped cream. Of course, you'll learn how to smoke brisket Texas-style (rubbed with spices and cooked in a massive offset smoker fired with oak logs. Plus smokehouse beans to serve on the side. We'll even show you how to smoke-roast bell peppers directly on a bed of hot embers. Recipes: Sriracha Beef Jerky; Slam Dunk Brisket; Whole Smoked Beef Tenderloin with Horseradish Cream; Smokehouse Beans; Ember Roasted Peppers.					
15:00:00	Beads, Baubles and Jewels Wire It Up	NETA	(S)	(CC)	N/A	#2208H
	The right tools can unleash your creativity. Designer Brenda Schweder shows how to make wire frames and captures on a stationary jig. Illusion-style necklaces with crystals are easy and quick to make using tips and tricks from Katie's Beading Lesson.					
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\$ Money Moves	APTEX	(S)	(CC)	DVI	#105H
	When money moves between individuals or groups it is called a transaction. Join the Biz Kids and you'll follow a single dollar bill as it moves from a depositor's hand across the counter, down to the vault, over to the Federal Reserve, and finally out to a project the bank is financing. Visit the branch of a real credit union inside a high school where the students are the tellers. Watch the ebb and flow of money as the kids examine the concepts of supply and demand. Meet a young man who began collecting books to read to his grandmother and soon found himself as the head of a national book business.					
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	Garden Smart	NETA	(S)	(CC)	N/A	#4409H
	Not sure what to do with your yard? Think about breaking your space into garden rooms. It's attractive and often practical, and certainly worth considering. Be sure to tune in for some great landscaping tips.					
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	#14026H

Mon, Feb 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Asian American Life Host and correspondent Ernabel Demillo interviews members of the "Asian Pride Project" about how they've created new public service announcements to raise awareness about gay issues within the Asian American communities nationwide; Correspondent Minnie Roh gets up close and personal with documentarian/filmmaker Dai Sil Kim-Gibson, and looks at her career and award winning films; In honor of the 40th Anniversary of the Fall of Saigon Correspondent Mike Gilliam provides an exclusive report on Amerasian Children and interviews Kien Nguyen, Author of "The Unwanted," and Trista Goldberg, Founder of Operation Reunite, a non-profit organization that provides DNA tests to help reconnect birth parents to their Amerasian children.	EPS	(S)	(CC)	N/A	#106H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7222
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3504H
20:00:00	Music City Roots Live from the Factory A special season-closing episode entirely dedicated to the 70th birthday of Nitty Gritty Dirt Band founder John McEuen. Loose jamming with guests Jerry Douglas, Sam Bush, John Carter Cash, Rhonda Vincent and more.	APTEX	(S)	(CC)	N/A	#414H
21:00:00	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
22:00:00	Evening with Eric Holder An Evening With Eric Holder is a one-on-one interview with former U.S. Attorney General Eric H. Holder, Jr. whose career that has been committed to service and racial justice. Join Washington Post blogger and MSNBC contributor, Jonathan Capehart, as he engages in conversation with the third longest-serving Attorney General in U.S. history and the first African American to hold that office.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Korla Korla is the amazing story of John Roland Redd, an African American from Columbia, Missouri who migrated to Hollywood in 1939 and reinvented himself as a musician from India. As one of early television's pioneering musical artists, Korla Pandit's life was one of talent, determination, ingenuity and racial passing, a story not fully realized until after his death in 1998.	NETA	(S)	(CC)	N/A	#0H

Tue, Feb 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7222
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3504H
01:00:00	Music City Roots Live from the Factory A special season-closing episode entirely dedicated to the 70th birthday of Nitty Gritty Dirt Band founder John McEuen. Loose jamming with guests Jerry Douglas, Sam Bush, John Carter Cash, Rhonda Vincent and more.	APTEX	(S)	(CC)	N/A	#414H
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	Evening with Eric Holder An Evening With Eric Holder is a one-on-one interview with former U.S. Attorney General Eric H. Holder, Jr. whose career that has been committed to service and racial justice. Join Washington Post blogger and MSNBC contributor, Jonathan Capehart, as he engages in conversation with the third longest-serving Attorney General in U.S. history and the first African American to hold that office.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Korla Korla is the amazing story of John Roland Redd, an African American from Columbia, Missouri who migrated to Hollywood in 1939 and reinvented himself as a musician from India. As one of early television's pioneering musical artists, Korla Pandit's life was one of talent, determination, ingenuity and racial passing, a story not fully realized until after his death in 1998.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#138
08:00:00	Mack & Moxy A Spectrum of Possibilities/A Bop-Topuss's Garden "A Spectrum of Possibilities" - Time to rock! When a Great Helpee is about to hatch in the Musical Forest of HelpeeLand, Mack & Moxy are joined by Trooper Charlie, a boy with autism. They land high atop a colorful tree and see a Little Bird building his nest nearby. Confused as to why their new friend won't look at or talk to them, Trooper Charlie recognizes that Little Bird also has autism. Once they all celebrate the joys of being different, Little Bird's unique talents help them find their way to the Great Helpee! But cliff-climbing Shelfish Sheldon almost has it in his grasp, eager to keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Matt Lucas (Bridesmaids, Little Britain) helps the Heroes' mission in support of Easter Seals, helping individuals with disabilities and special needs, and their families, live better lives for nearly 100 years. "A Bop-Topuss's Garden" - Hey! Another Great Helpee is about to hatch! This time it's in the Giant Oyster Beds at the bottom of HelpeeLand Sea. Mack & Moxy, along with Trooper Georgia, plunge in and get hugged by a bubbly octopus named Penny and her multi-tasking mom, Mrs. Squiggly. As they bop their way to the Great Helpee, Mrs. Squiggly loses steam because she's been too busy to eat properly. Together the Heroes grow their own nutritious garden and with the energy from fresh fruits and vegetables, save the day! Meanwhile, Shelfish Sheldon spies and swiftly swims to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Melissa Fumero (Brooklyn 99) helps the Heroes' mission in support of the American Heart Association, building heart healthy lives for kids, families, and communities since 1924.	APTEX	(S)	(CC)	N/A	#106H
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
09:00:00	Power Yoga: Mind and Body Core-Abs/Back - Version One With Ustrasana, Charlie Chaplin-asana, Fish/Matsyasana and others.	APTEX	(S)	(CC)	N/A	#105
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 Keep The Fun In Functional Fitness In this episode Mary Ann focuses on the fun side of exercise through the use of novelty music and imaginative choreography.	NETA	(S)	(CC)	N/A	#1317H

Tue, Feb 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Doodle Stitching, Part 1  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.	NETA	(S)	(CC)	N/A	#3011H
11:00:00	Knitting Daily Crochet Home  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.	NETA	(S)	(CC)	N/A	#1409H
11:30:00	Fons & Porter's Love of Quilting New Hampshire Nights  Quilters collect fabrics that "speak" to them. Marianne loves to collect reproduction prints and tiny shirting prints. When combined they create a soothing, classic quilt. Inspired by a house quest from New Hampshire the quilt was sashed with stars from the night sky.	NETA	(S)	(CC)	N/A	#2807H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6142H
13:00:00	Hubert Keller: Secrets of a Chef Fun in the Kitchen  Using fun and creative presentations, Chef Keller shows how to make recipes that will dazzle both the eyes and taste buds. He prepares Moroccan-spiced lamb lollipops served with a spicy homemade ketchup and tzatziki sauce. Then it's a delicate vol-au-vent or puff pastry shell filled with luscious escargots bathed in wine and garlic butter. Moroccan-Spiced Lamb Lollipops with Spicy Ketchup and Tzatziki Sauce, Escargot in Puff Pastry Shells, & Champagne Cocktail with Margarita Sorbet.	NETA	(S)	(CC)	N/A	#504H
13:30:00	Sara's Weeknight Meals Mid-East Meets West  Sara's guest Einat Admony of New York's Balaboosta has legions of fans for her Israeli/Mediterranean cuisine, and she's bringing it to our kitchen with a traditional sinaya - a Middle Eastern shepherd's pie. We'll discover more about Einat's fascinating background, including a stint in the Israeli Army. Also on the menu, one of Sara's favorites - falafel salad.	APTEX	(S)	(CC)	N/A	#503H
14:00:00	Taste of History James K. Polk: The Dark Horse President  Chef Walter Staib demystifies the "Dark Horse," James K. Polk, known as "the most important President that you know the least about." In Polk's kitchen, Chef Staib showcases the farm-to-table Southern fare that was dear to Polk's heart: Fried Chicken and Chess Pie.	NETA	(S)	(CC)	N/A	#707H
14:30:00	Sara's Weeknight Meals	APTEX	(S)	(CC)	N/A	#601H
15:00:00	Beads, Baubles and Jewels Make It from Scratch  When the creative urge strikes, it's great to have the right tools at hand. Author and teacher Kate Richbourg cuts, forms and textures metal using hand-held tools to create a leaf-shaped pendant. Katie embellishes tassels with crystals to add a little sparkle.	NETA	(S)	(CC)	N/A	#2209H
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\$ Taking Charge of Your Financial Future  Join the Biz Kids as they figure out where they want to be financially and make plans on how to get there. You can work on your plans and meet some new kid entrepreneurs, too. Follow along as a Biz Kid sets up his first savings account. We also look at an innovative program that rescues street kids and gets them back into education and business.	APTEX	(S)	(CC)	DVI	#106H
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

Tue, Feb 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart Plants and history, what a great combination for gardeners. GardenSMART visits a unique, beautiful garden that provides plenty of gardening food-for-thought. We learned a lot, think you will too. Be sure to tune in.	NETA	(S)	(CC)	N/A	#4410H
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	#14027H
18:30:00	American Forum What Did Hillary Clinton and Barack Obama Really Think of Each Other? New York Times reporter MARK LANDLER on an unlikely White House partnership.	NETA	(S)	(CC)	N/A	#218H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7223
19:30:00	Americas Now	NETA	(S)	(CC)	N/A	#110H
20:00:00	Sun Studio Sessions Greyhounds The Austin-based Greyhounds are the latest discovery of famed Memphis-based label, Ardent Records. The duo, consisting of singer/guitarist Andrew Trube and singer/organist Anthony Farrell bring their own gritty spin to blues rock and soul. In this episode, the band performs several songs, including tracks from their acclaimed release "Accumulator."	NETA	(S)	(CC)	N/A	#609H
20:30:00	Jammin at Hippie Jack's Outlaw Gospel 3 Watch the magic unfold as performers and family members take stage to share songs at Hippie Jack's. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.	NETA	(S)	(CC)	N/A	#1016H
21:00:00	The Kate Ann Wilson Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.	APTEX	(S)	(CC)	N/A	#104H
22:00:00	The Verdigris: In Search of Will Rogers When singer-songwriter Beau Jennings set out to make his latest album, he thought the subject would be about his experiences in Brooklyn, NY, his current home. However, as Jennings worked on the album, he was drawn to a childhood hero of his - the legendary entertainer and political commentator Will Rogers. After writing several songs about the American icon, Jennings decided to further explore the source of his inspiration with a cross-country road trip, resulting in the sentimental documentary THE VERDIGRIS: IN SEARCH OF WILL ROGERS. Named for the river Verdigris that runs through the Oklahoma hometowns of both Rogers and Jennings, the documentary is a unique rendering of Rogers' legacy. Jennings retraces the steps of the legendary Oklahoman, visiting locations where significant milestones occurred in Rogers' life, performing original songs about those events, and interviewing people who shaped or were influenced by the "Cherokee Kid."	APTEX	(S)	(CC)	N/A	#0H

Tue, Feb 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Black Ballerina	APTEX	(S)	(CC)	N/A	#0H

BLACK BALLERINA is a story of passion, opportunity, heartbreak and triumph of the human spirit. Set in the over-whelmingly white world of classical dance, it tells the stories of several black women from different generations who fell in love with ballet. Sixty years ago, while pursuing their dreams of careers in classical dance, Joan Myers Brown, Delores Browne and Raven Wilkinson (the Ballet Russe de Monte Carlo's first black ballerina) confronted racism, exclusion and unequal opportunity in segregated mid-century America. In 2015, three young black women also pursue careers as ballerinas, and find that many of the same obstacles their predecessors faced are still evident in the ballet world today. Through interviews with current and former ballet dancers along with engaging archival photos and film, the one-hour documentary uses the ethereal world of ballet to engage viewers on a subject that reaches far outside the art world and compels viewers to think about larger issues of exclusion, equal opportunity and change.

Wed, Feb 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7223
00:30:00	Americas Now	NETA	(S)	(CC)	N/A	#110H
01:00:00	Sun Studio Sessions Greyhounds	NETA	(S)	(CC)	N/A	#609H
	The Austin-based Greyhounds are the latest discovery of famed Memphis-based label, Ardent Records. The duo, consisting of singer/guitarist Andrew Trube and singer/organist Anthony Farrell bring their own gritty spin to blues rock and soul. In this episode, the band performs several songs, including tracks from their acclaimed release "Accumulator."					
01:30:00	Jammin at Hippie Jack's Outlaw Gospel 3	NETA	(S)	(CC)	N/A	#1016H
	Watch the magic unfold as performers and family members take stage to share songs at Hippie Jack's. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.					
02:00:00	The Kate Ann Wilson	APTEX	(S)	(CC)	N/A	#104H
	Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.					
03:00:00	The Verdigris: In Search of Will Rogers	APTEX	(S)	(CC)	N/A	#0H
	When singer-songwriter Beau Jennings set out to make his latest album, he thought the subject would be about his experiences in Brooklyn, NY, his current home. However, as Jennings worked on the album, he was drawn to a childhood hero of his - the legendary entertainer and political commentator Will Rogers. After writing several songs about the American icon, Jennings decided to further explore the source of his inspiration with a cross-country road trip, resulting in the sentimental documentary THE VERDIGRIS: IN SEARCH OF WILL ROGERS. Named for the river Verdigris that runs through the Oklahoma hometowns of both Rogers and Jennings, the documentary is a unique rendering of Rogers' legacy. Jennings retraces the steps of the legendary Oklahoman, visiting locations where significant milestones occurred in Rogers' life, performing original songs about those events, and interviewing people who shaped or were influenced by the "Cherokee Kid."					
04:00:00	Black Ballerina	APTEX	(S)	(CC)	N/A	#0H
	BLACK BALLERINA is a story of passion, opportunity, heartbreak and triumph of the human spirit. Set in the over-whelmingly white world of classical dance, it tells the stories of several black women from different generations who fell in love with ballet. Sixty years ago, while pursuing their dreams of careers in classical dance, Joan Myers Brown, Delores Browne and Raven Wilkinson (the Ballet Russe de Monte Carlo's first black ballerina) confronted racism, exclusion and unequal opportunity in segregated mid-century America. In 2015, three young black women also pursue careers as ballerinas, and find that many of the same obstacles their predecessors faced are still evident in the ballet world today. Through interviews with current and former ballet dancers along with engaging archival photos and film, the one-hour documentary uses the ethereal world of ballet to engage viewers on a subject that reaches far outside the art world and compels viewers to think about larger issues of exclusion, equal opportunity and change.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#139
08:00:00	Mack & Moxy S.T.E.M. Strong/Get Up, Get Going	APTEX	(S)	(CC)	N/A	#107H
	"S.T.E.M. Strong" - 3-2-1 Blast off! On this mission to save another Great Helpee, the Heroes need Science, Technology, Engineering and Math. With Trooper Xolo, an aspiring engineer, Mack & Moxy head to HelpeeLand and come across a math-loving new friend named Munch Munch. But they're in for a big surprise when they discover that the Great Helpee is hatching atop a volcano covered in hot lava! Together they solve the problem by building a robot. Only one variable - Shelfish Sheldon is bounding up the hillside on a pogo-stick, perfectly poised to pounce and keep all the Great Helpee's happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Citizen Schools, an education program that, through mentoring, helps thousands of middle school students across the US discover and achieve their dreams. "Get Up, Get Going" - On your mark, get set, go! Somewhere in HelpeeLand, a Great Helpee is hatching! Mack & Moxy jump into action with Trooper Lauren and bump into a friendly teenager named Blump who spends his time playing video games and eating candy bars. When asked to help the Heroes find the Great Helpee at the top of the mountain, Blump slumps and sighs. But once he breaks a sweat and gets into shape bike riding, hooping, and hiking up the hill, he reaps the rewards of exercise. As always, Shelfish Sheldon tries to beat them to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Rachael Ray helps the Heroes in support of the President's Council on Fitness, Sports & Nutrition, whose mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.					

Wed, Feb 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Arman The Cheat/Abu Hassan's Legendary Wedding "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.	NETA	(S)	(CC)	DVI	#120H
09:00:00	Power Yoga: Mind and Body Long Holds - Version One With Vinyasa, Warrior I, Warrior II, Ardha Chandrasana and others.	APTEX	(S)	(CC)	N/A	#106
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
10:00:00	Sit and Be Fit Variety, The Spice of Life Mary Ann combines a variety of exercises that improve function including a new exercise that uses the fingers and breath to control abdominal muscles.	NETA	(S)	(CC)	N/A	#1318H
10:30:00	Sewing with Nancy Doodle Stitching, Part 2 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.	NETA	(S)	(CC)	N/A	#3012H
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 Autumn Starshine Our quilts reflect the experiences of our lives. The autumn season turns our attention quilting as the nights become cool and the leaves begin to take on the colors of fall. Autumn Starshine is a great example of capturing that fall palette. Patrick and Lynette Jensen will present techniques for making star blocks, piecing perfect borders and a beautiful binding.	NETA	(S)	(CC)	N/A	#2808H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6143H
13:00:00	Lidia's Kitchen Fish and Seafood It doesn't get any better in an Italian kitchen than when Lidia makes fish and vegetables. In this episode, she prepares a nice and refreshing pan seared shrimp with arugula pesto. Her next dish is butterflied trout, fried in a pan with bacon and basil served with a zucchini dish made with anchovies and capers.	APTEX	(S)	(CC)	N/A	#310H
13:30:00	Taste The Islands with Chef Irie A Little of This Chef Irie draws inspiration from Trinidad and Jamaica with Plantain chips and dip, Pan Grilled Jerk Pork Medallions, Sweet Mango Chutney and an Herb Apple Salad. Chef's interaction with Trinidadian Olympic athlete and Sports Analyst Ato Boldon is concluded with a lesson in making an interpreted Trini Bake and Shark.	APTEX	(S)	(CC)	N/A	#103H
14:00:00	Simply Ming Hawai'i - Isaac Boncaco Ming hits Hawai'i, this week on Simply Ming. Joining Ming is chef Issac Boncaco, the 2014 Maui chef of the year. With two different takes on Tuna, Issac and Ming talk shop and trade recipes as they create a mouthwatering meal on the beautiful sands of Kama'ole beach.	APTEX	(S)	(CC)	N/A	#1418H
14:30:00	Cook's Country Southern Stews Test cook Bridget Lancaster shows host Christopher Kimball how to make a regional classic, Brunswick stew. Next, tasting expert Jack Bishop challenges Chris to a tasting of brown rice. Then, equipment expert Adam Ried reveals his top picks for shrimp tools. And finally, test cook Erin McMurrer reveals the steps to making the best shrimp and grits at home.	APTEX	(S)	(CC)	N/A	#910H

## Daily Program Listing II

43.1

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02/01/2017 - 02/28/2017

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Wed, Feb 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Make It Colorful	NETA	(S)	(CC)	N/A	#2210H
	Color adds an extra pop to any jewelry design. Designer and author Aree Sweet-McNamara blends her love of colors and shapes with soutache braid and tiny beads to create high-impact jewelry. Katie colors charms and pendants using permanent markers and alcohol inks.					
15:30:00	For Your Home Do You Know?	APTEX	(S)	(CC)	N/A	#3108H
	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.					
16:00:00	Biz Kid\$ A Biz: What Is It?	APTEX	(S)	(CC)	DVI	#107H
	You'll see that a successful business supplies goods or services and makes profit when it earns more money than it spends. Meet the junior high school boy who makes healthy dog biscuits, the high school twins with a cake decorating company, and the college student seeking investors for his successful corporation.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1813H
	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.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4411H
	Beautiful plants and abundant wildlife. What's not to like? A great show, with a lot of helpful gardening information. Be sure to tune in this week to GardenSMART.					
17:30:00	Growing A Greener World Know Your Farmer: Supporting Community Agriculture (Pennington, Nj; Bedford	APTEX	(S)	(CC)	N/A	#707H
	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.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14028H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#425H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7224
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#402H
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#102H
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#102H
	Artists: RJ Cowdery, Jared Mahone, Keith Larsen, and hosted by songwriter Eric Gnezda. Special feature: Profile of Nashville Songwriters Association International, Columbus Chapter, with Terry Keith and Gene Castelli. RJ Cowdery was the Kerrville New Folk Winner in 2008, and the 2012 winner of the Dave Carter Memorial Songwriting Contest at Oregon's prestigious Sisters Folks Festival. Her most recent CD features special appearances by Pierce Pettis and Jonathan Byrd. She performs "Far Away." Jared Mahone has been touring nationally for nearly a decade, impressing audiences with his blend of Ohio soul, storytelling poetry, pop melodies, and even classic hip hop. Jared's Everyman persona connects what are often disconnected American cultures. He sings "She Makes Me." Keith Larsen was a finalist in the CMT/NSAI Song Contest, winning the Listener's Choice Award. A frequent participant in Nashville songwriter rounds, he merges a straightforward vocal style with lyrics that resonate with simplicity, honesty, and humility. He performs "Hold On." "Scenes from the Scene" Segment: Nashville Songwriters Association International is the largest songwriting organization in the world. Columbus Chapter leaders Gene Castelli and Terry Keith discuss the group's mission and opportunities open to participants.					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#102H
	Performances by The Arcs, The Jesus and Mary Chain, MS MR and Frank Turner, with an interview from NPR's Bob Boilen and comedy from Tony Rock and Hannibal Burress.					

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Wed, Feb 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Variety Studio: Actors On Actors Viola Davis (Fences) and Tom Hanks (Sully); Emma Stone (La La Land) and Molly Shannon (Other People); Nicole Kidman (Lion) and Casey Affleck (Manchester by the Sea); Matthew McConaughey (Gold) and Jeff Bridges (Hell or High Water).	NETA	(S)	(CC)	N/A	#501H
23:00:00	Beyond Recognition After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.	NETA	(S)	(CC)	N/A	#0H

Thu, Feb 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7224
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#402H
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#102H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#102H
<p>Artists: RJ Cowdery, Jared Mahone, Keith Larsen, and hosted by songwriter Eric Gnezda. Special feature: Profile of Nashville Songwriters Association International, Columbus Chapter, with Terry Keith and Gene Castelli. RJ Cowdery was the Kerrville New Folk Winner in 2008, and the 2012 winner of the Dave Carter Memorial Songwriting Contest at Oregon's prestigious Sisters Folks Festival. Her most recent CD features special appearances by Pierce Pettis and Jonathan Byrd. She performs "Far Away." Jared Mahone has been touring nationally for nearly a decade, impressing audiences with his blend of Ohio soul, storytelling poetry, pop melodies, and even classic hip hop. Jared's Everyman persona connects what are often disconnected American cultures. He sings "She Makes Me." Keith Larsen was a finalist in the CMT/NSAI Song Contest, winning the Listener's Choice Award. A frequent participant in Nashville songwriter rounds, he merges a straightforward vocal style with lyrics that resonate with simplicity, honesty, and humility. He performs "Hold On." "Scenes from the Scene" Segment: Nashville Songwriters Association International is the largest songwriting organization in the world. Columbus Chapter leaders Gene Castelli and Terry Keith discuss the group's mission and opportunities open to participants.</p>						
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#102H
<p>Performances by The Arcs, The Jesus and Mary Chain, MS MR and Frank Turner, with an interview from NPR's Bob Boilen and comedy from Tony Rock and Hannibal Burress.</p>						
03:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#501H
<p>Viola Davis (Fences) and Tom Hanks (Sully); Emma Stone (La La Land) and Molly Shannon (Other People); Nicole Kidman (Lion) and Casey Affleck (Manchester by the Sea); Matthew McConaughey (Gold) and Jeff Bridges (Hell or High Water).</p>						
04:00:00	Beyond Recognition	NETA	(S)	(CC)	N/A	#0H
<p>After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#140
08:00:00	Zula Patrol Larva Or Leave Me/Egg Hunt	APTEX	(S)	(CC)	DVI	#301H
<p>LARVA OR LEAVE ME - Skip needs the help of The Zula Patrol to find his best friend, Wiggly. On their search, they find out the missing worm isn't a worm at all but a beautiful butterfly. They finally locate her just as she emerges from the chrysalis in her new form. Through their search mission, The Zula Patrol learns about the life cycles of different creatures and about a stage of growth called metamorphosis. Now that she's been found, Wiggly worries that Skip won't like her anymore because she's different. Nonsense! Change is a part of life. EGG HUNT - Deliria hatches an evil plan to steal all of the frogs and their eggs on Zula and use them in her quest to takeover the planet. Wizzy and Wigg catch wind of her scheme and come up with their own plan to stop her. Along the way they discover that the eggs hatch into tadpoles and then grow into frogs through metamorphosis. It's up to Zula to find the stolen eggs and frogs and return them to the planet for the good of all.</p>						
08:30:00	1001 Nights The King Who Became A Slave/The Spoon That Ruined Everything	NETA	(S)	(CC)	DVI	#121H
<p>"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 .</p>						
09:00:00	Power Yoga: Mind and Body Forward Folds - Version One	APTEX	(S)	(CC)	N/A	#107
<p>With Paschimottanasana, Janu Sirasana, Ardha Baddhu Padma, and others.</p>						
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#927H
10:00:00	Sit and Be Fit Finger Dexterity	NETA	(S)	(CC)	N/A	#1319H
<p>This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises using a pencil, sit to stand exercises and vestibular work.</p>						

Thu, Feb 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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 Red, White and Gratitude Appreciation can be shown in a variety of ways. A quilt is a heartfelt way to show your thanks to the service men and women who have and are serving in the armed forces. Mary and Marianne will take you through the construction of patchwork that can be used in variety of setting, to honor our American veterans.	NETA	(S)	(CC)	N/A	#2809H
12:00:00	Democracy Now! A visit to Barolo Grand Cru vineyards; Michelin star Chef Stefano Cervelli's Shrimp recipe; the Cheese Taster; Bagna Cauda recipe.	KNME	(S)	(CC)	N/A	#6144H
13:00:00	Eat! Drink! Italy! with Vic Rallo The Best Ingredients A visit to Barolo Grand Cru vineyards; Michelin star Chef Stefano Cervelli's Shrimp recipe; the Cheese Taster; Bagna Cauda recipe.	APTEX	(S)	(CC)	N/A	#105H
13:30:00	Cooking with Nick Stellino Seafood Feast Mussel Soup with Curry; Linguine with Red Clam Sauce; Halibut over Minted Zucchini with Garlic.	APTEX	(S)	(CC)	N/A	#206H
14:00:00	Joanne Weir's Cooking Confidence Pizza with Pizzazz Joanne welcomes her student Geoffto class with a quick and easy salmon and pickled onion pizza. Then together they explore the idea of contrasts of flavor, texture, and color, making lemon turkey cutlets and an arugula and orange salad. Recipes: Lavash Pizza with Herb Salad, Arugula and Orange Salad, and Lemon Turkey Cutlets. Student: Geoff Rubendall, Civil Engineer.	APTEX	(S)	(CC)	N/A	#102H
14:30:00	New Scandinavian Cooking Historical Garden Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. In today's episode Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables. He uses fresh herbs to make an egg-free mayonnaise, combines baked rutabaga and local vendace roe, and makes scones with yellow and red beets. For main course he makes a potato crusted beef fillet with herbs from the beautiful garden.	APTEX	(S)	(CC)	N/A	#706H
15:00:00	Beads, Baubles and Jewels Take Beadwork to the Next Level Author Nealay Patel returns to show how the type of wire used can enhance the design possibilities. He uses knitted wire and adds ruffles and ripples to make a dazzling necklace. Following today's hot trend, Katie makes a bracelet on a loom using leather cord and crystal beads in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2211H
15:30:00	For Your Home Backyard Living Spaces 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.	APTEX	(S)	(CC)	N/A	#3109H
16:00:00	Biz Kid\$ How to Succeed In Biz-Ness By Really Trying! A business can be anything from babysitting to owning vending machines. You'll discover the three key steps to success: identifying a need, making a plan to fill a need, and taking action. Join us as we meet the prep school boy whose new take on the old school tie caused a sensation. We also meet the young founder of Logan magazine.	APTEX	(S)	(CC)	DVI	#108H

Thu, Feb 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids On The Move	NETA	(S)	(CC)	DVI	#1701H
	We are on the move, with projects that go along with us, or move themselves! Join host Katie Hacker and make a rockin' roadster that really rolls. Artist Franz Spohn uses a little string to add animation to his art and blogger Jenny Barnett Rohrs make a wreath with colorful felt pinwheels. Use the Family Craft Box and recycled denim to make a car track. Decorate your room with an eye-catching string art project that uses color to create the feeling of movement.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4412H
	Fantastic homes, with equally fantastic gardens make for a gardeners paradise. GardenSMART visits with some great gardeners who show us how they made their yards and gardens "special." Join us as we GardenSMART with some exceptional gardeners.					
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	#14029H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1333H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7225
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1115H
20:00:00	Backstage Pass Hank Mowery & The Hawktones - Encore	NETA	(S)	(CC)	N/A	#604H
	Hank Mowrey plays more blues with old-school sensibility and modern-day energy, covering Chicago standards, Texas shuffles, West Coast swing, originals and more. Featuring Mike Morgan.					
20:30:00	Ray Stevens Cabaray Nashville Guests: Charlie Mccoy and Lori Stegner	OETA	(S)	(CC)	N/A	#105H
	"I Am My Own Granpa" (RAY) "Temp-Tay-Shun" w/Lori (RAY) "Orange Blossom Special" (CHARLIE).					
21:00:00	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.					
22:00:00	Afropop: The Ultimate Cultural Exchange The Deported	APTEX	(S)	(CC)	N/A	#606H
	The film follows a group of men, raised in the United States or Canada, and repatriated to Haiti for crimes ranging from violent assaults to driving violations and petty theft. Faced with a language and culture they do not understand, the men struggle to adapt to a new and unfamiliar country hostile to their presence. The deportee's families, meanwhile, grapple with anxiety, blame and regret.					
23:00:00	Locked Out: The Fall of Massive Resistance	APTEX	(S)	(CC)	N/A	#0Z
	In 1958, the Commonwealth of Virginia led other Southern states in refusing the U.S. Supreme Court's mandate to integrate its public schools in the aftermath of the Brown v. Board of Education decision. Several counties "locked down" or closed their public schools altogether - one for as long as five years - rather than allow black students into all-white schools. LOCKED OUT: THE FALL OF MASSIVE RESISTANCE sheds light on this dark moment in history through interviews, academic commentary and archival footage from the era. The documentary, produced to commemorate the 50th anniversary of the end of the so-called Massive Resistance laws, offers first-hand accounts from African-American students who found themselves on the front lines of this desegregation battle.					

