

Sun, Jan 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Confronting Consciousness Consciousness is what mental activity feels like inside-the private inner experience of sensation, thought and emotion. Consciousness is like nothing else.	EPS	(S)	(CC)	N/A	#1113H
00:30:00	Start Up A Coffee Date Gary and the crew head to Seattle, Washington to talk with Suzie Lee, the creator of Siren, a online dating site that focuses on comfort, privacy and mutual respect. Then they head over to Oakland, California to meet up with Keba Konte, the founder of Red Bay Coffee, a roaster and coffee bar.	NETA	(S)	(CC)	N/A	#409H
01:00:00	Infinity Hall Live Tedeschi Trucks Band Filmed in Connecticut's historic Warner Theatre, Infinity Hall Live goes "On the Road" to bring you the rock and soul sounds of the Tedeschi Trucks Band. After many years on the road building separate, successful solo careers, Derek Trucks and Susan Tedeschi united to form a new band with an extended pool of collaborators and friends. The chemistry of the band is something to behold, complementing the masterful guitar playing of Trucks and the vocal prowess of Tedeschi this performance turns your living room into a soul stirring party. Listen to Tedeschi and Trucks talk about the experience of combining their musical talents and interests into a unique opportunity to bring their family on the road to deliver their blend of southern soul, American roots, authentic rock 'n' roll, and a touch of Florida swamp magic.	APTEX	(S)	(CC)	N/A	#403H
02:00:00	Front and Center 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 Food Hour: The Story of Chocolate For 4,000 million years, people the world over have turned to the delicacy of chocolate for rituals, medicine, romance and sheer pleasure. In this informative and entertaining documentary, Judith Jones reveals how our love affair with chocolate began in Mesoamerica, present-day Southern Mexico and Central America, where people living deep in the tropical rainforests discovered the edible properties of Theobroma cacao, referred to as the food of the gods. With fellow travellers from around the world, Judith discovers the extraordinary popularity behind the pleasure of chocolate.	APTEX	(S)	(CC)	N/A	#1516H
04:00:00	Arts In Context People's Choice After creating Red vs. Blue, the longest running webseries in the world, Rooster Teeth is ready to tackle their first feature-length film, Lazer Team. Engaging with their now-vast community has always been a priority for this dedicated team of creators, and that paid major dividends while crowdfunding for Lazer Team - to the tune of nearly \$2.5 million. With the support of their loving fanbase, Rooster Teeth is poised to debut on the big screen in a big way.	NETA		(CC)	N/A	#605H
04:30:00	Stand Up Empire Featured comics Kerry Awn and Kerri Lendo, with a Snapshot on Shaun Branigan and the emo puppet band Fragile Rock. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#102H
05:00:00	Morning Cup of Jazz Three Hour Version	KCSM		(N)	N/A	#101
08:00:00	Color World with Gary Spetz Color Navplion-Katakolon-Argostoli Host-Artist, Gary Spetz, arrives in Greece via cruise ship. He visits the ancient ruins of the Greek Olympics, then moves on to explore the charming Greek seaside towns of Navplion and Argostoli.	APTEX	(S)	(CC)	DVI	#108H
08:30:00	Paint This with Jerry Yarnell My Favorite Things, Part 2 In this episode Jerry has a collection of items he has collected from around the studio. Jerry begins blocking in the shapes and he demonstrates how to paint a perfect circle for the grapes. He uses a #4 bristle brush and pivots the brush thus creating a round object. Jerry introduces a new color possibly to be added to the palette at a later time. The color is Naphthol Red and he discusses the differences in Cadmium Red and Naphthol, their varied uses and how he will incorporate it into this painting.	NETA	(S)	(CC)	N/A	#1206H

## Daily Program Listing II

43.1

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Waterfall	APTEX		(CC)	N/A	#512H
	Texture generally refers to both the feel and appearance of a surface. It can be employed to make a fine art painting seem more believable and by establishing a sensorial connection with the viewer. Blending is the ability to graduate from one color to another without obvious transitions and boundaries. By using appropriate blending techniques the colors pass imperceptibly from one shade or degree of intensity to another. In this episode, Wyland demonstrates how mixing and blending techniques can work together to create a textured look.					
09:30:00	Classical Stretch: By Essentrics Boost Your Energy	APTEX	(S)	(CC)	DVI	#1118H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Riviera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1110H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#210
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#240H
11:30:00	New Orleans Cooking with Kevin Belton Soul Food	APTEX	(S)	(CC)	N/A	#105H
	Fried chicken, stuffed green bell peppers, sweet potato pie.					
12:00:00	Ciao Italia A Day Without Pasta? Never!/Una Giornata Senza La Pasta? Mai!	NETA	(S)	(CC)	N/A	#2409H
	Gluten-free doesn't mean pasta free, when Mary Ann shows you how to prepare an unforgettable Gluten-free Pasta with Mushroom and Prosciutto di Parma Ragù. In a hurry? Slow down with Mary Ann's make-and-forget Slow Cook Lasagne.					
12:30:00	Mike Colameco's Real Food Ny Southern	NETA	(S)	(CC)	N/A	#1412H
	In our first season back in 2000 we covered Well's Famous in Harlem the place where Chicken and Waffles was invented up north. Well chicken and waffles are back big time as we tour three places, all downtown putting out excellent versions of fried chicken, waffles, biscuits doughnuts, pies and other southern specialties.					
13:00:00	Wild Photo Adventures Spring Grizzly Bears	NETA	(S)	(CC)	DVI	#306H
	Host and professional wildlife photographer Doug Gardner and photographer Jared Lloyd explore the Northern Rocky Mountains in search of grizzly bears to photograph.					
13:30:00	Equitrekking Turkey's Coast, Cappadocia & Istanbul	APTEX	(S)	(CC)	N/A	#505
	Equitrekking host Darley Newman experiences life on Turkey's beautiful Mediterranean Coast - otherwise known as the Turquoise Rivera - by hiking the chilly waters of Saklikent Gorge and horseback riding through the abandoned Greek city of Kayakoy. Next, it's off to bustling Istanbul, where East meets West, to explore the Blue Mosque, Spice Market, Grand Bazaar, Topkapi Palace and the mighty Bosphorus. Finally, Darley returns to Cappadocia, to step back in time with the locals of these ancient villages. In Avanos, Darley focuses on local food, learning how to make pekmez (a special type of jelly) and cook testi kebab, a dish containing meat and vegetables cooked in a clay pot. Darley rides with locals through the fairy chimneys of Uzengi Valley, the Greek- influenced city of Mustafapasa, which dates back to Byzantine times and to a caravan stop on the Silk Road.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#238H
14:30:00	Travel with Kids Belize Adventures - Mayan Underground and Garafuna Villages	NETA	(S)	(CC)	N/A	#403H
	Travel With Kids adventures continue in Belize as the group of kids heads for the coast by small plane. One of the kids, an 11 year old girl gets to fly the plane. The kids explore Placencia, a laid back tiny village with one sidewalk and lots of coconuts. They meet a local Garafuna drummer who invites them back to their village for drumming lessons. The kids head to an outer reef to teach the other kids how to Scuba Dive. Go slow around the village in a golf cart checking out local shops and food stands. Then head into the jungle to go for a crazy underground cave tubing adventure and learn about the Mayans.					

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15:00:00	American Woodshop Making Home Doors Easy to make door can customize any room, anywhere.	NETA	(S)	(CC)	N/A	#2312H
15:30:00	Rough Cut - Woodworking with Tommy Mac Interior Stairs, Wall Frame, Pop Up Side Walls This week on Rough Cut Woodworking with Tommy Mac, it's all about the interior of the shop - from the stairs, to the wall frame holding up the roof. To help him with the layout and construction of the stairs, Tommy brings on old friend Gordon Arthur to break down what seems like a complicated project into a few simple steps.	APTEX	(S)	(CC)	N/A	#705H
16:00:00	Happy Yoga with Sarah Starr Seascapes Allow the calming waves and sparkling sea caves to soothe you as we experience the gift of renewal through a series of tranquil, rejuvenating poses using a chair for support, including shoulder, chest and upper back stretches, hip openers, twists and more.	NETA	(S)	(CC)	N/A	#104H
16:30:00	Second Opinion Lead Poisoning Even small amounts of lead can cause serious health problems-particularly in young children. While the national media focuses on Flint, Michigan, patient Yvette Reynolds shares her personal story, taking viewers behind the headlines of what some have called a national epidemic.	APTEX	(S)	(CC)	N/A	#1308H
17:00:00	Natural Health Breakthroughs with Brenda Watson Brain Health The key to a healthy brain is a healthy gut - David Perlmutter, MD: neurologist and prominent author of numerous books about brain health. Treating depression by changing what you eat - Kelly Brogan, MD: maverick NYC-based psychiatrist who prescribes dietary and lifestyle changes instead of pharmaceuticals to treat depression. Using probiotics to prove the gut-brain connection - Emeran Mayer, MD: Director of UCLA Center for Neurovisceral Sciences and Women's Health; conducted study that demonstrated probiotics' ability to change brain. responses to certain stimuli Mapping the brain - John Mazziotta, MD: Director, UCLA Brain Mapping Center; better knowledge of the brain's workings will mean more effective treatments for numerous diseases. Why Omega-3s are so important for brain health - Dr. Fernando Gomez-Pinilla: Principal Investigator, the Neurolife Lab, UCLA. Personal story - Bonnie Rosen: describes how Dr. Brogan's food-based treatment helped her stop using the antidepressants she'd been taking for more than ten years.	EPS	(S)	(CC)	N/A	#102H
17:30:00	Well Read Anuradha Roy, Sleeping On Jupiter Traveling from India to the US, Man Booker long-list author Anuradha Roy discusses Sleeping on Jupiter on the show. This unflinching novel by a spellbinding storyteller, weaves a deep and disturbing story based on religion, love, and violence in the modern world.	APTEX	(S)	(CC)	N/A	#604H
18:00:00	California's Gold Mule Days They've been a part of the California landscape for hundreds of years, helping to build our canals and highways and railroads, hauling our freight, our silver bullion and, of course, playing a major role during the gold rush era. However, many people are under the false impression that they're stubborn, while others tend to overlook them in favor of the more glamorous horse. But, once a year the good citizens of Bishop, California, in the Sierra Nevada, set aside an entire week to pay tribute to... the mule. Often regarded as one of nature's oddities, a mule is a hybrid animal that results from crossing a mare (female horse) with a jack (male donkey). They come in literally all shapes and sizes, and during Bishop's Mule Days Celebration there's a mule parade, mule races and all sorts of mule competitions. Thousands of people come from all over California to have a good time and to pay tribute to this animal. Host Huell Howser and cameraman Luis Fuerte join in the celebration of this rather remarkable animal which, over the years, has very much proven itself to be a fine example of California's Gold.	KCET		(CC)	N/A	#808
18:30:00	Travels with Darley Little Rock, Arkansas Explore the best of Little Rock, the capital of the state of Arkansas. Darley joins locals to enjoy top BBQ, tasty, artisanal ice cream and baked sweets in various neighborhoods foodies will love. She explores the River Trail by Segway, marveling at public art in the Vogel Schwartz Sculpture Garden. For another active urban adventure, Darley joins a local guide to enjoy Little Rock by bicycle, riding through the SoMa neighborhood and by historic homes in the Quapaw District. Walking through history, viewers go inside the Clinton Presidential Center and Historic Arkansas Museum, before the family-friendly Museum of Discovery. Good food and drink are highlighted with a Michelin star chef and at a local brewery and distillery.	NETA	(S)	(CC)	N/A	#204H
19:00:00	Natural Heroes Queen of the Sun This engaging and ultimately uplifting look at the global bee crisis weaves a heartfelt story of the struggles of beekeepers, scientists and philosophers from around the world including Michael Pollan, Gunther Hauk and Vandana Shiva. They take us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive. (Adapted for Public Television from the multi-award-winning feature film: "Queen of the Sun: What are the Bees Telling Us?")	KNME	(S)	(CC)	N/A	#701H

Sun, Jan 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Aaron Lington	KAMLA	(S)	(CC)	N/A	#122H
	Kamla talks to Prof. Aaron Lington and Chris Motter about jazz and jazz improvisation. They demonstrate jazz improvisation by playing Take the A Train by Duke Ellington and Billy Strayhorn; Bag's Grove by Milt Jackson and Body and Soul by Johnny Green and Edward Heyman. Dr. Lington teaches at San Jose State University and is a member of the Pacific Mambo Orchestra, an 18-piece big band from San Francisco. Motter got his Master's degree in music from San Jose State University.					
20:00:00	Assignment Asia Thailand's Missing Children	NETA	(S)	(CC)	N/A	#102H
	This week in a single topic episode, reporter Dusita Saokaew in Pattaya, Thailand tells the story of a mother's desperate search for her daughter. "Gigi" a 9 year old girl selling flowers on a street corner becomes a victim of a kidnapping. The case exposes the dark world of gangs and pedophilia in Thailand.					
20:30:00	American Forum What Is The Future of the Tea Party & Libertarians After 2016?	NETA	(S)	(CC)	N/A	#214H
	Former Freedomworks chief MATT KIBBE on the future of American conservatism.					
21:00:00	Rudy Maxa's World: The Taste of Japan	APTEX	(S)	(CC)	N/A	#0H
	RUDY MAXA'S WORLD: THE TASTE OF JAPAN takes an in-depth look at the places in Japan that many visitors miss, as well as the food that makes Japanese cuisine one of the world's most admired. Along with Tokyo-born, Washington, D.C. restaurateur Daisuke Utagawa, host Rudy Maxa tours Tokyo, the northern Japanese island of Hokkaido, and the southern, subtropical island of Kyushu. Along the way, they pay special attention to local producers of such Japanese cuisine as Wagyu beef, ramen, sushi, black pork, rice, pasta and vinegars, and discuss how the cuisine ties in centrally with Japanese culture. In the one-hour special, Rudy goes beyond the more heavily touristed cities of Tokyo and Kyoto and shows the range of climates and attractions across the country. While eight feet of snow lined the roads of Hokkaido, where ramen reigns, it was palm trees and cherry blossoms on Kyushu, where visitors relax by being buried up to their necks in sand made hot from natural springs.					
22:00:00	Bridging Urban America: The Story of Ralph Modjeski	NETA	(S)	(CC)	N/A	#0H
	How an impassioned European immigrant and influential 20th century bridge designer contributed to the building of a modern America. Riveting stories about some of the most significant 20th century bridges, as the controversial SF-Oakland Bay Bridge, the monumental Ben Franklin in Philadelphia, the Huey P. Long Bridge in New Orleans & its New Orleans politics and the catastrophic Quebec Bridge construction & reconstruction, pivotal in engineering history. The melding of Science + Art, Math + Music, Mother Nature + Man's ability to transcend.					
23:30:00	This American Land	NETA	(S)	(CC)	N/A	#601H
	Managing public lands: the evolution of the Bureau of Land Management and its role in protecting vast areas of federal land across the nation. Saving the bobwhite quail: the first in a series on protecting vital native grassland habitat for a declining species - this story from the pine savannas of South Carolina. Local communities in northern New Mexico press their case for expanding the Pecos Wilderness to protect a watershed essential to a broad landscape stretching into southern Texas. Scientists study how butterflies use an elegantly efficient organ to sip nectar.					

Mon, Jan 02, 2017

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04:30:00	This American Land	NETA	(S)	(CC)	N/A	#601H
	Managing public lands: the evolution of the Bureau of Land Management and its role in protecting vast areas of federal land across the nation. Saving the bobwhite quail: the first in a series on protecting vital native grassland habitat for a declining species - this story from the pine savannas of South Carolina. Local communities in northern New Mexico press their case for expanding the Pecos Wilderness to protect a watershed essential to a broad landscape stretching into southern Texas. Scientists study how butterflies use an elegantly efficient organ to sip nectar.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#102
08:00:00	Zula Patrol Larva Or Leave Me/Egg Hunt	APTEX	(S)	(CC)	DVI	#301H
	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.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#119H

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09:00:00	Functional Fitness with Suzanne Andrews Interval Training	ACCES		(CC)	N/A	#123H
09:30:00	Classical Stretch: By Essentrics Feet and Calf Workout	APTEX	(S)	(CC)	DVI	#1119H
	In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.					
10:00:00	Sit and Be Fit Core Strengthening	NETA	(S)	(CC)	N/A	#1201H
	Mary Ann uses hand weights and a ball to strengthen the abdominal muscles. Gretchen adds some exercises to challenge the brain.					
10:30:00	Sewing with Nancy Tried and True Sewing & Quilting Tips, Part 1	NETA	(S)	(CC)	N/A	#2911H
	Learn tried and true sewing and quilting tips from the experts. Quilting and sewing experts took time from teaching at Nancy's Notions annual Sewing Weekend event in Beaver Dam, WI, to share their favorite tried and true tips. Learn from Nancy's friends during this program recorded on location.					
11:00:00	Knit and Crochet Now! Carry Along Bags	APTEX	(S)	(CC)	DVI	#709H
	Ellen Gormley is here to show Deborah how to stitch up the Rose Messenger Bag, worked in easy crochet with a cross stitch rose. Lena will then show how to knit the Visby Purse which features cables and a linen stitch side panel. Ellen is also in the stitch corner with a crochet Lazy Daisy Stitch.					
11:30:00	Fons & Porter's Love of Quilting Boughs & Berries	NETA	(S)	(CC)	N/A	#2607H
	A striking rendition of the classic spider web design, this red and green quilt is sure to be a family favorite. Mary and Marianne will discuss creating strip sets in conjunction with a special tool to create the unique pattern found in this quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6116H
13:00:00	America's Test Kitchen from Cook's Illustrated Vegetarian Essentials	APTEX	(S)	(CC)	N/A	#1619H
	Host Christopher Kimball goes into the test kitchen with test cook Julia Collin Davison to learn how to make the ultimate black bean burgers at home. Next, tasting expert Jack Bishop challenges Chris to a tasting of vegetable broth. Then, test cook Becky Hays shows Chris how to make the freshest super greens soup with lemon-tarragon cream. Finally, test cook Dan Souza reveals the secrets to making homemade vegetable broth.					
13:30:00	Pati's Mexican Table Alan Goes to College	APTEX	(S)	(CC)	N/A	#512H
	Pati's oldest son, Alan is graduating from high school soon and heading off to college. Pati wants to make sure he goes to school with some basic cooking techniques and knowledge since he will not be able to rely on mom's cooking anymore. In this episode, she makes a few simple, inexpensive recipes that any college kid can do and she gives a series of simple cooking tips.					
14:00:00	Lucky Chow Filipino Entrepreneurs	APTEX	(S)	(CC)	N/A	#104H
	Filipinos comprise the second-largest Asian-American population nationwide, yet their cuisine is relatively unknown. PJ Quesada, founder of the Filipino Food Movement, explains Filipino cuisine while feasting at his friend Tim Luym's global-Filipino restaurant in San Mateo, Calif. Meet restaurateur Nicole Ponseca, who left her life as a advertising executive in New York to give voice to her culture through food. And finally, the two friends behind Bling Bling Dumplings manufacture thousands of dumplings - from scratch, at home - to serve at Coachella and other festivals.					
14:30:00	Steven Raichlen's Project Smoke Smoking 101	APTEX	(S)	(CC)	N/A	#101H
	Smoke. It's the soul of barbecue, and you know it when you smell it and taste it. In this show you'll learn how to harness the flavor-enhancing power of smoke, starting with the essential techniques of hot smoking, cold smoking, and smoke-roasting. You'll also learn how to use an electric smoker, offset smoker, and upright barrel smoker. And that's just in the first episode. On the menu: Cold Smoked Scallops with Smoked Tomatoes and Jicama Salsa; Smoke-roasted Chicken with Horseradish Glaze, and Apple Smoked Baby Back Ribs with Prickly Pear Barbecue Sauce-the latter inspired by Project Smoke's taping location in the scenic Sonoran desert. Recipes: Cold-Smoked Scallops with Smoked Tomatoes, Jicama-Mango Salsa; Smoke-Roasted Chicken with Horseradish Glaze; Apple-Smoked Ribs with Prickly Pear Barbecue Sauce.					

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15:00:00	Beads, Baubles and Jewels Learn How to Viking Knit  Stephanie Eddy shares some of her secrets about Viking knitting - making a bracelet and ways to add beads to Viking knit. Katie has some special tips for making stretchy bracelets more durable in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2009H
15:30:00	Katie Brown Workshop Easy Entertaining  Katie's simple, creative and elegant ideas make hosting a party easy as pie. In the Kitchen: Quick Asparagus with Orange Vinaigrette, Refreshing Pear and Apple Wine Cooler and Savory Flank Steak Pinwheels. Projects: A stunning floral centerpiece. Plant seeds: the gift that keeps on giving.	APTEX	(S)	(CC)	DVI	#503H
16:00:00	Biz Kid\$ Debt: The Good, The Bad, & The Ugly  It's easy to spend more than you make with credit cards. Learn to avoid the pitfalls of overspending by keeping a spending journal, sticking to a budget, and living a cash existence. Meet the owner of a carpet cleaning company and a radio DJ who have both learned how to manage debt.	APTEX	(S)	(CC)	DVI	#402H
16:30:00	Hands On Crafts for Kids Distortion  Today's word of the day is distortion. This is when we take one aspect of something and change it or make it different - usually not the normal way we might look at something. Our first examples are abstract portraits using magazines. Then, create a fun house mirror using tiles. Our art journal technique uses plastic wrap with water colors to create unusual distorted backgrounds. Last, use reverse shape cutouts to make unique art works.	NETA	(S)	(CC)	DVI	#1612H
17:00:00	P. Allen Smith's Garden Home The Future  A look at the latest in garden and design innovations and how to incorporate them into your home and outdoor spaces.	APTEX	(S)	(CC)	N/A	#1404H
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*2017*			(N)	N/A	#0
18:30:00	Asian American Life  Asian American Life profiles 4 of the most fascinating leaders in the areas of entertainment, science, business and human rights. Actor and Director Alan Muroka of Sesame Street discusses how he became the first Asian American actor of children's television. Business leader Andrea Jung is the CEO of Grameen America and former CEO of Avon, talks about how she champions women causes. Dr. Henry Lee is America's top forensic scientist who goes over how he cracked high profile cases from O.J. Simpson to JonBenet Ramsey. In a rare and exclusive interview, reporter Minnie Roh talks to Korean comfort women who share their painful stories of being imprisoned as sex slaves by the Japanese military during World War Two. Show is hosted by Ernabel Demillo with reports from Paul Lin, Minnie Roh and Kyung Yoon.	EPS	(S)	(CC)	N/A	#101H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7197
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3451
20:00:00	Music City Roots Live from the Factory  Mod throwback instrumental ensemble Steelism plays country jazz and surf. Jake Shimabukuro makes his ukulele gently weep. And Nashville's beloved writer/player/singer Andrea Zonn debuts new music w guests Keb Mo and more.	APTEX	(S)	(CC)	N/A	#409H
21:00:00	Live from the Dennison Lodge Beppe Gambetta  Beppe Gambetta is an Italian musician born in Genoa in 1955. An acoustic guitar flatpicker and singer, Beppe has been called a "virtual United Nations of influences: Italian, Ukrainian, Appalachian, Sardinian, Celtic".	NETA	(S)	(CC)	N/A	#101H

Mon, Jan 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Secrets of the Longleaf Pine	APTEX	(S)	(CC)	N/A	#0H
	<p>SECRETS OF THE LONGLEAF PINE explores the forgotten Longleaf Pine forest that historically blanketed the coastal plain of the southeastern United States. Once comprising 90 million sprawling acres, the over-exploited forest declined to just a fraction of that size by the 20th century. Only a tiny percentage of precious old growth remains, but these remarkable patches display more biodiversity than any other ecosystem in the northern hemisphere. The hour-long film takes viewers on an unprecedented journey through the forest to examine some of the unique plants and animals that can only be found here, including the Gopher Tortoise, one of North America's largest tortoises that can live up to 70 years old; the Eastern Indigo Snake, the longest native snake to North America; and the Red-Cockaded Woodpecker, which is the only woodpecker to make its nest in a living tree. The program also profiles the conservation efforts that are helping to restore the incredible biologically diverse ecosystem.</p>					
23:00:00	Real Adam Smith Morality and Markets	NETA	(S)	(CC)	N/A	#101H
	<p>Morality and Markets, first in the two-part series, The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a close look at Adam Smith, who lived in an 18th century world of sailing ships and horse-drawn carriages. Trade in his day was limited and riddled with corruption, yet Smith imagined and wrote about a lively global trade among ethical businesses that would revolutionize the world's marketplaces. Smith was a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. He recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Today's markets have grown to a massive scope of international trade that would have been unimaginable even a few decades ago. In this seemingly ruthless competitive environment, where the stakes are high, can ethical and honest businesses still prosper? How does globalization benefit anyone and how are Smith's ideas about markets and morality nearly 240 years ago relevant today? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg takes a closer look at the man who would upend the notion of how societies and economics work, and make way for the modern age. Highlights of Norberg's travels throughout Europe, exploring Smith's life, times and revolutionary ideas, include: Visits to Kirkcaldy, Edinburgh and Glasgow, Scotland, where Smith was born, educated and spent his life teaching, writing and advocating his revolutionary ideas on markets and human morality. To London and Paris, where Smith's ideas influenced other important thinkers and statesmen of his time. At the National Maritime Museum in Greenwich, England, Smith's loathing for the corruption and cronyism that was the East India Company is explored. Morality and Markets explores Adam Smith's 18th century worldview of ethics and honesty in business.</p>					

Tue, Jan 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7197
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3451
01:00:00	Music City Roots Live from the Factory Mod throwback instrumental ensemble Steelism plays country jazz and surf. Jake Shimabukuro makes his ukulele gently weep. And Nashville's beloved writer/player/singer Andrea Zonn debuts new music w guests Keb Mo and more.	APTEX	(S)	(CC)	N/A	#409H
02:00:00	Live from the Dennison Lodge Beppe Gambetta Beppe Gambetta is an Italian musician born in Genoa in 1955. An acoustic guitar flatpicker and singer, Beppe has been called a "virtual United Nations of influences: Italian, Ukrainian, Appalachian, Sardinian, Celtic".	NETA	(S)	(CC)	N/A	#101H
03:00:00	Secrets of the Longleaf Pine SECRETS OF THE LONGLEAF PINE explores the forgotten Longleaf Pine forest that historically blanketed the coastal plain of the southeastern United States. Once comprising 90 million sprawling acres, the over-exploited forest declined to just a fraction of that size by the 20th century. Only a tiny percentage of precious old growth remains, but these remarkable patches display more biodiversity than any other ecosystem in the northern hemisphere. The hour-long film takes viewers on an unprecedented journey through the forest to examine some of the unique plants and animals that can only be found here, including the Gopher Tortoise, one of North America's largest tortoises that can live up to 70 years old; the Eastern Indigo Snake, the longest native snake to North America; and the Red-Cockaded Woodpecker, which is the only woodpecker to make its nest in a living tree. The program also profiles the conservation efforts that are helping to restore the incredible biologically diverse ecosystem.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Real Adam Smith Morality and Markets Morality and Markets, first in the two-part series, The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a close look at Adam Smith, who lived in an 18th century world of sailing ships and horse-drawn carriages. Trade in his day was limited and riddled with corruption, yet Smith imagined and wrote about a lively global trade among ethical businesses that would revolutionize the world's marketplaces. Smith was a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. He recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Today's markets have grown to a massive scope of international trade that would have been unimaginable even a few decades ago. In this seemingly ruthless competitive environment, where the stakes are high, can ethical and honest businesses still prosper? How does globalization benefit anyone and how are Smith's ideas about markets and morality nearly 240 years ago relevant today? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg takes a closer look at the man who would upend the notion of how societies and economics work, and make way for the modern age. Highlights of Norberg's travels throughout Europe, exploring Smith's life, times and revolutionary ideas, include: Visits to Kirkcaldy, Edinburgh and Glasgow, Scotland, where Smith was born, educated and spent his life teaching, writing and advocating his revolutionary ideas on markets and human morality. To London and Paris, where Smith's ideas influenced other important thinkers and statesmen of his time. At the National Maritime Museum in Greenwich, England, Smith's loathing for the corruption and cronyism that was the East India Company is explored. Morality and Markets explores Adam Smith's 18th century worldview of ethics and honesty in business.	NETA	(S)	(CC)	N/A	#101H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#103
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	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#120H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout with the Ball	ACCES		(CC)	N/A	#124H
09:30:00	Classical Stretch: By Essentrics Quad Lengthening & Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.	APTEX	(S)	(CC)	DVI	#1120H

Tue, Jan 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Healthy Aging A variety of unique exercises are introduced which are all designed to promote healthy aging.	NETA	(S)	(CC)	N/A	#1202H
10:30:00	Sewing with Nancy Tried and True Sewing & Quilting Tips, Part 2 Enjoy tried and true tips from a variety of sewing and quilting personalities. Sewing and quilting specialists took time from their busy teaching schedule, at Nancy's Notions Sewing Weekend in Beaver Dam, WI, to record some of their favorite sewing and quilting techniques. You'll love the plethora of tips!	NETA	(S)	(CC)	N/A	#2912H
11:00:00	Knit and Crochet Now! Itty Bitty Baby Projects Did you know that it's estimated there are four babies born every second...that means someone near you is probably having a baby! Deborah is joined by Kristin Nicholas and Robyn Chachula to show how to knit and crochet the perfect little pair of knit booties and fingerless mitts, Fingers and Toes Knit Booties and Fingerless Mitts and Little Hands & Feet Booties and Fingerless Mitts. In the stitch corner Lena will show how to do Twined Knitting.	APTEX	(S)	(CC)	DVI	#710H
11:30:00	Fons & Porter's Love of Quilting Quilting Traditions Art and quilting make great companions. Mary's guest is Jim Shore and they will address how the artist transfers their design concepts to create wonderful new fabrics. They will also discuss the history of Jim's inspiration, design and color palette.	NETA	(S)	(CC)	N/A	#2608H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6117H
13:00:00	Hubert Keller: Secrets of a Chef Beer Makes It Better Chef Keller shows how beer can add richness and great flavor to many dishes. Using apricot beer, he marinates yellowtail for a luscious sashimi treat. Then he makes an unforgettable fried chicken with beer and lots of great spices. The beer fest continues with an assortment of ice-cream beer floats. Yellowtail Sashimi with Apricot Beer, Fried Chicken "HK" Style , & Ice-Cream Beer Floats.	NETA	(S)	(CC)	N/A	#514H
13:30:00	Sara's Weeknight Meals One Pan Wonder Using just one pan for dinner makes both the cook and the dishwasher happy, plus it's so easy. We start with guest Ming Tsai and his coconut lemon chicken soup. Then on Ask Sara, tips for using the original pot, the wok. Finally, Sara helps a young bride with an easy one-pot meal - Greek shrimp, farro and greens.	APTEX	(S)	(CC)	N/A	#518H
14:00:00	Taste of History George Washington In Barbados It's A Taste of History when Chef Walter Staib tells the amazing story of young George Washington's only trip abroad. Learn all about the unique connection between Barbados and the United States and enjoy specialties of Barbados: Bajan Fish Cakes, Flying Fish and Cou-cou.	NETA	(S)	(CC)	N/A	#702H
14:30:00	George Hirsch Lifestyle Being Served George cooks a regal brunch, featuring fresh-squeezed mimosa, fried egg crab salad, Johnny cakes, and savory lamb sausage. Then, he visits a historic inn for inspiration and learns about the art of hospitality. Recipes: - Fresh Squeezed Mimosa - Johnny Cakes, Maple Syrup Butter - Frisee Crab Salad, Fried Egg Bacon Croutons - Lamb Sausage patties.	APTEX	(S)	(CC)	N/A	#109H
15:00:00	Beads, Baubles and Jewels Art Inspired Jewelry Making Blogger Andrew Thornton talks about drawing inspiration from your art and turning your hobby into a business. Then, he shares one of his favorite new jewelry making techniques on making decorative end caps using epoxy clay. Katie's Beading Lesson is about using beaded chain for an easy necklace.	NETA	(S)	(CC)	N/A	#2010H
15:30:00	Katie Brown Workshop Vegetable Medley Learn to cook, grow, display and love vegetables with exciting projects and delicious recipes. In the Kitchen: Creamy Cauliflower Soup, Colorful Chopped Root Salad and Quick Vegetable Roll-Ups. Projects: Sculptural vegetable centerpiece. A stone wall vegetable garden.	APTEX	(S)	(CC)	DVI	#504H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Tue, Jan 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Your First Big Purchase	APTEX	(S)	(CC)	DVI	#403H
	You'll want to understand the important steps to take before your first big purchase, whether you're buying the latest computer, a new smart phone, or a car. You will learn about budgeting, researching, negotiating, and more. Find out how a teen photographer upgraded his camera and a 15-year-old aviator purchased an old airplane!					
16:30:00	Hands On Crafts for Kids People	NETA	(S)	(CC)	DVI	#1613H
	People come in all shapes and sizes. The first project uses papier mache and garden gloves to create cowboy and girl puppets. Next, decorate your own flip flops. Draw faces in your art journal without even lifting your pencil off the page. And finally, create clothespin action figures of all kinds from ninjas - to fairies.					
17:00:00	P. Allen Smith's Garden Home Your Happy Place	APTEX	(S)	(CC)	N/A	#1405H
	What is your bliss? Do you have one? Let P. Allen Smith help you find and cultivate it.					
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*2017*			(N)	N/A	#0
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1252H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7198
19:30:00	Americas Now Haiti - Earthquake Orphans	NETA	(S)	(CC)	N/A	#105H
	Haiti - Earthquake Orphans (Stephen Gibbs) - In 2010, a massive earthquake struck the impoverished Caribbean country of Haiti. Hundreds of thousands of people were killed and more than a million others became homeless. A massive aid operation began, with billions of dollars in assistance being pledged from all over the world. Haiti still bears many of the scars of that deadly disaster. CCTV's Stephen Gibbs returned to the capital Port-au-Prince. He tells the story of two survivors of the quake years later. Argentina - Mendoza Tourism (Harris Whitbeck) - Mendoza, Argentina, is traditionally known for its fruity, red Malbec wines. Situated near the Andes mountains it's a place where architecture, natural beauty, great food and good wine come together. But it has also become a gathering place to create new experiences and new business. Residents are getting creative in making their dreams come true. Americas Now Correspondent Harris Whitbeck takes us to Mendoza.					
20:00:00	Sun Studio Sessions David Ford	NETA	(S)	(CC)	N/A	#604H
	David Ford a critically acclaimed songwriter from the UK, makes his third appearance on Sun Studio Sessions. In February 2014, his song was awarded "Best Original Song" at the Victoires de la Musique awards, a/k/a "the French Grammy's". In this episode, Ford is accompanied by Jarrod Dickenson and performs several songs, including tracks from his latest record "Charge."					
20:30:00	Jammin at Hippie Jack's Bar Stool Romeos	NETA	(S)	(CC)	N/A	#1011H
	The Bar Stool Romeos are a honky Tonk rock & roll band from Knoxville, Tennessee. They boast an array of classic country originals with an occasional cover that screams "old school". The palette of experience, mixed with the real-life, working-man personas of each band member creates a unique sound that truly speaks to fans and critics.					
21:00:00	Xerox Rochester International Jazz Festival Clifton Anderson Quintet	APTEX	(S)	(CC)	N/A	#703H
	Clifton Anderson grew up surrounded by music. His father was a church organist/choir director, and his mother a singer and pianist. It was no surprise that Clifton exhibited an affinity for music at an early age. When he was just seven years old he got his first trombone, a gift from his uncle Sonny Rollins. Clifton has worked with a "who's who" of diverse musical giants from McCoy Tyner, Stevie Wonder and Dizzy Gillespie to Paul Simon and Sonny Rollins.					

Daily Program Listing II

43.1

Date: 11/30/2016

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Tue, Jan 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	On The Edge - Living with Epilepsy	NETA	(S)	(CC)	DVI	#0H
	<p>In ON THE EDGE, filmmaker Louis Stanislaw takes us inside his world - and through the challenge that is life with epilepsy. Though it affects three million Americans directly, and millions more through family members, friends, co-workers and caregivers, epilepsy is widely and grossly misunderstood. On The Edge looks unflinchingly at the alienation, depression, and loneliness that epilepsy can bring. Told through the stories of the director and epilepsy patients and their families, this film documents the difficulties and misunderstandings at every turn: from family life to school and friends, to leaving home and starting a career and forming lasting bonds. Life with epilepsy can be unpredictable; medicines that control seizures can have staggering side effects; seizures can be frightening and dangerous, they can be mistaken for aggression with tragic results; reactions and improper treatment can have devastating consequences. In a life with daunting hurdles, ignorance is usually the biggest one for people with epilepsy.</p>					
23:00:00	Our American Family: The Barreras	NETA	(S)	(CC)	N/A	#0H
	<p>The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE BARRERAS From the darkness of a coal mine in New Mexico to vibrant beauty under the California sun, Our American Family: The Barreras Family provides a compelling narrative of unwavering commitment to family. Life in the remote company-owned town of Madrid in the 1920s and '30s was a mixture of hard, dangerous work offset by the joy of baseball and celebrations. With the closing of the mine in the early '40s, the extended family re-established itself in southern California by living frugally and powerfully supporting one another through challenges.</p>					
23:30:00	Our American Family: The Furutas	NETA	(S)	(CC)	N/A	#0H
	<p>The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE FURUTAS Through hard work, the Furutas, a Japanese American family of Wintersburg, CA established a successful goldfish farm, only to have their business devastated and family separated in the wake of WWII. Following years in an Arizona relocation camp, their indomitable spirit prevails as they return home and band together to pursue the American dream a second time.</p>					

Wed, Jan 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7198
00:30:00	Americas Now Haiti - Earthquake Orphans	NETA	(S)	(CC)	N/A	#105H
	Haiti - Earthquake Orphans (Stephen Gibbs) - In 2010, a massive earthquake struck the impoverished Caribbean country of Haiti. Hundreds of thousands of people were killed and more than a million others became homeless. A massive aid operation began, with billions of dollars in assistance being pledged from all over the world. Haiti still bears many of the scars of that deadly disaster. CCTV's Stephen Gibbs returned to the capital Port-au-Prince. He tells the story of two survivors of the quake years later. Argentina - Mendoza Tourism (Harris Whitbeck) - Mendoza, Argentina, is traditionally known for its fruity, red Malbec wines. Situated near the Andes mountains it's a place where architecture, natural beauty, great food and good wine come together. But it has also become a gathering place to create new experiences and new business. Residents are getting creative in making their dreams come true. Americas Now Correspondent Harris Whitbeck takes us to Mendoza.					
01:00:00	Sun Studio Sessions David Ford	NETA	(S)	(CC)	N/A	#604H
	David Ford a critically acclaimed songwriter from the UK, makes his third appearance on Sun Studio Sessions. In February 2014, his song was awarded "Best Original Song" at the Victoires de la Musique awards, a/k/a "the French Grammy's", In this episode, Ford is accompanied by Jarrod Dickenson and performs several songs, including tracks from his latest record "Charge."					
01:30:00	Jammin at Hippie Jack's Bar Stool Romeos	NETA	(S)	(CC)	N/A	#1011H
	The Bar Stool Romeos are a honky Tonk rock & roll band from Knoxville, Tennessee. They boast an array of classic country originals with an occasional cover that screams "old school". The palette of experience, mixed with the real-life, working-man personas of each band member creates a unique sound that truly speaks to fans and critics.					
02:00:00	Xerox Rochester International Jazz Festival Clifton Anderson Quintet	APTEX	(S)	(CC)	N/A	#703H
	Clifton Anderson grew up surrounded by music. His father was a church organist/choir director, and his mother a singer and pianist. It was no surprise that Clifton exhibited an affinity for music at an early age. When he was just seven years old he got his first trombone, a gift from his uncle Sonny Rollins. Clifton has worked with a "who's who" of diverse musical giants from McCoy Tyner, Stevie Wonder and Dizzy Gillespie to Paul Simon and Sonny Rollins.					
03:00:00	On The Edge - Living with Epilepsy	NETA	(S)	(CC)	DVI	#0H
	In ON THE EDGE, filmmaker Louis Stanislaw takes us inside his world - and through the challenge that is life with epilepsy. Though it affects three million Americans directly, and millions more through family members, friends, co-workers and caregivers, epilepsy is widely and grossly misunderstood. On The Edge looks unflinchingly at the alienation, depression, and loneliness that epilepsy can bring. Told through the stories of the director and epilepsy patients and their families, this film documents the difficulties and misunderstandings at every turn: from family life to school and friends, to leaving home and starting a career and forming lasting bonds. Life with epilepsy can be unpredictable; medicines that control seizures can have staggering side effects; seizures can be frightening and dangerous, they can be mistaken for aggression with tragic results; reactions and improper treatment can have devastating consequences. In a life with daunting hurdles, ignorance is usually the biggest one for people with epilepsy.					
04:00:00	Our American Family: The Barreras	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE BARRERAS From the darkness of a coal mine in New Mexico to vibrant beauty under the California sun, Our American Family: The Barreras Family provides a compelling narrative of unwavering commitment to family. Life in the remote company-owned town of Madrid in the 1920s and '30s was a mixture of hard, dangerous work offset by the joy of baseball and celebrations. With the closing of the mine in the early '40s, the extended family re-established itself in southern California by living frugally and powerfully supporting one another through challenges.					
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#104

Wed, Jan 04, 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 Stenchide 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	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#121H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout	ACCES		(CC)	N/A	#125H
09:30:00	Classical Stretch: By Essentrics Arm Toning Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take you through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.	APTEX	(S)	(CC)	DVI	#1121H
10:00:00	Sit and Be Fit Exercise Is Fun Mary Ann focuses on fun and functional exercises set to some of her favorite music.	NETA	(S)	(CC)	N/A	#1203H
10:30:00	Sewing with Nancy Sew Gifts - Make Memories, Part 1 Be inspired to create memorable gifts for many different occasions. Mary Mulari, Sewing With Nancy's most frequent guest, joins Nancy to teach you to sew creative gifts for everyone. Nancy and Mary inspire you to use repurposed meaningful fabric for your heartfelt creations.	NETA	(S)	(CC)	N/A	#2913H
11:00:00	Knit and Crochet Now! Unique Accessories Deborah Norville is working with Rohn Strong this week on a couple of very unique projects. First up is the Linetta Hat using Tunisian crochet and then Rohn shows how to use a knitting loom to make the Les Bouquets Shawl. Ellen is over in the stitch corner and will show how to crochet the Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#711H
11:30:00	Fons & Porter's Love of Quilting Hero's Tribute In honor of those who serve and defend, a quilt is a great way to acknowledge how much we appreciate their sacrifice. Mary and her guest Liz Porter present the creative use of eight point stars that allows for a creative design within your quilt. The Quick-Pieced Flying Geese method makes your patchwork accurate and efficient.	NETA	(S)	(CC)	N/A	#2609H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6118H
13:00:00	Lidia's Kitchen Perfect Roasted Chicken Every cook dreams of a perfectly roasted chicken, and today Lidia shows the viewer how to do just that. She starts with an American favorite - a crunchy, cheese Caesar salad. Her lemon roasted chicken goes beyond comfort food with onions, rosemary and lots of lemons. Finally she prepares a free form crostata with juicy plums.	APTEX	(S)	(CC)	N/A	#305H
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 Orjan Johannessen Ming continues cooking through Norway, meeting up with chef Orjan Johannessen for a feast of Norwegian proportions! Joined by Orjan's parents, the two chefs create two distinctive Fjord Trout meals, while the Johannessen's create a pickled herring and caramel pudding. Each dish highlights the tastes and traditions of this Scandinavian nation.	APTEX	(S)	(CC)	N/A	#1413H

Wed, Jan 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Cook's Country Big Family Breakfast	APTEX	(S)	(CC)	N/A	#905H
	Host Christopher Kimball visits Freight House Antiques in Erving, Massachusetts, where scones are baked fresh daily. Then, test cook Julia Collin Davison shows Chris how to make perfect mixed berry scones at home. Next, equipment expert Adam Ried reveals his top picks for pizza cutters. Then, tasting expert Jack Bishop challenges Chris to a tasting of honey. And finally, test cook Erin McMurrer reveals the secrets to making the perfect breakfast pizza.					
15:00:00	Beads, Baubles and Jewels Bench Jewelry Techniques	NETA	(S)	(CC)	N/A	#2011H
	Patti Bullard shares some bench jewelry techniques that don't require a lot of space or supplies, plus a tip on how to choose the right pliers for a special project. She also shows how to texture bracelets and earrings. Katie's Bead Lesson is about stamping on leather, a fast and easy technique to learn to create a trendy bracelet.					
15:30:00	Katie Brown Workshop South of the Border	APTEX	(S)	(CC)	DVI	#505H
	Capture the flavor and flair of what lies south of the border with festive food and fun projects. In the Kitchen: Speedster Chili, Zesty Turkey Enchiladas, Easy and Delicious Guacamole. Projects: A feather-adorned picture frame. Planting peppers.					
16:00:00	Biz Kid\$ What's Up with the Stock Market?	APTEX	(S)	(CC)	DVI	#404H
	Learn the language of the stock market and how these terms apply to your life. Meet an 11-year-old who created an application for the iPhone that helps teach other kids about the stock market.					
16:30:00	Hands On Crafts for Kids 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	P. Allen Smith's Garden Home First Things First	APTEX	(S)	(CC)	N/A	#1406H
	Sometimes the first step is the hardest. Gain confidence and let P. Allen Smith show you how to build a solid foundation in your garden.					
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*2017*			(N)	N/A	#0
18:30:00	Asia Insight Beijing's Unattainable Dream Home	APTEX	(S)	(CC)	N/A	#415H
	As China experiences ongoing economic decline, housing costs in Beijing now surpass those of New York and according to an April 2016 announcement from the UK's Global Cities Business Alliance, they are now the most expensive in the world. The rise in prices has made it difficult for migrants in particular to purchase their own homes and many people are moving to the suburbs in search of affordable properties. However, there is a serious imbalance between cost and value. On this episode of Asia Insight, we take a look at ever-spiraling housing costs in Beijing.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7199
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#350
20:00:00	New Tanglewood Tales: Backstage with Rising Artists	APTEX	(S)	(CC)	N/A	#103H
	Cellist Yo-Yo Ma and pianist Emanuel Ax coach a Brahms Trio with fellow Clare Monfredo. Boston Symphony music director Andris Nelsons conducts the students and they discuss their excitement about working with him as a thirty-six year old mentor.					

