

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Thu, Mar 01, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy China: The New Silk Road	NETA	(S)	(CC)	N/A	#903H
	China is the second largest economy in the world, and it's expected to bump the U.S. out of the top rank in less than a decade. Beijing is increasingly looking beyond China's borders, toward investment in Asia and across the world. What does China's massive One Belt One Road initiative mean for America?					
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#508H
01:00:00	The Lowertown Line. Bruise Violet	APTEX	(S)	(CC)	N/A	#124H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#110H
	Artists: Tim Easton, Talisha Holmes, Nathan Bell, Mark Brinkman, and hosted by songwriter Eric Gnezda. Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. He sings "Elmore James." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Follow Me." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "Names." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings, "Broken-In Friends and Worn-Out Shoes."					
02:00:00	Live from the Artists Den Panic! at the Disco	APTEX	(S)	(CC)	N/A	#1101H
	Downtown Los Angeles' historic Mayan Theater provided a spectacular backdrop for Panic! At the Disco's taping of Live from the Artists Den. The LA-based band, led by frontman Brendon Urie, offered a boisterous performance highlighting material from their critically acclaimed new album Death of a Bachelor, which was released on January 15th via DCD2/Fueled By Ramen and debuted at No. 1 on the Billboard 200 Chart. Urie and crew revisited favorites like "Time To Dance" and "Nine In The Afternoon," as well as new tracks like "Victorious" and "Hallelujah." Five hundred of the band's fans filled the ornate theater, which was originally built in 1927, and lent their voices to the night's closing song and fan favorite, "I Write Sins Not Tragedies."					
03:00:00	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.					
04:00:00	Afropop: The Ultimate Cultural Exchange Between Two Shores	APTEX	(S)	(CC)	N/A	#1003H
	This moving documentary tells the story of two mothers' struggles through the immigration bureaucracy of two countries to unite their children born on two different islands, Guadeloupe and the Dominican Republic.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#524
08:00:00	Zula Patrol Larva Or Leave Me/Egg Hunt	APTEX	(S)	(CC)	DVI	#301H
	LARVA OR LEAVE ME - Skip needs the help of The Zula Patrol to find his best friend, Wiggly. On their search, they find out the missing worm isn't a worm at all but a beautiful butterfly. They finally locate her just as she emerges from the chrysalis in her new form. Through their search mission, The Zula Patrol learns about the life cycles of different creatures and about a stage of growth called metamorphosis. Now that she's been found, Wiggly worries that Skip won't like her anymore because she's different. Nonsense! Change is a part of life. EGG HUNT - Deliria hatches an evil plan to steal all of the frogs and their eggs on Zula and use them in her quest to takeover the planet. Wizzy and Wigg catch wind of her scheme and come up with their own plan to stop her. Along the way they discover that the eggs hatch into tadpoles and then grow into frogs through metamorphosis. It's up to Zula to find the stolen eggs and frogs and return them to the planet for the good of all.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights It's A Steal/Which Way Is Up? "It's a Steal" - A suspicious looking man is accused of stealing from his neighbors. The townspeople learn that things are not always what they seem. "Which Way Is Up?" - A family goes in search of a better life but they descend into bickering and hatred when they can't agree on the right path to take. In the end, they learn there is more than one way up the mountain.	NETA	(S)	(CC)	DVI	#110H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 2	ACCES		(CC)	N/A	#104H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
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	It's Sew Easy Vacation Indulgences Take time off and plan a vacation. Designer Kay Whitt makes an easy, comfortable and adjustable waistband for skirts or pants. Sewing educator Joanne Banko makes any day a spa day with a luxurious waffle-weave spa robe with colorful custom trim.	NETA	(S)	(CC)	N/A	#1302H
11:00:00	Knit and Crochet Now Snug-Bug Baby Blankets Join the arm knitting craze. Vanessa Wilson uses only her hands to knit a quick baby blanket with chunky yarn and adds a border. Ellen Gormley shows how to get and maintain gauge. Then, Meredith Crawford crochets sideways to make a sunset-striped baby blanket.	NETA	(S)	(CC)	N/A	#811H
11:30:00	Fons & Porter's Love of Quilting Orange You Sweet? Quilt designer Gina Gempesaw shares an entrancing original quilt block. Gina and host Sara Gallegos simplify the block using a series of techniques from the quilter's toolbox. They set the block in a lovely table runner, which is a wonderful way to test out and showcase new blocks.	NETA	(S)	(CC)	N/A	#3002H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7154H
13:00:00	The Jazzy Vegetarian Meatless-Meatloaf Supper Host Laura Theodore prepares her vegetarian version of traditional meatloaf and mashed potatoes. She begins with "Wonderful Walnut Mushroom Loaf," which is reminiscent of the classic meat version. Low calorie, "Mashed Potatoes and Cauliflower;" taste like creamy mashed spuds without the cream! "Sesame Green Beans" round out the menu. Here's a meal you'll be confident to serve to everyone you are cooking for.	NETA	(S)	(CC)	DVI	#107H
13:30:00	Sara's Weeknight Meals Family Choice 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.	APTEX	(S)	(CC)	N/A	#508H
14:00:00	Joanne Weir Gets Fresh Peppers "Peter Piper Picked a Peck of Pickled Peppers." Try saying that three times fast. Today they're going to cook with a variety of different types of peppers and delicious Italian cheeses to create some amazing dishes. She's going to a wonderful Italian market, and with her student Melissa, they'll make simple pan-roasted Padron peppers with Marcona almonds and Grana Padano, butternut squash and Poblano Gratin, and an amazing pork tenderloin with Marash butter. You will love learning how to cook with fresh, flavorful peppers.	APTEX	(S)	(CC)	N/A	#214H
14:30:00	New Scandinavian Cooking A Whole Salmon In this episode, Andreas takes us to the island of Skrova in northern Norway. The villages along the coast rely on fishing and today traditional fishing coexists with modern aquaculture. Andreas shows how to make his favorite salmon dish using a whole fish before he discloses his secret family waffle recipe.	APTEX	(S)	(CC)	N/A	#608H

Thu, Mar 01, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Katie Brown Workshop Apples  Katie pays tribute to the apple. In the kitchen, Katie makes a shrimp and apple slaw, iceberg apple and bacon salad, and apple cider. Projects: adorable apple centerpieces and personalized apple place cards.	APTEx	(S)	(CC)	DVI	#413H
16:00:00	Biz Kid\$ Money Really Does Grow On Trees  Opportunities to make money are all around you. From products to services, offline to online, and the basics to the bizarre -- this episode explores ways to bring in the bucks if you're too young to get a job. We show you how to make money even if all you have is a good attitude. Kids will walk away with some inspiration, if they're willing to exert the perspiration.	APTEx	(S)	(CC)	N/A	#604H
16:30:00	Hands On Crafts for Kids People  People keep life exciting. Jenny Barnett-Rohrs shows how to tag you and your best friends with matching lanyard tags. Candie Cooper celebrates diversity with whimsical cone kids. She also crafts one-of-a-kind wooden kokeshi dolls. Jenny uses age-old symbols to monoprint a family crest to frame or use for banners.	NETA	(S)	(CC)	DVI	#1906H
17:00:00	P. Allen Smith's Garden Home Your Happy Place  What is your bliss? Do you have one? Let P. Allen Smith help you find and cultivate it.	APTEx	(S)	(CC)	N/A	#1405H
17:30:00	Growing A Greener World Masters of the Edible Landscape (San Francisco, Ca and Mt. Vernon, Wa)  A common misconception of food gardens is that they're ugly and unsuitable in front yards or as ornamental displays. Accordingly, they're typically relegated to out of sight corners in backyards. But landscape design pro Rosalind Creasy has been working to debunk that myth for over 35 years. Even her home garden - starting right at the curb - is so beautiful that passersby usually don't even realize that it's almost exclusively an edible landscape. In this episode, Joe visits another master of gardening and food, international celebrity chef and television host Graham Kerr, a.k.a. "The Galloping Gourmet." His newfound passion for gardening is infectious, and his desire to share a love of growing food is a true inspiration.	APTEx	(S)	(CC)	N/A	#703H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15044H
18:30:00	Consuelo Mack Wealthtrack	APTEx	(S)	(CC)	N/A	#1436H
19:00:00	NHK Newsline	APTEx	(S)	(CC)	N/A	#8239
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1303H
20:00:00	Backstage Pass Best of Blues  Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.	NETA	(S)	(CC)	N/A	#720H
20:30:00	Music Voyager Telluride  Telluride, Colorado, a small city nestled in a breathtaking valley high in the Rocky Mountains, is a creative jewel that blends an adventurous spirit with creative energy. The Music Voyager team is invited to explore the multiple festivals that call Telluride home, from Blues & Brews, to Mushroom, Mountainfilm, Bluegrass and Jazz. The journey to one of America's great small towns reveals why Telluride has long been a haven for explorers, adventurers, fortune seekers and people looking for an escape from the rat race. Local musicians, artists, microbrewers, chefs and outdoorsmen demonstrate that Telluride is a vibrant and creative community as well as a world-class destination for live music, film, and the arts.	APTEx	(S)	(CC)	N/A	#601H

Thu, Mar 01, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	All-Star Orchestra Russian Treasures	APTEX	(S)	(CC)	N/A	#301H
	Mussorgsky/Ravel - Pictures at an Exhibition. The beloved orchestral showpiece: a series of unforgettable musical portraits, with a roof-raising finale "The Great Gate of Kiev." Prokofiev - Romeo and Juliet - excerpts from the ballet The dramatic selection will include: Capulets and Montagues, the Dance of the Knights, Portrait of Young Juliet, Scene at the Ball, the Fight, and The Death of Tybalt.					
22:00:00	Black Ballerina	APTEX	(S)	(CC)	N/A	#0H
	BLACK BALLERINA is a story of passion, opportunity, heartbreak and triumph of the human spirit. Set in the over-whelmingly white world of classical dance, it tells the stories of several black women from different generations who fell in love with ballet. Sixty years ago, while pursuing their dreams of careers in classical dance, Joan Myers Brown, Delores Browne and Raven Wilkinson (the Ballet Russe de Monte Carlo's first black ballerina) confronted racism, exclusion and unequal opportunity in segregated mid-century America. In 2015, three young black women also pursue careers as ballerinas, and find that many of the same obstacles their predecessors faced are still evident in the ballet world today. Through interviews with current and former ballet dancers along with engaging archival photos and film, the one-hour documentary uses the ethereal world of ballet to engage viewers on a subject that reaches far outside the art world and compels viewers to think about larger issues of exclusion, equal opportunity and change.					
23:00:00	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.					

Fri, Mar 02, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	American Forum Crossing President Trump Former Acting U.S. Attorney General SALLY YATES on her clash with President Donald J. Trump, the Russia investigation, and the risks of rolling back criminal justice reform.	NETA	(S)	(CC)	N/A	#318H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1211H
01:00:00	Backstage Pass Best of Blues Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.	NETA	(S)	(CC)	N/A	#720H
01:30:00	Music Voyager Telluride Telluride, Colorado, a small city nestled in a breathtaking valley high in the Rocky Mountains, is a creative jewel that blends an adventurous spirit with creative energy. The Music Voyager team is invited to explore the multiple festivals that call Telluride home, from Blues & Brews, to Mushroom, Mountainfilm, Bluegrass and Jazz. The journey to one of America's great small towns reveals why Telluride has long been a haven for explorers, adventurers, fortune seekers and people looking for an escape from the rat race. Local musicians, artists, microbrewers, chefs and outdoorsmen demonstrate that Telluride is a vibrant and creative community as well as a world-class destination for live music, film, and the arts.	APTEX	(S)	(CC)	N/A	#601H
02:00:00	All-Star Orchestra Russian Treasures Mussorgsky/Ravel - Pictures at an Exhibition. The beloved orchestral showpiece: a series of unforgettable musical portraits, with a roof-raising finale "The Great Gate of Kiev." Prokofiev - Romeo and Juliet - excerpts from the ballet The dramatic selection will include: Capulets and Montagues, the Dance of the Knights, Portrait of Young Juliet, Scene at the Ball, the Fight, and The Death of Tybalt.	APTEX	(S)	(CC)	N/A	#301H
03:00:00	Black Ballerina BLACK BALLERINA is a story of passion, opportunity, heartbreak and triumph of the human spirit. Set in the over-whelmingly white world of classical dance, it tells the stories of several black women from different generations who fell in love with ballet. Sixty years ago, while pursuing their dreams of careers in classical dance, Joan Myers Brown, Delores Browne and Raven Wilkinson (the Ballet Russe de Monte Carlo's first black ballerina) confronted racism, exclusion and unequal opportunity in segregated mid-century America. In 2015, three young black women also pursue careers as ballerinas, and find that many of the same obstacles their predecessors faced are still evident in the ballet world today. Through interviews with current and former ballet dancers along with engaging archival photos and film, the one-hour documentary uses the ethereal world of ballet to engage viewers on a subject that reaches far outside the art world and compels viewers to think about larger issues of exclusion, equal opportunity and change.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Closing The Gap: 50 Years Seeking Equal Pay 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.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#525
08:00:00	Zula Patrol Spin Control: The Venus Effect/Crater Raters: Journey to Mercury SPIN CONTROL: THE VENUS EFFECT - Venus refuses to pose for a picture on Multo's Mega-Map of the Solar System because she feels that she doesn't fit in with the other planets. The Zula Patrol figures out how unique Venus is, then (with some musical help from Wizzy and Wigg) manage to convince her that having a "retrograde" rotation really rocks! CRATER RATERS: JOURNEY TO MERCURY - The Zulean Crater Rater Society is late in arriving for Multo's luncheon and that means trouble. The Zula Patrol must race to the planet Mercury to rescue the Raters from the clutches of Dark Truder - who wants to use their knowledge of craters to build a gigantic golf course where even HE can't miss the holes.	APTEX	(S)	(CC)	DVI	#302H

Fri, Mar 02, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights To Hatch A Thief/The Gift of Norooz "To Hatch a Thief" - When ordinary townspeople resort to stealing, they soon learn what it's like to have to live among thieves. "The Gift of Norooz" - A poor family learns the true spirit of giving during the Persian New Year.	NETA	(S)	(CC)	DVI	#111H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Relief	ACCES		(CC)	N/A	#105H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#927H
10:00:00	Sit and Be Fit 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
10:30:00	It's Sew Easy On The Go Arrive on time and in style. Embroidery expert Eileen Roche embroiders colorful and cool watchbands to add style to any outfit. Using versatile hardware, Carolina Moore creates the ultimate travel bag with roomy pockets for all your take-alongs. Upcycle designer Michelle Paganini has a tip for re-purposing notions and trims from resale garments.	NETA	(S)	(CC)	N/A	#1303H
11:00:00	Knit and Crochet Now Tunics A La Mode Catch the latest fashion trend with tunics. Knit a long summer top that is perfect for layering with Kristen Mangus. Lena Skvagerson shares great seaming techniques in the technique corner. From the bottom up, Ellen Gormley crochets an easy-fitting top with wide sleeves and a trendy hood.	NETA	(S)	(CC)	N/A	#812H
11:30:00	Fons & Porter's Love of Quilting Parisian Posies Hexagons abound in Parisian Posies, a lovely, small quilt constructed with English paper piecing. Designer Felicia Brenoe created this quilt using voile rather than quilting cotton, giving it an unusual, luxurious feel. Felicia and host Sara Gallegos share tips for working with voile, as well as a few other lessons that help when constructing this style quilt.	NETA	(S)	(CC)	N/A	#3003H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7155H
13:00:00	Cooking Odyssey Livadia Join Chef Michalis as he visits Persephone's Playground, visits an organic farm where he gathers freshly picked ingredients for a special fish soup, tours the Historical and Ethnological Museum of Greece and the Nazi Victims Museum.	NETA	(S)	(CC)	N/A	#309H
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	Kitchen Wisdom of Cecilia Chiang Last Flight Out of Shanghai Less than a decade after fleeing the Japanese, Cecilia now married and with a young family, caught the last flight out of Shanghai as the communist revolution swept over China. The family relocated to Tokyo where, at a dinner for an ambassador, Cecilia got her first taste of raw fish. Cecilia didn't love it and didn't love living as an ex-pat in the land of her former occupiers, so she sailed on the SS Woodrow Wilson into San Francisco to visit her number seven sister. Though she never learned how to cook, she ended up opening the Mandarin restaurant and never left. In this episode, Cecilia joins Chef Keiko Takahashi, the first Japanese woman in the world to win a Michelin star. She and her husband run Keiko on Nob Hill, a place that feels like a private club, and where the luxurious cooking has a distinct feminine style to it. Cecilia shows Keiko the simplicity of the Mandarin's whole steamed bass with ginger and scallions. Keiko reciprocates with an amazing 12 pound slab of Bluefin "Toro" tuna flown in from Japan. Keiko artfully butchers the Toro by fat content and turns it into a delicate and drop-dead tuna sashimi that Cecilia has no trouble devouring.	APTEX	(S)	(CC)	DVI	#105H

Fri, Mar 02, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Jacques Pepin: Heart & Soul Heirloom Favorites	APTEX	(S)	(CC)	N/A	#122H
	Jacques cooks down memory lane, sharing anecdotes from his childhood along the way. First, there's a quick tutorial on how to skin a salami. Next, a classic dumpling dish renowned in Lyon, France, follows as Jacques recreates his family's recipe of ricotta quenelles, poached to perfection. He goes on to show off more of his knife skills, filleting a whole fish in preparation for flounder with lemon butter. Then another family favorite: Jacques simmers a satisfying saute of rabbit with mushrooms and cream. And for dessert, he brings his mother's apples in lemon sauce recipe back to life with fresh and simple ingredients.					
15:00:00	Beads, Baubles and Jewels Inspired By Books and Movies	NETA	(S)	(CC)	N/A	#2403H
	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.					
15:30:00	Katie Brown Workshop Reuse	APTEX	(S)	(CC)	DVI	#414H
	Katie finds ingenious ways to use those pesky leftovers. In the kitchen, Katie makes tacos and radish salsa, poached fruit and refreshing herb popsicles. Projects: cork potholder and decorative teacup candelabra.					
16:00:00	Biz Kid\$ Can Money Buy Happiness?	APTEX	(S)	(CC)	N/A	#605H
	Yes, if you're the one giving it away. Hear heart-warming stories of how kids identified a need in their community and used an entrepreneurial mindset to solve it. Be inspired by their ingenuity, and find out how you can do the same to make a difference by becoming a social entrepreneur.					
16:30:00	Hands On Crafts for Kids Animals	NETA	(S)	(CC)	DVI	#1907H
	Animals come in endless varieties. Inspired by ocean creatures, Jenny Barnett-Rohrs creates a sea-life totem. Candy Cooper crafts a piggy bank that holds bills and coins. Artist Franz Spohn adds animation to his favorite animals. Jenny crafts loony llamas from pool noodles.					
17:00:00	P. Allen Smith's Garden Home First Things First	APTEX	(S)	(CC)	N/A	#1406H
	Sometimes the first step is the hardest. Gain confidence and let P. Allen Smith show you how to build a solid foundation in your garden.					
17:30:00	Growing A Greener World The 50-Mile Bouquet: Why Local Matters with Flowers, Too (Skagit Valley, Wa)	APTEX	(S)	(CC)	N/A	#704H
	We've all heard the term "sustainably grown." But have you ever stopped to consider that it can apply to more than food? In fact, the flowers you put on your dinner table (unless you grew them yourself) are likely loaded with pesticides that were applied when they were growing in foreign countries thousands of miles away. While the multi-billion-dollar floral industry creates a beautiful product, the growing practices to bring it to market are anything but. Fortunately, a new and local industry for organic and sustainably grown cut flowers is springing up and gaining momentum all across America. These farmers care deeply about not only their product but also the methods used to grow them. In this episode, Joe visits Jello Mold Farm in the beautiful Skagit Valley, WA to see how this small farm operation has created a successful business while caring for the environment.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15045H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1409H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8240
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1009H
20:00:00	Song of the Mountains Loose Strings / Mike Stevens & Raymond Mclain	NETA	(S)	(CC)	N/A	#1207H

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Fri, Mar 02, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Woodsongs Celebration of Michael Hedges with Andy Mckee and Christie Lenee	NETA	(S)	(CC)	N/A	#1909H
	<p>MICHAEL HEDGES was a trailblazing acoustic guitarist. He pioneered percussive fingerstyle guitar, the influence of which can now be heard in the compositions and playing of many guitarists. Performing on this broadcast: ANDY MCKEE is among the world's finest acoustic guitarists. His youthful energy and attention to song structure and melodic content elevates him above the rest. He entertains both the eye and the ear as he magically transforms the steel string guitar into a full orchestra via his use of altered tunings, tapping, partial capos, percussive hits and a signature two-handed technique. McKee's crossover success has helped him to achieve millions upon millions of YouTube viewers, underscoring his emergence as one of today's most unique and influential artists. McKee is the first artist to be signed CGP Sounds, the record label founded by fellow guitarist Tommy Emmanuel. 'Live Book' is McKee's first release for the label. CHRISTIE LENEEN is often compared to guitar visionaries like Michael Hedges, Joni Mitchell and Dave Matthews- fusing folky/funky playfulness with pop/rock inspired songs and virtuosic guitar compositions. Being a compositional pioneer for this product inspired an abundance of innovative techniques and a unique percussive approach to the guitar. Christie is now in the process of mixing tracks for her next album that will deliver her innovative music, empowering vocals and inspirational lyrics. WoodSongs Kid: Logan Florence is 15-year-old guitarist from Lexington, Kentucky. Andy McKee and Michael Hedges are two of Logan's guitar heroes.</p>					
22:00:00	Film School Shorts Stranger Desires	NETA	(S)	(CC)	N/A	#505H
	<p>Tom and Myrna are looking for love in all the wrong places in two stories of ill-advised affection: Tom by Michael Smigiel and Mr. Lamb by Jean Pesce.</p>					
22:30:00	On Story Chris Cooper: A Conversation On Acting	NETA	(S)	(CC)	N/A	#609H
	<p>Chris Cooper, the Academy Award winning Best Supporting Actor, for his role in the comedy-drama Adaptation, discusses his acting career in both film and television. Cooper looks back on how he managed to navigate through his roles in iconic films such as Lone Star, Adaptation, American Beauty, Seabiscuit, and August: Osage County among many others.</p>					
23:00:00	Science Goes to the Movies The Accountant	EPS	(S)	(CC)	N/A	#309H
	<p>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.</p>					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1118H

Sat, Mar 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Does Consciousness Defeat Materialism? Does anything exist beyond the physical world? If yes, could consciousness undermine materialism? If no, could consciousness confirm materialism? It's the big test.	EPS	(S)	(CC)	N/A	#1609H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1009H
01:00:00	Song of the Mountains Loose Strings / Mike Stevens & Raymond Mclain	NETA	(S)	(CC)	N/A	#1207H
02:00:00	Woodsongs Celebration of Michael Hedges with Andy Mckee and Christie Lenee MICHAEL HEDGES was a trailblazing acoustic guitarist. He pioneered percussive fingerstyle guitar, the influence of which can now be heard in the compositions and playing of many guitarists. Performing on this broadcast: ANDY MCKEE is among the world's finest acoustic guitarists. His youthful energy and attention to song structure and melodic content elevates him above the rest. He entertains both the eye and the ear as he magically transforms the steel string guitar into a full orchestra via his use of altered tunings, tapping, partial capos, percussive hits and a signature two-handed technique. McKee's crossover success has helped him to achieve millions upon millions of YouTube viewers, underscoring his emergence as one of today's most unique and influential artists. McKee is the first artist to be signed CGP Sounds, the record label founded by fellow guitarist Tommy Emmanuel. 'Live Book' is McKee's first release for the label. CHRISTIE LENEEN is often compared to guitar visionaries like Michael Hedges, Joni Mitchell and Dave Matthews- fusing folk/funky playfulness with pop/rock inspired songs and virtuosic guitar compositions. Being a compositional pioneer for this product inspired an abundance of innovative techniques and a unique percussive approach to the guitar. Christie is now in the process of mixing tracks for her next album that will deliver her innovative music, empowering vocals and inspirational lyrics. WoodSongs Kid: Logan Florence is 15-year-old guitarist from Lexington, Kentucky. Andy McKee and Michael Hedges are two of Logan's guitar heroes.	NETA	(S)	(CC)	N/A	#1909H
03:00:00	Film School Shorts Stranger Desires Tom and Myrna are looking for love in all the wrong places in two stories of ill-advised affection: Tom by Michael Smigiel and Mr. Lamb by Jean Pesce.	NETA	(S)	(CC)	N/A	#505H
03:30:00	On Story Chris Cooper: A Conversation On Acting Chris Cooper, the Academy Award winning Best Supporting Actor, for his role in the comedy-drama Adaptation, discusses his acting career in both film and television. Cooper looks back on how he managed to navigate through his roles in iconic films such as Lone Star, Adaptation, American Beauty, Seabiscuit, and August: Osage County among many others.	NETA	(S)	(CC)	N/A	#609H
04:00:00	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
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1118H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#526
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Roses and Lace The painting demonstrated today is so soft and romantic with its lace border. Gary paints his trademark style of Roses that he is so well known for. Pastel Tea Roses, small lavender colored flowers, buds and leaves make a beautiful composition.	APTEX	(S)	(CC)	N/A	#307H
08:30:00	Painting with Wilson Bickford Butterflies and Daisies, Part 1 The sight of a butterfly is a sure sign that spring is here. Wilson paints a beautiful yellow Sulphur butterfly about to land in a field of daisies.	NETA	(S)	(CC)	N/A	#301H
09:00:00	Landscapes Through Time with David Dunlop Jmw Turner at the Harbor of Honfleur David visits the dramatic Northern French Coast of Normandy at the harbor of Honfleur with its distinctive skyline - a favorite location of Joseph Mallord William Turner (1775-1851). Acknowledged as one of history's greatest landscape watercolorist, Turner deftly transfers his innovative watercolor techniques to his oil painting. David explores this remarkable series of innovations while considering Turner's techniques and composition, borrowed from the atmospheric perspective and freely interpreted landscapes of 17th century French landscape master Claude Lorrain.	NETA	(S)	(CC)	DVI	#106H

Sat, Mar 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
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	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H
11:00:00	Delicious TV's Vegan Mashup Fast Food Magic You'll never have to say, but I don't have time to cook vegan again. Toni Fiore is making a classic Italian dish Pasta with Chickpeas and Tomatoes. Terry Hope Romero is making Coconut Bacon you can top anything including her Kale Tomato Salad. Raw food artist Elizabeth Fraser is shares her No-bake Apple Crisp. And Victor Robinson and his daughter are making Gazpacho with veggies plucked from there garden.	NETA	(S)	(CC)	DVI	#302H
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 Baltimore, Maryland - Duff Goldman and Bryan Voltaggio Pete takes on blue crab country on this episode of Moveable Feast with Fine Cooking when he joins chefs Duff Goldman and Bryan Voltaggio in Baltimore. After gathering crabs from JM Clayton Seafood Company, the oldest crab-picking house in the U.S., the group visits the small specialty store of Hex Ferments to purchase the best sauerkraut in the area. Pete starts the feast with Thai-style deviled eggs with crab mayo and kraut, while Brian serves a true Maryland blue crab feast and the Ace of Cakes aces it with the classic Smith Island Cake for dessert. Get ready for the crab and cake feast of your dreams, right here on Moveable Feast.	APTEX	(S)	(CC)	N/A	#405H
13:00:00	Expeditions with Patrick Mcmillan Frogs - Spring's Symphony In Peril How many youngsters become fascinated with nature by playing in mud puddles catching tadpoles and frogs? I did. Today, all around the globe, these harbingers of spring are disappearing at an alarming rate. Join Patrick in a race across the region, through the seasons, and against time, to uncover the most secretive, strange, and seldom seen frogs in the Southeast.	APTEX	(S)	(CC)	N/A	#309H
13:30:00	Weekends with Yankee Buried Treasure New England is full of treasures large and small. In this episode, we meet lobsterman and photographer Joel Woods, who captures intimate portraits of a hidden world-dramatic, gritty, and often-poignant snapshots of life aboard a lobster boat. Next, we set out along the coast of New Hampshire to celebrate local oysters with star chef Jeremy Sewall. And finally, we uncover the world's only authenticated pirate ship-and reveal treasures that have never before been seen in public.	APTEX	(S)	(CC)	N/A	#103H
14:00:00	Rick Steves' Europe Burgundy: Profound France Burgundy is a calm and cultivated corner of France, where nature is as sophisticated as the people. Traditions are strong here. We'll slow down to enjoy the region's edible, drinkable, scenic, and floatable delights. We'll travel on a canal barge, visit a medieval hospice and a modern monastery, build a barrel, appreciate fine Burgundy wine, slurp escargot, and eat very, very well. If you're looking for the quintessential French culture, you'll find it in Burgundy.	APTEX	(S)	(CC)	N/A	#501H

Sat, Mar 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese Iceland: Fire & Ice	APTEX	(S)	(CC)	N/A	#125H
	Explore the majestic country of Iceland with host Richard Wiese. Here, people live in the shadow of Iceland's volcanoes - a land of fire and ice. Join Richard as he explores haunting glaciers and famed geothermal pools. He meets the modern day Vikings and prepares a meal of rotten shark. In the idyllic countryside of Skagafjordur, the community rounds up its sheep on the volcanic terrain after a summer of grazing. It's part family affair, part local celebration.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4612H
	What is a "classical garden," and what might we as gardeners learn from this gardening style? Good questions. GardenSMART visits a remarkable garden and gardener who show us why this garden is considered a national treasure. Be sure to tune in.					
15:30:00	For Your Home All About The Surfaces	APTEX	(S)	(CC)	N/A	#3105H
	New spaces take shape as drywall, hardwood floors and vinyl siding transform the interior and exterior of the bungalow while new doors and windows provide beauty and energy saving advantages. Homeowner, Liz Lowry, works with Ron, the finish carpenter, to recycle two old wooden doors into headboards for two of her three children's bedrooms.					
16:00:00	Drexel Interview Deborah Lipstadt	NETA		(CC)	N/A	#506H
	As an historian, author, and professor of Modern Jewish History and Holocaust Studies, Deborah Lipstadt has spent decades spearheading the effort to challenge Holocaust denial all across the world. Author of seminal works Denying the Holocaust: The Growing Assault on Truth and Memory and History on Trial: My Day in Court with a Holocaust Denier, Lipstadt's life and work are now central to Denial, a major film release starring Rachel Weisz as Lipstadt herself. In this interview, Host Paula Marantz Cohen speaks with Lipstadt about details related to the international trial associated with History on Trial, the role of free speech in Holocaust denial, and the adaptation of Lipstadt's life and experiences on the big screen.					
16:30:00	Overheard with Evan Smith Khizr Khan, Activist/Author	NETA	(S)	(CC)	N/A	#815H
	Khizr Khan is the Gold Star father, author, and a Constitutional Rights Advocate. He attended Punjab University Law School in Pakistan before moving to the US where he attended Harvard Law. In 2016, he and his wife Ghazala spoke at the Democratic National Convention. Khan's latest book is titled An American Family: A Memoir of Hope and Sacrifice.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Tool Maker	APTEX	(S)	(CC)	N/A	#305H
	Seth Gould could easily be called one of the rock-stars of metalsmithing. Host Eric Gorges heads South to the Appalachian Mountains in North Carolina and the famed Penland School of Crafts to learn from this amazing craftsman. In this episode Eric and Seth make a breathtaking hammer.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3609H
18:30:00	The Open Mind Combating Extremism Online	NETA		(CC)	N/A	#3833H
	Guest: Mark Wallace and Hany Farid. Counter Extremism Project CEO Mark Wallace and Dartmouth Computer Science Chair Hany Farid discuss how they campaigned successfully to remove online extremist propaganda.					
19:00:00	Closer to Truth Does Consciousness Defeat Materialism?	EPS	(S)	(CC)	N/A	#1609H
	Does anything exist beyond the physical world? If yes, could consciousness undermine materialism? If no, could consciousness confirm materialism? It's the big test.					
19:30:00	American Forum Mis-Remembering The Civil War	NETA	(S)	(CC)	N/A	#314H
	Historian ED AYRES on Civil War truth, why Confederate monuments still divide us, and the Charlottesville tragedy.					

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Sat, Mar 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Speakeasy Nick Mason and David Fricke	APTEX	(S)	(CC)	N/A	#303H
	Nick Mason is best known as the drummer of legendary rock band Pink Floyd. He is the only member of Pink Floyd to be featured on every one of their albums and is the only constant member of the band since its formation in 1965. Mason takes the stage opposite David Fricke, senior editor of Rolling Stonemagazine. The pair discuss the early days of Pink Floyd, groupies, space, and the legacy of Pink Floyd.					
21:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles	APTEX	(S)	(CC)	N/A	#709H
	Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, That Girl, hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, Playing with Fire, released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."					
22:00:00	Globe Trekker Food Hour: The Story of Beef	APTEX	(S)	(CC)	N/A	#1614H
	The tradition of eating beef has passed down generations to become an integral part for many of our regular diets. By providing precious protein, and packed with fatty calories, beef has come to be regarded as an important ingredient for human survival. Along with fellow presenters sharing delicacies from around the globe, this informative and entertaining episode joins Kate Comer on a voyage to discover the extraordinary journey behind the world's favorite red meat. The story of beef would not be complete without seeing Zay Harding attempt to eat a 72-ounce steak.					
23:00:00	Arts In Context Passing It Forward	NETA		(CC)	N/A	#704H
	With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.					
23:30:00	Articulate with Jim Cotter The Ghetto Potter	APTEX	(S)	(CC)	N/A	#103H
	The ceramics of Roberto Lugo pay homage to their classical past but are firmly rooted in the realities of his inner city upbringing. Changing Minds About Climate Change - Two artists are helping to reinvigorate the conversation about climate change by presenting its truths more... artfully. Gerald Busby's Lust for Life - Composer Gerald Busby could not have guessed that after surviving heartbreak, HIV and drug addiction, he would experience an artistic rebirth in his twilight years.					

Sun, Mar 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Does Consciousness Defeat Materialism? Does anything exist beyond the physical world? If yes, could consciousness undermine materialism? If no, could consciousness confirm materialism? It's the big test.	EPS	(S)	(CC)	N/A	#1609H
00:30:00	American Forum Mis-Remembering The Civil War Historian ED AYRES on Civil War truth, why Confederate monuments still divide us, and the Charlottesville tragedy.	NETA	(S)	(CC)	N/A	#314H
01:00:00	Speakeasy Nick Mason and David Fricke Nick Mason is best known as the drummer of legendary rock band Pink Floyd. He is the only member of Pink Floyd to be featured on every one of their albums and is the only constant member of the band since its formation in 1965. Mason takes the stage opposite David Fricke, senior editor of Rolling Stonemagazine. The pair discuss the early days of Pink Floyd, groupies, space, and the legacy of Pink Floyd.	APTEx	(S)	(CC)	N/A	#303H
02:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, That Girl, hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, Playing with Fire, released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."	APTEx	(S)	(CC)	N/A	#709H
03:00:00	Globe Trekker Food Hour: The Story of Beef The tradition of eating beef has passed down generations to become an integral part for many of our regular diets. By providing precious protein, and packed with fatty calories, beef has come to be regarded as an important ingredient for human survival. Along with fellow presenters sharing delicacies from around the globe, this informative and entertaining episode joins Kate Comer on a voyage to discover the extraordinary journey behind the world's favorite red meat. The story of beef would not be complete without seeing Zay Harding attempt to eat a 72-ounce steak.	APTEx	(S)	(CC)	N/A	#1614H
04:00:00	Arts In Context Passing It Forward With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.	NETA		(CC)	N/A	#704H
04:30:00	Articulate with Jim Cotter The Ghetto Potter The ceramics of Roberto Lugo pay homage to their classical past but are firmly rooted in the realities of his inner city upbringing. Changing Minds About Climate Change - Two artists are helping to reinvigorate the conversation about climate change by presenting its truths more... artfully. Gerald Busby's Lust for Life - Composer Gerald Busby could not have guessed that after surviving heartbreak, HIV and drug addiction, he would experience an artistic rebirth in his twilight years.	APTEx	(S)	(CC)	N/A	#103H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#527
08:00:00	Painting and Travel with Roger & Sarah Bansemer Lanier Mansion Roger and Sarah Bansemer visit the Ohio River and Madison, Indiana. Sarah tours the town and historic Lanier Mansion while Roger captures the light while putting his paints to canvas.	NETA	(S)	(CC)	N/A	#113H
08:30:00	Painting with Paulson Dreamy Waterfall Part II	NETA	(S)	(CC)	N/A	#1502H
09:00:00	Wyland's Art Studio Pipeline Wave Art Lesson: Brush technique. Learn the feel of the paint on the brush: to know how much paint is needed for a thick or thin application of color. The thicker the paint, the richer the darks, and the lighter the lights. Like any skill, learning brush strokes happens through patience and practice. Wyland's depiction of a wave at the famous pipeline, off the north shore of Oahu, creates a perfect testing ground for brushwork. Discover how to hold a brush loaded with paint and still make a sensitive stroke so almost no paint comes off. Skills acquired here may be refined for further practice.	APTEx		(CC)	N/A	#603H

Sun, Mar 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hips, Knees & Foot Workout	APTEX	(S)	(CC)	DVI	#929H
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	Power Yoga: Mind and Body Core-Abs/Back - Version One With Ustrasana, Charlie Chaplin-asana, Fish/Matsyasana and others.	APTEX	(S)	(CC)	N/A	#105
11:00:00	Neven Maguire: Home Chef Graham Neville, head chef in Residence on St. Stephen's Green in Dublin prepares lamb tartare and a turbot main course. Later, Neven makes smoked belly of pork and a coconut pudding.	APTEX	(S)	(CC)	N/A	#105H
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 with Red Wine - Cucinando Con Vino Rosso Mary Ann visits vintner Vahe Keushguerian, owner of Le Corte winery in Italy where she learns what it takes to make world-class wines. Then she joins Vahe in his kitchen where he cooks Penne with Wine. Then Mary Ann continues her all-wine program, nella cucina, as she prepares a quick dish, Chicken with Olives. And what's for dessert? You guessed it, Red Wine Cake. Salute e buon appetito.	NETA	(S)	(CC)	N/A	#2520H
12:30:00	Mike Colameco's Real Food Linton Street The LES is on a roll and nowhere is this more obvious than the frenetic food scene on Clinton St. We'll tour Sushi Ko, Seoul Wings, Ivan ramen, the Black Crescent bar, Azasu Izakaya and Thelma on Clinton.	NETA	(S)	(CC)	N/A	#1406H
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Little Greece Mickela celebrates the annual St. Nicholas feast with the Greek-American community in Queens, while also finding local heroes who keep the Greek culture alive.	APTEX	(S)	(CC)	DVI	#205H
13:30:00	Travel Detective with Peter Greenberg Hidden Gems of Ras Al-Khaimah CBS News Travel Editor Peter Greenberg introduces us to an emirate in the UAE that most of you have never even heard of, called Ras Al-Khaimah. Plus, The Homestead in Virginia is the first resort ever built in the United States. Learn about its colonial heritage - it's a true hotel with a past. And, fans of "Game of Thrones" know Dubrovnik as the site of the fictional capital King's Landing. But, there's plenty more to see in this Croatian city, including medieval architecture, and gorgeous views of the Adriatic Sea.	NETA	(S)	(CC)	N/A	#404H
14:00:00	Wild Photo Adventures The Art of Concealment Host and professional wildlife photographer Doug Gardner shows what it takes to find and hide from various wildlife in order to photograph them.	NETA	(S)	(CC)	DVI	#311H
14:30:00	Destination Craft with Jim West India Jim West travels to Jaipur, India where master artisans teach wood block printing, create henna designs, along with miniature painting and brass inlay work. He also creates rangoli designs from rice and flowers, visits a family who make puppets in the Kathputhli Slums and creates India's staple dish-dal bhat tarkari.	APTEX	(S)	(CC)	N/A	#105H
15:00:00	Woodsmith Shop Serving In Style Key techniques for creating an elegant serving tray are featured in Details of Craftsmanship. Then learn about the basics of building drawers.	NETA	(S)	(CC)	N/A	#1005H

Sun, Mar 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	American Woodshop Triple Turnings Three great gifts! Pens, peppermills and smartphone amplifiers.	NETA	(S)	(CC)	N/A	#2201H
16:00:00	Happy Yoga with Sarah Starr Forest Cove Rejuvenate inside a lush forest cove as we get those good endorphins flowing, feeling replenished with gentle stretching for all your major muscles, including legs, hips, back, shoulders and neck, using a chair for support.	NETA	(S)	(CC)	N/A	#101H
16:30:00	Second Opinion Lead Poisoning Even small amounts of lead can cause serious health problems-particularly in young children. While the national media focuses on Flint, Michigan, patient Yvette Reynolds shares her personal story, taking viewers behind the headlines of what some have called a national epidemic.	APTEX	(S)	(CC)	N/A	#1308H
17:00:00	Natural Health Breakthroughs with Brenda Watson Microbiome The amazing world of microbes in our guts: what are they, what do they do, etc. - Rob Knight, PhD: Prof. of Chemistry and Biochemistry, Univ. of Colorado at Boulder; co-leader of The American Gut Project. When gut microbes go bad - Ellen Li, MD: Division Chief, Gastroenterology and Hepatology, Stony Brook Univ. School of Medicine; why C. diff happens, and why it's so hard to eradicate. Using fecal microbial transplants to cure C. diff - Lawrence Fiedler, MD: Boca Raton gastroenterologist who helped pioneer use of fecal microbial transplants in his regional hospital // Charles Posternack, MD, Prof. of Clinical Biomedical Science and Assoc. Dean for Academic Affairs at Boca Raton Regional Hosp. Providing safe FMT materials for doctors and their patients - James Burgess, Exec. Director, OpenBiome; how this non-profit established by MIT students and faculty has become the leading provider of safe fecal microbial materials for use in treating C. diff. Studying gut microbes will lead to many more health breakthroughs - Leonard Smith, MD: retired surgeon sums up recent findings that reinforce the gut microbiome's role in overall health. Personal story - Barbara Abel/Beverly Mabee: Barbara arranges for her desperately ill twin sister Beverly to have a fecal microbial transplant, a last-chance attempt to stop a chronic C. diff infection from taking her life.	EPS	(S)	(CC)	N/A	#104H
17:30:00	Well Read Tracy Kidder, A Trunk Full of Money Author Tracy Kidder, the "master of the nonfiction narrative" tells the story of Paul English - founder of Kayak.com - a kinetic and unconventional inventor and entrepreneur, who as a boy rebelled against authority. Kidder casts a fresh, critical, and often-humorous eye on the way new ideas and new money are reshaping our culture and the world.	APTEX	(S)	(CC)	N/A	#608H
18:00:00	California's Gold Old-Fashioned Harvest Huell attends a lively recreation of an old-fashioned harvest near Modesto where the participants use vintage equipment and farming techniques while dressed in authentic attire.	KCET		(CC)	N/A	#5004
18:30:00	Joseph Rosendo's Travelscope Hong Kong - A City of Festivals Hong Kong may be Asia's World City, yet its people still cherish their tradition and the richness it brings their lives. In this new Hong Kong episode, Joseph returns for the annual Dragon Boat Festival. He discovers the festival is more than a race as it honors the integrity and devotion of poet, Qu Yuan, who sacrificed himself rather than live in a corrupt world. As part of the cultural celebration he makes traditional rice dumpling, learns the myths behind the dragon boat legend and design and speaks with participants in the local races on Lamma Island. On Cheung Chau, one of Hong Kong's 263 islands, he greets the early morning fishing boats, witnesses the islander's art of fish ball making, climbs through a UNESCO reserve and relaxes on the beach. During his Hong Kong stay, the 15th anniversary of the British handover of Hong Kong to China is also celebrated in a spectacular, unforgettable explosion of pyrotechnics.	APTEX	(S)	(CC)	DVI	#702H
19:00:00	Blackademics Television Glover / Thompson An African American High School student talks about challenges and successes in the advanced placement classroom. A music instructor talks about youth empowerment through song.	KNME	(S)	(CC)	N/A	#402H
19:30:00	The Kamla Show Special Rina Shaikh-Lesko	KAMLA	(S)	(CC)	N/A	#152H

Sun, Mar 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Black America The Criminal Justice System with Christina Swarns	EPS	(S)	(CC)	N/A	#121H
	Christina Swarns, Litigation Director of the NAACP Legal Defense and Educational Fund, Inc., which was founded in 1940 by Thurgood Marshall is our guest this week on Black America. For 75 years, The NAACP Legal Defense Fund has fought many battles such as Brown v. Board of Education, the Fair Housing Act, Chicago's discriminatory hiring practices and mandating to test poor children for lead poisoning. President Obama called LDF "the best civil rights law firm in American history". In this episode of Black America, Carol Jenkins will discuss our criminal justice system with Christina Swarns, while focusing on the death penalty.					
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#109H
	Technology Leaders - Host Ernabel Demillo reports on the challenges of breaking the glass ceiling in the tech industry. You'll find many Asian American engineers and computer programmers in the industry, but very few in the boardroom. Guests: Chieh Huang, CEO and Co-Founder of Boxed and Mr Wesley Hom, VP Ascend, Former VP of IBM. Girls Who Code - Reporter Kyung Yoon explains the importance of computer "coding" and how one woman is leading a science revolution, preparing young girls with coding computer skills that will help them with careers in technology and engineering. Guest: Reshma Saujani, Founder of Girls Who Code. Sports 120 App - Reporter Minnie Roh shares the hottest new sports app that highlights everything you need to know in 120 seconds. Guest: Mike Kim, Anchor of Sports 120. Blood Test App and Dongle Device - Reporter Mike Gilliam explains how one blood test dongle and app is saving lives in the U.S. and in developing countries. Guest: Dr. Sam Sia, Associate Professor of Biomedical Engineering, Columbia University.					
21:00:00	West of the West: Tales from California's Channel Island Return	APTEX	(S)	(CC)	N/A	#103H
	12. The Doctor and the Rock Star - This is the story of an odd couple - Dr. Carey Stanton, who owned Santa Cruz Island, and rock star Joe Walsh. Meeting in the 1970s through Marla Daily, they struck up an unusual, and unusually strong, bond that led to Joe putting on an Eagle's concert to help raise the money for the Nature Conservancy's purchase of Santa Cruz Island... and ultimately its protection forever. 13. Cache - After a 20 year quest to find a cave reputed to have been used by the Lone Woman, archeologist Steve Schwartz finally discovers the cave. Only to have his excavation efforts shut down by the Navy. This tale chronicles the turf war over the cave between archeologists, the Navy and various Indian tribes. It also tells the story of an amazing discovery of the Lone Woman's 'cache' by Jon Erlandson and Rene Vellanoweth. And shows the over 200 artifacts they preserved. 14. Island Restoration - Novelist TC Boyle talks about his attraction to the Channel Islands that led him to write two books about them. One, When the Killing is Done, focuses on the showdown between environmentalists and Channel Islands National Park and Nature Conservancy naturalists who wanted to restore the islands to their native state. This is the spine of our tale and leads to discussion of 'who gets to play god' out there, what steps have been taken with various species like the island fox and the bald eagle, and what the results have been.					
22:00:00	Queen of Swing	APTEX	(S)	(CC)	N/A	#0H
	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.					
23:00:00	Balancing The Scales	APTEX	(S)	(CC)	N/A	#0H
	BALANCING THE SCALES provides an insightful look at the story of female lawyers in America. The film chronicles pioneering attorneys, including twins Ruby and Ruth Crawford (who first began practicing law in the 1940s), as well as contemporary stories detailing the challenges that women in the legal profession still face today. Through interviews conducted over the past 20 years with Supreme Court Justice Ruth Bader Ginsburg and her daughter, Columbia law professor Jane Ginsburg; civil rights attorney Gloria Allred and her daughter, attorney and media figure Lisa Bloom; State Supreme Court and Appellate Court Justices; as well as female equity partners, women of color, young associates, and law-school students - the documentary examines a range of topics from discrimination and work/life balance to what it takes to become a partner in today's law firms. BALANCING THE SCALES also explores the persistent cultural bias that childcare is primarily a woman's role, and societal views about the value of care-giving vs. the value of professional careers. Through interviews conducted over the past 20 years with Supreme Court Justice Ruth Bader Ginsburg and her daughter, Columbia law professor Jane Ginsburg; civil rights attorney Gloria Allred and her daughter, attorney and media figure Lisa Bloom; State Supreme Court and Appellate Court Justices; as well as female equity partners, women of color, young associates, and law-school students - the documentary examines a range of topics from discrimination and work/life balance to what it takes to become a partner in today's law firms. BALANCING THE SCALES also explores the persistent cultural bias that childcare is primarily a woman's role, and societal views about the value of care-giving vs. the value of professional careers.					