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Fri, Feb 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7225
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1115H
01:00:00	Backstage Pass Hank Mowery & The Hawktones - Encore Hank Mowrey plays more blues with old-school sensibility and modern-day energy, covering Chicago standards, Texas shuffles, West Coast swing, originals and more. Featuring Mike Morgan.	NETA	(S)	(CC)	N/A	#604H
01:30:00	Ray Stevens Cabaray Nashville Guests: Charlie Mccoy and Lori Stegner "I Am My Own Granpa" (RAY) "Temp-Tay-Shun" w/Lori (RAY) "Orange Blossom Special" (CHARLIE).	OETA	(S)	(CC)	N/A	#105H
02:00:00	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
03:00:00	Afropop: The Ultimate Cultural Exchange The Deported The film follows a group of men, raised in the United States or Canada, and repatriated to Haiti for crimes ranging from violent assaults to driving violations and petty theft. Faced with a language and culture they do not understand, the men struggle to adapt to a new and unfamiliar country hostile to their presence. The deportee's families, meanwhile, grapple with anxiety, blame and regret.	APTEX	(S)	(CC)	N/A	#606H
04:00:00	Locked Out: The Fall of Massive Resistance In 1958, the Commonwealth of Virginia led other Southern states in refusing the U.S. Supreme Court's mandate to integrate its public schools in the aftermath of the Brown v. Board of Education decision. Several counties "locked down" or closed their public schools altogether - one for as long as five years - rather than allow black students into all-white schools. LOCKED OUT: THE FALL OF MASSIVE RESISTANCE sheds light on this dark moment in history through interviews, academic commentary and archival footage from the era. The documentary, produced to commemorate the 50th anniversary of the end of the so-called Massive Resistance laws, offers first-hand accounts from African-American students who found themselves on the front lines of this desegregation battle.	APTEX	(S)	(CC)	N/A	#0Z
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#141
08:00:00	Zula Patrol Spin Control: The Venus Effect/Crater Raters: Journey to Mercury SPIN CONTROL: THE VENUS EFFECT - Venus refuses to pose for a picture on Multo's Mega-Map of the Solar System because she feels that she doesn't fit in with the other planets. The Zula Patrol figures out how unique Venus is, then (with some musical help from Wizzy and Wigg) manage to convince her that having a "retrograde" rotation really rocks! CRATER RATERS: JOURNEY TO MERCURY - The Zulean Crater Rater Society is late in arriving for Multo's luncheon and that means trouble. The Zula Patrol must race to the planet Mercury to rescue the Raters from the clutches of Dark Truder - who wants to use their knowledge of craters to build a gigantic golf course where even HE can't miss the holes.	APTEX	(S)	(CC)	DVI	#302H
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	Power Yoga: Mind and Body Stamina - Version One With Vyagrasana, Trikonasana, and others.	APTEX	(S)	(CC)	N/A	#108
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
10:00:00	Sit and Be Fit Happy Feet, Healthy Body Mary Ann stresses the importance of foot health. Using a small ball she shares foot exercises and massage techniques to improve circulation, range of motion and strength in the foot.	NETA	(S)	(CC)	N/A	#1320H

Fri, Feb 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Fit 2 Stitch Intro to Sewing Fashion What do cars and sewing have in common? Find out today as we begin our introduction to sewing. This season, we'll take you from the start, all the way to fabulous fashion finishes.	NETA	(S)	(CC)	N/A	#301H
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
11:30:00	Fons & Porter's Love of Quilting Quilting with An Accent: Embellishment Techniques Quilt tops can be seen as a canvas. Our patchwork can be enhanced and accented, becoming a new creation. Mary and her guest Jerry discuss sewing machine needles, threads and techniques for generating a secondary layer - quilting that adds dimension and interest to our patchwork.	NETA	(S)	(CC)	N/A	#2810H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6145H
13:00:00	P. Allen Smith's Garden to Table Salad Greens P. Allen Smith demonstrates the ease of growing your own salad greens. This episode explores the vocabulary and range of "greens." Allen steps into the garden and shows off some of his favorites. Plus, learn how to make an appetizing Nicoise salad for your next dinner party.	APTEX	(S)	(CC)	DVI	#107H
13:30:00	Mike Colameco's Real Food Sicily Part 1 Chef Melissa Muller own the Sicilian restaurant Eolo in Chelsea she's also is writing a great new book on Sicilian food for Rizzoli So when Mike wanted a culinary tour of the Island he's tapped Melissa to be his Sherpa. In this episode and the next they'll visit all nine provinces drink wine on Mount Etna, taste the best fresh made cannoli, see cous cous made by hand, drink raw goats milk then the cheese made from it, and the list goes on.	NETA	(S)	(CC)	N/A	#1415H
14:00:00	Chef John Besh's New Orleans Creole Matzos Ball Soup, Passover Artichokes, and Blood Orange Creme Brulee.	APTEX	(S)	(CC)	N/A	#109H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#244H
15:00:00	Beads, Baubles and Jewels New Ideas for Wirework Designer Wyatt White shows how to use a special bracelet jig to create fun and fashionable wire bangles and custom wire components. In her Beading Lesson, Katie braids knitted wire tubing and strings it together with stones and fibers to make a chunky multi-strand necklace.	NETA	(S)	(CC)	N/A	#2212H
15:30:00	For Your Home What's Cooking 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.	APTEX	(S)	(CC)	N/A	#3110H
16:00:00	Biz Kid\$ Cash and Credit You'll learn about the power and pitfalls of credit, which is essentially using someone else's money temporarily (for a price). Meet a young entrepreneur who used credit to start a successful bath salts business and another who launched a successful design firm. And, as a cautionary tale, we talk to a young woman who had fun buying with credit until she found herself in bankruptcy.	APTEX	(S)	(CC)	DVI	#109H
16:30:00	Hands On Crafts for Kids Critters and Creatures Inspiration comes from animals and creatures - real and imaginary. Katie makes a 3-D owl with textured wings makes a great decoration for any room. Franz and Katie make creature creation a team sport by drawing three-part fantasy animals together. Jenny looks to the sea to find inspiration for a jelly-fish made from re-cycled materials then Katie creates a glittery clay lizard textured with found items. From the Family Craft box make a pair of bear claw slippers made from tissue boxes.	NETA	(S)	(CC)	DVI	#1702H

Fri, Feb 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart GardenSMART visits with a gardener who shares how they create surprise and excitement in their garden. We learned a lot and think you will too. Join us this week as we GardenSMART.	NETA	(S)	(CC)	N/A	#4413H
17:30:00	Growing A Greener World The Edible Schoolyard: A Class Without Walls and a Love to Learn (Berkeley, Ca) 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.	APTEX	(S)	(CC)	N/A	#709H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14030H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2439Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7226
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#905H
20:00:00	Song of the Mountains Bobby Hicks & Mark Kuykendall/Steve Gulley & New Pinnacle	NETA	(S)	(CC)	N/A	#1124H
21:00:00	Woodsongs Nelle King / David Wax Museum One Elle King is a phenomenal performer, songwriter, with an incredible voice and massive personality. Her single "Ex's & Oh's" is a hit. It just certified gold by the RIAA, has over 6.5 million views on YouTube and is nominated for two Grammys. She received raves at all the summer festivals including Bonnaroo, Lollapalooza and more. Her debut album Love Stuff on RCA Records marks the true arrival of the young singer/songwriter/guitarist/banjoist as a pop force to be reckoned with. It's frank and fearless, tender and rowdy. David Wax Museum had the breakout performance at the 2010 Newport Folk Festival and made them the most talked-about band of the weekend, with NPR hailing them as "pure, irresistible joy." David Wax Museum's new album Guesthouse melds the band's strong acoustic sound with synthesizers, layers of percussion, and adventurous sonic processing to create the band's boldest studio album to date.	NETA	(S)	(CC)	N/A	#1807H
22:00:00	Film School Shorts Separation Anxiety Owl and Mouse (New York University) - In this wry tale that celebrates the art of stop-motion animation, a curmudgeonly owl must fight his nature when he has to watch over a young mouse for a night. Directed by Emma J. Noble. So You've Grown Attached (New York University) - An imaginary friend is forced to consider retirement when his creator - and best friend - starts to grow up. Directed by Kate Tsang. Steadfast Stanley (California Institute of the Arts) - A faithful dog must journey through the zombie apocalypse to save his best friend. Directed by John Kim. Fluffy the Flying Fish (School of Visual Arts) - When they move from Los Angeles to Denver, a family has to decide how to transport their pet goldfish, Fluffy. Directed by Ryan Charnatz.	NETA	(S)	(CC)	N/A	#302H
22:30:00	On Story	NETA	(S)	(CC)	N/A	#412H
23:00:00	Science Goes to the Movies Zero Days/ Mr. Robot Science Goes to the Movies hacks into the realities behind the TV show Mr. Robot and feature documentary, Zero Days. Watch as our guest, Rosario Gennaro, breaks down why Mr. Robot isn't so fictional.	EPS	(S)	(CC)	N/A	#306H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1017

Sat, Feb 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7226
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#905H
01:00:00	Song of the Mountains Bobby Hicks & Mark Kuykendall/Steve Gulley & New Pinnacle	NETA	(S)	(CC)	N/A	#1124H
02:00:00	Woodsongs Nelle King / David Wax Museum One	NETA	(S)	(CC)	N/A	#1807H
	<p>Elle King is a phenomenal performer, songwriter, with an incredible voice and massive personality. Her single "Ex's &amp; Oh's" is a hit. It just certified gold by the RIAA, has over 6.5 million views on YouTube and is nominated for two Grammys. She received raves at all the summer festivals including Bonnaroo, Lollapalooza and more. Her debut album Love Stuff on RCA Records marks the true arrival of the young singer/songwriter/guitarist/banjoist as a pop force to be reckoned with. It's frank and fearless, tender and rowdy. David Wax Museum had the breakout performance at the 2010 Newport Folk Festival and made them the most talked-about band of the weekend, with NPR hailing them as "pure, irresistible joy." David Wax Museum's new album Guesthouse melds the band's strong acoustic sound with synthesizers, layers of percussion, and adventurous sonic processing to create the band's boldest studio album to date.</p>					
03:00:00	Film School Shorts Separation Anxiety	NETA	(S)	(CC)	N/A	#302H
	<p>Owl and Mouse (New York University) - In this wry tale that celebrates the art of stop-motion animation, a curmudgeonly owl must fight his nature when he has to watch over a young mouse for a night. Directed by Emma J. Noble. So You've Grown Attached (New York University) - An imaginary friend is forced to consider retirement when his creator - and best friend - starts to grow up. Directed by Kate Tsang. Steadfast Stanley (California Institute of the Arts) - A faithful dog must journey through the zombie apocalypse to save his best friend. Directed by John Kim. Fluffy the Flying Fish (School of Visual Arts) - When they move from Los Angeles to Denver, a family has to decide how to transport their pet goldfish, Fluffy. Directed by Ryan Charnatz.</p>					
03:30:00	On Story	NETA	(S)	(CC)	N/A	#412H
04:00:00	Science Goes to the Movies Zero Days/ Mr. Robot	EPS	(S)	(CC)	N/A	#306H
	<p>Science Goes to the Movies hacks into the realities behind the TV show Mr. Robot and feature documentary, Zero Days. Watch as our guest, Rosario Gennaro, breaks down why Mr. Robot isn't so fictional.</p>					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1017
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#142
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Impressionistic Fresh Flowers	APTEX	(S)	(CC)	N/A	#504H
	<p>A vase of daisies and roses serve as the subject of Gary's painting in this episode. Gary explains that a painter often sees things differently, and that provides the inspiration to arrange the painting's roses and daisies in a way that belies reality, but gives a good result.</p>					
08:30:00	Grand View Redwood National Park	APT		(CC)	N/A	#208H
	<p>In this episode, Baumann's journey takes his audience to some of the tallest trees on Earth. These old growth redwood stands are some of the last remaining timber that was saved from the lumber industry. These magnificent trees live to be 2000 years old and grow to be over 300 feet tall; Baumann's journey takes him to the base of these mythical giants. Interviews include park biologist, Ray Murray and superintendent, Bill Pierce. Native American yet to be announced. Baumann concludes this episode by painting a grove of redwoods that follow the Little Bald Hills to the Pacific.</p>					
09:00:00	Landscapes Through Time with David Dunlop J.M.W. Turner's Visions of Veni	NETA	(S)	(CC)	DVI	#201H
	<p>J.M.W. Turner (1775-1851) traveled to Venice three times and his experimentation in Venice served as a sensual catalyst for his future work. David discusses Turner's watercolor techniques in front of the iconic baroque cathedral Santa Maria della Salute, overlooking the Grand Canal. He then paints an oil sketch overlooking the Dogana and San Giorgio Maggiore, the same scenes immortalized in many of Turner's transcendent paintings from Venice.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hips, Knees & Foot Workout	APTEX	(S)	(CC)	DVI	#929H

Sat, Feb 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit All Systems Go!	NETA	(S)	(CC)	N/A	#1401H
	This program incorporates exercises for the brain and several body systems including vestibular and lymphatic.					
10:30:00	Wai Lana Yoga Focus: Arms and Legs	APTEX	(S)	(CC)	N/A	#507
	Loosen your shoulders while strengthening your arms. A squatting pose and leg lifts loosen your hips while strengthening your legs.					
11:00:00	Delicious TV's Vegan Mashup Street Food Evolution	NETA	(S)	(CC)	DVI	#301H
	From around the world food on the street is rich in flavor and history today the chefs create a dish based on their best street food memories. Miyoko Schinner is making created her very own Spicy Miso Ramen. Toni visits a torte shop in Italy and cracks the code to make Torta di Ceci. . And Terry Hope Romero whips up a personal favorite, Mexican Roasted Corn Salad with Avocado.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Pit Cooking, Sacred and Smoky	APTEX	(S)	(CC)	N/A	#1112H
	Cooking in underground pits is an elemental part of Yucatecan cooking. In fact, it's downright sacred, as seen during the preparation of mucbil pollo at an intimate candlelit Hanal Pixan ceremony (think of it as the Yucatan's version of Dias de Los Muertos.) Rick heads to Yaxunah to see the entire process of making cochinita pibil, from the digging of the pit to the garnishing of the tacos. Rick also visits the smoky ovens in Temozon, a village known throughout Yucatan for its purveyors of smoked meats. Then, he places a big order at Momocoa, a Southern-American- slash-Yucatecan barbecue joint in Merida run by chef Paloma Ponce. All of the smoke stokes Rick's inner pit master, so back in Chicago he makes short ribs with ancho BBQ sauce and pollo pibil.					
12:00:00	Lidia's Kitchen Cheese	APTEX	(S)	(CC)	N/A	#418H
	Italians love cheese, and with more than 460 varieties made in Italy, it leads to many mouth-watering cheesy recipes. In this episode, Lidia shares her cheese baked in a crust:gorgonzola wrapped with puff pastry and baked as crispy cheesy bites; celery, artichoke and mortadella salad: a flavorful and fresh mix of celery, artichoke and mortadella; and finally meatloaf ricotta: a family favorite meatloaf dish packed with three different cheeses.					
12:30:00	Moveable Feast with Fine Cooking The Big Island, Hawai	APTEX	(S)	(CC)	N/A	#309H
	Explore the local flavors and traditions of Hawaii's Big Island on this episode of Moveable Feast with Fine Cooking. "The Pied Piper of Hawaii Regional Cuisine," chef Peter Merriman takes Pete on a trip up the Kohala Mountains to the beautiful Kahua Ranch where they pick-up Wagyu beef for the night's feast. Meanwhile, local chef Jim Babian sources abalone straight from the tank at the Natural Energy Laboratory of Hawaii. After their island adventures, the chefs meet up at Merriman's Restaurant to prepare the feast. Tonight's menu features wood-grilled abalone with celery and fennel salad; pipiaula beef jerky poke; pan-seared kampachi with lily koi brown butter sauce; lamb curry with fresh ginger, tumeric, coconut, and pineapple-mint garnish served with coconut-raisin-cashew chutney, and a fabulous strawberry pie.					
13:00:00	Expeditions with Patrick Mcmillan South Texas - The Border	APTEX	(S)	(CC)	N/A	#308H
	How important is the border region to the ebb and flow of life in your backyard? How important is it to our natural heritage? Do the birds you enjoy or the waterfowl you pursue need this place to survive? Join Patrick as he explores the connections to your backyard on the volatile border region of South Texas.					
13:30:00	Joseph Rosendo's Travelscope Taiwan - Iron Pathways to Adventure - Part 2	APTEX	(S)	(CC)	DVI	#802H
	Joseph continues his Taiwan Rail Adventure. As he rides the rail system he finds natural and cultural adventures that entertain, educate and enchant the traveler. Along with Taiwan's natural beauty, cultural richness and colorful history, Joseph learns that rather than demolish the old, the Taiwanese are repurposing outdated train stations, rail lines and the remnants of industries the rails once supported in order to serve Taiwan's ever-growing and changing population in new ways. It only goes to prove that there is, indeed, no end to the surprising, enlightening, exhilarating and heart-warming experiences that can be had when visiting this beautiful island nation.					
14:00:00	Rick Steves' Europe West England	APTEX	(S)	(CC)	N/A	#908H
	The quintessence of charming England is the "West Country": quaint Cotswold villages with their fine churches, manor homes, and gastropubs; Wells, England's smallest cathedral town; and the New Age capital of Glastonbury, with its legends of the Holy Grail and King Arthur. He finishes by pondering the dramatic prehistoric stone circles of Stonehenge and Avebury.					

Sat, Feb 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa Hluhluwe - Rhino Central  At one time the total Southern African and for the most part, all of Africa's black and white rhino population was found in one large forgotten South African park-Hluhluwe. Bill investigates how this park and its Big 12 diversity has saved rhinos for the world.	NETA	(S)	(CC)	N/A	#209H
15:00:00	Garden Smart  Designing an all-season garden can seem like a daunting task. But a little preplanning goes a long way. GardenSMART visits with an expert who knows how to make a gardening impact year round. Be sure to tune in.	NETA	(S)	(CC)	N/A	#4506H
15:30:00	Farm with Ian Knauer 4th of July Picnic  When asked what Ian's family and friends who served overseas missed the most, the answer is always the food. Hear touching stories about communicating overseas through food instead of language and make all-American picnic favorites - from Cheddar-Stuffed Burgers to Commel Fried Chicken.	NETA	(S)	(CC)	DVI	#107H
16:00:00	Maria Hinojosa: One-On-One Bobby Sanabria  Musician, conductor, and composer Bobby Sanabria has performed with Mario Bauza, Dizzy Gillespie and Tito Puente, and is one of the most celebrated percussionists in Latin Jazz today.	APTEX	(S)	(CC)	N/A	#402Z
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 Book Maker  Chad Pastotnik makes fine art books. Host Eric Gorges visits Chad's studio to learn about 400-year-old printing and binding techniques.	APTEX	(S)	(CC)	N/A	#111H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3505H
18:30:00	The Open Mind Incubators of Hate  Guest: Jonathan Greenblatt. Jonathan Greenblatt, CEO of the Anti-Defamation League, talks about how social media are enabling bigotry.	NETA		(CC)	N/A	#3726H
19:00:00	Closer to Truth Can Philosophy of Religion Find God?  Does God exist? What are God's attributes and traits? How to examine such questions about God? Philosophy enables analysis and provokes insight.	EPS	(S)	(CC)	N/A	#1206H
19:30:00	Drexel Interview Wendell Pierce, Part 2  This is the second part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. In this episode, Pierce discusses his upbringing in New Orleans, the destruction and healing he experienced in the aftermath of Hurricane Katrina, and his devotion to family and community. He also addresses the universal message of Waiting for Godot, which he performed on his ravaged hometown streets in the wake of Katrina. This episode features a moving reading by Pierce, who is the author of the memoir and New Orleans tribute The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken.	NETA		(CC)	N/A	#502H
20:00:00	Infinity Hall Live Rhiannon Giddens  Rhiannon Giddens' triumphant performance is fiercely loyal to her roots. During this passionately intelligent performance her bare-footed elegance and fearless banjo and fiddle playing are surpassed only by her vocal prowess. For the IHL audience Giddens offer the fervor of a spiritual on "Waterboy", the yips of a field holler on "Duncan and Jimmy" and a Gaelic-style hootenanny on "Mouth Music". Folk duo Birds of Chicago add to the harmony on "Lost on the River" from The New Basement Tapes project. Interview with Giddens.	APTEX	(S)	(CC)	N/A	#501H

## Daily Program Listing II

43.1

Date: 01/03/2017

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Sat, Feb 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Borns	APTEX	(S)	(CC)	N/A	#606H
	Indie pop singer/songwriter BORNNS treats the sold-out crowd at the Iridium in New York City to a captivating performance featuring songs from his debut album Dopamine. The Michigan native debuts his dreamy pop sound with songs like "The Emotion," "10,000 Emerald Pools," and his latest single, the Top 10 hit "Electric Love." During the performance BORNNS shares stories from the making of the album and explains the eerie background noise on "The Emotion."					
22:00:00	Globe Trekker Puerto Rico	APTEX	(S)	(CC)	N/A	#1506H
	Zay Harding visits San Juan, the El Yunque National Forest, the Camuy River Caves National Park and the coffee-producing central highlands. Along the way he discovers why Puerto Rico is known as the "island of enchantment," boasting sun-kissed beaches, dramatic mountains, a rich colonial history, and great music.					
23:00:00	Arts In Context The House of Songs	NETA		(CC)	N/A	#705H
	The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.					
23:30:00	Invitation to World Literature My Name Is Red	APTEX	(S)	(CC)	DVI	#102H
	Both an historical novel and a graphic murder mystery set among the miniaturists of the Ottoman court. With its focus on Istanbul, a major crossroads of the world, it tells of the artistic/cultural contest between Europe and the East. Cast members include the book's Nobel-prize winning author, Orhan Pamuk, and its English translator, Erdag Goknar.					

Sun, Feb 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Can Philosophy of Religion Find God? Does God exist? What are God's attributes and traits? How to examine such questions about God? Philosophy enables analysis and provokes insight.	EPS	(S)	(CC)	N/A	#1206H
00:30:00	Drexel Interview Wendell Pierce, Part 2 This is the second part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. In this episode, Pierce discusses his upbringing in New Orleans, the destruction and healing he experienced in the aftermath of Hurricane Katrina, and his devotion to family and community. He also addresses the universal message of Waiting for Godot, which he performed on his ravaged hometown streets in the wake of Katrina. This episode features a moving reading by Pierce, who is the author of the memoir and New Orleans tribute The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken.	NETA		(CC)	N/A	#502H
01:00:00	Infinity Hall Live Rhiannon Giddens Rhiannon Giddens' triumphant performance is fiercely loyal to her roots. During this passionately intelligent performance her bare-footed elegance and fearless banjo and fiddle playing are surpassed only by her vocal prowess. For the IHL audience Giddens offer the fervor of a spiritual on "Waterboy", the yips of a field holler on "Duncan and Jimmy" and a Gaelic-style hootenanny on "Mouth Music". Folk duo Birds of Chicago add to the harmony on "Lost on the River" from The New Basement Tapes project. Interview with Giddens.	APTEX	(S)	(CC)	N/A	#501H
02:00:00	Front and Center Borns Indie pop singer/songwriter BORNs treats the sold-out crowd at the Iridium in New York City to a captivating performance featuring songs from his debut album Dopamine. The Michigan native debuts his dreamy pop sound with songs like "The Emotion," "10,000 Emerald Pools," and his latest single, the Top 10 hit "Electric Love." During the performance BORNs shares stories from the making of the album and explains the eerie background noise on "The Emotion."	APTEX	(S)	(CC)	N/A	#606H
03:00:00	Globe Trekker Puerto Rico Zay Harding visits San Juan, the El Yunque National Forest, the Camuy River Caves National Park and the coffee-producing central highlands. Along the way he discovers why Puerto Rico is known as the "island of enchantment," boasting sun-kissed beaches, dramatic mountains, a rich colonial history, and great music.	APTEX	(S)	(CC)	N/A	#1506H
04:00:00	Arts In Context The House of Songs The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.	NETA		(CC)	N/A	#705H
04:30:00	Invitation to World Literature My Name Is Red Both an historical novel and a graphic murder mystery set among the miniaturists of the Ottoman court. With its focus on Istanbul, a major crossroads of the world, it tells of the artistic/cultural contest between Europe and the East. Cast members include the book's Nobel-prize winning author, Orhan Pamuk, and its English translator, Erdag Goknar.	APTEX	(S)	(CC)	DVI	#102H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#143
08:00:00	Gary Spetz's Painting Wild Places! with Watercolors Learn to Paint Trail Ridge Overlook, Part 1 A beautiful snow capped mountain panorama, framed by pine trees and wildflowers, from Colorado's Rocky Mountain National Park. In a step-by-step demonstration, Gary takes the viewer half way through the painting process: from a drawing on watercolor paper through the creation of the painting's base foundation of colors and values.	APT	(S)	(CC)	N/A	#105
08:30:00	Paint This with Jerry Yarnell Night Sail, Part 4 Jerry blocks in the shape of the boat and sail. He discusses the proper technique for painting white by using a gray underpainting, and he demonstrates the technique while using a chisel brush. After blocking in the white, he mixes Alizarin Crimson and Dioxazine Purple to create the underpainting for the red portion of the sails. Carefully creating the light and dark values of the white and the red portions of the sail. He then blocks in the cabin and adds glazes to the water and shows the importance of adding light to the water (even at night) and how to properly connect it through the use of negative space.	NETA	(S)	(CC)	N/A	#1212H

Sun, Feb 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Sea Otter	APTEX	(S)	(CC)	N/A	#605H
	<p>Art Lesson: Blending Techniques. Many artists are defined by their blending techniques. A blend is the gradual transition from one color to another. Oil paint, because it takes time to dry, allows you to move the wet paint around on the canvas. This makes it easy to do the thing most difficult to do with other types of paint, the blend. All brushes will blend oil paint. Flat brushes are best. Colors are mixed on a palette and applied on the canvas. The brush is dragged back and forth in a crosshatch stroke between two values until a satisfactory transition is made. Value is the lightness or darkness of a hue by adding black or white to a color. Parallel strokes are used to refine the transition of values. A clean brush is used for the dark to middle and another clean brush for the light to middle. Wyland demonstrates how his blending techniques can create a flowing underwater scene.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Frozen Shoulder (All Standing)	APTEX	(S)	(CC)	DVI	#930H
10:00:00	Sit and Be Fit Fit from Head to Toe	NETA	(S)	(CC)	N/A	#1402H
	<p>This episode incorporates a variety of exercises ranging from vestibular system to feet and gait.</p>					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#216
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#246H
11:30:00	New Orleans Cooking with Kevin Belton Classic Creole	APTEX	(S)	(CC)	N/A	#111H
	<p>Corn and crab bisque, shrimp etouffee, pralines.</p>					
12:00:00	Ciao Italia Piedmont Cheese/I Formaggi Piemontesi	NETA	(S)	(CC)	N/A	#2416H
	<p>Mary Ann and good friend Pattie Bongiovanni, a visit the village of Valcasotto in Italy's Piedmont region to buy some artisanal cheese from the Bepino Occelli cheese company, before returning to the castle kitchen to make creamy rich, meat and cheese-filled Cannelloni to die for.</p>					
12:30:00	Mike Colameco's Real Food Peru Part 1	NETA	(S)	(CC)	N/A	#1418H
	<p>We'd heard a lot about the amazing new culinary scene in Lima where the vibrant economy plus world class fishing from that Pacific coastline, amazing local ingredients and a lot of native talented chefs pushing the envelope. In these two shows we'll see ceviche in many variations, visit restaurant Central ranked #4 in Pellegrino's Best Restaurants in the World 2015 list, eat some great Peruvian Chicken, tour the city of Cusco at 11,000 feet above seas level and of course have a Pisco sour or three.</p>					
13:00:00	Wild Photo Adventures Shoot Epic Videos with Your Dslr Camera	NETA	(S)	(CC)	DVI	#312H
	<p>Host and professional wildlife photographer Doug Gardner shows how to use a "still" camera to make beautiful videos.</p>					
13:30:00	Equitrekking Colorado	APTEX	(S)	(CC)	N/A	#511
	<p>At the Colorado Cattle Company in Northern Colorado, Equitrekking host Darley Newman participates in "Dream Week," learning to ride championship cutting horses with expert Teddy Johnson. In Southern Colorado, Darley rides up to over 12,000 feet in San Juan National Forest with native Anne Rapp. The ride to Engineer Mountain takes Darley through alpine meadows, steep mountain passes and open expanses where views reach all the way to New Mexico. Darley and Anne survive the changes in weather that come with high altitudes, including a hailstorm, before heading back down the mountain. At Wilderness Trails Ranch, a family-oriented dude ranch, Darley trail rides to Vallecito Lake and learns more techniques for working cattle. Finally, Darley rides the rails and experiences the past on the Durango &amp; Silverton Narrow Gauge Railroad.</p>					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#244H
14:30:00	Travel with Kids South Africa's Garden Coast - Wild Monkey Adventures	NETA	(S)	(CC)	N/A	#409H
	<p>Monkeys! Cheetahs! Gibbons and Lemurs! Explore South Africa's exciting southern coast, also called the Garden Route. Get up close to all kinds of furry friends at Monkeyland. Learn X'hosa while riding horseback with zebras. See South Africa's interesting birds and take a serval cat for a walk.</p>					

Sun, Feb 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Serving In Style	NETA	(S)	(CC)	N/A	#1005H
	Key techniques for creating an elegant serving tray are featured in Details of Craftsmanship. Then learn about the basics of building drawers.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Cabinets and AI	APTEX	(S)	(CC)	N/A	#711H
	This week on Rough Cut Woodworking with Tommy Mac Tommy is joined by Rough Cut regular AI D'Attanasio to help him on his work station and cabinet in his ever evolving shop. No woodworking shop is complete without a work station for your tools and cabinets for storage, and AI is here to make sure Tommy does it right.					
16:00:00	Happy Yoga with Sarah Starr Luminous Waves	NETA	(S)	(CC)	N/A	#201H
	Allow the luminous water energy to recharge your body as we enjoy a dynamic flowing warrior series using a chair for support, focusing on strengthening the legs while opening to more space and flexibility in the hips, shoulders and upper back.					
16:30:00	Second Opinion Psychosis	APTEX	(S)	(CC)	N/A	#1204H
	Schizoaffective disorder is a form of psychosis and is a mental illness in which a person experiences a combination of schizophrenia symptoms. People affected often have hallucinations or delusions, as well as mood disorder symptoms such as mania or depression. Our patient, Lynne Fisher, had her life turned upside down by the onset of this illness, and battled through five years of symptoms to find a treatment plan that enables her to have a constructive and happy life. Myth or Medicine: Are people with serious mental illness more prone to violence? Second Opinion 5: Five reasons to consult a mental health professional.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Food Allergies and Sensitivities	EPS	(S)	(CC)	N/A	#108H
	Leading center for the diagnosis and treatment of food allergies - Hugh Sampson, MD: Director of the Jaffe Food Allergy Institute at the Mount Sinai School of Medicine in NYC. Trials and tribulations of peanut-allergy treatments - Stephanie Leonard, MD: pediatric allergy specialist at Rady Children's Hospital, San Diego; Reyna Winter: 11-year-old allergy sufferer who's undergoing immune challenges. One mom's hard-core approach to protecting her son from peanuts - Ashley Smith and her son, Zayden. Promising research that could make peanut flour safe to eat - Mary Ann Lila, PhD: Director of the Plants for Human Health Institute at North Carolina State University. Personal stories - Reyna Winter; Ashley and Zayden.					
17:30:00	Well Read Dr. Alexander Mccall Smith, Precious and Grace	APTEX	(S)	(CC)	N/A	#610H
	Alexander McCall Smith is the author of the No. 1 Ladies' Detective Agency series, the Isabel Dalhousie series, the Portuguese Irregular Verbs series, the 44 Scotland Street series, and the Corduroy Mansions series. Joins Well Read to discuss the latest installment of the beloved and best-selling No. 1 Ladies' Detective Agency series: Precious and Grace.					
18:00:00	California's Gold San Luis Obispo Chinatown	KCET		(CC)	N/A	#907
	At one time it was a thriving community within a community on our state's central coast. Several hundred people who had traveled from a far away land in search of opportunities in this new state called California. They worked on ranches and farms and built the railroads. They ran small shops and stores and raised families. And then gradually over the years they disappeared, but thanks to historians, archeologists and members of the Chinese community, the history and accomplishments of these early Chinese pioneers are being uncovered -- literally. In this very special episode of "California's Gold" Huell travels to San Luis Obispo. There he meets Howard Louis, son of the legendary Ah Louis who ran the main store in Chinatown. Howard is full of stories and gives Huell a tour of the store which is the only Chinatown structure left standing. Huell also is treated to a Lion dance outside the store put on by the Chinese students from Cal Poly San Luis Obispo, and listens as a musician plays the music those early Chinese settlers would have played in the 1800's. The day also includes a visit to the local historical museum for a look at 100 year old glass plate images made of the Chinese residents at the time. Then we watch as volunteers sift through tons of earth taken from the original Chinatown location and discover wonderful bits and pieces of the life that went on there. It's a rare look back and a rediscovery of a part of California history that is often overlooked or forgotten -- the contributions made by those early Chinese pioneers -- pioneers who were very much part of "California's Gold." ~					
18:30:00	Joseph Rosendo's Travelscope Armenia - Ancient History and Modern Traditions, Part 1	APTEX	(S)	(CC)	DVI	#905H
	While today Armenia is the size of Maryland, it once stretched from the Caspian to the Mediterranean Sea and from Persia to the Caucasus. Armenia is older than Christianity and within its ancient borders lies Mt. Ararat, the final resting place of Noah's ark, and although now lost to Turkey, the 16,000-foot mountain still stands as a symbol of Armenian persistence. The Armenian survival has been forged in the furnaces of war and genocide and their centuries of struggle is an integral part of their national identity, as is their language, religion and cultural heritage. In Part 1, Joseph crisscrosses Armenia to ancient sites where some of the world's oldest artifacts have been discovered. From roadside fruit stands to riverside wine stalls and bustling markets, Joseph is welcomed into local homes to witness traditional artisans at work and join in religious and communal celebrations that inspire, enlighten and reveal the Armenian heart and soul.					

Sun, Feb 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Blackademics Television Glover / Thompson An African American High School student talks about challenges and successes in the advanced placement classroom. A music instructor talks about youth empowerment through song.	KNME	(S)	(CC)	N/A	#402H
19:30:00	The Kamla Show Special Rasika Kumar Host Kamla interviews Rasika Kumar, Software Engineer at Google and Associate Artistic Director at Abhinaya Dance Co.	KAMLA	(S)	(CC)	N/A	#114H
20:00:00	Assignment Asia Gold Town In the effort to gain economic well-being, everyone is looking for a place where the streets are paved with gold. But those who find gold may be among the most deprived people on earth. Reporter Barnaby Lo goes to the Philippine mountain community of Paracale to profile the 15 year old boys who risk their lives to "dive" for gold.	NETA	(S)	(CC)	N/A	#108H
20:30:00	American Forum The President's First Year: Part 1: National Security in the Trump Era Former State Department official ELIOT COHEN, and others, offer inside advice on how the new president can constructively set U.S. foreign policy.	NETA	(S)	(CC)	N/A	#220H
21:00:00	Schools That Change Communities From economically challenged rural areas to crime-ridden urban neighborhoods, SCHOOLS THAT CHANGE COMMUNITIES profiles a diverse range of K-12 public schools in five states - Massachusetts, Maryland, South Dakota, Oregon and California - that are tackling educational reform at the local level. Principals, teachers, students, residents and others discuss place- and community-based education, an interdisciplinary approach which emphasizes hands-on, curiosity-based investigation using the surrounding community and neighborhoods as "living" classrooms. Proponents say this creates not only a different type of learning environment, but a different kind of student. In confronting and solving real-world issues in their own hometowns, the students develop a sense of civic responsibility and pride. The community feels the impact too, whether students are delivering baked goods to neighbors, planting vegetables in a community garden, testing drinking water and air quality, helping restore natural habitats, shining a light on important social	APTEX	(S)	(CC)	N/A	#0H
22:00:00	African American Museum It was an emotional affair as the Smithsonian's African American Museum of History and Culture finally opened to the public on September 24, 2016. President Obama gave a lengthy heart-felt speech praising the long fought for and long awaited space that has been 100 years in the making. Countless celebrities including Oprah, Will Smith, and Angela Basset christened the building with inspirational words. Patti Labelle and Stevie Wonder came to mesmerize the crowd with beautiful performances. The film's host, former WNBC-TV Anchor and Correspondent Carol Jenkins, also speaks to several key players who were instrumental in taking the museum from conception to reality. Early in the film, viewers will hear from Lonnie Bunch, the founding director of the museum. He talks about the racism he faced as a child, which led him to pursue a career as a historian. Bunch tells Jenkins that it is his hope that the African American Museum of History and Culture becomes a place that sparks conversation about racism in America and is a catalyst for healing and reconciliation. This special also pays special attention to one of the most fascinating details of the museum: the actual building itself. Dr. Mabel Wilson, Professor of Architecture and African American Studies at Columbia University and one of few black women who is tenured in the field of architecture, sits down with Jenkins to discuss her authorized book on the museum titled Begin With The Past. She explains the important details of the building's facade-a "beautiful bronze colored, three tiered lantern." According to Wilson, it's meant to invoke the craft of cast iron railings and gates that black craftspeople, both freed and enslaved, created in many parts of the south. The building's three-tiered design, fashioned by renowned British Ghanaian Architect David Adjaye, was modeled after wooden sculptures found in Yoruba shrines in Nigeria. This film also touches on the placement of the museum on the National Mall. This is symbolic to the African American experience throughout our history - from early slave auctions in the area, the March On Washington For Jobs and Freedom in 1963, the Million Man March in 1995, and the inauguration of the first African American president in 2009. The film also takes you inside the museum to see precious items like Michael Jackson's performance wear, James Baldwin's passport, and collectibles from several other contemporary artists including Whitney Houston and En Vogue. Overall, this special captures the details, ingenuity, and the history surrounding the Smithsonian's National Museum of African American History and Culture. Viewers will learn more about what went into creating the space that some are calling a gift to the country and a dream come true.	EPS	(S)	(CC)	N/A	#0H
23:00:00	Anne Braden: Southern Patriot Anne Braden: Southern Patriot is a first person documentary about the extraordinary life of this American civil rights leader. Braden (1924-2006) was hailed as a white southerner who was "eloquent and prophetic" by Dr. Martin Luther King Jr. in his 1963 Letter from Birmingham Jail. Ostracized as a "red," she fought for an inclusive movement community and mentored three generations of social justice activists.	NETA	(S)	(CC)	N/A	#0H

