

Wed, Mar 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7238
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1308H
01:00:00	Sun Studio Sessions Deering and Down	NETA	(S)	(CC)	N/A	#612H
<p>Deering and Down, is a Memphis based duo that brings their genre-bending, unorthodox style to fans worldwide, including as featured artists on the Recording Academy's inaugural "Grammy Festival at Sea." In this episode, the artists talk about their approach to music and perform several tracks, including songs from their acclaimed release "Out There Somewhere."</p>						
01:30:00	Jammin at Hippie Jack's Kevin Gordon	NETA	(S)	(CC)	N/A	#903H
<p>Gordon's songs have been recorded by Keith Richards of the Rolling Stones, Levon Helm of The Band, Ronnie Hawkins, Kate Campbell, Blackie &amp; the Rodeo Kings, and others. The title track from his Down to the Well CD, a duet with Grammy-winner Lucinda Williams, was featured on two prominent compilations: the 2001 Oxford American Southern Music Sampler, and No Depression: What It Sounds like, Volume 1, released by Dualtone in 2004. Gordon tours regularly throughout the U.S., and is a regular performer at the New Orleans Jazz and Heritage Festival and Louisiana Folklife Festival. Also a published poet, Gordon holds an MFA degree from the renowned University of Iowa Writers' Workshop. He lives in Nashville with his wife and two children.</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	Reel South Overburden	NETA	(S)	(CC)	N/A	#204H
<p>By Chad Stevens. Meet two unforgettable women - a fiery, pro-coal right-winger and a tenacious, environmentalist grandmother whose lives collide when a mine disaster shatters their community. Filmed over seven years, the pair's courageous story underscores the need for reconciliation as they take on a rogue industry to help heal their Appalachian Mountain community.</p>						
04:00:00	Liberty & Slavery: The Paradox of America's Founding Fathers	NETA	(S)	(CC)	N/A	#0H
<p>America's founding fathers were men yearning for a nation of individual liberty and unprecedented independence. Liberty and Slavery features stunning imagery and interviews with scholars that explore the paradox of America's Founding Fathers being champions of liberty - and yet simultaneously champions of slavery.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#301
08:00:00	Zula Patrol Bula's Spin Party/Day for Night	APTEX	(S)	(CC)	DVI	#102
<p>BULA'S SPIN PARTY: The Zpers learn about rotation as they practice a dance routine to compete in Bula's Zula Spin Party dance contest. Meanwhile Dark Truder, who wasn't invited, crashes the party disguised as a mysterious dancing planet so he can ruin it for everyone else. DAY FOR NIGHT: Dark Truder has somehow stolen daytime from the planet Zula, and won't give it back till the Zuleans accept him as Master Of The Universe. The Zula Patrollers assume he has hijacked the Sun, and go looking for it. They discover that Truder hasn't made off with the sun, but has invented a Ray that has stopped Zula from turning.</p>						
08:30:00	Thomas Edison's Secret Lab Slime Time/It's Always Sharkest	APTEX	(S)	(CC)	N/A	#109H
<p>Slime: When JD uses Angie's 'oil slick dissolver' formula for a slime fight, a wrong ingredient creates a gelatinous Blob monster that threatens to devour the city. Sharkest: While visiting one of Kent's relatives, the kids come up with a great idea for attracting more tourists to his restaurant - the only catch is that it also attracts a very big shark with very big teeth!</p>						
09:00:00	Power Yoga: Mind and Body Flow - Version Five	APTEX	(S)	(CC)	N/A	#121
<p>With Sun salutation A, Sun salutation B, variations holding and with legs.</p>						

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1017H
10:00:00	Sit and Be Fit The Power of Small Movements This episode demonstrates what can be achieved with small gentle movements.	NETA	(S)	(CC)	N/A	#1419H
10:30:00	Fit 2 Stitch Job Interview and Business It's important to make a good first impression. Learn to use one jacket pattern with a variety of fabrics, trims and closures for an array of professional looks.	NETA	(S)	(CC)	N/A	#401H
11:00:00	Knit and Crochet Now! Stylish Cardigans The knit Alabaster Cardigan by Cheryl Beckerich will be demonstrated by Kristin, and Ellen demonstrates the steps of the crochet Uptown Chic by Laura Gebhardt. Lastly, Lena presents the "how-tos" to make the crochet Star Stitch Long Cowl.	APTEX	(S)	(CC)	DVI	#612H
11:30:00	Fons & Porter's Love of Quilting Ohio Star This zigzag set quilt features Ohio Star blocks created as part of a block exchange. This is a great way to make a scrappy style quilt and have fun sharing your stash with quilt friends. Mary Fons and Liz Porter will show you how to over-size the hourglass unit in this block design to increase the accuracy of your piecing.	NETA	(S)	(CC)	N/A	#2410H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6158H
13:00:00	Lidia's Kitchen Roasting and Baking The oven is on in Lidia's kitchen, and she is using it for sweet and savory dishes. To start, she makes a springtime crunchy, cheese roasted asparagus dish. Next is a family favorite, baked eggplant with tomatoes, created with cheese, herbs and topped with a baked egg. Then it's time for sweets as she prepares an almond torte with chocolate chips served with a mound of whipped cream.	APTEX	(S)	(CC)	N/A	#313H
13:30:00	Taste The Islands with Chef Irie An Early Lunch 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.	APTEX	(S)	(CC)	N/A	#106H
14:00:00	Simply Ming Hawai'i - Mom & Dad Ming heads to Honolulu to join mom and dad in their kitchen for a family meal. Whipping up a few favorite dishes, the Tsai family trades laughs and stories - and more than a few family photos - before sitting down to dinner on the lanai.	APTEX	(S)	(CC)	N/A	#1421H
14:30:00	Cook's Country Big Flavors from Little Italy Test cook Bridget Lancaster uncovers the secrets to making zeppoles at home. Then, equipment expert Adam Ried reveals his top picks for splatter screens. Next, test cook Ashley Moore shares the steps for the best slow-cooker chicken stock. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of shredded parmesan. And finally, test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate pasta with mushroom sauce.	APTEX	(S)	(CC)	N/A	#913H
15:00:00	Beads, Baubles and Jewels Shape Up Bend it, twist it, shape it, wear it. Jewelry designer Sandra Lupo warms up by bending and shaping sheet metal with a tool she invented. Then, she enhances the designs with patterns, texture and color. Host and designer Katie Hacker make a quick and easy charm bracelet to cool down.	NETA	(S)	(CC)	N/A	#2512H
15:30:00	Make It Artsy Transformation In the hands of the maker, the ordinary is transformed into the extraordinary. A simple lamp morphs into a decorator accent with tool expert Joe Rotella. A matchbook becomes a mini-journal in the hands of artist Roxanne Coble. Host Julie Fei Fan Balzer creates cool jewelry from coloring book pages. Clay artist Laurie Mika has a tip on stenciling on clay.	NETA	(S)	(CC)	N/A	#110H

## Daily Program Listing II

43.1

Date: 02/01/2017

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Wed, Mar 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Sell, Sell, Sell (The Science of Sales)	APTEX	(S)	(CC)	DVI	#122H
	All sales final. Join the Biz Kids in sales training as they explore philosophy and sales techniques. Discover the traits common to all good salespeople. You'll meet several entrepreneurs who demonstrate superior sales skills!					
16:30:00	Hands On Crafts for Kids Dress Up	NETA	(S)	(CC)	DVI	#1802H
	It's fun to dress up and decorate. Jenny Barnett-Rohrs and Katie Hacker team up to make a really cool cape. Candie Cooper recreates a design from a famous modern artwork. Then, we'll dance away in a new tutu skirt and make a patriotic decoration from blogger Angie Holden.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4513H
	Planning your garden? Putting the correct plant in the correct place is a fundamental step for success. GardenSMART visits an expert who shares their expertise in knowing where to site plants. Be sure to join us as we GardensMART.					
17:30:00	Growing A Greener World Epic Tomatoes (Raleigh, Nc and Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#722H
	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.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14043H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#429H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7239
19:30:00	In Good Shape Laser Operations for Cataracts	WNVC	(S)	(CC)	N/A	#405H
	High-precision lasers can not only be used to correct visual impairments but cataracts as well. How do the procedures work, and how risky are they? Also, how country doctors use tablets and the net to look after patients near and far. Plus, how to keep restless legs from ruining a night's sleep, and how to burn the fat off.					
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#105H
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#105H
	Artists: Hilda Doyle, Andy and Chris Shaw, Happy Chichester, Hebdo, and hosted by songwriter Eric Gnezda. Hilda Doyle has been an icon in Ohio's acoustic music scene for more than 30 years. She founded the popular group, Ladies of Longford, with daughters Heather Fraser and Stephanie Doyle. Hilda punctuates her entertaining songs with humor and outstanding guitar work. She performs "Stop the Rain." Andy and Chris Shaw began performing acoustic shows together in 2004, which quickly evolved into the full reggae-rock sound of the Andy Shaw Band. With the success of ASB the brothers have gone back to their roots to perform as an acoustic duo, bringing a folk flavor to their music. Andy and Chris have traveled the U.S., bringing their fresh, compelling sound to large and appreciative audiences. They perform "Nothing's Fair at 17." Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Factory Farm." Hebdo calls his style, "Adventure-Folk." Hebdo has been strongly influenced by his Lebanese culture and Appalachia. His two recent EP's (A Thousand Steeples & Double Tambo) have received radio airplay, and produced a number of YouTube videos. He performs "Rumors."					
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#105H
	Performances by X Ambassadors, Steep Canyon Rangers, Wavves, Lianne LeHavas and Unknown Mortal Orchestra, with an interview by NPR's Bob Boilen and comedy from Hannibal Burress and Top Gear's Adam Ferrara.					
22:00:00	1916 The Irish Rebellion Awakening	APTEX	(S)	(CC)	DVI	#101H
	This episode traces events in Ireland and abroad leading to the preparations for the Rising. The themes and events covered include the rise of cultural nationalism, the re-emergence of the separatist physical force tradition, the contested traditions of nationalism and unionism, the rise of organized labor, the role of women, the role of Irish America and the influence of the diaspora and international political movements.					

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23:00:00	Queen of Swing	APTEX	(S)	(CC)	N/A	#0H
<p>QUEEN OF SWING recounts the true story of a Jazz Age trailblazer - 95-year-old entertainer Norma Miller. The engaging biography highlights the life, career and indomitable spirit of the Harlem-born actress, dancer and choreographer known as "The Queen of Swing." Discovered at the age of 12, Miller's show business career has spanned seven decades (and counting). Among her many accomplishments, Miller developed the acrobatic "Lindy Hop" dance, appeared in the Marx Brothers' A Day at the Races (1937), took up stand-up comedy at the prompting of Redd Foxx (Sanford and Son), entertained soldiers in Vietnam, worked with Sammy Davis Jr. in Las Vegas, appeared in Richard Pryor specials, and authored two books about swing culture. She also provided a first-hand account of the Harlem music and dance scene during the 1930s and '40s in Ken Burns' Jazz (2001). Narrated by actor Bill Cobbs (New Jack City, The Bodyguard, Night at the Museum), QUEEN OF SWING examines Miller's influence in the globalization of America's jazz culture and her role in breaking down racial barriers across the United States and around the world. During her career, Miller performed at the integrated Savoy Ballroom in Harlem, staged the first all-black shows on Miami Beach and at the Flamingo Hotel in Las Vegas, and became one of the first black female stand-up comics in the U.S. Fifteen years in the making, the film also provides a behind-the-scenes glimpse at the larger-than-life personalities of the jazz era, including Miller's friends Duke Ellington, Louis Armstrong and Count Basie.</p>						

Thu, Mar 02, 2017

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00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7239
00:30:00	In Good Shape Laser Operations for Cataracts High-precision lasers can not only be used to correct visual impairments but cataracts as well. How do the procedures work, and how risky are they? Also, how country doctors use tablets and the net to look after patients near and far. Plus, how to keep restless legs from ruining a night's sleep, and how to burn the fat off.	WNVC	(S)	(CC)	N/A	#405H
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#105H
01:30:00	Songs at the Center Artists: Hilda Doyle, Andy and Chris Shaw, Happy Chichester, Hebdo, and hosted by songwriter Eric Gnezda. Hilda Doyle has been an icon in Ohio's acoustic music scene for more than 30 years. She founded the popular group, Ladies of Longford, with daughters Heather Fraser and Stephanie Doyle. Hilda punctuates her entertaining songs with humor and outstanding guitar work. She performs "Stop the Rain." Andy and Chris Shaw began performing acoustic shows together in 2004, which quickly evolved into the full reggae-rock sound of the Andy Shaw Band. With the success of ASB the brothers have gone back to their roots to perform as an acoustic duo, bringing a folk flavor to their music. Andy and Chris have traveled the U.S., bringing their fresh, compelling sound to large and appreciative audiences. They perform "Nothing's Fair at 17." Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Factory Farm." Hebdo calls his style, "Adventure-Folk." Hebdo has been strongly influenced by his Lebanese culture and Appalachia. His two recent EP's (A Thousand Steeples& Double Tambo) have received radio airplay, and produced a number of YouTube videos. He performs "Rumors."	APTEX	(S)	(CC)	N/A	#105H
02:00:00	Live at 9:30 Performances by X Ambassadors, Steep Canyon Rangers, Wavves, Lianne LeHavas and Unknown Mortal Orchestra, with an interview by NPR's Bob Boilen and comedy from Hannibal Burress and Top Gear's Adam Ferrara.	NACC	(S)	(CC)	N/A	#105H
03:00:00	1916 The Irish Rebellion Awakening This episode traces events in Ireland and abroad leading to the preparations for the Rising. The themes and events covered include the rise of cultural nationalism, the re-emergence of the separatist physical force tradition, the contested traditions of nationalism and unionism, the rise of organized labor, the role of women, the role of Irish America and the influence of the diaspora and international political movements.	APTEX	(S)	(CC)	DVI	#101H
04:00:00	Queen of Swing QUEEN OF SWING recounts the true story of a Jazz Age trailblazer - 95-year-old entertainer Norma Miller. The engaging biography highlights the life, career and indomitable spirit of the Harlem-born actress, dancer and choreographer known as "The Queen of Swing." Discovered at the age of 12, Miller's show business career has spanned seven decades (and counting). Among her many accomplishments, Miller developed the acrobatic "Lindy Hop" dance, appeared in the Marx Brothers' A Day at the Races (1937), took up stand-up comedy at the prompting of Redd Foxx (Sanford and Son), entertained soldiers in Vietnam, worked with Sammy Davis Jr. in Las Vegas, appeared in Richard Pryor specials, and authored two books about swing culture. She also provided a first-hand account of the Harlem music and dance scene during the 1930s and '1940s in Ken Burns' Jazz (2001). Narrated by actor Bill Cobbs (New Jack City, The Bodyguard, Night at the Museum), QUEEN OF SWING examines Miller's influence in the globalization of America's jazz culture and her role in breaking down racial barriers across the United States and around the world. During her career, Miller performed at the integrated Savoy Ballroom in Harlem, staged the first all-black shows on Miami Beach and at the Flamingo Hotel in Las Vegas, and became one of the first black female stand-up comics in the U.S. Fifteen years in the making, the film also provides a behind-the-scenes glimpse at the larger-than-life personalities of the jazz era, including Miller's friends Duke Ellington, Louis Armstrong and Count Basie.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#160
08:00:00	Zula Patrol The Things In Rings/How The Rust Was Won After the Zula Patrol warns Deliria and Cloid about their factory rejects floating in space, the villainous duo decide to dump the junk into Saturn's rings. When Wizzy and Wigg learn about the rings and the different types of natural debris that should make up the rings, they stumble upon Deliria's debris and report it to the others. This is a job for The Zula Patrol! Becoming a cowpoke, Dark Truder rustles up an evil scheme that's stripping Mars of its surface rust. He's raising rust-eating Nefarian Battle Cattle on Mars that he'll use to conquer the Universe. But hang on to your Stetsons, buckaroos; here comes the Zula Patrol ridin' to the rescue!	APTEX	(S)	(CC)	N/A	#201H
08:30:00	Thomas Edison's Secret Lab Dunkin' Zombie When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.	APTEX	(S)	(CC)	N/A	#110H

Thu, Mar 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Power Yoga: Mind and Body Airplanes With Parsvokonasana Warrior I, II, and III with three arm positions.	APTEX	(S)	(CC)	N/A	#122
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1018H
10:00:00	Sit and Be Fit Flexibility and Range of Motion All the exercises in this program highlight range of motion throughout the shoulders and back.	NETA	(S)	(CC)	N/A	#1420H
10:30:00	Fit 2 Stitch Business Casual What does "business casual" really mean? Learn how to look casual and comfortable but maintain that professional image in perfectly-fitted slacks.	NETA	(S)	(CC)	N/A	#402H
11:00:00	Knit and Crochet Now! Headbands The Thai Garden Headband by Jenny King is a real head turner, and she shows us how to make it. Drew shows how to make a Loom-Knit Meadow Moss Headband by Brenda Myers. Next up is Lena with two cowls: The Big Cable Knit Cowl and The Big Cable Crochet Cowl.	APTEX	(S)	(CC)	DVI	#613H
11:30:00	Fons & Porter's Love of Quilting Zig A Zag Table Runner Mary Fons and guest, Eleanor Burns, zip together an artistic quilt using pre-cut 2 1/2" strips or cut your own 2 1/2" strips of fabric. With fast strip sewing, you can easily create this strong, geometric pattern that dances across your quilt.	NETA	(S)	(CC)	N/A	#2411H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6159H
13:00:00	Eat! Drink! Italy! with Vic Rallo Put Passion In Your Pantry Chef Salvatore Toscano's Beef; Funghi Bruschetta; "wine couple" Rudy Kerschbaumer and Gabby Tauber; Emilia Nardi's unique approach to wine making in Montalcino.	APTEX	(S)	(CC)	N/A	#108H
13:30:00	Cooking with Nick Stellino Veal Appeal Veal alla Norma; Veal Cutlet with Piccata Sauce; Pasta alla Carbonara.	APTEX	(S)	(CC)	N/A	#209H
14:00:00	Joanne Weir's Cooking Confidence Swimming Upstream Most people, including Joanne, absolutely adore salmon. She begins by nestling salmon rillete in endive, and then, with her student Jerry, bakes salmon in the ultimate symbol of love, a paper heart. Recipes: Smoked Salmon Rillete/Endive, Salmon and Spring Vegetables Baked in Paper, and Lemon Tarragon Rice. Student: Jerry Feldman, International Business Development.	APTEX	(S)	(CC)	N/A	#105H
14:30:00	New Scandinavian Cooking Land of Fish and Apples Tina visits Hardanger, the fjord valley known as Norway's orchard. In spring, the valley provides an abundance of wild herbs and edible flowers. High atop a glacier, Tina makes a Norwegian drink and serves it with local fjord trout.	APTEX	(S)	(CC)	N/A	#503H
15:00:00	Beads, Baubles and Jewels Beading Fitness Routine Check your beading fitness. Jewelry design Molly Schaller jump starts her designs by mixing matte and glossy beads. Polishing expert Anie Piliguian buffs matte beads to a high-gloss finish. Then, designer Katie Hacker cools down with ideas for using different types of leather cord and creates a jewelry bail to customize a pendant.	NETA	(S)	(CC)	N/A	#2513H
15:30:00	Make It Artsy Home Decor Your home is a gallery for your art. Artist Dina Wakley makes a wall hanging with tissue stamping. Tool expert Joe Rotella uses computer design and cutting technology to create an apron. Using watercolors, calligrapher Janet Takahashi creates simple brush lettering. Author Rebekah Meier has a tip for adding a splash of color to any home.	NETA	(S)	(CC)	N/A	#111H

## Daily Program Listing II

43.1

Date: 02/01/2017

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Thu, Mar 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Understanding Income and Expenses Go with the cash flow. The Biz Kids watch the ebb and flow of income and expenses. Join them and you'll learn proven methods for getting expenses under control while growing income with new ideas, smarter work habits, and innovation. Meet some entrepreneurs who have seen success with cash low and more!	APTEX	(S)	(CC)	DVI	#123H
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	Garden Smart As gardeners we're always looking for classic and dependable plants, it's a treat when we find plants that are unusual. In this episode GardenSMART visits a trial garden that has found all three. A lot of thought and hard work has gone into this garden; we think you'll appreciate the results. Join us.	NETA	(S)	(CC)	N/A	#4209H
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 News	WNVC	(S)	(CC)	N/A	#14044H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1336H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7240
19:30:00	Native Report On this edition of Native Report artist Jeff Savage shows his reverence for Mother Earth through a majestic sculpture at the headwaters of the Mississippi River. We travel to the Oneida Nation of Wisconsin where "Tsuunhehkwa" is part of a new effort to provide high quality organically grown foods for the People of the Standing Stone. And we'll bring you a success story from the Eastern Band of Cherokee and their neighbors in Western North Carolina, where the Cherokee Preservation Foundation is making great strides in their mission of cultural and environmental preservation and economic development.	WDSE	(S)	(CC)	DVI	#904H
20:00:00	Backstage Pass Planet D Nonet Planet D Nonet plays down and dirty big band swing from Ellington & Strayhorn, Fletcher Henderson, Count Basie & Benny Carter, all performed with good humor and a Detroit twist.	NETA	(S)	(CC)	N/A	#607H
20:30:00	Ray Stevens Cabaray Nashville Guest: Aaron Tippin "Blue Cyclone" Part 1 (RAY) "Blue Cyclone" Part 2 (RAY) "God Isn't Finished With Me Yet" (AARON) "You Have To Stand For Something" (AARON).	OETA	(S)	(CC)	N/A	#108H
21:00:00	Music Gone Public Joe Craven National music festival headliner defies musical boundaries as a mandolinist, violinist, and percussionist. Filmed in five different locations, he has headlined on stage in front of thousands to performing pro bono at homeless shelters.	NETA	(S)	(CC)	N/A	#109H
22:00:00	Afropop: The Ultimate Cultural Exchange An American Ascent AN AMERICAN ASCENT documents the first African-American expedition to tackle Denali (aka Mt. McKinley, North America's highest peak), while shedding light on the complex relationship many African-Americans have with the outdoors.	APTEX	(S)	(CC)	DVI	#901H

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23:00:00	Women of '69, Unboxed	NETA		(CC)	N/A	#0H
<p>A group of women, college classmates, who were both electrified and pummeled by the turbulent surf of the 60s, look back, then ahead, as they turn 65, ruminate on their heartaches and triumphs, and evaluate the "dowry" they'll leave for future generations. If their parents were the Greatest Generation, perhaps this generation was the Loudest. They changed the world, at least in their fevered dreams, and the world changed them. Meanwhile, time has had its way with them...</p>						



Fri, Mar 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7240
00:30:00	Native Report On this edition of Native Report artist Jeff Savage shows his reverence for Mother Earth through a majestic sculpture at the headwaters of the Mississippi River. We travel to the Oneida Nation of Wisconsin where "Tsuunhehkwa" is part of a new effort to provide high quality organically grown foods for the People of the Standing Stone. And we'll bring you a success story from the Eastern Band of Cherokee and their neighbors in Western North Carolina, where the Cherokee Preservation Foundation is making great strides in their mission of cultural and environmental preservation and economic development.	WDSE	(S)	(CC)	DVI	#904H
01:00:00	Backstage Pass Planet D Nonet Planet D Nonet plays down and dirty big band swing from Ellington & Strayhorn, Fletcher Henderson, Count Basie & Benny Carter, all performed with good humor and a Detroit twist.	NETA	(S)	(CC)	N/A	#607H
01:30:00	Ray Stevens Cabaray Nashville Guest: Aaron Tippin "Blue Cyclone" Part 1 (RAY) "Blue Cyclone" Part 2 (RAY) "God Isn't Finished With Me Yet" (AARON) "You Have To Stand For Something" (AARON).	OETA	(S)	(CC)	N/A	#108H
02:00:00	Music Gone Public Joe Craven National music festival headliner defies musical boundaries as a mandolinist, violinist, and percussionist. Filmed in five different locations, he has headlined on stage in front of thousands to performing pro bono at homeless shelters.	NETA	(S)	(CC)	N/A	#109H
03:00:00	Afropop: The Ultimate Cultural Exchange An American Ascent AN AMERICAN ASCENT documents the first African-American expedition to tackle Denali (aka Mt. McKinley, North America's highest peak), while shedding light on the complex relationship many African-Americans have with the outdoors.	APTEX	(S)	(CC)	DVI	#901H
04:00:00	Women of '69, Unboxed A group of women, college classmates, who were both electrified and pummeled by the turbulent surf of the 60s, look back, then ahead, as they turn 65, ruminate on their heartaches and triumphs, and evaluate the "dowry" they'll leave for future generations. If their parents were the Greatest Generation, perhaps this generation was the Loudest. They changed the world, at least in their fevered dreams, and the world changed them. Meanwhile, time has had its way with them...	NETA		(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#161
08:00:00	Zula Patrol Sun Day/Time Out SUN DAY: Truder tries to get rid of the Sun by hijacking all her birthday cards and gifts. The Sun, depressed that no one appreciates her, decides to quit her job. The Zula Patrollers must recover the cards and gifts and rescue the solar system. TIME OUT: When Dark Truder knocks out all the clocks on Zula, Multo shows the Zula Patrollers how to tell time by using shadows cast by the Sun. Unfortunately, Truder blocks the Sun too, so the Patrollers have no idea if they're in time to save Zula from being demolished	APTEX	(S)	(CC)	DVI	#104
08:30:00	Thomas Edison's Secret Lab A Monster of a Mystery When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.	APTEX	(S)	(CC)	N/A	#111H
09:00:00	Power Yoga: Mind and Body Standing Forward Folds With Standing Camel, Padahastanasana, Parsvokonasana.	APTEX	(S)	(CC)	N/A	#123
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1019H
10:00:00	Sit and Be Fit Brain Booster This program focuses on exercises that activate the brain and includes excellent movement patterns for balance and gait.	NETA	(S)	(CC)	N/A	#1501H

Fri, Mar 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Fit 2 Stitch Graduations and Celebrations	NETA	(S)	(CC)	N/A	#403H
	No matter what the season, there is sure to be a party going on. Peggy shows how to look and feel great for any occasion in a pretty print dress.					
11:00:00	Knit and Crochet Now! Versatile Shawls	APTEX	(S)	(CC)	DVI	#701H
	We are pleased to have new host Deborah Norville join us and this week it's all about shawls. Once upon a time shawls were mostly for warmth, but today they are very much a fashion item. Joining Deborah are Kristin Nicholas, who shows us how to knit up the lovely lace Rafael Shawl, and Ellen Gormley demonstrating the unique Star Zag Shawl. Ellen also joins us in the "Stitch of the Week" corner, giving tips and tricks on how to crochet the Solomon's Knot.					
11:30:00	Fons & Porter's Love of Quilting Cubed	NETA	(S)	(CC)	N/A	#2412H
	Tackle cutting like a pro when you learn to cut 60-degree diamonds from simple strips. Learn tips for joining rows and adding borders with ease to create this stunning quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6160H
13:00:00	P. Allen Smith's Garden to Table The Joy of Canning	APTEX	(S)	(CC)	DVI	#110H
	P. Allen Smith invites Aunt Genny over to learn her secrets of canning. Allen also shares with us how he makes one of his favorite marmalades using mandarin oranges, and then puts it to use making a delightful cake. Finally, Allen takes a tour of an old-fashioned canning company.					
13:30:00	Mike Colameco's Real Food Peru Part 1	NETA	(S)	(CC)	N/A	#1418H
	We'd heard a lot about the amazing new culinary scene in Lima where the vibrant economy plus world class fishing from that Pacific coastline, amazing local ingredients and a lot of native talented chefs pushing the envelope. In these two shows we'll see ceviche in many variations, visit restaurant Central ranked #4 in Pellegrino's Best Restaurants in the World 2015 list, eat some great Peruvian Chicken, tour the city of Cusco at 11,000 feet above seas level and of course have a Pisco sour or three.					
14:00:00	Chef John Besh's New Orleans Black Eyed Peas, Smothered Cabbage, Beef Brisket with Horseradish, and Cornbread.	APTEX	(S)	(CC)	DVI	#112H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#247H
15:00:00	Beads, Baubles and Jewels Creating Texture	NETA	(S)	(CC)	N/A	#2401H
	Add texture to a simple design to create extra style. Jewelry-maker Samantha Skelton enamels a pendant, then uses a pencil to add motifs and texture to the design. In Katie's Beading Lesson, designer Candie Cooper joins Katie Hacker to macrame a colorful rainbow bracelet for teens and tweens.					
15:30:00	Make It Artsy Collage	NETA	(S)	(CC)	N/A	#112H
	Combine materials, mediums and techniques to create a collage. Julie Fei Fan Balzer has a collage project using layers of stencils. Urban artist Seth Apter die cuts components for an industrial-looking collage. Mixed media artist Rebekah Meier paints, stamps and sews a colorful cloth banner. Jenn Mason has a tip for capturing images while you travel.					
16:00:00	Biz Kid\$ Building and Growing A Business	APTEX	(S)	(CC)	DVI	#124H
	From start-up on up! Follow the Biz Kids as they learn the necessary steps for organizing, staffing, training, and building a new business. You will see how effective communication increases morale and makes the business grow. As always, you'll meet some individuals who have successfully built their businesses.					
16:30:00	Hands On Crafts for Kids Too Nice to Stay Inside	NETA	(S)	(CC)	DVI	#1804H
	Let's head outside for some fun. Jenny Barnett-Rohrs makes colorful hand grips for your bike. Katie Hacker has some fun with friendly bugs. Franz Spohn has sidewalk art tips and Katie makes special discovery eggs.					

Fri, Mar 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart Gardeners are typically eager to share their plants and plant knowledge. GardenSMART visits two gardeners that have designed two great gardens for all in the community to enjoy. We learned a lot and think you will too. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4210H
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 News	WNVC	(S)	(CC)	N/A	#14045H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2442Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7241
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#908H
20:00:00	Song of the Mountains Annabelle Watts/Joe Mullins & The Radio Ramblers	NETA	(S)	(CC)	N/A	#1103H
21:00:00	Woodsongs Iris Dement/Leyla Mccalla Iris Dement is considered "one of the great voices in contemporary popular music" (NPR), Beginning with her 1992 debut, Infamous Angel, which was hailed as "an essential album of the 1990's" by Rolling Stone, DeMent released a series of stellar records that established her as "one of the finest singer-songwriters in America" according to The Guardian. The music earned her multiple Grammy nominations, as well as the respect of peers like John Prine, Steve Earle, and Emmylou Harris, who all invited her to collaborate. The Trackless Woods is her latest and foriginal music and melodies, the record brings 18 poems by acclaimed 20th century Russian poet Anna Akhmatova to life. Iris recorded the album in five days, immediately taken by the sorrow and burden of the poems juxtaposed with Akhmatova's lightness and transcendence in the face of inhumanity. Leyla Mccalla is a multi-instrumentalist, is a cellist and singer whose distinctive sound is impossible to replicate. Leyla toured and recorded with the renowned African-American string band the Carolina Chocolate Drops and is now focused on her solo career. Living in New Orleans, she released her debut album Vari-Colored Songs: A Tribute to Langston Hughes in 2014. The album consists of compositions she has written to Langston Hughes poetry, Haitian folk songs and original pieces.	NETA	(S)	(CC)	N/A	#1810H
22:00:00	Film School Shorts Choices Late Spring (New York University) - During the Libyan Revolution of 2011, a petty clerk at a police station must choose sides when a tortured prisoner asks him for help. Directed by Zachary Kerschberg. Pagpag (The Refuse) (New York University) - A hard-drinking, rough-edged woman from an impoverished community in the Philippines tries to sell her orphaned granddaughter to an American couple. Directed by John Paul Su.	NETA	(S)	(CC)	N/A	#305H
22:30:00	On Story Mad Men: A Conversation with Matthew Weiner Mad Men creator, Matthew Weiner, dissects the culture, identity, and status quo of the show, and the psychology behind its beloved antihero, Don Draper. Followed by Faraday Okoro's short film, Full Windsor, about a young boy's quest to preserve a meaningful piece of his past.	NETA	(S)	(CC)	N/A	#501H
23:00:00	Science Goes to the Movies The Accountant Is Ben Affleck's sensational film, "The Accountant" a good, true-to-life look at autism? Dr. Pilar Trelles from the Seaver Autism Center at Mount Sinai breaks it down for us and shares insights into this confounding condition.	EPS	(S)	(CC)	N/A	#309H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1020

Sat, Mar 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7241
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#908H
01:00:00	Song of the Mountains Annabelle Watts/Joe Mullins & The Radio Ramblers	NETA	(S)	(CC)	N/A	#1103H
02:00:00	Woodsongs Iris Dement/Leyla Mccalla	NETA	(S)	(CC)	N/A	#1810H
	Iris Dement is considered "one of the great voices in contemporary popular music" (NPR), Beginning with her 1992 debut, Infamous Angel, which was hailed as "an essential album of the 1990's" by Rolling Stone, DeMent released a series of stellar records that established her as "one of the finest singer-songwriters in America" according to The Guardian. The music earned her multiple Grammy nominations, as well as the respect of peers like John Prine, Steve Earle, and Emmylou Harris, who all invited her to collaborate. The Trackless Woods is her latest and foriginal music and melodies, the record brings 18 poems by acclaimed 20th century Russian poet Anna Akhmatova to life. Iris recorded the album in five days, immediately taken by the sorrow and burden of the poems juxtaposed with Akhmatova's lightness and transcendence in the face of inhumanity. Leyla Mccalla is a multi-instrumentalist, is a cellist and singer whose distinctive sound is impossible to replicate. Leyla toured and recorded with the renowned African-American string band the Carolina Chocolate Drops and is now focused on her solo career. Living in New Orleans, she released her debut album Vari-Colored Songs: A Tribute to Langston Hughes in 2014. The album consists of compositions she has written to Langston Hughes poetry, Haitian folk songs and original pieces.					
03:00:00	Film School Shorts Choices	NETA	(S)	(CC)	N/A	#305H
	Late Spring (New York University) - During the Libyan Revolution of 2011, a petty clerk at a police station must choose sides when a tortured prisoner asks him for help. Directed by Zachary Kerschberg. Pagpag (The Refuse) (New York University) - A hard-drinking, rough-edged woman from an impoverished community in the Philippines tries to sell her orphaned granddaughter to an American couple. Directed by John Paul Su.					
03:30:00	On Story Mad Men: A Conversation with Matthew Weiner	NETA	(S)	(CC)	N/A	#501H
	Mad Men creator, Matthew Weiner, dissects the culture, identity, and status quo of the show, and the psychology behind its beloved antihero, Don Draper. Followed by Faraday Okoro's short film, Full Windsor, about a young boy's quest to preserve a meaningful piece of his past.					
04:00:00	Science Goes to the Movies The Accountant	EPS	(S)	(CC)	N/A	#309H
	Is Ben Affleck's sensational film, "The Accountant" a good, true-to-life look at autism? Dr. Pilar Trelles from the Seaver Autism Center at Mount Sinai breaks it down for us and shares insights into this confounding condition.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1020
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#162
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Glorious Hibiscus	APTEX	(S)	(CC)	N/A	#507H
	Gary paints a large hibiscus larger than his usual work. A mixture of red, turquoise and yellow gives this flower its characteristic appearance. In the background, a hodgepodge of Impressionist brushstrokes and colors creates balance in this painting's composition.					
08:30:00	Painting with Wilson Bickford Birch Forest, Part 1	NETA	(S)	(CC)	N/A	#201H
	In Part I, Wilson lays the acrylic under-painting and masks out the trees. This foundation will be followed by oil glazes that will bring this sunny summer birch forest to life.					
09:00:00	Landscapes Through Time with David Dunlop James Abbott McNeill Whistler's Venetian Etchings	NETA	(S)	(CC)	DVI	#204H
	David travels to beautiful Venetian locations that inspired provocative, iconoclastic artist James Abbott McNeill Whistler (1834-1903) during his transformative trip in 1879-1880. Whistler's fame from the etchings that he created in the backstreets of Venice helped rehabilitate his artistic reputation after a disastrous libel trial with noted art critic John Ruskin. David demonstrates a dry point on a copper plate alongside a canal, the Rio de San Barnaba, located near Whistler's first studio at the Ca' Rezzonico, demonstrating Whistler's brilliance in graphic design.					
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1020H

Sat, Mar 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Practice Perfect Posture This episode puts an emphasis on postural alignment and using proper form to get the most out of each exercise.	NETA	(S)	(CC)	N/A	#1502H
10:30:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H
11:00:00	Delicious TV's Vegan Mashup Budget Friendly Bonanza Who knew budget-friendly vegan feasting would be easy, fun and scrumptious. Toni Fiore is making a delicious and dreamy Veggie One Pot utilizing frozen veggies over her Savory Roasted Potatoes. Miyoko Schinner creates a family style spread for roll your own sushi. And Toni joins Miyoko as a fan for the day.	NETA	(S)	(CC)	DVI	#304H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Tour of Traditions Ask anyone about traditional cooking in the Yucatan and you're bound to hear the name Miriam Peraza, a grandmotherly dynamo who knows every nook and cranny. She brings Rick to the bustling Mercado de Lucas de Galvez in Merida for a quick tour that includes a rare look at the making of recado spice pastes. Flanked by villagers in the remote town of Yaxunah, Miriam and Rick drop in to watch the making of pit-cooked cochinita pibil, the Yucatan's iconic dish of achiote-smothered, pit-cooked suckling pig. At Manjarblanco restaurant in Merida, Miriam shows her take on classic panuchos, sopa de lima and queso relleno. Then, Rick brings some of the Yucatan back to Chicago, where he cooks papadzules and shows how to make cochinita pibil at home - banana leaves and quick-pickled onions included.	APTEX	(S)	(CC)	N/A	#1102H
12:00:00	Lidia's Kitchen More Italian American Favorites Italian American classics have always been favorites at the family table and in this episode, there is reason to celebrate. Today's recipes include the most iconic Italian American dish, spaghetti and meatballs; a broccoli rabe with garlic; and a holiday must - zeppole.	APTEX	(S)	(CC)	N/A	#421H
12:30:00	Moveable Feast with Fine Cooking Fresno, California On this episode of Moveable Feast with Fine Cooking, Pete heads to Fresno with some of California's hottest chefs David Kinch and Ludo Lefebvre. First, the group takes a tour of Love Apple Farms in Santa Cruz where David grows most of his produce for his restaurant Manresa. Then they are off to an apricot farm near Fresno where they meet with Philip and Nick Melkonian who teaches the chefs how they pick and dry their products. Finally, Ludo and David head to the kitchen with what they gathered from both field trips to make a feast for friends and family featuring grilled lamb shoulder with apricots, eggplant caviar, and fennel, curried carrots, and a panna cotta extraordinaire.	APTEX	(S)	(CC)	N/A	#312H
13:00:00	Expeditions with Patrick Mcmillan The Clemson Forest - from Tragedy to Triumph Today, the Clemson Forest is over 17,000 acres of lovely, pristine-looking woodland and pastoral landscape nestled among suburban neighborhoods in the South Carolina piedmont. But this forest wasn't always so picturesque. Seventy years ago this landscape was an ecological disaster. Years of poor cotton farming practice led to dramatic erosion and hardly a tree grew in this now verdant setting. Join Patrick as he explores the unique and rare plants and animals and the changes that led from catastrophe to the restoration of the vibrant world-class ecosystem and working outdoor classroom that is the Clemson Forest.	APTEX	(S)	(CC)	N/A	#311H
13:30:00	Joseph Rosendo's Travelscope Adventures In California's Tri-Valley In the spirit of adventure, Joseph sets out on a California exploration through the state's Tri-Valley region. In his visit to the Amador, Livermore and San Ramon valleys he learns that while searching the world over for the exotic, often we miss the exciting, surprising and pleasurable experiences that await close to home. In the Tri-Valley cities of Pleasanton, Livermore, San Ramon and Dublin and the town of Danville, Joseph discovers a slew of little-known attractions that include a thriving wine region, historic towns, a diverse culinary scene and art, music and cultural festivals. And what is most impressive, is that although just 33 miles from San Francisco, California's Tri-Valley region continues to honor its historic roots, which date back centuries, while it enthusiastically celebrates its new communities. By the end of his visit Joseph has a better understanding of the Tri-Valley motto, "Tri It, You'll Love it!"	APTEX	(S)	(CC)	DVI	#805H
14:00:00	Rick Steves' Europe Western Turkey From the port of Kusadasi, we wander the streets of ancient Ephesus, soak in a natural spa at Pamukkale, learn why the dervishes whirl at Konya, munch lunch in a Turkish pizzeria, and cruise the Mediterranean on a traditional Turkish gulet from Antalya. Turkey is a mighty nation whose ancient heritage, Muslim faith, and western ways are coming together...and we'll see how.	APTEX	(S)	(CC)	N/A	#801H

Sat, Mar 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa St. Lucia - Zulu Wilderness	NETA	(S)	(CC)	N/A	#212H
	St. Lucia is one of the few UNESCO World Heritage wetland sites in the world. An incredibly diversity of birds, mammals and reptiles makes this a one of a kind region. Bill goes by land and water to explore the land the Zulu people have called home for centuries.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4509H
	The positive effects gardening can have on a community are huge. Often, it's one dedicated, inspired gardener that starts the ball rolling. In this episode, GardenSMART has found several that have taken the plunge and their results are impressive. Be sure to join us as we GardenSMART.					
15:30:00	Farm with Ian Knauer Brick Chicken	NETA	(S)	(CC)	DVI	#110H
	Ian takes a trip to visit Iron Chef Jose Garces on his farm and learns his twist in preparing nachos. After being inspired Ian returns home to make his version of a Potato Nacho to go along with his Brick Chicken, cooked over an open fire pit for dinner.					
16:00:00	Maria Hinojosa: One-On-One Chris Eyre	APTEX	(S)	(CC)	N/A	#405Z
	Chris Eyre is an award-winning film director and producer, acclaimed for his intimate focus on the contemporary Native American experience. His debut film, Smoke Signals, caused a sensation at the 1998 Sundance Film Festival, where he received the Filmmaker's Trophy and the Audience Award. Since then he has made several films, as well as documentaries for American Experience.					
16:30:00	Overheard with Evan Smith David Fahrenthold, Journalist	NETA	(S)	(CC)	N/A	#713H
	David Fahrenthold is a reporter at The Washington Post and most recently covered the 2016 presidential campaign. He is best known for reporting on the Donald J. Trump foundations and campaign donations. Since his time at The Post, he's focused on Congress, the environment and D.C. police. Before graduating Harvard in 2000, Fahrenthold wrote for The Harvard Crimson.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Clockmaker	APTEX	(S)	(CC)	N/A	#201H
	Welcome to the magical world of a clockmaker, where the gears are lovingly handmade and time truly does stand still as host Eric Gorges and young clock maker Nate Bowers create a beautiful exposed gear clock.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3508H
18:30:00	The Open Mind Laws of the Internet	NETA		(CC)	N/A	#3729H
	Guest: Tim Wu. Media scholar Tim Wu talks about his new book The Attention Merchants: The Epic Scramble to Get Inside Our Heads.					
19:00:00	Closer to Truth Why Obsess About Free Will?	EPS	(S)	(CC)	N/A	#1209H
	Free will probes consciousness, examines what it means to pick, choose, select, decide. But some say that 'free will' is just a trick of the brain.					
19:30:00	Drexel Interview James Kaplan, Part 2	NETA		(CC)	N/A	#505H
	This is the second part of a two-part interview focusing on the life and career of cultural icon Frank Sinatra, as told by acclaimed biographer and character journalist James Kaplan. Kaplan is a writer and expert on all things Sinatra, as detailed in his two volumes: Frank: The Voice and Sinatra: The Chairman. In this episode, Kaplan highlights Sinatra: The Chairman, discussing Sinatra's later tumultuous years and emergence as an iconic figure in American entertainment. Throughout this compelling conversation, the author shares rare anecdotes and insight into Sinatra's complex public persona and stardom.					
20:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds	APTEX	(S)	(CC)	N/A	#504H
	Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.					

## Daily Program Listing II

43.1

Date: 02/01/2017

03/01/2017 - 03/31/2017

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Sat, Mar 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Rob Thomas	APTEX	(S)	(CC)	N/A	#701H
	Rob Thomas burst onto the scene in 1996 as the creative force and lead singer of Matchbox Twenty. In 2005 he branched out and has since become a three-time Grammy Award winner whose songs have consistently topped the charts. Thomas, as part of an acoustic trio, takes the stage at the Iridium in New York City to treat fans to performance of some of his biggest hits including #1s "Lonely No More," "3 AM," and "Smooth." Thomas also performs "We Are One" for the first time.					
22:00:00	Globe Trekker West Texas	APTEX	(S)	(CC)	N/A	#1509H
	Zay Harding starts his journey in Austin, where he explores everything from rattlesnake hotdogs to bingo with chickens. He then heads south to San Antonio for a visit to the Alamo. Following a night in the most haunted hotel in Texas, Zay travels to the border city of El Paso. After meeting the locals, he treks into the surrounding desert to travel along the old Butterfield trail. Traveling in a 1960s Mustang, Zay embarks on a road trip along Route 66 where he takes in the stunning Palo Duro Canyon, competes in Amarillo's steak-eating challenge and concludes his trip in Glenrio, the mysterious ghost town that borders New Mexico.					
23:00:00	Arts In Context Sing Me A Lullaby	NETA		(CC)	N/A	#708H
	Austin Classical Guitar Society's Lullaby Project helps teen mothers compose lullabies for their babies. The group's goal is to use music's profound ability to provide a sense of achievement, connection, and joy for the teens.					
23:30:00	Invitation to World Literature The Bhagavad Gita	APTEX	(S)	(CC)	DVI	#105H
	This epic tale of the warrior-prince Arjuna confronting a life-or-death dilemma during civil war presents a unique and powerful philosophy of duty, discipline, and serving a higher purpose. Beautiful illustrations connect the story with its rich history and culture. Featured speakers include Sheldon Pollack, Professor of Sanskrit Studies and acclaimed composer Philip Glass.					