Mon, Mar 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Glover / Thompson An African American High School student talks about challenges and successes in the advanced placement classroom. A music instructor talks about youth empowerment through song.	KNME	(S)	(CC)	N/A	#402H
00:30:00	The Kamla Show Special Rina Shaikh-Lesko	KAMLA	(S)	(CC)	N/A	#152H
01:00:00	Black America The Criminal Justice System with Christina Swarns Christina Swarns, Litigation Director of the NAACP Legal Defense and Educational Fund, Inc., which was founded in 1940 by Thurgood Marshall is our guest this week on Black America. For 75 years, The NAACP Legal Defense Fund has fought many battles such as Brown v. Board of Education, the Fair Housing Act, Chicago's discriminatory hiring practices and mandating to test poor children for lead poisoning. President Obama called LDF "the best civil rights law firm in American history". In this episode of Black America, Carol Jenkins will discuss our criminal justice system with Christina Swarns, while focusing on the death penalty.	EPS	(S)	(CC)	N/A	#121H
01:30:00	Asian American Life Technology Leaders - Host Ernabel Demillo reports on the challenges of breaking the glass ceiling in the tech industry. You'll find many Asian American engineers and computer programmers in the industry, but very few in the boardroom. Guests: Chieh Huang, CEO and Co-Founder of Boxed and Mr Wesley Hom, VP Ascend, Former VP of IBM. Girls Who Code - Reporter Kyung Yoon explains the importance of computer "coding" and how one woman is leading a science revolution, preparing young girls with coding computer skills that will help them with careers in technology and engineering. Guest: Reshma Saujani, Founder of Girls Who Code. Sports 120 App - Reporter Minnie Roh shares the hottest new sports app that highlights everything you need to know in 120 seconds. Guest: Mike Kim, Anchor of Sports 120. Blood Test App and Dongle Device - Reporter Mike Gilliam explains how one blood test dongle and app is saving lives in the U.S. and in developing countries. Guest: Dr. Sam Sia, Associate Professor of Biomedical Engineering, Columbia University.	EPS	(S)	(CC)	N/A	#109H
02:00:00	West of the West: Tales from California's Channel Island Return 12. The Doctor and the Rock Star - This is the story of an odd couple - Dr. Carey Stanton, who owned Santa Cruz Island, and rock star Joe Walsh. Meeting in the 1970s through Marla Daily, they struck up an unusual, and unusually strong, bond that led to Joe putting on an Eagle's concert to help raise the money for the Nature Conservancy's purchase of Santa Cruz Island... and ultimately its protection forever. 13. Cache - After a 20 year quest to find a cave reputed to have been used by the Lone Woman, archeologist Steve Schwartz finally discovers the cave. Only to have his excavation efforts shut down by the Navy. This tale chronicles the turf war over the cave between archeologists, the Navy and various Indian tribes. It also tells the story of an amazing discovery of the Lone Woman's 'cache' by Jon Erlandson and Rene Vellanoweth. And shows the over 200 artifacts they preserved. 14. Island Restoration - Novelist TC Boyle talks about his attraction to the Channel Islands that led him to write two books about them. One, When the Killing is Done, focuses on the showdown between environmentalists and Channel Islands National Park and Nature Conservancy naturalists who wanted to restore the islands to their native state. This is the spine of our tale and leads to discussion of 'who gets to play god' out there, what steps have been taken with various species like the island fox and the bald eagle, and what the results have been.	APTEX	(S)	(CC)	N/A	#103H
03:00:00	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

Mon, Mar 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
04:00:00	Balancing The Scales BALANCING THE SCALES provides an insightful look at the story of female lawyers in America. The film chronicles pioneering attorneys, including twins Ruby and Ruth Crawford (who first began practicing law in the 1940s), as well as contemporary stories detailing the challenges that women in the legal profession still face today. Through interviews conducted over the past 20 years with Supreme Court Justice Ruth Bader Ginsburg and her daughter, Columbia law professor Jane Ginsburg; civil rights attorney Gloria Allred and her daughter, attorney and media figure Lisa Bloom; State Supreme Court and Appellate Court Justices; as well as female equity partners, women of color, young associates, and law-school students - the documentary examines a range of topics from discrimination and work/life balance to what it takes to become a partner in today's law firms. BALANCING THE SCALES also explores the persistent cultural bias that childcare is primarily a woman's role, and societal views about the value of care-giving vs. the value of professional careers. Through interviews conducted over the past 20 years with Supreme Court Justice Ruth Bader Ginsburg and her daughter, Columbia law professor Jane Ginsburg; civil rights attorney Gloria Allred and her daughter, attorney and media figure Lisa Bloom; State Supreme Court and Appellate Court Justices; as well as female equity partners, women of color, young associates, and law-school students - the documentary examines a range of topics from discrimination and work/life balance to what it takes to become a partner in today's law firms. BALANCING THE SCALES also explores the persistent cultural bias that childcare is primarily a woman's role, and societal views about the value of care-giving vs. the value of professional careers.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#528
08:00:00	Zula Patrol Hey Kids, Amazing Space Monkeys!/The Blorp HEY KIDS, AMAZING SPACE MONKEYS! - Wizzy and Wigg send away for their very own LIVE SPACE MONKEYS. When they add the freeze-dried Space Monkey eggs to water they spring to life. But at night, the Space Monkeys sneak out of their tank, take apart Zula Patrol headquarters and everything in it, roll it all up into a giant mixture, and make off with it. The ZPers have to chase down the aqua-primates and get the mischievous pets to reassemble the pieces to restore HQ. THE BLORP - When Deliria gets her hands on some solid Smellanium and liquid Stenchide she ends up creating a monster concoction she calls "The Blorp." But before long, "The Blorp" takes off on a path of destruction. The Zula Patrol can't figure what the blobish thing is or how to stop it as it almost wipes out their Headquarters and the city of Zulopolis. Wizzy and Wigg finally realize they must separate the solutions that make "The Blorp" tick to stop it in its tracks.	APTEX	(S)	(CC)	DVI	#303H
08:30:00	1001 Nights Creature Karma/Just My Luck "Creature Karma" - A young girl befriends three animals who lead her on an interesting journey. "Just My Luck" - An unlucky man just can't get a break.	NETA	(S)	(CC)	DVI	#112H
09:00:00	Functional Fitness with Suzanne Andrews Anti Aging	ACCES		(CC)	N/A	#106H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Frozen Shoulder (All Standing)	APTEX	(S)	(CC)	DVI	#930H
10:00:00	Sit and Be Fit 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	It's Sew Easy Take It with You Add function and style to what you carry and what you wear. Designer and author Kay Whitt shares ideas for strong and stylish handles for any purse or tote. Upcycle designer Michelle Paganini refashions a shirt, then adds color and high style with a cool double collar. Joanne Banko has a tip for making welt pockets.	NETA	(S)	(CC)	N/A	#1304H
11:00:00	Knit and Crochet Now Wildlife Buddies Get a little wild. Knit a cute koala with a baby on her back. Lena Skvagerson knits all the pieces and adds fuzzy tufts to the ears. Melissa Leapman shows how to read and follow a chart. Then, Meredith Crawford crochets a loveable elephant with a colorful collar.	NETA	(S)	(CC)	N/A	#813H
11:30:00	Fons & Porter's Love of Quilting Patchy Stars Designer Christina McCourt's Patchy Stars is rich with unexpected techniques, including a strip-set corner that looks mitered, but isn't. Host Sara Gallegos and Christina break down the construction of this medallion-style quilt into simple lessons.	NETA	(S)	(CC)	N/A	#3004H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7156H

Mon, Mar 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	America's Test Kitchen from Cook's Illustrated	APTEX	(S)	(CC)	N/A	#1801H
13:30:00	Pati's Mexican Table Street Food Favorites	APTEX	(S)	(CC)	N/A	#408H
	Street food has always been popular, but these days it's booming as more and more chefs are bringing food trucks and stands to the streets! In this episode, Pati visits the city of Guanajuato, known for having some of the best street food in all of Mexico, to highlight some of her favorites. Then, she shows us how we can recreate some of them in our own kitchens. Recipe 1: Cooked and Seasoned Corn; Recipe 2: Miner-Style Enchiladas; Recipe 3: Homemade Cajeta (Dulce de Leche); Recipe 4: Churros con Cajeta.					
14:00:00	Steven Raichlen's Project Smoke Bacon 24 / 7	APTEX	(S)	(CC)	N/A	#107H
	Bacon jam? Bacon ice cream? Where will our bacon mania lead? We open this show with bacon you make from scratch. (It's as simple as curing and smoking a pork belly.) And for people who want a healthier version of bacon, we cure pork loin in fennel brine and smoke it in a ceramic cooker-the Project Smoke twist on Irish bacon. Next up: a spectacular "Tulsa Torpedo"-three pounds of porky goodness encased in a crispy bacon weave. We conclude with a bacon surf and turf in the form of bacon-wrapped Snow Crab Poppers. Bring home the bacon? This episode shows you how. Recipes: Made-From-Scratch Bacon; Canadian Bacon; Tulsa Torpedo (Bacon Weave Sausage Roll); Snow Crab Poppers.					
14:30:00	George Hirsch Lifestyle Home by the Sea	APTEX	(S)	(CC)	N/A	#104H
	George shares his expert tips while preparing seafood chowder, his spin on the classic shrimp salad, and his signature apple berry rhubarb pie. Then, George goes surf casting in Montauk, and shares the beauty of the East End waters for picturesque fishing. He concludes the episode with a pit-stop at a traditional clam bar. Recipes: - Rock Shrimp Salad - Seafood Chowder - Apple Strawberry Rhubarb Pie.					
15:00:00	Beads, Baubles and Jewels Sparkle and Shine	NETA	(S)	(CC)	N/A	#2404H
	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.					
15:30:00	Katie Brown Workshop The Big Game	APTEX	(S)	(CC)	DVI	#415H
	Throw a victorious sports night party. Guest chef Chris Paulk makes sweet potato chips and dip, indoor barbecue ribs and empanadas. Celebrate in style with a turf snack tray and a touchdown centerpiece.					
16:00:00	Biz Kid\$ Financial Freedom	APTEX	(S)	(CC)	N/A	#606H
	Ever try to get to a new destination without looking up the directions? You'll never get rich if you don't set a goal and create a roadmap. Find out how to set financial goals, and stick to them, and how to avoid the pitfalls and dangers of getting sidetracked on your journey to making millions.					
16:30:00	Hands On Crafts for Kids Stylish	NETA	(S)	(CC)	DVI	#1908H
	Freshen up your style statement. Jenny Barnett-Rohrs fashions a colorful ID bracelet from clay and makes a foxy felt animal pouch. Jenny weaves a trendy beaded bracelet of silver and gold. Then, using fabric and ribbon, Jenny creates a decorator-style memo board to stay organized.					
17:00:00	P. Allen Smith's Garden Home Down and Dirty	APTEX	(S)	(CC)	N/A	#1407H
	A day without dirt under the fingernails is a sad day at Moss Mountain Farm. How to get the most out of your soil in this episode of P. Allen Smith's Garden Home.					
17:30:00	Growing A Greener World Dominica: Island Ingenuity In Sustainability (Island of Dominica, The Caribbean)	APTEX	(S)	(CC)	N/A	#705H
	It's been said that necessity is the mother of invention. And when your resources are limited, you quickly learn to make the most of them, while protecting what you have. That's the way of life on one tiny Caribbean island. Commonly known as "The Nature Island," Dominica has unquestionably earned the nickname. Over two-thirds of the island is made up of protected rainforests. On the remaining third, sustainable agriculture and eco-tourism help the nation thrive, while serving as a role model for others. In this episode, Joe travels to the beautiful shores and jungles of Dominica to discover what we can all learn from this small country whose population appreciates what they have and takes nothing for granted.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15046H

Mon, Mar 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Americas Now Guatemala - Fleeing Guatemala/USA - Research Role/Uruguay - 40 Day Carnival	NETA	(S)	(CC)	N/A	#128H
	<p>Guatemala - Fleeing Guatemala In Central America, young migrants are leaving home without parental permission to make a perilous trek to the United States. In search of better economic opportunities, they embark on a journey that Amnesty International has called "one of the world's most dangerous." But not all make it. USA - Research Role Model Though it was once associated as being dominated by men, science is increasingly being redefined by women, many of whom are blazing trails in previously uncharted territory. In Florida, one female scientist has been working hard to claim her space, but also, to bring more scientists like her into the field. Uruguay - 40 Day Carnival Celebrated every year in many Latin America countries, carnival is a festival that has roots in Catholicism. Before Holy Week, traditionally a time for fasting and spiritual introspection, people take to the streets for dancing and debauchery prior to the solemnity that will follow.</p>					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8241
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3609H
20:00:00	The Kate Mary Lambert	APTEX	(S)	(CC)	N/A	#204H
	<p>Pop star, poet, activist, and writer Mary Lambert moves audiences to laughter and tears with her powerful prose, quirky humor, and unwavering compassion on The Kate. Includes the hit song "She Keeps Me Warm."</p>					
21:00:00	Backstage Pass The Accidentals	NETA	(S)	(CC)	N/A	#809H
	<p>Originating in Traverse City, Michigan, The Accidentals bring their genre blending sound to Backstage Pass. The trio are joined by Michigan singer and musician, Jake Allen. Recorded in WKAR's Studio A, The Accidentals perform hits like "Memorial Day," and "Crow's Feet," and "Michigan and Again".</p>					
22:00:00	It's All in the Game: The Leta Andrews Story	APTEX	(S)	(CC)	DVI	#0H
	<p>Narrated by NBA Basketball Hall of Famer Bill Walton, IT'S ALL IN THE GAME profiles Leta Andrews, the all-time winningest high school basketball coach in U.S. history. During her career, Leta posted 1, 416 wins and received numerous honors and awards. Leta entered the coaching profession in the 1960s, in an era before Title IX became law in 1972. Her early career has been described as an anomaly because most, if not all, of her high school coaching competitors were men. During those days, as one of the few women coaches, Leta had to constantly prove herself. Players recognized Leta as a tough, demanding coach who expected the best from her "young ladies" - both on and off the court. No exceptions. She played no favorites, not even with her own three daughters on the team. (All three would go on to play for the University of Texas). Leta witnessed firsthand the evolution of girls basketball, including the change from half court to full court, from a six- to a five-player game, and the creation of the 3-point shot. Her determination, rise from poverty, and the trials and tribulations along the way make quite a story for a rich and engaging biography. In 2014, at the age of 76, Leta retired after 52 years of coaching girls basketball. Over the course of her impressive career, Leta led her teams to 16 state Final Four appearances, and a state championship title in 1990. She was also inducted into the National Women's Basketball Hall of Fame as well as the Texas Sports Hall of Fame, and was named a finalist for the Naismith Memorial Basketball Hall of Fame in 2015.</p>					
23:00:00	Women Outward Bound	APTEX	(S)	(CC)	N/A	#0H
	<p>WOMEN OUTWARD BOUND profiles the first group of young women to participate in an Outward Bound survival school course in 1965, and chronicles their experiences in the wild. It also captures how one month in the woods taught them they could do more than they ever thought possible. During their experience, the young women forged a special bond, and at a reunion 47 years later, the group reminisce about the lessons they learned and the memories they made, with some surprising revelations. They didn't realize it at the time, but they were a part of changing the course of history. The documentary takes the viewer on a journey over many decades with rare archival footage, family home videos, photos and stunning aerial footage of the lush yet challenging Boundary Waters Canoe Area Wilderness. In the end, this film proves that girls could always handle the difficult challenges given by nature-they just needed to be given the chance.</p>					

Tue, Mar 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Guatemala - Fleeing Guatemala/USA - Research Role/Uruguay - 40 Day Carnival	NETA	(S)	(CC)	N/A	#128H
	Guatemala - Fleeing Guatemala In Central America, young migrants are leaving home without parental permission to make a perilous trek to the United States. In search of better economic opportunities, they embark on a journey that Amnesty International has called "one of the world's most dangerous." But not all make it. USA - Research Role Model Though it was once associated as being dominated by men, science is increasingly being redefined by women, many of whom are blazing trails in previously uncharted territory. In Florida, one female scientist has been working hard to claim her space, but also, to bring more scientists like her into the field. Uruguay - 40 Day Carnival Celebrated every year in many Latin America countries, carnival is a festival that has roots in Catholicism. Before Holy Week, traditionally a time for fasting and spiritual introspection, people take to the streets for dancing and debauchery prior to the solemnity that will follow.					
00:30:00	The Open Mind Solutions Journalism and Solutions for Journalism	NETA		(CC)	N/A	#3831H
	Guest: David Bornstein. Solutions Journalism Network CEO and New York Times Fixes columnist David Bornstein discusses the constructive force of journalism.					
01:00:00	The Kate Mary Lambert	APTEX	(S)	(CC)	N/A	#204H
	Pop star, poet, activist, and writer Mary Lambert moves audiences to laughter and tears with her powerful prose, quirky humor, and unwavering compassion on The Kate. Includes the hit song "She Keeps Me Warm."					
02:00:00	Backstage Pass The Accidentals	NETA	(S)	(CC)	N/A	#809H
	Originating in Traverse City, Michigan, The Accidentals bring their genre blending sound to Backstage Pass. The trio are joined by Michigan singer and musician, Jake Allen. Recorded in WKAR's Studio A, The Accidentals perform hits like "Memorial Day," and "Crow's Feet," and "Michigan and Again".					
03:00:00	It's All in the Game: The Leta Andrews Story	APTEX	(S)	(CC)	DVI	#0H
	Narrated by NBA Basketball Hall of Famer Bill Walton, IT'S ALL IN THE GAME profiles Leta Andrews, the all-time winningest high school basketball coach in U.S. history. During her career, Leta posted 1, 416 wins and received numerous honors and awards. Leta entered the coaching profession in the 1960s, in an era before Title IX became law in 1972. Her early career has been described as an anomaly because most, if not all, of her high school coaching competitors were men. During those days, as one of the few women coaches, Leta had to constantly prove herself. Players recognized Leta as a tough, demanding coach who expected the best from her "young ladies" - both on and off the court. No exceptions. She played no favorites, not even with her own three daughters on the team. (All three would go on to play for the University of Texas). Leta witnessed firsthand the evolution of girls basketball, including the change from half court to full court, from a six- to a five-player game, and the creation of the 3-point shot. Her determination, rise from poverty, and the trials and tribulations along the way make quite a story for a rich and engaging biography. In 2014, at the age of 76, Leta retired after 52 years of coaching girls basketball. Over the course of her impressive career, Leta led her teams to 16 state Final Four appearances, and a state championship title in 1990. She was also inducted into the National Women's Basketball Hall of Fame as well as the Texas Sports Hall of Fame, and was named a finalist for the Naismith Memorial Basketball Hall of Fame in 2015.					
04:00:00	Women Outward Bound	APTEX	(S)	(CC)	N/A	#0H
	WOMEN OUTWARD BOUND profiles the first group of young women to participate in an Outward Bound survival school course in 1965, and chronicles their experiences in the wild. It also captures how one month in the woods taught them they could do more than they ever thought possible. During their experience, the young women forged a special bond, and at a reunion 47 years later, the group reminisce about the lessons they learned and the memories they made, with some surprising revelations. They didn't realize it at the time, but they were a part of changing the course of history. The documentary takes the viewer on a journey over many decades with rare archival footage, family home videos, photos and stunning aerial footage of the lush yet challenging Boundary Waters Canoe Area Wilderness. In the end, this film proves that girls could always handle the difficult challenges given by nature-they just needed to be given the chance.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#529
08:00:00	Zula Patrol Vanishing Cream/There Goes The Neighborhood	APTEX	(S)	(CC)	DVI	#304H
	VANISHING CREAM - Deliria and Cloid start a galaxy-wide "beautification" project to remove the craters from every moon, planet and asteroid. When the planets start missing the features that make them unique, it's up to The Zula Patrol to stop Deliria before the problem gets any crater...er, greater. THERE GOES THE NEIGHBORHOOD - Dark Truder has moved his secret hideout into The Zula Patrol's back yard... the nearby Zula Canyon. His very presence is threatening to destroy the ecosystem. As The Zula Patrol fights to keep the destruction of the canyon in check, Wizzy and Wigg uncover fascinating lessons about their habitat... and Dark Truder learns a lesson, too. Well, no, actually he never					
08:30:00	1001 Nights Details, Details...../Sinbad In Solitude	NETA	(S)	(CC)	DVI	#113H
	"Details, Details..." - A loose bolt on a wagon wheel sets in motion a chain of events that ends up destroying an entire town. "Sinbad in Solitude" - A shipwrecked Sinbad and Dina embark on an hilarious voyage that takes them to the exotic island of the Wok Wok women.					

Tue, Mar 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews COPD/Asthma	ACCES		(CC)	N/A	#107H
09:30:00	Classical Stretch: By Essentrics Full Body Workout	APTEX	(S)	(CC)	DVI	#1101H
	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.					
10:00:00	Sit and Be Fit Core Strengthening	NETA	(S)	(CC)	N/A	#1509H
	Mary Ann shares exercises that help build core strength which plays an important role in balance and back strength.					
10:30:00	It's Sew Easy Tropical Destinations	NETA	(S)	(CC)	N/A	#1305H
	Create breezy garments that are your go-to wearables for tropical destinations. Designer Angela Wolf sews a perfect t-shirt to wear alone or under a jacket. Pattern designer and fabric expert Linda Lee shares tips for sewing on sheer fabrics inspired by a beautiful silk chiffon jacket or cover up. Michelle Paganini has more upcycling tips.					
11:00:00	Knit and Crochet Now Lacey Look Cardigans	NETA	(S)	(CC)	N/A	#801H
	That lacey look is always in style. Knit along with Melissa Leapman as she makes a button-front cardigan with a lacey bodice that is knit in one piece. In the technique corner, learn to add a lifeline to lace knit projects. Then, crochet a short-sleeved cover-up with an all-over lace design with Jenny King.					
11:30:00	Fons & Porter's Love of Quilting Freeform Pillow	NETA	(S)	(CC)	N/A	#3005H
	Put your sewing machine through the paces! This silk dupioni pillow, designed by Mallory Donohue, showcases some quilting techniques that you'll want to add to your repertoire. Mallory and host Sara Gallegos walk you through the techniques that result in a curving, freeform design.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7157H
13:00:00	Julie Taboulie's Lebanese Kitchen Street Food Star, Shawarma	APTEX	(S)	(CC)	DVI	#105H
	Julie is serving up her street food star supreme sandwich, shawarma. Succulent, spicy, saucy and shaved off a rotisserie spit, shawarma is one of Lebanon's and the Middle East's most famous street-food sandwiches seen throughout the international and the American street food scene. Translating to "turn" or to "rotate," shawarma lahem is thinly sliced marinated lamb meat that is roasted and lusciously layered with traditional toppings of caramelized onions and stewed tomatoes called khoudra mishwiyeh then topped with tasty and tangy tahini, a sesame seed sauce sprinkled with an array of fresh herbs. Then, this succulent sandwich is all wrapped up in warm pita bread, making this scrumptious sandwich something that you'll want to create, make and taste, time and time again. Julie is sharing some of her special tips, tricks and techniques on how to make her signature street food star sandwich right at home so that you can simply re-create her recipes in your very own kitchen and NO rotisserie spit needed. It's succulent. It's spicy. It's saucy. It's shawarma. Julie Taboulie's supreme street food star sandwich.					
13:30:00	Taste of Louisiana with Chef John Folse & Co. - After The Hunt Smothered Squirrel	APTEX	(S)	(CC)	N/A	#1219H
	Chef Folse prepares squirrel Jambalaya and Goose Jerky and visits the Boat Museum in Lockport, Louisiana.					
14:00:00	Taste of History The Queen of the Caribbean	NETA	(S)	(CC)	N/A	#812H
	The island of Nevis was known as the "Queen of the Caribbean" in the 18th century. Learn how this tiny island impacted history and join Chef Staib as he teams up with local chefs to prepare a plantation-style pig roast feast and more!"					
14:30:00	Christopher Kimball's Milk Street Television Japan Fried Chicken	APTEX	(S)	(CC)	N/A	#113H
	Milk Street Cook Catherine Smart demonstrates a simpler and tastier way to crisp fried chicken as she shows host Christopher Kimball how to make Japanese fried chicken (karaage). Milk Street Cook Rayna Jhaveri shows how Japanese potato salad banishes the bland with its creamy, semi-mashed potatoes contrasted with crisp, piquant ingredients. Milk Street Cook Erika Bruce shows Chris how to make sweet-and-spicy ginger green beans.					

Tue, Mar 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:30:00	Katie Brown Workshop Valentine's Day  Melt your beloved's heart with chef Michelangelo Wescott's recipes: lobster and lemon mashed potatoes, filets Diane and chocolate mousse. Katie adds romance to the table with an arrow placemat and a rose and water arrangement.	APTEX	(S)	(CC)	DVI	#416H
16:00:00	Biz Kid\$ What Is A Biz Kid?  You'll learn that anybody can be a Biz Kid with effort and the right attitude. Biz Kids identify a need, make a plan, and take action. Join us and you'll meet a skateboard designer, a rap music producer, a boy who started a rock-a-thon to raise money for hospital rocking chairs, and more. You'll also discover the entrepreneur who built a wildly successful garden products business on ... worm poop. All successful. All Biz Kids.	APTEX	(S)	(CC)	DVI	#101H
16:30:00	Hands On Crafts for Kids Imagination  Unleash your imagination. Using rolling pins, Jenny Barnett-Rohrs creates all kinds of textures. Candie Cooper creates little superheroes to showcase her creative writing. Franz Spohn draws a picture from a poem and Jenny makes an ever-lasting lunch from felt.	NETA	(S)	(CC)	DVI	#1909H
17:00:00	P. Allen Smith's Garden Home Drink Your Yard  Using herbs in your cooking is one thing, but in your drinks? P. Allen Smith shows you how to create a garden space that plays nicely with a glass.	APTEX	(S)	(CC)	N/A	#1408H
17:30:00	Growing A Greener World Beyond Organic Gardening: The Principles of Permaculture (Raleigh, Nc and  While organic gardening is a great way to work in harmony with nature as we learn to garden and farm without chemicals, permaculture is all that and more. In fact, permaculture is becoming one of the hottest trending terms for those seeking to take their gardening and farming practices to the next earth-friendly level. In this episode, we meet Dr. Will Hooker, who teaches permaculture at North Carolina State University and demonstrates the practices in his own home garden. Then we head to Georgia to visit a community that is incorporating permaculture into their daily farming and gardening practices. This episode offers great take-away information to show some of the simple steps of permaculture while showing that you can still have function and beauty in such a garden.	APTEX	(S)	(CC)	N/A	#706H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15047H
18:30:00	America's Heartland  Farmers respond to changes in getting eggs from the farm to your table. Oklahoma farmers take an unusual path to get crops to market. Hawaii farmers educate visitors about agriculture. A Wisconsin farmer has shows off his woodworking skills.	APTEX	(S)	(CC)	N/A	#1217H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8242
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1410H
20:00:00	Sun Studio Sessions Marc Edgar Stuart  A long-time renowned sessions musician in Memphis, Mark Edgar Stuart has blossomed into an emerging songwriter and winning fans beyond the Bluff City. Steeped in roots music, Stuart is a natural storyteller exploring universal themes in his own way with his unique wit and charm. In this episode, Mark's songwriting talents are on full display as he leads his band through several songs including, "Remote Control," a touching tribute to his later father whose love of Memphis music drew Mark to the city.	NETA	(S)	(CC)	N/A	#813H
20:30:00	Jammin at Hippie Jack's Chuck Johnson and Charlyhorse  Not just a singer-songwriter pouring his heart and soul into his music, Chuck is also a storyteller who weaves songs out of the tales of small southern towns and the roads he has traveled. Charlyhorse is what Americana music strives to be, "Vivid stories in sound, populated by trailer-park queens, hellfire preachers, shuttered cotton mills and down-home philosophers"	NETA	(S)	(CC)	N/A	#1006H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Infinity Hall Live Joss Stone	APTEX	(S)	(CC)	N/A	#503H
	The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.					
22:00:00	Apache 8	NETA	(S)	(CC)	N/A	#0H
	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.					
23:00:00	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.					
23:30:00	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.					

## Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Farmers respond to changes in getting eggs from the farm to your table. Oklahoma farmers take an unusual path to get crops to market. Hawaii farmers educate visitors about agriculture. A Wisconsin farmer has shows off his woodworking skills.	APTEX	(S)	(CC)	N/A	#1217H
00:30:00	Overheard with Evan Smith Khizr Khan, Activist/Author Khizr Khan is the Gold Star father, author, and a Constitutional Rights Advocate. He attended Punjab University Law School in Pakistan before moving to the US where he attended Harvard Law. In 2016, he and his wife Ghazala spoke at the Democratic National Convention. Khan's latest book is titled An American Family: A Memoir of Hope and Sacrifice.	NETA	(S)	(CC)	N/A	#815H
01:00:00	Sun Studio Sessions Marc Edgar Stuart A long-time renowned sessions musician in Memphis, Mark Edgar Stuart has blossomed into an emerging songwriter and winning fans beyond the Bluff City. Steeped in roots music, Stuart is a natural storyteller exploring universal themes in his own way with his unique wit and charm. In this episode, Mark's songwriting talents are on full display as he leads his band through several songs including, "Remote Control," a touching tribute to his later father whose love of Memphis music drew Mark to the city.	NETA	(S)	(CC)	N/A	#813H
01:30:00	Jammin at Hippie Jack's Chuck Johnson and Charlyhorse Not just a singer-songwriter pouring his heart and soul into his music, Chuck is also a storyteller who weaves songs out of the tales of small southern towns and the roads he has traveled. Charlyhorse is what Americana music strives to be, "Vivid stories in sound, populated by trailer-park queens, hellfire preachers, shuttered cotton mills and down-home philosophers"	NETA	(S)	(CC)	N/A	#1006H
02:00:00	Infinity Hall Live Joss Stone The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.	APTEX	(S)	(CC)	N/A	#503H
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	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. 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.	NETA	(S)	(CC)	N/A	#0H
04:30:00	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
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#530

Wed, Mar 07, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol The Missing Elements/Journey to the Center of Gorga	APTEX	(S)	(CC)	DVI	#305H
	THE MISSING ELEMENTS - While Wizzy and Wigg learn about elements, the building blocks of matter, Dark Truder puts his latest devious scheme into action. The plan: use elements to create tools needed to take over the universe. However, his plan goes awry and he accidentally releases several gremlin-like elements from their container. The Zula Patrol steps in to track them down. But the runaways transform themselves into a giant rubber band which sling-shots Truder far into space. Fortunately, in the end, the ZPers convince the homesick elements to return to the Keeper of the Elements and everyone is happy. JOURNEY TO THE CENTER OF GORGA - To help explain chemical reactions, Multo uses the Sizerizer to shrink Bula and Zeeter down to atomic size -- but before they can get back to normal, they must escape from a refrigerator ice tray, bacteria in a container of spoiled milk, and a bowl of sticky cake mix. Unfortunately, Gorga swallows the mix, sending our micro-heroes on a journey to the center of Gorga, learning more about chemical reactions, and even using one to help them get out!					
08:30:00	1001 Nights The Tale of Taymour and Tiny/The Boy and the Panther	NETA	(S)	(CC)	DVI	#114H
	"The Tale Of Taymour And Tiny" - Taymour accidentally knocks an egg out of a bird's nest and decides to care for it. When he does, he gets a big surprise. "The Boy and the Panther" - Nadeem witnesses a crime at the fair and sees that the wrong person gets blamed. Since he wasn't supposed to be there, he can't tell anyone or he'll get in trouble.					
09:00:00	Functional Fitness with Suzanne Andrews Better Balance with the Ball	ACCES		(CC)	N/A	#108H
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 Hip Mobility	NETA	(S)	(CC)	N/A	#1510H
	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.					
10:30:00	It's Sew Easy Travel In Style	NETA	(S)	(CC)	N/A	#1306H
	Be prepared for temperature changes indoors and out. Couture designer Angela Wolf sews a fashion-forward circle sweater with trendy peek-a-boo shoulders. Embroidery expert Eileen Roche captures travel memories in colorful embroidered patches using the most advanced embroidery technology. Sewing educator Joanne Banko has a tip for making an elegant evening bag to pack and take anywhere.					
11:00:00	Knit and Crochet Now Blooming Afghans	NETA	(S)	(CC)	N/A	#802H
	Let stitch patterns bloom in beautiful afghans. Kristen Mangus knits an autumn-inspired afghan with a lush pattern of leaves and berries. Create cabling without a cable needle in the technique corner with Melissa Leapman. Ellen Gormley crochets 3-round squares to make an heirloom lace afghan with elegant tassel fringe.					
11:30:00	Fons & Porter's Love of Quilting Shooting Stars	NETA	(S)	(CC)	N/A	#3006H
	A traditional, 8-pointed star design by Debra Finan is the featured quilt on this episode. Its scrappy look is ideal for fat quarter or 2-1/2" strip collections. Debra and host Sara Gallegos even show you how to re-size the quilt block into larger and smaller versions.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7158H
13:00:00	Lidia's Kitchen Fruit Desserts	APTEX	(S)	(CC)	N/A	#411H
	Fruit desserts have always been an Italian tradition; they are simple, delicious and the perfect way to showcase nature's bounty. In this episode, Lidia highlights some of her fans' preferred seasonal sweets with: strawberries with balsamic vinegar, a light and creamy panna cotta with seasonal fresh fruit; juicy nectarines and blueberries in prosecco and a plum crostata, a free form Italian tart with juicy plums.					
13:30:00	Annabel Langbein: The Free Range Cook Lunch on the Grill	APTEX	(S)	(CC)	N/A	#101H
	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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Simply Ming Langoustine & Tomatoes with Chef Axel Bjorn Claussen	APTEX	(S)	(CC)	N/A	#1522H
	It wouldn't be a visit to Iceland without experiencing its geothermal energy. Ming visits Freidheimar, a tomato greenhouse in Iceland that runs off of geothermal energy to make over 370 tons of tomatoes a year. Ming picks tomatoes off the vine to bring to Fishmarket Restaurant in downtown Reykjavik where he meets chef Axel Bjorn Claussen to make some explosive cocktails along with his sous chef Kirill Ter-Martirosov. Chef Claussen prepares Icelandic pan sauteed langoustine with tomato and daikon salad. Ming then cooks up a hot and sour soup with mussels and whole grain grilled cheese. Afterwards, Ming makes a splash at the Secret Lagoon to cap off his adventures in Iceland.					
14:30:00	Cook's Country Pork and Pierogi	APTEX	(S)	(CC)	N/A	#1001H
	Host Julia Collin Davison shows host Bridget Lancaster how to prepare a show-stopping special occasion cider-braised pork roast. Tasting expert Jack Bishop challenges Bridget to a sauerkraut tasting. Test cook Bryan Roof uncovers the secrets to a Pittsburg regional specialty, potato-cheddar pierogi.					
15:00:00	Beads, Baubles and Jewels Color Explorations	NETA	(S)	(CC)	N/A	#2406H
	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.					
15:30:00	Katie Brown Workshop Halloween	APTEX	(S)	(CC)	DVI	#417H
	Trick or treat! Katie shares some "spooky" Halloween ideas. In the kitchen: candy pumpkin apples, chocolate-covered marshmallows and white chocolate candy corns. Get into the "spirit" of things with a painted bucket and gourd-face pumpkins.					
16:00:00	Biz Kid\$ What Is Money?	APTEX	(S)	(CC)	DVI	#102H
	The Biz Kids say: "Show me the money!" Join us and you'll take a grand tour through the history of money from the days of bartering, through the first coins and currency, all the way to the electronic transfers of today. Watch as the Biz Kids put on cowboy boots and get a crash course in the art of negotiation and exchange at a high-energy cattle auction in Colorado.					
16:30:00	Hands On Crafts for Kids Sci-Fi	NETA	(S)	(CC)	DVI	#1910H
	Travel to the future for new adventures. Jenny Barnett-Rohrs builds a robot tray to hold coins and treasures. Then, she creates a mysterious sea creature. Franz Spohn launches aliens into outer space and Jenny makes futuristic sculptures from foam.					
17:00:00	P. Allen Smith's Garden Home Take It Easy	APTEX	(S)	(CC)	N/A	#1409H
	No more excuses, get out and garden! P. Allen Smith demonstrates some hassle free gardening and cooking techniques for even the most well rooted couch potato.					
17:30:00	Growing A Greener World Know Your Farmer: Supporting Community Agriculture (Pennington, Nj; Bedford	APTEX	(S)	(CC)	N/A	#707H
	The next best thing to growing your own fresh produce is to have someone local do it for you. That's the basis of community supported agriculture co-ops, known as CSAs. Their popularity with consumers has swept the country. For those that don't have the time, space, or desire to grow their own food, it's the perfect partnership between farmer and consumer. In this episode, the team visits the oldest and largest certified organic CSA program in New Jersey. They also visit a small community co-op in New York that's put a surprising spin on the traditional CSA. Viewers will learn how CSAs work, how to find one in their area, and how to harvest the benefits of being a part of this "growing" community.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15048H
18:30:00	Great Decisions In Foreign Policy China: The New Silk Road	NETA	(S)	(CC)	N/A	#903H
	China is the second largest economy in the world, and it's expected to bump the U.S. out of the top rank in less than a decade. Beijing is increasingly looking beyond China's borders, toward investment in Asia and across the world. What does China's massive One Belt One Road initiative mean for America?					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8243

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Wed, Mar 07, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#509H
20:00:00	The Lowertown Line. P.O.S.	APTEX	(S)	(CC)	N/A	#125H
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#111H
	Artists: Josh Krajcik, Nathan Bell, Talisha Holmes, Mark Brinkman, and hosted by songwriter Eric Gnezda. Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "When You Go." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "I Don't Do This for Love, I Do It For Love." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Wartorn." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association Awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings "Grandpa's Way of Live."					
21:00:00	Live from the Artists Den Young The Giant	APTEX	(S)	(CC)	N/A	#1102H
	The celebrated El Rey Theatre in the Miracle Mile neighborhood of Los Angeles hosted an intimate hometown show by alt-rockers Young the Giant. Five hundred and fifty of the band's lucky fans filled the former movie theater turned music venue originally built in 1936. The band opened their delightful 15-song set with their exhilarating new single "Something to Believe In," currently ascending to the Top 10 at Alternative radio. Fans were thrilled to hear older favorites such as "My Body," "Cough Syrup," and "Mind Over Matter." The crowd was also treated to two more songs, "Jungle Youth" and "Titus Was Born"- both being played for the first time live - from Young the Giant's new album Home of the Strange, which debuted at #6 on Billboard's Top Albums chart upon its release last month.					
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.					
23:00:00	Afropop: The Ultimate Cultural Exchange 10 Days In Africa: A Home Movie	APTEX	(S)	(CC)	N/A	#1004H
	In a textured narrative style, African-American filmmaker Regi Allen makes a sojourn to three West African countries - Ghana, Cote d'Ivoire and Senegal - to separate truth from myth about the differences between black identity in Africa from black identity in the Diaspora. Allen raises as many questions as answers, often pointing the critical lens at himself. This episode is paired with a retrospective of 10 years of AFROPOP featuring interviews with past season hosts.					

Thu, Mar 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy The Media and Foreign Policy	NETA	(S)	(CC)	N/A	#904H
	The US has thrived on its vibrant and free press since the Founding Fathers first put the concept into law in the Bill of Rights as an important, independent check on power. Now Foreign policy is tweeted from the White House and "fake news" has entered the zeitgeist, while social media is proving to be a double-edged sword. What's next for media and the free press?					
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#509H
01:00:00	The Lowertown Line. P.O.S.	APTEX	(S)	(CC)	N/A	#125H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#111H
	Artists: Josh Krajcik, Nathan Bell, Talisha Holmes, Mark Brinkman, and hosted by songwriter Eric Gnezda. Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "When You Go." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "I Don't Do This for Love, I Do It For Love." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Wartorn." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association Awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings "Grandpa's Way of Live."					
02:00:00	Live from the Artists Den Young The Giant	APTEX	(S)	(CC)	N/A	#1102H
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03:00:00	1916 The Irish Rebellion Awakening	APTEX	(S)	(CC)	DVI	#101H
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04:00:00	Afropop: The Ultimate Cultural Exchange 10 Days In Africa: A Home Movie	APTEX	(S)	(CC)	N/A	#1004H
	In a textured narrative style, African-American filmmaker Regi Allen makes a sojourn to three West African countries - Ghana, Cote d'Ivoire and Senegal - to separate truth from myth about the differences between black identity in Africa from black identity in the Diaspora. Allen raises as many questions as answers, often pointing the critical lens at himself. This episode is paired with a retrospective of 10 years of AFROPOP featuring interviews with past season hosts.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#531
08:00:00	Zula Patrol Choosing Sides/Camp Worm	APTEX	(S)	(CC)	DVI	#306H
	CHOOSING SIDES - The Zula Patrol is worried - their shipment of honey never arrived and oatmeal just isn't the same without it. The flowers, beetles and bees have all walked off the job, each claiming they are the most important cog in the honey production wheel! Can the Zula Patrol settle things? They'll have to agree first! Zeeter, Bula and Multo take different sides in this standoff. It's Wizzy and Wigg, armed with knowledge of ecosystems, who finally prove that none can exist without the others -when they work together, can't be beat, just like the ZP! CAMP WORM - When Zeeter and Bula scoff at the big importance of tiny earthworms to the ecosystem, Multo sends them to Camp Worm. They expect a cakewalk, but face a rude awakening when Camp Leader Burrows pushes them and their worm teammates (Team Wiggler) to the limit. Zeeter and Bula gradually learn to respect the value of worm activities. So when an ecosystem emergency springs up, Team Wridders are the only worms available. With training and heart, they answer the call, save the ecosystem and earn the honor of being called worms.					
08:30:00	1001 Nights Abu Hassim's Smelly Shoes/The Bandits of Basra	NETA	(S)	(CC)	DVI	#115H
	"Abu Hassim's Smelly Shoes" - A grouchy old man inherits a pair of smelly shoes. No matter how hard he tries, he is unable to get rid of them. "The Bandits of Basra" - Mujab and Sameer pretend to be lawmen in order to land jobs as sheriffs in a small town. What they don't realize is that they have to arrest the most vicious bandit in the territory.					