Mon, Feb 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Glover / Thompson  An African American High School student talks about challenges and successes in the advanced placement classroom. A music instructor talks about youth empowerment through song.	KNME	(S)	(CC)	N/A	#402H
00:30:00	The Kamla Show Special Rasika Kumar  Host Kamla interviews Rasika Kumar, Software Engineer at Google and Associate Artistic Director at Abhinaya Dance Co.	KAMLA	(S)	(CC)	N/A	#114H
01:00:00	Assignment Asia Gold Town  In the effort to gain economic well-being, everyone is looking for a place where the streets are paved with gold. But those who find gold may be among the most deprived people on earth. Reporter Barnaby Lo goes to the Philippine mountain community of Paracale to profile the 15 year old boys who risk their lives to "dive" for gold.	NETA	(S)	(CC)	N/A	#108H
01:30:00	American Forum The President's First Year: Part 1: National Security in the Trump Era  Former State Department official ELIOT COHEN, and others, offer inside advice on how the new president can constructively set U.S. foreign policy.	NETA	(S)	(CC)	N/A	#220H
02:00:00	Schools That Change Communities  From economically challenged rural areas to crime-ridden urban neighborhoods, SCHOOLS THAT CHANGE COMMUNITIES profiles a diverse range of K-12 public schools in five states - Massachusetts, Maryland, South Dakota, Oregon and California - that are tackling educational reform at the local level. Principals, teachers, students, residents and others discuss place- and community-based education, an interdisciplinary approach which emphasizes hands-on, curiosity-based investigation using the surrounding community and neighborhoods as "living" classrooms. Proponents say this creates not only a different type of learning environment, but a different kind of student. In confronting and solving real-world issues in their own hometowns, the students develop a sense of civic responsibility and pride. The community feels the impact too, whether students are delivering baked goods to neighbors, planting vegetables in a community garden, testing drinking water and air quality, helping restore natural habitats, shining a light on important social	APTEX	(S)	(CC)	N/A	#0H
03:00:00	African American Museum  It was an emotional affair as the Smithsonian's African American Museum of History and Culture finally opened to the public on September 24, 2016. President Obama gave a lengthy heart-felt speech praising the long fought for and long awaited space that has been 100 years in the making. Countless celebrities including Oprah, Will Smith, and Angela Basset christened the building with inspirational words. Patti Labelle and Stevie Wonder came to mesmerize the crowd with beautiful performances. The film's host, former WNBC-TV Anchor and Correspondent Carol Jenkins, also speaks to several key players who were instrumental in taking the museum from conception to reality. Early in the film, viewers will hear from Lonnie Bunch, the founding director of the museum. He talks about the racism he faced as a child, which led him to pursue a career as a historian. Bunch tells Jenkins that it is his hope that the African American Museum of History and Culture becomes a place that sparks conversation about racism in America and is a catalyst for healing and reconciliation. This special also pays special attention to one of the most fascinating details of the museum: the actual building itself. Dr. Mabel Wilson, Professor of Architecture and African American Studies at Columbia University and one of few black women who is tenured in the field of architecture, sits down with Jenkins to discuss her authorized book on the museum titled Begin With The Past. She explains the important details of the building's facade-a "beautiful bronze colored, three tiered lantern." According to Wilson, it's meant to invoke the craft of cast iron railings and gates that black craftspeople, both freed and enslaved, created in many parts of the south. The building's three-tiered design, fashioned by renowned British Ghanaian Architect David Adjaye, was modeled after wooden sculptures found in Yoruba shrines in Nigeria. This film also touches on the placement of the museum on the National Mall. This is symbolic to the African American experience throughout our history - from early slave auctions in the area, the March On Washington For Jobs and Freedom in 1963, the Million Man March in 1995, and the inauguration of the first African American president in 2009. The film also takes you inside the museum to see precious items like Michael Jackson's performance wear, James Baldwin's passport, and collectibles from several other contemporary artists including Whitney Houston and En Vogue. Overall, this special captures the details, ingenuity, and the history surrounding the Smithsonian's National Museum of African American History and Culture. Viewers will learn more about what went into creating the space that some are calling a gift to the country and a dream come true.	EPS	(S)	(CC)	N/A	#0H
04:00:00	Anne Braden: Southern Patriot  Anne Braden: Southern Patriot is a first person documentary about the extraordinary life of this American civil rights leader. Braden (1924-2006) was hailed as a white southerner who was "eloquent and prophetic" by Dr. Martin Luther King Jr. in his 1963 Letter from Birmingham Jail. Ostracized as a "red," she fought for an inclusive movement community and mentored three generations of social justice activists.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#144

Mon, Feb 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Hey Kids, Amazing Space Monkeys!/The Blorp HEY KIDS, AMAZING SPACE MONKEYS! - Wizzy and Wigg send away for their very own LIVE SPACE MONKEYS. When they add the freeze-dried Space Monkey eggs to water they spring to life. But at night, the Space Monkeys sneak out of their tank, take apart Zula Patrol headquarters and everything in it, roll it all up into a giant mixture, and make off with it. The ZPers have to chase down the aqua-primates and get the mischievous pets to reassemble the pieces to restore HQ. THE BLORP - When Deliria gets her hands on some solid Smellanium and liquid Stenclide she ends up creating a monster concoction she calls "The Blorp." But before long, "The Blorp" takes off on a path of destruction. The Zula Patrol can't figure what the blobish thing is or how to stop it as it almost wipes out their Headquarters and the city of Zulopolis. Wizzy and Wigg finally realize they must separate the solutions that make "The Blorp" tick to stop it in its tracks.	APTEX	(S)	(CC)	DVI	#303H
08:30:00	1001 Nights The Man Who Went Back In Time/The Schoolmaster "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.	NETA	(S)	(CC)	DVI	#123H
09:00:00	Power Yoga: Mind and Body Upper Body/Arms With Vinyasa to plank, Chaturanga, Vasisthasana, and others.	APTEX	(S)	(CC)	N/A	#109
09:30:00	Classical Stretch: The Esmonde Technique Waist Slenderizing Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful Jamaica! Miranda will take you through an all-standing, full-body workout that focuses on slenderizing the waist.	APTEX	(S)	(CC)	DVI	#1001H
10:00:00	Sit and Be Fit Sensory Awareness and Breathing Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.	NETA	(S)	(CC)	N/A	#1403H
10:30:00	Fit 2 Stitch A Trip to Europe Every trip needs a good map or GPS to get you where you want to go. Fabric expert Mathew Malek, a European fabric expert working in New York City, is our guide on our sewing road trip to Europe.	NETA	(S)	(CC)	N/A	#302H
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 String Me Along Quilter's always have leftover fabric. Here is the perfect way to use up everything. Patrick and his quest Dodi Poulsen will teach you how to get organized and build blocks that "jump" off the design wall. By selecting a strong focus fabric your foundation pieces your blocks come to life, one strip at a time. This relaxing method, frees you from the exacting math of traditional patchwork.	NETA	(S)	(CC)	N/A	#2811H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6146H
13:00:00	America's Test Kitchen from Cook's Illustrated Grilled Chicken and Salad with a Kick Test cook Becky Hays shows host Christopher Kimball how to make the perfect peri peri grilled chicken. Then, equipment expert Adam Ried reviews the latest grill gadgets in the Equipment Corner. Next, Chris answers cooking questions in Letters to the Editor. Finally, test cook Bridget Lancaster uncovers the secrets to making the best pita bread salad with tomatoes and cucumber.	APTEX	(S)	(CC)	N/A	#1625H
13:30:00	Pati's Mexican Table Mexican-Style Kids' Party Fun, kid-friendly and (mostly!) finger food that you'd find at a children's party in Mexico, adapted for American parties at home. A special guest shows up to make dessert! Crazy Corn; Chicken Flautas; Chocolate and Cajeta Cupcakes.	APTEX	(S)	(CC)	DVI	#205H

Mon, Feb 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Kevin Dundon's Back to Basics Meat & Game	APTEX	(S)	(CC)	N/A	#104H
	The history of Ireland's cattle fairs - once a central part of rural and urban life - is modernized at the Cattle Mart, where Kevin explores the different types of lamb breeds; a visit to Kevin's garden and pigpen. Recipes include: Beef & Lamb Stock; Navarin of Lamb; Perfect Steak; Perfect Roast Potato; Roast Beef; Roast Potatoes and Gravy; and Fillet of Pork with a Black Olive Tapenade.					
14:30:00	Steven Raichlen's Project Smoke Bacon 24 / 7	APTEX	(S)	(CC)	N/A	#107H
	Bacon jam? Bacon ice cream? Where will our bacon mania lead? We open this show with bacon you make from scratch. (It's as simple as curing and smoking a pork belly.) And for people who want a healthier version of bacon, we cure pork loin in fennel brine and smoke it in a ceramic cooker-the Project Smoke twist on Irish bacon. Next up: a spectacular "Tulsa Torpedo"-three pounds of porky goodness encased in a crispy bacon weave. We conclude with a bacon surf and turf in the form of bacon-wrapped Snow Crab Poppers. Bring home the bacon? This episode shows you how. Recipes: Made-From-Scratch Bacon; Canadian Bacon; Tulsa Torpedo (Bacon Weave Sausage Roll); Snow Crab Poppers.					
15:00:00	Beads, Baubles and Jewels Make Your Own Beads	NETA	(S)	(CC)	N/A	#2213H
	Learn to create your own lampwork beads with swirls of color that are never repeated. Glass artist Tammy Rae Wolter shows how to form beads from glass and use them in creative ways for jewelry and accessories. Katie shows how to make coiled beads using colorful wire and crystal beads.					
15:30:00	For Your Home Crafty Ideas	APTEX	(S)	(CC)	N/A	#3111H
	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.					
16:00:00	Biz Kid\$ How to Achieve Your Financial Goals	APTEX	(S)	(CC)	DVI	#110H
	Join us and you'll learn to track your expenses, get control of your spending, and invest what's left over to reach your financial goals. You'll see the importance of starting young, while time is on your side. Meet some high school entrepreneurs who started a sports business.					
16:30:00	Hands On Crafts for Kids Let's Play A Game	NETA	(S)	(CC)	DVI	#1703H
	Whether indoors or out, games are fun! Bowl at home with family and friends with a colorful bowling set Katie makes from recycled water bottles. Franz shows how to create your own game board using a variety of art mediums. Jenny and Katie make an indoor hopscotch court that rolls-up, for easy storage. Braid a ring toss toy then use the Family Craft box to make a treasure hunt jar for quiet fun.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4501H
	Cooler temperatures remind us it's time to think about improving our lawns. Work done now will give us lush, healthy grass next year. GardenSMART visits an expert who has some great tips for lawn care.					
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	#14031H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#107H
	Art is art, fashion is fashion but contemporary artist Richard Tsao proves they can exist together. He's best known for his line of fashion featured at the New York Metropolitan Opera and Asia Society museum store. You can even find many of New York's opera singers wearing his fashion line. Reporter Kyung Yoon spends a day at his showroom and learns more about his creative process. MC Jin became the first Asian American rapper to sign a major record label. He's in the spotlight again and reporter Paul Lin caught up with him at the annual B-Boy Royale Dance competition in New York. Caroline Shin's web series "Cooking With Granny" spills the secrets behind the family recipes. Reporter Ernabel Demillo spends a day in grandma's kitchen and whips a favorite Filipino holiday dessert. At Queens Museum, New York based Chinese artist Zhang Hongtu debuts a pop cultural series on life and politics in China.					

Mon, Feb 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7227
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3505H
20:00:00	Music City Roots Live from the Factory Season four of Music City Roots premieres with an Americana Festival showcase special, featuring blues star Shemekia Copeland, Canadian mod duo Whitehorse and alt-country icons The Mavericks.	APTEX	(S)	(CC)	N/A	#401H
21:00:00	Live from the Dennison Lodge Mike Dowling Mike Dowling, a nationally acclaimed, Grammy winning acoustic guitar virtuoso enralls an audience of neighbors and friends with his passion for American roots music.	NETA	(S)	(CC)	N/A	#107H
22:00:00	Evening with Ossie Davis & Ruby Dee This interview program provides a historical look into the life of legendary actor/activist Ossie Davis and Ruby Dee. Taped in Chicago as a TV special in front of a live audience for The HistoryMakers, Ossie Davis and Ruby Dee were interviewed by educator and activist Angela Davis.	NETA	(S)	(CC)	N/A	#0
23:00:00	Mr. Civil Rights: Thurgood Marshall and the Naacp MR. CIVIL RIGHTS: THURGOOD MARSHALL AND THE NAACP incorporates rare archival film and extraordinary interviews to explore Marshall's life in the years leading up to the landmark Brown v. Board of Education ruling, including his upbringing in Baltimore, his education at Howard University Law School ("the West Point of the civil rights movement"), his status as a rising star within the NAACP, his skill as an orator and storyteller, his relationship with his mentor Charles H. Houston, and his high-profile segregation cases involving voting, transportation, housing, labor and the military. This compelling biography, produced by the filmmaker behind Hubert H. Humphrey: The Art of the Possible (distributed through APT Exchange) unfolds through interviews with Justice Elena Kagan, Justice John Paul Stevens, lawyer and civil-rights activist Vernon Jordan, Marshall biographers Rawn James, Juan Williams and Larry S. Gibson, and several law professors.	APTEX	(S)	(CC)	N/A	#0H

Tue, Feb 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7227
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3505H
01:00:00	Music City Roots Live from the Factory Season four of Music City Roots premieres with an Americana Festival showcase special, featuring blues star Shemekia Copeland, Canadian mod duo Whitehorse and alt-country icons The Mavericks.	APTEX	(S)	(CC)	N/A	#401H
02:00:00	Live from the Dennison Lodge Mike Dowling Mike Dowling, a nationally acclaimed, Grammy winning acoustic guitar virtuoso entralls an audience of neighbors and friends with his passion for American roots music.	NETA	(S)	(CC)	N/A	#107H
03:00:00	Evening with Ossie Davis & Ruby Dee This interview program provides a historical look into the life of legendary actor/activist Ossie Davis and Ruby Dee. Taped in Chicago as a TV special in front of a live audience for The HistoryMakers, Ossie Davis and Ruby Dee were interviewed by educator and activist Angela Davis.	NETA	(S)	(CC)	N/A	#0
04:00:00	Mr. Civil Rights: Thurgood Marshall and the Naacp MR. CIVIL RIGHTS: THURGOOD MARSHALL AND THE NAACP incorporates rare archival film and extraordinary interviews to explore Marshall's life in the years leading up to the landmark Brown v. Board of Education ruling, including his upbringing in Baltimore, his education at Howard University Law School ("the West Point of the civil rights movement"), his status as a rising star within the NAACP, his skill as an orator and storyteller, his relationship with his mentor Charles H. Houston, and his high-profile segregation cases involving voting, transportation, housing, labor and the military. This compelling biography, produced by the filmmaker behind Hubert H. Humphrey: The Art of the Possible (distributed through APT Exchange) unfolds through interviews with Justice Elena Kagan, Justice John Paul Stevens, lawyer and civil-rights activist Vernon Jordan, Marshall biographers Rawn James, Juan Williams and Larry S. Gibson, and several law professors.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#145
08:00:00	Zula Patrol Vanishing Cream/There Goes The Neighborhood VANISHING CREAM - Deliria and Cloid start a galaxy-wide "beautification" project to remove the craters from every moon, planet and asteroid. When the planets start missing the features that make them unique, it's up to The Zula Patrol to stop Deliria before the problem gets any crater...er, greater. THERE GOES THE NEIGHBORHOOD - Dark Truder has moved his secret hideout into The Zula Patrol's back yard... the nearby Zula Canyon. His very presence is threatening to destroy the ecosystem. As The Zula Patrol fights to keep the destruction of the canyon in check, Wizzy and Wigg uncover fascinating lessons about their habitat... and Dark Truder learns a lesson, too. Well, no, actually he never	APTEX	(S)	(CC)	DVI	#304H
08:30:00	1001 Nights The Tale of the Haunted Palace/Habib and the Baby Genie "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.	NETA	(S)	(CC)	DVI	#124H
09:00:00	Power Yoga: Mind and Body Legs - Version Two With Upavishta Konasana, Ashtanga and Trikonasana.	APTEX	(S)	(CC)	N/A	#110
09:30:00	Classical Stretch: The Esmonde Technique Bone Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful in Jamaica! This all-barre workout is designed to strengthen your bones and prevent Osteoporosis.	APTEX	(S)	(CC)	DVI	#1002H
10:00:00	Sit and Be Fit Fun with the Large Ball The large ball is used in many ways from postural alignment to helping with balance in this episode.	NETA	(S)	(CC)	N/A	#1404H
10:30:00	Fit 2 Stitch Have Fun with Fabrics Why do you choose a certain car? We all have our favorite make from sporty to classic but most importantly because they are fun to drive! Learn why fabric is the fun vehicle for your sewing journey.	NETA	(S)	(CC)	N/A	#303H

Tue, Feb 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Shattered Dresden One of the most popular quilt designs of the 1920's and 30's-the Dresden Plate pattern takes on a modern flavor in this medallion-style quilt. Patrick is joined by Dodi Poulsen in this episode as they teach techniques for making the perfect Dresden block, the applique choices and design options for making this quilt.	NETA	(S)	(CC)	N/A	#2812H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6147H
13:00:00	Hubert Keller: Secrets of a Chef Healthy and Delicious, Part 1 After a basic lesson in grilling vegetables, Chef Keller makes a creamy avocado hollandaise without butter or eggs. He then makes a delicious zucchini hors d'oeuvres stuffed with parmesan and arugula. Grilled Vegetables with Avocado Hollandaise, & Zucchini Carpaccio Rolls with Arugula and Parmesan.	NETA	(S)	(CC)	N/A	#505H
13:30:00	Sara's Weeknight Meals Sam's Simple Saute Sara's son Sam stops by to cook a fast favorite based on a simple technique - sauteed lemon chicken with capers. Also on the menu, one of Sam's favorites, buttermilk fried pork chops. We'll also stop by Wholesome Wave, a unique initiative to connect farmers with fresh food to people in underserved communities.	APTEX	(S)	(CC)	N/A	#504H
14:00:00	Taste of History George Washington's Tent George Washington's tent, his mobile headquarters, survived both the Revolutionary and Civil Wars. Chef Walter Staib serves up A Taste of History, preparing contrasting Army cuisines with the rustic Pot-au-Feu to Whiskey Cake, Washington's indulgence.	NETA	(S)	(CC)	N/A	#708H
14:30:00	Sara's Weeknight Meals	APTEX	(S)	(CC)	N/A	#602H
15:00:00	Beads, Baubles and Jewels Vary Your Routine Mix up your jewelry-making routine. Designer Kate Richbourg warms up by mixing colors and shapes in her bead palettes. She works out her designs with beads of all sorts. Then, she cools things down with techniques for crimping and creatively finishing necklaces.	NETA	(S)	(CC)	N/A	#2501H
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
16:00:00	Biz Kid\$ Don't Blow Your Dough Biz Kids Beware. Protect the money you already have by putting it in a safe place. Beware of scams and schemers. You'll discover ways to avoid the growing problem of identity theft. Meet with Washington State's Attorney General Rob McKenna and the Better Business Bureau. You'll also see young people who did blow their dough, and find out what that experience has taught them.	APTEX	(S)	(CC)	DVI	#111H
16:30:00	Hands On Crafts for Kids Playtime Every day is play time! Challenge your skills with an ice cream cone ball toss game. Design your own indoor miniature golf course with Franz, then put on a show with puppets Jenny shows how to make and decorate. Add some cardboard to the Family Craft Box to create a super mask and make your own superhero figure.	NETA	(S)	(CC)	DVI	#1704H
17:00:00	Garden Smart Fall is often the 'take it easy' season in the garden, but a little preplanning will make gardening easier next spring. For some great gardening tips join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4502H

Tue, Feb 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World Community Gardens: Growing So Much More Than Plants 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.	APTEX	(S)	(CC)	N/A	#711H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14032H
18:30:00	American Forum Trump's Foreign Policy and How Traditional Conservatives Are Coping Former national security advisor to VP Dick Cheney, ERIC EDELMAN, on traditional conservatives, President-elect Trump and the world he inherits.	NETA	(S)	(CC)	N/A	#219H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7228
19:30:00	Americas Now	NETA	(S)	(CC)	N/A	#111H
20:00:00	Sun Studio Sessions Grace Askew Grace Askew is a 6th generation Memphian, who won a national following from her stellar performances on NBC's "The Voice." Yahoo Music describes her as "soulful and seering" and Askew delivers on her unique blend of blues and country. On this episode, Askew performs several tracks from her acclaimed release "Scaredy Cat."	NETA	(S)	(CC)	N/A	#610H
20:30:00	Jammin at Hippie Jack's Tim O'brien & Darrell Scott O'Brien and Scott were already accomplished thirty-something players, record makers and writers when their respective publishers first put them together in the standard Nashville fashion. That initial meeting, which took place in a Music Row writing room near the tail end of the last century, quickly morphed from an arranged collaboration to a "Where have you been all my life?" moment for both artists. O'Brien, who hails from West Virginia, was steeped in bluegrass and country, while Scott, from nearby Kentucky, straddled country and rock 'n' roll. "Tim and I both felt like we met at Hank Williams," says Scott, noting that Hank's music had been a passion of his musician father Wayne Scott, and those seminal records had been the younger Scott's sacred texts growing up, as they were for O'Brien, along with the bluegrass canon. "Both of us can push the country button and be there," says Tim of their common ground. "We just stretch toward each other till we intersect."	NETA	(S)	(CC)	N/A	#901H
21:00:00	The Kate Barb Jung Award-winning British songstress Barb Jung is renowned for her vocal style, interpretation of song and radical approach to arrangements. Barb's latest musical exploration, Shelter From The Storm, is a masterful take on healing songs arranged with the help of legendary jazz pianist Laurence Hobgood. Experience Leonard Cohen's "Sisters of Mercy," Bob Dylan's "All Along the Watchtower" and David Bowie's "Life on Mars" through Barb Jung's provocative musical lens. It doesn't take long to fall captive to Jung's cheeky British humor and charisma brilliantly paired with the conceptual weight and lyrical depth of her song selections. Jung and Hobgood are joined by bassist Michael Olatuja (Stevie Wonder, Chaka Khan) and percussionist Wilson Torres (In The Heights, The New York Philharmonic).	APTEX	(S)	(CC)	N/A	#105H
22:00:00	Reel South Soul City By Monica Berra, SheRea DelSol and Gini Richards. Learn the story of a group of civil rights activists who attempted to build a multiracial utopia - Soul City - in the heart of North Carolina's Klan Country in the 1970s. Rich archival material, interviews with former and current Soul City residents, animation and soulful rhythms of the era bring alive the vision of founder Floyd B. McKissick and his band of idealists who, though the odds were stacked against them, risked it all to build the city of their dreams.	NETA	(S)	(CC)	N/A	#201H
22:30:00	Reel South Eat White Dirt By Adam Forrester. Discover the oddly spellbinding personal, cultural and scientific history of the deeply transgressive and often misunderstood practice of consuming earth, a phenomenon known as geophagy. The film collects and combines the experiences, processes and explanations of people who eat white dirt with information from the scientists who study the phenomenon.	NETA	(S)	(CC)	N/A	#202H

Daily Program Listing II  
43.1

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Tue, Feb 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Adventists	APTEX	(S)	(CC)	DVI	#0H
<p>THE ADVENTISTS explores the realities, and some of the ironies, of one of the few American-born religions: Seventh-day Adventism. Historical re-enactments offer a glimpse into the church's beginnings, including its defining moment: the mid-19th century event known as the Great Disappointment. Several decades later, Dr. John Harvey Kellogg built a breakfast-food empire and pioneered a new kind of healthcare facility based on Adventist principles of a healthy lifestyle: a plant-based diet; regular exercise; the avoidance of alcohol, tobacco or illegal drugs, and a holistic focus on education and community life.</p>						

Wed, Feb 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7228
00:30:00	Americas Now	NETA	(S)	(CC)	N/A	#111H
01:00:00	Sun Studio Sessions Grace Askew	NETA	(S)	(CC)	N/A	#610H
<p>Grace Askew is a 6th generation Memphian, who won a national following from her stellar performances on NBC's "The Voice." Yahoo Music describes her as "soulful and seering" and Askew delivers on her unquie blend of blues and country. On this episode, Askew performs several tracks from her acclaimed release "Scaredy Cat."</p>						
01:30:00	Jammin at Hippie Jack's Tim O'brien & Darrell Scott	NETA	(S)	(CC)	N/A	#901H
<p>O'Brien and Scott were already accomplished thirty-something players, record makers and writers when their respective publishers first put them together in the standard Nashville fashion. That initial meeting, which took place in a Music Row writing room near the tail end of the last century, quickly morphed from an arranged collaboration to a "Where have you been all my life?" moment for both artists. O'Brien, who hails from West Virginia, was steeped in bluegrass and country, while Scott, from nearby Kentucky, straddled country and rock 'n' roll. "Tim and I both felt like we met at Hank Williams," says Scott, noting that Hank's music had been a passion of his musician father Wayne Scott, and those seminal records had been the younger Scott's sacred texts growing up, as they were for O'Brien, along with the bluegrass canon. "Both of us can push the country button and be there," says Tim of their common ground. "We just stretch toward each other till we intersect."</p>						
02:00:00	The Kate Barb Jung	APTEX	(S)	(CC)	N/A	#105H
<p>Award-winning British songstress Barb Jung is renowned for her vocal style, interpretation of song and radical approach to arrangements. Barb's latest musical exploration, Shelter From The Storm, is a masterful take on healing songs arranged with the help of legendary jazz pianist Laurence Hobgood. Experience Leonard Cohen's "Sisters of Mercy," Bob Dylan's "All Along the Watchtower" and David Bowie's "Life on Mars" through Barb Jung's provocative musical lens. It doesn't take long to fall captive to Jung's cheeky British humor and charisma brilliantly paired with the conceptual weight and lyrical depth of her song selections. Jung and Hobgood are joined by bassist Michael Olatuja (Stevie Wonder, Chaka Khan) and percussionist Wilson Torres (In The Heights, The New York Philharmonic).</p>						
03:00:00	Reel South Soul City	NETA	(S)	(CC)	N/A	#201H
<p>By Monica Berra, SheRea DelSol and Gini Richards. Learn the story of a group of civil rights activists who attempted to build a multiracial utopia - Soul City - in the heart of North Carolina's Klan Country in the 1970s. Rich archival material, interviews with former and current Soul City residents, animation and soulful rhythms of the era bring alive the vision of founder Floyd B. McKissick and his band of idealists who, though the odds were stacked against them, risked it all to build the city of their dreams.</p>						
03:30:00	Reel South Eat White Dirt	NETA	(S)	(CC)	N/A	#202H
<p>By Adam Forrester. Discover the oddly spellbinding personal, cultural and scientific history of the deeply transgressive and often misunderstood practice of consuming earth, a phenomenon known as geophagy. The film collects and combines the experiences, processes and explanations of people who eat white dirt with information from the scientists who study the phenomenon.</p>						
04:00:00	Adventists	APTEX	(S)	(CC)	DVI	#0H
<p>THE ADVENTISTS explores the realities, and some of the ironies, of one of the few American-born religions: Seventh-day Adventism. Historical re-enactments offer a glimpse into the church's beginnings, including its defining moment: the mid-19th century event known as the Great Disappointment. Several decades later, Dr. John Harvey Kellogg built a breakfast-food empire and pioneered a new kind of healthcare facility based on Adventist principles of a healthy lifestyle: a plant-based diet; regular exercise; the avoidance of alcohol, tobacco or illegal drugs, and a holistic focus on education and community life.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#146
08:00:00	Zula Patrol The Missing Elements/Journey to the Center of Gorga	APTEX	(S)	(CC)	DVI	#305H
<p>THE MISSING ELEMENTS - While Wizzy and Wigg learn about elements, the building blocks of matter, Dark Truder puts his latest devious scheme into action. The plan: use elements to create tools needed to take over the universe. However, his plan goes awry and he accidentally releases several gremlin-like elements from their container. The Zula Patrol steps in to track them down. But the runaways transform themselves into a giant rubber band which sling-shots Truder far into space. Fortunately, in the end, the ZPers convince the homesick elements to return to the Keeper of the Elements and everyone is happy. JOURNEY TO THE CENTER OF GORGA - To help explain chemical reactions, Multo uses the Sizerizer to shrink Bula and Zeeter down to atomic size -- but before they can get back to normal, they must escape from a refrigerator ice tray, bacteria in a container of spoiled milk, and a bowl of sticky cake mix. Unfortunately, Gorga swallows the mix, sending our micro-heroes on a journey to the center of Gorga, learning more about chemical reactions, and even using one to help them get out!</p>						

Wed, Feb 15, 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	Power Yoga: Mind and Body Backbends - Version One With Ustrasana, Vinyasa to Sphinx, Cobra, Chakrasana, and others.	APTEX	(S)	(CC)	N/A	#111
09:30:00	Classical Stretch: The Esmonde Technique Spine Stretch for Posture Workout In this episode of Classical Stretch, join Miranda Esmonde-White in the beautiful gardens of Jamaica. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this all-standing workout.	APTEX	(S)	(CC)	DVI	#1003H
10:00:00	Sit and Be Fit Footwork and Core We take our feet and core muscles for granted. In this episode Mary Ann uses a variety of new exercises to focus on the importance of your feet.	NETA	(S)	(CC)	N/A	#1405H
10:30:00	Fit 2 Stitch 10 All Time Best Sewing Tips Pack your bags for your sewing road trip with the 10 all-time best sewing tips to make sewing faster, easier and better.	NETA	(S)	(CC)	N/A	#304H
11:00:00	Knit and Crochet Now! Colorful Hats Learn how to crochet an African Flower Slouch with Robyn and work 2-color knit magic with Kristin's Hat. Lena goes through the steps of a crochet Motif Cowl.	APTEX	(S)	(CC)	DVI	#602H
11:30:00	Fons & Porter's Love of Quilting Free Motion Designs with Patchwork Roots Decisions for free motion quilting can be daunting. Mary and Angela Huffman help us find inspiration within our traditional pieced quilt top. Isolating a block, designing a quilting motif and then modifying it for a smooth quilt path-all information you don't want to miss. Embellish your next "simple" patchwork, creating a "simply" fabulous quilt.	NETA	(S)	(CC)	N/A	#2813H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6148H
13:00:00	Lidia's Kitchen Pasta Everybody loves pasta and so does Lidia. Today, she makes three dishes that viewers will love. Her first dish is an orechiette with clams and zucchini, made with scallions, pepperoncino and garlic. Her spaghetti Caruso is made with a hearty sauce of mixed mushrooms, tomatoes, peas and chicken livers. She finishes with a unique dish of rigatoni with cauliflower, saffron and golden raisins.	APTEX	(S)	(CC)	N/A	#311H
13:30:00	Taste The Islands with Chef Irie Dinner in the Keys Chef Irie showcases his love of island gourmet with Shrimp Bisque, Spicy Steamed Fish Papillote and a Mango Key Lime Pie. Chef cooks and converses with the "Bad Boys" of reggae, Inner Circle.	APTEX	(S)	(CC)	N/A	#104H
14:00:00	Simply Ming Hawai'i - Ed Kenney Coconuts, opah and plantains all show up in this week's dishes as Ming heads to Hawai'i. Ming catches up with chef Ed Kenney on Ma'oOrganic Farms to harvest ingredients and coconuts for a few exotic dish and drinks. Heading to the kitchen, Ming and Ed create two unique takes on traditional dishes, before sitting down to taste their Hawai'ian creations.	APTEX	(S)	(CC)	N/A	#1419H
14:30:00	Cook's Country Biting Into The Big Easy Test cook Bridget Lancaster reveals the secrets to making the ultimate pork grillades. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of Creole seasoning. Next, equipment expert Adam Ried reveals his top picks for slicing knives. And finally, test cook Julia Collin Davison shows Chris how to make a regional favorite, New Orleans muffuletta.	APTEX	(S)	(CC)	N/A	#911H

Wed, Feb 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Clay Workout  Stretch it out with clay. Polymer clay artist Syndee Holt creates a pendant with sparkle clay and adds an artistic touch with transfers and illustrations. To make a necklace, she recreates the Asian art of raku with clay and mica powders. Jewelry artist Anie Piliguian buffs clay elements to a sparkling finish.	NETA	(S)	(CC)	N/A	#2502H
15:30:00	For Your Home Garage Apartment Part II  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.	APTEX	(S)	(CC)	N/A	#3113H
16:00:00	Biz Kid\$ Introducing Entrepreneurs  You'll discover an entrepreneur is someone who sees a financial opportunity and acts upon it. Learn the stories behind the Frisbee, the Slinky, and blue jeans. Meet an entrepreneur who started a lemonade stand to raise money for playground equipment, then grew so successful she was able to make over an entire park.	APTEX	(S)	(CC)	DVI	#112H
16:30:00	Hands On Crafts for Kids Let's Party  There's a party going on and you are invited! Katie shows how to make a decorative chandelier to set the mood for your party theme and Franz draws a colorful and fun postcard invitation that will get all your guests to come. Jenny and Katie sculpt a hanging pinata bowl full of treats. Then reach into the Family Craft Box to make a party decoration from yarn and glue to stuff with favors.	NETA	(S)	(CC)	DVI	#1705H
17:00:00	Garden Smart  Designing new gardens and changing gardens from season to season requires planning. GardenSMART visits with an expert who tells us the most important things to keep in mind when making the change.	NETA	(S)	(CC)	N/A	#4503H
17:30:00	Growing A Greener World Growing Big Flavors In Small Spaces (Los Angeles, Ca)  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.	APTEX	(S)	(CC)	N/A	#712H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14033H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#426H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7229
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#403H
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#103H
20:30:00	Songs at the Center  Artists: Hannah Aldridge, Jesse Henry, Andy Shaw, Zach Whitney, and hosted by songwriter Eric Gnezda. Hannah Aldridge is an Americana artist steeped in the music of Nashville and Muscle Shoals. Trained as a classical pianist, she began writing songs in her early twenties. "I found out it really wasn't that hard" she says, "It's just saying things that are true and making them rhyme." She performs "Howlin' Bones." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya. He performs "Miles & Miles. " Andy Shaw has been performing for more than 15 years in a variety of styles. "The sound is an incredibly approachable tap into the reggae genre that is initially disguised by an almost alt-country feel and intense technical tightness, commanding audience respect, especially live..." (Dana Stewart, Metromix Columbus) He performs "Go On." Zach Whitney is rooted in classic Country music. Growing up in rural Ohio, Zach spent nearly 12 years in Austin, Texas. It was a fine match all the way. His songs have been described as "the perfect remedy for town drunks and college professors...hookers and housewives...and just about everybody in between." He performs "Paper Plates."	APTEX	(S)	(CC)	N/A	#103H

Wed, Feb 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live at 9:30 Performances by Tove Lo, Cold War Kids, Youth Lagoon and Trouble Funk, with comedy from Ralphie May and an interview by NPR's Bob Boilen.	NACC	(S)	(CC)	N/A	#103H
22:00:00	Variety Studio: Actors On Actors Natalie Portman (Jackie) and Michelle Williams (Manchester by the Sea) ; Amy Adams (Arrival, Nocturnal Animals) and Andrew Garfield (Silence, Hacksaw Ridge); Taraji P. Henson (Hidden Figures) with Ryan Reynolds (Deadpool); Annette Bening (20th Century Women) with Naomie Harris (Moonlight).	NETA	(S)	(CC)	N/A	#502H
23:00:00	Ghosts of Amistad: in the Footsteps of the Rebels GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS is based on Marcus Rediker's 2012 book The Amistad Rebellion: An Atlantic Odyssey of Slavery and Freedom The documentary chronicles a trip made by academics and historians to Sierra Leone in May of 2013 as they retrace the path of the 53 Africans who rebelled against their captors and seized the slave schooner Amistad in 1839, leading to a watershed US Supreme Court decision. Their goal: to visit the 10 villages where the Amistad rebels once lived; interview the elders about their history and how the incident is remembered; and search for the long-lost ruins of Lomboko, the slave trading factory where the Amistad Africans were incarcerated and loaded onto a slave ship bound for the New World. By interviewing local villagers, fishermen and truck drivers, and accessing their oral accounts, GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS aims to recover the lost history of the Amistad insurrection, told from a seldom-voiced perspective in the historical struggle against slavery. The documentary chronicles a trip made by academics and historians to Sierra Leone in May of 2013 as they retrace the path of the 53 Africans who rebelled against their captors and seized the slave schooner Amistad in 1839, leading to a watershed US Supreme Court decision. Their goal: to visit the 10 villages where the Amistad rebels once lived; interview the elders about their history and how the incident is remembered, and search for the long-lost ruins of Lomboko the slave trading factory where the Amistad Africans were incarcerated and loaded onto a slave ship bound for the New World. By interviewing local villagers, fishermen and truck drivers, and accessing their oral accounts, GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS aims to recover the lost history of the Amistad insurrection, told from a seldom-voiced perspective in the historical struggle against slavery.	APTEX		(CC)	N/A	#0H

