

Tue, Nov 01, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7152
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1243H
01:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#305H
02:00:00	Backstage Pass The Rodney Whitaker Quartet	NETA	(S)	(CC)	N/A	#505H
	Jazz from a true master of the double bass, with some of the best players in the land and featured guests Rockelle Fortin and Terrell Stafford.					
03:00:00	Edgar Allan Poe's Mystery Theatre	APTEX	(S)	(CC)	N/A	#0H
	Winner of a 2015 Telly Award and nominated for a 2015 Southeast Emmy for Best Writer, EDGAR ALLAN POE'S MYSTERY THEATRE is a fictional account fusing the biography of America's first great mystery writer with his most bizarre tales. In the one-hour dramatization, Poe enjoys his emerging notoriety in the New York literary clubs, where he squanders his celebrity status on a strange poker bet. Scoundrel? Genius? Madman? Poe suddenly uproots his family and returns to his childhood home in Richmond, Virginia on a desperate quest to revive the crumbling theatre where his mother once performed. His bitterest rival and former friend, the reverend Rufus W. Griswold, follows Poe on a mission to destroy his fragile legacy. In Richmond, Griswold allies himself with Poe's estranged foster-father John Allan, to try to take control of his literary work. Seemingly oblivious to the plot against him, Poe enlists the help of his family and friends, and even his rivals, to bring his works to the stage. His own struggle with alcohol and poverty, which causes deep tension with his loyal wife Virginia, forms the back-story to his tour-de-force The Cask of Amontillado, leaving the audience in shock. The finale is capped off by Poe's dark comedy Hop-Frog: A Tale of Revenge, which delivers poetic justice upon his enemies.					
04:00:00	For The Rights of All: Ending Jim Crow In Alaska	APTEX	(S)	(CC)	DVI	#0H
	Narrated by Peter Coyote, FOR THE RIGHTS OF ALL: ENDING JIM CROW IN ALASKA traces the Native Alaskan civil-rights movement. The film profiles the remarkable people behind the victories for citizenship, voting rights and school desegregation, including Alberta Schenck Adams ("Alaska's Rosa Parks") and Elizabeth Peratrovich, a unassuming young woman whose compelling testimony helped sway the Alaska State Senate to pass the first civil-rights bill since the Civil War. Blending re-enactments, rare and newly discovered historic footage and photographs, and interviews with tribal elders, FOR THE RIGHTS OF ALL chronicles Alaska Natives' efforts to honor their heritage and leverage their future.					
05:00:00	Drexel Interview Garry Kasparov	NETA		(CC)	N/A	#503H
	Garry Kasparov is a Russian pro-democracy leader, global human-rights activist, business speaker and author, and former world chess champion. Kasparov came to international fame as the youngest world chess champion in history in 1985 at the age of 22. Seeking new challenges, he retired from professional chess in 2005 after a record 20 years as the world's top-ranked player. Kasparov wasted no time after leaving chess, joking that he would be far busier as a retiree. He quickly became an important voice in the Russian pro-democracy movement against the repressive regime of Vladimir Putin. His 2007 book on decision-making, "How Life Imitates Chess" was translated into over 20 languages.					
05:30:00	Innerviews with Ernie Manouse Gene Simmons	NETA	(S)	(CC)	N/A	#1001H
	Gene Simmons burst onto the music scene as "The Demon" in the band KISS, which he co-founded. He ranks number 12 in Roadrunner's 50 Best Frontmen in Metal History and has been nominated for induction into the Rock and Roll Hall of Fame. While Simmons is still a respected musician, he's also become a successful businessman and a reality TV star, with such hit series as "My Dad the Rock Star", "Mr. Romance", "Rock School" and "Gene Simmons' Family Jewels". On this episode of InnerVIEWS, Ernie sits down with Rock and Roll legend Gene Simmons.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1947
08:00:00	Zula Patrol Blub-Glub/Power Flower	APTEX	(S)	(CC)	DVI	#126
	BLUBGLUB: Dark Truder returns to his roots by starting small to jumpstart his career in villainy. He pretends to be the mascot of a water theme park, which he ruins when he replaces the water with a gooey substance called Blub-Glub. Thankfully, the Zula Patrollers happen to be enjoying the park at the time, and they use their knowledge of water to put an end to Truder's scheme, and save the water supply on Zula. Our heroes learn not to take something as wonderful and as necessary as water, for granted. POWER FLOWER: When Zeeter finds a lone flower on a previously unexplored island on Zula, she wants to save it by bringing it home. But when she accidentally leaves the lid off of its contained environment, the flower must venture out for water. However in its new environment, the flower automatically clones when it's fully hydrated. It isn't long before The Zula Patrol has more flowers than they ever imagined, and the water cycle, indeed, all life on the planet, is at risk.					
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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Headache Prevention	ACCES		(CC)	N/A	#122H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Increase Your Range of Motion	APTEX	(S)	(CC)	DVI	#917H
10:00:00	Sit and Be Fit Better Balance Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.	NETA	(S)	(CC)	N/A	#1309H
10:30:00	It's Sew Easy Styling Details Design details make the style statement. Fashion designer Kay Whitt shows how to sew classic set-in sleeves. In the style tip, fashion stylist Judy Kessinger installs a zipper in a new way. Sewing educator Rebecca Kemp Brent has a tip for sewing elastic. Designer Heather Valentine adds spirit and style to a fleece vest with color-blocking and distinctive zippers.	NETA	(S)	(CC)	DVI	#1106H
11:00:00	Knitting Daily No-Needles Knits You don't always need needles to knit. Today on Knitting Daily, Isela Phelps demonstrates the knitting loom and shows how to make a mitered-square blanket. Then, Stitch Diva Jennifer Hansen chats online about her new favorite tool, the lucet. Next, weaver Stephanie Flynn Sokolov introduces knitters to basic loom weaving with an easy scarf. Then, on Tools of the Trade, Tanis shows us more cool no-needles-needed products. On Loose Ends, host Vickie Howell invites viewers to join the latest craze with a demonstration of arm knitting.	NETA	(S)	(CC)	N/A	#1304H
11:30:00	Fons & Porter's Love of Quilting Kin Coterie When you find a block pattern you love, does it also have a "sister" block? We will define the term and show you how to creatively design a quilt using that as your inspiration. Patrick and AnneMarie Chany discuss color choices, techniques and arrangement of patchwork-all decisions we address in this episode.	NETA	(S)	(CC)	N/A	#2802H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6072H
13:00:00	Hubert Keller: Secrets of a Chef Healthy and Delicious, Part 1 After a basic lesson in grilling vegetables, Chef Keller makes a creamy avocado hollandaise without butter or eggs. He then makes a delicious zucchini hors d'oeuvres stuffed with parmesan and arugula. Grilled Vegetables with Avocado Hollandaise, & Zucchini Carpaccio Rolls with Arugula and Parmesan.	NETA	(S)	(CC)	N/A	#505H
13:30:00	Sara's Weeknight Meals Fancy Pasta Plain old pasta it's not, but it's just as simple to make as your weeknight favorites. That's the story with Sara's spicy greens ravioli, sophisticated enough for your next dinner party and easy to make. Then guest David Pasternack of New York's Esca and Eatly shows his flair with fish with a rock shrimp fettuccine. And, in Ask Sara, Sara answers viewer questions about pizza dough and ricotta cheese.	APTEX	(S)	(CC)	N/A	#509H
14:00:00	Taste of History General Hand, Redcoat/Patriot Born in Ireland, General Hand came to America with the British army, but changed his allegiance in favor of his newly adopted country. Chef Staib cooks cabbage soup with meat dumplings, roasted stuffed pork stomach with pan gravy, steamed leeks with Irish bacon and Irish soda bread.	NETA	(S)	(CC)	N/A	#605H
14:30:00	George Hirsch Lifestyle Pantry & Just Picked George concludes the season with a several tasty and quick dishes plucked from the pantry, including gazpacho and panzanella. He tours an apple orchard with a 12th-generation farming family and then prepares his classic tarte tartin using some of the fruit. He also receives a master class in pairing condiments with cheese and wine from an award-winning sommelier. Recipes: - Gazpacho - Panzanella Salad - Tarte Tatin.	APTEX	(S)	(CC)	N/A	#113H
15:00:00	Beads, Baubles and Jewels Trendspotting: Parachute Cord & Flowers Using parachute cord in a whole new way, author Ashley Bunting adds beads from her stash to make a charming, colorful floral brooch. Katie rides the floral jewelry wave with pendants made with leather flowers, wire and crystals.	NETA	(S)	(CC)	N/A	#2204H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Scrapbook Soup Off The Page	NETA	(S)	(CC)	N/A	#402H
	Our designers are not content to stay on the page. First, Kazan Clark embellishes mason jars with die cut flowers. Jenn Mason talks with Julie about her creative process in a short interview. Next, Kathy Cano-Murillo shares her technique for creating a colorful sugar skull to embellish an album or journal. Julie shares a last technique using sugar skulls and flowers to embellish Halloween themed mason jars.					
16:00:00	Biz Kid\$ Where Is My Allowance?	APTEX	(S)	(CC)	DVI	#304H
	Discover how different families work out "allowances." Even basic financial planning starts now-learn how to manage your monthly income and expenses for vacations, education, and more.					
16:30:00	Hands On Crafts for Kids Lines	NETA	(S)	(CC)	DVI	#1602H
	A line is an infinitely extending one-dimensional figure; one that has length but not width or thickness. In art lines are the basis that give form to a piece of art. They can be straight or curved, thick or thin, and raised or flat. Projects featuring lines: a modern art canvas with paint and masking tape; lines become three dimensional as we make a playhouse for dolls or action figures; continue with your art journal and use brightly colored pens and a special tool to make spirograph line drawings. Finally make an unbreakable stained glass plaque with foil.					
17:00:00	P. Allen Smith's Garden Home A Visit from the Beekman Boys	APTEX	(S)	(CC)	N/A	#1401H
	Two New York City boys turned farmers visit Moss Mountain Farm. Find out how the Fabulous Beekman Boys fare, when faced with the challenge of capturing a free-range turkey while Allen puts a spin on a classic dish.					
17:30:00	Growing A Greener World Compost, Compost Everywhere: How It's Made (Seattle, Wa)	APTEX	(S)	(CC)	N/A	#622H
	Healthy plants start with healthy soil, and healthy soil starts with compost. In this episode, we see how one commercial facility diverts yard waste and kitchen scraps that might otherwise be destined for a landfill and converts it into compost, veritable black gold for the garden. We also visit Seattle Tilth, a training facility that teaches homeowners how to compost on a much smaller scale to give their own gardens the best chance for success.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13218
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1243H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7153
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#843H
20:00:00	Sun Studio Sessions Farwell Angelina	NETA	(S)	(CC)	N/A	#708H
	Farewell Angelina brings together four talented ladies who are taking Nashville by storm and building a growing fanbase across the country with their high energy shows and down home harmonies. Each of the ladies are award-winning songwriters, dynamic singers and multi-instrumentalists that come together in a captivating musical synergy. In this episode, the band performs live show stalwarts like "Shotgun Summer" and "American Fathers."					
20:30:00	Jammin at Hippie Jack's Mountain Heart	NETA	(S)	(CC)	N/A	#1002H
	The band's name has been synonymous with cutting-edge excellence in acoustic music circles since the group's creation in 1999. Mountain Heart's musical virtuosity, unmatched energy, and keen sense of entertainment dynamics have helped them to forge a highly unique sound, and stage show, which appeals to an incredibly wide variety of musical tastes. They have appeared on the revered Grand Ole Opry in excess of 130 times and have shared the stage with acts ranging from Lynyrd Skynyrd to the Avett Brothers.					
21:00:00	Infinity Hall Live Melissa Etheridge	APTEX	(S)	(CC)	N/A	#508H
	That iconic voice and a wardrobe of guitars make for a riveting solo performance of greatest hits "Come to My Window," "I Want to Come Over," and "I'm the Only One," as well as songs from her latest album, This is M.E. The Grammy Award-winner shares personal stories about her remarkable journey through life and the inspiration behind some of her most beloved songs. Interview with Etheridge.					