Sun, Mar 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Why Obsess About Free Will?	EPS	(S)	(CC)	N/A	#1209H
	Free will probes consciousness, examines what it means to pick, choose, select, decide. But some say that 'free will' is just a trick of the brain.					
00:30:00	Drexel Interview James Kaplan, Part 2	NETA		(CC)	N/A	#505H
	This is the second part of a two-part interview focusing on the life and career of cultural icon Frank Sinatra, as told by acclaimed biographer and character journalist James Kaplan. Kaplan is a writer and expert on all things Sinatra, as detailed in his two volumes: Frank: The Voice and Sinatra: The Chairman. In this episode, Kaplan highlights Sinatra: The Chairman, discussing Sinatra's later tumultuous years and emergence as an iconic figure in American entertainment. Throughout this compelling conversation, the author shares rare anecdotes and insight into Sinatra's complex public persona and stardom.					
01:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds	APTEX	(S)	(CC)	N/A	#504H
	Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.					
02:00:00	Front and Center Rob Thomas	APTEX	(S)	(CC)	N/A	#701H
	Rob Thomas burst onto the scene in 1996 as the creative force and lead singer of Matchbox Twenty. In 2005 he branched out and has since become a three-time Grammy Award winner whose songs have consistently topped the charts. Thomas, as part of an acoustic trio, takes the stage at the Iridium in New York City to treat fans to performance of some of his biggest hits including #1s "Lonely No More," "3 AM," and "Smooth." Thomas also performs "We Are One" for the first time.					
03:00:00	Globe Trekker West Texas	APTEX	(S)	(CC)	N/A	#1509H
	Zay Harding starts his journey in Austin, where he explores everything from rattlesnake hotdogs to bingo with chickens. He then heads south to San Antonio for a visit to the Alamo. Following a night in the most haunted hotel in Texas, Zay travels to the border city of El Paso. After meeting the locals, he treks into the surrounding desert to travel along the old Butterfield trail. Traveling in a 1960s Mustang, Zay embarks on a road trip along Route 66 where he takes in the stunning Palo Duro Canyon, competes in Amarillo's steak-eating challenge and concludes his trip in Glenrio, the mysterious ghost town that borders New Mexico.					
04:00:00	Arts In Context Sing Me A Lullaby	NETA		(CC)	N/A	#708H
	Austin Classical Guitar Society's Lullaby Project helps teen mothers compose lullabies for their babies. The group's goal is to use music's profound ability to provide a sense of achievement, connection, and joy for the teens.					
04:30:00	Invitation to World Literature The Bhagavad Gita	APTEX	(S)	(CC)	DVI	#105H
	This epic tale of the warrior-prince Arjuna confronting a life-or-death dilemma during civil war presents a unique and powerful philosophy of duty, discipline, and serving a higher purpose. Beautiful illustrations connect the story with its rich history and culture. Featured speakers include Sheldon Pollack, Professor of Sanskrit Studies and acclaimed composer Philip Glass.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#163
08:00:00	Gary Spetz's Watercolor Quest Haines to Skagway	APTEX	(S)	(CC)	DVI	#108
	Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Alaska-from beautiful Haines to the Klondike Gold Rush town of Skagway. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.					
08:30:00	Painting with Paulson Farewell to Today Part II	NETA	(S)	(CC)	N/A	#1602H



Sun, Mar 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio East Coast Beach Life  Art Lesson: Glazing and Color Mixing. Learn how color mixing and glazing create vibrant deep colors in underwater scenes. By using primary colors (red, yellow and blue) while painting this tropical underwater scene Wyland will demonstrate how water dilution levels and various color and paint mixing techniques work together to create proper paint consistency. Complementary colors sit opposite each other on the color wheel. Because they are opposites, they tend to look especially lively when used together. By placing complementary colors together, each color looks more noticeable. Cool color combinations such as blue, green, or purple can suggest the ocean. Warm colors such as red, orange, and yellow can evoke sunlight and warmth. Glazing is a technique used to build up many layers of color in a painting, creating a natural flow between two color tones. One way this can be achieved is by using water to dilute the paint down to a very thin, nearly translucent state. Building up the layers provides more control of the hue and shade of the painting. Let the different coatings dry before applying the next one.	APTEX	(S)	(CC)	N/A	#608H
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1021H
10:00:00	Sit and Be Fit Variety: The Spice of Life  Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.	NETA	(S)	(CC)	N/A	#1503H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#219
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#249H
11:30:00	New Orleans Cooking with Kevin Belton Trio of Soups  Crawfish and corn soup, turtle soup, oyster and artichoke soup.	APTEX	(S)	(CC)	N/A	#114H
12:00:00	Ciao Italia Cooking Pellegrino Artusi-Style/Cucinando Come Pellegrino Artusi  Mary Ann's cooking students travel to Casa Artusi, in Forlimpopoli, Italy, to learn the secrets of Romagna regional cooking. Mary Ann leads the way with Cappelletti in Capon Broth, and the student continue with Turbo in Paper, Piadina, Whipped Mortadella, Lenten Spinach, and delicate dessert called English "Soup."	NETA	(S)	(CC)	N/A	#2419H
12:30:00	Mike Colameco's Real Food Alsace  We spent a week exploring this northwestern region of France touring the vineyards and meeting with the winemakers while visiting restaurants along the way. Often confused with German wines, the wines of Alsace, especially it's bone dry Rieslings are some of the best value under appreciated wines available from anywhere on the planet.	NETA	(S)	(CC)	N/A	#1421H
13:00:00	Bare Feet with Mickela Mallozzi It Takes Two to Tango (Buenos Aires, Argentina)  Mickela gets up close and personal with the locals as she heads to Buenos Aires, Argentina, to learn the seductive dance of tango. From attending the world's largest tango festival to dancing on the city's main stage, Mickela sees it all.	APTEX	(S)	(CC)	DVI	#102H
13:30:00	Travel Detective with Peter Greenberg Training Passengers Like Crew Members  Ever wonder how you can prepare for an emergency just like a flight crew member? CBS News Travel Editor Peter Greenberg takes us to a unique real-world airline safety program in London. Plus, The Wall Street Journal Travel Editor Scott McCartney deconstructs the biggest profit center of the airlines, and what you really need to know. And, most people don't even know where Malta is on a map! Peter reveals some hidden gems on the island.	NETA	(S)	(CC)	DVI	#201H
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#247H
14:30:00	Travel with Kids Maui Hawai'i  It's island time on Hawai'i's Garden Isle of Maui. Learn about the ancient Polynesian ways of the outrigger canoe and the ceremonies at Black Rock. Explore Maui's whaling history and sugar cane past in Lahaina. Chill in Banyan Tree park and on the beaches. Head inland to a garden cooperative to learn how Maui is becoming food sustainable. Try all the local garden foods and see the kids pick a harvest to cook at the hotel kitchen that night. Then head to Maui Ocean Aquarium to see many of the creatures that live in the waters around Hawaii. Finally, head out in search of whales with Pacific Whale Foundation learning about these giant sea mammals.	NETA	(S)	(CC)	N/A	#412H

Sun, Mar 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Cutting Boards & Plywood Tips	NETA	(S)	(CC)	N/A	#1008H
	The Woodsmith editors add a classic, end-grain cutting board to the serving tray. Then they begin building a must-have, roll-around cutoff bin.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Master Showcase with David Marks	APTEX	(S)	(CC)	N/A	#601H
	This week on Rough Cut Woodworking with Tommy Mac, we head to beautiful Santa Rosa, California to meet up with master woodworker David Marks as part of our Master Showcase Series. Spending the entire episode in his shop, we learn how former television host and wood turner David Marks makes his spectacular turned hollow wooden vessels. This week's project is made from maple burl, poplar, and ebony and accented with gold leaf.					
16:00:00	Happy Yoga with Sarah Starr Peaceful Woods	NETA	(S)	(CC)	N/A	#204H
	Bask in the deep silence of a lush wooded paradise as we create more grace and fluidity in your body using a chair for support, beginning with stretches to open the shoulders and chest, a rejuvenating modified flow practice, ending with a spacious hips and hamstrings sequence.					
16:30:00	Second Opinion Sudden Cardiac Arrest In Young Athletes	APTEX	(S)	(CC)	N/A	#1207H
	Patient Story: Sudden cardiac arrest is usually caused by an electrical disturbance in the heart, and leads to a sudden loss of heart function, breathing and consciousness. Nine out of 10 people who experience sudden cardiac arrest, die from it. Fortunately, star basketball player Mike Papale survived because of the quick reaction of an EMT, who immediately initiated CPR and the chain of survival. Mike and his Mom, Joan, share their story of survival and living through the aftermath of sudden cardiac arrest in young athletes. Second Opinion 5: Five things to know about sudden cardiac arrest.					
17:00:00	Feel Grand with Jane Seymour The Emotions of Aging	APTEX	(S)	(CC)	N/A	#101H
	We've all been told that retirement will be our "golden years," the time in life where we finally get to do what we want. But what happens when you get there and it feels more like an ending than a beginning? This episode tackles the emotional toll of aging, from how we feel about ourselves, our relationships and the physical toll it takes on our bodies like hearing and vision.					
17:30:00	Well Read Dava Sobel, The Glass Universe	APTEX	(S)	(CC)	N/A	#613H
	From The New York Times best-selling author Dava Sobel comes The Glass Universe. This week on Well Read, Sobel shares the hidden history of the women whose contributions to the burgeoning field of astronomy forever changed our understanding of the stars and our place in the universe.					
18:00:00	California's Gold Citrus' Gold!	KCET		(CC)	N/A	#910
	Citrus was to southern California what the discovery of gold was to the north because it triggered a massive migration to our state. In fact, many Americans from back east came to California to see for themselves the "paradise" found on those early crate labels used to promote citrus fruit. Through these labels, "California sunshine" and "California living" became deeply ingrained in the popular imagination of a nation. In this episode of "California's Gold," host Huell Howser explores the history and lore of orange crate labels with Gordon McClelland who's not only written a book on the subject, but has a collection containing literally thousands of the colorful labels, along with orange postcards and other ephemera. Huell learns first-hand not only how the labels were designed and printed, but just how important they were in the marketing of California oranges around the world. Then Huell travels to UC Riverside to visit the Citrus Variety Collection which covers 20 acres, has approximately 1,700 trees and over 800 different varieties of citrus from all over the world. It's an amazing place which has been part of the California landscape since the early 1900's performing valuable research and coming up with all sorts of new varieties of citrus. Huell walks through the groves and picks and tastes some of the newest and most unusual varieties of oranges being grown. All in all, this adventures is a juicy slice of history as we take a look at our state's citrus industry which is very much a part of "California's Gold."					
18:30:00	Joseph Rosendo's Travelscope Ireland - Coast to Coast	APTEX	(S)	(CC)	DVI	#908H
	From Dublin and the Ancient East to Belfast and the Wild Atlantic Way, there is always something to please and surprise you. Ireland - two countries, one people -- who in spite of struggles and troubles have a joy of life, which proves the human spirit has no borders or boundaries. On his explorations Joseph is reminded that wherever you are in Ireland one thing is constant - a warm-hearted Irish welcome. Perhaps, Irish writer James Joyce said it best when he said, "I feel more strongly with every recurring year that our country has no tradition which does it so much honor and which it should guard so jealously -- as it's hospitality." On Joseph's latest Irish adventure you'll discover along with him that North or South, East or West - wherever you are in Ireland - it is the best!					

Sun, Mar 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Natural Heroes Brower Youth Awards 2014	KNME	(S)	(CC)	N/A	#706H
	THE BROWER YOUTH AWARDS honors legendary environmental activist David Brower, and calls forth a new generation of leaders. From neighborhood solar power in Michigan to banning Styrofoam in Hawaii to food security in Nepal, meet six young people honored for their outstanding activism and achievements in the fields of environmental and social justice advocacy. (past Brower Youth Awards have won Emmy Awards on Natural Heroes)					
19:30:00	The Kamla Show Special Anarghya Vardhana	KAMLA	(S)	(CC)	N/A	#102H
	In her Women in Science & Tech Series, host Kamla Bhatt interviews Anarghya Vardhana about her self development and working in Silicon Valley's tech industry.					
20:00:00	iQ: Smartparent The Family Fun Guide	APTEX	(S)	(CC)	N/A	#401H
	On this episode of iQ: smartparent, discover family past times that do double-duty: they're fun and educational. Experts from Adventure Outdoors and the after-school program Brashear Kids demonstrate how to turn an ordinary scavenger hunt into a high-tech adventure with the hot new hobby called geocaching and they show how geocaching and GPS technology can be used in the classroom to support STEM learning. Two young people from Brashear Kids provide a demonstration of geocaching in the studio. Then, an educator from the Allegheny Intermediate Unit reveals ways families can get creative with science experiments with arts and crafts supplies they already have lying around the house. Finally, the Education Coordinator of the youth makerspace Digital Harbor Foundation of Baltimore provides tips for families to make the most out of a visit to a makerspace, including suggestions for inter-generational maker collaborations.					
20:30:00	American Forum The President's First Year: Part 4	NETA	(S)	(CC)	N/A	#223H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
21:00:00	Georgia O'keeffe: A Woman On Paper	APTEX		(CC)	N/A	#0H
	Artist Georgia O'Keeffe has been called the "Mother of American Modernism," well-known for her flowing, colorful works depicting flowers and plants, dramatic cityscapes and Southwestern landscapes. The half-hour documentary GEORGIA O'KEEFFE: A WOMAN ON PAPER highlights the artist's career while focusing on the little-known story of O'Keeffe's time spent in Columbia, S.C. as an art instructor at Columbia College. While teaching at the college in the fall of 1915 and the spring of 1916, O'Keeffe found her voice with a series of innovative black and white abstract charcoal drawings that represented a radical break with tradition and led her art-and her career-in a new direction. Collectively titled "Specials," the charcoal drawings made O'Keeffe one of the very first American artists to practice pure abstraction, and they would go on to define and establish her career as one of the country's leading artists.					
21:30:00	Erma Bombeck: Legacy of Laughter	APT	(S)	(CC)	N/A	#0
	ERMA BOMBECK: LEGACY OF LAUGHTER examines the extraordinary life and career of beloved American humorist Erma Bombeck (1927-1996), whose honest tales of domestic life gave voice to millions of homemakers. Archival photographs, video clips and personal memorabilia trace Bombeck's life, from her childhood during the Great Depression to her work as a women's rights activist. The program is interspersed with uplifting and humorous interviews with Erma's family, friends and colleagues, including a touching on-camera introduction and narration by her neighbor and friend, former talk-show host Phil Donahue. LEGACY OF LAUGHTER also features readings from some of Bombeck's best columns, and documents her continuing impact on readers, parents and writers today.					
22:00:00	Arc of Light: A Portrait of Anna Campbell Bliss	NETA	(S)	(CC)	N/A	#0H
	ARC OF LIGHT: A Portrait of Anna Campbell Bliss is a documentary film about a pioneering artist, architect and designer who has devoted her life to the creation of works of art that explore the complex intersections between art, technology, science, nature, poetry, mathematics and architecture. The film looks at the astonishing range of Bliss's work, from small painterly and digitally based studies of color and light to architectural site commissions of immense scale. It also puts her work in art-historical context and traces her Modernist influences, including the Bauhaus school artists of the 1920s.					
22:30:00	In Her Power	APTEX	(S)	(CC)	N/A	#0H
	Empowerment expert Helene Lerner, host and executive producer of numerous Emmy winning public television specials, reveals the keys to "authentic power" in a dynamic new half-hour documentary. Based on Lerner's book about personal reinvention, IN HER POWER encourages women to believe in themselves and pursue even their most intimidating and inconvenient dreams. The special features insights from actors Julianne Moore, Jamie Lee Curtis and Jane Seymour, Xerox CEO Ursula Burns and other inspiring self-made women. Accepting the discomfort of change, embracing one's unique talents, letting go of false beliefs and building a "power web" of support, Learner believes, helps women move through fear and uncertainty. To illustrate her points, Lerner leads a heartfelt discussion among four women who have faced distinct personal obstacles and altered the course of their lives.					

Daily Program Listing II  
43.1

Date: 02/01/2017

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Sun, Mar 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	A Promise to My Father	APTEX	(S)	(CC)	N/A	#0H

A PROMISE TO MY FATHER follows Israel "Izzy" Arbeiter as he returns to the sites of his darkest hours and relives the Holocaust's unimaginable horrors. Arbeiter's incredible story of survival unfolds in Nazi-occupied Poland, where the teenager lived with his family in the Jewish ghetto of Starachowice. Following his separation from his family, he endured life as a slave laborer in a German armaments factory and later, in numerous concentration camps throughout Europe, including the infamous Auschwitz-Birkenau. With his grandson in tow, Izzy travels to Treblinka, Auschwitz and Stuttof, and various Holocaust memorials, with the hope of bringing closure to this painful chapter of his life. He also visits his childhood home, now condemned, in the Polish city of Plock. Cameras follow the 87-year-old into the basement of the home, where he attempts to unearth family heirlooms hidden for decades.

Mon, Mar 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Brower Youth Awards 2014	KNME	(S)	(CC)	N/A	#706H
	THE BROWER YOUTH AWARDS honors legendary environmental activist David Brower, and calls forth a new generation of leaders. From neighborhood solar power in Michigan to banning Styrofoam in Hawaii to food security in Nepal, meet six young people honored for their outstanding activism and achievements in the fields of environmental and social justice advocacy. (past Brower Youth Awards have won Emmy Awards on Natural Heroes)					
00:30:00	The Kamla Show Special Anarghya Vardhana	KAMLA	(S)	(CC)	N/A	#102H
	In her Women in Science & Tech Series, host Kamla Bhatt interviews Anarghya Vardhana about her self development and working in Silicon Valley's tech industry.					
01:00:00	iQ: Smartparent The Family Fun Guide	APTEX	(S)	(CC)	N/A	#401H
	On this episode of iQ: smartparent, discover family past times that do double-duty: they're fun and educational. Experts from Adventure Outdoors and the after-school program Brashear Kids demonstrate how to turn an ordinary scavenger hunt into a high-tech adventure with the hot new hobby called geocaching and they show how geocaching and GPS technology can be used in the classroom to support STEM learning. Two young people from Brashear Kids provide a demonstration of geocaching in the studio. Then, an educator from the Allegheny Intermediate Unit reveals ways families can get creative with science experiments with arts and crafts supplies they already have lying around the house. Finally, the Education Coordinator of the youth makerspace Digital Harbor Foundation of Baltimore provides tips for families to make the most out of a visit to a makerspace, including suggestions for inter-generational maker collaborations.					
01:30:00	American Forum The President's First Year: Part 4	NETA	(S)	(CC)	N/A	#223H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
02:00:00	Georgia O'keeffe: A Woman On Paper	APTEX		(CC)	N/A	#0H
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03:00:00	Arc of Light: A Portrait of Anna Campbell Bliss	NETA	(S)	(CC)	N/A	#0H
	ARC OF LIGHT: A Portrait of Anna Campbell Bliss is a documentary film about a pioneering artist, architect and designer who has devoted her life to the creation of works of art that explore the complex intersections between art, technology, science, nature, poetry, mathematics and architecture. The film looks at the astonishing range of Bliss's work, from small painterly and digitally based studies of color and light to architectural site commissions of immense scale. It also puts her work in art-historical context and traces her Modernist influences, including the Bauhaus school artists of the 1920s.					
03:30:00	In Her Power	APTEX	(S)	(CC)	N/A	#0H
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Mon, Mar 06, 2017

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04:00:00	A Promise to My Father A PROMISE TO MY FATHER follows Israel "Izzy" Arbeiter as he returns to the sites of his darkest hours and relives the Holocaust's unimaginable horrors. Arbeiter's incredible story of survival unfolds in Nazi-occupied Poland, where the teenager lived with his family in the Jewish ghetto of Starachowice. Following his separation from his family, he endured life as a slave laborer in a German armaments factory and later, in numerous concentration camps throughout Europe, including the infamous Auschwitz-Birkenau. With his grandson in tow, Izzy travels to Treblinka, Auschwitz and Stuttof, and various Holocaust memorials, with the hope of bringing closure to this painful chapter of his life. He also visits his childhood home, now condemned, in the Polish city of Plock. Cameras follow the 87-year-old into the basement of the home, where he attempts to unearth family heirlooms hidden for decades.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#164
08:00:00	Zula Patrol The Probe Who Came to Dinner/Forget-Me-Naut THE PROBE WHO CAME TO DINNER: When Multo discovers a far away planet, he sends a probe, Spaceus Exploerus, to safely investigate it and send back information. Much to the Zulean's surprise, at the same time, a probe from that planet arrives to investigate them. After jumping to a few wrong conclusions, they learn that while there are differences, the quest for information, pizza and friendship is universal. FORGET-ME-NAUT: When a fall seems to have given Bula amnesia, it turns out that Dark Truder has secretly abducted Bula and replaced him with a robot, in hopes of getting rid of The Zula Patrol forever. But when the Bula-bot goes through Astronaut re-training at The Zula Academy, he becomes a "rock solid" member of the team and single-handedly foils Truder's latest plan to rule the universe.	APTEX	(S)	(CC)	DVI	#105
08:30:00	Thomas Edison's Secret Lab Electri-Kent! Kent discovers one of Edison's secret inventions - an exo-bodysuit: a steampunk Ironman device that turns him into a klutzy superhero.	APTEX	(S)	(CC)	N/A	#112H
09:00:00	Power Yoga: Mind and Body Inversions With Head Stands, Sarvangasana, Shoulder Stands.	APTEX	(S)	(CC)	N/A	#124
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1022H
10:00:00	Sit and Be Fit Functional and Fun Exercises for the Feet This workout begins with a fun segment dedicated to keeping your feet happy and healthy.	NETA	(S)	(CC)	N/A	#1504H
10:30:00	Fit 2 Stitch Semi-Formal and Cocktail Parties When it is time for a fancy evening out, see how to add boning to create a comfortable, figure flattering strapless dress for any size.	NETA	(S)	(CC)	N/A	#404H
11:00:00	Knit and Crochet Now! Slip Into Slippers Everybody's got feet, and when it gets cold, those feet get chilly! Today Lena Skvagerson shows Deborah Norville how to stitch up the Walk of Fame textured unisex slippers with a wrap around cuff and Rohn Strong shows us how to crochet the Fireside Slippers, which are moccasin style slippers for both men and women. Lena's in the stitch corner with the Knit Blackberry Stitch.	APTEX	(S)	(CC)	DVI	#702H
11:30:00	Fons & Porter's Love of Quilting Anchors Aweigh Vintage quilts can be a great source of inspiration for a quilter. Marianne took on the challenge to re-create a 1940s Victory Quilt design using more modern methods of cutting and piecing.	NETA	(S)	(CC)	N/A	#2413H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6161H
13:00:00	America's Test Kitchen from Cook's Illustrated Two Modern Stews Host Bridget Lancaster shows host Julia Collin Davison how to make the ultimate Portuguese-style beef stew. Next, tasting expert Jack Bishop challenges Julia to a tasting of prepared pesto. Then, gadget guru Lisa McManus reviews the worst gadgets of the year. Finally, test cook Becky Hays reveals the secrets to making the best quinoa and vegetable stew.	APTEX	(S)	(CC)	N/A	#1702H

Mon, Mar 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Pati's Mexican Table Tequila!  This episode puts a twist on tequila by using it in a number of tasty, savory and sweet recipes sure to impress special guests. A noted mixologist shows Pati how to make a unique cocktail, and she uses tequila to ignite a main dish. Ancho Chile and Orange Juice Tequila Chaser (Sangrita); Fresh Jicama and Orange Pico de Gallo; Tequila, Mexican Cream and Chipotle Shrimp; Derek Brown's Cocktail; Coffee Flan with Tequila Whipped Cream.	APTEX	(S)	(CC)	DVI	#208H
14:00:00	Kevin Dundon's Back to Basics Breads & Baking  Baking bread at Dunbrody with new and interesting recipes, including gluten-free; a visit to a flour mill for the history behind flour production and transportation. Recipes include: White Soda Bread with Sultanas; Gluten-Free Bread; Wholemeal Brown Bread; Victoria Sponge with Strawberries; Toffee Sauce; and Sticky Toffee Pudding.	APTEX	(S)	(CC)	N/A	#107H
14:30:00	Steven Raichlen's Project Smoke Yum Kippers-Fish Gets Smoked  Sable. Lox. Kippers. Some of our most prized smoked foods come from the sea. This show explores iconic smoked seafood dishes from around Planet Barbecue. We start with salt-cured, cold-smoked salmon in the style of Bornholm, Denmark. (You'll learn to smoke it in a monster offset barrel smoker from Oklahoma). Next, hot smoked black cod (aka sablefish) cured with a fennel-coriander rub and smoked in a ceramic cooker. Our third fish-wahoo from the Florida Keys-uses an unusual double marinating technique prior to being smoked and is served with a habanero-mango salsa. For dessert: spectacular coconut creme brulees smoked in a pellet grill. It's business as usual at Project Smoke. Recipes: Cold Smoked Salmon; Hot Smoked Black Cod / Smoked Cod Toasts; Smoked Wahoo with Mango Salsa; Coconut Smoked Creme Brulees.	APTEX	(S)	(CC)	N/A	#110H
15:00:00	Beads, Baubles and Jewels Customize Your Components  Take your style to the next dimension. Designer Erin Prais-Hintz uses glittery clay and beads to make her style statement in 3-D. Katie Hacker adds an unexpected style twist with simple rhinestone settings in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2402H
15:30:00	Make It Artsy Paint Techniques  Get out those paints and brushes and let's paint! Collage artist Rebekah Meier uses custom-cut stencils, masking tape and paints to create a cool canvas. Dina Wakley uses thick and thin paint methods to make an artistic journal page. Host Julie Fei Fan Balzer works with additive and reductive mono-printing techniques. In the tip, Seth Apter shares innovative embossing ideas.	NETA	(S)	(CC)	N/A	#113H
16:00:00	Biz Kid\$ Understanding Your Paycheck  What's on your stub, bub? The Biz Kids use a modern American pay stub to explore various social movements of the last century. From unions to social security and from workman's compensation to the 401(k) plans of today-it's all there on the stub. Plus, you'll meet entrepreneurs and explore how they started their businesses.	APTEX	(S)	(CC)	DVI	#125H
16:30:00	Hands On Crafts for Kids Wings  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.	NETA	(S)	(CC)	DVI	#1805H
17:00:00	Garden Smart  In this episode GardenSMART visits three very different and unique gardens. Along the way we pick up some great tips for gardening in the shade, and on a steep slope. Great gardens and great gardeners. What's not to like? Be sure to tune in.	NETA	(S)	(CC)	N/A	#4211H
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm (Atlanta, Ga)  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.	APTEX	(S)	(CC)	N/A	#725H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14046H

Mon, Mar 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Asian American Life China accounts for one-fifth of the world's population and in the next 15 years, its population will explode to 1.5 billion. Learning Mandarin is one way to keep up with the world's second largest economy. Reporter Paul Lin shares why Mandarin is becoming the official language to learn. Reporter Tinabeth Pina has an exclusive report on incarcerated Asian Americans. Contrary to popular belief, Asian Americans are not a model minority. In fact, their incarceration rates are on the rise. Reporter Minnie Roh also shares an exclusive report on exploited workers. A significant percentage of undocumented immigrants are Asian who are susceptible to exploitation and human trafficking. Many times, the offenders are none other than those in the Asian American community.	EPS	(S)	(CC)	N/A	#110H
19:00:00	Newsline	APTEx	(S)	(CC)	N/A	#7242
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3508H
20:00:00	Music City Roots Live from the Factory Stellar songwriters are in the spotlight with sets from Athens/Nashville country rocker Lera Lynn, Oklahoma poet John Moreland and Nashville Songwriters Hall of Fame member Gretchen Peters.	APTEx	(S)	(CC)	N/A	#404H
21:00:00	Live from the Dennison Lodge Ray Bonneville Canadian Ray Bonneville is a blues-influenced, song and groove man who is strongly influenced by New Orleans.	NETA	(S)	(CC)	N/A	#110H
22:00:00	Walden - The Ballad of Thoreau WALDEN - THE BALLAD OF THOREAU is a combination documentary and theatrical play about the final two days Henry David Thoreau spent in his cabin before leaving Walden Pond. The documentary, which bookends the play, is a look at the life of Henry David Thoreau and filmed at Walden Pond at the actual cabin site in the woods. The two-act, four character play dramatizes conversations between Thoreau and Ralph Waldo Emerson as Thoreau was packing up to leave Walden Pond. The play, which has already been performed in over 7,100 schools and colleges, also explores the roles we play in the protection of the earth, while challenging the audience to live more simply, and preserve the natural environments of their home communities. Folksinger Michael Johnathon, host of WOODSONGS, wrote the play and is the host of the documentary portions of the program.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Black Women In Medicine BLACK WOMEN IN MEDICINE honors black female doctors around the country who work diligently in all facets of medicine. Through first-hand accounts from a cross-selection of black female pioneers in medicine and healthcare-including Dr. Claudia Thomas, the first black woman orthopedic surgeon and Dr. Jocelyn Elders, the first black woman to hold the position of United States Surgeon General-the program details the challenges these women have experienced and continue to face today in their drive to practice medicine. The documentary brings the inspiring stories of these trailblazing women within reach of those who most need to hear them, especially the next generation of medical professionals. By combining historical context with a look at the current generation coming up through the ranks, BLACK WOMEN IN MEDICINE chronicles stories of excellence and perseverance that engage, encourage and motivate, planting seeds of aspiration in the minds of future doctors.	APTEx	(S)	(CC)	N/A	#0H



Tue, Mar 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7242
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3508H
01:00:00	Music City Roots Live from the Factory Stellar songwriters are in the spotlight with sets from Athens/Nashville country rocker Lera Lynn, Oklahoma poet John Moreland and Nashville Songwriters Hall of Fame member Gretchen Peters.	APTEX	(S)	(CC)	N/A	#404H
02:00:00	Live from the Dennison Lodge Ray Bonneville Canadian Ray Bonneville is a blues-influenced, song and groove man who is strongly influenced by New Orleans.	NETA	(S)	(CC)	N/A	#110H
03:00:00	Walden - The Ballad of Thoreau WALDEN - THE BALLAD OF THOREAU is a combination documentary and theatrical play about the final two days Henry David Thoreau spent in his cabin before leaving Walden Pond. The documentary, which bookends the play, is a look at the life of Henry David Thoreau and filmed at Walden Pond at the actual cabin site in the woods. The two-act, four character play dramatizes conversations between Thoreau and Ralph Waldo Emerson as Thoreau was packing up to leave Walden Pond. The play, which has already been performed in over 7,100 schools and colleges, also explores the roles we play in the protection of the earth, while challenging the audience to live more simply, and preserve the natural environments of their home communities. Folksinger Michael Johnathon, host of WOODSONGS, wrote the play and is the host of the documentary portions of the program.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Black Women In Medicine BLACK WOMEN IN MEDICINE honors black female doctors around the country who work diligently in all facets of medicine. Through first-hand accounts from a cross-selection of black female pioneers in medicine and healthcare-including Dr. Claudia Thomas, the first black woman orthopedic surgeon and Dr. Jocelyn Elders, the first black woman to hold the position of United States Surgeon General-the program details the challenges these women have experienced and continue to face today in their drive to practice medicine. The documentary brings the inspiring stories of these trailblazing women within reach of those who most need to hear them, especially the next generation of medical professionals. By combining historical context with a look at the current generation coming up through the ranks, BLACK WOMEN IN MEDICINE chronicles stories of excellence and perseverance that engage, encourage and motivate, planting seeds of aspiration in the minds of future doctors.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#165
08:00:00	Zula Patrol Small Is Beautiful/Case of the Missing Rings SMALL IS BEAUTIFUL: During the Super Planet Competition, Truder shrinks all nine planets. When Multo tries to come to the rescue, he is accidentally shrunk as well. Truder places the shrunken planets (and the miniature Multo) into a sack and rockets away, threatening not to return them until he is proclaimed Ruler of the Universe. The Zula Patrol races after Truder, but before they can come to the rescue, Multo gets the competing planets to cooperate in a "sack break." Once out of the sack, Multo is able to return the planets (and himself) to normal size. Everyone learns that being small doesn't mean you can't do big things. CASE OF THE MISSING RINGS: In a spoof of crime dramas, the rings around the planets are stolen, one by one. As Bula narrates, film noir style, the Zula Patrol looks for clues, questions suspects and goes on a stakeout to find the thief. Thanks to their determination and persistence, they get their man.	APTEX	(S)	(CC)	DVI	#106
08:30:00	Thomas Edison's Secret Lab It Take One to Grow One JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him.	APTEX	(S)	(CC)	N/A	#113H
09:00:00	Power Yoga: Mind and Body Abs and Arms With Cat Rolls with leg Variations, Elbow Stances.	APTEX	(S)	(CC)	N/A	#125
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1023H
10:00:00	Sit and Be Fit Yardsticks and Bands Opening this program is a unique warm-up routine using a yardstick. Later in the show, Mary Ann focuses on upper and lower body strengthening using bands.	NETA	(S)	(CC)	N/A	#1505H

Tue, Mar 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Fit 2 Stitch Black Or White Tie Events Step beyond basic black and create a sophisticated formal look. Select narrow or wide stripes and sew a stunning skirt to wear to other events, too.	NETA	(S)	(CC)	N/A	#405H
11:00:00	Knit and Crochet Now! Vested Interest Today we are feeling funky! Deborah Norville is joined by Robyn Chachula and Kristin Nicholas who are here with two Boho inspired long vests. First up is Robyn with a crochet fringed vest, the Boho Vest, and then Kristin will go over how to knit the Ashbury Vest, featuring a garter stitch stripe and fair isle. Then we'll take a trip to the stitch corner where Ellen will show how to do the Crochet Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#703H
11:30:00	Fons & Porter's Love of Quilting Libby's Log Cabin This quilt combines the eight-pointed star, the log cabin block and the Irish chain pattern, and is set in a lightning streak design.	NETA	(S)	(CC)	N/A	#2501H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6162H
13:00:00	Hubert Keller: Secrets of a Chef Entertaining for a Crowd Chef Keller is making pork rillette, a delicious pate or meat spread found in nearly every French home. The second recipe is a unique lasagna made with tender, succulent short rib meat. For dessert, he is showing a way to make meringue in minutes. Pork Rillette, Braised Short Rib Lasagna, & Floating Island Meringues with Creme Anglaise.	NETA	(S)	(CC)	N/A	#508H
13:30:00	Sara's Weeknight Meals Meatless Mondays Were you bad over the weekend? Get back on track as you clean out and veg out with the hottest vegetarian chef around Amanda Cohen. Sara will answer viewer questions about mushrooms and vegetable storage on Ask Sara, and she cooks her own vegetarian dish, mu shu vegetables.	APTEX	(S)	(CC)	N/A	#507H
14:00:00	Taste of History Eliza Powel's Sinful Feast Eliza Powel was the premiere hostess of the 18th century. She prepared decadent feasts that inspired John Adams to write a letter to Abigail, describing dinner as "sinful." Now, for the first time since Mrs. Powel's presentation, Chef Walter Staib recreates her "Sinful Feast," preparing it in her historic Philadelphia home.	NETA	(S)	(CC)	N/A	#711H
14:30:00	Sara's Weeknight Meals Super Bowls of Soup (Super Bowl Stunt) The big game and a cold night are both perfect times to enjoy a heart bowl of soup, like Sara's take on traditional New England chowder, her smoky fish chowder, made even more delicious with bacon. On Ask Sara, she shows ways to pack for a tailgate, including safely transporting hot soups. Then she joins Brazilian chef Leticia Moreinos Schwartz on a shopping trip to a Brazilian market before they make Leticia's chicken, shrimp, peanut and cashew stew. Soups on! Recipes: Smoky fish chowder; Chicken shrimp, peanut and cashew stew.	APTEX	(S)	(CC)	N/A	#605H
15:00:00	Beads, Baubles and Jewels Inspired By Books and Movies Personalize your style with custom colors. Author and designer Cathy Jakicic weaves beaded components and makes them multifunctional. Teens and tweens will love to make the charm necklace that Candie Cooper creates as she joins Katie Hacker in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2403H
15:30:00	Katie Brown Workshop Family Favorites Katie shares a few of her family's favorite projects and recipes. In the Kitchen: Aunt Barb's Cole Slaw, Cousin Annie's Goulash and Mother Meg's Blueberry Muffins. Projects: A shadow box fashioned from your child's old shoes. Pottery-collecting.	APTEX	(S)	(CC)	DVI	#501H
16:00:00	Biz Kid\$ Social Entrepreneurs Join the Biz Kids and you'll meet social visionaries who use the same tools as profit-oriented entrepreneurs. Yet instead of building companies and large profits, these people create thriving organizations and powerful movements for social change.	APTEX	(S)	(CC)	DVI	#126H
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

Tue, Mar 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart Whether your garden is small and intimate, or mansion-like, the goal is the same - to carve out your own little piece of paradise. GardenSMART visits with two gardeners that we think have done just that. We know you'll enjoy, be sure to tune in.	NETA	(S)	(CC)	N/A	#4212H
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 News	WNVC	(S)	(CC)	N/A	#14047H
18:30:00	American Forum The President's First Year: Part 3 SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#222H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7243
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1309H
20:00:00	Sun Studio Sessions Paul Thorn Paul Thorn was raised in Tupelo, Mississippi and has performed his southern gospel and country roots influenced music on NPR's "World Cafe" and television's Jimmy Kimmel Live and Conan Obrien shows. Thorn's down home positivity permeates his approach to music, that he describes by saying "There's no higher goal I could set for myself than to help other people find some happiness and gratitude in their lives." On this episode, Thorn talks about his musical influences and performs several songs, including tracks from his latest release "Too Blessed, To Be Stressed."	NETA	(S)	(CC)	N/A	#613H
20:30:00	Jammin at Hippie Jack's Gretchen Peters Peters' own voice and guitar playing have been at the core of her music since she started performing in the Boulder, Colorado folk circuit as a teenager. Inspired by Paul Simon, Bob Dylan, Joni Mitchell and a new generation of songwriters rising out of Nashville that included Steve Earle, Nanci Griffith and Rodney Crowell, Peters relocated to Music City in the late 1980s. Initially she found Nashville inspiring. "Being in a place where you can hear so many good songwriters perform their work on just an acoustic guitar really made me understand the anatomy of songs in a way I didn't until I moved here," Peters relates. "Just listening closely to other people who were good at their craft shaped me as a writer."	NETA	(S)	(CC)	N/A	#904H
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	Reel South The State of Eugenics By Dawn Sinclair Shapiro. Between 1933 and 1974, the state of North Carolina ran one of the most aggressive eugenics programs, sterilizing more than 7,600 men, women and children. This film follows the journey of survivors, legislators and journalists who insist the state confront its role in the tragic, forced sterilization of thousands of Americans thought to have "undesirable" genetics.	NETA	(S)	(CC)	N/A	#205H

Daily Program Listing II  
43.1

Date: 02/01/2017

03/01/2017 - 03/31/2017

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Tue, Mar 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	My Girlfriends Quilt	APT	(S)	(CC)	N/A	#0
<p>The music special, MY GIRLFRIENDS QUILT celebrates the special relationships and cherished bonds that form between friends, mothers, daughters, sisters and cancer survivors, and pays tribute to friendship and the healing power of women. The inspirational program presents heartfelt songs, as well as conversations with women who understand the value of deep, abiding and supportive friendships. In this intimate gathering, they share their life-affirming experiences and honor the women who have made a difference in their lives. MY GIRLFRIENDS QUILT also spotlights women from the nonprofit activity-based cancer support organization, Pen and Palette, who reveal their quilt, titled "Women Healing Into Wholeness."</p>						

Wed, Mar 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7243
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1309H
01:00:00	Sun Studio Sessions Paul Thorn	NETA	(S)	(CC)	N/A	#613H
	Paul Thorn was raised in Tupelo, Mississippi and has performed his southern gospel and country roots influenced music on NPR's "World Cafe" and television's Jimmy Kimmel Live and Conan Obrien shows. Thorn's down home positivity permeates his approach to music, that he describes by saying "There's no higher goal I could set for myself than to help other people find some happiness and gratitude in their lives." On this episode, Thorn talks about his musical influences and performs several songs, including tracks from his latest release "Too Blessed, To Be Stressed."					
01:30:00	Jammin at Hippie Jack's Gretchen Peters	NETA	(S)	(CC)	N/A	#904H
	Peters' own voice and guitar playing have been at the core of her music since she started performing in the Boulder, Colorado folk circuit as a teenager. Inspired by Paul Simon, Bob Dylan, Joni Mitchell and a new generation of songwriters rising out of Nashville that included Steve Earle, Nanci Griffith and Rodney Crowell, Peters relocated to Music City in the late 1980s. Initially she found Nashville inspiring. "Being in a place where you can hear so many good songwriters perform their work on just an acoustic guitar really made me understand the anatomy of songs in a way I didn't until I moved here," Peters relates. "Just listening closely to other people who were good at their craft shaped me as a writer."					
02:00:00	The Kate Rickie Lee Jones	APTEX	(S)	(CC)	N/A	#102H
	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.					
03:00:00	Reel South The State of Eugenics	NETA	(S)	(CC)	N/A	#205H
	By Dawn Sinclair Shapiro. Between 1933 and 1974, the state of North Carolina ran one of the most aggressive eugenics programs, sterilizing more than 7,600 men, women and children. This film follows the journey of survivors, legislators and journalists who insist the state confront its role in the tragic, forced sterilization of thousands of Americans thought to have "undesirable" genetics.					
04:00:00	My Girlfriends Quilt	APT	(S)	(CC)	N/A	#0
	The music special, MY GIRLFRIENDS QUILT celebrates the special relationships and cherished bonds that form between friends, mothers, daughters, sisters and cancer survivors, and pays tribute to friendship and the healing power of women. The inspirational program presents heartfelt songs, as well as conversations with women who understand the value of deep, abiding and supportive friendships. In this intimate gathering, they share their life-affirming experiences and honor the women who have made a difference in their lives. MY GIRLFRIENDS QUILT also spotlights women from the nonprofit activity- based cancer support organization, Pen and Palette, who reveal their quilt, titled "Women Healing Into Wholeness."					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#166
08:00:00	Zula Patrol Blue Moon/Going Through A Phase	APTEX	(S)	(CC)	DVI	#107
	BLUE MOON: Wizzy and Wigg journey to Earth's Moon to prove their separate theories: Wizzy believes the Moon is made out of cheese, and Wigg is certain the Man in the Moon inhabits it. During their adventure, they learn the truth about the Moon's surface, as well as how important it is not to take off without letting a team member know where you're going. GOING THROUGH A PHASE: Bula gets sprayed with Zulabane Plant pollen and is turned into a Zulean Were-Mouse. Bula is certain his days as a member of the Zula Patrol Team are over until he learns to make use of his condition rather than give up because of it. Bula takes advantage of his Were-mouse powers to save his friends from a Zula Cave Kitty. While Multo searches for a cure, the other Zula Patrollers study the phases of the Moon so they can help free Bula from his Were-Mouse curse.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#114H
09:00:00	Power Yoga: Mind and Body Long Holds - Version Three	APTEX	(S)	(CC)	N/A	#126
	With Side Plank, Charlie Chaplin, Supta Baddha Konasana, Camel.					