Wed, Jan 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center Artists: Dianna Corcoran, The Red Wine Effect (Kathy Redwine, Hollie Brogunier, Steve Goodie), American Gypsy (Neil Jacobs, Steven Fox, Arkadiy Gips), Willie Phoenix, and Eric Gnezda. A compilation of peak moments from Season Two. Dianna Corcoran is an Australian native now based in Nashville. She just released her latest CD, In America. With two Australian Country Music Gold Guitar Awards, Dianna is now making an imprint on the American Country Music scene. She sings "Thank You For Cheating On Me." Artist Bios: The Red Wine Effect. Kathy Redwine and Hollie Brogunier hail from Oregon and Maryland, respectively. Their band, The Red Wine Effect, is known for fresh songwriting and exquisite harmonies. They've been featured on WSM Radio, home of the Grand Ole Opry, and at the coveted Key West Songwriters Festival. The band's multi-instrumentalist, Steve Goodie, is frequently called the funniest man in Nashville. He's been a regular guest on many of the nation's top comedic radio shows, including Howard Stern, Bob and Tom, and Dr. Demento. He hosts Writers Night at Nashville's iconic venue for songwriters, the Bluebird Cafe. They perform "Road Trip." American Gypsy consists of internationally recognized 12-string guitarist/composer Neil Jacobs, Ukrainian master violinist Arkadiy Gips, and award-winning bassist, Steven Fox. This highly acclaimed new ensemble transforms Gypsy, Jazz, and World Folk into intriguing new American music. American Gypsy has thrilled and mesmerized audiences across the United States and Europe. Arkadiy recently spent two years touring worldwide with pop icon, Madonna, as special guest on the "gypsy" segment of her concert program. American Gypsy's debut CD was nominated for the American Independent Music Award's Album of the Year. They perform "American Gypsy." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. He is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at The Bluebird Cafe. He performs "Is This America" with Steve Goodie. Artist Bio: Willie Phoenix, former A&M recording artist, and Columbus blues-rock legend. "He sang like Wilson Pickett, wore his Telecaster upside down like Hendrix, and had Elvis Costello's gift for cutting a pop gem. He didn't play second to James Brown when putting on a show. He's as good as we've ever seen." (Joe Oestreich, Hitless Wonder.) Willis sings "The Hello Song."	APTEX	(S)	(CC)	N/A	#213H
21:00:00	Live at 9:30 Performances by Ben Harper, Ani Difranco, Drive By Truckers, Daughter, and Ty Segal.	NACC	(S)	(CC)	N/A	#109H
22:00:00	The Cardboard Bernini Olympia Stone's documentary, "The Cardboard Bernini," examines the work and life of artist James Grashow as he builds a giant cardboard fountain inspired by the work of the famous baroque sculptor Gian Lorenzo Bernini. James Grashow is an artist who has built-among many other things-- giant 15 foot tall fighting men, a city, and an ocean-- using paper mache, fabric, chicken wire and cardboard. More recently, he has begun making sculptures entirely out of corrugated cardboard and twist ties. Several years ago, while visiting the home of his art dealer, Allan Stone (who was the filmmaker's father), he stumbled across some of his giant fighting men that had been put outside due to lack of space. They were disintegrating. Although it was deeply painful and shocking for Jimmy to see his work like that, it was also surprisingly beautiful. Jimmy felt that he was seeing the full arc of his artistic enterprise before him-including its end. So, Grashow challenged himself to embrace the "back end" of his process, and decided to build a giant cardboard "fountain"-a Grashow "Bernini." From its conception, Jimmy intended this work to be put outside to disintegrate. Work on the fountain began in 2007 and was completed in 2010. I have been documenting this process from the start. Jimmy's "corrugated fountain" premiered indoors on June 11, 2010 at the Taubman Museum of Art in Roanoke, Virginia, to great acclaim. After shows in New York City and Pittsburgh, Jimmy finally installed the fountain outdoors at the Aldrich Museum of Contemporary Art in Ridgefield, CT on April 1, 2012. It was there for a total of six weeks, after which time Jimmy took his degraded cardboard masterpiece to the dumpster: "Ashes to ashes, mush to mush." The film is an intimate glimpse of an artist at work on what he considers might be his "final epic." We follow Jimmy as he asks what is the point of art and creation? What is the connection between creation and destruction? And, ultimately, what is the point of our lives in the face of our mortality?	NETA	(S)	(CC)	N/A	#0H
23:00:00	I Remember Better When I Paint Narrated by screen legend Olivia de Havilland, I REMEMBER BETTER WHEN I PAINT reveals the ways day-care centers, nursing homes and assisted-living facilities are employing creative therapies to treat Alzheimer's patients. This informative documentary offers pivotal new insights about the transformative power of drawing, painting, music and museum visits for those living with Alzheimer's and related memory disorders. Through personal stories and interviews with noted physicians, the film explores the benefits of this approach, including an improved quality of life for the patient and a restored dialogue with their caregivers.	APTEX	(S)	(CC)	N/A	#0H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Thu, Jan 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7199
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#350
01:00:00	New Tanglewood Tales: Backstage with Rising Artists Cellist Yo-Yo Ma and pianist Emanuel Ax coach a Brahms Trio with fellow Clare Monfredo. Boston Symphony music director Andris Nelsons conducts the students and they discuss their excitement about working with him as a thirty-six year old mentor.	APTEX	(S)	(CC)	N/A	#103H
01:30:00	Songs at the Center Artists: Dianna Corcoran, The Red Wine Effect (Kathy Redwine, Hollie Brogunier, Steve Goodie), American Gypsy (Neil Jacobs, Steven Fox, Arkadiy Gips), Willie Phoenix, and Eric Gnezda. A compilation of peak moments from Season Two. Dianna Corcoran is an Australian native now based in Nashville. She just released her latest CD, In America. With two Australian Country Music Gold Guitar Awards, Dianna is now making an imprint on the American Country Music scene. She sings "Thank You For Cheating On Me." Artist Bios: The Red Wine Effect. Kathy Redwine and Hollie Brogunier hail from Oregon and Maryland, respectively. Their band, The Red Wine Effect, is known for fresh songwriting and exquisite harmonies. They've been featured on WSM Radio, home of the Grand Ole Opry, and at the coveted Key West Songwriters Festival. The band's multi-instrumentalist, Steve Goodie, is frequently called the funniest man in Nashville. He's been a regular guest on many of the nation's top comedic radio shows, including Howard Stern, Bob and Tom, and Dr. Demento. He hosts Writers Night at Nashville's iconic venue for songwriters, the Bluebird Cafe. They perform "Road Trip." American Gypsy consists of internationally recognized 12-string guitarist/composer Neil Jacobs, Ukrainian master violinist Arkadiy Gips, and award-winning bassist, Steven Fox. This highly acclaimed new ensemble transforms Gypsy, Jazz, and World Folk into intriguing new American music. American Gypsy has thrilled and mesmerized audiences across the United States and Europe. Arkadiy recently spent two years touring worldwide with pop icon, Madonna, as special guest on the "gypsy" segment of her concert program. American Gypsy's debut CD was nominated for the American Independent Music Award's Album of the Year. They perform "American Gypsy." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. He is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at The Bluebird Cafe. He performs "Is This America" with Steve Goodie. Artist Bio: Willie Phoenix, former A&M recording artist, and Columbus blues-rock legend. "He sang like Wilson Pickett, wore his Telecaster upside down like Hendrix, and had Elvis Costellos' gift for cutting a pop gem. He didn't play second to James Brown when putting on a show. He's as good as we've ever seen." (Joe Oestreich, Hitless Wonder.) Willis sings "The Hello Song."	APTEX	(S)	(CC)	N/A	#213H
02:00:00	Live at 9:30 Performances by Ben Harper, Ani Difranco, Drive By Truckers, Daughter, and Ty Segal.	NACC	(S)	(CC)	N/A	#109H
03:00:00	The Cardboard Bernini Olympia Stone's documentary, "The Cardboard Bernini," examines the work and life of artist James Grashow as he builds a giant cardboard fountain inspired by the work of the famous baroque sculptor Gian Lorenzo Bernini. James Grashow is an artist who has built-among many other things-- giant 15 foot tall fighting men, a city, and an ocean-- using paper mache, fabric, chicken wire and cardboard. More recently, he has begun making sculptures entirely out of corrugated cardboard and twist ties. Several years ago, while visiting the home of his art dealer, Allan Stone (who was the filmmaker's father), he stumbled across some of his giant fighting men that had been put outside due to lack of space. They were disintegrating. Although it was deeply painful and shocking for Jimmy to see his work like that, it was also surprisingly beautiful. Jimmy felt that he was seeing the full arc of his artistic enterprise before him-including its end. So, Grashow challenged himself to embrace the "back end" of his process, and decided to build a giant cardboard "fountain"-a Grashow "Bernini." From its conception, Jimmy intended this work to be put outside to disintegrate. Work on the fountain began in 2007 and was completed in 2010. I have been documenting this process from the start. Jimmy's "corrugated fountain" premiered indoors on June 11, 2010 at the Taubman Museum of Art in Roanoke, Virginia, to great acclaim. After shows in New York City and Pittsburgh, Jimmy finally installed the fountain outdoors at the Aldrich Museum of Contemporary Art in Ridgefield, CT on April 1, 2012. It was there for a total of six weeks, after which time Jimmy took his degraded cardboard masterpiece to the dumpster: "Ashes to ashes, mush to mush." The film is an intimate glimpse of an artist at work on what he considers might be his "final epic." We follow Jimmy as he asks what is the point of art and creation? What is the connection between creation and destruction? And, ultimately, what is the point of our lives in the face of our mortality?	NETA	(S)	(CC)	N/A	#0H
04:00:00	I Remember Better When I Paint Narrated by screen legend Olivia de Havilland, I REMEMBER BETTER WHEN I PAINT reveals the ways day-care centers, nursing homes and assisted-living facilities are employing creative therapies to treat Alzheimer's patients. This informative documentary offers pivotal new insights about the transformative power of drawing, painting, music and museum visits for those living with Alzheimer's and related memory disorders. Through personal stories and interviews with noted physicians, the film explores the benefits of this approach, including an improved quality of life for the patient and a restored dialogue with their caregivers.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#105
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

Thu, Jan 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#122H
09:00:00	Functional Fitness with Suzanne Andrews Energy	ACCES		(CC)	N/A	#101H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening Workout	APTEX	(S)	(CC)	DVI	#1122H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.					
10:00:00	Sit and Be Fit Strength Coordination	NETA	(S)	(CC)	N/A	#1204H
	This episode features a potpourri of movements to enhance strength and coordination.					
10:30:00	Sewing with Nancy Sew Gifts - Make Memories, Part 2	NETA	(S)	(CC)	N/A	#2914H
	Learn to stitch a welcomed gift with lots of memories attached. Nancy and her friend Mary Mulari share clever gift ideas made from vintage hankies and doilies, ties, towels, and laminated bags. Learn to make useful gifts that create memories and are attractive conversation pieces.					
11:00:00	Knit and Crochet Now! Dress Up The Pup	APTEX	(S)	(CC)	DVI	#712H
	We've got plaids for your pooch and hoodies for your hound dog! Today Deborah is joined by Lena Skvagerson who will show how to knit up the Hound Dog Hoodie in a "hounds tooth" pattern. Robyn Chachula is next up with Poppy's Plaid Crochet Dog Sweater featuring a raised stitch plaid. In the stitch corner Lena will show how to knit her very own version of the Crocodile Stitch.					
11:30:00	Fons & Porter's Love of Quilting Chilly Willy	NETA	(S)	(CC)	N/A	#2610H
	Snowmen are always a winner and Willy is sure to be your next holiday favorite. Mary's guest Patrick Lose presents this adorable banner project. Using fusible applique and quick piecing techniques you will create a banner to celebrate the season.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6119H
13:00:00	Eat! Drink! Italy! with Vic Rallo Easy Is Best	APTEX	(S)	(CC)	N/A	#313H
	Vic travels to Piemonte to learn Chef Massimo Camia's hazelnut dessert. Tony Verdoni talks to an Amarone winemaker. Vic and Tony talk about the delicious and versatile Piave cheese.					
13:30:00	Cooking with Nick Stellino Breakfast Favorites	APTEX	(S)	(CC)	N/A	#201H
	French Toast with Butter Braised Strawberries in a Cassis Sugar; Matzo Brei; Breakfast Burrito with Ham, Eggs & Parmesan Crust; Kir Royal.					
14:00:00	The Jazzy Vegetarian Burger Deluxe	NETA	(S)	(CC)	DVI	#510H
	Host Laura Theodore prepares a vegan "diner-style" meal. Meat-free burgers are all the rage these days and hearty Hungry Guy Burgers satiate big appetites, while crisp Baked Steak Fries complete this classic pairing. For a fabulous finish, spectacular Strawberry Mountain Pie will wow diners, piled high with a dairy-less cream filling and topped with fresh juicy berries.					
14:30:00	New Scandinavian Cooking New Nordic Cuisine	APTEX	(S)	(CC)	N/A	#701H
	In this episode, Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo. He goes fishing for langoustines and foraging for wild herbs. On board the train again Andreas invites for a herring tartar and on arrival in Stavanger he visits Tango Bar and Kitchen for a modern herring feast.					
15:00:00	Beads, Baubles and Jewels Needle Tatting and Chainmaille	NETA	(S)	(CC)	N/A	#2012H
	Lauren Andersen, The Chainmaille Lady has a new take on mixing other materials with chainmaille, including needle tatting and premade cuffs. Lauren also shares a tip for making your own jump rings. Katie makes a beaded cluster bracelet in her Beading Lesson.					

Thu, Jan 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Under The Tuscan Sun  Grab your passport because Katie and her workshop crew present sure-to-please Italian-inspired ideas. In the Kitchen: Tasty Polenta Bites, Italian-Style Focaccia Bread and Katie's Infamous Italian Chicken. Projects: Drying herbs with style. Building an herb garden.	APTEX	(S)	(CC)	DVI	#506H
16:00:00	Biz Kid\$ Crash Course On Starting A Business  So you've got an idea - now what? Check out this quick, but comprehensive course on business basics. You'll learn how to refine your ideas, make a business plan, identify funding sources, find a market, and of course, sell your service or product. Find out how two teen girls developed a \$2 million business out of magnetic bottle caps.	APTEX	(S)	(CC)	DVI	#405H
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
17:00:00	P. Allen Smith's Garden Home Down and Dirty  A day without dirt under the fingernails is a sad day at Moss Mountain Farm. How to get the most out of your soil in this episode of P. Allen Smith's Garden Home.	APTEX	(S)	(CC)	N/A	#1407H
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*2017*			(N)	N/A	#0
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1328H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7200
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1110H
20:00:00	Backstage Pass Best of Jazz  Best of Jazz will feature a few of the most swinging jazz performances of 2015. Recorded live at Lansing JazzFest 2015 and in studio, Best of Jazz gives you a one-of-a-kind jam featuring The Paul Keller Orchestra, Tony Monaco & The Fareed Haque Trio featuring Randy Gelispie, and Grupo Aye.	NETA	(S)	(CC)	N/A	#719H
20:30:00	Music Voyager Atlanta, Ga  Music Voyager is invited to Atlanta, Georgia to experience the heartbeat of the city from the inside out. The host is musician Tacuma Bradley who explores the Atlanta landscape while following the six degrees of separation between the people he meets. These include musicians Christian and Brand Bush, who brings them to the neighborhood of Buckhead for an unplugged performance at a local cemetery. They are introduced to their friends Ruby Velle and the Soulphonics. Ruby's music sets the tone to explore the funky and artistic Five Points neighborhood. Ruby introduces them to the feisty Myra, who owns a boutique cuisine shop called La Fruta. Myra then takes them to the Elevate Festival in the heart of downtown Atlanta. Finally, an introduction is made to Killer Mike, a local hip-hop legend and activist who brings Tacuma to his barbershop/community center to experience a concert with Killer Mike and special guest Big Boi from OutKast.	APTEX	(S)	(CC)	N/A	#603H
21:00:00	Music Gone Public Delhi-2-Dublin  This Canadian "United-Nations of Musicians" whips up a wild brew of Irish fiddle, Punjabi-folk and Electronic Dance Music for an enthusiastic hometown crowd of Vancouver fans.	NETA	(S)	(CC)	N/A	#101H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Thu, Jan 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Autism: Behind The Camera	KVCR	(S)	(CC)	N/A	#0H
	Autism: Behind the Camera focuses on young adults with autism and the resources needed when students with autism "age out" of high school. This program will highlight one vocational program within the film industry trying to change the unemployable outcome for autistic individuals. Autism: Behind the Camera is not just about employment, a topic in the autism community that is all consuming; nor is it about the hardship of aging out of high school. It's about hope. The hope that individual with autism can advance in the working world when given the opportunity.					
23:00:00	Leopards Among Us	NETA	(S)	(CC)	N/A	#0H
	This ground-breaking project covers the issues surrounding the survival of the Common Leopard in the Ayubia National Park in Pakistan, where it has come into conflict with the rapidly increasing human population.					
23:30:00	Deosai - The Last Sanctuary	NETA	(S)	(CC)	N/A	#0H
	The Deosai Plateau in Gilgit Baltistan, in northernmost Pakistan, is home to the endangered Himalayan Brown Bear. It is the only sanctuary in the whole of South Asia where the populations are being sustained and are in fact increasing. The Deosai National Park was created to protect the survival of this magnificent species. This film looks at the Park and the hope for the Bears' survival there, but also at the impoverished communities that live nearby and rely on the Parks resources for their own survival. How will man and the Bear reconcile their competing needs so that both can thrive here?					

Fri, Jan 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7200
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1110H
01:00:00	Backstage Pass Best of Jazz	NETA	(S)	(CC)	N/A	#719H
	Best of Jazz will feature a few of the most swinging jazz performances of 2015. Recorded live at Lansing JazzFest 2015 and in studio, Best of Jazz gives you a one-of-a-kind jam featuring The Paul Keller Orchestra, Tony Monaco & The Fareed Haque Trio featuring Randy Gelispie, and Grupo Aye.					
01:30:00	Music Voyager Atlanta, Ga	APTEX	(S)	(CC)	N/A	#603H
	Music Voyager is invited to Atlanta, Georgia to experience the heartbeat of the city from the inside out. The host is musician Tacuma Bradley who explores the Atlanta landscape while following the six degrees of separation between the people he meets. These include musicians Christian and Brand Bush, who brings them to the neighborhood of Buckhead for an unplugged performance at a local cemetery. They are introduced to their friends Ruby Velle and the Soulphonics. Ruby's music sets the tone to explore the funky and artistic Five Points neighborhood. Ruby introduces them to the feisty Myra, who owns a boutique cuisine shop called La Fruta. Myra then takes them to the Elevate Festival in the heart of downtown Atlanta. Finally, an introduction is made to Killer Mike, a local hip-hop legend and activist who brings Tacuma to his barbershop/community center to experience a concert with Killer Mike and special guest Big Boi from OutKast.					
02:00:00	Music Gone Public Delhi-2-Dublin	NETA	(S)	(CC)	N/A	#101H
	This Canadian "United-Nations of Musicians" whips up a wild brew of Irish fiddle, Punjabi-folk and Electronic Dance Music for an enthusiastic hometown crowd of Vancouver fans.					
03:00:00	Autism: Behind The Camera	KVCR	(S)	(CC)	N/A	#0H
	Autism: Behind the Camera focuses on young adults with autism and the resources needed when students with autism "age out" of high school. This program will highlight one vocational program within the film industry trying to change the unemployable outcome for autistic individuals. Autism: Behind the Camera is not just about employment, a topic in the autism community that is all consuming; nor is it about the hardship of aging out of high school. It's about hope. The hope that individual with autism can advance in the working world when given the opportunity.					
04:00:00	Leopards Among Us	NETA	(S)	(CC)	N/A	#0H
	This ground-breaking project covers the issues surrounding the survival of the Common Leopard in the Ayubia National Park in Pakistan, where it has come into conflict with the rapidly increasing human population.					
04:30:00	Deosai - The Last Sanctuary	NETA	(S)	(CC)	N/A	#0H
	The Deosai Plateau in Gilgit Baltistan, in northernmost Pakistan, is home to the endangered Himalayan Brown Bear. It is the only sanctuary in the whole of South Asia where the populations are being sustained and are in fact increasing. The Deosai National Park was created to protect the survival of this magnificent species. This film looks at the Park and the hope for the Bears' survival there, but also at the impoverished communities that live nearby and rely on the Parks resources for their own survival. How will man and the Bear reconcile their competing needs so that both can thrive here?					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#106
08:00:00	Zula Patrol The Missing Elements/Journey to the Center of Gorga	APTEX	(S)	(CC)	DVI	#305H
	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!					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#123H
09:00:00	Functional Fitness with Suzanne Andrews Bone Builder (Osteoporosis)	ACCES		(CC)	N/A	#102H

Fri, Jan 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Shoulder Pain Workout  In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.	APTEX	(S)	(CC)	DVI	#1123H
10:00:00	Sit and Be Fit Reaction Time  Mary Ann shows how to use a ball to test your reaction time.	NETA	(S)	(CC)	N/A	#1205H
10:30:00	Sewing with Nancy Solving The Pattern Fitting Puzzle, Part 1  Nancy teaches pattern fitting using her time-tested pivot and slide techniques. Choose the right pattern size, and custom-fit patterns without cutting the original pattern pieces apart. Practice along using free mini-patterns that you can download online. This first episode centers on easily fitting tops, dresses, and skirts.	NETA	(S)	(CC)	N/A	#2915H
11:00:00	Knit and Crochet Now! Springtime Tees  Just because the weather is warm doesn't mean you have to put down your needles and hooks! Deborah is joined by Ellen Gormley who will show how to crochet up the Whole Latte Love Tee with an easy openwork yoke and textured stripes. Lena will then show how to stitch up the Knit Lace Sampler T-shirt. Ellen is in the stitch corner with the Fishbone stitch.	APTEX	(S)	(CC)	DVI	#713H
11:30:00	Fons & Porter's Love of Quilting Fond Memories  One block quilts can make a dramatic statement. Mary and her guest Liz Porter will present one of our new template sets called Whirling Pinwheels. They demonstrate cutting and piecing the various unique shapes at create this dynamic pattern.	NETA	(S)	(CC)	N/A	#2611H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6120H
13:00:00	P. Allen Smith's Garden to Table Reservations for Two  Most cookbook recipes have serving sizes for four or more people. But there are a lot of two-family households out there. Allen shares tips on downsizing a recipe to serve two and also advises about gardening for two. Plus, we'll learn how to prepare a couple of tasty dishes for a romantic dinner.	APTEX	(S)	(CC)	DVI	#313H
13:30:00	Mike Colameco's Real Food Battersby/Dover  A couple of young talented chefs with great resumes wanted to do their own thing so they took over a narrow tiny bar space with a small open kitchen out back on Smith St, in Carroll Gardens Brooklyn and named it Battersby. A few years later they opened second larger spot a few blocks away called Dover. French inspired they are easily two of the best restaurants in all of Brooklyn.	NETA	(S)	(CC)	N/A	#1410H
14:00:00	Chef John Besh's New Orleans Warm Crawfish and Artichoke Salad, Ragout of Crawfish over Fresh Pasta, and Crawfish Pies.	APTEX	(S)	(CC)	N/A	#104H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#239H
15:00:00	Beads, Baubles and Jewels Mixed Media Jewelry  Author and designer Cynthia Deis demonstrate collage techniques for mixed media jewelry. She creates a mica tag and a flat leather bracelet. Katie's Beading Lesson features an assist from Candie Cooper for a quick lesson on making silk beads.	NETA	(S)	(CC)	N/A	#2013H
15:30:00	Katie Brown Workshop Kids Day  Satisfy the little ones with Katie's vibrant projects and tasty treats. In the Kitchen: Yummy Donut Sandwiches, Fruit Kebabs with Lemon-Lime Glaze and Butterscotch Hot Chocolate. Projects: Crafty paper-plate creatures. A garden emerges from old car tires.	APTEX	(S)	(CC)	DVI	#507H
16:00:00	Biz Kid\$ How to Make A Million Bucks!  It is possible! If you start early and save consistently, you'll take advantage of the power of compound interest. You can make a million by working hard, spending less than you make, and saving, saving, saving. Meet a 16-year-old with a fashion recycling business.	APTEX	(S)	(CC)	DVI	#406H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Fri, Jan 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	P. Allen Smith's Garden Home Drink Your Yard	APTEX	(S)	(CC)	N/A	#1408H
	Using herbs in your cooking is one thing, but in your drinks? P. Allen Smith shows you how to create a garden space that plays nicely with a glass.					
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*2017*			(N)	N/A	#0
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2434Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7201
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#853H
20:00:00	Song of the Mountains Seldom Scene	NETA	(S)	(CC)	N/A	#1119H
21:00:00	Woodsongs The Mavericks/Whitney Rose	NETA	(S)	(CC)	N/A	#1802H
	The Mavericks merge traditional country with traditional rock & roll. The band became one of the most critically acclaimed and commercially successful groups of the early '90s. Raul Malo remains the lead singer of the band, his voice easily navigating country, rockabilly, Latino and even opera. The legendary group has released a brand new album called Mono. Whitney Rose is a special guest on the show as requested by Raul Malo himself, who produced her new album Heartbreaker of the Year. Whitney is a powerful Canadian artist who first met the Mavericks when she was booked to open for them in Toronto, and they were suitably impressed enough to ask her to join them for their entire 2014 cross-Canada tour.					
22:00:00	Film School Shorts Playing with Power	NETA	(S)	(CC)	N/A	#307H
	Above the Sea (Columbia University) - In the dangerous underworld of 1930s Shanghai, Fei, a young lady of the evening, must decide how far she is willing to go to exact vengeance. Directed by Keola Racela. Un Mundo para Raul (Columbia University) - When thirteen-year-old Raul is asked to entertain the local landowner's son, a treacherous game of power and pride unfolds between the boys. Directed by Mauro Mueller.					
22:30:00	On Story Unforgiven: Deconstructing An Anti-Western	NETA	(S)	(CC)	N/A	#407H
	The Clint Eastwood/David Peoples classic Unforgiven is deconstructed by Into the West's Kirk Ellis and Apaloosa's Robert Knott as they explore its gritty action, ambiguous morality, and the tried-and-true tropes of its genre. Christian Baker's short film, The Well, follows suit, trailing a young Civil War soldier stationed alone on the US/Mexico faced with nothing but his own demons.					
23:00:00	Science Goes to the Movies Real Life Nanotech	EPS	(S)	(CC)	N/A	#201H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1012

Sat, Jan 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7201
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#853H
01:00:00	Song of the Mountains Seldom Scene	NETA	(S)	(CC)	N/A	#1119H
02:00:00	Woodsongs The Mavericks/Whitney Rose	NETA	(S)	(CC)	N/A	#1802H
	<p>The Mavericks merge traditional country with traditional rock &amp; roll. The band became one of the most critically acclaimed and commercially successful groups of the early '90s. Raul Malo remains the lead singer of the band, his voice easily navigating country, rockabilly, Latino and even opera. The legendary group has released a brand new album called Mono. Whitney Rose is a special guest on the show as requested by Raul Malo himself, who produced her new album Heartbreaker of the Year. Whitney is a powerful Canadian artist who first met the Mavericks when she was booked to open for them in Toronto, and they were suitably impressed enough to ask her to join them for their entire 2014 cross-Canada tour.</p>					
03:00:00	Film School Shorts Playing with Power	NETA	(S)	(CC)	N/A	#307H
	<p>Above the Sea (Columbia University) - In the dangerous underworld of 1930s Shanghai, Fei, a young lady of the evening, must decide how far she is willing to go to exact vengeance. Directed by Keola Racela. Un Mundo para Raul (Columbia University) - When thirteen-year-old Raul is asked to entertain the local landowner's son, a treacherous game of power and pride unfolds between the boys. Directed by Mauro Mueller.</p>					
03:30:00	On Story Unforgiven: Deconstructing An Anti-Western	NETA	(S)	(CC)	N/A	#407H
	<p>The Clint Eastwood/David Peoples classic Unforgiven is deconstructed by Into the West's Kirk Ellis and Apaloosa's Robert Knott as they explore its gritty action, ambiguous morality, and the tried-and-true tropes of its genre. Christian Baker's short film, The Well, follows suit, trailing a young Civil War soldier stationed alone on the US/Mexico faced with nothing but his own demons.</p>					
04:00:00	Science Goes to the Movies Real Life Nanotech	EPS	(S)	(CC)	N/A	#201H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1012
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#107
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Pink Peonies	APTEX	(S)	(CC)	N/A	#325H
	<p>Two gorgeous, large Peonies are painted today. These fluffy Peonies have big soft petals and large Yellow centers. These are easy flowers to paint and this is a very effective painting, especially when the flowers are painted oversized. The Pink color is really beautiful.</p>					
08:30:00	Grand View Mount Rainier National Park	APT		(CC)	N/A	#203H
	<p>At Mount Rainier National Park, Baumann takes his audience to Central Washington to witness one of the most geologically tenuous landscapes in America. The mountain and region have been shaped by volcanic activity and geologists anticipate its next blast. The mountain itself is an active volcano encased in over 35 square miles of snow and ice. The journey includes examples of old growth forests and sub- alpine meadows. On his journey, Baumann interviews several Native Americans from the region, including Lewis Squallysr; archaeologist Lee Taylor details the native and contemporary human history. Baumann concludes this episode with a riverside painting of Mount Rainier.</p>					
09:00:00	Landscapes Through Time with David Dunlop The Transcendent Landscapes of George Inness, Montclair, Nj	NETA	(S)	(CC)	DVI	#109H
	<p>In this program David Dunlop firsts visits the George Inness room at the Montclair Art Museum and explores the evolution of Inness's paintings and his philosophy. George Inness (1825-1894) was inspired by the classical landscape painters, especially the classic 17th century French artist Claude Lorraine, considered the father of landscape painting. David then sets up his easel on the hillside in Montclair, NJ and demonstrates the techniques of Inness, his quest for a union of spirituality and paint, his reliance on ambiguity, his sources of inspiration and his enduring influence in the world of art.</p>					
09:30:00	Classical Stretch: By Essentrics Knee Strengthening Workout	APTEX	(S)	(CC)	DVI	#1124H
	<p>In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.</p>					

Sat, Jan 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Balance Improving balance through weight training, stretching and leg strengthening is the theme of this episode.	NETA	(S)	(CC)	N/A	#1206H
10:30:00	Wai Lana Yoga Ungirdle Your Shoulders Today's poses loosen the shoulder girdle, releasing stored tension and improving posture.	APTEX	(S)	(CC)	N/A	#502
11:00:00	Delicious TV's Vegan Mashup Party Spreads Celebrate with savory vegan style! Join The Vegan Mashup for a new roundup of elegant appetizers and irresistible finger foods that are ready to party! Toni Fiore creates luscious Cashew Mascarpone with Smoked Sundried Tomato Pesto. Terry Hope Romero folds up light and crispy Mediterranean spinach "cheesy" filo triangles. And guest chef and chocolatier Fran Costigan rolls exquisite dairy-free Chocolate Truffles! Miyoko Schinner serves up creamy Pea & Mint Bruschetta.	NETA	(S)	(CC)	N/A	#202H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Baking Up Comfort David Sterling, chef and author of "Yucatan: Recipes from a Culinary Expedition," brings Rick on a whirlwind tour of the peninsula. The pair of Oklahoma-born, Mexico-obsessed chefs begin their journey with a conversation in Hunucma, where Dona Lupita serves home-cooked meals at the kitchen table of her family's cocina economica. Though the Yucatan is not known for its bakeries, David goes to the rustic wood-burning ovens at Panaderia Liz in Merida. Then it's back to the gorgeous kitchen at Los Dos Cooking School, where David makes a pan of buttery, indulgent hojaldras - a sweet-and-savory pastry stuffed with ham, cheese and chile and dusted with sugar. Inspired by all of the homey comfort, Rick makes a nourishing frijol con puerco and a hojaldra all his own.	APTEX	(S)	(CC)	N/A	#1107H
12:00:00	Lidia's Kitchen Agrodolce Sweet and sour is a classic combination of flavors that can be found in almost every cuisine around the world, and in Italy it's called agrodolce and produces delicious, balanced dishes of savory and sweet. Lidia demonstrates a marinated winter squash: fried and soaked in a sweet and tangy marinade made from vinegar, garlic and sugar; swordfish in sweet and sour sauce, showcasing a perfect balance between sweetness and acidity in each bite; sesame candy: a flavor packed sesame candy with citrus zest.	APTEX	(S)	(CC)	N/A	#413H
12:30:00	Moveable Feast with Fine Cooking Culinary Institute of America On this episode of Moveable Feast with Fine Cooking, host Pete Evans joins three award-winning chefs, Germano Minin, Bruno Difabio and Tim Reardon at the prestigious Culinary Institute of America in Hyde Park, New York for an Italian feast. First stop is Arthur Avenue Marketplace in the Bronx to pick-up some wonderful Italian ingredients, then onto Sprout Creek Farm in Poughkeepsie to source some local goat cheese. On the menu tonight at the CIA; classic caponata with prosciutto, grilled octopus salad, sun-dried tomato gnocchi and Bruno's famous Elise's and Bronx House pizzas.	APTEX	(S)	(CC)	N/A	#304H
13:00:00	Expeditions with Patrick Mcmillan West Texas - The Trans Pecos When I first visited this corner of the US, I was astounded by the beauty and biodiversity that grace this part of Texas, from prairie dogs and antelopes to tarantulas and horned lizards. The Trans Pecos is big, roughly the same size as Maine and stuck right on the border with Mexico. Join Patrick as he explores the strange and exotic life of the Chihuahuan Desert.	APTEX	(S)	(CC)	N/A	#303H
13:30:00	Joseph Rosendo's Travelscope Bhutan - Part 2 - Land of the Thunder Dragon Joseph's Bhutan adventure continues as he heads east over 14,000 foot mountain passes to the Phobjikha Valley to witness the graceful antics of the rare and endangered Black-Necked Crane. While the cranes are breathtaking in their elegance and beauty, his overnight stay in a local guest house and unexpected invitation to join villagers constructing their neighbors' adobe home proves most heart-warming and inspirational. He travels to Bumthang, the spiritual heart of Central Bhutan, where he traverses a challenging road to the annual Ngang Lhankhang "Swan Monastery" festival. Music, dancing, singing, chanting, gambling, archery - the festival offers the "middle path" between spiritual and secular activities and Joseph joys in them all. After two weeks of journeying through the wildness and magnificence of the Bhutan Himalayas he comes to realize that it is the Bhutanese smiles, easy laughter, fearlessness and willingness to share their lives that is the defining character of the people.	APTEX	(S)	(CC)	DVI	#710H
14:00:00	Rick Steves' Europe Germany's Frankfurt and Nurnberg Skyscraper-studded Frankfurt - with so much commerce it's nicknamed "Bankfurt" - has a delightful-to-explore old center. Rick also visits Nurnberg, a capital for both the First Reich (the Holy Roman Empire) and the Third. From its towering castle and playful fountains to its Nazi Documentation Center and maze of underground bomb shelters, Nurnberg is a fascinating study in contrasts.	APTEX	(S)	(CC)	N/A	#903H

## Daily Program Listing II

43.1

Date: 11/30/2016

01/01/2017 - 01/31/2017

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Sat, Jan 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa Amboseli - Land of Extremes	NETA	(S)	(CC)	N/A	#204H
	Amboseli National Park has had several years of drought so Bill is anxious to see if the famous elephant herds are healthy. He takes to the air and on ground to get a count of these incredible animals. Along the way he visits the local Masai to see how they are adjusting to encroaching civilization and he gets up close to buffalo, hippos and the many bird species that make Amboseli so special.					
15:00:00	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.					
15:30:00	Farm with Ian Knauer Beer	NETA	(S)	(CC)	N/A	#102H
	You love beer, but ever think about making your own? Ian learns how with a brewing expert, then takes some home to cook an all beer dinner featuring his Fresh Hop Pasta.					
16:00:00	Maria Hinojosa: One-On-One John Francis	APTEX	(S)	(CC)	N/A	#416Z
	In this episode of One-on-One, Maria Hinojosa talks with John Francis, the founder of the nonprofit organization Planetwalk. Dedicated to raising environmental consciousness, he stopped using motorized transportation, and for 22 years walked over 20,000 miles throughout the United States and Latin America. Francis also stopped speaking for 17 years (1973-1990) to demonstrate the importance and power of listening over arguing. Today he serves as a goodwill ambassador for the United Nations Environment Program and writes pollution regulations for the Coast Guard.					
16:30:00	Overheard with Evan Smith R.L. Stine, Author	NETA	(S)	(CC)	N/A	#709H
	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.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Potter	APTEX	(S)	(CC)	N/A	#106H
	Host Eric Gorges visits potter and musician Akira Satake, who discovered his love of pottery later in life. Eric makes a ceramic teapot. Eric and Akira discuss the serendipity that leads craftsmen to their craft. Akira started his career as an accomplished photographer in Japan, then found another successful career in New York as a recording studio owner and a session banjo player before finding his true passion in pottery.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3453
18:30:00	The Open Mind The Politics of Resentment	NETA		(CC)	N/A	#3721H
	Guest: Katherine Cramer. Katherine Cramer, director of the Morgridge Center for Public Service, University of Wisconsin, talks about her groundbreaking study of U.S. electoral polarization.					
19:00:00	Closer to Truth Did The Universe Have A Beginning?	EPS	(S)	(CC)	N/A	#1201H
	Some scientists claim that the universe did not have a beginning. Some theologians contend that the universe did not need a beginning.					
19:30:00	Start Up Room for Lunch	NETA	(S)	(CC)	N/A	#410H
	Gary and the crew head to Los Angeles, California to talk with Filip Kristo, the creator of Roomescape Los Angeles, a live group based escape game. Then they head to White Lake Michigan to talk to Sherry French, the creator of SpBang, a company that manufactures reusable lunch products.					

Sat, Jan 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Infinity Hall Live - Women of Song	APTEX	(S)	(CC)	N/A	#404H
	Infinity Hall Live brings you some of the best female performances captured through our lens with songs from; Tori Amos, Aimee Mann, Shelby Lynne, The Wailin' Jenny's, Wilson Phillips and Joan Osborne. These women have brought us to our feet with their thought provoking lyrics, intense musicianship and emotional courage. Aimee Mann sings "Save Me" and "Wise Up" from the film Magnolia which earned her nominations for an Oscar, Golden Globe and three Grammys. Shelby Lynne shares the challenge of love and the pains of heartbreak on songs like "Killin' Kind" and "Your Lies". Tori Amos backed by a chamber ensemble dazzles with her poetic lyrics and intense piano playing on the playful "Leather" and haunting ballad "Winter". Relish the celestial harmonies of The Wailin' Jenny's with their gospel influenced version of "Bring Me Li'l Water Silvy" and join Joan Osborne as she begs the question "What if God was One of Us" from her number one hit of the same name.					
21:00:00	Front and Center Joe Jackson	APTEX	(S)	(CC)	N/A	#601H
	Iconic Jazz musician and five-time Grammy Award nominee Joe Jackson performs an electrifying set at New York City's Iridium with songs from his latest album Fast Forward including "A Little Smile" and "Keep On Dreaming." The multi-platinum selling singer/songwriter performs his chart-topping classics "Is She Really Going Out With Him?" "Steppin' Out" and "You Can't Get What You Want."					
22:00:00	Globe Trekker Delhi & Agra	APTEX	(S)	(CC)	N/A	#1501H
	Delhi is an incarnation of seven cities all born out of a bloody history. It's a city teeming with extraordinary life flowing through the 22 million+ Hindu and Muslim inhabitants who make India's capital one of the most vibrant in the world. It's also what attracts Globe Trekker Ian Wright to explore Delhi's old quarters, bargain bazaars, Imperial Mughai monuments, and last remaining outposts of British occupation. In this lively city guide, Ian takes in spectacular visits to the Taj Mahal in Agra, and the holy town of Haridwar in Uttarakhand.					
23:00:00	Arts In Context Beautiful Creatures	NETA		(CC)	N/A	#606H
	Featuring larger-than-life creatures powered by pedals, Austin Bike Zoo is a one-of-a-kind blend of puppetry and cycling. This "Human Powered Puppetry" was born out of a passion to combine the beauty and strength of human movement with the artistry and theater of puppets and a dedication to creating interactive works. With collaborative support from the community, the zoo presents a new take on classical plays, transforming Shakespeare into a circus performance. Featuring a vast menagerie of creatures including an 80-foot long rattlesnake, Austin Bike Zoo leaves nothing but joy in their quest to educate and inspire while touring the country with their mobile majestic zoo.					
23:30:00	Stand Up Empire	KNME	(S)	(CC)	N/A	#103H
	Featured comics Rob Gagnon & Lashonda Lester, with a Snapshot on cartoonist/artist Danny Jock. Hosted by Brently Heilbron.					

Sun, Jan 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Did The Universe Have A Beginning? Some scientists claim that the universe did not have a beginning. Some theologians contend that the universe did not need a beginning.	EPS	(S)	(CC)	N/A	#1201H
00:30:00	Start Up Room for Lunch Gary and the crew head to Los Angeles, California to talk with Filip Kristo, the creator of Roomescape Los Angeles, a live group based escape game. Then they head to White Lake Michigan to talk to Sherry French, the creator of SpBang, a company that manufactures reusable lunch products.	NETA	(S)	(CC)	N/A	#410H
01:00:00	Infinity Hall Live Infinity Hall Live - Women of Song Infinity Hall Live brings you some of the best female performances captured through our lens with songs from; Tori Amos, Aimee Mann, Shelby Lynne, The Wailin' Jenny's, Wilson Phillips and Joan Osborne. These women have brought us to our feet with their thought provoking lyrics, intense musicianship and emotional courage. Aimee Mann sings "Save Me" and "Wise Up" from the film Magnolia which earned her nominations for an Oscar, Golden Globe and three Grammys. Shelby Lynne shares the challenge of love and the pains of heartbreak on songs like "Killin' Kind" and "Your Lies". Tori Amos backed by a chamber ensemble dazzles with her poetic lyrics and intense piano playing on the playful "Leather" and haunting ballad "Winter". Relish the celestial harmonies of The Wailin' Jenny's with their gospel influenced version of "Bring Me Li'l Water Silvy" and join Joan Osborne as she begs the question "What if God was One of Us" from her number one hit of the same name.	APTEX	(S)	(CC)	N/A	#404H
02:00:00	Front and Center Joe Jackson Iconic Jazz musician and five-time Grammy Award nominee Joe Jackson performs an electrifying set at New York City's Iridium with songs from his latest album Fast Forward including "A Little Smile" and "Keep On Dreaming." The multi-platinum selling singer/songwriter performs his chart-topping classics "Is She Really Going Out With Him?" "Steppin' Out" and "You Can't Get What You Want."	APTEX	(S)	(CC)	N/A	#601H
03:00:00	Globe Trekker Delhi & Agra Delhi is an incarnation of seven cities all born out of a bloody history. It's a city teeming with extraordinary life flowing through the 22 million+ Hindu and Muslim inhabitants who make India's capital one of the most vibrant in the world. It's also what attracts Globe Trekker Ian Wright to explore Delhi's old quarters, bargain bazaars, Imperial Mughai monuments, and last remaining outposts of British occupation. In this lively city guide, Ian takes in spectacular visits to the Taj Mahal in Agra, and the holy town of Haridwar in Uttarakhand.	APTEX	(S)	(CC)	N/A	#1501H
04:00:00	Arts In Context Beautiful Creatures Featuring larger-than-life creatures powered by pedals, Austin Bike Zoo is a one-of-a-kind blend of puppetry and cycling. This "Human Powered Puppetry" was born out of a passion to combine the beauty and strength of human movement with the artistry and theater of puppets and a dedication to creating interactive works. With collaborative support from the community, the zoo presents a new take on classical plays, transforming Shakespeare into a circus performance. Featuring a vast menagerie of creatures including an 80-foot long rattlesnake, Austin Bike Zoo leaves nothing but joy in their quest to educate and inspire while touring the country with their mobile majestic zoo.	NETA		(CC)	N/A	#606H
04:30:00	Stand Up Empire Featured comics Rob Gagnon & Lashonda Lester, with a Snapshot on cartoonist/artist Danny Jock. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#103H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#108
08:00:00	Color World with Gary Spetz Color Barcelona & Monte Carlo Host-Artist, Gary Spetz, sails aboard a cruise ship to arrive at the quirky, cosmopolitan port city of Barcelona, Spain. Here he embarks on foot to explore the lively tree lined Las Ramblas promenade, enroute to many of Barcelona's famous sites, such as Santa Maria del Mar and Gaudi's La Sagrada Familia Cathedral. He then sails down the coast to glitzy Monte Carlo, where he wanders its waterfront, palace and casino grounds.	APTEX	(S)	(CC)	DVI	#109H
08:30:00	Paint This with Jerry Yarnell My Favorite Things, Part 3 Jerry adds dimension and form to the blocked in shapes of this composition. He discusses the creation of a candle light glow on a painting and how to dry brush in the shape around the flame. The intermediate shapes and form of the apples, grapes and vase are developed as he builds the values and highlights for each object.	NETA	(S)	(CC)	N/A	#1207H

Sun, Jan 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Coral Reef	APTEX		(CC)	N/A	#513H
	Effective composition -- or the effective placement or arrangement of visual elements -- is critical to the success of a painting. Used effectively, these elements provide a structure that leads the viewer's eye in a particular way for a variety of different effects. All compositions begin by identifying a focal point. A range of artistic decisions proceeds from there, ranging from contrasts between light and dark to finding a rhythm that paces the eye of the viewer. The parts of the composition may feel as if they belong together. Or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm. Whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: By Essentrics Spine Strengthening & Pain-Relief Workout	APTEX	(S)	(CC)	DVI	#1125H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1009
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#211
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#241H
11:30:00	New Orleans Cooking with Kevin Belton Mom's Saturday Staple	APTEX	(S)	(CC)	N/A	#106H
	Buttermilk pancakes with praline bacon sprinkles, New Orleans glazed ham po-boys, southern style butter beans.					
12:00:00	Ciao Italia Shrimp Two Ways/Due Modi Di Gamberi	NETA	(S)	(CC)	N/A	#2411H
	Seafood Master chef and bosom-buddy Jasper White brings Mary Ann stupendous shrimp, the likes of which she's never seen. Jasper starts off the feast with his classic, spicy Shrimp Fra Diavolo. Then Mary Ann surprises him with Shrimp on Sand with with Marinated Vegetables. Just wait until you see the "sand."					
12:30:00	Mike Colameco's Real Food Philippines	NETA	(S)	(CC)	N/A	#1413H
	With two NYC based Philippine-American chefs, King Phojanakong and Neil Patrick Syham in tow Mike tours Manila and a half dozen other islands sampling Lechon, scissor noodles in Manila's Chinatown, epic Mall food, does a stand-up dorian tasting in the jungle, visits a few markets and tries to figure out exactly what Philippine food is all about.					
13:00:00	Wild Photo Adventures Coastal Landscapes	NETA	(S)	(CC)	DVI	#307H
	Host and professional wildlife photographer Doug Gardner along with photographer Eric Horan explore South Carolina's barrier islands and marshlands in search of beautiful seascapes to photograph.					
13:30:00	Equitrekking Great National Parks	APTEX	(S)	(CC)	N/A	#506
	This episode takes a closer look at some of the remarkable landscapes, wildlife and adventures in the United States' National Parks. In each park, local guides share stories of the park's history and the natural environment, as host Darley Newman hikes, horseback rides and boats to explore the surroundings. Parks profiled include Bryce Canyon and Capitol Reef in Utah, the Great Smokey Mountains in North Carolina, Canyon de Chelly in Arizona, Kenai Fjords in Alaska, Haleakala National Park on Maui, Hawaii Volcanoes National Park on Hawaii's Big Island, Cumberland Island in Georgia and Yellowstone in Wyoming.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#239H
14:30:00	Travel with Kids Pacific Mexico and the Undiscovered 7 Bays	NETA	(S)	(CC)	N/A	#404H
	Travel to the Pacific side of Mexico to the town of Huatulco and its famous 7 bays. Rescue sea turtles, rope swing waterfalls in the jungle and learn about how the locals live. Go tubing down a river to the ocean, exploring the wild jungles and scenery of this undeveloped area. Dine beachside at sand floor bungalows of a bygone area of traveling. Scuba dive and snorkel with turtles, colorful fish and explore the lively town square of Huatulco.					