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22:00:00	Rising Voices/Hothaninpi	APTEX	(S)	(CC)	N/A	#0H
<p>Before Christopher Columbus and his fellow Europeans arrived in North America, there were nearly 300 Native languages spoken north of Mexico. Today only half of those languages remain and experts say that by the year 2050, just 20 indigenous American languages will exist. RISING VOICES/HOTHANINPI is a one-hour documentary about how languages die - and how speaking them again can spark cultural and community restoration. The film focuses on the Lakota (often called "Sioux") language and culture, the history that forced the language towards near extinction, and the challenges Lakota face today as they struggle to learn their ancestral language and teach it to their children. The documentary is a portrait of a culture in flux, focusing on the myriad conflicts around the disappearing language on the Lakota reservations of North and South Dakota. The Lakota nation is large, with more than 170,000 tribal members, and that number is growing. Yet only 6,000 people still speak Lakota, and the average age of its speakers will soon be 70 years old. Can the Lakota elders transmit the power of history and tradition, especially in the form of language, or will the heart and soul of their culture die with them? To examine this question, RISING VOICES introduces viewers to a range of people, including the teachers working to save the language and the Lakota trying to learn their ancestral tongue. Woven through the documentary are also short first-person films made by Lakota filmmakers - stories that illustrate the strong connections the artists have between the Lakota language and their everyday lives.</p>						
23:00:00	Red Power Energy	APTEX	(S)	(CC)	N/A	#0H
<p>From a historically passive role in mineral extraction that frequently left their resource-rich reservations either leased out for pennies on the dollar or contaminated by environmental degradation and Federal mismanagement, Native people are in the midst of an extraordinary resurgence. They are challenging long-held stereotypes, fighting for the sovereign right to control their lands and develop their natural and mineral resources - however they choose. RED POWER ENERGY is a provocative film told from the American Indian perspective that reframes today's complex energy debate. Can energy development on tribal lands empower a people while powering the nation? And what impact will it have on their culture, economy and the environment? These Native-told energy stories offer a rare insight into the ideological battle shaping modern Indian country and further advances a deeper understanding of American Indian culture, which is too often under-reported, misunderstood or overlooked.</p>						

Wed, Nov 02, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7153
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#843H
01:00:00	Sun Studio Sessions Farwell Angelina	NETA	(S)	(CC)	N/A	#708H
	Farewell Angelina brings together four talented ladies who are taking Nashville by storm and building a growing fanbase across the country with their high energy shows and down home harmonies. Each of the ladies are award-winning songwriters, dynamic singers and multi-instrumentalists that come together in a captivating musical synergy. In this episode, the band performs live show stalwarts like "Shotgun Summer" and "American Fathers."					
01:30:00	Jammin at Hippie Jack's Mountain Heart	NETA	(S)	(CC)	N/A	#1002H
	The band's name has been synonymous with cutting-edge excellence in acoustic music circles since the group's creation in 1999. Mountain Heart's musical virtuosity, unmatched energy, and keen sense of entertainment dynamics have helped them to forge a highly unique sound, and stage show, which appeals to an incredibly wide variety of musical tastes. They have appeared on the revered Grand Ole Opry in excess of 130 times and have shared the stage with acts ranging from Lynyrd Skynyrd to the Avett Brothers.					
02:00:00	Infinity Hall Live Melissa Etheridge	APTEX	(S)	(CC)	N/A	#508H
	That iconic voice and a wardrobe of guitars make for a riveting solo performance of greatest hits "Come to My Window," "I Want to Come Over," and "I'm the Only One," as well as songs from her latest album, This is M.E. The Grammy Award-winner shares personal stories about her remarkable journey through life and the inspiration behind some of her most beloved songs. Interview with Etheridge.					
03:00:00	Rising Voices/Hothaninpi	APTEX	(S)	(CC)	N/A	#0H
	Before Christopher Columbus and his fellow Europeans arrived in North America, there were nearly 300 Native languages spoken north of Mexico. Today only half of those languages remain and experts say that by the year 2050, just 20 indigenous American languages will exist. RISING VOICES/HOTHANINPI is a one-hour documentary about how languages die - and how speaking them again can spark cultural and community restoration. The film focuses on the Lakota (often called "Sioux") language and culture, the history that forced the language towards near extinction, and the challenges Lakota face today as they struggle to learn their ancestral language and teach it to their children. The documentary is a portrait of a culture in flux, focusing on the myriad conflicts around the disappearing language on the Lakota reservations of North and South Dakota. The Lakota nation is large, with more than 170,000 tribal members, and that number is growing. Yet only 6,000 people still speak Lakota, and the average age of its speakers will soon be 70 years old. Can the Lakota elders transmit the power of history and tradition, especially in the form of language, or will the heart and soul of their culture die with them? To examine this question, RISING VOICES introduces viewers to a range of people, including the teachers working to save the language and the Lakota trying to learn their ancestral tongue. Woven through the documentary are also short first-person films made by Lakota filmmakers - stories that illustrate the strong connections the artists have between the Lakota language and their everyday lives.					
04:00:00	Red Power Energy	APTEX	(S)	(CC)	N/A	#0H
	From a historically passive role in mineral extraction that frequently left their resource-rich reservations either leased out for pennies on the dollar or contaminated by environmental degradation and Federal mismanagement, Native people are in the midst of an extraordinary resurgence. They are challenging long-held stereotypes, fighting for the sovereign right to control their lands and develop their natural and mineral resources - however they choose. RED POWER ENERGY is a provocative film told from the American Indian perspective that reframes today's complex energy debate. Can energy development on tribal lands empower a people while powering the nation? And what impact will it have on their culture, economy and the environment? These Native-told energy stories offer a rare insight into the ideological battle shaping modern Indian country and further advances a deeper understanding of American Indian culture, which is too often under-reported, misunderstood or overlooked.					
05:00:00	Drexel Interview James Kaplan, Part 1	NETA		(CC)	N/A	#504H
	James Kaplan's essays and reviews, as well as more than a hundred major profiles of figures ranging from Madonna to Helen Gurley Brown, Calvin Klein to John Updike, Miles Davis to Meryl Streep, and Arthur Miller to Larry David, have appeared in many magazines, including The New Yorker, The New York Times Magazine, Vanity Fair, Esquire, and New Yorker. In November 2010, Doubleday published Frank: The Voice, the first volume of Kaplan's definitive biography of Frank Sinatra, which quickly went onto the New York Times bestseller list and was chosen by Times chief book critic Michiko Kakutani as one of her Top Ten Books of 2010. In 2011, Kaplan signed with Doubleday to write Volume Two, Sinatra: The Chairman, to be published in 2015. In 2012, James Kaplan was awarded a Guggenheim Fellowship in nonfiction.					