Wed, Mar 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1024H
10:00:00	Sit and Be Fit Shoulder and Back Strength Mary Ann guides viewers through a lively workout sharing exercises that help strengthen the shoulders and back.	NETA	(S)	(CC)	N/A	#1506H
10:30:00	Fit 2 Stitch Weddings Whatever your role at the wedding, be comfortable and look great from the ceremony through the reception. See how to make a simple sheath dress with a beaded or lace overlay.	NETA	(S)	(CC)	N/A	#406H
11:00:00	Knit and Crochet Now! Mosaic Stitch Scarves Everybody loves scarves and this week Host Deborah Norville joins Lena Skvagerson who will show you how to knit the Slip That Stich Scarf and magically make two colors appear in the same row without carrying the yarn. Ellen will show us her interpretation of a crochet mosaic scarf with the Nascha Crochet Scarf and then back to Lena in the stitch corner with her very own Knit Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#704H
11:30:00	Fons & Porter's Love of Quilting Leather and Lavender Tote A great way to take your quilting with you is to create this fabulous tote that incorporates leather into the design.	NETA	(S)	(CC)	N/A	#2502H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6163H
13:00:00	Lidia's Kitchen More Pasta When Lidia talks about pasta in her family, it's never "basta!" Today, she creates three new pasta dishes that everyone will love including a linguine with Swiss chard that is made with walnuts and creamy ricotta. She then makes a simple dish of farfalle with swordfish, prepared with tomatoes, fresh herbs and capers. And finally, there is nothing better than Lidia's spaghetti and meatballs!	APTEX	(S)	(CC)	N/A	#314H
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 Hawai'i - Roy Yamaguchi and Alan Wong Heading to the Hawai'i Food and Wine festival, Ming bumps into chefs Roy Yamaguchi and Alan Wong, masters of Hawai'ian cuisine. As the friends catch up, they decide to head to their favorite place - the kitchen - to create three distinct and flavorful fish dishes.	APTEX	(S)	(CC)	N/A	#1422H
14:30:00	Cook's Country American Classics with a Twist Test cook Bridget Lancaster shows host Christopher Kimball how to make frosted meatloaf at home. Next, tasting expert Jack Bishop challenges Chris to a tasting of frozen pizzas. And finally, test cook Julia Collin Davison uncovers the secrets to apple pie with cheddar cheese crust.	APTEX	(S)	(CC)	N/A	#801H
15:00:00	Beads, Baubles and Jewels Sparkle and Shine Make your style sparkle and shine. Designer and author Ashley Bunting expresses her upbeat style through leather, beading and wirework. In her Beading Lesson, Katie Hacker creates a layered birthstone necklace you can make for yourself or give as a gift.	NETA	(S)	(CC)	N/A	#2404H
15:30:00	Katie Brown Workshop Sweet The recipes and projects Katie presents promise to satisfy even the sweetest tooth and awaken your sweet side. In the Kitchen: Colorful Birthday Cake, Heavenly Orange & Cherry Brownies and Kyle's Famous Sugar and Spice Cookies. Projects: Make-and-decorate lip balm. A whimsical butterfly bouquet.	APTEX	(S)	(CC)	DVI	#502H
16:00:00	Biz Kid\$ Have A Plan, Stan! Explore the different elements of a business plan and see why it's crucial to develop a plan before you start your business. Meet a teen who opened a snow-cone shack, another who makes and sells candles, and a group who markets self-defense kits.	APTEX	(S)	(CC)	DVI	#201H

Wed, Mar 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Outer Limits Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.	NETA	(S)	(CC)	DVI	#1807H
17:00:00	Garden Smart With each generation, kids become more detached from where their food comes from. In this episode GardenSMART visits a new community garden that is all about getting kids and their families in to gardening. There's a lot to see, be sure to tune in.	NETA	(S)	(CC)	N/A	#4213H
17:30:00	Growing A Greener World A Year in the Life of a Beginning Beekeeper (Atlanta, Ga; Mt. Airy, Nc) Once you get past the buzz of backyard beekeeping, what's the reality? This episode tracks the first year of newbie beekeeper Joe Lamp'l: selecting the best equipment, physically taking possession of thousands of live bees, installing them in a proper hive, harvesting the honey, and dealing with the inevitable challenges along the way. With a Master Beekeeper offering expert advice as well as incredible visuals of the honeybee's secret world, this episode is a must-see.	APTEX	(S)	(CC)	N/A	#601H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14048H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#430H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7244
19:30:00	In Good Shape Our bodies react to the weather, adapting to rain and sunshine, heat and cold. Why do some people have a hard time when the weather changes? What effects climate change could have on human health? Also, knee replacements from a 3D printer, and the benefits of tai chi.	WNVC	(S)	(CC)	N/A	#406H
20:00:00	The Lowertown Line. The Lowertown Line: Trampled By Turtles This is the pilot episode of The Lowertown Line, a music special hosted by hip hop artist Dessa. This episode features bluegrass band Trampled By Turtles and their special guest, fellow Duluth native Alan Sparhawk of the band Low. The show mixes musical performance and insightful conversation and was recorded with a live audience at the Twin Cities Public Television studios. Songs performed: Walt Whitman, Midnight on the Interstate, Keys to Paradise, When I Go Deaf, Alone.	APTEX	(S)	(CC)	N/A	#101H
20:30:00	Songs at the Center Artists: Kay Harris & Molly Pauken, RJ Cowdery, Erica Blinn, and hosted by songwriter Eric Gnezda. Special feature: profile of Six String Concerts. Kay Harris & Molly Pauken are the songwriting engines of the group, Sirens. Kay has recorded numerous albums, providing vocals on more than 70 local and national jingles. Molly tours with Rodney Crowell when she's available, remaining home often enough to perform with the area's elite. The duo has toured throughout Europe and the Middle East. They perform "Left It Up To You." RJ Cowdery was the Kerrville New Folk Winner in 2008, and the 2012 winner of the Dave Carter Memorial Songwriting Contest at Oregon's prestigious Sisters Folks Festival. Her most recent CD features special appearances by Pierce Pettis and Jonathan Byrd. She performs "Is There Time." Erica Blinn constructs American rock songs one earnest melody at a time. "A Midwestern beauty with a wistful voice and a country-rock sound somewhere between Lucinda Williams and Sheryl Crow..." (Don Thrasher, Active Dayton.) Erica has shared stages with The Family Stone, and Devon Allman, among others. She performs "Choices." "Scenes from the Scene" Segment: Six String Concerts is in its 28th year of bringing the top singer-songwriters to Columbus. Co-founder Kim Rice Wilson discusses the organization's history, and what Six String Concerts continues to bring to audiences today.	APTEX	(S)	(CC)	N/A	#106H
21:00:00	Live at 9:30 Performances by Miike Snow, Melanie Martinez, Deerhunter, Pusha T and Kurt Vile, with Henry Rollins and comedy from Top Gear's Adam Ferrara.	NACC	(S)	(CC)	N/A	#106H
22:00:00	1916 The Irish Rebellion Insurrection The story of the Rising itself; the way in which the clandestine and separatist Irish Republican Brotherhood infiltrated the Irish Volunteer Movement; the attempt to secure assistance from Britain's enemy Germany; the arrest of Roger Casement and the botched gun-running off the coast of Ireland immediately before the Rising; the confusion surrounding the order and countermand for a call up of the Irish Volunteers on Easter Sunday; British Intelligence awareness of what was planned and an apparent lack of readiness to tackle what happened on Easter Monday.	APTEX	(S)	(CC)	DVI	#102H

## Daily Program Listing II

43.1

Date: 02/01/2017

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Wed, Mar 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Mary Lou Williams: The Lady Who Swings The Band	APTEX	(S)	(CC)	N/A	#0H
<p>Mary Lou Williams (1910-1981), an innovative and prolific jazz pianist, composer and arranger, created some of the most sophisticated big-band hits for Benny Goodman, Duke Ellington and other popular orchestras of the 1930s. From child prodigy and "Boogie-Woogie Queen" to groundbreaking composer and musical mentor to some of jazz's greatest musicians, Williams seemed to redefine herself with every passing decade. Away from the piano, she defied expectations - as a woman in a "man's world," as a black person in a whites-only society, and as a non-conforming creative genius in an image-driven industry. MARY LOU WILLIAMS: THE LADY WHO SWINGS THE BAND examines Williams' life and career, and her enduring legacy. In telling her story, the film follows the trajectory of jazz through the lens of a pioneering African-American female instrumentalist. The documentary unfolds through Williams' words - voiced by Oscar and Emmy nominee Alfre Woodard (12 Years a Slave, State of Affairs) - taken from unpublished manuscripts, oral histories and media interviews. Tony- and Screen Actors Guild-nominated actor Delroy Lindo (Malcolm X, Crooklyn, Get Shorty) voices Mary Lou Williams' husband John, while Independent Spirit Award-winning actor Wendell Pierce (Selma, The Wire) portrays bandleader Andy Kirk. Interviews with scholars, friends and fellow musicians - including Geri Allen, Carmen Lundy, Hank Jones, Billy Taylor, Terri Lyne Carrington, and Esperanza Spalding- place Williams' personal story within a larger context.</p>						



Thu, Mar 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7244
00:30:00	In Good Shape Our bodies react to the weather, adapting to rain and sunshine, heat and cold. Why do some people have a hard time when the weather changes? What effects climate change could have on human health? Also, knee replacements from a 3D printer, and the benefits of tai chi.	WNVC	(S)	(CC)	N/A	#406H
01:00:00	The Lowertown Line. The Lowertown Line: Trampled By Turtles This is the pilot episode of The Lowertown Line, a music special hosted by hip hop artist Dessa. This episode features bluegrass band Trampled By Turtles and their special guest, fellow Duluth native Alan Sparhawk of the band Low. The show mixes musical performance and insightful conversation and was recorded with a live audience at the Twin Cities Public Television studios. Songs performed: Walt Whitman, Midnight on the Interstate, Keys to Paradise, When I Go Deaf, Alone.	APTEX	(S)	(CC)	N/A	#101H
01:30:00	Songs at the Center Artists: Kay Harris & Molly Pauken, RJ Cowdery, Erica Blinn, and hosted by songwriter Eric Gnezda. Special feature: profile of Six String Concerts. Kay Harris & Molly Pauken are the songwriting engines of the group, Sirens. Kay has recorded numerous albums, providing vocals on more than 70 local and national jingles. Molly tours with Rodney Crowell when she's available, remaining home often enough to perform with the area's elite. The duo has toured throughout Europe and the Middle East. They perform "Left It Up To You." RJ Cowdery was the Kerrville New Folk Winner in 2008, and the 2012 winner of the Dave Carter Memorial Songwriting Contest at Oregon's prestigious Sisters Folks Festival. Her most recent CD features special appearances by Pierce Pettis and Jonathan Byrd. She performs "Is There Time." Erica Blinn constructs American rock songs one earnest melody at a time. "A Midwestern beauty with a wistful voice and a country-rock sound somewhere between Lucinda Williams and Sheryl Crow..." (Don Thrasher, Active Dayton.) Erica has shared stages with The Family Stone, and Devon Allman, among others. She performs "Choices." "Scenes from the Scene" Segment: Six String Concerts is in its 28th year of bringing the top singer-songwriters to Columbus. Co-founder Kim Rice Wilson discusses the organization's history, and what Six String Concerts continues to bring to audiences today.	APTEX	(S)	(CC)	N/A	#106H
02:00:00	Live at 9:30 Performances by Miike Snow, Melanie Martinez, Deerhunter, Pusha T and Kurt Vile, with Henry Rollins and comedy from Top Gear's Adam Ferrara.	NACC	(S)	(CC)	N/A	#106H
03:00:00	1916 The Irish Rebellion Insurrection The story of the Rising itself; the way in which the clandestine and separatist Irish Republican Brotherhood infiltrated the Irish Volunteer Movement; the attempt to secure assistance from Britain's enemy Germany; the arrest of Roger Casement and the botched gun-running off the coast of Ireland immediately before the Rising; the confusion surrounding the order and countermand for a call up of the Irish Volunteers on Easter Sunday; British Intelligence awareness of what was planned and an apparent lack of readiness to tackle what happened on Easter Monday.	APTEX	(S)	(CC)	DVI	#102H
04:00:00	Mary Lou Williams: The Lady Who Swings The Band Mary Lou Williams (1910-1981), an innovative and prolific jazz pianist, composer and arranger, created some of the most sophisticated big-band hits for Benny Goodman, Duke Ellington and other popular orchestras of the 1930s. From child prodigy and "Boogie-Woogie Queen" to groundbreaking composer and musical mentor to some of jazz's greatest musicians, Williams seemed to redefine herself with every passing decade. Away from the piano, she defied expectations - as a woman in a "man's world," as a black person in a whites-only society, and as a non-conforming creative genius in an image-driven industry. MARY LOU WILLIAMS: THE LADY WHO SWINGS THE BAND examines Williams' life and career, and her enduring legacy. In telling her story, the film follows the trajectory of jazz through the lens of a pioneering African-American female instrumentalist. The documentary unfolds through Williams' words - voiced by Oscar and Emmy nominee Alfre Woodard (12 Years a Slave, State of Affairs) - taken from unpublished manuscripts, oral histories and media interviews. Tony- and Screen Actors Guild-nominated actor Delroy Lindo (Malcolm X, Crooklyn, Get Shorty) voices Mary Lou Williams' husband John, while Independent Spirit Award-winning actor Wendell Pierce (Selma, The Wire) portrays bandleader Andy Kirk. Interviews with scholars, friends and fellow musicians - including Geri Allen, Carmen Lundy, Hank Jones, Billy Taylor, Terri Lyne Carrington, and Esperanza Spalding- place Williams' personal story within a larger context.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#167
08:00:00	Zula Patrol Giant Litterbugs from Space/Rv of the Giants GIANT LITTERBUGS FROM SPACE: The Zula Patrol learns about simple machines when a passing spaceship of giant Zlorgs (from the Zulean Panhandle) drop some huge litter on their headquarters -- including a massive paper cup that completely covers the building! They manage to remove the cup using two simple machines, the inclined plane and the lever, only to discover that the littering was no careless act, but a result of Dark Truder's latest plot! RV OF THE GIANTS: After running into their friends, the gigantic Zlorg family, who are camping in their huge R.V., the Zula Patrollers get accidentally trapped inside the R.V. They have to figure out how to get out, using two examples of simple machines, a wedge and a pulley, before Dark Truder steals their spaceship! Mistakenly thinking he's no longer wanted, Gorga leaves the Zula Patrol in search of a new home. In an effort to find him, the Zula Patrol searches The Solar System and all Nine Planets before ultimately rescuing him from the Intergalactic Pet Catcher.	APTEX	(S)	(CC)	DVI	#108

Thu, Mar 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#115H
09:00:00	Power Yoga: Mind and Body Core - Abs/Back - Version Three With Bridge, Navasana with Variations, Lotus.	APTEX	(S)	(CC)	N/A	#127
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1025H
10:00:00	Sit and Be Fit Postural Alignment and Shoulder Stability This program features exercises that help increase postural awareness and stabilize the shoulders.	NETA	(S)	(CC)	N/A	#1507H
10:30:00	Fit 2 Stitch Casual Events and Parties Starting with a well-fitting t-shirt, learn to create a variety of trendy fashions for family events, showers and less dressy evenings out.	NETA	(S)	(CC)	N/A	#407H
11:00:00	Knit and Crochet Now! Artsy Afghans Host Deborah Norville believes nothing says you're special like a handmade afghan, it's like a perpetual hug from the person who stitched it. Ellen is first up with the Geometric Crochet Afghan, which features a lace border, and then Kristin shows how to stitch up the Windowpane Afghan, which is knit in the round, then cutting it to make it flat! In the stitch corner Ellen teaches how to Crochet a Cable.	APTEX	(S)	(CC)	DVI	#705H
11:30:00	Fons & Porter's Love of Quilting Splendid Stars Mary Fons and her guest Amy Ellis will present a great project that uses diamonds cut from this "new" fabric. They will teach you a simple y-seam technique that will assist you in making great star blocks for your next project.	NETA	(S)	(CC)	N/A	#2503H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6164H
13:00:00	Eat! Drink! Italy! with Vic Rallo Gold In Them Hills White truffle hunt; Truffles and Eggs; Plin (ancient stuffed pasta); wine maker Giovanni Folinari; Chef Stefano Cervelli's Pasta with Sea Urchins.	APTEX	(S)	(CC)	N/A	#109H
13:30:00	Cooking with Nick Stellino A Dinner to Remember Mocha Creme Caramel; New York Steak with Green Peppercorn Sauce; Green Salad with Broiled Goat Cheese; Manhattan.	APTEX	(S)	(CC)	N/A	#210H
14:00:00	Joanne Weir's Cooking Confidence Italian Love Affair Inspired by dishes made in her classes in Italy, Joanne introduces her student Reggie to bagna cauda, rigatoni with chicken in a tomato cream sauce, and a vegetable ribbon salad. Recipes: Bagna Cauda, Rigatoni with Chicken, Tomatoes and Cream, and Vegetable Ribbon Salad. Student: Reggie Wooden, Student.	APTEX	(S)	(CC)	N/A	#106H
14:30:00	New Scandinavian Cooking The Taste of Trees Andreas visits Hedmark in Eastern Norway, a region with large farms, abundant food and vast forests. Andreas cooks over an open fire to infuse the dish with a smoky flavor. He provides tips on using smoke in cooking before whipping up sweet apple-flavored pork chops with potato salad. For the main course, Andreas prepares hot-smoked pork glazed with a rich homemade birch syrup, which he also pours over waffles for dessert.	APTEX	(S)	(CC)	N/A	#504H
15:00:00	Beads, Baubles and Jewels Make These Tonight Stacking bracelets are today's hottest style statement. Jewelry designer Meredith Roddy creates three distinct styles of stacking bracelets to combine or to wear alone. Candie Cooper designs trendy earrings for teens and tweens in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2405H

Thu, Mar 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Easy Entertaining	APTEX	(S)	(CC)	DVI	#503H
	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.					
16:00:00	Biz Kid\$ Money Math - Who Needs It?	APTEX	(S)	(CC)	DVI	#202H
	Math is a true building block in the business of your life. Whether you are calculating the tip on the restaurant bill, making change at your lemonade stand, or figuring out how to quickly grow your savings, it's all about the math in money. Visit with a handbag designer and meet students who are helping to save the environment.					
16:30:00	Hands On Crafts for Kids Write It Down	NETA	(S)	(CC)	DVI	#1808H
	When creative ideas pop up, write them down. Make a colorful pocket journal with Jenny Barnett-Rohrs. Candie Cooper shares creative tips for handwriting and Franz Spohn writes with clay. Katie Hacker decorates for fall with a shining pumpkin luminary from blogger Carissa Bonham.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4301H
	No matter if you're an experienced gardener or a novice, a review of gardening basics is always good. GardenSMART visits an individual that's been gardening a long time and has some great tips and ideas. Join us as we GardenSMART.					
17:30:00	Growing A Greener World How to Make Compost (Mt. Airy, Nc)	APTEX	(S)	(CC)	N/A	#602H
	Soil experts agree: the most effective amendment you can add to your garden to improve soil quality is compost. Best of all, you can make it at home for free! Yet many people are confused about how to get started, unclear about what can be composted, or just want to get better compost faster. Joe Lamp'l takes you on a behind the scenes look at everything you need to know to make it yourself, including a do-it-yourself compost bin using recycled pallets.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14049H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1337H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7245
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#905H
	On this Native Report the beauty, heart and spirit of the fine-art photography of the late ethnographer Edward Curtis. Also we'll chronicle the story of the strength and resiliency of the Stockbridge Munsee Band of Mohican Indians who were pushed from the Eastern seaboard across half a continent, and subsequently forced to uproot and move many more times to their present home in East Central Wisconsin. And co-host Tadd Johnson sits down with Vice President Walter Mondale to talk to this long time leader about his work fighting injustice and inequality, and his efforts in major state and federal legislation in the 1960's and 70's which positively impacted the future of Native America.					
20:00:00	Backstage Pass Planet D Nonet - Encore	NETA	(S)	(CC)	N/A	#608H
	Planet D Nonet plays more down and dirty big band swing from Ellington & Strayhorn, Fletcher Henderson, Count Basie & Benny Carter, all performed with good humor and a Detroit twist.					
20:30:00	Ray Stevens Cabaray Nashville Guests: John Conlee and Jeff Bates	OETA	(S)	(CC)	N/A	#109H
	"Dang Me" (RAY) "Please Mr. Custer" (RAY) "Common Man" (CONLEE) "Sleeping In" (BATES).					
21:00:00	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.					
22:00:00	Afropop: The Ultimate Cultural Exchange Intore	APTEX	(S)	(CC)	DVI	#902H
	INTORE offers a powerful and rare look at how Rwanda survived its tragic past by regaining its identity through music, dance, and the resilience of a new generation.					

Thu, Mar 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Nancy Hart Militia: Women of Uncommon Courage In the final days of this country's most devastating war, 40 women of The Nancy Hart Militia form a firing line as their town is invaded by 2-thousand Union soldiers, successfully saving their homes and defending their families.	NETA	(S)	(CC)	N/A	#0H
23:30:00	No Going Back: Women and the War North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often un-educated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.	APTEX	(S)	(CC)	N/A	#0H

Fri, Mar 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7245
00:30:00	Native Report On this Native Report the beauty, heart and spirit of the fine-art photography of the late ethnographer Edward Curtis. Also we'll chronicle the story of the strength and resiliency of the Stockbridge Munsee Band of Mohican Indians who were pushed from the Eastern seaboard across half a continent, and subsequently forced to uproot and move many more times to their present home in East Central Wisconsin. And co-host Tadd Johnson sits down with Vice President Walter Mondale to talk to this long time leader about his work fighting injustice and inequality, and his efforts in major state and federal legislation in the 1960's and 70's which positively impacted the future of Native America.	WDSE	(S)	(CC)	DVI	#905H
01:00:00	Backstage Pass Planet D Nonet - Encore Planet D Nonet plays more down and dirty big band swing from Ellington & Strayhorn, Fletcher Henderson, Count Basie & Benny Carter, all performed with good humor and a Detroit twist.	NETA	(S)	(CC)	N/A	#608H
01:30:00	Ray Stevens Cabaray Nashville Guests: John Conlee and Jeff Bates "Dang Me" (RAY) "Please Mr. Custer" (RAY) "Common Man" (CONLEE) "Sleeping In" (BATES).	OETA	(S)	(CC)	N/A	#109H
02:00:00	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
03:00:00	Afropop: The Ultimate Cultural Exchange Intore INTORE offers a powerful and rare look at how Rwanda survived its tragic past by regaining its identity through music, dance, and the resilience of a new generation.	APTEX	(S)	(CC)	DVI	#902H
04:00:00	Nancy Hart Militia: Women of Uncommon Courage In the final days of this country's most devastating war, 40 women of The Nancy Hart Militia form a firing line as their town is invaded by 2-thousand Union soldiers, successfully saving their homes and defending their families.	NETA	(S)	(CC)	N/A	#0H
04:30:00	No Going Back: Women and the War North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#168
08:00:00	Zula Patrol Chili Cook-Off/Treasure in the Clouds CHILI COOK-OFF: Multo's cooking up a pot of "Galactic Goo" for lunch. But when Bula unwittingly puts Multo's Goo in the freezer, The Zula Patrol finds themselves face to face with a "whirlgoo" of gigantic proportions. TREASURE IN THE CLOUDS: After hearing Multo tell a story about a Golden Cloud, Wizzy and Wigg set out to find it to give to Multo as a surprise present. Dark Truder overhears them and, unaware it's just a story, plots to find the Golden Cloud himself so he will be rich. Our heroes hike up Mount Zula, meeting many types of clouds along the way. When they reach the top, they actually see a golden cloud that Truder attempts to grab, but it turns out to be the Zula Space Patrol ship hidden in a cloud of astro-smoke. Dark Truder is foiled by his own greed, but Wizzy and Wigg discover that sometimes the key to happiness is making others happy.	APTEX	(S)	(CC)	DVI	#109
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#116H
09:00:00	Power Yoga: Mind and Body Breath With cat rolls, Laura's Series, Jathara Parivartanasana, Moon rise and others.	APTEX	(S)	(CC)	N/A	#128

Fri, Mar 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1026H
10:00:00	Sit and Be Fit Circulation  This upbeat episode focuses on movements designed to get the blood flowing through the body.	NETA	(S)	(CC)	N/A	#1508H
10:30:00	Fit 2 Stitch Broadway Plays  When you step out for an evening of live theater, add a little glamor with fur. Learn how easy it is to cut and sew faux or real fur to add an elegant look.	NETA	(S)	(CC)	N/A	#408H
11:00:00	Knit and Crochet Now! Dolly Long Legs  Lena Skvagerson and Robyn Chachula are going to show how to knit and crochet versions of our Dolly Long Legs...which we have named "Deborah Dolls" in honor of new host Deborah Norville. These are sure to be the special doll that gets dragged everywhere. Ellen is in the stitch corner showing how to crochet the Fishbone Stitch.	APTEX	(S)	(CC)	DVI	#706H
11:30:00	Fons & Porter's Love of Quilting Stars and Nines  This unusual arrangement creates six point stars that leave the nine-patch blocks dancing in back and forth across the quilt.	NETA	(S)	(CC)	N/A	#2504H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6165H
13:00:00	P. Allen Smith's Garden to Table Pizza Party  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.	APTEX		(CC)	DVI	#101H
13:30:00	Mike Colameco's Real Food Peru Part 2  Part 2 of the Peru show.	NETA	(S)	(CC)	N/A	#1419H
14:00:00	Chef John Besh's New Orleans Chilled Tomato Soup with Tapenade, Trout Amandine, and Buttermilk Panna Cotta.	APTEX	(S)	(CC)	DVI	#113H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#248H
15:00:00	Beads, Baubles and Jewels Color Explorations  Create custom colors and add a new twist to traditional techniques. Katie Hacker combines metals with stones and beads to make her style statement. Artist syndee holt blends polymer clay to create new colors and contemporary designs using the ancient art of mokume gane. Designer Jill MacKay shares a great die-cutting tip as she embellishes leather to make dangly earrings.	NETA	(S)	(CC)	N/A	#2406H
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
16:00:00	Biz Kid\$ Building Your Business Online  In today's world, great tools are available for you to build a business online. The Biz Kids investigate the advantages and potential pitfalls in Internet businesses. See the success of a young graphic designer, a nine-year-old who sells bath salts, and two teens who built a social networking site.	APTEX	(S)	(CC)	DVI	#203H

Fri, Mar 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids On The Road and Around The Word	NETA	(S)	(CC)	DVI	#1809H
	Travel can really shake up your creativity. Inspired by their travels, Jenny Barnett-Rohrs and Katie Hacker capture cityscapes. Candie Cooper makes a necklace or bookmark with beads from around the world. Franz Spohn sketches vacation memories and Katie makes colorful candy ornaments from blogger Angie Holden.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4302H
	It has been a cold winter for most of us. Does that mean we need to take special steps in planting our gardens this year? GardenSMART visits an expert who shares their expertise. No matter if you're an experienced gardener or a novice, there is always more to learn. Be sure to tune into GardenSMART this week and every week.					
17:30:00	Growing A Greener World Keeping Chickens 101 (Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#603H
	Some do it for the meat, some for the eggs, some just to have a few feathered friends clucking about in the garden. But there's no doubt that the newfound popularity of backyard chickens has turned many a city-dwelling executive into a weekend urban farmer. Joe Lamp'l and Theresa Loe help you introduce chickens to your yard, and Todd Brock, co-author of Building Chicken Coops for Dummies, shows a solution for housing a flock that even a novice DIYer can handle.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14050H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2443Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7246
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#909H
20:00:00	Song of the Mountains Chuck Johnson & Charlyhorse/Wayfarers	NETA	(S)	(CC)	N/A	#1104H
21:00:00	Woodsongs The Wood Brothers/The Claudettes	NETA	(S)	(CC)	N/A	#1811H
	The Wood Brothers began as something of a side project between Chris Wood (Medeski Martin & Wood) and brother Oliver (Tinsley Ellis and King Johnson) in 2006. Adapting the blues, folk and other roots-music sounds they loved as kids into their own evocative sound and twining their voices in the sort of high-lonesome harmony blend for which sibling singers are often renowned, it's become quite clear that The Wood Brothers have indeed become the main act. With the addition of drummer Jano Rix, the band have become a stalwart on the Americana scene and "Masters of Soulful Funk" (Paste Magazine). Paradise is the band's fifth album and it's their most sophisticated and rocking work to date. The Claudettes create their own fanatical fusion of blues and soul-jazz-like Ray Charles on a punk kick. Think The White Stripes and Black Keys brandish with a piano instead and fronted by Nigerian-American singer/dancer Yana who sings in French. File under: post-burlesque? Neo-vaudeville? Cosmic cartoon music? You've never seen a band quite like this.					
22:00:00	Film School Shorts Lives In Limbo	NETA	(S)	(CC)	N/A	#306H
	Burn to Send (New York University) - Amidst Saigon's underground motorcycle racing scene, a young man and woman struggle to define their ambiguous romance. Directed by Andinh Ha.					
22:30:00	On Story Mad Men: A Conversation with Matthew Weiner	NETA	(S)	(CC)	N/A	#501H
	Mad Men creator, Matthew Weiner, dissects the culture, identity, and status quo of the show, and the psychology behind its beloved antihero, Don Draper. Followed by Faraday Okoro's short film, Full Windsor, about a young boy's quest to preserve a meaningful piece of his past.					
23:00:00	Science Goes to the Movies Zootopia/ Teenaged Mutant Ninja Turtles	EPS	(S)	(CC)	N/A	#310H
	Can reptiles be cute and cuddly? James Hanken explains why we shouldn't always perceive these scaly creatures as sneaky villainous characters in movies. Of course, there is mention of cute and cuddly mammals as well.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1021

Sat, Mar 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7246
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#909H
01:00:00	Song of the Mountains Chuck Johnson & Charlyhorse/Wayfarers	NETA	(S)	(CC)	N/A	#1104H
02:00:00	Woodsongs The Wood Brothers/The Claudettes  The Wood Brothers began as something of a side project between Chris Wood (Medeski Martin & Wood) and brother Oliver (Tinsley Ellis and King Johnson) in 2006. Adapting the blues, folk and other roots-music sounds they loved as kids into their own evocative sound and twining their voices in the sort of high-lonesome harmony blend for which sibling singers are often renowned, it's become quite clear that The Wood Brothers have indeed become the main act. With the addition of drummer Jano Rix, the band have become a stalwart on the Americana scene and "Masters of Soulful Funk" (Paste Magazine). Paradise is the band's fifth album and it's their most sophisticated and rocking work to date. The Claudettes create their own fanatical fusion of blues and soul-jazz-like Ray Charles on a punk kick. Think The White Stripes and Black Keys brandish with a piano instead and fronted by Nigerian-American singer/dancer Yana who sings in French. File under: post-burlesque? Neo-vaudeville? Cosmic cartoon music? You've never seen a band quite like this.	NETA	(S)	(CC)	N/A	#1811H
03:00:00	Film School Shorts Lives In Limbo  Burn to Send (New York University) - Amidst Saigon's underground motorcycle racing scene, a young man and woman struggle to define their ambiguous romance. Directed by Andinh Ha.	NETA	(S)	(CC)	N/A	#306H
03:30:00	On Story Mad Men: A Conversation with Matthew Weiner  Mad Men creator, Matthew Weiner, dissects the culture, identity, and status quo of the show, and the psychology behind its beloved antihero, Don Draper. Followed by Faraday Okoro's short film, Full Windsor, about a young boy's quest to preserve a meaningful piece of his past.	NETA	(S)	(CC)	N/A	#501H
04:00:00	Science Goes to the Movies Zootopia/ Teenaged Mutant Ninja Turtles  Can reptiles be cute and cuddly? James Hanken explains why we shouldn't always perceive these scaly creatures as sneaky villainous characters in movies. Of course, there is mention of cute and cuddly mammals as well.	EPS	(S)	(CC)	N/A	#310H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1021
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#169
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Bouquet of English Roses  Gary depicts roses in the old English style. This time he focuses on technique, explaining the strokes that result in quick and natural looking roses, with some attention paid to the soft strokes that make up the background. This is a beautiful painting which would look best in a gold or light brown frame.	APTEX	(S)	(CC)	N/A	#508H
08:30:00	Painting with Wilson Bickford Birch Forest, Part 2  In Part 2, Wilson follows the acrylic under-painting with oil glazes, enriching the colors and bringing this sunny summer birch forest to life. You can almost hear the crickets!	NETA	(S)	(CC)	N/A	#202H
09:00:00	Landscapes Through Time with David Dunlop James Abbott McNeill Whistler's Venice  David travels to two iconic Venetian locations that inspired provocative artist James Abbott McNeill Whistler (1834-1903) during his transformative trip in 1879-1880. Whistler's pastels, along with his etchings, brought him increased fame when he returned to London. David demonstrates a pastel drawing using Whistler's techniques and color palette while standing on the Giudecca overlooking the broad panorama of Venice. He then visits the famous Piazza San Marco and completes a quick oil sketch in the twilight, fading rapidly into night.	NETA	(S)	(CC)	DVI	#205H
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1027H



Sat, Mar 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Core Strengthening Mary Ann shares exercises that help build core strength which plays an important role in balance and back strength.	NETA	(S)	(CC)	N/A	#1509H
10:30:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 2	ACCES	(S)	(CC)	N/A	#302H
11:00:00	Delicious TV's Vegan Mashup Potluck The chefs share some of their popular potluck dishes. Miyoko Schinner is making beautiful Japanese-style Eggplant Stuffed with Dengaku Tofu. Toni Fiore is sweet and savory Confetti Quinoa Salad with a Fresh Raspberry Vinaigrette. Terry Hope Romero is brings it home with Coconut Samosa Potato Salad.	NETA	(S)	(CC)	DVI	#305H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Off The Beaten Path In Playa Del Carmen Rick brings you out of the plush resorts and into the streets of Playa del Carmen, where street vendors and roadside stands serve real-deal Mexican food. Rick heads to Antojitos Yucateco for cochinita pibil tortas, then to nearby Las Karnitas for tacos of golden, crispy carnitas with spicy salsa. Then Rick follows the smoke to a little roadside cart, where crowds gather for cecina estilo Yecapixtla, thin-cut seared beef with grilled onions and nopales. At Le Chique, a modern dining room between Cancun and Puerto Morales, Chef Jonatan Gomez Luna dazzles Rick with feats of Mexican molecular gastronomy. Back in Chicago, Rick shows how to execute the perfect taco party of your own, complete with slow cooker carnitas, summer squash and guero chile, and grilled achiote catfish with spicy habanero mayo.	APTEX	(S)	(CC)	N/A	#1103H
12:00:00	Lidia's Kitchen Olive Oil Olive oil reigns in Lidia's kitchen, and in this episode she teaches how to use it from appetizer to soup to dessert. She begins with a delicious tomato and bread salad - a delicious tossed salad of country bread and juicy ripe tomatoes known as panzanella; a nourishing rice and lentil soup and a cannoli napoleon, a new twist on the old cannoli: ricotta cream with crunchy almonds and chocolate layered between fried pastry.	APTEX	(S)	(CC)	N/A	#422H
12:30:00	Moveable Feast with Fine Cooking Austin, Texas Join host Pete Evans on this episode of Moveable Feast with Fine Cooking as he makes his way to Austin to get a taste of some authentic Texas cuisine with father-son chef duo Jack and Bryce Gilmore. Pete meets them at Urban Roots Farm, an organization that uses food and farming to transform the lives of young people, where they pick vegetables and get honey right from the combs. Then they get down to work preparing the evening's feast which features goat carnitas with all the fixins; Brazos Valley cheesy grits; honey glazed carrots; chicken-fried goat; and beet hummus with farm vegetables.	APTEX	(S)	(CC)	N/A	#313H
13:00:00	Expeditions with Patrick Mcmillan The Longleaf Empire - Apalachicola National Forest The once vast Longleaf Pine woodlands once dominated the South with their green, open and grassy expanses. Today this is one of the rarest habitats on the planet reduced to just two percent of its historic extent. Join Patrick as he explores a land filled with some of the strangest plants and animals anywhere in the Apalachicola National Forest, a land kissed by fire.	APTEX	(S)	(CC)	N/A	#312H
13:30:00	Joseph Rosendo's Travelscope Surprising Toronto Toronto is a city of neighborhoods and, like Toronto; they are ever becoming more themselves. In his exploration of Toronto and its ever-emerging neighborhoods Joseph discovers that change can mean repurposing old buildings, welcoming new businesses, and building new facilities and infrastructure. Yet, at the core of all the city's changes he finds cultural connections which prove that Toronto and its neighborhoods are firmly rooted in their historic, natural and multi-cultural roots. It's what makes visiting Toronto like seeing an old friend as well as meeting a new one for the first time.	APTEX	(S)	(CC)	DVI	#806H
14:00:00	Rick Steves' Europe Central Turkey We marvel at the fascinating landscape of Cappadocia from high above in a balloon...and from deep below, prowling an underground city where Christians once hid out. We'll join a circumcision party, explore troglodyte ghost towns, shop for sheep at the market, and chat with an imam. Then we enjoy the modern capital, Ankara, and pay our respects to the father of modern Turkey, Atatürk.	APTEX	(S)	(CC)	N/A	#802H
14:30:00	Journeys In Africa Kilimanjaro - Roof of Africa Host Bill Ball begins the ascent of the highest mountain in Africa. Trouble almost immediately affects the team as the cameraman suffers from fatigue and altitude sickness. Just over half way, the trip is in serious doubt as altitude, cold and wind force the team to evaluate their fitness to continue and now face their biggest challenges of the climb-a near sheer wall of rock and the grueling 18 hour day that is required in the final ascent. Is success in the cards or is this a near miss?	NETA	(S)	(CC)	N/A	#213H

Sat, Mar 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Container gardening is more popular every year. One reason: the possibilities for creativity are endless. GardenSMART visits with an accomplished container gardener who shares her expertise. A beautiful show and a lot to learn. Be sure to tune into GardenSMART.	NETA	(S)	(CC)	N/A	#4510H
15:30:00	Farm with Ian Knauer Herb Show Fresh herbs brighten up the flavors for everything, learn how easy it is to grow you own herbs at home. Then Ian shows you how versatile herbs can be and which herbs works best with which foods.	NETA	(S)	(CC)	DVI	#111H
16:00:00	Maria Hinojosa: One-On-One Bill Strickland Strickland, a recipient of a MacArthur "genius" Fellowship, is the founder and CEO of Manchester Bidwell Corporation, a groundbreaking nonprofit in Pittsburgh that uses the arts as a means of inspiring inner-city youth.	APTEX	(S)	(CC)	N/A	#406Z
16:30:00	Overheard with Evan Smith Henry Louis Gates Jr., Historian Henry Louis Gates Jr. is the Alphonse Fletcher University Professor at Harvard University, as well as Director of the W.E.B. Du Bois Institute for African and African American Research. In addition to being an historian, Dr. Gates is also an author, cultural critic, and filmmaker. He has produced numerous series for PBS including Looking for Lincoln, Many Rivers to Cross: The History of the African American People, and Finding Your Roots, many of which he also hosts. His next documentary series, Black America Since MLK: And Still I Rise will air on PBS stations this fall.	NETA	(S)	(CC)	N/A	#614H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Metal Engraver With intricate flourishes, filigree, and a lot of magnification, host Eric Gorges and metal engraver David Riccardo create a breathtaking metal engraving.	APTEX	(S)	(CC)	N/A	#202H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3509H
18:30:00	The Open Mind The Americans' and the New Cold War Guest: Joe Weisberg. Emmy nominated creator of FX's The Americans Joe Weisberg talks about the U.S. relationship with Russia, espionage, fact and fiction.	NETA		(CC)	N/A	#3730H
19:00:00	Closer to Truth Why Seek An Alternative God? God, if there is a God, a personal, conscious, all-powerful Supreme Being? Some offer radically different concepts of "God".	EPS	(S)	(CC)	N/A	#1210H
19:30:00	Drexel Interview Christopher D. M. Atkins In a unique turn of events, Philadelphia Museum of Art curator Christopher D. M. Atkins made a revelation and uncovered a connection across classic works of art to be later included in the exhibition and book The Wrath of the Gods: Masterpieces by Rubens, Michelangelo, and Titian. Drawing comparison and affiliation among Rubens's "Prometheus Bound," Titian's "Tityus," Michelangelo's Sistine Chapel, and others, Atkins assembled the imagery highlighted in this episode. Host Paula Marantz Cohen speaks with Atkins about the affinity among these artists' lives and work, the influence of mythology and religion, what it takes to stage an exhibition of this sort, and themes and symbolism of hulking male bodies overturned.	NETA		(CC)	N/A	#507H
20:00:00	Infinity Hall Live Great Performances Vol. 1 Infinity Hall Live celebrates five seasons as a showcase for established and emerging artists with performances by Los Lonely Boys ("Don't Walk Away"), Tori Amos ("Hey Jupiter"), Brett Dennen, Rubblebucket ("Came Out of a Lady"), Deer Tick ("These Old Shoes"), Tedeschi Trucks Band ("Midnight in Harlem"), Joss Stone ("Super Duper Love"), Galactic ("Dollar Diva"), Dawes ("When My Time Comes"), and Ani DiFranco ("Shameless").	APTEX	(S)	(CC)	N/A	#505H

## Daily Program Listing II

43.1

Date: 02/01/2017

03/01/2017 - 03/31/2017

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Sat, Mar 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Shawn Mendes	APTEX	(S)	(CC)	N/A	#702H
	Singer/songwriter Shawn Mendes treats fans to a performance at the Melrose Ballroom in New York City. Mendes first came into the public eye as a popular user of the social media platform Vine and at only 18 years old, he is one of only six artists to have two No. 1 albums on the Billboard Top 200 all genre chart at such a young age. He was included in Time's "The 25 Most Influential Teens" in 2014 and 2015 and was included in Forbes' "30 Under 30" for 2016. In this episode, Mendes performs some of his biggest hits including "Treat You Better," "Stitches," and "Mercy."					
22:00:00	Globe Trekker East Texas	APTEX	(S)	(CC)	N/A	#1510H
	Zay Harding takes roping lessons and experiences the famous Gun Show in Ft. Worth, visits the Book Depository with an eyewitness to the Kennedy assassination in Dallas, travels to the oil fields in Kilgore, stops at the Huntsville State Penitentiary, tours the Johnson Space Center with Alan Bean in Houston and celebrates the 4th of July in Chappell Hill.					
23:00:00	Arts In Context Rebirth	NETA		(CC)	N/A	#501H
	Born out of intense personal hardship, Les Rav - the classically-influenced experimental indie folk band - is the musical brainchild of Lauren Bruno, an ethereal, infinitely positive songwriter. Beyond the music, Bruno uses Les Rav to spread and foster a message of peace, connection, and understanding to anyone who will listen. Though diagnosed with ulcerative colitis early on in life, Bruno uses this often debilitating disease as motivation to spread her message of hope with even more fervor and intensity. Her haunting vocals and melodies reel listeners in but it's her overwhelming sense of hopefulness and goodness that keeps them in.					
23:30:00	Invitation to World Literature The Tale of Genji	APTEX	(S)	(CC)	DVI	#106H
	This portrait of court life in medieval Japan follows the life and exploits of the great Genji. Written by Murasaki Shikibu, a lady of the Japanese court, it provides an insider's view of Japanese court life, the official and behind the screen. Art, clothing, music from the time of the novel illustrate the observations of authors Jane Smiley and Chiori Miyagawa, among others.					