Sun, Jan 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Recycled Medicine Cabinets Chippendale inspired accents enhance this mirrored jewel.	NETA	(S)	(CC)	N/A	#2313H
15:30:00	Rough Cut - Woodworking with Tommy Mac Ridge/Rafters/Knee Walls This week on Rough Cut Woodworking with Tommy Mac it's a long day of heavy lifting to finish up the frame of the roof. Tommy gets Rough Cut regular Chris Reynolds to help install the ridge, the long and short rafters, and finishing touches like collar ties. By the end of the day, Tommy will have an actual building.	APTEx	(S)	(CC)	N/A	#706H
16:00:00	Happy Yoga with Sarah Starr Radiant Bloom Enjoy the radiant summer sunflower setting as Sarah Starr guides you expertly through a modified yoga practice with an emphasis on alignment - dedicated to opening the full circumference of the hip-joints using a chair for support as well as gentle seated stretching for the upper body.	NETA	(S)	(CC)	N/A	#105H
16:30:00	Second Opinion Lupus Lupus is a chronic autoimmune disease that is known as the "great imitator" because many of its symptoms can mask themselves as other disorders. Patient Shanelle Gabriel thought her symptoms were a result of her busy college schedule-until a moment of vanity took her to see her doctor.	APTEx	(S)	(CC)	N/A	#1309H
17:00:00	Natural Health Breakthroughs with Brenda Watson Fermentation What is it, and why is it making a comeback? - Sandor Katz: Fermentation Revivalist and author, The Art of Fermentation. Fermentation's place in a healthy, natural-foods diet - Sally Fallon Morrell: Founder, The Weston A. Price Foundation and author of Wise Traditions in Food, Farming and the Healing Arts. Medical uses of fermented foods - David Berger, MD: Tampa pediatrician who recommends fermented foods for kids with GI problems. Spreading the fermented-foods gospel in the heartland - Donna Schwenk: Kansas resident who's regional director of the Weston A. Price Foundation; her family's health greatly improved thanks to fermented foods. Personal story - Jolene Taranto: how her son's desperate situation turned around after she began feeding him fermented foods.	EPS	(S)	(CC)	N/A	#103H
17:30:00	Well Read Maria Semple, Today Will Be Different First garnering critical acclaim and her loyal fan base with her novel, Where'd You Go, Bernadette, Maria Semple is back with another humorous romp. Semple's Today Will Be Different is full of characters every reader can and will recognize from their own lives.	APTEx	(S)	(CC)	N/A	#605H
18:00:00	California's Gold Snow and Ice Sunny beaches and swaying palm trees are very much a part of what California is all about. So are snow and ice. And to prove it, host Huell Howser and cameraman Luis Fuerte bundle up and travel to one of the coldest places in our state in search of historic snow and ice. They find it first in a lake near Truckee in Nevada County. Today, ice is part of a readily-accessible and plentiful part of our daily lives. But not long ago the only ice available came from lakes and ponds where it was produced by the natural cold of winter, then hand-cut with giant saws and shipped to waiting customers. On this particular adventure Huell meets up with historian Tom Macaulay who takes him to a frozen lake in the Sierra and actually demonstrates how ice was harvested years ago. It's a fascinating look back in time to something most of us never knew existed -- the California ice industry. Then Huell jumps aboard a train for a ride from Sacramento to Reno, Nevada -- a journey through some of the toughest and most scenic terrain in our state. During the winter months there is so much snow in this area that, years ago, the railroads had to construct "snow sheds" to cover and protect the tracks. These huge, wooden sheds covered almost the entire length of the track in the higher elevations of the Sierra and, literally, were responsible for keeping the trains running. Today, modern snow removal equipment has made the sheds obsolete, but Huell manages to find and walk through one of the last remaining portions of a historic wooden snow shed -- a structure that is very much a part of California's Gold.	KCET		(CC)	N/A	#812
18:30:00	Travels with Darley Hong Kong Island Hopping Hong Kong is a big city with lots of urban attractions, but with over 260 islands, Hong Kong is also a great destination for island hopping. We're exploring the greener side of Hong Kong by hiking, biking, boating and taking in beach views with the locals. We'll visit a doctor who specializes in traditional Chinese medicine, see what Hong Kong locals eat at bustling markets and make a trip to Lantau Island to visit the Big Buddha and Po Lin Monastery. We'll also hike the Hong Kong Trail at Victoria Peak and the Dragon's Back and learn about geology at the Hong Kong Global Geopark, a UNESCO site.	NETA	(S)	(CC)	N/A	#205H

Sun, Jan 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Natural Heroes Terra Firma	KNME	(S)	(CC)	N/A	#702H
	Who goes to war and who returns? Since it began, over 280,000 women have been sent to the Middle East to serve in the War on Terror. TERRA FIRMA weaves together the stories of three female veterans who were deployed to Kuwait, Iraq and Afghanistan. Through intimate interviews, they share their motivations for joining the service, their experiences as females in the military, and the impact of war on their lives. After struggling for years with combat related PTSD they have each found ways to heal their hidden wounds through farming. "I can't fight in wars anymore but I can fight hunger, and I can be a hero to my community by being a farmer." (many film festival awards including Best of Fest and Best Food Film)					
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	Assignment Asia Preservation	NETA	(S)	(CC)	N/A	#103H
	Chinese anchor Wang Mangmang reports on efforts to preserve the relics of Asia's past. First she takes us through Beijing neighborhoods where the "hutong" residences dating to the 14th century are in danger of disappearing. Efforts to preserve the heritage are profiled. Then Assignment Asia goes to Pakistan where Danial Khan takes us on a tour of the decaying antiquities of Lahore and efforts to restore some 16th century glory.					
20:30:00	American Forum The First Days of a Great Presidency	NETA	(S)	(CC)	N/A	#215H
	Historian THOMAS SUGRUE on lessons for the new administration from the first months of the Obama administration.					
21:00:00	Jens Jensen The Living Green	APTEX	(S)	(CC)	N/A	#0H
	Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.					
22:00:00	Plan to Survive: Coping with a Breast Cancer Diagnosis	NETA	(S)	(CC)	N/A	#0H
	Breast cancer is the most common cancer in women. Meet hair dresser Merry Lunsford, a single mother of four who was recently diagnosed with breast cancer, and learn how she makes the many difficult decisions for her plan to survive.					
22:30:00	Conquering The Dragon: Breast Cancer Survivors Race for Life	NETA	(S)	(CC)	N/A	#0H
	Conquering the Dragon: Breast Cancer Survivors Race for Life is a documentary about breast cancer survivors reaching for the stars and creating triumph out of tragedy, never letting up in their determined fight against the dragon. In their quest to regain their lives, thousands of breast cancer survivors around the world discovered Dragon Boat Racing, a very demanding water sport, requiring mental and physical toughness that has become the ultimate team competition among survivors. The compelling stories of these survivors coupled with their struggles to cross the finish line, results in a vivid image of life and survival: What was once the dragon that almost took their lives has morphed into the dragon that saved their souls.					
23:00:00	Roadtrip Nation Pumped and Ready	APTEX	(S)	(CC)	N/A	#1301H
	Meet Natalie, Robin, and Zoed, three computer science students from three very different backgrounds, all of which are underrepresented in tech. This season, the team will embark on a cross-country road trip to meet and interview trailblazing leaders in their field. Their journey begins in sunny Los Angeles, where they visit NASA's Jet Propulsion Lab and meet infamous computer hacker, Samy Kamkar.					
23:30:00	This American Land	NETA	(S)	(CC)	N/A	#602H
	Protecting the Chenier Plain: On the Gulf Coast in Texas and Louisiana, a wildlife-rich wetland and critically important industries are threatened by erosion and tidewater flooding. Cattle and bobwhite quail manage to coexist on grazing lands in south Texas - how does that work? Residents in Virginia have a plan to create protected wilderness and scenic areas in the George Washington National Forest, allowing a variety of recreational activities including mountain biking, hiking and fishing.					

Mon, Jan 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Terra Firma	KNME	(S)	(CC)	N/A	#702H
	<p>Who goes to war and who returns? Since it began, over 280,000 women have been sent to the Middle East to serve in the War on Terror. TERRA FIRMA weaves together the stories of three female veterans who were deployed to Kuwait, Iraq and Afghanistan. Through intimate interviews, they share their motivations for joining the service, their experiences as females in the military, and the impact of war on their lives. After struggling for years with combat related PTSD they have each found ways to heal their hidden wounds through farming. "I can't fight in wars anymore but I can fight hunger, and I can be a hero to my community by being a farmer." (many film festival awards including Best of Fest and Best Food Film)</p>					
00:30:00	The Kamla Show Special Guglielmo Winery	KAMLA	(S)	(CC)	N/A	#120H
	<p>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.</p>					
01:00:00	Assignment Asia Preservation	NETA	(S)	(CC)	N/A	#103H
	<p>Chinese anchor Wang Mangmang reports on efforts to preserve the relics of Asia's past. First she takes us through Beijing neighborhoods where the "hutong" residences dating to the 14th century are in danger of disappearing. Efforts to preserve the heritage are profiled. Then Assignment Asia goes to Pakistan where Danial Khan takes us on a tour of the decaying antiquities of Lahore and efforts to restore some 16th century glory.</p>					
01:30:00	American Forum The First Days of a Great Presidency	NETA	(S)	(CC)	N/A	#215H
	<p>Historian THOMAS SUGRUE on lessons for the new administration from the first months of the Obama administration.</p>					
02:00:00	Jens Jensen The Living Green	APTEX	(S)	(CC)	N/A	#0H
	<p>Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.</p>					
03:00:00	Plan to Survive: Coping with a Breast Cancer Diagnosis	NETA	(S)	(CC)	N/A	#0H
	<p>Breast cancer is the most common cancer in women. Meet hair dresser Merry Lunsford, a single mother of four who was recently diagnosed with breast cancer, and learn how she makes the many difficult decisions for her plan to survive.</p>					
03:30:00	Conquering The Dragon: Breast Cancer Survivors Race for Life	NETA	(S)	(CC)	N/A	#0H
	<p>Conquering the Dragon: Breast Cancer Survivors Race for Life is a documentary about breast cancer survivors reaching for the stars and creating triumph out of tragedy, never letting up in their determined fight against the dragon. In their quest to regain their lives, thousands of breast cancer survivors around the world discovered Dragon Boat Racing, a very demanding water sport, requiring mental and physical toughness that has become the ultimate team competition among survivors. The compelling stories of these survivors coupled with their struggles to cross the finish line, results in a vivid image of life and survival: What was once the dragon that almost took their lives has morphed into the dragon that saved their souls.</p>					
04:00:00	Roadtrip Nation Pumped and Ready	APTEX	(S)	(CC)	N/A	#1301H
	<p>Meet Natalie, Robin, and Zoed, three computer science students from three very different backgrounds, all of which are underrepresented in tech. This season, the team will embark on a cross-country road trip to meet and interview trailblazing leaders in their field. Their journey begins in sunny Los Angeles, where they visit NASA's Jet Propulsion Lab and meet infamous computer hacker, Samy Kamkar.</p>					
04:30:00	This American Land	NETA	(S)	(CC)	N/A	#602H
	<p>Protecting the Chenier Plain: On the Gulf Coast in Texas and Louisiana, a wildlife-rich wetland and critically important industries are threatened by erosion and tidewater flooding. Cattle and bobwhite quail manage to coexist on grazing lands in south Texas - how does that work? Residents in Virginia have a plan to create protected wilderness and scenic areas in the George Washington National Forest, allowing a variety of recreational activities including mountain biking, hiking and fishing.</p>					

Mon, Jan 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#109
08:00:00	Zula Patrol Choosing Sides/Camp Worm	APTEX	(S)	(CC)	DVI	#306H
	<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 Wrigglers 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	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#124H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 1	ACCES		(CC)	N/A	#103H
09:30:00	Classical Stretch: By Essentrics Hips & Hamstring Workout	APTEX	(S)	(CC)	DVI	#1126H
	<p>In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.</p>					
10:00:00	Sit and Be Fit Pelvic Floor	NETA	(S)	(CC)	N/A	#1208H
	<p>Muscles of pelvic floor are often ignored but this workout shows some easy movements to keep those important muscles strong.</p>					
10:30:00	Sewing with Nancy Solving The Pattern Fitting Puzzle, Part 2	NETA	(S)	(CC)	N/A	#2916H
	<p>Gain sewing confidence when you learn Nancy's easy pattern fitting techniques. Traditional techniques are set aside and a no-nonsense approach called Pivot and Slide is taught. Once you know the basics as seen in episode one, Nancy shows how to apply these steps to patterns that have multiple pattern pieces.</p>					
11:00:00	Knitting Daily Nature-Inspired Knits	NETA	(S)	(CC)	N/A	#1301H
	<p>Today on Knitting Daily our inspiration comes from nature. Anne Hanson talks about natural wool and its rich palette, and shows how to bring out the best of yarn's natural texture. Then, we travel virtually around the world in our weekly Space-to-Space segment. Today host Vickie Howell visits the UK virtually, chatting with editor Lara Watson about the crafty trend of woodland creatures. Next, designer Heather Zoppetti shows how natural motifs like leaves can be captured in lace, and demonstrates a vine-inspired stitch pattern. From rustic wools to beautiful woods, Tools of the Trade, Tanis Gray looks at products made from nature's bounty. Vickie closes with her weekly Loose Ends segment. She teaches the magic loop technique that's used to start a crocheted Foxy Stash Basket.</p>					
11:30:00	Fons & Porter's Love of Quilting Cottage Home Mini-Quilt	NETA	(S)	(CC)	N/A	#2612H
	<p>The charm of a cottage will entice to you want to create one of your very own. Mary and her guest Lindsay Wilkes will show you how to piece the various sections of the cottage block and give you tips for embellishment.</p>					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6121H
13:00:00	America's Test Kitchen from Cook's Illustrated Braised to Perfection	APTEX	(S)	(CC)	N/A	#1620H
	<p>Test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate braised halibut with leeks and mustard at home. Next, tasting expert Jack Bishop challenges Chris to a tasting of smoked salmon. Then, gadget guru Lisa McManus uncovers the best warming trays. Finally, test cook Bridget Lancaster reveals the secrets to making perfect slow-cooked whole carrots.</p>					
13:30:00	Pati's Mexican Table Jose Andres Takes Over	APTEX	(S)	(CC)	N/A	#513H
	<p>Pati invites her good friend and celebrity chef, Jose Andres over to cook with her in her kitchen. They'll join forces in her kitchen to cook a series of Spanish-influenced recipes that would be a hit on any family dinner table.</p>					

Mon, Jan 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Lucky Chow Bay Area's Pacific Rim Cuisine  This episode introduces Olivia Wu, designer of the original Asian restaurant concepts on Google's "campus." Go behind-the-scenes at Google's first sit-down restaurant, as the assembly line churns out 2,000 servings of the Indian fried rice dish, biryani. A visit to Google's purveyors showcases the ethos of the Bay Area food culture - local, seasonal and sustainable. After a career in Silicon Valley, two retired Japanese executives returned to their ancestral farming roots and constructed an indoor vertical farm which services some of the top restaurants in the Bay Area. The episode ends at a now-mainstream tofu factory.	APTEX	(S)	(CC)	N/A	#105H
14:30:00	Steven Raichlen's Project Smoke Shoulders and Bellies  If you want to enjoy the perfect ratio of crust to meat to fat, smoke a shoulder or belly. These fatty and often tough cuts were once considered poor man's food. But blast them with assertive seasonings and smoke them low and slow and you get meats that are beyond flavorful. In this show you'll learn how to smoke a luscious barbecued Berkshire pork belly and house-cured pastrami. You'll experience a Kentucky-style barbecued lamb shoulder with an unusual black barbecue sauce (called "dip" in local parlance). And to wash them down, a smoked Manhattan. Ceramic cooker, offset smoker, electric smoker, and handheld smoking device. Project Smoke has you covered. Recipes: Barbecued Pork Belly; House-Cured Pastrami; Barbecued Lamb Shoulder with Black Dip; Smoked Manhattan.	APTEX	(S)	(CC)	N/A	#102H
15:00:00	Beads, Baubles and Jewels Leatherworking  Leatherworking has deep roots in the Old West. Author Melissa Cable shows how to create a rippled bracelet from a leather strip and embellish with beads. In her second segment, she creates a studded leather bracelet. In Katie's Beading Lesson, learn to wrap wire around stones to create a ring or bracelet.	NETA	(S)	(CC)	N/A	#2101H
15:30:00	Katie Brown Workshop Seaside  From the kitchen to the craft room to the garden, Katie celebrates the gifts of the sea. In the Kitchen: Delicious Breaded Bluegill, Flavorful Shrimp Pesto, and a simple but scrumptious Seafood Bouillabaisse. Projects: Transport the beauty of the sea into the home. Create enchanting Snorkle Candles. Make-your-own Fish and Shell Compost to nourish any garden.	APTEX	(S)	(CC)	DVI	#508H
16:00:00	Biz Kid\$ Scam-A-Rama (Protect Yourself from Being Scammed)  It's a complicated world and there are many ways you can be taken advantage of or cheated. Learn how to recognize a scam, and how to protect yourself from identify theft, pyramid schemes, and more.	APTEX	(S)	(CC)	DVI	#407H
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	P. Allen Smith's Garden Home Take It Easy  No more excuses, get out and garden! P. Allen Smith demonstrates some hassle free gardening and cooking techniques for even the most well rooted couch potato.	APTEX	(S)	(CC)	N/A	#1409H
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*2017*			(N)	N/A	#0
18:30:00	Asian American Life  In this episode of Asian American Life, we feature some of the nation's greatest Asian American influencers in the arts, fashion and modeling world. Host Ernabel Demillo reports from the Metropolitan Museum of Art Costume Institute exhibit "China Through A Looking Glass," which took 2 years to produce. This exhibit highlight's China's art, fashion and cinema / film influence in the Western world. It spans three floors, and is the largest costume exhibit ever featured at the museum. Guests in the special include: Fashion Designer Anna Sui, runway and fashion model Geena Rocero, and Eva Chen, Editor in Chief of Lucky Magazine.	EPS	(S)	(CC)	N/A	#102H

Mon, Jan 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7202
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3452
20:00:00	Music City Roots Live from the Factory For the third time, Music City Roots goes to N. Ireland to seek the "roots of our roots." Featuring Scott Miller and Jim Lauderdale in Belfast plus key Belfast songwriters playing in Nashville.	APTEX	(S)	(CC)	N/A	#410H
21:00:00	Live from the Dennison Lodge Dana Cooper Out of the heartland of America, stomping grounds of Truman and Twain, "powerhouse" troubadour Dana Cooper dedicated himself to a life of music over 40 years ago. This song poet engages and inspires audiences around the world with his quick wit, insightful stories and commanding presence.	NETA	(S)	(CC)	N/A	#102H
22:00:00	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
23:00:00	Real Adam Smith Ideas That Changed The World Ideas That Changed The World, second in the two-part series of The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a closer look at the "father of modern economics," who lived in the 18th century among horse-drawn carriages, sailing ships and trade that was greatly limited and riddled with corruption. Yet, Adam Smith envisioned a world of free trade among ethical, honest businesses and recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Smith was a Scotsman, a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. His ideas about global free markets set the stage for the great 19th century era of free trade and even today's economic expansion. But in today's seemingly ruthless competitive environment, where the stakes are high and winning is the name of the game, can ethical and honest businesses still prosper? How does globalization benefit anyone? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg talks with some of the most distinguished Adam Smith scholars, as well as leaders of eBay and Whole Foods to discover how Smith's ideas continue to be relevant and drive the world's economy today. Aboard the Maersk Mc-Kinney Moller, the largest container ship in the world, Norberg witnesses the incredible scale of world trade first hand. Norberg visits Toulouse, France for the final assembly of a new Airbus A380 illustrating Smith's insights on the division of labor's ability to generate wealth. At the University of Chicago, Chinese students study Smith's ideas to better understand how China became capitalist, and in Washington, DC, Norberg shows what happens as cronyism triumphs over the free market, a condition that troubled Smith in his day. Ideas That Changed The World examines 21st century businesses benefiting from Adam Smith's 18th century ideas.	NETA	(S)	(CC)	N/A	#102H

Tue, Jan 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7202
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3452
01:00:00	Music City Roots Live from the Factory For the third time, Music City Roots goes to N. Ireland to seek the "roots of our roots." Featuring Scott Miller and Jim Lauderdale in Belfast plus key Belfast songwriters playing in Nashville.	APTEX	(S)	(CC)	N/A	#410H
02:00:00	Live from the Dennison Lodge Dana Cooper Out of the heartland of America, stomping grounds of Truman and Twain, "powerhouse" troubadour Dana Cooper dedicated himself to a life of music over 40 years ago. This song poet engages and inspires audiences around the world with his quick wit, insightful stories and commanding presence.	NETA	(S)	(CC)	N/A	#102H
03:00:00	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
04:00:00	Real Adam Smith Ideas That Changed The World Ideas That Changed The World, second in the two-part series of The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a closer look at the "father of modern economics," who lived in the 18th century among horse-drawn carriages, sailing ships and trade that was greatly limited and riddled with corruption. Yet, Adam Smith envisioned a world of free trade among ethical, honest businesses and recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Smith was a Scotsman, a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. His ideas about global free markets set the stage for the great 19th century era of free trade and even today's economic expansion. But in today's seemingly ruthless competitive environment, where the stakes are high and winning is the name of the game, can ethical and honest businesses still prosper? How does globalization benefit anyone? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg talks with some of the most distinguished Adam Smith scholars, as well as leaders of eBay and Whole Foods to discover how Smith's ideas continue to be relevant and drive the world's economy today. Aboard the Maersk Mc-Kinney Moller, the largest container ship in the world, Norberg witnesses the incredible scale of world trade first hand. Norberg visits Toulouse, France for the final assembly of a new Airbus A380 illustrating Smith's insights on the division of labor's ability to generate wealth. At the University of Chicago, Chinese students study Smith's ideas to better understand how China became capitalist, and in Washington, DC, Norberg shows what happens as cronyism triumphs over the free market, a condition that troubled Smith in his day. Ideas That Changed The World examines 21st century businesses benefiting from Adam Smith's 18th century ideas.	NETA	(S)	(CC)	N/A	#102H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#110
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	APTEX	(S)	(CC)	N/A	#125H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 2	ACCES		(CC)	N/A	#104H
09:30:00	Classical Stretch: By Essentrics Bone Strength Workout In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.	APTEX	(S)	(CC)	DVI	#1127H

Tue, Jan 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Posture and Breathing	NETA	(S)	(CC)	N/A	#1209H
	Posture is essential to any good workout. In this program Mary Ann demonstrates how to maintain good posture while exercising.					
10:30:00	Sewing with Nancy Cabin Fever Quilts, Part 1	NETA	(S)	(CC)	N/A	#2917H
	Easily make modern quilt blocks from the traditional Log Cabin quilt blocks. Just as architecture has changed from the original log cabin homes to our modern 21st century homes, quilting has made the same transition. Nancy and guest Natalia Bonner, a self-proclaimed quilting addict, take a fresh approach to quilting, using dramatic colors and sleek lines.					
11:00:00	Knitting Daily Short Stuff	NETA	(S)	(CC)	N/A	#1302H
	Today's theme is short stuff. Myra Wood shows how to work short-rows in a colorful scarf pattern. Online editor Kathleen Cubley gives us the long and the short of her fun job of creating knitting content for a living. Lily Chin demonstrates the crochet version of short-rowing while we make a hat. On Tools of the Trade, Tanis looks at products that offer a few knitting short cuts. Last, Vickie ties up Loose Ends by demonstrating how garter stitch makes knitting short rows a cinch.					
11:30:00	Fons & Porter's Love of Quilting Prussian Blue	NETA	(S)	(CC)	N/A	#2613H
	In the quilting world, it's all about the angles. Combine the units in Prussian Blue and a beautiful design is the result. Mary and Marianne will present the techniques used to create those perfect angles that come together in a harmonious patchwork design.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6122H
13:00:00	Hubert Keller: Secrets of a Chef Main Dish Favorites	NETA	(S)	(CC)	N/A	#515H
	Chef Keller demonstrates a classic French technique for poaching a whole fish in a luxurious broth of vegetables, herbs, and wine. Then he creates a symphony of flavors by pairing ordinary chicken breast with some great Mediterranean ingredients. Branzini Poached in White Wine, Herbs & Vegetables, & Roast Chicken Breast with Moroccan-spiced Carrots & Harissa Yogurt.					
13:30:00	Sara's Weeknight Meals Significant Salad	APTEX	(S)	(CC)	N/A	#519H
	If you've packed on the pounds lately, we have solution - salads that cut the calories without cutting the flavor, Sara's steak, mushroom and tomato salad, or scallop and grapefruit salad. We'll also visit the quintessential farmers market to shop for clean greens. It's like a spa in your own home!					
14:00:00	Taste of History Dr. Benjamin Rush: Father of American Psychiatry	NETA	(S)	(CC)	N/A	#703H
	Chef Walter Staib presents the story of Dr. Benjamin Rush, one of the most influential figures in the history of American medicine. To honor Dr. Rush, Chef Staib prepares Seafood Vol-au-Vent and a Leek and Crimini Mushroom Ragu, completing the meal with an Apple Tart.					
14:30:00	George Hirsch Lifestyle Wine and Dine	APTEX	(S)	(CC)	N/A	#110H
	In the kitchen, George shares tips on clams, then prepares steamers in white wine, pan-roasted fluke white wine sauce and strawberry mascarpone crrepes. Just in time for the harvest, George joins up with an award-winning winemaker who shares the 40-year history of Long Island wines. Later, a French-trained wine expert offers his insights on choosing wines. Recipes: - Steamers White Wine, Baguette Crostini - Pan Roasted Fluke, Capers Lemon Butter - Steamed White & Green Beans - Strawberry Mascarpone Crepes.					
15:00:00	Beads, Baubles and Jewels Heirloom Cabochons	NETA	(S)	(CC)	N/A	#2102H
	Using colorful fabric, blogger Mandi Ainsworth fashions cabochons to create heirlooms using a new twist on traditional techniques. Mandi makes a bezel with seed beads to create timeless pendants, bracelets and necklaces. Katie shows how to tie knots in leather strips to create a fashion-forward necklace.					
15:30:00	Katie Brown Workshop Store-Bought Surprise	APTEX	(S)	(CC)	DVI	#509H
	Katie puts a new twist on classic store-bought ingredients for surprisingly simple recipes and projects. In the Kitchen: Ham and Cheese Pockets, BBQ 'Fried' Cornflake Chicken and Butter Cream Pound Cake. Projects: Fresh flowers accessorize a standard lampshade and dress-up store bought votives.					

Tue, Jan 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ The Value of Money	APTEX	(S)	(CC)	DVI	#408H
	With many currencies around the world, what determines the value of money? What are the factors that raise or lower the value of the american dollar? Why is the dollar measured against the chinese yuan, the japanese yen, or the euro? Learn why the value of the dollar is important in your life.					
16:30:00	Hands On Crafts for Kids Let's Party	NETA	(S)	(CC)	DVI	#1705H
	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.					
17:00:00	P. Allen Smith's Garden Home All Natural	APTEX	(S)	(CC)	N/A	#1410H
	Become closer to earth using natural ingredients and inspirations from the environment to create your own Garden Home experience.					
17:30:00	Growing A Greener World Growing Big Flavors In Small Spaces (Los Angeles, Ca)	APTEX	(S)	(CC)	N/A	#712H
	The busier we get, the more we seem to seek a time when life wasn't so fast. A movement toward a simple yet flavorful lifestyle, often associated with the term "homesteading," is growing more popular all the time. And it's not just rural farm-types that are leading the charge. People from all walks of life, including professionals from the suburbs to city-dwelling urbanites are looking to raise their own chickens, grow their own organic food, can and preserve the harvest, and other practices more commonly associated with the activities of our parents and grandparents. In this episode, the team goes behind the scenes with one of the country's leading contemporary urban homesteaders, Theresa Loe, to learn more about what's behind this exploding trend. It all happens from her own tiny Los Angeles homestead, where's she all about fresh, seasonal and locally-sourced flavor.					
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	American Forum What Is The Future of the Tea Party & Libertarians After 2016?	NETA	(S)	(CC)	N/A	#214H
	Former Freedomworks chief MATT KIBBE on the future of American conservatism.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7203
19:30:00	Americas Now Peru - Uncontacted	NETA	(S)	(CC)	N/A	#106H
	Peru - Uncontacted (Dan Collyns) - Living deep within the Amazon rainforest...in Brazil and Peru...are "dozens" of what are called, "un-contacted" tribes. These indigenous and historic communities have had little...to almost "no" contact with the outside world. The Mashco Piro people are believed to have fled into the recesses of the jungle...during the Amazon Rubber "Boom" in the late 1800s...a time of enslavement and death for many tribes. The Mashco Piro "had" rejected all contact with outsiders...until recently. After years of sporadic, sometimes deadly interactions in Peru's Amazon rainforest... they're starting to step up contact. Mexico - Game Changer Dora Maria Ruiz (Lisa Hagen) - Indigenous groups make up more than 10-percent of the population in Mexico -- speaking some 60-different languages according to the United Nations. 35 years ago...one woman decided to help educate these mostly under served, rural communities. She founded an organization to coach children, parents and teachers on issues that traditionally go unexplained: self-esteem, sexual abuse and domestic violence. Meet this week's Game Changer -- Dora Maria Ruiz Galindo.					
20:00:00	Sun Studio Sessions Jarrod Dickenson	NETA	(S)	(CC)	N/A	#605H
	Texas born, Brooklyn-based Jarrod Dickenson is a world touring singer-songwriter who expertly works blues, country and folk into his compositions. Roots music connoisseurs No Depression writes: "A voice like a young Tom Waits...Jarrod Dickenson's songs are simply breathtaking, possessing melodies many of his peers would give their left arm for." In this episode, Dickenson performs several songs including tracks from his critically acclaimed record "The Lonesome Traveler."					
20:30:00	Jammin at Hippie Jack's Bus Driver Tour	NETA	(S)	(CC)	N/A	#1012H
	The Bus Driver Tour has collected gems from across the states, whether it's the big sound of Montana's endless sky or the timeless Appalachian fiddle, they create an authentic blend of energy and honesty.					

## Daily Program Listing II

43.1

Date: 11/30/2016

01/01/2017 - 01/31/2017

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Tue, Jan 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Xerox Rochester International Jazz Festival Antonio Sanchez & Migration	APTEX	(S)	(CC)	N/A	#704H
	Four-time Grammy Award winner Antonio Sanchez is considered by many critics and musicians alike as one of the most prominent drummers, bandleaders and composers of his generation. In 2013 Antonio was invited by acclaimed filmmaker Alejandro Gonzales Inarritu to create the original film score for his 2014 release "Birdman." This is a very unique project that features Sanchez's drumming as the main musical ingredient in Inarritu's film. It won the Sound Stars Award for best Film Score at the 2014 Venice Film Festival.					
22:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#101H
	In this episode, the rehabilitation teams at Project Wildlife and The Fund for Animals Wildlife Center meet a red-tailed hawk singed by the San Diego trolley, an opossum with a sneezing problem, a hummingbird who's losing his feathers, and a skunk rescued from a rat trap.					
23:00:00	Our American Family: The Clarks	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. For generations, the Clark family of Frankford, DE has shown tremendous support of one another as members faced hard times with tender loyalty. "Our American Family: The Clarks" traces the lives of this African-American family with seven children as they employed humor, resourcefulness and respect for all through the Depression, WWII, and racial tension.					
23:30:00	Our American Family: The Mays	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. Courage brought 17-year-old Jacob May to the US from Germany in 1879 in search of a better life. That same courage enabled his family to rescue 200 Jews from Nazi Germany. Moving from poverty to prosperity, the May Hosiery Mill grew through three generations to contribute commerce and compassion within the Nashville community and beyond. Deeply committed to one another, bolstered by good humor, theirs is a story of fearless hope and courage.					

Wed, Jan 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7203
00:30:00	Americas Now Peru - Uncontacted	NETA	(S)	(CC)	N/A	#106H
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04:00:00	Our American Family: The Clarks	NETA	(S)	(CC)	N/A	#0H
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#111
08:00:00	Zula Patrol Where Did All The Water Go?/The Dew Drops	APTEX	(S)	(CC)	DVI	#308H
	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!					

Wed, Jan 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Stranger in a Strange Lab/Sturm Und Drag	APTEX	(S)	(CC)	N/A	#126H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Relief	ACCES		(CC)	N/A	#105H
09:30:00	Classical Stretch: By Essentrics Weight Loss Workout	APTEX	(S)	(CC)	DVI	#1128H
	In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.					
10:00:00	Sit and Be Fit Facial Exercises	NETA	(S)	(CC)	N/A	#1210H
	Facial exercises are important because they increase sensory awareness in mouth and encourage facial expression. These exercises are essential for anyone experiencing neurological challenges.					
10:30:00	Sewing with Nancy Cabin Fever Quilts, Part 2	NETA	(S)	(CC)	N/A	#2918H
	Discover tricks of modern quilting inspired by the traditional Log Cabin block. You might think that Log Cabin quilt blocks are very predictable-red center block with dark fabric strips added to one side and light strips added to the other. Nancy and guest Natalia Bonner, a modern quilt designer help you discover that with an unconventional approach the expected turns imaginative!					
11:00:00	Knitting Daily Literary Knits	NETA	(S)	(CC)	N/A	#1303H
	Visit the knitting library as former costume designer Annie Modesitt talks about knitting's place in literature. Then, Nikol Lohr shares some of her amazing literature-inspired knits virtually, from the old schoolhouse she calls home. Next, author and designer Joanna Johnson's love for Anne of Green Gables inspired her to create a book of her own. On Tools of the Trade, Tanis reviews books for readers (and knitters) of all ages in which knitting plays a prominent role. Last is Vickie tying up Loose Ends with a crocheted bookmark tutorial.					
11:30:00	Fons & Porter's Love of Quilting Just Beachy	NETA	(S)	(CC)	N/A	#2701H
	Would you like to add a touch of whimsy to your next pool side gathering? This beach ball placemat and mini mat project would be the perfect addition. Patrick and Marianne will walk you through the basics of raw edge applique with tips on machine quilting like a pro.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6123H
13:00:00	Lidia's Kitchen Braising	APTEX	(S)	(CC)	N/A	#306H
	There are few things better than a great piece of meat braised in Barolo wine. When accompanied by some braised vegetables, you've got yourself a great meal. In this episode, Lidia prepares a crispy golden Italian style quiche followed by a fork tender beef braised in Barolo. Her side dish is a braised broccoli rabe with garlic and extra virgin olive oil. This is a meal any family will love.					
13:30:00	Taste The Islands with Chef Irie An Early Lunch	APTEX	(S)	(CC)	N/A	#106H
	Chef Irie prepares a casual brunch menu: Jerk Turkey Pumpkin Frittata, Herb-Crusted Salmon with Green Papaya and Mango Slaw, and a decadent Passion Fruit Mousse. Chef's interaction with chart topping British Jamaican reggae singer Maxi Priest is concluded with a lesson in making a vegetarian-friendly lentil salad.					
14:00:00	Simply Ming Andreas Viestad	APTEX	(S)	(CC)	N/A	#1414H
	Mackerel is on the menu for Ming and chef Andreas Viestad on this special episode of Simply Ming in Norway. Known for his show, "New Scandinavian Cooking", Chef Viestad introduces Ming to a farm apple Kir before they settle in to whip up two mouth-watering meals. With dishes capturing each of the five tastes, this is a meal you won't forget.					
14:30:00	Cook's Country A Taste of Tennessee	APTEX	(S)	(CC)	N/A	#906H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make Tennessee pulled pork sandwiches on hoecakes. Next, tasting expert Jack Bishop challenges Chris to a tasting of shredded coconut. And finally, test cook Julia Collin Davison uncovers the secrets to making the ultimate French coconut pie at home.					

Wed, Jan 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Bead Weaving Sleepless Beader Leslie Rogalski shows her contemporary take on the traditional method of bead weaving on a loom. Using a variety of threads, cords and large beads, Leslie creates unconventional, trendy jewelry using traditional stitching. Katie shares tips for storing and organizing beading supplies.	NETA	(S)	(CC)	N/A	#2103H
15:30:00	Katie Brown Workshop Worldly Katie travels the world of flavors and puts a modern spin on traditional crafts. In the Kitchen: Crisp Asian Steak Salad, Perfect Tuscan Olive Tapenade and Beautiful English bread Pudding. Projects: Fabulous faux Faberge eggs. Tuillery-inspired topiaries.	APTEX	(S)	(CC)	DVI	#510H
16:00:00	Biz Kid\$ What's Your Money Personality? How do you act with money? Are you a "Money Star," "Oblivious," or "Penny Wise Pound Foolish"? This episode looks at the range of emotional reactions and connections people have with money. So what personality are you? Find out in this episode.	APTEX	(S)	(CC)	DVI	#501H
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	P. Allen Smith's Garden Home The Pioneers Challenge with Georgia Pellegrini Modern Pioneer, Georgia Pellegrini, teams up with P. Allen Smith to prepare a stunning cocktail party. Meanwhile, a challenge between the two has been waged. Who will come out on top?	APTEX	(S)	(CC)	N/A	#1411H
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*2017*			(N)	N/A	#0
18:30:00	Asia Insight By Its Members, for Its Members This week's episode examines the development of the Sungmeisan community in Seoul South Korea.	APTEX	(S)	(CC)	N/A	#409H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7204
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#351
20:00:00	Southeast Alaskan Odyssey with the Alaska String Band Alaska is a land of majestic wilderness and adventure where the frontier spirit lives on. The Alaska String Band, hailing from Alaska's capital city, brings together the best of Americana music, adventure, and an education in A Southeast Alaskan Odyssey. Marvel at breathtaking views of rainforest scenery while enjoying the lively collection of fetching tunes and winsome melodies from the Alaska String Band.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Live at 9:30 Performances by Gogol Bordello, Thievery Corp, Those Darlins', Yonder Mountain String Band, Drew Holcomb and commentary from Henry Rollins.	NACC	(S)	(CC)	N/A	#110H
22:00:00	Murder In Montrose: The Paul Broussard Legacy & Town Hall In 1991, Paul Broussard, a 27 year old gay man, was murdered on the streets of Houston, sparking a deafening outcry. The crime served as a wake-up call that highlighted all of the harassment and mistreatment experienced by the LGBTQ community. Through the documentary, we explore the aftermath of this pivotal event - from civil unrest to hate crime legislation; from victim's rights to political activism, Houston and the nation would never be the same again.	NETA	(S)	(CC)	N/A	#0H

Daily Program Listing II  
43.1

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Wed, Jan 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Murder In Montrose: The Paul Broussard Legacy	NETA	(S)	(CC)	N/A	#0H
	In 1991, Paul Broussard, a 27 year old gay man, was murdered on the streets of Houston, sparking a deafening outcry. The crime served as a wake-up call that highlighted all of the harassment and mistreatment experienced by the LGBTQ community. Through the documentary, we explore the aftermath of this pivotal event - from civil unrest to hate crime legislation; from victim's rights to political activism, Houston and the nation would never be the same again.					

Thu, Jan 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7204
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#351
01:00:00	Southeast Alaskan Odyssey with the Alaska String Band Alaska is a land of majestic wilderness and adventure where the frontier spirit lives on. The Alaska String Band, hailing from Alaska's capital city, brings together the best of Americana music, adventure, and an education in A Southeast Alaskan Odyssey. Marvel at breathtaking views of rainforest scenery while enjoying the lively collection of fetching tunes and winsome melodies from the Alaska String Band.	NETA	(S)	(CC)	N/A	#0H
02:00:00	Live at 9:30 Performances by Gogol Bordello, Thievery Corp, Those Darlins', Yonder Mountain String Band, Drew Holcomb and commentary from Henry Rollins.	NACC	(S)	(CC)	N/A	#110H
03:00:00	Murder In Montrose: The Paul Broussard Legacy & Town Hall In 1991, Paul Broussard, a 27 year old gay man, was murdered on the streets of Houston, sparking a deafening outcry. The crime served as a wake-up call that highlighted all of the harassment and mistreatment experienced by the LGBTQ community. Through the documentary, we explore the aftermath of this pivotal event - from civil unrest to hate crime legislation; from victim's rights to political activism, Houston and the nation would never be the same again.	NETA	(S)	(CC)	N/A	#0H
04:30:00	Murder In Montrose: The Paul Broussard Legacy In 1991, Paul Broussard, a 27 year old gay man, was murdered on the streets of Houston, sparking a deafening outcry. The crime served as a wake-up call that highlighted all of the harassment and mistreatment experienced by the LGBTQ community. Through the documentary, we explore the aftermath of this pivotal event - from civil unrest to hate crime legislation; from victim's rights to political activism, Houston and the nation would never be the same again.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#112
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 Troodes" 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	1001 Nights The Joke's On You/King Bitehard "The Joke's on You" - A mischievous boy thinks it's funny to play practical jokes until he gets his family lost in the woods. As things go from bad to worse, he realizes he may have played one prank too many. "King Bitehard" - A young prince who is sensitive about his big teeth learns a valuable lesson on how to treat others.	NETA	(S)	(CC)	DVI	#101H
09:00:00	Functional Fitness with Suzanne Andrews Anti Aging	ACCES		(CC)	N/A	#106H
09:30:00	Classical Stretch: By Essentrics Ab & Core Strength Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.	APTEX	(S)	(CC)	DVI	#1129H
10:00:00	Sit and Be Fit We've Gone Country Country music sets the tone and pace for this fun full body workout.	NETA	(S)	(CC)	N/A	#1211H
10:30:00	Sewing with Nancy Change Up Patchwork, Part 1 Create different quilt designs from a 4-patch block by changing dimensions and color. Nancy starts this mini-series with a basic quilt block, the time-honored 4-patch design, and details the piecing techniques. Then watch as she changes it up, adjusting the sizes of the 4-patch design and working with modern color options. The results are dramatic, yet the sewing techniques are the same. This is an ideal series for beginner quilters.	NETA	(S)	(CC)	N/A	#2919H

Thu, Jan 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily No-Needles Knits	NETA	(S)	(CC)	N/A	#1304H
	You don't always need needles to knit. Today on Knitting Daily, Isela Phelps demonstrates the knitting loom and shows how to make a mitered-square blanket. Then, Stitch Diva Jennifer Hansen chats online about her new favorite tool, the lucet. Next, weaver Stephanie Flynn Sokolov introduces knitters to basic loom weaving with an easy scarf. Then, on Tools of the Trade, Tanis shows us more cool no-needles-needed products. On Loose Ends, host Vickie Howell invites viewers to join the latest craze with a demonstration of arm knitting.					
11:30:00	Fons & Porter's Love of Quilting Core Connection	NETA	(S)	(CC)	N/A	#2702H
	Some quilt patterns just speak to us. Someday you know you will have to make one. The Apple Core template makes Core Connection a "snap" to cut, now to polish the curve piecing skill. Patrick Lose and Colleen Tauke will present how to use a template to cut and then piece with accuracy this beautiful quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6124H
13:00:00	Eat! Drink! Italy! with Vic Rallo Close to Home	APTEX	(S)	(CC)	N/A	#101H
	Cheese artistry; in Piedmont, three quick recipes from Mama Maria-Summer: Bagna Cauda, Herb Fritters and Summer Salad; Vic tries organic beekeeping; Branzino (Mediterranean Sea Bass) and Organic Honey; Tuscan Chicken Salad.					
13:30:00	Cooking with Nick Stellino Southern Comfort	APTEX	(S)	(CC)	N/A	#202H
	Chicken Milanese Southern Style; Biscuits & Gravy; Nanci's Lobster Mac & Cheese.					
14:00:00	The Jazzy Vegetarian Mexican-Style Menu	NETA	(S)	(CC)	DVI	#511H
	Host Laura Theodore prepares a festive menu with a special guest, plant-based dietitian, Julieanna Hever. The feature of this menu is a spicy Vegetable Quesadilla Bake, a layered tortilla dish that preps in a flash. On the side, Guacamole Taco Salad Bowls feature crispy tortilla bowls filled with a peppery avocado salad, while Five Ingredient Rice Pudding with Cinnamon Spiced Vegan Dessert Cream provides an awesome finish to this lively meal.					
14:30:00	New Scandinavian Cooking Very Local Stews	APTEX	(S)	(CC)	N/A	#702H
	Few things are better than a real, hearty stew. Stews have a universal generousness and at the same time they are often a great expression of unique local traditions. In today's episode Andreas travels southwards from Trondheim to Oslo, and the first stop is Oppdal in the breadbasket of Mid-Norway, where he prepares a beef stew with rye bread and beer. In the mountain region lamb is on the menu, and the stew is flavored with mild Scandinavian spices. As he reaches the flatlands again he makes a very traditional dish, pork knuckles with pea stew.					
15:00:00	Beads, Baubles and Jewels Metal Stamping and Spiral Wire Wrapping	NETA	(S)	(CC)	N/A	#2104H
	As she crafts a cuff bracelet from metal, author and instructor Lisa Niven Kelly shows how to size, stamp and shape a bracelet for fit and fashion. Inspired by the Spirograph and string art popular in days-gone-by, she creates a beautiful wire-wrapped pendant. In Katie's Beading Lesson, learn to make a leather wrap bracelet.					
15:30:00	Katie Brown Workshop Gift Giving	APTEX	(S)	(CC)	DVI	#511H
	Katie proves it's better (and more fun) to give than to receive with easy and thoughtful gift ideas. In the Kitchen: Put-It-Together Pie, Tortellini and Turkey Meatball Soup, Strawberry Pesto, Apple Ginger Preserves and Orange Caramel Sauce. Projects: Make-your-own buttons. Gifting a tree.					
16:00:00	Biz Kid\$ Business Structures	APTEX	(S)	(CC)	DVI	#502H
	What structure is right for your future business? It's not just "incorporated" anymore. Join us and learn about LLCs, sole proprietorships, partnerships, and more. Examine the pros and cons of each business structure and discover which one could be right for you. Meet two girls who were able to start both a non-profit organization and a for-profit company, all from selling honey.					
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.					