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05:30:00	Innerviews with Ernie Manouse Jim Lehrer	NETA	(S)	(CC)	N/A	#1002H
	Jim Lehrer's name is synonymous with television journalism. With his partner of over 20 years, Robert MacNeil, he helped redefine the evening newscast and brought the in-depth discussion of current affairs the American audience hungered for. A former Marine, he has been called the "Dean of Moderators" for having conducted almost a dozen presidential debates. He has received an Emmy Award, a National Humanities medal, and in 1999 he was inducted into the Television Hall of Fame. But beneath it all beats the heart of a young boy who loves telling stories, and he has published over 2 dozen novels, plays and memoirs. On this episode of InnerVIEWS, Ernie sits down with the executive editor and former anchor for PBS' News Hour, journalist and author Jim Lehrer.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1948
08:00:00	Zula Patrol The Things In Rings/How The Rust Was Won	APTEX	(S)	(CC)	N/A	#201H
	After the Zula Patrol warns Deliria and Cloid about their factory rejects floating in space, the villainous duo decide to dump the junk into Saturn's rings. When Wizzy and Wigg learn about the rings and the different types of natural debris that should make up the rings, they stumble upon Deliria's debris and report it to the others. This is a job for The Zula Patrol! Becoming a cowpoke, Dark Truder rustles up an evil scheme that's stripping Mars of its surface rust. He's raising rust-eating Nefarian Battle Cattle on Mars that he'll use to conquer the Universe. But hang on to your Stetsons, buckaroos; here comes the Zula Patrol ridin' to the rescue!					
08:30:00	1001 Nights The Riddle of the Ruined Tomb/The Merchant and the Pickpocket	NETA	(S)	(CC)	DVI	#119H
	"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.					
09:00:00	Functional Fitness with Suzanne Andrews Interval Training	ACCES		(CC)	N/A	#123H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hip Strengthening	APTEX	(S)	(CC)	DVI	#918H
10:00:00	Sit and Be Fit Improve Your Mood	NETA	(S)	(CC)	N/A	#1310H
	In this episode Mary Ann uses tactile stimulation to increase circulation and elicit a relaxed state of body and mind.					
10:30:00	It's Sew Easy Style for Evening	NETA	(S)	(CC)	DVI	#1107H
	Evening-wear for men and women offers endless style opportunities. Designer and educator Louis Carney adds glitz and glamour to men's fashions with metallic thread and crystals. Embroidery educator Joanne Banko creates beautiful, Asian-inspired sleepwear with embroidered details and stylish closures.					
11:00:00	Knitting Daily Double Knitting	NETA	(S)	(CC)	N/A	#1305H
	If single is good, then double is twice as nice, as we feature reversible and double knitting. Laura Bryant creates a reversible cowl using the magic number and hand-dyed yarn. Then, brioche expert Nancy Marchant chats with us from her home in Amsterdam. Next, editor Amy Palmer provides a primer on double knitting. Then Tanis talks Tools of the Trade that double your knitting fun. Last, Vickie ties up Loose Ends with additional two-sided stitches.					
11:30:00	Fons & Porter's Love of Quilting Dressed-Up Patchwork: Piecing with Alternative Fabrics	NETA	(S)	(CC)	N/A	#2803H
	Creating an original quilt, sometimes takes in a different direction. As quilters we work with cotton fabrics a majority of the time. Have you been curious about all the other fabrics available, denim, velvet, taffeta, and knits just to name a few. Can they be used in quilts? If so, what type of quilts and how do we approach them successfully. Patrick is joined by Jerry Granata an award winning quilter who teaches us the methods for working with alternative fabrics.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6073H
13:00:00	Ellie's Real Good Food Herbivore Vs Carnivore	APTEX	(S)	(CC)	N/A	#110H
	He's a meat eater. She's a vegetarian. Their kitchen has become a battleground. Can this marriage be saved? It's Ellie to the rescue with flexible recipes that will bring them together. Recipes: Warm Spinach Salad w grilled sirloin; Panzanella with White Beans with chicken sausage; Forbidden Rice Bowl; Grilled veggies & lamb kabobs served with 3 Ingredient Recipe - Tahini Sauce.					

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13:30:00	Annabel Langbein: The Free Range Cook A French Country Table	APTEX	(S)	(CC)	N/A	#109H
	Annabel Langbein visits her neighbor's hazelnut orchard in New Zealand's Central Otago for the fall harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch. On the menu that night are artichokes fresh from the garden, chicken and leek gratin, and individual pear and hazelnut tarts. Recipes from this episode: rib-sticking pea and ham soup, one-pot spiced apple cake, artichokes with vinaigrette, Provencal crust, chicken and leek gratin, garlicky vegetable toss, hazelnut butter, individual pear and hazelnut tarts.					
14:00:00	Simply Ming Tiffani Faison	APTEX	(S)	(CC)	N/A	#1404H
	This week on Simply Ming, Top Chef alum and restaurateur, chef Tiffani Faison joins the show. She's the chef and owner of Tiger Mama and Sweet Cheeks in Boston. Today it's all about ground meat. Tiffany is making a Vietnamese dish called pad gra pow and Ming is making meatloaf sliders with sambal-bell pepper chutney. They're kicking off the party with a simple and delicious caipirinha.					
14:30:00	Cook's Country All Wrapped Up	APTEX	(S)	(CC)	N/A	#909H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make the ultimate bacon-wrapped meatloaf. Then, tasting expert Jack Bishop challenges Chris to a tasting of salted butter. Then, equipment expert Adam Ried reveals his top picks for vacuum sealers. And finally, test cook Julia Collin Davison uncovers the secrets to making chicken baked in foil with sweet potato and radish.					
15:00:00	Beads, Baubles and Jewels Raid Your Craft Closet	NETA	(S)	(CC)	N/A	#2205H
	With tools from her craft closet, author and designer Eva Sherman shares clever ways to emboss metal to add new interest and detail. A well-equipped workspace lets you focus on creativity. Katie shows how to set up your workspace for maximum efficiency and fun.					
15:30:00	Scrapbook Soup Stencils	NETA	(S)	(CC)	N/A	#403H
	This show offers lots of new tips and techniques using stencils. Create your own stencil and learn about masking with Jenny Barnett Rohrs. A short interview features Stacy Julian as she shares her system of "get it done fast". Then, Julie demonstrates a layering technique using new stencil designs. Last, Julie shares more stenciling tips using stamping, painting, doodling and more.					
16:00:00	Biz Kid\$ Where Is My Allowance?	APTEX	(S)	(CC)	DVI	#304H
	Discover how different families work out "allowances." Even basic financial planning starts now-learn how to manage your monthly income and expenses for vacations, education, and more.					
16:30:00	Hands On Crafts for Kids Color	NETA	(S)	(CC)	DVI	#1603H
	Imagine a world all in black and white - it would be pretty boring. Today we're going to look at some ways to use color. The first project is an art supply holder. Brightly colored cord is knotted together to form the hanger. Batik a monster tank top using a color resist technique. Today's art journal page is an experiment on color mixing to create funky printed leaves. The color wheel is the primer for how to mix color but it creates a beautiful work of art when you add glitter for our last project.					
17:00:00	P. Allen Smith's Garden Home Past Made New	APTEX	(S)	(CC)	N/A	#1402H
	Take a step back in time to the late 18th century town of Salem, North Carolina. Learn how many of the same practices and principles in this Moravian community can be utilized in today's modern backyard gardens.					
17:30:00	Growing A Greener World Year-Round Growing with Eliot Coleman (Harborside, Me)	APTEX	(S)	(CC)	N/A	#623H
	It's a GGW trip to the extreme northeast as we visit acclaimed authors and accomplished gardening sages Eliot Coleman and Barbara Damrosch at their Four Seasons Farm in Harborside, Maine. Throughout the course of this episode, we see how this husband and wife team consistently and successfully grows vegetables all year-round... in even their sometimes frigid Zone 5 climate. You'll have no more excuses about gardening in challenging weather!					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13219
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#417H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7154

Wed, Nov 02, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	In Good Shape Psoriasis: Treating Patients Millions of people around the world suffer from psoriasis. We meet an expert to find out what causes the inflammatory skin condition and how it can be treated. Also, why sauerkraut is so healthy, how improved hygiene can prevent the spread of deadly hospital bugs, and why it's important to talk about postpartum depression.	WNVC	(S)	(CC)	N/A	#341
20:00:00	Fall In Love with Music Putting It All Together This episode provides an in-depth exploration of the 4th movement of Beethoven's String Quartet, Op. 18, No. 2. Concepts presented in the previous six episodes are revisited in this "new" context. The members of the Amphion String Quartet join Maestro Maull for this opportunity to experience an entire movement of classical music. Each episode contains a complete performance of the movement: one at the beginning of Episode 7, prior to the detailed investigation - the other at the conclusion of Episode 8.	APTEX	(S)	(CC)	DVI	#108H
20:30:00	Songs at the Center Artists: Dianna Corcoran, Marti Dodson, Patrick Buzzard, and hosted by songwriter Eric Gnezda. Artist Bio: Dianna Corcoran is an Australian native now based in Nashville. She just released her latest CD, In America. With two Australian Country Music Gold Guitar Awards, Dianna is now making an imprint on the American Country Music scene. She sings "Then There's Me." Artist Bio: Marti Dodson fronted the Ohio-based band, Saving Jane, as they climbed the pop charts a few years ago. Now a signed songwriter in Nashville, she collaborates with the industry's elite, having just penned a single release for Thompson Square. She performs "Faded." Artist Bio: Patrick Buzzard, a partner of Marti Dodson in Saving Jane, is an accomplished guitarist, singer and songwriter. He also created the popular podcast, "Rock and Roll Book Club," in which he and his co-hosts read and discuss books about musicians. He sings "I'll Be There" and "Where I Belong."	APTEX	(S)	(CC)	N/A	#204H
21:00:00	Concert to Face Addiction In October of 2015, tens of thousands of people came to Washington DC for an incredible night of music dedicated to raise awareness for a top health crisis, addiction. Musicians, politicians, athletes, authors and journalists joined together in support of the 45 million Americans and their families impacted by addiction and recovery. The Concert to Face Addiction took place on the National Mall and featured performances by Joe Walsh, Steven Tyler, Sheryl Crow, Jonathan Butler and Jason Isbell (just to name a few), with special appearances by Paul McCartney, Ringo Starr and President Barack Obama.	WETA	(S)	(CC)	N/A	#0H
22:00:00	Speakeasy Ian Hunter and Joe Elliott Joe Elliot, best known as the lead singer and frontman of the legendary rock band Def Leppard is used to being on the receiving end of interviews. In this episode of "Speakeasy" the tables have turned and Elliot is the one asking the questions of famed singer/songwriter Ian Hunter. Elliot first met Hunter in 1977, when he snuck backstage at a festival in Europe. It was not until years later that they would form a bond and friendship that would endure. Hunter first achieved commercial success as the lead singer of English rock band Mott the Hoople before continuing his career as a solo artist. In this intimate conversation, the duo speak about the power of music, the resurgence of vinyl/box sets, and their respective relationships with David Bowie.	APTEX	(S)	(CC)	N/A	#205H
23:00:00	Native Waters: A Chitimacha Recollection The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
23:30:00	Arab American Stories These artists have all found new expression in their work by coming to America - oud player and composer Rahim Al-Haj fled Iraq for political reasons. Now he fuses Middle Eastern and western influences together in his music, Malika Zarra was born in Morocco, grew up in France and found a creative home in New York's multi-cultural music scene. And Detroit artist Adnan Charara explores the idea of identity, personally and cosmically, in his painting and sculpture.	APTEX	(S)	(CC)	DVI	#109H