Thu, Mar 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Better Balance	ACCES		(CC)	N/A	#109H
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
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	It's Sew Easy Go Everywhere  Create and capture memories as you look and feel your best. Children's fashion designer Carla Macklin uses colorful bias trim to finish off sleeves, necklines and open shoulders on a girl's dress. Author and educator Rebecca Kemp Brent sews a unique embellished box with a lid to stash photos, treasures and souvenirs.	NETA	(S)	(CC)	N/A	#1307H
11:00:00	Knit and Crochet Now Contrasting Cows  Cows are cozy, warm and on trend. Meredith Crawford combines brioche stitches with cables to knit a colorful cowl. Ellen Gormley shares three ways to crochet edgings in the technique corner. Jenny King gives a crocheted cowl extra style with a cross stitch pattern.	NETA	(S)	(CC)	N/A	#803H
11:30:00	Fons & Porter's Love of Quilting Brighten Up, Buttercup!  Bright, fresh, floral fun! This quilt design combines two curving shapes in a lattice setting, with an applique embellishment to add a touch of sweetness. Love of Quilting's sewing specialist Colleen Tauke and host Sara Gallegos teach all the methods needed to make this quilt an easy project.	NETA	(S)	(CC)	N/A	#3007H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7159H
13:00:00	The Jazzy Vegetarian Dazzling Chocolate Desserts  Host Laura Theodore prepares her luscious chocolate culinary creations. The line up includes; "Triple Chocolate Brownies," a quintessential chocolate treat, followed by "Pots de Creme" a delectable, rich tasting pudding. Scrumptious "Chocolate Chip Banana Muffins" are up next and "Chocolate Truffle Trio" rounds out this dazzling dessert line up. As a bonus, Laura shows how to craft her attractive, easy, and low cost "Eco-Friendly Chocolate Party Favors."	NETA	(S)	(CC)	DVI	#108H
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 Eataly 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	Joanne Weir Gets Fresh Herbs  Joanne grew her first garden when she was a freshmen in college. All she had room for was a tiny herb garden on her windowsill, but boy, did that little garden inspire her to cook. Today she's going to Taku Inlet in Alaska where they'll fish for sockeye salmon, and with her student Santosh, they are going to make a slow roasted side of salmon, paired with a fresh herb salad with basil, arugula, parsley, mint, and cilantro, with a lemon vinaigrette. And finally for dessert, peach and basil ice pops. There is nothing that gives you more fresh flavors than cooking with herbs.	APTEX	(S)	(CC)	N/A	#215H
14:30:00	New Scandinavian Cooking Happy Holiday Food  In this episode, Andreas makes a real Scandinavian Christmas feast and shares all his favorite Norwegian recipes of the season. He serves mulled wine with almonds and raisins, pressed pork and delicious crusted ham before he makes traditional roast duck and a Norwegian dessert barley cream with red berry.	APTEX	(S)	(CC)	N/A	#609H

## Daily Program Listing II

43.1

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Thu, Mar 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Switch It Up	NETA	(S)	(CC)	N/A	#2407H
	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.					
15:30:00	Katie Brown Workshop Thanksgiving	APTEX	(S)	(CC)	DVI	#418H
	Guest chefs from Frankie's restaurant put a new twist to the traditional Thanksgiving dinner with salad, stuffing and apple tart. Join the Katie Brown Workshop crew to create a stylish feather wreath and a burlap feather centerpiece.					
16:00:00	Biz Kid\$ How Do You Get Money?	APTEX	(S)	(CC)	DVI	#103H
	Join us and you'll explore many ways to make money. Follow a Biz Kid on a job hunt-reviewing help wanted ads, filling out the application, and going through the interview. Hear from business celebrities, including Amazon.com founder Jeff Bezos, as they talk about their very first jobs. The Biz Kids also look at the many ways kids get and use allowances. Meet a young person whose love of animals turned into a profitable dog-walking business.					
16:30:00	Hands On Crafts for Kids Living Places	NETA	(S)	(CC)	DVI	#1911H
	Each plant and creature has a habitat. To capture the freshness of the ocean, Jenny Barnett-Rohrs makes jars inspired by sea glass. For her art project, Candie Cooper looks to the rainforest for ideas. Then, she sponge-paints an animal foot-print rug. Jenny makes a 3-D diorama of animal habitats from foam and printable images.					
17:00:00	P. Allen Smith's Garden Home All Natural	APTEX	(S)	(CC)	N/A	#1410H
	Become closer to earth using natural ingredients and inspirations from the environment to create your own Garden Home experience.					
17:30:00	Growing A Greener World Beyond Veggies: Adding Fruit to Your Food Garden (St. Louis, Mo)	APTEX	(S)	(CC)	N/A	#708H
	The natural first step to growing food is usually a small vegetable plot or garden. For many, the desire to expand their palate often finds them considering fruit trees or shrubs. Yet all too often, they stop short of taking that step for various reasons, including the belief that growing fruit will take too much room or require more work and extra care to battle pests and diseases. Yet with the right information and plant choices, growing fruit in a backyard of any size can be a successful and enjoyable experience, without all the work or chemicals you thought you might need. In this episode, Joe visits Stark Brothers Nurseries, the oldest fruit nursery in America, to learn expert tips that can be used to successfully grow fruit in your own backyard orchard.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15049H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1437H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8244
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1304H
20:00:00	Backstage Pass Toronzo Cannon	NETA	(S)	(CC)	N/A	#701H
	Contemporary bluesman Toronzo Cannon from Chicago performs the title track from his album, "John the Conquer Root," "Ti Ni Nee Ni Nu," and more. In the band with Cannon are Dave Forte, bass; Melvin "Pookie Styx" Carlisle, drums; and Luca Chiellini, keyboard. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
20:30:00	Music Voyager Pueblo, Co	APTEX	(S)	(CC)	N/A	#602H
	The Music Voyager team travels to Pueblo, Colorado to experience the ways in which this industrious city has promoted creative expressions to revitalize the community. Host Jacob Edgar meets Inaiah Lujan, the founder of the band The Haunted Windchimes. Lujan and other local artists and musicians go on a journey across Pueblo, a town blessed with perpetual sunshine, a proud and culturally diverse community, and ample amounts of Pueblo chili peppers. Along the way, they discover that Pueblo embodies the American experience, from the pioneer days to the eras of industrialization and immigration.					

Thu, Mar 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	All-Star Orchestra Northern Lights Sibelius - Symphony #2. A pinnacle of Nordic Romanticism - grand, expansive melodies and searing harmonies; fire and ice.	APTEX	(S)	(CC)	N/A	#302H
22:00:00	Roadtrip Nation: Beyond The Dream ROADTRIP NATION: BEYOND THE DREAM follows three 20-something immigrants - Alexis, Rachel and Pratihtha - 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 Pratihtha 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.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Julia Robinson and Hilbert's Tenth Problem 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.	APTEX	(S)	(CC)	DVI	#0

Fri, Mar 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	American Forum The White House - Media War MSNBC Sunday morning host JOY-ANN REID on the epic struggle between the Trump White House and the media, and the rise of liberal news network MSNBC.	NETA	(S)	(CC)	N/A	#319H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1212H
01:00:00	Backstage Pass Toronzo Cannon Contemporary bluesman Toronzo Cannon from Chicago performs the title track from his album, "John the Conquer Root," "Ti Ni Nee Ni Nu," and more. In the band with Cannon are Dave Forte, bass; Melvin "Pookie Styx" Carlisle, drums; and Luca Chiellini, keyboard. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.	NETA	(S)	(CC)	N/A	#701H
01:30:00	Music Voyager Pueblo, Co The Music Voyager team travels to Pueblo, Colorado to experience the ways in which this industrious city has promoted creative expressions to revitalize the community. Host Jacob Edgar meets Inaiah Lujan, the founder of the band The Haunted Windchimes. Lujan and other local artists and musicians go on a journey across Pueblo, a town blessed with perpetual sunshine, a proud and culturally diverse community, and ample amounts of Pueblo chili peppers. Along the way, they discover that Pueblo embodies the American experience, from the pioneer days to the eras of industrialization and immigration.	APTEX	(S)	(CC)	N/A	#602H
02:00:00	All-Star Orchestra Northern Lights Sibelius - Symphony #2. A pinnacle of Nordic Romanticism - grand, expansive melodies and searing harmonies; fire and ice.	APTEX	(S)	(CC)	N/A	#302H
03:00:00	Roadtrip Nation: Beyond The Dream 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.	APTEX	(S)	(CC)	N/A	#0H
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#532
08:00:00	Zula Patrol May The Force Be Wigg You/Five Zuleans in a Boat (And Gorga) MAY THE FORCE BE WIGG YOU - One of Multo's gadgets accidentally gives Wigg with super- strength, giving Wigg a chance to live out his superhero fantasies. But when a bully challenges him to a show of force to determine who's the strongest, Wigg has to rely on his friends (and their knowledge of force) to save the day. FIVE ZULEANS IN A BOAT (AND GORGA) - While on a relaxing boat trip down the Amazula River, the Zula Patrol spots Deliria racing up the river, causing mayhem in her vast luxury cruise liner . But her perilous piloting causes the ship to become wedged in a narrow part of the river. Water builds up behind her boat, threatening a flood! It's up to the Zula Patrol to utilize the law of force to find a way to pull it free before the Amazula bursts its banks.	APTEX	(S)	(CC)	DVI	#307H
08:30:00	1001 Nights The Genie, The Fish, The Wolf and the Witch/The Forbidden City of Shenzhen "The Genie, The Fish, The Wolf and The Witch" - When Shahryar can't sleep, Shahrzad tells a series of stories within stories that become fascinatingly intertwined. "The Forbidden City of Shenzhen" - Ahn-Ming climbs to the other side of the forbidden wall to learn that everything he's been taught about his evil neighbors is wrong.	NETA	(S)	(CC)	DVI	#116H
09:00:00	Functional Fitness with Suzanne Andrews Diabetes	ACCES		(CC)	N/A	#110H

Fri, Mar 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Imagining Resistance	NETA	(S)	(CC)	N/A	#1602H
	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.					
10:30:00	It's Sew Easy High Adventure	NETA	(S)	(CC)	N/A	#1308H
	Explore places beyond the ordinary wearing all the right gear. Designer Angela Wolf makes great-fitting leggings that take you around town or to the gym. Designer and blogger Alex Woodbury shares techniques for making an active-wear jacket using high-tech neoprene fabric. Angela Wolf has a tip for making leggings from any pants pattern.					
11:00:00	Knit and Crochet Now Snuggly Slipper Boots	NETA	(S)	(CC)	N/A	#804H
	Show off warm, snuggly socks. Melissa Leapman knits cozy boots with a folksy Fair Isle pattern and an interesting heel construction. Learn lots of ways to make pom poms and tassels with Lena Skvagerson in the technique corner. Vanessa Wilson crochets cute rustic boots with fringe that are easy enough for a beginner.					
11:30:00	Fons & Porter's Love of Quilting Crazy-Quilted Laptop Sleeve	NETA	(S)	(CC)	N/A	#3008H
	Guest Mallory Donohue and host Sara Gallegos join forces to teach crazy quilting! This laptop sleeve is a fun place to try it out, and go wild with the embroidery options on your sewing machine.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7160H
13:00:00	Cooking Odyssey Lamia	NETA	(S)	(CC)	N/A	#310H
	The historic bridge of WWII's Operation Harling, the battleground of Thermopylae and the history of rice cultivation in Greece are explored while Chef Michalis makes a wild greens risotto, sun-dried tomato crusted veal roast and rice pudding.					
13:30:00	Cooking with Nick Stellino Delicious Chicken Dinner	APTEX	(S)	(CC)	N/A	#101H
	Nick visits the cheese monger and the P-Patch and prepares Chicken Provolone with Tomato Sauce and a Salad with Spinach, Arugula & Shallots. Old school recipes made simple for today's busy home chefs.					
14:00:00	Kitchen Wisdom of Cecilia Chiang Passing on the Wisdom	APTEX	(S)	(CC)	DVI	#106H
	This episode is all about Cecilia as a mentor and passing on her kitchen wisdom. "Cecilia is a perfect mentor because she gives perfect advice," says legendary chef Jeremiah Tower. She gave Julia Child cooking lessons and was Alice Water's mentor in the years leading up to Chez Panisse. Well into her 90's, Cecilia is still mentoring a new generation of San Francisco's chefs. Corey Lee, a Korean American comes to her for professional advice and for personal as well. Tyler Florence asks Cecilia how to manage fame. And Belinda Leong, chef/co-owner and creator of b.patisserie is like a daughter to Cecilia and seeks out her counsel daily. In this episode, first they recreate a Mandarin classic dessert, glaceed bananas. Then Belinda does a b.patisserie signature favorite, her now famous chocolate banana almond croissant.					
14:30:00	Jacques Pepin: Heart & Soul Just Ducky!	APTEX	(S)	(CC)	N/A	#123H
	It's a family reunion as Jacques' daughter Claudine lends a helping hand in the kitchen. Together they sip wine, reminiscence and cook some of Claudine's favorite duck recipes, including duck liver mousse with apples and sauteed duck breast with arugula salad and cracklings. Claudine and Jacques share the cutting board to chop up duck skin and whisk up a vinaigrette for this delectable dish. Granddaughter Shorey joins in the fun as she and her beloved Papi whip up a zesty batch of lemon mousseline before sitting down to enjoy this family feast at the dining room table.					
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.					

Fri, Mar 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Polka Dot Party  Inspired by the polka-dot, Katie cooks some dotted goodies: honey carrot muffins, polka dotted pizza and a watermelon stack. Projects: a colorful birthday banner and zany Willy Wonka-inspired flowers.	APTEX	(S)	(CC)	DVI	#419H
16:00:00	Biz Kid\$ What Can You Do with Money?  Decisions, decisions! Join the Biz Kids and you'll ponder the merits of spending, saving, donating, and investing money. Visit the New York Stock Exchange, get tips from the author of Not Buying It, and learn to avoid compulsive shopping. You can also learn how to create a financial diary and track spending. Meet an ambitious teen who opened a candy store at age 15 and, in the process, fulfilled a dream and revived an ailing business district in her small town.	APTEX	(S)	(CC)	DVI	#104H
16:30:00	Hands On Crafts for Kids Fly Away  Let's make wings and fly. With paper, scissors and a little spaghetti, Jenny Barnett-Rohrs makes paper feathers. Then, she crafts fuzzy bug wings from felt. Artist Franz Spohn gives the appearance of flight in his drawings. Jenny crafts a bird house for our feathered friends.	NETA	(S)	(CC)	DVI	#1912H
17:00:00	P. Allen Smith's Garden Home The Pioneers Challenge with Georgia Pellegrini  Modern Pioneer, Georgia Pellegrini, teams up with P. Allen Smith to prepare a stunning cocktail party. Meanwhile, a challenge between the two has been waged. Who will come out on top?	APTEX	(S)	(CC)	N/A	#1411H
17:30:00	Growing A Greener World The Edible Schoolyard: A Class Without Walls and a Love to Learn (Berkeley, Ca)  In all the years of producing episodes for Growing a Greener World, one theme observed that always holds true: place a student in a learning environment that includes growing plants or gardening, and you can't pull them away. They love everything about it... just don't tell them they're getting every aspect of the core curriculum including math, science, language arts, social studies, nutrition, and more. In this episode, the team showcases the original and world-renowned Edible Schoolyard in Berkeley, Calif. Co-founded by famous chef and school neighbor Alice Waters, the Edible Schoolyard is a world-caliber outdoor classroom where teachers from around the globe come to impart lessons that last a lifetime and extend well beyond both the classroom and the garden.	APTEX	(S)	(CC)	N/A	#709H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15050H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1410H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8245
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1010H
20:00:00	Song of the Mountains The Dillards	NETA	(S)	(CC)	N/A	#1208H
21:00:00	Woodsongs Bobby Rush and Dallahan  BOBBY RUSH is known as 'The King of the Chitlin Circuit' and considered one of the greatest bluesman currently performing. Rush estimates that he has cut over 345 songs since he first began making music including first gold record in 1971 with a hit entitled "Chicken Heads." He has been honored with four Grammy nominations, as well as ten Blues Music Awards and 41 nominations. He was inducted into the Blues Hall of Fame in 2006. 'Porcupine Meat' is Rush's debut release for Rounder Records, and cements Bobby Rush's legacy as blues' most vital artist of his generation. DALLAHAN is one of the fastest rising forces on the international folk circuit; heavily rooted in traditional Irish music, but with hugely diverse backgrounds and influences. They call on their mixed Irish, Scottish and Hungarian heritage to create a unique and seamless musical montage, drawing in influences from jazz, funk, pop and classical music. This Scottish band of award winning musicians latest release is 'Matter Of Time'. WoodSongs Kid; Lissy Taylor was born in Staffordshire, England and now enjoys living in Lexington, Kentucky. This sixteen year-old has her own distinctive vocal sound and signature acoustic style.	NETA	(S)	(CC)	N/A	#1910H
22:00:00	Film School Shorts Uncharted Waters  Whether in rural Japan or Oregon - fitting in isn't easy for two young men struggling to define their manhood without fathers: Stage Two by Laura Gallagher and Born with It by Emmanuel Osei-Kuffour.	NETA	(S)	(CC)	N/A	#506H

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Fri, Mar 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Se7en: Script to Screen with Andrew Kevin Walker Screenwriter Andrew Kevin Walker dissects his bleak thriller masterpiece, Se7en and working with director David Fincher to create the cult classic film.	NETA	(S)	(CC)	N/A	#610H
23:00:00	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
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1119H

Sat, Mar 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Fallacies In Arguing for God? When believers argue that God exists, what mistakes do they make? What are their errors in logic as well as in fact? Whoever wants to believe in God must not use arguments that do not work.	EPS	(S)	(CC)	N/A	#1610H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1010H
01:00:00	Song of the Mountains The Dillards	NETA	(S)	(CC)	N/A	#1208H
02:00:00	Woodsongs Bobby Rush and Dallahan BOBBY RUSH is known as 'The King of the Chitlin Circuit' and considered one of the greatest bluesman currently performing. Rush estimates that he has cut over 345 songs since he first began making music including first gold record in 1971 with a hit entitled "Chicken Heads." He has been honored with four Grammy nominations, as well as ten Blues Music Awards and 41 nominations. He was inducted into the Blues Hall of Fame in 2006. 'Porcupine Meat' is Rush's debut release for Rounder Records, and cements Bobby Rush's legacy as blues' most vital artist of his generation. DALLAHAN is one of the fastest rising forces on the international folk circuit; heavily rooted in traditional Irish music, but with hugely diverse backgrounds and influences. They call on their mixed Irish, Scottish and Hungarian heritage to create a unique and seamless musical montage, drawing in influences from jazz, funk, pop and classical music. This Scottish band of award winning musicians latest release is 'Matter Of Time'. WoodSongs Kid; Lissy Taylor was born in Staffordshire, England and now enjoys living in Lexington, Kentucky. This sixteen year-old has her own distinctive vocal sound and signature acoustic style.	NETA	(S)	(CC)	N/A	#1910H
03:00:00	Film School Shorts Uncharted Waters Whether in rural Japan or Oregon - fitting in isn't easy for two young men struggling to define their manhood without fathers: Stage Two by Laura Gallagher and Born with It by Emmanuel Osei-Kuffour.	NETA	(S)	(CC)	N/A	#506H
03:30:00	On Story Se7en: Script to Screen with Andrew Kevin Walker Screenwriter Andrew Kevin Walker dissects his bleak thriller masterpiece, Se7en and working with director David Fincher to create the cult classic film.	NETA	(S)	(CC)	N/A	#610H
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	#1119H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#533
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Dutch Iris Today Gary invites you to paint along with him as he shows you how to paint this lovely, graceful Dutch Iris. Beautiful shades of Blues, Mauves and Pink are used. Long graceful curved leaves compliment the flowers. A nice soft colored border and a tiny butterfly complete the composition.	APTEX	(S)	(CC)	N/A	#308H
08:30:00	Painting with Wilson Bickford Butterflies and Daisies, Part 2 On Part 2, Wilson creates depth by adding the foreground daisies, and puts the finishing touches on the Sulphur butterfly.	NETA	(S)	(CC)	N/A	#302H
09:00:00	Landscapes Through Time with David Dunlop Etretat - A Landscape of Inspiration Along The Normandy Coast of France David introduces the majestic white cliffs rising out of the sea at Etretat on the Normandy Coast and their role in the inventive periods of French painting from the romanticism of Delacroix, the realism of Courbet to the Impressionism of the late 1860's through the 1880's. They all respond to Etretat's iconic arches over the sea. He compares the styles and visions of Etretat's artists and reveals the keys to their paintings.	NETA	(S)	(CC)	DVI	#107H
09:30:00	Classical Stretch: By Essentrics Waist Toning 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.	APTEX	(S)	(CC)	DVI	#1105H

Sat, Mar 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit A Treat for Your Feet	NETA	(S)	(CC)	N/A	#1603H
	In this episode Mary Ann is paying special attention for feet, shoulders and hip range of motion using a towel and band.					
10:30:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
11:00:00	Delicious TV's Vegan Mashup It's Bean Wonderful	NETA	(S)	(CC)	DVI	#303H
	Fear not the bean. They're a power packed food with fiber protein and important minerals. We dish out three nutritious, delicious bean recipes that will get your taste buds singing. Toni Fiore is making Caramelized Onion and Cannellini Bean Flatbread and a Quick Vegan Parm. Miyoko Schinner is making Moroccan Lentil and Spinach Pancakes with Spiced Date Chutney. Special Guest Allison Carroll Duffy makes Refrigerator Pickles-Dillie Beans.					
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 San Diego, California - Brian Malarkey and Javier Plascencia	APTEX	(S)	(CC)	N/A	#406H
	This week on Moveable Feast with Fine Cooking, Pete and the crew explore the culinary style of San Diego, California, where chefs Brian MaLarkey and Javier Plascencia create dishes with a Mexican-Cali flair. Host chef Pete Evans joins the chefs for visits to a Californian coffee roaster and the shores of San Diego to find the perfect ingredients. They also embark on a trip to Catalina Offshore, one of the region's premier seafood purveyors. Chef MaLarkey prepares a fantastic salad with grilled local sardines while chef Plascencia impresses with a chicken mole. Appetites will soar aboard San Diego's USS Midway on Moveable Feast with Fine Cooking.					
13:00:00	Expeditions with Patrick Mcmillan The Clemson Forest - A Backyard Bounty of Life	APTEX	(S)	(CC)	N/A	#310H
	How important is your suburban woodland or even your backyard to the ecology of the continent and the globe? The Clemson Experimental Forest is over 17,000 acres of woodland and pastoral agricultural land surrounded by a suburban and agricultural landscape in the piedmont of South Carolina. It doesn't boast lofty summits, towering waterfalls or rushing rivers but it does contain a world-class diversity of plants and animals that is difficult to surpass in the highly modified piedmont landscape.					
13:30:00	Weekends with Yankee Celebrating Tradition	APTEX	(S)	(CC)	N/A	#104H
	New England is a region steeped in tradition. In this episode of Weekends with Yankee, we board the massive schooner J&E Rigg for a windjammer cruise along the beautiful Maine coast. Then we travel down to Boston for the Head of the Charles, the largest two-day rowing event in the world. Lastly, up north in Vermont, we find the Shelburne Museum, one of the country's most unique museums, home to a land-bound lighthouse, a steamboat docked in a grassy meadow, period gardens, and four centuries of art and Americana.					
14:00:00	Rick Steves' Europe France's Dordogne	APTEX	(S)	(CC)	N/A	#502H
	The Dordogne River Valley with its dramatic castles, pre-historic cave paintings, and prized cuisine is an unforgettable blend of man-made and natural beauty. We'll take an idyllic canoe ride, visit a goose farm, then savor the foie gras. We'll also wander through a lamp-lit castle, enjoy a country market, and visit the Sistine Chapel of the prehistoric world. Then we head south to Albi, home of Toulouse Lautrec, and the imposing fortress city of Carcassonne.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Born to Explore with Richard Wiese Africa: The Elephant Trunk Show	APTEX	(S)	(CC)	N/A	#126H
	Richard Wiese heads to Africa to encounter elephants, the world's largest land mammal. In Namibia, he treks through the oldest desert in the world to track rare desert-adapted elephants. In South Africa, a relocated herd is thriving in its new home. In Botswana, Richard meets a family of orphaned elephants and the dedicated people who have adopted them.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4613H
	Visiting gardens with different palettes of plants can open our minds to new plants and new plant combinations. GardenSMART visits several gardens with unique plants and the results are stunning. Be sure to tune in.					
15:30:00	For Your Home Electrifying Details	APTEX	(S)	(CC)	N/A	#3106H
	Renovating an old house always requires updating the electrical, plumbing and heating and cooling systems as well as replacing old bathroom fixtures, cabinets, countertops and finishing details. Discover what's involved in selecting and installing all the new mechanicals and architectural details.					
16:00:00	Drexel Interview Christopher D. M. Atkins	NETA		(CC)	N/A	#507H
	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.					
16:30:00	Overheard with Evan Smith Helen Thorpe, Journalist/Author	NETA	(S)	(CC)	N/A	#810H
	Helen Thorpe is an author and journalist who has been a staff writer for the New York Observer, The New Yorker, and Texas Monthly. She has also been published in the New York Times Magazine, Slate and numerous other publications. Her radio stories have aired on This American Life and Sound Print. Her latest book, The Newcomers, hits shelves on November 14th.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Chocolatiers	APTEX	(S)	(CC)	N/A	#306H
	In this episode, host Eric Gorges meets Dan and Jael Rattigan at their chocolate factory in Asheville, NC. The Rattigan's truly craft from bean to bar, letting Eric live out his lifetime dream of working with chocolate.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3610H
18:30:00	The Open Mind Securing American Democracy	NETA		(CC)	N/A	#3834H
	Guest: Jamie Fly and Laura Rosenberger. Jamie Fly and Laura Rosenberger, cofounders of the Alliance for Securing Democracy, discuss Russian efforts to undermine the United States.					
19:00:00	Closer to Truth Fallacies In Arguing for God?	EPS	(S)	(CC)	N/A	#1610H
	When believers argue that God exists, what mistakes do they make? What are their errors in logic as well as in fact? Whoever wants to believe in God must not use arguments that do not work.					
19:30:00	American Forum Is A Political Storm Coming In 2018?	NETA	(S)	(CC)	N/A	#315H
	Political analyst LARRY SABATO on mid-term elections, the most unpopular president in history, and the War for Washington.					

## Daily Program Listing II

43.1

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Sat, Mar 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Speakeasy Jack Johnson and G. Love	APTEX	(S)	(CC)	N/A	#304H
	Singer/songwriter Jack Johnson is joined by G. Love for an intimate conversation at New York City's McKittrick Hotel for this episode of "Speakeasy." Johnson is primarily recognized for his merging of soft rock and acoustic genres and has reached No. 1 on the Billboard Charts four albums in a row. He has been nominated for multiple Grammy, ESPN, Billboard, and Brit Awards. G. Love is best known as the front man for the alternative hip-hop band, G. Love & Special Sauce. The band is known for a unique, laid back blues sound that encompasses classic R&B. Together they discuss the early days of Jack's career, the new album, and Jack's commitment to environment.					
21:00:00	Front and Center Liam Gallagher	APTEX	(S)	(CC)	N/A	#801H
	Liam Gallagher has been called an era-defining voice and the frontman of his generation for his work with Oasis. Gallagher takes the stage at New York City's McKittrick Hotel, treating the audience to a special performance of Oasis' hit, "Wonderwall" and material from his critically acclaimed debut solo album, As You Were, including "Wall of Glass" and "Universal Gleam."					
22:00:00	Globe Trekker Food Hour: The Story of Beer	APTEX	(S)	(CC)	N/A	#1615H
	Beer is the world's oldest and most widely consumed alcoholic beverage. In fact, it's the third most popular drink overall, after water and tea. China is currently the world's leading beer producer, whereas the Czech Republic is the biggest consumer, with an average of 143 liters of amber gold each year per person! These are some of the beer facts that will be shared in this informative and entertaining episode hosted by Globe Trekker Judith Jones. Together with fellow travelers from around the world, Judith uncovers the extraordinary popularity behind the favorite alcoholic beverage of millions of people worldwide.					
23:00:00	Arts In Context The House of Songs	NETA		(CC)	N/A	#705H
	The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.					
23:30:00	Articulate with Jim Cotter Sugar Tongue Slim	APTEX	(S)	(CC)	N/A	#104H
	For STS, wordplay is a way of life; hip-hop lines his pockets, poetry feeds his soul. Bruce Metcalf - Master fine art jeweler Bruce Metcalf refuses to use the traditional metals and gems in his work, finding them all a little too... precious. Fear of the Known - For generations, the early 20th century American writer H.P. Lovecraft has been terrifying readers. We find out how.					

Sun, Mar 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Fallacies In Arguing for God? When believers argue that God exists, what mistakes do they make? What are their errors in logic as well as in fact? Whoever wants to believe in God must not use arguments that do not work.	EPS	(S)	(CC)	N/A	#1610H
00:30:00	American Forum Is A Political Storm Coming In 2018? Political analyst LARRY SABATO on mid-term elections, the most unpopular president in history, and the War for Washington.	NETA	(S)	(CC)	N/A	#315H
01:00:00	Speakeasy Jack Johnson and G. Love Singer/songwriter Jack Johnson is joined by G. Love for an intimate conversation at New York City's McKittrick Hotel for this episode of "Speakeasy." Johnson is primarily recognized for his merging of soft rock and acoustic genres and has reached No. 1 on the Billboard Charts four albums in a row. He has been nominated for multiple Grammy, ESPN, Billboard, and Brit Awards. G. Love is best known as the front man for the alternative hip-hop band, G. Love & Special Sauce. The band is known for a unique, laid back blues sound that encompasses classic R&B. Together they discuss the early days of Jack's career, the new album, and Jack's commitment to environment.	APTEX	(S)	(CC)	N/A	#304H
02:00:00	Front and Center Liam Gallagher Liam Gallagher has been called an era-defining voice and the frontman of his generation for his work with Oasis. Gallagher takes the stage at New York City's McKittrick Hotel, treating the audience to a special performance of Oasis' hit, "Wonderwall" and material from his critically acclaimed debut solo album, As You Were, including "Wall of Glass" and "Universal Gleam."	APTEX	(S)	(CC)	N/A	#801H
03:00:00	Globe Trekker Food Hour: The Story of Beer Beer is the world's oldest and most widely consumed alcoholic beverage. In fact, it's the third most popular drink overall, after water and tea. China is currently the world's leading beer producer, whereas the Czech Republic is the biggest consumer, with an average of 143 liters of amber gold each year per person! These are some of the beer facts that will be shared in this informative and entertaining episode hosted by Globe Trekker Judith Jones. Together with fellow travelers from around the world, Judith uncovers the extraordinary popularity behind the favorite alcoholic beverage of millions of people worldwide.	APTEX	(S)	(CC)	N/A	#1615H
04:00:00	Arts In Context The House of Songs The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.	NETA		(CC)	N/A	#705H
04:30:00	Articulate with Jim Cotter Sugar Tongue Slim For STS, wordplay is a way of life; hip-hop lines his pockets, poetry feeds his soul. Bruce Metcalf - Master fine art jeweler Bruce Metcalf refuses to use the traditional metals and gems in his work, finding them all a little too... precious. Fear of the Known - For generations, the early 20th century American writer H.P. Lovecraft has been terrifying readers. We find out how.	APTEX	(S)	(CC)	N/A	#104H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#534
08:00:00	Painting and Travel with Roger & Sarah Bansemer Clapboard Island Roger and Sarah stay on a 60 acre island on the Maine coast in an historic cottage. Roger sets up his easel to paint colorful lobster buoys . Sarah explores the island and talks to the cottage owners about its origins and recent renovations.	NETA	(S)	(CC)	N/A	#301H
08:30:00	Painting with Paulson Memories Part I	NETA	(S)	(CC)	N/A	#1503H
09:00:00	Wyland's Art Studio Baby Seal Pup Art Lesson: Negative Space. The use of negative space is a key element of artistic composition. Negative space is the space around and between the subject of an image. Negative space may be most evident when the space around a subject, and not the subject itself, is used to artistic effect as the "real" subject of an image. In a two-tone, black-and-white image, a subject is normally depicted in black and the space around it is left blank (white), thereby forming a silhouette of the subject. However, reversing the tones so that the space around the subject is printed black and the subject itself is left blank causes the negative space to be apparent as it forms shapes around the subject, called figure-ground reversal. Wyland will demonstrate how utilizing negative space can be an ideal technique for representing animals in the wild.	APTEX		(CC)	N/A	#604H

Sun, Mar 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Somatosensory and Lymphatic Systems 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.	NETA	(S)	(CC)	N/A	#1604H
10:30:00	Power Yoga: Mind and Body Long Holds - Version One With Vinyasa, Warrior I, Warrior II, Ardha Chandrasana and others.	APTEX	(S)	(CC)	N/A	#106
11:00:00	Neven Maguire: Home Chef In London, Neven visits Agnar Sverrisson, head chef and co-proprietor of the 1 Michelin star restaurant Texture for a masterclass in cooking beef cheek and beef steak. Neven also creates the perfect breakfast: porridge with honey and cream, and scrambled eggs topped with smoked salmon. For dessert, Neven makes vanilla creme brulee with poached Irish apple compote.	APTEX	(S)	(CC)	N/A	#106H
11:30:00	New Orleans Cooking with Kevin Belton Carnival Shrimp and andouille gumbo, Creole potato salad, King cake.	APTEX	(S)	(CC)	N/A	#115H
12:00:00	Ciao Italia Handmade Pasta - Pasta Fatta A Mano Mary Ann meets a true artist in Altamura, Italy when 73 year-old Vincenza teaches her how to make Orecchiette. After making the pasta dough by hand with her niece, Vincenza makes "little ears" lightning quick. Mary Ann gives it a try under her watchful eye, gets approval and then goes nella cucina to make Orecchiette with Broccoli Rabe and Orecchiette with Cauliflower.	NETA	(S)	(CC)	N/A	#2521H
12:30:00	Mike Colameco's Real Food Ny Ice Cream For lovers of ice cream there has never been a better time. In one action packed day Mike tours Victory Garden frozen yogurt, The Big Gay Ice Cream Truck, Dave's, Morgenstern's, A.B. Biagi Gelato, Gelato Ti Amo and Melt Bakery Ice Cream sandwiches.	NETA	(S)	(CC)	N/A	#1407H
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Celebrating India The Festival of Lights leads up to some major Indian dance in NYC: classical Bharatanatyam, Basement Bhangra with DJ Rekha, & South St. Seaport's annual celebration.	APTEX	(S)	(CC)	DVI	#206H
13:30:00	Travel Detective with Peter Greenberg Hidden Gems of Jordan CBS News Travel Editor Peter Greenberg takes you to the Middle East, to a country full of ancient archaeological and religious ruins. However, Jordan is more modern and westernized than you might imagine. And despite what you might think, now is the perfect time to visit. Plus, it's the capital of Wales, a port city filled with Medieval history. Greenberg shows you how to live like a local, in Cardiff. And, The Buccaneer Hotel on the island of St. Croix has its own compelling history, dating back to the Colonial era. Find out why it's a true hotel with a past.	NETA	(S)	(CC)	N/A	#405H
14:00:00	Wild Photo Adventures Shoot Epic Videos with Your Dslr Camera Host and professional wildlife photographer Doug Gardner shows how to use a "still" camera to make beautiful videos.	NETA	(S)	(CC)	DVI	#312H
14:30:00	Destination Craft with Jim West Tuscany Jim West travels to Tuscany and Milan in Italy where master artisans teach how to make Italian frescos, Florentine paper marbling, and leather journaling. He also learns how to make homemade Italian pasta. Jim visits the art studio of a father and son who master in mosaic art, meets an iconic fashion embroidery artist, visits the Aurifil Thread factory, and crafts the perfect gelato.	APTEX	(S)	(CC)	N/A	#106H
15:00:00	Woodsmith Shop Adding Swing & Planing Basics Take a look at the details for drawers that pivot smoothly in the shop storage cart. Plus, quick tips you can use in your shop every day.	NETA	(S)	(CC)	N/A	#1006H

## Daily Program Listing II

43.1

Date: 02/05/2018

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Sun, Mar 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	American Woodshop Mega Turnings Dramatic recycled wood candle sticks to turned art pedestals. Bike lathe.	NETA	(S)	(CC)	N/A	#2202H
16:00:00	Happy Yoga with Sarah Starr Majestic Golden Fields Bask in the glory of the majestic golden wheat fields as we experience a modified yoga practice using a chair to improve posture and support movement in the whole body including balance and standing poses to open the hips and lengthen the hamstrings.	NETA	(S)	(CC)	N/A	#102H
16:30:00	Second Opinion Lupus Lupus is a chronic autoimmune disease that is known as the "great imitator" because many of its symptoms can mask themselves as other disorders. Patient Shanelle Gabriel thought her symptoms were a result of her busy college schedule-until a moment of vanity took her to see her doctor.	APTEX	(S)	(CC)	N/A	#1309H
17:00:00	Natural Health Breakthroughs with Brenda Watson Toxicity How toxic chemicals are causing genetic changes that lead to obesity - Bruce Blumberg, PhD: Professor, Developmental & Cell Biology, UC Irvine. The total toxic load on our bodies is causing multiple chronic health problems - William Rea, MD: Founder and medical director, Environmental Health Center- Dallas. Environmental toxins, especially molds, are a huge source of misunderstood illnesses - Ritchie Shoemaker, MD: retired physician, author of Surviving Mold. Personal story - Torre Dean: how she went from being an active, healthy college student to being chronically ill, and how Dr. Rea's treatment protocols brought her back to good health.	EPS	(S)	(CC)	N/A	#105H
17:30:00	Well Read Dr. Larry Brilliant, Sometimes Brilliant Sometimes Brilliant is the adventures of a philosopher, mystic, hippie, doctor, groundbreaking tech innovator, and key player in the eradication of one of the worst pandemics in human history. Dr. Brilliant shares his story, of what happens when love, compassion and determination meet the right circumstances to effect positive change, is the kind that keeps hope and the sense of possibility alive.	APTEX	(S)	(CC)	N/A	#609H
18:00:00	California's Gold John Muir Huell goes back in time and visits with John Muir at Yosemite National Park. Muir was America's most famous and influential naturalist and conservationist who is often called the father of our National Parks System. In 1892, he founded the Sierra Club to protect the newly created Yosemite National Park. Through his writing and actions, he taught the people of his time, and ours, the importance of experiencing and protecting our natural heritage.	KCET		(CC)	N/A	#5005
18:30:00	Joseph Rosendo's Travelscope Nicaragua - Culturally Rich and Naturally Beautiful Joseph visits Nicaragua and discovers the untouched beauty of the land and a population ready to embrace travelers. In spite of a history of trials and tribulation, today Nicaraguans are a people filled with good cheer and gifted with open hearts. Long overlooked by tourists, the country has preserved what is a treasure chest full of surprising attractions. While Nicaragua owes its cultural vitality to its Spanish roots, its natural gems are ageless. From volcanic landscape to teeming rivers and untrammelled rainforests, the program reveals a country that is a traveler's dream. Grenada is a colonial gem, Masaya a city of artisans, the Rio San Juan an avenue to adventure and the 640,000 acre Rio Maiz National Park a world treasure. Joseph touches on Nicaragua's troubled past, celebrates its free spirit and marvels at its unspoiled nature and abundant wildlife.	APTEX	(S)	(CC)	DVI	#703H
19:00:00	Blackademics Television Tyson / Gilbarg A passionate Austin middle school student orator discusses "Opportunity Avenue." An advocate for youth empowerment teaches music and video production to inspire and educate.	KNME	(S)	(CC)	N/A	#403H
19:30:00	The Kamla Show Special Mahesh Kale	KAMLA	(S)	(CC)	N/A	#153H
20:00:00	Black America The New Civil Rights Movement with Rashad Robinson Rashad Robinson, Executive Director of Color of Change, an organization that brings attention to the needs and concerns of Blacks by holding coordinated events in different parts of the country, running TV and print advertisements, and demanding that the news media cover issues affecting Black people joins Carol Jenkins to discuss the new civil rights movement. Color of Change works to empower their members and to strengthen Black America's political voice. In this episode, Rashad Robinson will discover the importance of translating your presence in the world into cultural power that creates change.	EPS	(S)	(CC)	N/A	#122H

Sun, Mar 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#110H
	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.					
21:00:00	Graceful Voices	APTEX	(S)	(CC)	N/A	#0H
	During the land boom of the 1920s, real estate developer George Merrick launched his dream of creating America's first fully planned community, Coral Gables - known as the "Miami Riviera." Behind the grand gates of Coral Gables is the MacFarlane Homestead Historic District, developed as a black residential neighborhood by Merrick, where many Bahamian immigrants built homes that have been in their families for generations. GRACEFUL VOICES captures the stories and experiences of the Bahamian and African American women who were born there, forged lifelong friendships, and developed a passion for their community. Their powerful and sentimental memories shed a light on the history that is still being built. Many of these women were born in the homes they live in today and are determined to keep these homes in their family for generations to come. Knowing that their determined voices could make a difference, these resilient women stuck together and forced change. They fought desegregation and injustice, and they did so gracefully.					
21:30:00	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.					
22:00:00	Breaking Through The Clouds: The First Women's National Air Derby	NETA	(S)	(CC)	N/A	#0H
	In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby. There was the media darling, the Hollywood starlet, the aviatrix record breakers and the unforgettable foul-mouthed wife of a preacher. Together these women were flying in the face of anyone who believed women belonged on the ground. Breaking Through The Clouds is the documentary that tells their story.					
23:30:00	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.					