Sun, Mar 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Why Seek An Alternative God? God, if there is a God, a personal, conscious, all-powerful Supreme Being? Some offer radically different concepts of "God".	EPS	(S)	(CC)	N/A	#1210H
00:30:00	Drexel Interview Christopher D. M. Atkins In a unique turn of events, Philadelphia Museum of Art curator Christopher D. M. Atkins made a revelation and uncovered a connection across classic works of art to be later included in the exhibition and book The Wrath of the Gods: Masterpieces by Rubens, Michelangelo, and Titian. Drawing comparison and affiliation among Rubens's "Prometheus Bound," Titian's "Tityus," Michelangelo's Sistine Chapel, and others, Atkins assembled the imagery highlighted in this episode. Host Paula Marantz Cohen speaks with Atkins about the affinity among these artists' lives and work, the influence of mythology and religion, what it takes to stage an exhibition of this sort, and themes and symbolism of hulking male bodies overturned.	NETA		(CC)	N/A	#507H
01:00:00	Infinity Hall Live Great Performances Vol. 1 Infinity Hall Live celebrates five seasons as a showcase for established and emerging artists with performances by Los Lonely Boys ("Don't Walk Away"), Tori Amos ("Hey Jupiter"), Brett Dennen, Rubblebucket ("Came Out of a Lady"), Deer Tick ("These Old Shoes"), Tedeschi Trucks Band ("Midnight in Harlem"), Joss Stone ("Super Duper Love"), Galactic ("Dollar Diva"), Dawes ("When My Time Comes"), and Ani DiFranco ("Shameless").	APTEX	(S)	(CC)	N/A	#505H
02:00:00	Front and Center Shawn Mendes Singer/songwriter Shawn Mendes treats fans to a performance at the Melrose Ballroom in New York City. Mendes first came into the public eye as a popular user of the social media platform Vine and at only 18 years old, he is one of only six artists to have two No. 1 albums on the Billboard Top 200 all genre chart at such a young age. He was included in Time's "The 25 Most Influential Teens" in 2014 and 2015 and was included in Forbes' "30 Under 30" for 2016. In this episode, Mendes performs some of his biggest his including "Treat You Better," "Stitches," and "Mercy."	APTEX	(S)	(CC)	N/A	#702H
03:00:00	Globe Trekker East Texas Zay Harding takes roping lessons and experiences the famous Gun Show in Ft. Worth, visits the Book Depository with an eyewitness to the Kennedy assassination in Dallas, travels to the oil fields in Kilgore, stops at the Huntsville State Penitentiary, tours the Johnson Space Center with Alan Bean in Houston and celebrates the 4th of July in Chappell Hill.	APTEX	(S)	(CC)	N/A	#1510H
04:00:00	Arts In Context Rebirth Born out of intense personal hardship, Les Rav - the classically-influenced experimental indie folk band - is the musical brainchild of Lauren Bruno, an ethereal, infinitely positive songwriter. Beyond the music, Bruno uses Les Rav to spread and foster a message of peace, connection, and understanding to anyone who will listen. Though diagnosed with ulcerative colitis early on in life, Bruno uses this often debilitating disease as motivation to spread her message of hope with even more fervor and intensity. Her haunting vocals and melodies reel listeners in but it's her overwhelming sense of hopefulness and goodness that keeps them in.	NETA		(CC)	N/A	#501H
04:30:00	Invitation to World Literature The Tale of Genji This portrait of court life in medieval Japan follows the life and exploits of the great Genji. Written by Murasaki Shikibu, a lady of the Japanese court, it provides an insider's view of Japanese court life, the official and behind the screen. Art, clothing, music from the time of the novel illustrate the obserations of authors Jane Smiley and Chiori Miyagawa, among others.	APTEX	(S)	(CC)	DVI	#106H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#170
08:00:00	Gary Spetz's Watercolor Quest Glacier Bay to Seward Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Alaska-from awe-inspiring Glacier Bay National Park to the colorful working boats of Seward. 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	#109
08:30:00	Painting with Paulson The Unveiling Part I	NETA	(S)	(CC)	N/A	#1603H

Sun, Mar 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Queen Angelfish	APTEX		(CC)	N/A	#609H
	<p>Art Lesson: Form. Form is an element of art. Yet there are several ways to consider the meaning of form. At its most basic, a form is a three-dimensional geometrical figure, such as a sphere, cube, cylinder or cone, as opposed to a shape, which is two-dimensional, or flat. In a broader sense, form, in art, means the whole of a piece's visible elements and the way those elements are united. In this context, form allows viewers to mentally capture the work and understand it. Wyland demonstrates the two interpretations of form through his depiction of a bottlenose dolphin against a water element. He uses Payne's gray with a half inch brush to create the dolphin form with a 3-inch brush to block in the blue water. Highlights and shadows are added to enhance the three-dimensional form.</p>					
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1028H
10:00:00	Sit and Be Fit Hip Mobility	NETA	(S)	(CC)	N/A	#1510H
	<p>Maintaining flexibility in the hips is an important strategy to ensure healthy aging. Mary Ann spends time during this workout focusing on this area of functional fitness.</p>					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#220
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#250H
11:30:00	New Orleans Cooking with Kevin Belton Carnival	APTEX	(S)	(CC)	N/A	#115H
	<p>Shrimp and andouille gumbo, Creole potato salad, King cake.</p>					
12:00:00	Ciao Italia All About Burrata/Tutto Su Burrata	NETA	(S)	(CC)	N/A	#2420H
	<p>Master cheese maker Filippo Migliorato from Boston's "Mozzarella House" visits Mary Ann nella cucina to demonstrate the artisanal art of making Burrata, which is Mozzarella stuffed with Stracciatella. Then Mary Ann showcases this wonderful cheese with her Neapolitan Stack with Roasted Eggplant, Tomato and Burrata, and her Roasted Asparagus with Burrata.</p>					
12:30:00	Mike Colameco's Real Food Racines/Wine Disciples	NETA	(S)	(CC)	N/A	#1422H
	<p>Two restaurants that are wine lovers paradise, both affiliated with wine shop. Racine's is linked to Chambers St Wines down the block, spot on French inspired menu and an amazing selection of wines by the glass or bottle. Wine Disciples is a store right next to a restaurant, here the cooking is American / Italian, ingredient driven and the wine list by glass and bottle is wonderful.</p>					
13:00:00	Bare Feet with Mickela Mallozzi Jeju Fire Festival (Seoul & Jeju, South Korea)	APTEX	(S)	(CC)	DVI	#103H
	<p>The Jeju Fire Festival in South Korea celebrates new life - with it comes all aspects of Korean tradition, beauty, and modern advancement. Mickela spans the South Korean culture from traditional mask dances to the ever-popular KPOP.</p>					
13:30:00	Travel Detective with Peter Greenberg Boating Safety	NETA	(S)	(CC)	DVI	#202H
	<p>There are hundreds of boating fatalities every year, and most of those are avoidable. CBS News Travel Editor Peter Greenberg takes an in-depth look at boating safety and explains what you can do to save lives, including your own. Plus, it's not just a high-end principality on the coast of the Mediterranean. Peter shows us the hidden gems of Monaco, for an insider's tour with everything off the brochure - - and affordable. Also, correspondent Rikki Lander gives back at a turtle rescue in Aruba, at the Jolly Pirates Ocean Habitat Preservation. And, there are many cities around the world that have become too touristy. Peter reveals which ones to avoid.</p>					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#248H
14:30:00	Travel with Kids Hollywood & L.A. California - Stars & Dogs	NETA	(S)	(CC)	N/A	#413H
	<p>Hollywood, beaches, famous cartoon characters, giant hot dogs and crazy movie stunts await families in L.A. See bubbling tar pits in the middle of the city, stroll the walk of fame spotting all your stars (in the sidewalk) See eye popping movie stunts at Universal Studios, try a famous Pinks Hot Dog, learn old Hollywood history. See the Space Shuttle, go behind the scenes at Nickelodeon Studios!</p>					
15:00:00	Woodsmith Shop Compact Bookcase	NETA	(S)	(CC)	N/A	#1009H
	<p>Discover the essentials of frame and panel construction while building a bookcase. Plus, the essentials for assembling the cutoff bin.</p>					

Sun, Mar 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Rough Cut - Woodworking with Tommy Mac Kitchen Leaf Table with Tom Mclaughlin	APTEX	(S)	(CC)	N/A	#602H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy is joined by Master Woodworker Tom McLaughlin of Epic Woodworking and together they create a complicated Kitchen Leaf Table. With an Arts and Crafts inspired design, Tom and Tommy work together to make it more contemporary by adding a triangulated base, and a place to store the leaves under the book matched table top. Tom uses a high quality cherry wood for the entire project.					
16:00:00	Happy Yoga with Sarah Starr Sunflower Splendor	NETA	(S)	(CC)	N/A	#205H
	Breathe in the grandeur of a brilliant sunflower setting as we gently stretch and lengthen the spine in a full range of motion, helping to move energy while creating more strength and flexibility in the lower body, using a chair for balance and support.					
16:30:00	Second Opinion Type II Diabetes/Value-Based Care	APTEX	(S)	(CC)	N/A	#1208H
	Patient Story: Almost 30 million people in the U.S. have Type II Diabetes. It's a disease that can be greatly improved by lifestyle changes including a healthy diet and exercise, along with medication compliance and monitoring. But not many people do as well as Mark Lee, who completely turned his life around after his diagnosis. His story is an inspiration to those who struggle every day with controlling their diabetes. Myth or Medicine: Weight loss can improve Type II Diabetes, but can it be cured? Second Opinion 5: Five ways to control your diabetes.					
17:00:00	Feel Grand with Jane Seymour Conquering Diabetes	APTEX	(S)	(CC)	N/A	#102H
	There are some ailments and health problems that require us to seek the help of others, and then there is a disease like diabetes, which requires us to take an active role in managing and conquering illness. In this episode we will use diabetes as an example for how we should all take back our health by playing a more active and invested role in being well, every day.					
17:30:00	Well Read Jayne Ann Krentz, When All The Girls Have Gone	APTEX	(S)	(CC)	N/A	#614H
	Today's Well Read guest believes at the core of the romance suspense novel lies a classic American story. Author Jayne Ann Krentz explains the core values present in each of her books; debunks the misconception that romance novels are sexual tales; and introduces us to an unlikely crime fighting couple in her new book "When All The Girls Have Gone." In Bookmarks, Mary Ann's list of improbable partners working together to right wrongs.					
18:00:00	California's Gold Arrowhead Springs	KCET		(CC)	N/A	#911
	It appears on the southern slope of the San Bernardino Mountains. Over the years it has been the subject of a host of Indian legends. In fact, no other natural landmark in those mountains has been regarded with such awe and wonder. We're referring to the "Arrowhead," a near-perfect natural 7 1/2 acre arrowhead-shaped landmark formed by the contrast of light and dark vegetation which has been clearly visible for hundreds, possibly thousands, of years. In this adventure, Huell Howser and cameraman Luis Fuerte not only travel to the famous Arrowhead itself, but also visit the once world-famous Arrowhead Springs Hotel which was one of the favorite hideouts for Hollywood stars back in the 1940's and 1950's. This entire area is known for its many hot springs and, in fact, water rushes everywhere, from flowing fountains to gurgling springs. Twenty-nine springs are located here, some cold and some as hot as 196 degrees! These hot springs, which hold the record of being the hottest in the world, heat the mineral baths, the almost forgotten "steam caves" located underneath the old hotel, and the cabana pool which was built for Olympic and film star Esther Williams in 1944. The beauty of the area and the hot springs themselves have made this a popular destination since the days of the earliest Indian communities. It's a place filled with natural and human history and a perfect place to find lots of "California's Gold."					
18:30:00	Joseph Rosendo's Travelscope France - Bordeaux	APTEX	(S)	(CC)	DVI	#909H
	A celebration of wine, food and good times. In his Bordeaux, France adventure Joseph tours the UNESCO World Heritage town of Bordeaux and the small wine making and exporting villages that comprise the region. Along the way he indulges in romantic castle visits, gourmet dinners and spectacular encounters with the history, art and music of the area. This episode of is a salute to France, to the French and to Life! C'est La Vie! That's Life!					
19:00:00	Natural Heroes Brower Youth Awards 2015	KNME	(S)	(CC)	N/A	#707H
	Who's responsible for some of North America's most creative environmental victories? Meet an urban garden activist in the Bronx, water conservation activists in droughtstricken Nevada and California, and students proving art makes a difference. THE BROWER YOUTH AWARDS celebrates a new generation of leaders. (past Brower Youth Awards have won Emmy Awards on Natural Heroes)					
19:30:00	The Kamla Show Special Michael Price	KAMLA	(S)	(CC)	N/A	#124H
	Michael Price is chief technology officer at Seismic Warning Systems in Silicon Valley. Kamla talks to Michael about the earthquake warning systems that the company has developed and how it works. Prior to this Michael worked in different companies including Pixar, where he was head of engineering. What was it like to work with Steve Jobs? Tune in to find out.					

Sun, Mar 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	IQ: Smartparent Celebrating Different Learning Styles	APTEX	(S)	(CC)	N/A	#402H
	In this episode of iQ: smartparent, experts reveal strategies to help children who have atypical learning styles. The focus is on appreciating each child's distinctive learning style and experts explain learning strategies to capitalize on a child's unique strengths. Child psychologist John Carosso explains the term "neurodiversity" and the movement, led nationally by the Autism community, to end stigmas and limitations that come with a diagnosis of a learning disability. We welcome two young teens who have autism, along with their former teacher, to discuss the online talk show the two boys created and continue to produce with the help of their classmates. Their goal is to educate others about autism and how to create a more accepting and understanding culture and their online program is gaining national attention. We are also joined by education and technology specialists who demonstrate a range of low-tech and high-tech tools to help language-challenged children communicate. Finally, we meet a blogger and teacher, who has a very special and personal interest in the neuro-diversity movement, to talk about ways in which he uses hands-on STEM and maker projects in his special-needs classroom.					
20:30:00	American Forum The President's First Year: Part 5	NETA	(S)	(CC)	N/A	#224H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
21:00:00	Loreena McKennitt: Nights from the Alhambra	APTEX	(S)	(CC)	N/A	#0H
	LOREENA MCKENNITT: NIGHTS FROM THE ALHAMBRA captures an enchanting musical performance set beneath the stars in the breathtaking heart of medieval Spain. Recorded in 2006 at the Alhambra Palace in Granada, Spain, singer/composer Loreena McKennitt leads viewers on a musical journey through her catalogue of traditional Celtic ballads, literary narratives and highlights from each of her albums, including An Ancient Muse.					
22:00:00	IQ: Smartparent Girls & Media	APTEX	(S)	(CC)	N/A	#305H
	This episode of iQ: smartparent helps parents prevent stereotypes in the media from undermining their daughters. We'll tell you where to find positive media that promotes self-esteem, celebrates diversity, and empowers girls to create their own uplifting media messages. Explore the differences media makes - both good and bad and find out how parents and the girls they love can leverage media instead of just consuming it.					
22:30:00	IQ: Smartparent The Maker Movement In Schools	APTEX	(S)	(CC)	N/A	#306H
	Just as the Maker Movement is transforming the culture in the U.S., it's having a major impact in schools. Join the iQ:smartparent team for this episode where the Maker Movement's impact in the classroom is examined.					
23:00:00	Shipping Out: The Story of America's Seafaring Women	APT	(S)	(CC)	N/A	#0
	SHIPPING OUT: THE STORY OF AMERICA'S SEAFARING WOMEN celebrates the modern-day women who work in commercial shipping - on the container ships, bulk cargo carriers and tankers, coastal tugs, barges and ferry boats that traverse America's waterways. The program explores the little-known history, mythologies and traditional attitudes which, until recently, limited women's participation in seafaring. This unusual documentary meets the harbor and bar pilots, tug boat captains, marine engineers, mates, ordinary "seamen" and stewards who continue to reshape the definition of "women's" work.					

Mon, Mar 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Brower Youth Awards 2015 Who's responsible for some of North America's most creative environmental victories? Meet an urban garden activist in the Bronx, water conservation activists in droughtstricken Nevada and California, and students proving art makes a difference. THE BROWER YOUTH AWARDS celebrates a new generation of leaders. (past Brower Youth Awards have won Emmy Awards on Natural Heroes)	KNME	(S)	(CC)	N/A	#707H
00:30:00	The Kamla Show Special Michael Price Michael Price is chief technology officer at Seismic Warning Systems in Silicon Valley. Kamla talks to Michael about the earthquake warning systems that the company has developed and how it works. Prior to this Michael worked in different companies including Pixar, where he was head of engineering. What was it like to work with Steve Jobs? Tune in to find out.	KAMLA	(S)	(CC)	N/A	#124H
01:00:00	IQ: Smartparent Celebrating Different Learning Styles In this episode of IQ: smartparent, experts reveal strategies to help children who have atypical learning styles. The focus is on appreciating each child's distinctive learning style and experts explain learning strategies to capitalize on a child's unique strengths. Child psychologist John Carosso explains the term "neurodiversity" and the movement, led nationally by the Autism community, to end stigmas and limitations that come with a diagnosis of a learning disability. We welcome two young teens who have autism, along with their former teacher, to discuss the online talk show the two boys created and continue to produce with the help of their classmates. Their goal is to educate others about autism and how to create a more accepting and understanding culture and their online program is gaining national attention. We are also joined by education and technology specialists who demonstrate a range of low-tech and high-tech tools to help language-challenged children communicate. Finally, we meet a blogger and teacher, who has a very special and personal interest in the neuro-diversity movement, to talk about ways in which he uses hands-on STEM and maker projects in his special-needs classroom.	APTEX	(S)	(CC)	N/A	#402H
01:30:00	American Forum The President's First Year: Part 5 SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#224H
02:00:00	Loreena Mckennitt: Nights from the Alhambra LOREENA MCKENNITT: NIGHTS FROM THE ALHAMBRA captures an enchanting musical performance set beneath the stars in the breathtaking heart of medieval Spain. Recorded in 2006 at the Alhambra Palace in Granada, Spain, singer/composer Loreena McKennitt leads viewers on a musical journey through her catalogue of traditional Celtic ballads, literary narratives and highlights from each of her albums, including An Ancient Muse.	APTEX	(S)	(CC)	N/A	#0H
03:00:00	IQ: Smartparent Girls & Media This episode of IQ: smartparent helps parents prevent stereotypes in the media from undermining their daughters. We'll tell you where to find positive media that promotes self-esteem, celebrates diversity, and empowers girls to create their own uplifting media messages. Explore the differences media makes - both good and bad and find out how parents and the girls they love can leverage media instead of just consuming it.	APTEX	(S)	(CC)	N/A	#305H
03:30:00	IQ: Smartparent The Maker Movement In Schools Just as the Maker Movement is transforming the culture in the U.S., it's having a major impact in schools. Join the IQ:smartparent team for this episode where the Maker Movement's impact in the classroom is examined.	APTEX	(S)	(CC)	N/A	#306H
04:00:00	Shipping Out: The Story of America's Seafaring Women SHIPPING OUT: THE STORY OF AMERICA'S SEAFARING WOMEN celebrates the modern-day women who work in commercial shipping - on the container ships, bulk cargo carriers and tankers, coastal tugs, barges and ferry boats that traverse America's waterways. The program explores the little-known history, mythologies and traditional attitudes which, until recently, limited women's participation in seafaring. This unusual documentary meets the harbor and bar pilots, tug boat captains, marine engineers, mates, ordinary "seamen" and stewards who continue to reshape the definition of "women's" work.	APT	(S)	(CC)	N/A	#0
05:00:00	Morning Cup of Jazz KCSM (N) N/A #171	KCSM		(N)	N/A	#171
08:00:00	Zula Patrol Star Crossed/Night of the Fweebs STAR-CROSSED: After luring the Zula Patrol into deep space, Dark Truder steals all the constellations in the sky. He corrals them in a caravan of cages so the ZPers won't be able to "steer by the stars" and chart a course home. The quarrelling, star-crossed constellations have to learn to work together before the Zula Patrol can set them free - and make Truder see stars. NIGHT OF THE FWEEBES: It's the Night of the Fweebs and the Zula Patrol gets a front row seat as these furry creatures migrate to the North Pole using Polaris, the North Star, as a guide. But chaos ensues when the Zula Patrol discover the North Star is missing, causing the Fweebs to stumble around in confusion, utterly lost! Our heroes must find and return Polaris to its rightful spot in the night sky or the Fweebs are doomed!	APTEX	(S)	(CC)	DVI	#110



Mon, Mar 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#117H
09:00:00	Power Yoga: Mind and Body Forward Folds - Version Two With Paschimottanasana, Upavishta Konasana, Janu, Triang, cow face, Double pigeon.	APTEX	(S)	(CC)	N/A	#129
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1029H
10:00:00	Sit and Be Fit Music and Novelty Mary Ann's love of combining novelty music and exercise is obvious by the way she matches her movements to this engaging staccato melody. Gretchen introduces a seated brain.	NETA	(S)	(CC)	N/A	#1601H
10:30:00	Fit 2 Stitch Reunions For your school or family reunion, design and sew a trendy knit top that fits perfectly. Peggy shows how the tank top then easily becomes a dress.	NETA	(S)	(CC)	N/A	#409H
11:00:00	Knit and Crochet Now! Downton Abbey-Inspired Gloves This week designer Rohn Strong joins Deborah Norville with not one but two pairs of fingerless gloves...one knit and one crochet. The knit Unger Mitts feature a cable and the Riviera Crochet Mitts has an elegant filet cuff, both of which would be suitable for a dinner party at Downton Abbey! In the stitch corner Ellen is demonstrating a Crochet Motif.	APTEX	(S)	(CC)	DVI	#707H
11:30:00	Fons & Porter's Love of Quilting Appliqued Mini Mats Mary Fons and Patrick Lose will show you how to create beautiful applique designs. They will also teach a great economical way to create continuous bias binding so you can finish projects like a pro.	NETA	(S)	(CC)	N/A	#2505H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6166H
13:00:00	America's Test Kitchen from Cook's Illustrated Back to Basics Host Bridget Lancaster shows host Julia Collin Davison how to make the ultimate roasted bone-in chicken breasts. Next, equipment expert Adam Ried reviews kitchen trash cans in the Equipment Corner. Finally, test cook Elle Simone reveals the secrets to making the best baked potatoes.	APTEX	(S)	(CC)	N/A	#1703H
13:30:00	Pati's Mexican Table Xochimilco: Cooking with Flowers Pati takes you to Xochimilco, the legendary floating gardens of Mexico, and sprinkles a few flowers into some impressive but easy Mexican recipes. Squash Blossom Quesadillas; Hibiscus and Pecan Mole; Rose Petal, Marshmallow, Mango and Pistachio Ice Cream.	APTEX	(S)	(CC)	DVI	#209H
14:00:00	Kevin Dundon's Back to Basics Chocolate Back to basics baking is revitalized with the use of variations on chocolate; a visit to a chocolate boutique to discover more about where chocolate comes from and some of its health benefits; melting and tempering chocolate. Recipes include: Mendiants; Yogurt Cupcakes with White Chocolate Cream; Chocolate Fondant; and Chocolate Opera Cake.	APTEX	(S)	(CC)	N/A	#108H
14:30:00	Steven Raichlen's Project Smoke Smoking The Competition-Our Tailgating Show Forget the contest on the gridiron. Tailgating gets a lot more interesting when you fire up your smoker. Invest in a portable smoker (if you don't already own one) and ply your guests with game-changers like Smoked Chicken Nachos and spicy Smokehouse Wings (firepower provided by Thai Sriracha hot sauce). Also on the menu is Wisconsin's idea of po'boys-crisp-skinned smoked bratwurst piled on rolls with smoked sauerkraut. Even our burgers come hickory- smoked-complete with a Rauchbier (smoked beer) Cheese Sauce. We're smoking the competition on Project Smoke. Recipes: Smoked Chicken Nachos; Smokehouse Wings; Double Brat Po' Boys; Hickory-Smoked Burgers with Rauchbier Cheese Sauce.	APTEX	(S)	(CC)	N/A	#111H
15:00:00	Beads, Baubles and Jewels Switch It Up Change up your techniques and create new styles. Jewelry artist and inventor Jill MacKay changes up her style with interchangeable components embellished with crystals. Katie Hacker uses leather cord in a new way to create innovative designs in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2407H

Mon, Mar 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop South of the Border 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.	APTEX	(S)	(CC)	DVI	#505H
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 Creatures With some paper and a little creativity, we'll make a silly, slithery creature. Candie Cooper recreates impressionist art and Katie Hacker makes glittery slime. Jenny Barnett-Rohrs makes creepy eyeballs and silly spiders for Halloween fun from blogger Morena Hockley.	NETA	(S)	(CC)	DVI	#1810H
17:00:00	Garden Smart It's always interesting to visit a garden with a long history. How did they garden back then and what do we do differently today? Those and many more questions are answered in this episode. Be sure to join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4303H
17:30:00	Growing A Greener World Creating Certified Wildlife Habitats (Atlanta, Ga) You may think it's a title reserved for vast state parks or federally-protected natural areas, but anyone can create a Certified Wildlife Habitat in their own backyard! In this episode, an expert from the National Wildlife Federation outlines the simple steps to making your own landscape a lot wilder. We also visit a local Certified Wildlife Habitat school where outdoor garden classrooms engage youngsters in nature and teach them about important environmental issues.	APTEX	(S)	(CC)	N/A	#604H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14051H
18:30:00	Asian American Life Minnie Roh reports on New York Police Officer Peter Liang's trial, race relations and justice. She interviews New York Assemblymen William Colton and Ron Kim. Reporter Paul Lin visits a sustainable rice farm in Manhattan that's making a difference in how we grow the world's #1 staple food. Reporter Ernabel Demillo exclusive interview with ballerina Stella Abrera, who's the first Filipino principal dancer with the American Ballet Theater.	EPS	(S)	(CC)	N/A	#111H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7247
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3509H
20:00:00	Music City Roots Live from the Factory Two progressive acoustic acts from North Carolina - bluegrass band Mipso and acoustic jazz group Jon Stickely Trio - set up magisterial blues and soul by Nashville's Jimmy Hall of Wet Willie fame.	APTEX	(S)	(CC)	N/A	#405H
21:00:00	Live from the Dennison Lodge Best of Live from the Dennison This holiday special features stand-out performances from the artists that graced the Dennison Lodge stage in Dubois over the past 18 months, including Mike Dowling, Bepe Gambetta, Karen Savoca, and more.	NETA	(S)	(CC)	N/A	#111H
22:00:00	Watching Our Waterthe Challenge to Keep It Clean In the United States, battles over water rights invoke cliches of cowboys and farmers in shoot- outs. In recent years, droughts and lawn watering bans revive the question of quantity - is there enough water? Now, news from Flint, Michigan of contaminated municipal water supplies have people from Boston to Berkeley shifting the question from, "Will I have enough?" to "Is my water safe?" "Watching Our Water: The Challenge To Keep It Clean" explores the vexing question of how pristine water high in the Rocky Mountains ends up as a floating chemical 'dead zone' in the waters of the Gulf of Mexico. This Harvest Public Media special illuminates the challenges facing farmers, scientists and engineers. It looks at the problem from a rural and urban perspective, and examines possible solutions to control the contamination in our water.	NETA	(S)	(CC)	N/A	#0H
22:30:00	The Forever Home: Going Green A refreshing look at a Bay Area home remodeling project. The planning and architecture considers not only the needs of the home owners, but also those of the environment and the home's surroundings. A green house for an extra ordinary couple. A KCSM acquisition of a local production.	KCSM		(CC)	N/A	#0

Daily Program Listing II  
43.1

Date: 02/01/2017

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Mon, Mar 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Wisdom of the Grandmothers	ACCES	(S)	(CC)	N/A	#0H

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.

Tue, Mar 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7247
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3509H
01:00:00	Music City Roots Live from the Factory Two progressive acoustic acts from North Carolina - bluegrass band Mipso and acoustic jazz group Jon Stickely Trio - set up magisterial blues and soul by Nashville's Jimmy Hall of Wet Willie fame.	APTEX	(S)	(CC)	N/A	#405H
02:00:00	Live from the Dennison Lodge Best of Live from the Dennison This holiday special features stand-out performances from the artists that graced the Dennison Lodge stage in Dubois over the past 18 months, including Mike Dowling, Bepe Gambetta, Karen Savoca, and more.	NETA	(S)	(CC)	N/A	#111H
03:00:00	Watching Our Waterthe Challenge to Keep It Clean In the United States, battles over water rights invoke cliches of cowboys and farmers in shoot- outs. In recent years, droughts and lawn watering bans revive the question of quantity - is there enough water? Now, news from Flint, Michigan of contaminated municipal water supplies have people from Boston to Berkeley shifting the question from, "Will I have enough?" to "Is my water safe?" "Watching Our Water: The Challenge To Keep It Clean" explores the vexing question of how pristine water high in the Rocky Mountains ends up as a floating chemical 'dead zone' in the waters of the Gulf of Mexico. This Harvest Public Media special illuminates the challenges facing farmers, scientists and engineers. It looks at the problem from a rural and urban perspective, and examines possible solutions to control the contamination in our water.	NETA	(S)	(CC)	N/A	#0H
03:30:00	The Forever Home: Going Green A refreshing look at a Bay Area home remodeling project. The planning and architecture considers not only the needs of the home owners, but also those of the environment and the home's surroundings. A green house for an extra ordinary couple. A KCSM acquisition of a local production.	KCSM		(CC)	N/A	#0
04:00:00	Wisdom of the Grandmothers 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.	ACCES	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#172
08:00:00	Zula Patrol Mutual Distraction/What Goes Up Must Come Down MUTUAL DISTRACTION: Dark Truder hides a magnet in a cloud to magnetize the Zula Patrol, rendering them ineffective, but it's Wizzy and Wigg who end up magnetized. The Zula Patrollers learn all about magnetism as they try to save the siblings - and themselves, when their ship becomes a giant refrigerator magnet. WHAT GOES UP MUST COME DOWN: Explorers from the planet Polkadottia make an emergency landing on Zula and send cryptic visual messages for help to the Zula Patrol. Once our ZPers are able to decipher these messages and find the stranded Polkadottians, they are also able to figure out their problem: The visitors come from a smaller and less massive world than Zula, so they aren't used to the stronger gravitational pull and mass of the ZPers' planet. Our heroes tow the Polkadottians to Mercury - a planet that equals Polkadottia in mass and gravity. There, they help the visitors fix their ship so they can return home.	APTEX	(S)	(CC)	DVI	#111
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#118H
09:00:00	Power Yoga: Mind and Body Backbends - Version Two With Partner camel, Wheel, Bow and others.	APTEX	(S)	(CC)	N/A	#130
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1030H
10:00:00	Sit and Be Fit Imagining Resistance Mary Ann demonstrates three different ways to push up from a chair and uses imaginary resistance to strengthen muscles. Gretchen combines a standing balance routine with vestibular work.	NETA	(S)	(CC)	N/A	#1602H
10:30:00	Fit 2 Stitch Benefits and Fund-Raisers Are you attending a benefit for your favorite local charity or community organization? Learn to sew a variety of leather clutch purses that make the perfect fashion accessory.	NETA	(S)	(CC)	N/A	#410H

Tue, Mar 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knit and Crochet Now! Shaped Cardigans	APTEX	(S)	(CC)	DVI	#708H
	Today we are making cardigans, a versatile staple for any wardrobe. Deborah Norville is joined by Kristin Nicholas with the Cosima Cardigan, that features a lace panel front that also creates a cable. Then on to Robyn Chachula who is showing how to make the textured crochet Twyla Cardigan. The stitch of the week is a new take on Shetland Lace by Rohn Strong.					
11:30:00	Fons & Porter's Love of Quilting Marking Your Quilt Top	NETA	(S)	(CC)	N/A	#2506H
	Creating a quilt top is just the beginning. Guest Angela Huffman will show you how simple quilting designs can finish a quilt with style and ease.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6167H
13:00:00	Hubert Keller: Secrets of a Chef Black-Tie Dining	NETA	(S)	(CC)	N/A	#509H
	Chef Keller has the perfect menu for an upscale dinner party. He starts with seared scallops served on a luscious slice of pork belly surrounded by beluga lentils. The main course is roast Cornish game hen with a stuffing of Swiss chard and pine nuts. Seared Scallops on Pork Belly with Beluga Lentils, Roast Cornish Game Hen Stuffed with Swiss Chard in a Red Wine Thyme Sauce, & Macarons with Rocky Road Beer Ice Cream.					
13:30:00	Sara's Weeknight Meals Family Choice	APTEX	(S)	(CC)	N/A	#508H
	Sara has two kids of her own, so she's always found ways to please finicky palates with food adults love too. Take her easy weeknight mini meatloaves baked in a muffin tin that kids love to make themselves. We have two kids helping Sarah in the kitchen to prove it. There's also Odd Lots mac and cheese, a homemade dish using leftovers from the fridge. Sara tops that off with a cool and refreshing creamsicle drink for dessert. Speaking of cheese, we also visit a Benedictine nun who is the world's foremost expert on raw cheeses.					
14:00:00	Taste of History Pittsburgh: from Frontier to Fortune	NETA	(S)	(CC)	N/A	#712H
	Chef Walter Staib highlights the cuisine and history of Pittsburgh and one of its grandest landmarks: The William Penn Hotel. Marvel at the transformation of Pittsburgh from the French and Indian War to the opulence of the industrialists who dined on Chateaubriand.					
14:30:00	Sara's Weeknight Meals Between The Bread	APTEX	(S)	(CC)	N/A	#606H
	A sandwich might be the ultimate weeknight meal - hearty, portable and easy enough for anyone to make. Sara's got two great ones: her picadillo sloppy Joe with the terrific counterpoint of prunes and green olives. Surprisingly, she shows how to grind your own meat. Roasted vegetable and fresh ricotta sandwiches are another winning combo and Sara even shows how to make the ricotta. She also visits a worth bakery for bread lovers - Hot Bread Kitchen. This non-profit food incubator helps struggling women get a leg up by teaching them baking skills so they may move on to jobs at other bakeries. They sample some of their delicious bread. Recipes: Picadillo sloppy Joes; Roasted vegetable and fresh ricotta sandwiches 4.					
15:00:00	Beads, Baubles and Jewels Boho Chic Made Easy	NETA	(S)	(CC)	N/A	#2408H
	Tassels add movement, color and style. Blogger and designer Molly Schaller adds Boho style to her designs with tassels she makes from fibers and leather. In Katie's Beading Lesson, Candie Cooper creates chunky designs using marbled wood beads that teens and tweens love.					
15:30:00	Katie Brown Workshop Under The Tuscan Sun	APTEX	(S)	(CC)	DVI	#506H
	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.					
16:00:00	Biz Kid\$ How Credit Affects Your Life	APTEX	(S)	(CC)	DVI	#205H
	Did you know that your credit score could make the difference in whether or not you get into the college of your dreams? Your credit score could even impact whether or not you get the job you're applying for. Join the Biz Kids, and you'll learn about building good credit and how the credit laws affect your life.					
16:30:00	Hands On Crafts for Kids Music	NETA	(S)	(CC)	DVI	#1811H
	Music inspires creativity and adds to the fun. To keep the beat, Jenny Barnett-Rohrs makes a drum. Katie Hacker makes a jingly bell bracelet and Franz Spohn illustrates great musical works. Jenny has a wonderful gift idea for a sports fan from blogger Morena Hockley.					

Tue, Mar 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart As gardeners we are always trying to make our landscapes look better, even unusual. But landscapes can be functional as well, accommodating the needs of our family and friends. GardenSMART visits with an expert who shares their ideas on a great landscape. There's a lot to learn, be sure to tune in.	NETA	(S)	(CC)	N/A	#4304H
17:30:00	Growing A Greener World Starting Seeds, A to Z (Mount Airy, Nc) Nothing scares new gardeners (and even some veterans) like starting a vegetable crop from seed. But there's no better way to really know what you're growing and turn your gardening habit into a year-round endeavor. This episode demystifies seeds and offers a crash course in starting a productive and successful garden from scratch. Host Joe Lamp'l starts seeds both inside and outside and demonstrates expert techniques from his own kitchen and food garden.	APTEX	(S)	(CC)	N/A	#605H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14052H
18:30:00	American Forum The President's First Year: Part 4 SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#223H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7248
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1310H
20:00:00	Sun Studio Sessions The Nightowls The NightOwls hail from Austin, Texas, but their musical genealogy traces straight to the Memphis soul sound. The Austin Chronicle hailed their debut record as "suave, energetic, blue-eyed soul" and named it one of the Top 10 of the year at the annual Austin Chronicle Music Awards, Austin Monthly named them a Band To Watch, and Texas Music Magazine called the album "a smooth addictive blend of pop, R&B and funk that will delight the band's dance-happy fans." In this episode, the band performs several up-tempo numbers including "Can't Bring Me Down" and "Right Around the Corner."	NETA	(S)	(CC)	N/A	#801H
20:30:00	Jammin at Hippie Jack's Mic Harrison & The Highscore The band's albums "Push Me On Home" (2007), "On the Right Side of the Grass" (2008) and "Great Commotion" (2010) landed the group good reviews, airplay on Americana radio stations around the country and a dedicated and enthusiastic fan base. It's music for people who haven't kept up with Lady Gaga's latest outfit or Justin Bieber's new haircut - and maybe a few who do. It's music that relies on strong melodies, lyrics that mean something and invites you to have a good time.	NETA	(S)	(CC)	N/A	#905H
21:00:00	The Kate Jarrod Spector 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.	APTEX	(S)	(CC)	N/A	#103H
22:00:00	Reel South The Exceptionally Extraordinary By Lindsey Phillips and Lauren Domino. Come along with colorful characters carrying on a cherished Mardi Gras tradition as they gather at the epicenter of all things costuming - the family-owned Jefferson Variety fabric and craft store. The film highlights the creativity and personal expression linked in the cultural identity and narrative of New Orleans and provides a deeper look into the significance of costuming and the carnival season.	NETA	(S)	(CC)	N/A	#206H
22:30:00	Reel South Red Wolf Revival By Rosh Patel and Madison McClintock. Three decades ago, the nearly-extinct red wolf was reintroduced in North Carolina. While this flagship conservation effort paved the way for reintroducing several other species across the country, today fewer than 100 wild red wolves remain - and their fate hinges on significant biological, political, cultural and economic challenges.	NETA	(S)	(CC)	N/A	#210H

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43.1

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Tue, Mar 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	E Haku Inoa: to Weave A Name	NETA	(S)	(CC)	N/A	#0H
Filmmaker Christen Marquez's drive to learn the meaning of her enigmatic Hawaiian name impels her to unite her scattered family and come to terms with her estranged, mentally ill mother, who is the only person in the world who knows the meaning of her name.						

Wed, Mar 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7248
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1310H
01:00:00	Sun Studio Sessions The Nightowls	NETA	(S)	(CC)	N/A	#801H
	<p>The NightOwls hail from Austin, Texas, but their musical genealogy traces straight to the Memphis soul sound. The Austin Chronicle hailed their debut record as "suave, energetic, blue-eyed soul" and named it one of the Top 10 of the year at the annual Austin Chronicle Music Awards, Austin Monthly named them a Band To Watch, and Texas Music Magazine called the album "a smooth addictive blend of pop, R&amp;B and funk that will delight the band's dance-happy fans." In this episode, the band performs several up-tempo numbers including "Can't Bring Me Down" and "Right Around the Corner."</p>					
01:30:00	Jammin at Hippie Jack's Mic Harrison & The Highscore	NETA	(S)	(CC)	N/A	#905H
	<p>The band's albums "Push Me On Home" (2007), "On the Right Side of the Grass" (2008) and "Great Commotion" (2010) landed the group good reviews, airplay on Americana radio stations around the country and a dedicated and enthusiastic fan base. It's music for people who haven't kept up with Lady Gaga's latest outfit or Justin Bieber's new haircut - and maybe a few who do. It's music that relies on strong melodies, lyrics that mean something and invites you to have a good time.</p>					
02:00:00	The Kate Jarrod Spector	APTEX	(S)	(CC)	N/A	#103H
	<p>Actor and Broadway tenor Jarrod Spector channels the experience of playing 1500+ performances of Frankie Valli in Jersey Boysto deliver a dazzling storyboard of male vocalists from classic to modern. Experience the unstoppable energy of hits like "Good Vibrations," "Uptown Girl" and "Walk Like a Man" paired with swoon-worthy renditions of "Maybe I'm Amazed" and Enrico Caruso's "Una Furtiva." Spector's reverent interpretations illustrate his closeness to the material and his deep respect for these influential artists: Freddie Mercury, Paul McCartney, Billy Joel, Stevie Wonder, The Beach Boys, and of course, Frankie Valli. From "Star Search" to failed TV pilots, Jarrod's story is told with humor, tender moments and powerful singing.</p>					
03:00:00	Reel South The Exceptionally Extraordinary	NETA	(S)	(CC)	N/A	#206H
	<p>By Lindsey Phillips and Lauren Domino. Come along with colorful characters carrying on a cherished Mardi Gras tradition as they gather at the epicenter of all things costuming - the family-owned Jefferson Variety fabric and craft store. The film highlights the creativity and personal expression linked in the cultural identity and narrative of New Orleans and provides a deeper look into the significance of costuming and the carnival season.</p>					
03:30:00	Reel South Red Wolf Revival	NETA	(S)	(CC)	N/A	#210H
	<p>By Rosh Patel and Madison McClintock. Three decades ago, the nearly-extinct red wolf was reintroduced in North Carolina. While this flagship conservation effort paved the way for reintroducing several other species across the country, today fewer than 100 wild red wolves remain - and their fate hinges on significant biological, political, cultural and economic challenges.</p>					
04:00:00	E Haku Inoa: to Weave A Name	NETA	(S)	(CC)	N/A	#0H
	<p>Filmmaker Christen Marquez's drive to learn the meaning of her enigmatic Hawaiian name impels her to unite her scattered family and come to terms with her estranged, mentally ill mother, who is the only person in the world who knows the meaning of her name.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#173
08:00:00	Zula Patrol Dog Gone Gorga/The Milky Way Galaxy Games	APTEX	(S)	(CC)	DVI	#112
	<p>DOG GONE GORGA: Mistakenly thinking he's no longer wanted, Gorga leaves the Zula Patrol in search of a new home. In an effort to find him, the Zula Patrol searches The Solar System and all Nine Planets before ultimately rescuing him from the Intergalactic Pet Catcher. THE MILKY WAY GALAXY GAMES: The Zula Patrol is entrusted with a mission to deliver the torch to the Milky Way Galaxy Games in time for the opening ceremony. They overcome various obstacles including getting lost, a Black Hole, and most importantly, Zeeter's doubt for Multo's silly inventions, which proves in the end to be not so silly after all.</p>					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#119H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#201



Wed, Mar 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Full Body Workout In this episode, join Miranda at the Saasil Kantenah Wedding Resort in Riviera Maya, Mexico for a full-body, all-standing workout to strengthen and stretch your 650 muscles.	APTEX	(S)	(CC)	DVI	#1101H
10:00:00	Sit and Be Fit A Treat for Your Feet In this episode Mary Ann is paying special attention for feet, shoulders and hip range of motion using a towel and band.	NETA	(S)	(CC)	N/A	#1603H
10:30:00	Fit 2 Stitch Grocery Shopping and Errands Learn how to fit a halter top that flatters and is easy to wear. Then, make a simple, comfortable wrap to look chic when shopping and running errands.	NETA	(S)	(CC)	N/A	#411H
11:00:00	Knit and Crochet Now! Carry Along Bags 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.	APTEX	(S)	(CC)	DVI	#709H
11:30:00	Fons & Porter's Love of Quilting Cabins at the Lake The Cabins at the Lake quilt utilizes simple piecing techniques and an introduction to foundation paper piecing.	NETA	(S)	(CC)	N/A	#2507H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6168H
13:00:00	Lidia's Kitchen Fresh Pasta Fresh pasta is an Italian family tradition passed through the generations. Today she starts with a silky pappardelle pasta dressed with pesto made from walnut, basil and parsley. She then takes the same pasta dough and shapes it into tortelloni stuffed with spinach and ricotta, dressed with a classic marinara sauce.	APTEX	(S)	(CC)	N/A	#315H
13:30:00	Annabel Langbein: The Free Range Cook Lunch on the Grill Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt. Maude vineyard in New Zealand's Central Otago. On the menu are home-made Turkish bread, a spicy steak salad and her famous orange lightning cake. Recipes from this episode: Turkish bread, Turkish bride soup, spicy beef with harvest vegetables. garlic dressing, nutty cumin dukkah, corn and pearl couscous salad, orange lightning cake and vin d'orange.	APTEX	(S)	(CC)	N/A	#101H
14:00:00	Simply Ming Robert Sisca Chef Robert Sisca comes up from Rhode Island to visit Ming in his loft, and to create two takes on halibut. Robert makes a bread-crust halibut with broccoli rabe, and a chorizo emulsion, before helping Ming with his halibut fish stew with roasted garlic aioli, and a side of grilled bread. Fish two ways makes for a delicious episode, this week on Simply Ming.	APTEX	(S)	(CC)	N/A	#1423H
14:30:00	Cook's Country Muffins and Doughnuts Get A Makeover Host Christopher Kimball visits the Dorset Union Store in Dorset, Vermont, where doughnuts are baked fresh daily. Then, test cook Bridget Lancaster uncovers the secrets to making easier muffin tin doughnuts. Next, tasting expert Jack Bishop challenges Chris to a tasting of grapefruit juice. Then, equipment expert Adam Ried reveals his top picks for pod coffee makers. And finally, test cook Julia Collin Davison shows Chris how to make whole-wheat blueberry muffins.	APTEX	(S)	(CC)	N/A	#802H
15:00:00	Beads, Baubles and Jewels One of a Kind Express your unique designs by starting at the very beginning. Writer and artist Andrew Thornton begins styling colorful resin jewelry by creating his own silicone molds. Katie Hacker makes stylish bracelets for men in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2409H

Wed, Mar 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ The Art of Negotiation Discover strategies for effective negotiations with your parents, teachers, friends, siblings, and bosses. Even if you are simply working out the shared schedule with your brother to walk the dog, you'll find out how to achieve your goals and arrive at a winning solution for everyone. Discover the success of teens who run "Grand Slam Garage Sales" and another young man who sells movie memorabilia online.	APTEX	(S)	(CC)	DVI	#206H
16:30:00	Hands On Crafts for Kids Me! Let's turn toward ourselves for creative ideas. When she makes a lighted mirror, Jenny Barnett-Rohrs makes you a star. Katie Hacker makes personal paper dolls and Franz Spohn draws a 3D self-portrait. Jenny celebrates Thanksgiving with Pilgrim-style table decorations.	NETA	(S)	(CC)	DVI	#1812H
17:00:00	Garden Smart GardenSMART always enjoys visiting with garden clubs and their members. Their enthusiasm for gardening is contagious. And we always learn something. We think you will too. Be sure to join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4305H
17:30:00	Growing A Greener World Fan Favorites from 5 Years (All Over The Us) With over 100 episodes broadcast so far and countless emails and comments from our viewers about each one, the GGW team has gotten a strong sense of which ones have left the most lasting impressions. In this episode, we look back on our most popular segments, share the best stories about the most incredible people we've met and the most dynamic places we've visited... and we uncover more about why these episodes resonated so deeply with fans.	APTEX	(S)	(CC)	N/A	#606H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14053H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#431H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7249
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#407H
20:00:00	The Lowertown Line. The Lowertown Line: Brother Ali Hip hop artist Brother Ali performs for a live audience at the Twin Cities Public Television studios. Ali and host Dessa discuss hip hop culture, social justice, and the place for politics in art. Songs performed: Mourning in America, Fajr, Uncle Sam Goddamn, Forest Whitiker.	APTEX	(S)	(CC)	N/A	#102H
20:30:00	Songs at the Center Artists: Jasey Schnaars, Donna Mogavero, Matt Munhall, and hosted by songwriter Eric Gnezda. Special feature: Profile of Columbus Songwriting Workshop. Jasey Schnaars penned a top-ten country hit for the late Eddie Rabbit, which went on to receive an ASCAP award for one of that year's most-played songs. His songs have been recorded by Lane Brody, and the Washington Squares. He also wrote the theme for Songs at the Center, "Evolution." He performs "Someday." Donna Mogavero is one of the most notable female singer-songwriters in the Midwest. With more than 30 years in the music business, she has garnered much local and regional acclaim. She has recorded three original CDs. She sings "Maps." Matt Munhall released his fourth album, 700 Miles, last year. Produced by Nashville's Brad Jones, the album features many notable musicians, including legendary guitarist Charlie Sexton, a mainstay of Bob Dylan's band. Matt demonstrates that great music is ultimately made from the moderation of craftsmanship and creativity. He performs "When I'm Gone." "Scenes from the Scene" Segment: Columbus Songwriting Workshop. In its fourth year, the Columbus Songwriting Workshop is a one-day seminar on many aspects of the craft. Created and led by Andy, Chris and Jim Shaw.	APTEX	(S)	(CC)	N/A	#107H
21:00:00	Live at 9:30 Performances by Grace Potter, Chris Robinson, Soul Rebels (w. Talib Kweli), St. Lucia and Twin Peaks, with comedy from Tony Rock and special content featuring Steve Gleason.	NACC	(S)	(CC)	N/A	#107H
22:00:00	1916 The Irish Rebellion When Myth and History Rhyme The concluding episode details the aftermath and response to the Rising in Ireland and abroad. The initial reaction of many Dubliners to the Rising gave way to a grudging respect that grew exponentially with the British response. The rebellion, while ostensibly a failure, created the conditions for a national revolution and changed the course of Irish history.	APTEX	(S)	(CC)	DVI	#103H

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Wed, Mar 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	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.						