Thu, Nov 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7154
00:30:00	In Good Shape Psoriasis: Treating Patients Millions of people around the world suffer from psoriasis. We meet an expert to find out what causes the inflammatory skin condition and how it can be treated. Also, why sauerkraut is so healthy, how improved hygiene can prevent the spread of deadly hospital bugs, and why it's important to talk about postpartum depression.	WNVC	(S)	(CC)	N/A	#341
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04:00:00	Native Waters: A Chitimacha Recollection The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
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05:00:00	Drexel Interview James Kaplan, Part 2 James Kaplan's essays and reviews, as well as more than a hundred major profiles of figures ranging from Madonna to Helen Gurley Brown, Calvin Klein to John Updike, Miles Davis to Meryl Streep, and Arthur Miller to Larry David, have appeared in many magazines, including The New Yorker, The New York Times Magazine, Vanity Fair, Esquire, and New Yorker. In November 2010, Doubleday published Frank: The Voice, the first volume of Kaplan's definitive biography of Frank Sinatra, which quickly went onto the New York Times bestseller list and was chosen by Times chief book critic Michiko Kakutani as one of her Top Ten Books of 2010. In 2011, Kaplan signed with Doubleday to write Volume Two, Sinatra: The Chairman, to be published in 2015. In 2012, James Kaplan was awarded a Guggenheim Fellowship in nonfiction.	NETA		(CC)	N/A	#505H

Thu, Nov 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:30:00	Innerviews with Ernie Manouse Kate Walsh	NETA	(S)	(CC)	N/A	#1003H
	Kate Walsh began her career acting in the small neighborhood theatres of Chicago before entering the New York City theatre scene of the late 80's. Television soon beckoned and the audience began to take notice when she joined the cast of The Drew Carey Show as Carey's girlfriend Nicki. But it has been as Dr. Addison Montgomery on both "Grey's Anatomy" & "Private Practice" that she has truly captured the nation's attention. Outside of acting, she lives just as busy a life - as a business woman she has launched her own fragrance called "Boyfriend", and as an activist, she is a spokesperson for the Narcolepsy Network, serves on the board of Planned Parenthood, and is working with the ocean conservancy group Oceana. On this episode of InnerVIEWS, Ernie sits down with Screen Acting Guild Award winner, Actor and Entrepreneur, Kate Walsh.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1949
08:00:00	Zula Patrol Ice Station Zula/Ice Truder	APTEX	(S)	(CC)	N/A	#202H
	Multo receives a distress call from his good friend, Professor Precipito, who lives in a sub-arctic region of Zula performing all kinds of precipitation experiments. Someone is stealing her experiments! The Zula Patrol rushes to the scene to help and they soon discover that the thief is none other than the legendary Abominable Snow-Gleep! Did I mention he's not very easy to catch? When Wizzy and Zeeter make a small ice sculpture, they discover they are standing on a glacier and learn all about it. But then Dark Truder steals the glacier for his newly redecorated headquarters - intent on carving it into a giant ice sculpture of himself. The Zula Patrol must intervene before the glacier melts - endangering its tiny ice worm inhabitants!					
08:30:00	1001 Nights Arman The Cheat/Abu Hassan's Legendary Wedding	NETA	(S)	(CC)	DVI	#120H
	"Arman the Cheat" - When a young boy gets away with cheating he decides that crime really does pay. "Abu Hassan's Legendary Wedding" - A wedding goes horribly wrong when the groom appears to have uncontrollable flatulence.					
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Toning	APTEX	(S)	(CC)	DVI	#919H
10:00:00	Sit and Be Fit Lighthearted Exercises	NETA	(S)	(CC)	N/A	#1311H
	Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening in this fun, light-hearted episode.					
10:30:00	It's Sew Easy Shape and Style	NETA	(S)	(CC)	DVI	#1108H
	Good fit compliments any style. Fitting expert Judy Kessinger creates a variety of pant styles from one pattern. Couture designer Angela Wolf shares tips for selecting and cutting out knits. Fashion and sewing blogger Gretchen Hirsch adds eyelets to create a lace-up bodice to accent the feminine shape.					
11:00:00	Knitting Daily Fair Isle Style	NETA	(S)	(CC)	N/A	#1306H
	Get ready to travel around the world for traditional stranded knitting styles. First Kirsten Kapur shows us Fair Isle-inspired stranded colorwork. Next, meet Jill Zielinski, AKA Kniterella, as we chat about how her graphic design career influences her colorwork knitting. On Tools of the Trade, Tanis shows us some goodies that will help you take charge of your charted colorwork. Finally, Gayle Bunn demonstrates how color work can apply to chunkier yarn with an on-trend Cowachin-influenced sweater.					
11:30:00	Fons & Porter's Love of Quilting Anna's Starflake	NETA	(S)	(CC)	N/A	#2804H
	Striking designs are created through a variety of methods. In this episode Patrick and Nancy McNally will examine the fun of working with batiks, the steps taken in paper foundation piecing and the way to create a secondary design with sashing choices. Techniques and tips for quilters at all levels of experience.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6074H
13:00:00	Eat! Drink! Italy! with Vic Rallo The Best Ingredients	APTEX	(S)	(CC)	N/A	#304H
	Chef Lia Schiera returns to show Vic her wonderfully simple vegetables and pasta recipe. Vic and Tony Verdoni talk about the relatively unknown Cannubi wine. Vic is in Turin with Chef Nicola DiTarsia as they make a basic tagliorini and sausage pasta.					

Thu, Nov 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Cooking with Nick Stellino Seafood Made Simple	APTEX	(S)	(CC)	N/A	#105H
	A great dish does not have to be difficult to make in order to taste great! Fresh ingredients and simple techniques are at the core of these fabulously, delicious recipes. Chef Stellino visits the green grocer and prepares Grilled Shrimp with Stewed Peppers and a Salad with Tuna, Tomatoes, Olives & Capers.					
14:00:00	The Jazzy Vegetarian Gluten-Free Party Menu	NETA	(S)	(CC)	DVI	#501H
	Host Laura Theodore prepares vegan party recipes that are gluten and soy free. Featured guest: Lidia Bastianich. This fabulous menu starts with a creamy Butternut Squash Soup drizzled with delectable Cashew Cream. Easy to make, Walnut and Quinoa Stuffed Portobello Mushrooms serve as the culinary star of this soiree, while a tangy Kale, Lime and Almond Salad adds an appealing side dish. Maple-Raisin-Date Truffles provide a sweet, petite dessert.					
14:30:00	New Scandinavian Cooking Mountain Lamb	APTEX	(S)	(CC)	N/A	#407H
	Andreas visits the mountain of Hallingskarvet and the valley of Hemsedal, where lambs roam the hilly landscape for months during summer. Andreas prepares a lamb carpaccio and then a flavorful lamb burger. For the main course, he serves slow-cooked lamb belly and lamb sirloin served rare.					
15:00:00	Beads, Baubles and Jewels Spotlight On Bracelets	NETA	(S)	(CC)	N/A	#2206H
	Author and instructor Melissa Grakowsky-Shippee creates stunning beaded components using two-hole tile beads and teaches her technique for a flawless herringbone stitch. Katie discusses the various types of memory wire as she makes a glass bead bracelet that's fun to wear.					
15:30:00	Scrapbook Soup Technology	NETA	(S)	(CC)	N/A	#404H
	See how new machines are making their mark on your scrapbook page. Kazan Clark creates a stencil with a die cut machine and then shows how to etch on glass. Julie interviews Jenny Barnett Rohrs about how social media inspires crafting. Then, Joe Rotella uses computer software to create a snowflake Christmas ornament. Julie wraps things up with a lesson on design featuring a scrapbook page picturing family members.					
16:00:00	Biz Kid\$ Escape The Box	APTEX	(S)	(CC)	DVI	#305H
	What do you do when opportunity knocks? Learn how to recognize and act on new opportunities in your life and to be creative in problem solving.					
16:30:00	Hands On Crafts for Kids Perspective	NETA	(S)	(CC)	DVI	#1604H
	Today's show is all about perspective or how we see objects in space. Perspective is the technique of representing three dimensional objects on a two dimensional space - like drawing a house on a flat piece of paper. It's all a point of view from which we categorize or measure - like a tree that gets smaller and smaller as we walk away from it. Our first example is an optical treasure box with geometric patterns. Next, build your own kaleidoscope. Add to your art journal - how perspective makes buildings and other city scenes more realistic. Finally, make a lightweight ball with streamers and watch it fly through the air and learn about perspective.					
17:00:00	P. Allen Smith's Garden Home Pay It Forward	APTEX	(S)	(CC)	N/A	#1403H
	Be inspired to pay it forward! From building homes for those in need, to inspiring children to garden, in this episode P. Allen Smith spotlights several groups and organizations that are doing their part giving back to the community.					
17:30:00	Growing A Greener World Growing Without Soil: Hydroponics (Atlanta, Ga; New York City; Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#624H
	Growing hydroponically- without soil- offers many advantages, from fewer pest and diseases to being able to grow your own food in almost any size space. We showcase shipping containers that grow restaurant-quality produce hydroponically and a New Yorker creating small-scale hydroponic gardens that work anywhere there's a window. Even our own foodscape correspondent Brie Arthur shows her system for growing tomatoes hydroponically at her home.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13220
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1319H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7155