Thu, Feb 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7229
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#403H
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#103H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#103H
	<p>Artists: Hannah Aldridge, Jesse Henry, Andy Shaw, Zach Whitney, and hosted by songwriter Eric Gnezda. Hannah Aldridge is an Americana artist steeped in the music of Nashville and Muscle Shoals. Trained as a classical pianist, she began writing songs in her early twenties. "I found out it really wasn't that hard" she says, "It's just saying things that are true and making them rhyme." She performs "Howlin' Bones." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya. He performs "Miles &amp; Miles." Andy Shaw has been performing for more than 15 years in a variety of styles. "The sound is an incredibly approachable tap into the reggae genre that is initially disguised by an almost alt-country feel and intense technical tightness, commanding audience respect, especially live..." (Dana Stewart, Metromix Columbus) He performs "Go On." Zach Whitney is rooted in classic Country music. Growing up in rural Ohio, Zach spent nearly 12 years in Austin, Texas. It was a fine match all the way. His songs have been described as "the perfect remedy for town drunks and college professors...hookers and housewives...and just about everybody in between." He performs "Paper Plates."</p>					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#103H
	<p>Performances by Tove Lo, Cold War Kids, Youth Lagoon and Trouble Funk, with comedy from Ralphie May and an interview by NPR's Bob Boilen.</p>					
03:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#502H
	<p>Natalie Portman (Jackie) and Michelle Williams (Manchester by the Sea) ; Amy Adams (Arrival, Nocturnal Animals) and Andrew Garfield (Silence, Hacksaw Ridge); Taraji P. Henson (Hidden Figures) with Ryan Reynolds (Deadpool); Annette Bening (20th Century Women) with Naomie Harris (Moonlight).</p>					
04:00:00	Ghosts of Amistad: in the Footsteps of the Rebels	APTEX		(CC)	N/A	#0H
	<p>GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS is based on Marcus Rediker's 2012 book The Amistad Rebellion: An Atlantic Odyssey of Slavery and Freedom The documentary chronicles a trip made by academics and historians to Sierra Leone in May of 2013 as they retrace the path of the 53 Africans who rebelled against their captors and seized the slave schooner Amistad in 1839, leading to a watershed US Supreme Court decision. Their goal: to visit the 10 villages where the Amistad rebels once lived; interview the elders about their history and how the incident is remembered; and search for the long-lost ruins of Lomboko, the slave trading factory where the Amistad Africans were incarcerated and loaded onto a slave ship bound for the New World. By interviewing local villagers, fishermen and truck drivers, and accessing their oral accounts, GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS aims to recover the lost history of the Amistad insurrection, told from a seldom-voiced perspective in the historical struggle against slavery. The documentary chronicles a trip made by academics and historians to Sierra Leone in May of 2013 as they retrace the path of the 53 Africans who rebelled against their captors and seized the slave schooner Amistad in 1839, leading to a watershed US Supreme Court decision. Their goal: to visit the 10 villages where the Amistad rebels once lived; interview the elders about their history and how the incident is remembered, and search for the long-lost ruins of Lomboko the slave trading factory where the Amistad Africans were incarcerated and loaded onto a slave ship bound for the New World. By interviewing local villagers, fishermen and truck drivers, and accessing their oral accounts, GHOSTS OF AMISTAD: IN THE FOOTSTEPS OF THE REBELS aims to recover the lost history of the Amistad insurrection, told from a seldom-voiced perspective in the historical struggle against slavery.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#147
08:00:00	Zula Patrol	APTEX	(S)	(CC)	DVI	#306H
	Choosing Sides/Camp Worm					
	<p>CHOOSING SIDES - The Zula Patrol is worried - their shipment of honey never arrived and oatmeal just isn't the same without it. The flowers, beetles and bees have all walked off the job, each claiming they are the most important cog in the honey production wheel! Can the Zula Patrol settle things? They'll have to agree first! Zeeter, Bula and Multo take different sides in this standoff. It's Wizzy and Wigg, armed with knowledge of ecosystems, who finally prove that none can exist without the others -when they work together, can't be beat, just like the ZP! CAMP WORM - When Zeeter and Bula scoff at the big importance of tiny earthworms to the ecosystem, Multo sends them to Camp Worm. They expect a cakewalk, but face a rude awakening when Camp Leader Burrows pushes them and their worm teammates (Team Wiggler) to the limit. Zeeter and Bula gradually learn to respect the value of worm activities. So when an ecosystem emergency springs up, Team Wrighlers are the only worms available. With training and heart, they answer the call, save the ecosystem and earn the honor of being called worms.</p>					
08:30:00	1001 Nights	NETA	(S)	(CC)	DVI	#126H
	Sinbad Forever/One Thousand and One Nights					
	<p>"Sinbad Forever" - When Sinbad destroys the Queen's fleet, he gets stripped of his rank and becomes homeless. "One Thousand and One Nights" - The story of how the book of 1001 Nights came to be.</p>					

Thu, Feb 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Power Yoga: Mind and Body Hips - Version Two With Baddha Konasana, Supta Baddha Konasana, Pigeon, Vrksasana, and others.	APTEX	(S)	(CC)	N/A	#112
09:30:00	Classical Stretch: The Esmonde Technique Slenderize and Strengthen Your Legs In this episode of Classical Stretch, join Miranda Esmonde-White on the jetty overlooking the Caribbean ocean in Jamaica. This all-floor workout is designed to slenderize and strengthen your legs!	APTEX	(S)	(CC)	DVI	#1004H
10:00:00	Sit and Be Fit Controlled Breathing Mary Ann experiments with several ways to control breathing to efficiently distribute oxygen throughout the body.	NETA	(S)	(CC)	N/A	#1406H
10:30:00	Fit 2 Stitch Pattern Rules In your sewing road trip, there are some signs along the way that will help you. Learn about pattern rules you can use for any garment.	NETA	(S)	(CC)	N/A	#305H
11:00:00	Knit and Crochet Now! Playful Ponchos Knit up a cable Cloos poncho, and Robyn will demonstrate how to crochet the open stitch Lisbon poncho. Learn how to knit the Ribbed Cables Scarf with Lena.	APTEX	(S)	(CC)	DVI	#603H
11:30:00	Fons & Porter's Love of Quilting Cubbyholes Simple construction of these "cubbyhole" blocks makes a great study of lights and darks. Mary and Marianne stress cutting accuracy and a consistent quarter inch seam for the success of creating this pattern.	NETA	(S)	(CC)	N/A	#2401H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6149H
13:00:00	Eat! Drink! Italy! with Vic Rallo Technique and Quality Rice: Italy's unsung grain; the Barolo Grand Cru Villages; changing of the guard in the Scavino family; Risotto al Gattinara recipe.	APTEX	(S)	(CC)	N/A	#106H
13:30:00	Cooking with Nick Stellino Nick's Favorites Pasta with Shrimp & Zucchini; Veal Saltimbocca; Cherry Almond Rice Pudding.	APTEX	(S)	(CC)	N/A	#207H
14:00:00	Joanne Weir's Cooking Confidence Simply Elegant Joanne greets her student Sarina with a bruschetta salad and it is quickly apparent Sarina is the perfect student for dishes that are simple enough for a weeknight, yet elegant enough for Saturday night. They recreate the vinaigrette from the salad, discover how easy it is to cook clams, and finish with a warm blueberry maple compote melting over vanilla ice cream. Recipes: Bruschetta Salad with Prosciutto di San Daniele and Greens, Clams with Chorizo and Orange, and Vanilla Ice Cream with Blueberry Maple Syrup Compote. Student: Sarina Crivello, Apple Specialist.	APTEX	(S)	(CC)	N/A	#103H
14:30:00	New Scandinavian Cooking A Taste of Winter In preparation for a hike, Tina packs a lunch made of grilled flatbread, cabbage salad and smoked salmon. After a day of winter activities, Tina prepares a soup with meatballs and a chocolate dessert.	APTEX	(S)	(CC)	N/A	#501H
15:00:00	Beads, Baubles and Jewels Work Out Naturally Look to nature for design inspiration. Using quartz points, designer Molly Schaller creates stunning necklaces and other jewelry. To work out, she makes jewelry from pearls in all shapes, colors and sizes. Artist Jill MacKay cools down with designs in die-cut leather. Katie Hacker discusses how bead-making can benefit children facing health challenges.	NETA	(S)	(CC)	N/A	#2503H

Thu, Feb 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ The Biz Kids Challenge The Biz Kids learn the world of marketing through the "Project Lemonade Challenge." Two teams, two identical lemonade stands. It's up to the kids to decide the price and promotion strategy to sell the most product. The proceeds go to their favorite charities. You'll see the preparation and the results when they are critiqued by marketing guru Scott Bedbury, the force behind Nike's slogan "Just do it."	APTEX	(S)	(CC)	DVI	#113H
16:30:00	Hands On Crafts for Kids Wear It! With friends and family, create and wear your crafting projects. A fashionable, shimmery clay bird necklace is perfect to wear or to give as a gift. Franz shows how to draw original designs and transfer them to your t-shirt. Jenny uses plastic tableware and fabric dye to make a stenciled flower or flag on a t-shirt. Katie weaves a colorful loop bracelet you can make in your favorite colors or school colors. Use the Family Craft box to transform a t-shirt into a superhero cape with a custom-designed logo.	NETA	(S)	(CC)	DVI	#1706H
17:00:00	Garden Smart GardenSMART visits a "garden legend" in his home garden. This remarkable man passed away this year, which makes this show even more special. Be sure to join us as we highlight a unique garden and extraordinary gardener.	NETA	(S)	(CC)	N/A	#4504H
17:30:00	Growing A Greener World Growing Healthy Foods and Sustainable Communities (Atlanta, Ga) The modern farmer often bears no resemblance to the old stereotype. Many young farmers today are growing much more than just healthy crops. They're thinking outside the plot to raise healthy communities and lifestyles around organically grown food, school and community gardens, even eco-conscious resorts. Daron Joffe (a.k.a. "Farmer D") is one such farmer and entrepreneur breaking down the walls of traditional farming. Today, his services and projects can be found all around the country, and the proven results of his efforts are in high demand by some of the most prominent gardeners and companies in America.	APTEX	(S)	(CC)	N/A	#713H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14034H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1334H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7230
19:30:00	Native Report On this edition of Native Report we'll learn about the art of basket making from expert Emma Garrett of the Eastern Band of Cherokee Nation. We'll also take to the night sky for a lesson in Native astronomy and see the stars through Ojibwe eyes. And we'll trace the development of Indian Law from its roots in the State of Oklahoma with the federal government's policy of removal and the Trail of Tears. We'll also visit with our elders, and learn something new about Indian Country on Native Report.	WDSE	(S)	(CC)	DVI	#902H
20:00:00	Backstage Pass Jim Alfredson's Dirty Fingers Organissimo founder and keyboardist Jim Alfredson and his Dirty Fingers band perform bluesy hardbop and free-jazz explorations in tribute to Big John Patton.	NETA	(S)	(CC)	N/A	#605H
20:30:00	Ray Stevens Cabaray Nashville Guests: Bobby Braddock and Sheri Copeland Smith "There Must Be A Pill For This" (RAY) "Makin' The Best of a Bad Situation" (RAY) Braddock Hits Medley (BOBBY) "Golden Ring" (RAY & SHERI) "He Stopped Loving Her Today" (BOBBY).	OETA	(S)	(CC)	N/A	#106H
21:00:00	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 Pizzarelli, Tommy Emmanuel, and Vinny Raniolo.	NETA	(S)	(CC)	N/A	#107H

## Daily Program Listing II

43.1

Date: 01/03/2017

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Thu, Feb 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Afropop: The Ultimate Cultural Exchange The Carrier	APTEX	(S)	(CC)	N/A	#701H
	Told through the eyes of an increasingly empowered heroine, The Carrier is a powerful and moving portrait of an unconventional family, set against the backdrop of the growing HIV/AIDS epidemic in Zambia. This lyrical film follows Mutinta Mweemba, a 28-year-old subsistence farmer living in a polygamous marriage. After learning she is HIV positive and pregnant, Mutinta sets out to keep her unborn child virus-free and to break the cycle of transmission.					
23:30:00	Harpists's Legacy: Ann Hobson Pilot and the Sound Change	APTEX	(S)	(CC)	N/A	#0H
	A HARPIST'S LEGACY: ANN HOBSON PILOT AND THE SOUND OF CHANGE profiles the inspirational life and distinguished career of the revered harpist. This compelling documentary follows Ann Hobson Pilot's trailblazing journey as the first black female principal player in a major symphony orchestra and also as an international soloist, teacher, mentor and driving force behind music-education programs for underserved minorities. A HARPIST'S LEGACY uses her professional journey to explore the increasing racial diversity and shift in attitudes toward musicians of color in the classical music world.					

Fri, Feb 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7230
00:30:00	Native Report On this edition of Native Report we'll learn about the art of basket making from expert Emma Garrett of the Eastern Band of Cherokee Nation. We'll also take to the night sky for a lesson in Native astronomy and see the stars through Ojibwe eyes. And we'll trace the development of Indian Law from its roots in the State of Oklahoma with the federal government's policy of removal and the Trail of Tears. We'll also visit with our elders, and learn something new about Indian Country on Native Report.	WDSE	(S)	(CC)	DVI	#902H
01:00:00	Backstage Pass Jim Alfredson's Dirty Fingers Organissimo founder and keyboardist Jim Alfredson and his Dirty Fingers band perform bluesy hardbop and free-jazz explorations in tribute to Big John Patton.	NETA	(S)	(CC)	N/A	#605H
01:30:00	Ray Stevens Cabaray Nashville Guests: Bobby Braddock and Sheri Copeland Smith "There Must Be A Pill For This" (RAY) "Makin' The Best of a Bad Situation" (RAY) Braddock Hits Medley (BOBBY) "Golden Ring" (RAY & SHERI) "He Stopped Loving Her Today" (BOBBY).	OETA	(S)	(CC)	N/A	#106H
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 Pizzarelli, Tommy Emmanuel, and Vinny Raniolo.	NETA	(S)	(CC)	N/A	#107H
03:00:00	Afropop: The Ultimate Cultural Exchange The Carrier Told through the eyes of an increasingly empowered heroine, The Carrier is a powerful and moving portrait of an unconventional family, set against the backdrop of the growing HIV/AIDS epidemic in Zambia. This lyrical film follows Mutinta Mweemba, a 28-year-old subsistence farmer living in a polygamous marriage. After learning she is HIV positive and pregnant, Mutinta sets out to keep her unborn child virus-free and to break the cycle of transmission.	APTEX	(S)	(CC)	N/A	#701H
04:30:00	Harpists's Legacy: Ann Hobson Pilot and the Sound Change A HARPIST'S LEGACY: ANN HOBSON PILOT AND THE SOUND OF CHANGE profiles the inspirational life and distinguished career of the revered harpist. This compelling documentary follows Ann Hobson Pilot's trailblazing journey as the first black female principal player in a major symphony orchestra and also as an international soloist, teacher, mentor and driving force behind music-education programs for underserved minorities. A HARPIST'S LEGACY uses her professional journey to explore the increasing racial diversity and shift in attitudes toward musicians of color in the classical music world.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#148
08:00:00	Zula Patrol May The Force Be Wigg You/Five Zuleans in a Boat (And Gorga) MAY THE FORCE BE WIGG YOU - One of Multo's gadgets accidentally gives Wigg with super- strength, giving Wigg a chance to live out his superhero fantasies. But when a bully challenges him to a show of force to determine who's the strongest, Wigg has to rely on his friends (and their knowledge of force) to save the day. FIVE ZULEANS IN A BOAT (AND GORGA) - While on a relaxing boat trip down the Amazula River, the Zula Patrol spots Deliria racing up the river, causing mayhem in her vast luxury cruise liner . But her perilous piloting causes the ship to become wedged in a narrow part of the river. Water builds up behind her boat, threatening a flood! It's up to the Zula Patrol to utilize the law of force to find a way to pull it free before the Amazula bursts its banks.	APTEX	(S)	(CC)	DVI	#307H
08:30:00	Thomas Edison's Secret Lab Nicky's Compass Goes South/A Gem of a Deal Compass: When the SECRET LAB KIDS head off to rescue some stranded hikers with the aid of Nicky's cell phone compass her battery fizzles out and the team must return to the lab and build a conventional compass. Gem: When a con artist purchases Nicky's granny's house for a fake gemstone necklace, the SECRET LAB KIDS must learn about minerals in order to save granny from ruin.	APTEX	(S)	(CC)	N/A	#101H
09:00:00	Power Yoga: Mind and Body Abs With Plank, Supta Tadasana, Navasana, and others.	APTEX	(S)	(CC)	N/A	#113

## Daily Program Listing II

43.1

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Fri, Feb 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Improve Your Posture	APTEX	(S)	(CC)	DVI	#1005H
	In this episode of Classical Stretch, join Miranda Esmonde-White for an early morning workout on the beautiful beach of Jamaica! Miranda will take you through an all-barre workout that focuses on maintaining and improving posture.					
10:00:00	Sit and Be Fit Vestibular and Core	NETA	(S)	(CC)	N/A	#1407H
	Mary Ann combines a nice mix of vestibular and core work while Gretchen reinforces the importance of gait training exercises.					
10:30:00	Fit 2 Stitch The Yoga Skirt	NETA	(S)	(CC)	N/A	#306H
	Begin your sewing journey with a simple project with guaranteed success. The Yoga Skirt is a perfect travel garment for your sewing road trip.					
11:00:00	Knit and Crochet Now! Comfy Afghans	APTEX	(S)	(CC)	DVI	#604H
	Ellen shows hot to stitch up the Spring Bud Afghan by Rena Stevens, then Kristin takes us through the steps of the knit Cabled Cube Throw. Lena demonstrates the crochet Popcorn Crawl, always a fashion favorite! Robyn designed this beautiful crochet Raglan Lace Tee and will show you step by step how to make it.					
11:30:00	Fons & Porter's Love of Quilting Random Acts of Happy	NETA	(S)	(CC)	N/A	#2402H
	This modern version of an antique "crazy quilt" is sure to inspire. Update the color palette and fall in love with the simplicity and freedom of crazy quilting.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6150H
13:00:00	P. Allen Smith's Garden to Table Backyard Farming	APTEX	(S)	(CC)	DVI	#108H
	In this GARDEN TO TABLE episode, P. Allen Smith shows how you can take even the smallest outdoor spaces and turn them into your own mini-farm. Allen demonstrates how to use straw bales to create raised beds. And if you love honey, find out how to maintain a beehive right in your own back yard!					
13:30:00	Mike Colameco's Real Food Sicily Part 2	NETA	(S)	(CC)	N/A	#1416H
	Part 2 of the Sicily show.					
14:00:00	Chef John Besh's New Orleans Shrimp and Chicken Jambalaya, Jen's Wild Berry Cream Pie, and Blueberry Sorbet.	APTEX	(S)	(CC)	N/A	#110H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#245H
15:00:00	Beads, Baubles and Jewels Get In Shape with Leather	NETA	(S)	(CC)	N/A	#2504H
	Shape up with leather. Mixed media artist Candie Cooper transforms leather into contemporary jewelry designs with paint, tassels and found objects. Then, she works out by painting leather cuffs and adding druzy beads. She cools down with super-simple designs to make and wear anytime - anywhere.					
15:30:00	Make It Artsy Assemblage	NETA	(S)	(CC)	N/A	#102H
	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.					
16:00:00	Biz Kid\$ How to Be A Smart Consumer	APTEX	(S)	(CC)	DVI	#114H
	Get the most for your money. Join the Biz Kids and you'll explore smart shopping strategies. Learn how to avoid common pitfalls and traps set by savvy marketers and high-pressure salesmen. Meet some smart consumers and successful entrepreneurs.					

Fri, Feb 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids At Home	NETA	(S)	(CC)	DVI	#1707H
	Become an interior designer with crafts you create. Katie shows how to light up the night with a glittery night light. Franz helps you plan and host an art gallery opening at your house. Jenny shows how to bond with your own home as you make a house from felt. Then decorate your home with a colorful garland made from the Family Craft Box. Katie uses a favorite fabric to add a bright, fresh pintuck quilted picture to any bedroom decor.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4505H
	GardenSMART visits an extraordinarily beautiful garden thriving amid the hustle and bustle of a city. There's a lot to discover, join us as we GardenSMART.					
17:30:00	Growing A Greener World Redeeming Your Ground (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#714H
	How often do we move into a house that provides adequate shelter but does nothing to beckon you outside beyond the walls? That was the case for the Scott family... until they decided to do something about it. What started as an experimental small vegetable garden at the back of the driveway has since evolved into a livable and inviting backyard that is now an essential part of their everyday living space. See how this family's efforts to redeem their ground opened up a whole new world of life in the great outdoors, and how many of the simple changes they made will inspire you in your own backyard.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14035H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2440Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7231
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#906H
20:00:00	Song of the Mountains Black Mountain Shine/Redhead Express	NETA	(S)	(CC)	N/A	#1101H
21:00:00	Woodsongs Charlie Musselwhite/Gill Landry	NETA	(S)	(CC)	N/A	#1808H
	Charlie Musselwhite is one of the most revered blues musicians in the world. The harmonica master, also is a respected singer and songwriter in his own right. He has won countless awards during his legendary career including induction into the Blues Hall of Fame and collaborated with innumerable musical giants of the past 50 years including Howlin' Wolf, Muddy Waters, Big Joe Williams, Little Walter, Sonny Boy Williamson, Tom Waits, Eddie Vedder and Ben Harper, just to name to name a few. His latest I Ain't Lyin' is all Charlie - original tunes penned by this Grammy winning master that resonate with the South itself. Gill Landry is a songwriter and multi-instrumentalist from Louisiana. After cutting his musical teeth busking in New Orleans and chewing up half of America, he started writing on guitar, banjo, pedal steel, and been a contributing songwriter in Old Crow Medicine Show since 2004. Although Gill's music is influenced by some of the same sources as Old Crow, from Dylan to old delta blues songsters, his music is very much his own. Gill's self titled third album is his first on the ATO label.					
22:00:00	Film School Shorts On The Prowl	NETA	(S)	(CC)	N/A	#303H
	App (American Film Institute) - Desperate to get funding for his groundbreaking new dating app, shy software developer Paul agrees to use the app to seduce a beautiful stranger, but his calculations backfire when he starts to feel a genuine connection. Directed by Alex Berman. Banana Trip (Florida State University) - Three South Korean college boys head to Florida for spring break, hoping to hook up with white girls. Directed by Hyungjik Lee.					
22:30:00	On Story Greaser's Palace: A Conversation with Jonathan Demme and Paul Thomas	NETA	(S)	(CC)	N/A	#413H
	Filmmaking legends Paul Thomas Anderson and Jonathan Demme pay tribute to Robert Downey Sr.'s cult classic Greaser's Palace. Next, Andrew Napier's short film, Grandma's Not a Toaster, where a whiskey-guzzling mother-to-be aims to enlist her neurotic brother in attempt to thief from their ailing grandmother's fortune.					
23:00:00	Science Goes to the Movies	EPS	(S)	(CC)	N/A	#307H
	Humans are descended from apes! Professor William Harcourt-Smith explains how that idea is both true and false. Additionally - if apes raised Tarzan, would he truly act like the apes? If apes had the consciousness and brainpower of humans would they rise up like in Planet of the Apes? Our scientist breaks it all down on this episode of Science Goes to the Movies.					

Daily Program Listing II  
43.1

Date: 01/03/2017  
Fri, Feb 17, 2017

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<u>Start</u>	<u>Title</u> <u>Subtitle</u>	<u>Distrib</u>	<u>Stereo</u>	<u>Cap</u>	<u>AS2</u>	<u>Episode</u>
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1018

Sat, Feb 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7231
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#906H
01:00:00	Song of the Mountains Black Mountain Shine/Redhead Express	NETA	(S)	(CC)	N/A	#1101H
02:00:00	Woodsongs Charlie Musselwhite/Gill Landry	NETA	(S)	(CC)	N/A	#1808H
	Charlie Musselwhite is one of the most revered blues musicians in the world. The harmonica master, also is a respected singer and songwriter in his own right. He has won countless awards during his legendary career including induction into the Blues Hall of Fame and collaborated with innumerable musical giants of the past 50 years including Howlin' Wolf, Muddy Waters, Big Joe Williams, Little Walter, Sonny Boy Williamson, Tom Waits, Eddie Vedder and Ben Harper, just to name to name a few. His latest I Ain't Lyin' is all Charlie - original tunes penned by this Grammy winning master that resonate with the South itself. Gill Landry is a songwriter and multi-instrumentalist from Louisiana. After cutting his musical teeth busking in New Orleans and chewing up half of America, he started writing on guitar, banjo, pedal steel, and been a contributing songwriter in Old Crow Medicine Show since 2004. Although Gill's music is influenced by some of the same sources as Old Crow, from Dylan to old delta blues songsters, his music is very much his own. Gill's self titled third album is his first on the ATO label.					
03:00:00	Film School Shorts On The Prowl	NETA	(S)	(CC)	N/A	#303H
	App (American Film Institute) - Desperate to get funding for his groundbreaking new dating app, shy software developer Paul agrees to use the app to seduce a beautiful stranger, but his calculations backfire when he starts to feel a genuine connection. Directed by Alex Berman. Banana Trip (Florida State University) - Three South Korean college boys head to Florida for spring break, hoping to hook up with white girls. Directed by Hyungjik Lee.					
03:30:00	On Story Greaser's Palace: A Conversation with Jonathan Demme and Paul Thomas	NETA	(S)	(CC)	N/A	#413H
	Filmmaking legends Paul Thomas Anderson and Jonathan Demme pay tribute to Robert Downey Sr.'s cult classic Greaser's Palace. Next, Andrew Napier's short film, Grandma's Not a Toaster, where a whiskey-guzzling mother-to-be aims to enlist her neurotic brother in attempt to thief from their ailing grandmother's fortune.					
04:00:00	Science Goes to the Movies	EPS	(S)	(CC)	N/A	#307H
	Humans are descended from apes! Professor William Harcourt-Smith explains how that idea is both true and false. Additionally - if apes raised Tarzan, would he truly act like the apes? If apes had the consciousness and brainpower of humans would they rise up like in Planet of the Apes? Our scientist breaks it all down on this episode of Science Goes to the Movies.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1018
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#149
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Shimmering Pond	APTEX	(S)	(CC)	N/A	#505H
	A white heron flying up from a moonlit pond highlights Gary's creation of this beautiful, fairytale painting design. In the background, Gary paints a dusky glowing atmosphere and luminous stars to complete his composition.					
08:30:00	Grand View Devils Postpile National Monument	APT		(CC)	N/A	#209H
	This episode explores one of the most unique phenomena in geology; Hexagonal pillars of Basalt lava that were revealed during the last Ice Age. Located in the Eastern Sierra, this rare and beautiful feature ranks as one of the world's finest examples of columnar basalt. The region reveals a volatile geologic history, with reminders bubbling up from the valley floor. Baumann interviews Park Superintendent, Deanna Dulen, and USGS geologist, Mike Clynne. Baumann reaches his destination, and paints the Minarets of the Sierras overlooking the park itself.					
09:00:00	Landscapes Through Time with David Dunlop Francesco Guardi's Venice	NETA	(S)	(CC)	DVI	#202H
	David travels to many magical locations in Venice that were painted by the great 18th century Venetian landscape painter, Francesco Guardi (1712-1783). David creates a pen and ink drawing and wash of the beautiful baroque church, Santa Maria della Salute, discussing Francesco Guardi's use and understanding of perspective. He then travels to Guardi's home district of the Cannaregio and paints an oil demonstration of the same canal scene painted by Guardi and the famous painter, Canaletto, exploring Guardi's spirited brushstrokes and expressive skies.					

Sat, Feb 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Anti Aging Workout	APTEX	(S)	(CC)	DVI	#1006H
	In this episode of Classical Stretch, join Miranda Esmonde-White for an all-standing full-body workout designed to keep you feeling young! This zero impact cardio workout will help you burn calories while strengthening your full body.					
10:00:00	Sit and Be Fit Posture	NETA	(S)	(CC)	N/A	#1408H
	Mary Ann breaks down techniques to improve our posture and special guest Jeff Brooks gives us a balance exercise for the day.					
10:30:00	Wai Lana Yoga Energize Your Spine!	APTEX	(S)	(CC)	N/A	#508
	Forward bends, backbends, and twists loosen the spine and give you energy. They also tone the spinal nerves connected to your internal organs, creating vibrant inner health.					
11:00:00	Delicious TV's Vegan Mashup Fast Food Magic	NETA	(S)	(CC)	DVI	#302H
	You'll never have to say, but I don't have time to cook vegan again. Toni Fiore is making a classic Italian dish Pasta with Chickpeas and Tomatoes. Terry Hope Romero is making Coconut Bacon you can top anything including her Kale Tomato Salad. Raw food artist Elizabeth Fraser is shares her No-bake Apple Crisp. And Victor Robinson and his daughter are making Gazpacho with veggies plucked from there garden.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Examining The Yucatan's Abundant Natural Resources	APTEX	(S)	(CC)	N/A	#1113H
	The salt marshes of Celestun and a seaside octopus farm are unlikely places for a chef to get inspired. But Chef Roberto Solis' approach to food has always been a little different - just see the menu of his revered restaurant Nectar in Merida, which continues to charm and dazzle. In Nectar's kitchen, Roberto shows Rick how to make three of his restaurant's favorite dishes: cebollas negras, poc chuc de pulpo and deeply satisfying crispy, seared pork belly with grilled pineapple and tomatillo. At home, Rick prepares tostadas of charred octopus and escabeche, plus a succulent slow cooker red chile pork belly with braised kale. To finish it off, Rick makes manjar blanco, a traditional Yucatecan coconut dessert.					
12:00:00	Lidia's Kitchen My Favorite Braises	APTEX	(S)	(CC)	N/A	#419H
	Braising is a preferred technique in Lidia's kitchen and today she prepares one rich braised meat dish, along with two braised vegetable choices for the home cook. Recipes include: beef braised in barolo; a braised kale with bacon; and finally braised cauliflower.					
12:30:00	Moveable Feast with Fine Cooking Nashville, Tennessee	APTEX	(S)	(CC)	N/A	#310H
	It's a country-style feast in the heart of Nashville, one of America's music meccas, on this episode of Moveable Feast with Fine Cooking. Host Pete Evans hits the road with Nashville food legends Matt Bolus and Trevor Moran. First stop is the Rocky Glade Farm in Eagleville where Pete learns about this local family farm and sources fresh produce for the night's feast. Then they head to Wedge Oak Farm in Lebanon to collect eggs, mushrooms, and duck -- and where all of the cooking and dining takes place. The menu features, baby collards and swiss chard salad with gribiche and grilled onions; grilled suckling pig stuffed with green onions and green garlic; fire-grilled vegetables with sorrel salsa verde and smoked farm eggs; wood-fired roasted duck with wild farm greens and beer yeast sauce, served with fried duck eggs; and chamomile ice cream for dessert.					
13:00:00	Expeditions with Patrick Mcmillan Frogs - Spring's Symphony In Peril	APTEX	(S)	(CC)	N/A	#309H
	How many youngsters become fascinated with nature by playing in mud puddles catching tadpoles and frogs? I did. Today, all around the globe, these harbingers of spring are disappearing at an alarming rate. Join Patrick in a race across the region, through the seasons, and against time, to uncover the most secretive, strange, and seldom seen frogs in the Southeast.					
13:30:00	Joseph Rosendo's Travelscope Uncovering South Korea	APTEX	(S)	(CC)	DVI	#803H
	On Joseph's first visit to Korea, he discovers that while the capital city of Seoul's modern skyline and prosperity are impressive, it's Korea's extraordinary history, traditions and customs that are the cornerstones of its culture. During his South Korea adventure he finds ancient treasures, surprising natural beauty, exciting foods, spiritual experiences and heart-warming welcomes. From Seoul's five royal palaces, traditional markets, hip shopping malls and avenues to the city's many Buddhist temples and historic neighborhoods, wherever he goes and whatever he does something fascinating awaits. In addition, his excursion from the capital to the Korean Demilitarized Zone illustrates the Korean's ability of rising from the ashes time and time again and their knack for making miracles.					

Sat, Feb 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Southeast England	APTEX	(S)	(CC)	N/A	#909H
	Arcing along the southeast coast of England, Rick travels from Canterbury (with its famous cathedral) to Dover (stoutly fortified from Roman times to the Battle of Britain). Then he hikes the trails that top the towering chalk cliffs of the South Downs, wander into the beachy resort of Brighton (England's Coney Island), and push on to Portsmouth, whose naval heritage has left it with the best collection of historic sailing ships anywhere.					
14:30:00	Journeys In Africa Johannesburg - City of Many Faces	NETA	(S)	(CC)	N/A	#210H
	From the streets of Soweto to the colonial Union Building, the metro area of Joburg is a mix of architecture, people and traditions. This area is more than big city-it also has one of the best safari parks nearby that was literally manmade.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4507H
	Storm water runoff creates havoc not only in our yards, but also in our communities. GardenSMART wanted to learn how to better address the issue so we visited an expert on the topic. A lot of valuable information. Join us as we GardensSMART.					
15:30:00	Farm with Ian Knauer Egg Show	NETA	(S)	(CC)	DVI	#108H
	The egg is the most versatile ingredient in the kitchen. Learn how to raise your own chickens and make everything from breakfast (perfect fried eggs on a Croque) to dinner (Fresh Pasta Carbonara) to dessert (Strawberry-Rum Sabayon).					
16:00:00	Maria Hinojosa: One-On-One Enrique Caballero and Misty Anaya	APTEX	(S)	(CC)	N/A	#403Z
	The diagnosis of children and teens in the United States with type 2 diabetes has skyrocketed over the last 20 years, with Latinos, African Americans, and Native Americans especially at risk. Maria Hinojosa talks with Dr. Enrique Caballero, director of the Joslin Latino Diabetes Initiative at the Joslin Diabetes Center in Boston, and Misty Anaya, an 18- year-old diagnosed with type 2 diabetes at age 12.					
16:30:00	Overheard with Evan Smith Marcus Samuelsson, Chef/Restaurateur	NETA	(S)	(CC)	N/A	#711H
	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.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Boat Maker	APTEX	(S)	(CC)	N/A	#112H
	John Yothers builds beautiful and very functional wooden boats. Host Eric Gorges learns the proper way to blueprint a boat and also what goes into building a boat from scratch.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3506H
18:30:00	The Open Mind Rights In China & Hong Kong	NETA		(CC)	N/A	#3727H
	Guest: Carole Petersen. Carole Petersen, director of the Matsunaga Institute at the University of Hawaii, talks about free thought in the Asia-Pacific.					
19:00:00	Closer to Truth Why Do We Sleep?	EPS	(S)	(CC)	N/A	#1207H
	Why do we spend so much of our lives not awake? What do sleeping and dreaming reveal about consciousness?					
19:30:00	Drexel Interview Garry Kasparov	NETA		(CC)	N/A	#503H
	Chess Grandmaster, author, and human rights activist Garry Kasparov spent two decades as the world's number-one-ranked chess player, before eventually leading the pro-democracy opposition against Russian President Vladimir Putin. He went on to become Chairman of the Human Rights Foundation, and is the author of How Life Imitates Chess: Making the Right Moves, From the Board to the Boardroom and Winter Is Coming: Why Vladimir Putin and the Enemies of the Free World Must Be Stopped. In this interview, Host Paula Marantz Cohen moves through Kasparov's rise to iconic status as a chess champion, the cultural impact of chess as a mind sport, and symbolism and strategy employed both on the board and in the political arena. Kasparov discusses Winter Is Coming (which criticizes the tyranny of Putin's Russia), and calls on leaders of the free world to advocate for global human rights and social change.					