Thu, Mar 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7249
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#407H
01:00:00	The Lowertown Line. The Lowertown Line: Brother Ali	APTEX	(S)	(CC)	N/A	#102H
	Hip hop artist Brother Ali performs for a live audience at the Twin Cities Public Television studios. Ali and host Dessa discuss hip hop culture, social justice, and the place for politics in art. Songs performed: Mourning in America, Fajr, Uncle Sam Goddamn, Forest Whitiker.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#107H
	Artists: Jasey Schnaars, Donna Mogavero, Matt Munhall, and hosted by songwriter Eric Gnezda. Special feature: Profile of Columbus Songwriting Workshop. Jasey Schnaars penned a top-ten country hit for the late Eddie Rabbit, which went on to receive an ASCAP award for one of that year's most-played songs. His songs have been recorded by Lane Brody, and the Washington Squares. He also wrote the theme for Songs at the Center, "Evolution." He performs "Someday." Donna Mogavero is one of the most notable female singer-songwriters in the Midwest. With more than 30 years in the music business, she has garnered much local and regional acclaim. She has recorded three original CDs. She sings "Maps." Matt Munhall released his fourth album, 700 Miles, last year. Produced by Nashville's Brad Jones, the album features many notable musicians, including legendary guitarist Charlie Sexton, a mainstay of Bob Dylan's band. Matt demonstrates that great music is ultimately made from the moderation of craftsmanship and creativity. He performs "When I'm Gone." "Scenes from the Scene" Segment: Columbus Songwriting Workshop. In its fourth year, the Columbus Songwriting Workshop is a one-day seminar on many aspects of the craft. Created and led by Andy, Chris and Jim Shaw.					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#107H
	Performances by Grace Potter, Chris Robinson, Soul Rebels (w. Talib Kweli), St. Lucia and Twin Peaks, with comedy from Tony Rock and special content featuring Steve Gleason.					
03:00:00	1916 The Irish Rebellion When Myth and History Rhyme	APTEX	(S)	(CC)	DVI	#103H
	The concluding episode details the aftermath and response to the Rising in Ireland and abroad. The initial reaction of many Dubliners to the Rising gave way to a grudging respect that grew exponentially with the British response. The rebellion, while ostensibly a failure, created the conditions for a national revolution and changed the course of Irish history.					
04:00:00	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.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#174
08:00:00	Zula Patrol Matter, Matter Everywhere/Family Feud	APTEX	(S)	(CC)	DVI	#113
	MATTER, MATTER EVERYWHERE: Inside a hollow meteorite, the ZPers find the treasure map of Long John Jupiter, notorious rhyming Space Pirate. Following the clues, they learn all about matter, and find a surprising treasure. FAMILY FEUD: Earth's water has disappeared! Part one of the molecular mystery is soon solved when Multo discovers that all of Earth's water molecules have separated into their individual atoms of Hydrogen and Oxygen. When Bula and Zeeter shrink to atom-size they find the reason for the separation is a family feud. It's up to the Zula Patrol to get the feuding atoms together as molecules -- and get Earth back together -- before it's too late.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#120H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#202
09:30:00	Classical Stretch: By Essentrics Posture Workout	APTEX	(S)	(CC)	DVI	#1102H
	This standing and barre posture workout, filmed in Riviera Maya, Mexico will improve your posture and give you tons of energy.					
10:00:00	Sit and Be Fit Somatosensory and Lymphatic Systems	NETA	(S)	(CC)	N/A	#1604H
	Mary Ann uses a large ball to stimulate the sensory and lymphatic systems, accompanied by jazzy, New Orleans style music. Gretchen's new cross and open pattern for a brain.					

Thu, Mar 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Fit 2 Stitch Beach and Outdoor Activities When you head outdoors, be stylish and smart. Learn to make an on-trend wide-brimmed hat. Then, with just two pattern pieces, make a cool cover up.	NETA	(S)	(CC)	N/A	#412H
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 with show how to do Twined Knitting.	APTEX	(S)	(CC)	DVI	#710H
11:30:00	Fons & Porter's Love of Quilting Stippled Owl Pillow Mary Fons and Sara Gallegos show you the wonders of the technology that makes embroidery and stippling quick and easy.	NETA	(S)	(CC)	N/A	#2508H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6169H
13:00:00	Eat! Drink! Italy! with Vic Rallo Off The Hook Vic visits a fish cannery and prepares sardines; the Cheese Taster; deMedici cookie recipe; Pappa Al Pomodoro (bread and tomato soup).	APTEX	(S)	(CC)	N/A	#110H
13:30:00	Cooking with Nick Stellino Grandma's Secrets Grandma's Polenta; Grandma's Beef Stew; Ossobuco; Strawberries in Balsamic Vinegar.	APTEX	(S)	(CC)	N/A	#211H
14:00:00	Joanne Weir's Cooking Confidence Never Too Young Joanne welcomes her youngest student Stella to class and they nestle in to create a menu of some of Joanne's favorite chilly weather dishes: roasted game hens with prosciutto and mushrooms and quinoa pilaf with dried blueberries and apricots. Recipes: Sweet and Hot Pepper Relish Crostini, Roasted Game Hens with Prosciutto di Parma and Mushrooms, and Quinoa Pilaf with Dried Blueberries and Apricots. Student: Stella Ginsberg, Student and Blogger.	APTEX	(S)	(CC)	N/A	#107H
14:30:00	New Scandinavian Cooking An Edible Park Andreas and Finnish co-host Sara LaFountain visit Frogner Park in downtown Oslo. Here, Andreas gathers edible herbs and flowers and with them makes homemade ice cream flavored with rose petals, and a Norwegian-style bruschetta with a wild-herb pesto. Both Andreas and Sara mix a special drink and prepare festival food - a hearty hamburger and sausages. Location: OSLO - Frognerparken.	APTEX	(S)	(CC)	N/A	#505H
15:00:00	Beads, Baubles and Jewels Open and Shut Add style, movement and interest to your designs. Multi-media artist Mary Hettmansperger adds personality, function and style to her designs with hinges. Candie Cooper returns to Katie's Beading Lesson with cute stretchy beaded rings that are fast and easy to make for teens and tweens.	NETA	(S)	(CC)	N/A	#2410H
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\$ The World Is A Risky Place Taking risks in life is important, but you want to be smart about those risks. Learn the things you can do to protect your business, your assets, and yourself. Meet two young tennis coaches and the owner of "Small Town Skateshop."	APTEX	(S)	(CC)	DVI	#207H

Thu, Mar 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Make Believe Anything can happen in the world of make-believe. Jenny Barnett-Rohrs turns into a scary monster with a fun headband. Katie Hacker makes a fantasy tent and then whips up a never-ending cherry pie. Jenny shows how to create a show with puppets you make yourself from blogger Mom Carolina Moore.	NETA	(S)	(CC)	DVI	#1813H
17:00:00	Garden Smart GardenSMART visits an historic home with outstanding gardens and abundant containers. There's a lot to learn and a wonderful visual experience. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4306H
17:30:00	Growing A Greener World Oh, Deer! Dealing with Garden Pests (Athens, Ga; Mount Airy, Nc) Trying to live in harmony with nature can test anyone's patience, especially when uninvited critters and pests use our gardens and landscapes as one giant dinner buffet. In this important episode, we explore a low-cost and simple (but highly effective) deer barrier that absolutely anyone can make. But deer aren't the only nuisance; we explore natural, safe, and humane ways to repel other common furry garden and landscape pests for good, too.	APTEX	(S)	(CC)	N/A	#607H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14054H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1338H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7250
19:30:00	Native Report Today on Native Report learn Ojibwe at a highly successful summer language camp in Northern Minnesota. Oneida Nation of Wisconsin Elder Maxine Thomas shows us how their school garden functions as an outdoor classroom providing integrated teachings about language, culture and history. Then sit down for an intriguing interview with Principal Chief Michel Hicks from the Eastern Band of Cherokee Nation in North Carolina about what he has learned about leadership and his vision for the future of his nation.	WDSE	(S)	(CC)	DVI	#906H
20:00:00	Backstage Pass Aguanko Conguero and composer Alberto Nacif brings together a group of superlative musicians to perform his original music, and Latin-Jazz standards. Alberto, Jose "Pepe" Espinosa (one of the best Cuban percussionists of his generation), and young piano master Wesley Reynoso form the Latin core of the group.	NETA	(S)	(CC)	N/A	#609H
20:30:00	Ray Stevens Cabaray Nashville Guest: Tanya Tucker and Tg. Sheppard "Taylor Swift Is Stalking Me" (RAY) "Along Came Jones" (RAY) "Strong Enough To Bend" (TANYA) "Old Dogs" (DUET TANYA/RAY) "Loved 'Em Everyone" (TG SHEPPARD).	OETA	(S)	(CC)	N/A	#110H
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
22:00:00	Afropop: The Ultimate Cultural Exchange My Father's Land MY FATHER'S LAND tells the story of Papa Jah, a Haitian gardener and bush medicine man living in the Bahamas and his journey back home to reunite with his 103-year-old father before he passes, and the larger story of Haitian immigrants who are living precarious lives in both the Bahamas and the Dominican Republic.	APTEX	(S)	(CC)	DVI	#903H
23:00:00	Performing Possibilities Women are the fastest growing segment of the incarcerated population in the United States. Katherine Craft, seeing a great need for gender-specific programs for incarcerated women, founded Conspire Theatre in 2009 and has been run by Craft and coconspirator Michelle Dahlenburg since 2011. Through the use of theatre, Conspire seeks to provide women prisoners a revolutionary and creative approach to healing from trauma, increasing self-esteem, becoming better parents, and improving literacy. With a deep, abiding belief in redemption, empowerment, and connection through art, the Conspire team is undergoing their most ambitious project yet. No longer satisfied with keeping their organization's work in the shadows of the penitentiary, they is taking the performances out into the public.	NETA		(CC)	N/A	#0H

Fri, Mar 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7250
00:30:00	Native Report Today on Native Report learn Ojibwe at a highly successful summer language camp in Northern Minnesota. Oneida Nation of Wisconsin Elder Maxine Thomas shows us how their school garden functions as an outdoor classroom providing integrated teachings about language, culture and history. Then sit down for an intriguing interview with Principal Chief Michel Hicks from the Eastern Band of Cherokee Nation in North Carolina about what he has learned about leadership and his vision for the future of his nation.	WDSE	(S)	(CC)	DVI	#906H
01:00:00	Backstage Pass Aguanko Conguero and composer Alberto Nacif brings together a group of superlative musicians to perform his original music, and Latin-Jazz standards. Alberto, Jose "Pepe" Espinosa (one of the best Cuban percussionists of his generation), and young piano master Wesley Reynoso form the Latin core of the group.	NETA	(S)	(CC)	N/A	#609H
01:30:00	Ray Stevens Cabaray Nashville Guest: Tanya Tucker and Tg. Sheppard "Taylor Swift Is Stalking Me" (RAY) "Along Came Jones" (RAY) "Strong Enough To Bend" (TANYA) "Old Dogs" (DUET TANYA/RAY) "Loved 'Em Everyone" (TG SHEPPARD).	OETA	(S)	(CC)	N/A	#110H
02:00:00	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
03:00:00	Afropop: The Ultimate Cultural Exchange My Father's Land MY FATHER'S LAND tells the story of Papa Jah, a Haitian gardener and bush medicine man living in the Bahamas and his journey back home to reunite with his 103-year-old father before he passes, and the larger story of Haitian immigrants who are living precarious lives in both the Bahamas and the Dominican Republic.	APTEX	(S)	(CC)	DVI	#903H
04:00:00	Performing Possibilities Women are the fastest growing segment of the incarcerated population in the United States. Katherine Craft, seeing a great need for gender-specific programs for incarcerated women, founded Conspire Theatre in 2009 and has been run by Craft and coconspirator Michelle Dahlenburg since 2011. Through the use of theatre, Conspire seeks to provide women prisoners a revolutionary and creative approach to healing from trauma, increasing self-esteem, becoming better parents, and improving literacy. With a deep, abiding belief in redemption, empowerment, and connection through art, the Conspire team is undergoing their most ambitious project yet. No longer satisfied with keeping their organization's work in the shadows of the penitentiary, they is taking the performances out into the public.	NETA		(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#175
08:00:00	Zula Patrol Round and Round We Go/The Go'er-Slower Motion ROUND AND ROUND WE GO: Dark Truder comes up with a scheme to trap the Zula Patrol on a huge inflatable planet he has placed in orbit around the Sun. It is up to Zeeter, who is off taking part in an orbital space race around the planets of our Solar System, to come to their rescue. THE GO'ER-SLOWER MOTION: Dark Truder builds a Go'er-Slower Motion Machine, which puts The Zula Patrol in super slow motion. With The ZPers too slow to stop him, Truder easily turns the entire galaxy into one huge tribute to himself. However The ZPers are slow, but not out. When they discover that the Go'er-Slower Motion Machine is on Earth, they use their knowledge of the planets' revolution and rotation to meet up with the fast moving (to them) Earth. Then Multo reverses the machine so The Zula Patrol can move at super fast speed to undo the changes Truder made to the galaxy. But they're not sure anything can undo the memory of Truder's tacky Chuckle-World.	APTEX	(S)	(CC)	DVI	#114
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#121H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#203
09:30:00	Classical Stretch: By Essentrics Weight Loss In this episode of Classical Stretch, join Miranda Esmonde-White at the Zentropia Spa for a standing and floor workout to tone your full body and promote weight loss.	APTEX	(S)	(CC)	DVI	#1103H

Fri, Mar 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Neglected Areas of Body This episode begins slow and easy with great music to accompany exercises for posture using a towel and band, a large ball for balance, in addition to exercises for hips, carpal tunnel and the pelvic floor.	NETA	(S)	(CC)	N/A	#1605H
10:30:00	Fit 2 Stitch Casual Dinners and Dates Learn to create fashionable jumpsuit by combining basic pattern pieces. Vary the fabrics and details to make other trendy fashions for casual dinners out.	NETA	(S)	(CC)	N/A	#413H
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 Twisted Triangles In this show you will learn how to use a special triangle template to create hexagons with a little twist.	NETA	(S)	(CC)	N/A	#2509H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6170H
13:00:00	P. Allen Smith's Garden to Table Amber Waves of Grain P. Allen Smith visits with a neighboring wheat farmer and talks about what it takes to grow hundreds of acres of grain. Allen also visits the rice capital of the world in Stuttgart, Arkansas during one of its busiest times of the year. Allen also shows us how to put grains to use in the kitchen with a couple of his favorite recipes.	APTEX	(S)	(CC)	DVI	#112H
13:30:00	Mike Colameco's Real Food Fung Tu/Contra We feature 2 new Lower East Side restaurants. At Fung Tu, chef Jonathan Wu is doing a sort of modern Chinese fusion putting out brilliant dishes paired with a well-curated wine courtesy of Jason Wagner. A few blocks north, opened in 2014 Contra was a trailblazer with set \$55 dollar five course tasting menu from chefs Jeremiah Stone and Fabian von Hauske and in 2015 they opened their new wine bar Wildair next door offering small plates and all natural wines by the glass.	NETA	(S)	(CC)	N/A	#1420H
14:00:00	Chef John Besh's New Orleans Chop Salad, Redfish Courtbouillon, and Strawberry Sorbet.	APTEX	(S)	(CC)	DVI	#114H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#249H
15:00:00	Beads, Baubles and Jewels Metalworking In Style Express your style in metalwork and with lettering, too. Mary Hettmansperger adds a window in metal work to make a versatile bezel. She adds style by layering metals and putting a variety of motifs behind the window. Creative collaborator Brenda Schweder shares her favorite tips on soldering metalwork. Katie Hacker puts her style into words with lettering in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2411H
15:30:00	Katie Brown Workshop Store-Bought Surprise 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.	APTEX	(S)	(CC)	DVI	#509H
16:00:00	Biz Kid\$ Economic Cycles (What Goes Up Must Come Down) Trends in the economy go up and down. Learn how trends can affect a business. Discover how you can protect yourself against negative effects and plan for the positive trends. Meet a young man who made paintball profitable and a family who mines for gold.	APTEX	(S)	(CC)	DVI	#208H



Fri, Mar 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids On The Move	NETA	(S)	(CC)	DVI	#1701H
	We are on the move, with projects that go along with us, or move themselves! Join host Katie Hacker and make a rockin' roadster that really rolls. Artist Franz Spohn uses a little string to add animation to his art and blogger Jenny Barnett Rohrs make a wreath with colorful felt pinwheels. Use the Family Craft Box and recycled denim to make a car track. Decorate your room with an eye-catching string art project that uses color to create the feeling of movement.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4307H
	Community gardens are more and more popular. That's because folks are realizing the wonderful effect that gardens can have on a community. Quality of life, interpersonal relationships, and more are often improved. Join us as GardenSMART visits one very successful community garden with a very interesting gardener. Be sure to tune in.					
17:30:00	Growing A Greener World The Business of Urban Backyard Food Gardens (Seattle, Wa; Brooklyn, Ny)	APTEX	(S)	(CC)	N/A	#608H
	Eating local and seasonal is more than just a foodie trend. Some people have the time and land to grow their own food. Some have the expertise to do it. But few have both. These challenges have given birth to a new cottage industry that creates win-win partnerships and reaches far beyond the garden plots themselves. We meet some young urban professionals who have started successful businesses that reap the rewards of these symbiotic relationships.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14055H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2444Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7251
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#910H
20:00:00	Song of the Mountains Lost Creek Band/April Verch	NETA	(S)	(CC)	N/A	#1105H
21:00:00	Woodsongs Celebration of Woodsongs Kids	NETA	(S)	(CC)	N/A	#1812H
	Woodsongs Kids have become one of the most popular parts of every of WoodSongs broadcast since Michael Johnathon introduced it last year. Every week a talented young performer appears on stage along side the professional/touring artists. It's created some incredible one-of-kind musical moments. This broadcast will be made up entirely of WoodSongs Kids!					
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 Fargo & True Detective: Television Anthologies	NETA	(S)	(CC)	N/A	#502H
	True Detective director, Cary Fukunaga, and Fargo creator, Noah Hawley, discuss the rise of the television anthology series and how to execute a compelling balance of plot, character, and structure within the bounds of one season. Followed by Elaine Poon's short film, Entrain about Laurent, a young man who absorbed in his own world, draws the attention of a fellow train passenger who shares his interest in rhythm, despite their obvious language barrier.					
23:00:00	Science Goes to the Movies Greed	EPS	(S)	(CC)	N/A	#311H
	Greed is good? Why do so many Wall Street crooks get away with financial crimes and what have movies done to expose this culture? Jeffrey Sachs and Alex Gibney do their best to explain what is happening in our financial markets and what happens when a crook is caught.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1022

Sat, Mar 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7251
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#910H
01:00:00	Song of the Mountains Lost Creek Band/April Verch	NETA	(S)	(CC)	N/A	#1105H
02:00:00	Woodsongs Celebration of Woodsongs Kids	NETA	(S)	(CC)	N/A	#1812H
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	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.					
03:30:00	On Story Fargo & True Detective: Television Anthologies	NETA	(S)	(CC)	N/A	#502H
	True Detective director, Cary Fukunaga, and Fargo creator, Noah Hawley, discuss the rise of the television anthology series and how to execute a compelling balance of plot, character, and structure within the bounds of one season. Followed by Elaine Poon's short film, Entrain about Laurent, a young man who absorbed in his own world, draws the attention of a fellow train passenger who shares his interest in rhythm, despite their obvious language barrier.					
04:00:00	Science Goes to the Movies Greed	EPS	(S)	(CC)	N/A	#311H
	Greed is good? Why do so many Wall Street crooks get away with financial crimes and what have movies done to expose this culture? Jeffrey Sachs and Alex Gibney do their best to explain what is happening in our financial markets and what happens when a crook is caught.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1022
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#176
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Brilliant Poppies	APTEX	(S)	(CC)	N/A	#509H
	Painting poppies is a good way to prepare for the next step, painting roses. Gary creates poppies that are in full bloom with nearby buds waiting to be set free. A hint of brick on the side frames these pretty poppies. Gray and red undertones complete a brilliant composition.					
08:30:00	Painting with Wilson Bickford Silent Night	NETA	(S)	(CC)	N/A	#203H
	Drawing from his Northern New York roots, Wilson paints a beautiful nighttime snowy landscape. The full moon glistens off the snow-covered pine trees while flakes softly fall.					
09:00:00	Landscapes Through Time with David Dunlop Winslow Homer's Seas at Prouts Neck, Maine	NETA	(S)	(CC)	DVI	#206H
	David travels on the rocky shores of Prouts Neck, Maine, where the famously enigmatic Winslow Homer (1836-1910) lived for the last 27 years of his life and painted some of his most recognizable, theatrical, and iconic seascapes. Battling the wind, David paints an evocative watercolor at the location of the famed Cannon Rock, and an oil sketch of the rocks and turbulent sea in front of Homer's studio.					
09:30:00	Classical Stretch: By Essentrics Full Body Flexibility	APTEX	(S)	(CC)	DVI	#1104H
	Join Miranda Esmonde-White for this full-body flexibility workout in a peaceful garden to stretch all of your muscles and help you move comfortably in every direction.					
10:00:00	Sit and Be Fit Diabetes and Peripheral Neuropathy	NETA	(S)	(CC)	N/A	#1606H
	A large and small ball is used as a way to facilitate exercises to improve conditions such as diabetes and peripheral neuropathy.					

Sat, Mar 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Functional Fitness with Suzanne Andrews Osteoporosis Walking Workout	ACCES	(S)	(CC)	N/A	#303H
11:00:00	Delicious TV's Vegan Mashup Chef's Favorite	NETA	(S)	(CC)	DVI	#306H
	These 5-star favorites are destined to become yours favorite too! You won't believe it's vegan! And who knew you could make your own vegan sausage? Toni Fiore is making a rich Shiitake Mushroom Hot and Sour Soup. Miyoko Schinner is making a beautiful rustic Mixed Berry Galette. Watch Terry Hope Romero mix and wrap her savory Maple Breakfast Sausages.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Ceviches Gone Wild	APTEX	(S)	(CC)	N/A	#1104H
	The fertile waters of the Caribbean Sea provide exquisitely fresh fish, a bounty perhaps best translated on the plate through ceviche. Or sometimes you don't even need a plate, like when Rick and chef Juan Pablo Loza make a ceviche of freshly caught lobster on a boat in the Sian Ka'an nature reserve. At Catch, the Thompson Hotel's swanky rooftop restaurant in Playa del Carmen, chef Pedro Abascal teaches how to make a Peruvian-inspired mandarin, carrot, habanero and ginger ceviche with leche de tigre broth. Then, it's off to nearby Axiote with chef Xavier Perez Stone, who shows Rick how to make outrageously good coconut-shrimp ceviche. A delightful ferry ride brings Rick to picturesque Isla Mujeres, where young chef Diego Lopez builds an absolute stunner of a dish, a ceviche of pargo with an herby green "mojito" broth. At Rick's new Chicago restaurant, Lena Brava, he makes a deceptively simple aguachile in a cocktail shaker and teaches how to make a "Bloody Maria" coctel, complete with a spicy salt rim.					
12:00:00	Lidia's Kitchen Best of Zucchini	APTEX	(S)	(CC)	N/A	#423H
	Zucchini is a versatile vegetable, and in this episode, viewers watch as Lidia shares several of her favorite simple and quick zucchini dishes including: zucchini with anchovies and capers, a delicious side dish of zucchini sauteed with garlic, anchovies and capers; fried zucchini: a family favorite savory egg battered zucchini roll up; orecchiette with clams and zucchini: a great pasta dish made with clams, scallions and zucchini; sweet and sour zucchini: a quick zucchini dish that is perfect for a quick snack, side dish or appetizer.					
12:30:00	Moveable Feast with Fine Cooking New Orleans Garden District	APTEX	(S)	(CC)	N/A	#201H
	On this episode of Moveable Feast with Fine Cooking with Fine Cooking, host Pete Evans explores the land of Tennessee Williams, as we throw a New Orleans fete at the mansion that inspired the playwright to pen Suddenly Last Summer. Cooking for this feast are two of New Orleans' culinary ambassadors. Brian Landry, a Louisiana seafood connoisseur and executive chef at Borgne, and John Folse, whose specialty in Cajun cooking and reproducing the vast variety of regional Louisiana favorites has made him world famous. On the way, we'll source some gorgeous okra from Covey Rise Farms, smoke some iconic NOLA Andouille Sausage, have a Mardi Gras Indian Fire Water Cocktail, and top it all off with a cafe brolo brulee. New Orleans knows how to throw a party!					
13:00:00	Expeditions with Patrick Mcmillan The Longleaf Empire - Francis Marion National Forest	APTEX	(S)	(CC)	N/A	#313H
	It seems that no matter where we look we can find evidence of man shaping the world around him, the world we consider "natural." Fire is essential for the existence of the longleaf pine woodland, one of the rarest and most interesting habitats on the planet. Join Patrick as he continues to explore the incredible and strange life that makes its home here in the heart of the longleaf empire in the Francis Marion National Forest.					
13:30:00	Joseph Rosendo's Travelscope Ontario's Central Counties - Multi-Cultural Adventures	APTEX	(S)	(CC)	DVI	#807H
	Ontario's Central Counties offers a mosaic of historic gristmill villages, verdant farmlands and towns that thrive because of their multi-cultural population. During his Central Counties explorations Joseph cycles through the rich Durham farmlands on an agri-tourism adventure that includes fruit wine tasting and a visit to Tyrone Mill, one of only two operating mills in Ontario. In the York region he steps back in time at the Black Creek Pioneer Village for a taste of what life was like in the early days of Canada and fast forwards into the present at the Taste of Asia Festival in Markham. The Hills of Headwaters area features wilderness parks as well as horse stables, vineyards and luxury resorts. It's here where surprisingly Joseph visits a three-generation farm and learns about the people that manage Ontario's Central Counties agricultural riches. Joseph also attends Canada Day, where Canadians celebrate their confederation, and poses the question, "What is a Canadian?"					
14:00:00	Rick Steves' Europe France's Loire: Chateau Country	APTEX	(S)	(CC)	N/A	#803H
	Along the Loire River Valley, the beautiful French countryside is studded with evocative chateaux. Home-basing in Amboise, we visit four unique castles: elegant Chenonceau, massive Chambord, stately Cheverny, and fragrant Villandry. Along the way, we tour Leonardo's home, feed hunting dogs, enjoy the local cuisine, and savor a princely garden.					

Sat, Mar 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese Tanzania: Remote Tribes	APTEX	(S)	(CC)	N/A	#101H
	Join host Richard Wiese in Tanzania, a land renowned for its extraordinary wildlife and more than 100 indigenous tribes. In a remote village, Richard is welcomed into the Iraqw tribe to experience daily life. He explores the Serengeti to witness one of the most incredible events on the planet-the Great Wildebeest Migration. And deep in the bush, he visits the people of the Datoga tribe and joins their festive celebration honoring a village elder.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4511H
	GardenSMART goes south to visit an accomplished garden designer and tour a few of his favorite projects. We had a great time and were inspired. Think you will be, too. Join us as we GardenSMART.					
15:30:00	Farm with Ian Knauer Steak Show	NETA	(S)	(CC)	DVI	#112H
	America has always had a love affair with steak. In this episode, Ian will show you the secrets to make your own steak that rivals the most famous steakhouse. He'll show you the right cuts of beef to use and most importantly, how to dry age it at home.					
16:00:00	Maria Hinojosa: One-On-One Sonia Nazario	APTEX	(S)	(CC)	N/A	#407Z
	In 2003 Los Angeles Times reporter Sonia Nazario released a story called Enrique's Journey, a gripping tale of a Honduran boy's struggle to find his mother who was working illegally in the United States. The overwhelming success of this piece-which won a Pulitzer-led to its expansion into a best-selling book.					
16:30:00	Overheard with Evan Smith Margaret Atwood, Award-Winning Author	NETA	(S)	(CC)	N/A	#605H
	Margaret Atwood is an award-winning author of more than 40 volumes of poetry, children's literature, fiction, and nonfiction. She's best known for her novels, including The Edible Woman, The Handmaid's Tale, and The Blind Assassin, which won the Booker Prize in 2000. Her newest novel, The Heart Goes Last, was published in September.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Wood Turner	APTEX	(S)	(CC)	N/A	#203H
	Let the chips fly! Host Eric Gorges and master wood turner Alan Hollar turn a wooden bowl in the Appalachian Mountains.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3510H
18:30:00	The Open Mind A Free Press, If You Can Keep It	NETA		(CC)	N/A	#3731H
	Guest: Joel Simon. Joel Simon, executive director of the Committee to Protect Journalists, talks about challenges to a free press in 2017.					
19:00:00	Closer to Truth Panentheism: Is The World In God?	EPS	(S)	(CC)	N/A	#1211H
	The search for God leads to strange ideas. Compare Pantheism, God is the world, with Panentheism, the world is in God but God is more than the world.					
19:30:00	Drexel Interview William Horberg	NETA		(CC)	N/A	#508H
	Film producer William Horberg has worked on countless films as an executive at Paramount Pictures, for years with Sydney Pollack, and then with Sidney Kimmel Entertainment. He is best known for having produced The Talented Mr. Ripley, Cold Mountain, both versions of Death at a Funeral, Milk, and The Kite Runner; he also oversaw production for such renowned films as Ghost, The Godfather Part III, and Tootsie. In this interview, Host Paula Marantz Cohen examines the path that led Horberg from his early Chicago roots as a jazz musician and revival theater manager to producing some of the greatest and most popular films of recent decades. Horberg shares personal memories of his interaction with Hollywood greats, as well as insight into the machinations of the film industry.					

Sat, Mar 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Ani DiFranco	APTEX	(S)	(CC)	N/A	#506H
	Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk- rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + Ruthy add dimension to "Overlap" and "Binary" among others in the set. This concert from DiFranco is a celebration of her fierce spirit that draws devoted fans to travel the country to see her perform and is a testament to her "righteous" position in folk history alongside Woody Guthrie and Bob Dylan. Interview with Ani DiFranco.					
21:00:00	Front and Center Cheap Trick	APTEX	(S)	(CC)	N/A	#703H
	Rock and Roll Hall of Fame inductees, Cheap Trick, best known for timeless classics such as "Surrender" and "I Want You to Want Me" celebrate their accomplishment with an intimate performance. The band has become a musical institution with more than 5,000 performances, 20 million records sold, 29 movie soundtracks and 40 gold and platinum recording awards.					
22:00:00	Globe Trekker Eastern Canada	APTEX	(S)	(CC)	N/A	#1511H
	Zoe D'Amato begins her travels in Newfoundland and Labrador, then heads to the maritime provinces of Nova Scotia, Prince Edward Island and New Brunswick. She makes her way to Quebec to soak in its old-world, European culture and concludes her trip in Ontario, where she experiences the dizzying heights of Toronto's CN Tower and the thundering magnificence of Niagara Falls.					
23:00:00	Arts In Context In Face	NETA		(CC)	N/A	#502H
	Behind the makeup and false eyelashes of drag queens are the eccentric lives of brilliant performers. In Face follows the complex lives of three performance artists in three cities: Austin, Los Angeles, Atlanta. Each queen, with a unique life offstage, sheds a bit of light on the hectic and determined lifestyle of pursuing a drag career. With daring costumes and lavish handmade hair pieces, Gia Sunflowers always surprises the crowd with his gothic style as waiter and performer of the drag queen dining establishment LIPS Atlanta. Obtaining success in Hollywood as contestant on RuPaul's Drag Race, television star Willam Belli tours the country as a performer while also gaining a career as a recording artist.					
23:30:00	Invitation to World Literature Journey to the West	APTEX	(S)	(CC)	DVI	#107H
	The powerful and mischievous Stone Monkey King brings chaos to heaven and earth. Freed from a mountain prison in order to guard a Chinese monk on his journey to retrieve the Buddhist scriptures from India, Monkey seeks his own spiritual transformation. Modern performance, contemporary art, and Buddhist philosophers provide a rich context to the ancient tale. Featured cast members include playwright David Henry Huang, storyteller Dianne Wolkstein, and translator Professor Anthony Yu.					

Sun, Mar 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Panentheism: Is The World In God? The search for God leads to strange ideas. Compare Pantheism, God is the world, with Panentheism, the world is in God but God is more than the world.	EPS	(S)	(CC)	N/A	#1211H
00:30:00	Drexel Interview William Horberg Film producer William Horberg has worked on countless films as an executive at Paramount Pictures, for years with Sydney Pollack, and then with Sidney Kimmel Entertainment. He is best known for having produced The Talented Mr. Ripley, Cold Mountain, both versions of Death at a Funeral, Milk, and The Kite Runner; he also oversaw production for such renowned films as Ghost, The Godfather Part III, and Tootsie. In this interview, Host Paula Marantz Cohen examines the path that led Horberg from his early Chicago roots as a jazz musician and revival theater manager to producing some of the greatest and most popular films of recent decades. Horberg shares personal memories of his interaction with Hollywood greats, as well as insight into the machinations of the film industry.	NETA		(CC)	N/A	#508H
01:00:00	Infinity Hall Live Ani DiFranco Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk- rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + RUTH add dimension to "Overlap" and "Binary" among others in the set. This concert from DiFranco is a celebration of her fierce spirit that draws devoted fans to travel the country to see her perform and is a testament to her "righteous" position in folk history alongside Woody Guthrie and Bob Dylan. Interview with Ani DiFranco.	APTEX	(S)	(CC)	N/A	#506H
02:00:00	Front and Center Cheap Trick Rock and Roll Hall of Fame inductees, Cheap Trick, best known for timeless classics such as "Surrender" and "I Want You to Want Me" celebrate their accomplishment with an intimate performance. The band has become a musical institution with more than 5,000 performances, 20 million records sold, 29 movie soundtracks and 40 gold and platinum recording awards.	APTEX	(S)	(CC)	N/A	#703H
03:00:00	Globe Trekker Eastern Canada Zoe D'Amato begins her travels in Newfoundland and Labrador, then heads to the maritime provinces of Nova Scotia, Prince Edward Island and New Brunswick. She makes her way to Quebec to soak in its old-world, European culture and concludes her trip in Ontario, where she experiences the dizzying heights of Toronto's CN Tower and the thundering magnificence of Niagara Falls.	APTEX	(S)	(CC)	N/A	#1511H
04:00:00	Arts In Context In Face Behind the makeup and false eyelashes of drag queens are the eccentric lives of brilliant performers. In Face follows the complex lives of three performance artists in three cities: Austin, Los Angeles, Atlanta. Each queen, with a unique life offstage, sheds a bit of light on the hectic and determined lifestyle of pursuing a drag career. With daring costumes and lavish handmade hair pieces, Gia Sunflowers always surprises the crowd with his gothic style as waiter and performer of the drag queen dining establishment LIPS Atlanta. Obtaining success in Hollywood as contestant on RuPaul's Drag Race, television star Willam Belli tours the country as a performer while also gaining a career as a recording artist.	NETA		(CC)	N/A	#502H
04:30:00	Invitation to World Literature Journey to the West The powerful and mischievous Stone Monkey King brings chaos to heaven and earth. Freed from a mountain prison in order to guard a Chinese monk on his journey to retrieve the Buddhist scriptures from India, Monkey seeks his own spiritual transformation. Modern performance, contemporary art, and Buddhist philosophers provide a rich context to the ancient tale. Featured cast members include playwright David Henry Huang, storyteller Dianne Wolkstein, and translator Professor Anthony Yu.	APTEX	(S)	(CC)	DVI	#107H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#177
08:00:00	Gary Spetz's Watercolor Quest Kenai Fjords to Denali Host-Artist, Gary Spetz, sails aboard an excursion boat and "rides the rails" of the Alaska Railway to explore, photograph and paint Alaska-from dramatic Kenai Fjords National Park to the towering giant of Denali National Park. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#110H
08:30:00	Painting with Paulson The Unveiling Part II	NETA	(S)	(CC)	N/A	#1604H

Sun, Mar 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Lion King	APTEX		(CC)	N/A	#610H
	Art Lesson: Chiaroscuro modeling - Light and Shadow. The term chiaroscuro refers to a strong juxtaposition of light and shade to enhance the dramatic aspects of a painting. Even the Italian definition, from chiaro "clear, light" and oscuro "obscure, dark" connote the unique treatment of light and dark parts in a work of art. This technique was pioneered and used to heightened effect by Leonardo da Vinci, Caravaggio, and Rembrandt. Wyland uses the interplay of shading to establish the power and nobility of the king of the beasts. Identifying the light source is the single most important aspect of chiaroscuro painting. Once lines have been established, mid-tones are added. Keeping the light source in mind, paint strong shadows. Highlights that have a bit of color from the light source may be added. If the light source is cool, highlights may have blues and cool colors. If the source is warm, yellows, oranges or reds may be added.					
09:30:00	Classical Stretch: By Essentrics Waist Toning	APTEX	(S)	(CC)	DVI	#1105H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the chapel terrace for an all-barre, waist toning workout aimed at strengthening your abs and slenderizing your core.					
10:00:00	Sit and Be Fit Full Body Workout	NETA	(S)	(CC)	N/A	#1607H
	Mary Ann uses a towel to assist with neck alignment and a band for strengthening shoulders and upper back. There is a focus on core and a special tip to help balance.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#221
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#251H
11:30:00	New Orleans Cooking with Kevin Belton Down Home	APTEX	(S)	(CC)	N/A	#116H
	Barbecued spareribs, smothered greens and Louisiana cornbread, banana pudding.					
12:00:00	Ciao Italia Piedmont Party/Festa Piemontese	NETA	(S)	(CC)	N/A	#2421H
	Mary Ann is back a Pattie Bongiovanni's castle kitchen in the Piedmont region of Italy to throw a party featuring Piedmont recipes. She starts things rolling with Stradette, a unique fresh cornmeal based pasta and tops it with a Leek Sauce. Then it's on to Roasted Capon, and the perfect Piedmont ending? Pears in Barolo Wine.					
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	Bare Feet with Mickela Mallozzi Croatia's Dalmatian Coast (Dubrovnik, Croatia)	APTEX	(S)	(CC)	DVI	#104H
	Former war-torn Croatia is one of today's top destinations. Mickela explores the dance and music traditions along the Adriatic coast in Dubrovnik's 1,000-year-old city.					
13:30:00	Travel Detective with Peter Greenberg Airline Safety Rankings	NETA	(S)	(CC)	DVI	#203H
	How safe is your airline and how do the world's airlines actually rank? CBS News Travel Editor Peter Greenberg takes a very serious look at the hard data, and says there are some huge surprises over which airlines pass muster -- and which airlines don't. Plus, we take you to the island of Aruba and show you the great work they're doing in environmental protection and sustainability. Peter will also show off some of his hidden gems on this Southern Caribbean island. And, if you enjoy searching for the past when you travel, correspondent Tracy Gallagher has a suggestion for you, as she goes on an archaeological dig in Malta.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#249H
14:30:00	Burt Wolf: Travels & Traditions Basking with the Basques	APTEX	(S)	(CC)	N/A	#1501H
	The Basque country straddles the border between southwest France and northeast Spain, but except for their passports the Basques are neither French nor Spanish -- they are Basque. They speak the oldest European language still spoken, so old that no one can tell where it came from. In this program Burt travels through the Basque country, visits the hometown of the first person to sail completely around the world, looks at the early works of Andy Warhol in the Bilbao Museum, and tastes what the Basques are eating and drinking.					

Sun, Mar 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Precision Joinery  Precise joinery at the table saw makes the assembly of the bookcase easy. Learn how caster placement is the key to making shop accessories mobile.	NETA	(S)	(CC)	N/A	#1010H
15:30:00	Rough Cut - Woodworking with Tommy Mac Master Showcase with Paul Schurch  This week on Rough Cut Woodworking with Tommy Mac, we travel out to sunny Santa Barbara, California to catch up with master marquetry man Paul Schurch of Schurch Woodwork. Together Tommy and Paul create a maple and mahogany table with some amazing marquetry inlaid on top. Their inspiration for the marquetry comes from the local California blue belly lizard, which Paul and Tommy catch during an expedition in Santa Barbara. It's all part of our Master Showcase series.	APTEX	(S)	(CC)	N/A	#603H
16:00:00	Happy Yoga with Sarah Starr River Waterfall  Allow the dramatic river falls to inspire your yoga practice as we enjoy a warrior series designed to build strength and flexibility in the lower body while creating more ease in the neck, shoulders and upper back using a chair for support.	NETA	(S)	(CC)	N/A	#206H
16:30:00	Second Opinion Preventive Cancer Screening  Patient Story: More than half a million people die of cancer each year in the U.S., so it's no wonder we want to do what we can to catch and treat cancer early. For some cancers, we have preventive cancer screenings that are readily available. But who should be screened? Rose Arp has no cancer history, but wants to know from the experts what screenings she should be getting as she turns 50 years old. Myth or Medicine: Will a yearly mammogram cause breast or thyroid cancer? Second Opinion 5: Five greatest risk factors for cancer.	APTEX	(S)	(CC)	N/A	#1209H
17:00:00	Feel Grand with Jane Seymour Women's Cancers  It took decades for cancers that affect women to get the attention and resources they deserve, but now those issues are front and center in the battle against this deadly disease. What can we as women do to stay one step ahead of those cancers that affect us most directly, and for those who already received that diagnosis, what is being done in the trenches of one of our greatest wars?	APTEX	(S)	(CC)	N/A	#103H
17:30:00	Well Read Garth Stein & Mary Ann Gwinn: Writers to Reviewers  A show for readers, writers and reviewers. First author Garth Stein gives tips on navigating the world of the writer. Then some of our past guests weigh in on research, inspiration and writing styles. Finally, Mary Ann Gwinn is interviewed about life of a reviewer.	APTEX	(S)	(CC)	N/A	#615H
18:00:00	California's Gold Shasta Dam  When most people think of Shasta Lake, they imagine themselves on a houseboat enjoying California's largest manmade reservoir. With 365 miles of shoreline it is a boaters paradise. What most people don't think about is the massive structure that is responsible for holding back the water that creates Shasta Lake. We're talking about Shasta Dam which, is a perfect example of "California's Gold". Construction of the dam started in 1938 and ended in 1945. It's 602 feet high, 883 feet thick at the bottom, 30 feet thick at the top, and 3,460 feet long. The face of the dam is as big as six football fields and the spillway is the largest manmade waterfall in the world - three times the height of Niagara Falls. There are 18 outlets on the face of the dam, each big enough to drive a pickup through. Shasta Dam has the second largest mass of any dam in the United States. In this adventure, Huell and Luis get a behind the scenes look at this engineering marvel. Miles of tunnels and millions of gallons of water make for an exciting day, but there is another aspect to the Shasta Dam - the human element. It is the people who built the dam, the people that poured concrete 24 hours a day for 5 1/2 years and the countless other jobs that make this structure such a gem. Huell meets several of the original dam workers and listens to their stories about the glory days of Shasta Dam.	KCET		(CC)	N/A	#912
18:30:00	Joseph Rosendo's Travelscope Taiwan's Penghu Islands  Taiwan is an island country of 23 million people and the majority of them live in a handful of cities. When they seek to leave their hectic urban life behind they escape to their country's villages, mountains, forests, and islands. Joseph returns to Taiwan to visit the Penghu Archipelago in the Taiwan Straits, a chain of 64 isles and islets; 20 inhabited, and 50-minutes by air from the capital of Taipei. He explores the main and outer islands historic and natural attractions and enjoys summer fun in the sun on the Tropic of Cancer while also continuing to learn about and experience Taiwan's cultural heritage. Along the way, he discovers yet another side of Ilha Formosa - the beautiful isle of Taiwan.	APTEX	(S)	(CC)	DVI	#910H
19:00:00	Natural Heroes Beyond Recognition  After decades struggling to protect sacred sites now engulfed by San Francisco's sprawl, a Native woman and her allies discover a new path: to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them. (winner, Best Short, San Francisco Green Film Festival)	KNME	(S)	(CC)	N/A	#708H



Sun, Mar 19, 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	IQ: Smartparent Social & Emotional Learning	APTEX	(S)	(CC)	N/A	#403H
	In this episode of IQ: smartparent, the topics social and emotional learning. The goal is to help children build the confidence they need to succeed in the classroom and in life. An expert from the nationally renowned Fred Rogers Center explains ways to use digital media for social and emotional learning, based on the teachings of iconic children's television host Fred Rogers of Mister Rogers' Neighborhood. Another guest from the Pittsburgh Association for the Education of Young Children explains how teachers are being trained to incorporate digital media in social and emotional learning initiatives in the classroom. We also welcome an expert from Common Sense Media, an independent nonprofit organization offering reviews and resources to help children and families navigate the world of media and technology. This guest gives guidelines for families to evaluate and choose the best apps to boost social awareness skills. Finally, we meet two inspiring teachers who created a culturally relevant STEM/STEAM curriculum to engage underserved middle-school aged girls in math and science. Called "Sisters eS.T.E.A.M.," this program demonstrates the link between self-esteem and academic achievement and after hearing from the teachers, the young women of Sisters eS.T.E.A.M. appear in the studio to perform a motivational exercise that's part of their science curriculum.					
20:30:00	American Forum The President's First Year: Part 6	NETA	(S)	(CC)	N/A	#225H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
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	Blue Ridge Parkway: A Long & Winding Road	NETA	(S)	(CC)	N/A	#0H
	THE BLUE RIDGE PARKWAY: A LONG & WINDING ROAD is a historical documentary concerning the most visited segment of the National Park Service. It explores the impact on people along the route and the conflicts inherent in building the 469-mile Parkway. The documentary also makes public, for the first time, a secret deal between FDR and a powerful congressman that was a stunning New Deal political tradeoff.					
23:00:00	My Love Affair with the Brain: The Life & Science of Dr. Marian Diamond	NETA	(S)	(CC)	N/A	#0H
	How can you not fall in love with a woman who carries around a preserved human brain inside a giant flowery hat box? Meet Dr. Marian Diamond, renowned academic and research scientist, and prepare to be smitten. Catherine Ryan and Gary Weimberg's film follows this remarkable woman over a 5-year period and introduces the viewer to both her many scientific accomplishments and the warm, funny, and thoroughly charming woman herself, who describes her 60-year career researching the human brain as "pure joy." As one of the founders of modern neuroscience, it's no exaggeration to say that Dr. Diamond changed science, and society at large in dramatic ways over the course of her career. Her groundbreaking work is all the more remarkable because it began during an era when so few women entered science at all. Shouted at from the back of the conference hall by noteworthy male academics as she presented her research, and disparaged in the scientific journals of a more conservative era, Dr. Diamond simply did the work and followed where her curiosity led her, bringing about a paradigm shift (or two) in the process. As she points out, in order to get to the answers that matter, you have to start by asking the right questions.					