Mon, Mar 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Tyson / Gilbarg  A passionate Austin middle school student orator discusses "Opportunity Avenue." An advocate for youth empowerment teaches music and video production to inspire and educate.	KNME	(S)	(CC)	N/A	#403H
00:30:00	The Kamla Show Special Mahesh Kale	KAMLA	(S)	(CC)	N/A	#153H
01:00:00	Black America The New Civil Rights Movement with Rashad Robinson  Rashad Robinson, Executive Director of Color of Change, an organization that brings attention to the needs and concerns of Blacks by holding coordinated events in different parts of the country, running TV and print advertisements, and demanding that the news media cover issues affecting Black people joins Carol Jenkins to discuss the new civil rights movement. Color of Change works to empower their members and to strengthen Black America's political voice. In this episode, Rashad Robinson will discover the importance of translating your presence in the world into cultural power that creates change.	EPS	(S)	(CC)	N/A	#122H
01:30:00	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
02:00:00	Graceful Voices  During the land boom of the 1920s, real estate developer George Merrick launched his dream of creating America's first fully planned community, Coral Gables - known as the "Miami Riviera." Behind the grand gates of Coral Gables is the MacFarlane Homestead Historic District, developed as a black residential neighborhood by Merrick, where many Bahamian immigrants built homes that have been in their families for generations. GRACEFUL VOICES captures the stories and experiences of the Bahamian and African American women who were born there, forged lifelong friendships, and developed a passion for their community. Their powerful and sentimental memories shed a light on the history that is still being built. Many of these women were born in the homes they live in today and are determined to keep these homes in their family for generations to come. Knowing that their determined voices could make a difference, these resilient women stuck together and forced change. They fought desegregation and injustice, and they did so gracefully.	APTEX	(S)	(CC)	N/A	#0H
02:30:00	In Her Power  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.	APTEX	(S)	(CC)	N/A	#0H
03:00:00	Breaking Through The Clouds: The First Women's National Air Derby  In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby. There was the media darling, the Hollywood starlet, the aviatrix record breakers and the unforgettable foul-mouthed wife of a preacher. Together these women were flying in the face of anyone who believed women belonged on the ground. Breaking Through The Clouds is the documentary that tells their story.	NETA	(S)	(CC)	N/A	#0H
04:30:00	Georgia O'keeffe: A Woman On Paper  Artist Georgia O'Keeffe has been called the "Mother of American Modernism," well-known for her flowing, colorful works depicting flowers and plants, dramatic cityscapes and Southwestern landscapes. The half-hour documentary GEORGIA O'KEEFFE: A WOMAN ON PAPER highlights the artist's career while focusing on the little-known story of O'Keeffe's time spent in Columbia, S.C. as an art instructor at Columbia College. While teaching at the college in the fall of 1915 and the spring of 1916, O'Keeffe found her voice with a series of innovative black and white abstract charcoal drawings that represented a radical break with tradition and led her art-and her career-in a new direction. Collectively titled "Specials," the charcoal drawings made O'Keeffe one of the very first American artists to practice pure abstraction, and they would go on to define and establish her career as one of the country's leading artists.	APTEX		(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#535

Mon, Mar 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Where Did All The Water Go?/The Dew Drops	APTEX	(S)	(CC)	DVI	#308H
	WHERE DID ALL THE WATER GO? - When Bula reads about a "vanishing lake" in Zula's tabloid newspaper, Zeeter is skeptical. They go to investigate and find out the lake is hoax perpetrated by the nefarious villain, Dark Truder, whose ultimate goal is to make all the water of Zula disappear by vaporizing it. He traps Multo, Bula and Zeeter, but they manage to escape, thanks to their knowledge of evaporation and vaporization. They're too late to stop Dark Truder's wicked plan, but the joke is on Truder - when he learns the hard way that vaporized water turns to rain. THE DEW DROPS - The Zula Patrol learns all about condensation when they meet the Dew Drops, three drops of water who sing like a 50's Doo-Wop group. The Dew Drops need the Zula Patrol's help to enter a Battle of the Bands contest. Our heroes discover that Dark Truder has a condensation-singing group of his own, and will stop at nothing to make the Dew Drops lose! Using what they've learned about condensation, Wizzy & Wigg and the Zula Patrol save the Dew Drops and foil Truder's plans!					
08:30:00	1001 Nights The Broken Jewel/The Boy Who Became A Genie	NETA	(S)	(CC)	DVI	#117H
	"The Broken Jewel" - Two servants accidentally break a jewel from the king's crown. In order to avoid getting caught, they must find another one at the top of Asir Mountain. "The Boy Who Became a Genie" - Dissatisfied with his life, Harif trades places with a genie, only to discover that his boring life wasn't so bad after all.					
09:00:00	Functional Fitness with Suzanne Andrews Healthy Back	ACCES		(CC)	N/A	#111H
09:30:00	Classical Stretch: By Essentrics Spine Mobility	APTEX	(S)	(CC)	DVI	#1107H
	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.					
10:00:00	Sit and Be Fit Neglected Areas of Body	NETA	(S)	(CC)	N/A	#1605H
	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.					
10:30:00	It's Sew Easy Coast to Coast	NETA	(S)	(CC)	N/A	#1309H
	From coast to coast, today's designers have you covered. Blogger and sewing educator Joanne Banko embellishes a western-inspired shirt with embroidery and decorative stitches. An old subway map becomes a versatile tote in the hands of sewing expert Rebecca Kemp Brent. Angela Wolf shares a tip for sewing with tweed fabric.					
11:00:00	Knit and Crochet Now Sweet Baby Cardigans	NETA	(S)	(CC)	N/A	#805H
	Every baby needs a soft, warm cardigan. Lena Skvagerson shows how to make a charming baby sweater by knitting sideways. In the technique corner, Melissa Leapman makes three types of crochet ribbing. Jenny King crochets a darling child's sweater with twisted cables and little bobbles.					
11:30:00	Fons & Porter's Love of Quilting Quilting for Drama, Direction, Diversion	NETA	(S)	(CC)	N/A	#3009H
	Guest Angela Huffman and host Sara Gallegos focus on the three D's for this longarming episode: Drama, Direction, Diversion. Put your quilting designs to work, and make your patchwork pop!					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7161H
13:00:00	America's Test Kitchen from Cook's Illustrated	APTEX	(S)	(CC)	N/A	#1802H
13:30:00	Pati's Mexican Table Sami's Big Day	APTEX	(S)	(CC)	N/A	#409H
	This show is all about Pati's middle son, Sami. Being stuck in the middle of first born, Alan, and Mr. Personality himself, Juju, isn't always easy for Sami. Every once in a while, Pati likes to give Sami a day all to himself, and he'll help her as she cooks his absolute favorite foods! Recipe 1: Sami's Smashed Baby Potatoes; Recipe 2: Chipotle Salmon, Bacon and Avocado Sandwich; Recipe 3: Nothing Like Homemade Cookies.					

Mon, Mar 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Steven Raichlen's Project Smoke Hog Wild	APTEX	(S)	(CC)	N/A	#108H
	Pork is the heart and soul of American barbecue, especially in the South. In this show, you'll learn how to smoke a spectacular whole pork loin roast (complete with ribs, loin, and tenderloin) on a wood-burning rotisserie. (To wake you up there's coffee crust and smoky redeye barbecue sauce.) Next, pulled pork-prepared with a herb slather and served with a West Virginia peppery vinegar sauce. Speaking of Virginia, you'll learn how to cure and hickory-smoke a spectacular shoulder ham. (The process involves four classic techniques: brining, injecting, cold smoking, and hot smoking.) And to serve with it: barbecue cabbage with smoked cheese and chorizo. Go hog wild. Do it now. Recipes: Smoke-tisserie Pork Loin Roast; Smokehouse Ham; Pulled Pork Shoulder with West Virginia Barbecue Sauce; Chorizo Barbecued Cabbage.					
14:30:00	George Hirsch Lifestyle Good Eating	APTEX	(S)	(CC)	N/A	#105H
	George visits Mecox Bay Dairy, a producer of 360-degree farming. Then, he stops at a Hamptons' micro brew for inspiration on keeping it local. Back in his indoor and outdoor kitchens, he prepares farm-inspired dishes, including white bean casserole, bacon-wrapped meatloaf with mushroom gravy, honey grilled squash and grilled stuffed potatoes. Recipes: - White Bean Casserole - Grilled Meatloaf - Mushroom Gravy - Double Baked Potatoes - Honey Grilled Acorn Squash.					
15:00:00	Beads, Baubles and Jewels One of a Kind	NETA	(S)	(CC)	N/A	#2409H
	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.					
15:30:00	Katie Brown Workshop Gifts	APTEX	(S)	(CC)	DVI	#420H
	Katie finds the perfect gift to give. In the kitchen, she makes edible presents: granola, matzo ball soup, and tomato sauce and croutons. Projects: custom gift-wrap tags and a unique idea from the herb garden.					
16:00:00	Biz Kid\$ Money Moves	APTEX	(S)	(CC)	DVI	#105H
	When money moves between individuals or groups it is called a transaction. Join the Biz Kids and you'll follow a single dollar bill as it moves from a depositor's hand across the counter, down to the vault, over to the Federal Reserve, and finally out to a project the bank is financing. Visit the branch of a real credit union inside a high school where the students are the tellers. Watch the ebb and flow of money as the kids examine the concepts of supply and demand. Meet a young man who began collecting books to read to his grandmother and soon found himself as the head of a national book business.					
16:30:00	Hands On Crafts for Kids Camp	NETA	(S)	(CC)	DVI	#1913H
	Head to the great outdoors with camping crafts. Jenny Barnett-Rohrs fashions a talking stick like those used by ancient tribes. Then, she paints images of nature with sand. Franz Spohn makes his own fishing game and Jenny weaves a beaded dream catcher. Candie Cooper lights up the forest with a cool camp lantern.					
17:00:00	P. Allen Smith's Garden Home It's Spooky	APTEX	(S)	(CC)	N/A	#1412H
	Allen Smith is throwing a Halloween Bash! Learn how to keep your Jack-o-Lantern's fresh longer along with unique fall decorating designs.					
17:30:00	Growing A Greener World Saving Seeds for Future Generations: Seed Savers Exchange (Decorah, Ia)	APTEX	(S)	(CC)	N/A	#710H
	Few people realize that less than 10% of all seed varieties commonly grown in 1900 are still with us today. They're extinct-gone forever, because no one took the time to preserve them for future generations. That risk is even greater today thanks to the genetic manipulation of a relatively few remaining seed varieties, combined with the massive buying up of smaller seed companies by overseas giants. The mission of protecting, preserving, and sharing today's precious seed and heirloom varieties has never been more important. Thankfully, one company established to do just that is alive and well, and since 1975 has been thriving in their efforts to preserve horticultural diversity. Seed Savers Exchange has an active international membership of over 13,000 who are helping with the cause. In this episode, Joe makes a trip to Iowa to their scenic 890-acre Heritage Farm to learn more about their process as well as the risks and challenges of safeguarding today's precious seed varieties for future generations.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15051H

Mon, Mar 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Americas Now Haiti - Privatizing Education (Stephen Gibbs)/Usa - Latinos In Silicon Valley (Mike)	NETA	(S)	(CC)	N/A	#129H
	Haiti - Privatizing Education (Stephen Gibbs) Private education is often a luxury only the wealthiest can afford. But in Haiti, the poorest country in the Western hemisphere, far more children attend private schools than state ones. The country's constitution stipulates all Haitian children have the right to a free education but unfortunately, no government in Haitian history has come close to achieving that. USA - Latinos in Silicon Valley (Mike Kirsch) Some of the United States' best minds in technology come from Latin America, and land in California's Silicon Valley. Latin American brain power is credited for widely-used technologies that include the smart phones on which we talk and the smart drones that fly medicine to the poor					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8246
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3610H
20:00:00	The Kate Maurice Hines	APTEX	(S)	(CC)	N/A	#205H
	Famed tap dancer and performer Maurice Hines entertains with heartfelt stories from his childhood days in show business with his brother Gregory, and sings classics like "It Don't Mean A Thing," and "Smile" and of course, wows the audience with his skilled tap moves.					
21:00:00	Backstage Pass Best of Season 8	NETA	(S)	(CC)	N/A	#810H
	Best of Season 8 showcases the top performances from Nicole New and the Woodward Horns, Low Down Brass, The Crane Wives, Stella, Off the Ledge, Danielle Nicole, Bobby Murray, The Accidentals, Mama Sol and Tha N.U.T.S, and Joshua Davis.					
22:00:00	Painted Nails	NETA	(S)	(CC)	N/A	#0H
	America loves its unexpected heroines - the women who become the lightning rod that calls attention to wrong doings - the Norma Raes and Erin Brockoviches of our times - the women who unintentionally have found themselves at the center of movements to protect the health and welfare of all Americans. And now Van Hoang joins their ranks. A Vietnamese immigrant and nail salon owner in the blue-collar, Mission District of San Francisco, Van sees her American dream begin to crumble with the discovery that her health problems, which include two heartbreaking miscarriages, are the result of the toxic chemicals in products used in her salon. PAINTED NAILS follows Van as she unintentionally becomes involved in the national fight for safe cosmetics, an industry that has had no oversight or legislation for safety since 1938. In a well-told and beautifully crafted film, viewers will cheer the shy Van on as she becomes a key catalyst in the fight to bring reform to an \$8.54 billion industry that touches the lives of nearly every woman in America.					
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.					

Tue, Mar 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Haiti - Privatizing Education (Stephen Gibbs)/Usa - Latinos In Silicon Valley (Mike)	NETA	(S)	(CC)	N/A	#129H
	Haiti - Privatizing Education (Stephen Gibbs) Private education is often a luxury only the wealthiest can afford. But in Haiti, the poorest country in the Western hemisphere, far more children attend private schools than state ones. The country's constitution stipulates all Haitian children have the right to a free education but unfortunately, no government in Haitian history has come close to achieving that. USA - Latinos in Silicon Valley (Mike Kirsch) Some of the United States' best minds in technology come from Latin America, and land in California's Silicon Valley. Latin American brain power is credited for widely-used technologies that include the smart phones on which we talk and the smart drones that fly medicine to the poor					
00:30:00	The Open Mind A Union of Concerned Technologists	NETA		(CC)	N/A	#3832H
	Guest: Renee Diresta. Renee Diresta of Data for Democracy discusses how antisocial media and technology companies are threatening society.					
01:00:00	The Kate Maurice Hines	APTEX	(S)	(CC)	N/A	#205H
	Famed tap dancer and performer Maurice Hines entertains with heartfelt stories from his childhood days in show business with his brother Gregory, and sings classics like "It Don't Mean A Thing," and "Smile" and of course, wows the audience with his skilled tap moves.					
02:00:00	Backstage Pass Best of Season 8	NETA	(S)	(CC)	N/A	#810H
	Best of Season 8 showcases the top performances from Nicole New and the Woodward Horns, Low Down Brass, The Crane Wives, Stella, Off the Ledge, Danielle Nicole, Bobby Murray, The Accidentals, Mama Sol and Tha N.U.T.S, and Joshua Davis.					
03:00:00	Painted Nails	NETA	(S)	(CC)	N/A	#0H
	America loves its unexpected heroines - the women who become the lightning rod that calls attention to wrong doings - the Norma Raes and Erin Brockoviches of our times - the women who unintentionally have found themselves at the center of movements to protect the health and welfare of all Americans. And now Van Hoang joins their ranks. A Vietnamese immigrant and nail salon owner in the blue-collar, Mission District of San Francisco, Van sees her American dream begin to crumble with the discovery that her health problems, which include two heartbreaking miscarriages, are the result of the toxic chemicals in products used in her salon. PAINTED NAILS follows Van as she unintentionally becomes involved in the national fight for safe cosmetics, an industry that has had no oversight or legislation for safety since 1938. In a well-told and beautifully crafted film, viewers will cheer the shy Van on as she becomes a key catalyst in the fight to bring reform to an \$8.54 billion industry that touches the lives of nearly every woman in America.					
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	#536
08:00:00	Zula Patrol The Show Must Float On/The Truder Crown Affair	APTEX	(S)	(CC)	DVI	#309H
	THE SHOW MUST FLOAT ON - It's time for the annual Ballet of the Water Striders, a beautiful water-top dance to celebrate the coming of Spring. However, during rehearsals the water striders can't keep themselves on top of the water! Enter The Zula Patrol, who find out the water striders are having trouble holding onto each other. It turns out, an unwelcome substance is making it impossible for the water molecules to form their natural elastic layer. The ZPers need to find the source of the pollution fast or the water could get way too sick to recover... and the water ballet will have to be cancelled! THE TRUDER CROWN AFFAIR - Princess Marina invites The Zula Patrol to the Zulean Isles to enjoy her coronation, but when a suspiciously familiar "Count Von Troodles" takes her crown, the ZPers are back on the job. Unfortunately, Wizzy and Wigg discover the crown they've retrieved floats instead of sinking like the genuine article. The ZPers will have to get the real crown back from Truder before he becomes king of the isles and Marina's hopes sink like...well, like her crown should!					
08:30:00	1001 Nights The Tale of the Mountain and the Valley/Three Tales of a Daydreaming Boy	NETA	(S)	(CC)	DVI	#118H
	"The Tale of the Mountain and The Valley" - A silly rumor spreads like wildfire through two communities, causing them to go to war with each other. "Three Tales of a Daydreaming Boy" - A set of three shorts about two artists who compete for the same customers, a thirsty bird who struggles to drink the water at the bottom of a bottle, and two kids who accidentally release a mischievous genie.					

Tue, Mar 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Healthy Neck	ACCES		(CC)	N/A	#112H
09:30:00	Classical Stretch: By Essentrics Back Pain Relief  In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.	APTEX	(S)	(CC)	DVI	#1108H
10:00:00	Sit and Be Fit Diabetes and Peripheral Neuropathy  A large and small ball is used as a way to facilitate exercises to improve conditions such as diabetes and peripheral neuropathy.	NETA	(S)	(CC)	N/A	#1606H
10:30:00	It's Sew Easy Pack and Go  Be ready to go - anywhere, anytime. Sewing blogger and busy Mom Caroline Critchfield stays packed and ready with a handy bag made with clear vinyl and colorful fabric. Award-winning quilter Carolina Moore takes along paper-piecing projects so she can keep stitching wherever she goes. Alex Woodbury shares a charity sewing project.	NETA	(S)	(CC)	N/A	#1310H
11:00:00	Knit and Crochet Now One of a Kind Totes  Take your yarn along in a stylish tote. Kristen Mangus makes an adorable raspberry stitch bag that is knit on a loom. Learn to make center-pull yarn balls in the technique corner with Ellen Gormley. Vanessa Wilson crochets a Boho tapestry bag with a long strap and drawstring closure that goes everywhere.	NETA	(S)	(CC)	N/A	#806H
11:30:00	Fons & Porter's Love of Quilting Parade Rest  This series' featured Quilt of Valor is made by Marianne Fons. Marianne joins host Sara Gallegos in teaching this fabulous quilt designed to showcase a Pinwheel Star quilt block in patriotic colors.	NETA	(S)	(CC)	N/A	#3010H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7162H
13:00:00	Julie Taboulie's Lebanese Kitchen Stop & Smell The Roses  STOP! And, smell the roses with Julie's rose water signature scented sweets hailing from Lebanon and the Middle East. Everything is coming up roses on today's show as Julie brings you along with her as she strolls through beautiful and breathtaking rose garden that inspires her to come back into her Lebanese kitchen to make and bake some of the most sumptuous rose water infused sweets that her culture is so famously known for. First up is Julie's bellawriyeh meaning to "glow" this shredded phyllo dough dessert is delightfully layered with a flavorful pistachio-walnut filling. Followed by her eish al bolbol, shredded phyllo dough birds nest shaped sweets topped with pistachios then blissfully baked away until lightly golden brown. Both sweets are finished off with Julie's signature rose water syrup ater b maward, that is subtly sweet, slightly sticky and surprisingly splendid to the senses. Julie's rose water signature sweets will surely have you stopping to smell the roses and stimulate you to create her sweets for yourself right at home as she simply shows you step-by-step in true Julie Taboulie style.	APTEX	(S)	(CC)	DVI	#106H
13:30:00	Taste of Louisiana with Chef John Folse & Co. - After The Hunt Venison Rolled Roast  Chef Folse prepares Deer Bombs, Venison Rolled Roast and Venison Liver with Onions and visits with gun experts Richard Lipsey and Richard Waguespack.	APTEX	(S)	(CC)	N/A	#1220H
14:00:00	Taste of History Washington's Character, Charisma & Ambition  Founding father George Washington helped shape the great nation known as the United States of America. Chef Walter Staib's favorite segments featuring George Washington are compiled for this very special episode of A Taste of History."	NETA	(S)	(CC)	N/A	#813H
14:30:00	Christopher Kimball's Milk Street Television Homecooking, Chinese Style  Host Christopher Kimball visits world traveler and cookbook author Fuchsia Dunlop in London to learn about the Chinese approach to cooking. He learns how to get perfectly cooked chicken every time by focusing on the meat, not the skin. Back at Milk Street, those techniques get put into action as Milk Street Cook Catherine Smart shows Chris how to make Chinese white-cooked chicken with ginger-soy dressing. Next, Chris demonstrates why an Asian cleaver just may have the edge over the ubiquitous western chef's knife. The show ends with a little sizzle on set as Milk Street Cook Matthew Card shows how to make hot oil-flashed chard with ginger, scallions and chili at home.	APTEX	(S)	(CC)	N/A	#101H

Tue, Mar 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Christmas Katie prepares a no-stress holiday meal with the help of the Workshop crew. Chef Chris Paulk whips up red pepper risotto, pork tenderloin and Kentucky eggnog. Then, Katie decks the halls with an advent calendar and a dressed-up Styrofoam Christmas tree.	APTEX	(S)	(CC)	DVI	#421H
16:00:00	Biz Kid\$ Taking Charge of Your Financial Future Join the Biz Kids as they figure out where they want to be financially and make plans on how to get there. You can work on your plans and meet some new kid entrepreneurs, too. Follow along as a Biz Kid sets up his first savings account. We also look at an innovative program that rescues street kids and gets them back into education and business.	APTEX	(S)	(CC)	DVI	#106H
16:30:00	Hands On Crafts for Kids Fins, Feathers and Fur Let's get creative with inspiration from the forest, sea and sky. Jenny Barnett-Rohrs and Katie Hacker make a friendly hedgehog then Katie creates a wiggly fish. Franz Spohn scratches off paint to make colorful animal images and Jenny makes a gelatin print Valentine's Day card.	NETA	(S)	(CC)	DVI	#1801H
17:00:00	P. Allen Smith's Garden Home Embracing Winter Don't let the winter blues put a chill on your seasonal party. Cool weather entertaining tips and more in this episode of P. Allen Smith's Garden Home. Plus, Santa makes a special visit to Moss Mountain Farm.	APTEX	(S)	(CC)	N/A	#1413H
17:30:00	Growing A Greener World Community Gardens: Growing So Much More Than Plants Having an opportunity to participate in a community garden builds a sense of community like nothing else. It provides opportunities for exercise, education, therapy, relaxation and social interaction, along with preserving green space and conserving resources. By looking at several prime examples of community gardens in action, this episode demonstrates how the benefits of a neighborhood garden can reach far beyond the garden gates, bringing people closer to the earth and to each other. In the kitchen, Chef Nathan uses kale fresh from the garden to create a ribollita, also known as a Tuscan vegetable and bread soup.	APTEX	(S)	(CC)	N/A	#711H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15052H
18:30:00	America's Heartland Chicago Hotel Restaurant sources food from local farmers. A businesswoman improves her farming community with a botanical garden. Researchers work to save the honeybee. Chef Sharon Profis makes some sweet dishes. We meet a Northern California urban farmer.	APTEX	(S)	(CC)	N/A	#1218H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8247
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1411H
20:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#901H
20:30:00	Jammin at Hippie Jack's Ashley Cleveland Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.	NETA	(S)	(CC)	N/A	#1007H
21:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds 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.	APTEX	(S)	(CC)	N/A	#504H

Daily Program Listing II

43.1

Date: 02/05/2018

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Tue, Mar 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
	<p>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.</p>					
23:00:00	My Love Affair with the Brain: The Life & Science of Dr. Marian Diamond	NETA	(S)	(CC)	N/A	#0H
	<p>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.</p>					

Wed, Mar 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Chicago Hotel Restaurant sources food from local farmers. A businesswoman improves her farming community with a botanical garden. Researchers work to save the honeybee. Chef Sharon Profis makes some sweet dishes. We meet a Northern California urban farmer.	APTEX	(S)	(CC)	N/A	#1218H
00:30:00	Overheard with Evan Smith Helen Thorpe, Journalist/Author Helen Thorpe is an author and journalist who has been a staff writer for the New York Observer, The New Yorker, and Texas Monthly. She has also been published in the New York Times Magazine, Slate and numerous other publications. Her radio stories have aired on This American Life and Sound Print. Her latest book, The Newcomers, hits shelves on November 14th.	NETA	(S)	(CC)	N/A	#810H
01:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#901H
01:30:00	Jammin at Hippie Jack's Ashley Cleveland Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.	NETA	(S)	(CC)	N/A	#1007H
02:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds 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.	APTEX	(S)	(CC)	N/A	#504H
03:00:00	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
04:00:00	My Love Affair with the Brain: The Life & Science of Dr. Marian Diamond 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.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#537
08:00:00	Zula Patrol The Great River Race/When You Wish Upon A Sea Star THE GREAT RIVER RACE - As The Zula Patrol competes in Zula's annual Great River Race, their nemesis, Dark Truder, plans to win the race by cheating so he can become famous which he's sure will cause people to finally listen to him. Unfortunately for Truder, every time he plots to knock the ZPers out of the competition, they rally back using their newfound knowledge about rivers. In the end, with quite a bit of help from Gorga, the ZPers win the race and Truder and Traxie wind up all wet. WHEN YOU WISH UPON A SEA STAR - The Zula Patrol is spending a fun day at the beach, when they meet Stella, a young Sea Star, in a tide pool. She needs the Zula Patrol's help to find her way back home, and in the process, our heroes learn all about the ocean's different habitats, and their fascinating inhabitants.	APTEX	(S)	(CC)	DVI	#310H
08:30:00	1001 Nights The Riddle of the Ruined Tomb/The Merchant and the Pickpocket "The Riddle of the Ruined Tomb" - Three witnesses to a crime each give different accounts about what really happened. "The Merchant and The Pickpocket" - A young pickpocket learns that there is not honor among thieves.	NETA	(S)	(CC)	DVI	#119H
09:00:00	Functional Fitness with Suzanne Andrews Brain Aerobics	ACCES		(CC)	N/A	#113H

Wed, Mar 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Hip and Leg Flexibility Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.	APTEX	(S)	(CC)	DVI	#1109H
10:00:00	Sit and Be Fit Full Body Workout Mary Ann uses a towel to assist with neck alignment and a band for strengthening shoulders and upper back. There is a focus on core and a special tip to help balance.	NETA	(S)	(CC)	N/A	#1607H
10:30:00	It's Sew Easy When The Wind Blows When the wind blows and the rain falls, stay warm and dry. Sewing educator Joanne Banko uses cozy polar fleece to sew a fashionable ruana with embroidered details, inspired by those worn in the mountains of South America. Designer and blogger Alex Woodbury shows how to sew and finish specially-coated fabric to make a super-cute raincoat to keep you dry and on-trend.	NETA	(S)	(CC)	N/A	#1311H
11:00:00	Knit and Crochet Now Top Down Sweaters Let's take it from the top down. Lena Skvagerson knits a comfy tunic sweater with a saucy split at the neckline. Melissa Leapman knits mitered squares in the technique corner. Then, Ellen Gormley crochets a lacy, casual, pullover with a Bruges lace neckline and no seams.	NETA	(S)	(CC)	N/A	#807H
11:30:00	Fons & Porter's Love of Quilting Luminous An incredibly fun quilting technique, mirror-imaging helps isolate motifs within fabric to fussy-cut into spectacular, kaleidoscopic designs. Love of Quilting's sewing specialist Colleen Tauke and host Sara Gallegos use the diamond shapes of this wall quilt to test out this unique method.	NETA	(S)	(CC)	N/A	#3011H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7163H
13:00:00	Lidia's Kitchen Crespelle Italians love their crepes either savory or sweet and in this episode, Lidia shows two of her favorite crespelle dishes, along with some great chef tips. She starts by highlighting the thin pancakes that can be made into so many things; then she makes a savory Italian favorite with them - manicotti and for a sweet version, she shows the chocolate and walnut crespelle that will satisfy any sweet tooth.	APTEX	(S)	(CC)	N/A	#412H
13:30:00	Annabel Langbein: The Free Range Cook A Decadent Dinner 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.	APTEX	(S)	(CC)	N/A	#102H
14:00:00	Simply Ming Minnesota Episode with Jamie Malone Ming makes a stop in Minneapolis to explore what makes this up-and-coming foodie hub unique. He meets up with chef Gavin Kaysen at his restaurant Spoon and Stable for a quick breakfast bite; a salmon mi-cuit with sauce meurette. Next stop is the Grand Cafe, where chefs Jamie Malone and Erik Anderson are breathing new life into a classic French establishment. Ming prepares salmon en papillote with Chinese black beans, leeks and maitake mushrooms with brown butter couscous as they make cocktails and prep for a trip to Boom Island Park. It's time to fire up the grill: the chefs work together to prepare a gorgeous, whole grilled salmon with pressed lobster sauce, celeriac, and maitake mushrooms. Don't miss this week's episode of Simply Ming in Minneapolis.	APTEX	(S)	(CC)	N/A	#1523H
14:30:00	Cook's Country Spicy and Sour for Supper Bridget Lancaster shows Julia Collin Davison how to make a classic Latin version of arroz con pollo. Equipment expert Adam Ried reveals his choice for the best dry measuring cups on the market. Tasting expert Jack Bishop challenges Bridget to a tasting of store-bought whipped topping. Test cook Christie Morrison shows Bridget how to make the best sour orange pie.	APTEX	(S)	(CC)	N/A	#1002H
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

Wed, Mar 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop New Year's	APTEX	(S)	(CC)	DVI	#422H
	Start the countdown with Katie and the Workshop crew. Recipes: steak with crab sauce, brussels sprouts salad and simple croquembouche (a French dessert). Projects: butterfly lanterns and a sophisticated cinnamon candy centerpiece for a New Year's table.					
16:00:00	Biz Kid\$ A Biz: What Is It?	APTEX	(S)	(CC)	DVI	#107H
	You'll see that a successful business supplies goods or services and makes profit when it earns more money than it spends. Meet the junior high school boy who makes healthy dog biscuits, the high school twins with a cake decorating company, and the college student seeking investors for his successful corporation.					
16:30:00	Hands On Crafts for Kids 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	P. Allen Smith's Garden Home Homesteaders USA	APTEX	(S)	(CC)	N/A	#1501H
	Allen Smith breaks down the basics of homesteading for beginners. From kitchen to bath, the experts have you covered for your journey to being self-sufficient.					
17:30:00	Growing A Greener World Growing Big Flavors In Small Spaces (Los Angeles, Ca)	APTEX	(S)	(CC)	N/A	#712H
	The busier we get, the more we seem to seek a time when life wasn't so fast. A movement toward a simple yet flavorful lifestyle, often associated with the term "homesteading," is growing more popular all the time. And it's not just rural farm-types that are leading the charge. People from all walks of life, including professionals from the suburbs to city-dwelling urbanites are looking to raise their own chickens, grow their own organic food, can and preserve the harvest, and other practices more commonly associated with the activities of our parents and grandparents. In this episode, the team goes behind the scenes with one of the country's leading contemporary urban homesteaders, Theresa Loe, to learn more about what's behind this exploding trend. It all happens from her own tiny Los Angeles homestead, where's she all about fresh, seasonal and locally-sourced flavor.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15053H
18:30:00	Great Decisions In Foreign Policy The Media and Foreign Policy	NETA	(S)	(CC)	N/A	#904H
	The US has thrived on its vibrant and free press since the Founding Fathers first put the concept into law in the Bill of Rights as an important, independent check on power. Now Foreign policy is tweeted from the White House and "fake news" has entered the zeitgeist, while social media is proving to be a double-edged sword. What's next for media and the free press?					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8248
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#510H
20:00:00	The Lowertown Line. The Lowertown Line: Siama	APTEX	(S)	(CC)	N/A	#126H
	Congoese-born guitarist Siama Matuzungidi performs for a live audience, and talks about growing up in a seminary, the popular musical genre known as Soukous, and his life in music.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#112H
	Artists: Cliff Cody, Angela Perley, Tim Easton, and hosted by songwriter Eric Gnezda. Special feature: Profile of Guitar House Workshop. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonessingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the network talent show Rising Star. He performs "Gotta Go To Heaven." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Brooklyn Girls." Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. Hesings "Don't Lie." "Scenes from the Scene" Segment: Guitar House Workshop is a fretted instrument restoration shop that also builds and sells top-line instruments. Luthiers John Bolzenius and Josh Wydick demonstrate and discuss the building of their custom guitars. In addition, artist-in-residence, Linda Langhorst, exhibits and talks about her paintings of musical scenes.					

Wed, Mar 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Artists Den Sturgill Simpson	APTEX	(S)	(CC)	N/A	#1103H
	The Broad Street Ballroom, an architectural landmark in New York's Wall Street district, provided the perfect backdrop for a riveting performance by musical visionary Sturgill Simpson. A massive mural depicting the history of seafaring wraps around the entire room, echoing the central concept of Simpson's acclaimed new album A Sailor's Guide to Earth, which he played in full for an ecstatic crowd of 400 winners and invited guests. Backed by a powerful horn section, Sturgill reconfigured the arrangements for songs from his breakthrough album, Metamodern Sounds in Country Music, and even delivered an emotional version of the soul classic "You Don't Miss Your Water" to round out an unforgettable night.					
22:00:00	1916 The Irish Rebellion Insurrection	APTEX	(S)	(CC)	DVI	#102H
	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.					
23:00:00	Ancient Roads from Christ to Constantine The Great Missionary	APTEX	(S)	(CC)	N/A	#102H
	Meet the man whose transformation is one of the most compelling in history, the Apostle Paul. Journey with Jonathan Phillips as he re-traces Paul's bold quest to bring the Christian message to Asia and Europe, a quest which would see him imprisoned, beaten and on the brink of death.					

Thu, Mar 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy Turkey: A Partner In Crisis	NETA	(S)	(CC)	N/A	#905H
	Once seen as a model of democracy, Turkey may be slipping toward autocracy. Critics charge that President Recep Tayyip Erdogan used a failed coup d'etat in 2016 as a means of consolidating power - power he says is necessary to secure the state. Great Decisions producers traveled to Turkey to examine the relationship with this key U.S. ally.					
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#510H
01:00:00	The Lowertown Line. The Lowertown Line: Siama	APTEX	(S)	(CC)	N/A	#126H
	Congoese-born guitarist Siama Matuzungidi performs for a live audience, and talks about growing up in a seminary, the popular musical genre known as Soukous, and his life in music.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#112H
	Artists: Cliff Cody, Angela Perley, Tim Easton, and hosted by songwriter Eric Gnezda. Special feature: Profile of Guitar House Workshop. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonessingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the network talent show Rising Star. He performs "Gotta Go To Heaven." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Brooklyn Girls." Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. Hesings "Don't Lie. " "Scenes from the Scene" Segment: Guitar House Workshop is a fretted instrument restoration shop that also builds and sells top-line instruments. Luthiers John Bolzenius and Josh Wydick demonstrate and discuss the building of their custom guitars. In addition, artist-in-residence, Linda Langhorst, exhibits and talks about her paintings of musical scenes.					
02:00:00	Live from the Artists Den Sturgill Simpson	APTEX	(S)	(CC)	N/A	#1103H
	The Broad Street Ballroom, an architectural landmark in New York's Wall Street district, provided the perfect backdrop for a riveting performance by musical visionary Sturgill Simpson. A massive mural depicting the history of seafaring wraps around the entire room, echoing the central concept of Simpson's acclaimed new album A Sailor's Guide to Earth, which he played in full for an ecstatic crowd of 400 winners and invited guests. Backed by a powerful horn section, Sturgill reconfigured the arrangements for songs from his breakthrough album, Metamodern Sounds in Country Music, and even delivered an emotional version of the soul classic "You Don't Miss Your Water" to round out an unforgettable night.					
03:00:00	1916 The Irish Rebellion Insurrection	APTEX	(S)	(CC)	DVI	#102H
	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.					
04:00:00	Ancient Roads from Christ to Constantine The Great Missionary	APTEX	(S)	(CC)	N/A	#102H
	Meet the man whose transformation is one of the most compelling in history, the Apostle Paul. Journey with Jonathan Phillips as he re-traces Paul's bold quest to bring the Christian message to Asia and Europe, a quest which would see him imprisoned, beaten and on the brink of death.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#538
08:00:00	Zula Patrol Mine Shaft/The Crystal Cavern	APTEX	(S)	(CC)	DVI	#311H
	MINE SHAFT - Dark Truder is at it again. At Zula's mines, he switches the labels of the minerals being shipped out to manufacturing plants and now everything is in disarray. Then, disguised as a home redecorating guru, Truder gets the ZPers to replace their "dingy old" equipment. Soon, at the ZP HQ and all over Zula, nothing, absolutely nothing, is working like it should. While the ZPers, in their new wobbly ship, try to find out what's gone wrong, Truder is the only one with equipment that works properly! Will Truder finally win? THE CRYSTAL CAVERN - Thanks to a rocky Truder space chase, The Zula Patrol needs a new crystal to power their ship. That means an expedition to the mysterious Crystal Cavern, where the legendary (and notoriously growly) Big Toe lives. Will they find the special crystal they need in time to stop Truder, or will they hit rock bottom?					
08:30:00	1001 Nights Arman The Cheat/Abu Hassan's Legendary Wedding	NETA	(S)	(CC)	DVI	#120H
	"Arman the Cheat" - When a young boy gets away with cheating he decides that crime really does pay. "Abu Hassan's Legendary Wedding" - A wedding goes horribly wrong when the groom appears to have uncontrollable flatulence.					

Thu, Mar 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 1	ACCES		(CC)	N/A	#114H
09:30:00	Classical Stretch: 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
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	It's Sew Easy Inspired By Art Shapes, colors and designs by art masters can fuel your creative energy. Upcycling designer Michelle Paganini adds a touch of modern art to a refashioned shirt using three-ply reverse applique. Couture designer Angela Wolf creates her own embellished denim fabric with free-motion embroidery using a fabric frame.	NETA	(S)	(CC)	N/A	#1312H
11:00:00	Knit and Crochet Now Fanciful Shawls Make a simple shawl fancy. Starting with a garter stitch, Kristen Mangus knits a cable lace edging to create an elegant shawl. In the technique corner, Lena Skvagerson shows how to work in the ends as you go. Jenny King crochets a peacock-colored shawl starting from the center out and adds a picot border.	NETA	(S)	(CC)	N/A	#808H
11:30:00	Fons & Porter's Love of Quilting Dublin Town The Double Irish Chain is a quintessential quilt pattern, and on this episode, we color it Irish! Debra Finan joins host Sara Gallegos to teach this classic pattern, and adds in a four-leaf clover quilt block for some extra patchwork luck.	NETA	(S)	(CC)	N/A	#3012H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7164H
13:00:00	The Jazzy Vegetarian Italian Flair Host Laura Theodore prepares a delicious and hearty Italian-style meal. The menu features "Quick Lasagna Rolls" and savory side dishes such as: "Basil Roasted Peppers" and "Broccoli Rabe with Garlic." Next up, a favorite dish with kids of all ages is "Grandma's' Garlic Bread." "Balsamic Strawberry Delight," finishes the meal with an Italian-inspired flourish.	NETA	(S)	(CC)	DVI	#109H
13:30:00	Sara's Weeknight Meals Shellfish Asian Style 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.	APTEX	(S)	(CC)	N/A	#510H
14:00:00	Joanne Weir Gets Fresh Beyond Meat and Potatoes Like Fred Astaire and Ginger Rogers, nothing is more satisfying than a duo of old favorites, so Joanne is always looking for fun and dynamic ways to prepare meat and potatoes. She visits Thistle Meats and McEvoy Ranch in Petaluma, California, and then Joanne and her student Joan will make skillet riblettes with aged balsamic and warm grilled potato salad with fennel. Join them as they update their favorites with style.	APTEX	(S)	(CC)	N/A	#201H
14:30:00	New Scandinavian Cooking New Nordic Cuisine In this episode, Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo. He goes fishing for langoustines and foraging for wild herbs. On board the train again Andreas invites for a herring tartar and on arrival in Stavanger he visits Tango Bar and Kitchen for a modern herring feast.	APTEX	(S)	(CC)	N/A	#701H
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

Thu, Mar 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ How to Succeed In Biz-Ness By Really Trying! A business can be anything from babysitting to owning vending machines. You'll discover the three key steps to success: identifying a need, making a plan to fill a need, and taking action. Join us as we meet the prep school boy whose new take on the old school tie caused a sensation. We also meet the young founder of Logan magazine.	APTEX	(S)	(CC)	DVI	#108H
16:30:00	Hands On Crafts for Kids Superheroes Who's your favorite superhero? Katie Hacker creates a utility belt to boost your super powers. Jenny Barnett-Rohrs makes a hero emblem for your room. Franz Spohn shows how to draw yourself into a comic book hero and Katie makes Kryptonite soap.	NETA	(S)	(CC)	DVI	#1803H
17:00:00	P. Allen Smith's Garden Home Charming Charleston P. Allen Smith explores the food and fellowship of one of America's oldest cities, Charleston, South Carolina; a true Southern gem.	APTEX	(S)	(CC)	N/A	#1502H
17:30:00	Growing A Greener World Growing Healthy Foods and Sustainable Communities (Atlanta, Ga) The modern farmer often bears no resemblance to the old stereotype. Many young farmers today are growing much more than just healthy crops. They're thinking outside the plot to raise healthy communities and lifestyles around organically grown food, school and community gardens, even eco-conscious resorts. Daron Joffe (a.k.a. "Farmer D") is one such farmer and entrepreneur breaking down the walls of traditional farming. Today, his services and projects can be found all around the country, and the proven results of his efforts are in high demand by some of the most prominent gardeners and companies in America.	APTEX	(S)	(CC)	N/A	#713H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15054H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1438H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8249
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1305H
20:00:00	Backstage Pass Toronzo Cannon - Encore The encore set from contemporary bluesman Toronzo Cannon features "Walk It Off" and more from his latest recording, "The Chicago Way." In the band with the Cannon are Dave Forte, bass; Melvin "Pookie Styx" Carlisle, drums; and Luca Chiellini, keyboard. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.	NETA	(S)	(CC)	N/A	#702H
20:30:00	Music Voyager Atlanta, Ga Music Voyager is invited to Atlanta, Georgia to experience the heartbeat of the city from the inside out. The host is musician Tacuma Bradley who explores the Atlanta landscape while following the six degrees of separation between the people he meets. These include musicians Christian and Brand Bush, who brings them to the neighborhood of Buckhead for an unplugged performance at a local cemetery. They are introduced to their friends Ruby Velle and the Soulphonics. Ruby's music sets the tone to explore the funky and artistic Five Points neighborhood. Ruby introduces them to the feisty Myra, who owns a boutique cuisine shop called La Fruta. Myra then takes them to the Elevate Festival in the heart of downtown Atlanta. Finally, an introduction is made to Killer Mike, a local hip-hop legend and activist who brings Tacuma to his barbershop/community center to experience a concert with Killer Mike and special guest Big Boi from OutKast.	APTEX	(S)	(CC)	N/A	#603H
21:00:00	All-Star Orchestra British Enigmas Elgar - Enigma Variations. Secret, "enigmatic" portraits of the composer's friends, each with great individuality Britten - Young Person's Guide to the Orchestra The perennial family favorite that showcases - one by one - all the instruments in the orchestra. The perfect introduction to classical music.	APTEX	(S)	(CC)	N/A	#303H

## Daily Program Listing II

43.1

Date: 02/05/2018

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Thu, Mar 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	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.					
23:00:00	Reel South Soul City	NETA	(S)	(CC)	N/A	#201H
	By Monica Berra, SheRea DeSol and Gini Richards. Learn the story of a group of civil rights activists who attempted to build a multiracial utopia - Soul City - in the heart of North Carolina's Klan Country in the 1970s. Rich archival material, interviews with former and current Soul City residents, animation and soulful rhythms of the era bring alive the vision of founder Floyd B. McKissick and his band of idealists who, though the odds were stacked against them, risked it all to build the city of their dreams.					
23:30:00	Harpists's Legacy: Ann Hobson Pilot and the Sound Change	APTEX	(S)	(CC)	N/A	#0H
	A HARPIS'T'S LEGACY: ANN HOBSON PILOT AND THE SOUND OF CHANGE profiles the inspirational life and distinguished career of the revered harpist. This compelling documentary follows Ann Hobson Pilot's trailblazing journey as the first black female principal player in a major symphony orchestra and also as an international soloist, teacher, mentor and driving force behind music-education programs for underserved minorities. A HARPIS'T'S LEGACY uses her professional journey to explore the increasing racial diversity and shift in attitudes toward musicians of color in the classical music world.					