Sat, Feb 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Galactic	APTEX	(S)	(CC)	N/A	#502H
	<p>The seminal New Orleans band draws inspiration from the cultural flavors of their city streets and their local orbit of southern soul, funk, blues, rock and brass band. From the band's traditional "second line" brass-infused show opener "Sugar Doosie" to the funky bass line and tumbling guitar on "Long Live the Borgne;" to the break in the funk for Paul Simon's "Fifty Ways" with guest Ryan Montbleau, the band showcases their 20-year musical evolution in an electrifying performance. Erica Falls is guest vocalist. With artist interviews.</p>					
21:00:00	Front and Center Cma Songwriters Series: Brett Eldredge	APTEX	(S)	(CC)	N/A	#607H
	<p>CMA New Artist of the Year winner Brett Eldredge takes the stage for the CMA Songwriters Series at the Marathon Music Works in Nashville with songwriters Ross Copperman, Tom Douglas, Travis Hill and Heather Morgan. A songwriter in his own right, having co-written all of the songs on his recent release Illinois, which debuted at number 3 on the Billboard 200 chart, Eldredge joins co-writers Copperman and Morgan on a performance of the album's lead single "Lose My Mind." Eldredge and the hit makers also perform hits from his debut album Bring You Back including best-loved No. 1 hits including "Beat of the Music," "Mean To Me" and "Don't Ya."</p>					
22:00:00	Globe Trekker Top 10 South American Adventures	APTEX	(S)	(CC)	N/A	#1507H
	<p>In this Globe Trekker special, Ian Wright, Holly Morris, Elis Nevitt, Matt Young, Megan McCormick and Zay Harding travel all across South America - to Guyana, Venezuela, Columbia, Bolivia, Chile, Argentina, Paraguay and Brazil - in search of the continent's Top 10 adventures, which include white water rafting in untamed waters, searching for giant anaconda snakes, trekking to the world's highest waterfalls, and climbing to the snow-capped summit of the Lanin Volcano in the Andes Mountains.</p>					
23:00:00	Arts In Context Shakespeare on the Farm	NETA		(CC)	N/A	#706H
	<p>Under the starlit, intimate setting of Rain Lily Farm, En Route Productions presents Shakespeare on the Farm. By bringing theatre off of the stage and farming into the city, the two groups take their respective passions to the masses.</p>					
23:30:00	Invitation to World Literature Odyssey	APTEX	(S)	(CC)	DVI	#103H
	<p>Odysseus must travel the known and unknown world before he can return home to his beloved island kingdom of Ithaca. What does this ancient story say to readers today? In this program, Odysseus's story is given ancient and modern historical and philosophical context, and illustrated with centuries of art. Featured are theater director Mary Zimmerman, actor-director Tim Blake-Nelson, and psychologist/author Jonathan Shay.</p>					

Sun, Feb 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Why Do We Sleep? Why do we spend so much of our lives not awake? What do sleeping and dreaming reveal about consciousness?	EPS	(S)	(CC)	N/A	#1207H
00:30:00	Drexel Interview Garry Kasparov Chess Grandmaster, author, and human rights activist Garry Kasparov spent two decades as the world's number-one-ranked chess player, before eventually leading the pro-democracy opposition against Russian President Vladimir Putin. He went on to become Chairman of the Human Rights Foundation, and is the author of How Life Imitates Chess: Making the Right Moves, From the Board to the Boardroom and Winter Is Coming: Why Vladimir Putin and the Enemies of the Free World Must Be Stopped. In this interview, Host Paula Marantz Cohen moves through Kasparov's rise to iconic status as a chess champion, the cultural impact of chess as a mind sport, and symbolism and strategy employed both on the board and in the political arena. Kasparov discusses Winter Is Coming (which criticizes the tyranny of Putin's Russia), and calls on leaders of the free world to advocate for global human rights and social change.	NETA		(CC)	N/A	#503H
01:00:00	Infinity Hall Live Galactic The seminal New Orleans band draws inspiration from the cultural flavors of their city streets and their local orbit of southern soul, funk, blues, rock and brass band. From the band's traditional "second line" brass-infused show opener "Sugar Doosie" to the funky bass line and tumbling guitar on "Long Live the Borgne;" to the break in the funk for Paul Simon's "Fifty Ways" with guest Ryan Montbleau, the band showcases their 20-year musical evolution in an electrifying performance. Erica Falls is guest vocalist. With artist interviews.	APTEX	(S)	(CC)	N/A	#502H
02:00:00	Front and Center Cma Songwriters Series: Brett Eldredge CMA New Artist of the Year winner Brett Eldredge takes the stage for the CMA Songwriters Series at the Marathon Music Works in Nashville with songwriters Ross Copperman, Tom Douglas, Travis Hill and Heather Morgan. A songwriter in his own right, having co-written all of the songs on his recent release Illinois, which debuted at number 3 on the Billboard 200 chart, Eldredge joins co-writers Copperman and Morgan on a performance of the album's lead single "Lose My Mind." Eldredge and the hit makers also perform hits from his debut album Bring You Back including best-loved No. 1 hits including "Beat of the Music," "Mean To Me" and "Don't Ya."	APTEX	(S)	(CC)	N/A	#607H
03:00:00	Globe Trekker Top 10 South American Adventures In this Globe Trekker special, Ian Wright, Holly Morris, Elis Nevitt, Matt Young, Megan McCormick and Zay Harding travel all across South America - to Guyana, Venezuela, Columbia, Bolivia, Chile, Argentina, Paraguay and Brazil - in search of the continent's Top 10 adventures, which include white water rafting in untamed waters, searching for giant anaconda snakes, trekking to the world's highest waterfalls, and climbing to the snow-capped summit of the Lanin Volcano in the Andes Mountains.	APTEX	(S)	(CC)	N/A	#1507H
04:00:00	Arts In Context Shakespeare on the Farm Under the starlit, intimate setting of Rain Lily Farm, En Route Productions presents Shakespeare on the Farm. By bringing theatre off of the stage and farming into the city, the two groups take their respective passions to the masses.	NETA		(CC)	N/A	#706H
04:30:00	Invitation to World Literature Odyssey Odysseus must travel the known and unknown world before he can return home to his beloved island kingdom of Ithaca. What does this ancient story say to readers today? In this program, Odysseus's story is given ancient and modern historical and philosophical context, and illustrated with centuries of art. Featured are theater director Mary Zimmerman, actor-director Tim Blake-Nelson, and psychologist/author Jonathan Shay.	APTEX	(S)	(CC)	DVI	#103H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#150
08:00:00	Gary Spetz's Watercolor Quest Misty Fjords to Sitka Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Alaska-from the sheer cliffs of Misty Fjords to historical Sitka. 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)	DVI	#106
08:30:00	Paint This with Jerry Yarnell Night Sail, Part 5 Jerry finishes up the boat sails and the body of the boat in this episode. He uses a #4 bristle brush with white glazes on the sail making sure to leave the brush strokes so that the sail appears to be blowing in the wind. He then uses Cadmium Red to finish out the portion of the sail. Any final details on the boat and the water are completed before the final step which is splattering. Jerry demonstrates how to take a toothbrush, mix gesso white and splatter the spray of the water in and around the boat, the white caps and how to remove the over spray.	NETA	(S)	(CC)	N/A	#1213H

Sun, Feb 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Moonlight Mermaid	APTEX		(CC)	N/A	#606H
	Art Lesson: Light, Shade, and Tone. In art, tone refers to the degree of lightness or darkness of an area. Tone varies from the bright white of a light source through shades of gray to the deepest black shadows. How we perceive the tone of an object depends on its actual surface lightness or darkness, color and texture, the background and lighting. Tone may be used broadly to denote the major planes of an object. Realist artists use 'local tone' to accurately denote subtle changes within the plane. Wyland explores the natural gray shades of a stingray in this illuminating lesson on light, shade, and tone.					
09:30:00	Classical Stretch: The Esmonde Technique Power Up Your Legs	APTEX	(S)	(CC)	DVI	#1007H
	In this episode of Classical Stretch, join Miranda Esmonde-White on the white sandy beaches of Jamaica. This all-barre workout focuses on strengthening your legs and will make you feel lighter in just 30 minutes!					
10:00:00	Sit and Be Fit Breathing	NETA	(S)	(CC)	N/A	#1409H
	Mary Ann offers several techniques to develop healthy breathing habits.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#217
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#247H
11:30:00	New Orleans Cooking with Kevin Belton Italian Influences	APTEX	(S)	(CC)	N/A	#112H
	New Orleans red gravy, triple threat meatballs, tiramisu cupcakes.					
12:00:00	Ciao Italia Give Me Rice/Dammi Il Riso	NETA	(S)	(CC)	N/A	#2417H
	Crispy on the outside, creamy on the inside, Mary Ann turns plain Arborio rice into a symphony of porcini mushrooms and mozzarella cheese, all rolled up into Little Rice Balls, and then covered with bread crumbs, deep fried to perfection, and topped with spicy hot tomato sauce. Seconds anyone? Thirds?					
12:30:00	Mike Colameco's Real Food Peru Part 2	NETA	(S)	(CC)	N/A	#1419H
	Part 2 of the Peru show.					
13:00:00	Wild Photo Adventures Wildlife of Chincoteague National Wildlife Refuge	NETA	(S)	(CC)	DVI	#313H
	Host and professional wildlife photographer Doug Gardner explores and photographs a variety of wildlife at the Chincoteague National Wildlife Refuge.					
13:30:00	Equitrekking Wyoming	APTEX	(S)	(CC)	N/A	#512
	Equitrekking host Darley Newman begins at UXU Ranch for scenic and challenging riding on surefooted horses in the Shoshone National Forest. Darley and ranch owner Tuff ride by the majestic hoodoos and to high elevations for views of colorful canyons, glaciers and mountaintops. Darley explores the wildlife and geology of Yellowstone National Park on foot, before heading to the Cody rodeo. At nearby McCullough Peaks, Darley observes a melting pot of wild mustangs. Darley visits the Buffalo Bill Historical Center's Whitney Gallery of Western Art before heading south past the Grand Tetons to Jackson Hole. There, she embarks on a pack trip with two locals who have been leading riders into the backcountry for over 25 years. Darley sees the beauty of nature on ride to Willow Creek in the Bridger Teton National Forest. Finally, she tries fly-fishing and explores dude ranch history at the T Cross Ranch, family-owned and operated since it was homesteaded in the early 1900s.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#245H
14:30:00	Travel with Kids South Africa's Lemurs, Ostriches Caves & Crags	NETA	(S)	(CC)	N/A	#410H
	Continue along South Africa's garden route near Hog Hollow. Pet a cheetah! Crawl through caves at Congo. Meet strange creatures at the Congo Animal sanctuary. Learn about Ostriches and the Ostrich feather boomtimes of this Dutch colonial region. Ride elephants and walk with Meerkats. Tour a lively township learning how the locals live and get swarmed by crazy friendly lemurs.					

Sun, Feb 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Adding Swing & Planing Basics Take a look at the details for drawers that pivot smoothly in the shop storage cart. Plus, quick tips you can use in your shop every day.	NETA	(S)	(CC)	N/A	#1006H
15:30:00	Rough Cut - Woodworking with Tommy Mac Interior Stairs This week on Rough Cut Woodworking with Tommy Mac it's time to add the finishing touches to the staircase. Tommy works on getting finished hand rails in place, getting the steps done and the baseboard. It's a tricky job, but needs to be done safely and properly to support all the years to come of running up and down with projects.	APTEX	(S)	(CC)	N/A	#712H
16:00:00	Happy Yoga with Sarah Starr Sunrise Delight Savor the brilliant colors of sunrise as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support, focusing on igniting the core as well as activating the hip flexors and quadriceps.	NETA	(S)	(CC)	N/A	#202H
16:30:00	Second Opinion Adhd In Adults Patient Story: Attention deficit hyperactivity disorder (ADHD) starts in childhood but often can go unrecognized until later in life. In this episode, Frank South shares his story of late diagnosis and the challenges he faces every day managing and adapting to life with ADHD. Myth or Medicine: Is ADHD over-diagnosed? Second Opinion 5: Five signs of ADHD that are consistent in children and adults.	APTEX	(S)	(CC)	N/A	#1205H
17:00:00	Natural Health Breakthroughs with Brenda Watson Pets A holistic approach to treating all kinds of pets - Joel Murphy, DVM: owner of Animal and Bird Medical Center in Palm Harbor, FL; he is widely recognized as an authority on non-traditional approaches to caring for companion animals. Study: probiotics were superior to antibiotics in treating dogs with IBD - Jan Suchodolski, DVM, PhD: Assoc. Director of the GI Lab at Texas A&M School of Veterinary Medicine; his study compared a common blend of probiotics to two standard drugs in treating inflammatory bowel disease in dogs - the probiotics won. Even so, most vets still resort to pharmaceuticals - here's why: - Audrey Cook, DVM: helps oversee the Small Animal Internal Medicine Dept. at A&M's veterinary medical clinic. A vet who's convinced probiotics make a difference in dogs with GI problems - Karen Becker, DVM: she describes herself as an integrative veterinarian who focuses on optimizing dogs' diets to prevent health problems from occurring. Personal story - Jango: a patient of Dr. Becker's, an Australian Shepherd experiencing chronic GI distress.	EPS	(S)	(CC)	N/A	#109H
17:30:00	Well Read Margo Livesey, Mercury A grieving optometrist is blind to the family drama and psychological deterioration playing out before his very eyes. Today author of "Mercury," Margo Livesey takes us inside a marriage broken by secrets and obsession and tells why she chose a magnificent horse to set off a chain reaction of deceit and crime. In Bookmarks, Mary Ann Gwinn gives us a reading list full of unbridled obsession: five books about horses and the people who love them.	APTEX	(S)	(CC)	N/A	#611H
18:00:00	California's Gold See's Candy It started back in 1921 and quickly became one of California's biggest and "sweetest" success stories. The little shop on Western Avenue featured the favorite candy recipes of Mary See and focused on farm-fresh ingredients and homemade goodness. Before long this little shop had grown into a chain of stores serving loyal customers, and See's Candies had become famous around the world. In this calorie-laden edition of "California's Gold," host Huell Howser gets a first hand taste of the See's story. First he visits one of the earliest shops to open in San Francisco and meets with current and past employees. While there, Huell also talks with regular customers who come in to purchase their particular favorite type of Sees Candy. Then he travels to Los Angeles for a tour of the inner sanctum of the See's Candy factory where the historic candies are actually made. It's an assembly line like none other in the world, manned by employees who have been with the company for years. The story of See's Candy is indeed a true California success story -- one of which Mary See surely would be proud!	KCET		(CC)	N/A	#908
18:30:00	Joseph Rosendo's Travelscope Armenia - Ancient History and Modern Traditions, Part 2 In Part 2, Joseph visits ancient burial sites, historic churches as well as the markets and homes of present-day Armenians. He joins in religious and communal celebrations which offer a view into the Armenian heart and soul. Every archeological site offers viewers insights into how the Armenians of the distant and near past lived - and what we discover together are mirrors which reflect on the present.	APTEX	(S)	(CC)	DVI	#906H
19:00:00	Blackademics Television Tyson / Gilbarg A passionate Austin middle school student orator discusses "Opportunity Avenue." An advocate for youth empowerment teaches music and video production to inspire and educate.	KNME	(S)	(CC)	N/A	#403H

Sun, Feb 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Nachiketka Yakkundi - Engineer & Musician	KAMLA	(S)	(CC)	N/A	#119H
20:00:00	Inside California Education Inside California Education takes a fresh approach at presenting compelling stories and relevant information, communicating to millions of Californians how our \$40 billion K-12 education system affects our lives and lives of our children. The program explores the many critical and often complex issues in public education that have become more and more challenging. Inside California Education covers a variety of topics, including the growth of career tech programs preparing students for much-needed careers in media, computer programming, and other skills. It also examines early childhood education, and the growing body of evidence of its effectiveness for children later in their educational endeavors. We'll also meet a southern California educator who brings an exciting and fresh approach to science, and has been named Teacher of the Year twice - in two different school districts.	KNME	(S)	(CC)	N/A	#0H
20:30:00	American Forum The President's First Year: Part 2 SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#221H
21:00:00	Cuba's Secret Side Under The Radar Knowing that the Cuban government severely restricts all foreign journalists, Karin Muller took a huge risk - she set out to film a documentary on a simple tourist visa. Free of government minders, she hitchhiked around Cuba for three months - sleeping in private homes, working with farmers and fishermen, and participating in festivals and religious ceremonies. She was arrested over a dozen times, but in the end she discovered a side of Cuba that few foreigners get to see. Like Hector - Havana's pizza guy - who lives on the third floor and uses a basket and pulley system to deliver pizza. Or the wonderful way Cubans have of turning a tedious wait in line into a social event, and the unexpected joy of Havana's waterfront. Cubans joke that the Revolution produced three successes and three failures. The successes were health care, education, and social equality. The failures were breakfast, lunch, and dinner. In the rural sugar town of La Vega, Muller discovered the secret to Cuba's good health. Dr. Angelina walks house to house, visiting every one of La Vega's two thousand inhabitants - even if they're healthy - at least twice a year. Angelina knows everything about her patients, from how many pillows they sleep with to whether they're getting along with their spouses. She is happy with her life and work, despite going home each night to a tiny, dilapidated apartment without running water and having to work two days to earn enough to buy her family a can of spam. Education is another Cuban success - 97% literacy and free universities - but it's not all good news. Books and newspapers are censored, so a nation that has learned to love the written word has no choice but to read the party line. The monthly food distribution provides all Cuban citizens with staples like sugar, rice, and beans. The government also pays retired Cubans a pension, though it's rarely enough to make ends meet. The elderly often augment their meager incomes selling newspapers or collecting cans on the street. When Castro took over Cuba, most wealthy Cubans fled. The government divided their mansions among the poor. Fifty years later tenants still pay virtually no rent, but the marble floors and vaulted ceilings are now human warrens where thousands of Cubans live with crumbling roofs and no running water. Lurking in the basement of one building is a sea of human feces, roiling with maggots. The plumbing rotted out years ago. The Cuban government is not entirely to blame. Cuba was in fact doing quite well until 1989, when the Soviet Union fell apart. Without Soviet subsidies, the Cuban economy ground to a halt. Castro declared a "Special Period" and ordered farmers to go back to plowing their fields by hand. In desperation, the government began allowing people to go into business for themselves. And Cubans have their own way of dealing with adversity - through music and sports. Kids play baseball with homemade balls and bats on every street corner and in every park. And even in the worst of times, the Cuban government still underwrites a free concert now and then. But you can't live on entertainment. Castro urgently needed hard currency. He knew that over 60% of Cubans get money from overseas friends and family - he just had to find a way to get his hands on some of it. So he printed a whole new currency and opened up a bunch of luxury stores filled with American sneakers, designer sunglasses, and refrigerators. In the process, Cuba once again became a two-tiered society - those who have and those who don't - exactly what he launched a revolution to end. Cubans are nothing if not ingenious. Despite having almost no money, they still manage to keep things going - like their 60-year-old American cars. For those who can't afford a set of foreign wheels, there's always Cuba's public transportation system. It's cheap, but breakdowns were so common that the government came up with an entirely new way to move people around - the camel bus. It's a converted flatbed truck and can carry up to 300 passengers. When that wasn't enough, Castro made hitchhiking an official form of transportation. Despite all of its efforts, Cuba was still in a downwards spiral. Reluctantly, Castro opened the country up to tourism with a string of new hotels and resorts, but made sure that foreigners had as little contact with the locals as possible. Nowadays you can go hang out on a tourist beach, sit by the pool, or take a horse-cart ride through old Havana. But if you do, you'll miss the most interesting part of Cuba - the Cubans themselves. They are the focus of Hour 2 of Cuba's Secret Side.	NETA	(S)	(CC)	DVI	#101H
22:00:00	Colored Frames COLORED FRAMES reflects on the last 50 years in African-American art by exploring the influences, inspirations and experiences of black artists. Beginning at the height of the Civil Rights Era and leading up to the present, it provides a truthful, unflinching look at often-ignored artists and their progeny. Impressionistic video collages showcase the wide variety, both thematically and stylistically, of contemporary pieces of black artists working in the genres of illustration, abstraction and surrealism, among others. COLORED FRAMES also chronicles the black artist's struggle for visibility and acceptance in mainstream art society as well as their experiences challenging assumptions about what constitutes "blackness," even within their own community.	APTEX	(S)	(CC)	N/A	#0H

Daily Program Listing II  
43.1

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Sun, Feb 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Black Women In Medicine	APTEX	(S)	(CC)	N/A	#0H

BLACK WOMEN IN MEDICINE honors black female doctors around the country who work diligently in all facets of medicine. Through first-hand accounts from a cross-selection of black female pioneers in medicine and healthcare-including Dr. Claudia Thomas, the first black woman orthopedic surgeon and Dr. Jocelyn Elders, the first black woman to hold the position of United States Surgeon General-the program details the challenges these women have experienced and continue to face today in their drive to practice medicine. The documentary brings the inspiring stories of these trailblazing women within reach of those who most need to hear them, especially the next generation of medical professionals. By combining historical context with a look at the current generation coming up through the ranks, BLACK WOMEN IN MEDICINE chronicles stories of excellence and perseverance that engage, encourage and motivate, planting seeds of aspiration in the minds of future doctors.

Mon, Feb 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Tyson / Gilbarg  A passionate Austin middle school student orator discusses "Opportunity Avenue." An advocate for youth empowerment teaches music and video production to inspire and educate.	KNME	(S)	(CC)	N/A	#403H
00:30:00	The Kamla Show Special Nachikettha Yakkundi - Engineer & Musician	KAMLA	(S)	(CC)	N/A	#119H
01:00:00	Inside California Education  Inside California Education takes a fresh approach at presenting compelling stories and relevant information, communicating to millions of Californians how our \$40 billion K-12 education system affects our lives and lives of our children. The program explores the many critical and often complex issues in public education that have become more and more challenging. Inside California Education covers a variety of topics, including the growth of career tech programs preparing students for much-needed careers in media, computer programming, and other skills. It also examines early childhood education, and the growing body of evidence of its effectiveness for children later in their educational endeavors. We'll also meet a southern California educator who brings an exciting and fresh approach to science, and has been named Teacher of the Year twice - in two different school districts.	KNME	(S)	(CC)	N/A	#0H
01:30:00	American Forum The President's First Year: Part 2  SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#221H
02:00:00	Cuba's Secret Side Under The Radar  Knowing that the Cuban government severely restricts all foreign journalists, Karin Muller took a huge risk - she set out to film a documentary on a simple tourist visa. Free of government minders, she hitchhiked around Cuba for three months - sleeping in private homes, working with farmers and fishermen, and participating in festivals and religious ceremonies. She was arrested over a dozen times, but in the end she discovered a side of Cuba that few foreigners get to see. Like Hector - Havana's pizza guy - who lives on the third floor and uses a basket and pulley system to deliver pizza. Or the wonderful way Cubans have of turning a tedious wait in line into a social event, and the unexpected joy of Havana's waterfront. Cubans joke that the Revolution produced three successes and three failures. The successes were health care, education, and social equality. The failures were breakfast, lunch, and dinner. In the rural sugar town of La Vega, Muller discovered the secret to Cuba's good health. Dr. Angelina walks house to house, visiting every one of La Vega's two thousand inhabitants - even if they're healthy - at least twice a year. Angelina knows everything about her patients, from how many pillows they sleep with to whether they're getting along with their spouses. She is happy with her life and work, despite going home each night to a tiny, dilapidated apartment without running water and having to work two days to earn enough to buy her family a can of spam. Education is another Cuban success - 97% literacy and free universities - but it's not all good news. Books and newspapers are censored, so a nation that has learned to love the written word has no choice but to read the party line. The monthly food distribution provides all Cuban citizens with staples like sugar, rice, and beans. The government also pays retired Cubans a pension, though it's rarely enough to make ends meet. The elderly often augment their meager incomes selling newspapers or collecting cans on the street. When Castro took over Cuba, most wealthy Cubans fled. The government divided their mansions among the poor. Fifty years later tenants still pay virtually no rent, but the marble floors and vaulted ceilings are now human warrens where thousands of Cubans live with crumbling roofs and no running water. Lurking in the basement of one building is a sea of human feces, roiling with maggots. The plumbing rotted out years ago. The Cuban government is not entirely to blame. Cuba was in fact doing quite well until 1989, when the Soviet Union fell apart. Without Soviet subsidies, the Cuban economy ground to a halt. Castro declared a "Special Period" and ordered farmers to go back to plowing their fields by hand. In desperation, the government began allowing people to go into business for themselves. And Cubans have their own way of dealing with adversity - through music and sports. Kids play baseball with homemade balls and bats on every street corner and in every park. And even in the worst of times, the Cuban government still underwrites a free concert now and then. But you can't live on entertainment. Castro urgently needed hard currency. He knew that over 60% of Cubans get money from overseas friends and family - he just had to find a way to get his hands on some of it. So he printed a whole new currency and opened up a bunch of luxury stores filled with American sneakers, designer sunglasses, and refrigerators. In the process, Cuba once again became a two-tiered society - those who have and those who don't - exactly what he launched a revolution to end. Cubans are nothing if not ingenious. Despite having almost no money, they still manage to keep things going - like their 60-year-old American cars. For those who can't afford a set of foreign wheels, there's always Cuba's public transportation system. It's cheap, but breakdowns were so common that the government came up with an entirely new way to move people around - the camel bus. It's a converted flatbed truck and can carry up to 300 passengers. When that wasn't enough, Castro made hitchhiking an official form of transportation. Despite all of its efforts, Cuba was still in a downwards spiral. Reluctantly, Castro opened the country up to tourism with a string of new hotels and resorts, but made sure that foreigners had as little contact with the locals as possible. Nowadays you can go hang out on a tourist beach, sit by the pool, or take a horse-cart ride through old Havana. But if you do, you'll miss the most interesting part of Cuba - the Cubans themselves. They are the focus of Hour 2 of Cuba's Secret Side.	NETA	(S)	(CC)	DVI	#101H
03:00:00	Colored Frames  COLORED FRAMES reflects on the last 50 years in African-American art by exploring the influences, inspirations and experiences of black artists. Beginning at the height of the Civil Rights Era and leading up to the present, it provides a truthful, unflinching look at often-ignored artists and their progeny. Impressionistic video collages showcase the wide variety, both thematically and stylistically, of contemporary pieces of black artists working in the genres of illustration, abstraction and surrealism, among others. COLORED FRAMES also chronicles the black artist's struggle for visibility and acceptance in mainstream art society as well as their experiences challenging assumptions about what constitutes "blackness," even within their own community.	APTEX	(S)	(CC)	N/A	#0H

Mon, Feb 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
04:00:00	Black Women In Medicine BLACK WOMEN IN MEDICINE honors black female doctors around the country who work diligently in all facets of medicine. Through first-hand accounts from a cross-selection of black female pioneers in medicine and healthcare-including Dr. Claudia Thomas, the first black woman orthopedic surgeon and Dr. Jocelyn Elders, the first black woman to hold the position of United States Surgeon General-the program details the challenges these women have experienced and continue to face today in their drive to practice medicine. The documentary brings the inspiring stories of these trailblazing women within reach of those who most need to hear them, especially the next generation of medical professionals. By combining historical context with a look at the current generation coming up through the ranks, BLACK WOMEN IN MEDICINE chronicles stories of excellence and perseverance that engage, encourage and motivate, planting seeds of aspiration in the minds of future doctors.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#151
08:00:00	Zula Patrol Where Did All The Water Go?/The Dew Drops WHERE DID ALL THE WATER GO? - When Bula reads about a "vanishing lake" in Zula's tabloid newspaper, Zeeter is skeptical. They go to investigate and find out the lake is hoax perpetrated by the nefarious villain, Dark Truder, whose ultimate goal is to make all the water of Zula disappear by vaporizing it. He traps Multo, Bula and Zeeter, but they manage to escape, thanks to their knowledge of evaporation and vaporization. They're too late to stop Dark Truder's wicked plan, but the joke is on Truder - when he learns the hard way that vaporized water turns to rain. THE DEW DROPS - The Zula Patrol learns all about condensation when they meet the Dew Drops, three drops of water who sing like a 50's Doo-Wop group. The Dew Drops need the Zula Patrol's help to enter a Battle of the Bands contest. Our heroes discover that Dark Truder has a condensation-singing group of his own, and will stop at nothing to make the Dew Drops lose! Using what they've learned about condensation, Wizzy & Wigg and the Zula Patrol save the Dew Drops and foil Truder's plans!	APTEX	(S)	(CC)	DVI	#308H
08:30:00	Thomas Edison's Secret Lab The Eagle Has Landed/Bee-Gone Eagle: When a power company worker finds an abandoned eagle's nest precariously perched atop a wind turbine the SECRET LAB KIDS build a homemade rocket to fire a rope up to him so he can lower the nest to safety. Bee: When JD and Kent discover there's a shortage of beeswax for their surfboards, it leads to the discovery that all the local honeybees have vanished from the beehives.	APTEX	(S)	(CC)	N/A	#102H
09:00:00	Power Yoga: Mind and Body Flow - Version Two With Warrior I & II, Vinyasa to Down Dog, and Toe grasp with Padangusthasana.	APTEX	(S)	(CC)	N/A	#114
09:30:00	Classical Stretch: The Esmonde Technique Triceps and Arms In this episode of Classical Stretch, join Miranda Esmonde-White in a charming park overlooking the ocean in Jamaica! This allstanding workout is intended to strengthen and slenderize your arms!	APTEX	(S)	(CC)	DVI	#1008H
10:00:00	Sit and Be Fit Back Health Mary Ann introduces new exercises to gently loosen the thoracic spine with subtle shoulder and back movements.	NETA	(S)	(CC)	N/A	#1410H
10:30:00	Fit 2 Stitch One Pattern - My New Wardrobe You only need one pattern to get you where you want to go. Make a whole new wardrobe for your trip using one pattern.	NETA	(S)	(CC)	N/A	#307H
11:00:00	Knit and Crochet Now! Terrific T-Shirts The Butterfly Tee is up next, with Lena showing you how to knit this special project, and lastly the Stripes and Short Rows scarf.	APTEX	(S)	(CC)	DVI	#605H
11:30:00	Fons & Porter's Love of Quilting Flower Power Table Runner Grandmother's Flower Garden is a very traditional pattern that many of us dream about tackling someday. Mary will be joined by Eleanor Burns in this episode to present her approach to hexagons and triangles to make the fabulous Flower Power Table Runner.	NETA	(S)	(CC)	N/A	#2403H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6151H

Mon, Feb 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	America's Test Kitchen from Cook's Illustrated Revolutionizing Classic Fruit Desserts	APTEX	(S)	(CC)	N/A	#1626H
	Test cook Julia Collin Davison reveals the secrets to making the perfect strawberry-rhubarb pie. Then, equipment expert Adam Ried reviews cold brew coffee makers in the Equipment Corner. Next, gadget guru Lisa McManus uncovers the best tea gadgets. Finally, test cook Dan Souza shows host Christopher Kimball how to make the best cherry clafouti.					
13:30:00	Pati's Mexican Table Fonda Favorites	APTEX	(S)	(CC)	DVI	#206H
	These home-style dishes are a staple at the small restaurants known as "fondas" in Mexico - and delicious inspiration for busy cooks in American homes today. Make them once, and they'll become a simple but special treat in your own kitchen. Meatballs in Chipotle Sauce (Albondigas); White Rice and Fried Plantains; Tres Leches Cake.					
14:00:00	Kevin Dundon's Back to Basics Poultry	APTEX	(S)	(CC)	N/A	#105H
	Kevin demonstrates how to joint a chicken; a visit to a local chicken farm with a unique rearing style; Kevin cooks a big family barbecue. Recipes include: Coq au Vin; Chicken Stock; Chicken Risotto; Marie Rose Sauce; and Chilli Salted Chicken Wings.					
14:30:00	Steven Raichlen's Project Smoke Hog Wild	APTEX	(S)	(CC)	N/A	#108H
	Pork is the heart and soul of American barbecue, especially in the South. In this show, you'll learn how to smoke a spectacular whole pork loin roast (complete with ribs, loin, and tenderloin) on a wood-burning rotisserie. (To wake you up there's coffee crust and smoky redeye barbecue sauce.) Next, pulled pork-prepared with a herb slather and served with a West Virginia peppery vinegar sauce. Speaking of Virginia, you'll learn how to cure and hickory-smoke a spectacular shoulder ham. (The process involves four classic techniques: brining, injecting, cold smoking, and hot smoking.) And to serve with it: barbecue cabbage with smoked cheese and chorizo. Go hog wild. Do it now. Recipes: Smoke-tisserie Pork Loin Roast; Smokehouse Ham; Pulled Pork Shoulder with West Virginia Barbecue Sauce; Chorizo Barbecued Cabbage.					
15:00:00	Beads, Baubles and Jewels Wired Routines	NETA	(S)	(CC)	N/A	#2505H
	Wire up your jewelry-making routine. Designer Wyatt White coaches you as he uses braided wire to make a trendy bangle bracelet. In the workout, he adds energy and interest to a stylish cuff with beads. He winds down with a cool tool for weaving colorful wire bracelets.					
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\$ Using Your Credit-Crazy Or Compelling?	APTEX	(S)	(CC)	DVI	#115H
	Don't live on borrowed time. Join the Biz Kids and you'll see the true cost of purchasing with credit. You'll also have an unsettling look at credit scores and the increasing number of people and places (employers, insurers, colleges, etc.) who are using these scores to make major decisions that could affect your future. Meet entrepreneurs who have successfully navigated credit pitfalls.					
16:30:00	Hands On Crafts for Kids Outside and In	NETA	(S)	(CC)	DVI	#1708H
	Let's step outside and find inspiration for more projects. Store toys or hang a plant in a pail in the brightly-colored macrame hanger Katie shows how to make. Create an illustrated map of your own backyard - Franz gives you some great ideas. Jenny helps you become forest royalty in a woodland crown made of felt and found objects. Then, Katie cheerfully decorates a lightening bug jar to study some nighttime friends. Gather moss and use the Family Craft Box to create a house for friendly fairies.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4506H
	Designing an all-season garden can seem like a daunting task. But a little preplanning goes a long way. GardenSMART visits with an expert who knows how to make a gardening impact year round. Be sure to tune in.					
17:30:00	Growing A Greener World The Compost Peddlers (Austin, Tx)	APTEX	(S)	(CC)	N/A	#715H
	America is on a mission to lighten their environmental footprint while reducing waste going into landfills. Many urban and suburban homeowners know that composting is a great way to do both. Yet not everyone is ready to take the dive into managing a backyard heap of food scraps and yard debris. In Austin, locals can have the best of both worlds. The Compost Peddlers is a small eco-minded company on a big mission. Using the clean energy of pedal power, they'll bike to your door, pick up your weekly collection, and haul it off to a nearby farm to do the dirty work for you. Keeping it local and out of the landfill while producing an abundance of compost, it's a winning recipe and a business model that's as green as it gets and growing fast.					