Thu, Jan 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home It's Spooky	APTEX	(S)	(CC)	N/A	#1412H
	Allen Smith is throwing a Halloween Bash! Learn how to keep your Jack-o-Lantern's fresh longer along with unique fall decorating designs.					
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*2017*			(N)	N/A	#0
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1329H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7205
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1111H
20:00:00	Backstage Pass Best of Blues	NETA	(S)	(CC)	N/A	#720H
	Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Steve Wariner	OETA	(S)	(CC)	N/A	#101H
21:00:00	Music Gone Public Frankie Moreno	NETA	(S)	(CC)	N/A	#102H
	Charismatic "Headliner of the Year" in Las Vegas, number-one hit-maker on two Billboard charts, and one of the best piano players on the planet in his break-out public television performance.					
22:00:00	FarmHer The Documentary	NETA	(S)	(CC)	N/A	#0H
	In 2013, Marji Gulyer-Alaniz saw a commercial during the Super Bowl that was about American farmers. While the commercial moved her, she felt something was missing...images of women. It was then that she decided to devote her life to photographing women farmers and she created the organization FarmHer.					
23:00:00	Quilted Conscience	NETA	(S)	(CC)	N/A	#0H
	THE QUILTED CONSCIENCE documents the beautiful and important story of a group of sixteen Sudanese-American girls - refugees from the genocide in their troubled homeland - who are thrust into a new life in Grand Island, Nebraska. It's a story of a quilters' guild of local white women, some of whom have had little previous contact with ethnic or racial minorities. It's a story of a famed African-American quilt maker who travels a thousand miles to help "stitch" the groups together by means of a culture-blend fabric-art project. Finally, it's a story about the making of a lovely wall-sized mural, composed of dozens of dramatic "Dreams & Memories" story panels created by the Sudanese girls with the help of the local women.					

Fri, Jan 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7205
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1111H
01:00:00	Backstage Pass Best of Blues	NETA	(S)	(CC)	N/A	#720H
	Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Steve Wariner	OETA	(S)	(CC)	N/A	#101H
02:00:00	Music Gone Public Frankie Moreno	NETA	(S)	(CC)	N/A	#102H
	Charismatic "Headliner of the Year" in Las Vegas, number-one hit-maker on two Billboard charts, and one of the best piano players on the planet in his break-out public television performance.					
03:00:00	FarmHer The Documentary	NETA	(S)	(CC)	N/A	#0H
	In 2013, Marji Gulyer-Alaniz saw a commercial during the Super Bowl that was about American farmers. While the commercial moved her, she felt something was missing...images of women. It was then that she decided to devote her life to photographing women farmers and she created the organization FarmHer.					
04:00:00	Quilted Conscience	NETA	(S)	(CC)	N/A	#0H
	THE QUILTED CONSCIENCE documents the beautiful and important story of a group of sixteen Sudanese-American girls - refugees from the genocide in their troubled homeland - who are thrust into a new life in Grand Island, Nebraska. It's a story of a quilters' guild of local white women, some of whom have had little previous contact with ethnic or racial minorities. It's a story of a famed African-American quilt maker who travels a thousand miles to help "stitch" the groups together by means of a culture-blend fabric-art project. Finally, it's a story about the making of a lovely wall-sized mural, composed of dozens of dramatic "Dreams & Memories" story panels created by the Sudanese girls with the help of the local women.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#113
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	1001 Nights Sinbad and the Valley of the Serpents/Manjab's Just Desserts	NETA	(S)	(CC)	DVI	#102H
	"Sinbad and the Valley of the Serpents" - Sinbad and his trusty sidekick, Dina, enjoy a wacky adventure as they pursue wealth and riches in the fearsome Valley of the Serpents. "Manjab's Just Desserts" - A young boy works in a bakery and begins to steal the merchandise. It's the perfect crime until he can no longer hide the evidence.					
09:00:00	Functional Fitness with Suzanne Andrews Copd/Asthma	ACCES		(CC)	N/A	#107H
09:30:00	Classical Stretch: By Essentric Increase Balance Workout	APTEX	(S)	(CC)	DVI	#1130H
	In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.					
10:00:00	Sit and Be Fit Don't Forget Your Fingers	NETA	(S)	(CC)	N/A	#1212H
	Paying special attention to the finger joints is important in our quest to stay independent and keep our hands functioning well.					

Fri, Jan 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Change Up Patchwork, Part 2 Make a Square Within a Square quilt block; then vary the fabric sizes for creative options. Learn to make a Square Within a Square block the traditional way; then change the mix, varying the length of the fabric pieces to stitch a Rectangle Within a Rectangle and a modern Floating Square block. All blocks and quilt designs are made with Nancy's signature streamline quilting techniques.	NETA	(S)	(CC)	N/A	#2920H
11:00:00	Knitting Daily Double Knitting If single is good, then double is twice as nice, as we feature reversible and double knitting. Laura Bryant creates a reversible cowl using the magic number and hand-dyed yarn. Then, brioche expert Nancy Marchant chats with us from her home in Amsterdam. Next, editor Amy Palmer provides a primer on double knitting. Then Tanis talks Tools of the Trade that double your knitting fun. Last, Vickie ties up Loose Ends with additional two-sided stitches.	NETA	(S)	(CC)	N/A	#1305H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 1 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Weathervane Block made by Marianne and the Texas Star Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2703H
12:00:00	Democracy Now! In P. Allen Smith's first Garden to Table episode, he's throwing a pizza party. This episode showcases several recipes, including a delicious Greek salad, an easy way to make pizza dough and a fresh strawberry sorbeto. Allen creates a fun tablescape using interesting items from the garden. Also, Allen gives tips on what herbs can be planted together and taken straight from Garden to Table.	KNME	(S)	(CC)	N/A	#6125H
13:00:00	P. Allen Smith's Garden to Table Pizza Party	APTEX		(CC)	DVI	#101H
13:30:00	Mike Colameco's Real Food Tao Set in the heart of uber popular Meatpacking district of Manhattan sits this ambitious sprawling space with a pan-Asian fusion menu. The folks that run this location and the two others are total pros running restaurants with the highest gross revenues in the USA. We'll spend a day with grizzled NY Native chef Ralph Scamardella and his vast team to how this pull off this kind of volume with great quality night after night.	NETA	(S)	(CC)	N/A	#1411H
14:00:00	Chef John Besh's New Orleans Fried Oyster Salad, Beignets, and Red Beans and Rice.	APTEX	(S)	(CC)	N/A	#105H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#240H
15:00:00	Beads, Baubles and Jewels Wire Coiling Inventor Sandra Lupo uses the ancient art of wire coiling to make wire-wrapped cones for end caps, tassel toppers and other creative embellishments. Learn to create a Kumihimo board to create a braid finished with cones and a clasp. Katie shows how to make a riveted leather strap bracelet with crystals.	NETA	(S)	(CC)	N/A	#2105H
15:30:00	Katie Brown Workshop Home for the Holidays Katie demonstrates how infuse a home with the spirit of the season. In the Kitchen: Mouth-Watering Roasted Turkey, Delicious Garlic Potatoes, and a Quick-and-Easy Apple Crumble. Projects: A wreath made from rope. A "gourdgeous" fall centerpiece.	APTEX	(S)	(CC)	DVI	#512H
16:00:00	Biz Kid\$ Movin' On Out Check out this kid's guide to the true cost of cutting the cord and being independent. This episode takes you through it all - budgeting, roommates, finding a place, and learning about all the hidden costs that Mom and Dad used to pay for you. Meet seven girls who figured out how to share finances and the hairdryer. So how much does it cost to live on your own? More than you think!	APTEX	(S)	(CC)	DVI	#503H
16:30:00	Hands On Crafts for Kids Outside and In 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.	NETA	(S)	(CC)	DVI	#1708H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Fri, Jan 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Embracing Winter	APTEX	(S)	(CC)	N/A	#1413H
	Don't let the winter blues put a chill on your seasonal party. Cool weather entertaining tips and more in this episode of P. Allen Smith's Garden Home. Plus, Santa makes a special visit to Moss Mountain Farm.					
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.					
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2435Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7206
19:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
20:00:00	Song of the Mountains Five Mile Mountain Road/Idle Time	NETA	(S)	(CC)	N/A	#1120H
21:00:00	Woodsongs Tom Paxton/Sam Gleaves	NETA	(S)	(CC)	N/A	#1803H
	Tom Paxton is a legendary singer/songwriter. Paxton headed to Greenwich Village in the early '60s, just in time to join Bob Dylan, Dave Van Ronk, Joan Baez and other troubadours who took over coffeehouse stages - and took on the world. Paxton has been raising his rich voice in song ever since, carrying on the folk tradition with passion, wit and grace. He is considered one of the great songwriters of the last century and will be reckoned as one of the greats in this new century, as well. He's celebrating the release of his 62nd (or so) album, Redemption Road. Sam Gleaves was raised in Wythe County in southwest Virginia, where he has sung his entire life. Sam's performances combine traditional ballads, dance tunes, original songs and the stories that surround the music. Sam earned a degree in Folklore from Berea College and has performed throughout the United States and internationally. He's released a debut album of contemporary Appalachian songs called Ain't We Brothers.					
22:00:00	Film School Shorts Responsible Parties	NETA	(S)	(CC)	N/A	#308H
	Disaster Preparedness (University of California Los Angeles) - A hurricane pulls a couple out of their comfort zone and drops them at the crossroads of commitment, disaster and the art of being prepared. Directed by Melissa Finell. Humpty (New York University) - In time to a classic Harry Nilsson soundtrack, slacker Dean decides to revisit an old high school experiment in his quest to prove his parenting abilities to his pregnant girlfriend. Directed by Clare Sackler.					
22:30:00	On Story Men In Black: A Conversation with Ed Solomon	NETA	(S)	(CC)	N/A	#408H
	Men in Black writer, Ed Solomon, explores the genesis of the movie and its journey from pre-production through post. Solomon documents his experiences getting fired and re-hired on the project, the evolution of the story, and working with the cast and crew.					
23:00:00	Science Goes to the Movies Burnt, Cooking & Chemistry	EPS	(S)	(CC)	N/A	#202H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1013

Sat, Jan 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7206
00:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
01:00:00	Song of the Mountains Five Mile Mountain Road/Idle Time	NETA	(S)	(CC)	N/A	#1120H
02:00:00	Woodsongs Tom Paxton/Sam Gleaves	NETA	(S)	(CC)	N/A	#1803H
	Tom Paxton is a legendary singer/songwriter. Paxton headed to Greenwich Village in the early '60s, just in time to join Bob Dylan, Dave Van Ronk, Joan Baez and other troubadours who took over coffeehouse stages - and took on the world. Paxton has been raising his rich voice in song ever since, carrying on the folk tradition with passion, wit and grace. He is considered one of the great songwriters of the last century and will be reckoned as one of the greats in this new century, as well. He's celebrating the release of his 62nd (or so) album, Redemption Road. Sam Gleaves was raised in Wythe County in southwest Virginia, where he has sung his entire life. Sam's performances combine traditional ballads, dance tunes, original songs and the stories that surround the music. Sam earned a degree in Folklore from Berea College and has performed throughout the United States and internationally. He's released a debut album of contemporary Appalachian songs called Ain't We Brothers.					
03:00:00	Film School Shorts Responsible Parties	NETA	(S)	(CC)	N/A	#308H
	Disaster Preparedness (University of California Los Angeles) - A hurricane pulls a couple out of their comfort zone and drops them at the crossroads of commitment, disaster and the art of being prepared. Directed by Melissa Finell. Humpty (New York University) - In time to a classic Harry Nilsson soundtrack, slacker Dean decides to revisit an old high school experiment in his quest to prove his parenting abilities to his pregnant girlfriend. Directed by Clare Sackler.					
03:30:00	On Story Men In Black: A Conversation with Ed Solomon	NETA	(S)	(CC)	N/A	#408H
	Men in Black writer, Ed Solomon, explores the genesis of the movie and its journey from pre-production through post. Solomon documents his experiences getting fired and re-hired on the project, the evolution of the story, and working with the cast and crew.					
04:00:00	Science Goes to the Movies Burnt, Cooking & Chemistry	EPS	(S)	(CC)	N/A	#202H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1013
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#114
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Rustic Roses	APTEX	(S)	(CC)	N/A	#326H
	Today, Gary paints with his artist wife Kathwren. Together they create a lovely painting of Pink and Yellow Tea Roses sitting on an old wooden table. It has always been a tradition for Gary and Kathwren to paint the last painting of their television series together.					
08:30:00	Grand View Olympic National Park	APT		(CC)	N/A	#204H
	At Olympic National Park Baumann brings his audience to the northern tip of Washington and to the beautiful Pacific Northwest. Olympic National Park features glacier-capped mountains, magnificent stands of old-growth trees, and temperate rain forest. Interviews include Native American elder, Edward E Claplandho, who brings the past alive with stories of American Indian culture and the history of his people in the lush environment; and finally National Park rangers, Jon Preston and Michael Gurling, discuss the geologic and botanical phenomena of this beautiful region. Baumann concludes with a sunrise painting of the eroded pillars of the tidal flats.					
09:00:00	Landscapes Through Time with David Dunlop The Luminous Landscapes of John Frederick Kensett, Contentment Island, Ct	NETA	(S)	(CC)	DVI	#110H
	The Luminists were considered to be a subgroup of the Hudson River Painters. While these younger painters shared the same traditions of the Hudson River Painters, artists such as John Kensett (1816-1872) were more interested in the subtle effects of daylight, especially at dawn and dusk, than in the graphic representation of a specific place or landscape. This program will outline the evolution of Kensett from a Hudson River Artist-Explorer to an American Luminist. We will visit Contentment Island in Connecticut, where he lived and painted after the end of the Civil War and sought to reveal the serene quality of light and weather. Through Kensett, Dunlop will explore the techniques for evoking a suffused unified light, the American appetite for tranquility in art after the Civil War, and the eternal legacy of the Luminists.					

Sat, Jan 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderizing Your Core	APTEX	(S)	(CC)	DVI	#901H
10:00:00	Sit and Be Fit Vestibular System Mary Ann challenges your vestibular system with a fun ball routine and other functional movements set to jazz music.	NETA	(S)	(CC)	N/A	#1213H
10:30:00	Wai Lana Yoga Special: Constipation Begone! Wai Lana shows you a very effective yoga technique for relieving constipation, whether mild or long-standing.	APTEX	(S)	(CC)	N/A	#503
11:00:00	Delicious TV's Vegan Mashup The Quintessential Tempeh Inquisitive about tempeh - that quintessential and versatile meat free protein? Let's check in with The Vegan Mashup for three essential recipes that will have you reaching for tempeh time and time again! Watch Toni Fiore simmer some saucy, kid-pleasing Tempeh Sloppy Joes. Terry Romero grills garlicky marinated tempeh for Classic Tempeh Reuben Sandwiches. Guest Chef Julie Hasson mashes it up a dessert Pizza. And dive into Miyoko Schinner's tempting Seared Tempeh with Fig Rosemary Sauce.	NETA	(S)	(CC)	N/A	#203H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless The Splendor of Yucatan's Enchanting Markets Revered by his Mexican peers, Federico Lopez is one of Mexico's most affable and talented chefs. He joins Rick at the enchanting Mercado Municipal in Valladolid to extol the virtues of unique Yucatecan produce. After that, the pair head to Temozon, to a decades-old meat market where they smoke pork in rustic ovens behind the store. With a basket full of market produce and smoked meats, the chefs return to Federico's sleek catering kitchen in Cancun, where Federico artfully recreates the market in a salad of local beans, squash, heirloom tomato and chile dulce. Federico also makes pork tenderloin with longaniza sausage and beans. Back in Chicago, Rick makes lima bean soup with ham hock, plus pork lomitos.	APTEX	(S)	(CC)	N/A	#1108H
12:00:00	Lidia's Kitchen Herbs and Spices Fresh herbs are simply a must in Lidia's kitchen and today she makes three dishes that highlight herbs and spices. She begins the menu with pickled carrots: a quick pickle of tiny carrots packed with the flavors of parsley, garlic and mint; braised beef in guazzetto: rich, braised beef filled with enticing aromas and skillet cauliflower with lemon and mint: cauliflower florettes showered with lemon juice and a sprinkle of fresh mint.	APTEX	(S)	(CC)	N/A	#414H
12:30:00	Moveable Feast with Fine Cooking Miami 2 - Biscayne Bay Host Pete Evans joins chef, restaurateur, and James Beard award-winner Michael Schwartz and his friend chef Giorgio Rapicavoli in Miami at Biscayne Bay in this episode of Movable Feast with Fine Cooking. Their first stop is Sublicious Farms, a gourmet mushroom farm to pick-up oyster mushrooms for Giorgio's mushroom terrine with pickled onions and charred bread. Next they visit Michael's favorite seafood shop, the Casablanca Fish Market to source some fresh catch for Michael's crab fritters and mixed seafood fideua. They finish off the evening with Michael's dessert peaches on the grill with local honey, crema, coconut, and Greek yogurt.	APTEX	(S)	(CC)	N/A	#305H
13:00:00	Expeditions with Patrick Mcmillan The Trans-Pecos - A Changing Landscape Change is an integral part of the world and the world appears to be getting a little riskier. Climate is volatile and change in the past has led to the world we live in today. Join Patrick as he continues to explore the Mexican border region of the Trans Pecos a land marked with change.	APTEX	(S)	(CC)	N/A	#304H
13:30:00	Joseph Rosendo's Travelscope A San Antonio Christmas San Antonio is a festival town and Christmas is a most festive time of year. Joseph joins the locals and visitors to celebrate the season along San Antonio's famous river walk surrounded by songs, decorations and plenty of holiday cheer. Yet San Antonio is more than the River Walk, and Christmas in San Antonio means more than twinkling lights. In San Antonio, faith is real and "Feliz Navidad" is heard more often than "Merry Christmas." So, Joseph explores the city's spiritual roots at festive events like Mission San Jose's Mirachi Mass, as well as Christmas and Chanukah events held at the historic La Villita in the Arneson River Theater. The real meaning of Christmas is most evident when he gathers with San Antonio families in their homes to honor their heritage and practice their customs in traditional ceremonies such as the Tamalada - holiday tamale making - and in the city's San Fernando Cathedral at the midnight Serenada for the Virgin of Guadalupe.	APTEX	(S)	(CC)	DVI	#711H
14:00:00	Rick Steves' Europe Bulgaria Bulgaria, so mysterious to most Americans, has a vivid identity as a crossroads of the Balkans. Rick traces the country's complex history, from ancient Thracian tombs to medieval Orthodox Christian monasteries to Soviet monuments. And he enjoys an intimate taste of contemporary culture: the yellow brick road of Sofia; the gregarious craftspeople of the medieval capital, Veliko Tarnovo; and the thriving pedestrian zones of cosmopolitan Plovdiv.	APTEX	(S)	(CC)	N/A	#904H

Sat, Jan 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa Nakuru - Wonderland of Africa  This under-visited and far western Kenyan park complex is re known for its giant flamingo gatherings that literally turn lakes pink. Bill explores three of these many parks on foot, in safari vehicle and on horseback searching out the many local legends that have marked this region the death zone. Bill faces imminent doom in these unique parks in this fast paced episode.	NETA	(S)	(CC)	N/A	#205H
15:00:00	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
15:30:00	Farm with Ian Knauer Dairy  Love pizza? Learn how to make it from scratch! In this episode, Ian teaches you how to milk a cow, make fresh ricotta and mozzarella, then craft those cheeses into a full meal featuring Ricotta Pizza and Cocoa Yogurt Cake.	NETA	(S)	(CC)	N/A	#103H
16:00:00	Maria Hinojosa: One-On-One M.A. Sanjayan  From Antarctica to Tanzania and from Alaska to Australia, Nature Conservancy lead scientist M.A. Sanjayan travels the world to track global warming and promote conservation. Sanjayan, who was born in Sri Lanka and raised in Africa, talks about poverty alleviation and conservation, and whether or not there is still time to save the planet.	APTEX	(S)	(CC)	N/A	#417Z
16:30:00	Overheard with Evan Smith T.C. Boyle, Author  T.C. 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 most recently, the New York Times bestseller The Harder They Come. His new novel The Terranauts was released this October.	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 Saddle Maker  Charon and Tom Caldwell changed the horse saddle industry. Host Eric Gorges visits the Caldwell ranch and learns about the making saddles. Charon and Tom Caldwell embody the craftsman who knows when it's time to strike out on their own. After years of successfully working for a top saddle maker, they charted their own paths and created a revolution in the way saddles are fitted to the horse.	APTEX	(S)	(CC)	N/A	#107H
18:00:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
18:30:00	The Open Mind	NETA		(CC)	N/A	#3722H
19:00:00	Closer to Truth How Do Humans Differ from Other Animals?  Physically, humans and animals seem similar. Mentally, humans seem so superior. What's so special about human nature?	EPS	(S)	(CC)	N/A	#1202H
19:30:00	Start Up Eggs and Wine  Gary and the crew head to Napa, California to talk with Hardy Wallace, co-founder of Dirty and Rowdy Family Winery, an artisan wine maker that's breaking all the rules. Then they head to San Marino, California to meet up with Shaun and Gary Tuch, the founders of Professor Egghead, an interactive science and engineering program for kids.	NETA	(S)	(CC)	N/A	#411H
20:00:00	Infinity Hall Live Toad The Wet Sprocket  It's no surprise that Glen Phillips refers to this band of musical brothers as more of a family business than a rock band! Infinity Hall Live audiences will hear a collection of their favorite songs from the band's hit albums Fear and Dulcinea as well as exciting new tracks from their latest release, New Constellation. Never self-indulgent, TTWS charms the audience with the upbeat "Good Intensions", the galloping rhythm in "Windmills", a revelatory sadness in the new "California Wasted" and the nostalgic closer "Walk on the Ocean". Go behind the scenes and listen to Glen Phillips talk about the band's humble beginnings, the challenges of touring and what he hopes the fans take away from their music. With more than 25 years of writing and recording together, this concert proves that Toad the Wet Sprocket never fails to deliver the signature sound and pensive lyrics that solidified their position as one of the great indie rock bands of the 90's.	APTEX	(S)	(CC)	N/A	#405H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Sat, Jan 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Cma Songwriters Series: Darius Rucker	APTEX	(S)	(CC)	N/A	#602H
	iMultiple Grammy and CMA Award winner, Darius Rucker performs songs from his recently released #1 studio album Southern Style for the CMA Songwriters Series at Nashville's Marathon Music Works. The Grand Ole Opry inductee is joined by songwriters Casey Beathard, Nathan Chapman, Chris Dubois, Ashley Gorley, Tim James, Charles Kelley, Clay Mills, Frank Rogers and Rivers Rutherford. Collectively they are responsible for some of Rucker's biggest hits including "Alright," "Don't Think I Don't Think About It," and his current lead single "Homegrown Honey," which he performs with co-writers Chapman, and label mate Kelley of Lady Antebellum.					
22:00:00	Globe Trekker Wild West USA	APTEX	(S)	(CC)	N/A	#1502H
	In this Globe Trekker special, Zay Harding, Sami Sabiti, Holly Morris, Justine Shapiro and Ian Wright explore the extraordinary history of America's spectacular Wild West. Sami starts the journey by following Lewis & Clark's 3700 mile journey of exploration from 1804, Zay visits the location of the most famous siege in the history of the Wild West - the Alamo, Justine visits the site of the first discovery of the California Gold Rush, Holly joins the annual re-ride of the 2000 mile Pony Express route, and Ian heads to the Little Bighorn battlefield in Montana, the site of Custer's famous Last Stand in 1876.					
23:00:00	Arts In Context Sacred Hearts	NETA		(CC)	N/A	#701H
	With a child on the way, Americana chart-topper Carrie Rodriguez reaches back into her familial heritage to her great-aunt Eva Garza, the Chicana singing sensation from the 40s. Her latest album, Lola, embodies both her past and future.					
23:30:00	Stand Up Empire	KNME	(S)	(CC)	N/A	#104H
	Featured comics Martin Urbano & Avery Moore, with a Snapshot on the Coldetowne Theatre and the Austin improve scene. Hosted by Brently Heilbron.					

Sun, Jan 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How Do Humans Differ from Other Animals? Physically, humans and animals seem similar. Mentally, humans seem so superior. What's so special about human nature?	EPS	(S)	(CC)	N/A	#1202H
00:30:00	Start Up Eggs and Wine Gary and the crew head to Napa, California to talk with Hardy Wallace, co-founder of Dirty and Rowdy Family Winery, an artisan wine maker that's breaking all the rules. Then they head to San Marino, California to meet up with Shaun and Gary Tuch, the founders of Professor Egghead, an interactive science and engineering program for kids.	NETA	(S)	(CC)	N/A	#411H
01:00:00	Infinity Hall Live Toad The Wet Sprocket It's no surprise that Glen Phillips refers to this band of musical brothers as more of a family business than a rock band! Infinity Hall Live audiences will hear a collection of their favorite songs from the band's hit albums Fear and Dulcinea as well as exciting new tracks from their latest release, New Constellation. Never self-indulgent, TTWS charms the audience with the upbeat "Good Intentions", the galloping rhythm in "Windmills", a revelatory sadness in the new "California Wasted" and the nostalgic closer "Walk on the Ocean". Go behind the scenes and listen to Glen Phillips talk about the band's humble beginnings, the challenges of touring and what he hopes the fans take away from their music. With more than 25 years of writing and recording together, this concert proves that Toad the Wet Sprocket never fails to deliver the signature sound and pensive lyrics that solidified their position as one of the great indie rock bands of the 90's.	APTEX	(S)	(CC)	N/A	#405H
02:00:00	Front and Center Cma Songwriters Series: Darius Rucker iMultiple Grammy and CMA Award winner, Darius Rucker performs songs from his recently released #1 studio album Southern Style for the CMA Songwriters Series at Nashville's Marathon Music Works. The Grand Ole Opry inductee is joined by songwriters Casey Beathard, Nathan Chapman, Chris Dubois, Ashley Gorley, Tim James, Charles Kelley, Clay Mills, Frank Rogers and Rivers Rutherford. Collectively they are responsible for some of Rucker's biggest hits including "Alright," "Don't Think I Don't Think About It," and his current lead single "Homegrown Honey," which he performs with co-writers Chapman, and label mate Kelley of Lady Antebellum.	APTEX	(S)	(CC)	N/A	#602H
03:00:00	Globe Trekker Wild West USA In this Globe Trekker special, Zay Harding, Sami Sabiti, Holly Morris, Justine Shapiro and Ian Wright explore the extraordinary history of America's spectacular Wild West. Sami starts the journey by following Lewis & Clark's 3700 mile journey of exploration from 1804, Zay visits the location of the most famous siege in the history of the Wild West - the Alamo, Justine visits the site of the first discovery of the California Gold Rush, Holly joins the annual re-ride of the 2000 mile Pony Express route, and Ian heads to the Little Bighorn battlefield in Montana, the site of Custer's famous Last Stand in 1876.	APTEX	(S)	(CC)	N/A	#1502H
04:00:00	Arts In Context Sacred Hearts With a child on the way, Americana chart-topper Carrie Rodriguez reaches back into her familial heritage to her great-aunt Eva Garza, the Chicana singing sensation from the 40s. Her latest album, Lola, embodies both her past and future.	NETA		(CC)	N/A	#701H
04:30:00	Stand Up Empire Featured comics Martin Urbano & Avery Moore, with a Snapshot on the Coldetowne Theatre and the Austin improve scene. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#104H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#115
08:00:00	Gary Spetz's Watercolor Quest Glacier National Park - West Host-Artist, Gary Spetz, explores, photographs and paints the west side of Montana's majestic Glacier National Park-explaining, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#101H
08:30:00	Paint This with Jerry Yarnell My Favorite Things, Part 4 With the final episode, Jerry brings up the highlights slowly with multiple layers on each of the objects. He deepens the cast shadows on the apple and completes the painting with the final details.	NETA	(S)	(CC)	N/A	#1208H

Sun, Jan 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Florida Keys Sunset	APTEX		(CC)	N/A	#601H
	Art Lesson: Broken Color Painting. Learn about the classic technique of broken color. Refined by impressionists such as Monet, this technique has been used for years to capture the actual sensation of the light. The painter does not blend any of these brushstrokes. Instead, the viewer is allowed to "visually mix" these brushstrokes to view a whole image. Each brushstroke is allowed to remain separate. The length of the brushstrokes may vary. Brushes are frequently cleaned to allow a clean color with thick paint. The effect of keeping colors separate can create a sense of colors vibrating against each other for a shimmering effect.					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
10:00:00	Sit and Be Fit Breathing	NETA	(S)	(CC)	N/A	#1214H
	By toning and stretching muscles around the ribcage and practicing good breathing technique viewers learn how to get the most out of each breath.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#212
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#242H
11:30:00	New Orleans Cooking with Kevin Belton New Year's Traditions	APTEX	(S)	(CC)	N/A	#107H
	Cabbage casserole, black eyed peas and andouille, corned beef.					
12:00:00	Ciao Italia Classic and New Salads/L' Insalate Classiche E Nuove	NETA	(S)	(CC)	N/A	#2412H
	Guy's garden is in all its glory, when Mary Ann comes to harvest the veggies she need to create some creative salads, starting with a poached-perfect Salmon Salad, a crunchy, crispy Roasted Kale Salad and finishes off with a rarely-seen Italian Agretti Salad.					
12:30:00	Mike Colameco's Real Food Aquavit	NETA	(S)	(CC)	N/A	#1414H
	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.					
13:00:00	Wild Photo Adventures Photographing Songbirds	NETA	(S)	(CC)	DVI	#308H
	Host and professional wildlife photographer Doug Gardner demonstrates how to attract and photograph songbirds in your own back yard. Later he visits Gary Carter's songbird habitat.					
13:30:00	Equitrekking Great American Ranches	APTEX	(S)	(CC)	N/A	#507
	Equitrekking takes a look at how geography and history of ranches in Wyoming, Colorado, Arizona, Alberta, Texas, Maui and the Big Island influence their present workings. Interviewing ranch owners and cowboys who have chosen to hold fast to their traditions and Western culture, Darley learns about running a ranch, while also seeing some of the beautiful wild terrain					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#240H
14:30:00	Travel with Kids Big Island of Hawaii - Volcanoes & Movie Stars	NETA	(S)	(CC)	N/A	#411H
	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.					
15:00:00	Woodsmith Shop Details of Craftsmanship	NETA	(S)	(CC)	N/A	#1001H
	The Woodsmith editors begin their latest series to help you become a better woodworker. Plus, learn an effective, way to cut rabbets without a dado blade.					

Sun, Jan 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Rough Cut - Woodworking with Tommy Mac Roofing, Rakes and Soffets	APTEX	(S)	(CC)	N/A	#707H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy works on the finishing touches to complete the roof. Joined by good friend and general contractor Chris Reynolds, the two work to get the fascia and trim boards to size before installing them on the roof along with the drip edge and shingles. Tommy and Chris first walk through a small safety lesson, reminding carpenters how important it is to stage your site properly so you and your crew can work as efficiently and safely as possible.					
16:00:00	Happy Yoga with Sarah Starr Tranquil Meadow	NETA	(S)	(CC)	N/A	#106H
	Replenish your energy in the natural beauty of a tranquil summer meadow as we focus on seated shoulder and upper back stretches, as well as standing hip openers, using a chair for balance and support, creating easy comfort in each movement.					
16:30:00	Second Opinion Endometriosis	APTEX	(S)	(CC)	N/A	#1310H
	More than 10 million women in the U.S. struggle with Endometriosis. Patient Ruta Biteman shares her journey of the pain she experienced throughout her life, and the challenges that she experienced in getting effective care, help, and hope.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Microbiome	EPS	(S)	(CC)	N/A	#104H
	The amazing world of microbes in our guts: what are they, what do they do, etc. - Rob Knight, PhD: Prof. of Chemistry and Biochemistry, Univ. of Colorado at Boulder; co-leader of The American Gut Project. When gut microbes go bad - Ellen Li, MD: Division Chief, Gastroenterology and Hepatology, Stony Brook Univ. School of Medicine; why C. diff happens, and why it's so hard to eradicate. Using fecal microbial transplants to cure C. diff - Lawrence Fiedler, MD: Boca Raton gastroenterologist who helped pioneer use of fecal microbial transplants in his regional hospital // Charles Posternack, MD, Prof. of Clinical Biomedical Science and Assoc. Dean for Academic Affairs at Boca Raton Regional Hosp. Providing safe FMT materials for doctors and their patients - James Burgess, Exec. Director, OpenBiome; how this non-profit established by MIT students and faculty has become the leading provider of safe fecal microbial materials for use in treating C. diff. Studying gut microbes will lead to many more health breakthroughs - Leonard Smith, MD: retired surgeon sums up recent findings that reinforce the gut microbiome's role in overall health. Personal story - Barbara Abel/Beverly Mabee: Barbara arranges for her desperately ill twin sister Beverly to have a fecal microbial transplant, a last-chance attempt to stop a chronic C. diff infection from taking her life.					
17:30:00	Well Read Ann Patchett, Commonwealth	APTEX	(S)	(CC)	N/A	#606H
	Ann Patchett comes to the show with her newest book, Commonwealth - a brilliant and tender tale of the far-reaching ties of love and responsibility that bind us to one another. Full of rich characters intertwined in a complicated family dynamic full of explosive secrets.					
18:00:00	California's Gold San Miguel Island	KCET	(S)	(CC)	N/A	#901
	In this episode Huell visits San Miguel Island, with a group of history buffs who recreate the 1542 landing of Juan Rodriguez Cabrillo - the 1st European explorer of the California Coast. Complete with authentic costumes, boats, and the fact that its done on the deserted white sandy beaches, this re-enactment really does take you back in time. Huell is also joined by Nation Park Rangers, and a woman who actually lived on the island with her parents during the 1930's and 40's.					
18:30:00	Joseph Rosendo's Travelscope South Korea - A Winter Journey	APTEX	(S)	(CC)	DVI	#901H
	On Joseph's second visit to South Korea he discovers that apart from the many attractions of the capital city of Seoul, once you get out into the countryside many treasures await you. From world heritage temples to Olympic venues from historic towns to great food, he finds a world of surprises. The gems are many and each has a particular charm all its own. And, of course, the greatest treasures of all are always the people and the gracious warm-hearted welcome they offer. It's the kind of experience that keeps one excited to find out what they would discover on their next visit to South Korea.					
19:00:00	Natural Heroes School's Out: Lessons from a Forest Kindergarten	KNME	(S)	(CC)	N/A	#703H
	No classroom for these kindergarteners. In a suburb of Zurich, Switzerland, children go to kindergarten in the woods every day, no matter what the weatherman says. This eyeopening film looks into the important question of what it is that children need at that age. There is laughter, beauty and amazement in the process of finding out. (many film festival awards including Best Educational Film and Best Documentary Short)					
19:30:00	The Kamla Show Special Solis Winery	KAMLA	(S)	(CC)	N/A	#121H
	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.					

Sun, Jan 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Assignment Asia Gun Violence in the Philippines The Philippines has gained a reputation for gangs, guns, drugs, and violence. Reporter Barnaby Lo in Manila takes us on an in depth investigation of guns and the debate over gun control in the island nation.	NETA	(S)	(CC)	N/A	#104H
20:30:00	American Forum Was 2016 A Rerun of 1968? Historian TIM NAFTALI on parallels between two troubled eras, and lessons from the Richard Nixon presidency.	NETA	(S)	(CC)	N/A	#216H
21:00:00	The Mayor: The Age of Riley This film is an inspiring story of a white, Irish Catholic man in the American south who provided guidance and compassion to his community for an incredible 40 year period as the mayor of Charleston, South Carolina. Entering office just as the Civil Rights movement was taking off in South Carolina, Joseph P. Riley Jr., a Democrat, became America's Mayor and proved that the only real social change comes from the ground up. As American politics charged down the path of divisiveness, Mayor Riley sought inclusion and worked to improve his city in every way. On June 17, 2015, in the final quarter of his last term in office, he faced "his worst nightmare": the tragic massacre of nine African Americans by a young, white supremacist, in the oldest African Methodist Episcopal church in America.	NETA	(S)	(CC)	N/A	#0H
22:00:00	The Healing Field: Exploring Energy & Consciousness The Healing Field explores breakthroughs in the fields of energy medicine, quantum physics, DNA and genetics, and the biochemistry of emotions. We see how the old conventional healthcare models, that have relied on surgery and prescription drugs are being challenged by a wave of dramatic, non-invasive mind-body and energy-based healing techniques. While many of these techniques are centuries old, they are now generating worldwide studies with remarkable results. We'll meet world-class experts, as well as acclaimed mind-body and energy-medicine practitioners, and witness inspiring personal stories. We'll explore how this quantum shift in understanding is affecting our health, our society, and our future.	EPS	(S)	(CC)	DVI	#0H
23:00:00	Roadtrip Nation Breaking Down Barriers The team starts to bond as they drive the Green RV into the heart of Silicon Valley, a major hub for innovation in technology. While there, they talk to Phillip Loya of CODE2040 and Laura Gomez of Atipica about using computer science to advance each of their respective communities. They also visit Netflix HQ, where Sabry Tozin, a first-generation Congolese immigrant, tells them, "Don't fit in."	APTEX	(S)	(CC)	N/A	#1302H
23:30:00	This American Land A rugged mountain range in southern Arizona provides a home for a major military base and communities that value the lifestyle and magical beauty of the landscape. Bobwhite quail suffer serious decline in Kentucky, where native grasses have been replaced by exotics for cattle pastures and conservationists try to reverse the damage. Private landowners in Arkansas manage their forests to supply a growing market for sustainable wood products. Once reviled and exterminated, wolves in Yellowstone National Park are now widely recognized as essential to a balanced ecosystem.	NETA	(S)	(CC)	N/A	#603H

Mon, Jan 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes School's Out: Lessons from a Forest Kindergarten	KNME	(S)	(CC)	N/A	#703H
	No classroom for these kindergarteners. In a suburb of Zurich, Switzerland, children go to kindergarten in the woods every day, no matter what the weatherman says. This eyeopening film looks into the important question of what it is that children need at that age. There is laughter, beauty and amazement in the process of finding out. (many film festival awards including Best Educational Film and Best Documentary Short)					
00:30:00	The Kamla Show Special Solis Winery	KAMLA	(S)	(CC)	N/A	#121H
	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.					
01:00:00	Assignment Asia Gun Violence in the Philippines	NETA	(S)	(CC)	N/A	#104H
	The Philippines has gained a reputation for gangs, guns, drugs, and violence. Reporter Barnaby Lo in Manila takes us on an in depth investigation of guns and the debate over gun control in the island nation.					
01:30:00	American Forum Was 2016 A Rerun of 1968?	NETA	(S)	(CC)	N/A	#216H
	Historian TIM NAFTALI on parallels between two troubled eras, and lessons from the Richard Nixon presidency.					
02:00:00	The Mayor: The Age of Riley	NETA	(S)	(CC)	N/A	#0H
	This film is an inspiring story of a white, Irish Catholic man in the American south who provided guidance and compassion to his community for an incredible 40 year period as the mayor of Charleston, South Carolina. Entering office just as the Civil Rights movement was taking off in South Carolina, Joseph P. Riley Jr., a Democrat, became America's Mayor and proved that the only real social change comes from the ground up. As American politics charged down the path of divisiveness, Mayor Riley sought inclusion and worked to improve his city in every way. On June 17, 2015, in the final quarter of his last term in office, he faced "his worst nightmare": the tragic massacre of nine African Americans by a young, white supremacist, in the oldest African Methodist Episcopal church in America.					
03:00:00	The Healing Field: Exploring Energy & Consciousness	EPS	(S)	(CC)	DVI	#0H
	The Healing Field explores breakthroughs in the fields of energy medicine, quantum physics, DNA and genetics, and the biochemistry of emotions. We see how the old conventional healthcare models, that have relied on surgery and prescription drugs are being challenged by a wave of dramatic, non-invasive mind-body and energy-based healing techniques. While many of these techniques are centuries old, they are now generating worldwide studies with remarkable results. We'll meet world-class experts, as well as acclaimed mind-body and energy-medicine practitioners, and witness inspiring personal stories. We'll explore how this quantum shift in understanding is affecting our health, our society, and our future.					
04:00:00	Roadtrip Nation Breaking Down Barriers	APTEX	(S)	(CC)	N/A	#1302H
	The team starts to bond as they drive the Green RV into the heart of Silicon Valley, a major hub for innovation in technology. While there, they talk to Phillip Loya of CODE2040 and Laura Gomez of Atipica about using computer science to advance each of their respective communities. They also visit Netflix HQ, where Sabry Tozin, a first-generation Congolese immigrant, tells them, "Don't fit in."					
04:30:00	This American Land	NETA	(S)	(CC)	N/A	#603H
	A rugged mountain range in southern Arizona provides a home for a major military base and communities that value the lifestyle and magical beauty of the landscape. Bobwhite quail suffer serious decline in Kentucky, where native grasses have been replaced by exotics for cattle pastures and conservationists try to reverse the damage. Private landowners in Arkansas manage their forests to supply a growing market for sustainable wood products. Once reviled and exterminated, wolves in Yellowstone National Park are now widely recognized as essential to a balanced ecosystem.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#116
08:00:00	Zula Patrol Mine Shaft/The Crystal Cavern	APTEX	(S)	(CC)	DVI	#311H
	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?					