Mon, Mar 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Beyond Recognition	KNME	(S)	(CC)	N/A	#708H
	After decades struggling to protect sacred sites now engulfed by San Francisco's sprawl, a Native woman and her allies discover a new path: to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them. (winner, Best Short, San Francisco Green Film Festival)					
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	iQ: Smartparent Social & Emotional Learning	APTEX	(S)	(CC)	N/A	#403H
	In this episode of iQ: smartparent, the topic is social and emotional learning. The goal is to help children build the confidence they need to succeed in the classroom and in life. An expert from the nationally renowned Fred Rogers Center explains ways to use digital media for social and emotional learning, based on the teachings of iconic children's television host Fred Rogers of Mister Rogers' Neighborhood. Another guest from the Pittsburgh Association for the Education of Young Children explains how teachers are being trained to incorporate digital media in social and emotional learning initiatives in the classroom. We also welcome an expert from Common Sense Media, an independent nonprofit organization offering reviews and resources to help children and families navigate the world of media and technology. This guest gives guidelines for families to evaluate and choose the best apps to boost social awareness skills. Finally, we meet two inspiring teachers who created a culturally relevant STEM/STEAM curriculum to engage underserved middle-school aged girls in math and science. Called "Sisters eS.T.E.A.M.," this program demonstrates the link between self-esteem and academic achievement and after hearing from the teachers, the young women of Sisters eS.T.E.A.M. appear in the studio to perform a motivational exercise that's part of their science curriculum.					
01:30:00	American Forum The President's First Year: Part 6	NETA	(S)	(CC)	N/A	#225H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
02:00:00	Jens Jensen The Living Green	APTEX	(S)	(CC)	N/A	#0H
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03:00:00	Blue Ridge Parkway: A Long & Winding Road	NETA	(S)	(CC)	N/A	#0H
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04:00:00	My Love Affair with the Brain: The Life & Science of Dr. Marian Diamond	NETA	(S)	(CC)	N/A	#0H
	How can you not fall in love with a woman who carries around a preserved human brain inside a giant flowery hat box? Meet Dr. Marian Diamond, renowned academic and research scientist, and prepare to be smitten. Catherine Ryan and Gary Weimberg's film follows this remarkable woman over a 5-year period and introduces the viewer to both her many scientific accomplishments and the warm, funny, and thoroughly charming woman herself, who describes her 60-year career researching the human brain as "pure joy." As one of the founders of modern neuroscience, it's no exaggeration to say that Dr. Diamond changed science, and society at large in dramatic ways over the course of her career. Her groundbreaking work is all the more remarkable because it began during an era when so few women entered science at all. Shouted at from the back of the conference hall by noteworthy male academics as she presented her research, and disparaged in the scientific journals of a more conservative era, Dr. Diamond simply did the work and followed where her curiosity led her, bringing about a paradigm shift (or two) in the process. As she points out, in order to get to the answers that matter, you have to start by asking the right questions.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#178

Mon, Mar 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Club Mars/The Outsider  CLUB MARS: Dark Truder must get the Zula Patrol off Zula so he can drill for Zulanium under their headquarters. He tricks them into going to Earth for a vacation. However, when there are no vacancies on Earth, Truder decides to pass Mars off as Earth. But it's hard work making two very different planets appear similar -- and Traxie's no help. THE OUTSIDER: The other Planets hurt Pluto's feelings and he refuses to orbit. It's up to The Zula Patrol to bolster his spirits and get him to resume his interplanetary duty.	APTEX	(S)	(CC)	DVI	#115
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#122H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#204
09:30:00	Classical Stretch: By Essentrics Knee Strengthening  Join Miranda Esmonde-White outside this majestic Chapel at the Colonial resort for a standing and barre workout to strengthen your knees and prevent knee pain.	APTEX	(S)	(CC)	DVI	#1106H
10:00:00	Sit and Be Fit Brain and Balance  This episode includes unusual exercises for brain stimulation and help with balance.	NETA	(S)	(CC)	N/A	#1608H
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
11:00:00	Knit and Crochet Now! Dress Up The Pup  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.	APTEX	(S)	(CC)	DVI	#712H
11:30:00	Fons & Porter's Love of Quilting Terrific Table Topper  Mary Fons and her guest Patrick Lose will step you through the basics of preparing fabrics for applique and how best to finish the outer edge.	NETA	(S)	(CC)	N/A	#2510H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6171H
13:00:00	America's Test Kitchen from Cook's Illustrated New England Classics  Host Julia Collin Davison goes into the test kitchen with host Bridget Lancaster to reveal the secrets to making home-corned beef with vegetables. Then, tasting expert Jack Bishop challenges Bridget to a tasting of sherry vinegar. Next, science expert Dan Souza uncovers the science of salt diffusion and nitrites. Finally, test cook Elle Simone shows Julia how to make the ultimate snickerdoodles.	APTEX	(S)	(CC)	N/A	#1704H
13:30:00	Pati's Mexican Table Lip-Smacking Mexican Meal  By adding a few key Mexican ingredients to what you'd normally find in an all-American pantry and fridge, you get these to-die-for, lip-smacking dishes. Chicken a la Trash; Everyday Green Salad; Impossible Chocoflan.	APTEX	(S)	(CC)	DVI	#210H
14:00:00	Primal Grill with Steven Raichlen Primal Grill  Think back. Way back. To that momentous occasion more than a million years ago, when our prehistoric ancestors learned how to master fire-and cook. This show focuses on some of the world's most primal grilling. Mussels grilled on a bed of flaming pine needles, as they do on the west coast of France. Salmon roasted on redwood sticks in front of an open fire in the style of the Yurok Indians of northern California. T-bone steaks grilled directly on the embers, and fire-grilled Garlic Bread. Awaken your inner caveman. It's primal grilling on Primal Grill. Mussels on Pine Needles; Salmon on a Stick; Caveman T-Bones with Garlic and Peppers; Fire-Grilled Garlic Bread.	APTEX	(S)	(CC)	N/A	#301H

Mon, Mar 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Steven Raichlen's Project Smoke You Can Smoke What?! Extreme Smoking By now you're comfortable smoking ribs and barbecuing brisket. (We hope.) This show focuses on foods you never dreamed you could smoke and won't be able to live without once you've tried them. To wit, hickory-smoked Deviled Eggs. Camembert cheese smoked on a cedar plank with pepper jelly and jalapenos. Hay-Smoked Steaks served with charred Chipotle Salsa. (To make them, you'll learn a cool technique called reverse searing.) And a classic cocktail-the Bloody Mary-gets smoked with an ingenious handheld smoking device. Whether you're smoking in a kettle grill, pellet grill, stick burner (offset smoker), electric grill, or directly on the embers, we're smoking extreme on Project Smoke. Recipes: Smoked Deviled Eggs; Plank-Smoked Camembert; Hay-Smoked Steak with Chipotle Salsa; Smoky Mary.	APTEX	(S)	(CC)	N/A	#112H
15:00:00	Beads, Baubles and Jewels Connecting The Elements Bend and shape your style with wire. Author and designer Brenda Schweder uses a jig to wrangle wire into repeating shapes to create a cool necklace. In Katie's Beading Lesson, Candie Cooper uses sea glass and cool findings to create a hip bolo necklace. Teens and tweens will love mixing leather cord with chains for extra style.	NETA	(S)	(CC)	N/A	#2412H
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\$ The Green Economy & You Join the Biz Kids on a mission and discover your impact on the environment. Explore different ways to become part of the green economy and learn how there's green to be made in thinking green. Find out about "The Big Green Bus" and "Zoo Doo."	APTEX	(S)	(CC)	DVI	#209H
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	Garden Smart Container gardening is exploding in popularity. There are so many reasons for this phenomenon. You can garden anywhere, put them in the ideal spot, etc. But where do we start? GardenSMART visits with an expert who has some outstanding ideas for container gardening. A great show, be sure to join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4308H
17:30:00	Growing A Greener World Rooftop Farming In Nyc (New York City, Ny) Amidst the hustle and bustle, few would guess that sitting high above rush hour traffic are full-production organic farms growing food in only eight to twelve inches of soil on the rooftops of New York City buildings. We visit two such one-acre farms to learn how they are creating a whole new model for locally-grown urban food. But their sky-high gardening techniques aren't exclusive to the Big Apple; they share secrets for duplicating their results anywhere in the world.	APTEX	(S)	(CC)	N/A	#609H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14056H
18:30:00	Asian American Life AAL features a special edition on best-selling Asian American authors and how they've changed the literary landscape. Ernael Demillo hosts the show from Kinokunya, the nation's largest Asian and Asian-American book store chain in the U.S. Authors profiled in this episode include: Mia Alvar, Pen Award winner of "In The Country." New York Times Best-selling author Janice Y.K. Lee of "The Expatriates." Mystery Author Laura Joh Rowland of "The Iris Fan," and Yena Kim, author of the popular "Menswear Dog Presents The New Classics: Fresh Looks For the Modern Man."	EPS	(S)	(CC)	N/A	#112H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7252
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3510H
20:00:00	Music City Roots Live from the Factory Folk singer and banjo star Abigail Washburn duos with Chinese traditional musician Wu Fei, followed by legendary roots Americana songwriter Tim O'Brien and edgy bluegrass supergroup The Infamous Stringdusters.	APTEX	(S)	(CC)	N/A	#406H

## Daily Program Listing II

43.1

Date: 02/01/2017

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Mon, Mar 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Dennison Lodge Beppe Gambetta	NETA	(S)	(CC)	N/A	#101H
	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".					
22:00:00	Ohero:kKon - Under The Husk	NETA	(S)	(CC)	N/A	#0H
	"Ohero:kon - Under the Husk" is a 26-min documentary following the challenging journey of two Mohawk girls as they take part in their traditional passage rites to becoming Mohawk Women. Kaienkwinehtha and Kasennakohe are childhood friends from traditional families living in the Mohawk Community of Akwesasne that straddles the U.S. / Canada border. They both take part in a four-year adolescent passage rites ceremony called Ohero:kon "Under the Husk" that has been revived in their community. This ceremony challenges them spiritually, mentally, emotionally and physically. It shapes the women they become.					
22:30:00	Native Waters: A Chitimacha Recollection	APTEX	(S)	(CC)	N/A	#0H
	The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.					
23:00:00	Employment Matters	NETA	(S)	(CC)	N/A	#0H
	Employment Matters is a documentary that explores the untapped market and huge potential of the intellectually disabled in the workplace.					
23:30:00	Employment Matters Too	NETA	(S)	(CC)	N/A	#0H
	Employment Matters Too is a documentary that discovers how large corporations benefit from hiring employees with intellectual disabilities.					

Tue, Mar 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7252
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3510H
01:00:00	Music City Roots Live from the Factory Folk singer and banjo star Abigail Washburn duos with Chinese traditional musician Wu Fei, followed by legendary roots Americana songwriter Tim O'Brien and edgy bluegrass supergroup The Infamous Stringdusters.	APTEX	(S)	(CC)	N/A	#406H
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	Ohero:kKon - Under The Husk "Ohero:kon - Under the Husk" is a 26-min documentary following the challenging journey of two Mohawk girls as they take part in their traditional passage rites to becoming Mohawk Women. Kaienkwinetha and Kasennakohe are childhood friends from traditional families living in the Mohawk Community of Akwesasne that straddles the U.S. / Canada border. They both take part in a four-year adolescent passage rites ceremony called Ohero:kon "Under the Husk" that has been revived in their community. This ceremony challenges them spiritually, mentally, emotionally and physically. It shapes the women they become.	NETA	(S)	(CC)	N/A	#0H
03:30:00	Native Waters: A Chitimacha Recollection The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Employment Matters Employment Matters is a documentary that explores the untapped market and huge potential of the intellectually disabled in the workplace.	NETA	(S)	(CC)	N/A	#0H
04:30:00	Employment Matters Too Employment Matters Too is a documentary that discovers how large corporations benefit from hiring employees with intellectual disabilities.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#179
08:00:00	Zula Patrol The In and Outs of Planets/Young at Heart THE INS AND OUTS OF PLANETS: Bula sends the Zula Patrol on a teamwork-building treasure hunt through the Solar System. Truder gets wind of the plan and tries to steal the treasure, but his harebrained scheme is no match for the ZP team. YOUNG AT HEART: When Dark Truder's latest scheme turns Bula, Multo and Gorga into toddlers, the rest of the Zula Patrol does double-duty. They must resort to babysitting, while searching the different planets of the Solar System for an age-appropriate cure.	APTEX	(S)	(CC)	DVI	#116
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#123H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#205
09:30:00	Classical Stretch: By Essentric Spine Mobility Today on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the Saasil Kantenah Wedding resort that will improve the mobility of your spine and keep you standing tall all-day long.	APTEX	(S)	(CC)	DVI	#1107H
10:00:00	Sit and Be Fit Upbeat and Fun This energetic full body workout has a lot stomping and good hip movement for anyone confined to a wheelchair or chair.	NETA	(S)	(CC)	N/A	#1609H

Tue, Mar 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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 Thread Embellished Coasters Unique gifts and one of-a-kind creations will inspire you to try your hand at thread embellishment.	NETA	(S)	(CC)	N/A	#2511H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6172H
13:00:00	Hubert Keller: Secrets of a Chef A Brazilian Feast Like the people who live there, the food of Brazil is full of soul, warmth and deliciousness. Chef Keller demonstrates their national dish, Feijoada, a stew made with black beans and meats. The second recipe is a deep-flavored fish stew called Moqueca, cooked in a fragrant, rich coconut broth. Feijoada, Moqueca, & Passion Fruit Caipirinha.	NETA	(S)	(CC)	N/A	#510H
13:30:00	Sara's Weeknight Meals Fancy Pasta Plain old pasta it's not, but it's just as simple to make as your weeknight favorites. That's the story with Sara's spicy greens ravioli, sophisticated enough for your next dinner party and easy to make. Then guest David Pasternack of New York's Esca and Eatly shows his flair with fish with a rock shrimp fettuccine. And, in Ask Sara, Sara answers viewer questions about pizza dough and ricotta cheese.	APTEX	(S)	(CC)	N/A	#509H
14:00:00	Taste of History From Bordeaux to Jefferson's Cellars Chef Walter Staib travels to Bordeaux: a region in southwest France that inspired America's First Gourmand, Thomas Jefferson. Jefferson took his chef to be trained in France and, upon his return to America, filled his cellars with French wine. The specialties of this distinct region are prepared by Bordeaux's renowned, Chef Frederick alongside Chef Staib.	NETA	(S)	(CC)	N/A	#713H
14:30:00	Sara's Weeknight Meals Soul of the South Sara travels to Charleston, South Carolina to learn the secrets to the legendary fried chicken of Martha Lou Gadsden of Martha Lou's Kitchen. Then she travels to Boone Plantation to learn how African American cooks have shaped Southern cooking since the days of slavery. Back in Sara's kitchen, she makes her version of a Southern classic, red beans and rice soup. Recipes: Martha Lou's southern fried chicken; Red beans and rice soup.	APTEX	(S)	(CC)	N/A	#607H
15:00:00	Beads, Baubles and Jewels The Shape's The Thing Shape makes the style statement. Designer syndee holt builds style from the bottom up as she creates no-show bezels for polymer clay jewelry. Then, she uses clay to make a seamless custom bail. In her Beading Lesson, Katie Hacker combines suede, chain and beads for a trendy new look.	NETA	(S)	(CC)	N/A	#2413H
15:30:00	Katie Brown Workshop Gift Giving 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.	APTEX	(S)	(CC)	DVI	#511H
16:00:00	Biz Kid\$ Secrets to Success The secret to success is actually simple - it's all about staying in school and building the best toolbox for your future. Learn about the many ways to pay for your education and the importance of learning every day of your life.	APTEX	(S)	(CC)	DVI	#210H

Tue, Mar 21, 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	Garden Smart	NETA	(S)	(CC)	N/A	#4309H
	Vegetable gardening is "in." And no wonder. We all love the taste of home grown vegetables. But while productive, a vegetable garden isn't always pretty. Yet there's a way to have both great yields and beauty. Be sure to join us this week as we GardenSMART with containers.					
17:30:00	Growing A Greener World Bringing Bees Back (Skagit Valley, Wa)	APTEX	(S)	(CC)	N/A	#610H
	The humble honeybee plays a critical role in our global ecosystem, and its endangered status threatens the very food chain that humanity depends on for survival. While the plight of the honeybee is still a struggle, more people than ever are stepping up in ways both great and small. From major corporations to individual citizens across the country, see what some are doing to create safer habitats and environments and learn how we can make a difference at home.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14057H
18:30:00	American Forum The President's First Year: Part 5	NETA	(S)	(CC)	N/A	#224H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7253
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1311H
20:00:00	Sun Studio Sessions The Americans	NETA	(S)	(CC)	N/A	#802H
	The Americans perform original rock & roll with deep roots in traditional Americana music. Legendary producer T. Bone Burnett gushes about the group: "The Americans are part of this group, these genius twenty-first century musicians that are reinventing American heritage music for this century. And it sounds even better this century." PBS viewers may recognize the Americans from "American Epic," PBS / BBC special co-produced by Burnett. In this episode of Sun Studio Sessions, the Americans perform several fan favorites including "Harbor Lane" and "I'll Be Yours."					
20:30:00	Jammin at Hippie Jack's The Delta Saints	NETA	(S)	(CC)	N/A	#906H
	The Delta Saints are not what they say they are. Delta? Absolutely. But saints? One might call them "cautionary tales" long before the term "saints" ever came to mind; however, there is something devout about their bayou rock, a dirty, distinct sound they've zealously refined. Alternating between raucous melodies and slow-burning odes to the devil in his many forms, Ben Ringel (vocals/dobro), Dylan Fitch (guitar), David Supica (bass), and Ben Azzi (drums) explore themes of difficult love, the wanderer's high road, and the moral low road using their unconscious fascination with the classical elements - earth, air, fire, and water - as a natural vehicle for their briny narratives.					
21:00:00	The Kate Ann Wilson	APTEX	(S)	(CC)	N/A	#104H
	Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.					
22:00:00	Reel South The Last Barn Dance	NETA	(S)	(CC)	N/A	#207H
	By Ted Richardson (Encore Presentation). A story about farming, fragility, and a fight to save the family business. Randy Lewis struggles to save his dairy farm in the piedmont region of North Carolina, where dozens of family-owned dairies have disappeared. While keeping the business afloat, Randy also hosts one of the only true old-time barn dances left in the region, keeping the tradition alive and the community that loves it.					



## Daily Program Listing II

43.1

Date: 02/01/2017

03/01/2017 - 03/31/2017

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Tue, Mar 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Reel South An Enduring Legacy: Louisiana's Croatian-Americans	NETA	(S)	(CC)	N/A	#211H
	By James Catano. Little-known even in their home state, the Croatians of Lower Plaquemines Parish have used grit and determination to build an oystering industry that has made Louisiana famous. Follow the lives of four figures who embody the 150-year Croatian experience in Louisiana and share in the history of this unique tight-knit community.					
23:00:00	Julia Robinson and Hilbert's Tenth Problem	APTEX	(S)	(CC)	DVI	#0
	Narrated by actress Danica McKellar (The Wonder Years), JULIA ROBINSON AND HILBERT'S TENTH PROBLEM presents the inspiring life story of the pioneering American mathematician Julia Robinson (1919-1985) and charts her major contribution to solving one of the 20th century's most vexing mathematical questions - Hilbert's Tenth. The documentary is pieced together by a wide array of archival footage, stills and recordings, recollections from other mathematicians - including the three others responsible for solving H10 - and warm reminiscences by her sister/biographer, Constance Reid.					

Wed, Mar 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7253
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1311H
01:00:00	Sun Studio Sessions The Americans	NETA	(S)	(CC)	N/A	#802H
	<p>The Americans perform original rock &amp; roll with deep roots in traditional Americana music. Legendary producer T. Bone Burnett gushes about the group: "The Americans are part of this group, these genius twenty-first century musicians that are reinventing American heritage music for this century. And it sounds even better this century." PBS viewers may recognize the Americans from "American Epic," PBS / BBC special co-produced by Burnett. In this episode of Sun Studio Sessions, the Americans perform several fan favorites including "Harbor Lane" and "I'll Be Yours."</p>					
01:30:00	Jammin at Hippie Jack's The Delta Saints	NETA	(S)	(CC)	N/A	#906H
	<p>The Delta Saints are not what they say they are. Delta? Absolutely. But saints? One might call them "cautionary tales" long before the term "saints" ever came to mind; however, there is something devout about their bayou rock, a dirty, distinct sound they've zealously refined. Alternating between raucous melodies and slow-burning odes to the devil in his many forms, Ben Ringel (vocals/dobro), Dylan Fitch (guitar), David Supica (bass), and Ben Azzi (drums) explore themes of difficult love, the wanderer's high road, and the moral low road using their unconscious fascination with the classical elements - earth, air, fire, and water - as a natural vehicle for their briny narratives.</p>					
02:00:00	The Kate Ann Wilson	APTEX	(S)	(CC)	N/A	#104H
	<p>Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.</p>					
03:00:00	Reel South The Last Barn Dance	NETA	(S)	(CC)	N/A	#207H
	<p>By Ted Richardson (Encore Presentation). A story about farming, fragility, and a fight to save the family business. Randy Lewis struggles to save his dairy farm in the piedmont region of North Carolina, where dozens of family-owned dairies have disappeared. While keeping the business afloat, Randy also hosts one of the only true old-time barn dances left in the region, keeping the tradition alive and the community that loves it.</p>					
03:30:00	Reel South An Enduring Legacy: Louisiana's Croatian-Americans	NETA	(S)	(CC)	N/A	#211H
	<p>By James Catano. Little-known even in their home state, the Croatians of Lower Plaquemines Parish have used grit and determination to build an oystering industry that has made Louisiana famous. Follow the lives of four figures who embody the 150-year Croatian experience in Louisiana and share in the history of this unique tight-knit community.</p>					
04:00:00	Julia Robinson and Hilbert's Tenth Problem	APTEX	(S)	(CC)	DVI	#0
	<p>Narrated by actress Danica McKellar (The Wonder Years), JULIA ROBINSON AND HILBERT'S TENTH PROBLEM presents the inspiring life story of the pioneering American mathematician Julia Robinson (1919-1985) and charts her major contribution to solving one of the 20th century's most vexing mathematical questions - Hilbert's Tenth. The documentary is pieced together by a wide array of archival footage, stills and recordings, recollections from other mathematicians - including the three others responsible for solving H10 - and warm reminiscences by her sister/biographer, Constance Reid.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#180
08:00:00	Zula Patrol The Big Mess/Telescooped	APTEX	(S)	(CC)	DVI	#117
	<p>THE BIG MESSA sticky mess in Wizzy's &amp; Wigg's room spawns a microscopic city. But when Wizzy's &amp; Wigg's vacuuming threatens to destroy the micro-world, the other ZPers are ZAPPED into the tiny city by its resident microscopic Mad Scientist. TELESCOOPED: When all the telescopes on Zula begin disappearing, the Zula Patrol investigates and learns a lot about telescopes. They even shrink down to get inside one, just as it's stolen. The culprit: Dark Truder, who doesn't realize the tiny Zula Patrol are now trapped in his new 'asteroid headquarters.' They must escape to not only save themselves - but all the telescopes in the Solar System!</p>					
08:30:00	Thomas Edison's Secret Lab Stranger in a Strange Lab/Sturm Und Drang	APTEX	(S)	(CC)	N/A	#124H

Wed, Mar 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#206
09:30:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	DVI	#1108H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.					
10:00:00	Sit and Be Fit Be Happy	NETA	(S)	(CC)	N/A	#1610H
	Mary Ann will lift your spirits, posture, and leave you with a smile, happy feet and nimble fingers. The workout includes a brain workout with Gretchen and uses a small bell.					
10:30:00	Sewing with Nancy Favorite Scarves to Sew, Part 1	NETA	(S)	(CC)	N/A	#3003H
	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.					
11:00:00	Knitting Daily Nature-Inspired Knits	NETA	(S)	(CC)	N/A	#1301H
	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.					
11:30:00	Fons & Porter's Love of Quilting Moonlight Bay	NETA	(S)	(CC)	N/A	#2512H
	This quilt features a two-block design that creates a rippling movement similar to the moonlight reflected on the surface of water.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6173H
13:00:00	Lidia's Kitchen Seared Steak	APTEX	(S)	(CC)	N/A	#316H
	When talking about a juicy steak, grilling often comes to mind but for Lidia, it's all about the sear. In today's episode, Lidia begins with a crispy Montasio cheese frico stuffed with potatoes and onions. She then makes a seared steak with a perfectly balanced sauce of rosemary, shallots and mixed mushrooms. Her side dish is a braised escarole with olive oil, pepperoncino and garlic-simple and delicious.					
13:30:00	Annabel Langbein: The Free Range Cook A Decadent Dinner	APTEX	(S)	(CC)	N/A	#102H
	Annabel Langbein helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters. Returning to her lakeside Wanaka cabin, she cooks a simple but indulgent dinner of venison tataki, duck confit and a sublime flourless chocolate cake. Recipes from this episode: Moroccan tomato sauce, Moroccan eggs, cowboy hash, venison tataki, duck confit, fragrant lentils, crispy parsnip peels, flourless chocolate cake, raspberry coulis.					
14:00:00	Simply Ming Jason Bond	APTEX	(S)	(CC)	N/A	#1424H
	Jason Bond of Bondir in Cambridge joins Ming to cook with mackerel this week on Simply Ming. Jason is making grilled mackerel with charred eggplant puree, and eggplant pickle, while Ming cooks up a tea-smoked mackerel with Hunan eggplant. Two great chefs, and two delicious takes on mackerel.					
14:30:00	Cook's Country A Hearty Fall Dinner	APTEX	(S)	(CC)	N/A	#803H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make skillet roast chicken and potatoes at home. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of brown mustard. Then, Chris shares a test kitchen tip for aerating wine. Next, test cook Julia Collin Davison uncovers the secrets to perfect Brussels sprout salad. And finally, Chris teaches a cooking class all about secret ingredient biscuits.					

Wed, Mar 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Vary Your Routine Mix up your jewelry-making routine. Designer Kate Richbourg warms up by mixing colors and shapes in her bead palettes. She works out her designs with beads of all sorts. Then, she cools things down with techniques for crimping and creatively finishing necklaces.	NETA	(S)	(CC)	N/A	#2501H
15:30:00	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\$ The Marketing Mix Now that you've decided on your business product or service, how will you promote it? Let the Biz Kids help you understand your target market and learn about the four P's of business success: product, price, promotion, and placement. Learn how "Exclusive Cuts" barber services, "Wow, Take a Bow" dog grooming, and other businesses market their services and products.	APTEX	(S)	(CC)	DVI	#211H
16:30:00	Hands On Crafts for Kids Playtime Every day is play time! Challenge your skills with an ice cream cone ball toss game. Design your own indoor miniature golf course with Franz, then put on a show with puppets Jenny shows how to make and decorate. Add some cardboard to the Family Craft Box to create a super mask and make your own superhero figure.	NETA	(S)	(CC)	DVI	#1704H
17:00:00	Garden Smart Which plants are ideal for full sun, which plants do well in shade? Both are commonly asked questions. GardenSMART visits an expert that tackles these problems for a living. And the results are fantastic. Join us as we GardenSMART in the sun and shade.	NETA	(S)	(CC)	N/A	#4310H
17:30:00	Growing A Greener World Annie's Annuals: Preserving Horticultural Diversity (San Francisco, Ca) Annie's Annuals and Perennials is a small retail nursery specializing in growing plants that large commercial operations have long since passed over. Adding these rare and heirloom plants to our own garden adds beauty but also preserves the species for the future. Learn about green practices like biodegradable plant labels, recycling programs, and eco-friendly growing techniques, and then hit the kitchen with your favorite heirloom tomatoes for a spicy gazpacho.	APTEX	(S)	(CC)	N/A	#611H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14058H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#432H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7254
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#408H
20:00:00	The Lowertown Line. The Lowertown Line: Chastity Brown Singer/songwriter Chastity Brown performs for a live audience at the Twin Cities Public Television studios. Brown and host Dessa discuss "porch culture" in Brown's native Tennessee, spirituality in singing, and storytelling through music. Songs performed: Solely, Lift Us, If You Let Me, I Left Home.	APTEX	(S)	(CC)	N/A	#103H
20:30:00	Songs at the Center Artists: Happy Chichester, Jesse Henry, Hilda Doyle, TJ George, and hosted by songwriter Eric Gnezda. Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Lover." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, along other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya. He performs "Long Way to Go." Hilda Doyle has been an icon in Ohio's acoustic music scene for more than 30 years. She founded the popular group, Ladies of Longford, with daughters Heather Fraser and Stephanie Doyle. Hilda punctuates her entertaining songs with humor and outstanding guitar work. She performs "Star Book." TJ George received a Columbus Music Award in the singer-songwriter category. Several of his songs can be heard in the motion picture, Homecoming, and he is currently scoring a television pilot. He released his most recent CD last year, and has just completed a EP. He performs "Late December."	APTEX	(S)	(CC)	N/A	#108H

Wed, Mar 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live at 9:30 Performances by Leon Bridges, Wolfmother, Andrew McMahon, Ryn Weaver, Lake Street Drive, and comedy from Hannibal Buress and Christian Finnegan.	NACC	(S)	(CC)	N/A	#108H
22:00:00	Sharon Isbin: Troubadour Acclaimed for her extraordinary lyricism, technique and versatility, multiple Grammy winner Sharon Isbin is considered one of today's pre-eminent classical guitarists. Her catalogue of more than 25 recordings - ranging from Baroque, folk and Latin to rock, pop and jazz-fusion - reflects Isbin's remarkable versatility. Combining performance and documentary, SHARON ISBIN: TROUBADOUR focuses on Isbin's unusual and inspiring musical journey, including her early guitar studies and teenage triumphs. Along the way, the the Minneapolis native encountered and overcame numerous obstacles - from resistance to the guitar as an orchestral instrument to her struggles working within a traditionally male-dominated field. Isbin explains, "There is always a duality with this instrument and being a woman playing it. In the guitar world, I always had to fight as a woman. And in the musical world I always had to fight as a guitarist." The film also explores Isbin's role as teacher to a new generation of guitarists at both The Julliard School, where she created the first guitar department, and the Aspen Music Festival.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Soldier On: Life After Deployment In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.	APTEX	(S)	(CC)	DVI	#0H

Thu, Mar 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7254
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#408H
01:00:00	The Lowertown Line. The Lowertown Line: Chastity Brown	APTEX	(S)	(CC)	N/A	#103H
	Singer/songwriter Chastity Brown performs for a live audience at the Twin Cities Public Television studios. Brown and host Dessa discuss "porch culture" in Brown's native Tennessee, spirituality in singing, and storytelling through music. Songs performed: Solely, Lift Us, If You Let Me, I Left Home.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#108H
	Artists: Happy Chichester, Jesse Henry, Hilda Doyle, TJ George, and hosted by songwriter Eric Gnezda. Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Lover." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya. He performs "Long Way to Go." Hilda Doyle has been an icon in Ohio's acoustic music scene for more than 30 years. She founded the popular group, Ladies of Longford, with daughters Heather Fraser and Stephanie Doyle. Hilda punctuates her entertaining songs with humor and outstanding guitar work. She performs "Star Book." TJ George received a Columbus Music Award in the singer-songwriter category. Several of his songs can be heard in the motion picture, Homecoming, and he is currently scoring a television pilot. He released his most recent CD last year, and has just completed a EP. He performs "Late December."					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#108H
	Performances by Leon Bridges, Wolfmother, Andrew McMahon, Ryn Weaver, Lake Street Drive, and comedy from Hannibal Buress and Christian Finnegan.					
03:00:00	Sharon Isbin: Troubadour	APTEX	(S)	(CC)	N/A	#0H
	Acclaimed for her extraordinary lyricism, technique and versatility, multiple Grammy winner Sharon Isbin is considered one of today's pre-eminent classical guitarists. Her catalogue of more than 25 recordings - ranging from Baroque, folk and Latin to rock, pop and jazz-fusion - reflects Isbin's remarkable versatility. Combining performance and documentary, SHARON ISBIN: TROUBADOUR focuses on Isbin's unusual and inspiring musical journey, including her early guitar studies and teenage triumphs. Along the way, the the Minneapolis native encountered and overcame numerous obstacles - from resistance to the guitar as an orchestral instrument to her struggles working within a traditionally male-dominated field. Isbin explains, "There is always a duality with this instrument and being a woman playing it. In the guitar world, I always had to fight as a woman. And in the musical world I always had to fight as a guitarist." The film also explores Isbin's role as teacher to a new generation of guitarists at both The Julliard School, where she created the first guitar department, and the Aspen Music Festival.					
04:00:00	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
	In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#181
08:00:00	Zula Patrol Show of Force/Adventures In Pet Sitting	APTEX	(S)	(CC)	DVI	#118
	SHOW OF FORCE: The ZPers hold a race to see who can use clever variations of force to win. Hoping to buck astronomical villainous odds, Dark Truder also enters the race, intent on winning it on behalf of villains everywhere -- for as we've all seen, no bad guy ever wins a race - ever. Dark Truder, to his amazement, does win -- only to learn that the ZPers were more interested in having fun and learning about force, rather than achieving victory. Dark Truder is so angry he forfeits the race to our heroes -- setting a new record low for villains everywhere. ADVENTURES IN PET SITTING: While pet-sitting the Zlorgs' pet blob, Gloopy, the Zula Patrollers discover that Dark Truder is plotting to steal their entire Headquarters building and everything in it! With some help from Gloopy -- and two simple machines, the wheel-and-axle and the screw -- they manage to overcome the baddie and save their building. But first, Gorga must learn to deal with an attack of jealousy.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#125H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#207
09:30:00	Classical Stretch: By Essentrics Hip and Leg Flexibility	APTEX	(S)	(CC)	DVI	#1109H
	Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.					

Thu, Mar 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1101H
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.					
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 Prairie Sunrise	NETA	(S)	(CC)	N/A	#2513H
	Mary and Marianne Fons will present the techniques and the Tri-Recs templates that were used to create this earthy inspired design in blues, greens, and creams.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6174H
13:00:00	Eat! Drink! Italy! with Vic Rallo Two Passions	APTEX	(S)	(CC)	N/A	#111H
	Vic visits world bicycling legend and winemaker Francesco Moser; Chef Francesco Bracali's Tuscan Pork; ancient food writers; vineyard micro-ownership.					
13:30:00	Cooking with Nick Stellino A Taste of Italy	APTEX	(S)	(CC)	N/A	#212H
	Scallops Mari e Monti; Chicken Milanese with Braised Artichoke; Old-Fashion Chocolate Pudding.					
14:00:00	Joanne Weir's Cooking Confidence Guilty Pleasures	APTEX	(S)	(CC)	N/A	#108H
	Joanne confesses to her student Kyle that her favorite food is potato chips, but gives him a healthier oven "fried" version. They are so good, it's hard to save a few to go with their bruschetta blue cheese burgers and blueberry nectarine sangria. Recipes: Oven Fried Potato Chips with Marjoram Salt, Bruschetta Burger with Caramelized Onions and Blue Cheese, and Rose Sangria with Blueberry and Nectarines. Student: Kyle Khasigian, Financial Associate.					
14:30:00	New Scandinavian Cooking Summer on a Plate	APTEX	(S)	(CC)	N/A	#506H
	In the Eastern Norway seaport of Hvaler, Andreas makes several coastal delicacies, including blue mussels grilled with fresh herbs and flatfish in a nutty butter sauce. As a main course, Andreas oven-roasts a chicken and tops off the meal with a milkshake using the season's first strawberries.					
15:00:00	Beads, Baubles and Jewels Clay Workout	NETA	(S)	(CC)	N/A	#2502H
	Stretch it out with clay. Polymer clay artist Syndee Holt creates a pendant with sparkle clay and adds an artistic touch with transfers and illustrations. To make a necklace, she recreates the Asian art of raku with clay and mica powders. Jewelry artist Anie Piliguian buffs clay elements to a sparkling finish.					
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\$ Hidden Careers	APTEX	(S)	(CC)	DVI	#212H
	You don't have to be perfect at your passion to build a career in it. If you love baseball, but don't have the skills of a super athlete, you will see there are many different roles you can play behind the scenes. Learn about "behind the scenes" careers in sports, music, entertainment, art, and even aviation.					

Thu, Mar 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Garden Smart	NETA	(S)	(CC)	N/A	#4311H
	Where do we start when landscaping our home? What if the property is large, what if it's small? All good questions. Join us as GardenSMART visits with an expert that has some tremendous landscaping ideas. A lot to learn and a great experience. Be sure to tune in.					
17:30:00	Growing A Greener World Practical Steps to a Weedless Garden (New Paltz Ny)	APTEX	(S)	(CC)	N/A	#612H
	Weeds: the bane of every gardener everywhere. Well, almost. In this episode, we meet Dr. Lee Reich. He's mastered the art of weedless gardening, and he's done it without chemicals. In addition to being a professor of horticulture, author and longtime avid gardener, Dr. Reich is a former plant and soil researcher for the USDA. So his hands-on advice for keeping our own landscapes growing strong with fewer weeds is gardening gold.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14059H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1339H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7255
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#907H
	On this Native Report learn about the rare Lac La Croix Indian Pony that some believe is the result of crossbreeding of the Canadian Horse with the Spanish Mustang. See the stars through Dakota and Lakota eyes in a lesson about native astronomy. And hear about what the Indian Child Welfare Act was intended to do and how it relates to Native American families today.					
20:00:00	Backstage Pass Kathleen and the Bridge Street Band	NETA	(S)	(CC)	N/A	#610H
	"Lansing's own Queen of the Blues," Kathleen Walters dazzles with her soulful vocal interpretation of classic and original blues.					
20:30:00	Ray Stevens Cabaray Nashville Guest: Gene Watson	OETA	(S)	(CC)	N/A	#111H
	"Power Tools" (RAY) "Mr. Businessman" (RAY) "Fourteen Karat Mind" (WATSON) "Farewell Party" (WATSON).					
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	Afropop: The Ultimate Cultural Exchange Black Out and Pangaea	APTEX	(S)	(CC)	DVI	#904H
	BLACK OUT follows the nightly pilgrimage during exam season of hundreds of school children in Conakry, Guinea who walk to the airport, petrol stations and wealthy parts of the city, searching for light to study. The documentary tells the story of these children's inspiring struggle for education in the face of the country's own fight for change. PANGAEA is a short dramatic film that tells the story of a young girl, trapped on the roof of her house during the days following the landfall of Hurricane Katrina. The film aims to comment on the lives of the children whose lives were drastically changed by the aftermath of the hurricane and the flooding that followed it, as well as on the role of those who experienced the events on television from the safety of their own living rooms. Pangaea was shot by a group of Northwestern University students over the course of a week in New Orleans, LA.					
23:00:00	Irish Catskills: Dancing at the Crossroads	APTEX	(S)	(CC)	N/A	#0H
	IRISH CATSKILLS: DANCING AT THE CROSSROADS is a one-hour documentary that revisits New York's famed vacation spot, which also served as a summer getaway for many Irish and Irish-Americans for nearly 100 years. The documentary explores the factors that led to the Catskills' boom and bust, from a successful labor union deal and a flood of Irish immigration in the 1950s to the ubiquity of air conditioning, cheap air fares, and cultural assimilation in later decades. Using archival photos, home movies, private audio recordings, contemporary videography, and dozens of interviews, the documentary traces the history and the legacy of this beloved chapter of Irish-Americana in the Catskills.					



Fri, Mar 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7255
00:30:00	Native Report On this Native Report learn about the rare Lac La Croix Indian Pony that some believe is the result of crossbreeding of the Canadian Horse with the Spanish Mustang. See the stars through Dakota and Lakota eyes in a lesson about native astronomy. And hear about what the Indian Child Welfare Act was intended to do and how it relates to Native American families today.	WDSE	(S)	(CC)	DVI	#907H
01:00:00	Backstage Pass Kathleen and the Bridge Street Band "Lansing's own Queen of the Blues," Kathleen Walters dazzles with her soulful vocal interpretation of classic and original blues.	NETA	(S)	(CC)	N/A	#610H
01:30:00	Ray Stevens Cabaray Nashville Guest: Gene Watson "Power Tools" (RAY) "Mr. Businessman" (RAY) "Fourteen Karat Mind" (WATSON) "Farewell Party" (WATSON).	OETA	(S)	(CC)	N/A	#111H
02:00:00	Music Gone Public Frankie Moreno 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.	NETA	(S)	(CC)	N/A	#102H
03:00:00	Afropop: The Ultimate Cultural Exchange Black Out and Pangaea BLACK OUT follows the nightly pilgrimage during exam season of hundreds of school children in Conakry, Guinea who walk to the airport, petrol stations and wealthy parts of the city, searching for light to study. The documentary tells the story of these children's inspiring struggle for education in the face of the country's own fight for change. PANGAEA is a short dramatic film that tells the story of a young girl, trapped on the roof of her house during the days following the landfall of Hurricane Katrina. The film aims to comment on the lives of the children whose lives were drastically changed by the aftermath of the hurricane and the flooding that followed it, as well as on the role of those who experienced the events on television from the safety of their own living rooms. Pangaea was shot by a group of Northwestern University students over the course of a week in New Orleans, LA.	APTEX	(S)	(CC)	DVI	#904H
04:00:00	Irish Catskills: Dancing at the Crossroads IRISH CATSKILLS: DANCING AT THE CROSSROADS is a one-hour documentary that revisits New York's famed vacation spot, which also served as a summer getaway for many Irish and Irish-Americans for nearly 100 years. The documentary explores the factors that led to the Catskills' boom and bust, from a successful labor union deal and a flood of Irish immigration in the 1950s to the ubiquity of air conditioning, cheap air fares, and cultural assimilation in later decades. Using archival photos, home movies, private audio recordings, contemporary videography, and dozens of interviews, the documentary traces the history and the legacy of this beloved chapter of Irish-Americana in the Catskills.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#182
08:00:00	Zula Patrol Fly Us to the Moon/Castaway Asteroid FLY US TO THE MOON: Wizzy and Wigg want to go to the Moon to see the moon-ball championship game. But when their rocket-powered scooter breaks down, and the other ZPers are too busy to give them a ride, the industrious twins try to find a new way to go to space. Their failed attempts frustrate them, but amuse their not-so-friendly friend, Larvi. However it's the imperfect Larvi who inadvertently gives them the pieces needed to build a rocket - the only true way to get to space. CASTAWAY ASTEROID: After Gorga snorts up Wizzy's and Wigg's toy box full of toys, Multo proposes that they make a solar sail kite to play with instead, and teaches them all about solar sails. Then a Zula Patrol fan (Dark Truder in disguise) calls to compliment the ZP on their new billboard on a distant asteroid. Our heroes get suspicious -- the Zula Patrol doesn't advertise. When they fly up to the asteroid to investigate, they discover it's a trap! Pirate Truder and his robot crew steal their ship, and the Zula Patrollers are left stranded on the asteroid. But Wizzy and Wigg use their new knowledge of solar sails to come up with a solution -- a "lifeboat" using the shiny foil of the billboard as a solar sail.	APTEX	(S)	(CC)	DVI	#119
08:30:00	Thomas Edison's Secret Lab Von Bolt Meets Santa/aAnd to All A Good Flight	APTEX	(S)	(CC)	N/A	#126H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#208
09:30:00	Classical Stretch: By Essentrics Mobility Today, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to give you range of motion in all of your activities.	APTEX	(S)	(CC)	DVI	#1110H

Fri, Mar 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1102H
10:30:00	Sewing with Nancy The Best of Sewing with Nancy's Super-Sized Quilts, Part 1	NETA	(S)	(CC)	N/A	#3005H
	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.					
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 From Sea to Shining Sea	NETA	(S)	(CC)	N/A	#2901H
	Marianne Fons joins host Angela Huffman to look at From Sea to Shining Sea. The clever quilt block, which creates a wave-like pattern, was adapted from an antique quilt. This simple, fat-quarter friendly project makes an ideal Quilt of Valor for a sailor.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6175H
13:00:00	P. Allen Smith's Garden to Table Crazy for Berries	APTEX	(S)	(CC)	DVI	#113H
	P. Allen Smith is picking on berries in this episode of GARDEN TO TABLE. Allen visits a you-pick-em strawberry operation and then demonstrates how to put them to use in the kitchen to make refreshing strawberry lemonade. We'll also hear a short history lesson on the "Indian Series" of blackberries and how they were developed and get ideas for using blueberries in your landscaping.					
13:30:00	Mike Colameco's Real Food Alsace	NETA	(S)	(CC)	N/A	#1421H
	We spent a week exploring this northwestern region of France touring the vineyards and meeting with the winemakers while visiting restaurants along the way. Often confused with German wines, the wines of Alsace, especially it's bone dry Rieslings are some of the best value under appreciated wines available from anywhere on the planet.					
14:00:00	Chef John Besh's New Orleans Fried Tomatoes and Aioli and Crab and Shrimp Stuffed Flounder.	APTEX	(S)	(CC)	DVI	#115H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#250H
15:00:00	Beads, Baubles and Jewels Work Out Naturally	NETA	(S)	(CC)	N/A	#2503H
	Look to nature for design inspiration. Using quartz points, designer Molly Schaller creates stunning necklaces and other jewelry. To work out, she makes jewelry from pearls in all shapes, colors and sizes. Artist Jill MacKay cools down with designs in die-cut leather. Katie Hacker discusses how bead-making can benefit children facing health challenges.					
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.					
16:00:00	Biz Kid\$ Learning from Failure	APTEX	(S)	(CC)	DVI	#213H
	Have you ever made a decision you regret? Let the Biz Kids show you how several well-known companies overcame failures. You'll also discover how mistakes can make you stronger by looking at the work of Albert Einstein, Steve Jobs, and the kid businesses of "You're on Deck" custom cards and "Big Quill Enterprises" oyster sales.					