Fri, Mar 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	American Forum Ending The Cold War Historian JEFFREY ENGEL on George H.W. Bush, the collapse of the Soviet Union, and why the world survived.	NETA	(S)	(CC)	N/A	#320H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1213H
01:00:00	Backstage Pass Toronzo Cannon - Encore The encore set from contemporary bluesman Toronzo Cannon features "Walk It Off" and more from his latest recording, "The Chicago Way." In the band with the Cannon are Dave Forte, bass; Melvin "Pookie Styx" Carlisle, drums; and Luca Chiellini, keyboard. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.	NETA	(S)	(CC)	N/A	#702H
01:30:00	Music Voyager Atlanta, Ga Music Voyager is invited to Atlanta, Georgia to experience the heartbeat of the city from the inside out. The host is musician Tacuma Bradley who explores the Atlanta landscape while following the six degrees of separation between the people he meets. These include musicians Christian and Brand Bush, who brings them to the neighborhood of Buckhead for an unplugged performance at a local cemetery. They are introduced to their friends Ruby Velle and the Soulphonics. Ruby's music sets the tone to explore the funky and artistic Five Points neighborhood. Ruby introduces them to the feisty Myra, who owns a boutique cuisine shop called La Fruta. Myra then takes them to the Elevate Festival in the heart of downtown Atlanta. Finally, an introduction is made to Killer Mike, a local hip-hop legend and activist who brings Tacuma to his barbershop/community center to experience a concert with Killer Mike and special guest Big Boi from OutKast.	APTEx	(S)	(CC)	N/A	#603H
02:00:00	All-Star Orchestra British Enigmas Elgar - Enigma Variations. Secret, "enigmatic" portraits of the composer's friends, each with great individuality Britten - Young Person's Guide to the Orchestra The perennial family favorite that showcases - one by one - all the instruments in the orchestra. The perfect introduction to classical music.	APTEx	(S)	(CC)	N/A	#303H
03:00:00	Childsplay: A Story of Fiddlers, Fiddles and a Fiddle Maker Taped live in 2013 at the Zeiterion Theatre in New Bedford, Massachusetts, CHILDSPLAY: A STORY OF FIDDLERS, FIDDLES AND A FIDDLE MAKER is a remarkable concert special featuring the fiddle choir Childsplay. The program showcases the group's passion, authenticity and artistry and affirms the thriving popularity of traditional music, song, and dance in North America.	APTEx	(S)	(CC)	N/A	#0H
04:00:00	Reel South Soul City By Monica Berra, SheRea DeSol and Gini Richards. Learn the story of a group of civil rights activists who attempted to build a multiracial utopia - Soul City - in the heart of North Carolina's Klan Country in the 1970s. Rich archival material, interviews with former and current Soul City residents, animation and soulful rhythms of the era bring alive the vision of founder Floyd B. McKissick and his band of idealists who, though the odds were stacked against them, risked it all to build the city of their dreams.	NETA	(S)	(CC)	N/A	#201H
04:30:00	Harpists's Legacy: Ann Hobson Pilot and the Sound Change A HARPIS'T'S LEGACY: ANN HOBSON PILOT AND THE SOUND OF CHANGE profiles the inspirational life and distinguished career of the revered harpist. This compelling documentary follows Ann Hobson Pilot's trailblazing journey as the first black female principal player in a major symphony orchestra and also as an international soloist, teacher, mentor and driving force behind music-education programs for underserved minorities. A HARPIS'T'S LEGACY uses her professional journey to explore the increasing racial diversity and shift in attitudes toward musicians of color in the classical music world.	APTEx	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#539
08:00:00	Zula Patrol The Lizard Who Came to Dinner/Island of the Endotherms THE LIZARD WHO CAME TO DINNER - Ziggy the Iguana comes to stay with The Zula Patrol, and his abundance of energy and desire to "help" makes him a handful. He wears out his welcome further by turning up the thermostat to keep his ectothermic system from cooling off. But when Ziggy loses the eggs he's babysitting, The Zula Patrol mounts a rescue expedition to the desert, where they learn that being ectothermic can be cool after all. ISLAND OF THE ENDOTHERMS - When Dark Truder sends a phony distress signal, the Zula Patrol find themselves trapped on a remote island with extremely rapid weather changes. While the Zula Patrollers search the island for a power source to start their ship, they learn about endotherms and how they are able to keep their body temperatures relatively constant. Meanwhile, Dark Truder takes over their headquarters, and learns NEVER to touch anything without knowing what it does!	APTEx	(S)	(CC)	DVI	#312H

Fri, Mar 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The King Who Became A Slave/The Spoon That Ruined Everything "The King Who Became a Slave" - A king learns what happens when he's out of touch with his people. "The Spoon That Ruined Everything" - People in a small community see a spoon for the first time and begin to fight over it .	NETA	(S)	(CC)	DVI	#121H
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 2	ACCES		(CC)	N/A	#115H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico. Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.	APTEX	(S)	(CC)	DVI	#1111H
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
10:30:00	It's Sew Easy Ski Trip Hit the slopes in style. Designer and fabric expert Linda Lee uses a specialty fabric normally used for envelopes and home insulation to make a warm, stylish ski vest. Then, put your feet up and relax. Sewing educator Rebecca Kemp Brent captures vacation memories in a charming tuffet, embellished with top-stitching.	NETA	(S)	(CC)	N/A	#1313H
11:00:00	Knit and Crochet Now Outfits in the Round Let's work in the round. Melissa Leapman knits the moss stitch to add a flounce border to a cardigan. It has a wide collar and soft, flowing folds. Ellen Gormley has tips on double-ended crochet in the technique corner. Vanessa Wilson crochets a colorful vest with shades of color radiating out from the center back.	NETA	(S)	(CC)	N/A	#809H
11:30:00	Fons & Porter's Love of Quilting American Pie A scrap quilt masterpiece inspired by an antique, Waste Not, Want Not is a strip-pieced design by guest Marianne Fons. The triangle units are placed to create a bull's-eye effect that will stop you in your tracks. Join Marianne and host Sara Gallegos to learn more about this quilt's history and techniques.	NETA	(S)	(CC)	N/A	#3013H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7165H
13:00:00	Cooking Odyssey Mykonos Easter On today's episode, Chef Michalis shares the traditions of Greek Easter, learns how to make mayeritsa, the customary soup of Easter, the traditional Easter bread called Tsoureki, goes horseback riding and even takes a turn at roasting the traditional Easter lamb.	NETA	(S)	(CC)	N/A	#311H
13:30:00	Cooking with Nick Stellino Pork Chop & Pineapple Upside-Down Cake Nick visits the butcher shop and the chicken coop and prepares Pork Chops with Apple & Whiskey Sauce and a Pineapple Upside-Down Cake that will rekindle your memory and seduce your palate.	APTEX	(S)	(CC)	N/A	#102H
14:00:00	Kitchen Wisdom of Cecilia Chiang A Legend Is Born Cecilia Chiang was born almost 100 years ago in a China that no longer exists. In this episode, viewers get an overview of her amazing story from Beijing to San Francisco. In 1960, she opened the acclaimed Mandarin restaurant, which revolutionized Chinese food in America. She mentored the likes of Julia Child, James Beard and Alice Waters (Alice calls Cecilia "the Julia Child of Chinese food in America") Now in her mid-90's, Cecilia is mentoring a new generation of Bay area chefs. Corey Lee, the Korean American chef and owner of Benu, a three-star Michelin restaurant, invites Cecilia into his kitchen where she gives him a lesson in making "jowza," or what we in America call "pot stickers."	APTEX	(S)	(CC)	DVI	#101H
14:30:00	Jacques Pepin: Heart & Soul Cuisine Economique Jacques demonstrates how home cooking using quality ingredients doesn't have to break the bank! This style of cooking, learned from his mother, brings together inexpensive ingredients that inspire creative dishes. Black lentil salad with eggs includes a lesson on how to properly boil an egg every time. Jacques adds fresh vegetables to the hearty dish of pork neck and bean fricassee. Then spinach and ricotta lasagna follows as a low-cost classic comfort dish that Jacques pairs with a bold yet budget-friendly red wine.	APTEX	(S)	(CC)	N/A	#124H

Fri, Mar 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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\$ Cash and Credit You'll learn about the power and pitfalls of credit, which is essentially using someone else's money temporarily (for a price). Meet a young entrepreneur who used credit to start a successful bath salts business and another who launched a successful design firm. And, as a cautionary tale, we talk to a young woman who had fun buying with credit until she found herself in bankruptcy.	APTEX	(S)	(CC)	DVI	#109H
16:30:00	Hands On Crafts for Kids Too Nice to Stay Inside Let's head outside for some fun. Jenny Barnett-Rohrs makes colorful hand grips for your bike. Katie Hacker has some fun with friendly bugs. Franz Spohn has sidewalk art tips and Katie makes special discovery eggs.	NETA	(S)	(CC)	DVI	#1804H
17:00:00	P. Allen Smith's Garden Home Embrace Your Space Making the most out of your space doesn't just apply to what's in your house. P. Allen Smith shows you how to take advantage of your great outdoors without breaking the bank.	APTEX	(S)	(CC)	DVI	#1601H
17:30:00	Growing A Greener World Red White and Green: America's Earth Friendly Vineyard Producing wines that are as good for the earth as they are on the palate is a proposition far too risky for most wineries. But not for Fetzer Vineyards-one of America's largest commercial wine producers. Their commitment to being earth-friendly is reflected in everything they do. From the sustainable methods used to grow and manage their crops, to how they process waste, even to the energy consumed to run their company; it's all green. In this episode, we get an insider's look at some of the ways they're keeping it earth-friendly, and share with viewers how they can apply some of those techniques to get great results in their home gardens.	APTEX	(S)	(CC)	N/A	#714H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15055H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1411H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8250
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1011H
20:00:00	Song of the Mountains Bill & Maggie Anderson / Vw Boys	NETA	(S)	(CC)	N/A	#1209H
21:00:00	Woodsongs California Guitar Trio and Sugar Blue THE CALIFORNIA GUITAR TRIO has enthralled listeners with a singular sound that fearlessly explores the intersections between rock, jazz, classical, and world music. It even throws in the occasional surf or spaghetti Western tune for good measure. Comprised of Bert Lams, Hideyo Moriya and Paul Richards, the group has established a unique, personal connection with audiences. CGT's 14 albums, streamed over 47 million times on Pandora, offer diverse snapshots of the group's mercurial muse. The trio's most recent release 'Masterworks' showcases its classical side, with expansive takes on Bach, Beethoven, Arvo Part, and Schubert. SUGAR BLUE is the Grammy Award winner who has played with legends from Willie Dixon to The Rolling Stones. He's been called "One of the foremost harmonica blowers in all of Modern blues..." (Rolling Stone MAGAZINE). He began his career as a street musician and made his first recordings in 1975 with legendary blues figures Brownie McGhee and Roosevelt Sykes. Sugar Blue has played and recorded with musicians ranging from Willie Dixon to Stan Getz to Frank Zappa to Johnny Shines to Bob Dylan. He is perhaps best known for his signature riff and solo on the Rolling Stones' hit "Miss You." His new release is 'Voyage' on M.C. Records. WoodSongs Kid: Matt Chalk is young bluesman from Grove City, Ohio. This sixteen-year-old received a Generation Blues Scholarship from the Blues Foundation last year.	NETA	(S)	(CC)	N/A	#1911H

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Fri, Mar 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Hidden Passions We all harbor secrets we're afraid to share with the world, but sometimes, you just have to take a leap of faith: Festus by Shawn Snyder and Yeah Kowalski! by Evan Roberts. Clean by Gabriel Wilson.	NETA	(S)	(CC)	N/A	#507H
22:30:00	On Story Gary Ross On Drive and Inspiration Writer/Director Gary Ross discusses his film trajectory from co-writing the iconic film Big to approaching and adapting Seabiscuit on screen as well as working on historically depicting his new film Free State of Jones starring Matthew McConaughey.	NETA	(S)	(CC)	N/A	#611H
23:00:00	Science Goes to the Movies Greed 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.	EPS	(S)	(CC)	N/A	#311H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1120H

Sat, Mar 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is Philosophy of Science? Can science discover all truths? Or are there truths beyond science? What is science? A process? A way of thinking? How to get at the essence of science, discern how it really works?	EPS	(S)	(CC)	N/A	#1611H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1011H
01:00:00	Song of the Mountains Bill & Maggie Anderson / Vw Boys	NETA	(S)	(CC)	N/A	#1209H
02:00:00	Woodsongs California Guitar Trio and Sugar Blue THE CALIFORNIA GUITAR TRIO has enthralled listeners with a singular sound that fearlessly explores the intersections between rock, jazz, classical, and world music. It even throws in the occasional surf or spaghetti Western tune for good measure. Comprised of Bert Lams, Hideyo Moriya and Paul Richards, the group has established a unique, personal connection with audiences. CGT's 14 albums, streamed over 47 million times on Pandora, offer diverse snapshots of the group's mercurial muse. The trio's most recent release 'Masterworks' showcases its classical side, with expansive takes on Bach, Beethoven, Arvo Part, and Schubert. SUGAR BLUE is the Grammy Award winner who has played with legends from Willie Dixon to The Rolling Stones. He's been called "One of the foremost harmonica blowers in all of Modern blues..." (Rolling Stone MAGAZINE). He began his career as a street musician and made his first recordings in 1975 with legendary blues figures Brownie McGhee and Roosevelt Sykes. Sugar Blue has played and recorded with musicians ranging from Willie Dixon to Stan Getz to Frank Zappa to Johnny Shines to Bob Dylan. He is perhaps best known for his signature riff and solo on the Rolling Stones' hit "Miss You." His new release is 'Voyage' on M.C. Records. WoodSongs Kid: Matt Chalk is young bluesman from Grove City, Ohio. This sixteen-year-old received a Generation Blues Scholarship from the Blues Foundation last year.	NETA	(S)	(CC)	N/A	#1911H
03:00:00	Film School Shorts Hidden Passions We all harbor secrets we're afraid to share with the world, but sometimes, you just have to take a leap of faith: Festus by Shawn Snyder and Yeah Kowalski! by Evan Roberts. Clean by Gabriel Wilson.	NETA	(S)	(CC)	N/A	#507H
03:30:00	On Story Gary Ross On Drive and Inspiration Writer/Director Gary Ross discusses his film trajectory from co-writing the iconic film Big to approaching and adapting Seabiscuit on screen as well as working on historically depicting his new film Free State of Jones starring Matthew McConaughey.	NETA	(S)	(CC)	N/A	#611H
04:00:00	Science Goes to the Movies Greed 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.	EPS	(S)	(CC)	N/A	#311H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1120H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#540
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins The Little Visitor For this charming painting today, Gary demonstrates how to paint a cute little Sparrow tucked into the lush branches of Greenery. A nice arched border surrounds the composition. The branches of the foliage break over the border edges for an interesting composition. This is a very easy painting to do.	APTEX	(S)	(CC)	N/A	#309H
08:30:00	Painting with Wilson Bickford A Nap on the Beach A hammock stretched between two palm trees on a tropical beach is the perfect spot to relax.	NETA	(S)	(CC)	N/A	#303H
09:00:00	Landscapes Through Time with David Dunlop American Impressionists In Old Lyme, Ct Old Lyme, CT was a popular artist colony at the turn of the century with many painters who had also painted in Paris and Giverny, learning the new trends from the French avant-garde. David takes us to the Florence Griswold Museum garden and demonstrates how American Impressionists create the sensual experience of interwoven color, texture, and movement from a palette of complementary colors painted outside or en plein air, a term made popular during this time.	NETA	(S)	(CC)	DVI	#108H

Sat, Mar 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Boost Your Energy	APTEX	(S)	(CC)	DVI	#1112H
	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.					
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	Functional Fitness with Suzanne Andrews Arm Conditioning	ACCES	(S)	(CC)	N/A	#310H
11:00:00	Delicious TV's Vegan Mashup Budget Friendly Bonanza	NETA	(S)	(CC)	DVI	#304H
	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.					
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 Davidson, North Carolina - Joe and Katy Kindred	APTEX	(S)	(CC)	N/A	#407H
	On this episode of Moveable Feast with Fine Cooking, Pete heads to Davidson, North Carolina to meet with the owners of the famous Kindred restaurant, chef Joe Kindred and his wife Katy. The three visit the award-winning Noda Brewing Company - home of the Hop, Drop 'n' Roll IPA - and the family-run Newtown Farm for organic vegetables. Together, they make a beautiful lakeside feast featuring classics like a crispy North Carolina oysters and shrimp roll as well as pasta and clams. And, of course, no southern meal would be complete without a sweet dish like Katy's strawberry shortcake spin. Find it all here on Moveable Feast.					
13:00:00	Expeditions with Patrick Mcmillan The Clemson Forest - from Tragedy to Triumph	APTEX	(S)	(CC)	N/A	#311H
	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.					
13:30:00	Weekends with Yankee Lost and Found	APTEX	(S)	(CC)	N/A	#105H
	This week on Weekends with Yankee, we're lost, and found. First stop: Block Island, off the coast of Rhode Island, where we're in search of the glass orbs that one local artist makes and tucks away like hidden treasures for locals and visitors to discover. Next stop: Dummerston, Vermont, where we find an incredible orchard paradise filled with heirloom apples that can be traced back to the earliest days of American history. Finally, we wrap up with a visit to the spectacular Isabella Stewart Gardner Museum in Boston, home to a priceless art collection amassed by one of Boston's most unorthodox and remarkable patrons.					

Sat, Mar 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Barcelona and Catalunya	APTEX	(S)	(CC)	N/A	#503H
	The creative spirit of Spain's Catalunya the land of Picasso, Gaudi and Salvador Dali is on a roll. We'll get caught up in the festivity of Barcelona, enjoying the vibrant street scenes, tasty tapas and pedestrian-friendly Gothic Quarter. Then we'll take a scenic side trip to mountaintop Montserrat, and finish with an artist's pilgrimage along the Costa Brava to Salvador Dali country seaside Cadaques to visit his home and nearby Figures to experience his playfully surreal mausoleum/museum.					
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	#4701H
	A garden oasis nestled in the heart of a large city showcases many beautiful plants and a wonderful sculptural exhibit. It also provides ideas and tips that home gardeners can utilize. Join us this week as we GardenSMART.					
15:30:00	For Your Home Finishing Touches	APTEX	(S)	(CC)	N/A	#3107H
	It always take longer than you expect to complete any construction project but the wait is always worth it. Tour the finished bungalow with host Vicki Payne as she reveals the stunning details that transformed a 1920s bungalow into a functional home for a multi-generational family of five.					
16:00:00	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.					
16:30:00	Overheard with Evan Smith Walter Isaacson, Author	NETA	(S)	(CC)	N/A	#811H
	Walter Isaacson is an author, Professor of History at Tulane, and was formerly the CEO of the Aspen Institute, chairman of CNN, and editor of Time magazine. He has written many biographies including Einstein: His Life and Universe, Steve Jobs, Benjamin Franklin: An American Life and most recently, Leonardo da Vinci.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Flute Maker	APTEX	(S)	(CC)	N/A	#307H
	Geri Littlejohn has been making Native American style flutes for more than 20 years. Host Eric Gorges and Geri start with a simple piece of bamboo and end with what she likes to call a "sacred musical gift of art."					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3611H
18:30:00	The Open Mind China's Contentious Public Sphere	NETA		(CC)	N/A	#3835H
	Guest: Ya-Wen Lei. Harvard University Sociologist Ya-Wen Lei discusses her new book "The Contentious Public Sphere: Law, Media, and Authoritarian Rule in China."					
19:00:00	Closer to Truth What Is Philosophy of Science?	EPS	(S)	(CC)	N/A	#1611H
	Can science discover all truths? Or are there truths beyond science? What is science? A process? A way of thinking? How to get at the essence of science, discern how it really works?					
19:30:00	American Forum Why Do We Believe In Religious Freedom?	NETA	(S)	(CC)	N/A	#316H
	PETER ONUF and KATHLEEN FLAKE on the most fundamental American belief, and the threats to it today.					

Sat, Mar 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Speakeasy Nick Lowe and Jim Nelson	APTEX	(S)	(CC)	N/A	#305H
	Nick Lowe has become a noted figure in UK pub rock, power pop, and new wave best known for his songs "Cruel to Be Kind" and "I Love the Sound of Breaking Glass." He is a singer-songwriter, musician, and producer and has worked with the likes of Elvis Costello, Graham Parker, and Johnny Cash. Covers of Lowe's songs "(What's So Funny 'Bout) Peace, Love, and Understanding" (Elvis Costello), "I Knew the Bride (When She Used to Rock 'n' Roll)" (Dave Edmunds), and "The Beast in Me" (Johnny Cash) went on to become hits. Lowe is joined by Jim Nelson, the editor for GQ magazine, for an intimate conversation filmed at the Montclair Film Festival for this episode of Speakeasy.					
21:00:00	Front and Center Cma Songwriters Series Presents: Luke Combs and Kane Brow	APTEX	(S)	(CC)	N/A	#802H
	In this double episode, rising country star Kane Brown and newcomer Luke Combs perform in Nashville at the Franklin Theatre. Brown is joined by top tunesmiths Tom Douglas and Josh Hoge. Additionally, Combs is joined by hit songwriters Thomas Archer, Ray Fulcher, and Rob Williford, all of whom had a hand in writing on Combs' This One's For You.					
22:00:00	Globe Trekker Myanmar	APTEX	(S)	(CC)	N/A	#1616H
	Megan McCormick starts her journey in Yangon with a visit to Shwedagon Pagoda, the most revered Buddhist temple in Myanmar. Next she visits Inle Lake and then heads to the Shan Palace in the town of Hsipaw, where she uncovers a centuries-old tribal rivalry. Megan travels by train to Mandalay to visit the golden Mahamuni Buddha and to try her hand at puppetry. She makes her way to the Chin State and then on to Bagan, once the capital city. Megan's last stop is the Rahkine State where she boards a boat to Ngapali Beach, the ultimate beach destination.					
23:00:00	Arts In Context Shakespeare on the Farm	NETA		(CC)	N/A	#706H
	Under the starlit, intimate setting of Rain Lily Farm, En Route Productions presents Shakespeare on the Farm. By bringing theatre off of the stage and farming into the city, the two groups take their respective passions to the masses.					
23:30:00	Articulate with Jim Cotter The Charming Incongruities of Kevin Barnes	APTEX	(S)	(CC)	N/A	#105H
	Kevin Barnes is the founder and leader of the indie rock band Of Montreal. After 20 years and 14 albums, he's still as much an enigma to those close to him as he is to his fans. Pictures of You - Long before selfies, portraits were a way for those who could afford it, to help shape their public image. Wale Oyejide - Recognized as one of America's best-dressed men, designer, attorney and afrobeat musician Wale Oyejide is on a mission to help all men unleash their inner fashionisto.					

Sun, Mar 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is Philosophy of Science? Can science discover all truths? Or are there truths beyond science? What is science? A process? A way of thinking? How to get at the essence of science, discern how it really works?	EPS	(S)	(CC)	N/A	#1611H
00:30:00	American Forum Why Do We Believe In Religious Freedom? PETER ONUF and KATHLEEN FLAKE on the most fundamental American belief, and the threats to it today.	NETA	(S)	(CC)	N/A	#316H
01:00:00	Speakeasy Nick Lowe and Jim Nelson Nick Lowe has become a noted figure in UK pub rock, power pop, and new wave best known for his songs "Cruel to Be Kind" and "I Love the Sound of Breaking Glass." He is a singer-songwriter, musician, and producer and has worked with the likes of Elvis Costello, Graham Parker, and Johnny Cash. Covers of Lowe's songs "(What's So Funny 'Bout) Peace, Love, and Understanding" (Elvis Costello), "I Knew the Bride (When She Used to Rock 'n' Roll)" (Dave Edmunds), and "The Beast in Me" (Johnny Cash) went on to become hits. Lowe is joined by Jim Nelson, the editor for GQ magazine, for an intimate conversation filmed at the Montclair Film Festival for this episode of Speakeasy.	APTEX	(S)	(CC)	N/A	#305H
02:00:00	Front and Center Cma Songwriters Series Presents: Luke Combs and Kane Brow In this double episode, rising country star Kane Brown and newcomer Luke Combs perform in Nashville at the Franklin Theatre. Brown is joined by top tunesmiths Tom Douglas and Josh Hoge. Additionally, Combs is joined by hit songwriters Thomas Archer, Ray Fulcher, and Rob Williford, all of whom had a hand in writing on Combs' This One's For You.	APTEX	(S)	(CC)	N/A	#802H
03:00:00	Globe Trekker Myanmar Megan McCormick starts her journey in Yangon with a visit to Shwedagon Pagoda, the most revered Buddhist temple in Myanmar. Next she visits Inle Lake and then heads to the Shan Palace in the town of Hsipaw, where she uncovers a centuries-old tribal rivalry. Megan travels by train to Mandalay to visit the golden Mahamuni Buddha and to try her hand at puppetry. She makes her way to the Chin State and then on to Bagan, once the capital city. Megan's last stop is the Rahkine State where she boards a boat to Ngapali Beach, the ultimate beach destination.	APTEX	(S)	(CC)	N/A	#1616H
04:00:00	Arts In Context Shakespeare on the Farm Under the starlit, intimate setting of Rain Lily Farm, En Route Productions presents Shakespeare on the Farm. By bringing theatre off of the stage and farming into the city, the two groups take their respective passions to the masses.	NETA		(CC)	N/A	#706H
04:30:00	Articulate with Jim Cotter The Charming Incongruities of Kevin Barnes Kevin Barnes is the founder and leader of the indie rock band Of Montreal. After 20 years and 14 albums, he's still as much an enigma to those close to him as he is to his fans. Pictures of You - Long before selfies, portraits were a way for those who could afford it, to help shape their public image. Wale Oyejide - Recognized as one of America's best-dressed men, designer, attorney and afrobeat musician Wale Oyejide is on a mission to help all men unleash their inner fashionisto.	APTEX	(S)	(CC)	N/A	#105H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#541
08:00:00	Painting and Travel with Roger & Sarah Bansemer Mississippi River Follow the Mississippi River from Memphis, Tennessee to Natchez Mississippi where Roger paints a view of the winding river from high on a bluff. Sarah takes a look at a famous Blues street, explores the Vicksburg National Military Park, and tastes barbecue in Natchez.	NETA	(S)	(CC)	N/A	#302H
08:30:00	Painting with Paulson Memories Part II	NETA	(S)	(CC)	N/A	#1504H
09:00:00	Wyland's Art Studio Sea Otter Art Lesson: Blending Techniques. Many artists are defined by their blending techniques. A blend is the gradual transition from one color to another. Oil paint, because it takes time to dry, allows you to move the wet paint around on the canvas. This makes it easy to do the thing most difficult to do with other types of paint, the blend. All brushes will blend oil paint. Flat brushes are best. Colors are mixed on a palette and applied on the canvas. The brush is dragged back and forth in a crosshatch stroke between two values until a satisfactory transition is made. Value is the lightness or darkness of a hue by adding black or white to a color. Parallel strokes are used to refine the transition of values. A clean brush is used for the dark to middle and another clean brush for the light to middle. Wyland demonstrates how his blending techniques can create a flowing underwater scene.	APTEX		(CC)	N/A	#605H

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Sun, Mar 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Bone Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.	APTEX	(S)	(CC)	DVI	#1113H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1101H
10:30:00	Power Yoga: Mind and Body Forward Folds - Version One With Paschimottanasana, Janu Sirasana, Ardha Baddhu Padma, and others.	APTEX	(S)	(CC)	N/A	#107
11:00:00	Neven Maguire: Home Chef Aidan McManus, owner and head chef at the famous King Sitric Restaurant in Howth, Co. Dublin, demonstrates his own delicious take on hake with tomato vinaigrette. Later, Neven prepares duck breast with sweet potato fondants and his very popular MacNean celebration cake.	APTEX	(S)	(CC)	N/A	#107H
11:30:00	New Orleans Cooking with Kevin Belton Down Home Barbecued spareribs, smothered greens and Louisiana cornbread, banana pudding.	APTEX	(S)	(CC)	N/A	#116H
12:00:00	Ciao Italia Lina's Cooking - La Cena Di Lina Mary Ann visits Lina DiGesù and her extended family in Altamura, Italy, where in a kitchen the size of a closet, Lina and Mary Ann - and her sisters and sisters-in-law -- create a Sunday Dinner to die for, starting with two antipasti; crunchy, Deep Fried Onions, and Fried Peppers, then two kinds of pasta with sauce, then a Leg of Lamb, then Potatoes with Lamb Chops, and topped off with a Ricotta Tart. Tutti a Mangiare!	NETA	(S)	(CC)	N/A	#2522H
12:30:00	Mike Colameco's Real Food Keens/Costata America's love for steak houses keeps growing, in this show we visit Keens well over a century old and Mike's Favorite NY Steakhouse and then we're off to Costata downtown run by Michael Whites team where along with great steak they serve artisan hand made pasta, and great fish crudo, a sort of The Palm for the 21st century.	NETA	(S)	(CC)	N/A	#1408H
13:00:00	Bare Feet In Nyc with Mickela Malozzi Little Ukraine Little Ukraine is a small 3-block gem in Manhattan's East Village: from celebrating Pierogi Day to jumping splits with Ukrainian dancers, Mickela gets a taste of it all.	APTEX	(S)	(CC)	DVI	#207H
13:30:00	Travel Detective with Peter Greenberg Crossing Border for Cheaper Airfare CBS News Travel Editor Peter Greenberg tells us about a new bridge at the U.S. Mexican border allowing Americans to travel to Tijuana's airport for cheaper airfare. Plus, with new rules in effect, we tell you what you need to know before you travel to Cuba. And, some believe a specific hotel in Hungary was the inspiration for the Oscar-nominated film "The Grand Budapest Hotel." No matter what you think, correspondent Tracy Gallagher tells us why it's a true hotel with a past.	NETA	(S)	(CC)	N/A	#406H
14:00:00	Wild Photo Adventures Wildlife of Chincoteague National Wildlife Refuge Host and professional wildlife photographer Doug Gardner explores and photographs a variety of wildlife at the Chincoteague National Wildlife Refuge.	NETA	(S)	(CC)	DVI	#313H
14:30:00	Destination Craft with Jim West Iceland Jim West travels to Reykjavik, Iceland where master artisans teach how to make horsehair jewelry, craft items from fish skin, and participate in one of the largest tapestry projects in the world. He carves items from driftwood and makes beautiful glass products from volcanic ash. Jim also learns about traditional Icelandic costumes and makes a hearty and healthy Icelandic lamb soup.	APTEX	(S)	(CC)	N/A	#107H
15:00:00	Woodsmith Shop Power Tool Essentials Join the Woodsmith editors as they complete the final shaping on the serving tray. Then learn how to get more out of your table saw miter gauge.	NETA	(S)	(CC)	N/A	#1007H

Sun, Mar 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	American Woodshop Spirit Carvings Animal 3-D signs and wind spirit weather vanes.	NETA	(S)	(CC)	N/A	#2203H
16:00:00	Happy Yoga with Sarah Starr Desk Jockey Gentle Yoga Rejuvenate amongst the sunflower backdrop as we enjoy a modified yoga practice using a chair for support. The chair replaces the yoga mat, creating an amazing form of adaptive exercise. Apply this practice to mini yoga breaks at work, a long plane ride, or any time you need to balance the mind, increase blood flow and boost your energy.	NETA	(S)	(CC)	N/A	#103H
16:30:00	Second Opinion Endometriosis More than 10 million women in the U.S. struggle with Endometriosis. Patient Ruta Biteman shares her journey of the pain she experienced throughout her life, and the challenges that she experienced in getting effective care, help, and hope.	APTEX	(S)	(CC)	N/A	#1310H
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells I Research into using stem cells to repair damaged hearts - Joshua Hare, MD: Director of Interdisciplinary Stem Cell Institute at the Univ. of Miami Miller School of Medicine. Research into using stem cells to repair damaged spinal cords - Barth Green, MD: Chairman of Neurological Surgery at Univ. of Miami Health Miller School of Medicine, and co-founder of The Miami Project to Cure Paralysis. Using stem cells during orthopedic surgery to improve healing and recovery times - Wade McKenna, DO: orthopedic surgeon who routinely uses patients' enhanced stem cells during their operations; Neil Riordan, PhD: research scientist who pioneered the process that enhances patients' stem cells (he's also McKenna's business partner). The current state of stem cell research, and its promising future - Andrew McMahon, PhD: Director of the Broad Center for Regenerative Medicine and Stem Cell Research at USC. Personal story - Jim Morella: we follow this 60-something marathon runner who needs knee surgery (again!) and who's decided he wants Dr. McKenna to give him stem cell injections to help him heal better and faster.	EPS	(S)	(CC)	N/A	#106H
17:30:00	Well Read Dr. Alexander Mccall Smith, Precious and Grace Alexander McCall Smith is the author of the No. 1 Ladies' Detective Agency series, the Isabel Dalhousie series, the Portuguese Irregular Verbs series, the 44 Scotland Street series, and the Corduroy Mansions series. Joins Well Read to discuss the latest installment of the beloved and best-selling No. 1 Ladies' Detective Agency series: Precious and Grace.	APTEX	(S)	(CC)	N/A	#610H
18:00:00	California's Gold Tuolumne Meadows Huell visits Yosemite's high country for a walk through spectacular Tuolumne Meadows.	KCET		(CC)	N/A	#5006
18:30:00	Joseph Rosendo's Travelscope Berlin and Western Poland - Over The Borderline In a show that begins in Berlin and ends in Poznan, where the Polish state began, Joseph travels in the German-Polish border region and is captivated by the beautiful structures, historic traditions and respected customs. He is also aware of what time and events have stolen. In Berlin the story unfolds as Joseph takes a Trabi car tour of the city and pauses at Checkpoint Charlie. At the East Side Gallery, where the Wall still stands, he stops to honor the Wall's victims at the Wall Memorial. For a ride on the natural side he bikes to the nearby royal town of Potsdam, site of the famous conference, where in the Dutch Quarter he slows down to enjoy Gemutlichkeit, the good life. His journey across the borderline in Poland brings him to town after town, where the ever shifting Polish/German nationalities spotlight Polish national pride and epic perseverance. He enjoys the rural countryside in a mosaic of activities from river boating in Wroclaw, riding in a steam locomotive in Wolsztyn and celebrating ceramic making in Boleslawiec. As he tours through this resurrected and revitalized region, he is reminded of the resilience of human beings and their ability to, Phoenix-like, rise from their ashes again and again.	APTEX	(S)	(CC)	DVI	#704H
19:00:00	Blackademics Television Blakes / Robinson One experienced educator and youth advocate discusses the role of spirituality in the lives of a group of African American girls in the Los Angeles area. Another revives Black Leadership camps and activities to inspire youth.	KNME	(S)	(CC)	N/A	#404H
19:30:00	The Kamla Show Special Dr Cynthia Lee with Cc	KAMLA	(S)	(CC)	N/A	#149H
20:00:00	Black America Women and Media with Jamia Wilson Women, Action & the Media (WAM) is a grassroots direct-action network dedicated to creating gender justice in media at all levels. Its Exececutive Director, Jamia Wilson, joins Carol Jenkins to hash through some of the challenges for women and media. In this episode of Black America, Jamia Wilson discusses what it means to be a Black feminist, her work with WAM and how she addresses the concerns of Black women with Hillary Clinton running for President of the United States.	EPS	(S)	(CC)	N/A	#123H

Sun, Mar 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	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
21:00:00	Job Centered Learning Many economist, business owners, and labor leaders have raised alarm about a rising skills gap in the United States between the jobs that are available and those with the skills needed to fill them. Job Centered Learning, a very timely film, takes a critical look at the wide range of career education some high schools are offering as a way of both closing this gap as well as making education more meaningful and relevant for students.	NETA	(S)	(CC)	DVI	#0H
22:00:00	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
23:00:00	Growing Cities In Lincoln's time, 80 percent of the U.S. population lived in rural areas and worked in farm-related jobs. Today, more than 80 percent of Americans live in cities, with less than 1 percent of the population claiming farming as an occupation. However, many city-dwellers are re-imagining the possibilities of farming in urban settings - growing their own food in empty lots and lawns, and creating healthier, stronger and more vibrant communities in the process. GROWING CITIES examines the role of urban agriculture in the United States and its potential for revitalizing cities and changing the way Americans eat.	APTEX	(S)	(CC)	N/A	#0H

Mon, Mar 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Blakes / Robinson One experienced educator and youth advocate discusses the role of spirituality in the lives of a group of African American girls in the Los Angeles area. Another revives Black Leadership camps and activities to inspire youth.	KNME	(S)	(CC)	N/A	#404H
00:30:00	The Kamla Show Special Dr Cynthia Lee with Cc	KAMLA	(S)	(CC)	N/A	#149H
01:00:00	Black America Women and Media with Jamia Wilson Women, Action & the Media (WAM) is a grassroots direct-action network dedicated to creating gender justice in media at all levels. Its Executive Director, Jamia Wilson, joins Carol Jenkins to hash through some of the challenges for women and media. In this episode of Black America, Jamia Wilson discusses what it means to be a Black feminist, her work with WAM and how she addresses the concerns of Black women with Hillary Clinton running for President of the United States.	EPS	(S)	(CC)	N/A	#123H
01:30:00	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
02:00:00	Job Centered Learning Many economist, business owners, and labor leaders have raised alarm about a rising skills gap in the United States between the jobs that are available and those with the skills needed to fill them. Job Centered Learning, a very timely film, takes a critical look at the wide range of career education some high schools are offering as a way of both closing this gap as well as making education more meaningful and relevant for students.	NETA	(S)	(CC)	DVI	#0H
03:00:00	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
04:00:00	Growing Cities In Lincoln's time, 80 percent of the U.S. population lived in rural areas and worked in farm-related jobs. Today, more than 80 percent of Americans live in cities, with less than 1 percent of the population claiming farming as an occupation. However, many city-dwellers are re-imagining the possibilities of farming in urban settings - growing their own food in empty lots and lawns, and creating healthier, stronger and more vibrant communities in the process. GROWING CITIES examines the role of urban agriculture in the United States and its potential for revitalizing cities and changing the way Americans eat.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#542
08:00:00	Zula Patrol Villain of the Year/One Is The Loneliest Number VILLAIN OF THE YEAR - Dark Truder, Deliria and every other villain in the galaxy are competing for this year's Villain Of The Year Award, trying to outdo each other with acts of nefarious nastiness. The Zula Patrol has their hands full trying to quash the cosmic crime wave - especially when Truder announces to all that he plans to pull off the ultimate heist - he's going to steal an entire galaxy! ONE IS THE LONELIEST NUMBER - Zeeter is given a tough choice when The Zula Academy offers her a position that means leaving The Zula Patrol. But her decision is put on hold when the space pirate Captain Jacquie Stellar starts stealing stars out of their binary pairs. As the whole Zula Patrol works together to stop Jacquie, Zeeter realizes her place is with her friends.	APTEX	(S)	(CC)	DVI	#313H
08:30:00	1001 Nights The King Who Outlawed Laughter/Sinbad and the Black Diamond "The King Who Outlawed Laughter" - A king tries to execute his prisoners but no matter what he does, he is unable to kill them. "Sinbad and The Black Diamond" - Sinbad is off once more on a hilarious adventure. This time he battles the dread pirat Santiago for a mysterious black diamond that possesses strange powers.	NETA	(S)	(CC)	DVI	#122H

Mon, Mar 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H
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	#1102H
10:30:00	Sewing with Nancy Nancy's Favorite Handbag Sewing Techniques, Part 1  Create fashion forward handbags by making easy changes to your bag pattern. Learn easy functional handbag changes, add ribbon inspiration accents, create a recessed zipper closure or clutch handles, and more. Nancy's favorite handbag techniques make personalized bags with designer appeal.	NETA	(S)	(CC)	N/A	#2901H
11:00:00	Knit and Crochet Now Hunky Dory Hats  Top things off with a hunky dory hat. Knit a colorful beret with Meredith Crawford using a feather and fan stitch pattern. Melissa Leapman shows a double knitting technique and interesting color work in the technique corner. Jenny King crochets a stylish beret with a charming flower.	NETA	(S)	(CC)	N/A	#810H
11:30:00	Quilting Arts Celebrate The Artist Within  Celebrate the 10th anniversary of Quilting Arts. Host Susan Brubaker Knapp presents a retrospective featuring the artists, past and present, who express and advance the quilting arts. Collage artist Leni Wiener creates quilted portraits with applique. Sarah Ann Smith and Susan Brubaker Knapp share their paths to becoming professional quilt artists.	NETA	(S)	(CC)	N/A	#2001H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7166H
13:00:00	America's Test Kitchen from Cook's Illustrated	APTEX	(S)	(CC)	N/A	#1803H
13:30:00	Pati's Mexican Table Modern Mexico  Mexican cuisine is full of long-standing traditional recipes and techniques. But there are many chefs bringing new ideas to the table, giving a modern twist to Mexican cooking. In this episode, Pati meets two chefs in Mexico City who are putting modern spins on this age-old cuisine. She then taps into that creativity to show us her ideas for how we can "modernize" our Mexican kitchen. Recipe 1: Boston Lettuce Salad with Avocado Dressing, Candied Pineapple & Spicy Pumpkin Seeds; Recipe 2: Beef and Veggie Mole Stew; Recipe 3: Chocolate Hibiscus Cookies; Recipe 4: Hibiscus Flowers and Hibiscus Tea.	APTEX	(S)	(CC)	N/A	#410H
14:00:00	Steven Raichlen's Project Smoke Thanksgiving Comes Early  The secret to supernaturally moist turkey? The Project Smoke version involves a whiskey brine and a slow smoke over maple wood. The traditional side dishes get smoked, too: bacon-stuffed barbecued onions, smoky creamed corn, and a smoky bacon-apple crisp for dessert. Even the cranberry sauce (salsa in this case) has fire thanks to the strategic addition of jalapenos. Forget your oven: this Thanksgiving feast gets cooked in a ceramic smoker, upright barrel smoker, electric smoker, and stovetop smoker. Just don't wait until Thanksgiving to try it. Recipes: Whiskey-Smoked Turkey with Cranberry Salsa; Barbecued Onions; Smoked Creamed Corn; Bacon-Apple Crisp.	APTEX	(S)	(CC)	N/A	#109H
14:30:00	George Hirsch Lifestyle From Our Soil  In this episode, George samples a restaurant's five-star dishes featuring ingredients from its organic gardens. He stops at a local farmers' market where East End farmers and food producers provide sustainable fresh ingredients. Back in his home kitchen, George prepares savory vegetable dishes, including field greens and tomato, vinaigrette eggplant and squash gratin, and zabaglione with chocolate cake and berries. Recipes: - Field Greens & Tomato, Vinaigrette - Eggplant & Squash Gratin - Zabaglione with Chocolate Cake & Berries.	APTEX	(S)	(CC)	N/A	#106H
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

Mon, Mar 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Easy Entertaining Katie's simple, creative and elegant ideas make hosting a party easy as pie. In the Kitchen: Quick Asparagus with Orange Vinaigrette, Refreshing Pear and Apple Wine Cooler and Savory Flank Steak Pinwheels. Projects: A stunning floral centerpiece. Plant seeds: the gift that keeps on giving.	APTEX	(S)	(CC)	DVI	#503H
16:00:00	Biz Kid\$ How to Achieve Your Financial Goals Join us and you'll learn to track your expenses, get control of your spending, and invest what's left over to reach your financial goals. You'll see the importance of starting young, while time is on your side. Meet some high school entrepreneurs who started a sports business.	APTEX	(S)	(CC)	DVI	#110H
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	P. Allen Smith's Garden Home Thank You for Sharing Sharing is caring, so join P. Allen Smith as he visits with some of the movers and shakers making a real difference in their communities.	APTEX	(S)	(CC)	DVI	#1602H
17:30:00	Growing A Greener World The Compost Peddlers (Austin, Tx) Most homeowners understand the value of gardening in an eco friendly manner, but many of us need guidance on how to do it properly. Every day, we unwittingly make poor choices for the environment when we are simply trying to beautify our landscapes. Something as simple as choosing the right plant for the right space can greatly reduce the impact we have on the earth. This episode touches on some of the most common mistakes we all make and offers practical, simple tips for gardening in a more earth friendly way. We also reveal some of the latest research on how even houseplants are doing more to clean our indoor environment. Even herbs on a sunny windowsill can pull double duty so Chef Nathan creates a mouth watering herb roasted chicken with vegetables dish.	APTEX	(S)	(CC)	N/A	#715H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15056H
18:30:00	Americas Now Mexican Raperas & USA Latina Scientist/Musical - Culinary Star Mexico - Raperas Murders of women have become so commonplace in Mexico in recent years, that the term "femicide" is now firmly embedded in the country's vocabulary. But even as women are murdered at an alarming rate, families claim authorities don't properly investigate their cases, leaving them in the dark about their loved ones' deaths. USA - Latina Scientist Imagine taking a prediction made a hundred years ago by one of the greatest minds of the 20th century and finding the evidence to prove it to be true today. That's what an Argentine-born female physicist did as part of a team of scientists in Louisiana. By validating Albert Einstein's theory of relativity, they are being showered with worldwide acclaim, and the near certainty of a Nobel Prize. Musical - Culinary Star Meet Maria Marte, the Dominican cook who moved to Spain in pursuit of her dreams. Because she had no formal training, she took a job as a dishwasher in one of Madrid's most prestigious restaurants. Less than ten years later, she is its star chef.	NETA	(S)	(CC)	N/A	#130H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8251
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3611H
20:00:00	The Kate Rosanne Cash Rosanne Cash, one of the country's pre-eminent singer-songwriters, accompanied by her producer/husband, John Leventhal, graces The Kate stage and uses her lyrics as paints and her voice as the brush, to deliver a gorgeous sonic portrait, a deeply personal concert revealing the landscape of her career.	APTEX	(S)	(CC)	N/A	#206H
21:00:00	Backstage Pass Best of Season 8 Best of Season 8 showcases the top performances from Nicole New and the Woodward Horns, Low Down Brass, The Crane Wives, Stella, Off the Ledge, Danielle Nicole, Bobby Murray, The Accidentals, Mama Sol and Tha N.U.T.S, and Joshua Davis.	NETA	(S)	(CC)	N/A	#810H

## Daily Program Listing II

43.1

Date: 02/05/2018

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Mon, Mar 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Virginia Lee Burton: A Sense of Place	APTEX	(S)	(CC)	N/A	#0
	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.					
23:00:00	Women of '69, Unboxed	NETA		(CC)	N/A	#0H
	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...					