Mon, Jan 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Princess Rou/What's Yours Is Mine "Princess Rou" - A not-so-attractive princess must choose between suitors who want to marry her for her money, so she demands they defeat her in the wrestling ring first. "What's Yours is Mine" - A fisherman refuses to sell a pearl given to him by a mermaid. Unfortunately, the emperor is determined to have it.	NETA	(S)	(CC)	DVI	#103H
09:00:00	Functional Fitness with Suzanne Andrews Better Balance with the Ball	ACCES		(CC)	N/A	#108H
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 Stretching Strengthening should always be followed by stretching as an important component to any workout. This episode includes some great stretching exercises to improve flexibility.	NETA	(S)	(CC)	N/A	#1215H
10:30:00	Sewing with Nancy Change Up Patchwork, Part 3 Make a 9-patch block; then change fabric sizes to show artistic options. Nancy shows you the basics of stitching the versatile 9-patch quilt block, and then she details how to take a fresh approach toward assembling the block to change it up! Modify the size of the fabric strips, use fabric scraps to make a vintage quilt, or change the color to provide artistic options.	NETA	(S)	(CC)	N/A	#2921H
11:00:00	Knitting Daily Fair Isle Style Get ready to travel around the world for traditional stranded knitting styles. First Kirsten Kapur shows us Fair Isle-inspired stranded colorwork. Next, meet Jill Zielinski, AKA Kniterella, as we chat about how her graphic design career influences her colorwork knitting. On Tools of the Trade, Tanis shows us some goodies that will help you take charge of your charted colorwork. Finally, Gayle Bunn demonstrates how color work can apply to chunkier yarn with an on-trend Cowachin-influenced sweater.	NETA	(S)	(CC)	N/A	#1306H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 2 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Farmer's Daughter Block made by Marianne and the Sun Rays Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2704H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6126H
13:00:00	America's Test Kitchen from Cook's Illustrated Dinner In Cuba Man on the street Doc Willoughby learns all about Cuban cuisine at La Carreta in Miami, Florida. Then, host Christopher Kimball goes into the test kitchen with test cook Dan Souza to learn how to make the best Cuban braised shredded beef at home. Next, test cook Becky Hays uncovers the secrets to making fried sweet plantains. Then, testing expert Adam Ried reviews grapefruit knives in the Equipment Corner. Finally, test cook Julia Collin Davison shows Chris how to make the ultimate mango, orange, and jicama salad.	APTEX	(S)	(CC)	N/A	#1621H
13:30:00	Pati's Mexican Table Classic Mexican Food Battles Jump into a Lucha Libre ring and experience the kind of fighting spirit that fuels a great love of Mexican food. These classic recipes provoke heated discussions in Mexico, but are perfectly tasty regardless of which twist on ingredients you prefer. Enchiladas in Red Tomato Sauce; Tampico-Style Steak Combo; Mexican Wedding Cookies (Polvorones).	APTEX	(S)	(CC)	DVI	#201H
14:00:00	Lucky Chow Chinatown, Reimagined Track the evolution of Chinese food in America through the lens of two third-generation Chinese-American restaurateurs. Wilson Tang preserves the legacy of his family's dim sum parlor (America's oldest) while opening a fine-dining Chinese restaurant on Chinatown's expanding Lower East Side. Ed Schoenfeld, a self-proclaimed Chinese food expert and owner of one of the most critically acclaimed Chinese restaurants in New York, provides a tutorial on Peking duck preparation. The episode concludes at Hakkasan, a global Chinese brand that includes nightclubs and restaurants from Beverly Hills to Dubai to Shanghai.	APTEX	(S)	(CC)	N/A	#106H

Mon, Jan 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Steven Raichlen's Project Smoke Surf Meets Turf	APTEX	(S)	(CC)	N/A	#103H
	In this show, we cast metaphorical nets in the sea, over land, and in the air, working the Project Smoke magic on classic surf and turf. First, a smoked shrimp cocktail fired up with chipotle chiles and served with an electrifying Yucatan orange cocktail sauce. Next, fresh trout stuffed with lemon and dill, wrapped with bacon, and smoked on cedar planks in a mammoth ceramic cooker. Santa Maria tri-tip gets the reverse-sear treatment on a pellet grill-a revolutionary technique that guarantees crusty, smoky, perfectly cooked smoky sirloin every time. Finally, a smoked delicacy from Asia: not so classic Chinese tea-smoked duck served taco style. It's surf and turf on Project Smoke. Recipes: Smoked Shrimp Cocktail; Smoked Planked Trout; Reverse Seared Tri-Tip; Tea-Smoked Duck with Chinatown Barbecue Sauce.					
15:00:00	Beads, Baubles and Jewels Brick Stitch Jewelry	NETA	(S)	(CC)	N/A	#2106H
	Colorful brick stitch creations are simple and easy to expand as your skills improve. Francie Brodie shows how to use this popular stitch to make large, lightweight earrings for summer fun or holidays. Francie takes the mystery out of making the Slip and Slide bracelet using the right angle weave with single and multiple bead units. Katie shares more tips on organizing and storing your seed beads.					
15:30:00	Katie Brown Workshop A Sparkling Holiday	APTEX	(S)	(CC)	DVI	#513H
	Shine in style this holiday season with Katie's simple ideas designed to spread holiday cheer. In the Kitchen: Beef Filet with Cranberry Tarragon Butter, Silky Potato Gratin and Orange and Olive Salad with Basil Vinaigrette. Projects: Glamorous name cards. Star-studded pinecone trees.					
16:00:00	Biz Kid\$ You Are The Target!	APTEX	(S)	(CC)	DVI	#504H
	Every day, kids and teens are subjected to thousands of commercial messages from advertisers. This episode helps you recognize when you are being targeted, how to resist manipulation, and when to apply good consumer skills to cut through the commercial fog.					
16:30:00	Hands On Crafts for Kids 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	P. Allen Smith's Garden Home Homesteaders USA	APTEX	(S)	(CC)	N/A	#1501H
	Allen Smith breaks down the basics of homesteading for beginners. From kitchen to bath, the experts have you covered for your journey to being self-sufficient.					
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*2017*			(N)	N/A	#0
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#103H
	Ursula Chiang, Documentarian/Filmmaker discusses her film "Nine Man Volleyball" which looks at the history of a game traditionally played by immigrants; Reporter: Kyung Yoon covers the business of child models and interviews two sister models, Emilie and Alexandra Su, and Marlene Wallach, President of Wilhelmina. "Finding Samuel Lowe Book and Documentary" - Reporter: Mike Gilliam talks to Paula Madison, Author of "Finding Samuel Lowe" and Former NBC News Vice President. Together they trace her bi-racial roots from the Carribean Islands to China. Paul Lin reports on Elena Moon Park, artist of "Rabbit Days & Dumplings," an Asian Kids Folk music and best-selling album.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7207
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3453

Mon, Jan 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Music City Roots Live from the Factory Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.	APTEX	(S)	(CC)	N/A	#411H
21:00:00	Live from the Dennison Lodge Donna Hughes North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.	NETA	(S)	(CC)	N/A	#103H
22:00:00	Sol Solomon Tapatia Uyarasuk was a charismatic young Inuk and an amateur acrobat, musician and poet, who in recent years had become a rising star in the world of circus arts. A member of troupe Artcirq (Arctic Circus), Sol traveled around the world performing in Mali, Mexico, across Canada and in France. His upbringing, however, was unusual. Sol was raised by his grandmother, Rachel Uyarasuk, who lived a nomadic lifestyle on the territories of Baffin Island in Canada. The values imparted to Solomon, raised in the arts and traditional Inuit culture by his grandmother, deeply influenced him. The documentary SOL is a moving tribute to Solomon, who was found dead in the Igloolik police station in 2012 at the age of 26. The locals suspect murder but the police suggest suicide. Solomon's family and friends are still waiting for an official answer regarding the circumstances of his death. His upbringing, however, was unusual. Sol was raised by his grandmother, Rachel Uyarasuk, who lived a nomadic lifestyle on the territories of Baffin Island in Canada. The values imparted to Solomon, raised in the arts and traditional Inuit culture by his grandmother, deeply influenced him. The documentary SOL is a moving tribute to Solomon, who was found dead in the Igloolik police station in 2012 at the age of 26. The locals suspect murder but the police suggest suicide. Solomon's family and friends are still waiting for an official answer regarding the circumstances of his death. As the documentary investigates the truth about Solomon's death, it sheds light on the underlying social issues of Canada's North that has resulted in the region claiming one of the highest youth suicide rates in the world. The film explores how the pain of suicide has affected the people in these small northern communities and their resilience and determination to create a better future for their people.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Jackson Pollock's Mural: The Story of a Modern Masterpiece Jackson Pollock's "Mural": The Story of a Modern Masterpiece is a new documentary produced by the University of Iowa in collaboration with the University of Iowa Museum of Art. The film documents the truths and the myths surrounding this mammoth sized painting "Mural". Artist Jackson Pollock created the painting in 1943 for art patron and advocate Peggy Guggenheim, for her New York townhouse. This painting measuring approximately 20 feet long by 8 foot high changed the landscape of American modern painting forever. Pollock's creation ignited what would later be called "Abstract Expressionism", an art movement, which even the C.I.A. would embrace to further the cause of American freedom during the uneasy years of the Cold War.	NETA	(S)	(CC)	N/A	#0H

Tue, Jan 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7207
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3453
01:00:00	Music City Roots Live from the Factory Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.	APTEX	(S)	(CC)	N/A	#411H
02:00:00	Live from the Dennison Lodge Donna Hughes North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.	NETA	(S)	(CC)	N/A	#103H
03:00:00	Sol Solomon Tapatia Uyarasuk was a charismatic young Inuk and an amateur acrobat, musician and poet, who in recent years had become a rising star in the world of circus arts. A member of troupe Artcirq (Arctic Circus), Sol traveled around the world performing in Mali, Mexico, across Canada and in France. His upbringing, however, was unusual. Sol was raised by his grandmother, Rachel Uyarasuk, who lived a nomadic lifestyle on the territories of Baffin Island in Canada. The values imparted to Solomon, raised in the arts and traditional Inuit culture by his grandmother, deeply influenced him. The documentary SOL is a moving tribute to Solomon, who was found dead in the Igloolik police station in 2012 at the age of 26. The locals suspect murder but the police suggest suicide. Solomon's family and friends are still waiting for an official answer regarding the circumstances of his death. His upbringing, however, was unusual. Sol was raised by his grandmother, Rachel Uyarasuk, who lived a nomadic lifestyle on the territories of Baffin Island in Canada. The values imparted to Solomon, raised in the arts and traditional Inuit culture by his grandmother, deeply influenced him. The documentary SOL is a moving tribute to Solomon, who was found dead in the Igloolik police station in 2012 at the age of 26. The locals suspect murder but the police suggest suicide. Solomon's family and friends are still waiting for an official answer regarding the circumstances of his death. As the documentary investigates the truth about Solomon's death, it sheds light on the underlying social issues of Canada's North that has resulted in the region claiming one of the highest youth suicide rates in the world. The film explores how the pain of suicide has affected the people in these small northern communities and their resilience and determination to create a better future for their people.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Jackson Pollock's Mural: The Story of a Modern Masterpiece Jackson Pollock's "Mural": The Story of a Modern Masterpiece is a new documentary produced by the University of Iowa in collaboration with the University of Iowa Museum of Art. The film documents the truths and the myths surrounding this mammoth sized painting "Mural". Artist Jackson Pollock created the painting in 1943 for art patron and advocate Peggy Guggenheim, for her New York townhouse. This painting measuring approximately 20 feet long by 8 foot high changed the landscape of American modern painting forever. Pollock's creation ignited what would later be called "Abstract Expressionism", an art movement, which even the C.I.A. would embrace to further the cause of American freedom during the uneasy years of the Cold War.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#117
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	1001 Nights True Treasure/Sinbad and the Cyclops "True Treasure" - A man has a dream that riches wait for him inside a palace. He follows his dream only to find that his true treasure was something entirely different. "Sinbad and the Cyclops" - Sinbad and Dina are once again off on a wild adventure that takes them to the far off island of the Cyclops.	NETA	(S)	(CC)	DVI	#104H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#927H

Tue, Jan 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Relaxation	NETA	(S)	(CC)	N/A	#1216H
	Mary Ann explores the healing touch of massage, demonstrating some effective ways to release tension and use movement to relax.					
10:30:00	Sewing with Nancy Simple to Chic T-Shirt Remakes, Part 1	NETA	(S)	(CC)	N/A	#2922H
	Learn how to update a plain top with embroidery that is fashionable but also flawless. Nancy and guest Eileen Roche show you how to update necklines with fashionable embroidery and other easy yet creative accents. Learn how to hoop a ready made top in your embroidery machine and then watch as the programmed stitching not only adds beautiful embellishments, but changes the neckline shape.					
11:00:00	Knitting Daily Boy Meets Girl	NETA	(S)	(CC)	N/A	#1307H
	First, menswear designer Josh Bennett talks about choosing stitch patterns and palettes, and finishing techniques that add a masculine touch. Then, meet husband and wife retailing dynamos Kathy and Steve Elkins as they talk yarn trends and the business side of knitting. Next, designer and winner of the Fiber Factor challenge, Lauren Riker, shares how she makes and attaches her signature girly embellishment, the knitted bow. On Tools of the Trade, Tanis shows some tools and yarns that are genderless in their appeal. Vickie closes with some Loose Ends thoughts on how a few changes to a pattern can take a garment in a more masculine or feminine direction.					
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 3	NETA	(S)	(CC)	N/A	#2705H
	Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Wheels Block made by Marianne and the Dutchman's Puzzle Block made by Liz Porter.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6127H
13:00:00	Hubert Keller: Secrets of a Chef A French Feast	NETA	(S)	(CC)	N/A	#501H
	Chef Keller presents two French classics perfect for a dinner party. He combines a myriad of meats and seasonings to create a savory filling for a meat pie. Then he prepares a French version of ice cream pie made with delicate pecan meringues, ice cream and whipped cream. Pate Chaud (Hot Savory Pie) & Pecan Meringue Creme Glacee.					
13:30:00	Sara's Weeknight Meals Five Ingredient Cookout	APTEX	(S)	(CC)	N/A	#520H
	Five ingredients all cooked outside -- what's not to love about Sara's scallop, basil and prosciutto kebabs? Since we're barbecuing, we decided to go to the master, Hill Country Barbecue's Elizabeth Karmel for her definitive Texas barbeque brisket. Sara cools it off with watermelon lemonade. We'll also visit with YouTube stars, the Barbeque Pit Boys, an international cooking club for men who love meat and heat.					
14:00:00	Taste of History The Water of Life: Cognac	NETA	(S)	(CC)	N/A	#704H
	Cognac is a sophisticated libation that thrived during prohibition and continues to influence food trends to this day. It is also the name of a French town where Chef Staib travels and reveals the fascinating history of this celebrated spirit. In Cognac, Chef Staib visits a sturgeon farm and prepares A Taste of History with Smoked Sturgeon, Roasted Breast of Pigeon with Foie Gras and Chocolate Sabayon with Cognac.					
14:30:00	George Hirsch Lifestyle Vintage Classics	APTEX	(S)	(CC)	N/A	#111H
	A home-style menu featuring America's favorite combination - a hearty tomato soup and grilled cheese sandwich - is topped off with George's classic brownie cookies. At the Mulford Farm Antiques Show in East Hampton, George learns tips on searching for antiques and later by a local antiques dealer in search of a vintage piece for his kitchen. Recipes: - Tomato Soup - Grilled Cheese Sandwich - George's Classic Brownie Cookies.					
15:00:00	Beads, Baubles and Jewels Wire Wrapping Variations	NETA	(S)	(CC)	N/A	#2107H
	Using new innovations and traditional techniques, inventor Wyatt White presents ideas for wrapping different types of wire to create a setting for a cameo cabochon. Using both vintage and new buttons, Wyatt shows how to shape wire to make rings and earrings. Katie shows how to stitch beads onto braided leather.					
15:30:00	Katie Brown Workshop Minty Holiday	APTEX	(S)	(CC)	N/A	#601H
	Host Katie Brown creates recipes and projects inspired by the festive red and white peppermint. In the Kitchen: refreshing mashed potato blend, rack of lamb with minty glaze, and Kim's thin mint cookies. Projects: Peppermint place settings and a tabletop sign that spells JOY.					

## Daily Program Listing II

43.1

Date: 11/30/2016

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Tue, Jan 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ The Economics of Economics	APTEX	(S)	(CC)	DVI	#505H
	Here's a lighter look at a complex science. Learn about everything from micro to macro economics, supply and demand, and economic indicators. See how business owners and even individuals use economic principles to make financial decisions. Meet a young entrepreneur who started up her serving business when the economy turned down. It's all economics!					
16:30:00	Hands On Crafts for Kids 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	P. Allen Smith's Garden Home Charming Charleston	APTEX	(S)	(CC)	N/A	#1502H
	P. Allen Smith explores the food and fellowship of one of America's oldest cities, Charleston, South Carolina; a true Southern gem.					
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*2017*			(N)	N/A	#0
18:30:00	American Forum The First Days of a Great Presidency	NETA	(S)	(CC)	N/A	#215H
	Historian THOMAS SUGRUE on lessons for the new administration from the first months of the Obama administration.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7208
19:30:00	Americas Now Nicaragua - Poisonous Spray	NETA	(S)	(CC)	N/A	#107H
	Nicaragua - Poisonous Spray (Grace Gonzalez) - Latin America exports more Bananas globally than any other region in the world. But like other crops...its vulnerable to disease... and is no stranger to pesticides. Nema-gon...or D-B-C-P was one pesticide sprayed in banana plantations by fruit companies for decades...to protect the fruit. Workers who sprayed it...later complained of sickness and other ailments. The United States banned the pesticide in the 19-70s... after the US Environmental Protection Agency determined that it was "cancer-inducing". But some countries continued to use it in the years that followed. People in one area of Nicaragua are still dealing with the alleged side effects of Nema-gon. Game Changer - Antonio Sanchez (Lisa Hagen) - Mexico has a rich history and vibrant culture...dating back thousands of years. There's still evidence of its earliest civilizations...in various parts of the country...and within its indigenous communities. Some 16-thousand people consider themselves indigenous...but less than half of them can speak an indigenous language. A group of students in the southern state of ((Wha-hocka)) Oaxaca...want to keep their native "Zapo-tec" alive. Our Game Changer this week...started a group with his cousin... and started "rapping" in Zapo-tec...to appeal to the younger generation. Meet Antonio Sanchez.					
20:00:00	Sun Studio Sessions The Local Saints	NETA	(S)	(CC)	N/A	#606H
	The Local Saints include brothers Jamie McFarlane and songwriter/guitarist Rob McFarlane, the sons of Will McFarlane who played with the famed Muscle Shoals Rhythm Section. With their record produced by grand-daughter of Halley Phillips, grand-daughter of Sun Records founder Sam Phillips, the Local Saints are steeped in tradition but bring a modern flair to their craft. In this episode, their musicianship shines on such songs as "Fantasy", "Superhuman" and "One More Time"					
20:30:00	Jammin at Hippie Jack's Sierra Hull	NETA	(S)	(CC)	N/A	#1013H
	Sierra Hull began playing the mandolin at the age of 8, put out her first album at 10 and at 11 she was mentored and befriended by Alison Krauss. Now at 23, Hull's already earned considerable respect in the bluegrass world, as a singer, songwriter and mandolin player. Her music has taken her all around the world from Japan to Jerusalem to some of the most prestigious venues in the U.S. including The Grand Ole Opry, Carnegie Hall and The White House.					

## Daily Program Listing II

43.1

Date: 11/30/2016

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Tue, Jan 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	The Kate Ana Gasteyer	APTEX	(S)	(CC)	N/A	#101H
	<p>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!</p>					
22:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#102H
	<p>In this episode, the rehabilitation teams at Project Wildlife and the Fund for Animals Wildlife Center meet a peregrine falcon rescued from the tarmac at the San Diego airport, a red-shouldered hawk that has started self-mutilating, an opossum with a half-burned face, and a clutch of screech owls trying to regrown their feathers.</p>					
23:00:00	Reason to Dance	NETA		(CC)	N/A	#0H
	<p>As a mother, teacher, and dancer, China Smith is on a quest to spread awareness about the mixed nature and diversity of the African diaspora through contemporary dance. Her company, Ballet Afrique, employs a synthesis of ballet and modern blended with Afrocentric undertones to articulate the human condition and spirit through the unbounded art form of dance. As Smith wrestles with the business aspect of sharing her art as well as the uphill battle against cultural expectations and the cultural stereotypes of ballet, she continues to cement herself as an indelible and essential part of the dance scene.</p>					

Wed, Jan 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7208
00:30:00	Americas Now Nicaragua - Poisonous Spray	NETA	(S)	(CC)	N/A	#107H
	<p>Nicaragua - Poisonous Spray (Grace Gonzalez) - Latin America exports more Bananas globally than any other region in the world. But like other crops...its vulnerable to disease... and is no stranger to pesticides. Nema-gon...or D-B-C-P was one pesticide sprayed in banana plantations by fruit companies for decades...to protect the fruit. Workers who sprayed it...later complained of sickness and other ailments. The United States banned the pesticide in the 19-70s... after the US Environmental Protection Agency determined that it was "cancer-inducing". But some countries continued to use it in the years that followed. People in one area of Nicaragua are still dealing with the alleged side effects of Nema-gon. Game Changer - Antonio Sanchez (Lisa Hagen) - Mexico has a rich history and vibrant culture...dating back thousands of years. There's still evidence of its earliest civilizations...in various parts of the country...and within its indigenous communities. Some 16-thousand people consider themselves indigenous...but less than half of them can speak an indigenous language. A group of students in the southern state of ((Wha-hocka)) Oaxaca...want to keep their native "Zapo-tec" alive. Our Game Changer this week...started a group with his cousin... and started "rapping" in Zapo-tec...to appeal to the younger generation. Meet Antonio Sanchez.</p>					
01:00:00	Sun Studio Sessions The Local Saints	NETA	(S)	(CC)	N/A	#606H
	<p>The Local Saints include brothers Jamie McFarlane and songwriter/guitarist Rob McFarlane, the sons of Will McFarlane who played with the famed Muscle Shoals Rhythm Section. With their record produced by grand-daughter of Halley Phillips, grand-daughter of Sun Records founder Sam Phillips, the Local Saints are steeped in tradition but bring a modern flair to their craft. In this episode, their musicianship shines on such songs as "Fantasy", "Superhuman" and "One More Time"</p>					
01:30:00	Jammin at Hippie Jack's Sierra Hull	NETA	(S)	(CC)	N/A	#1013H
	<p>Sierra Hull began playing the mandolin at the age of 8, put out her first album at 10 and at 11 she was mentored and befriended by Alison Krauss. Now at 23, Hull's already earned considerable respect in the bluegrass world, as a singer, songwriter and mandolin player. Her music has taken her all around the world from Japan to Jerusalem to some of the most prestigious venues in the U.S. including The Grand Ole Opry, Carnegie Hall and The White House.</p>					
02:00:00	The Kate Ana Gasteyer	APTEX	(S)	(CC)	N/A	#101H
	<p>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!</p>					
03:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#102H
	<p>In this episode, the rehabilitation teams at Project Wildlife and the Fund for Animals Wildlife Center meet a peregrine falcon rescued from the tarmac at the San Diego airport, a red-shouldered hawk that has started self-mutilating, an opossum with a half-burned face, and a clutch of screech owls trying to regrown their feathers.</p>					
04:00:00	Reason to Dance	NETA		(CC)	N/A	#0H
	<p>As a mother, teacher, and dancer, China Smith is on a quest to spread awareness about the mixed nature and diversity of the African diaspora through contemporary dance. Her company, Ballet Afrique, employs a synthesis of ballet and modern blended with Afrocentric undertones to articulate the human condition and spirit through the unbounded art form of dance. As Smith wrestles with the business aspect of sharing her art as well as the uphill battle against cultural expectations and the cultural stereotypes of ballet, she continues to cement herself as an indelible and essential part of the dance scene.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#118
08:00:00	Zula Patrol Villain of the Year/One Is The Loneliest Number	APTEX	(S)	(CC)	DVI	#313H
	<p>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.</p>					

Wed, Jan 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Hunchback's Tale/Agrabroka "Hunchback's Tale" - Everyone thinks they were responsible for the death of a poor hunchback. The truth is far stranger than they imagined. "Agrabroka" - A bag of gold makes its way through an entire town and changes the lives of everyone there.	NETA	(S)	(CC)	DVI	#105H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 2	ACCES	(S)	(CC)	N/A	#302H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
10:00:00	Sit and Be Fit Maintain Independence This episode is full of functional movements to help improve performance of the activities of daily life and help you maintain independence as you age.	NETA	(S)	(CC)	N/A	#1217H
10:30:00	Sewing with Nancy Simple to Chic T-Shirt Remakes, Part 2 Learn how to easily and creatively use your embroidery machine to give a plain top a new focus. Nancy Zieman and embroidery expert Eileen Roche give you the confidence and inspiration you need to update the neckline of a top with designer touches. Use embroidery to add thread motifs and programmed stitches to change the shape of a neckline.	NETA	(S)	(CC)	N/A	#2923H
11:00:00	Knitting Daily Everyday Lace Lace is not just for dress up; learn how to make lace an every day technique. First, author Heather Zoppetti shows how to begin a circular lace piece and finish a lacy beret. Next, we chat virtually with Lorna's Laces' Beth Casey. Then, editor Amy Palmer talks about the "big lace" trend of combining big needles and chunky yarn with delicate stitches and demonstrates different double decreases. On Tools of the Trade, Tanis looks at lace needles, and gives us a behind the scenes look at how knitting needles and crochet hooks are manufactured. Last on Loose Ends, Vickie adds an easy 'picot' edging for a stress-free lacy touch.	NETA	(S)	(CC)	N/A	#1308H
11:30:00	Fons & Porter's Love of Quilting Easy Edge to Edge Quilting One style of machine quilting is labeled "edge-to-edge". This refers to an overall pattern that begins along one outer edge of the quilt and proceeds in an even manner across the quilt to the opposite edge. Patrick and his guest Angela Huffman delve into aids that can assist us in creating these quick, yet useful designs to complete our quilts.	NETA	(S)	(CC)	N/A	#2706H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6128H
13:00:00	Lidia's Kitchen Pizza Everybody loves grilling, and everybody loves pizza. Today Lidia puts the two together and prepares grilled pizza which anyone can do - rain or shine - as it's done in her kitchen. She makes a simple Margherita style pizza and another version topped with prosciutto. To start, her fresh and crunchy salad is made with cucumbers, string beans and potatoes. For dessert, she prepares juicy peaches and blueberries soaked in prosecco.	APTEX	(S)	(CC)	N/A	#307H
13:30:00	Taste The Islands with Chef Irie Kingston to Bridgetown Chef Irie mixes big island and small island traditions with his Escoveitched Flying Fish over Coucou, Kale Salad with Mango Vinaigrette and a delightful Rum Raisin Bread Pudding with Coconut Custard Sauce. Chef takes on a drink-making challenge at the home of Vincentian Soca King Kevin Lyttle.	APTEX	(S)	(CC)	N/A	#107H
14:00:00	Simply Ming Will Gilson This week on Simply Ming, rising star and Cambridge-based chef, Will Gilson, joins Ming. Will, the chef and owner of Puritan & Co. in Cambridge, is going to help Ming cook up duck two ways. Will makes duck breast with hay-roasted carrots and toasted pistachios, and Ming makes pressure cooked Szechwan duck legs with Yukon gold potato fried rice.	APTEX	(S)	(CC)	N/A	#1415H
14:30:00	Cook's Country The Devil Made Me Do It Test cook Julia Collin Davison uncovers the secrets to perfect grilled chicken diavolo. Then, equipment expert Adam Ried reveals his top picks for water bottles. Next, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of hard cider. And finally, test cook Bridget Lancaster shows Chris how to make the ultimate deviled beef short ribs.	APTEX	(S)	(CC)	N/A	#907H

Wed, Jan 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Leather and Chainmaille Jewelry	NETA	(S)	(CC)	N/A	#2108H
	Author Laura Poplin combines the ancient art of leatherwork and chainmaille to make beautiful contemporary jewelry. Learn to make colorful dyed and painted leather rectangles and finish them into jewelry using classic leatherworking techniques. Laura shows how to connect leather pieces with Byzantine chainmaille weave to make a cuff style bracelet. Katie demonstrates a quick and easy cup chain bracelet.					
15:30:00	Katie Brown Workshop Herbalicious	APTEX	(S)	(CC)	N/A	#602H
	Host Katie Brown's creative ideas for cooking, baking and crafting with herbs allow her to reap the rewards of her garden. In the Kitchen: herb corn bread in clay pots, barley soup with mini meatballs and coconut mint macaroons. Projects: Planting an herb garden, drying herbs to make tasty tea blends and gift-wrapping with glitter.					
16:00:00	Biz Kid\$ Businesses That Give Back	APTEX	(S)	(CC)	DVI	#506H
	Get to know some businesses that are giving back in big ways, including up-and-coming entertainer Cymphonique, who helps encourage positive self-esteem for girls. Learn from socially conscious companies that are doing good. It's the new triple bottom line: people, planet, and profit.					
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	P. Allen Smith's Garden Home Oils All Around	APTEX	(S)	(CC)	N/A	#1503H
	P. Allen Smith explores the many uses of oils - from the basic to the exotic.					
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*2017*			(N)	N/A	#0
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#422H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7209
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#352
20:00:00	Childsplay: A Story of Fiddlers, Fiddles and a Fiddle Maker	APTEX	(S)	(CC)	N/A	#0H
	Taped live in 2013 at the Zeiterion Theatre in New Bedford, Massachusetts, CHILDSPLAY: A STORY OF FIDDLERS, FIDDLES AND A FIDDLE MAKER is a remarkable concert special featuring the fiddle choir Childsplay. The program showcases the group's passion, authenticity and artistry and affirms the thriving popularity of traditional music, song, and dance in North America.					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#111H
	Performances by Troye Sivan, The Suffers, The Claypool Lennon Delirium (Les Claypool & Sean Lennon), Clutch and The Knocks.					

Wed, Jan 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Soft Vengeance: Albie Sachs & The New South Africa	NETA	(S)	(CC)	N/A	#0H
	Soft Vengeance, a Peabody-award winning film, documents the amazing story of anti-apartheid activist and lawyer, Albie Sachs, who was imprisoned in solitary confinement and forced into a 24-year exile in which he had his right arm blown off by a car bomb placed by South African security forces in Mozambique. After a year-long recovery, he returned to South Africa to become one of the principal drafters of the new South African constitution and was later appointed by President Nelson Mandela as one of the first 11 judges to the new Constitutional Court. He was the author of the landmark decision upholding same sex marriage. Rejecting revenge, Sachs has become a leading advocate for democracy and reconciliation across the globe. A chilling interview the person responsible for planning the car bomb attack enables viewers to consider anew the role of the reconciliation process in helping South Africa overcome the legacy of apartheid and the challenge of building a new democracy.					
23:00:00	Bombs Away: LBJ, Goldwater and the 1964 Campaign That Changed It All	APTEX	(S)	(CC)	N/A	#0H
	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.					

Thu, Jan 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7209
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#352
01:00:00	Childsplay: A Story of Fiddlers, Fiddles and a Fiddle Maker Taped live in 2013 at the Zeiterion Theatre in New Bedford, Massachusetts, CHILDSPLAY: A STORY OF FIDDLERS, FIDDLES AND A FIDDLE MAKER is a remarkable concert special featuring the fiddle choir Childsplay. The program showcases the group's passion, authenticity and artistry and affirms the thriving popularity of traditional music, song, and dance in North America.	APTEX	(S)	(CC)	N/A	#0H
02:00:00	Live at 9:30 Performances by Troye Sivan, The Suffers, The Claypool Lennon Delirium (Les Claypool & Sean Lennon), Clutch and The Knocks.	NACC	(S)	(CC)	N/A	#111H
03:00:00	Soft Vengeance: Albie Sachs & The New South Africa Soft Vengeance, a Peabody-award winning film, documents the amazing story of anti-apartheid activist and lawyer, Albie Sachs, who was imprisoned in solitary confinement and forced into a 24-year exile in which he had his right arm blown off by a car bomb placed by South African security forces in Mozambique. After a year-long recovery, he returned to South Africa to become one of the principal drafters of the new South African constitution and was later appointed by President Nelson Mandela as one of the first 11 judges to the new Constitutional Court. He was the author of the landmark decision upholding same sex marriage. Rejecting revenge, Sachs has become a leading advocate for democracy and reconciliation across the globe. A chilling interview the person responsible for planning the car bomb attack enables viewers to consider anew the role of the reconciliation process in helping South Africa overcome the legacy of apartheid and the challenge of building a new democracy.	NETA	(S)	(CC)	N/A	#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	#119
08:00:00	Roey's Paintbox FOLK ART - Folk art is a style that allows people to express themselves through their creations to reveal their personal and cultural values. Folk art shares the traditions and practices of closely connected groups and preserves cultural and community identity through artistic expressions such as music, dance, art, and craft. LANDSCAPE - Landscapes are works of art that feature scenes of nature: mountains, lakes, gardens, rivers, and especially art where the main subject is a wide view.	APTEX	(S)	(CC)	N/A	#101H
08:30:00	1001 Nights Give Until It Hurts/Ali Baba & The 40 Thieves "Give Until It Hurts" - A poor man inherits a large sum of money and is surprised to see all the new friends he suddenly has. In the end, he learns what true friendship means. "Ali Baba & The 40 Thieves" - Ali Baba's town is robbed by the famed forty thieves. When he follows their trail, Ali finds their hidden cave filled with stolen treasure. He takes it back, but he incurs the wrath of their leader, Tabnak the Terrible.	NETA	(S)	(CC)	DVI	#106H
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Walking Workout	ACCES	(S)	(CC)	N/A	#303H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Focusing On Leg Work	APTEX	(S)	(CC)	DVI	#906H
10:00:00	Sit and Be Fit Resistance Exercises Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.	NETA	(S)	(CC)	N/A	#1218H

Thu, Jan 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Hoop It Up - Guide to Successful Embroidery, Part 1	NETA	(S)	(CC)	N/A	#2924H
	Use your embroidery sewing machine to create unique gift bundles for a baby, kids, or friends. Wondering if you're up to the task? Let Nancy and guest, Marie Zinno, show you how to hoop for success on a variety of standard gift items such as baby bibs, tote bags, and hooded towels. You'll soon find that learning the right way to attach fabrics to an embroidery hoop leads to embroidery success.					
11:00:00	Knitting Daily Woven Look	NETA	(S)	(CC)	N/A	#1309H
	Weave your way to beautiful garments. First, Gwen Bortner introduces entrelac and shows how to create the building blocks of the fabric. Next, we travel virtually to India, land of fabulous woven fabrics, for a glimpse into the contemporary knitting scene. Then, Lily Chin uses her join-as-you-go knitting technique to create a weaving-inspired pillow. On Tools of the Trade, Tanis talks covet-worthy tools and yarn to add to your collection. Last, on Loose Ends, Vickie creates a woven fabric with mesh crochet.					
11:30:00	Fons & Porter's Love of Quilting Bountiful Stars	NETA	(S)	(CC)	N/A	#2707H
	The clever interaction of this two-block design creates a balance and beauty fitting for a military service person. Mary and her guest Nancy Mahoney will present the various techniques used to produce the precision units that make up this Quilt of Valor.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6129H
13:00:00	Eat! Drink! Italy! with Vic Rallo Art Imitates Food	APTEX	(S)	(CC)	N/A	#102H
	Vic's clean, simple and easy method for frying calamari; Moscato, Italy's "Old New Kid on the Block;" Classic Bean Soup; wine and art.					
13:30:00	Cooking with Nick Stellino Incredible Soups	APTEX	(S)	(CC)	N/A	#203H
	Sicilian Bread Soup; Onion Soup with Gorgonzola & Prosciutto; Chicken Soup with Meatballs.					
14:00:00	The Jazzy Vegetarian Ready, Set, Risotto!	NETA	(S)	(CC)	DVI	#512H
	Host Laura Theodore prepares a vegan version of classic risotto. This hearty menu highlights Mushroom and Summer Squash Risotto, an easy dish to prepare for a weeknight meal. On the side, festive Romaine and Tomato Salad provides a pop of color. For dessert, Vegan Blueberry Cheeze-Cake Squares feature a tasty fruit and nut crust, topped with a creamy filling and fresh blueberries.					
14:30:00	New Scandinavian Cooking Innovative and Old Fashioned	APTEX	(S)	(CC)	N/A	#703H
	The UNESCO-listed mountain town of Roros is the backdrop for today's episode, where Andreas investigates how this isolated town has become a culinary attraction. He makes crispy sour cream waffles, homemade cloudberry ice cream, and he learns the secret behind the local fermented sausage. For main course he serves Norwegian meatballs in delicious gravy, with potatoes and lingonberries.					
15:00:00	Beads, Baubles and Jewels Color Palette Inspiration	NETA	(S)	(CC)	N/A	#2109H
	Jewelry designer and blogger Erin Prais-Hintz shares tips for drawing inspiration from color palettes, time periods and pop culture. Learn how to find a palette and choose beads based on those colors to make an embellished clasp. Using that color knowledge, make simple, stacking bracelets with beautiful, eye-catching beads. Katie crafts a knotted gemstone necklace.					
15:30:00	Katie Brown Workshop Fun Fete	APTEX	(S)	(CC)	N/A	#603H
	Host Katie Brown provides the essentials for a fun, feminine party: light finger foods, a chocolate treat and projects with a touch of glitz. In the Kitchen: filo triangles stuffed with feta and spinach, tea sandwiches three ways and chocolate carrot-cake cupcakes with cream cheese filling. Projects: Repurposing old trays with chalkboard paint and broken jewelry and creating birch wood cones to fill with flowers.					
16:00:00	Biz Kid\$ What's in the Books?	APTEX	(S)	(CC)	DVI	#507H
	Poor recordkeeping adds up to lost money. This episode examines bookkeeping and accounting, income and expenses, profit and loss, and gives tips on how to get over math anxiety (in case you have it). Meet the youngest Harlem Globetrotter who does a slam dunk with his books.					

Thu, Jan 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 that 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	P. Allen Smith's Garden Home When Kids Takeover	APTEX	(S)	(CC)	N/A	#1504H
	P. Allen Smith asks, how many kids does it take to host a show? Find out as Allen lets the little ones take over for the day.					
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*2017*			(N)	N/A	#0
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1330H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7210
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1112H
20:00:00	Backstage Pass Harper & Midwest Kind	NETA	(S)	(CC)	N/A	#601H
	Multi award-winning Australian singer/songwriter Peter Harper creates a heady mix of original world, blues & roots music, featuring soulful vocals, wailing harmonica and the haunting drone of the didgeridoo. Harper and Midwest Kind is: Peter Harper, vocals, harmonica, didgeridoo; James Norris, bass guitar; Mike Howe, guitar; Greg Saucedo, drums.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Larry Gatlin	OETA	(S)	(CC)	N/A	#102H
	"Such A Night" (RAY) "It's Me Again Margaret" (RAY) "American Trilogy" snippet "All The Gold In California" (LARRY).					
21:00:00	Music Gone Public Blame Sally	NETA	(S)	(CC)	N/A	#103H
	Super-charged group of musicians and songwriters, and five time first-place winners of the prestigious "Indie Awards" for their breathtaking harmonies and fiery songs, bring their first live video concert to our viewers.					
22:00:00	Cloudstreet: Soaring The American West	KNME	(S)	(CC)	N/A	#0H
	CloudStreet: Soaring The American West is a visually stunning documentary featuring the beauty and drama of a soaring adventure in the American West. As unbelievably serene as it is thrilling, CloudStreet gives viewers the extraordinary experience of soaring along the Rocky Mountains of New Mexico, Colorado, Idaho and Wyoming. Follow four glider pilots on cross-country soaring flights across western North America. Using specially developed aerial video technology; this program puts viewers in the cockpit of a sailplane flying three miles above sea level. The perspective is completely unique and gives the audience a view few have seen. Even more than beautiful vistas, CLOUDSTREET explores the science of soaring, the art of flying sailplanes cross-country, the unique geography of the intermountain west, and the practical workings of the atmosphere.					
23:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H

Fri, Jan 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7210
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1112H
01:00:00	Backstage Pass Harper & Midwest Kind	NETA	(S)	(CC)	N/A	#601H
	Multi award-winning Australian singer/songwriter Peter Harper creates a heady mix of original world, blues & roots music, featuring soulful vocals, wailing harmonica and the haunting drone of the didgeridoo. Harper and Midwest Kind is: Peter Harper, vocals, harmonica, didgeridoo; James Norris, bass guitar; Mike Howe, guitar; Greg Saucedo, drums.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Larry Gatlin	OETA	(S)	(CC)	N/A	#102H
	"Such A Night" (RAY) "It's Me Again Margaret" (RAY) "American Trilogy" snippet "All The Gold In California" (LARRY).					
02:00:00	Music Gone Public Blame Sally	NETA	(S)	(CC)	N/A	#103H
	Super-charged group of musicians and songwriters, and five time first-place winners of the prestigious "Indie Awards" for their breathtaking harmonies and fiery songs, bring their first live video concert to our viewers.					
03:00:00	Cloudstreet: Soaring The American West	KNME	(S)	(CC)	N/A	#0H
	CloudStreet: Soaring The American West is a visually stunning documentary featuring the beauty and drama of a soaring adventure in the American West. As unbelievably serene as it is thrilling, CloudStreet gives viewers the extraordinary experience of soaring along the Rocky Mountains of New Mexico, Colorado, Idaho and Wyoming. Follow four glider pilots on cross-country soaring flights across western North America. Using specially developed aerial video technology; this program puts viewers in the cockpit of a sailplane flying three miles above sea level. The perspective is completely unique and gives the audience a view few have seen. Even more than beautiful vistas, CLOUDSTREET explores the science of soaring, the art of flying sailplanes cross-country, the unique geography of the intermountain west, and the practical workings of the atmosphere.					
04:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#120
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#102H
	LANDMARK PAINTING - A landmark is a recognizable natural or man-made feature that can include anything that is easily recognizable, such as a monument, building, or other structure. In American English it is the main term used to designate places that might be of interest to tourists due to notable physical features or historical significance. POP ART - Pop Art is modern art movement that often uses styles and themes from advertising, media and popular culture. Pop Art differs from the traditions of fine art by including imagery from popular culture and isolating the material in a fun and flashy way.					
08:30:00	1001 Nights Keeping Up with the Jinns/King for a Day	NETA	(S)	(CC)	DVI	#107H
	"Keeping Up With The Jinns" - A man stumbles across a bottle and a lamp in the middle of the desert. When he opens them, two genies appear who hate each other. "King For a Day" - A man brags that he could run things better if he were in charge. He gets his chance.					
09:00:00	Functional Fitness with Suzanne Andrews Vertical Ab Toner	ACCES	(S)	(CC)	N/A	#304H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Ab & Waist Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#907H
10:00:00	Sit and Be Fit Feel Your Best	NETA	(S)	(CC)	N/A	#1219H
	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.					

Fri, Jan 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Hoop It Up - Guide to Successful Embroidery, Part 2	NETA	(S)	(CC)	N/A	#2925H
	Learn how to successfully use stabilizers and embroidery designs to stitch top-notch projects. Embroidery pro Marie Zinno joins Nancy to share her tips on how to successfully embroider by machine. As a professional, Marie knows the ins and outs of attaching a ready made T-shirt, baby onesie, tote, or slippers to an embroidery hoop, and she's willing to share all her trade secrets.					
11:00:00	Knitting Daily If It Knits, It Fits	NETA	(S)	(CC)	N/A	#1310H
	Today we learn how to make garments that fit. Designer Anne Hanson shows how to take measurements, and the most important fit points of a garment. Shannon Mullet-Bowlsby discusses designing crochet-wear to fit women of every size. Next Laura Bryant goes in-depth on the bust dart, explaining how to customize a sweater. Then, in Tools of the Trade, Tanis has some tools that simplify knitting and fitting. Vickie ties up Loose Ends with tips with a demo of knitting a fully fashioned decrease.					
11:30:00	Fons & Porter's Love of Quilting Rail Fence Baby Quilt	NETA	(S)	(CC)	N/A	#2708H
	The first quilt ever made by many veteran quilters was a baby quilt. A unique gift created with love a baby quilt is small, easy to manage and a joy to create. Mary joined by Liz and Elizabeth Evans will take you thru the construction of blocks and setting for a fun, Rail Fence Baby quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6130H
13:00:00	P. Allen Smith's Garden to Table Tomato Festival	APTEX	(S)	(CC)	DVI	#103H
	P. Allen Smith is having a Tomato Festival in the garden! At the height of tomato season, Chef Josh Smith who makes a delicious tomato gazpacho and explains how to properly cook heritage poultry joins Allen. There's also a tomato tasting happening in Allen's one-acre vegetable garden where guests sample heirloom tomatoes and vote on their favorite. Allen decorates the tables for this festival using you guessed it, tomatoes!					
13:30:00	Mike Colameco's Real Food Ny Southern	NETA	(S)	(CC)	N/A	#1412H
	In our first season back in 2000 we covered Well's Famous in Harlem the place where Chicken and Waffles was invented up north. Well chicken and waffles are back big time as we tour three places, all downtown putting out excellent versions of fried chicken, waffles, biscuits doughnuts, pies and other southern specialties.					
14:00:00	Chef John Besh's New Orleans Crawfish Etouffee, Citrus Pot du Creme, and Lavender Madeleines.	APTEX	(S)	(CC)	N/A	#106H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#241H
15:00:00	Beads, Baubles and Jewels Metal Clay Jewelry	NETA	(S)	(CC)	N/A	#2110H
	Author Cindy Pankopf shares her technique for using antique salt spoons and other found objects as molds to create beautiful clay jewelry. Learn how to use silver metal clay to create unique rings using those same molds. Katie creates a bracelet from knotted wire and beads in her Beading Lesson.					
15:30:00	Katie Brown Workshop Regional Garden	APTEX	(S)	(CC)	N/A	#604H
	In this "best-of" episode, host Katie Brown celebrates the diverse tastes of the world. In the Kitchen: French onion soup, Greek-style stuffed eggplant and Jamaican jerk chicken with citrus salsa. Projects: Planting a regional vegetable and herb garden and making creative garden stakes to mark the rows.					
16:00:00	Biz Kid\$ Take It to the Bank	APTEX	(S)	(CC)	DVI	#508H
	Get a kid's view of the services that banks, credit unions and other financial institutions offer - and why you should make use of them early in life. Learn the different products and services that banks offer and how to shop for the right bank for you. Meet a young entrepreneur with a haunted house who has no fear of banking.					
16:30:00	Hands On Crafts for Kids Use It	NETA	(S)	(CC)	DVI	#1713H
	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!					