Mon, Feb 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14036H
18:30:00	Asian American Life Correspondent Minnie Roh gives us the latest update on the backlash surrounding the deal to provide reparations to the Korean sex slave victims of World War II. Protests have been staged all across the world, including here in New York. Exclusive interviews include one of the comfort women Lee Ok-Sun who shares her personal story and struggles, and Phyllis Kim, Director of the Korean American Forum of California who represents many of the victims. One of the top Supreme Court cases to watch this year is Abigail Fisher vs. The University of Texas, which raises the issue of affirmative action and does it keep qualified applicants from getting into elite schools based on race. How will the justices' decisions affect Asian American admission into the Ivy Leagues? Reporter Paul Lin has an in-depth report and interviews legal scholars and educational experts. In March, thousands of middle school students will learn of their fate as they wait for word on admission into New York's elite public high schools. Correspondent Kyung Yoon explores high stakes testing and interviews documentarian Curtis Chin who walks us through this competitive process.	EPS	(S)	(CC)	N/A	#108H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7232
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3506H
20:00:00	Music City Roots Live from the Factory The spirit of The Band and Woodstock is alive in the folk duo Larry Campbell & Teresa Williams, plus bluegrass superstar bands Blue Highway and Hot Rize will light up the Liberty Hall stage.	APTEX	(S)	(CC)	N/A	#402H
21:00:00	Live from the Dennison Lodge Mike Herwitz Mike Hurwitz has spent years on the road, picking with anyone and everyone, learning many regional styles played in different parts of the country. Mike plays his vintage Gibsons, Martins and Nationals with notable skill and innovation, singing in a deep rich baritone, with a relaxed, blues influenced country style that is all his own.	NETA	(S)	(CC)	N/A	#108H
22:00:00	Evening with Sheila Johnson An Evening With Sheila Johnson is a one-on-one interview with Sheila Johnson, a classically trained violinist, successful entrepreneur, and dedicated philanthropist. Taped at the historic Art Institute of Chicago, and hosted by veteran PBS NewsHour journalist Gwen Ifill, An Evening With Sheila Johnson explores the life and career of one of the nation's most successful businesswomen. At 8 years of age, Sheila Johnson fell in love with the violin, honing her craft throughout her schooling, and graduating from the University of Illinois with a B.A. degree in music. While in school, Sheila met Robert Johnson, whom she would marry and go on to co-found Black Entertainment Television with in 1980. Sheila taught music as the couple worked to turn BET into a successful network, directing what became an internationally renowned youth orchestra, Youth Strings In Action. When she stopped teaching music in 1989, she poured her efforts into BET, serving as Executive Vice President of Community Affairs, and spearheading programming such as Teen Summit. The Johnsons sold BET in 2002 to Viacom for \$2.3 billion, and Sheila went on to found Salamander Hotels & Resorts, a hospitality firm that now owns or manages six luxury resorts. Sheila is also owner of the Washington Mystics, and part owner of the Washington Wizards and the Washington Capitals, the first African American woman to be a major stakeholder in three professional sports franchises.	NETA	(S)	(CC)	DVI	#0H
23:00:00	Bombs Away: LBJ, Goldwater and the 1964 Campaign That Changed It All Three-year-old Monique Corzilius counts to 10, pulling petals from a daisy. A voice from mission control then counts down as the camera zooms into Monique's dark pupil. An atomic blast and ensuing mushroom cloud consumes the TV screen as President Lyndon Johnson's voice proclaims "We must either love each other, or we must die." This political ad, "Peace Little Girl," aired only once or twice during the 1964 presidential campaign between Lyndon Johnson and Barry Goldwater, but it ushered in a new era of the television attack ad. The 1964 campaign also reshaped the American political landscape in other significant ways. Johnson's "Great Society" and civil rights agendas pushed southern states toward the Republican Party and brought the northeast in line with the Democrats, creating America's contemporary geopolitical map of red and blue states. Barry Goldwater's rift with "the liberal Republican establishment," or "Rockefeller Republicans," served as the basis for his landslide defeat in the general election, but also for the rise of an out-spoken and blossoming conservative movement. Barry Goldwater's presidential campaign also spawned the political career of Ronald Reagan, and inspired future conservative offshoots like social and Christian conservatives as well as the Tea Party. BOMBS AWAY: LBJ, GOLDWATER AND THE 1964 CAMPAIGN THAT CHANGED IT ALL includes interviews with historians and participants in the campaign, including Richard and Doris Kearns Goodwin, Barry Goldwater, Jr., Victor Gold, Joseph Califano, Larry J. Sabato, Professor Robert Mann and Monique Corzilius.	APTEX	(S)	(CC)	N/A	#0H

Tue, Feb 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7232
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3506H
01:00:00	Music City Roots Live from the Factory The spirit of The Band and Woodstock is alive in the folk duo Larry Campbell & Teresa Williams, plus bluegrass superstar bands Blue Highway and Hot Rize will light up the Liberty Hall stage.	APTEX	(S)	(CC)	N/A	#402H
02:00:00	Live from the Dennison Lodge Mike Herwitz Mike Hurwitz has spent years on the road, picking with anyone and everyone, learning many regional styles played in different parts of the country. Mike plays his vintage Gibsons, Martins and Nationals with notable skill and innovation, singing in a deep rich baritone, with a relaxed, blues influenced country style that is all his own.	NETA	(S)	(CC)	N/A	#108H
03:00:00	Evening with Sheila Johnson An Evening With Sheila Johnson is a one-on-one interview with Sheila Johnson, a classically trained violinist, successful entrepreneur, and dedicated philanthropist. Taped at the historic Art Institute of Chicago, and hosted by veteran PBS NewsHour journalist Gwen Ifill, An Evening With Sheila Johnson explores the life and career of one of the nation's most successful businesswomen. At 8 years of age, Sheila Johnson fell in love with the violin, honing her craft throughout her schooling, and graduating from the University of Illinois with a B.A. degree in music. While in school, Sheila met Robert Johnson, whom she would marry and go on to co-found Black Entertainment Television with in 1980. Sheila taught music as the couple worked to turn BET into a successful network, directing what became an internationally renowned youth orchestra, Youth Strings In Action. When she stopped teaching music in 1989, she poured her efforts into BET, serving as Executive Vice President of Community Affairs, and spearheading programming such as Teen Summit. The Johnsons sold BET in 2002 to Viacom for \$2.3 billion, and Sheila went on to found Salamander Hotels & Resorts, a hospitality firm that now owns or manages six luxury resorts. Sheila is also owner of the Washington Mystics, and part owner of the Washington Wizards and the Washington Capitals, the first African American woman to be a major stakeholder in three professional sports franchises.	NETA	(S)	(CC)	DVI	#0H
04:00:00	Bombs Away: LBJ, Goldwater and the 1964 Campaign That Changed It All Three-year-old Monique Corzilius counts to 10, pulling petals from a daisy. A voice from mission control then counts down as the camera zooms into Monique's dark pupil. An atomic blast and ensuing mushroom cloud consumes the TV screen as President Lyndon Johnson's voice proclaims "We must either love each other, or we must die." This political ad, "Peace Little Girl," aired only once or twice during the 1964 presidential campaign between Lyndon Johnson and Barry Goldwater, but it ushered in a new era of the television attack ad. The 1964 campaign also reshaped the American political landscape in other significant ways. Johnson's "Great Society" and civil rights agendas pushed southern states toward the Republican Party and brought the northeast in line with the Democrats, creating America's contemporary geopolitical map of red and blue states. Barry Goldwater's rift with "the liberal Republican establishment," or "Rockefeller Republicans," served as the basis for his landslide defeat in the general election, but also for the rise of an out-spoken and blossoming conservative movement. Barry Goldwater's presidential campaign also spawned the political career of Ronald Reagan, and inspired future conservative offshoots like social and Christian conservatives as well as the Tea Party. BOMBS AWAY: LBJ, GOLDWATER AND THE 1964 CAMPAIGN THAT CHANGED IT ALL includes interviews with historians and participants in the campaign, including Richard and Doris Kearns Goodwin, Barry Goldwater, Jr., Victor Gold, Joseph Califano, Larry J. Sabato, Professor Robert Mann and Monique Corzilius.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#152
08:00:00	Zula Patrol The Show Must Float On/tThe Truder Crown Affair THE SHOW MUST FLOAT ON - It's time for the annual Ballet of the Water Striders, a beautiful water-top dance to celebrate the coming of Spring. However, during rehearsals the water striders can't keep themselves on top of the water! Enter The Zula Patrol, who find out the water striders are having trouble holding onto each other. It turns out, an unwelcome substance is making it impossible for the water molecules to form their natural elastic layer. The ZPers need to find the source of the pollution fast or the water could get way too sick to recover... and the water ballet will have to be cancelled! THE TRUDER CROWN AFFAIR - Princess Marina invites The Zula Patrol to the Zulean Isles to enjoy her coronation, but when a suspiciously familiar "Count Von Troodles" takes her crown, the ZPers are back on the job. Unfortunately, Wizzy and Wigg discover the crown they've retrieved floats instead of sinking like the genuine article. The ZPers will have to get the real crown back from Truder before he becomes king of the isles and Marina's hopes sink like...well, like her crown should!	APTEX	(S)	(CC)	DVI	#309H
08:30:00	Thomas Edison's Secret Lab A Golden Opportunity/If The Fossil Fits Golden: When Angie loses her mother's favorite - and valuable - gold bracelet at the beach, our heroes build a homemade metal detector to find it. Fossil: When Kent discovers a dinosaur fossil, the SECRET LAB KIDS learn about fossils, DNA and even go back to prehistoric times to determine if Kent has discovered a completely new dinosaur!	APTEX	(S)	(CC)	N/A	#103H
09:00:00	Power Yoga: Mind and Body Twists/Spine With Marichyasana C, Crescent / Anjanyasana, Jathara Parivartanasana, and others.	APTEX	(S)	(CC)	N/A	#115

Tue, Feb 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Stress Release Workout In this episode of Classical Stretch, join Miranda Esmonde-White in Jamaica. Miranda will take you through an all-floor stress relief workout. This gentle workout is sure to release tensions in your body.	APTEX	(S)	(CC)	DVI	#1009H
10:00:00	Sit and Be Fit Functional Fitness This episode includes exercises that promote healthy living and being able to perform daily activities with ease and without injury. Registered dietitian, Janell Buchkoski, challenges viewers with a weight management tip of the day.	NETA	(S)	(CC)	N/A	#1411H
10:30:00	Fit 2 Stitch Lace In Fashion Try out a new fabric trend--sewing with lace. Learn about different kinds of lace and how to use them to add interest to basic garments.	NETA	(S)	(CC)	N/A	#308H
11:00:00	Knit and Crochet Now! Let's Have A Party Drew, The Crochet Dude, makes a special visit and shows how to crochet a Banner and then make a Party Gift Tag. Kristin shows the knit version of the Banner and the Party Gift Tag. A beautiful Filet Crochet Scarf is a must have, and Lena will show you how.	APTEX	(S)	(CC)	DVI	#606H
11:30:00	Fons & Porter's Love of Quilting Double Stars Repetition creates a secondary design when two sizes of the same quilt block are combined to create the Double Stars. Mary Fons is joined by Jodi Davis in this episode to show you the basics of creating the 8-point star block.	NETA	(S)	(CC)	N/A	#2404H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6152H
13:00:00	Hubert Keller: Secrets of a Chef Healthy and Delicious, Part 2 Chef Keller continues his healthy cooking lesson with a warm arugula, fava and mushroom salad with a white balsamic dressing. Then he serves grilled prawns with a salad of artichokes, fennel and fava beans. Arugula Salad with Fava & Mushrooms in a White Balsamic Vinaigrette, & Grilled Shrimp with Artichoke & Fennel Salad.	NETA	(S)	(CC)	N/A	#506H
13:30:00	Sara's Weeknight Meals Trip to Spain What's not to like about Spanish food? Ham, chorizo, great seafood, tapas - Sara has some great recipes like pork with spanish olives and fideo, a paella like dish that uses noodles instead of rice. Delicious! Sara also visits a specialty maker of chorizo, the spicy sausage beloved throughout the Spanish-speaking world.	APTEX	(S)	(CC)	N/A	#505H
14:00:00	Taste of History When America Spoke French In the late 18th century, the French population of Philadelphia swelled as did its influence. Chef Staib delves into the stories: how they lived, worked and ate on the Champs Elysees of Philly: South Second Street. The Berley Brothers of Shane's Candy join Chef Staib to share the history of ice cream making above this centuries-old candy shop.	NETA	(S)	(CC)	N/A	#709H
14:30:00	Sara's Weeknight Meals	APTEX	(S)	(CC)	N/A	#603H
15:00:00	Beads, Baubles and Jewels Mix Up Your Daily Schedule Get out of the design rut and mix things up. Artist Anne Potter transforms recycled tea tins into fashionable earrings. Then, she gives tips on hosting a jewelry party so you can work out design ideas with friends. Cool down as clay sculptor Syndee Holt creates colorful seascapes on polymer clay pendants.	NETA	(S)	(CC)	N/A	#2506H
15:30:00	Make It Artsy Stamping 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.	NETA	(S)	(CC)	N/A	#104H

Tue, Feb 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Budgeting Basics	APTEX	(S)	(CC)	DVI	#116H
	The Biz Kids learn the first rule of money management: you can't manage what you don't know. Join the kids and you'll look at spending and expenses and examine several proven methods on how to gain control of both. You'll also meet several successful entrepreneurs.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1709H
	Leave the ordinary behind and enter the world of make-believe. Create a magical fairy garden with Katie, then Franz shows how to take your paper art work from two to three dimensions. Jenny creates golden coins to swap and trade and then she and Katie make a gift extra special with a stenciled rocket gift bag. Cast a spell with a magic wand or gleaming sword created by adding feathers and jewels to the Family Craft Box.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4507H
	Storm water runoff creates havoc not only in our yards, but also in our communities. GardenSMART wanted to learn how to better address the issue so we visited an expert on the topic. A lot of valuable information. Join us as we GardenSMART.					
17:30:00	Growing A Greener World The Green Bronx Machine: The Power of a Classroom Farm (Bronx, Ny)	APTEX	(S)	(CC)	N/A	#716H
	Stephen Ritz will be the first to tell you he's not a farmer. But while his days are spent mostly indoors and with no tractor in sight, he tends to perhaps the most important crop of all: hundreds of elementary school-aged students growing up in the poorest congressional district in America. It is, essentially, the worst soil possible for anything to thrive. But here, Stephen embeds himself-heart and soul-into their lives on a daily basis. Armed with the power of "real food" (that is, fresh fruits and vegetables) in building healthy minds and bodies, Stephen has committed his life's work to teaching kids to grow it in a one-of-a-kind incredible learning environment that he created. In the process, the real-life application of doing it has transcended all levels of academics: reading, writing, math, science, and so much more.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14037H
18:30:00	American Forum The President's First Year: Part 1: National Security in the Trump Era	NETA	(S)	(CC)	N/A	#220H
	Former State Department official ELIOT COHEN, and others, offer inside advice on how the new president can constructively set U.S. foreign policy.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7233
19:30:00	Americas Now	NETA	(S)	(CC)	N/A	#112H
20:00:00	Sun Studio Sessions Otis Gibbs	NETA	(S)	(CC)	N/A	#611H
	Nashville-based, Otis Gibbs is a world touring singer-songwriter poised to break out to the next level. The LA Times said "there couldn't be a better time for a voice this insightfully compassionate" and the Independent (UK) writes ""There's an authenticity and dedication in Gibbs' delivery which is somehow cleansing in its purity. In this episode, Gibbs talks about his approach to music and performs several songs, including tracks from his acclaimed record "Souvenirs of a Misspent Youth."					
20:30:00	Jammin at Hippie Jack's Beth Nielsen Chapman	NETA	(S)	(CC)	N/A	#902H
	From writing hits for other artists to recording her own, Beth Nielsen Chapman, Nashville based singer- songwriter has truly embraced musical diversity. A breast cancer survivor, environmental activist, teacher of workshops and lecturer on the magic of creativity, which she believes is a birthright of everyone, Beth's passion, when you get right down to it is still 'the song'.					
21:00:00	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".					

Daily Program Listing II

43.1

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Tue, Feb 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Reel South Deep Run	NETA	(S)	(CC)	N/A	#203H
	By Hillevi Loven. Exiled by family and rejected by an ex, 17-year-old Jasmine finds new love and the courage to become Cole, a strong-willed transgender man, in this powerful verite portrait of trans life in rural North Carolina. Cole's candid humor and steadfast Christian beliefs counter the bigotry he experiences daily. Executive produced by Susan Sarandon.					
23:00:00	Safe Harbor	APT	(S)	(CC)	N/A	#0
	SAFE HARBOR is an incredible story of strength and determination, told through the eyes of the slaves and the people who risked their lives to save them. From free black communities to middle-class white society, groups of freedom fighters defied race and gender in one of the greatest survival stories of all time. SAFE HARBOR follows the Underground Railroad through a little-known passage to freedom in the northernmost corner of Pennsylvania. Character voices, reenactments, documents and diaries create a vivid account of Pennsylvania in the years leading up to the Civil War.					

Wed, Feb 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7233
00:30:00	Americas Now	NETA	(S)	(CC)	N/A	#112H
01:00:00	Sun Studio Sessions Otis Gibbs	NETA	(S)	(CC)	N/A	#611H
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01:30:00	Jammin at Hippie Jack's Beth Nielsen Chapman	NETA	(S)	(CC)	N/A	#902H
	From writing hits for other artists to recording her own, Beth Nielsen Chapman, Nashville based singer- songwriter has truly embraced musical diversity. A breast cancer survivor, environmental activist, teacher of workshops and lecturer on the magic of creativity, which she believes is a birthright of everyone, Beth's passion, when you get right down to it is still 'the song'.					
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 Deep Run	NETA	(S)	(CC)	N/A	#203H
	By Hillevi Loven. Exiled by family and rejected by an ex, 17-year-old Jasmine finds new love and the courage to become Cole, a strong-willed transgender man, in this powerful verite portrait of trans life in rural North Carolina. Cole's candid humor and steadfast Christian beliefs counter the bigotry he experiences daily. Executive produced by Susan Sarandon.					
04:00:00	Safe Harbor	APT	(S)	(CC)	N/A	#0
	SAFE HARBOR is an incredible story of strength and determination, told through the eyes of the slaves and the people who risked their lives to save them. From free black communities to middle-class white society, groups of freedom fighters defied race and gender in one of the greatest survival stories of all time. SAFE HARBOR follows the Underground Railroad through a little-known passage to freedom in the northernmost corner of Pennsylvania. Character voices, reenactments, documents and diaries create a vivid account of Pennsylvania in the years leading up to the Civil War.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#153
08:00:00	Zula Patrol The Great River Race/When You Wish Upon A Sea Star	APTEX	(S)	(CC)	DVI	#310H
	THE GREAT RIVER RACE - As The Zula Patrol competes in Zula's annual Great River Race, their nemesis, Dark Truder, plans to win the race by cheating so he can become famous which he's sure will cause people to finally listen to him. Unfortunately for Truder, every time he plots to knock the ZPers out of the competition, they rally back using their newfound knowledge about rivers. In the end, with quite a bit of help from Gorga, the ZPers win the race and Truder and Traxie wind up all wet. WHEN YOU WISH UPON A SEA STAR - The Zula Patrol is spending a fun day at the beach, when they meet Stella, a young Sea Star, in a tide pool. She needs the Zula Patrol's help to find her way back home, and in the process, our heroes learn all about the ocean's different habitats, and their fascinating inhabitants.					
08:30:00	Thomas Edison's Secret Lab No Volts for Von Bolt/Dunkin Zombies	APTEX	(S)	(CC)	N/A	#104H
	Volts: During a sailing trip, Von Bolt begins to malfunction, endangering ALVA and Edison, so the Secret Lab Kids investigate elements, compounds and alloys to diagnose the problem. Zombies: When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.					
09:00:00	Power Yoga: Mind and Body Flow - Version Three	APTEX	(S)	(CC)	N/A	#116
	With Sun salutation A, Sun salutation B, Warrior I, Triangle/Trikonasana, and others.					

Wed, Feb 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Zero Impact Cardio In this episode of Classical Stretch, join Miranda Esmonde-White in splendid Jamaica! This all-standing zero impact cardio workout will get your blood flowing without stressing your joints.	APTEX	(S)	(CC)	DVI	#1010H
10:00:00	Sit and Be Fit Good Alignment By doing exercises with eyes closed, Mary Ann builds an awareness of how good spinal alignment feels. Mary Ann gives a tip of the day.	NETA	(S)	(CC)	N/A	#1412H
10:30:00	Fit 2 Stitch Collar Options Details make the difference. Give any garment a whole new look by changing the collar. Learn about various collar options and how to apply them.	NETA	(S)	(CC)	N/A	#309H
11:00:00	Knit and Crochet Now! Ottomans Decorate your home with these two special Ottomans: the knit Garter Stripe Ottoman with Kristin and the Motif Ottoman designed and demonstrated by Ellen. Lena shows how to make the knit Bubbles Cowl.	APTEX	(S)	(CC)	DVI	#607H
11:30:00	Fons & Porter's Love of Quilting Neapolitan Block Exchanges, what are they? How do I organize one? What kinds of things should you consider? Mary Fons and Liz Porter will guide you through all the considerations and details required to set up a successful block exchange program.	NETA	(S)	(CC)	N/A	#2405H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6153H
13:00:00	Lidia's Kitchen Savory Baking Lidia introduces this episode with "beautiful vegetables and a hot oven: a great marriage!" She then begins the meal with a simple and refreshing sesame and fava bean dip, perfect for flatbreads. Next, she prepares a baked eggplant stuffed with meat and vegetables, topped with a golden, cheesy crust. Her unique version of baked potatoes is made with pancetta and oregano.	APTEX	(S)	(CC)	N/A	#312H
13:30:00	Taste The Islands with Chef Irie Rich & Refreshing Chef Irie makes a lineup of non-traditional elements with his Coconut Pumpkin Rum Soup, Picadillo Meatballs, Chayote Salad, and cool Cucumber Lemonade. Viewers listen in on a food conversation between Chef and chart topping British Jamaican reggae singer Maxi Priest.	APTEX	(S)	(CC)	N/A	#105H
14:00:00	Simply Ming Hawai'i - Lee Ann Wong Ming continues his adventures on Maui with chef Lee Anne Wong. Heading to Kako'o 'Oiwi farm, the chefs gather traditional Hawaiian ingredients, such as taro plants, edible ferns and breadfruit. Heading into the kitchen, Ming and Lee Anne create a sumptuous meal celebrating the heritage of the islands.	APTEX	(S)	(CC)	N/A	#1420H
14:30:00	Cook's Country Prime Rib with All The Fixings Test cook Bridget Lancaster shows host Christopher Kimball how to make the ultimate prime rib and potatoes with red wine-orange sauce at home. Then, test cook Christie Morrison reveals the steps for green goddess dressing. Next, equipment expert Adam Ried reveals his top picks for roasting racks. And finally, test cook Julia Collin Davison uncovers the secrets to making the best roasted green beans with goat cheese and hazelnuts.	APTEX	(S)	(CC)	N/A	#912H
15:00:00	Beads, Baubles and Jewels Enamel Training Add new materials to your training routine. Teacher and designer Steven James warms up by forming wire into words and coating them with enamel. In the work out, he adds water and salt to traditional enameling techniques for fabulous results. Mixed media artist Susan Lenart ices things down by adding foil and glitter to resin to create druzy designs.	NETA	(S)	(CC)	N/A	#2507H
15:30:00	Make It Artsy Nature Just step outside to find artsy inspiration in nature. Calligrapher Janet Takahashi adds floral accents to plain lettering. Metalsmith Mary Hettmansperger adds patinas to copper. Art entrepreneur Jenn Mason captures nature's beauty in monostenciling. Julie Fei Fan Balzer has a tip for printing designs with items from nature.	NETA	(S)	(CC)	N/A	#105H

## Daily Program Listing II

43.1

Date: 01/03/2017

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Wed, Feb 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Understanding Business Ethics	APTEX	(S)	(CC)	DVI	#117H
	Do the right thing! You'll learn with the Biz Kids as they examine several aspects of ethics in business. You'll also see the downside of not following ethical business practices. In this episode you will discover what it means for management to lead by example, and how employees must take responsibility for their behavior. Meet several entrepreneurs who are successful on all levels.					
16:30:00	Hands On Crafts for Kids Growing and Building	NETA	(S)	(CC)	DVI	#1710H
	Living things inspire us to create and to craft. Jenny and Katie craft together to make a special pot decorated with glittery sea creatures. Franz takes art outdoors as he designs, lays out and plants a character image for the garden. Bloggers share great ideas for creating a cactus that won't be prickly or making a quick and easy super turtle figure. Katie shows how to create colorful greeting cards and artwork for family and friends then uses supplies in the Family Craft Box to erect buildings or make whimsical bug cars.					
17:00:00	Garden Smart GardenSMART visits an exceptional gardener and her garden. She's taken an historic site, added her horticultural touch, and the results are stunning. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4508H
17:30:00	Growing A Greener World The Private Garden of a Public Gardener (Wayne, Pa and Wilmington, De)	APTEX	(S)	(CC)	N/A	#717H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14038H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#427H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7234
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#404H
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#104H
20:30:00	Songs at the Center Artists: Jasey Schnaars, Donna Mogavero, Matt Munhall, and hosted by songwriter Eric Gnezda. Special feature: Profile of performance venue, Natalie's Coal-Fired Pizza and Live Music. Jasey Schnars penned a top-ten country hit for the late Eddie Rabbit, which went on to receive an ASCAP award for one of that year's most-played songs. His songs have been recorded by Lane Brody, and the Washington Squares. He also wrote the theme for Songs at the Center, "Evolution." He performs "May Not Be Love." Donna Mogavero is one of the most notable female singer-songwriters in the Midwest. With more than 30 years in the music business, she has garnered much local and regional acclaim. She has recorded three original CDs. She sings "Curtain Call." Matt Munhall released his fourth album, 700 Miles, last year. Produced by Nashville's Brad Jones, the album features many notable musicians, including legendary guitarist Charlie Sexton, a mainstay of Bob Dylan's band. Matt demonstrates that great music is ultimately made from the moderation of craftsmanship and creativity. He performs "How Did I Ever Get This Far." "Scenes from the Scene" Segment: Natalie's Coal-Fired Pizza and Live Music has become a preferred stage for some of America's best singer-songwriters. Owner Charlie Jackson talks about how to present live music successfully.	APTEX	(S)	(CC)	N/A	#104H
21:00:00	Live at 9:30 Performances by X Ambassadors, Jess Glynne, the English Beat, Chicano Batman and Neon Indian, with comedy from Jill Kargman and Christian Finnegan.	NACC	(S)	(CC)	N/A	#104H
22:00:00	Variety Studio: Actors On Actors Michael Shannon (Nocturnal Animals) with Adam Driver (Paterson); Dev Patel (Lion) with Octavia Spencer (Hidden Figures); Mahershala Ali (Moonlight) with Greta Gerwig (20th Century Women); Colin Farrell (The Lobster) with Hugh Grant (Florence Foster Jenkins); Hailee Steinfeld (Edge of Seventeen) with Sally Field (Hello My Name is Doris).	NETA	(S)	(CC)	N/A	#503H
23:00:00	Rick Steves Special Luther and the Reformation In 1510, a young monk from Germany named Martin Luther walked 700 miles to Rome on a pilgrimage. He returned home disillusioned, and in 1517, raised 95 difficult theological questions at the university where he taught - and kicked off what became the Protestant Reformation. By questioning corrupt Catholic Church practices, Luther unleashed a torrent of public frustration and undercut the power of the Church. In RICK STEVES SPECIAL: LUTHER AND THE REFORMATION, travel expert Rick Steves sheds light on the 500th anniversary of the Reformation by visiting key sites (including Erfurt, Wittenberg and Rome), and explores the complicated political world of 16th-century Europe, from indulgences to iconoclasts, and from the printing press to the Counter-Reformation. It's a story of power, rebellion and faith that precipitated change in Europe and Christianity forever, and contributed to the birth of our modern world.	APTEX	(S)	(CC)	N/A	#108H

Thu, Feb 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7234
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#404H
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#104H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#104H
	<p>Artists: Jasey Schnaars, Donna Mogavero, Matt Munhall, and hosted by songwriter Eric Gnezda. Special feature: Profile of performance venue, Natalie's Coal-Fired Pizza and Live Music. Jasey Schnaars penned a top-ten country hit for the late Eddie Rabbit, which went on to receive an ASCAP award for one of that year's most-played songs. His songs have been recorded by Lane Brody, and the Washington Squares. He also wrote the theme for Songs at the Center, "Evolution." He performs "May Not Be Love." Donna Mogavero is one of the most notable female singer-songwriters in the Midwest. With more than 30 years in the music business, she has garnered much local and regional acclaim. She has recorded three original CDs. She sings "Curtain Call." Matt Munhall released his fourth album, 700 Miles, last year. Produced by Nashville's Brad Jones, the album features many notable musicians, including legendary guitarist Charlie Sexton, a mainstay of Bob Dylan's band. Matt demonstrates that great music is ultimately made from the moderation of craftsmanship and creativity. He performs "How Did I Ever Get This Far." "Scenes from the Scene" Segment: Natalie's Coal-Fired Pizza and Live Music has become a preferred stage for some of America's best singer-songwriters. Owner Charlie Jackson talks about how to present live music successfully.</p>					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#104H
	<p>Performances by X Ambassadors, Jess Glynne, the English Beat, Chicano Batman and Neon Indian, with comedy from Jill Kargman and Christian Finnegan.</p>					
03:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#503H
	<p>Michael Shannon (Nocturnal Animals) with Adam Driver (Paterson); Dev Patel (Lion) with Octavia Spencer (Hidden Figures); Mahershala Ali (Moonlight) with Greta Gerwig (20th Century Women); Colin Farrell (The Lobster) with Hugh Grant (Florence Foster Jenkins); Hailee Steinfeld (Edge of Seventeen) with Sally Field (Hello My Name is Doris).</p>					
04:00:00	Rick Steves Special	APTEX	(S)	(CC)	N/A	#108H
	Luther and the Reformation					
	<p>In 1510, a young monk from Germany named Martin Luther walked 700 miles to Rome on a pilgrimage. He returned home disillusioned, and in 1517, raised 95 difficult theological questions at the university where he taught - and kicked off what became the Protestant Reformation. By questioning corrupt Catholic Church practices, Luther unleashed a torrent of public frustration and undercut the power of the Church. In RICK STEVES SPECIAL: LUTHER AND THE REFORMATION, travel expert Rick Steves sheds light on the 500th anniversary of the Reformation by visiting key sites (including Erfurt, Wittenberg and Rome), and explores the complicated political world of 16th-century Europe, from indulgences to iconoclasts, and from the printing press to the Counter-Reformation. It's a story of power, rebellion and faith that precipitated change in Europe and Christianity forever, and contributed to the birth of our modern world.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#154
08:00:00	Zula Patrol	APTEX	(S)	(CC)	DVI	#311H
	Mine Shaft/The Crystal Cavern					
	<p>MINE SHAFT - Dark Truder is at it again. At Zula's mines, he switches the labels of the minerals being shipped out to manufacturing plants and now everything is in disarray. Then, disguised as a home redecorating guru, Truder gets the ZPers to replace their "dingy old" equipment. Soon, at the ZP HQ and all over Zula, nothing, absolutely nothing, is working like it should. While the ZPers, in their new wobbly ship, try to find out what's gone wrong, Truder is the only one with equipment that works properly! Will Truder finally win? THE CRYSTAL CAVERN - Thanks to a rocky Truder space chase, The Zula Patrol needs a new crystal to power their ship. That means an expedition to the mysterious Crystal Cavern, where the legendary (and notoriously growly) Big Toe lives. Will they find the special crystal they need in time to stop Truder, or will they hit rock bottom?</p>					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#105H
	Murphy's Law of Gravity/The Mystery of Pirate Woods					
	<p>Gravity: The SECRET LAB KIDS are ready to demo their new science song for web entrepreneur Mook Zookerboom when he learns that a satellite is coming down out of orbit, panics and heads for the airport. So the team must gather some data on gravity to convince him to return. Pirate: Angie's great-uncle Thaddeus and JD are sure a local nautical antique shop has the missing treasure chest of Greybeard the Pirate - but Angie, Nicky and Kent suspect the shop owner is the true pirate here.</p>					
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#117
	Balancing Poses - Version Two					
	<p>With Navasana, Vyagrasana, Ashtanga, Eagle/Garudasana, and others.</p>					

Thu, Feb 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Prevention of Hand and Finger Arthritis  In this episode of Classical Stretch, join Miranda Esmonde-White in sunny Jamaica. This all-barre routine is designed to help prevent hand and finger Arthritis and will increase flexibility in your lower body!	APTEX	(S)	(CC)	DVI	#1011H
10:00:00	Sit and Be Fit New Challenges  Mary Ann introduces a new abdominal exercise called the "Ski Jump" and Gretchen gives you a new balance challenge.	NETA	(S)	(CC)	N/A	#1413H
10:30:00	Fit 2 Stitch Handicap Dressing - Each of Our Needs Is Different  No journey is the same. We all have different needs along the way. Learn how to design and sew to accommodate physical differences.	NETA	(S)	(CC)	N/A	#310H
11:00:00	Knit and Crochet Now! Kiddie Toys  Special guest Jenny King drops by to show off her crochet Rupert The Rabbit toy, and on the knit side Kristin makes an adorable Amigarumi Cat by Michele Wilcox. The crochet Mosaic Scarf is demonstrated by Lena.	APTEX	(S)	(CC)	DVI	#608H
11:30:00	Fons & Porter's Love of Quilting Machine Quilting  Mary's guest Angela Huffman will show you how a simple piece of plastic will take your quilts from plain to Blue ribbon ready. Demonstrations include straight line channel quilting, the selection and use of rulers and templates, and how to create spaces on your quilt top for fabulous motifs.	NETA	(S)	(CC)	N/A	#2406H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6154H
13:00:00	Eat! Drink! Italy! with Vic Rallo A Few Basics  The King of Sardines; Lambrusco's Second Act; Sicilian sweets; wine traditions at the ancient Abbey at Novacella.	APTEX	(S)	(CC)	N/A	#107H
13:30:00	Cooking with Nick Stellino Special Creations  Parisa's Scallops; Risotto with Sausage, Butternut Squash & Peas; Peppered Tuna Sicilian-style.	APTEX	(S)	(CC)	N/A	#208H
14:00:00	Joanne Weir's Cooking Confidence Flavor Fiesta  It's a party when Joanne and her student Cheryl get together. Joanne adds a sweet crisp twist to classic guacamole, shows how to improve a store bought stock to elevate tortilla soup, and then the party really begins with muddled cherry margaritas Recipes: Sweet Pea Guacamole, Tortilla Soup with Pork Meatballs, Tortillas and Cheddar, and Fresh Cherry Margaritas. Student: Cheryl Kovelchik, Entertainment Marketing.	APTEX	(S)	(CC)	N/A	#104H
14:30:00	New Scandinavian Cooking Fish on a Platter  Tina visits Southern Trondelag and the windswept islands of Hitra and Froya, where the Norwegian Sea offers crystal-clear water and many varieties of shellfish and farmed salmon. Here, Tina cooks crab and Norwegian lobster on the grill before diving for scallops and then preparing a tasty dish featuring the delicacies. For the main course, Tina grills salmon over an open fire.	APTEX	(S)	(CC)	N/A	#502H
15:00:00	Beads, Baubles and Jewels Tool Workout  Add power to your design with new tool techniques. Host and designer Katie Hacker shows how she uses her favorite tools to make cold connections. Teacher Kate Richbourg gives her metalworking skills a work out with saws, shears and hammers. Then, she cools off with the right tools and techniques for professionally finishing metalwork jewelry.	NETA	(S)	(CC)	N/A	#2508H
15:30:00	Make It Artsy Color  Color adds impact to your designs. Host Julie Fei Fan Balzer adds color to dark backgrounds. Color explodes from collaged bags from crafty chica Kathy Cano-Murillo. Designer Mou Saha transforms a coloring book page into a watercolor painting. In the tip, mixed media artist Dina Wakley pours onto her journal pages.	NETA	(S)	(CC)	N/A	#106H

Thu, Feb 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Saving and Investing for Your Future	APTEX	(S)	(CC)	DVI	#118H
	You'll learn along with the Biz Kids about the powerful potential of starting a savings plan early in life. You'll also discover various savings and investing options available to young people. As always, you'll meet individuals who are successful at saving and at their businesses.					
16:30:00	Hands On Crafts for Kids Discover The World	NETA	(S)	(CC)	DVI	#1711H
	Let's discover the world we live in and beyond. Katie and Jennie create a 3-D pop-up map of the planets together, and Franz explores the artistic use of dimension and space. Gather leaves, sticks and stones and then Jenny shows how to create a nature journal. She and Katie use water and paint to create a new fish species in silhouette. Katie blasts off with a jet pack made from recycled bottles and supplies from the Family Craft Box.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4509H
	The positive effects gardening can have on a community are huge. Often, it's one dedicated, inspired gardener that starts the ball rolling. In this episode, GardenSMART has found several that have taken the plunge and their results are impressive. Be sure to join us as we GardenSMART.					
17:30:00	Growing A Greener World Controlling Garden Pests, Diseases, and Weeds Organically (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#718H
	While garden pests, diseases, and weeds are a fact of life, the harsh chemicals often used to treat them don't have to be. As we become more aware of the adverse impact these products are having on wildlife and our environment, gardeners are seeking eco-friendlier ways to manage these ever-present problems. In this episode, Joe and the team tackle all those challenges garden pests, diseases, and weeds in and around the Garden Farm set of Growing a Greener World. And they'll do it using all-organic methods for effective control. It is possible to have a healthy and thriving garden and landscape without the use of harmful chemicals, and this episode shows you how.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14039H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1335H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7235
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#903H
	On this Native Report the Lac Courte Oreilles Reservation in Wisconsin dedicates a memorial honoring the special place Native military veterans hold in the community. We'll meet Jude and Shoni Schimmel winning point guards whose basketball skills helped drive the University of Louisville to a national championship, as they bring their inspirational message to a legion of fans at the Red Lake Nation High School. And host Stacey Thunder sits down with fellow actor Chaske Spencer who is best known for his role as Sam Uley in the Twilight Saga. They talk about his life, career, and future plans in the industry.					
20:00:00	Backstage Pass Jim Alfredson's Dirty Fingers - Encore	NETA	(S)	(CC)	N/A	#606H
	Organissimo founder and keyboardist Jim Alfredson and his Dirty Fingers band perform more bluesy hardbop and free-jazz explorations in tribute to Big John Patton.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Jimmy Fortune	OETA	(S)	(CC)	N/A	#107H
	'My Babe' Group (Charlie McCoy, Don Schlitz, Bobby Bare) "Hang Up And Drive" (RAY) "Gitarzan" "(RAY) Elizabeth" (JIMMY) "My Babe" (RAY/BARE/SCHLITZ/McCOY).					
21:00:00	Music Gone Public Roy Rogers	NETA	(S)	(CC)	N/A	#108H
	The slide-guitar legend, eight-time Grammy Nominee (and producer of two Grammy winners) brings bluesy, roadhouse music and sophisticated folk with Grammy winning guests Charlie Musselwhite and Ramblin' Jack Elliott.					
22:00:00	Afropop: The Ultimate Cultural Exchange Ladies' Turn	APTEX	(S)	(CC)	N/A	#702H
	In 2009, in Senegal, where "football is king," a women's football street tournament is organized for the first time by the association Ladies' Turn. Despite the passionate commitment of Seyni, the former captain of the women's national team, and of the women and men that fight at her side, the game is far from won. Defying taboos and prejudices, the girls play on the fields for a growing audience. Will they be allowed to go all the way and play the game they love? Through the suspense of the competition and the different characters' stories, the viewer discovers an African and Muslim society in flux. Beyond the desire to win the final, might the aim be for a more important victory?					