Tue, Mar 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Mexican Raperas & USA Latina Scientist/Musical - Culinary Star	NETA	(S)	(CC)	N/A	#130H
	Mexico - Raperas Murders of women have become so commonplace in Mexico in recent years, that the term "femicide" is now firmly embedded in the country's vocabulary. But even as women are murdered at an alarming rate, families claim authorities don't properly investigate their cases, leaving them in the dark about their loved ones' deaths. USA - Latina Scientist Imagine taking a prediction made a hundred years ago by one of the greatest minds of the 20th century and finding the evidence to prove it to be true today. That's what an Argentine-born female physicist did as part of a team of scientists in Louisiana. By validating Albert Einstein's theory of relativity, they are being showered with worldwide acclaim, and the near certainty of a Nobel Prize. Musical - Culinary Star Meet Maria Marte, the Dominican cook who moved to Spain in pursuit of her dreams. Because she had no formal training, she took a job as a dishwasher in one of Madrid's most prestigious restaurants. Less than ten years later, she is its star chef.					
00:30:00	The Open Mind Combating Extremism Online	NETA		(CC)	N/A	#3833H
	Guest: Mark Wallace and Hany Farid. Counter Extremism Project CEO Mark Wallace and Dartmouth Computer Science Chair Hany Farid discuss how they campaigned successfully to remove online extremist propaganda.					
01:00:00	The Kate Rosanne Cash	APTEX	(S)	(CC)	N/A	#206H
	Rosanne Cash, one of the country's pre-eminent singer-songwriters, accompanied by her producer/husband, John Leventhal, graces The Kate stage and uses her lyrics as paints and her voice as the brush, to deliver a gorgeous sonic portrait, a deeply personal concert revealing the landscape of her career.					
02:00:00	Backstage Pass Best of Season 8	NETA	(S)	(CC)	N/A	#810H
	Best of Season 8 showcases the top performances from Nicole New and the Woodward Horns, Low Down Brass, The Crane Wives, Stella, Off the Ledge, Danielle Nicole, Bobby Murray, The Accidentals, Mama Sol and Tha N.U.T.S, and Joshua Davis.					
03:00:00	Virginia Lee Burton: A Sense of Place	APTEX	(S)	(CC)	N/A	#0
	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.					
04:00:00	Women of '69, Unboxed	NETA		(CC)	N/A	#0H
	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...					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#543
08:00:00	Mixed Nutz School's In Session	NETA	(S)	(CC)	N/A	#501H
	School is a nightmare - literally! Babak worries that his new school will be a horrible experience because kids always tease him when they find out where he is from. Michael is worried that he is being perceived as boring. Both realize, after they get to know one another through a school assignment, that just being yourself is good enough. Lesson: Be proud of who you are.					
08:30:00	1001 Nights The Man Who Went Back In Time/The Schoolmaster	NETA	(S)	(CC)	DVI	#123H
	"The Man Who Went Back in Time" - A man complains his life would have been better if he'd been given his neighbor's luck breaks. When he gets the chance to go back in time and change things, however, he realizes it's not as easy as he imagined. "The Schoolmaster" - A con man lies his way into a job as a Schoolmaster and learns an unexpected lesson about the value of integrity.					
09:00:00	Functional Fitness with Suzanne Andrews Younger Joints In 30 Days	ACCES		(CC)	N/A	#117H
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.					

Tue, Mar 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1103H
10:30:00	Sewing with Nancy Nancy's Favorite Handbag Sewing Techniques, Part	NETA	(S)	(CC)	N/A	#2902H
	Learn Nancy's secrets for making a designer handbag with panache. Add grommets and piping to a cinched tote, embroider monograms on faux leather, or create a continuous strap to hold a yoga mat or baby blanket. Nancy's easy handbag techniques can be adapted for your favorite bag pattern.					
11:00:00	Knit and Crochet Now Snug-Bug Baby Blankets	NETA	(S)	(CC)	N/A	#811H
	Join the arm knitting craze. Vanessa Wilson uses only her hands to knit a quick baby blanket with chunky yarn and adds a border. Ellen Gormley shows how to get and maintain gauge. Then, Meredith Crawford crochets sideways to make a sunset-striped baby blanket.					
11:30:00	Quilting Arts Feline Fever	NETA	(S)	(CC)	N/A	#2002H
	Find inspiration close to home in cat companions. Fiber artist Laurie Russman celebrates her furry friends through intricate pet portraits. Quilt designer Cathie Hoover uses double-reverse applique to create a small quilt inspired by an ancient cave drawing.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7167H
13:00:00	Julie Taboulie's Lebanese Kitchen It's A Magnificent It's A Magnificent Morning with Manoush & Mama	APTEX	(S)	(CC)	DVI	#107H
	Rise and shine by starting your day the Lebanese way. Magnificent, mesmerizing and memorable as can be, it can only be Julie making manoush, Lebanese breakfast dough pies with her Mama in the morning. As soon as the thought of manoush comes to mind, Julie immediately envisions her mother. Ever since she was a little girl, Julie grew up to the sights, sounds and scents surrounding her as her mother would be making and baking manoush on their family's saj (an authentic outdoor Lebanese oven) signaling Sunday mornings. Julie may be all grown up now but her senses still remain the same, meaning manoush plus Mama, equals magnificent. Today, Julie is making one of the most famous manoush of all time, manoush bi zaatar, Lebanon's most brilliant breakfast food. These Lebanese personalized dough pies are topped with the Lebanese signature spice blend called zaatar, an earthy and zesty thyme herb mixture made up of wild zaatar (or Greek oregano) thyme, sumac spice, sesame seeds and sea salt that is simply irresistible, making for a scrumptious way to start your day. Julie also shows you how to simply make homemade yogurt right at home called laban which is unstrained, smooth and silky then teaches you how to transform it into labneh which is strained, thick and creamy yogurt. Last but certainly not least no morning would be quite complete without a small demitasse cup of authentic Arabic coffee called ahwa, and this strong stuff is sure to keep you going all day long. Julie and Mama bring you outside to the veranda for a special treat for you to see their saj in action showing you how to make and bake Lebanese bread on their authentic Arabic outdoor oven that is rarely seen in the States today.					
13:30:00	Taste of Louisiana with Chef John Folse & Co. - After The Hunt Hunting Castles / Venison Sauce Piquante	APTEX	(S)	(CC)	N/A	#1221H
	Chef Folse visits hunting camps in Gueydan, Morgan City, White Castle and Creole, Louisiana. The menu includes Venison Wiener Schnitzel, Venison Sauce Piquante and Oven-barbecued Venison Ribs.					
14:00:00	Taste of History Charles Thomson's Great Seal of the United States	NETA	(S)	(CC)	N/A	#701H
	Chef Walter Staib pays tribute to Charles Thomson, designer of America's Great Seal. Chef Staib dedicates this meal to Thomson with: Crawfish Bisque and Wether Stew. Bee Sting Cake, infused with honey from this founding father's estate, is baked in an 18th century beehive oven and completes the meal.					
14:30:00	Christopher Kimball's Milk Street Television The New Baking	APTEX	(S)	(CC)	N/A	#102H
	In this episode, host Christopher Kimball goes to London's Violet Bakery to visit with rising pastry star Claire Ptak. While there, he learns some of her baking techniques, such as under-whipping egg whites for a lighter cake. Back at Milk Street and in the kitchen, he puts that information to work, making chocolate, prune and rum cake with Milk Street Cook Matthew Card. Next up is Milk Street Cook Erika Bruce who shows Chris how to make a brown sugar tart with their foolproof single-crust pie dough. The show ends with Chris explaining how a Japanese baking technique coupled with a cornstarch paste ended his 30-year search for a prebaked pie crust that won't slump in the pan.					
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 Piliugian buffs clay elements to a sparkling finish.					

Tue, Mar 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ Don't Blow Your Dough Biz Kids Beware. Protect the money you already have by putting it in a safe place. Beware of scams and schemers. You'll discover ways to avoid the growing problem of identity theft. Meet with Washington State's Attorney General Rob McKenna and the Better Business Bureau. You'll also see young people who did blow their dough, and find out what that experience has taught them.	APTEX	(S)	(CC)	DVI	#111H
16:30:00	Hands On Crafts for Kids Trees Bring the outside inside with a little creativity. Jenny Barnett-Rohrs makes a colorful leafy tree banner. Candie Cooper creates a fish kite and Katie Hacker builds a whimsical woods scene. Then, Jenny decorates a glittery tree to celebrate the holidays.	NETA	(S)	(CC)	DVI	#1806H
17:00:00	P. Allen Smith's Garden Home Healthy for Generations Getting your family to eat and live healthy may seem like an enormous challenge, but as P. Allen Smith demonstrates, it can be easy and fun when everyone is on board.	APTEX	(S)	(CC)	DVI	#1603H
17:30:00	Growing A Greener World The Green Bronx Machine: The Power of a Classroom Farm (Bronx, Ny) Having an eco-friendly garden is catching on as homeowners strive to create more sustainable outdoor spaces. In this episode, we visit a Florida couple to discuss the sustainability project they took on in their yard, the use of natives vs. non-natives and smart irrigation. It also demonstrates to the viewer how taking just a few of these simple steps will create healthier plants, tastier produce and a safer environment for us all to enjoy. And in the GGW kitchen, Chef Nathan features eggplant from their garden to make a roast eggplant caponata.	APTEX	(S)	(CC)	N/A	#716H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15057H
18:30:00	America's Heartland A huge Montana ranch welcomes tourists. A farm family works together to bring in the hay harvest. We visit Oregon's famous Tillamook cheese factory. Discover an underground harvest in a Utah salt mine.	APTEX	(S)	(CC)	N/A	#1219H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8252
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1412H
20:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#902H
20:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H
21:00:00	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

Tue, Mar 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Olmsted and America's Urban Parks One-hundred and fifty-one years after Frederick Law Olmsted (1822-1903) designed New York City's Central Park with Calvert Vaux, it remains an undisputed haven of tranquility amid one of the largest, tallest and most unnatural places in the world. OLMSTED AND AMERICA'S URBAN PARKS, narrated by actress Kerry Washington, examines the visionary urban planner and landscape architect's impact on the development of America's first great city parks in the late 19th century. With incredible foresight, Olmsted brought nourishing green spaces to New York, Boston, Chicago, San Francisco, Atlanta, Louisville and dozens of other U.S. cities. Throughout his working life, Olmsted and his firm carried out more than 500 commissions, including nearly 100 public parks. He believed parks should serve as vital democratic spaces, where citizens from all walks of life could converge and feel restored. Prior to officially committing to landscape architecture, Olmsted worked as a New York Times correspondent to the Confederate states, the manager of a California gold mine and General Secretary of the United States Sanitary Commission during the Civil War. Olmsted, a workaholic by today's standards, devoted the latter half of his life to creating green spaces for overworked city dwellers. Told in large part through Olmsted's own words (voiced by Oscar winning actor Kevin Kline), this film weaves together his poignant personal story and pioneering vision with contemporary footage of the lasting masterpieces he left behind.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Jens Jensen The Living Green Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.	APTEX	(S)	(CC)	N/A	#0H

Wed, Mar 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland A huge Montana ranch welcomes tourists. A farm family works together to bring in the hay harvest. We visit Oregon's famous Tillamook cheese factory. Discover an underground harvest in a Utah salt mine.	APTEX	(S)	(CC)	N/A	#1219H
00:30:00	Overheard with Evan Smith Walter Isaacson, Author Walter Isaacson is an author, Professor of History at Tulane, and was formerly the CEO of the Aspen Institute, chairman of CNN, and editor of Time magazine. He has written many biographies including Einstein: His Life and Universe, Steve Jobs, Benjamin Franklin: An American Life and most recently, Leonardo da Vinci.	NETA	(S)	(CC)	N/A	#811H
01:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#902H
01:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H
02:00:00	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
03:00:00	Olmsted and America's Urban Parks One-hundred and fifty-one years after Frederick Law Olmsted (1822-1903) designed New York City's Central Park with Calvert Vaux, it remains an undisputed haven of tranquility amid one of the largest, tallest and most unnatural places in the world. OLMSTED AND AMERICA'S URBAN PARKS, narrated by actress Kerry Washington, examines the visionary urban planner and landscape architect's impact on the development of America's first great city parks in the late 19th century. With incredible foresight, Olmsted brought nourishing green spaces to New York, Boston, Chicago, San Francisco, Atlanta, Louisville and dozens of other U.S. cities. Throughout his working life, Olmsted and his firm carried out more than 500 commissions, including nearly 100 public parks. He believed parks should serve as vital democratic spaces, where citizens from all walks of life could converge and feel restored. Prior to officially committing to landscape architecture, Olmsted worked as a New York Times correspondent to the Confederate states, the manager of a California gold mine and General Secretary of the United States Sanitary Commission during the Civil War. Olmsted, a workaholic by today's standards, devoted the latter half of his life to creating green spaces for overworked city dwellers. Told in large part through Olmsted's own words (voiced by Oscar winning actor Kevin Kline), this film weaves together his poignant personal story and pioneering vision with contemporary footage of the lasting masterpieces he left behind.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Jens Jensen The Living Green Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#544
08:00:00	Mixed Nutz Lessons The kids are not only faced with school on a Saturday but with a swimming class taught by a very demanding coach. After a series of trials and tribulations (such as getting frogs stuck in their bathing suits and getting dragged behind a speed boat), the kids learn that together they can overcome any obstacle...including off-the-wall swim coaches! Lesson: With teamwork, you can overcome any obstacle.	NETA	(S)	(CC)	N/A	#502H
08:30:00	1001 Nights The Tale of the Haunted Palace/Habib and the Baby Genie "The Tale of the Haunted Palace" - When their wagon breaks down in the middle of nowhere, Shahryar, Shahrzad, Shahzaman, and Donyazad are forced to spend the night in a haunted place. "Habib and the Baby Genie" - A baby genie and a human are switched at birth.	NETA	(S)	(CC)	DVI	#124H

Wed, Mar 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
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	#1104H
10:30:00	Sewing with Nancy Quick Stitch to Wear Again, Part 1  Nancy highlights a simple, yet unconventional, approach to clothing repairs. Learn the Fool'em Jeans Hem, the No-Bump Jeans Hem, a Snug-Up the Waist Fix, and a Cover-up Zipper Fix. You'll be surprised at these easy methods to do your own clothing repairs quickly.	NETA	(S)	(CC)	N/A	#2903H
11:00:00	Knit and Crochet Now Tunics A La Mode  Catch the latest fashion trend with tunics. Knit a long summer top that is perfect for layering with Kristen Mangus. Lena Skvagerson shares great seaming techniques in the technique corner. From the bottom up, Ellen Gormley crochets an easy-fitting top with wide sleeves and a trendy hood.	NETA	(S)	(CC)	N/A	#812H
11:30:00	Quilting Arts Celebrating Sheers  Sheer fabrics open up new design opportunities. Textile artist Lisa Walton paints, cuts and folds sheer organza to make origami designs. Printmaker Martha Wolfe celebrates the time-honored Korean art of pojagi with printed and painted organza she sews with flat-felled seams.	NETA	(S)	(CC)	N/A	#2003H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7168H
13:00:00	Lidia's Kitchen Agrodolce  Sweet and sour is a classic combination of flavors that can be found in almost every cuisine around the world, and in Italy it's called agrodolce and produces delicious, balanced dishes of savory and sweet. Lidia demonstrates a marinated winter squash: fried and soaked in a sweet and tangy marinade made from vinegar, garlic and sugar; swordfish in sweet and sour sauce, showcasing a perfect balance between sweetness and acidity in each bite; sesame candy: a flavor packed sesame candy with citrus zest.	APTEX	(S)	(CC)	N/A	#413H
13:30:00	Annabel Langbein: The Free Range Cook Paella Party  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 flambeed peaches from her Wanaka orchard. Recipes from this episode: onion and herb frittata, birdseed bar, aromatic steamed mussels, watermelon and avocado salad, beachside paella, flambeed peaches, sparkling sangria.	APTEX	(S)	(CC)	N/A	#103H
14:00:00	Simply Ming Fish & Chips with Chef Craig Maw  Ming is on the road again: this time, in England. For his first stop, Ming is welcomed to England with a classic dish: fish and chips. Ming visits one of England's biggest fish auctions at the Brixham Fish Market with chef Craig Maw and his partner Nikki Mutton to pick out fresh cod and haddock at the auction. Then, it's off to their restaurant Kingfisher Fish & Chips in Plymouth to see what makes their take on fish and chips the "Best of 2017". Ming does his own version of the British classic, but with a beer batter instead, and they compare: whose fish takes first place? It's fresh, simple, and delicious in Devon County this week on Simply Ming.	APTEX	(S)	(CC)	N/A	#1524H
14:30:00	Cook's Country Smoky Barbecue Favorites  Test cook Ashley Moore makes host Bridget Lancaster an authentic recipe for Texas thick-cut smoked pork chops. Tasting expert Jack Bishop challenges Bridget to tasting of hot dogs. Bridget shows Julia Collin Davison the secrets to making the perfect backyard barbeque beans.	APTEX	(S)	(CC)	N/A	#1003H
15:00:00	Beads, Baubles and Jewels Work Out Naturally  Look to nature for design inspiration. Using quartz points, designer Molly Schaller creates stunning necklaces and other jewelry. To work out, she makes jewelry from pearls in all shapes, colors and sizes. Artist Jill MacKay cools down with designs in die-cut leather. Katie Hacker discusses how bead-making can benefit children facing health challenges.	NETA	(S)	(CC)	N/A	#2503H

Wed, Mar 21, 2018

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\$ Introducing Entrepreneurs You'll discover an entrepreneur is someone who sees a financial opportunity and acts upon it. Learn the stories behind the Frisbee, the Slinky, and blue jeans. Meet an entrepreneur who started a lemonade stand to raise money for playground equipment, then grew so successful she was able to make over an entire park.	APTEX	(S)	(CC)	DVI	#112H
16:30:00	Hands On Crafts for Kids Outer Limits Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.	NETA	(S)	(CC)	DVI	#1807H
17:00:00	P. Allen Smith's Garden Home The Local Life The concept of living local has become very popular in recent years, hearkening back to pre-industrial times. Let P. Allen Smith show you the power this movement has and where it may lead us.	APTEX	(S)	(CC)	DVI	#1604H
17:30:00	Growing A Greener World Native and Invasive Plants & Certified Wildlife Habitats When overseas travel became possible, exotic plants were common cargo on ships all across the world. Unfortunately, many of those plants proved to be far more aggressive outside of their native range. At the Lady Bird Johnson Wildflower Center, we explain why some non-native plants are dangerous, how gardeners can prevent further spread of some of the more aggressive species, and how using the right native plant for a particular space can make gardening easier for people and better for the planet. We also visit a backyard Certified Wildlife Habitat and look at some of the simple ways of bringing nature to our own back door. In the kitchen, Chef Nathan uses a favorite American native fruit, to create a baked blueberry clafouti.	APTEX	(S)	(CC)	N/A	#717H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15058H
18:30:00	Great Decisions In Foreign Policy Turkey: A Partner In Crisis Once seen as a model of democracy, Turkey may be slipping toward autocracy. Critics charge that President Recip Tayyip Erdogan used a failed coup d'etat in 2016 as a means of consolidating power - power he says is necessary to secure the state. Great Decisions producers traveled to Turkey to examine the relationship with this key U.S. ally.	NETA	(S)	(CC)	N/A	#905H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8253
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#511H
20:00:00	The Lowertown Line. The Lowertown Line: The Roe Family Singers Old-time Hillbilly band The Roe Family Singers perform live at TPT studios in Lowertown, St. Paul. The band recalls their origin story, their fondness for circus instruments, and the economics of being modern day musicians.	APTEX	(S)	(CC)	N/A	#127H
20:30:00	Songs at the Center Artists: Cliff Cody, Josh Krajcik, Jamie Sagle, Angela Perley, and hosted by songwriter Eric Gnezda. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonesingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the ABC talent show Rising Star. He performs "Homegrown." Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "The Remedy." Jamie Sagle is a singer-songwriter with an indie-folk influence. After gaining the attention of radio several years ago, she set aside her music to raise her two children. She has reconciled the balance of being a mother, wife, and songwriter. Her songs merge insightful lyrics with appealing melodies, delivered with power and energy. She sings "The Thin Blue Line." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Easy."	APTEX	(S)	(CC)	N/A	#113H

Wed, Mar 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Artists Den The Lumineers	APTEX	(S)	(CC)	N/A	#1104H
	<p>Americana superstars The Lumineers returned to their former neighborhood of Brooklyn for an unforgettable taping of Live from the Artists Den at the majestic Kings Theatre. The band performed an 18-song set for ticket winners and guests, split evenly between songs from their Grammy-nominated 2012 debut and its Number One-charting follow-up, Cleopatra (plus a riveting unreleased song, "Long Way From Home," played solo by lead singer Wesley Schultz). The ornate, magnificent theater-built in 1929 and recently restored to its initial glory-provided a breathtaking setting for a night full of great moments, from an unamplified version of "Darlene" to a rousing rendition of the Lumineers' breakthrough smash "Ho Hey."</p>					
22:00:00	1916 The Irish Rebellion When Myth and History Rhyme	APTEX	(S)	(CC)	DVI	#103H
	<p>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.</p>					
23:00:00	Ancient Roads from Christ to Constantine Age of the Apostles	APTEX	(S)	(CC)	N/A	#103H
	<p>Travel with Jonathan Phillips on Paul's third and final missionary journey as the Apostolic Age comes to an end. Witness how the remaining apostles, except for John, are martyred for their unwavering beliefs. In Rome, Paul and the Apostle Peter will both meet their fate at the hands of one of the cruelest tyrants in history.</p>					

Thu, Mar 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy Crossroads: America's Defense Strategy The global power balance is rapidly evolving, leaving the United States at a turning point with respect to its level of engagement and the role of its military. How does the military function in today's international order, and what role should Diplomacy play in U.S. defense strategy?	NETA	(S)	(CC)	N/A	#906H
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#511H
01:00:00	The Lowertown Line. The Lowertown Line: The Roe Family Singers Old-time Hillbilly band The Roe Family Singers perform live at TPT studios in Lowertown, St. Paul. The band recalls their origin story, their fondness for circus instruments, and the economics of being modern day musicians.	APTEX	(S)	(CC)	N/A	#127H
01:30:00	Songs at the Center Artists: Cliff Cody, Josh Krajcik, Jamie Sagle, Angela Perley, and hosted by songwriter Eric Gnezda. Cliff Cody earned his first cut, "Chasin' Whiskey," on Julie Roberts' album, Men and Mascara. Rolling Stonesingled out the song as a highlight of the album. Since then, Cliff has had multiple cuts from various artists. A regular performer in Nashville and the Florida Keys, he has appeared on the ABC talent show Rising Star. He performs "Homegrown." Josh Krajcik became widely known to national audiences on TV's The X Factor USA. He blends rock and roll, soul, and R&B that balances raw emotionalism with sonic sophistication. Touring America, he collaborates with some of the most successful writers and producers in the music industry. He sings "The Remedy." Jamie Sagle is a singer-songwriter with an indie-folk influence. After gaining the attention of radio several years ago, she set aside her music to raise her two children. She has reconciled the balance of being a mother, wife, and songwriter. Her songs merge insightful lyrics with appealing melodies, delivered with power and energy. She sings "The Thin Blue Line." Angela Perley has been described as "magnetic, vulnerable, dangerous, and electric." Her work has been earning praise in the U.K., and the U.S., including American Songwriter Magazine. Her explosive single, "Hurricane," was featured on network television during a recent football telecast. She is currently touring the U.S. She performs "Easy."	APTEX	(S)	(CC)	N/A	#113H
02:00:00	Live from the Artists Den The Lumineers Americana superstars The Lumineers returned to their former neighborhood of Brooklyn for an unforgettable taping of Live from the Artists Den at the majestic Kings Theatre. The band performed an 18-song set for ticket winners and guests, split evenly between songs from their Grammy-nominated 2012 debut and its Number One-charting follow-up, Cleopatra (plus a riveting unreleased song, "Long Way From Home," played solo by lead singer Wesley Schultz). The ornate, magnificent theater-built in 1929 and recently restored to its initial glory-provided a breathtaking setting for a night full of great moments, from an unamplified version of "Darlene" to a rousing rendition of the Lumineers' breakthrough smash "Ho Hey."	APTEX	(S)	(CC)	N/A	#1104H
03:00:00	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
04:00:00	Ancient Roads from Christ to Constantine Age of the Apostles Travel with Jonathan Phillips on Paul's third and final missionary journey as the Apostolic Age comes to an end. Witness how the remaining apostles, except for John, are martyred for their unwavering beliefs. In Rome, Paul and the Apostle Peter will both meet their fate at the hands of one of the cruelest tyrants in history.	APTEX	(S)	(CC)	N/A	#103H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#545
08:00:00	Mixed Nutz When I Grow Up While working at a rummage sale, the kids share with each other what they would like to be when they grow up. Cowboy, Mad Scientist, Superhero, Astronaut! Nothing short of their imagination can limit their future plans! Lesson: You can be anything you want to be.	NETA	(S)	(CC)	N/A	#503H
08:30:00	1001 Nights Three Tales of a Daydreaming Girl/Abu Mohammad Lazybones "Three Tales of a Daydreaming Girl" - A second set of shorts about a cat who befriends a bird, a genie-in-training, and a little pickpocket who finds kindness in others. "Abu Mohammad Lazybones" - A simpleton rises to become the leader of a town without trying to.	NETA	(S)	(CC)	DVI	#125H
09:00:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H

Thu, Mar 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	#1105H
10:30:00	Sewing with Nancy Quick Stitch to Wear Again, Part 2 Nancy takes an easy and lighter approach to clothing repairs. Replace broken zippers, mend jeans, sew on buttons, and more with this unconventional approach to repairs. Nancy breaks all the traditional sewing rules with these easy clothing repair techniques. Zipper Remedy, Holes to Art, Lumberjack Patches, Too Much Cake Fix, and more.	NETA	(S)	(CC)	N/A	#2904H
11:00:00	Knit and Crochet Now Wildlife Buddies Get a little wild. Knit a cute koala with a baby on her back. Lena Skvagerson knits all the pieces and adds fuzzy tufts to the ears. Melissa Leapman shows how to read and follow a chart. Then, Meredith Crawford crochets a loveable elephant with a colorful collar.	NETA	(S)	(CC)	N/A	#813H
11:30:00	Quilting Arts Culture In Cloth Transferring art images from one medium to another expresses old cultures in new ways. Art quilter Enid Gjeltten Weichselbaum translates ancient Norse sagas into story quilts. Quiltmaker Pepper Cory celebrates Far East culture with patchwork and sashiko to create wrapping cloths called furoshiki.	NETA	(S)	(CC)	N/A	#2004H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7169H
13:00:00	The Jazzy Vegetarian Farm Market Fresh Host Laura Theodore prepares recipes that are bursting with "just picked" flavor. She begins with refreshing "Garden Vegetable Basil Gazpacho" a chilled delight on a hot summer night. Next up, fresh from the farm ingredients inspire tempting "Zucchini Fettuccini with Fresh Tomato Salsa" and zesty "Arugula and Walnut Pesto Pasta" Apples stand front and center in "Autumn Apple Crisp." Inspired by the fresh flavors of summer, you'll easily create culinary delights in your own kitchen.	NETA	(S)	(CC)	DVI	#110H
13:30:00	Sara's Weeknight Meals Sunday Supper There has to be one day to kick back and enjoy cooking and that's Sunday. Sara has satisfying meals for a family gathering, like a hearty roast duck with a side of duck fat popovers. Then a British favorite deviled bones. In Ask Sara she answers viewer questions about that Sunday favorite mashed potatoes.	APTEX	(S)	(CC)	N/A	#511H
14:00:00	Joanne Weir Gets Fresh Eggs Joanne is a huge fan of eggs- - who doesn't have them in the fridge? - which makes them the perfect go-to food. They shine on their own, but are easy to dress up. Today, they are going to go to a California egg farm, and then Joanne and her student Stella will make yummy deviled eggs, open face toast with fennel, Frisee, prosciutto grana padano, and poached egg and lavender-lime souffle in a skillet. If you're an egg fan like Joanne is, this is the perfect show for you.	APTEX	(S)	(CC)	N/A	#202H
14:30:00	New Scandinavian Cooking Very Local Stews Few things are better than a real, hearty stew. Stews have a universal generousness and at the same time they are often a great expression of unique local traditions. In today's episode Andreas travels southwards from Trondheim to Oslo, and the first stop is Oppdal in the breadbasket of Mid-Norway, where he prepares a beef stew with rye bread and beer. In the mountain region lamb is on the menu, and the stew is flavored with mild Scandinavian spices. As he reaches the flatlands again he makes a very traditional dish, pork knuckles with pea stew.	APTEX	(S)	(CC)	N/A	#702H
15:00:00	Beads, Baubles and Jewels Get In Shape with Leather 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.	NETA	(S)	(CC)	N/A	#2504H

Thu, Mar 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Under The Tuscan Sun Grab your passport because Katie and her workshop crew present sure-to-please Italian-inspired ideas. In the Kitchen: Tasty Polenta Bites, Italian-Style Focaccia Bread and Katie's Infamous Italian Chicken. Projects: Drying herbs with style. Building an herb garden.	APTEX	(S)	(CC)	DVI	#506H
16:00:00	Biz Kid\$ The Biz Kids Challenge The Biz Kids learn the world of marketing through the "Project Lemonade Challenge." Two teams, two identical lemonade stands. It's up to the kids to decide the price and promotion strategy to sell the most product. The proceeds go to their favorite charities. You'll see the preparation and the results when they are critiqued by marketing guru Scott Bedbury, the force behind Nike's slogan "Just do it."	APTEX	(S)	(CC)	DVI	#113H
16:30:00	Hands On Crafts for Kids Write It Down When creative ideas pop up, write them down. Make a colorful pocket journal with Jenny Barnett-Rohrs. Candie Cooper shares creative tips for handwriting and Franz Spohn writes with clay. Katie Hacker decorates for fall with a shining pumpkin luminary from blogger Carissa Bonham.	NETA	(S)	(CC)	DVI	#1808H
17:00:00	P. Allen Smith's Garden Home Melting Potluck Join P. Allen Smith as he joins a diverse group of families to share cultures, kitchen tips and of course, food. Take a culinary journey around the world without having to leave your couch.	APTEX	(S)	(CC)	DVI	#1605H
17:30:00	Growing A Greener World Controlling Garden Pests, Diseases, and Weeds Organically (Atlanta, Ga) Green roofs are gaining popularity in commercial and residential design, offering a nearly untapped, limitless space to plants perennials, shrubs, even trees. They also cool the air in and above our homes and offices, absorb carbon dioxide, return oxygen, reduce runoff, filter pollutants and provide habitats for birds and other wildlife. They even offer a welcomed respite for mind and body. In this episode, we get a rare, behind the scenes tour of the famous rooftop gardens at Chicago's city hall. We also visit Lurie Garden at Chicago's Millennium Park, and demonstrate how to implement a smaller homegrown version. In the kitchen, Chef Nathan uses one of the most common roof top vegetables, the tomato, to create a delicious meal.	APTEX	(S)	(CC)	N/A	#718H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15059H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1439H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8254
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1306H
20:00:00	Backstage Pass Paul Keller Orchestra Bassist and composer Paul Keller heads up this big band from Ann Arbor, featuring originals, classics and the obscure from across the history of jazz. Highlights include "That Old Black Magic" with vocalist Sarah D'Angelo, and the straight-ahead player showcase, "PK's Tempo." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.	NETA	(S)	(CC)	N/A	#703H
20:30:00	Music Voyager Macon/Athens, Ga Music Voyager travels into the heartland of Georgia to understand the culture, arts and people that have helped create the 'sound' of America. From Macon to Athens, the home of Georgia University, this creative corridor of Georgia has spawned the likes of Otis Redding, Little Richards, The B52s, REM and others. Today, musicians such as Kishi Bashi, The Whigs and Otis Redding III call the region home, and they feature performances and adventures with these inspirational artists.	APTEX	(S)	(CC)	N/A	#604H
21:00:00	All-Star Orchestra Mysterious Mountain Hovhaness - Symphony # 2 "Mysterious Mountain". The most celebrated work by the iconic composer of the Pacific Northwest. A mystical meditation on the magnificence of nature. Sir Eugene Goossens et al - Jubilee Variations. This will be a world-premiere TV recording of this unpublished 1944 work created by ELEVEN great composers: Goossens, Aaron Copland, Deems Taylor, Howard Hanson, Walter Piston, William Schuman, Roy Harris, Anis Fuleihan, Bernard Rogers, Ernest Bloch, and Paul Creston.	APTEX	(S)	(CC)	N/A	#304H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	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
23:00:00	Reel South Eat White Dirt By Adam Forrester. Discover the oddly spellbinding personal, cultural and scientific history of the deeply transgressive and often misunderstood practice of consuming earth, a phenomenon known as geophagy. The film collects and combines the experiences, processes and explanations of people who eat white dirt with information from the scientists who study the phenomenon.	NETA	(S)	(CC)	N/A	#202H
23:30:00	In Her Power 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.	APTEX	(S)	(CC)	N/A	#0H

Fri, Mar 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	American Forum Why Presidents Need Poetry Former U.S. Poet Laureate RITA DOVE on citizenship, the presidency, Donald Trump and how language binds together our democracy.	NETA	(S)	(CC)	N/A	#321H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1214H
01:00:00	Backstage Pass Paul Keller Orchestra Bassist and composer Paul Keller heads up this big band from Ann Arbor, featuring originals, classics and the obscure from across the history of jazz. Highlights include "That Old Black Magic" with vocalist Sarah D'Angelo, and the straight-ahead player showcase, "PK's Tempo." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.	NETA	(S)	(CC)	N/A	#703H
01:30:00	Music Voyager Macon/Athens, Ga Music Voyager travels into the heartland of Georgia to understand the culture, arts and people that have helped create the 'sound' of America. From Macon to Athens, the home of Georgia University, this creative corridor of Georgia has spawned the likes of Otis Redding, Little Richards, The B52s, REM and others. Today, musicians such as Kishi Bashi, The Whigs and Otis Redding III call the region home, and they feature performances and adventures with these inspirational artists.	APTEX	(S)	(CC)	N/A	#604H
02:00:00	All-Star Orchestra Mysterious Mountain Hovhaness - Symphony # 2 "Mysterious Mountain". The most celebrated work by the iconic composer of the Pacific Northwest. A mystical meditation on the magnificence of nature. Sir Eugene Goossens et al - Jubilee Variations. This will be a world-premiere TV recording of this unpublished 1944 work created by ELEVEN great composers: Goossens, Aaron Copland, Deems Taylor, Howard Hanson, Walter Piston, William Schuman, Roy Harris, Anis Fuleihan, Bernard Rogers, Ernest Bloch, and Paul Creston.	APTEX	(S)	(CC)	N/A	#304H
03:00:00	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
04:00:00	Reel South Eat White Dirt By Adam Forrester. Discover the oddly spellbinding personal, cultural and scientific history of the deeply transgressive and often misunderstood practice of consuming earth, a phenomenon known as geophagy. The film collects and combines the experiences, processes and explanations of people who eat white dirt with information from the scientists who study the phenomenon.	NETA	(S)	(CC)	N/A	#202H
04:30:00	In Her Power 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, Lerner 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.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#546
08:00:00	Mixed Nutz Bollywood Dreams Sanjay learns that love and politics don't mix when he falls in love with his teacher during class elections. He is too busy imagining her in romantic Bollywood movies, instead of paying attention to the voters. In the end, the more responsible party wins and Sanjay realizes where he went wrong. Lesson: When you take on a responsibility, do it for the right reasons.	NETA	(S)	(CC)	N/A	#504H
08:30:00	1001 Nights Sinbad Forever/One Thousand and One Nights "Sinbad Forever" - When Sinbad destroys the Queen's fleet, he gets stripped of his rank and becomes homeless. "One Thousand and One Nights" - The story of how the book of 1001 Nights came to be.	NETA	(S)	(CC)	DVI	#126H

Fri, Mar 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 1	ACCES		(CC)	N/A	#120H
09:30:00	Classical Stretch: By Essentrics Boost Your Energy  In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.	APTEX	(S)	(CC)	DVI	#1118H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1106H
10:30:00	Sewing with Nancy Sew The Perfect T-Shirt, Part 1  Add a designer touch to an easy-to-make T-shirt-fast and fun! Designer Pamela Leggett joins Nancy to share fitting techniques that flatter "real" figures and to show simple knit sewing tips for T-shirts. Pamela's easy T-shirt pattern has a flattering style that gives options for the necklines that are featured.	NETA	(S)	(CC)	N/A	#2905H
11:00:00	Knit and Crochet Now! Versatile Shawls  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.	APTEX	(S)	(CC)	DVI	#701H
11:30:00	Quilting Arts A Sense of Place  Celebrate perspective and places. Art historian and quilter Timna Tarr takes a bird's eye view and uses today's technology to illustrate the world in quilts. Textile artist Ann Loveless celebrates the seashore by combining fabrics, fibers and free motion techniques into a small art quilt.	NETA	(S)	(CC)	N/A	#2005H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7170H
13:00:00	Cooking Odyssey Chania  Join Chef Michalis as he hikes the most-walked footpath in Greece, tours a traditional dairy product farm, explores a Municipal Market that dates back to 1913 and visits two companies dedicated to creating all natural and organic specialty products.	NETA	(S)	(CC)	N/A	#312H
13:30:00	Cooking with Nick Stellino Black Cod & Sauteed Green Beans  Chef Stellino shares his sauce making secrets, to inspire the viewers with this elegant and sophisticated Mango and Ginger sauce that is easy to make and tastes delicious! He also visits a fish monger and shares some important facts about the uniqueness of the Black Cod.	APTEX	(S)	(CC)	N/A	#103H
14:00:00	Kitchen Wisdom of Cecilia Chiang The Long Walk  In 1937, the Japanese invaded China and by 1939 they arrived in Beijing, seizing most of the large family compound and with it, Cecilia's idyllic and privileged youth. By 1941 there wasn't enough food for the family so Cecilia and her number five sister (she had nine in total), fled on foot through Japanese occupied territory. They walked more than 1,000 miles and it took almost six months to reach the safety of "Free China." In this episode, Cecilia joins Laurence Jossel, chef and owner of Nopa. Like Cecilia, South African-born Jossel came a long way to open a restaurant in San Francisco. Cecilia shows Laurence how to make "beggar's chicken," a whole, stuffed chicken wrapped in lotus leaves and then clay, and baked for at least two hours. It comes out of the oven with a hard shell that must be smashed with a mallet to open.	APTEX	(S)	(CC)	DVI	#102H
14:30:00	Jacques Pepin: Heart & Soul Wonders of the Sea  Arriving in New York with a repertoire of French recipes and techniques, Jacques joined the team at Howard Johnson to learn about American food. Today, he shares his expansive knowledge of that cookery, combining it with his traditional French training. Starting with a simple seafood salad, packed with a smorgasbord of marine favorites, then, continuing with the fish theme, making a spicy shrimp with cocktail sauce. He follows with some crispy, Creole-inspired blackfish beignets with spicy sauce, perfect for any brunch or light supper menu.	APTEX	(S)	(CC)	N/A	#125H
15:00:00	Beads, Baubles and Jewels Wired Routines  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.	NETA	(S)	(CC)	N/A	#2505H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Kids Day	APTEX	(S)	(CC)	DVI	#507H
	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.					
16:00:00	Biz Kid\$ How to Be A Smart Consumer	APTEX	(S)	(CC)	DVI	#114H
	Get the most for your money. Join the Biz Kids and you'll explore smart shopping strategies. Learn how to avoid common pitfalls and traps set by savvy marketers and high-pressure salesmen. Meet some smart consumers and successful entrepreneurs.					
16:30:00	Hands On Crafts for Kids On The Road and Around The Word	NETA	(S)	(CC)	DVI	#1809H
	Travel can really shake up your creativity. Inspired by their travels, Jenny Barnett-Rohrs and Katie Hacker capture cityscapes. Candie Cooper makes a necklace or bookmark with beads from around the world. Franz Spohn sketches vacation memories and Katie makes colorful candy ornaments from blogger Angie Holden.					
17:00:00	P. Allen Smith's Garden Home No Passport Necessary	APTEX	(S)	(CC)	DVI	#1606H
	You don't have to leave home to relax and take a break from life. P. Allen Smith will show you how to incorporate the vacation style and mindset into your everyday.					
17:30:00	Growing A Greener World Growing Up with Living Walls and Vertical Gardens	APTEX	(S)	(CC)	N/A	#719H
	With the constant expansion of urban sprawl, gardeners and designers are looking up for new ways to add green spaces. As a result, living walls are one of the newest and hottest trends in outdoor design. They're not only beautiful, they add the perfect link by providing new life in an ever-growing concrete jungle.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15060H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1412H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8255
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1012H
20:00:00	Song of the Mountains Doyle Lawson & Quicksilver	NETA	(S)	(CC)	N/A	#1210H
21:00:00	Woodsongs Alison Brown Quartet, Frank Solivan, and Rob Ickes & Trey Hensley	NETA	(S)	(CC)	N/A	#1912H
	COMPASS RECORDS was co-founded in 1994 by musicians Alison Brown and Garry West in 1994. Called "one of the greatest independent labels of the last decade" by Billboard Magazine, Compass Records has provided a thriving haven of creativity for artists and a reliable beacon of quality for music fans. Michael will be exploring the state of the music business with Alison and celebrating the label's importance on roots music. Performing on this broadcast: ALISON BROWN is one of today's finest progressive banjo players. With her new Compass project, 'The Song of the Banjo', the 2015 IBMA Distinguished Achievement Award and 2001 GRAMMY Award-winning musician/composer/producer/entrepreneur plants another flag in her ongoing journey of sonic exploration. FRANK SOLIVAN built a reputation as a monster mandolin master when he left the cold of Alaska for the bluegrass hotbed of Washington, D.C. Following Frank Solivan & his band Dirty Kitchen's GRAMMY nomination, IBMA Award, and top prize in the Mid-Atlantic Song Contest, Frank continues to impress in 2016 with a solo release, 'Family, Friends & Heroes' on Compass Records. _ ROB ICKES AND TREY HENSLEY is unique collaborative effort between two gifted musicians. Rob Ickes is a longtime, well-established instrumental giant (Blue Highways) and won IBMA Dobro Player of the Year fifteen times. Trey Hensley is newly arrived in Music City, bursting with talent both as a vocalist and guitarist. Their new album, 'Before the Sun Goes Down', was released on Compass Records. WoodSongs Kid: Amelia Eisenhower is a music prodigy from DuQuoin, Illinois now living in Nashville. She was recently featured on American Idol.					
22:00:00	Film School Shorts Border Crossings	NETA	(S)	(CC)	N/A	#508H
	Two short films follow families as they travel great distances, both physically and emotionally, to find a new home: We are the Immigrants by Catalina Matamoros Puerto and Sweet, Sweet Country by Dehanza Rogers.					