Thu, Nov 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1101H
20:00:00	Backstage Pass Tony Monaco & The Fareed Haque Trio Featuring Tony Monaco & The Fareed	NETA	(S)	(CC)	N/A	#710H
	This encore presentation includes Fareed Haque on guitar, Tony Monaco on organ and featuring drummer Randy Gelispie. Together this trio takes a unique twist on jazz with songs including "Flood in Franklin Park" and "Alio E Olio." Recorded at Lansing JazzFest 2015 in Lansing's historic Old Town district.					
20:30:00	Music Voyager Antigua and Barbuda	APTEX	(S)	(CC)	N/A	#702H
	The beautiful Caribbean islands of Antigua and Barbuda tell a story of hospitality and culture, with music and journalist Mirissa Neff as the guide. She follows the trail across the islands to find the heartbeat of the country through its rhythms, and along the way she sample some of the amazing cuisine, experiences the vibrant countryside and the stunning oceans all around. From the sounds of calypso to the carnival celebrations, the pulse of Antigua and Barbuda is calling.					
21:00:00	Live from the Dennison Lodge Growling Old Men	NETA	(S)	(CC)	N/A	#105H
	Ben Winship and John Lowell team up as the "Growling Old Men" for an evening of flat picking and mandolin. Dubois artist Jess O'Neal joins the guys for a couple of songs to add a gentler edge.					
22:00:00	When I'm 65	APTEX	(S)	(CC)	N/A	#0H
	Narrated by David Brancaccio of American Public Media's Marketplace, WHEN I'M 65 challenges longstanding myths about retirement and living longer, and explores changing attitudes toward work, debt, housing and the financial realities of the 21st century. The program looks at how aspirations and financial planning for retirement have changed. This multi-generational approach examines how Baby Boomers, Generation X and Millennials are facing and planning for retirement, based on the work of and interviews with Teresa Ghilarducci, a retirement security expert from The New School, and Knight Kiplinger, editor-in-chief of Kiplinger's Personal Finance magazine. Using real-life stories, case studies, engaging animation and lively expert interviews, WHEN I'M 65 presents a thorough examination of the issues, generational influences, and human behavior while providing useful information, potential solutions, and "can do" action plans for meeting retirement goals.					
23:00:00	Beyond The Mirage: The Future of Water in the West	APTEX	(S)	(CC)	N/A	#0H
	A prolonged drought in the West has put increased water pressure on the Colorado River and has fostered a unique blend of competition and collaboration among Western states. The search for solutions, some homegrown and some found abroad, will illuminate the path forward for the entire Colorado Basin and quite possibly the entire nation. BEYOND THE MIRAGE explores the West's water crisis in detail, including how Americans arrived at this situation. It also examines emerging water conservation technologies and how they might offer solutions to this global crisis. Through interviews with noted public policy and environmental experts, including Robert Glennon, Regents Professor & Udall Professor, Law and Public Policy; Gregg Garfin, National Climate Assessment Contributing Author, Associate Professor of Climate, Natural Resources and Policy, University of Arizona; and Patricia Mulroy, Senior Fellow, William S. Boyd School of Law, UNLV, Climate Adaptation and Environmental Policy, Brookings Institute, the one-hour documentary puts viewers at the center of this issue and prompts a candid discussion about water resources and the need for viable, sustainable solutions.					

Fri, Nov 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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05:00:00	Closer to Truth Time at Sea	EPS	(S)	(CC)	N/A	#1101H
	Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?					
05:30:00	Innerviews with Ernie Manouse Greg Gorman	NETA	(S)	(CC)	N/A	#1004H
	Greg Gorman is one of the top photographers working today - known primarily for his celebrity portraits, nudes and movie poster images. His iconic shots have appeared on the covers of Esquire, GQ, Interview, Rolling Stone, and Vanity Fair, to name but a few. He has published a dozen books, won multiple awards, and conducts sold out photography seminars across the globe. On this episode of InnerVIEWS, Ernie sits down with famed photographer Greg Gorman.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1950
08:00:00	Zula Patrol Dueling Space Stations/Don't Look Now	APTEX	(S)	(CC)	N/A	#203H
	While the Zula Patrol is staying on Zulean Space Station ZIR, Dark Truder is on his own space station, building a giant robot to help him take over the galaxy. As our heroes learn what goes on inside the weightless world of space stations, Truder and Traxie are completely unprepared for the challenges and effects of micro-gravity. Something's blocking the view of the Zula Patrol's space telescope. It's Deliria, assuming a variety of shapes to keep the Patrol from seeing that she's got a space telescope of her own and is up to no good.					

Fri, Nov 04, 2016

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 Arthritis Walking Workout 2	ACCES	(S)	(CC)	N/A	#302H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Back Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#920H
10:00:00	Sit and Be Fit Back and Abdominal Strengthening This episode focuses on stretching and strengthening the abdominal and back muscles to protect the spine and help avoid injury.	NETA	(S)	(CC)	N/A	#1312H
10:30:00	It's Sew Easy Active Style Today's active lifestyle demands fashion that fits and functions. Sewing educator Joanne Banko selects fabrics, notions and shows her favorite techniques to sew a custom-fit swimsuit. Cheryl Sleboda has a style tip to make jeans fit better. For active days indoors and out, designer Angela Wolf creates well-fitting leggings with today's sportiest look.	NETA	(S)	(CC)	DVI	#1109H
11:00:00	Knitting Daily Boy Meets Girl First, menswear designer Josh Bennett talks about choosing stitch patterns and palettes, and finishing techniques that add a masculine touch. Then, meet husband and wife retailing dynamos Kathy and Steve Elkins as they talk yarn trends and the business side of knitting. Next, designer and winner of the Fiber Factor challenge, Lauren Riker, shares how she makes and attaches her signature girly embellishment, the knitted bow. On Tools of the Trade, Tanis shows some tools and yarns that are genderless in their appeal. Vickie closes with some Loose Ends thoughts on how a few changes to a pattern can take a garment in a more masculine or feminine direction.	NETA	(S)	(CC)	N/A	#1307H
11:30:00	Fons & Porter's Love of Quilting Freshly Pieced Vegetables Quilters love to find ways to surround themselves with art. The kitchen, being a place we spend a large portion of our time, is the perfect place to show off a "little" pieced project. Mary and Kelly Bowser will teach you techniques for paper foundation piecing that can be used for fanciful, garden-inspired kitchen accessories.	NETA	(S)	(CC)	N/A	#2805H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6075H
13:00:00	P. Allen Smith's Garden to Table Food and Fun Go Together Allen shares earth-friendly tips on packing a healthy picnic lunch. Allen then hits the road for visits to the roof top garden at Chicago's Markethouse restaurant and a community garden in Kansas City. Plus, Allen shows us how to properly can peppers straight from the garden.	APTEX	(S)	(CC)	DVI	#304H
13:30:00	Mike Colameco's Real Food Portugal Mike and his crew explore Portugal starting with a three-hour surf session in Cascias followed by a one star Michelin lunch, off to Lisbon to hit the markets and few top restaurants and then of course deep into the wine country.	NETA	(S)	(CC)	N/A	#1401H
14:00:00	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	Dining with the Chef	APTEX	(S)	(CC)	N/A	#228H