Fri, Mar 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Wear It! With friends and family, create and wear your crafting projects. A fashionable, shimmery clay bird necklace is perfect to wear or to give as a gift. Franz shows how to draw original designs and transfer them to your t-shirt. Jenny uses plastic tableware and fabric dye to make a stenciled flower or flag on a t-shirt. Katie weaves a colorful loop bracelet you can make in your favorite colors or school colors. Use the Family Craft box to transform a t-shirt into a superhero cape with a custom-designed logo.	NETA	(S)	(CC)	DVI	#1706H
17:00:00	Garden Smart Planting a garden and maintaining a garden over time presents many challenges. GardenSMART visits an experienced gardener that has been doing just that for many years. We learned a lot and think you will, too. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#4312H
17:30:00	Growing A Greener World Aquaponics: Raising Fish and Plants Together (San Francisco, Ca; Chicago, Il) From small tabletop setups to huge commercial warehouse operations, we explore the practice of growing food and raising fish together... indoors. In Chicago, we spotlight a vacant factory where a farm now produces vegetables and fresh fish on the city's south side. Then meet two young California entrepreneurs whose aquaponics kits teach sustainability in one square foot of counter space, plus their desktop gardens that grow mushrooms in a carton of coffee grounds.	APTEX	(S)	(CC)	N/A	#613H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14060H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2445Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7256
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#911H
20:00:00	Song of the Mountains Slim Pickins/Hackensaw Boys	NETA	(S)	(CC)	N/A	#1106H
21:00:00	Woodsongs Lorraine Jordan & Carolina Road with Eddy Raven/Martin Family Circus Lorraine Jordan & Carolina Road have a distinct sound and charismatic stage show, which sets them apart from many traditional bluegrass bands. Affectionately known as the "Lady of Tradition" in bluegrass, Lorraine has fronted Carolina Road for over 15 years. She just won SPBGMA's 2015 Traditional Female Vocalist of the Year and the band took home honors for 2015 SPBGMA's Song of the Year for "That's Kentucky". Appearing with Lorraine & Carolina Road on this Special WoodSongs Broadcast will be: Cajun-influenced country star Eddy Raven with 8 #1 songs. The Martin Family Circus is a spectacular, talented, adorable family band of brilliant musicians. Paul Martin is a major Nashville session player, became an EXILE band member, and touring partner with Marty Stuart and the Oak Ridge Boys. The family includes mom and dad plus four kids 6-16.	NETA	(S)	(CC)	N/A	#1813H
22:00:00	Film School Shorts Responsible Parties 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.	NETA	(S)	(CC)	N/A	#308H
22:30:00	On Story John Ridley: A Conversation John Ridley reflects on his beginnings and the inspirations that have shaped his approach to screenwriting, with a special look into his journey adapting the Academy Award-winning script for 12 Years a Slave. Accompanied by Alex Clark's short film, Siren, about two ambulance paramedics faced with an emergency that's out of this world.	NETA	(S)	(CC)	N/A	#503H
23:00:00	Science Goes to the Movies Vikings Professor Anders Winroth from Yale University talks about real life Vikings and how they compare to The History Channel's interpretation on the show "Vikings." Turns out real Vikings were great poets with extraordinary hygiene!	EPS	(S)	(CC)	N/A	#312H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1023

Sat, Mar 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7256
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#911H
01:00:00	Song of the Mountains Slim Pickins/Hackensaw Boys	NETA	(S)	(CC)	N/A	#1106H
02:00:00	Woodsongs Lorraine Jordan & Carolina Road with Eddy Raven/Martin Family Circus	NETA	(S)	(CC)	N/A	#1813H
	Lorraine Jordan & Carolina Road have a distinct sound and charismatic stage show, which sets them apart from many traditional bluegrass bands. Affectionately known as the "Lady of Tradition" in bluegrass, Lorraine has fronted Carolina Road for over 15 years. She just won SPBGMA's 2015 Traditional Female Vocalist of the Year and the band took home honors for 2015 SPBGMA's Song of the Year for "That's Kentucky". Appearing with Lorraine & Carolina Road on this Special WoodSongs Broadcast will be: Cajun-influenced country star Eddy Raven with 8 #1 songs. The Martin Family Circus is a spectacular, talented, adorable family band of brilliant musicians. Paul Martin is a major Nashville session player, became an EXILE band member, and touring partner with Marty Stuart and the Oak Ridge Boys. The family includes mom and dad plus four kids 6-16.					
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 John Ridley: A Conversation	NETA	(S)	(CC)	N/A	#503H
	John Ridley reflects on his beginnings and the inspirations that have shaped his approach to screenwriting, with a special look into his journey adapting the Academy Award-winning script for 12 Years a Slave. Accompanied by Alex Clark's short film, Siren, about two ambulance paramedics faced with an emergency that's out of this world.					
04:00:00	Science Goes to the Movies Vikings	EPS	(S)	(CC)	N/A	#312H
	Professor Anders Winroth from Yale University talks about real life Vikings and how they compare to The History Channel's interpretation on the show "Vikings." Turns out real Vikings were great poets with extraordinary hygiene!					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1023
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#183
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Morning Cardinal	APTEX	(S)	(CC)	N/A	#510H
	This episode features a beautiful male cardinal bird as it greets the dawn. Blue soft background colors suggest the start of a new day. Gary explains how black and sienna work together to make the bird's characteristic brown color which is typical on the back of this type of bird.					
08:30:00	Painting with Wilson Bickford Deep Sea Ballet	NETA	(S)	(CC)	N/A	#204H
	Wilson takes a 'deep sea journey' with two whales as seen from the ocean floor. Depth perception is key in painting the ocean under water.					
09:00:00	Landscapes Through Time with David Dunlop The Tide Pools at Winslow Homer Prouts Neck, Maine	NETA	(S)	(CC)	DVI	#207H
	David visits another location on the rocky shores of Prouts Neck, Maine, where the famously enigmatic Winslow Homer (1836-1910) lived for the final 27 years of his life and painted some of his most recognizable, theatrical, and iconic seascapes. David explores the calm tide pools swirling around the rocky shores and discusses Homer's techniques and palette as he paints an oil painting of the shores of Maine from the rocks.					
09:30:00	Classical Stretch: By Essentrics Spine Strengthening	APTEX	(S)	(CC)	DVI	#1111H
	In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico. Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.					

Sat, Mar 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1103H
10:30:00	Functional Fitness with Suzanne Andrews Vertical Ab Toner	ACCES	(S)	(CC)	N/A	#304H
11:00:00	Delicious TV's Vegan Mashup Party Foods	NETA	(S)	(CC)	DVI	#101H
	This episode is packed with good ideas and Miyoko goes "nutty" for vegan cheese you'll have to try to believe! With our guest chef topping it off with a Cherry Sangria, you'll be ready to throw your next party. Gruyere and Pear Croustade/Tempeh Bites/Tzatsiki/Beet Tapenade/Cherry Sangria/Ceveche.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Cooking Like A Local	APTEX	(S)	(CC)	N/A	#1105H
	Hartwood, one of Mexico's most in-demand restaurants, sits nestled between the crystalline beaches and dense jungle in Tulum. Here, chef Eric Werner explains the fascinating farm-to-table supply chain that brings ingredients into Hartwood's unique live-fire kitchen. The rustic simplicity inspires Rick to shop for produce and chiles in Playa del Carmen's laid-back markets. Back in the funky kitchen of a Playa condo rental, Rick prepares poblanos rellenos with tatume squash and longaniza sausage, a beautiful grilled fish with avocado salsa and coconut bread pudding for dessert.					
12:00:00	Lidia's Kitchen Bolognese	APTEX	(S)	(CC)	N/A	#424H
	It's a world famous technique but made with milk, it is famous only in the Italian region of Emilia Romagna. In this episode, Lidia shares a show stopping meal that consists of bolognese with milk: a traditional beef and pork ragu prepared in the style of bologna; dandelion greens with almond vinaigrette and ricotta salata: a vibrant salad of bitter dandelion greens tossed with a sweet honey almond vinaigrette and salty ricotta salata; pomegranate sorbet: a refreshing sorbet of pomegranate juice and dark rum.					
12:30:00	Moveable Feast with Fine Cooking Chicago - The Little Goat	APTEX	(S)	(CC)	N/A	#202H
	On today's episode of Moveable Feast with Fine Cooking, Pete Evans visits the Windy City and finds out that there is an area of Chicago's west loop that is considered perhaps the best restaurant row in America. And that is due in no small part to one of today's guest chefs: Stefanie Izard, who runs not one, but three excellent establishments on Randolph Street. She's joined by her friend and fellow acclaimed chef, Chris Pandel. Together the group explores the city of Chicago gathering ingredients to cook up a Korean-inspired family style BBQ. Twenty or so Chicago foodies enjoy Grilled Spring Onion Kimchi with Radishes, Spring Onion Pancakes, Korean-Style Slow-Roasted American Guinea Hog, Chilled Pork Loin with Rhubarb, Pork Skin Noodles with Mustard Greens, a Rhubarb-Ginger Cocktail and a beer that Stephanie helped create. Proving again, Chicago is second to no city!					
13:00:00	Two for the Road Journey to the End of the World	NETA	(S)	(CC)	N/A	#101H
	Nik and Dusty leave their home in Texas and set out for the "city at the end of the world," where they hop on board a Russian research ship bound for Antarctica. Part 1 of 2.					
13:30:00	Joseph Rosendo's Travelscope Sault Saint Marie, Canada	APTEX	(S)	(CC)	DVI	#808H
	A Fall Journey Through Algoma Country - Joseph heads to Sault Saint Marie, the historic site of the first battle of the War of 1812, and rides the Algoma Railway north through the Agawa Canyon along the path of Canada's famed Group of Seven artists into the heart of Algoma Country. It's an excellent time to harken to the call of history as well as follow the lure of nature. With a world of spectacular natural experiences to compare to, Joseph discovers none of them surpass the glory of being in Sault St. Marie and Algoma Country in the fall - where even the evergreens turn color. While not all of life's blessings are obvious, it's hard to miss the message and sweet, simple gift of a leaf going through its transitions. In wilderness camps, Joseph encounters some of the denizens of the woodlands - black bears, bald eagles, loons, Canadian geese and more. Back in the Sault, its civilized pleasures shine in unique museums, provincial parks, fly-fishing on the river and climbing to the top of the international bridge. During this trip Joseph is reminded that life is an invitation to live and you never know where you'll find the adventure.					
14:00:00	Rick Steves' Europe Paris Side-Trips	APTEX	(S)	(CC)	N/A	#804H
	Side-tripping from Paris into the Ile-de-France, we indulge in the world of royal and aristocratic extravagance in the pre-Revolutionary playground of France's elite. We explore Versailles, Europe's palace of palaces; exquisite Vaux le Vicomte; and extravagant Fontainebleau, home to centuries of French rulers. We'll also marvel at the glass and statuary of Chartres cathedral and dine like kings.					

Sat, Mar 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese Turkey: Journey to Love Valley Join Richard Wiese as he journeys to Turkey, a land where east meets west. Richard explores Istanbul's famed Spice Market, and a traditional fortune-teller reveals his future through the grounds in his coffee cup. Explore Cappadocia, a region known for "fairy chimneys," some of the most striking geologic formations on earth. Join Richard as he takes to the skies aboard a hot air balloon for an aerial adventure of a lifetime and discovers why Turkish rugs are considered some of the best in the world.	APTEX	(S)	(CC)	N/A	#102H
15:00:00	Garden Smart How should we best transition from season to season in our gardens? Maybe even jump a season? With a little preplanning it's really not that tough. Join us as GardenSMART visits with an expert who shares tips on making the transition.	NETA	(S)	(CC)	N/A	#4512H
15:30:00	Chefs A' Field Counting Sheep California's Sonoma Valley Brings New Meaning to "Wine and Cheese" Husband-Wife Chef Duo Duskie Estes and John Stewart: Zazu Restaurant & Farm - Santa Rosa, CA; Bovolo Restaurant - Healdsburg, CA In California's wine country, rising-star chefs Duskie Estes and John Stewart show us why Sonoma Valley sheep are prized for their milk, which becomes award-winning cheese like that made by Bellwether Farms. In the kitchen, the husband-wife cooking sensations prepare dishes with Bellwether cheeses and ingredients from their own "back 40." Recipes: Sheep's Milk Cheese Gnudy with Tomato Marinara; Artisan Bacon, Egg & Cheese Sandwich; Homemade Yogurt Ice Cream.	APTEX	(S)	(CC)	N/A	#201H
16:00:00	Maria Hinojosa: One-On-One Krzysztof Wodiczko Krzysztof Wodiczko joins Maria Hinojosa to discuss his career as one of the most admired conceptual artists in the world. His work has ranged from large-scale slide and video projections on architectural facades worldwide to creating a vehicle for the homeless. In his latest exhibit for the Institute of Contemporary Art in Boston, Wodiczko focuses on veterans engaged in active combat in Iraq, as well as Iraqi civilians.	APTEX	(S)	(CC)	N/A	#408Z
16:30:00	Overheard with Evan Smith Marcus Samuelsson, Chef/Restaurateur Marcus Samuelsson is a chef and restaurateur who has written numerous cookbooks. In 2013, he won the James Beard Foundation award for Writing and Literature related to food. He was the youngest chef ever to receive a three-star restaurant review from the New York Times. His restaurant, Red Rooster, is located in Harlem, NY. His latest book, "The Red Rooster Cookbook" was released this October.	NETA	(S)	(CC)	N/A	#711H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Stained Glassmaker Ekaterina Reier and host Eric Gorges play with light and glass in this episode where viewers learn that following your dream can really pay off.	APTEX	(S)	(CC)	N/A	#204H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3511H
18:30:00	The Open Mind Making Congress Great Again Jean Bordewich of the Hewlett Foundation's Madison Project and Betsy Wright Hawkings of the Democracy Fund talk about how to combat Congressional gridlock.	NETA		(CC)	N/A	#3732H
19:00:00	Closer to Truth What Is Nothing? What if nothing ever existed? Scientists claim that the universe came from nothing. But what's the nature of nothing? That's where the confusion lies.	EPS	(S)	(CC)	N/A	#1212H
19:30:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 1 This is the first part of a two-part interview featuring a charged dialogue between controversial cultural critic and humanities/media studies professor Camille Paglia and legal studies expert and sociologist Laura Beth Nielsen on the topic of free speech on the college campus. Host Paula Marantz Cohen navigates this vexed subject, while Paglia and Nielsen explore a range of related themes including the role of higher education administration in students' personal lives and social choices; fostering dialogue around cultural transgression; the evolution of social activism on the college campus; racial/ethnic profiling; the state of higher education; and the implications of Title IX policy with regard to gender and sexual assault/harassment.	NETA		(CC)	N/A	#509H

Sat, Mar 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Covered	APTEX	(S)	(CC)	N/A	#507H
	Infinity Hall Live guests from the first five seasons cover their favorite artists including Joan Osborne's take on Al Green, Wilson Phillips covering the Mamas and Papas' "California Dreamin'," Tommy Emmanuel's cover of guitar classic "Classical Gas", the Bacon Brothers' performing the Delbert McClinton classic "Givin' it Up for Your Love," Tedeschi Trucks Band's brilliant "Angel from Montgomery" and Jackie Greene's interpretation of the Grateful Dead's "Scarlet Begonias".					
21:00:00	Front and Center Southside Johnny	APTEX	(S)	(CC)	N/A	#704H
	The Godfather of "the New Jersey Sound," Southside Johnny performs in front of an audience of his biggest fans. Southside Johnny and the Asbury Jukes have become a staple in the New Jersey music scene having released twelve studio albums since 1976 and featuring a rotating group of members such as Bruce Springsteen, Jon Bon Jovi, and Steve Van Zandt.					
22:00:00	Globe Trekker Tough Trains: India's Independence Railroads	APTEX	(S)	(CC)	N/A	#1512H
	In this episode of Tough Trains, Zay Harding takes on an epic journey across one of the world's biggest railway networks. These railways were built during the 19th century by the British to move troops and raw materials across the land, and ultimately played a role in the independence of the country a century later. The railway tracks are some of the oldest and longest you'll find anywhere in the world, and train travel doesn't get any tougher than this in a country with a population of over 1.2 billion. Indian Railways operations cover 29 states and seven union territories. It's now the world's fourth largest railway network, comprising 71,000 miles of track over a route of 40,000 miles.					
23:00:00	Arts In Context Here and Beyond	NETA		(CC)	N/A	#503H
	Blue Lapis Light transforms urban environments into works of art. Specializing in large-scale productions in non-traditional public environments - such as federal buildings, power plants, or scaffolding at the shores of Lady Bird Lake - Blue Lapis Light's aerial dance creates what founder Sally Jacques describes as "prayers for the planet." By challenging physical limitations, Blue Lapis Light envelops its audiences in a sense of awe and wonder.					
23:30:00	Invitation to World Literature Popol Vuh	APTEX	(S)	(CC)	DVI	#108H
	The Mayan book of creation, the dawn of life, and the glories of gods and kings. This magnificent epic was saved from destruction at the hands of the Spanish by Quiche chroniclers. Once repressed, the story is now interwoven with the history of today's Mayan people. Featured speakers include archaeologist Richard Hanson, humorist Mo Rocca, and Guatemalan artist Shuni Giron.					

Sun, Mar 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is Nothing? What if nothing ever existed? Scientists claim that the universe came from nothing. But what's the nature of nothing? That's where the confusion lies.	EPS	(S)	(CC)	N/A	#1212H
00:30:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 1 This is the first part of a two-part interview featuring a charged dialogue between controversial cultural critic and humanities/media studies professor Camille Paglia and legal studies expert and sociologist Laura Beth Nielsen on the topic of free speech on the college campus. Host Paula Marantz Cohen navigates this vexed subject, while Paglia and Nielsen explore a range of related themes including the role of higher education administration in students' personal lives and social choices; fostering dialogue around cultural transgression; the evolution of social activism on the college campus; racial/ethnic profiling; the state of higher education; and the implications of Title IX policy with regard to gender and sexual assault/harassment.	NETA		(CC)	N/A	#509H
01:00:00	Infinity Hall Live Covered Infinity Hall Live guests from the first five seasons cover their favorite artists including Joan Osborne's take on Al Green, Wilson Phillips covering the Mamas and Papas' "California Dreamin'," Tommy Emmanuel's cover of guitar classic "Classical Gas", the Bacon Brothers' performing the Delbert McClinton classic "Givin' it Up for Your Love," Tedeschi Trucks Band's brilliant "Angel from Montgomery" and Jackie Greene's interpretation of the Grateful Dead's "Scarlet Begonias".	APTEX	(S)	(CC)	N/A	#507H
02:00:00	Front and Center Southside Johnny The Godfather of "the New Jersey Sound," Southside Johnny performs in front of an audience of his biggest fans. Southside Johnny and the Asbury Jukes have become a staple in the New Jersey music scene having released twelve studio albums since 1976 and featuring a rotating group of members such as Bruce Springsteen, Jon Bon Jovi, and Steve Van Zandt.	APTEX	(S)	(CC)	N/A	#704H
03:00:00	Globe Trekker Tough Trains: India's Independence Railroads In this episode of Tough Trains, Zay Harding takes on an epic journey across one of the world's biggest railway networks. These railways were built during the 19th century by the British to move troops and raw materials across the land, and ultimately played a role in the independence of the country a century later. The railway tracks are some of the oldest and longest you'll find anywhere in the world, and train travel doesn't get any tougher than this in a country with a population of over 1.2 billion. Indian Railways operations cover 29 states and seven union territories. It's now the world's fourth largest railway network, comprising 71,000 miles of track over a route of 40,000 miles.	APTEX	(S)	(CC)	N/A	#1512H
04:00:00	Arts In Context Here and Beyond Blue Lapis Light transforms urban environments into works of art. Specializing in large-scale productions in non-traditional public environments - such as federal buildings, power plants, or scaffolding at the shores of Lady Bird Lake - Blue Lapis Light's aerial dance creates what founder Sally Jacques describes as "prayers for the planet." By challenging physical limitations, Blue Lapis Light envelops its audiences in a sense of awe and wonder.	NETA		(CC)	N/A	#503H
04:30:00	Invitation to World Literature Popol Vuh The Mayan book of creation, the dawn of life, and the glories of gods and kings. This magnificent epic was saved from destruction at the hands of the Spanish by Quiche chroniclers. Once repressed, the story is now interwoven with the history of today's Mayan people. Featured speakers include archaeologist Richard Hanson, humorist Mo Rocca, and Guatemalan artist Shuni Giron.	APTEX	(S)	(CC)	DVI	#108H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#184
08:00:00	Gary Spetz's Watercolor Quest Kauai Host-Artist, Gary Spetz, explores, photographs and paints Hawaii's spectacular "garden island"-explaining, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#111H
08:30:00	Painting with Paulson The Piano Player Part I	NETA	(S)	(CC)	N/A	#1605H



Sun, Mar 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Seahorse	APTEX		(CC)	N/A	#611H
	<p>Art Lesson: Harmony. Harmony can be defined as a pleasing arrangement of parts, whether it is music, poetry, color, or even an ice cream sundae. Harmony, in art, is an image that is pleasing to the eye, creates an inner sense of order and a balance in the visual experience. When an artwork is not harmonious, it may be considered boring or chaotic. A well-crafted painting is a unified whole that encompasses all the other elements and principles of art and design. Size relationships are defined by proportion and scale. Proportion refers to how the elements within an object relate to the object as a whole. Scale relates to the size of an object when compared with the size of the space in which it is located. As with Wyland's depiction of a Seahorse, unity assures a sense of order. There is a consistency of size and shape, a harmony of color and pattern. Where too much unity can be boring; too much variety can cause a restless feeling. Juggling the elements and principles to get just the right mix is a key to good harmony and unity in a painting.</p>					
09:30:00	Classical Stretch: By Essentrics Boost Your Energy	APTEX	(S)	(CC)	DVI	#1112H
	<p>In this episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautiful Mexico. In this entry level standing and barre workout, Miranda will lead you through a series of exercises that will leave you feeling energized.</p>					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1104H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#222
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#252H
11:30:00	New Orleans Cooking with Kevin Belton Fresh Catch	APTEX	(S)	(CC)	N/A	#117H
	<p>Trout meuniere, pecan crusted redfish, fried catfish with beer batter.</p>					
12:00:00	Ciao Italia Piedmont Food: Easy, Elegant and Classic/Il Cibo Piemontese: Facile, Elegante,	NETA	(S)	(CC)	N/A	#2422H
	<p>Today it's easy cooking and happy eating, when Mary Ann takes to the castle kitchen to prepare Asparagus Piedmont Style, and then fries up some Croquettes Cuneo Style, and did somebody say "risotto?" How about a classic Risotto with Mushrooms.</p>					
12:30:00	Mike Colameco's Real Food Portugal	NETA	(S)	(CC)	N/A	#1401H
	<p>Mike and his crew explore Portugal starting with a three-hour surf session in Cascias followed by a one star Michelin lunch, off to Lisbon to hit the markets and few top restaurants and then of course deep into the wine country.</p>					
13:00:00	Bare Feet with Mickela Mallozzi The Lumbee Dance of the Spring Moon (Robeson County, North Carolina - USA)	APTEX	(S)	(CC)	DVI	#105H
	<p>Mickela joins a Native-American Pow Wow with the Lumbee Tribe, digging deeper into the obstacles that a non-Federally recognized tribe must face.</p>					
13:30:00	Travel Detective with Peter Greenberg Dark Science of Menu Engineering	NETA	(S)	(CC)	DVI	#204H
	<p>The next time you go out to eat at a restaurant, whether it's at Denny's or a 5 Star establishment, do you have any idea what you're going to order, before you get there? Probably not. However, the restaurant might know! CBS News Travel Editor Peter Greenberg introduces us to the brave new world of menu engineering. Plus, most Americans might know Williamsburg as one of the United States' most historic cities. But, Peter shows us the hidden gems of a place that goes way beyond colonial times. And, for years, Florida was known as the retirement mecca of the United States. However, for those looking beyond the Sunshine State to kick back and relax after a life's work, there are many factors to consider, such as health care costs, and housing prices. Peter shares his list of the worst cities to retire.</p>					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#250H
14:30:00	Burt Wolf: Travels & Traditions Coming to America	APTEX	(S)	(CC)	N/A	#1502H
	<p>The final decades of the 1800s found much of Europe in a losing battle with over-population. Many people felt that their only hope for survival was to immigrate to The United States. They soon discovered that the streets were not paved with gold. In fact, most of the streets were not paved at all, and they were expected to pave them. In this program, Burt takes a look at who came, where they came from and what they contributed to the history of our nation.</p>					

Sun, Mar 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Woodsmith Shop Adding Details	NETA	(S)	(CC)	N/A	#1011H
	Watch how little details really make the bookcase project stand out. Plus, great tips and techniques for making better frame and panel assemblies.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Child's Chair with Steve Brown	APTEX	(S)	(CC)	N/A	#604H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy is joined by Rough Cut regular and Master Furniture Maker Steve Brown from the North Bennet Street School. Steve and Tommy pick a project that encourages the home woodworker to keep it simple with a Child's Chair, concentrating on its rustic splayed legs. A great project for beginners, it's made of a beautiful white oak, with inspiration coming from a traditional bretstuhl of Germany.					
16:00:00	Happy Yoga with Sarah Starr Lush Mountain	NETA	(S)	(CC)	N/A	#207H
	Allow the dramatic lush mountain setting to replenish your body as we open to more ease with simple stretches designed to unravel tension in the shoulders and upper back, including a sequence of lateral stretches to create more space in the spine while deepening the breath and a series of gentle hip openers using a chair for support.					
16:30:00	Second Opinion Pancreatic Cancer	APTEX	(S)	(CC)	N/A	#1210H
	A diagnosis of pancreatic cancer is devastating for the patient and his/her family. Often the cancer is caught when it is at an advanced stage, and survival rates are lower than many cancers. Peter Suess is more than 5 years out from his pancreatic cancer diagnosis, and his story of his ongoing treatment and survival is one of hope and inspiration. Myth or Medicine: Is pancreatic cancer a death sentence? Second Opinion 5: Five ways to support someone with cancer.					
17:00:00	Feel Grand with Jane Seymour Managing Pain & Arthritis	APTEX	(S)	(CC)	N/A	#104H
	Ouch. It's one of the clearest and most noticeable signs that our bodies are getting older. Whether it's a diagnosed condition like arthritis, back pain or even just the creaks and moans that come with all that mileage, everything hurts just a little bit more. We'll talk about strategies for managing pains big and small, and how you don't have to let pain get in the way of the things you love to do.					
17:30:00	Well Read Mark Shriver Pilgrimage	APTEX	(S)	(CC)	N/A	#616H
	Since his 2013 election, Pope Francis has captivated the world. In Pilgrimage, Mark Shriver, nephew of President Kennedy, retraces Francis's personal journey, revealing the origins of his open and unpretentious style... in so doing Shriver reveals his personal reconnection to his own religious commitments.					
18:00:00	California's Gold Salt	KCET		(CC)	N/A	#1001
	Our Golden State is full of many of unique things, and those of you who have been to San Francisco have noticed huge ponds filled with water that ranges in color from deep red to light pink. We decided that we just had to get to the bottom of this California Mystery. When we finally arrived at the "ponds" we found one of California's most unique agricultures. Salt and brine shrimp are what is responsible for our crimson ponds. 300,000 tons of salt a year to be exact. Salt has been harvested from these ponds since the Gold Rush and has been a very important part of our states history. Cargill Salt has to be one of the strangest and most beautiful places we have been, and here are a few of the things we found: salt stacks 90 feet high and 880 feet long, hundreds of salt ponds called crystallizers that average 20 to 40 acres in size and one of the few private railroads in the U.S. With over 14,000 different uses for salt, it is a treat to see where it all comes from. This is a tour that you don't want to miss.					
18:30:00	Joseph Rosendo's Travelscope Portugal - from Porto to Salamanca	APTEX	(S)	(CC)	DVI	#911H
	From port to paella, Joseph's Portugal adventures reach into the country and cross over the border on an Iberian Peninsula exploration that reveals some of the unknown aspects of Portuguese life and its complementary relationship with its Spanish neighbor. It's a journey of discovery in a European destination that though seemingly familiar to all still has secrets to reveal.					
19:00:00	Natural Heroes Sonatas of the Soil: Portrait of a Winemaker and Soil In Good Heart	KNME	(S)	(CC)	N/A	#709H
	PORTRAIT OF A WINEMAKER features the winemaker at Frog's Leap Vineyards where organically managed dry-farmed grapes make for great soil and award winning wine. SOIL IN GOOD HEART is a look at why good soil fertility is vital to life. It illustrates how valuable soil is to society and how it's been neglected at our peril. A mini-primer on what we've done to soil and how we can fix it! (The short films, Soil in Good Heart and Portrait of a Winemaker are part of the Symphony of the Soil Project, featured at the United Nations on World Soil Day.)					

Sun, Mar 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Danielle Applestone	KAMLA	(S)	(CC)	N/A	#125H
	Kamla talks to Danielle Applestone, CEO of of Other Mill Co in Berkeley. Applestone talks about growing up in Arkansas and discovering her love for math and science, which led her to studying engineering at MIT and UT Austin. Armed with a PhD in material engineering she headed to Silicon Valley, which is where she wanted to learn the ropes for starting a company. Tune in to find out how she did it. This part of "Women in Science and Technology" series.					
20:00:00	IQ: Smartparent Apps, Gaps, and the Digital Divide	APTEX	(S)	(CC)	N/A	#201H
	This episode of IQ: smartparent will explore the accessibility of broadband and mobile technology to different socioeconomic groups, and whether the digital divide also impacts access to educational content for children in the U.S. and abroad.					
20:30:00	American Forum The President's First Year: Part 7	NETA	(S)	(CC)	N/A	#226H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
21:00:00	Closing The Gap: 50 Years Seeking Equal Pay	APTEX	(S)	(CC)	N/A	#0H
	Half a century after President Kennedy signed the Equal Pay Act, women in both high-paying, high-growth STEM careers and those in part-time, low-wage jobs still only make, on average, 77 cents for every dollar earned by men. In that time span, the current wage gap improved at a rate of less than half a cent per year; if it continues at that pace, the wage gap will not close completely until 2053. Month to month, women - primary or co-breadwinners in six out of every 10 American families - face greater financial burdens in meeting living costs such as food, housing, transportation, health care and child care. The wage gap also limits their options to afford education. And across the span of a lifetime, women face less financial stability heading into retirement, with fewer pensions and lower Social Security payments to sustain them. In front of a live studio audience, CLOSING THE GAP: 50 YEARS SEEKING EQUAL PAY scrutinizes hotly debated statistics and moves beyond highly politicized and over-simplified talking points to explore the factors contributing to the wage gap and strategize on ways to attain equal pay. CNBC's Sharon Epperson serves as the program host, with guests including the namesake of the 2009 Fair Pay Act, Lilly Ledbetter; National Organization for Women (NOW) President Terry O'Neill, American Association of University Women (AAUW) Executive Director and CEO Linda Hallman, Ms. Foundation for Women CEO Teresa Younger and YWCA-USA CEO Dr. Dara Richardson-Heron. CLOSING THE GAP offers advice for overcoming wage secrecy policies in the workplace and researching fair salaries for jobs; considers pathways to improved public policies; arms women with the information and skills they need to earn fair pay at all points on the career continuum; and provides tips on achieving a financially secure retirement.					
22:00:00	Roadtrip Nation: Beyond The Dream	APTEX	(S)	(CC)	N/A	#0H
	ROADTRIP NATION: BEYOND THE DREAM follows three 20-something immigrants - Alexis, Rachel and Pratishta - who were each brought to the U.S. at a young age by their parents. They all have temporary relief from deportation, but not legal status. An immigration policy called DACA (Deferred Action for Childhood Arrivals) has allowed them to live and work in the U.S. for a two-year period. But without long-term protections, Rachel, Alexis and Pratishta have a much graver question to ponder: "Will I be able to stay in this country?" Determined to clarify their futures despite their murky status, they set out in the series' green RV, for an unforgettable journey where they explore the country, have an adventure like no other, and ask people who've been in their shoes the questions they've always wondered.					
23:00:00	Raising Ms. President	APTEX	(S)	(CC)	N/A	#0H
	Women make up more than half of the American population and workforce. Yet, the United States only ranks 97th out of 190 countries when it comes to the number of women in elected office. According to research conducted by Jennifer Lawless, director of the Women & Politics Institute, and Richard Fox, political science department chair at Loyola Marymount University, women are less likely than men to run for office, and often consider themselves under-qualified to serve, despite their success in business and education. In the documentary RAISING MS. PRESIDENT, filmmaker Kiley Lane explores why more women don't run for office. Through interviews with elected officials, scholars, high school students and leaders of two non-profits dedicated to raising the next generation of female leaders, the program investigates where political ambition begins and why society should encourage more women to lead. Interviewees include Anne Moses, founder of IGNITE; Senator Lisa Murkowski, Republican of Alaska; Tiffany Dufu, former president of the White House Project; Melissa Deckman, professor of public affairs at Washington College; Susannah W. Shakow, founder of Running Start; Emiliana Simon-Thomas, cognitive, affective and behavioral neuroscientist at UC Berkeley; and Amanda Adkins, GOP state chair, Kansas; among others.					

Mon, Mar 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Natural Heroes Sonatas of the Soil: Portrait of a Winemaker and Soil In Good Heart	KNME	(S)	(CC)	N/A	#709H
	PORTRAIT OF A WINEMAKER features the winemaker at Frog's Leap Vineyards where organically managed dry-farmed grapes make for great soil and award winning wine. SOIL IN GOOD HEART is a look at why good soil fertility is vital to life. It illustrates how valuable soil is to society and how it's been neglected at our peril. A mini-primer on what we've done to soil and how we can fix it! (The short films, Soil in Good Heart and Portrait of a Winemaker are part of the Symphony of the Soil Project, featured at the United Nations on World Soil Day.)					
00:30:00	The Kamla Show Special Danielle Applestone	KAMLA	(S)	(CC)	N/A	#125H
	Kamla talks to Danielle Applestone, CEO of of Other Mill Co in Berkeley. Applestone talks about growing up in Arkansas and discovering her love for math and science, which led her to studying engineering at MIT and UT Austin. Armed with a PhD in material engineering she headed to Silicon Valley, which is where she wanted to learn the ropes for starting a company. Tune in to find out how she did it. This part of "Women in Science and Technology" series.					
01:00:00	IQ: Smartparent Apps, Gaps, and the Digital Divide	APTEX	(S)	(CC)	N/A	#201H
	This episode of IQ: smartparent will explore the accessibility of broadband and mobile technology to different socioeconomic groups, and whether the digital divide also impacts access to educational content for children in the U.S. and abroad.					
01:30:00	American Forum The President's First Year: Part 7	NETA	(S)	(CC)	N/A	#226H
	SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.					
02:00:00	Closing The Gap: 50 Years Seeking Equal Pay	APTEX	(S)	(CC)	N/A	#0H
	Half a century after President Kennedy signed the Equal Pay Act, women in both high-paying, high-growth STEM careers and those in part-time, low-wage jobs still only make, on average, 77 cents for every dollar earned by men. In that time span, the current wage gap improved at a rate of less than half a cent per year; if it continues at that pace, the wage gap will not close completely until 2053. Month to month, women - primary or co-breadwinners in six out of every 10 American families - face greater financial burdens in meeting living costs such as food, housing, transportation, health care and child care. The wage gap also limits their options to afford education. And across the span of a lifetime, women face less financial stability heading into retirement, with fewer pensions and lower Social Security payments to sustain them. In front of a live studio audience, CLOSING THE GAP: 50 YEARS SEEKING EQUAL PAY scrutinizes hotly debated statistics and moves beyond highly politicized and over-simplified talking points to explore the factors contributing to the wage gap and strategize on ways to attain equal pay. CNBC's Sharon Epperson serves as the program host, with guests including the namesake of the 2009 Fair Pay Act, Lilly Ledbetter; National Organization for Women (NOW) President Terry O'Neill, American Association of University Women (AAUW) Executive Director and CEO Linda Hallman, Ms. Foundation for Women CEO Teresa Younger and YWCA-USA CEO Dr. Dara Richardson-Heron. CLOSING THE GAP offers advice for overcoming wage secrecy policies in the workplace and researching fair salaries for jobs; considers pathways to improved public policies; arms women with the information and skills they need to earn fair pay at all points on the career continuum; and provides tips on achieving a financially secure retirement.					
03:00:00	Roadtrip Nation: Beyond The Dream	APTEX	(S)	(CC)	N/A	#0H
	ROADTRIP NATION: BEYOND THE DREAM follows three 20-something immigrants - Alexis, Rachel and Pratishta - who were each brought to the U.S. at a young age by their parents. They all have temporary relief from deportation, but not legal status. An immigration policy called DACA (Deferred Action for Childhood Arrivals) has allowed them to live and work in the U.S. for a two-year period. But without long-term protections, Rachel, Alexis and Pratishta have a much graver question to ponder: "Will I be able to stay in this country?" Determined to clarify their futures despite their murky status, they set out in the series' green RV, for an unforgettable journey where they explore the country, have an adventure like no other, and ask people who've been in their shoes the questions they've always wondered.					
04:00:00	Raising Ms. President	APTEX	(S)	(CC)	N/A	#0H
	Women make up more than half of the American population and workforce. Yet, the United States only ranks 97th out of 190 countries when it comes to the number of women in elected office. According to research conducted by Jennifer Lawless, director of the Women & Politics Institute, and Richard Fox, political science department chair at Loyola Marymount University, women are less likely than men to run for office, and often consider themselves under-qualified to serve, despite their success in business and education. In the documentary RAISING MS. PRESIDENT, filmmaker Kiley Lane explores why more women don't run for office. Through interviews with elected officials, scholars, high school students and leaders of two non-profits dedicated to raising the next generation of female leaders, the program investigates where political ambition begins and why society should encourage more women to lead. Interviewees include Anne Moses, founder of IGNITE; Senator Lisa Murkowski, Republican of Alaska; Tiffany Dufu, former president of the White House Project; Melissa Deckman, professor of public affairs at Washington College; Susannah W. Shakow, founder of Running Start; Emiliana Simon-Thomas, cognitive, affective and behavioral neuroscientist at UC Berkeley; and Amanda Adkins, GOP state chair, Kansas; among others.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#185

Mon, Mar 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Take Me to Your Ferret/Earth Hunt	APTEX	(S)	(CC)	DVI	#120
	TAKE ME TO YOUR FERRET: The Zula Patrollers are forced to land on Earth after their ship's wiring develops problems. Stranded on Earth, they learn about the planet with the help of a new friend, a ferret named Buzzy. Buzzy was in training to run wires through shuttles for the space program, so he offers to help our heroes re-wire their ship. What follows is a romp in which our Zula Patrollers lead curious Earthling UFO seekers on a merry chase to avoid discovery, until their ship is repEPISODEed for take off. EARTH HUNT: Earth leaves its place in the solar system and the Zula Patrol races off to bring her back. When they find her, the little blue planet is cold, tired and still in no mood to return home, where she has been picked on by brother and sister planets. Our heroes nurse Earth back to health, and Wigg, who has learned his own lesson about his importance as a member of a team, ultimately convinces Earth she is an important part of the Solar System. The Zula Patrol ultimately takes her back for a happy homecoming.					
08:30:00	1001 Nights The Joke's On You/King Bitehard	NETA	(S)	(CC)	DVI	#101H
	"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.					
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#209
09:30:00	Classical Stretch: By Essentrics Bone Strengthening	APTEX	(S)	(CC)	DVI	#1113H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1105H
10:30:00	Sewing with Nancy The Best of Sewing with Nancy's Super-Sized Quilts, Part 2	NETA	(S)	(CC)	N/A	#3006H
	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.					
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 Home, State Home	NETA	(S)	(CC)	N/A	#2902H
	Whether you're rooting for Tennessee, or you're a California dreamer, this fresh fun quilt project lets you celebrate your state pride. Lindsay Conner joins host Sara Gallegos to teach a method that allows you to work with any regional shape, and the scrappy, applique patches create a "county" effect. This fun, gift-y project is a great way to use up your scraps. But it's even better in your favorite team's colors!					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6176H
13:00:00	America's Test Kitchen from Cook's Illustrated Italian Vegetarian	APTEX	(S)	(CC)	N/A	#1705H
	Host Bridget Lancaster shows host Julia Collin Davison how to make perfect cheese and tomato lasagna. Next, tasting expert Jack Bishop challenges Julia to a tasting of jarred anchovies. Finally, test cook Keith Dresser uncovers the secrets to really good garlic bread.					
13:30:00	Pati's Mexican Table Puebla: Food from a Colonial Jewel	APTEX	(S)	(CC)	DVI	#211H
	Travel with Pati to the state of Puebla to see why it isn't just the site of the legendary Cinco de Mayo battle - it's also home to some of Mexico's most luscious, delectable culinary treats. Creamy Poblano Soup; Chicken Tinga; Glazed Santa Clara Cookies.					

Mon, Mar 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Primal Grill with Steven Raichlen Barbecue's Birthplace	APTEX	(S)	(CC)	N/A	#302H
	In 1516, a Spanish explorer encountered a band of Taino Indians roasting game and seafood on a wooden frame over a smoky fire. They called the cooking device a barbacoa-the origin of modern barbecue. This show takes us to the birthplace of barbecue-the Caribbean-where you'll learn to make Jamaican jerk chicken, buccaneer baby back ribs with pineapple barbecue sauce, and a Raichlen classic: shrimp grilled on sugarcane. Jamaican Jerk Chicken; Buccaneer Baby Back Ribs with Pineapple Barbecue Sauce; Shrimp Grilled on Sugarcane.					
14:30:00	Steven Raichlen's Project Smoke White Glove Smoke Session	APTEX	(S)	(CC)	N/A	#113H
	This show elevates smoking from the tailgating lot to the penthouse. Start with mesquite- smoked oysters electrified with chipotle barbecue sauce. A mammoth 7-bone prime rib takes a turn on a wood-burning rotisserie prior to being cut into steaks and seared over a blazing oak log fire. You can't have meat without potatoes: the Project Smoke version comes smoke-roasted, stuffed with bacon and smoked cheddar cheese, then smoked a second time until bubbling, and topped with-what else?-smoked paprika. For dessert, there's a rich creamy cheesecake-smoked, of course-and served with burnt sugar cream sauce. Think of this as a white glove smoke session and don't think of firing up your smoker without trying it. Recipes: Chipotle Smoked Oysters; Smoked Prime Rib with Smoked Jus; Triple Smoked Potatoes; Smoked Cheesecake.					
15:00:00	Beads, Baubles and Jewels Get In Shape with Leather	NETA	(S)	(CC)	N/A	#2504H
	Shape up with leather. Mixed media artist Candie Cooper transforms leather into contemporary jewelry designs with paint, tassels and found objects. Then, she works out by painting leather cuffs and adding druzy beads. She cools down with super-simple designs to make and wear anytime - anywhere.					
15:30:00	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\$ Are You Financially Literate?	APTEX	(S)	(CC)	DVI	#301H
	Understanding how to manage your money before you get to high school will make you even more successful when you head to college or move out on your own. Explore the skills of goal setting, budgeting, saving, and money management that make you financially literate!					
16:30:00	Hands On Crafts for Kids At Home	NETA	(S)	(CC)	DVI	#1707H
	Become an interior designer with crafts you create. Katie shows how to light up the night with a glittery night light. Franz helps you plan and host an art gallery opening at your house. Jenny shows how to bond with your own home as you make a house from felt. Then decorate your home with a colorful garland made from the Family Craft Box. Katie uses a favorite fabric to add a bright, fresh pintuck quilted picture to any bedroom decor.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4313H
	Nothing is more special to us at GardenSMART than spending time with engaged, experienced home gardeners. We always learn something, and they motivate us to go home and work in our gardens. This week we visit two very accomplished gardeners who gave us some new ideas. We think you'll enjoy this episode. Join us as we GardenSMART.					
17:30:00	Growing A Greener World Moss Is Boss (Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#614H
	Many of us look right past moss in the garden, or see it as a nuisance to be pressure-washed away. Here, we take a closer look at what is actually an incredible eco-friendly plant that thrives in places where grass won't. It needs very little water, no fertilizers, no clipping or mowing, and yet stays green all year long! Get ready for us to shed some light on this shade-loving ground cover; you may just learn enough that you'll want to establish it and grow it in your garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14061H
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#113H
	Bambike - Paul Lin reports on one of the most popular transportation lifestyle trends, cycling with bamboo bikes. Guest: Bryan Benitez McClelland, Founder Bambike. Actress Ann Sanders - Kyung Yoon interviews actress Ann Sanders who created a buzz on Broadway for stepping in the lead role of Anna in "The King And I." Museum Diversity - Ernabel Demillo reports how the workforce at museums and art organizations nationwide don't reflect the diverse population they serve. K-pop - Korean Pop, also known as K-pop has made its way from Seoul to New York, thanks to pop star Psy's "Gangnam Style" hit song. Now it's all the rage here in New York and in other cities worldwide.					