## Daily Program Listing II

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Fri, Mar 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story America Ferrera on the Storyteller's Responsibility Producer/Emmy-award winning actress, America Ferrera talks about her early roles in film and television including the hit show Ugly Betty, Real Women Have Curves, The Sisterhood of the Traveling Pants and working with Ryan Piers Williams on the independent film The Dry Land.	NETA	(S)	(CC)	N/A	#612H
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	#1121H

Sat, Mar 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Does Philosophy Help Science? What constitutes good science? Are there limits to science? If so, what are the boundaries? How deep can science dig into the foundations of the world?	EPS	(S)	(CC)	N/A	#1612H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1012H
01:00:00	Song of the Mountains Doyle Lawson & Quicksilver	NETA	(S)	(CC)	N/A	#1210H
02:00:00	Woodsongs Alison Brown Quartet, Frank Solivan, and Rob Ickes & Trey Hensley COMPASS RECORDS was co-founded in 1994 by musicians Alison Brown and Garry West in 1994. Called "one of the greatest independent labels of the last decade" by Billboard Magazine, Compass Records has provided a thriving haven of creativity for artists and a reliable beacon of quality for music fans. Michael will be exploring the state of the music business with Alison and celebrating the label's importance on roots music. Performing on this broadcast: ALISON BROWN is one of today's finest progressive banjo players. With her new Compass project, 'The Song of the Banjo', the 2015 IBMA Distinguished Achievement Award and 2001 GRAMMY Award-winning musician/composer/producer/entrepreneur plants another flag in her ongoing journey of sonic exploration. FRANK SOLIVAN built a reputation as a monster mandolin master when he left the cold of Alaska for the bluegrass hotbed of Washington, D.C. Following Frank Solivan & his band Dirty Kitchen's GRAMMY nomination, IBMA Award, and top prize in the Mid-Atlantic Song Contest, Frank continues to impress in 2016 with a solo release, 'Family, Friends & Heroes' on Compass Records. _ ROB ICKES AND TREY HENSLEY is unique collaborative effort between two gifted musicians. Rob Ickes is a longtime, well-established instrumental giant (Blue Highways) and won IBMA Dobro Player of the Year fifteen times. Trey Hensley is newly arrived in Music City, bursting with talent both as a vocalist and guitarist. Their new album, 'Before the Sun Goes Down', was released on Compass Records. WoodSongs Kid: Amelia Eisenhower is a music prodigy from DuQuoin, Illinois now living in Nashville. She was recently featured on American Idol.	NETA	(S)	(CC)	N/A	#1912H
03:00:00	Film School Shorts Border Crossings Two short films follow families as they travel great distances, both physically and emotionally, to find a new home: We are the Immigrants by Catalina Matamoros Puerto and Sweet, Sweet Country by Dehanza Rogers.	NETA	(S)	(CC)	N/A	#508H
03:30:00	On Story America Ferrera on the Storyteller's Responsibility Producer/Emmy-award winning actress, America Ferrera talks about her early roles in film and television including the hit show Ugly Betty, Real Women Have Curves, The Sisterhood of the Traveling Pants and working with Ryan Piers Williams on the independent film The Dry Land.	NETA	(S)	(CC)	N/A	#612H
04:00:00	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
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1121H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#547
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Floral Bouquet # 1 Today Gary makes up the composition by painting from fresh flowers. You can paint your own bouquet using all the techniques he shows you. It is so much fun to create your own composition, using whatever flowers and colors you like.	APTEX	(S)	(CC)	N/A	#310H
08:30:00	Painting with Wilson Bickford Bird on a Fence, Part 1 A beautiful bluebird has landed on a weathered picket fence, welcoming spring with his song. Wilson shows how to block out the bird and the fence, lays in the background, and begins the fence.	NETA	(S)	(CC)	N/A	#304H

Sat, Mar 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop The Transcendent Landscapes of George Inness, Montclair, Nj In this program David Dunlop firsts visits the George Inness room at the Montclair Art Museum and explores the evolution of Inness's paintings and his philosophy. George Inness (1825-1894) was inspired by the classical landscape painters, especially the classic 17th century French artist Claude Lorraine, considered the father of landscape painting. David then sets up his easel on the hillside in Montclair, NJ and demonstrates the techniques of Inness, his quest for a union of spirituality and paint, his reliance on ambiguity, his sources of inspiration and his enduring influence in the world of art.	NETA	(S)	(CC)	DVI	#109H
09:30:00	Classical Stretch: By Essentrics Feet and Calf Workout In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.	APTEX	(S)	(CC)	DVI	#1119H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1107H
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 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 Love of Live Fire Cooking In Yucatan, cooking over fire is a way of life. Rick meets up with chef Juan Pablo Loza, who ignites the wood-fire grill for octopus with local pineapple. At Zama Beach Club in Isla Mujeres, Cancun chef Federico Lopez fires up his seaside grill to make tikin xic, a Yucatecan grilled fish dish smothered with achiote, the region's hallmark spice paste. And chef Eric Werner shows off his all wood-fire kitchen at Hartwood in Tulum. Forever obsessed with cooking over fire, Rick goes to Lena Brava, his new all wood-fire restaurant in Chicago, to make poc chuc, a traditional citrusy grilled spicy pork dish, then to his backyard for spatchcocked chicken al oregano worthy of a summertime fiesta.	APTEX	(S)	(CC)	N/A	#1106H
12:00:00	Lidia's Kitchen Italian Cakes The oven is on today in Lidia's Kitchen, and she is sharing some of her best cakes. There is a gianduia cake - a Piedmontese tradition and a dream for hazelnut and chocolate lovers; a delicious and moist chocolate and zucchini Cake; and finally a nutty walnut and espresso Cake.	APTEX	(S)	(CC)	N/A	#425H
12:30:00	Moveable Feast with Fine Cooking Charleston, South Carolina - Sean Brock and Benjamin Dennis Moveable Feast with Fine Cooking is back in Charleston, where chefs Sean Brock and Benjamin "BJ" Dennis create some classic southern dishes with all the Southern charm. Host Pete Evans joins the chefs for visits to a South Carolina plantation, which produces some of the finest vegetables and rye in the area. They also embark on a trip to an innovative farm looking to feed and train the people of tomorrow and teach them to grow sustainable foods. Chef Dennis prepares a fantastic short rib and conch stew with classic southern grits while chef Brock roasts a pig with heritage greens and vegetables. It's a feast steeped in South Carolina tradition on Moveable Feast with Fine Cooking Magazine.	APTEX	(S)	(CC)	N/A	#408H
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	Weekends with Yankee Icons of New England Think of New England icons, and you probably imagine covered bridges, stone walls, church steeples, and lighthouses. In today's episode, we visit three less typical but equally iconic treasures, beginning with the Elms in Newport, Rhode Island, where we get a behind-the-scenes tour from this mansion's caretaker of more than 30 years. Then we visit the Glass House in New Canaan, Connecticut, Phillip Johnson's private residence that forever changed architecture in America. Last but not least is our trip to Olneyville New York System, a Providence, Rhode Island, restaurant where the Stevens family has been serving up their signature Coney Island-style wieners to four generations of customers. That's all coming up next on Weekends with Yankee.	APTEX	(S)	(CC)	N/A	#106H

Sat, Mar 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Little Europe: San Marino, Monaco, Vatican City, Liechtenstein, and Andorra	APTEX	(S)	(CC)	N/A	#504H
	Don't blink as we blitz through Europe's tiniest countries: Vatican City, the world's smallest country, comes with the planet's biggest church. The fairytale principedom of Monaco lures visitors with its fancy casino and glamorous views. Italy's last independent hill town, San Marino still looks formidable, as does the castle-guarded principality of Liechtenstein. And tiny Andorra entertains shoppers and hikers alike, surrounded by the rugged beauty of the Pyrenees.					
14:30:00	Born to Explore with Richard Wiese Turkey: Journey to Love Valley	APTEX	(S)	(CC)	N/A	#102H
	Join Richard Wiese as he journeys to Turkey, a land where east meets west. Richard explores Istanbul's fabled 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.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4702H
	A community effort is getting kids and adults alike back in the garden. A win-win and a lot to learn. Be sure to tune in this week to GardenSMART.					
15:30:00	For Your Home Do You Know?	APTEX	(S)	(CC)	N/A	#3108H
	In this fact filled episode host Vicki Payne answers FYH viewers' questions, like why do you have to have your furnace and air conditioner inspected each season? Which is best a natural gas fire pit or one that operates on propane? How can you protect your outdoor planters from winter weather and what kinds of plants can take care of themselves? Information all homeowners need to know.					
16:00:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 1	NETA		(CC)	N/A	#509H
	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.					
16:30:00	Overheard with Evan Smith Nikki Giovanni, Poet/Activist	NETA	(S)	(CC)	N/A	#818H
	Nikki Giovanni is a poet, writer, activist and educator. Her works cover everything from race and social issues to children's literature. She has received the Langston Hughes Medal, the Rosa Parks Woman of Courage Award, the NAACP Image Award, more than 20 honorary degrees from national colleges and universities and a Grammy nomination. In 2005, Oprah Winfrey named her one of the top 25 Living Legends. Her latest collection of poems is titled A Good Cry.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Soap Maker	APTEX	(S)	(CC)	N/A	#308H
	Host Eric Gorges and master soap maker, Deb Kraemer, stir it up with essential oils and herbs. For a guy who likes to get his hands dirty, Eric cleans up nicely.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3612H
18:30:00	The Open Mind	NETA		(CC)	N/A	#3836H
19:00:00	Closer to Truth Does Philosophy Help Science?	EPS	(S)	(CC)	N/A	#1612H
	What constitutes good science? Are there limits to science? If so, what are the boundaries? How deep can science dig into the foundations of the world?					
19:30:00	American Forum Who Is Hoarding The American Dream?	NETA	(S)	(CC)	N/A	#317H
	RICHARD REEVES on who is being left behind by the U.S. economy and why anyone should care.					

## Daily Program Listing II

43.1

Date: 02/05/2018

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Sat, Mar 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Speakeasy Seal and Amy Thomson	APTEX	(S)	(CC)	N/A	#306H
	Three-time Brit Award and four-time Grammy Award winner Seal is joined by his manager, Amy Thomson, in the season finale of Speakeasy. Over the course of his career Seal has sold more than 30 million records worldwide and is known for his international hits including "Kiss from a Rose." As a songwriter Seal has received two consecutive Ivor Novello Awards from the British Academy for Best Song Musically and Lyrically for "Killer" and "Crazy." The pair have an intimate and frank discussion detailing Seal's early career and his experience recording his new album Standards.					
21:00:00	Front and Center Mike + The Mechanics	APTEX	(S)	(CC)	N/A	#803H
	Rock and Roll Hall of Fame inductee, Mike Rutherford, and his band Mike + the Mechanics, perform new material as well as greatest hits including "Silent Running (On Dangerous Ground)," "All I Need is a Miracle," and "The Living Years" in Asbury Park, NJ.					
22:00:00	Globe Trekker Tough Boats: The Arctic	APTEX	(S)	(CC)	N/A	#1617H
	Globe Trekker Ian Wright travels to the high Arctic from the coast of northern Norway, working his passage on a trawler fishing for cod before continuing his voyage on a specially ice-strengthened vessel around Spitsbergen, the world's northernmost inhabited islands. Ian's tough Arctic journey starts in fishing port of Tromso, more than 200 miles north of the Arctic Circle. From here, aboard the fishing trawler Hermes, he travels another 300 miles north to rich fishing ground near remote Bear Island. Among his expeditions across the Arctic Ocean, Ian transfers to a small, but beautiful, 1950s-era Arctic cruise ship, The Stockholm, taking just a dozen or so passengers around the islands in search of polar bears and other Arctic wildlife.					
23:00:00	Arts In Context A'lante	NETA		(CC)	N/A	#707H
	With a deep knowledge and appreciation for the art form, A'lante Flamenco honor the mixture of cultures that went into flamenco's origin by adding their Latin American roots into the dance.					
23:30:00	Articulate with Jim Cotter Scents and Sensibility	APTEX	(S)	(CC)	N/A	#106H
	Conducting opera may well be the hardest job in classical music. The quietly spoken Fabio Luisi does it all with grace and aplomb. Found in Translation - Scholarly translations are a constant battle between literal accuracy and literary interpretation. Elizabeth Streb: Dancing with Danger - It's rare for an artist to disavow her own genre but Elizabeth Streb may well be the most fervently anti-dance choreographer you've ever met.					

Sun, Mar 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Does Philosophy Help Science? What constitutes good science? Are there limits to science? If so, what are the boundaries? How deep can science dig into the foundations of the world?	EPS	(S)	(CC)	N/A	#1612H
00:30:00	American Forum Who Is Hoarding The American Dream? RICHARD REEVES on who is being left behind by the U.S. economy and why anyone should care.	NETA	(S)	(CC)	N/A	#317H
01:00:00	Speakeasy Seal and Amy Thomson Three-time Brit Award and four-time Grammy Award winner Seal is joined by his manager, Amy Thomson, in the season finale of Speakeasy. Over the course of his career Seal has sold more than 30 million records worldwide and is known for his international hits including "Kiss from a Rose." As a songwriter Seal has received two consecutive Ivor Novello Awards from the British Academy for Best Song Musically and Lyrically for "Killer" and "Crazy." The pair have an intimate and frank discussion detailing Seal's early career and his experience recording his new album Standards.	APTEX	(S)	(CC)	N/A	#306H
02:00:00	Front and Center Mike + The Mechanics Rock and Roll Hall of Fame inductee, Mike Rutherford, and his band Mike + the Mechanics, perform new material as well as greatest hits including "Silent Running (On Dangerous Ground)," "All I Need is a Miracle," and "The Living Years" in Asbury Park, NJ.	APTEX	(S)	(CC)	N/A	#803H
03:00:00	Globe Trekker Tough Boats: The Arctic Globe Trekker Ian Wright travels to the high Arctic from the coast of northern Norway, working his passage on a trawler fishing for cod before continuing his voyage on a specially ice-strengthened vessel around Spitsbergen, the world's northernmost inhabited islands. Ian's tough Arctic journey starts in fishing port of Tromso, more than 200 miles north of the Arctic Circle. From here, aboard the fishing trawler Hermes, he travels another 300 miles north to rich fishing ground near remote Bear Island. Among his expeditions across the Arctic Ocean, Ian transfers to a small, but beautiful, 1950s-era Arctic cruise ship, The Stockholm, taking just a dozen or so passengers around the islands in search of polar bears and other Arctic wildlife.	APTEX	(S)	(CC)	N/A	#1617H
04:00:00	Arts In Context A'lante With a deep knowledge and appreciation for the art form, A'lante Flamenco honor the mixture of cultures that went into flamenco's origin by adding their Latin American roots into the dance.	NETA		(CC)	N/A	#707H
04:30:00	Articulate with Jim Cotter Scents and Sensibility Conducting opera may well be the hardest job in classical music. The quietly spoken Fabio Luisi does it all with grace and aplomb. Found in Translation - Scholarly translations are a constant battle between literal accuracy and literary interpretation. Elizabeth Streb: Dancing with Danger - It's rare for an artist to disavow her own genre but Elizabeth Streb may well be the most fervently anti-dance choreographer you've ever met.	APTEX	(S)	(CC)	N/A	#106H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#548
08:00:00	Painting and Travel with Roger & Sarah Bansemer Heritage Village Spend the day at Heritage Village Park in Largo, Florida. Sarah enjoys walking thru the old timey village stores, school and firehouse. Roger goes inside a pioneer cabin and paints one of the old fashioned rooms' interior.	NETA	(S)	(CC)	N/A	#303H
08:30:00	Painting with Paulson Full Count Part I	NETA	(S)	(CC)	N/A	#1505H
09:00:00	Wyland's Art Studio Moonlight Mermaid Art Lesson: Light, Shade, and Tone. In art, tone refers to the degree of lightness or darkness of an area. Tone varies from the bright white of a light source through shades of gray to the deepest black shadows. How we perceive the tone of an object depends on its actual surface lightness or darkness, color and texture, the background and lighting. Tone may be used broadly to denote the major planes of an object. Realist artists use 'local tone' to accurately denote subtle changes within the plane. Wyland explores the natural gray shades of a stingray in this illuminating lesson on light, shade, and tone.	APTEX		(CC)	N/A	#606H

Sun, Mar 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Quad Lengthening & Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.	APTEX	(S)	(CC)	DVI	#1120H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1108H
10:30:00	Power Yoga: Mind and Body Stamina - Version One With Vyagrasana, Trikonasana, and others.	APTEX	(S)	(CC)	N/A	#108
11:00:00	Neven Maguire: Home Chef Neven travels to Luxembourg to reconnect with Lea Linster, the only woman ever to win the Bocuse D'Or, the most prestigious award a professional chef can receive. Linster prepares the rack of lamb dish that won her the award. Later, Neven makes a family favorite - curried chicken spring rolls with pineapple salsa - and tops off the episode by making his signature trio of chocolate dessert.	APTEX	(S)	(CC)	N/A	#108H
11:30:00	New Orleans Cooking with Kevin Belton Fresh Catch Trout meuniere, pecan crusted redfish, fried catfish with beer batter.	APTEX	(S)	(CC)	N/A	#117H
12:00:00	Ciao Italia Altamura, The City of Bread - Altamura, La Citta Del Pane The artisanal breads of Altamura are known throughout Italy. Mary Ann visits one of the signature bakeries in this small city in the region of Puglia where she meets the DiGesù family - all five generations of them - and gets a whirlwind tour of their bakery and the classic breads they make, including the dome-shaped "Altamura" loaf, so named for the hilltop site of the city. Watch the breads bake in a 100 year-old wood-fired oven and dream about "smell-o-vision!"	NETA	(S)	(CC)	N/A	#2523H
12:30:00	Mike Colameco's Real Food Il Buco In 1994 Donna Leonard opened the original il Buco out back of an antique furniture store on Bond Street steps off the Bowery. Self taught with no experience the place was an instant neighborhood hit. A few years back she expanded with il Buco Alimentari a block north on Great Jones St., which earned 3 stars from the NY Times, both of the places are total stand outs.	NETA	(S)	(CC)	N/A	#1409H
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Harlem, USA Harlem is a neighborhood in Manhattan all its own - alive with culture, music, food, and of course dance, this thriving neighborhood has continued its ascent since the first Harlem Renaissance.	APTEX	(S)	(CC)	DVI	#208H
13:30:00	Travel Detective with Peter Greenberg Overtourism CBS News Travel Editor Peter Greenberg tells us about some places around the world in which there are too many tourists visiting each year. Plus, it's Australia's third largest city with 283 days of sunshine annually, featuring a thriving music, art, and culinary scene: Greenberg shows you his hidden gems of Brisbane. And, in Northern Italy, correspondent Arnie Weissmann introduces us to a cruise ship excursion that will tempt your taste buds!	NETA	(S)	(CC)	N/A	#407H
14:00:00	Wild Photo Adventures Lowcountry Shorebirds Host and professional wildlife photographer Doug Gardner photographs nesting shorebirds in the Lowcountry of South Carolina with nature photographer Eric Horan.	NETA	(S)	(CC)	DVI	#201H
14:30:00	Destination Craft with Jim West Peru Jim West travels to Cusco and Lima in Peru, South America where master artisans teach gourd carving, Peruvian pottery, and making a traditional retablo. He also crafts the perfect pan flute. Jim also makes a "ceviche" dish with a master chef, learns about silver jewelry making, and weaves colorful tapestries.	APTEX	(S)	(CC)	N/A	#108H
15:00:00	Woodsmith Shop Cutting Boards & Plywood Tips 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.	NETA	(S)	(CC)	N/A	#1008H

Sun, Mar 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	American Woodshop Heirloom Frames Featuring scrolled edge masterpieces. Jim Foster's 3-D scroll art.	NETA	(S)	(CC)	N/A	#2204H
16:00:00	Happy Yoga with Sarah Starr Seascapes Allow the calming waves and sparkling sea caves to soothe you as we experience the gift of renewal through a series of tranquil, rejuvenating poses using a chair for support, including shoulder, chest and upper back stretches, hip openers, twists and more.	NETA	(S)	(CC)	N/A	#104H
16:30:00	Second Opinion Melanoma Patient Story: While Melanoma is the most dangerous kind of skin cancer, it can be curable if it is caught and treated early. In this episode, Andrea Heitker shares her personal story, and you'll learn the signs of Melanoma and what you can do to prevent it. Myth or Medicine: Can sunscreen actually cause skin cancer? Second Opinion 5: Five ways to prevent skin cancer.	APTEX	(S)	(CC)	N/A	#1001H
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells II Cutting-edge stem cell treatments outside the U.S. - R. Vijayanagar, MD: pioneering transplant surgeon now provides stem-cell treatments for heart disease at a Bahamas clinic. A full-service stem-cell treatment clinic in Panama - Neil Riordan, PhD: research scientist and founder of Stem Cell Institute, in Panama City, Panama. Why the clinic's stem cell treatments are safe - Jorge Paz Rodriguez, MD: internal medicine specialist at the institute. Acquisition and processing of stem cells - Rodolfo Fernandez: medical technologist. Personal stories - Sam Harrell - being treated for MS; Juan Jose Ballareno - being treated for a spinal injury; Todd Rinehart - being treated for rheumatoid arthritis.	EPS	(S)	(CC)	N/A	#107H
17:30:00	Well Read Margo Livesey, Mercury A grieving optometrist is blind to the family drama and psychological deterioration playing out before his very eyes. Today author of "Mercury," Margo Livesey takes us inside a marriage broken by secrets and obsession and tells why she chose a magnificent horse to set off a chain reaction of deceit and crime. In Bookmarks, Mary Ann Gwinn gives us a reading list full of unbridled obsession: five books about horses and the people who love them.	APTEX	(S)	(CC)	N/A	#611H
18:00:00	California's Gold Desert Tower The Desert View Tower stands 3,000 feet above sea level, three miles east of Jacumba in the Imperial Valley. The four-story, cut-stone structure was built in the 1920s by Bert Vaughn, who owned the town of Jacumba. The pre-highway trek to the Pacific Coast was arduous, so Vaughn thought it appropriate to commemorate the pioneers who struggled across the arid desert. Join Huell as he climbs to the top of the tower to see the spectacular views of the desert below.	KCET		(CC)	N/A	#5007
18:30:00	Joseph Rosendo's Travelscope Zermatt, Switzerland - Under The Shadow of the Matterhorn Joseph heads to Zermatt to capture Switzerland's natural majesty at the foot of the country's most iconic mountain - the Matterhorn. With the glorious monolith ever in view, he hikes, climbs, rides and skis along an alpine landscape that takes the breath away and captures the imagination. His travels allow him to join in the yearly Folk Festival which features a parade through car-free Zermatt with 50 different folklore groups, as well as performances by more than 1,200 dancers, yodelers and musicians. During his stay he discovers that the Matterhorn's towering presence is only equaled by the heights Zermatters go to to make sure your visit is a memorable one.	APTEX	(S)	(CC)	DVI	#705H
19:00:00	Blackademics Television Hills / Lockett / Santana Elite sports training; black acting methods; surviving domestic violence. Talks by Jeremy Hills, Sharrell D. Lockett and Courtney Santana.	KNME	(S)	(CC)	N/A	#501H
19:30:00	The Kamla Show Special Alka Jarvis	KAMLA	(S)	(CC)	N/A	#154H
20:00:00	Black America Black Men In America with Kevin Powell This week, Carol Jenkins sits down with author and activist Kevin Powell to discuss the need for a men's movement to save black men and black women. He also discusses his book 'The Education of Kevin Powell: A Boy's Journey Into Manhood'...and the influence of male idols such as Muhammad Ali and Prince in his life.	EPS	(S)	(CC)	N/A	#124H

## Daily Program Listing II

43.1

Date: 02/05/2018

03/01/2018 - 03/31/2018

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Sun, Mar 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#112H
<p>AAL features a special edition on best-selling Asian American authors and how they've changed the literary landscape. Ernel 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."</p>						
21:00:00	Making Light In Terezin	APTEX	(S)	(CC)	DVI	#0H
<p>MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us"- originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.</p>						
22:00:00	What Love Is - The Duke Pathfinders 50	NETA	(S)	(CC)	N/A	#0H
<p>Fifty women from North Carolina with incurable breast cancer heroically endure an experimental medical protocol to prove that there is a better way of life -- and death -- for cancer patients and their families everywhere. Narrated by NPR's Scott Simon and filmed in North Carolina, Colorado and Rome.</p>						
23:00:00	Wisdom of the Grandmothers	ACCES	(S)	(CC)	N/A	#0H
<p>The Wisdom of the Grandmothers is a powerful testimony to the importance of the voices of elder women in today's world. Love, community, creativity, family, faith and spirituality, respect and caring for our Mother Earth are just a few of the important topics shared.</p>						

Mon, Mar 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Hills / Lockett / Santana  Elite sports training; black acting methods; surviving domestic violence. Talks by Jeremy Hills, Sharrell D. Lockett and Courtney Santana.	KNME	(S)	(CC)	N/A	#501H
00:30:00	The Kamla Show Special Alka Jarvis	KAMLA	(S)	(CC)	N/A	#154H
01:00:00	Black America Black Men In America with Kevin Powell  This week, Carol Jenkins sits down with author and activist Kevin Powell to discuss the need for a men's movement to save black men and black women. He also discusses his book 'The Education of Kevin Powell: A Boy's Journey Into Manhood'...and the influence of male idols such as Muhammad Ali and Prince in his life.	EPS	(S)	(CC)	N/A	#124H
01:30:00	Asian American Life  AAL features a special edition on best-selling Asian American authors and how they've changed the literary landscape. Ernabel 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
02:00:00	Making Light In Terezin  MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us"- originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.	APTEX	(S)	(CC)	DVI	#0H
03:00:00	What Love Is - The Duke Pathfinders 50  Fifty women from North Carolina with incurable breast cancer heroically endure an experimental medical protocol to prove that there is a better way of life -- and death -- for cancer patients and their families everywhere. Narrated by NPR's Scott Simon and filmed in North Carolina, Colorado and Rome.	NETA	(S)	(CC)	N/A	#0H
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 a few of the important topics shared.	ACCES	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#549
08:00:00	Mixed Nutz Obsession  Jae becomes obsessed with winning the junior golf championships, as Damaris gets carried away with cleanliness. Both kids learn the value of moderation, and enjoying the tasks at hand with getting too caught up in them. Lesson: Too much of anything can be harmful.	NETA	(S)	(CC)	N/A	#505H
08:30:00	Thomas Edison's Secret Lab Nicky's Compass Goes South/A Gem of a Deal  Compass: When the SECRET LAB KIDS head off to rescue some stranded hikers with the aid of Nicky's cell phone compass her battery fizzles out and the team must return to the lab and build a conventional compass. Gem: When a con artist purchases Nicky's granny's house for a fake gemstone necklace, the SECRET LAB KIDS must learn about minerals in order to save granny from ruin.	APTEX	(S)	(CC)	N/A	#101H
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 2	ACCES		(CC)	N/A	#121H
09:30:00	Classical Stretch: By Essentrics Arm Toning Workout  In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take you through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.	APTEX	(S)	(CC)	DVI	#1121H

## Daily Program Listing II

43.1

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Mon, Mar 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1109H
10:30:00	Sewing with Nancy Sew The Perfect T-Shirt, Part 2	NETA	(S)	(CC)	N/A	#2906H
	Sew a classic tee dress with easy fitting, sewing, and designing techniques. Nancy and designer Pamela Leggett show how to apply sewing and fitting techniques from a T-shirt pattern to a wardrobe classic-a comfortable tee dress. Also learn tips for several neckline variations and hemming options ideal for dresses.					
11:00:00	Knit and Crochet Now! Slip Into Slippers	APTEx	(S)	(CC)	DVI	#702H
	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.					
11:30:00	Quilting Arts Tech Tricks	NETA	(S)	(CC)	N/A	#2006H
	Combine traditional art forms, creative energy and today's technology for more creative opportunities. Art quilter Sherry Kleinman uses photos and apps on her electronic tablet to create new quilting fabric. Quilter Laurie Russman uses a variety of apps to transform her favorite photos into colorful fiber art with pens, ink and free-motion stitching.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7171H
13:00:00	America's Test Kitchen from Cook's Illustrated	APTEx	(S)	(CC)	N/A	#1804H
13:30:00	Pati's Mexican Table Family Favorites	APTEx	(S)	(CC)	N/A	#411H
	Every family has passed-down recipes, and Pati's family is certainly no exception. Food has always been a central part of her family life, both while she was growing up and today with her own family. She'll show us a couple recipes that were passed down to her, as well as the one recipe that always makes her own family happy - the recipe that she hopes to pass down to her sons. Also, meet Pati's mom and sister, Sharon, as Pati joins them for lunch at one of their favorite restaurants in Mexico City. Recipe 1: Chile Rellenos; Recipe 2: Salsa Roja (Red Sauce); Recipe 3: Drunken Rice with Chicken; Recipe 4: Meringue Cake with Whipped Cream and Strawberries.					
14:00:00	Steven Raichlen's Project Smoke Yum Kippers-Fish Gets Smoked	APTEx	(S)	(CC)	N/A	#110H
	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.					
14:30:00	George Hirsch Lifestyle Layering with Seasoning	APTEx	(S)	(CC)	N/A	#107H
	George plans the perfect outdoor cookout, complete with flavor-packed tasting plates, grilled steak and spice-rubbed salmon, and a decadent chocolate mousse. George visits Captain Pete who shares tips on making the perfect smoked salmon. Recipes: - Sliced Steak, Garlic Butter Sauce - Grilled Asparagus - Spice Rubbed Planked Salmon - Roasted Fingerling Potatoes - Chocolate Mousse.					
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.					
15:30:00	Katie Brown Workshop Seaside	APTEx	(S)	(CC)	DVI	#508H
	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.					

Mon, Mar 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Using Your Credit-Crazy Or Compelling? Don't live on borrowed time. Join the Biz Kids and you'll see the true cost of purchasing with credit. You'll also have an unsettling look at credit scores and the increasing number of people and places (employers, insurers, colleges, etc.) who are using these scores to make major decisions that could affect your future. Meet entrepreneurs who have successfully navigated credit pitfalls.	APTEX	(S)	(CC)	DVI	#115H
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	P. Allen Smith's Garden Home Super Foods; Super Recipes In this episode of Garden Home, P. Allen Smith shows that you don't have to be a superhero to save the day. Super performers in the kitchen, garden and home are highlighted to help give your life some extra punch.	APTEX	(S)	(CC)	DVI	#1607H
17:30:00	Growing A Greener World Talking Trash-Dealing with Plastic Pots, Packaging and More Each year, millions of plastic plant containers and tons of other horticultural debris never make it to the recycling bin. Instead, they clog our solid waste stream in a growing but avoidable problem. The good news is that many companies are working hard to fix this problem. In this episode we explore some of the latest innovations in the horticultural world today and how they can help eliminate this problem, one pot at a time. And in the kitchen, Chef Nathan uses a pot of his own. Recycling works in the kitchen too and he lets nothing go to waste to show us how to make homemade chicken stock.	APTEX	(S)	(CC)	N/A	#720H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15061H
18:30:00	Americas Now Guatemala - Trademark Battle/Cuba - Farming Future Guatemala - Trademark Battle Guatemala is recognized throughout the world for the quality of its intricately handwoven textiles. Mayan women have used them to make blouses known as huipiles that, over hundreds of years, have come to represent an important part of their cultural identity. The weaves have also become popular among contemporary designers who use them to create fashion accessories. But some Mayan women aren't happy about that. Saying their designs are being stolen, they have started a legal battle to trademark their products. Cuba - Farming Future Guatemala is recognized throughout the world for the quality of its intricately handwoven textiles. Mayan women have used them to make blouses known as huipiles that, over hundreds of years, have come to represent an important part of their cultural identity. The weaves have also become popular among contemporary designers who use them to create fashion accessories. But some Mayan women aren't happy about that. Saying their designs are being stolen, they have started a legal battle to trademark their products.	NETA	(S)	(CC)	N/A	#131H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8256
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3612H
20:00:00	The Kate Jane Lynch Jane Lynch takes to The Katestage with See Jane Sing!, her comedy cabaret including special guests Kate Flannery (The Office) and Tim Davis (Glee's musical arranger) backed by the swinging Tony Guerrero Quintet.	APTEX	(S)	(CC)	N/A	#201H
21:00:00	Backstage Pass Joshua Davis Joshua Davis, Michigan-based singer/songwriter and 2016 finalist on NBC's The Voice, plays "Let Me In," "The Little Things," and more from his newest album, "The Way Back Home." Backing up Davis: Drew Howard, pedal steel guitar; Mike Lynch, keyboards; Dominic John Davis, bass; and Michael Shimmin, drums and percussion. Recorded March 2017 at WKAR Studio A on the Michigan State campus.	NETA	(S)	(CC)	N/A	#801H
22:00:00	Amazing Grace "Amazing Grace" explores the treatment of women in the legal industry from the late 1940's through today. Specifically, it follows the story of Missouri Attorney Grace Day who was the lone woman in her law school class in 1948 and endured torment from her professors and peers. You'll fall in love with Grace Day, a woman who won over her enemies and helped blaze a path for future women lawyers.	NETA	(S)	(CC)	N/A	#0H

Mon, Mar 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	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>					
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>					

Tue, Mar 27, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Guatemala - Trademark Battle/Cuba - Farming Future	NETA	(S)	(CC)	N/A	#131H
	Guatemala - Trademark Battle Guatemala is recognized throughout the world for the quality of its intricately handwoven textiles. Mayan women have used them to make blouses known as huipiles that, over hundreds of years, have come to represent an important part of their cultural identity. The weaves have also become popular among contemporary designers who use them to create fashion accessories. But some Mayan women aren't happy about that. Saying their designs are being stolen, they have started a legal battle to trademark their products. Cuba - Farming Future Guatemala is recognized throughout the world for the quality of its intricately handwoven textiles. Mayan women have used them to make blouses known as huipiles that, over hundreds of years, have come to represent an important part of their cultural identity. The weaves have also become popular among contemporary designers who use them to create fashion accessories. But some Mayan women aren't happy about that. Saying their designs are being stolen, they have started a legal battle to trademark their products.					
00:30:00	The Open Mind Securing American Democracy	NETA		(CC)	N/A	#3834H
	Guest: Jamie Fly and Laura Rosenberger. Jamie Fly and Laura Rosenberger, cofounders of the Alliance for Securing Democracy, discuss Russian efforts to undermine the United States.					
01:00:00	The Kate Jane Lynch	APTEX	(S)	(CC)	N/A	#201H
	Jane Lynch takes to The Katestage with See Jane Sing!, her comedy cabaret including special guests Kate Flannery (The Office) and Tim Davis (Glee's musical arranger) backed by the swinging Tony Guerrero Quintet.					
02:00:00	Backstage Pass Joshua Davis	NETA	(S)	(CC)	N/A	#801H
	Joshua Davis, Michigan-based singer/songwriter and 2016 finalist on NBC's The Voice, plays "Let Me In," "The Little Things," and more from his newest album, "The Way Back Home." Backing up Davis: Drew Howard, pedal steel guitar; Mike Lynch, keyboards; Dominic John Davis, bass; and Michael Shimmin, drums and percussion. Recorded March 2017 at WKAR Studio A on the Michigan State campus.					
03:00:00	Amazing Grace	NETA	(S)	(CC)	N/A	#0H
	"Amazing Grace" explores the treatment of women in the legal industry from the late 1940's through today. Specifically, it follows the story of Missouri Attorney Grace Day who was the lone woman in her law school class in 1948 and endured torment from her professors and peers. You'll fall in love with Grace Day, a woman who won over her enemies and helped blaze a path for future women lawyers.					
03:30:00	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.					
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	#550
08:00:00	Mixed Nutz Food for Thought	NETA	(S)	(CC)	N/A	#506H
	After viewing the interesting foods from around the world that his friends bring for lunch, Michael's peanut butter and jelly sandwich looks more boring than ever. To top it off, his Dad only promotes eating the same things. Lucky for Michael, his Mom decides to have a pot luck dinner party, and Michael and his Dad both get to experience international flavors. Lesson: Appreciate what you have but also keep an open mind and try new things.					

Tue, Mar 27, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab The Eagle Has Landed/Bee-Gone	APTEX	(S)	(CC)	N/A	#102H
	Eagle: When a power company worker finds an abandoned eagle's nest precariously perched atop a wind turbine the SECRET LAB KIDS build a homemade rocket to fire a rope up to him so he can lower the nest to safety. Bee: When JD and Kent discover there's a shortage of beeswax for their surfboards, it leads to the discovery that all the local honeybees have vanished from the beehives.					
09:00:00	Functional Fitness with Suzanne Andrews Headache Prevention	ACCES		(CC)	N/A	#122H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening Workout	APTEX	(S)	(CC)	DVI	#1122H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1110H
10:30:00	Sewing with Nancy Beginning Landscape Quilting, Part 1	NETA	(S)	(CC)	N/A	#2907H
	Learn landscape quilting using this simplistic approach and easy techniques. Nancy and her quilting mentor Natalie Sewell streamline the landscape quilting process using a beginner's prospective. Learn to use inspirational photos, choose fabric, and master messy and fussy cutting techniques. Create trees easily with raw-edge applique techniques and give them dimension with fabric markers or oil pastels.					
11:00:00	Knit and Crochet Now! Vested Interest	APTEX	(S)	(CC)	DVI	#703H
	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.					
11:30:00	Quilting Arts Pieces and Parts	NETA	(S)	(CC)	N/A	#2007H
	Deconstruct the image, then reconstruct it into new art. Textile artist Malka Dubrawsky combines scraps in a new way as she considers shapes and colors in her quilts. Art quilter Sarah Ann Smith shares her techniques for achieving crisp corners, hanging sleeves and a professional finish for her art.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7172H
13:00:00	Julie Taboulie's Lebanese Kitchen Magical Mezze Amidst The Moonlight	APTEX	(S)	(CC)	DVI	#108H
	Mezze is internationally known all over the world as one of the most distinctive and delicious display of dishes to delve into originating right from Lebanon and the Middle East. In today's show Julie is making her mezze magical with an evening set amidst the moonlight of scrumptious small plates presented on a table as far as the eye can see for you and for her loving Lebanese family that Julie is entertaining throughout this socially-inspired show. Traditionally, the mezze can offer upwards of forty to fifty different types of hot and cold small plates, and today, Julie opts to prepare and present some of the most popular and perhaps some of the most famous small plates among the mezze made perfectly for passing around the table with family and friends. This enchanting evening starts off with Julie's heavenly hummus a classic and creamy chickpea and sesame seed spread that is a surefire staple at any mezze table which Julie clearly teaches you how to make her fool-proof recipe; followed by Julie introducing you to its close counterpart, being her blissful baba ghanouj, a rich and robust roasted eggplant dip that is as delicious as its catchy name. Finally, a newcomer to the mix, is Julie's spicy and smoky roasted red pepper and walnut spread called "mouhamarah" making up a magical trio of tempting tastes and textures that will tickle your taste buds all evening long. This alluring array of appealing appetizers are sure to become festive favorites for your next get-together. Julie makes her mezze accessible, affordable and most of all achievable for you to successfully make her recipes for your family and friends. Julie Taboulie's magical mezze served under the twinkling stars and served upon a traditional Lebanese table sets the scene that will surely inspire you to host your next social party.					
13:30:00	Taste of Louisiana with Chef John Folse & Co. - After The Hunt Creole-Braised Wood Duck/Grand View Lodge	APTEX	(S)	(CC)	N/A	#1201H
	Chef Folse kicks off his new series highlighting Teal and Wood Duck, two of the most highly prized game ducks for cooking in Louisiana. He prepares a mouthwatering favorite, smoked Teal and Andouille gumbo, and then travels to Grand View Lodge in Southwest Louisiana where prepares Creole-Braised Wood Duck. Other dishes include Grilled Honey and Chile-glazed Duck Breast, and Hip's Bread Pudding.					
14:00:00	Taste of History George Washington In Barbados	NETA	(S)	(CC)	N/A	#702H
	It's A Taste of History when Chef Walter Staib tells the amazing story of young George Washington's only trip abroad. Learn all about the unique connection between Barbados and the United States and enjoy specialties of Barbados: Bajan Fish Cakes, Flying Fish and Cou-cou.					

Tue, Mar 27, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Christopher Kimball's Milk Street Television From Thailand with Love	APTEX	(S)	(CC)	N/A	#103H
	Host Christopher Kimball travels to Chiang Mai, Thailand to get lessons in Thai cooking from Andy Ricker of Pok Pok fame. Thai cooking is all about strong, bright flavors such as fish sauce and lemongrass. Back in the kitchen, Chris and Milk Street Cook Rayna Jhaveri draw on that flavorful palette as they make Thai fried rice. Next, Milk Street Cook Lynn Clark demonstrates how to make a crisp and tangy Thai-style coleslaw with mint and cilantro, and Rayna shows how to create a pantry staple pickled chilies. To end the show, Milk Street Cook Matthew Card shows Chris how to make Thai chicken at home.					
15:00:00	Beads, Baubles and Jewels Enamel Training	NETA	(S)	(CC)	N/A	#2507H
	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.					
15:30:00	Katie Brown Workshop Store-Bought Surprise	APTEX	(S)	(CC)	DVI	#509H
	Katie puts a new twist on classic store-bought ingredients for surprisingly simple recipes and projects. In the Kitchen: Ham and Cheese Pockets, BBQ 'Fried' Cornflake Chicken and Butter Cream Pound Cake. Projects: Fresh flowers accessorize a standard lampshade and dress-up store bought votives.					
16:00:00	Biz Kid\$ Budgeting Basics	APTEX	(S)	(CC)	DVI	#116H
	The Biz Kids learn the first rule of money management: you can't manage what you don't know. Join the kids and you'll look at spending and expenses and examine several proven methods on how to gain control of both. You'll also meet several successful entrepreneurs.					
16:30:00	Hands On Crafts for Kids Music	NETA	(S)	(CC)	DVI	#1811H
	Music inspires creativity and adds to the fun. To keep the beat, Jenny Barnett-Rohrs makes a drum. Katie Hacker makes a jingly bell bracelet and Franz Spohn illustrates great musical works. Jenny has a wonderful gift idea for a sports fan from blogger Morena Hockley.					
17:00:00	P. Allen Smith's Garden Home Leaders in the Field	APTEX	(S)	(CC)	DVI	#1608H
	Join P. Allen Smith as he learns a thing or two from gardeners, chefs and designers who are leading the pack in their field and are anything but traditional.					
17:30:00	Growing A Greener World The Waterwise Home & Garden (Los Angeles, Ca)	APTEX	(S)	(CC)	N/A	#721H
	At the height of our nation's industrial revolution over 100 years ago, wealthy businessman Henry Phipps built the Phipps Conservatory as a gift to the city of Pittsburgh. Today Phipps has become a model for public gardens and conservatories around the world for its sustainable building practices, energy conservation and eco friendly methods. In the process they've earned the distinction of being "America's Greenest Garden" and the greenest conservatory in the world. Taking his cue from the chocolate tree featured at the conservatory, Chef Nathan creates a molten chocolate cake that melts in the mouth.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15062H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1220H
	Cattle rancher documents ranch life with his award-winning photography. Ohio state prison inmates play a major role in bringing in crops. Visit a century old citrus operation in California's Central Valley. Discover an award-winning artisanal cheese business.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8257
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1413H
20:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#903H
20:30:00	Jammin at Hippie Jack's Sweetback Sisters	NETA	(S)	(CC)	N/A	#1009H
	The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.					