## Daily Program Listing II

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Fri, Nov 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Trendspotting: Tassels and Knotting	NETA	(S)	(CC)	N/A	#2207H
	Tassels are the next big trend in jewelry-making. Designer Wyatt White shows how to wrap, tie and finish beautiful tassels for earrings and other accessories. Katie adds a modern twist to traditional knotting techniques to make bracelets with crystal pearls.					
15:30:00	Scrapbook Soup Books	NETA	(S)	(CC)	N/A	#405H
	If one page is good, a whole bunch is better. This show focuses on books. First, host Julie Fei-Fan Balzer uses colorful paint pens to create an art journal page of doodled leaves. Next, Joe Rotella shares secrets of book binding demonstrating a piano hinge style binding. Then, Stacy Julian makes a treasures theme album with gold glittery elements. Last, Julie uses an electronic cutter to make numerous triangle shapes to embellish a cover for an album.					
16:00:00	Biz Kid\$ A World Without Taxes	APTEX	(S)	(CC)	DVI	#401H
	Explore how taxes impact your life. Find out about the importance of federal, state, and local taxes and learn what they pay for. Meet young business owners who sell lacrosse socks and others who serve as swimming instructors and hear how they handle taxes.					
16:30:00	Hands On Crafts for Kids Patterns	NETA	(S)	(CC)	DVI	#1605H
	Patterns are a design, motif or decoration, formed from regular repeated elements. They can also be naturally-occurring or a random arrangement of shapes, colors which have a regular or decorative effect. Patterns can be stripes, or lines, or alternating colors. The first project has a striped pattern of knots tied with plastic lacing. Next, make felt cookies with a polka dot pattern. Then add a chevron pattern to your art journal. Last, create a folding play mat with landscape patterns of a city scene around a lake.					
17:00:00	P. Allen Smith's Garden Home The Future	APTEX	(S)	(CC)	N/A	#1404H
	A look at the latest in garden and design innovations and how to incorporate them into your home and outdoor spaces.					
17:30:00	Growing A Greener World Debunking Gardening Myths with Linda Chalker Scott (Seattle, Wa)	APTEX	(S)	(CC)	N/A	#625H
	"Dig a ten-dollar hole for a one-dollar plant." "Water deeply but infrequently." Thanks to new academic research, many longstanding gardening "rules" like these are now being debunked as myths. Getting past these outdated or just plain misinformed old wives' tales makes us all better and smarter gardeners. In this episode, we do some myth busting of some of the most common practices with guest host and award-winning author Dr. Linda Chalker Scott.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13221
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2425Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7156
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#844H
20:00:00	Song of the Mountains Valley Grass/Jim Lauderdale	NETA	(S)	(CC)	N/A	#1110H
21:00:00	Woodsongs Tommy Emmanuel	NETA	(S)	(CC)	N/A	#1806H
	Tommy Emmanuel is arguably one of the most exciting, brilliant and powerful guitar masters on earth. Walking in the legacy of Merle Travis, Chet Atkins and many others Tommy has dazzled audiences worldwide with his sheer mastery of the instrument. WoodSongs is excited to welcome back our friend for his sixth appearance on our broadcast as we help Tommy celebrate the release of his brand new album It's Never Too Late.					
22:00:00	Film School Shorts Reality Bites	NETA	(S)	(CC)	N/A	#408H
	Anna Camp, Frances Conroy, and Ashley Williams star in Sequin Raze, a behind-the-scenes look at life on a Bachelor-style reality television program. Adapted into Lifetime's award-winning television series UnREAL. Directed by Sarah Gertrude Shapiro. Then get back in front of the TV with Kendall Got a Rose as a couple discusses the latest episode of The Bachelor as one gets ready for work. Directed by Luke Haskard.					

Fri, Nov 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Scott Frank: A Screenwriter's Design Scott Frank (Get Shorty, Out of Sight) reflects on his diverse career writing thrillers and pulp films, and his approach to developing complex characters in search of their identity.	NETA	(S)	(CC)	N/A	#512H
23:00:00	Science Goes to the Movies Force Majeure and Rosewater Science Goes to the Movies looks at the Swedish film, Force Majeure and Jon Stewart's Rosewater for a discussion on visceral fear. What does fear do to the brain, to the body and how does fear affect decision making? With guest journalist Ira Flatow, we consider the effects of fear on our political process.	EPS	(S)	(CC)	N/A	#105H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1003



## Daily Program Listing II

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Sat, Nov 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7156
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#844H
01:00:00	Song of the Mountains Valley Grass/Jim Lauderdale	NETA	(S)	(CC)	N/A	#1110H
02:00:00	Woodsongs Tommy Emmanuel	NETA	(S)	(CC)	N/A	#1806H
	Tommy Emmanuel is arguably one of the most exciting, brilliant and powerful guitar masters on earth. Walking in the legacy of Merle Travis, Chet Atkins and many others Tommy has dazzled audiences worldwide with his sheer mastery of the instrument. WoodSongs is excited to welcome back our friend for his sixth appearance on our broadcast as we help Tommy celebrate the release of his brand new album It's Never Too Late.					
03:00:00	Film School Shorts Reality Bites	NETA	(S)	(CC)	N/A	#408H
	Anna Camp, Frances Conroy, and Ashley Williams star in Sequin Raze, a behind-the-scenes look at life on a Bachelor-style reality television program. Adapted into Lifetime's award-winning television series UnREAL. Directed by Sarah Gertrude Shapiro. Then get back in front of the TV with Kendall Got a Rose as a couple discusses the latest episode of The Bachelor as one gets ready for work. Directed by Luke Haskard.					
03:30:00	On Story Scott Frank: A Screenwriter's Design	NETA	(S)	(CC)	N/A	#512H
	Scott Frank (Get Shorty, Out of Sight) reflects on his diverse career writing thrillers and pulp films, and his approach to developing complex characters in search of their identity.					
04:00:00	Science Goes to the Movies Force Majeure and Rosewater	EPS	(S)	(CC)	N/A	#105H
	Science Goes to the Movies looks at the Swedish film, Force Majeure and Jon Stewart's Rosewater for a discussion on visceral fear. What does fear do to the brain, to the body and how does fear affect decision making? With guest journalist Ira Flatow, we consider the effects of fear on our political process.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1003
05:00:00	In Good Shape Psoriasis: Treating Patients	WNVC	(S)	(CC)	N/A	#341
	Millions of people around the world suffer from psoriasis. We meet an expert to find out what causes the inflammatory skin condition and how it can be treated. Also, why sauerkraut is so healthy, how improved hygiene can prevent the spread of deadly hospital bugs, and why it's important to talk about postpartum depression.					
05:30:00	Innovations In Medicine Tens Unit, TMS and Depression, Ankle Arthritis, Motion-sparing surgery, Hip Replacement/Steve Garvey.	EPS	(S)	(CC)	N/A	#105H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1951
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Tiger Portrait	APTEX	(S)	(CC)	N/A	#316H
	Today Gary shows this very easy way to paint a realistic Tiger. Just a little abstract design of color on the all white canvas makes an interesting background for this painting. If you are just learning to paint animals, this is a fast and fun way to paint them.					
08:30:00	Grand View Olympic National Park	APT		(CC)	N/A	#204H
	At Olympic National Park Baumann brings his audience to the northern tip of Washington and to the beautiful Pacific Northwest. Olympic National Park features glacier-capped mountains, magnificent stands of old-growth trees, and temperate rain forest. Interviews include Native American elder, Edward E Claplandho, who brings the past alive with stories of American Indian culture and the history of his people in the lush environment; and finally National Park rangers, Jon Preston and Michael Gurling, discuss the geologic and botanical phenomena of this beautiful region. Baumann concludes with a sunrise painting of the eroded pillars of the tidal flats.					

Sat, Nov 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop The Woodland Streams of the Hudson River Painters David travels to a secluded woodland stream in New England, following in the footsteps of Hudson River painters such as Thomas Cole (1801-1848) and Asher Durand (1796-1886). David paints an oil study of the intimate stream in a setting of dense and dappled foliage, demonstrating techniques of painting water and woods used by the Hudson River painters to convey emotion as well as inspiration.	NETA	(S)	(CC)	DVI	#208H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Spine Strength & Flexibility (All Standing)	APTEX	(S)	(CC)	DVI	#921H
10:00:00	Sit and Be Fit Exercising with Accessories Mary Ann introduces a variety of unique exercises incorporating a large ball during the warm up and a small ball for finger flexibility and strengthening.	NETA	(S)	(CC)	N/A	#1313H
10:30:00	Wai Lana Yoga Special: Pregnancy - Part 2 Complete Yoga Breathing helps you relax, an essential skill both before and after giving birth. Restrained Angle Pose prepares the groin for childbirth, and Aswini Mudra keeps your internal organs toned.	APTEX	(S)	(CC)	N/A	#519
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 Baking Up Comfort David Sterling, chef and author of "Yucatan: Recipes from a Culinary Expedition," brings Rick on a whirlwind tour of the peninsula. The pair of Oklahoma-born, Mexico-obsessed chefs begin their journey with a conversation in Hunucma, where Dona Lupita serves home-cooked meals at the kitchen table of her family's cocina economica. Though the Yucatan is not known for its bakeries, David goes to the rustic wood-burning ovens at Panaderia Liz in Merida. Then it's back to the gorgeous kitchen at Los Dos Cooking School, where David makes a pan of buttery, indulgent hojaldras - a sweet-and-savory pastry stuffed with ham, cheese and chile and dusted with sugar. Inspired by all of the homey comfort, Rick makes a nourishing frijol con puerco and a hojaldra all his own.	APTEX	(S)	(CC)	N/A	#1107H
12:00:00	Lidia's Kitchen Salt Salting your food is an important step in any kitchen, and the type of salt used can make a huge difference in your meal. Today's menu includes: salted cod fritters: crispy chunky cod fritters made for the perfect salty snack; penne rigate in vodka sauce: an iconic Italian pasta dish with penne rigate in a creamy pink vodka sauce; beef chuck and beer; a rick and flavorful braise that will beckon everyone to the table.	APTEX	(S)	(CC)	N/A	#404H
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#408H
13:00:00	Expeditions with Patrick Mcmillan South Texas - A Hint of the Tropics This is a place that few of us will ever visit. It's packed with biodiversity. Many of the plants and animals that are found here can be found no place else in the United States and their future is tied to a connection with Mexico, here on the border. Join Patrick as he explores a land of Green Jays and Plain Chachalacas in South Texas.	APTEX	(S)	(CC)	N/A	#307H
13:30:00	Joseph Rosendo's Travelscope The Many Faces of Los Cabos, Mexico Los Cabos is actually two resorts: Cabo San Lucas, at the tip of the Baja California peninsula, and San Jose del Cabo, 23 miles north along the coast. Joseph covers both and the sea that binds them - the Sea of Cortez - on his Los Cabos, Mexico adventure. Activities include whale watching and seaside dining, hiking through the desert to hidden waterfalls and swimming with dolphins. Besides taking part in the fun-and-sun experiences like fishing and snorkeling, he also heads out to the Baja Peninsula's outback and meets ex-pat farmers and artists living off the grid. During this episode Joseph proves that there's more to Los Cabos than just a place "Where the Land Ends and the Party Begins."	APTEX	(S)	(CC)	DVI	#701H
14:00:00	Rick Steves' Europe Bulgaria Bulgaria, so mysterious to most Americans, has a vivid identity as a crossroads of the Balkans. Rick traces the country's complex history, from ancient Thracian tombs to medieval Orthodox Christian monasteries to Soviet monuments. And he enjoys an intimate taste of contemporary culture: the yellow brick road of Sofia; the gregarious craftspeople of the medieval capital, Veliko Tarnovo; and the thriving pedestrian zones of cosmopolitan Plovdiv.	APTEX	(S)	(CC)	N/A	#904H