Fri, Jan 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Upcycle Your Life P. Allen Smith's unique and clever take on turning trash into treasure. Plus, how to get the most out of your weekly grocery budget.	APTEX	(S)	(CC)	N/A	#1505H
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*2017*			(N)	N/A	#0
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2436Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7211
19:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
20:00:00	Song of the Mountains The Churchmen/Jeff Brown & Still Lonesome	NETA	(S)	(CC)	N/A	#1121H
21:00:00	Woodsongs Celebrating The Legacy of the Carter Family The Carter Family are considered the most influential group in country music history. Comprised of a gaunt, shy gospel quartet member named Alvin P. Carter and two reserved country girls -- his wife, Sara, and their sister-in-law, Maybelle -- the Carter Family sang a pure, simple harmony that influenced not only the numerous other family groups of the '30s and the '40s, but folk, bluegrass, and rock musicians like Woody Guthrie, Bill Monroe, the Kingston Trio, Doc Watson, Bob Dylan, and Emmylou Harris, to mention just a few. Among the more than 300 sides they recorded are "Worried Man Blues," "Wabash Cannonball," "Will the Circle Be Unbroken," "Wildwood Flower," and "Keep on the Sunny Side." This WoodSongs Special Event Broadcast will be celebrating the Legacy of the Carter Family and will feature: John Carter Cash has been involved in music all his life and is an accomplished and award winning record producer. However, his activities in the creative world reach far beyond just music production. He is also a singer-songwriter, and author. The grandson of Maybelle Carter and the only son to Johnny Cash and June Carter Cash, he preserves the family legacy and is a caretaker to the heritage of his musical ancestors. Dale Jett is a native of Southwest Virginia and is a third generation member of the legendary Carter Family. The son of Janette Carter, the grandson of A.P. and Sara Carter, his roots have been heavily steeped within the heart of his family's musical heritage. Their group, "Hello Stranger", features Dale as he carries on the Carter Family tradition. Al, Alice & Ruth are a Berea-based Appalachian and bluegrass trio. They toured for years as part of the McLain Family Band, a world-renowned family bluegrass band and Kentucky musical treasure.	NETA	(S)	(CC)	N/A	#1804H
22:00:00	Film School Shorts It's in the Blood Lambing Season (Columbia University) - Determined to meet the father who left her before she was born, a woman travels to Ireland, hoping it will help her understand his decision. Directed by Jeannie Donohoe. A Series of Kinetic Sets Tell a Story (University of Michigan) - Beautifully rendered cardboard sets and characters and a seemingly weightless camera capture an astonishing voyage of immigration, love, and World War II in a single take. Directed by Shannon Kohlitz.	NETA	(S)	(CC)	N/A	#309H
22:30:00	On Story Rectify: Ray Mckinnon On Characters & Culture Ray McKinnon, creator of the Sundance Channel's breakout hit, Rectify, details how to capture the personality of a culture through establishing strong characters, tone, and atmosphere. The short film Spanola Pepper Sauce Company follows, directed by McKinnon and written by Graham Gordy, suggesting there's more brewing in Spanola, AK than just its fine pepper sauce cooking.	NETA	(S)	(CC)	N/A	#409H
23:00:00	Science Goes to the Movies The Knick & Modern Medicine	EPS	(S)	(CC)	N/A	#203H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1014

Sat, Jan 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7211
00:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
01:00:00	Song of the Mountains The Churchmen/Jeff Brown & Still Lonesome	NETA	(S)	(CC)	N/A	#1121H
02:00:00	Woodsongs Celebrating The Legacy of the Carter Family	NETA	(S)	(CC)	N/A	#1804H
	<p>The Carter Family are considered the most influential group in country music history. Comprised of a gaunt, shy gospel quartet member named Alvin P. Carter and two reserved country girls -- his wife, Sara, and their sister-in-law, Maybelle -- the Carter Family sang a pure, simple harmony that influenced not only the numerous other family groups of the '30s and the '40s, but folk, bluegrass, and rock musicians like Woody Guthrie, Bill Monroe, the Kingston Trio, Doc Watson, Bob Dylan, and Emmylou Harris, to mention just a few. Among the more than 300 sides they recorded are "Worried Man Blues," "Wabash Cannonball," "Will the Circle Be Unbroken," "Wildwood Flower," and "Keep on the Sunny Side." This WoodSongs Special Event Broadcast will be celebrating the Legacy of the Carter Family and will feature: John Carter Cash has been involved in music all his life and is an accomplished and award winning record producer. However, his activities in the creative world reach far beyond just music production. He is also a singer-songwriter, and author. The grandson of Maybelle Carter and the only son to Johnny Cash and June Carter Cash, he preserves the family legacy and is a caretaker to the heritage of his musical ancestors. Dale Jett is a native of Southwest Virginia and is a third generation member of the legendary Carter Family. The son of Janette Carter, the grandson of A.P. and Sara Carter, his roots have been heavily steeped within the heart of his family's musical heritage. Their group, "Hello Stranger", features Dale as he carries on the Carter Family tradition. Al, Alice &amp; Ruth are a Berea-based Appalachian and bluegrass trio. They toured for years as part of the McLain Family Band, a world-renowned family bluegrass band and Kentucky musical treasure.</p>					
03:00:00	Film School Shorts It's in the Blood	NETA	(S)	(CC)	N/A	#309H
	<p>Lambing Season (Columbia University) - Determined to meet the father who left her before she was born, a woman travels to Ireland, hoping it will help her understand his decision. Directed by Jeannie Donohoe. A Series of Kinetic Sets Tell a Story (University of Michigan) - Beautifully rendered cardboard sets and characters and a seemingly weightless camera capture an astonishing voyage of immigration, love, and World War II in a single take. Directed by Shannon Kohlitz.</p>					
03:30:00	On Story Rectify: Ray Mckinnon On Characters & Culture	NETA	(S)	(CC)	N/A	#409H
	<p>Ray McKinnon, creator of the Sundance Channel's breakout hit, Rectify, details how to capture the personality of a culture through establishing strong characters, tone, and atmosphere. The short film Spanola Pepper Sauce Company follows, directed by McKinnon and written by Graham Gordy, suggesting there's more brewing in Spanola, AK than just its fine pepper sauce cooking.</p>					
04:00:00	Science Goes to the Movies The Knick & Modern Medicine	EPS	(S)	(CC)	N/A	#203H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1014
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#121
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Sulphur Crested Cockatoo	APTEX	(S)	(CC)	N/A	#501H
	<p>Gary's first painting in this new series is a silver-white crested Cockatoo. This beautiful bird is a fairly simple painting made up of many parts. In the background, Gary paints jungle plants which are common in Indonesia, the habitat of this beautiful bird.</p>					
08:30:00	Grand View Joshua Tree National Park	APT		(CC)	N/A	#205H
	<p>This episode reveals one of the most mythical botanical wonders in America: the Joshua Tree. Baumann explores this Desert oasis in southern California, renowned for its sublime energy, and beautiful landscapes. Interviews include interpretive ranger Sarah Hinton, explaining the evolution of the parks botany; Climber Eric Foltz and his colleagues as he takes us up one of the sandstone formations; and Joe Zarki, ranger and historian, details the human history of the region. Baumann ultimately hikes into the park and discovers an intimate vista where he paints Joshua trees in bloom.</p>					

Sat, Jan 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop The Hudson River Painters at Kaaterskill Falls, Ny	NETA	(S)	(CC)	DVI	#111H
	David visits the top of the 300-foot Kaaterskill Falls in the Catskill Mountains, painted by many Hudson River artists. These artists, considered the first American school of painting, portrayed the awesome immensity and sublime effects of nature. These artists painted from a various motivations but always with a scrupulous observation of nature, in the words of Thomas Cole (1800 - 1848), considered the father of the Hudson River painters. David paints the magnificent wilderness painted by discussing Thomas Cole and Sanford Gifford (1823-1880).					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Quad & Hips	APTEX	(S)	(CC)	DVI	#908H
10:00:00	Sit and Be Fit Fundamental Moves:	NETA	(S)	(CC)	N/A	#1220H
	In this episode Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.					
10:30:00	Wai Lana Yoga Two-Hand Snake	APTEX	(S)	(CC)	N/A	#509
	This balancing pose strengthens both arms and abs and improves concentration. End with a standing chin lock that calms the mind and emotions.					
11:00:00	Delicious TV's Vegan Mashup Healthy On Budget 2	NETA	(S)	(CC)	N/A	#204H
	Eat well, eat hearty, and eat meatless for less! The Vegan Mashup chefs will show you three wholesome meals that fit into any budget and never skimp on flavor and freshness! Miyoko Schinner's Japanese Curry Udon Noodles delivers homestyle comfort. Guest chef Elizabeth Fraser crafts a Creamy Beet Rawvioli. Toni Fiore creates crunchy and satisfying Smokey Hazelnut and Black Bean Burgers. Terry Romero transforms leftover quinoa into fast and spicy Spanish Refried Quinoa.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Place of Deeply Rooted Innovation	APTEX	(S)	(CC)	N/A	#1109H
	If you could define the singular challenge facing Yucatecan chefs, it's about honoring the past while pushing forward. Perhaps no one is more emblematic of the effort than Pedro Evia, co-owner of Ku'uk, a molecular fine dining palace housed in a restored Merida mansion. Rick and Pedro start their day talking tradition over tacos at Wayan'e, a busy family-run taco stand in Merida. Then, Pedro invites Rick to his home, where Pedro and his mother make traditional sopa de lentejas. At Ku'uk, Pedro shows us his ultra-modern take on the same dish. Back in Chicago, Rick makes recado negro to complement cured duck. At home, he makes tacos with eggs and burnt habanero salsa, avocado and red onion - the perfect chef's late-night snack.					
12:00:00	Lidia's Kitchen Steak House Favorites	APTEX	(S)	(CC)	N/A	#415H
	Steak is a favorite in many American households, and this episode is a tribute to the nice juicy dish and showcase not only one of Lidia's preferred preparations but two other recipes that work well for a special steak house evening at home. Featured recipes include seared steak with mushroom sauce and braised escarole; baked potatoes with pancetta and oregano; and an almond cake with chocolate chips.					
12:30:00	Moveable Feast with Fine Cooking San Antonio, Texas	APTEX	(S)	(CC)	N/A	#306H
	On this episode of Movable Feast with Fine Cookin, host Pete Evans joins "Rising Star Chef" Jason Dady and chef Diana Barrios Trevino in San Antonio for a Tex-Mex feast. Their first stop is the Sanitary Tortilla Company, supplier of tortillas to over 85 restaurants across Texas, for some handmade tortillas. Next Pete and Diana visit Bending Branch Winery to select some local wines for their meal. For dinner, Jason cooks up a roasted chile salsa while Diana prepares her fresh salsa and one of the main dishes - puffy chicken tacos with a side of classic rice and beans. Jason's main dish is beef fajitas with tomatillo-walnut mole, pickled pepperonata, and fresh tortillas. For dessert, Chef Jason prepares a delicious wood-fired strawberry crostata with ice cream.					
13:00:00	Expeditions with Patrick Mcmillan Colorado's Rocky Mountains - The Rooftop of America	APTEX	(S)	(CC)	N/A	#305H
	Life in the alpine is existing on the fringe. It's hard to believe that life could persist here, let alone flourish. From beautiful alpine flowers to mountain goats and the shy pika, life is abundant. Join Patrick as he explores just how life thrives in the Colorado Rockies, the rooftop of America.					

Sat, Jan 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Joseph Rosendo's Travelscope Taiwan Lantern Festival	APTEX	(S)	(CC)	DVI	#712H
	Joseph, a winner of the 2013 Taiwan Tourism Festival Awards, deepens his understanding of Taiwan and its people by criss-crossing the island during the Taiwan Lantern Festival. A celebration of light, culture and tradition, the festival is a Chinese holiday more than 2,000 years old. Joseph discovers that while the Taiwan Lantern Festival has its electric side, it also values the human touch. While the festival showcases the country's modern, technological side, it also honors its historic customs and traditions. Joseph explores these cultural connections at the national display of lanterns in Hsinshu, in historic temples and at street-side puppet shows, by enjoying traditional foods and, in the mountain district of Pingshi, by joining in the poignant release of thousands of sky lanterns which carry the wishes and dreams of locals and visitors heavenward.					
14:00:00	Rick Steves' Europe Romania	APTEX	(S)	(CC)	N/A	#905H
	Rick and his team tour Romania's vibrant capital, Bucharest, with its "Little Paris of the East" architecture and lingering reminders of a brutal communist dictator. Then they head into Transylvania, where they visit fortified churches, cobbled merchant towns like Sighisoara, and castles made famous by an imported German king and the real-life Dracula. Finally, they explore Maramures, where everyday life still feels like an open-air folk museum.					
14:30:00	Journeys In Africa Victoria Falls - The Land That Thunders	NETA	(S)	(CC)	N/A	#206H
	The greatest waterfalls in the world-Victoria Falls-literally creates the border between Zimbabwe and Zambia. Bill explores the people, wildlife and scenic wonder that makes this one of the most exciting destinations on earth.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4503H
	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.					
15:30:00	Farm with Ian Knauer Produce	NETA	(S)	(CC)	N/A	#104H
	Want to know the easiest way to support your local farmer? Ian meets with a CSA farmer who's growing amazing produce. Every dish in this episode comes straight from the garden.					
16:00:00	Maria Hinojosa: One-On-One Majora Carter	APTEX	(S)	(CC)	N/A	#418Z
	Majora Carter is the founder of the nonprofit organization Sustainable South Bronx and the for-profit environmental consulting company Majora Carter Group. A MacArthur "genius" Fellowship recipient, Carter pioneered green-collar job training and placement systems in one of the most environmentally and economically challenged parts of the US. In this conversation with Maria Hinojosa, Carter discusses environmentally and economically sustainable solutions for communities in need.					
16:30:00	Overheard with Evan Smith Shawn Colvin, Singer/Songwriter	NETA	(S)	(CC)	N/A	#704H
	Shawn Colvin is a singer-songwriter based in Austin, Texas. She has won three Grammy awards, including Song of the Year for her hit "Sunny Came Home." Colvin's new album titled "Colvin & Earle" was released this summer. Colvin joined forces with long-time friend and creative partner Steve Earle to create the debut collaborative album. The pair are currently touring across the US.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Gun Maker	APTEX	(S)	(CC)	N/A	#108H
	Mike Brooks builds long rifles based on designs more than 100 years old. Host Eric Gorges discovers the history of a long rifle and along the way, learns that the old ways of the gunsmith are alive and well.					
18:00:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
18:30:00	The Open Mind	NETA		(CC)	N/A	#3723H
19:00:00	Closer to Truth What Would It Feel Like to Be God?	EPS	(S)	(CC)	N/A	#1203H
	God is said to be all-powerful, all-knowing, all-good. But what is God's private mental life? Is this asking too much, going too far?					

Sat, Jan 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Start Up 3d Sushi	NETA	(S)	(CC)	N/A	#412H
	Gary and the crew head to Detroit, Michigan to talk with Jay Rayford, co-founder of Social Sushi, a pop-up sushi concept. Then they head over to San Diego, California to meet up with Braydon Moreno, co-founder of ROBO 3D, a company that manufactures 3D printers.					
20:00:00	Infinity Hall Live Infinity Hall Live - Guitar Heroes	APTEX	(S)	(CC)	N/A	#406H
	Acoustic or electric, Gibson or Fender, Jimi Hendrix or Django Reinhardt, no matter what kind of guitar style you enjoy Infinity Hall Live's "Guitar Heroes" episode will delight all fans of this stringed instrument. Experience the intense musicianship of guitarists like Robben Ford, Tommy Emmanuel, Robert Cray, Tim Reynolds and Keb' Mo' as they each take a different approach to six strings. Tim Reynolds serves up a handful of meaty riffs and technical finger work on songs like "Hocus Pocus" reaffirming why he's Dave Mathews favorite guitarist to take on the road and into the studio. One man guitar band Tommy Emmanuel, known for his nimble fingerpicking and use of the entire instrument, forms a soundscape with a style and charisma unmatched by his peers. Learn why Rolling Stone Magazine credited Robert Cray with reinventing the blues and introducing it to a new generation with his razor sharp guitar playing on earthy tunes like "Chicken in the Kitchen". Get a sneak preview of the full length Season 4 episode featuring guitar virtuoso Robben Ford!					
21:00:00	Front and Center Cma Songwriters Series: Ronnie Dunn	APTEX	(S)	(CC)	N/A	#603H
	Best known as one half of the legendary Grammy and CMA Award-winning duo Brooks & Dunn, Ronnie Dunn brings out renowned songwriters Tony Martin, Wendall Mobley, Neil Thrasher and Craig Wisemen for a one-of-a-kind taping of the CMA Songwriters Series at the Marathon Music Works in Nashville. Dunn performs some of his best-loved No. 1 hits in front of a sold-out crowd, as well as songs from his third solo album Ain't No Trucks In Texas, including the lead single and title track. The country icon also brings out CMA Award-winning artist Brett Eldredge to share the stage for the first time ever. Eldredge, who has cited Dunn as one of his longtime musical influences, duets with Dunn on "Believe," co-written with Wisemen for Brooks & Dunn's 2005 platinum album Hillbilly Deluxe, and Eldredge's "One Mississippi."					
22:00:00	Globe Trekker Food Hour: Sicily	APTEX	(S)	(CC)	N/A	#1503H
	Bobby Chinn discovers the cultural and historical influences that define contemporary Sicilian cuisine. Occupations by the Phoenicians, Romans, Arabs, Normans, the French and the Spanish have all played their part by introducing techniques and ingredients that have created one of the most layered and intriguing global cuisines. Very closely related to is religious and spiritual life, Sicilian cuisine is above all a reflection of the island's cultural and historical events.					
23:00:00	Arts In Context Home	NETA		(CC)	N/A	#702H
	Exploring the profound impact of African diaspora around the world, photographers Hakeem Adewumi and Moyo Oyelola create connections with their highly personal art. Their exhibits take a global tale and make it feel like home.					
23:30:00	Stand Up Empire	KNME	(S)	(CC)	N/A	#105H
	Featured comics Daniel Rubb Webb & Roxy Castillo, with a Snapshot on the live storytelling show Greetings From Queer Mountain. Hosted by Brently Heilbron.					

Sun, Jan 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Would It Feel Like to Be God? God is said to be all-powerful, all-knowing, all-good. But what is God's private mental life? Is this asking too much, going too far?	EPS	(S)	(CC)	N/A	#1203H
00:30:00	Start Up 3d Sushi Gary and the crew head to Detroit, Michigan to talk with Jay Rayford, co-founder of Social Sushi, a pop-up sushi concept. Then they head over to San Diego, California to meet up with Braydon Moreno, co-founder of ROBO 3D, a company that manufactures 3D printers.	NETA	(S)	(CC)	N/A	#412H
01:00:00	Infinity Hall Live Infinity Hall Live - Guitar Heroes Acoustic or electric, Gibson or Fender, Jimi Hendrix or Django Reinhardt, no matter what kind of guitar style you enjoy Infinity Hall Live's "Guitar Heroes" episode will delight all fans of this stringed instrument. Experience the intense musicianship of guitarists like Robben Ford, Tommy Emmanuel, Robert Cray, Tim Reynolds and Keb' Mo' as they each take a different approach to six strings. Tim Reynolds serves up a handful of meaty riffs and technical finger work on songs like "Hocus Pocus" reaffirming why he's Dave Mathews favorite guitarist to take on the road and into the studio. One man guitar band Tommy Emmanuel, known for his nimble fingerpicking and use of the entire instrument, forms a soundscape with a style and charisma unmatched by his peers. Learn why Rolling Stone Magazine credited Robert Cray with reinventing the blues and introducing it to a new generation with his razor sharp guitar playing on earthy tunes like "Chicken in the Kitchen". Get a sneak preview of the full length Season 4 episode featuring guitar virtuoso Robben Ford!	APTEX	(S)	(CC)	N/A	#406H
02:00:00	Front and Center Cma Songwriters Series: Ronnie Dunn Best known as one half of the legendary Grammy and CMA Award-winning duo Brooks & Dunn, Ronnie Dunn brings out renowned songwriters Tony Martin, Wendall Mobley, Neil Thrasher and Craig Wisemen for a one-of-a-kind taping of the CMA Songwriters Series at the Marathon Music Works in Nashville. Dunn performs some of his best-loved No. 1 hits in front of a sold-out crowd, as well as songs from his third solo album Ain't No Trucks In Texas, including the lead single and title track. The country icon also brings out CMA Award-winning artist Brett Eldredge to share the stage for the first time ever. Eldredge, who has cited Dunn as one of his longtime musical influences, duets with Dunn on "Believe," co-written with Wisemen for Brooks & Dunn's 2005 platinum album Hillbilly Deluxe, and Eldredge's "One Mississippi."	APTEX	(S)	(CC)	N/A	#603H
03:00:00	Globe Trekker Food Hour: Sicily Bobby Chinn discovers the cultural and historical influences that define contemporary Sicilian cuisine. Occupations by the Phoenicians, Romans, Arabs, Normans, the French and the Spanish have all played their part by introducing techniques and ingredients that have created one of the most layered and intriguing global cuisines. Very closely related to is religious and spiritual life, Sicilian cuisine is above all a reflection of the island's cultural and historical events.	APTEX	(S)	(CC)	N/A	#1503H
04:00:00	Arts In Context Home Exploring the profound impact of African diaspora around the world, photographers Hakeem Adewumi and Moyo Oyelola create connections with their highly personal art. Their exhibits take a global tale and make it feel like home.	NETA		(CC)	N/A	#702H
04:30:00	Stand Up Empire Featured comics Daniel Rubb Webb & Roxy Castillo, with a Snapshot on the live storytelling show Greetings From Queer Mountain. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#105H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#122
08:00:00	Gary Spetz's Watercolor Quest Glacier National Park - East Host-Artist, Gary Spetz, explores, photographs and paints the east side of Montana's majestic Glacier National Park-explaining, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#102H
08:30:00	Paint This with Jerry Yarnell Night Sail, Part 1 Jerry begins on a charcoal, almost dove gray under painted canvas. In phase one of this painting he uses a Hake brush and starting 2/3 of the way down the canvas he mixes yellow, purple and white to create a beautiful sky. He builds the base slowing while working from dark to light slowing creating the emergence of a night sky and clouds. He begins creating the clouds with a wonderful and exciting technique of an application of a dark color on the canvas this blending a white into the clouds, all the while softly blending the observing the contrast as well as the negative space.	NETA	(S)	(CC)	N/A	#1209H

Sun, Jan 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Orca Breaching	APTEX		(CC)	N/A	#602H
	Art Lesson: Composition. Elements of composition are used to organize the components of an artwork in a pleasing manner. Used effectively, these elements provide a structure that leads the viewer's eye in a particular way for a variety of different effects. Examples of extraordinary composition may include the "Mona Lisa" by Leonardo da Vinci or "Starry Night" by Vincent van Gogh. Important components of good composition include: unity, balance and movement. All compositions begin by identifying a focal point. A range of artistic decisions proceeds from there, ranging from contrasts between light and dark to finding a rhythm that paces the eye of the viewer. The parts of the composition may feel as if they belong together or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm; whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Posture Workout	APTEX	(S)	(CC)	DVI	#909H
10:00:00	Sit and Be Fit Kinesthetic Awareness	NETA	(S)	(CC)	N/A	#1301H
	This Sit and Be Fit episode focuses on the importance of kinesthetic awareness and weight shifting as they relate to balance.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#213
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#243H
11:30:00	New Orleans Cooking with Kevin Belton German Heritage	APTEX	(S)	(CC)	N/A	#108H
	Red cabbage, beef rouladen, potato pancakes.					
12:00:00	Ciao Italia Bigne!	NETA	(S)	(CC)	N/A	#2413H
	Mary Ann's got cream puffs on her mind, light as a cloud, crunchy and delicious, and filled with wondrous delights. And who better to make them with than master pastry chef and chocolatier Wilhelm Wanders at the Baking Education Center in Norwich, Vermont.					
12:30:00	Mike Colameco's Real Food Sicily Part 1	NETA	(S)	(CC)	N/A	#1415H
	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.					
13:00:00	Wild Photo Adventures Photographing The Night Sky	NETA	(S)	(CC)	DVI	#309H
	Host and professional wildlife photographer Doug Gardner and photographer Kevin Adams photograph the night sky to include the Milky Way and full moon.					
13:30:00	Equitrekking Vermont	APTEX	(S)	(CC)	N/A	#508
	Equitrekking host Darley Newman visits the Mountain Top Inn outside of Killington to explore the area's Green Mountains trails and learn the art of driving with two large Clydesdales. At the Vermont Icelandic Horse Farm, Darley experiences the smooth gaits of the Icelandic horse on a multi-day inn-to-inn ride through meadows, woods and old farm lands in the Mad River Valley. Next, Darley visits the University of Vermont's Morgan Horse Farm to learn about Vermont's state animal and UVM's historic breeding program, which dates back to 1878. Darley also enjoys some time out of the saddle to try some local specialties and visit Shelburne Museum and downtown Burlington.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#241H
14:30:00	Travel with Kids Beijing China & The Great Wall	NETA	(S)	(CC)	N/A	#406H
	Experience the ancient and modern center of Chinese culture in the huge city of Beijing. Wander the massive open squares and tiny back alleys of the Forbidden City. Experience Tian An Men Square, take a rickshaw bike through the back Hutong streets where traditional Chinese homes and markets still stand. Visit the Olympic stadium and see what exciting crazy place the Water Cube has been turned into for kids! Head out to the Great Wall of China at Mutianu Gate where modern methods make it easy to get up to the wall, but wait until you see how to get down; by high speed coaster! Explore the amazing wonder of the world and learn about Chinese history and culture in Travel With Kids China.					

Sun, Jan 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Assembly & Joinery Tips  The Woodsmith editors cover small box assembly on the keepsake box. Then learn to create simple joinery while building a versatile shop storage cart.	NETA	(S)	(CC)	N/A	#1002H
15:30:00	Rough Cut - Woodworking with Tommy Mac Recap, Windows and Trim  This week on Rough Cut Woodworking with Tommy Mac it's time to take a step back and look at all the progress we've made so far. From the framing to the deck to the finished roof it's been quite a journey. Tommy gets that much closer in this episode by getting the windows and front door in, making sure he gets plenty of sunlight and can accommodate any future project no matter how large.	APTEX	(S)	(CC)	N/A	#708H
16:00:00	Happy Yoga with Sarah Starr Summer Brilliance Gentle Yoga  Bask and breathe in the gorgeous sunset amongst a brilliant sunflower backdrop as we move through a gentle seated practice. Today Sarah Starr will guide you through a gentle practice using a chair for stability and balance. Enjoy stretches that link breath with movement, forward bends to free the muscles of the back, increasing circulation to internal organs, ending with a relaxing guided meditation.	NETA	(S)	(CC)	N/A	#107H
16:30:00	Second Opinion C-Sections  Patient Story: An estimated 4 million babies are born in the United States each year, and many moms have specific hopes for how their labor should go. Our patient Anna Sproul-Latimer shares the story of her high-risk pregnancy and the choices she made for the birth of her son. Myth or Medicine: Is preeclampsia cured at delivery? Second Opinion 5: Five things to know when considering your delivery options.	APTEX	(S)	(CC)	N/A	#1201H
17:00:00	Natural Health Breakthroughs with Brenda Watson Toxicity  How toxic chemicals are causing genetic changes that lead to obesity - Bruce Blumberg, PhD: Professor, Developmental & Cell Biology, UC Irvine. The total toxic load on our bodies is causing multiple chronic health problems - William Rea, MD: Founder and medical director, Environmental Health Center- Dallas. Environmental toxins, especially molds, are a huge source of misunderstood illnesses - Ritchie Shoemaker, MD: retired physician, author of Surviving Mold. Personal story - Torre Dean: how she went from being an active, healthy college student to being chronically ill, and how Dr. Rea's treatment protocols brought her back to good health.	EPS	(S)	(CC)	N/A	#105H
17:30:00	Well Read Amor Towles, A Gentleman In Moscow  From the New York Times best-selling author of Rules of Civility-a transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel. Amor Towles' A Gentleman in Moscow is brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another.	APTEX	(S)	(CC)	N/A	#607H
18:00:00	California's Gold Guadalupe  At first you can't believe it's real. It must be a movie set of a small, picturesque, agricultural town at the turn of the century. But with just a little exploration host Huell Howser discovers this is no movie set, but a fine example of "California's Gold." Located halfway between San Francisco and Los Angeles just a few miles off the 101 freeway, the little town of Guadalupe sits right in the middle of one of the richest agricultural areas in our state. Huell gets up early and visits the fields, talks with the workers and watches as they harvest celery and lettuce. While there, he also discusses the rich cultural heritage of the area as he talks with descendants of Filipino families who have been living and working in the Santa Maria Valley for generations. The adventure also includes a tour of the authentic and colorful town itself and a visit to the nearby spectacular Guadalupe Dunes. In reality this entire adventure provides an opportunity to meet some nice people, see some beautiful scenery, learn about our agricultural heritage and savor the ambiance of a very special place on our central coast -- a place full of " California's Gold."	KCET		(CC)	N/A	#904
18:30:00	Joseph Rosendo's Travelscope Hungary, Austria and Germany - Sampling The Danube's Delights  Joseph samples the delights along the banks of Europe's second-longest river when he travels from Budapest, Hungary through Austria to Nuremberg, Germany on the Danube. The river is a watery avenue that rivals Paris' Champs-Elysees in offering a never-ending array of fascinating and eye-catching treasures. Along its course a mosaic of magnificent cities, quaint villages, fields and forests unfold and each stop along the way reveals a piece of Europe's ongoing cultural tale. It's a region where so much has happened and the past continues to affect the present. Join Joseph in historic markets, world-heritage vineyards, swank cafes, elegant parks and along the medieval streets of Hungary, Austria and Germany's old towns.	APTEX	(S)	(CC)	DVI	#902H
19:00:00	Natural Heroes Nature's Orchestra  Musician and renowned nature sound scientist Bernie Krause leads a soundscape expedition to the Arctic National Wildlife Refuge. It is spring. Along with animal voices including migratory bird songs, the barking of a fox, and a grizzly's sniff, the expedition records the melting of permafrost and other evidence of climate change. Find out why Bernie's sound work is profoundly important.	KNME	(S)	(CC)	N/A	#704H

Sun, Jan 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Aaron Lington	KAMLA	(S)	(CC)	N/A	#122H
	Kamla talks to Prof. Aaron Lington and Chris Motter about jazz and jazz improvisation. They demonstrate jazz improvisation by playing Take the A Train by Duke Ellington and Billy Strayhorn; Bag's Grove by Milt Jackson and Body and Soul by Johnny Green and Edward Heyman. Dr. Lington teaches at San Jose State University and is a member of the Pacific Mambo Orchestra, an 18-piece big band from San Francisco. Motter got his Master's degree in music from San Jose State University.					
20:00:00	Assignment Asia Transformation	NETA	(S)	(CC)	N/A	#105H
	Anchor Tony Cheng brings us two stories of people trying to change their lives. First we go to an unusual Buddhist Temple in Thailand where patients are going through a grueling detoxification program: purging themselves of the impact of drug addiction. Then, reporter Ravinder Bawa takes us to the Indian city of Hyderabad where a group of volunteers struggle to provide personal services for the homeless.					
20:30:00	American Forum What Do Republicans Do Now?	NETA	(S)	(CC)	N/A	#217H
	Journalist Sam Tanenhaus on the Future of Conservatism after 2016 Presidential Election.					
21:00:00	Young Voices for the Planet	APTEX	(S)	(CC)	N/A	#101H
21:30:00	Young Voices for the Planet	APTEX	(S)	(CC)	N/A	#102H
22:00:00	National Parks: Beyond The Crowds	NETA	(S)	(CC)	N/A	#0H
	Today, national parks are more crowded than ever, attracting visitors from around the world. Each year, millions line up to visit Utah's national parks, making solitude increasingly rare. But, beyond the iconic landscapes is a collection of diverse national monuments, historic sites, and smaller parks that offer remarkable experiences. KUED highlights the hidden gems outside Utah's national parks in National Parks: Beyond the Crowds, From the near-urban setting of Timpanogos Cave National Monument to the natural amphitheater of Cedar Breaks National Monument, Beyond the Crowds provides an eye-opening introduction to remote adventure destinations. Viewers can explore secluded canyons of Lake Powell in kayaks while also hiking to ancient trees in Great Basin National Park - the newest park in the National Park Service.					
23:00:00	Roadtrip Nation Get The Ball Rolling	APTEX	(S)	(CC)	N/A	#1303H
	The road-trippers take a much-needed meditative break in Yosemite National Park before continuing on to DEF CON, a Las Vegas conference that dispels some of their misconceptions about "hackers." Then it's off to Denver, where the team lets loose at Sphero, a robotics company that puts an emphasis on fun. In Chicago, 3D printer Dima Elissa encourages the team to embrace their unique identities.					
23:30:00	This American Land	NETA	(S)	(CC)	N/A	#604H
	In southern Oregon, a little-known wilderness called Kalmiopsis is a source of clear water for downstream communities and a core for surrounding wildlands that conservationists want to protect from logging and mining. Changes in cropland management in Kansas can make a big difference for the survival of bobwhite quail and other wild species. Gunnison Country in Colorado offers stunning mountain scenery, thriving agriculture, and outdoor recreation - and residents there support more wilderness protection for public lands including wilderness and special management areas. Following lead contamination of the water supply in Flint, Michigan, scientists in North Carolina reveal another dangerous chemical making its way through water pipes to thousands of homes.					

## Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Nature's Orchestra	KNME	(S)	(CC)	N/A	#704H
	Musician and renowned nature sound scientist Bernie Krause leads a soundscape expedition to the Arctic National Wildlife Refuge. It is spring. Along with animal voices including migratory bird songs, the barking of a fox, and a grizzly's sniff, the expedition records the melting of permafrost and other evidence of climate change. Find out why Bernie's sound work is profoundly important.					
00:30:00	The Kamla Show Special Aaron Lington	KAMLA	(S)	(CC)	N/A	#122H
	Kamla talks to Prof. Aaron Lington and Chris Motter about jazz and jazz improvisation. They demonstrate jazz improvisation by playing Take the A Train by Duke Ellington and Billy Strayhorn; Bag's Grove by Milt Jackson and Body and Soul by Johnny Green and Edward Heyman. Dr. Lington teaches at San Jose State University and is a member of the Pacific Mambo Orchestra, an 18-piece big band from San Francisco. Motter got his Master's degree in music from San Jose State University.					
01:00:00	Assignment Asia Transformation	NETA	(S)	(CC)	N/A	#105H
	Anchor Tony Cheng brings us two stories of people trying to change their lives. First we go to an unusual Buddhist Temple in Thailand where patients are going through a grueling detoxification program: purging themselves of the impact of drug addiction. Then, reporter Ravinder Bawa takes us to the Indian city of Hyderabad where a group of volunteers struggle to provide personal services for the homeless.					
01:30:00	American Forum What Do Republicans Do Now?	NETA	(S)	(CC)	N/A	#217H
	Journalist Sam Tanenhaus on the Future of Conservatism after 2016 Presidential Election.					
02:00:00	Young Voices for the Planet	APTEX	(S)	(CC)	N/A	#101H
02:30:00	Young Voices for the Planet	APTEX	(S)	(CC)	N/A	#102H
03:00:00	National Parks: Beyond The Crowds	NETA	(S)	(CC)	N/A	#0H
	Today, national parks are more crowded than ever, attracting visitors from around the world. Each year, millions line up to visit Utah's national parks, making solitude increasingly rare. But, beyond the iconic landscapes is a collection of diverse national monuments, historic sites, and smaller parks that offer remarkable experiences. KUED highlights the hidden gems outside Utah's national parks in National Parks: Beyond the Crowds, From the near-urban setting of Timpanogos Cave National Monument to the natural amphitheater of Cedar Breaks National Monument, Beyond the Crowds provides an eye-opening introduction to remote adventure destinations. Viewers can explore secluded canyons of Lake Powell in kayaks while also hiking to ancient trees in Great Basin National Park - the newest park in the National Park Service.					
04:00:00	Roadtrip Nation Get The Ball Rolling	APTEX	(S)	(CC)	N/A	#1303H
	The road-trippers take a much-needed meditative break in Yosemite National Park before continuing on to DEF CON, a Las Vegas conference that dispels some of their misconceptions about "hackers." Then it's off to Denver, where the team lets loose at Sphero, a robotics company that puts an emphasis on fun. In Chicago, 3D printer Dima Elissa encourages the team to embrace their unique identities.					
04:30:00	This American Land	NETA	(S)	(CC)	N/A	#604H
	In southern Oregon, a little-known wilderness called Kalmiopsis is a source of clear water for downstream communities and a core for surrounding wildlands that conservationists want to protect from logging and mining. Changes in cropland management in Kansas can make a big difference for the survival of bobwhite quail and other wild species. Gunnison Country in Colorado offers stunning mountain scenery, thriving agriculture, and outdoor recreation - and residents there support more wilderness protection for public lands including wilderness and special management areas. Following lead contamination of the water supply in Flint, Michigan, scientists in North Carolina reveal another dangerous chemical making its way through water pipes to thousands of homes.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#123
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#103H
	PHOTOREALISM - Photorealism is the genre of painting based on using cameras and photographs to gather visual information. It was an American Art movement that began in the late 1960s when artists first attempted to create paintings that resemble photographs. IMPRESSIONISM - Impressionism is a style of painting that originated in Paris in the mid-1800s. The paintings are mostly outdoors and portray natural subjects like trees, fields, and oceans. The style was called impressionism because the artists used many short brush strokes, applying paint thickly, to create the idea, or impression, of a subject.					
08:30:00	1001 Nights Abu Sabir/Bigger, Badder, Badr	NETA	(S)	(CC)	DVI	#108H
	"Abu Sabir" - When everyone in town goes running off to find treasure the ever patient Abu Sabir refuses to participate. "Bigger, Badder, Badr" - A lone man stands up to an evil tyrant and incurs his wrath.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Back Strength and Stretch	ACCES	(S)	(CC)	N/A	#305H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: for the Back	APTEX	(S)	(CC)	DVI	#910H
10:00:00	Sit and Be Fit Static Balance Weights are incorporated into the standing exercises to challenge static balance.	NETA	(S)	(CC)	N/A	#1302H
10:30:00	Sewing with Nancy Cuddle Buddies Hats and Scarves Learn to create hat and scarf sets that have adorable animal features. Nancy Zieman and her guest, Donna Fenske, share techniques to create hats and scarves with adorable animal features. Nancy shows how to applique as you add dimensional elements like faces, ears, paws, feathers and more.	NETA	(S)	(CC)	N/A	#2926H
11:00:00	Knitting Daily Foot Forward Put your best foot forward as Cathy Carron walks us through stockings past and present and demonstrates a World War I-inspired sock. Next, let's cross the pond and chat with British sock designer Rachel Coopey. Author Katie Startzman shows how to make a sweet felted slipper. On Tools of the Trade, Tanis helps you put your best foot forward when it comes to sock knitting. On Loose Ends, Vickie adds sole to your slippers with an easy crochet method.	NETA	(S)	(CC)	N/A	#1311H
11:30:00	Fons & Porter's Love of Quilting Garden House Pillow We're all about taking the apprehension out of applique. Small projects that give us opportunities to try a variety of skills is the place to start. Patrick joined by Jan Patek will give you expert techniques and tips for making graceful curves, stems and leaves like a pro.	NETA	(S)	(CC)	N/A	#2709H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6131H
13:00:00	America's Test Kitchen from Cook's Illustrated Country Ribs and Corn Muffins Test cook Bryan Roof uncovers the secrets to making the ultimate sweet and tangy grilled country-style pork ribs. Then, equipment expert Adam Ried reviews laundry stain removers in the Equipment Corner. Next, host Christopher Kimball answers cooking questions in Letters to the Editor. Finally, test cook Dan Souza shows Chris how to make the best savory corn muffins at home.	APTEX	(S)	(CC)	N/A	#1622H
13:30:00	Pati's Mexican Table School Lunch with a Mexican Twist The same foods that parents pack into a hearty school lunch in Mexico are perfect for school lunchtime in America. These dishes are so tasty and filling, even grownups will want to take them to work! Street-Style Cut-Up Fruits and Vegetables; Ham and Cheese Torta Sandwiches; Juju's Birthday Cake (with a Brownie Twist).	APTEX	(S)	(CC)	DVI	#202H
14:00:00	Kevin Dundon's Back to Basics Eggs The importance of eggs in everyday cooking; a visit to The Friendly Farmer chicken farm to see how they are taking organic egg production to a new level; the unique fruits produced in Wexford. Recipes include: Hollandaise Sauce; Eggs Benedict; Two Cheese Omelet; Goat Cheese and Basil Scrambled Eggs; Meringues; and Raspberry Souffle.	APTEX	(S)	(CC)	N/A	#101H
14:30:00	Steven Raichlen's Project Smoke Ribs Rock The Smoker Ribs rank among our favorite foods for smoking and are one of the primal pleasures of barbecue. Few ribs are more primal-or satisfying-than our first dish: Brontosaurus-size, grass-fed, barbecued beef plate ribs. Next up: spare ribs from heritage breed Berkshire hogs, slathered with Jamaican jerk seasoning and smoked over exotic pimento wood. Our third rack comes from Colorado: Spice-Smoked Lamb Ribs with Cherry Cola Barbecue Sauce. And to round out the meal: a delectably different coleslaw-apple sweetened and hickory-smoked, and smoky bacon-cheddar cheese cornbread. From offset smokers and upright barrel smokers to electric smokers and handheld smoking devices, we'll show you the tools and fuels you need to get the job done. Recipes: Big Bad Beef Ribs; Jamaican Jerk Spare Ribs; Spice-Smoked Lamb Ribs with Cherry Cola Barbecue Sauce; Smoked Slaw; Smoked Cheese-Bacon Cornbread.	APTEX	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Enameling and Metal Stamping Using bench jewelry techniques, Kieu Pham Gray demonstrates new ways to stamp, layer and enamel metal components as she creates a small book with several pages. She shows how to torch fire enamel onto copper stamping. Katie shares beaded wedding accessory ideas.	NETA	(S)	(CC)	N/A	#2111H
15:30:00	Katie Brown Workshop Best of Gifts In these "best-of" segments taken from previous seasons, host Katie Brown demonstrates her favorite homemade gifts to give and receive. In the Kitchen: designer breadsticks, matzo ball soup, Katie's truffles. Projects: putting together a welcome basket for a neighbor and personalizing planters with photos.	APTEX	(S)	(CC)	N/A	#605H
16:00:00	Biz Kid\$ It's A Job to Get A Job! It's a job getting a job and Biz Kid\$ is here to help. Learn tips and tricks for writing a great resume, dressing for success, and nailing the interview. Get the inside scoop on what employers look for from a young entrepreneur who manages 200 employees.	APTEX	(S)	(CC)	DVI	#509H
16:30:00	Hands On Crafts for Kids Fins, Feathers and Fur 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.	NETA	(S)	(CC)	DVI	#1801H
17:00:00	P. Allen Smith's Garden Home It's Tulip Time P. Allen Smith gets down and Dutch at the annual Tulip Time Festival in scenic Holland, Michigan.	APTEX	(S)	(CC)	N/A	#1506H
17:30:00	Growing A Greener World The Waterwise Home & Garden (Los Angeles, Ca) 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.	APTEX	(S)	(CC)	N/A	#721H
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Asian American Life In an this episode of Asian American Life - Ernabel Demillo visits the Rubin Museum of Art, which houses the largest Himalayan and Indian art exhibit worldwide. Featured reports include: "Reviving Nepal Bhasa" - Minnie Roh reports on how the Nepalese in the U.S. are trying to save their culture and language; Reporter Paul Lin interviews Asian American Judges Denny Chin and Kathryn S. Paek. New York's Mayor Bill de Blasio appointed 28 new judges to family, civil and criminal courts - making it one of the most diverse courts nationwide; Facial Acupuncture - Kyung Yoon reports on this popular treatment and gets some medical advise on how to proceed with alternative beauty treatment; Latin Asians - Correspondent Tinabeth Pina looks at Latin Asians communities right here in NYC, and traces the history of how this population immigrated to America.	EPS	(S)	(CC)	N/A	#104H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7212
19:30:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
20:00:00	Music City Roots Live from the Factory New Americana star Parker Millsap brings bracing songs from Oklahoma. The Secret Sisters sing intimate classic country. And Southern rockers Blackberry Smoke strip down for a finely crafted acoustic set.	APTEX	(S)	(CC)	N/A	#412H
21:00:00	Live from the Dennison Lodge Eliza Gilkyson In a home coming of sorts, accomplished artist Eliza Gilkyson entertains a packed house at the Dennison; many of whom remember her days as a child during summers spent on the CM ranch outside Dubois, Wyoming with her dad, legendary singer songwriter Terry Gilkyson.	NETA	(S)	(CC)	N/A	#104H

Mon, Jan 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Breaking Through The Clouds: The First Women's National Air Derby	NETA	(S)	(CC)	N/A	#0H
	In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby. There was the media darling, the Hollywood starlet, the aviatrix record breakers and the unforgettable foul-mouthed wife of a preacher. Together these women were flying in the face of anyone who believed women belonged on the ground. Breaking Through The Clouds is the documentary that tells their story.					
23:30:00	Triptych: 3 Women Making Art	NETA	(S)	(CC)	N/A	#0H
	TRIPTYCH seeks to break the mold, to present older women as vital, creative personalities who continue to be productive into their 70's. Lana Wilson is a mother and grandmother who has used her seemingly boundless energy to become a well known ceramic artist. Jeanne DuPrau, author of The City of Ember, is a New York Times best selling children's writer. Nan Golub, a painter living in New York City, studied with Richard Diebenkorn and Deborah Remington and has been compared to Rufino Tomayo.					

Tue, Jan 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7212
00:30:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
01:00:00	Music City Roots Live from the Factory New Americana star Parker Millsap brings bracing songs from Oklahoma. The Secret Sisters sing intimate classic country. And Southern rockers Blackberry Smoke strip down for a finely crafted acoustic set.	APTEX	(S)	(CC)	N/A	#412H
02:00:00	Live from the Dennison Lodge Eliza Gilkyson In a home coming of sorts, accomplished artist Eliza Gilkyson entertains a packed house at the Dennison; many of whom remember her days as a child during summers spent on the CM ranch outside Dubois, Wyoming with her dad, legendary singer songwriter Terry Gilkyson.	NETA	(S)	(CC)	N/A	#104H
03:00:00	Breaking Through The Clouds: The First Women's National Air Derby In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby. There was the media darling, the Hollywood starlet, the aviatrix record breakers and the unforgettable foul-mouthed wife of a preacher. Together these women were flying in the face of anyone who believed women belonged on the ground. Breaking Through The Clouds is the documentary that tells their story.	NETA	(S)	(CC)	N/A	#0H
04:30:00	Triptych: 3 Women Making Art TRIPTYCH seeks to break the mold, to present older women as vital, creative personalities who continue to be productive into their 70's. Lana Wilson is a mother and grandmother who has used her seemingly boundless energy to become a well known ceramic artist. Jeanne DuPrau, author of The City of Ember, is a New York Times best selling children's writer. Nan Golub, a painter living in New York City, studied with Richard Diebenkorn and Deborah Remington and has been compared to Rufino Tomayo.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#124
08:00:00	Roey's Paintbox CUBISM - Cubism is an early 20th century avant-garde movement. In Cubist artwork, objects are analyzed, broken up and reassembled in an abstracted form - instead of depicting objects from one viewpoint, the artist depicts the subject from a multitude of viewpoints to represent the subject in a greater context. EXPRESSIONISM - Abstract expressionism is a post-World War II movement developed in New York City in the 1940s. The work's emphasis is on spontaneous, automatic or subconscious creation and the technique reflects a sea on colors and textures created with inventive brush strokes and drips.	APTEX	(S)	(CC)	N/A	#104H
08:30:00	1001 Nights The Boy Who Cried Science/Prince Ahmad "The Boy Who Cried Science" - A young boy is forced to deal with ignorance and fear when superstition takes over his town. "Prince Ahmad" - A young prince is commanded to lead his country into battle and learns what it takes to be a great king.	NETA	(S)	(CC)	DVI	#109H
09:00:00	Functional Fitness with Suzanne Andrews Help Me Sleep: Yoga for Insomnia	ACCES	(S)	(CC)	N/A	#306H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize Your Waist	APTEX	(S)	(CC)	DVI	#911H
10:00:00	Sit and Be Fit Pelvic & Ribcage Mobility Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.	NETA	(S)	(CC)	N/A	#1303H
10:30:00	Sewing with Nancy Best Sweatshirt Makeovers, Part 1 Transform a wardrobe staple-the sweatshirt-into a unique garment that expresses your own personal style. Mary Mulari joins Nancy to inspire you with some of their new projects and a few favorites from the past 30 years. Learn how to restyle a pullover to a cardigan, apply simple appliques, and add plackets and zippers.	NETA	(S)	(CC)	N/A	#3001H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily In Living Color!	NETA	(S)	(CC)	N/A	#1312H
	Today we're living in color! First, designer Annie Modesitt talks color theory and creates a vibrant slip-stitch cowl. Then we enter the colorful world of wearable artist Nicholas James White in our Space to Space segment. Next Laura Bryant demonstrates painting with yarn to create spectacular effects with hand-painted fibers. On Tools of the Trade, Tanis presents tools and yarns that brighten up to your knitting life. Finally, Vickie rambles about the bramble stitch on Loose Ends.					
11:30:00	Fons & Porter's Love of Quilting Goose Crossing	NETA	(S)	(CC)	N/A	#2710H
	Graphic and dynamic the Goose Crossing quilt keeps your eyes moving. Mary and Barb Eikmeier will break apart the design and reveal the diagonal setting of this classic pattern.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6132H
13:00:00	Hubert Keller: Secrets of a Chef Seafood Extravaganza	NETA	(S)	(CC)	N/A	#502H
	Chef Keller demystifies the secrets of cooking octopus to get tender, delicious results. Then it's healthy all around with poached salt cod and an egg-free mayonnaise made with oysters. Grilled Octopus in Oregano Vinaigrette with Orecchiette Pasta and Nudja, Poached Salt Cod with Oyster Mayonnaise and Roasted Cauliflower & Instant Raspberry Sorbet.					
13:30:00	Sara's Weeknight Meals Sustainable Surf	APTEX	(S)	(CC)	N/A	#501H
	Sara is passionate about seafood, but also about eating it responsibly, without depleting the vast culinary gift the ocean offers. That's also the mission of our guest, Top Chef winner Hung Huynh. Huynh brings a favorite seafood dish with a nod to his native Vietnam - grilled shrimp and lettuce wraps, and then to pull out the stops it's his roasted branzino - a culinary experience for fish lovers!					
14:00:00	Taste of History Boston's Famous Parker House	NETA	(S)	(CC)	N/A	#705H
	Situated on Boston's Freedom Trail, the historic Parker House has a rich history in both cuisine and politics. Chef Walter Staib is your tour guide from Haymarket Square to the kitchen of the Parker House. He features: Boston Scrod, the famous Parker House Rolls, and of course, Boston Cream Pie.					
14:30:00	George Hirsch Lifestyle Old World Traditions	APTEX	(S)	(CC)	N/A	#112H
	At his home kitchen, George whips up his sausage campagnola, herb flatbread pizza, and finishes off the meal with his chocolate torta. He visits the local Italian market to see made-from-scratch sausage preparation and fresh mozzarella being made. Recipes: - Flatbread Pizza - Fresh Mozzarella Sausage Campagnola - Chocolate Torta.					
15:00:00	Beads, Baubles and Jewels Beadwork	NETA	(S)	(CC)	N/A	#2112H
	Cindy Holsclaw takes traditional beadwork in a whole new direction using half-Tila beads to make a bezel setting for a crystal Rivoli. She creates beautiful earrings, a bracelet and more with a circular peyote beadweaving stitch using two-hole beads. In Katie's Beading Lesson, learn to make a wire-wrapped leather cuff.					
15:30:00	Katie Brown Workshop Best of Summer	APTEX	(S)	(CC)	N/A	#606H
	Host Katie Brown's summer-inspired recipes and outdoor-entertaining projects make the most of the season. In the Kitchen: cucumber salad, poached salmon with dill and berry cake. Projects: fashioning etched glass globe candleholders and sand and a beach-glass vase with orchid.					
16:00:00	Biz Kid\$ Fundraising Can Be Fun	APTEX	(S)	(CC)	DVI	#510H
	Have a worthy cause? Then host a worthy fundraiser. This episode shows how to organize volunteers, choose the right venue, get the word out, and keep expenses low. Learn the right way to do the right thing.					
16:30:00	Hands On Crafts for Kids Dress Up	NETA	(S)	(CC)	DVI	#1802H
	It's fun to dress up and decorate. Jenny Barnett-Rohrs and Katie Hacker team up to make a really cool cape. Candie Cooper recreates a design from a famous modern artwork. Then, we'll dance away in a new tutu skirt and make a patriotic decoration from blogger Angie Holden.					