Tue, Mar 27, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Infinity Hall Live Ani DiFranco	APTEX	(S)	(CC)	N/A	#506H
	<p>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.</p>					
22:00:00	Media Coverage and Female Athletes	NETA	(S)	(CC)	N/A	#0H
	<p>Forty percent of all sports participants are female, yet women's sports receive only 4% of all sport media coverage and female athletes are much more likely than male athletes to be portrayed in sexually provocative poses. To highlight why this matters and address these disparities, the Tucker Center for Research on Girls &amp; Women in Sport at the University of Minnesota, in partnership with tptMN, have produced "Media Coverage and Female Athletes," a groundbreaking documentary that uses research-based information to examine the amount and type of coverage given to female athletes. You won't want to miss hearing from expert scholars and award winning coaches and athletes who discuss this timely issue from a variety of perspectives, as they help dispel the common-but untrue-myths that no one is interested in women's sport and that "sex sells" women's sport. Effective strategies are also discussed for increasing media coverage and creating images which reflect the reality of women's sports participation and why this is so important.</p>					
23:00:00	Painted Nails	NETA	(S)	(CC)	N/A	#0H
	<p>America loves its unexpected heroines - the women who become the lightning rod that calls attention to wrong doings - the Norma Raes and Erin Brockoviches of our times - the women who unintentionally have found themselves at the center of movements to protect the health and welfare of all Americans. And now Van Hoang joins their ranks. A Vietnamese immigrant and nail salon owner in the blue-collar, Mission District of San Francisco, Van sees her American dream begin to crumble with the discovery that her health problems, which include two heartbreaking miscarriages, are the result of the toxic chemicals in products used in her salon. PAINTED NAILS follows Van as she unintentionally becomes involved in the national fight for safe cosmetics, an industry that has had no oversight or legislation for safety since 1938. In a well-told and beautifully crafted film, viewers will cheer the shy Van on as she becomes a key catalyst in the fight to bring reform to an \$8.54 billion industry that touches the lives of nearly every woman in America.</p>					

Wed, Mar 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Cattle rancher documents ranch life with his award-winning photography. Ohio state prison inmates play a major role in bringing in crops. Visit a century old citrus operation in California's Central Valley. Discover an award-winning artisanal cheese business.	APTEX	(S)	(CC)	N/A	#1220H
00:30:00	Overheard with Evan Smith Richard Linklater, Director/Writer Richard Linklater is a director and writer. He is best known for his films Dazed and Confused, Boyhood, Slacker and Everybody Wants Some. Linklater is the Artistic Director and founder of the Austin Film Society. He has won a Golden Globe, Critics' Choice Movie Awards and BAFTAs for Best Director and Best Picture. Linklater currently lives and works in Austin, Texas.	NETA	(S)	(CC)	N/A	#812H
01:00:00	Sun Studio Sessions	NETA	(S)	(CC)	N/A	#903H
01:30:00	Jammin at Hippie Jack's Sweetback Sisters The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.	NETA	(S)	(CC)	N/A	#1009H
02:00:00	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 + 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.	APTEX	(S)	(CC)	N/A	#506H
03:00:00	Media Coverage and Female Athletes Forty percent of all sports participants are female, yet women's sports receive only 4% of all sport media coverage and female athletes are much more likely than male athletes to be portrayed in sexually provocative poses. To highlight why this matters and address these disparities, the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota, in partnership with tptMN, have produced "Media Coverage and Female Athletes," a groundbreaking documentary that uses research-based information to examine the amount and type of coverage given to female athletes. You won't want to miss hearing from expert scholars and award winning coaches and athletes who discuss this timely issue from a variety of perspectives, as they help dispel the common-but untrue-myths that no one is interested in women's sport and that "sex sells" women's sport. Effective strategies are also discussed for increasing media coverage and creating images which reflect the reality of women's sports participation and why this is so important.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Painted Nails America loves its unexpected heroines - the women who become the lightning rod that calls attention to wrong doings - the Norma Raes and Erin Brockoviches of our times - the women who unintentionally have found themselves at the center of movements to protect the health and welfare of all Americans. And now Van Hoang joins their ranks. A Vietnamese immigrant and nail salon owner in the blue-collar, Mission District of San Francisco, Van sees her American dream begin to crumble with the discovery that her health problems, which include two heartbreaking miscarriages, are the result of the toxic chemicals in products used in her salon. PAINTED NAILS follows Van as she unintentionally becomes involved in the national fight for safe cosmetics, an industry that has had no oversight or legislation for safety since 1938. In a well-told and beautifully crafted film, viewers will cheer the shy Van on as she becomes a key catalyst in the fight to bring reform to an \$8.54 billion industry that touches the lives of nearly every woman in America.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#551
08:00:00	Mixed Nutz Persian Adventures With the help of a mysterious artist and some magical paintings, Babak, Saman and Sousanne travel through Iran to learn that with a little faith and imagination one can make the mundane really fun. Lesson: Having the ability to use one's imagination and maintaining an open mind can make everyday an adventure.	NETA	(S)	(CC)	N/A	#507H
08:30:00	Thomas Edison's Secret Lab A Golden Opportunity/If The Fossil Fits Golden: When Angie loses her mother's favorite - and valuable - gold bracelet at the beach, our heroes build a homemade metal detector to find it. Fossil: When Kent discovers a dinosaur fossil, the SECRET LAB KIDS learn about fossils, DNA and even go back to prehistoric times to determine if Kent has discovered a completely new dinosaur!	APTEX	(S)	(CC)	N/A	#103H

Wed, Mar 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Interval Training	ACCES		(CC)	N/A	#123H
09:30:00	Classical Stretch: By Essentrics Shoulder Pain Workout	APTEX	(S)	(CC)	DVI	#1123H
	In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.					
10:00:00	Sit and Be Fit Core Strengthening	NETA	(S)	(CC)	N/A	#1201H
	Mary Ann uses hand weights and a ball to strengthen the abdominal muscles. Gretchen adds some exercises to challenge the brain.					
10:30:00	Sewing with Nancy Beginning Landscape Quilting, Part 2	NETA	(S)	(CC)	N/A	#2908H
	Learn to create a garden scene in fabric with this easy landscape quilting process. Natalie Sewell, landscape quilt artist, and Nancy create beautiful foliage, groundcover, and floral accents in their landscape quilt designs-learn the easy process in this program. Nancy and Natalie guide you in choosing fabric, cutting, clustering, highlighting, and adding dimension for beautiful detail in your quilt garden.					
11:00:00	Knit and Crochet Now! Mosaic Stitch Scarves	APTEX	(S)	(CC)	DVI	#704H
	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.					
11:30:00	Quilting Arts Handmade Gifts	NETA	(S)	(CC)	N/A	#2008H
	Gifts made by hand celebrate love and friendship. Teacher and author Pepper Cory creates useful gifts in the Japanese tradition of zakka. Mixed media artist Teresa Shippy embellishes and sews a colorful journal cover for a favorite writer or artist. Textile artist Cathie Hoover creates a needle cushion any quilter will use and treasure.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7173H
13:00:00	Lidia's Kitchen Herbs and Spices	APTEX	(S)	(CC)	N/A	#414H
	Fresh herbs are simply a must in Lidia's kitchen and today she makes three dishes that highlight herbs and spices. She begins the menu with pickled carrots: a quick pickle of tiny carrots packed with the flavors of parsley, garlic and mint; braised beef in guazzetto: rich, braised beef filled with enticing aromas and skillet cauliflower with lemon and mint: cauliflower florettes showered with lemon juice and a sprinkle of fresh mint.					
13:30:00	Annabel Langbein: The Free Range Cook Italian Inspiration	APTEX	(S)	(CC)	N/A	#104H
	Annabel Langbein visits actor Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco and saffron risotto. Her pear and prune custard cream dessert has everyone swooning. Recipes from this episode: choconut slice, balsamic glaze, beet, fennel and goat cheese salad, osso bucco, gremolata, saffron spinach risotto, pear and prune custard cream, coffee liqueur, extra-special coffees.					
14:00:00	Simply Ming Chef Simon Hulstone	APTEX	(S)	(CC)	N/A	#1525H
	Ming is on a mission to taste the best of the English Riviera, bringing him to the scenic seaside town of Torquay. He meets chef Simon Hulstone, owner of The Elephant Restaurant in Torquay. Chef Hulstone has represented England in culinary competitions more than 20 times, twice in the prestigious Bocuse d'Or culinary contest. The two chefs head to the stunning Sharpham Estate to taste and gather their English countryside soft cheeses and regional wines. Then in Torquay, with the harbor as their backdrop at The Elephant Restaurant, Ming and Chef Hulstone prepare cod two ways paired with wines from Sharpham. It's seasonal, sustainable, and scrumptious in this episode of Simply Ming.					
14:30:00	Cook's Country Smothered and Dowdied	APTEX	(S)	(CC)	N/A	#1004H
	Julia Collin Davison shows Bridget Lancaster how to make a regional favorite, Southern-style smothered chicken. Equipment expert Adam Ried reveals his top pick for kitchen timers. Bridget uncovers the secrets to making the perfect apple pandowdy.					

Wed, Mar 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Worldly	APTEX	(S)	(CC)	DVI	#510H
	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.					
16:00:00	Biz Kid\$ Understanding Business Ethics	APTEX	(S)	(CC)	DVI	#117H
	Do the right thing! You'll learn with the Biz Kids as they examine several aspects of ethics in business. You'll also see the downside of not following ethical business practices. In this episode you will discover what it means for management to lead by example, and how employees must take responsibility for their behavior. Meet several entrepreneurs who are successful on all levels.					
16:30:00	Hands On Crafts for Kids Me!	NETA	(S)	(CC)	DVI	#1812H
	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.					
17:00:00	P. Allen Smith's Garden Home Facts of Life	APTEX	(S)	(CC)	DVI	#1609H
	Life at Moss Mountain Farm is like any other working farm, has its ups and downs. Let P. Allen Smith take you through the trials, tribulations and immense rewards on a day at the farm.					
17:30:00	Growing A Greener World Epic Tomatoes (Raleigh, Nc and Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#722H
	With severe water shortages and drought grabbing an ever growing piece of our daily news, it only stands to reason, conserving this precious resource is more important than ever. Gardeners and weekend warriors typically waste over 50% of what water they use for outdoor irrigation. In this episode we meet author and waterwise expert, Nan Sterman in her own backyard to learn how to use less and still have a beautiful garden and landscape, no matter where you live. Then it's back to the GGW Garden Farm to see the installation of an ultra-efficient irrigation system for the lawn and garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15063H
18:30:00	Great Decisions In Foreign Policy Crossroads: America's Defense Strategy	NETA	(S)	(CC)	N/A	#906H
	The global power balance is rapidly evolving, leaving the United States at a turning point with respect to its level of engagement and the role of its military. How does the military function in today's international order, and what role should Diplomacy play in U.S. defense strategy?					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8258
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#512H
20:00:00	The Lowertown Line.	APTEX	(S)	(CC)	N/A	#128H

Wed, Mar 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#101H
<p>Artists: Hebdo, Hannah Aldridge, Zach Whitney, Happy Chichester, Jesse Henry, and hosted by songwriter Eric Gnezda. Hebdo calls his style, "Adventure-Folk." Hebdo has been strongly influenced by his Lebanese culture and Appalachia. His two recent EP's (A Thousand Steeples&amp; Double Tambo) have received radio airplay, and produced a number of YouTube videos. He performs "Baby Me." Hannah Aldridge is an Americana artist steeped in the music of Nashville and Muscle Shoals. Trained as a classical pianist, she began writing songs in her early twenties. "I found out it really wasn't that hard" she says, "It's just saying things that are true and making them rhyme." She performs "Lie Like You Love Me." Zach Whitney is rooted in classic Country music. Growing up in rural Ohio, Zach spent nearly 12 years in Austin, Texas. It was a fine match all the way. His songs have been described as "the perfect remedy for town drunks and college professors... hookers and housewives...and just about everybody in between. He performs "Front Porch Music." Happy Chichester founded the Royal Crescent Mob, Howlin' Maggie, and was an original member of the Twilight Singers. He's had his songs used in several movies, scored independent films, and has appeared on television with Jimmy Kimmel, the Late Show with David Letterman, Jimmy Fallon, and Fuel TV. He performs "Well Beyond." Jesse Henry is a prolific songwriter and musician who excels in multiple genres. A soulful singer, he writes songs with spirit, humor, and storytelling elements. For the past decade, he's played countless concerts with The Spikedrivers, among other popular bands. He is also the Dean of the Rafiki Music School in Nairobi, Kenya.</p>						
21:00:00	Live from the Artists Den John Legend	APTEX	(S)	(CC)	N/A	#1201H
<p>John Legend celebrates the release of his new album, Darkness and Light, with an unforgettable performance at Manhattan's historic Riverside Church. From the same pulpit where, 50 years earlier, Martin Luther King, Jr., delivered an electrifying "Beyond Vietnam: A Time to Break Silence" speech, Legend presents a magnificent set of brand new songs (many being played for the first time ever onstage), alongside such classics as "All Of Me" and "Glory," offering messages of love and hope in a spectacular setting that has been associated with progressive activism for almost a century.</p>						
22:00:00	Irish Catskills: Dancing at the Crossroads	APTEX	(S)	(CC)	N/A	#0H
<p>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.</p>						
23:00:00	Ancient Roads from Christ to Constantine From Apocalypse to Heresies	APTEX	(S)	(CC)	N/A	#104H
<p>In this episode, the city of Jerusalem is rocked by war. Host Jonathan Phillips travels to Patmos Island where John was exiled and visits the cave where John wrote the most enigmatic book of the New Testament, Revelation. Phillips traces the crucial battle where powerful heretics claiming special knowledge of Jesus threatened to distort, divide and even to destroy the Christian faith.</p>						

Thu, Mar 29, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy South Africa: in the Shadow of Mandela South Africa's transition from apartheid to a democracy captivated the world in the early 1990's. While it remains the most advanced country in Africa, allegations of state corruption and huge disparities in wealth threaten its revolutionary dream.	NETA	(S)	(CC)	N/A	#907H
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#512H
01:00:00	The Lowertown Line. Bruise Violet	APTEX	(S)	(CC)	N/A	#124H
01:30:00	Songs at the Center Artists: Tim Easton, Talisha Holmes, Nathan Bell, Mark Brinkman, and hosted by songwriter Eric Gnezda. Tim Easton was nominated twice in the 9th Annual Independent Music Awards, including for Best Americana Song. Originally from Akron, he is now based in Nashville. He tours worldwide. He recently re-released his first album, Special 20, on vinyl. He sings "Elmore James." Talisha Holmes is known for her intimacy and energy as a performer. She has opened for Dwele, John Legend, Styx, Stephanie Mills, Ohio Players and others. With an eclectic style fusing jazz, blues, folk, rock and choral music, Talisha performs regularly with the Columbus Jazz Orchestra. She sings "Follow Me." Nathan Bell composed the music for The Day After Stonewall Died, a movie that was awarded first prize at the 2014 Cannes Short Film Festival. Son of famed poet-laureate of Iowa, Marvin Bell, Nathan learned to write lyrics by reading Jack London, William Carlos Williams and Frank Herbert. He sings "Names." Mark "Brink" Brinkman is one of the most successful bluegrass songwriters in the world. He was a double nominee for 2014 International Bluegrass Music Association awards. With more than 130 songs recorded by artists of many genres, he's an elite songwriter, and a consummate storyteller. He sings, "Broken-In Friends and Worn-Out Shoes."	APTEX	(S)	(CC)	N/A	#110H
02:00:00	Live from the Artists Den Panic! at the Disco Downtown Los Angeles' historic Mayan Theater provided a spectacular backdrop for Panic! At the Disco's taping of Live from the Artists Den. The LA-based band, led by frontman Brendon Urie, offered a boisterous performance highlighting material from their critically acclaimed new album Death of a Bachelor, which was released on January 15th via DCD2/Fueled By Ramen and debuted at No.1 on the Billboard 200 Chart. Urie and crew revisited favorites like "Time To Dance" and "Nine In The Afternoon," as well as new tracks like "Victorious" and "Hallelujah." Five hundred of the band's fans filled the ornate theater, which was originally built in 1927, and lent their voices to the night's closing song and fan favorite, "I Write Sins Not Tragedies."	APTEX	(S)	(CC)	N/A	#1101H
03:00:00	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
04:00:00	Afropop: The Ultimate Cultural Exchange Between Two Shores This moving documentary tells the story of two mothers' struggles through the immigration bureaucracy of two countries to unite their children born on two different islands, Guadeloupe and the Dominican Republic.	APTEX	(S)	(CC)	N/A	#1003H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#552
08:00:00	Mixed Nutz Camping When two troopers get separated from the scout troop, Adele takes charge and leads everybody to set up camp. The kids are able to put their differences aside long enough to get rescued. Lesson: Learning to appreciate each other can make the world a better place.	NETA	(S)	(CC)	N/A	#508H
08:30:00	Thomas Edison's Secret Lab No Volts for Von Bolt/Dunkin Zombies Volts: During a sailing trip, Von Bolt begins to malfunction, endangering ALVA and Edison, so the Secret Lab Kids investigate elements, compounds and alloys to diagnose the problem. Zombies: When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.	APTEX	(S)	(CC)	N/A	#104H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout with the Ball	ACCES		(CC)	N/A	#124H

Thu, Mar 29, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Knee Strengthening Workout  In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.	APTEX	(S)	(CC)	DVI	#1124H
10:00:00	Sit and Be Fit Healthy Aging  A variety of unique exercises are introduced which are all designed to promote healthy aging.	NETA	(S)	(CC)	N/A	#1202H
10:30:00	Sewing with Nancy Beginning Landscape Quilting, Part 3  Spontaneous landscape quilting techniques are the secret to creating picturesque scenes. Nancy and her quilting buddy Natalie Sewell have fine-tuned the process of landscape quilting. You'll learn to cut blooms, accents, and mountains creatively and enhance them easily with fabric, paint, or markers. Then, give life to your designs as you stipple, following the movement of the fabric with easy tips from Natalie and Nancy.	NETA	(S)	(CC)	N/A	#2909H
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	Quilting Arts Print It!  Celebrate your creativity by printing your own fabric. Printmaker Martha Wolfe paints and prints on silk with or without the power of the sun. Textile artist Lisa Walton designs her own stamps. After stamping onto fabric, she paints and quilts a wall hanging.	NETA	(S)	(CC)	N/A	#2009H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7174H
13:00:00	The Jazzy Vegetarian Artful Artichokes  Host Laura Theodore prepares tempting dishes featuring artichokes. Recipes include; "Easy Artichokes with Lemon Dipping Sauce," "Baked Artichokes with Savory Walnut Stuffing," and "Italian-Style Stuffed Artichokes." "Chilled Artichokes with Dill Sauce" or "Caramelized Balsamic Artichokes" both make an elegant side dish for any special meal. You'll impress your friends and family with new found confidence when serving this golden goddess of the vegetable world.	NETA	(S)	(CC)	DVI	#111H
13:30:00	Sara's Weeknight Meals Upside Down Day  Turn the day upside down by having breakfast for dinner. Savory waffles Benedict is perfect and perfectly filling as is Sara's take on the classic spaghetti with bacon, eggs and toasted bread crumbs! We'll also visit a smokehouse to see how bacon gets the flavor we all crave.	APTEX	(S)	(CC)	N/A	#512H
14:00:00	Joanne Weir Gets Fresh Salads  Joanne loves salads because the possible combinations of ingredients are endless. Today she's going to think outside the bowl with salads. Joanne and her team will go to La Nebbia, a prosciutteria in San Francisco, and Green String Farm with Bob Canard in Sonoma, California. With her student Lila in tow, they'll make an amazing PLT salad with prosciutto, mixed greens, and croutons, and a smoked black cod and apple slaw. So, join them as they get creative with salads.	APTEX	(S)	(CC)	N/A	#203H
14:30:00	New Scandinavian Cooking Innovative and Old Fashioned  The UNESCO-listed mountain town of Roros is the backdrop for today's episode, where Andreas investigates how this isolated town has become a culinary attraction. He makes crispy sour cream waffles, homemade cloudberry ice cream, and he learns the secret behind the local fermented sausage. For main course he serves Norwegian meatballs in delicious gravy, with potatoes and lingonberries.	APTEX	(S)	(CC)	N/A	#703H
15:00:00	Beads, Baubles and Jewels Bodybuilding with Resin  Bulk up your jewelry design skills. Designer Susan Lenart warms up and works out by adding tints, glitter, graphics and bits of nature to layers of resin. She adds feathers, leather, threads and wires to create organic jewelry designs. Ana Piliguian cools downs by polishing resin elements to create high-gloss finishes.	NETA	(S)	(CC)	N/A	#2509H

## Daily Program Listing II

43.1

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Thu, Mar 29, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Gift Giving	APTEX	(S)	(CC)	DVI	#511H
	Katie proves it's better (and more fun) to give than to receive with easy and thoughtful gift ideas. In the Kitchen: Put-It-Together Pie, Tortellini and Turkey Meatball Soup, Strawberry Pesto, Apple Ginger Preserves and Orange Caramel Sauce. Projects: Make-your-own buttons. Gifting a tree.					
16:00:00	Biz Kid\$ Saving and Investing for Your Future	APTEX	(S)	(CC)	DVI	#118H
	You'll learn along with the Biz Kids about the powerful potential of starting a savings plan early in life. You'll also discover various savings and investing options available to young people. As always, you'll meet individuals who are successful at saving and at their businesses.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1813H
	Anything can happen in the world of make-believe. Jenny Barnett-Rohrs turns into a scary monster with a fun headband. Katie Hacker makes a fantasy tent and then whips up a never-ending cherry pie. Jenny shows how to create a show with puppets you make yourself from blogger Mom Carolina Moore.					
17:00:00	P. Allen Smith's Garden Home Handcrafted	APTEX	(S)	(CC)	DVI	#1610H
	Southern hospitality and the arts come together like biscuits and gravy in Natchez, the oldest city on the Mississippi River. Join P. Allen Smith as he explores the cuisine and culture of a city where the river is wide and the history is deep.					
17:30:00	Growing A Greener World Natural Pest and Disease Control - Greener Solutions to Common Gardening	APTEX	(S)	(CC)	N/A	#723H
	Beyond the popular beneficial lady beetle, lies a host of not so well known insects and organic products that are surprisingly efficient at keeping pest populations and plant diseases in check. This episode looks at using natural predators and insects to keeps pests in check. We'll also explore natural remedies for dealing with some common plant diseases in the home garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15064H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1440H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8259
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1307H
20:00:00	Backstage Pass Paul Keller Orchestra - Encore	NETA	(S)	(CC)	N/A	#704H
	The encore set from bassist and composer Paul Keller and his big band from Ann Arbor features Sarah D'Angelo singing the classics "Fly Me to the Moon" and "Cry Me a River." Keller showcases the band with the PKO original, "I Want to Be Happy." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.					
20:30:00	Music Voyager Albany/Columbus, Ga	APTEX	(S)	(CC)	N/A	#605H
	This episode sees the Music Voyager team delving deeper into the Georgian heartlands, where spirituals, gospel and the blues laid the foundation for American popular music. They start in Albany with Miss Rutha Harris, one of the original Freedom Singers that marched with Martin Luther King Jr. to Washington DC. Every second Saturday, Ms. Harris still assembles her fellow Freedom Singers and new voices from the next generation to join in song to keep the spirit of freedom alive. Next, they head to Columbus and the house of Ma Rainey 'The Mother of the Blues' where her colorful story is just one of many enriching experiences on this journey to where it all began.					
21:00:00	Live at the Charleston Music Hall Edwin McCain	NETA	(S)	(CC)	N/A	#101H
	McCain has built an enviable career over the past 20 years by balancing his massive pop success with the year-round touring schedule of a tireless troubadour. His hit songs, authentic spirit and surprisingly affable sense of humor keep fans coming back time and time again for nights that feel more like parties with old friends than rock concerts. In this episode, Edwin talks about his hobbies, his start in music, and his mother-in-law.					

## Daily Program Listing II

43.1

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Thu, Mar 29, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:30:00	Live at the Charleston Music Hall Sam Bush	NETA	(S)	(CC)	N/A	#102H
	Called "The Father of Newgrass" and "King of Telluride," Bush has long since established himself as roots royalty, revered for both his solo and sideman work, which includes time with Emmylou Harris, Lyle Lovett, and Bela Fleck. He's the recipient of an Americana Music Association Lifetime Achievement Award and suite of Grammys and International Bluegrass Music Association trophies. Sam talks instruments and takes us on a musical journey in this episode.					
22:00:00	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.					
23:00:00	Reel South Deep Run	NETA	(S)	(CC)	N/A	#203H
	By Hillevi Loven. Exiled by family and rejected by an ex, 17-year-old Jasmine finds new love and the courage to become Cole, a strong-willed transgender man, in this powerful verite portrait of trans life in rural North Carolina. Cole's candid humor and steadfast Christian beliefs counter the bigotry he experiences daily. Executive produced by Susan Sarandon.					

## Daily Program Listing II

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Fri, Mar 30, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	American Forum The Future of American Conservatism Former NJ Gov. and GOP presidential candidate CHRIS CHRISTIE on the fate of his party and American politics in the era of Donald Trump.	NETA	(S)	(CC)	N/A	#322H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1215H
01:00:00	Backstage Pass Paul Keller Orchestra - Encore The encore set from bassist and composer Paul Keller and his big band from Ann Arbor features Sarah D'Angelo singing the classics "Fly Me to the Moon" and "Cry Me a River." Keller showcases the band with the PKO original, "I Want to Be Happy." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.	NETA	(S)	(CC)	N/A	#704H
01:30:00	Music Voyager Albany/Columbus, Ga This episode sees the Music Voyager team delving deeper into the Georgian heartlands, where spirituals, gospel and the blues laid the foundation for American popular music. They start in Albany with Miss Rutha Harris, one of the original Freedom Singers that marched with Martin Luther King Jr. to Washington DC. Every second Saturday, Ms. Harris still assembles her fellow Freedom Singers and new voices from the next generation to join in song to keep the spirit of freedom alive. Next, they head to Columbus and the house of Ma Rainey 'The Mother of the Blues' where her colorful story is just one of many enriching experiences on this journey to where it all began.	APTEX	(S)	(CC)	N/A	#605H
02:00:00	Live at the Charleston Music Hall Edwin McCain McCain has built an enviable career over the past 20 years by balancing his massive pop success with the year-round touring schedule of a tireless troubadour. His hit songs, authentic spirit and surprisingly affable sense of humor keep fans coming back time and time again for nights that feel more like parties with old friends than rock concerts. In this episode, Edwin talks about his hobbies, his start in music, and his mother-in-law.	NETA	(S)	(CC)	N/A	#101H
02:30:00	Live at the Charleston Music Hall Sam Bush Called "The Father of Newgrass" and "King of Telluride," Bush has long since established himself as roots royalty, revered for both his solo and sideman work, which includes time with Emmylou Harris, Lyle Lovett, and Bela Fleck. He's the recipient of an Americana Music Association Lifetime Achievement Award and suite of Grammys and International Bluegrass Music Association trophies. Sam talks instruments and takes us on a musical journey in this episode.	NETA	(S)	(CC)	N/A	#102H
03:00:00	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
04:00:00	Reel South Deep Run By Hillevi Loven. Exiled by family and rejected by an ex, 17-year-old Jasmine finds new love and the courage to become Cole, a strong-willed transgender man, in this powerful verite portrait of trans life in rural North Carolina. Cole's candid humor and steadfast Christian beliefs counter the bigotry he experiences daily. Executive produced by Susan Sarandon.	NETA	(S)	(CC)	N/A	#203H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#553
08:00:00	Mixed Nutz Mind The Gap Jae and Hanna's embarrassing Grandfather visits and goes out of his way to get involved in their routines. Michael takes an "anything goes" attitude when his "hard of hearing" grandmother babysits. The kids realize there is more than meets the eye to their grandparents and gain a new sense of respect for them. Lesson: Grandparents should be loved and respected.	NETA	(S)	(CC)	N/A	#509H

Fri, Mar 30, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Murphy's Law of Gravity/The Mystery of Pirate Woods Gravity: The SECRET LAB KIDS are ready to demo their new science song for web entrepreneur Mook Zookerboom when he learns that a satellite is coming down out of orbit, panics and heads for the airport. So the team must gather some data on gravity to convince him to return. Pirate: Angie's great-uncle Thaddeus and JD are sure a local nautical antique shop has the missing treasure chest of Greybeard the Pirate - but Angie, Nicky and Kent suspect the shop owner is the true pirate here.	APTEX	(S)	(CC)	N/A	#105H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout	ACCES		(CC)	N/A	#125H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening & Pain-Relief Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.	APTEX	(S)	(CC)	DVI	#1125H
10:00:00	Sit and Be Fit Exercise Is Fun Mary Ann focuses on fun and functional exercises set to some of her favorite music.	NETA	(S)	(CC)	N/A	#1203H
10:30:00	Sewing with Nancy A Modern Quilting Bee Join Nancy at the Quilt Expo in Madison, WI, for a modern gathering of all things quilting The term "quilting bee" might bring to mind faded images of women gathered around a quilt stretched on a frame. Now, ponder the term "modern quilting bee," an image with thousands of quilt enthusiasts at a convention center.	NETA	(S)	(CC)	N/A	#2910H
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 Diagonally Set Log Cabin Quilts Alongside host Sara Gallegos, Marianne Fons shares two quilts, Town Square and Concentric Circles. Both feature a diagonally set log cabin design, but the difference between the two could not be more dramatic.	NETA	(S)	(CC)	N/A	#3001H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7175H
13:00:00	Cooking Odyssey Greek Potpourri Join Chef Michalis as he highlights his collection of recipes and locations from his Cooking Odyssey journey.	NETA	(S)	(CC)	N/A	#313H
13:30:00	Cooking with Nick Stellino It's All About Pasta! Chef Stellino makes traditional Italian pasta dishes with the elegance and panache. Nick visits the butcher and the cheese monger and prepares Pasta with Sausage & Butternut Squash and Pasta with Sweet Sausage Ragù.	APTEX	(S)	(CC)	N/A	#104H
14:00:00	Kitchen Wisdom of Cecilia Chiang The Best Chinese Restaurant In America When Cecilia first opened the Mandarin in 1960, business was slow-a bit like the scene from the movie "Big Night" where nobody shows up. But then Herb Caen, front page gossip columnist for the San Francisco Chronicle, wrote about the Mandarin and from that moment on, there were lines out the door. In 1967, Cecilia moved to the recently renovated Ghirardelli Square, where she opened an elegant, temple-like restaurant with 300 seats and white tablecloths. It was called the "best Chinese restaurant in America." The Mandarin attracted the icons of the food world and later, at the urging of actor and comedian Danny Kaye, Cecilia opened another Mandarin in Beverly Hills where she became star to the stars. In this episode, Cecilia teams up with Nancy Oakes, chef/owner of Boulevard, a belle epoque eatery that for the past 20 years has been voted San Francisco's favorite restaurant. Cecilia teaches Nancy and her chef Dana Youkins how to make "minced squab in lettuce cups," a dish Cecilia created that became one of the signature dishes at the Mandarin.	APTEX	(S)	(CC)	DVI	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Jacques Pepin: Heart & Soul Menu Memories	APTEX	(S)	(CC)	N/A	#126H
	Jacques and daughter Claudine reminiscence about past menus enjoyed as a family, but first, Jacques teaches Claudine how to properly sharpen a knife in preparation for filleting a side of salmon for his salmon scaloppini with sorrel sauce. Jacques and Claudine go on to blend aromatic herbs, chunky vegetables and a dash of red wine to make a hearty dish of lamb breast navarin. While the lamb is braising, the two 'go green' with a green salad with mustard dressing using Jacques' favorite leaf: Boston lettuce. Finally, they prepare a caffeine-packed coffee panna cotta, the perfect pick-me-up dessert.					
15:00:00	Beads, Baubles and Jewels Leather Workout	NETA	(S)	(CC)	N/A	#2510H
	Give your leather designs a real workout. Jewelry designer Katie Hacker warms up by creating a choker necklace with beads and leather cord. Jewelry-maker Jill MacKay cuts leather shapes and adds stamps, paint and beads. Then, she cools down by adding metallic effects to leather motifs.					
15:30:00	Katie Brown Workshop Home for the Holidays	APTEX	(S)	(CC)	DVI	#512H
	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.					
16:00:00	Biz Kid\$ A Closer Look at Financial Careers	APTEX	(S)	(CC)	DVI	#119H
	When is a job more than a job? The Biz Kids look at what it takes to find your true calling. You'll learn ways to start exploring careers. The kids talk to several celebrities and find out how they got their start and how they keep achieving their dreams.					
16:30:00	Hands On Crafts for Kids Artist	NETA	(S)	(CC)	DVI	#1901H
	Artists look at the world from fresh perspectives. Host Jenny Barnett-Rohrs draws the geometric patterns she sees looking at the world from high above. Franz Spohn has ideas for all the things artists can do besides creating works for a museum. Candie Cooper introduces us to the art form of Yamamoto to create a collage and Jenny makes a 3-D color wheel.					
17:00:00	P. Allen Smith's Garden Home Farm School	APTEX	(S)	(CC)	DVI	#1611H
	In this episode of Garden Home, P. Allen Smith explores how modern farmers are teaching the next generation the principles of sustainable farming.					
17:30:00	Growing A Greener World Getting Your Landscape In Shape with a Personal Garden Coach	APTEX	(S)	(CC)	N/A	#724H
	Just as athletes have trainers, gardeners can have personal coaches to help us confidently achieve the landscape of our dreams. In this episode, we accompany a Seattle based garden coach to learn how she and others in her profession guide, teach and empower us to be better gardeners on any skill level. We also visit with another horticulturalist for some practical design tips we can all use in our own home garden and landscape.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15065H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1413H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8260
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1013H
20:00:00	Song of the Mountains Molly Jeanne / Michael Reno Harrell / Mike Stevens & Raymond Mclain	NETA	(S)	(CC)	N/A	#1211H
21:00:00	Woodsongs Celebration of Muddy Waters with John Primer, Bob Margolin and Paul Oscher	NETA	(S)	(CC)	N/A	#1913H
	MUDDY WATERS is an American Icon. The whole story of the blues can be heard, felt, and learned in his life. Country blues were Muddy's roots and remained at his core, but through the force of his artistry he transformed them. With electricity, volume, the weaving of bass and guitar lines with piano, harmonica and drums, he created the ensemble sound and subsequently the template for future Rock and Pop groups including the Beatles and The Rolling Stones. His music's raw power and energy, plus his attitude and magnetism-Muddy was the prototype for the iconic Rock'n Roll star-are still the major ingredients that inspire the popular music we listen to today. MUDDY WATERS					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Magical Beasts From the coast of Ireland to Norway's dense forest to a young girl's imagination - magical beasts lurk in the shadows: Theodora by Mike Makowsky, Vilt Gutt by Dawson Taylor, and Salt by Uglá Hauksdóttir.	NETA	(S)	(CC)	N/A	#509H
22:30:00	On Story Charles Burnett: Film As A Means for Social Change Writer/Director/Producer Charles Burnett shares his career development process in narrative and documentary filmmaking with Killer of Sheep (1978), his seminal film, which was definitive in highlighting African American cultural experience. Burnett's films Killer of Sheep and To Sleep with Anger were both added to the National Film Registry at the Library of Congress for being culturally significant.	NETA	(S)	(CC)	N/A	#613H
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	#1122H

Sat, Mar 31, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	Closer to Truth Marvin Minsky: Like No Other One of artificial intelligence's legendary pioneers, Marvin Minsky, recently died. With this tribute, we celebrate his penetrating analysis of brains, minds, AI, religion and God.	EPS	(S)	(CC)	N/A	#1613H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1013H
01:00:00	Song of the Mountains Molly Jeanne / Michael Reno Harrell / Mike Stevens & Raymond Mclain	NETA	(S)	(CC)	N/A	#1211H
02:00:00	Woodsongs Celebration of Muddy Waters with John Primer, Bob Margolin and Paul Oscher MUDDY WATERS is an American Icon. The whole story of the blues can be heard, felt, and learned in his life. Country blues were Muddy's roots and remained at his core, but through the force of his artistry he transformed them. With electricity, volume, the weaving of bass and guitar lines with piano, harmonica and drums, he created the ensemble sound and subsequently the template for future Rock and Pop groups including the Beatles and The Rolling Stones. His music's raw power and energy, plus his attitude and magnetism-Muddy was the prototype for the iconic Rock'n Roll star-are still the major ingredients that inspire the popular music we listen to today. MUDDY WATERS	NETA	(S)	(CC)	N/A	#1913H
03:00:00	Film School Shorts Magical Beasts From the coast of Ireland to Norway's dense forest to a young girl's imagination - magical beasts lurk in the shadows: Theodora by Mike Makowsky, Vilt Gutt by Dawson Taylor, and Salt by Uglu Hauksdottir.	NETA	(S)	(CC)	N/A	#509H
03:30:00	On Story Charles Burnett: Film As A Means for Social Change Writer/Director/Producer Charles Burnett shares his career development process in narrative and documentary filmmaking with Killer of Sheep (1978), his seminal film, which was definitive in highlighting African American cultural experience. Burnett's films Killer of Sheep and To Sleep with Anger were both added to the National Film Registry at the Library of Congress for being culturally significant.	NETA	(S)	(CC)	N/A	#613H
04:00:00	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
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1122H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#554
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Floral Bouquet # 2 Today's lesson is another floral painting that Gary created using fresh flowers. Use all the techniques for the brush strokes he shows and you will be able to create your own fresh flower painting. A lot of the fun is in being able to grow your own flowers and to paint whenever you feel the inspiration.	APTEX	(S)	(CC)	N/A	#311H
08:30:00	Painting with Wilson Bickford Bird on a Fence, Part 2 On Part 2, Wilson puts the finishing touches on the weathered fence and adds detail to the bluebird.	NETA	(S)	(CC)	N/A	#305H
09:00:00	Landscapes Through Time with David Dunlop The Luminous Landscapes of John Frederick Kensett, Contentment Island, Ct The Luminists were considered to be a subgroup of the Hudson River Painters. While these younger painters shared the same traditions of the Hudson River Painters, artists such as John Kensett (1816-1872) were more interested in the subtle effects of daylight, especially at dawn and dusk, than in the graphic representation of a specific place or landscape. This program will outline the evolution of Kensett from a Hudson River Artist-Explorer to an American Luminist. We will visit Contentment Island in Connecticut, where he lived and painted after the end of the Civil War and sought to reveal the serene quality of light and weather. Through Kensett, Dunlop will explore the techniques for evoking a suffused unified light, the American appetite for tranquility in art after the Civil War, and the eternal legacy of the Luminists.	NETA	(S)	(CC)	DVI	#110H

Sat, Mar 31, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Hips & Hamstring Workout	APTEX	(S)	(CC)	DVI	#1126H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.					
10:00:00	Sit and Be Fit Strength Coordination	NETA	(S)	(CC)	N/A	#1204H
	This episode features a potpourri of movements to enhance strength and coordination.					
10:30:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 2	ACCES	(S)	(CC)	N/A	#302H
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 favoritetoo! 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 Baking Up Comfort	APTEX	(S)	(CC)	N/A	#1107H
	David Sterling, chef and author of "Yucatan: Recipes from a Culinary Expedition," brings Rick on a whirlwind tour of the peninsula. The pair of Oklahoma-born, Mexico-obsessed chefs begin their journey with a conversation in Hunucma, where Dona Lupita serves home-cooked meals at the kitchen table of her family's cocina economica. Though the Yucatan is not known for its bakeries, David goes to the rustic wood-burning ovens at Panaderia Liz in Merida. Then it's back to the gorgeous kitchen at Los Dos Cooking School, where David makes a pan of buttery, indulgent hojaldras - a sweet-and-savory pastry stuffed with ham, cheese and chile and dusted with sugar. Inspired by all of the homey comfort, Rick makes a nourishing frijol con puerco and a hojaldra all his own.					
12:00:00	Lidia's Kitchen Acidity	APTEX	(S)	(CC)	N/A	#426H
	At the base of Italian cuisine are essential Italian ingredients and vinegar is one of them. Lidia masters the art of cooking with vinegar in this episode. She prepares a red cabbage and bacon salad in a warm bacon and balsamic vinegar dressing; chicken in vinegar sauce; and a tangy garlic savvy cabbage and potatoes dish.					
12:30:00	Moveable Feast with Fine Cooking Topping, Virginia - Ryan and Travis Vroxtton and Chef Dylan Fultineer	APTEX	(S)	(CC)	N/A	#409H
	Pete goes to Virginia on this episode of Moveable Feast with Fine Cooking, where he meets skilled oystermen Ryan and Travis Croxton as well as chef Dylan Fultineer. Dylan brings Pete to Sub Rosa, a bakery specializing in traditional bread making. Later, Ryan and Travis have the chance to show Pete the secrets to their trade as they head onto the water and harvest one of the tastiest oysters in the world. Together, they design a meal that combines southern barbeque with the sea in the Croxtons' BBQ Oyster Fest, and Dylan cooks up a special lamb and oyster stew. This week's Moveable Feast will fulfill your seafood dreams.					
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	Weekends with Yankee Land and Water	APTEX	(S)	(CC)	N/A	#107H
	New England's earliest villages and towns rose up along its ancient waterways. On today's episode of Weekends with Yankee, we visit the region's rivers, lakes, and coastal vineyards. We start in Providence, Rhode Island, where the amazing Waterfire festival illuminates the city with a light show like you've never seen before. Then it's off to New Hampshire and the serenity of Squam Lake, where we're in search of the magnificent loon. Rounding things out is a visit to the Farm Coast for a taste of award-winning wines from Westport River Winery in Massachusetts.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Great Swiss Cities: Luzern, Bern, Zurich and Lausanne  In this episode we'll focus on an often overlooked side of Switzerland its urban charms. We'll get some exercise, from ringing a very big bell to floating down an urban river. We'll also enjoy a variety of eye-opening art, from Chagall and Klee to inmates of an asylum. Then we'll ponder a few Swiss innovations, from their open-minded drug policies to their hush-hush underground arsenals. And it'll all before a backdrop of Switzerland's stunning natural beauty.	APTEX	(S)	(CC)	N/A	#505H
14:30:00	Born to Explore with Richard Wiese Namibia: Wild Cheetah  Explorer Richard Wiese travels to Namibia to meet a woman who has dedicated her life to saving cheetahs from extinction-Dr. Laurie Marker, founder of the Cheetah Conservation Fund. Richard tracks cheetahs on the Namibian plains and helps a medical team with a cheetah check-up. Learn how local farmers have formed an extraordinary partnership with wildlife conservationists and use dogs to protect Livestock, ensuring the survival of Namibia's cheetah population.	APTEX	(S)	(CC)	N/A	#103H
15:00:00	Garden Smart  Spring in the garden can be a wonderful time. It's great to be outside once again and many of the plants are breathtaking. GardenSMART visits with an expert who shows us how and why he has chosen these plants and how he cares for them. A beautiful show and a lot to learn. Be sure to join us this week as we GardenSMART.	NETA	(S)	(CC)	N/A	#4703H
15:30:00	For Your Home Backyard Living Spaces  FYH host Vicki Payne takes a trip to Michigan to help her son Tony transform his backyard into an exciting place to entertain his family of five and all their friends. Tony lends sweat equity to the project and gets lots of help from his neighbors to stay on budget throughout the project.	APTEX	(S)	(CC)	N/A	#3109H
16:00:00	Drexel Interview Camille Paglia and Laura Beth Nielsen, Part 2  This is the second part of a two-part interview featuring a charged dialogue between controversial cultural critic and humanities/media studies professor Camille Paglia and legal studies expert and sociologist Laura Beth Nielsen on the topic of free speech on the college campus. Host Paula Marantz Cohen navigates this vexed subject, while Paglia and Nielsen explore a range of related themes including the implications of Title IX policy with regard to gender and sexual assault/harassment; the role of higher education administration in students' personal lives and social choices; the rising culture of anxiety among college students; affirmative consent codes in student sexual relationships; and free speech rights on the college campus.	NETA		(CC)	N/A	#510H
16:30:00	Overheard with Evan Smith Kurt Andersen, Author  Kurt Andersen is a critically acclaimed writer and host of the public radio program Studio 360. He has written many novels including national bestseller and New York Times Notable Book of the year Turn of the Century, and the New York Times bestseller Heyday. His latest novels are titled Fantasyland: How America Went Haywire: A 500-Year History and You Can't Spell America Without Me, a parody on Donald Trump's first year as president co-written with Alec Baldwin.	NETA	(S)	(CC)	N/A	#813H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Cooper  Think handmade wooden buckets a thing of the past? Cooper Jim Gaster keeps the craft alive and well. His buckets were recently in The Revenant. Host Eric Gorges and Jim make a bucket - no leaks.	APTEX	(S)	(CC)	N/A	#309H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3613H
18:30:00	The Open Mind Automating Inequality  Guest: Virginia Eubanks. University of Albany political scientist Virginia Eubanks discusses her new book "Automating Inequality: How High Tech Tools Profile, Police, and Punish the Poor."	NETA		(CC)	N/A	#3827H
19:00:00	Closer to Truth Marvin Minsky: Like No Other  One of artificial intelligence's legendary pioneers, Marvin Minsky, recently died. With this tribute, we celebrate his penetrating analysis of brains, minds, AI, religion and God.	EPS	(S)	(CC)	N/A	#1613H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	American Forum Crossing President Trump Former Acting U.S. Attorney General SALLY YATES on her clash with President Donald J. Trump, the Russia investigation, and the risks of rolling back criminal justice reform.	NETA	(S)	(CC)	N/A	#318H
20:00:00	Speakeasy Jimmie Vaughan and Gary Clark Jr. Grammy Award winner Gary Clark Jr. is joined by four-time Grammy Award winner Jimmie Vaughan at New York City's Iridium for a taping of the intimate conversation series "Speakeasy." Clark has been called "The Chosen One" by Rolling Stone and has been hailed as a major talent by icons including the Rolling Stones, Sheryl Crow, and Paul McCartney. He has leant his unique blend of rock, R&B, blues, soul, and pop to multiple soundtracks including the acclaimed movie "12 Years a Slave." Vaughan has been regarded by Guitar Player magazine as "a living legend" and is one of the most respected guitarists in the world of popular music. With the Famous Thunderbirds, he spearheaded the current blues revival and has earned the admiration of B.B. King, Buddy Guy, Eric Clapton, and Z.Z. Top's Billy Gibbons.	APTEX	(S)	(CC)	N/A	#301H
21:00:00	Front and Center Beth Hart Grammy-nominated singer/songwriter Beth Hart treats fans to an intimate performance at New York's Iridium performing some material from her latest album, Fire On the Floor, including "Jazz Man," "Let's Get Together," and "Fat Man."	APTEX	(S)	(CC)	N/A	#804H
22:00:00	Globe Trekker Food Hour: Southern China Celebrated New Zealand chef Peter Gordon discovers the roots of Cantonese cuisine. Peter's journey takes him north to Lianzhou, the mountain home of the Yao tribe, where he cooks succulent spiced pork. Next, he walks the rice fields of the Pearl River Delta, meets traditional medical doctors in Foshan, cooks up a strength-giving feast for dragon boat racing crews in Guangzhou, shops in the fabled market of Qingping, samples street fare in Chaozhou, visits the tea mountains near An'xi, stops in the glittering city of Xiamen and ends his journey in Daya Bay for simple soul food.	APTEX	(S)	(CC)	N/A	#1618H
23:00:00	Arts In Context Sing Me A Lullaby 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.	NETA		(CC)	N/A	#708H
23:30:00	Articulate with Jim Cotter Watsky On How to Ruin Everything The performance poet turned rapper Watsky pulls no punches in his first collection of essays. All of his work is characterized by witty wordplay and disarming honesty. All the World's A Stage - It's widely accepted that life itself is a performance. If so, what can theatre teach us about how to be ourselves? Dindga McCannon - Dindga McCannon helped pioneer art quilting, an innovative, improvisational approach to a traditional medium.	APTEX	(S)	(CC)	N/A	#107H