Sat, Nov 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Burt Wolf: Travels & Traditions Basking with the Basques	APTEX	(S)	(CC)	N/A	#1501H
	The Basque country straddles the border between southwest France and northeast Spain, but except for their passports the Basques are neither French nor Spanish -- they are Basque. They speak the oldest European language still spoken, so old that no one can tell where it came from. In this program Burt travels through the Basque country, visits the hometown of the first person to sail completely around the world, looks at the early works of Andy Warhol in the Bilbao Museum, and tastes what the Basques are eating and drinking.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4405H
	Landscaping our homes is always a challenge. Where do we start, what do we need to consider, what do we want the finished product to look like, and accomplish? All great questions. We visit with an expert who takes us through his process of creating an outstanding landscape. A don't miss show.					
15:30:00	Chefs A' Field Peaches and Herb	APTEX	(S)	(CC)	N/A	#206H
	Pennsylvania Peaches Transcending Politics in Washington, D.C. Chef Brian McBride: Blue Duck Tavern - Washington, D.C. In Washington, D.C. , the talk of the town is GDP and CPI, but just across the Pennsylvania border, folks are discussing IPM. One of Washington, D.C. 's hottest chefs, Brian McBride, and his daughters visit Pennsylvania farmer Mark Toigo, who uses IPM, integrated pest management, to grow sweet, picture-perfect peaches and plums with no chemical residue. In the kitchen, the chef and his daughters prepare a visually pleasing, mouthwatering feast. Recipes: Free-Range Chicken with Peaches & Herbs; Summer Salad with Heirloom Tomatoes, Garden Herbs & Doughnut Peaches.					
16:00:00	Maria Hinojosa: One-On-One Bill Strickland	APTEX	(S)	(CC)	N/A	#406Z
	Strickland, a recipient of a MacArthur "genius" Fellowship, is the founder and CEO of Manchester Bidwell Corporation, a groundbreaking nonprofit in Pittsburgh that uses the arts as a means of inspiring inner-city youth.					
16:30:00	Overheard with Evan Smith Evan McMullin, Independent Presidential Candidate, Former Cia Operative	NETA	(S)	(CC)	N/A	#703H
	Kelly McEvers is the host of NPR's Embedded and co-host of All Things Considered. McEvers won many awards for her work during the Syrian conflict including a Peabody award, Alfred I. DuPont-Columbia award and Gracie award. Her writing has appeared in The New York Times Magazine, Esquire, Slate and The Washington Monthly.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Master Penman	APTEX	(S)	(CC)	N/A	#310H
	Host Eric Gorges meets the celebrated Jake Weidmann, the youngest ever master penman and one of only 12 in the world. Together they make a pen and explore the fascinating world of lettering.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3444
18:30:00	The Open Mind Cannibals of News	NETA		(CC)	N/A	#3712H
	Guests: Emily Bell and Jay Rosen. Emily Bell of the Tow Center and Jay Rosen of PressThink talk about social media's influence on the press and mass movements.					
19:00:00	Closer to Truth Pantheism: Is The World God?	EPS	(S)	(CC)	N/A	#1105H
	Is our search for God too narrow? Why do some philosophers espouse Pantheism? Pantheism's claim is not shy-God is Everything and Everything is God.					
19:30:00	Start Up Dinner and Apps	NETA	(S)	(CC)	N/A	#401H
	Gary and the crew head to Seattle, Washington to talk with chef Edouardo Jordan, creator of Salare, a farm to table restaurant with rave reviews. Then they head to Ann Arbor, Michigan to talk to Skye Durrant and Brandon Bertrang founders of LawnGuru, an online lawn service and mobile app.					

## Daily Program Listing II

43.1

Date: 10/05/2016

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Sat, Nov 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Joss Stone	APTEX	(S)	(CC)	N/A	#503H
	The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.					
21:00:00	Front and Center Warren Haynes	APTEX	(S)	(CC)	N/A	#510H
	The Grammy Award-winning guitarist and vocalist, named in Rolling Stone's "100 Greatest Guitarists of All Time," performs career hits "Soulshine" and "Forevermore" from his days with Gov't Mule and the Allman Brothers Band. Haynes is joined by legendary roots band Railroad Earth recorded at the McKittrick Hotel in New York.					
22:00:00	Globe Trekker Mumbai City Guide	APTEX	(S)	(CC)	N/A	#1531H
	Zay Harding encounters a Bollywood artist in Bandra; explores Dharavi, India's largest slum made famous by the movie "Slumdog Millionaire;" takes in the fish market at Sassoon Docks; checks in to the luxurious Taj Palace Hotel; tours the sea fort of Murud Janjira; visits the open-air laundromat, shops in the Chor Bazaar; flies to the World Heritage site of Ellora; tries his hand at the ancient form of pole yoga and meets Mahatma Gandhi's grandson.					
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	Stand Up Empire	KNME	(S)	(CC)	N/A	#106H
	Featured comics Lisa Delarios & Chip Pope, with a Snapshot on Workout with Erica Nix. Hosted by Brently Heilbron.					

Sun, Nov 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Pantheism: Is The World God?  Is our search for God too narrow? Why do some philosophers espouse Pantheism? Pantheism's claim is not shy-God is Everything and Everything is God.	EPS	(S)	(CC)	N/A	#1105H
00:30:00	Stand Up Empire  Featured comics Lisa Delarios & Chip Pope, with a Snapshot on Workout with Erica Nix. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#106H
01:00:00	Infinity Hall Live Joss Stone  The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.	APTEx	(S)	(CC)	N/A	#503H
02:00:00	Front and Center Warren Haynes  The Grammy Award-winning guitarist and vocalist, named in Rolling Stone's "100 Greatest Guitarists of All Time," performs career hits "Soulshine" and "Forevermore" from his days with Gov't Mule and the Allman Brothers Band. Haynes is joined by legendary roots band Railroad Earth recorded at the McKittrick Hotel in New York.	APTEx	(S)	(CC)	N/A	#510H
03:00:00	Globe Trekker Mumbai City Guide  Zay Harding encounters a Bollywood artist in Bandra; explores Dharavi, India's largest slum made famous by the movie "Slumdog Millionaire;" takes in the fish market at Sassoon Docks; checks in to the luxurious Taj Palace Hotel; tours the sea fort of Murud Janjira; visits the open-air laundromat, shops in the Chor Bazaar; flies to the World Heritage site of Ellora; tries his hand at the ancient form of pole yoga and meets Mahatma Gandhi's grandson.	APTEx	(S)	(CC)	N/A	#1531H
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	Start Up Dinner and Apps  Gary and the crew head to Seattle, Washington to talk with chef Edouardo Jordan, creator of Salare, a farm to table restaurant with rave reviews. Then they head to Ann Arbor, Michigan to talk to Skye Durrant and Brandon Bertrang founders of LawnGuru, an online lawn service and mobile app.	NETA	(S)	(CC)	N/A	#401H
05:00:00	California's Golden Parks Bale Grist  It was once the center of social activity as Napa Valley settlers gathered to have their corn and wheat ground into meal or flour. Travel with Huell Howser just three miles north of St. Helena off Highway 29 to Bale Grist Mill State Historic Park, the site of a water-powered grist mill that was built in 1846.	KCET		(CC)	N/A	#110
05:30:00	Moneywise with Kelvin Boston The Art of Financial Planning  A recent study revealed that Americans with financial plans felt more secure about their financial futures than Americans without financial plans. Guests Daphne Wright, a certified financial planner with LPL Financial and Rita Cheng, a financial advisor with Ameriprise Financial Services, join host Kelvin Boston to talk about the necessity of financial plans. This episode also features small business development tips from the U.S. Small Business Administration.	APTEx	(S)	(CC)	DVI	#809H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1952
08:00:00	Gary Spetz's Watercolor Quest Sea of Cortez  Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint Baja Mexico-from the mountain-surrounded scenic town of Loreto to the flashy resort beaches of Cabo San Lucas. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEx	(S)	(CC)	N/A	#113H