## Daily Program Listing II

43.1

Date: 01/03/2017

02/01/2017 - 02/28/2017

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Thu, Feb 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Hooked: Tracking Heroin's Hold On Arizona	NETA	(S)	(CC)	N/A	#0H
	Hooked: Tracking Heroin's Hold on Arizona is an award-winning investigation on the perils of heroin and opioid use. Produced by advanced journalism students at Arizona State University's Walter Cronkite School of Journalism and Mass Communication, the documentary features heroin users, counselors and law enforcement agents struggling with this epidemic of addiction, which threatens a generation of young people, their families and friends.					
23:30:00	Afghanistan's Fatal Flower	NETA	(S)	(CC)	DVI	#0H
	This documentary is the 4th report since 2002 about life in post-Taliban Afghanistan by the husband-wife documentary team of Cliff Orloff and Olga Shalygin. In AFGHANISTAN'S FATAL FLOWER, Orloff and Shalygin explore the role of the opium trade in Afghanistan's development. From rural villages to major cities, the effect of the opium trade is clearly visible. Through interviews with poppy farmers, former poppy farmers, government officials and former warlords, and documenting the material improvements in life since the fall of the Taliban, Orloff and Shalygin find a country whose economy is hooked on heroin.					

Fri, Feb 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7235
00:30:00	Native Report On this Native Report the Lac Courte Oreilles Reservation in Wisconsin dedicates a memorial honoring the special place Native military veterans hold in the community. We'll meet Jude and Shoni Schimmel winning point guards whose basketball skills helped drive the University of Louisville to a national championship, as they bring their inspirational message to a legion of fans at the Red Lake Nation High School. And host Stacey Thunder sits down with fellow actor Chaske Spencer who is best known for his role as Sam Uley in the Twilight Saga. They talk about his life, career, and future plans in the industry.	WDSE	(S)	(CC)	DVI	#903H
01:00:00	Backstage Pass Jim Alfredson's Dirty Fingers - Encore Organissimo founder and keyboardist Jim Alfredson and his Dirty Fingers band perform more bluesy hardbop and free-jazz explorations in tribute to Big John Patton.	NETA	(S)	(CC)	N/A	#606H
01:30:00	Ray Stevens Cabaray Nashville Guest: Jimmy Fortune 'My Babe' Group (Charlie McCoy, Don Schlitz, Bobby Bare) "Hang Up And Drive" (RAY) "Gitarzan" "(RAY) Elizabeth" (JIMMY) "My Babe" (RAY/BARE/SCHLITZ/McCOY).	OETA	(S)	(CC)	N/A	#107H
02:00:00	Music Gone Public Roy Rogers The slide-guitar legend, eight-time Grammy Nominee (and producer of two Grammy winners) brings bluesy, roadhouse music and sophisticated folk with Grammy winning guests Charlie Musselwhite and Ramblin' Jack Elliott.	NETA	(S)	(CC)	N/A	#108H
03:00:00	Afropop: The Ultimate Cultural Exchange Ladies' Turn In 2009, in Senegal, where "football is king," a women's football street tournament is organized for the first time by the association Ladies' Turn. Despite the passionate commitment of Seyni, the former captain of the women's national team, and of the women and men that fight at her side, the game is far from won. Defying taboos and prejudices, the girls play on the fields for a growing audience. Will they be allowed to go all the way and play the game they love? Through the suspense of the competition and the different characters' stories, the viewer discovers an African and Muslim society in flux. Beyond the desire to win the final, might the aim be for a more important victory?	APTEX	(S)	(CC)	N/A	#702H
04:00:00	Hooked: Tracking Heroin's Hold On Arizona Hooked: Tracking Heroin's Hold on Arizona is an award-winning investigation on the perils of heroin and opioid use. Produced by advanced journalism students at Arizona State University's Walter Cronkite School of Journalism and Mass Communication, the documentary features heroin users, counselors and law enforcement agents struggling with this epidemic of addiction, which threatens a generation of young people, their families and friends.	NETA	(S)	(CC)	N/A	#0H
04:30:00	Afghanistan's Fatal Flower This documentary is the 4th report since 2002 about life in post-Taliban Afghanistan by the husband-wife documentary team of Cliff Orloff and Olga Shalygin. In AFGHANISTAN'S FATAL FLOWER, Orloff and Shalygin explore the role of the opium trade in Afghanistan's development. From rural villages to major cities, the effect of the opium trade is clearly visible. Through interviews with poppy farmers, former poppy farmers, government officials and former warlords, and documenting the material improvements in life since the fall of the Taliban, Orloff and Shalygin find a country whose economy is hooked on heroin.	NETA	(S)	(CC)	DVI	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#155
08:00:00	Zula Patrol The Lizard Who Came to Dinner/Island of the Endotherms THE LIZARD WHO CAME TO DINNER - Ziggy the Iguana comes to stay with The Zula Patrol, and his abundance of energy and desire to "help" makes him a handful. He wears out his welcome further by turning up the thermostat to keep his ectothermic system from cooling off. But when Ziggy loses the eggs he's babysitting, The Zula Patrol mounts a rescue expedition to the desert, where they learn that being ectothermic can be cool after all. ISLAND OF THE ENDOTHERMS - When Dark Truder sends a phony distress signal, the Zula Patrol find themselves trapped on a remote island with extremely rapid weather changes. While the Zula Patrollers search the island for a power source to start their ship, they learn about endotherms and how they are able to keep their body temperatures relatively constant. Meanwhile, Dark Truder takes over their headquarters, and learns NEVER to touch anything without knowing what it does!	APTEX	(S)	(CC)	DVI	#312H
08:30:00	Thomas Edison's Secret Lab Electric Kent!/Fashion Genes Electric: Kent discovers one of Edison's secret inventions - an exo-bodysuit: a steampunk Ironman device that turns him into a klutzy superhero. Fashion: Ever-confident Nicky finds herself competing with Sheila in a "Project Runway"-type show, and, needing the perfect model to show off her designs on the runway, she decides to clone herself.	APTEX	(S)	(CC)	N/A	#106H

Fri, Feb 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Power Yoga: Mind and Body Flow - Version Four With Sun salutation A, Sun salutation B, Vinyasa to down dog, Pigeon, and others.	APTEX	(S)	(CC)	N/A	#118
09:30:00	Classical Stretch: The Esmonde Technique Quad Slenderizing In this episode of Classical Stretch, join Miranda Esmonde-White for this all-floor workout will slenderize and strengthen your quads while increasing mobility in your spine.	APTEX	(S)	(CC)	DVI	#1012H
10:00:00	Sit and Be Fit Coordination and Reaction Time This episode focuses on being aware of your body's movements and how it contributes to coordination and reaction time.	NETA	(S)	(CC)	N/A	#1414H
10:30:00	Fit 2 Stitch Off-The-Rack Sewing Take a detour on your sewing journey and learn off-the-rack sewing techniques like welt pockets, pleats and specialty sleeve insertion.	NETA	(S)	(CC)	N/A	#311H
11:00:00	Knit and Crochet Now! Handwarmers Drew is back to try his "hand" at knitting with the Scalloped Fingerless Gloves and Robyn shows us her crochet Doily Wristlets. Lena demonstrates a knit Star Stitch Cowl.	APTEX	(S)	(CC)	DVI	#609H
11:30:00	Fons & Porter's Love of Quilting Ralli Pop This quilt features small applique blocks and was inspired by a quilt created by women in Pakistan. Mary and Marianne will present techniques for needle-turn applique. They will also cover the steps of raw-edge machine applique.	NETA	(S)	(CC)	N/A	#2407H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6155H
13:00:00	P. Allen Smith's Garden to Table The Emergence of Spring In this GARDEN TO TABLE episode, P. Allen Smith picks dandelions - not to make wishes but to create a salad! Allen also steps into the garden to plant asparagus. Plus, Allen makes an amazing tablescape using daffodils.	APTEX	(S)	(CC)	DVI	#109H
13:30:00	Mike Colameco's Real Food Alek Stupak What happens when one of the greatest most avant-garde pastry chefs in America who had worked at Alinea and WD-50 decides he's done with pastry and wants instead to do authentic Mexican food in NYC. We'll meet chef Alex Stupak and visit his three downtown restaurants where he may be doing some of the best Mexican inspired ever in Manhattan.	NETA	(S)	(CC)	N/A	#1417H
14:00:00	Chef John Besh's New Orleans Shrimp Creole, Stuffed Shrimp, and Soft Shell Shrimp with Sweet Chile Sauce.	APTEX	(S)	(CC)	N/A	#111H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#246H
15:00:00	Beads, Baubles and Jewels Bodybuilding with Resin 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.	NETA	(S)	(CC)	N/A	#2509H
15:30:00	Make It Artsy Industrial Look toward the gritty, industrial world for inspiration. Using industrial materials, Joe Rotella creates an artsy tray. Illustrator Jenn Mason designs contemporary earrings, then hardens them with heat. Joe Rotella revs up his micro lathe to carve a keepsake pen. Finally, take a road trip to the Columbus Idea Foundry, a center for the growing Maker Movement.	NETA	(S)	(CC)	N/A	#107H

Fri, Feb 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ A Closer Look at Financial Careers	APTEX	(S)	(CC)	DVI	#119H
	When is a job more than a job? The Biz Kids look at what it takes to find your true calling. You'll learn ways to start exploring careers. The kids talk to several celebrities and find out how they got their start and how they keep achieving their dreams.					
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	#4510H
	Container gardening is more popular every year. One reason: the possibilities for creativity are endless. GardenSMART visits with an accomplished container gardener who shares her expertise. A beautiful show and a lot to learn. Be sure to tune into GardenSMART.					
17:30:00	Growing A Greener World Hope for Heroes: The Farmer Veteran Coalition	APTEX	(S)	(CC)	N/A	#719H
	Ask almost any returning war veteran and they'll tell you that the hardest part of the war is not going, it's coming home. The toll it takes on soldiers is often more debilitating to the body and mind than the combat they faced. Many return with scars and baggage that makes it even harder for them to find gainful employment. Fortunately, organizations are helping connect veterans with good jobs and new careers that can literally change and save the lives of these heroes. The Farmer Veteran Coalition is one such organization with a simple mission: to mobilize veterans to feed America by cultivating a new generation of farmers and food leaders. In this episode, Joe meets one veteran-turned-farmer and shares the story of how his life and that of his family went from hopeless to thriving, thanks to the Coalition connection.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14040H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2441Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7236
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#907H
20:00:00	Song of the Mountains Virginia Remnants/Wise Old River/Hogslop String Band	NETA	(S)	(CC)	N/A	#1102H
21:00:00	Woodsongs Kinky Friedman/Kacey Jones	NETA	(S)	(CC)	N/A	#1809H
	Kinky Friedman is America's most famous Jewish cowboy. He's a songwriter, musician, author, comedian, philosopher, thinker and politician. His band is called "Texas Jewboys" and his big hit is "They Don't Make Jews Like Jesus Anymore." Kinky is one of the modern era's closest link to Walt Whitman and Mark Twain. Kinky performs songs from his new album The Loneliest Man I Even Met. Kacey Jones is one of America's funniest ladies of song. She produced an album with Kinky and has a huge body of work in her own right. Her latest song "Donald Trump's Hair" is a hysterical song about one of the recent campaign's oddest subjects.					
22:00:00	Film School Shorts Where Do We Go from Here?	NETA	(S)	(CC)	N/A	#304H
	11-Minute Mile (University of Southern California) - When an arrogant young day-trader is delayed at an airport during the Boston Marathon bombing, the threat of tragedy brings a moment of clarity. Directed by Andrew Wood. Keep the Change (Columbia University) - David has autism, but he prides himself on not being rigid, "like that movie, Rain Man." He enjoys chasing women, offensive humor and "exclusive clubs," but he comes to reevaluate "normal" when he meets a new love interest at a support group. Directed by Rachel Israel.					
22:30:00	On Story Jonathan Demme and Paul Thomas Anderson: A Conversation	NETA	(S)	(CC)	N/A	#414H
	In this second On Story installation featuring Paul Thomas Anderson and Jonathan Demme, the duo look back on the vision, style, influences, and creative passion for Demme's The Silence of the Lambs, Stop Making Sense, Rachel Getting Married and Something Wild.					
23:00:00	Science Goes to the Movies Trainspotting/ Cheech & Chong	EPS	(S)	(CC)	N/A	#308H
	Dr. Yasmin Hurd, the Director of the Center for Addictive Disorders at Mount Sinai, explains how addiction impacts the lives of many, movie portrayals accuracies and just how little we know about drugs like marijuana.					

Daily Program Listing II  
43.1

Date: 01/03/2017  
Fri, Feb 24, 2017

02/01/2017 - 02/28/2017

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<u>Start</u>	<u>Title</u> <u>Subtitle</u>	<u>Distrib</u>	<u>Stereo</u>	<u>Cap</u>	<u>AS2</u>	<u>Episode</u>
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1019

Sat, Feb 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7236
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#907H
01:00:00	Song of the Mountains Virginia Remnants/Wise Old River/Hogslop String Band	NETA	(S)	(CC)	N/A	#1102H
02:00:00	Woodsongs Kinky Friedman/Kacey Jones  Kinky Friedman is America's most famous Jewish cowboy. He's a songwriter, musician, author, comedian, philosopher, thinker and politician. His band is called "Texas Jewboys" and his big hit is "They Don't Make Jews Like Jesus Anymore." Kinky is one of the modern era's closest link to Walt Whitman and Mark Twain. Kinky performs songs from his new album The Loneliest Man I Ever Met. Kacey Jones is one of America's funniest ladies of song. She produced an album with Kinky and has a huge body of work in her own right. Her latest song "Donald Trump's Hair" is a hysterical song about one of the recent campaign's oddest subjects.	NETA	(S)	(CC)	N/A	#1809H
03:00:00	Film School Shorts Where Do We Go from Here?  11-Minute Mile (University of Southern California) - When an arrogant young day-trader is delayed at an airport during the Boston Marathon bombing, the threat of tragedy brings a moment of clarity. Directed by Andrew Wood. Keep the Change (Columbia University) - David has autism, but he prides himself on not being rigid, "like that movie, Rain Man." He enjoys chasing women, offensive humor and "exclusive clubs," but he comes to reevaluate "normal" when he meets a new love interest at a support group. Directed by Rachel Israel.	NETA	(S)	(CC)	N/A	#304H
03:30:00	On Story Jonathan Demme and Paul Thomas Anderson: A Conversation  In this second On Story installation featuring Paul Thomas Anderson and Jonathan Demme, the duo look back on the vision, style, influences, and creative passion for Demme's The Silence of the Lambs, Stop Making Sense, Rachel Getting Married and Something Wild.	NETA	(S)	(CC)	N/A	#414H
04:00:00	Science Goes to the Movies Trainspotting/ Cheech & Chong  Dr. Yasmin Hurd, the Director of the Center for Addictive Disorders at Mount Sinai, explains how addiction impacts the lives of many, movie portrayals accuracies and just how little we know about drugs like marijuana.	EPS	(S)	(CC)	N/A	#308H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1019
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#156
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Songbird of the Tropics  A tropical songbird sits on a wild berry bush deep in the rainforest in front of a green acrylic background. Gary goes into detail regarding the necessary techniques he'll need to incorporate to complete this painting.	APTEX	(S)	(CC)	N/A	#506H
08:30:00	Grand View Golden Gate National Recreation Area  Baumann sets his sites on one of the largest urban parks in the world: Golden Gate National Recreation Area. The park, which includes Alcatraz, the Marin Headlands, and the original military fortifications surrounding San Francisco, was conceived as part of a trend to make national park resources more accessible to urban populations. Interviews include Frank Heaney, Alcatraz prison guard, Heather Booth, park interpretive ranger, and Stephen Haller, civil war historian. Baumann completes his journey by painting the high dunes of Fort Funston and Ocean Beach.	APT		(CC)	N/A	#210H
09:00:00	Landscapes Through Time with David Dunlop John Singer Sargent's Venice  John Singer Sargent (1856-1925) travels to Venice many times over a 40-year period and paints dazzling plein air watercolor landscapes, turning away from portraiture. David paints a watercolor demonstration at the famous Piazza dei Giovanni e Paolo, the same scene painted by Sargent and centuries of painters, exploring his color theory and painting technique.	NETA	(S)	(CC)	DVI	#203H
09:30:00	Classical Stretch: The Esmonde Technique Stomach Flattening Workout  In this episode of Classical Stretch, join Miranda Esmonde-White on the grand beaches of Jamaica! This all-standing workout is designed to work your core and flatten your abs!	APTEX	(S)	(CC)	DVI	#1013H

Sat, Feb 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Lymphatic System Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.	NETA	(S)	(CC)	N/A	#1415H
10:30:00	Wai Lana Yoga Two-Hand Snake This balancing pose strengthens both arms and abs and improves concentration. End with a standing chin lock that calms the mind and emotions.	APTEX	(S)	(CC)	N/A	#509
11:00:00	Delicious TV's Vegan Mashup It's Bean Wonderful Fear not the bean. They're a power packed food with fiber protein and important minerals. We dish out three nutritious, delicious bean recipes that will get your taste buds singing. Toni Fiore is making Caramelized Onion and Cannellini Bean Flatbread and a Quick Vegan Parm. Miyoko Schinner is making Moroccan Lentil and Spinach Pancakes with Spiced Date Chutney. Special Guest Allison Carroll Duffy makes Refrigerator Pickles-Dillie Beans.	NETA	(S)	(CC)	DVI	#303H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless The Hunt for Caribbean Lobster Deep in the Sian Ka'an nature reserve, there's a seriously remote village called Punta Allen, where a team from the local sustainable lobster fishing cooperative brings Rick and chef Juan Pablo Loza out for an afternoon at sea. The day's catch? A Caribbean lobster, simply prepared in coconut soup. Back at the ultra-luxe Rosewood Mayakoba resort, Juan Pablo showcases the tranquil resort gardens before preparing a feast of grilled lobster zarandeado with adobo mayo and sweet corn puree in the kitchen of La Ceiba, an outdoor garden party area. Inspired by the tropical abundance, Rick heads to his backyard garden with master gardener Bill Shores before making greens with grilled honey-lime dressing and a sweet-and-spicy, chipotle-honey glazed shrimp dish.	APTEX	(S)	(CC)	N/A	#1101H
12:00:00	Lidia's Kitchen The Tomato The tomato is not native to Italy, but it made a big impact on Italian cuisine when it arrived centuries ago. From canned to vine ripened, Lidia shares with you several of her favorite tomato dishes including: stuffed tomatoes: stuffed with rice, mozzarella and basil; braised pork ribs with rigatoni: tender to the bone pork ribs and braising sauce with rigatoni; and green beans in chunky tomato sauce: a perfect side of fresh green beans smothered in a fresh chunky tomato sauce.	APTEX	(S)	(CC)	N/A	#420H
12:30:00	Moveable Feast with Fine Cooking Miami 1 - Fruit and Spice Park Host Pete Evans makes his way to the gorgeous city of Miami to explore the freshest local ingredients it has to offer on this episode of Moveable Feast with Fine Cooking. He meets up with three fabulous Miami chefs, Michelle Bernstein, Lindsay Autry, and Cindy Hudson. The three travel to Paradise Farms to pick-up banana leaves and other fresh veggies for the night's feast. Then they're off to the Fruit & Spice Park, a 37-acre botanical garden with exotic fruits and produce where the chefs pick fresh jackfruit and canistel in the gardens and prepare this farm-fresh feast. The menu features grilled snapper in banana leaf with charred okra and tomato stew; farro risotto with squash blossoms and creamy pesto; toasted curried jackfruit pilau with salted cashews; maduros and fresh coconut cream; and canistel islas flotantes for dessert.	APTEX	(S)	(CC)	N/A	#311H
13:00:00	Expeditions with Patrick Mcmillan The Clemson Forest - A Backyard Bounty of Life How important is your suburban woodland or even your backyard to the ecology of the continent and the globe? The Clemson Experimental Forest is over 17,000 acres of woodland and pastoral agricultural land surrounded by a suburban and agricultural landscape in the piedmont of South Carolina. It doesn't boast lofty summits, towering waterfalls or rushing rivers but it does contain a world-class diversity of plants and animals that is difficult to surpass in the highly modified piedmont landscape.	APTEX	(S)	(CC)	N/A	#310H
13:30:00	Joseph Rosendo's Travelscope San Francisco's Changing Neighborhoods San Francisco is a city of neighborhoods and within its seven-by-seven mile boundary it seems every patch of ground has a name. In this episode Joseph explores six of the city's famous, little-known and changing neighborhoods in search of what distinguishes them from the rest and makes them must-visit San Fran attractions. He learns that each has a unique history and iconic attractions, shops and restaurants that add their special zest to the San Fran mix. He finds neighborhoods where people in the mist of change are working together to not destroy what they have, but make their neighborhood more what it is. The song says, "I left my heart in San Francisco" and the city has more than 800,000 residents and millions and millions of visitors who have left at least a piece of theirs here - and Joseph discovers that he is one of them.	APTEX	(S)	(CC)	DVI	#804H
14:00:00	Rick Steves' Europe England's Cornwall The far southwest of England is a world unto itself, with a persistent Cornish culture. He explores a world of flowers springing from towering hedges, a tin-mining heritage going back to biblical times, salty pirates' towns and fishing villages, and the Land's End of England. Then, side-tripping deep into the vast and mysterious Dartmoor National Park, he hikes to forgotten stone circles and chase wild ponies.	APTEX	(S)	(CC)	N/A	#910H

## Daily Program Listing II

43.1

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa Kruger - Hunt for the Cheetah	NETA	(S)	(CC)	N/A	#211H
	In all previous shows, only glimpses of this Big Twelve member was seen. Here at Kruger, we get up close to this shy cat before heading out of the park and visiting a special research and breeding center dedicated to the cheetah.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4508H
	GardenSMART visits an exceptional gardener and her garden. She's taken an historic site, added her horticultural touch, and the results are stunning. Join us as we GardenSMART.					
15:30:00	Farm with Ian Knauer Making Your Own Blt & Beer	NETA	(S)	(CC)	DVI	#109H
	In this episode, Ian shows you how to make you own bacon without the use of dangerous nitrites or chemicals. Then he shows you how to make his favorite sandwich, the BLT, accompanied with a cold beer he brewed himself.					
16:00:00	Maria Hinojosa: One-On-One Ben Fong-Torres	APTEX	(S)	(CC)	N/A	#404Z
	A rock journalist, author, and broadcaster, Ben Fong-Torres is best known for his work with Rolling Stone magazine and the San Francisco Chronicle. In his interview with Maria Hinojosa, he discusses the highlights of his award-winning career; a career so unique that he was portrayed in the 2000 film Almost Famous by actor Terry Chen. Fong-Torres also discusses his father's immigration to the United States and growing up Chinese- American in the '50s and '60s.					
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 Basket Weaver	APTEX	(S)	(CC)	N/A	#113H
	Host Eric Gorges visits with Ron Paquin, a Native American who teaches others the fine craft of bark basket weaving. Eric and Ron both build baskets together.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3507H
18:30:00	The Open Mind Deliberating The News	NETA		(CC)	N/A	#3728H
	GUEST: Jeffrey Herbst. Jeffrey Herbst, president and CEO of the Newseum, talks about the future of free speech.					
19:00:00	Closer to Truth Does Cosmic Fine Tuning Demand Explanation?	EPS	(S)	(CC)	N/A	#1208H
	The universe works for us because of deep physical laws. But if the values of these laws would much change, then all we see and know could not exist.					
19:30:00	Drexel Interview James Kaplan, Part 1	NETA		(CC)	N/A	#504H
	This is the first part of a two-part interview focusing on the life and career of cultural icon Frank Sinatra, as told by acclaimed biographer and character journalist James Kaplan. Kaplan is a writer and expert on all things Sinatra, as detailed in his two volumes: Frank: The Voice and Sinatra: The Chairman. In this episode, Kaplan highlights Frank: The Voice, discussing Sinatra's formative years, his tremendous early success, a career slump, and his comeback. Throughout this compelling conversation, the author shares rare anecdotes and insight into Sinatra's complex public persona and stardom.					
20:00:00	Infinity Hall Live Joss Stone	APTEX	(S)	(CC)	N/A	#503H
	The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.					

Sat, Feb 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Cma Songwriters Series: Steven Tyler	APTEX	(S)	(CC)	N/A	#608H
	<p>Legendary singer/songwriter and multi-instrumentalist Steven Tyler makes his CMA Songwriters Series debut at the Melrose Ballroom in New York City. The stripped down country inspired set features Tyler sharing the story behind the making of his first country single, "Love Is Your Name," and performing the chart-topping hit with Nashville-based co-writers Lindsey Lee and Eric Paslay. The Grammy Award-winning artist, whose debut country album is due out in early 2016, also shares the stage with The Loving Mary Band which features longtime Aerosmith collaborator Marti Frederickson and country hit maker Rebecca Lynn Howard, along with Extreme lead guitarist Nuno Bettencourt for performances of "Jaded," "Janie's Got A Gun," "Sweet Emotion" and more.</p>					
22:00:00	Globe Trekker Tough Trains: Cuba's Sugar Railroads	APTEX	(S)	(CC)	N/A	#1508H
	<p>Cuba was one of the first countries in the world to build a railway, starting all the way back in 1837. At the time, Cuba was the world's largest sugar producer, and its early railways were designed not with passengers in mind, but to transport sugarcane to the mills, and refined sugar to the ports. In this episode, host Ian Wright goes on an eye-opening and hair-raising train journey across the Caribbean island of Cuba. The Communist country's railway network is dilapidated and very unreliable, but it ends up being a fantastically enjoyable trip.</p>					
23:00:00	Arts In Context A Light in the Dark	NETA		(CC)	N/A	#601H
	<p>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?</p>					
23:30:00	Invitation to World Literature The Bacchae	APTEX	(S)	(CC)	DVI	#104H
	<p>The city of Thebes is torn apart by the conflicting demands of reason and religion, as the disguised god Dionysus returns to his home town demanding to be worshipped. Opposing him is the young king Pentheus, who is doomed to suffer the ultimate punishment for his disbelief. Featured speakers include world-renowned playwright/author Wole Soyinka, actor Alan Cummings, and Daniel Mendelsohn of Bard College.</p>					

Sun, Feb 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Does Cosmic Fine Tuning Demand Explanation? The universe works for us because of deep physical laws. But if the values of these laws would much change, then all we see and know could not exist.	EPS	(S)	(CC)	N/A	#1208H
00:30:00	Drexel Interview James Kaplan, Part 1 This is the first part of a two-part interview focusing on the life and career of cultural icon Frank Sinatra, as told by acclaimed biographer and character journalist James Kaplan. Kaplan is a writer and expert on all things Sinatra, as detailed in his two volumes: Frank: The Voice and Sinatra: The Chairman. In this episode, Kaplan highlights Frank: The Voice, discussing Sinatra's formative years, his tremendous early success, a career slump, and his comeback. Throughout this compelling conversation, the author shares rare anecdotes and insight into Sinatra's complex public persona and stardom.	NETA		(CC)	N/A	#504H
01:00:00	Infinity Hall Live Joss Stone The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.	APTEX	(S)	(CC)	N/A	#503H
02:00:00	Front and Center Cma Songwriters Series: Steven Tyler Legendary singer/songwriter and multi-instrumentalist Steven Tyler makes his CMA Songwriters Series debut at the Melrose Ballroom in New York City. The stripped down country inspired set features Tyler sharing the story behind the making of his first country single, "Love Is Your Name," and performing the chart-topping hit with Nashville-based co-writers Lindsey Lee and Eric Paslay. The Grammy Award-winning artist, whose debut country album is due out in early 2016, also shares the stage with The Loving Mary Band which features longtime Aerosmith collaborator Marti Frederickson and country hit maker Rebecca Lynn Howard, along with Extreme lead guitarist Nuno Bettencourt for performances of "Jaded," "Janie's Got A Gun," "Sweet Emotion" and more.	APTEX	(S)	(CC)	N/A	#608H
03:00:00	Globe Trekker Tough Trains: Cuba's Sugar Railroads Cuba was one of the first countries in the world to build a railway, starting all the way back in 1837. At the time, Cuba was the world's largest sugar producer, and its early railways were designed not with passengers in mind, but to transport sugarcane to the mills, and refined sugar to the ports. In this episode, host Ian Wright goes on an eye-opening and hair-raising train journey across the Caribbean island of Cuba. The Communist country's railway network is dilapidated and very unreliable, but it ends up being a fantastically enjoyable trip.	APTEX	(S)	(CC)	N/A	#1508H
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 Bacchae The city of Thebes is torn apart by the conflicting demands of reason and religion, as the disguised god Dionysus returns to his home town demanding to be worshipped. Opposing him is the young king Pentheus, who is doomed to suffer the ultimate punishment for his disbelief. Featured speakers include world-renowned playwright/author Wole Soyinka, actor Alan Cummings, and Daniel Mendelsohn of Bard College.	APTEX	(S)	(CC)	DVI	#104H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#157
08:00:00	Gary Spetz's Watercolor Quest Tracy Arm to Juneau Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Alaska-from the deep fjord of Tracy Arm to the capital city of Juneau. 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)	DVI	#107
08:30:00	Painting with Paulson Farewell to Today Part I	NETA	(S)	(CC)	N/A	#1601H

Sun, Feb 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio California Coast Dolphins  Art Lesson: Color contrast. Find out how color contrast adds drama to a painting. There are many ways to depict contrast in painting by placing or arranging different objects, colors, shades, or textures against each other. The human eye loves contrast. 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 to create a vivid painting of dolphins off the California coast.	APTEX	(S)	(CC)	N/A	#607H
09:30:00	Classical Stretch: The Esmonde Technique Put A Bounce In Your Step  In this episode of Classical Stretch, join Miranda Esmonde-White on location in stunning Jamaica. This all-barre workout will strengthen your entire body and put a bounce in your step by making you feel light on your feet!	APTEX	(S)	(CC)	DVI	#1014H
10:00:00	Sit and Be Fit Mobility and Balance  This episode highlights a variety of exercises to improve balance and concludes with stroking.	NETA	(S)	(CC)	N/A	#1416H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#218
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#248H
11:30:00	New Orleans Cooking with Kevin Belton Gettin' Crabby  Crab cakes, soft shell crab amandine, crabmeat stuffed shrimp.	APTEX	(S)	(CC)	N/A	#113H
12:00:00	Ciao Italia Little Bites/Stuzzichini  These "little bites" become a BIG hit when Mary Ann prepares Celery Stuffed with Cheese and Hazelnuts, and then mixes anchovies, parsley and garlic for some fantastic, Anchovy Stuffed Cherry Tomatoes. And just when you don't have room for more, you make room for her signature Zucchini Meatballs.	NETA	(S)	(CC)	N/A	#2418H
12:30:00	Mike Colameco's Real Food Fung Tu/Contra  We feature 2 new Lower East Side restaurants. At Fung Tu, chef Jonathan Wu is doing a sort of modern Chinese fusion putting out brilliant dishes paired with a well-curated wine courtesy of Jason Wagner. A few blocks north, opened in 2014 Contra was a trailblazer with set \$55 dollar five course tasting menu from chefs Jeremiah Stone and Fabian von Hauske and in 2015 they opened their new wine bar Wildair next door offering small plates and all natural wines by the glass.	NETA	(S)	(CC)	N/A	#1420H
13:00:00	Bare Feet with Mickela Mallozzi Dancing In My Italy (Minturno, Italy)  Mickela returns to where it all started, the small, sleepy, Southern Italian beach town of Minturno, where her parents immigrated from over 40 years ago. She reconnects with her roots during the town's biggest celebration, the annual Sagra delle Regne (Wheat Harvest Festival). From rehearsing with the local troupe, I Giullari, to sightseeing along the coast, to then performing with the renowned group in the festival's closing ceremonies, Mickela has an incredible journey of self-discovery.	APTEX	(S)	(CC)	DVI	#101H
13:30:00	Equitrekking Spain  Equitrekking host Darley Newman rides at Cortijo El Esparragal, an estate and working farm outside of Seville that dates back to the Bronze Age. On prize-winning Andalusians, Darley learns the purpose and history of the Spanish Vaquera style of riding. Next, she enjoys a sunset ride outside of Segovia and visits the castles and Roman aqueducts in this central region. In the Southern town of Jerez de la Frontera, she sees that Andalusian can dance through a performance at the Royal Andalusian School of Equestrian Art. Darley visits Yeguada Real Tesoro, a premier sherry bodega, which also breeds rare black Andalusian Horses. Next Darley takes viewers to Donana National Park, a diverse National Heritage Site. Darley explores park's varied landscapes and wildlife. Riding along the pristine beaches and onto the trails that pilgrims take to the shrine of El Rocio, Darley begins to understand why horses are a national treasure in Spain.	APTEX	(S)	(CC)	N/A	#513
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#246H