Tue, Jan 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Super-Duper P. Allen Smith highlights great performers in the garden and home that go above and beyond the call of duty.	APTEX	(S)	(CC)	N/A	#1507H
17:30:00	Growing A Greener World Epic Tomatoes (Raleigh, Nc and Atlanta, Ga) Perhaps the most popular plant for any vegetable gardener is the tomato. It's the first food most beginners attempt to grow. It's the one that many experienced veterans still try to perfect each season. It is the iconic crop of the summer garden. Yet it's also one of the hardest to nurture all the way through to harvest without fighting pests and diseases en route to that bountiful harvest we all dream of. In this episode, the team will shadow three expert tomato growers, Craig LeHoullier, Brie Arthur, and Joe Lamp'l. They'll follow along from planting to harvest to get practical tips from the pros and learn unique and innovative growing methods for dealing with a variety of challenging conditions.	APTEX	(S)	(CC)	N/A	#722H
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	American Forum Was 2016 A Rerun of 1968? Historian TIM NAFTAI on parallels between two troubled eras, and lessons from the Richard Nixon presidency.	NETA	(S)	(CC)	N/A	#216H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7213
19:30:00	Americas Now Mexico - Single Mothers Mexico - Single Mothers (Gerry Hadden) - In Mexico, women continue to struggle against a macho culture that leaves them not only unequal... but often victims of violence. In recent decades...the northern city of Ciudad Juarez has captured worldwide attention for the disappearances of thousands of women. But victims and activists say... the problem is everywhere. 66 percent of Mexican women 15 years of age and older, have been the victim of abuse. That's according to a 20-13 study by the National Commission for Prevention and Eradication of Violence Against Women. Not even the vacation paradise of the Yucatan peninsula has been immune. Colombia Cinema in the Barrios - (Toby Muse) - Tourism continues to grow...in the colonial, historic port city of Cartagena. It is known for its walled city center and fortresses...which UNESCO named a world heritage site more than 30 years ago. But Colombia's 5th largest city is also wracked by divisions; economic, social and racial. A program hopes to bring cultural events enjoyed by the wealthy... to the city's poorest slums. They're setting up cinema screenings in Cartagena's deprived neighborhoods.	NETA	(S)	(CC)	N/A	#108H
20:00:00	Sun Studio Sessions Billy Woodward Maryland born, Billy Woodward earned acclaim for his stellar performances in the Tony Award Winning "Million Dollar Quartet" as a member of the touring cast. Woodward's reverence for rock and roll's early days is evident in his songwriting and stage show. In this episode, Woodward performs several songs, including tracks from his latest record "The Beast in Me."	NETA	(S)	(CC)	N/A	#607H
20:30:00	Jammin at Hippie Jack's Willie Sugarcapps 2 Willie Sugarcapps once again work their blend of musical magic to conjure a celestial celebration of authentic, heartfelt and soulful songs. Its comforting to know that music in the hands of these five artists still happens for no other reason than purely for the sake of the music itself.	NETA	(S)	(CC)	N/A	#1014H
21:00:00	The Kate Rickie Lee Jones Two-time Grammy-winner Rickie Lee Jones exploded onto the pop scene in 1978 and has made a career of fearlessly experimenting with her sound and persona over 15 critically acclaimed albums. Her latest release, The Other Side of Desire, explores a new chapter in her life--her first album of new original material in ten years. In The Kate, Rickie Lee's performance provides a window into the meteoric rise and fade of the early days and the soul-stirring place her song writing emanates from now. Charming the audience with fan favorites like "Chuck E's In Love" and the playful new tune penned for her daughter, "Jimmy Choos," to the haunting piano-driven ballad "Infinity," Rickie Lee Jones shares with audiences her signature bravado.	APTEX	(S)	(CC)	N/A	#102H
22:00:00	Animal R & R In this episode, the wildlife rehabbers at The Fund for Animals Wildlife Center in Ramona take in a pair of sibling coyote pups who narrowly escaped the Poinsettia Fire in Carlsbad, Calif. The pups, a brother and sister, suffered life-threatening burns to their paws as they fled their canyon home. Will they ever return to the wild? Also in this episode, a red-shouldered hawk recovers at Project Wildlife from a mysterious paralysis. The cause of her symptoms elude the rehabbers at first, until they make a startling discovery. A naturalist at introduces us to San Diego's local shorebirds.	NETA	(S)	(CC)	N/A	#201H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Anders Zorn in the Gilded Age	NETA	(S)	(CC)	N/A	#0H
In the gilded age of the 1890s, Sweden's premier painter Anders Zorn (1860-1920) became internationally renowned for his depictions of European royalty, American captains of industry, and his plein air paintings of everyday Swedish life.						

Wed, Jan 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7213
00:30:00	Americas Now Mexico - Single Mothers	NETA	(S)	(CC)	N/A	#108H
	<p>Mexico - Single Mothers (Gerry Hadden) - In Mexico, women continue to struggle against a macho culture that leaves them not only unequal... but often victims of violence. In recent decades...the northern city of Ciudad Juarez has captured worldwide attention for the disappearances of thousands of women. But victims and activists say... the problem is everywhere. 66 percent of Mexican women 15 years of age and older, have been the victim of abuse. That's according to a 20-13 study by the National Commission for Prevention and Eradication of Violence Against Women. Not even the vacation paradise of the Yucatan peninsula has been immune. Colombia Cinema in the Barrios - (Toby Muse) - Tourism continues to grow...in the colonial, historic port city of Cartagena. It is known for its walled city center and fortresses...which UNESCO named a world heritage site more than 30 years ago. But Colombia's 5th largest city is also wracked by divisions; economic, social and racial. A program hopes to bring cultural events enjoyed by the wealthy... to the city's poorest slums. They're setting up cinema screenings in Cartagena's deprived neighborhoods.</p>					
01:00:00	Sun Studio Sessions Billy Woodward	NETA	(S)	(CC)	N/A	#607H
	<p>Maryland born, Billy Woodward earned acclaim for his stellar performances in the Tony Award Winning "Million Dollar Quartet" as a member of the touring cast. Woodward's reverence for rock and roll's early days is evident in his songwriting and stage show. In this episode, Woodward performs several songs, including tracks from his latest record "The Beast in Me."</p>					
01:30:00	Jammin at Hippy Jack's Willie Sugarcapps 2	NETA	(S)	(CC)	N/A	#1014H
	<p>Willie Sugarcapps once again work their blend of musical magic to conjure a celestial celebration of authentic, heartfelt and soulful songs. Its comforting to know that music in the hands of these five artists still happens for no other reason than purely for the sake of the music itself.</p>					
02:00:00	The Kate Rickie Lee Jones	APTEX	(S)	(CC)	N/A	#102H
	<p>Two-time Grammy-winner Rickie Lee Jones exploded onto the pop scene in 1978 and has made a career of fearlessly experimenting with her sound and persona over 15 critically acclaimed albums. Her latest release, The Other Side of Desire, explores a new chapter in her life--her first album of new original material in ten years. In The Kate, Rickie Lee's performance provides a window into the meteoric rise and fade of the early days and the soul-stirring place her song writing emanates from now. Charming the audience with fan favorites like "Chuck E's In Love" and the playful new tune penned for her daughter, "Jimmy Choos," to the haunting piano-driven ballad "Infinity," Rickie Lee Jones shares with audiences her signature bravado.</p>					
03:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#201H
	<p>In this episode, the wildlife rehabbers at The Fund for Animals Wildlife Center in Ramona take in a pair of sibling coyote pups who narrowly escaped the Poinsettia Fire in Carlsbad, Calif. The pups, a brother and sister, suffered life-threatening burns to their paws as they fled their canyon home. Will they ever return to the wild? Also in this episode, a red-shouldered hawk recovers at Project Wildlife from a mysterious paralysis. The cause of her symptoms elude the rehabbers at first, until they make a startling discovery. A naturalist at introduces us to San Diego's local shorebirds.</p>					
04:00:00	Anders Zorn in the Gilded Age	NETA	(S)	(CC)	N/A	#0H
	<p>In the gilded age of the 1890s, Sweden's premier painter Anders Zorn (1860-1920) became internationally renowned for his depictions of European royalty, American captains of industry, and his plein air paintings of everyday Swedish life.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#125
08:00:00	Ruby's Studio The Feelings Show	APTEX	(S)	(CC)	N/A	#101H
	<p>"Ruby's Studio: The Feelings Show" helps young children understand, appropriately express, and move through their big feelings. Featuring curriculum guided by child development expert Betsy Brown Braun.</p>					
08:30:00	1001 Nights It's A Steal/Which Way Is Up?	NETA	(S)	(CC)	DVI	#110H
	<p>"It's a Steal" - A suspicious looking man is accused of stealing from his neighbors. The townspeople learn that things are not always what they seem. "Which Way Is Up?" - A family goes in search of a better life but they descend into bickering and hatred when they can't agree on the right path to take. In the end, they learn there is more than one way up the mountain.</p>					
09:00:00	Functional Fitness with Suzanne Andrews 30 Day Bladder Fix Pelvic Floor Strengthening	ACCES	(S)	(CC)	N/A	#307H

Wed, Jan 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Arm Slenderizing (All Standing)	APTEX	(S)	(CC)	DVI	#912H
10:00:00	Sit and Be Fit Strong Back Strong Core Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles and their role in maintaining back health.	NETA	(S)	(CC)	N/A	#1304H
10:30:00	Sewing with Nancy Best Sweatshirt Makeovers, Part 2 Join the restyling trend as Nancy and her guest, Mary Mulari, revisit some of their favorite designs and share creative ways to makeover sweatshirts with stunning results. With creative cutting and stitching, you'll twist, turn, and topstitch a sweatshirt into your own personal style statement.	NETA	(S)	(CC)	N/A	#3002H
11:00:00	Knitting Daily Crochet Day! First, Robyn Chachula demonstrates adding color and texture in a plaid-inspired scarf. Then, meet fashionistas the Double Stitch Twins, Monika and Erika Simmons, who make crochet cool. On Tools of the Trade, get hooked on crochet with these fun hook and yarn ideas from Tanis. Finally, Gayle Bunn demonstrates a simple crocheted baby hat and shows an easy, on-trend embellishment.	NETA	(S)	(CC)	N/A	#1313H
11:30:00	Fons & Porter's Love of Quilting Lines By Design The quilt featured in this episode is named Clerestory, which refers to bringing light into a space. Patrick Lose and Debbie Grifka will discuss the use of negative space, applique and the selection of appropriate applique stitching to secure the roof pieces.	NETA	(S)	(CC)	N/A	#2711H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6133H
13:00:00	Lidia's Kitchen Braising Smaller Cuts Today it's all about the braise. To start, Lidia makes a unique salad of radicchio and oranges, a perfect blend of bitter and sweet. She then makes a heartwarming braised chicken thigh dish with potatoes and olives, a family favorite. For another braise, she demonstrates a simple technique with cauliflower that brings out the nutty flavor of this underused vegetable.	APTEX	(S)	(CC)	N/A	#308H
13:30:00	Taste The Islands with Chef Irie The Latin Lover Chef Irie brings out his inner Latin lover, preparing citrus infused Snapper Ceviche and Mussels Chorizo with Mango Coconut Sauce, finished with Guava Cream Cheese Phyllo tartlets.	APTEX	(S)	(CC)	N/A	#101H
14:00:00	Simply Ming Susan Regis Today on Simply Ming, James-beard nominated chef Susan Regis joins Ming in his loft kitchen. Ming and Susan focus on fresh-picked veggies - Susan starts out by creating a rye berry salad with wine cap mushrooms, wild greens and herbed creme fraiche. Meanwhile, Ming couples a delicious coriander-crusting salmon with asparagus sauce, quinoa and an asparagus salad.	APTEX	(S)	(CC)	N/A	#1416H
14:30:00	Cook's Country Latin Heat Test cook Julia Collin Davison shows host Christopher Kimball how to make a regional recipe, puffy tacos, at home. Then, tasting expert Jack Bishop challenges Chris to a tasting of tortilla chips. And finally, test cook Erin McMurrer reveals the secrets to perfect chicken chilaquiles.	APTEX	(S)	(CC)	N/A	#908H
15:00:00	Beads, Baubles and Jewels Meaningful Gifts and Talismans Artist Catherine Bickford presents ideas for meaningful gifts, including the symbolism of color and design motifs. Catherine discusses the meaning and symbolism behind various design motifs and materials. She shows how to combine themes, materials, techniques and motifs to create a talisman necklace that has significance and well-wishes for the recipient. Fair trade beaded bangles are featured on Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2113H
15:30:00	Katie Brown Workshop Refreshing Remodeling 101 The first episode in the three-part home makeover features a walk-through of Katie's Amagansett, NY home with experts. Before-and-after photos document the progress.	APTEX	(S)	(CC)	N/A	#607H

Wed, Jan 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ What to Do with a Windfall Congratulations - you have a windfall! Now what? Take a look at some investment alternatives and how to evaluate them based on time, risk, and rate of return. Meet several young entrepreneurs who were faced with a financial opportunity and see where they decided to invest their money.	APTEX	(S)	(CC)	DVI	#511H
16:30:00	Hands On Crafts for Kids Superheroes Who's your favorite superhero? Katie Hacker creates a utility belt to boost your super powers. Jenny Barnett-Rohrs makes a hero emblem for your room. Franz Spohn shows how to draw yourself into a comic book hero and Katie makes Kryptonite soap.	NETA	(S)	(CC)	DVI	#1803H
17:00:00	P. Allen Smith's Garden Home The Best of Garden Home: Cooking Join P. Allen Smith for a trip down memory lane as he revisits his favorite cooking segments from seasons past.	APTEX	(S)	(CC)	N/A	#1508H
17:30:00	Growing A Greener World In Susan's Garden: A Backyard Habitat In Harmony with Nature (Spokane, Wa) One thing all gardeners have in common is the desire to see other people's beautiful gardens. In fact, while many of viewers enjoy painstakingly-maintained public gardens, nearly all prefer the ideas and inspiration they receive from an up-close look at more down-to-earth personal gardens. Today, Joe responds to many viewers' request for more visits to personal gardens with an episode that will not disappoint. Susan Mulvihill, an avid gardener, birder, and nature lover in Spokane, has created an inviting habitat for the creatures great and small that she welcomes to her garden. Joe will learn some of Susan's best tips for creating a beautiful backyard habitat in harmony with nature.	APTEX	(S)	(CC)	N/A	#723H
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#423H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7214
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#353
20:00:00	Malcolm Frager: American Pianist Malcolm Frager, as a pianist, won the 1959 Leventritt Award and the 1960 Queen Elisabeth of Belgium competitions. Frager performed internationally for 30 years, highlighted by his celebrated duo-piano partnership with Soviet pianist Vladimir Ashkenazy. He earned the Golden Mozart Pin from the Salzurg's Mozarteum for recovering nearly 1,000 manuscripts of Mozart, Beethoven, Haydn, Bach, and many others, hidden since World War II. Malcolm touched young and old alike with his devotion to preserving the classical music of the ages. Malcolm was much admired as a pianist for the honesty and imagination of his playing, and for his warmth, wit, and generosity. Executive Producer Dr. Robert J. Chabora had a passion about the life and music of Malcolm Frager. A respected writer and biographer, Dr. Chabora's book, Search and Celebration: The Life and Art of Malcolm Frager is currently being completed posthumously in conjunction with the documentary, Malcolm Frager: American Pianist.	NETA	(S)	(CC)	N/A	#0H
20:30:00	Songs at the Center Artists: J. Scott Franklin, Eric Gnezda (with Arkadiy Gips), Mary Bragg, and Tracy Walker. Artist Bio: J. Scott Franklin of Cleveland has been said to "lasso moments in time." His first love is poetry, and his songs are woven together by unique and beautifully crafted phrases. He is the 2013 winner of the Frank Brown International Songwriter Festival Contest, and has touched audiences throughout the US and Europe. Born in Virginia, he moved to Ohio and attended Bowling Green State University on a trumpet scholarship. Scott dazzles crowds with his energy and love for the audience. He sings "Clint Eastwood." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. He is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at Nashville's iconic venue for songwriters, The Bluebird Cafe. He performs "Daddy's Wheels" with violinist Arkadiy Gips, who toured two years with Madonna. Artist Bio: Mary Bragg is a rural Georgia girl who spent a decade in New York City, following the advice of a Music Row executive who told her, "Go out there and live a little - come back to me in 10 years." And so, she lived. New York was her muse, her trouble, her chaperone. Eventually, Nashville's magnetism brought her back to Music City - with many a story to tell. Her music is a seamless hybrid of her southern Americana roots and downtown Manhattan. She performs "Edge of This Town." Artist Bio: Tracy Walker merges a ringing alto voice with estimable guitar skills to create a blazing honesty in her songs. A resident of Cincinnati, Tracy has been the recipient of two CAMMY Awards (Cincinnati Enquirer), 2 CEA Awards (Cincinnati CityBeat Newspaper), and the prestigious Taft Museum of Art Duncanson Artist in Residency Honor. She clearly possesses a knack for perceiving patterns in nature that others seem to overlook, which extends to her musical pursuits. She performs "Who We Are."	APTEX	(S)	(CC)	N/A	#201H
21:00:00	Live at 9:30 Performances by Of Monsters & Men, Josh Ritter, Blind Pilot, The Lone Bellow and St. Paul & The Broken Bones.	NACC	(S)	(CC)	N/A	#112H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Wed, Jan 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Penelope	NETA	(S)	(CC)	N/A	#0H
	<p>What happens when a nursing home decides to throw out the bingo boards and take on the Odyssey instead? Penelope: The Documentary tells the story of how residents, some with severe dementia or wheel-chair bound, collaborate with playwright Anne Basting and Sojourn Theater to create "Finding Penelope", a play reinterpreting Homer's Odyssey to tell it from Penelope's point of view. As we learned, some heroes stay at home! The film is a beautiful exploration of how the residents, actors and students collaborated, from reading the Odyssey together to learning Greek and eventually putting on a professional play featuring scenes all over the nursing home and an audience of over 400 moving through the space. Whether you want to be entertained, you work with older adults, you're an artist or you are looking for your own adventure - you'll love Penelope.</p>					
23:00:00	Wisdom of the Grandmothers	ACCES	(S)	(CC)	N/A	#0H
	<p>The Wisdom of the Grandmothers is a powerful testimony to the importance of the voices of elder women in today's world. Love, community, creativity, family, faith and spirituality, respect and caring for our Mother Earth are just of a few of the important topics shared.</p>					

Thu, Jan 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7214
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#353
01:00:00	Malcolm Frager: American Pianist	NETA	(S)	(CC)	N/A	#0H
<p>Malcolm Frager, as a pianist, won the 1959 Leventritt Award and the 1960 Queen Elisabeth of Belgium competitions. Frager performed internationally for 30 years, highlighted by his celebrated duo-piano partnership with Soviet pianist Vladimir Ashkenazy. He earned the Golden Mozart Pin from the Salzurg's Mozarteum for recovering nearly 1,000 manuscripts of Mozart, Beethoven, Haydn, Bach, and many others, hidden since World War II. Malcolm touched young and old alike with his devotion to preserving the classical music of the ages. Malcolm was much admired as a pianist for the honesty and imagination of his playing, and for his warmth, wit, and generosity. Executive Producer Dr. Robert J. Chabora had a passion about the life and music of Malcolm Frager. A respected writer and biographer, Dr. Chabora's book, Search and Celebration: The Life and Art of Malcolm Frager is currently being completed posthumously in conjunction with the documentary, Malcolm Frager: American Pianist.</p>						
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#201H
<p>Artists: J. Scott Franklin, Eric Gnezda (with Arkadiy Gips), Mary Bragg, and Tracy Walker. Artist Bio: J. Scott Franklin of Cleveland has been said to "lasso moments in time." His first love is poetry, and his songs are woven together by unique and beautifully crafted phrases. He is the 2013 winner of the Frank Brown International Songwriter Festival Contest, and has touched audiences throughout the US and Europe. Born in Virginia, he moved to Ohio and attended Bowling Green State University on a trumpet scholarship. Scott dazzles crowds with his energy and love for the audience. He sings "Clint Eastwood." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. He is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at Nashville's iconic venue for songwriters, The Bluebird Cafe. He performs "Daddy's Wheels" with violinist Arkadiy Gips, who toured two years with Madonna. Artist Bio: Mary Bragg is a rural Georgia girl who spent a decade in New York City, following the advice of a Music Row executive who told her, "Go out there and live a little - come back to me in 10 years." And so, she lived. New York was her muse, her trouble, her chaperone. Eventually, Nashville's magnetism brought her back to Music City - with many a story to tell. Her music is a seamless hybrid of her southern Americana roots and downtown Manhattan. She performs "Edge of This Town." Artist Bio: Tracy Walker merges a ringing alto voice with estimable guitar skills to create a blazing honesty in her songs. A resident of Cincinnati, Tracy has been the recipient of two CAMMY Awards (Cincinnati Enquirer), 2 CEA Awards (Cincinnati CityBeat Newspaper), and the prestigious Taft Museum of Art Duncanson Artist in Residency Honor. She clearly possesses a knack for perceiving patterns in nature that others seem to overlook, which extends to her musical pursuits. She performs "Who We Are."</p>						
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#112H
<p>Performances by Of Monsters &amp; Men, Josh Ritter, Blind Pilot, The Lone Bellow and St. Paul &amp; The Broken Bones.</p>						
03:00:00	Penelope	NETA	(S)	(CC)	N/A	#0H
<p>What happens when a nursing home decides to throw out the bingo boards and take on the Odyssey instead? Penelope: The Documentary tells the story of how residents, some with severe dementia or wheel-chair bound, collaborate with playwright Anne Basting and Sojourn Theater to create "Finding Penelope", a play reinterpreting Homer's Odyssey to tell it from Penelope's point of view. As we learned, some heroes stay at home! The film is a beautiful exploration of how the residents, actors and students collaborated, from reading the Odyssey together to learning Greek and eventually putting on a professional play featuring scenes all over the nursing home and an audience of over 400 moving through the space. Whether you want to be entertained, you work with older adults, you're an artist or you are looking for your own adventure - you'll love Penelope.</p>						
04:00:00	Wisdom of the Grandmothers	ACCES	(S)	(CC)	N/A	#0H
<p>The Wisdom of the Grandmothers is a powerful testimony to the importance of the voices of elder women in today's world. Love, community, creativity, family, faith and spirituality, respect and caring for our Mother Earth are just a few of the important topics shared.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#126
08:00:00	Ruby's Studio The Friendship Show	APTEX	(S)	(CC)	N/A	#102H
<p>"Ruby's Studio: The Friendship Show" offers kids invaluable tools to help them make and nurture lasting friendships. With a curriculum guided by parenting expert and author, Dr. Robyn Silverman.</p>						
08:30:00	1001 Nights To Hatch A Thief/The Gift of Norooz	NETA	(S)	(CC)	DVI	#111H
<p>"To Hatch a Thief" - When ordinary townspeople resort to stealing, they soon learn what it's like to have to live among thieves. "The Gift of Norooz" - A poor family learns the true spirit of giving during the Persian New Year.</p>						
09:00:00	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H

Thu, Jan 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Spine & Improve Posture	APTEX	(S)	(CC)	DVI	#913H
10:00:00	Sit and Be Fit Neuromuscular Coordination  In this episode, Mary Ann uses heel tapping, patting, clapping and changing of rhythm patterns which contribute to improving neuromuscular coordination.	NETA	(S)	(CC)	N/A	#1305H
10:30:00	Sewing with Nancy Favorite Scarves to Sew, Part 1  Turn a rectangle of fabric into a fabulous accessory. Scarves are fashion statements that are as enjoyable to create as they are to wear. Nancy and her guest, Donna Fenske, highlight some of Nancy's favorite scarf techniques from past shows that can be quickly created in a variety of fabrics.	NETA	(S)	(CC)	N/A	#3003H
11:00:00	Knitting Daily Great Beginnings  Have you ever felt at a loss when trying to start a project? Learn to choose the right yarn and fiber with Patty Lyons, and meet up with designer Cirilia Rose in her Seattle studio. Stephannie Tallent shares tips on provisional cast-ons and Tanis Gray teaches an unusual vertical slit cable. Vickie Howell wraps up Loose Ends with an easy triangle shawl that's worked tip-to-tip.	NETA	(S)	(CC)	N/A	#1401H
11:30:00	Fons & Porter's Love of Quilting Strawberry Fields Quilt  Quilts and quilt blocks can be inspired by nature. A picnic quilt is the perfect place to enjoy that nature inspired creation. Mary joined by Liz and Elizabeth Evans will teach the snowball block and variations to make a "strawberry" shape. They will also walk you through the assembly of their quilt.	NETA	(S)	(CC)	N/A	#2712H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6134H
13:00:00	Eat! Drink! Italy! with Vic Rallo Going Deep  A walk through Napoleon's ancient wine tunnels; terroir - how wine gets its flavor; experimental vineyards produce new superstars; Roasted Cauliflower Salad; Canederli (Tyrolean dumplings).	APTEX	(S)	(CC)	N/A	#103H
13:30:00	Cooking with Nick Stellino Favorites with a Twist  Crab Cakes with Spicy Tequila, Corn & Salsa; Sausage Meatballs with Tomato Sauce; Halibut & Fresh Mediterranean Salsa.	APTEX	(S)	(CC)	N/A	#204H
14:00:00	The Jazzy Vegetarian Holidays Made Easy  Host Laura Theodore prepares a delicious vegan holiday menu. Featured guest: Julieanna Hever. Festive Stuffed Green Bell Peppers are a vegan version of a traditional family recipe, served with tri-color pasta on the side. A quick appetizer features Raw Veggie Kebabs. For a sweet surprise dessert, Chocolate Party Parfaits with Mocha Cream taste sinfully smooth and creamy, without the use of any dairy or eggs.	NETA	(S)	(CC)	DVI	#513H
14:30:00	New Scandinavian Cooking Plenty of Foods  In today's episode, Andreas investigates the great variety of inland Norway, the most productive farmland in the country. The episode starts in the mountains, where he makes a dish flavored by the mountains: veal liver with mushrooms, heather honey and heather oil. In the local town bakery he uses yesterday's bread to make a toast-infused ice cream. For main course he serves a Norwegian pork roll, with apples, dill and fennel.	APTEX	(S)	(CC)	N/A	#704H
15:00:00	Beads, Baubles and Jewels Getting Started In Jewelry Making  With a few supplies and cold connection techniques, designer Abbi Berta quickly creates mixed media earrings. She also makes a textured cuff with a torch-fired patina to introduce metalwork. Viewer Leslie Rocha tells how her first jewelry class and love of music blossomed into a passion for making jewelry from guitar wire and picks.	NETA	(S)	(CC)	N/A	#2201H
15:30:00	Katie Brown Workshop Kitchen Confidential: The Nuts and Bolts of a Kitchen Renovation  The second episode in the three-part home makeover features a walk-through of the kitchen in Katie's Connecticut home with experts. Before-and-after photos document the progress.	APTEX	(S)	(CC)	N/A	#608H

Thu, Jan 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Businesses Going Green Going green is worthwhile and good for the bottom line. Explore the profitable side of going green, and learn how to distinguish between what's hype, and what's hip. Meet two college grads who learned how to make a profit from the coffee grounds up.	APTEX	(S)	(CC)	DVI	#512H
16:30:00	Hands On Crafts for Kids Too Nice to Stay Inside Let's head outside for some fun. Jenny Barnett-Rohrs makes colorful hand grips for your bike. Katie Hacker has some fun with friendly bugs. Franz Spohn has sidewalk art tips and Katie makes special discovery eggs.	NETA	(S)	(CC)	DVI	#1804H
17:00:00	P. Allen Smith's Garden Home Crystal Bridges, American Dreams P. Allen Smith explores a place unlike any other, the Crystal Bridges Museum of American Art and visits a unique restoration project involving a rare house designed by Frank Lloyd Wright.	APTEX	(S)	(CC)	N/A	#1509H
17:30:00	Growing A Greener World Gardening for Butterflies & Other Beneficial Insects (Atlanta, Ga and Portland, Or) Ask a gardener these days what's on their short list of upcoming projects, and they'll likely name the addition or expansion of a butterfly or pollinator garden. That's because the loss of their native habitats to urban sprawl and the widespread use of herbicides in commercial farming has decimated many of the plants these insects need to survive. As gardeners often do, they're now rising up in force in an effort to restore lost habitats across the country, starting in their own backyards. In this episode, Joe works alongside national experts to show ways to attract and help restore populations of these threatened insects. At the same time, he'll be increasing the beauty of landscapes with native plants that beneficial insects depend on.	APTEX	(S)	(CC)	N/A	#724H
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1331H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7215
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1113H
20:00:00	Backstage Pass Harper & Midwest Kind - Encore Multi award-winning Australian singer/songwriter Peter Harper creates more original world, blues & roots music, featuring soulful vocals, wailing harmonica and the haunting drone of the didgeridoo. Harper and Midwest Kind is: Peter Harper, vocals, harmonica, didgeridoo; James Norris, bass guitar; Mike Howe, guitar; Greg Saucedo, drums.	NETA	(S)	(CC)	N/A	#602H
20:30:00	Ray Stevens Cabaray Nashville Guest: Bobby Bare "High Heeled Sneakers" (RAY) "Mississippi Squirrel" (RAY) "Streets Of Baltimore" (BOBBY) "Detroit City" (VTPB-BOBBY).	OETA	(S)	(CC)	N/A	#103H
21:00:00	Music Gone Public Tommy Emmanuel The world's best acoustic guitarist (according to Guitar Player magazine, Eric Clapton, Les Paul, Steve Vai, and thousands of public television fans) brings "The Best of Tommy on public television" curated from various performances around the country.	NETA	(S)	(CC)	N/A	#110H
22:00:00	Rudy Maxa's World: The Taste of Japan RUDY MAXA'S WORLD: THE TASTE OF JAPAN takes an in-depth look at the places in Japan that many visitors miss, as well as the food that makes Japanese cuisine one of the world's most admired. Along with Tokyo-born, Washington, D.C. restaurateur Daisuke Utagawa, host Rudy Maxa tours Tokyo, the northern Japanese island of Hokkaido, and the southern, subtropical island of Kyushu. Along the way, they pay special attention to local producers of such Japanese cuisine as Wagyu beef, ramen, sushi, black pork, rice, pasta and vinegars, and discuss how the cuisine ties in centrally with Japanese culture. In the one-hour special, Rudy goes beyond the more heavily touristed cities of Tokyo and Kyoto and shows the range of climates and attractions across the country. While eight feet of snow lined the roads of Hokkaido, where ramen reigns, it was palm trees and cherry blossoms on Kyushu, where visitors relax by being buried up to their necks in sand made hot from natural springs.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Exploring The 1000 Islands The fascinating history of the 1000 Islands, from the first explorers to the development of tourism and the construction of hundreds of luxury hotels eventually destroyed by fire or torn down, to the new millionaires who built gilded-age mansions and castles on many of the islands.	NETA	(S)	(CC)	N/A	#0H

Fri, Jan 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7215
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1113H
01:00:00	Backstage Pass Harper & Midwest Kind - Encore	NETA	(S)	(CC)	N/A	#602H
	Multi award-winning Australian singer/songwriter Peter Harper creates more original world, blues & roots music, featuring soulful vocals, wailing harmonica and the haunting drone of the didgeridoo. Harper and Midwest Kind is: Peter Harper, vocals, harmonica, didgeridoo; James Norris, bass guitar; Mike Howe, guitar; Greg Saucedo, drums.					
01:30:00	Ray Stevens Cabaray Nashville Guest: Bobby Bare	OETA	(S)	(CC)	N/A	#103H
	"High Heeled Sneakers" (RAY) "Mississippi Squirrel" (RAY) "Streets Of Baltimore" (BOBBY) "Detroit City" (VTPB-BOBBY).					
02:00:00	Music Gone Public Tommy Emmanuel	NETA	(S)	(CC)	N/A	#110H
	The world's best acoustic guitarist (according to Guitar Player magazine, Eric Clapton, Les Paul, Steve Vai, and thousands of public television fans) brings "The Best of Tommy on public television" curated from various performances around the country.					
03:00:00	Rudy Maxa's World: The Taste of Japan	APTEX	(S)	(CC)	N/A	#0H
	RUDY MAXA'S WORLD: THE TASTE OF JAPAN takes an in-depth look at the places in Japan that many visitors miss, as well as the food that makes Japanese cuisine one of the world's most admired. Along with Tokyo-born, Washington, D.C. restaurateur Daisuke Utagawa, host Rudy Maxa tours Tokyo, the northern Japanese island of Hokkaido, and the southern, subtropical island of Kyushu. Along the way, they pay special attention to local producers of such Japanese cuisine as Wagu beef, ramen, sushi, black pork, rice, pasta and vinegars, and discuss how the cuisine ties in centrally with Japanese culture. In the one-hour special, Rudy goes beyond the more heavily toured cities of Tokyo and Kyoto and shows the range of climates and attractions across the country. While eight feet of snow lined the roads of Hokkaido, where ramen reigns, it was palm trees and cherry blossoms on Kyushu, where visitors relax by being buried up to their necks in sand made hot from natural springs.					
04:00:00	Exploring The 1000 Islands	NETA	(S)	(CC)	N/A	#0H
	The fascinating history of the 1000 Islands, from the first explorers to the development of tourism and the construction of hundreds of luxury hotels eventually destroyed by fire or torn down, to the new millionaires who built gilded-age mansions and castles on many of the islands.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#127
08:00:00	Ruby's Studio The Safety Show	APTEX	(S)	(CC)	N/A	#103H
	"Ruby's Studio: The Safety Show," offers kids age-appropriate language and tools to keep themselves safe with an empowering, non-fearful approach. Curriculum developed and guided by Child Safety expert, Pattie Fitzgerald.					
08:30:00	1001 Nights Creature Karma/Just My Luck	NETA	(S)	(CC)	DVI	#112H
	"Creature Karma" - A young girl befriends three animals who lead her on an interesting journey. "Just My Luck" - An unlucky man just can't get a break.					
09:00:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Calf & Knee Strengthening	APTEX	(S)	(CC)	DVI	#914H
10:00:00	Sit and Be Fit Release Tension Through Exercise	NETA	(S)	(CC)	N/A	#1306H
	This fast-paced workout ends with a peaceful relaxation, leading viewers from a state of invigoration to a place of complete tranquility.					
10:30:00	Sewing with Nancy Favorite Scarves to Sew, Part 2	NETA	(S)	(CC)	N/A	#3004H
	With a minimal amount of fabric and a little bit of sewing time, you can create a fashion statement with an easy-to-make and easy-to-wear scarf. See some of Nancy's most popular and timeless designs including the Loop and Tuck Scarf, the S-Curve Scarf, Knot Your Average Scarf, the Convertible Ride Scarf, and the Double De-Lite Scarf.					

Fri, Jan 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily Thick of It	NETA	(S)	(CC)	N/A	#1402H
	Bigger is better for a quick knit or last-minute gift. Nicole Winer demonstrates how to knit a mega bulky hat and fiber artist Kait Brink chats about her meta-mega yarn project. Tanis Gray knits a fun, loopy fur stitch with chunky yarn that could become a home dec item or a doll. Becca Smith explains the magic of scale and shows how to knit with really huge needles and giant yarn.					
11:30:00	Fons & Porter's Love of Quilting Glorified Nine Patch Quilt	NETA	(S)	(CC)	N/A	#2713H
	The Glorified Nine Patch design begins with a simple varied nine patch, but with the use of a wonderful template set we show you how to create curves without end. Patrick joined by Colleen Tauke will give you expert techniques and tips for piecing graceful curved seams.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6135H
13:00:00	P. Allen Smith's Garden to Table Harvest Festival	APTEX	(S)	(CC)	DVI	#105H
	P. Allen Smith is celebrating the fall harvest at the farm with a lot of friends. If you love autumn, this is the episode for you! Allen shares several delicious recipes like his mouthwatering pumpkin creme brulee and roasted chicken and pumpkin stew. Plus, chef Ashley Christenson is on hand to help Allen harvest sweet potatoes and, in turn, she shows him how to make a simple sweet potato dish with honey mustard and brown sugar. Allen also talks to a guest about Southern cuisine and shows us what he did to decorate for the big party by using sumac branches as chandeliers!					
13:30:00	Mike Colameco's Real Food Philippines	NETA	(S)	(CC)	N/A	#1413H
	With two NYC based Philippine-American chefs, King Phojanakong and Neil Patrick Syham in tow Mike tours Manila and a half dozen other islands sampling Lechon, scissor noodles in Manila's Chinatown, epic Mall food, does a stand-up dorian tasting in the jungle, visits a few markets and tries to figure out exactly what Philippine food is all about.					
14:00:00	Chef John Besh's New Orleans Pasta Milanese, Mudrica, and Stuffed Artichokes.	APTEX	(S)	(CC)	N/A	#107H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#242H
15:00:00	Beads, Baubles and Jewels The Color Story Begins with Birthstones	NETA	(S)	(CC)	N/A	#2302H
	Start a color story with birthstones. Blogger and jewelry-maker Molly Schaller finds inspiration and meaning in birthstone colors. She also shares some great gift packaging ideas for those special jewelry gifts. Katie uses leather belting lace and crystal charms to make box braid bracelets in her Beading Lesson.					
15:30:00	Katie Brown Workshop How to Blend The Old with the New When Remodeling	APTEX	(S)	(CC)	N/A	#609H
	The final episode in the three-part home makeover features a walk-through of the living spaces in Katie's home in Connecticut. Before-and-after photos document the progress.					
16:00:00	Biz Kid\$ All in the Family	APTEX	(S)	(CC)	DVI	#513H
	Does your family talk marketing over meatloaf? Do you know someone who tracks revenue at the family reunion? Family-run businesses come in all shapes and sizes whether you're a mom-and-pop shop or the Ford Motor Corporation. Learn how families work, grow, and fight their way to profits.					
16:30:00	Hands On Crafts for Kids Wings	NETA	(S)	(CC)	DVI	#1805H
	Our creativity takes to the air. Jenny Barnett-Rohrs and Katie Hacker make sparkly wings and Katie creates a funny spoon bird. Franz Spohn creates see-through bug wings and we'll make a very special chalkboard gift for Mom or Dad.					
17:00:00	P. Allen Smith's Garden Home All About The Bugs	APTEX	(S)	(CC)	N/A	#1510H
	P. Allen Smith meets bugs where they live. Find out how to deal with the good, the bad and the ugly around your home and garden.					

Daily Program Listing II  
43.1

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Fri, Jan 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#725H
	Over the years, viewers have always enjoyed getting specific ideas and tips about whatever is growing at the moment on the gardening set of Growing a Greener World. But this episode takes it to a new level. We're documenting an entire year in the life of the Garden Farm. From prepping the beds and planting the crops to dealing with potential pests and diseases and whatever else Mother Nature throws at us, you'll see it all: the good, the bad, the challenges, and the successes. All the while, we'll weave in teachable moments, practical tips, and simple projects. Joe Lamp'l, our own horticultural expert and gardener in residence, will bring you behind the scenes for the reality of all four seasons in the GGW garden like you've never seen before.					
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2437Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7216
19:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
20:00:00	Song of the Mountains Newberry & Compton/Jeff Little Trio	NETA	(S)	(CC)	N/A	#1122H
21:00:00	Woodsongs United States Air Force Band Celtic Aire/Leroy Troy and the Tennessee Mafia Jug	NETA	(S)	(CC)	N/A	#1805H
	Celtic Aire is the premier Celtic and folk ensemble of the United States Air Force. Formed in 2007, the group is comprised of five Airmen musicians from The United States Air Force Band's Singing Sergeants, the official chorus of the U.S. Air Force. In addition to community relations concerts in Washington, D.C., and the surrounding area, this small ensemble regularly performs at official functions for military and civilian leaders. In 2009, Celtic Aire deployed to Kuwait, Iraq, Qatar and Kyrgyzstan in support of diplomatic and troop morale initiatives as a part of Operation Enduring Freedom. Their latest release is 'As I Roved Out'. Leroy Troy And The Tennessee Mafia Jug Band are a "blast from the past" band. They are five guys and a scrubboard, with roots like wisdom teeth anchored by Leroy Troy, "The Tennessee Slicker," who has performed his astounding old time banjo act since the 1980's and was a featured player on hit TV show Hee Haw. Their latest CD is Lester's Loafin' Lounge.					
22:00:00	Film School Shorts Express Yourself	NETA	(S)	(CC)	N/A	#310H
	Nani (American Film Institute) - While doing community service, a young graffiti artist befriends an elderly woman and introduces her to the exhilarating rush of tagging. Directed by Justin Tipping. Little Favour (University of Southern California) - Like poetry in motion, a single leaf morphs from clay to pencil to paper as it blows through a series of imaginative worlds. Directed by Yawen Zheng.					
22:30:00	On Story	NETA	(S)	(CC)	N/A	#410H
23:00:00	Science Goes to the Movies Dr. Who: Quantum Physicist	EPS	(S)	(CC)	N/A	#204H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1015

Sat, Jan 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7216
00:30:00	Global 3000 2016 Space Holder			(N)	N/A	#0H
01:00:00	Song of the Mountains Newberry & Compton/Jeff Little Trio	NETA	(S)	(CC)	N/A	#1122H
02:00:00	Woodsongs United States Air Force Band Celtic Aire/Leroy Troy and the Tennessee Mafia Jug Celtic Aire is the premier Celtic and folk ensemble of the United States Air Force. Formed in 2007, the group is comprised of five Airmen musicians from The United States Air Force Band's Singing Sergeants, the official chorus of the U.S. Air Force. In addition to community relations concerts in Washington, D.C., and the surrounding area, this small ensemble regularly performs at official functions for military and civilian leaders. In 2009, Celtic Aire deployed to Kuwait, Iraq, Qatar and Kyrgyzstan in support of diplomatic and troop morale initiatives as a part of Operation Enduring Freedom. Their latest release is 'As I Roved Out'. Leroy Troy And The Tennessee Mafia Jug Band are a "blast from the past" band. They are five guys and a scrubboard, with roots like wisdom teeth anchored by Leroy Troy, "The Tennessee Slicker," who has performed his astounding old time banjo act since the 1980's and was a featured player on hit TV show Hee Haw. Their latest CD is Lester's Loafin' Lounge.	NETA	(S)	(CC)	N/A	#1805H
03:00:00	Film School Shorts Express Yourself Nani (American Film Institute) - While doing community service, a young graffiti artist befriends an elderly woman and introduces her to the exhilarating rush of tagging. Directed by Justin Tipping. Little Favour (University of Southern California) - Like poetry in motion, a single leaf morphs from clay to pencil to paper as it blows through a series of imaginative worlds. Directed by Yawen Zheng.	NETA	(S)	(CC)	N/A	#310H
03:30:00	On Story	NETA	(S)	(CC)	N/A	#410H
04:00:00	Science Goes to the Movies Dr. Who: Quantum Physicist	EPS	(S)	(CC)	N/A	#204H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1015
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#128
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Beautiful Bouquet This painting is composed of flowers which form a natural balance with the background. This is a fine example of a floral painting where you can change, add or remove almost anything without ruining its natural balance.	APTEX	(S)	(CC)	N/A	#502H
08:30:00	Grand View North Cascades National Park This episode explores the dynamic features of the North Cascades. This beautiful park is home to jagged peaks, deep valleys, cascading waterfalls and over 700 glaciers; It is also renown for it's unbelievable hikes. Baumann is accompanied by park ranger, Ryan Booth and Sherman Williams Sr, as they discuss the landscape of this beautiful region; Paula Ogden-Muse, national park ecologist; and Native American, Dorothy Stark, reveal the details of the region's natural and human history. Baumann completes this episode by painting 28 miles up a deserted gravel road; The destination is a Cascade Peak vista and its melting glaciers.	APT		(CC)	N/A	#206H
09:00:00	Landscapes Through Time with David Dunlop American Impressionists at Lieutenant River, Ct David examines the distinctly American style of Impressionism that retained more of a basis of drawing and sketching and more of a reliance on classical forms - all inherited from the Hudson River Painters. He considers the new technologies in paint, new scientific ideas of perception, and their methods for realizing a sensual, personal vision on canvas as he paints a River scene reminiscent of the painting by Childe Hassam called Summer Afternoon.	NETA	(S)	(CC)	DVI	#112H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: for Legs & Arms	APTEX	(S)	(CC)	DVI	#915H
10:00:00	Sit and Be Fit Strengthening Muscles & Joints This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.	NETA	(S)	(CC)	N/A	#1307H

Sat, Jan 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Wai Lana Yoga Breathe Easy!	APTEX	(S)	(CC)	N/A	#505
	Wai Lana shows you a simple breathing technique that strengthens and purifies the lungs-great for those with asthma and other respiratory problems.					
11:00:00	Delicious TV's Vegan Mashup Everything Mushrooms	NETA	(S)	(CC)	N/A	#205H
	Delicious TV's Vegan Mashup is just mad about mushrooms! Chewy, hearty, and bursting with umami, mushrooms are a low-cal treat, rich with flavor and a perfect foundation for today's favorite creations! Terry Romero grills tender Oyster Mushrooms for easy Tacos smothered with Avocado salsa. Miyoko Schinner stirs up a delicate Farro Risotto bursting with Exotic Mushrooms. And Toni Fiore creates a deceptively and delectable Mushroom Tart tatin.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless The Hunt for Caribbean Lobster	APTEX	(S)	(CC)	N/A	#1101H
	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.					
12:00:00	Lidia's Kitchen Sweet and Savory	APTEX	(S)	(CC)	N/A	#416H
	It's all about the balance today as Lidia pairs some unexpected ingredients that result in the best of flavors. She starts the meal with her prosciutto and fig bruschetta: grilled bread topped with a salty sweet combination of prosciutto and fig jam; spaghetti with fennel and bitter greens: spaghetti tossed with fennel, escarole and a splash of balsamic; chocolate anise biscotti: the "twice cooked" Italian cookie made with chocolate and anise.					
12:30:00	Moveable Feast with Fine Cooking Maui, Hawaii	APTEX	(S)	(CC)	N/A	#307H
	Follow host Pete Evans on a trip to the stunning island of Maui on this episode of Moveable Feast with Fine Cooking. He's here to explore, cook, and dine with two of the island's excellent chefs 2014 Maui Chef of the Year Isaac Bancoco, and founder of the mobile kitchen Maui Fresh Sreatery Kyle Kawakami. The island adventure starts with an expedition into the Hawaiian waters for some off-shore fishing. Back on shore the team prepares a modern take on a traditional Maui feast at the spectacular Noho'ana Farm known for its taro and pounding poi.					
13:00:00	Expeditions with Patrick Mcmillan Colorado's Rocky Mountains - Challenges and Changes	APTEX	(S)	(CC)	N/A	#306H
	When you think of the Rocky Mountains you probably picture a wilderness that is far removed from our influence. It turns out that may not be the case. Life is changing here from the alpine lakes to fragile tundra life to the mighty forests of the mountain slopes. Join Patrick as he explores the challenges and changes that are happening in the Colorado Rockies.					
13:30:00	Joseph Rosendo's Travelscope La Joie De Vivre In Quebec City, Canada	APTEX	(S)	(CC)	DVI	#713H
	Joseph heads to Quebec City, the only walled city north of Mexico, for a lively cultural adventure among the French-speaking Quebecois. The city offers so many attractions that it's hard for Joseph to squeeze them all in. Yet, half the pleasure is in the trying as Joseph strolls the village's atmospheric streets, joins into the colorful night life, samples world-famous cuisine, savors the area's natural beauty and generally celebrates La joie de vivre - the joy of living -- with the largest Francophone population outside of France. Vive les Quebecois! Vive la Ville de Quebec!					
14:00:00	Rick Steves' Europe Assisi and Italian Country Charm	APTEX	(S)	(CC)	N/A	#906H
	In the Italian countryside, Rick connects with rustic, traditional culture: enjoying an agriturismo (farmhouse inn), seeing how prosciutto and pecorino cheese are made, and hiking down into deep and ancient wine cellars. He ends in Assisi - the hometown of St. Francis - which retains its spiritual aura to this day. Like pilgrims, he explores its stony center before trekking to its awe-inspiring basilica, built on the tomb of the beloved saint.					
14:30:00	Journeys In Africa The North Cape - The Great Bloom	NETA	(S)	(CC)	N/A	#207H
	Once a year in good rain years, the deserts of South Africa explode in color. This is the greatest flower bloom in the world. Bill ventures into the desert to experience this first hand and to film the rare animals that call this arid land home.					