Mon, Mar 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7257
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3511H
20:00:00	Music City Roots Live from the Factory This special show salutes Nashville roots rocker Tommy Womack. His own band Daddy opens up. Quirky country/boogie artist Webb Wilder follows. Country punk icons Jason and the Scorchers bring it home.	APTEX	(S)	(CC)	N/A	#407H
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	Apache 8 APACHE 8 tells the story of an all-women wildland firefighter crew from the White Mountain Apache Tribe who has been fighting fires in Arizona and throughout the U.S., for over 30 years. The film delves into the challenging lives of these Native firefighters. Four extraordinary women from different generations of the Apache 8 crew share their personal narratives with humor and tenderness. They speak of hardship and loss, family and community, and pride in being a firefighter from Fort Apache. APACHE 8 weaves together a compelling tale of these remarkable firefighters, revealed for the first time.	NETA	(S)	(CC)	N/A	#0H
23:00:00	On Life's Terms: Mothers In Recovery Driven by the desire for custody of their children, five mothers struggle to overcome addiction in a gender responsive residential treatment program. Their intimate story reveals experiences with domestic violence, prostitution, incarceration and complex intergenerational relations. On Life's Terms: Mothers in Recovery interweaves the women's three year journey to transform their lives through self-sufficiency and new found pride with drug laws that impact mother and child, and will inspire hope for recovery. On Life's Terms: Mothers in Recovery addresses the larger issues of "Treatment Works" and "Family Preservation is Prevention" by breaking the cycle of addiction, abuse and poverty.	NETA	(S)	(CC)	N/A	#0H

## Daily Program Listing II

43.1

Date: 02/01/2017

03/01/2017 - 03/31/2017

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Tue, Mar 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7257
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3511H
01:00:00	Music City Roots Live from the Factory This special show salutes Nashville roots rocker Tommy Womack. His own band Daddy opens up. Quirky country/boogie artist Webb Wilder follows. Country punk icons Jason and the Scorchers bring it home.	APTEX	(S)	(CC)	N/A	#407H
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	Apache 8 APACHE 8 tells the story of an all-women wildland firefighter crew from the White Mountain Apache Tribe who has been fighting fires in Arizona and throughout the U.S., for over 30 years. The film delves into the challenging lives of these Native firefighters. Four extraordinary women from different generations of the Apache 8 crew share their personal narratives with humor and tenderness. They speak of hardship and loss, family and community, and pride in being a firefighter from Fort Apache. APACHE 8 weaves together a compelling tale of these remarkable firefighters, revealed for the first time.	NETA	(S)	(CC)	N/A	#0H
04:00:00	On Life's Terms: Mothers In Recovery Driven by the desire for custody of their children, five mothers struggle to overcome addiction in a gender responsive residential treatment program. Their intimate story reveals experiences with domestic violence, prostitution, incarceration and complex intergenerational relations. On Life's Terms: Mothers in Recovery interweaves the women's three year journey to transform their lives through self-sufficiency and new found pride with drug laws that impact mother and child, and will inspire hope for recovery. On Life's Terms: Mothers in Recovery addresses the larger issues of "Treatment Works" and "Family Preservation is Prevention" by breaking the cycle of addiction, abuse and poverty.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#186
08:00:00	Zula Patrol Wish You Were Here/Weather Vain WISH YOU WERE HERE: The Zula Patrol is ready to go on vacation, but they can't decide which season is the best for R&R, especially when they think back, in a series of flashbacks, to their past vacations. Eventually they resolve to visit all the seasons again, and make new, better vacation memories. WEATHER VAIN: Zeeter takes over the weather forecasting job from Bula, and learns all about the components of weather. But when she tries to improve her forecast by using Multo's Weather-Matic machine to create weather, she unleashes a storm that threatens Zula Patrol headquarters.	APTEX	(S)	(CC)	DVI	#121
08:30:00	1001 Nights Sinbad and the Valley of the Serpents/Manjab's Just Desserts "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.	NETA	(S)	(CC)	DVI	#102H
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#210
09:30:00	Classical Stretch: By Essentrics Spine Flexibility In this episode of Classical Stretch, join Miranda Esmonde-White at the Sassil Kantenah Wedding Resort. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this standing and floor workout.	APTEX	(S)	(CC)	DVI	#1114H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1106H
10:30:00	Sewing with Nancy 10-20-30 Minutes to Recycle Jeans, Part 1 Don't junk those old jeans! Nancy shows you how to use deconstructed denim jeans in a variety of new ways to decorate your kitchen. See how durable potholders, pretty placemats, a stylish casserole carrier, and darling bibs are all constructed using the 10-20-30 Minutes to Sew philosophy.	NETA	(S)	(CC)	N/A	#3007H



Tue, Mar 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knitting Daily Double Knitting	NETA	(S)	(CC)	N/A	#1305H
	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.					
11:30:00	Fons & Porter's Love of Quilting Freemotion and Threads with Karen Mctavish	NETA	(S)	(CC)	N/A	#2903H
	Join Angela Huffman and her guest Karen McTavish at the longarm machine to learn how threads-their weight, color and sheen-interact in your quilting design. Build confidence as a quilter in both freemotion and stitch-in-the-ditch longarm quilting, and pick up all kinds of useful tips from two renowned quilting experts!					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6177H
13:00:00	Hubert Keller: Secrets of a Chef One-Pot Favorites	NETA	(S)	(CC)	N/A	#511H
	Chef Keller makes an Alsatian favorite, choucroute or sauerkraut served with an array of seafood. Then he heads to the South for a deep, richly-flavored gumbo made with an assortment of great sausage and chicken. Seafood Medley with Choucroute, & Chef Keller's Gumbo.					
13:30:00	Sara's Weeknight Meals Shellfish Asian Style	APTEx	(S)	(CC)	N/A	#510H
	Bivalves are the name of the game today when Sara makes a flavorful mussels and bok choy dish with a side of tea pilaf. And it's down to Chinatown with Chef Dale Talde to get the ingredients for a unique oyster and bacon pad thai. Speaking of oysters, we'll discover how they are harvested when we take to the sea with an oysterman.					
14:00:00	Taste of History Philadelphia's City Tavern	NETA	(S)	(CC)	N/A	#601H
	Chef Walter Staib celebrates the history of the venerable City Tavern, Philadelphia's historic restaurant that John Adams called "the most genteel tavern" in America. George Washington used City Tavern as his headquarters during the Revolutionary War, and it also served as the Merchants Exchange. Chef Staib prepares roast leg of venison, yellow beets and walnuts gratin, sage potatoes and creme brulee.					
14:30:00	Sara's Weeknight Meals Girlpower: Hot Young Female Chefs	APTEx	(S)	(CC)	N/A	#608H
	Sara is all about empowering women in the kitchen, whether it's at home or in a restaurant. In this show she visits two up and coming female chefs who are changing their worlds. First, Mashama Bailey of Savannah's The Grey, a hot new restaurant in that city's former Greyhound Station. They cook together, and Mashama takes Sara on a cook's tour of Savannah. Back in Sara's kitchen, Amanda Cohen of New York's Dirt Candy stops by to cook her zucchini and Pasta noodles with garlicky yogurt sauce. On the side, her Kentucky lemonade spiked with a good dose of bourbon and beet juice for color. Recipes: Zucchini and pasta noodles with garlicky yogurt sauce; Kentucky lemonade.					
15:00:00	Beads, Baubles and Jewels Wired Routines	NETA	(S)	(CC)	N/A	#2505H
	Wire up your jewelry-making routine. Designer Wyatt White coaches you as he uses braided wire to make a trendy bangle bracelet. In the workout, he adds energy and interest to a stylish cuff with beads. He winds down with a cool tool for weaving colorful wire bracelets.					
15:30:00	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\$ Wheel of Misfortune	APTEx	(S)	(CC)	DVI	#302H
	Find out how to avoid common money mistakes and learn the importance of following a financial plan. Explore both short- and long-term goals.					
16:30:00	Hands On Crafts for Kids Outside and In	NETA	(S)	(CC)	DVI	#1708H
	Let's step outside and find inspiration for more projects. Store toys or hang a plant in a pail in the brightly-colored macrame hanger Katie shows how to make. Create an illustrated map of your own backyard - Franz gives you some great ideas. Jenny helps you become forest royalty in a woodland crown made of felt and found objects. Then, Katie cheerfully decorates a lightening bug jar to study some nighttime friends. Gather moss and use the Family Craft Box to create a house for friendly fairies.					

Tue, Mar 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart Weather plays an important role in the care and maintenance of our plants. Tune in as GardenSMART visits with an outstanding gardener who discusses some hard earned lessons in plant care. We enjoyed filming this show, think you'll enjoy it too.	NETA	(S)	(CC)	N/A	#4401H
17:30:00	Growing A Greener World The Rodale Institute, Champions of Organic Gardeni In this episode, Joe Lamp'l visits with the first family of modern organic gardening at the Rodale Institute. Maria and Maya Rodale share their unique (and sometimes surprising) perspective on organic gardening, which sheds new light on this time-tested and eco-friendly way of gardening and why it's vital for the health of the planet. If you've ever been unclear about what organic gardening is really all about, this episode is essential viewing.	APTEX	(S)	(CC)	N/A	#615H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14062H
18:30:00	American Forum The President's First Year: Part 6 SPECIAL SERIES featuring scholars, national thought-leaders and White House veterans on urgent issues facing newly inaugurated President Donald J. Trump, and how our deep political divisions might be healed.	NETA	(S)	(CC)	N/A	#225H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7258
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1312H
20:00:00	Sun Studio Sessions Matt Stansberry & The Romance Matt Stansberry & the Romance are poised to be one of the breakout acts of 2017. This Oklahoma City based band will get you up off of your seat with their modern take on a throwback sound. The ten-piece ensemble delivers authentic soul music with musical deftness that continues to win over audiences from coast to coast. In this episode, the band talks about their musical roots and performs several songs, including "Heartbreaker" and "Brighten It Up"	NETA	(S)	(CC)	N/A	#803H
20:30:00	Jammin at Hippie Jack's Stacey Earle and Mark Stuart Few husband-wife musical duos provide audiences with the complete entertainment package that Stacey Earle & Mark Stuart dish out in a live performance. Armed with clever acoustic guitar interplay, autobiographical songwriting, lovely harmonies, and humorous storytelling this couple captivates your attention from the first moment they are onstage. Based out of Tennessee, Earle and Stuart draw from blues, pop, country, rock, and more in their heartfelt music. The years of touring the folk/Americana circuit (playing 170 concerts a year) have given them a knack for reaching out to the audience in an intimate "come in to my living room" fashion.	NETA	(S)	(CC)	N/A	#907H
21:00:00	The Kate Barb Jung Award-winning British songstress Barb Jung is renowned for her vocal style, interpretation of song and radical approach to arrangements. Barb's latest musical exploration, Shelter From The Storm, is a masterful take on healing songs arranged with the help of legendary jazz pianist Laurence Hobgood. Experience Leonard Cohen's "Sisters of Mercy," Bob Dylan's "All Along the Watchtower" and David Bowie's "Life on Mars" through Barb Jung's provocative musical lens. It doesn't take long to fall captive to Jung's cheeky British humor and charisma brilliantly paired with the conceptual weight and lyrical depth of her song selections. Jung and Hobgood are joined by bassist Michael Olatuja (Stevie Wonder, Chaka Khan) and percussionist Wilson Torres (In The Heights, The New York Philharmonic).	APTEX	(S)	(CC)	N/A	#105H
22:00:00	Reel South 120 Days By Ted Roach. Due to his immigration status, family man Miguel Cortes must make a tough choice. After an unexpected traffic stop, a North Carolina judge has offered Miguel 120 days to get his affairs in order and self-deport to Mexico - leaving his wife and two daughters. Will he leave for Mexico or disappear into the shadows in his adopted homeland?	NETA	(S)	(CC)	N/A	#208H
23:00:00	Virginia Lee Burton: A Sense of Place VIRGINIA LEE BURTON: A SENSE OF PLACE celebrates the career of Virginia Lee Burton (1909-1968), the groundbreaking author-illustrator of the beloved picture books Mike Mulligan and His Steam Shovel and The Caldecott Award-winning The Little House. This finely wrought documentary explores Burton's life and art through a treasure-trove of archival materials, never-before-seen photographs, personal documents, sketchbooks, original manuscripts and interviews with family, friends and scholars. VIRGINIA LEE BURTON: A SENSE OF PLACE paints a portrait of a Renaissance woman ahead of her time, whose art and literature remains an enduring part of America's cultural heritage.	APTEX	(S)	(CC)	N/A	#0

Wed, Mar 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7258
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1312H
01:00:00	Sun Studio Sessions Matt Stansberry & The Romance	NETA	(S)	(CC)	N/A	#803H
	<p>Matt Stansberry &amp; the Romance are poised to be one of the breakout acts of 2017. This Oklahoma City based band will get you up off of your seat with their modern take on a throwback sound. The ten-piece ensemble delivers authentic soul music with musical deftness that continues to win over audiences from coast to coast. In this episode, the band talks about their musical roots and performs several songs, including "Heartbreaker" and "Brighten It Up"</p>					
01:30:00	Jammin at Hippie Jack's Stacey Earle and Mark Stuart	NETA	(S)	(CC)	N/A	#907H
	<p>Few husband-wife musical duos provide audiences with the complete entertainment package that Stacey Earle &amp; Mark Stuart dish out in a live performance. Armed with clever acoustic guitar interplay, autobiographical songwriting, lovely harmonies, and humorous storytelling this couple captivates your attention from the first moment they are onstage. Based out of Tennessee, Earle and Stuart draw from blues, pop, country, rock, and more in their heartfelt music. The years of touring the folk/Americana circuit (playing 170 concerts a year) have given them a knack for reaching out to the audience in an intimate "come in to my living room" fashion.</p>					
02:00:00	The Kate Barb Jungr	APTEX	(S)	(CC)	N/A	#105H
	<p>Award-winning British songstress Barb Jungr is renowned for her vocal style, interpretation of song and radical approach to arrangements. Barb's latest musical exploration, Shelter From The Storm, is a masterful take on healing songs arranged with the help of legendary jazz pianist Laurence Hobgood. Experience Leonard Cohen's "Sisters of Mercy," Bob Dylan's "All Along the Watchtower" and David Bowie's "Life on Mars" through Barb Jungr's provocative musical lens. It doesn't take long to fall captive to Jungr's cheeky British humor and charisma brilliantly paired with the conceptual weight and lyrical depth of her song selections. Jungr and Hobgood are joined by bassist Michael Olatuja (Stevie Wonder, Chaka Khan) and percussionist Wilson Torres (In The Heights, The New York Philharmonic).</p>					
03:00:00	Reel South 120 Days	NETA	(S)	(CC)	N/A	#208H
	<p>By Ted Roach. Due to his immigration status, family man Miguel Cortes must make a tough choice. After an unexpected traffic stop, a North Carolina judge has offered Miguel 120 days to get his affairs in order and self-deport to Mexico - leaving his wife and two daughters. Will he leave for Mexico or disappear into the shadows in his adopted homeland?</p>					
04:00:00	Virginia Lee Burton: A Sense of Place	APTEX	(S)	(CC)	N/A	#0
	<p>VIRGINIA LEE BURTON: A SENSE OF PLACE celebrates the career of Virginia Lee Burton (1909-1968), the groundbreaking author-illustrator of the beloved picture books Mike Mulligan and His Steam Shovel and The Little House. This finely wrought documentary explores Burton's life and art through a treasure-trove of archival materials, never-before-seen photographs, personal documents, sketchbooks, original manuscripts and interviews with family, friends and scholars. VIRGINIA LEE BURTON: A SENSE OF PLACE paints a portrait of a Renaissance woman ahead of her time, whose art and literature remains an enduring part of America's cultural heritage.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#187
08:00:00	Zula Patrol My Episode Lady/You're Cramping My Space	APTEX	(S)	(CC)	DVI	#122
	<p>MY EPISODE LADY: When a windstorm knocks the electricity out at a Generator Station that powers all of Zula, our heroes are plunged into a Zulean version of the dark ages. Bula is also stranded at the station, which is filling with seawater. Zeeter leads a rescue mission in a vehicle created by Multo that runs on the properties of EPISODE. Our heroes each learn to appreciate the others talents, and what they are capable of themselves, using EPISODE to save the day. YOU'RE CRAMPING MY SPACE: Our ZPers are reunited with Buzzy the Ferret when he rescues them while they are stranded in space. Buzzy's on a mission to learn about planets and their atmospheres, and Bula's Zula Rocketeering Rulebook requires that our heroes serve as his crewmates until he can complete his mission. But as their new "Captain," Buzzy comically drives them crazy with his inability to listen and his silly demands. He also gets himself into hot water on each planet he visits - learning about atmospheres the hard way. When the Ferret lands on a mysterious planet with a breathable atmosphere, things escalate to the point where Buzzy realizes his bossiness has led him into a situation that's way over his head. He learns to work with the ZPers as a team, and only then does he find out he's been on Earth the entire time!</p>					
08:30:00	1001 Nights Princess Rou/What's Yours Is Mine	NETA	(S)	(CC)	DVI	#103H
	<p>"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.</p>					

Wed, Mar 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#211
09:30:00	Classical Stretch: By Essentrics Arthritis Relief and Pain Prevention	APTEX	(S)	(CC)	DVI	#1115H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in Mexico. This entry level standing and barre workout is designed to liberate and rebalance all your joints.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1107H
10:30:00	Sewing with Nancy 10-20-30 Minutes to Recycle Jeans, Part 2	NETA	(S)	(CC)	N/A	#3008H
	What's old is new again! Restyle your old jeans into useful and decorative home accessories. Nancy applies her 10-20-30 Minutes to Sew philosophy to create Soft-sided Bins, the Double Duty Mat for sewing and pressing, the Crossbody Jeans Bag, and the Two-for-One Apron.					
11:00:00	Knitting Daily Fair Isle Style	NETA	(S)	(CC)	N/A	#1306H
	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.					
11:30:00	Fons & Porter's Love of Quilting Cactus Blooms	NETA	(S)	(CC)	N/A	#2904H
	Emily Bailey's fresh, bright, fat-quarter friendly quilt, Cactus Blooms, is a Fons & Porter staff favorite. Inspired by a little vintage quilt, the design is a wonderful pattern for exploring color placement, and using sashing to create a "floating" effect. Emily and host Sara Gallegos team up to teach some fabulous patchwork techniques.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6178H
13:00:00	Lidia's Kitchen Risotto	APTEX	(S)	(CC)	N/A	#317H
	If you can't make it to Milan for a dish of "Risotto alla Milanese" bring the dish to your kitchen! Lidia begins today's meal with a creamy risotto alla Milanese with saffron and marrow bone followed by a succulent quail stuffed with Italian sausage and mushrooms. For dessert, it's an Italian classic - light and creamy panna cotta with seasonal berries.					
13:30:00	Annabel Langbein: The Free Range Cook Paella Party	APTEX	(S)	(CC)	N/A	#103H
	Annabel Langbein cooks up a seafood celebration feast on the back of her truck at one of New Zealand's stunning golden beaches. The seaside meal includes the most spectacular beachside paella and flambéed peaches from her Wanaka orchard. Recipes from this episode: onion and herb frittata, birdseed bar, aromatic steamed mussels, watermelon and avocado salad, beachside paella, flambéed peaches, sparkling sangria.					
14:00:00	Simply Ming Louis Dibicari	APTEX	(S)	(CC)	N/A	#1425H
	It's a celebration of the best of New England seafood with chef and restaurateur, Louis DiBicari. Today on Simply Ming, Ming and Louis are cooking up lobster - not one, not two, but FOUR ways. Louis makes a lobster gravy with a lobster risotto while Ming offers up Thai basil-lobster risotto cakes with lobster emulsion.					
14:30:00	Cook's Country Grilled and Smoked	APTEX	(S)	(CC)	N/A	#804H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make barbecued burnt ends. Next, equipment expert Adam Ried reveals his top picks for grill spatulas. Then, tasting expert Jack Bishop challenges Chris to a tasting of lemonade. Finally, test cook Julia Collin Davison uncovers the secrets to making smoky potato salad.					
15:00:00	Beads, Baubles and Jewels Mix Up Your Daily Schedule	NETA	(S)	(CC)	N/A	#2506H
	Get out of the design rut and mix things up. Artist Anne Potter transforms recycled tea tins into fashionable earrings. Then, she gives tips on hosting a jewelry party so you can work out design ideas with friends. Cool down as clay sculptor Syndee Holt creates colorful seascapes on polymer clay pendants.					

Wed, Mar 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Regional Garden  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.	APTEX	(S)	(CC)	N/A	#604H
16:00:00	Biz Kid\$ More Bang for Your Buck  Whether you're facing good times or tough times, it's important to know how to get the best value for your money. Discover tips for stretching your dollars.	APTEX	(S)	(CC)	DVI	#303H
16:30:00	Hands On Crafts for Kids Make Believe  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.	NETA	(S)	(CC)	DVI	#1709H
17:00:00	Garden Smart  Color and texture are important considerations when choosing plants. GardenSMART visits with a great plantsman, who discusses what he looks for when choosing plants. Great ideas, a great show, be sure to tune in.	NETA	(S)	(CC)	N/A	#4402H
17:30:00	Growing A Greener World A Primer On Pruning (Columbus, Oh; Mount Airy, Nc; Atlanta, Ga)  Pruning helps shape a plant or tree while promoting future growth. But if done correctly, it can do more harm than good. In this episode, GGW brings in best-selling garden author Tracy Desabato-Aust to demonstrate the science behind the practice. Host Joe Lamp'I adds his expertise by showing you the five basic keys to pruning like a pro. Learn the benefits, common mistakes and step-by-step instruction on how to promote healthy plants with selective pruning.	APTEX	(S)	(CC)	N/A	#616H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14063H
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#433H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7259
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#409H
20:00:00	The Lowertown Line. The Lowertown Line: Malamanya  Afro-Caribbean band Malamanya performs in front of a live audience at the Twin Cities Public Television studios. Malamanya members Tony and Adriana speak with host Toki Wright about bad habits, the roots of Cuban son music, and the necessary give and take with an audience. Songs performed: Mi Son Cubano, Red Light Morning, Amor Perdido, El Vendedor De Agua.	APTEX	(S)	(CC)	N/A	#104H
20:30:00	Songs at the Center  Artists: Kay Harris & Molly Pauken, Erica Blinn, Jared Mahone, and hosted by songwriter Eric Gnezda. Special feature: Profile of First Tuesday Songwriters' Circle. Kay Harris & Molly Pauken are the songwriting engines of the group, Sirens. Kay has recorded numerous albums, providing vocals on more than 70 local and national jingles. Molly tours with Rodney Crowell when she's available, remaining home often enough to perform with the area's elite. The duo has toured throughout Europe and the Middle East. They perform "Naked as Fools." Erica Blinn constructs American rock songs one earnest melody at a time. "A Mid-western beauty with a wistful voice and a country-rock sound somewhere between Lucinda Williams and Sheryl Crow..." (Don Thrasher, Active Dayton.) Erica has shared stages with The Family Stone, and Devon Allman, among others. She performs "Whiskey Kisses." Jared Mahone has been touring nationally for nearly a decade, impressing audiences with his blend of Ohio soul, storytelling poetry, pop melodies, and even classic hip hop. Jared's Everyman persona connects what are often disconnected American cultures. He sings "From Joe to Betsy." "Scenes from the Scene" Segment: First Tuesday Songwriters' Circle gathers songwriters of all genres and abilities at the Peggy R. McConnell Arts Center to share recent works in a receptive environment.	APTEX	(S)	(CC)	N/A	#109H
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

Wed, Mar 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Loreena Mckennitt: Nights from the Alhambra	APTEX	(S)	(CC)	N/A	#0H
	LOREENA MCKENITT: NIGHTS FROM THE ALHAMBRA captures an enchanting musical performance set beneath the stars in the breathtaking heart of medieval Spain. Recorded in 2006 at the Alhambra Palace in Granada, Spain, singer/composer Loreena McKennitt leads viewers on a musical journey through her catalogue of traditional Celtic ballads, literary narratives and highlights from each of her albums, including An Ancient Muse.					
23:00:00	Penny: Champion of the Marginalized	APTEX	(S)	(CC)	N/A	#0H
	PENNY is a multi-dimensional portrait of Penny Cooper, a celebrated criminal defense attorney, art collector, supporter of female artists, and protector of the underdog. Cooper's life brims with stories mirroring the profound changes in our country from the 1940s to the present. In this revealing documentary, Cooper proves herself quite the raconteur with seemingly unlimited anecdotes. Her stories are engaging; sometimes funny, and sometimes distressing. The film is a collection of these moments as told by Cooper and the people who have been impacted by her dynamic spirit. The talented lawyer and art enthusiast offers a unique perspective on important social narratives such as criminal justice, the artists and collectors who generate today's global contemporary art market, gender equality, and more. Through it all, she has found herself at the center of dramatic social progress for women. A role model and pioneer, Cooper perhaps owes much of her success in transcending the glass ceiling to her unwavering resilience, fortitude and infamous humility.					
23:30:00	No Going Back: Women and the War	APTEX	(S)	(CC)	N/A	#0H
	North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.					

Thu, Mar 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7259
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#409H
01:00:00	The Lowertown Line. The Lowertown Line: Malamanya	APTEX	(S)	(CC)	N/A	#104H
<p>Afro-Caribbean band Malamanya performs in front of a live audience at the Twin Cities Public Television studios. Malamanya members Tony and Adriana speak with host Toki Wright about bad habits, the roots of Cuban son music, and the necessary give and take with an audience. Songs performed: Mi Son Cubano, Red Light Morning, Amor Perdido, El Vendedor De Agua.</p>						
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#109H
<p>Artists: Kay Harris &amp; Molly Pauken, Erica Blinn, Jared Mahone, and hosted by songwriter Eric Gnezda. Special feature: Profile of First Tuesday Songwriters' Circle. Kay Harris &amp; Molly Pauken are the songwriting engines of the group, Sirens. Kay has recorded numerous albums, providing vocals on more than 70 local and national jingles. Molly tours with Rodney Crowell when she's available, remaining home often enough to perform with the area's elite. The duo has toured throughout Europe and the Middle East. They perform "Naked as Fools." Erica Blinn constructs American rock songs one earnest melody at a time. "A Mid-western beauty with a wistful voice and a country-rock sound somewhere between Lucinda Williams and Sheryl Crow..." (Don Thrasher, Active Dayton.) Erica has shared stages with The Family Stone, and Devon Allman, among others. She performs "Whiskey Kisses." Jared Mahone has been touring nationally for nearly a decade, impressing audiences with his blend of Ohio soul, storytelling poetry, pop melodies, and even classic hip hop. Jared's Everyman persona connects what are often disconnected American cultures. He sings "From Joe to Betsy." "Scenes from the Scene" Segment: First Tuesday Songwriters' Circle gathers songwriters of all genres and abilities at the Peggy R. McConnell Arts Center to share recent works in a receptive environment.</p>						
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	Loreena Mckennitt: Nights from the Alhambra	APTEX	(S)	(CC)	N/A	#0H
<p>LOREENA MCKENNITT: NIGHTS FROM THE ALHAMBRA captures an enchanting musical performance set beneath the stars in the breathtaking heart of medieval Spain. Recorded in 2006 at the Alhambra Palace in Granada, Spain, singer/composer Loreena McKennitt leads viewers on a musical journey through her catalogue of traditional Celtic ballads, literary narratives and highlights from each of her albums, including An Ancient Muse.</p>						
04:00:00	Penny: Champion of the Marginalized	APTEX	(S)	(CC)	N/A	#0H
<p>PENNY is a multi-dimensional portrait of Penny Cooper, a celebrated criminal defense attorney, art collector, supporter of female artists, and protector of the underdog. Cooper's life brims with stories mirroring the profound changes in our country from the 1940s to the present. In this revealing documentary, Cooper proves herself quite the raconteur with seemingly unlimited anecdotes. Her stories are engaging; sometimes funny, and sometimes distressing. The film is a collection of these moments as told by Cooper and the people who have been impacted by her dynamic spirit. The talented lawyer and art enthusiast offers a unique perspective on important social narratives such as criminal justice, the artists and collectors who generate today's global contemporary art market, gender equality, and more. Through it all, she has found herself at the center of dramatic social progress for women. A role model and pioneer, Cooper perhaps owes much of her success in transcending the glass ceiling to her unwavering resilience, fortitude and infamous humility.</p>						
04:30:00	No Going Back: Women and the War	APTEX	(S)	(CC)	N/A	#0H
<p>North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#188
08:00:00	Zula Patrol Wigg and Wizzy Light The Way/Look to the Rainbow	APTEX	(S)	(CC)	DVI	#123
<p>WIGG AND WIZZY LIGHT THE WAY: When the Zula Patrol goes camping, a ghost story unnerves Wigg. His fears increase when a strange sound seems to be coming from behind their tent. As the Zula Patrol investigates, Bula warns everyone to stay together but Zeeter doesn't listen and wanders off by herself. Worried, the team enters the dark forest to search for her. When the flashlight goes dead, it's up to Wigg and Wizzy to use their lights to lead the group. LOOK TO THE RAINBOW: The Zula Patrol arrives in the Canyon Of The Rainbow just in time to prevent the native Chromeleons from being bilked by Professor Spectrum in a plot involving their world-famous rainbow.</p>						

Thu, Mar 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#212
09:30:00	Classical Stretch: By Essentrics Posture In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.	APTEX	(S)	(CC)	DVI	#1116H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1108H
10:30:00	Sewing with Nancy Trusty Triangles - A Row-By-Row Sampler Quilt, Part 1 Nancy explains how to arrange simple half-square triangles into beautiful row-by-row designs. Learn how to make half-square triangles, and assemble three rows of a six row sampler quilt. Designs include - Opposing Arrows, Teetering Triangles, and Twirling Triangles.	NETA	(S)	(CC)	N/A	#3009H
11:00:00	Knitting Daily Boy Meets Girl 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.	NETA	(S)	(CC)	N/A	#1307H
11:30:00	Fons & Porter's Love of Quilting West Point The two quilt blocks in Nancy Mahoney's West Point play wonderfully together to create a timeless pattern. The placement of the blocks creates a directional, almost medallion-like design. The patriotic color scheme makes this perfect for a Quilt of Valor, too!	NETA	(S)	(CC)	N/A	#2905H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6179H
13:00:00	Eat! Drink! Italy! with Vic Rallo Rice Is Nice Italy's unsung rice varieties; versatile Mascarpone cheese; Braised Beef, vineyard style; Italy's young winemakers.	APTEX	(S)	(CC)	N/A	#112H
13:30:00	Cooking with Nick Stellino Upside-Down Apple Pie Terrine of Roasted Eggplant; Pasta alla Russa; Tarte Tatin Upside-down Apple Pie.	APTEX	(S)	(CC)	N/A	#213H
14:00:00	Joanne Weir's Cooking Confidence Dinner Dance Or Swept Off My Feet Joanne starts her class with a challenge, presenting her French student Pascal three variations on the classic French sauce aioli. Then they are both swept off their feet by Joanne's twist on the classic combination of chicken and salad. Recipes: Aioli and Variations, "Oven-Fried" Chicken Legs, and Butter Lettuce and Avocado with Lime Vinaigrette. Student: Pascal Molat, Principal Dancer, San Francisco Ballet.	APTEX	(S)	(CC)	N/A	#109H
14:30:00	New Scandinavian Cooking Fisherman's Harbor In the fishing port and holiday resort town of Smogen, on the scenic coast of Southwestern Sweden, Tina visits the local fish auction and fishes for langoustines (lobster) before making a sandwich with herring. For the main course, Tina serves a variety of smoked seafood, lightly heated over the grill. For dessert, she makes strawberries with crunchy breadcrumbs and mint-and-honey-flavored sour cream.	APTEX	(S)	(CC)	N/A	#507H
15:00:00	Beads, Baubles and Jewels Enamel Training Add new materials to your training routine. Teacher and designer Steven James warms up by forming wire into words and coating them with enamel. In the work out, he adds water and salt to traditional enameling techniques for fabulous results. Mixed media artist Susan Lenart ices things down by adding foil and glitter to resin to create druzey designs.	NETA	(S)	(CC)	N/A	#2507H



## Daily Program Listing II

43.1

Date: 02/01/2017

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Thu, Mar 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ Where Is My Allowance? Discover how different families work out "allowances." Even basic financial planning starts now-learn how to manage your monthly income and expenses for vacations, education, and more.	APTEX	(S)	(CC)	DVI	#304H
16:30:00	Hands On Crafts for Kids Growing and Building 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.	NETA	(S)	(CC)	DVI	#1710H
17:00:00	Garden Smart GardenSMART visits a garden that's a true Cinderella story. It was once beautiful, now rundown, but coming back. Beautifully. How and where did they start? A lot of lessons for our own home gardens.	NETA	(S)	(CC)	N/A	#4403H
17:30:00	Growing A Greener World Four Farmers & A Bus: Sol Food (Various Cities Across America) GGW takes an old-fashioned road trip to follow a group of four young gardeners traveling the country in a retro-fitted school bus that's powered on pure waste vegetable oil and their own enthusiasm. With their greenhouse on wheels, a mobile green roof, and lots of seeds, they're taking edible gardening to the streets- literally- and teaching sustainable practices in food deserts and blighted communities across America.	APTEX	(S)	(CC)	N/A	#617H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14064H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1340H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7260
19:30:00	Native Report On this edition of Native Report experience the Oklahoma premier of "Sliver of a Full Moon," a play about the Violence Against Women Act. Host Stacey Thunder interviews independent filmmaker Alex Smith who wrote and directed the award winning film "The Slaughter Rule" about his second feature film, "Winter in the Blood." And we browse the huge Oneida Farmer's Market and learn about how the Oneida Community Food Systems group has successfully encouraged sustainable organic agriculture.	WDSE	(S)	(CC)	DVI	#908H
20:00:00	Backstage Pass Kathleen and the Bridge Street Band - Encore "Lansing's own Queen of the Blues," Kathleen Walters again dazzles with her soulful vocal interpretation of classic and original blues.	NETA	(S)	(CC)	N/A	#611H
20:30:00	Ray Stevens Cabaray Nashville Guests: James Gregroy and Helen Highwater String Band "Kiss A Pig" & "Splish Splash" (RAY) Stand-Up Comedy Routine "Cryin' and Singin" (HIGHWATER).	OETA	(S)	(CC)	N/A	#112H
21:00:00	Music Gone Public Blame Sally 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.	NETA	(S)	(CC)	N/A	#103H
22:00:00	Afropop: The Ultimate Cultural Exchange Omo Child: The River and the Bush Filmed over a five year period, OMO CHILD: THE RIVER AND THE BUSH tells the amazing true story of one man's journey to a remote Ethiopian tribe and his quest to end an ancient tradition and taboo that will save children's lives.	APTEX	(S)	(CC)	DVI	#905H

Daily Program Listing II  
43.1

Date: 02/01/2017

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Thu, Mar 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Pedro E. Guerrero, Portrait of An Image Maker	NETA	(S)	(CC)	N/A	#0
<p>Pedro E. Guerrero was the photographer for three of America's most famous artists: architect Frank Lloyd Wright and sculptors Louise Nevelson and Alexander Calder. Guerrero's six-decade career included long-term relationships with each of these individuals. Guerrero's collection of photographs on this web site also includes scenes of New York in the 1940's, Mid-Century Modern homes and interiors from the 1950's, and Nudes from the 1930's.</p>						

Fri, Mar 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7260
00:30:00	Native Report On this edition of Native Report experience the Oklahoma premier of "Sliver of a Full Moon," a play about the Violence Against Women Act. Host Stacey Thunder interviews independent filmmaker Alex Smith who wrote and directed the award winning film "The Slaughter Rule" about his second feature film, "Winter in the Blood." And we browse the huge Oneida Farmer's Market and learn about how the Oneida Community Food Systems group has successfully encouraged sustainable organic agriculture.	WDSE	(S)	(CC)	DVI	#908H
01:00:00	Backstage Pass Kathleen and the Bridge Street Band - Encore "Lansing's own Queen of the Blues," Kathleen Walters again dazzles with her soulful vocal interpretation of classic and original blues.	NETA	(S)	(CC)	N/A	#611H
01:30:00	Ray Stevens Cabaray Nashville Guests: James Gregroy and Helen Highwater String Band "Kiss A Pig" & "Splish Splash" (RAY) Stand-Up Comedy Routine "Cryin' and Singin" (HIGHWATER).	OETA	(S)	(CC)	N/A	#112H
02:00:00	Music Gone Public Blame Sally 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.	NETA	(S)	(CC)	N/A	#103H
03:00:00	Afropop: The Ultimate Cultural Exchange Omo Child: The River and the Bush Filmed over a five year period, OMO CHILD: THE RIVER AND THE BUSH tells the amazing true story of one man's journey to a remote Ethiopian tribe and his quest to end an ancient tradition and taboo that will save children's lives.	APTEX	(S)	(CC)	DVI	#905H
04:30:00	Pedro E. Guerrero, Portrait of An Image Maker Pedro E. Guerrero was the photographer for three of America's most famous artists: architect Frank Lloyd Wright and sculptors Louise Nevelson and Alexander Calder. Guerrero's six-decade career included long-term relationships with each of these individuals. Guerrero's collection of photographs on this web site also includes scenes of New York in the 1940's, Mid-Century Modern homes and interiors from the 1950's, and Nudes from the 1930's.	NETA	(S)	(CC)	N/A	#0
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#189
08:00:00	Zula Patrol Three Ring Gorga/Moon Mayhem THREE RING GORGA: In flashbacks, Bula regales the Zula Patrol with Gorga's back-story: Gorga and the Moon were performers in the circus, but they decided to quit their jobs and see the Universe. When the greedy Ringmaster came after Gorga, it was up to Bula and the Moon to team up and get their friend back. MOON MAYHEM: When Wizzy and Wigg visit Madame Luna (Dark Truder in disguise) who claims she can predict their future by reading the way that moons revolve around their planets. Madame Luna says Wizzy and Wigg must keep their friends indoors for a week or they will transform into Moon Zoombies. With the ZPers out of the way, Truder plans to take all the Solar System's moons and have them revolve around his asteroid base to form an impenetrable shield. Multo assures Wizzy and Wigg that no one can predict the future -- but the duo must learn the truth first hand. They get a little help from their friends, who expose Madame Luna as a fake by exposing "her" scientific ignorance about moons.	APTEX	(S)	(CC)	DVI	#124
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	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#213
09:30:00	Classical Stretch: By Essentrics Toning and Slenderizing In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico. Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.	APTEX	(S)	(CC)	DVI	#1117H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1109H

Fri, Mar 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Sewing with Nancy Trusty Triangles - A Row-By-Row Sampler Quilt, Part 2	NETA	(S)	(CC)	N/A	#3010H
	Half-square triangles serve as the foundation for three stunning row-by-row quilt designs. Nancy demonstrates how to create Perpetual Pinwheels, Star Gazer, and Flying Home. Incorporate these rows into the Trusty Triangles Row-By-Row Sampler Quilt, or use the techniques to create your own work of fiber art.					
11:00:00	Knitting Daily Everyday Lace	NETA	(S)	(CC)	N/A	#1308H
	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.					
11:30:00	Fons & Porter's Love of Quilting Kitchen Windows	NETA	(S)	(CC)	N/A	#2906H
	Cathedral Windows is a unique, classic pattern, but demanding enough that most people hesitate to try it. With Kitchen Windows, Lindsay Conner and host Sara Gallegos teach machine-piecing techniques that make this so much easier for today's quilter. Designed around handy pre-cut 5-inch squares, this small project can be adapted for a pillow, and is a wonderful way to try out the classic quilt design.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6180H
13:00:00	P. Allen Smith's Garden to Table The Rite of Spring	APTEX	(S)	(CC)	DVI	#301H
	Allen is preparing for a fun-filled Spring celebration at the farm. He shows us how to take elements from the garden and the spice rack to make natural Easter egg dyes. He also offers advice on preparing for the celebration days in advance. Plus, we learn how to make mint ice cubes and a delicious Mint Tea Punch. Recipes include a Spring Salad and Walnut Sherry Dressing recipe and a great way to use extra mustard in your fridge to make a lamb rub.					
13:30:00	Mike Colameco's Real Food Racines/Wine Disciples	NETA	(S)	(CC)	N/A	#1422H
	Two restaurants that are wine lovers paradise, both affiliated with wine shop. Racine's is linked to Chambers St Wines down the block, spot on French inspired menu and an amazing selection of wines by the glass or bottle. Wine Disciples is a store right next to a restaurant, here the cooking is American / Italian, ingredient driven and the wine list by glass and bottle is wonderful.					
14:00:00	Chef John Besh's New Orleans Gnocchi with Crab and Truffle and Char-grilled Redfish with Corn and Ginger Salad.	APTEX	(S)	(CC)	DVI	#116H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#251H
15:00:00	Beads, Baubles and Jewels Tool Workout	NETA	(S)	(CC)	N/A	#2508H
	Add power to your design with new tool techniques. Host and designer Katie Hacker shows how she uses her favorite tools to make cold connections. Teacher Kate Richbourg gives her metalworking skills a work out with saws, shears and hammers. Then, she cools off with the right tools and techniques for professionally finishing metalwork jewelry.					
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\$ Escape The Box	APTEX	(S)	(CC)	DVI	#305H
	What do you do when opportunity knocks? Learn how to recognize and act on new opportunities in your life and to be creative in problem solving.					
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.					

Fri, Mar 31, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Garden Smart Gardeners are always attempting to make their yards and gardens better. But where to start and what can we do GardenSMART visits a very interesting gardener who tells us how they handle these challenges every year. We learned a lot, think you will too.	NETA	(S)	(CC)	N/A	#4404H
17:30:00	Growing A Greener World The Truth About Organic Gardening (St. Paul, Mn) Buyer beware: just because it's organic doesn't automatically make it a better option. Dr. Jeff Gillman, a popular gardening author and an associate professor of horticulture, helps us become more discerning gardeners as we explore specific examples or organics in a fun and illuminating way. We'll discover some enlightening examples of what works, what doesn't, and get to the bottom of some of the most popular claims.	APTEX	(S)	(CC)	N/A	#618H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14065H
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2446Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7261
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#912H
20:00:00	Song of the Mountains Mayberry Deputy, David Browning/Dry Hill Dragger	NETA	(S)	(CC)	N/A	#1107H
21:00:00	Woodsongs Sweet Honey in the Rock SWEET HONEY IN THE ROCK are Grammy winning folk and civil rights legends who express their history as African-American women through a capella song, dance, and even sign language. While there is no doubt the uniqueness of Sweet Honey is the message, her musical sound is what attracts first-time listeners. Described in the magazine High Fidelity as "breathtaking excursions into harmony singing" and "neck-hair raising" in Downbeat, one is startled at the many musical guises through which the message may appear. WoodSongs is proud to present this Special Event Broadcast from this legacy ensemble as they perform songs from their latest album 'LoveInEvolution'. WoodSongs Kids: Students of Lexington's SCAPA Vocals will be performing the civil rights anthem "We Shall Overcome".	NETA	(S)	(CC)	N/A	#1901H
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 Deconstructing The Fly Mick Garris (Masters of Horror) and Alvaro Rodriguez (Machete) deconstruct the shock, suspense, and subtleties of David Cronenberg's The Fly and how his execution has contributed to the legitimacy and intellect of the horror genre.	NETA	(S)	(CC)	N/A	#504H
23:00:00	Science Goes to the Movies Math Movies Don't get sucked into a black hole! Janna Levin explains the attempts that are being made to get our first glimpses at a real life black hole and her ambitious project to hear them. Fortunately for us all, the audio of a black hole was recorded as recently as 2015.	EPS	(S)	(CC)	N/A	#313H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1024