Sun, Feb 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Travel with Kids Big Island of Hawaii - Volcanoes & Movie Stars Explore the Big Island of Hawaii, from steaming volcanoes and lava tubes, to kayaking with locals learning about Captain Cook and Hawaiian traditions. Stay at a hotel with a fun family atmosphere with paddle boards and turtles. Snorkel near Captain Cooks monument and visit black sand beaches with turtles and a huge waterfall, plus a local market.	NETA	(S)	(CC)	N/A	#411H
15:00:00	Woodsmith Shop Power Tool Essentials Join the Woodsmith editors as they complete the final shaping on the serving tray. Then learn how to get more out of your table saw miter gauge.	NETA	(S)	(CC)	N/A	#1007H
15:30:00	Rough Cut - Woodworking with Tommy Mac Special Project This week on Rough Cut Woodworking with Tommy Mac Tommy surprises viewers with a special guest - a Rough Cut regular with some last pieces of advice and walks viewers through the final steps to completing any home project. All the hard work has finally paid off, and Tommy can get to work doing what he does best in a brand new shop.	APTEX	(S)	(CC)	N/A	#713H
16:00:00	Happy Yoga with Sarah Starr Flowing River Allow the powerful flowing river energy to renew your body as we explore a rejuvenating yoga practice using a chair for support, focusing on coordinating movement and breath, improving circulation in the upper body while dissolving tension in the neck and shoulders.	NETA	(S)	(CC)	N/A	#203H
16:30:00	Second Opinion Measles/Vaccines Patient Story: With some parents deciding not to vaccinate their children, measles cases in the United States have reached a 20-year high. Our patient Emmi Herman relates the devastating impact this highly contagious childhood illness had on her own family. Myth or Medicine: Can you get the measles vaccine if you have a cold? Second Opinion 5: Five misconceptions about vaccines.	APTEX	(S)	(CC)	N/A	#1206H
17:00:00	Natural Health Breakthroughs with Brenda Watson Genetics Overview of the current state of genomics research - Eric Green, MD, PhD: Director of the National Human Genome Research Institute at NIH in Washington, DC. How genetic testing affects treatments for various diseases - Richard Lifton, MD, PhD: Chairman of Yale University's Department of Genetics; his research into genetic drivers of blood pressure has changed the way high blood pressure is treated. Genetic testing for everyone? - Emily Drabant Conley, MD: Director of Business Development for 23andMe, a company created to make genetic testing routine; the FDA has restricted them to two tests. The ethical ins & outs of genetic testing - Hank Greely: Professor of Law and Genetics at Stanford University's Center for Law and the Biosciences. Personal story - Bill Wray: a patient who's being treated by physicians at Tampa's Moffitt Cancer Center using genetic testing.	EPS	(S)	(CC)	N/A	#110H
17:30:00	Well Read Nonemna Donohue, The Wonderer Obedience to God? Mental deficiency? Medical anomaly? What is the reason behind a young girl's claim she no longer needs food. That is the premise in the novel "The Wonder." In this episode, best known for her book "Room," Emma Donoghue tells us why she wrote a book about a girl starving in remote Ireland; how she crafts a story told in small spaces; and, why she chose both a nurse and a nun to help unravel the mystery of a fasting girl. Mary Ann gives her recommendations for more Emma Donoghue to add to your reading list in Bookmarks.	APTEX	(S)	(CC)	N/A	#612H
18:00:00	California's Gold Big Things in the Desert We all know our deserts here in California are big. They cover huge areas of our state. And in this episode of "California's Gold," producer/host Huell Howser travels to the desert in search of big things -- and finds them! First, he travels to the Palms Springs area to visit one of six major wind farms in the world. Over 4,000 giant windmills are here -- some almost two hundred feet tall -- making clean, pollution-free energy representing the future of energy production. Next, Huell travels to the little town of Boron to see a big hole and a big truck. The big hole is the open pit mine where about 50 percent of the world's borax comes from. To get the borax out of that huge open pit, there are trucks so big you won't believe them even when you're seeing them! They're two stories high, wide as a two-car garage, longer than a city bus and weigh as much as one hundred and eleven mid-size cars. Finally, Huell travels to the remote Goldstone area of the Mojave desert to visit the largest and most sensitive scientific telecommunications systems in the world - The Deep Space Network. Huell and cameraman Luis Fuerte find out just how big when they're given the opportunity to climb inside one of the dishes and walk around . All in all, it's a big adventure in a big desert -- an adventure where we discover some big pieces of " California's Gold."	KCET		(CC)	N/A	#909

Sun, Feb 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Joseph Rosendo's Travelscope France - Following The Rhone	APTEX	(S)	(CC)	DVI	#907H
	Joseph follows the Rhone River on it's 500-mile journey through France to the Mediterranean sea and rides this watery highway to experiences that embrace the grandeurs of the past and the glories of a moment. From the ancient ruins of Vienne to the monumental masterpieces of Avignon, from Lyon's cityscape to Van Gogh's sanctuary in Saint-Remy-de-Provence and his Starry nights in Arles, Joseph discovers a wealth of historic, natural and cultural riches. He visits the bustling market of Uzes, walks across the 2, 000-year-old Pont du Gard aqueduct, has dinner in an historic Lyon Bouchon, enjoys a princely concert in the Palais of the Papes in Avignon and enjoys the wines of Beaujolais, Cotes du Rhone and Provence. The region offers him a never-ending banquet of pleasures and it becomes evident why the French particularly cherish, celebrate, protect and preserve this fabled land. Vive la France!					
19:00:00	Blackademics Television Blakes / Robinson	KNME	(S)	(CC)	N/A	#404H
	One experienced educator and youth advocate discusses the role of spirituality in the lives of a group of African American girls in the Los Angeles area. Another revives Black Leadership camps and activities to inspire youth.					
19:30:00	The Kamla Show Special Guglielmo Winery	KAMLA	(S)	(CC)	N/A	#120H
	Kamla talks to Gene Guglielmo about the wines of Santa Clara Valley (Silicon Valley) , one of the oldest wine growing regions of California, about the wines from his family vineyard. Guglielmo shares how his grandfather came from Piedmont in Italy to the San Francisco Bay area. After working in San Francisco, his grandfather bought a vineyard and started making wines. Today, Guglielmo Winery is the oldest continuously family owned and operated winery in Santa Clara Valley.					
20:00:00	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.					
20:30:00	American Forum The President's First Year: Part 3	NETA	(S)	(CC)	N/A	#222H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					

Sun, Feb 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Cuba's Secret Side The Truth Revealed	NETA	(S)	(CC)	DVI	#102H
	<p>The Truth Revealed looks beyond the politics and propaganda at the Cubans themselves. People like Adolpho, a tobacco farmer who had open-heart surgery ten years ago and still tends his fields. Or Marco, who walks for miles each day, his operatic voice enticing villagers to buy his cilantro and hot peppers. Both live in rural villages where time moves more slowly and people look out for each other. Although Castro confiscated all land shortly after the Revolution, the Cuban government has since started allowing farmers to sell their excess harvest, and private food stands have popped up all over Cuba. Castro once tried - unsuccessfully - to eradicate religion in Cuba. Cubans still show their faith every year at the festival of San Lazaro. Many pilgrims crawl six miles to the church. Others drag rocks or suffer even more drastic penances. But Catholicism isn't the only religion in Cuba. Santeria - an African belief brought to Cuba with the slave trade - is practiced by over half the population. Hilda is a Santeria priestess and a devout Catholic. After hosting a huge Christmas dinner, she opens up her home to a secret Santeria celebration, complete with drums and dancing - and a spiritual possession. But as much as Cubans love their faith, they also love to laugh and entertain themselves. You'll find a game of dominoes on almost every street corner and the kids have their own hilariously Cuban version of Monopoly. They play to win and they're just as capitalist as their Yankee counterparts. That's a good thing, since the Cuban government is privatizing over a million jobs in Cuba. Manuel repairs shoes on a Havana street corner, and barely makes ends meet. And yet when his customers don't bother to pick up their shoes, he doesn't sell them - he gives them away. It's capitalism, Cuban style - with a human touch. Cubans are avid fishermen, and on any sunny morning you can find Jose fishing on Havana's waterfront. He owns almost no equipment and only two pairs of shorts, yet cheerfully shares his catch with anyone who comes along. Spear fishermen patrol the same waters, using homemade guns and occasionally catching enormous - and toothy - barracuda. A few really brave souls use blocks of Styrofoam to paddle several miles out to sea each morning in search of bigger catch. Their "boats" - barely larger than bathtubs - only last a few months so they often take them home for repairs. This time they've borrowed an old drill and can't get it to work, but they don't get angry. If there's one thing the Cubans have learned over the past 50 years, it's patience. But to really find out what makes Cubans tick, you have to visit Remedios during their annual fireworks festival. For nine months a year it's a sleepy little town, but in September the place splits into two teams - San Salvador and Carmen - and both sides prepare for war. They build enormous floats and complicated light walls, all run by century-old machines. Women design costumes and men make thousands of homemade firecrackers. Rusty tractors haul carefully concealed pieces of floats through back streets. And finally, the big day arrives... The square erupts with games, food, and rides. For the children, this beats Christmas hands down. The men enjoy themselves in baseball pitching challenges and patronize the local beer trucks. Everyone dances and gorges themselves. But this year Team Carmen is in trouble. The fireworks have already started and they haven't finished wiring up their light wall. There's a short somewhere, and they can't find it. And then - amazingly - the other side sends a team of men to help. Within minutes, the machines rumble to life and the competition is on. It looks more like World War III than a festival - falling ash as thick as snow and fireworks going off in the middle of the spectators. The men use the burning debris to light their cigars, which they then in turn use to light more fireworks. The fuses are unreliable, to say the least. When they reach their grand finale, they ring the entire square with 20,000 fireworks and set them off in an unstoppable explosion. And then the festival begins. Dancing, tattoos, rides, and food. Towards midnight the floats make their grand entrance, and by morning Remedios is once again a sleepy little town. So who won the competition? Everyone has an opinion, but in the end they all agree. The town won - Cuba won - because a good time was had by all.</p>					
22:00:00	Korla	NETA	(S)	(CC)	N/A	#0H
	<p>Korla is the amazing story of John Roland Redd, an African American from Columbia, Missouri who migrated to Hollywood in 1939 and reinvented himself as a musician from India. As one of early television's pioneering musical artists, Korla Pandit's life was one of talent, determination, ingenuity and racial passing, a story not fully realized until after his death in 1998.</p>					
23:00:00	Nickles from Heaven	APT	(S)	(CC)	N/A	#0
	<p>The 17 members of the 555th Parachute Infantry Battalion, known as the "Triple Nickles," were among America's least recognized military pioneers during World War II. NICKLES FROM HEAVEN recounts the experiences of the first African- American soldiers to be designated as U.S. paratroopers and celebrates their long- overlooked contributions to the war effort. The surviving six members of the troop provide first-hand accounts of their service and reflect on their impact on American history. The Emmy award-winning documentary features an introduction by Secretary of State Colin Powell who praises the sacrifices and the headway the "555" made for all African- Americans in the U.S. military.</p>					

Mon, Feb 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Blakes / Robinson	KNME	(S)	(CC)	N/A	#404H
	One experienced educator and youth advocate discusses the role of spirituality in the lives of a group of African American girls in the Los Angeles area. Another revives Black Leadership camps and activities to inspire youth.					
00:30:00	The Kamla Show Special Guglielmo Winery	KAMLA	(S)	(CC)	N/A	#120H
	Kamla talks to Gene Guglielmo about the wines of Santa Clara Valley (Silicon Valley), one of the oldest wine growing regions of California, about the wines from his family vineyard. Guglielmo shares how his grandfather came from Piedmont in Italy to the San Francisco Bay area. After working in San Francisco, his grandfather bought a vineyard and started making wines. Today, Guglielmo Winery is the oldest continuously family owned and operated winery in Santa Clara Valley.					
01:00:00	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.					
01:30:00	American Forum The President's First Year: Part 3	NETA	(S)	(CC)	N/A	#222H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
02:00:00	Cuba's Secret Side The Truth Revealed	NETA	(S)	(CC)	DVI	#102H
	The Truth Revealed looks beyond the politics and propoganda at the Cubans themselves. People like Adolpho, a tobacco farmer who had open-heart surgery ten years ago and still tends his fields. Or Marco, who walks for miles each day, his operatic voice enticing villagers to buy his cilantro and hot peppers. Both live in rural villages where time moves more slowly and people look out for each other. Although Castro confiscated all land shortly after the Revolution, the Cuban government has since started allowing farmers to sell their excess harvest, and private food stands have popped up all over Cuba. Castro once tried - unsuccessfully - to eradicate religion in Cuba. Cubans still show their faith every year at the festival of San Lazaro. Many pilgrims crawl six miles to the church. Others drag rocks or suffer even more drastic penances. But Catholicism isn't the only religion in Cuba. Santeria - an African belief brought to Cuba with the slave trade - is practiced by over half the population. Hilda is a Santeria priestess and a devout Catholic. After hosting a huge Christmas dinner, she opens up her home to a secret Santeria celebration, complete with drums and dancing - and a spiritual possession. But as much as Cubans love their faith, they also love to laugh and entertain themselves. You'll find a game of dominoes on almost every street corner and the kids have their own hilariously Cuban version of Monopoly. They play to win and they're just as capitalist as their Yankee counterparts. That's a good thing, since the Cuban government is privatizing over a million jobs in Cuba. Manuel repairs shoes on a Havana street corner, and barely makes ends meet. And yet when his customers don't bother to pick up their shoes, he doesn't sell them - he gives them away. It's capitalism, Cuban style - with a human touch. Cubans are avid fishermen, and on any sunny morning you can find Jose fishing on Havana's waterfront. He owns almost no equipment and only two pairs of shorts, yet cheerfully shares his catch with anyone who comes along. Spear fishermen patrol the same waters, using homemade guns and occasionally catching enormous - and toothy - barracuda. A few really brave souls use blocks of Styrofoam to paddle several miles out to sea each morning in search of bigger catch. Their "boats" - barely larger than bathtubs - only last a few months so they often take them home for repairs. This time they've borrowed an old drill and can't get it to work, but they don't get angry. If there's one thing the Cubans have learned over the past 50 years, it's patience. But to really find out what makes Cubans tick, you have to visit Remedios during their annual fireworks festival. For nine months a year it's a sleepy little town, but in September the place splits into two teams - San Salvador and Carmen - and both sides prepare for war. They build enormous floats and complicated light walls, all run by century-old machines. Women design costumes and men make thousands of homemade firecrackers. Rusty tractors haul carefully concealed pieces of floats through back streets. And finally, the big day arrives... The square erupts with games, food, and rides. For the children, this beats Christmas hands down. The men enjoy themselves in baseball pitching challenges and patronize the local beer trucks. Everyone dances and gorges themselves. But this year Team Carmen is in trouble. The fireworks have already started and they haven't finished wiring up their light wall. There's a short somewhere, and they can't find it. And then - amazingly - the other side sends a team of men to help. Within minutes, the machines rumble to life and the competition is on. It looks more like World War III than a festival - falling ash as thick as snow and fireworks going off in the middle of the spectators. The men use the burning debris to light their cigars, which they then in turn use to light more fireworks. The fuses are unreliable, to say the least. When they reach their grand finale, they ring the entire square with 20,000 fireworks and set them off in an unstoppable explosion. And then the festival begins. Dancing, tattoos, rides, and food. Towards midnight the floats make their grand entrance, and by morning Remedios is once again a sleepy little town. So who won the competition? Everyone has an opinion, but in the end they all agree. The town won - Cuba won - because a good time was had by all.					

Mon, Feb 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
03:00:00	Korla Korla is the amazing story of John Roland Redd, an African American from Columbia, Missouri who migrated to Hollywood in 1939 and reinvented himself as a musician from India. As one of early television's pioneering musical artists, Korla Pandit's life was one of talent, determination, ingenuity and racial passing, a story not fully realized until after his death in 1998.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Nickles from Heaven The 17 members of the 555th Parachute Infantry Battalion, known as the "Triple Nickles," were among America's least recognized military pioneers during World War II. NICKLES FROM HEAVEN recounts the experiences of the first African- American soldiers to be designated as U.S. paratroopers and celebrates their long- overlooked contributions to the war effort. The surviving six members of the troop provide first-hand accounts of their service and reflect on their impact on American history. The Emmy award-winning documentary features an introduction by Secretary of State Colin Powell who praises the sacrifices and the headway the "555" made for all African- Americans in the U.S. military.	APT	(S)	(CC)	N/A	#0
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#158
08:00:00	Zula Patrol Villain of the Year/One Is The Loneliest Number VILLAIN OF THE YEAR - Dark Truder, Deliria and every other villain in the galaxy are competing for this year's Villain Of The Year Award, trying to outdo each other with acts of nefarious nastiness. The Zula Patrol has their hands full trying to quash the cosmic crime wave - especially when Truder announces to all that he plans to pull off the ultimate heist - he's going to steal an entire galaxy! ONE IS THE LONELIEST NUMBER - Zeeter is given a tough choice when The Zula Academy offers her a position that means leaving The Zula Patrol. But her decision is put on hold when the space pirate Captain Jacquie Stellar starts stealing stars out of their binary pairs. As the whole Zula Patrol works together to stop Jacquie, Zeeter realizes her place is with her friends.	APTEX	(S)	(CC)	DVI	#313H
08:30:00	Thomas Edison's Secret Lab It Takes One to Know One/Smells Like Teen Stink Takes One: JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him! Stink: When Kent's super B.O. makes him reluctant to appear on a prized comic con panel, the Secret Lab kids have to find a way to Stop the Stink.	APTEX	(S)	(CC)	N/A	#107H
09:00:00	Power Yoga: Mind and Body Long Holds - Version Two With Forward fold, Raised Runner's Lunge, Crescent, and others.	APTEX	(S)	(CC)	N/A	#119
09:30:00	Classical Stretch: The Esmonde Technique Fingers and Hands In this episode of Classical Stretch, join Miranda Esmonde-White on the charming beaches of Jamaica. This all-standing workout will strengthen your entire body with an emphasis on your fingers and hands!	APTEX	(S)	(CC)	DVI	#1015H
10:00:00	Sit and Be Fit Your Feet, Your Foundation It's important to let your feet feel the floor. Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.	NETA	(S)	(CC)	N/A	#1417H
10:30:00	Fit 2 Stitch Lining Vs. Interfacing and Seam Finishing It what's underneath the hood that counts. Or in the case of garments, it's the lining and/or interfacing. Learn the difference along with seam finishing.	NETA	(S)	(CC)	N/A	#312H
11:00:00	Knit and Crochet Now! Lacy Shawls Jenny King demonstrates her beautiful crochet Blue Lagoon Shawl-perfect for many occasions. Caryl Piere's knit Rhea Capelet is next with Kristin. Lena shows how to make a Tunisian Scarf.	APTEX	(S)	(CC)	DVI	#610H
11:30:00	Fons & Porter's Love of Quilting Choosing Thread Deciding which thread is best for the job can be a bit daunting. Mary Fons and guest, Sara Gallegos, discuss the things to consider the next time you find yourself selecting just the right thread for your current project.	NETA	(S)	(CC)	N/A	#2408H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6156H

Mon, Feb 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	America's Test Kitchen from Cook's Illustrated	APTEX	(S)	(CC)	N/A	#1701H
13:30:00	Pati's Mexican Table Family-Style Breakfast  The breakfast of your dreams, prepared by Pati and her sister Alisa. This episode includes both quick, simple dishes and ones meant for a deliciously messy morning feast. Mexican French Toast Rolls (Dedos Gitanos); Green Chilaquiles in Roasted Tomatillo Sauce; Alisa's Marbled Pound Cake.	APTEX	(S)	(CC)	DVI	#207H
14:00:00	Kevin Dundon's Back to Basics Fish  Kevin celebrates the abundance of great fish off the Irish coastlines and waterways; a visit to a Wexford river where a local fisherman demonstrates an ancient fishing technique known as wier fishing; he also catches a couple of fish with his old friend Walter. Recipes include: Fish Gougons with Chunky Chips; Fillet a Flat Fish; Pan Fried Fillet of Lemon Sole; Fish Stock; and Bouillabaisse.	APTEX	(S)	(CC)	N/A	#106H
14:30:00	Steven Raichlen's Project Smoke Thanksgiving Comes Early  The secret to supernaturally moist turkey? The Project Smoke version involves a whiskey brine and a slow smoke over maple wood. The traditional side dishes get smoked, too: bacon-stuffed barbecued onions, smoky creamed corn, and a smoky bacon-apple crisp for dessert. Even the cranberry sauce (salsa in this case) has fire thanks to the strategic addition of jalapenos. Forget your oven: this Thanksgiving feast gets cooked in a ceramic smoker, upright barrel smoker, electric smoker, and stovetop smoker. Just don't wait until Thanksgiving to try it. Recipes: Whiskey-Smoked Turkey with Cranberry Salsa; Barbecued Onions; Smoked Creamed Corn; Bacon-Apple Crisp.	APTEX	(S)	(CC)	N/A	#109H
15:00:00	Beads, Baubles and Jewels Leather Workout  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.	NETA	(S)	(CC)	N/A	#2510H
15:30:00	Make It Artsy Paper  A blank piece of paper challenges every maker. Illustrator Roxanne Coble balances humor and emotional themes in abstract mini-canvases. Lettering artist Janet Takahashi showcases calligraphy with decorative borders. Joe Rotella uses the today's design and cutting technology to create a mosaic box top. In the tip, Dina Wakley creates tags with paint and stamps.	NETA	(S)	(CC)	N/A	#108H
16:00:00	Biz Kid\$ Money Moves (Global Economy)  Around the world with the Biz Kids! Join us and you'll follow the flow of imports and exports that make up the interconnected world economy. You will discover who makes the many things we use every day that come from all over the world. You'll also see how several entrepreneurs have made a success of their businesses, despite the pressures of the world economy.	APTEX	(S)	(CC)	DVI	#120H
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  Cooler temperatures remind us it's time to think about improving our lawns. Work done now will give us lush, healthy grass next year. GardenSMART visits an expert who has some great tips for lawn care.	NETA	(S)	(CC)	N/A	#4501H
17:30:00	Growing A Greener World Preserving The Harvest - Capturing That Taste of Summer All Year Long (Atlanta,  Gardeners are famous for their exuberance in planting their food gardens each spring. A healthy garden can be prolific when it comes to the amount of fruits and vegetables produced from even a few plants. The end result is often a bountiful harvest even greater than what can reasonably be consumed or even given away. The answer to making the most of summer's bounty is to can and preserve the excess harvest to enjoy long after the gardening season is over. Food preserving expert, Theresa Loe shows the basics of simple canning techniques for some of the most commonly grown summer classics to have us all canning with confidence.	APTEX	(S)	(CC)	N/A	#720H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14041H

Mon, Feb 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Asian American Life Technology Leaders - Host Ernabel Demillo reports on the challenges of breaking the glass ceiling in the tech industry. You'll find many Asian American engineers and computer programmers in the industry, but very few in the boardroom. Guests: Chieh Huang, CEO and Co-Founder of Boxed and Mr Wesley Hom, VP Ascend, Former VP of IBM. Girls Who Code - Reporter Kyung Yoon explains the importance of computer "coding" and how one woman is leading a science revolution, preparing young girls with coding computer skills that will help them with careers in technology and engineering. Guest: Reshma Saujani, Founder of Girls Who Code. Sports 120 App - Reporter Minnie Roh shares the hottest new sports app that highlights everything you need to know in 120 seconds. Guest: Mike Kim, Anchor of Sports 120. Blood Test App and Dongle Device - Reporter Mike Gilliam explains how one blood test dongle and app is saving lives in the U.S. and in developing countries. Guest: Dr. Sam Sia, Associate Professor of Biomedical Engineering, Columbia University.	EPS	(S)	(CC)	N/A	#109H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7237
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3507H
20:00:00	Music City Roots Live from the Factory Legendary roots and rock and roll band The Doobie Brothers pull out deep catalog songs for two sets, one acoustic and one electric. Acoustic guitar master Jim Hurst opens the evening.	APTEX	(S)	(CC)	N/A	#403H
21:00:00	Live from the Dennison Lodge Pierce Pettis Known as a "songwriter's songwriter," Pierce has worked with Joan Baez, Art Garfunkle, Garth Brooks and many more. His songs, tinged with his Appalachian upbringing, have been called "profound," "beautifully delivered," "wry," "sensitive," and "an integral part of any singer/songwriter's collection."	NETA	(S)	(CC)	N/A	#109H
22:00:00	Trailblazers: The New Zealand Story Thirty years ago New Zealand had the most government-controlled economy existing outside communist countries, and was on the verge of economic collapse. Today, the country is a driving force in international trade, economic leadership, and healthy environmental practices. The country is also the global leader in sustainable fishing practices. Trailblazers: The New Zealand Story, a Personal Exploration by Johan Norberg explores the ingenuity and ambition of individual New Zealanders who initiated innovative ideas and entrepreneurial leadership as bold politicians instituted radical financial reforms to save the country from economic collapse.	NETA	(S)	(CC)	N/A	#101H
23:00:00	Editor and the Dragon: Horace Carter Fights The Klan Narrated by Oscar-winning actor Morgan Freeman, THE EDITOR AND THE DRAGON tells the story of Pulitzer Prize-winning publisher Horace Carter (1921-2009) and his bold reporting on the Ku Klux Klan in the pre-Civil Rights era. Carter, the 29-year-old editor of the weekly Tabor City Tribune, stood against the Klan and risking life, livelihood, friendships and his family's safety to protest the Klan's racist rhetoric and vigilantism. His courageous reports and the unwavering integrity of his weekly editorials helped lead to the first FBI investigation of the Klan during that era, and to the arrest and conviction of nearly 100 Klansmen. Archival footage and interviews with Carter, his family, Tabor City (North Carolina) residents, journalists and historians help piece together this dark chapter in American history.	APTEX	(S)	(CC)	N/A	#0H

Tue, Feb 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7237
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3507H
01:00:00	Music City Roots Live from the Factory Legendary roots and rock and roll band The Doobie Brothers pull out deep catalog songs for two sets, one acoustic and one electric. Acoustic guitar master Jim Hurst opens the evening.	APTEX	(S)	(CC)	N/A	#403H
02:00:00	Live from the Dennison Lodge Pierce Pettis Known as a "songwriter's songwriter," Pierce has worked with Joan Baez, Art Garfunkle, Garth Brooks and many more. His songs, tinged with his Appalachian upbringing, have been called "profound," "beautifully delivered," "wry," "sensitive," and "an integral part of any singer/songwriter's collection."	NETA	(S)	(CC)	N/A	#109H
03:00:00	Trailblazers: The New Zealand Story Thirty years ago New Zealand had the most government-controlled economy existing outside communist countries, and was on the verge of economic collapse. Today, the country is a driving force in international trade, economic leadership, and healthy environmental practices. The country is also the global leader in sustainable fishing practices. Trailblazers: The New Zealand Story, a Personal Exploration by Johan Norberg explores the ingenuity and ambition of individual New Zealanders who initiated innovative ideas and entrepreneurial leadership as bold politicians instituted radical financial reforms to save the country from economic collapse.	NETA	(S)	(CC)	N/A	#101H
04:00:00	Editor and the Dragon: Horace Carter Fights The Klan Narrated by Oscar-winning actor Morgan Freeman, THE EDITOR AND THE DRAGON tells the story of Pulitzer Prize-winning publisher Horace Carter (1921-2009) and his bold reporting on the Ku Klux Klan in the pre-Civil Rights era. Carter, the 29-year-old editor of the weekly Tabor City Tribune, stood against the Klan and risking life, livelihood, friendships and his family's safety to protest the Klan's racist rhetoric and vigilantism. His courageous reports and the unwavering integrity of his weekly editorials helped lead to the first FBI investigation of the Klan during that era, and to the arrest and conviction of nearly 100 Klansmen. Archival footage and interviews with Carter, his family, Tabor City (North Carolina) residents, journalists and historians help piece together this dark chapter in American history.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#159
08:00:00	Zula Patrol A Comet's Tale/This Looks Like A Job for the Zula Dudes A COMET'S TALE: When a comet passes near Zula, Zeeter decides she wants to race it. But when Zeeter, Wizzy and Wigg get too close, their Space Ship starts to freeze and they are forced to land on the comet. Bula, Multo, and Gorga's mission is to assist their Team in returning safely home to Zula. THIS LOOKS LIKE A JOB FOR THE ZULA DUDES: In his latest attempt to take over the Universe, Dark Truder empties out the Asteroid Belt, sending all the asteroids in the direction of Planet Zula. The ZP uses Multo's latest invention "The Multo-Grabber" to grab all the Asteroids and return them to their proper home.	APTEX	(S)	(CC)	DVI	#101
08:30:00	Thomas Edison's Secret Lab Monster Smash/A Monster of a Mystery Smash: When JD and Kent's battle bot, Monster Smash, escapes from the lab, the Secret Lab Kids must navigate a maze to find it. Mystery: When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.	APTEX	(S)	(CC)	N/A	#108H
09:00:00	Power Yoga: Mind and Body Core - Abs/Back - Version Two With Forward Fold, Revolved Triangle, Shalabasana, and others.	APTEX	(S)	(CC)	N/A	#120
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1016H
10:00:00	Sit and Be Fit Flabby Arms This workout focuses on exercises to tone the arm muscles. Mary Ann introduces a new way to strengthen arms using your own body as resistance.	NETA	(S)	(CC)	N/A	#1418H
10:30:00	Fit 2 Stitch The Trench Coat - Look at Me Now! Every traveler needs a great all-weather trench coat. Your road trip ends tips you need to make this fashion basic that is great wherever you travel.	NETA	(S)	(CC)	N/A	#313H

Tue, Feb 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knit and Crochet Now! Necklace	APTEX	(S)	(CC)	DVI	#611H
	Andi Javori designed a very special knit beaded necklace, The Paloma Necklace & Bracelet, which Drew shows us how to make. Ellen will demonstrate the crochet Boho Circles & Ring designed by Joyce Bragg. The Chunky Lace Scarf is this week's "Scarf of the Week" with Lena.					
11:30:00	Fons & Porter's Love of Quilting Endless Chain	NETA	(S)	(CC)	N/A	#2409H
	Ideas for quilts come from many places and we can honor vintage quilters by creating contemporary versions of their design. Mary Fons and Jodi Davis will show you how a paper foundation pieced block is constructed, with great tips to create fabulous and precise angles.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6157H
13:00:00	Hubert Keller: Secrets of a Chef Romance at the Table	NETA	(S)	(CC)	N/A	#507H
	Chef Keller shows how to whip up a romantic dinner for that special someone. He starts with a rich tasting beef tartare that has some surprise ingredients. After demonstrating a fool-proof method for cooking lobster, he transforms it into lobster thermidor. Beef Tartare Tacos with Kusshi Oysters, Lobster Thermidor with Sauteed Green Beans, & Strawberry Milkshake.					
13:30:00	Sara's Weeknight Meals Take Out Chinese at Home	APTEX	(S)	(CC)	N/A	#506H
	Are you a fan of takeout? Then this is your episode! Sara will demonstrate how to make traditional Chinese takeout dishes at home faster than driving to pick them up. First, stir-fry queen Grace Young shows us how to season a wok, and then cooks up her fast and easy Chinese Burmese chicken. Then, Sara makes homemade baby egg rolls with soy dipping sauce. Her goal? Have it on the table before her two staff members can pick up the same dish at a Chinese restaurant. Its beat the clock - Sara style.					
14:00:00	Taste of History Orchids, Herbs and Rum In Jamaica	NETA	(S)	(CC)	N/A	#710H
	The history of Jamaica is examined in this fascinating episode of A Taste of History. Chef Staib examines the 1800s orchid craze, reveals a present-day Maroon tribal leader, and uncovers the art of making rum. Rum is a staple in the preparation of ceviche and a complement to one of the featured recipes: Brown Stew Pork.					
14:30:00	Sara's Weeknight Meals	APTEX	(S)	(CC)	N/A	#604H
15:00:00	Beads, Baubles and Jewels Get Connected to Fitness	NETA	(S)	(CC)	N/A	#2511H
	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.					
15:30:00	Make It Artsy Celebrations	NETA	(S)	(CC)	N/A	#109H
	Celebrate all that is artsy. Clay artist Laurie Mika celebrates love by embedding all sorts of charms into sculptured hearts. Kathy Cano-Murillo honors Mexican holiday Dia de los Muertos with stained glass ornaments. Janet Takahashi has calligraphy ideas for DIY weddings and mix media artist Jenn Mason makes a mini-banner for any celebration.					
16:00:00	Biz Kid\$ Bulls, Bears, and Financial Markets	APTEX	(S)	(CC)	DVI	#121H
	Kids and bulls and bears, oh my! The Biz Kids examine stocks, bonds, commodities, and the markets where each of them are traded. You will discover various ways young people can get involved with the transactions, aim for profit, and avoid risk. Meet some successful entrepreneurs along the way.					
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	#4512H
	How should we best transition from season to season in our gardens? Maybe even jump a season? With a little preplanning it's really not that tough. Join us as GardenSMART visits with an expert who shares tips on making the transition.					

Tue, Feb 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World The Waterwise Home & Garden (Los Angeles, Ca)	APTEX	(S)	(CC)	N/A	#721H
	With severe droughts seeming to become commonplace and access to water for irrigation increasingly restricted or even banned in affected communities, finding ways to conserve and reuse water is becoming more important than ever before. Smart watering maximizes this precious resource yet also meets the needs of your home and can save your garden from a slow, dry death. Laura Allen, author and cofounder of Greywater Action, will offer encouraging, practical, and low-tech solutions to having a more waterwise home and a beautiful, thriving garden. From rain gardens to rainwater catchment and harvesting techniques and even greywater systems, Joe explores just a few of the strategies that are becoming an essential part of the new water future.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14042H
18:30:00	American Forum The President's First Year: Part 2	NETA	(S)	(CC)	N/A	#221H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7238
19:30:00	Americas Now	NETA	(S)	(CC)	N/A	#113H
20:00:00	Sun Studio Sessions Deering and Down	NETA	(S)	(CC)	N/A	#612H
	Deering and Down, is a Memphis based duo that brings their genre-bending, unorthodox style to fans worldwide, including as featured artists on the Recording Academy's inaugural "Grammy Festival at Sea." In this episode, the artists talk about their approach to music and perform several tracks, including songs from their acclaimed release "Out There Somewhere."					
20:30:00	Jammin at Hippie Jack's Kevin Gordon	NETA	(S)	(CC)	N/A	#903H
	Gordon's songs have been recorded by Keith Richards of the Rolling Stones, Levon Helm of The Band, Ronnie Hawkins, Kate Campbell, Blackie & the Rodeo Kings, and others. The title track from his Down to the Well CD, a duet with Grammy-winner Lucinda Williams, was featured on two prominent compilations: the 2001 Oxford American Southern Music Sampler, and No Depression: What It Sounds like, Volume 1, released by Dualtone in 2004. Gordon tours regularly throughout the U.S., and is a regular performer at the New Orleans Jazz and Heritage Festival and Louisiana Folklife Festival. Also a published poet, Gordon holds an MFA degree from the renowned University of Iowa Writers' Workshop. He lives in Nashville with his wife and two children.					
21:00:00	The Kate Ana Gasteyer	APTEX	(S)	(CC)	N/A	#101H
	When Ana Gasteyer steps up to the mic, she evokes the swagger of an era when a lady ruled a nightclub and an audience knew they were in for a good time. Her performance is a perfect blend of the tongue-in -cheek comedy you can expect from a former Saturday Night Live cast member combined with the vocal range of a seasoned Broadway star. Gasteyer's eclectic range of covers and reimagined classics like "One Mint Julep" and "I Wish Could Shimmy Like My Sister Kate" to her surprisingly smooth rendition of Carrie Underwood's "Before He Cheats", are the perfect showcase of her musical chops and comedic genius. Gasteyer tells stories with humor, heartbreak...and just a little splash of soda. The patter is real, the themes adult, the lyrics are timeless, and the music swings like crazy!					
22:00:00	Reel South Overburden	NETA	(S)	(CC)	N/A	#204H
	By Chad Stevens. Meet two unforgettable women - a fiery, pro-coal right-winger and a tenacious, environmentalist grandmother whose lives collide when a mine disaster shatters their community. Filmed over seven years, the pair's courageous story underscores the need for reconciliation as they take on a rogue industry to help heal their Appalachian Mountain community.					
23:00:00	Liberty & Slavery: The Paradox of America's Founding Fathers	NETA	(S)	(CC)	N/A	#0H
	America's founding fathers were men yearning for a nation of individual liberty and unprecedented independence. Liberty and Slavery features stunning imagery and interviews with scholars that explore the paradox of America's Founding Fathers being champions of liberty - and yet simultaneously champions of slavery.					