Sat, Jan 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	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
15:30:00	Farm with Ian Knauer Winter Harvest Veggies aren't just for the summer. In this episode Ian weaves late season vegetables into a super-satisfying vegetarian meal featuring Winter Squash Stew, Kale Chips, Wheat Berry Salad and Sweet Potato Pie.	NETA	(S)	(CC)	DVI	#105H
16:00:00	Maria Hinojosa: One-On-One Lin-Manuel Miranda Lin-Manuel Miranda is a Tony Award-winning composer and lyricist, and a Tony nominated actor, best known for writing and starring in the hit Broadway musical In the Heights. He worked with Stephen Sondheim to translate song lyrics into Spanish for the bilingual revival of West Side Story. In this interview he talks to Maria Hinojosa about Latinos and Broadway.	APTEX	(S)	(CC)	N/A	#420Z
16:30:00	Overheard with Evan Smith Diane Guerrero, Actor Diane Guerrero is an actress on the hit shows Orange is the New Black and Jane the Virgin. She volunteers with the nonprofit Immigrant Legal Resource Center, as well as with Mi Familia Vota, an organization that promotes civic involvement. She has been named an Ambassador for Citizenship and Naturalization by the White House. Her first In the Country We Love recently hit the shelves.	NETA	(S)	(CC)	N/A	#708H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Blacksmith Host Eric Gorges visits with Lorelei Sims, a talented blacksmith working in a mostly male-dominated trade. Their conversation reveals the blacksmith's way of life - communal, family-oriented and often, an extension of home life. Eric also learns how to make a dagger.	APTEX	(S)	(CC)	N/A	#109H
18:00:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
18:30:00	The Open Mind	NETA		(CC)	N/A	#3724H
19:00:00	Closer to Truth What's The New Atheism? I hope God exists, which is why I listen to atheists and follow their arguments. If hope trumps reason I may be entombed in false belief.	EPS	(S)	(CC)	N/A	#1204H
19:30:00	Start Up Camping Goods Gary and the crew head to Silver Lake, California to meet up with Derek Michael, the creator of Happier Camper, a company that manufactures ultra-light travel and utility trailers. Then they head over to San Diego, California to meet up with Sophia Hall, the founder of The Make Good, a curator of local handcrafted products and resale clothing.	NETA	(S)	(CC)	N/A	#413H
20:00:00	Infinity Hall Live Robben Ford Grammy winning guitar virtuoso Robben Ford brings his signature style of blues and stunning guitar licks to Infinity Hall. Playing songs from his new album Into The Sun as well as other Ford favorites from his extensive catalogue of blues and rock, it's easy for audiences to see why this master of the six string became a go to musician for the likes of Miles Davis, Joni Mitchell, George Harrison and other legends. In this dynamic performance fans have a unique opportunity to experience the depths of Ford's vision which equally incorporates his jazz, pop and rock chops. Robben Ford is confident and relaxed not only in his style of playing but with the progression of his musical journey in this lifetime. Hear how this self-taught, spirited musician continues to hone in his craft and find inspiration with each new project.	APTEX	(S)	(CC)	N/A	#407H
21:00:00	Front and Center Cma Songwriters Series: Kip Moore Multi-platinum selling country star Kip Moore, who recently released his second album Wild Ones, performs an acoustic set for the CMA Songwriters Series at New York City's Iridium. A songwriter in his own right, having penned songs for Jake Owen and Thompson Square, Moore takes the stage with renowned artists Brett James and Jaren Johnston. The trio strip down versions of Moore's No. 1 hits "Beer Money," "Hey Pretty Girl" and "Somethin' About A Truck" along with his latest single, "I'm To Blame," while sharing stories behind the making of each.	APTEX	(S)	(CC)	N/A	#604H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Sat, Jan 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Globe Trekker Road Trip: Andes	APTEX	(S)	(CC)	N/A	#1504H
	<p>Inspired by Che Guevara's "The Motorcycle Diaries," Zay Harding begins the 3,000-mile trip along Ruta 40 through the Andes. Starting his trek near the Argentina-Bolivia border, he crosses into the brilliant white salt flats of the Salinas Grandes, takes in the kaleidoscopic natural wonders of 7 Colors Hills, stops at the oldest continuously inhabited city of Tilcara, explores pre-Columbian ruins in Pucara, drives the hair-raising roads to the little town of Cachi and visits the National Park of Leoncito. Zay next makes his way to the green valleys of Mendoza Province where he fuels up at the ultra-modern O'Fournier bodega before ending his journey beneath Aconcagua, the tallest mountain in the western and southern hemispheres.</p>					
23:00:00	Arts In Context Considering Matthew Shepard	NETA		(CC)	N/A	#703H
	<p>Matthew Shepard's death in 1998 sparked an LGBT civil rights movement. Nearly twenty years later, Grammy Award-winning choral group Conspirare's elegy for this American icon and symbol of hope is the group's greatest undertaking yet.</p>					
23:30:00	Stand Up Empire Edited for Flags	KNME	(S)	(CC)	N/A	#106H
	<p>Featured comics Lisa Delarios &amp; Chip Pope, with a Snapshot on Workout with Erica Nix. Hosted by Brently Heilbron.</p>					

Sun, Jan 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What's The New Atheism? I hope God exists, which is why I listen to atheists and follow their arguments. If hope trumps reason I may be entombed in false belief.	EPS	(S)	(CC)	N/A	#1204H
00:30:00	Start Up Camping Goods Gary and the crew head to Silver Lake, California to meet up with Derek Michael, the creator of Happier Camper, a company that manufactures ultra-light travel and utility trailers. Then they head over to San Diego, California to meet up with Sophia Hall, the founder of The Make Good, a curator of local handcrafted products and resale clothing.	NETA	(S)	(CC)	N/A	#413H
01:00:00	Infinity Hall Live Robben Ford Grammy winning guitar virtuoso Robben Ford brings his signature style of blues and stunning guitar licks to Infinity Hall. Playing songs from his new album Into The Sun as well as other Ford favorites from his extensive catalogue of blues and rock, it's easy for audiences to see why this master of the six string became a go to musician for the likes of Miles Davis, Joni Mitchell, George Harrison and other legends. In this dynamic performance fans have a unique opportunity to experience the depths of Ford's vision which equally incorporates his jazz, pop and rock chops. Robben Ford is confident and relaxed not only in his style of playing but with the progression of his musical journey in this lifetime. Hear how this self-taught, spirited musician continues to hone in his craft and find inspiration with each new project.	APTEX	(S)	(CC)	N/A	#407H
02:00:00	Front and Center Cma Songwriters Series: Kip Moore Multi-platinum selling country star Kip Moore, who recently released his second album Wild Ones, performs an acoustic set for the CMA Songwriters Series at New York City's Iridium. A songwriter in his own right, having penned songs for Jake Owen and Thompson Square, Moore takes the stage with renowned artists Brett James and Jaren Johnston. The trio strip down versions of Moore's No. 1 hits "Beer Money," "Hey Pretty Girl" and "Somethin' About A Truck" along with his latest single, "I'm To Blame," while sharing stories behind the making of each.	APTEX	(S)	(CC)	N/A	#604H
03:00:00	Globe Trekker Road Trip: Andes Inspired by Che Guevara's "The Motorcycle Diaries," Zay Harding begins the 3,000-mile trip along Ruta 40 through the Andes. Starting his trek near the Argentina-Bolivia border, he crosses into the brilliant white salt flats of the Salinas Grandes, takes in the kaleidoscopic natural wonders of 7 Colors Hills, stops at the oldest continuously inhabited city of Tilcara, explores pre-Columbian ruins in Pucara, drives the hair-raising roads to the little town of Cachi and visits the National Park of Leoncito. Zay next makes his way to the green valleys of Mendoza Province where he fuels up at the ultra-modern O'Fournier bodega before ending his journey beneath Aconcagua, the tallest mountain in the western and southern hemispheres.	APTEX	(S)	(CC)	N/A	#1504H
04:00:00	Arts In Context Considering Matthew Shepard Matthew Shepard's death in 1998 sparked an LGBT civil rights movement. Nearly twenty years later, Grammy Award-winning choral group Conspirare's elegy for this American icon and symbol of hope is the group's greatest undertaking yet.	NETA		(CC)	N/A	#703H
04:30:00	Stand Up Empire Edited for Flags Featured comics Lisa Delarios & Chip Pope, with a Snapshot on Workout with Erica Nix. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#106H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#129
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	Paint This with Jerry Yarnell Night Sail, Part 2 Jerry begins this episode with the discussion of a tip regarding the sanding of a canvas and why it is something every artist should consider it important. Then he begins with a dry brush blending technique to finish up the sky and the creation of rain clouds in the horizon. A lightning bolt, an unexpected moon and the glow of the lightning are all added to the dramatic storm cloud sky. The swells of the ocean waves and the tossed about sail boat are all blocked in with their values.	NETA	(S)	(CC)	N/A	#1210H

Sun, Jan 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Pipeline Wave  Art Lesson: Brush technique. Learn the feel of the paint on the brush: to know how much paint is needed for a thick or thin application of color. The thicker the paint, the richer the darks, and the lighter the lights. Like any skill, learning brush strokes happens through patience and practice. Wyland's depiction of a wave at the famous pipeline, off the north shore of Oahu, creates a perfect testing ground for brushwork. Discover how to hold a brush loaded with paint and still make a sensitive stroke so almost no paint comes off. Skills acquired here may be refined for further practice.	APTEX	(S)	(CC)	N/A	#603H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Focusing On Hips	APTEX	(S)	(CC)	DVI	#916H
10:00:00	Sit and Be Fit A Healthy Back  Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.	NETA	(S)	(CC)	N/A	#1308H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#214
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#244H
11:30:00	New Orleans Cooking with Kevin Belton Shrimp Specialties  Shrimp remoulade, shrimp Creole, BBQ shrimp.	APTEX	(S)	(CC)	N/A	#109H
12:00:00	Ciao Italia Candy Wrapper Pasta/La Pasta Di Caramelle  Mary Ann makes magic with a fresh pasta creation that looks like candy and tastes like heaven, called Caramelle. Each bite-sized, tiny pillow shaped masterpiece, twisted at each end, filled with ricotta cheese, prosciutto di parma, parmigiano reggiano cheese, then goes for a happy swim in a butter sauce, on its way to your waiting fork.	NETA	(S)	(CC)	N/A	#2414H
12:30:00	Mike Colameco's Real Food Sicily Part 2  Part 2 of the Sicily show.	NETA	(S)	(CC)	N/A	#1416H
13:00:00	Wild Photo Adventures Wildlife of the Appalachian Foothills  Host and professional wildlife photographer Doug Gardner and photographer/naturalist Clay Bolt hike various streams and trails of the Appalachian foothills in search of small understory animals to photograph.	NETA	(S)	(CC)	DVI	#310H
13:30:00	Equitrekking Carolinas  Host Darley Newman and local guides explore some of the more than 100 miles of Appalachian trails surrounding the Biltmore Estate, much as guests of George Vanderbilt would have during the Gilded Age. Darley meets resident horses at The Biltmore Equestrian Center and learns why natural horsemanship is a powerful method of understanding horses. Next, Darley heads downtown to discover the thriving arts scene in Asheville, before taking a lesson in rock climbing at Chimney Rock Park. Traveling further west, Darley meets with Cherokee tribal members and examines the history of horses in Cherokee culture, riding Tennessee Walking horses and fishing for trout in the Great Smoky Mountains. Finally, Darley steps back in time Daufuskie Island. Cantering along wide, pristine beaches is the perfect way to explore this small island off of Hilton Head Island, South Carolina. Darley learns about the islands original inhabitants, the Cusabo Indians, on a ride down dirt roads towards a maritime forest that was inhabited thousands of years ago by the Cusabo.	APTEX	(S)	(CC)	N/A	#509
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#242H
14:30:00	Travel with Kids Bora Bora Island - The Legend of the South Pacific  Nathan & Seamus take you on an exploration of the legendary island of Bora Bora. Swim in the sheltered lagoon with turtles and other sea creatures. Learn WW2 history and South Pacific legends. Stay in an over the water bungalow with a glass floor. Learn about turtle conservation and feed turtles at the shelter. Take a traditional Polynesian outrigger canoe to see how natives navigated by the stars all the way to Hawaii. Try local foods and hang out at Jimmy Buffets favorite hideaway.	NETA	(S)	(CC)	N/A	#407H

Sun, Jan 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Curves & Storage Cart Assembly In Details of Craftsmanship, smooth curves are added to the keepsake box. Also, discover a few tips about gluing up better panels in the Talking Shop segment.	NETA	(S)	(CC)	N/A	#1003H
15:30:00	Rough Cut - Woodworking with Tommy Mac Machinery This week on Rough Cut Woodworking with Tommy Mac Tommy is excited to bring in the machinery every good woodworker needs for his shop. We need to haul them all in and set them up in their proper place before starting work on the interior of the shop, getting a good start on the door and trim. Then we can finally get the flooring down, getting that much closer to getting the entire interior shop done.	APTEX	(S)	(CC)	N/A	#709H
16:00:00	Happy Yoga with Sarah Starr Dunes Gentle Yoga Relax and rejuvenate on the tranquil beach dunes, drawing in calm, soothing energy from the surrounding water. Allow Sarah Starr to lead you through a gentle yoga routine using the support of a chair as you open to more flexibility in the shoulders, upper back and hamstrings.	NETA	(S)	(CC)	N/A	#108H
16:30:00	Second Opinion Chronic Fatigue Syndrome Patient Story: Chronic Fatigue Syndrome (CFS) is a debilitating chronic disease that has a significant impact on a person's quality of life. Because the cause is unknown, effective treatment is still out of reach for many patients. Danielle Warner's description of battling CFS every day is a heartbreaking one, as she longs for her once active and vibrant life. Her husband and caregiver, Tyrone, joins Danielle as they share the story of their life, and their uncertain future. Myth or Medicine: Is Chronic Fatigue Syndrome a psychiatric disorder? Second Opinion 5: Five things to know about Chronic Fatigue Syndrome.	APTEX	(S)	(CC)	N/A	#1202H
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells I Research into using stem cells to repair damaged hearts - Joshua Hare, MD: Director of Interdisciplinary Stem Cell Institute at the Univ. of Miami Miller School of Medicine. Research into using stem cells to repair damaged spinal cords - Barth Green, MD: Chairman of Neurological Surgery at Univ. of Miami Health Miller School of Medicine, and co-founder of The Miami Project to Cure Paralysis. Using stem cells during orthopedic surgery to improve healing and recovery times - Wade McKenna, DO: orthopedic surgeon who routinely uses patients' enhanced stem cells during their operations; Neil Riordan, PhD: research scientist who pioneered the process that enhances patients' stem cells (he's also McKenna's business partner). The current state of stem cell research, and its promising future - Andrew McMahon, PhD: Director of the Broad Center for Regenerative Medicine and Stem Cell Research at USC. Personal story - Jim Morella: we follow this 60-something marathon runner who needs knee surgery (again!) and who's decided he wants Dr. McKenna to give him stem cell injections to help him heal better and faster.	EPS	(S)	(CC)	N/A	#106H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#608H
18:00:00	California's Gold Delta Queen For 50 years one of the most popular ways to travel up and down the mighty Mississippi River has been aboard the authentic paddlewheel steamboat Delta Queen. To ride on this boat is to step back in time -- in fact, the Delta Queen has been declared a National Historic Landmark and is listed on the National Register of Historic Places. But true riverboat buffs will tell you that the Delta Queen was not originally built to travel on the Mississippi River. It's a California boat, built in Stockton in the late 1920's for service on the Sacramento River. The Delta Queen spent the first 20 years of her life as a night-boat taking passengers back and forth from Sacramento to San Francisco and becoming a familiar and much-loved part of the California landscape. In 1947, the proud paddlewheeler left California, was towed through the Panama Canal and began her service on the Mississippi River. Now, 50 years later, host Huell Howser travels over 2,000 miles east to rediscover the Delta Queen's California history and roots. Also, along for the ride are several Californians who remember her "good ole days" and have great stories to tell about her time on the Sacramento River.	KCET		(CC)	N/A	#905Z
18:30:00	Joseph Rosendo's Travelscope The Cook Islands - Cultural Paradise While "paradise" is a word freely bantered about in the travel world, the Cook Islands is a traveler's paradise. With its turquoise waters, sugar white beaches, colorful history, special island lifestyle and a homegrown welcome beyond belief, it is a genuine breath of fresh air in a universe of travel-brochure hyperbole. During Joseph's visit to Rarotonga and Aitutaki, the Cook's most popular islands, he enjoys "tourist attractions" that choose to educate visitors as well as entertain them. Joseph discovers that by offering the visitor authentic experiences in their beautiful land, the Cook Islanders are able to protect their heritage from commercial exploitation and perpetuate their cultural wealth by passing on their legacy to future generations. Along with its scenic treasures the people's cultural focus makes the Cook Islands a special Pacific island visit.	APTEX	(S)	(CC)	DVI	#903H
19:00:00	Natural Heroes The Invisible Peak Hidden in plain sight. Through breathtaking time-lapse cinematography and historical footage, THE INVISIBLE PEAK tells the virtually unknown story of the "missing" West Peak of Mt. Tamalpais in the San Francisco Bay Area, and how local engaged citizens have been fighting to restore their mountain to a natural state for over 30 years. Movingly narrated by Peter Coyote.	KNME	(S)	(CC)	N/A	#705H

Sun, Jan 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Dhruv Khanna of Kirgin Cellars	KAMLA	(S)	(CC)	N/A	#123H
	Dhruv Khanna is the owner of Kirgin Cellars in Gilroy. This Santa Clara winery is celebrating its 100th anniversary this year. Founded in 1916 the winery was owned by 2 different families before Khanna bought it about 15 years ago. This is perhaps the only winery that has a cricket field and a couple of soccer fields.					
20:00:00	Assignment Asia Heroin's Hold On Myanmar	NETA	(S)	(CC)	N/A	#106H
	For more than forty years the place where Laos, Thailand and Myanmar come together has been known as the "Golden Triangle," one of the key areas for opium production. Reporter Dusuta Saokaew travels to Myanmar to investigate the opium industry and stranglehold it has on the Burmese, the Kachins, and other ethnic groups in Myanmar.					
20:30:00	American Forum What Did Hillary Clinton and Barack Obama Really Think of Each Other?	NETA	(S)	(CC)	N/A	#218H
	New York Times reporter MARK LANDLER on an unlikely White House partnership and their views on American's role in the world.					
21:00:00	Shelter Me Community Matters	NETA	(S)	(CC)	N/A	#107H
	SHELTER ME is an inspiring series that celebrates the human-animal bond by telling uplifting stories about shelter pets and the people that help them. This series shows the power of communities working together to make a difference. In Episode 7, we feature shelter dogs that are trained to protect endangered species. We follow the dogs from the day they are rescued to their deployment in Zambia where they are helping prevent the poaching of elephants and rhinos and helping stem the illegal trade of ivory and rhino horns. These once homeless dogs are now doing life-saving conservation work! We also see an inspiring program where junior high school students read to dogs and cats at an animal shelter. This helps socialize the animals and makes them more adoptable and increases the self-esteem and confidence of the kids. And we showcase a high school cross country team that takes shelter dogs for a run as part of their practice. This innovative community program has inspired the entire town and, soon, the entire nation!					
22:00:00	Climate Change: A Global Reality	NETA	(S)	(CC)	N/A	#0H
	The headlines are ominous. "California Governor Proposes \$1 Billion In Drought Spending." "Researcher Says Rising Oceans Could Displace Millions By 2100." "NOAA, NASA Say 2014 Was Warmest Year on Record." "U.N. Warns World Could Have 40 Percent Water Shortfall By 2030." When it comes to climate change, the heat is on. In Climate Change: A Global Reality, moderator John King of CNN and expert panelists examine the relationship between climate change and the human activities that heighten and intensify its impacts. Topics include rising temperatures and sea levels, ongoing and future multi-year droughts and catastrophic weather events - with an eye toward reducing their impact through public policy initiatives.					
23:00:00	Roadtrip Nation The Door's Wide Open	APTEX	(S)	(CC)	N/A	#1304H
	The final week of the trip begins in New York, where the team sits down with the co-founders of New York on Tech, an organization providing tech-based training to low-income students in Brooklyn. The last leg of the journey takes the Green RV to Boston, Natalie's hometown. After conducting their final interview at MIT, the team reflects on the friendships and lessons they'll take home with them.					
23:30:00	This American Land	NETA	(S)	(CC)	N/A	#605H
	In northern California, residents in five counties work to protect and restore wild public lands and rivers that provide enormous economic benefits for the region. A summary report recaps how conservationists in 25 states are working together to restore grassland habitat for the bobwhite quail, an iconic game bird that has declined dramatically in recent decades. In Idaho, a wide coalition of local groups support federal wilderness designation for the remote Scotchman Peaks roadless area, one of the last and the largest wild landscape in the region. Scientists face the engineering challenge of harnessing the energy of ocean waves to generate electric power.					

Mon, Jan 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes The Invisible Peak	KNME	(S)	(CC)	N/A	#705H
	Hidden in plain sight. Through breathtaking time-lapse cinematography and historical footage, THE INVISIBLE PEAK tells the virtually unknown story of the "missing" West Peak of Mt. Tamalpais in the San Francisco Bay Area, and how local engaged citizens have been fighting to restore their mountain to a natural state for over 30 years. Movingly narrated by Peter Coyote.					
00:30:00	The Kamla Show Special Dhruv Khanna of Kirgin Cellars	KAMLA	(S)	(CC)	N/A	#123H
	Dhruv Khanna is the owner of Kirgin Cellars in Gilroy. This Santa Clara winery is celebrating its 100th anniversary this year. Founded in 1916 the winery was owned by 2 different families before Khanna bought it about 15 years ago. This is perhaps the only winery that has a cricket field and a couple of soccer fields.					
01:00:00	Assignment Asia Heroin's Hold On Myanmar	NETA	(S)	(CC)	N/A	#106H
	For more than forty years the place where Laos, Thailand and Myanmar come together has been known as the "Golden Triangle," one of the key areas for opium production. Reporter Dusuta Saokaew travels to Myanmar to investigate the opium industry and stranglehold it has on the Burmese, the Kachins, and other ethnic groups in Myanmar.					
01:30:00	American Forum What Did Hillary Clinton and Barack Obama Really Think of Each Other?	NETA	(S)	(CC)	N/A	#218H
	New York Times reporter MARK LANDLER on an unlikely White House partnership and their views on American's role in the world.					
02:00:00	Shelter Me Community Matters	NETA	(S)	(CC)	N/A	#107H
	SHELTER ME is an inspiring series that celebrates the human-animal bond by telling uplifting stories about shelter pets and the people that help them. This series shows the power of communities working together to make a difference. In Episode 7, we feature shelter dogs that are trained to protect endangered species. We follow the dogs from the day they are rescued to their deployment in Zambia where they are helping prevent the poaching of elephants and rhinos and helping stem the illegal trade of ivory and rhino horns. These once homeless dogs are now doing life-saving conservation work! We also see an inspiring program where junior high school students read to dogs and cats at an animal shelter. This helps socialize the animals and makes them more adoptable and increases the self-esteem and confidence of the kids. And we showcase a high school cross country team that takes shelter dogs for a run as part of their practice. This innovative community program has inspired the entire town and, soon, the entire nation!					
03:00:00	Climate Change: A Global Reality	NETA	(S)	(CC)	N/A	#0H
	The headlines are ominous. "California Governor Proposes \$1 Billion In Drought Spending." "Researcher Says Rising Oceans Could Displace Millions By 2100." "NOAA, NASA Say 2014 Was Warmest Year on Record." "U.N. Warns World Could Have 40 Percent Water Shortfall By 2030." When it comes to climate change, the heat is on. In Climate Change: A Global Reality, moderator John King of CNN and expert panelists examine the relationship between climate change and the human activities that heighten and intensify its impacts. Topics include rising temperatures and sea levels, ongoing and future multi-year droughts and catastrophic weather events - with an eye toward reducing their impact through public policy initiatives.					
04:00:00	Roadtrip Nation The Door's Wide Open	APTEX	(S)	(CC)	N/A	#1304H
	The final week of the trip begins in New York, where the team sits down with the co-founders of New York on Tech, an organization providing tech-based training to low-income students in Brooklyn. The last leg of the journey takes the Green RV to Boston, Natalie's hometown. After conducting their final interview at MIT, the team reflects on the friendships and lessons they'll take home with them.					
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#130
08:00:00	Ruby's Studio The Siblings Show	APTEX	(S)	(CC)	N/A	#104H
	"Ruby's Studio: The Siblings Show" is an engaging way to help young siblings reduce rivalry, boost harmony, and celebrate family. Curriculum written in consultation with child development experts, Dr. Joshua Sparrow and Dr. Laura Markham.					

Mon, Jan 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Details, Details...../Sinbad In Solitude "Details, Details..." - A loose bolt on a wagon wheel sets in motion a chain of events that ends up destroying an entire town. "Sinbad in Solitude" - A shipwrecked Sinbad and Dina embark on an hilarious voyage that takes them to the exotic island of the Wok Wok women.	NETA	(S)	(CC)	DVI	#113H
09:00:00	Functional Fitness with Suzanne Andrews Arm Conditioning	ACCES	(S)	(CC)	N/A	#310H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Increase Your Range of Motion	APTEX	(S)	(CC)	DVI	#917H
10:00:00	Sit and Be Fit Better Balance Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.	NETA	(S)	(CC)	N/A	#1309H
10:30:00	Sewing with Nancy The Best of Sewing with Nancy's Super-Sized Quilts, Part 1 Nancy breaks traditional sewing "rules" to show you how to achieve better results with quilt blocks. Learn her secrets to creating stunning, super-sized quilts, including some previous Sewing With Nancy favorites—the Lone Star, the Sew Grand Dresden, and a Christmas tree skirt.	NETA	(S)	(CC)	N/A	#3005H
11:00:00	Knitting Daily Transitional Knits Knitwear is for every season. Designer Andi Smith teaches a bi-colored cable cowl for when it's too warm for a scarf. Knitted miniatures-maker Althea Crome creates the tiniest knits around. Transition to boot weather with Stephannie Tallent and the beautiful textures of Aran lace. Tanis Gray knits filigree cables lace and Vickie Howell shares a mesh stitch for a market bag.	NETA	(S)	(CC)	N/A	#1403H
11:30:00	Fons & Porter's Love of Quilting Folk Dance There are dozens of "traditional" quilt block designs. This episode features a quilt that uses one of those blocks - the Fons & Porter Pickle Dish Template Set makes the cutting and piecing of this block more enjoyable. Mary and Marianne Fons will guide you through the construction of the block, with tips that make your patchwork trouble-free.	NETA	(S)	(CC)	N/A	#2801H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6136H
13:00:00	America's Test Kitchen from Cook's Illustrated Pork Kebabs and Steaks Hit The Grill Test cook Dan Souza shows host Christopher Kimball how to make the ultimate charcoal-grilled steaks at home. Next, equipment expert Adam Ried reviews steak knives in the Equipment Corner. Then, gadget guru Lisa McManus uncovers the best jar spatulas and jar openers. Finally, test cook Bryan Roof reveals the secrets to making perfect grilled pork kebabs with hoisin and five-spice.	APTEX	(S)	(CC)	N/A	#1623H
13:30:00	Pati's Mexican Table A French Twist On Mexico A tasty look at the way French cuisine has historically influenced modern Mexican cooking, and simple techniques any American cook can manage with impressive results. Snapper in a Poblano Chile Sauce; Blissful Corn Torte; Cajeta Crepes with Toasted Pecans.	APTEX	(S)	(CC)	DVI	#203H
14:00:00	Kevin Dundon's Back to Basics Pastry Kevin explores the history of pastries and modern updates to sweet and savory versions; we explore the history of Dunbrody Country House and its kitchen garden. Recipes include: Shortcrust Pastry; Garden Vegetable Flan; Suet Pastry; Steak and Kidney Pie; Choux Pastry; and Chocolate Eclairs.	APTEX	(S)	(CC)	N/A	#102H
14:30:00	Steven Raichlen's Project Smoke How to Smoke When You Don't Have A Smoker Perhaps you live in a condo or you don't have a backyard. This show is for people who want to smoke, but don't have access to a conventional wood- or charcoal-burning smoker. You'll learn how to smoke eggplant on your stovetop burner to make a spectacular eggplant dip (think baba ghanoush on overdrive). You'll learn how to smoke tomatoes, peppers, and other vegetables with a handheld smoker to make a supremely refreshing gazpacho. Salt- and sugar-cured kippered salmon gets smoked indoors in an ingenious stovetop smoker. And you'll learn how to smoke an authentic Jamaican jerk chicken on a gas grill. The secret? Strategic use of pimento (allspice) berries, leaves, and wood. Recipes: Smoked Eggplant Dip with Walnuts and Feta; Smoked Gazpacho; Stovetop Smoked Salmon; Jamaican Jerk Chicken.	APTEX	(S)	(CC)	N/A	#105H

## Daily Program Listing II

43.1

Date: 11/30/2016

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Mon, Jan 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Beading with Friends It's fun to bead with friends. With a color palette for inspiration, Erin Prais-Hintz spills her beading secrets as she and Katie plan a beading party and give you more ideas for jewelry-making get-togethers. Katie uses vintage-style sliders to make glamorous chandelier earrings.	NETA	(S)	(CC)	N/A	#2203H
15:30:00	For Your Home Take The Plunge Who could resist the drawn of a refreshing swimming pool on a hot summer afternoon. How complicated is it to have a pool built in your backyard? This season on FYH host Vicki Payne shares step by step the process of installing a backyard pool and spa.	APTEX	(S)	(CC)	N/A	#3101H
16:00:00	Biz Kid\$ Financial Institutions - All The Same? You can have a savings account in one place, a checking account in another, and you can even bank online. Learn about the services offered by different institutions, including investment houses, stock exchanges, payday loan companies, and more. Visit New York City to see how fashion and finance mix.	APTEX	(S)	(CC)	DVI	#204H
16:30:00	Hands On Crafts for Kids Trees Bring the outside inside with a little creativity. Jenny Barnett-Rohrs makes a colorful leafy tree banner. Candie Cooper creates a fish kite and Katie Hacker builds a whimsical woods scene. Then, Jenny decorates a glittery tree to celebrate the holidays.	NETA	(S)	(CC)	DVI	#1806H
17:00:00	P. Allen Smith's Garden Home Pura Vida, Costa Rica P. Allen Smith visits one of the five Blue Zones in the world, Costa Rica, to see if there really is a secret to living longer.	APTEX	(S)	(CC)	N/A	#1511H
17:30:00	Growing A Greener World Gardening in the Desert Southwest (Phoenix, Az) When it comes to gardening, one size most certainly does not fit all. What grows well in the cool Pacific Northwest would melt in the Florida heat. What thrives in the mild Southeast might never be hardy enough to handle a typical Midwestern winter. For many of us unfamiliar with the desert Southwest, we may believe that nothing can grow there at all. Yet it boasts one of the most horticulturally diverse regions in the country. It just takes a little local knowledge to master the nuances of growing a productive garden there. In this episode, we explore some of the unique beauty, challenges, and benefits to gardening in this part of the country where water is scarce and the brutal heat is the only predictable part of the weather.	APTEX	(S)	(CC)	N/A	#726H
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	Asian American Life In honor of October's National "People's History Month," Asian American Life reports from Ellis Island's Peopling of America Center. This major expansion of the museum reopened in May 2015, and it traces the immigrant experience to the U.S.A, from 1892 to present day. Asian American Life takes a close look at our immigration history and its influence on American culture. Reporter Kyung Yoon looks at the "Peopling of America" exhibit and how people can trace their ancestry. Ernabel Demillo reports on the little known history of Filipinos who arrived in the early 1900's where many were sponsored students. Paul Lin reports on how undocumented students face a greater hurdle to obtain a college education. Minnie Roh interviews Dr. Leroy Chiao who achieved the American dream and became only a handful of Asian American astronauts in the history of NASA.	EPS	(S)	(CC)	N/A	#105H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7217
19:30:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
20:00:00	Music City Roots Live from the Factory Deeply moving, original torch songs by Nashville's eclectic Emily West. Mike & Ruthy bring Woodstock NY folk music with an energetic band. And we celebrate the reunion of Nashville cult rockers Govt. Cheese.	APTEX	(S)	(CC)	N/A	#413H
21:00:00	Live from the Dennison Lodge Growling Old Men Ben Winship and John Lowell team up as the "Growling Old Men" for an evening of flat picking and mandolin. Dubois artist Jess O'Neal joins the guys for a couple of songs to add a gentler edge.	NETA	(S)	(CC)	N/A	#105H

Mon, Jan 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Shift Change	NETA	(S)	(CC)	N/A	#0H
<p>SHIFT CHANGE is a documentary film by veteran award-winning filmmakers Melissa Young and Mark Dworkin. It tells the little known stories of employee owned businesses that compete successfully in today's economy while providing secure, dignified jobs in democratic workplaces. With the long decline in US manufacturing and today's economic crisis, millions have been thrown out of work, and many are losing their homes. The usual economic solutions are not working, so some citizens and public officials are ready to think outside of the box, to reinvent our failing economy in order to restore long term community stability and a more egalitarian way of life. There is growing interest in firms that are owned and managed by their workers. Such firms tend to be more profitable and innovative, and more committed to the communities where they are based. Yet the public has little knowledge of their success, and the promise they offer for a better life.</p>						
23:00:00	Bard in the Backcountry	APTEX	(S)	(CC)	N/A	#0H
<p>BARD IN THE BACKCOUNTRY is a behind-the-scenes look at a summer of Montana Shakespeare in the Parks-from first read through to final performance. The documentary chronicles a summer season with a cast of 10 actors as they journey more than 6,500 miles to perform Shakespeare in the rural towns of this vast region. As these young actors travel hundreds of miles every day to set up their stage, don their costumes and perform their roles, they learn about the discipline of a traveling company, the generosity of spirit needed to become part of a team, and the sheer magnitude of the terrain found across Montana. The landscape itself is a primary force in the players' experience as they perform each night in a new location. The tour leads them into the lives of residents in these communities, some as small as 14 people. Many of the people encountered are loyal fans who have seen Shakespeare rendered every summer for 40 years. At the heart of the story is a sense of transformation for the players and for the residents of Montana whose lives have been touched by this beloved company. BARD IN THE BACKCOUNTRY reveals the mutual impact the traveling tour has on these young actors and the people who put in the effort to bring Shakespeare to town. This journey provides a glimpse of the relevance that classic Shakespearean theater still holds for the townspeople across the region.</p>						

Tue, Jan 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7217
00:30:00	Focus On Europe 2016 Space Holder			(N)	N/A	#0H
01:00:00	Music City Roots Live from the Factory Deeply moving, original torch songs by Nashville's eclectic Emily West. Mike & Ruthy bring Woodstock NY folk music with an energetic band. And we celebrate the reunion of Nashville cult rockers Govt. Cheese.	APTEX	(S)	(CC)	N/A	#413H
02:00:00	Live from the Dennison Lodge Growling Old Men Ben Winship and John Lowell team up as the "Growling Old Men" for an evening of flat picking and mandolin. Dubois artist Jess O'Neal joins the guys for a couple of songs to add a gentler edge.	NETA	(S)	(CC)	N/A	#105H
03:00:00	Shift Change SHIFT CHANGE is a documentary film by veteran award-winning filmmakers Melissa Young and Mark Dworkin. It tells the little known stories of employee owned businesses that compete successfully in today's economy while providing secure, dignified jobs in democratic workplaces. With the long decline in US manufacturing and today's economic crisis, millions have been thrown out of work, and many are losing their homes. The usual economic solutions are not working, so some citizens and public officials are ready to think outside of the box, to reinvent our failing economy in order to restore long term community stability and a more egalitarian way of life. There is growing interest in firms that are owned and managed by their workers. Such firms tend to be more profitable and innovative, and more committed to the communities where they are based. Yet the public has little knowledge of their success, and the promise they offer for a better life.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Bard in the Backcountry BARD IN THE BACKCOUNTRY is a behind-the-scenes look at a summer of Montana Shakespeare in the Parks-from first read through to final performance. The documentary chronicles a summer season with a cast of 10 actors as they journey more than 6,500 miles to perform Shakespeare in the rural towns of this vast region. As these young actors travel hundreds of miles every day to set up their stage, don their costumes and perform their roles, they learn about the discipline of a traveling company, the generosity of spirit needed to become part of a team, and the sheer magnitude of the terrain found across Montana. The landscape itself is a primary force in the players' experience as they perform each night in a new location. The tour leads them into the lives of residents in these communities, some as small as 14 people. Many of the people encountered are loyal fans who have seen Shakespeare rendered every summer for 40 years. At the heart of the story is a sense of transformation for the players and for the residents of Montana whose lives have been touched by this beloved company. BARD IN THE BACKCOUNTRY reveals the mutual impact the traveling tour has on these young actors and the people who put in the effort to bring Shakespeare to town. This journey provides a glimpse of the relevance that classic Shakespearean theater still holds for the townspeople across the region.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#131
08:00:00	Mack & Moxy Ty The Grrrr/A Friend Who Reads Is A Friend Indeed "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. "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.	APTEX	(S)	(CC)	N/A	#101H
08:30:00	1001 Nights The Tale of Taymour and Tiny/The Boy and the Panther "The Tale Of Taymour And Tiny" - Taymour accidentally knocks an egg out of a bird's nest and decides to care for it. When he does, he gets a big surprise. "The Boy and the Panther" - Nadeem witnesses a crime at the fair and sees that the wrong person gets blamed. Since he wasn't supposed to be there, he can't tell anyone or he'll get in trouble.	NETA	(S)	(CC)	DVI	#114H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H

Tue, Jan 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hip Strengthening	APTEX	(S)	(CC)	DVI	#918H
10:00:00	Sit and Be Fit Improve Your Mood In this episode Mary Ann uses tactile stimulation to increase circulation and elicit a relaxed state of body and mind.	NETA	(S)	(CC)	N/A	#1310H
10:30:00	Sewing with Nancy The Best of Sewing with Nancy's Super-Sized Quilts, Part 2 Create quilt blocks with impact. Nancy shares some new as well as time-tested tips and techniques that make difficult to piece blocks-like Drunkard's Path, and Hearts and Gizzards-assemble quickly and more easily.	NETA	(S)	(CC)	N/A	#3006H
11:00:00	Knitting Daily Norwegian Knits The Yarn Guys, Jeffrey Wall and Dennis Rinkenburger, share traditional ways to knit color patterns. Contemporary Norwegian designer Marion Rindsem compares old and new. Donna Druchunas turns classic designs into a trendy winter wearables and Tanis unravels the mystery of Latvian Braids. Vickie takes Nordic practice swatches and creates a cozy pillow.	NETA	(S)	(CC)	N/A	#1404H
11:30:00	Fons & Porter's Love of Quilting Kin Coterie When you find a block pattern you love, does it also have a "sister" block? We will define the term and show you how to creatively design a quilt using that as your inspiration. Patrick and AnneMarie Chany discuss color choices, techniques and arrangement of patchwork-all decisions we address in this episode.	NETA	(S)	(CC)	N/A	#2802H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6137H
13:00:00	Hubert Keller: Secrets of a Chef Gluten-Free Favorites Chef Keller has the secret for keeping your gluten-free friends happy with three great recipes. He stuffs mini peppers with a delicious quinoa salad, followed by a chia seed wrap abundantly stuffed with vegetarian goodies. The finale is a kale and spinach smoothie that has unexpected benefits. Quinoa Stuffed Mini Peppers, Chia Veggie Wrap with Hummus, Zucchini, Tomatoes, Kale & Pepper, & Hangover Detox Smoothie.	NETA	(S)	(CC)	N/A	#503H
13:30:00	Sara's Weeknight Meals Fan Fare Tailgating is even more enjoyable with a fun, substantial and easy to make sandwich, along with portable salads and desserts. Sara's kielbasa sandwiches with kim chi and cheddar is a crazy mash up of cultures, but it works deliciously. She takes them to a rowing regatta to eat with friends and cheer on the team. Then, Sara's chorizo chicken wings are perfect for a game day meal, especially with her version of egg cream. And, in Ask Sara, we've got simple tips for packing a picnic!	APTEX	(S)	(CC)	N/A	#502H
14:00:00	Taste of History The Moravians of Bethlehem Chef Walter Staib showcases the history of the Moravians and how the population grew from twenty people on 500 acres along the Lehigh River, to a thriving community whose influence is still felt today. In honor of this German-speaking society, Chef Staib prepares: Beef Rouladen and Stir Fried Cabbage. He completes meal with the Moravian Sugar Cake.	NETA	(S)	(CC)	N/A	#706H
14:30:00	George Hirsch Lifestyle Pantry & Just Picked George concludes the season with a several tasty and quick dishes plucked from the pantry, including gazpacho and panzanella. He tours an apple orchard with a 12th-generation farming family and then prepares his classic tarte tartin using some of the fruit. He also receives a master class in pairing condiments with cheese and wine from an award-winning sommelier. Recipes: - Gazpacho - Panzanella Salad - Tarte Tatin.	APTEX	(S)	(CC)	N/A	#113H
15:00:00	Beads, Baubles and Jewels Trendspotting: Parachute Cord & Flowers Using parachute cord in a whole new way, author Ashley Bunting adds beads from her stash to make a charming, colorful floral brooch. Katie rides the floral jewelry wave with pendants made with leather flowers, wire and crystals.	NETA	(S)	(CC)	N/A	#2204H
15:30:00	For Your Home Coming Along Swimmigly When the sun is hot and there's a mountain of dirt in your backyard it might seem as if your dream pool is never going to become a reality. Host Vicki Payne shows you how to not sweat the small details and keep your eye on the prize as FYH completes their first backyard pool construction project.	APTEX	(S)	(CC)	N/A	#3102H

Tue, Jan 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ What Is A Biz Kid?	APTEX	(S)	(CC)	DVI	#101H
	You'll learn that anybody can be a Biz Kid with effort and the right attitude. Biz Kids identify a need, make a plan, and take action. Join us and you'll meet a skateboard designer, a rap music producer, a boy who started a rock-a-thon to raise money for hospital rocking chairs, and more. You'll also discover the entrepreneur who built a wildly successful garden products business on ... worm poop. All successful. All Biz Kids.					
16:30:00	Hands On Crafts for Kids Outer Limits	NETA	(S)	(CC)	DVI	#1807H
	Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.					
17:00:00	P. Allen Smith's Garden Home Mighty Micros	APTEX	(S)	(CC)	N/A	#1512H
	P. Allen Smith explores the little touches that make a big impact around the home and garden.					
17:30:00	Growing A Greener World The Giving Garden: Ample Harvest Helps Share The Bounty (Milford, Nj)	APTEX	(S)	(CC)	N/A	#701H
	If you've ever grown a vegetable garden, you've probably had more of something than you could use at the end of the season. That was the basis for how AmpleHarvest.org was formed. Gary Oppenheimer saw that his community garden was producing far more than the gardeners could consume, or even give away to family and friends. So he decided to find a way to get that fresh produce in the hands of neighbors in need, and that simple idea grew into a national non-profit network. The premise was to make it possible for anyone to have access to- or donate- fresh produce, wherever they lived-all from garden surplus. Today, AmpleHarvest.org has been recognized by the White House as well as major companies and organizations for their important work. In this episode, founder Gary Oppenheimer will be introduced and learn how we can all share some of our "ample harvest" with our own neighbors in need.					
18:00:00	Dw*2017*			(N)	N/A	#0
18:30:00	American Forum What Do Republicans Do Now?	NETA	(S)	(CC)	N/A	#217H
	Journalist Sam Tanenhaus on the Future of Conservatism after 2016 Presidential Election.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7218
19:30:00	Americas Now	NETA	(S)	(CC)	N/A	#109H
20:00:00	Sun Studio Sessions Flea Market Hustlers	NETA	(S)	(CC)	N/A	#608H
	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."					
20:30:00	Jammin at Hippie Jack's Mountain Heart 2	NETA	(S)	(CC)	N/A	#1015H
	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.					
21:00:00	The Kate Jarrod Spector	APTEX	(S)	(CC)	N/A	#103H
	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.					

Tue, Jan 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	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>						
23:00:00	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>						