Sun, Nov 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Gold Hill Part I	NETA	(S)	(CC)	N/A	#1611H
09:00:00	Wyland's Art Studio Sunset Landscape	APTEX		(CC)	N/A	#504H
	Unity, balance and movement are the basis of a carefully composed painting. A range of artistic decisions proceeds first from the identification of a focal point. Then, the artist may employ a range of contrasts between light and dark to find a rhythm that supplies a unique energy to the artwork. Used effectively, elements of composition provide a structure that leads the viewer's eye in a particular way for a variety of different effects. "Starry Night" by Vincent van Gogh is an excellent example of extraordinary composition. The parts of the composition may feel as if they belong together. Or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm. Whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize The Saddle Bags	APTEX	(S)	(CC)	DVI	#922H
10:00:00	Sit and Be Fit Somatosensory Work	NETA	(S)	(CC)	N/A	#1314H
	We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#202
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#232H
11:30:00	New Orleans Cooking with Kevin Belton Potatoes	APTEX	(S)	(CC)	N/A	#123H
	Sweet potato gnocchi, sweet potato pecan casserole, bacon potatoes au gratin.					
12:00:00	Ciao Italia Chicken Never Tasted So Good/Pollo Mai Assaggiato Così Buono	NETA	(S)	(CC)	N/A	#2401H
	It's "Here, chick, chick, chick..." when Mary Ann shows you how quick and easy it is to prepare a clever Chicken and Cauliflower Lasagne. Then upon a waiting bed of hot polenta she serves up a Venetian specialty, Burano Style Chicken.					
12:30:00	Martin Yan's Taste of Vietnam An Ecology Tour	APTEX	(S)	(CC)	N/A	#103H
	Martin gets up-close and personal with Vietnamese nature preservation by joining an eco-riverboat tour. Much to his delight, in addition to all the tips on nature, Martin also learns about the charming life of local fishing families, and how one can 'rock the boat' on an eco-river cruise. Recipes: Banana Blossom Salad with Duck and Ginger, Grilled Spicy Lemongrass Lambchops.					
13:00:00	Bare Feet with Mickela Mallozzi Music City (Nashville, Tennessee - USA)	APTEX	(S)	(CC)	DVI	#111H
	Nashville, Tennessee isn't coined "Music City" for nothing - Mickela discovers the traditions of American music & dance in this vibrant southern city, from line dancing to modern ballet to old-time buck dancing.					
13:30:00	Travel Detective with Peter Greenberg Rating Your Tour Guide	NETA	(S)	(CC)	DVI	#303H
	Escorted and guided tours are a great way to explore and learn about a city you're visiting. CBS News Travel Editor Peter Greenberg tells us what tour companies are doing to improve training of its guides. Plus, it was once known as the cigar capital of the world, which is why today, it is still home to the Cuban sandwich! Check out the hidden gems of Tampa, Florida. And, what happens when you rent a car with a credit card? Find out what your card will and will not cover - - essential information you need to know.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#230H
14:30:00	Mineral Explorers Stories from the Road	NETA	(S)	(CC)	N/A	#203H
	Gems and crystals aren't the only thing we collect as we travel the globe. Join us as Thomas and his friends share some of the more adventurous stories they've gathered on their many expeditions. From flooded mines to road blocks, stampedes to jail time; the hunt for great stones may not be easy, but the memories from the road make great souvenirs.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Sun, Nov 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Scrolled Tree of Life Shares tool and blade scroll saw ideas for every scroller.	NETA	(S)	(CC)	N/A	#2304H
15:30:00	Rough Cut - Woodworking with Tommy Mac Child's Chair with Steve Brown This week on Rough Cut Woodworking with Tommy Mac, Tommy is joined by Rough Cut regular and Master Furniture Maker Steve Brown from the North Bennet Street School. Steve and Tommy pick a project that encourages the home woodworker to keep it simple with a Child's Chair, concentrating on its rustic splayed legs. A great project for beginners, it's made of a beautiful white oak, with inspiration coming from a traditional bretstuhl of Germany.	APTEX	(S)	(CC)	N/A	#604H
16:00:00	Happy Yoga with Sarah Starr Cascading Paradise Bask in the paradise of the magnificent waterfall setting as we gently stretch and lengthen the spine in a full range of motion, including moves to create more ease in the hips, shoulders and upper back using a chair for support.	NETA	(S)	(CC)	N/A	#306H
16:30:00	Second Opinion Pancreatic Cancer A diagnosis of pancreatic cancer is devastating for the patient and his/her family. Often the cancer is caught when it is at an advanced stage, and survival rates are lower than many cancers. Peter Suess is more than 5 years out from his pancreatic cancer diagnosis, and his story of his ongoing treatment and survival is one of hope and inspiration. Myth or Medicine: Is pancreatic cancer a death sentence? Second Opinion 5: Five ways to support someone with cancer.	APTEX	(S)	(CC)	N/A	#1210H
17:00:00	Natural Health Breakthroughs with Brenda Watson Toxicity Everyday toxins causing health problems.	EPS	(S)	(CC)	N/A	#104H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#606H
18:00:00	California's Gold Whistling Champ Huell visits Carole Anne Kaufman, the two-time Women's International Musical Whistling Champion.	KCET		(CC)	N/A	#14007Z
18:30:00	Islands Without Cars with Kira Hesser Croatia's Dalmatian Coast Over a thousand unique and beautiful islands dot Croatia's incomparable Dalmatian Coastline. And in our search for islands without cars, we explored the tiny island of Zlarin, known for its beautiful coral, and the even smaller island of Krapanj ... celebrated for its history of sponge harvesting. But we began our Croatian island journey in the car-free medieval walled old town section of Dubrovnik ... which was also an island until the canal that separated Dubrovnik from the mainland was filled in the 11th century and a limestone-paved pedestrian thoroughfare was built. "Croatia's Dalmatian Coast" reveals the history, humor and hospitality of this former Kingdom and current tourist destination.	APTEX	(S)	(CC)	N/A	#102H
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#137H
19:30:00	The Kamla Show Special Steffi Paepcke Open Source Robotics	KAMLA	(S)	(CC)	N/A	#104H
20:00:00	Indians Like Us A sincere admiration of Native culture gives way to this charming documentary about a small group of French citizens-called "Savy Western"-who share a passion for everything Native American. Every weekend, they dress in Native regalia and make appearances at various village fairs alongside their countrymen in France. However, in order to fulfill their dream, they must travel to the United States and meet "real Indians." Together, they finally manage a two-week drive across the Midwest and discover that the reality of contemporary Native Americans is quite different from their portrayed envisioning. Filled with unforeseen emotion, this road movie presents great encounters on both sides.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Standing On Sacred Ground Pilgrims & Tourists Around the world, indigenous communities stand in the way of government megaprojects. In the Russian Republic of Altai, traditional native people create their own mountain parks to rein in tourism and resist a gas pipeline that would cut through a World Heritage Site. In northern California, Winnemem Wintu girls grind herbs on a sacred medicine rock, as elders protest U.S. government plans to enlarge one of the West's biggest dams and forever submerge this touchstone of a tribe.	NETA	(S)	(CC)	DVI	#101H

Sun, Nov 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Forgotten War: The Struggle for North America	APTEX	(S)	(CC)	DVI	#0H
	<p>Two-hundred and fifty years ago, three powers clashed in an epic struggle for North America. Often overshadowed by the American Revolution, the French and Indian War (1755-1760) determined which great European empire would control the Ohio River Valley, the gateway to the West, and the crucial highway of rivers and lakes connecting New York and Montreal. FORGOTTEN WAR: THE STRUGGLE FOR NORTH AMERICA recounts the little-known story of how the Indian nations of the Northeast controlled the outcome of this war. An international panel of experts dig beneath the familiar history and shed new light on this long-ago conflict. The documentary follows the fates of the Abenaki and Iroquois people, separates fact from the myth of Robert Rogers and his legendary Rangers and chronicles the "massacre" at Fort William Henry, the battles of Fort Ticonderoga and Crown Point, the tragic expulsion of the Acadians and the fall of Quebec and Montreal.</p>					
23:00:00	Blackfeet Encounter	APTEX	(S)	(CC)	N/A	#0
	<p>A BLACKFEET ENCOUNTER uncovers the rich history and culture of the Blackfeet people of Montana, traces the consequences of the expedition's arrival and investigates the struggles and triumphs of the Blackfeet today. In July 1806, Meriwether Lewis and another member of the Corps of Discovery killed two Blackfeet warriors and marked the only deadly clash between American Indians and the otherwise peaceful Lewis and Clark Expedition. A BLACKFEET ENCOUNTER skillfully pieces together this confrontation through accounts by tribal elders, Lewis' journal and interviews with historians reflecting both sides of the story. The documentary also depicts the tragedies and challenges endured by the Blackfeet people during the 19th and 20th centuries, including intertribal fighting, massacres, starvation, unemployment, poverty and racism.</p>					



Mon, Nov 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#137H
00:30:00	The Kamla Show Special Steffi Paepcke Open Source Robotics	KAMLA	(S)	(CC)	N/A	#104H
01:00:00	Indians Like Us A sincere admiration of Native culture gives way to this charming documentary about a small group of French citizens-called "Savy Western"-who share a passion for everything Native American. Every weekend, they dress in Native regalia and make appearances at various village fairs alongside their countrymen in France. However, in order to fulfill their dream, they must travel to the United States and meet "real Indians." Together, they finally manage a two-week drive across the Midwest and discover that the reality of contemporary Native Americans is quite different from their portrayed envisioning. Filled with unforeseen emotion, this road movie presents great encounters on both sides.	NETA	(S)	(CC)	N/A	#0H
02:00:00	Standing On Sacred Ground Pilgrims & Tourists Around the world, indigenous communities stand in the way of government megaprojects. In the Russian Republic of Altai, traditional native people create their own mountain parks to rein in tourism and resist a gas pipeline that would cut through a World Heritage Site. In northern California, Winnemem Wintu girls grind herbs on a sacred medicine rock, as elders protest U.S. government plans to enlarge one of the West's biggest dams and forever submerge this touchstone of a tribe.	NETA	(S)	(CC)	DVI	#101H
03:00:00	Forgotten War: The Struggle for North America Two-hundred and fifty years ago, three powers clashed in an epic struggle for North America. Often overshadowed by the American Revolution, the French and Indian War (1755-1760) determined which great European empire would control the Ohio River Valley, the gateway to the West, and the crucial highway of rivers and lakes connecting New York and Montreal. FORGOTTEN WAR: THE STRUGGLE FOR NORTH AMERICA recounts the little-known story of how the Indian nations of the Northeast controlled the outcome of this war. An international panel of experts dig beneath the familiar history and shed new light on this long-ago conflict. The documentary follows the fates of the Abenaki and Iroquois people, separates fact from the myth of Robert Rogers and his legendary Rangers and chronicles the "massacre" at Fort William Henry, the battles of Fort Ticonderoga and Crown Point, the tragic expulsion of the Acadians and the fall of Quebec and Montreal.	APTEX	(S)	(CC)	DVI	#0H
04:00:00	Blackfeet Encounter A BLACKFEET ENCOUNTER uncovers the rich history and culture of the Blackfeet people of Montana, traces the consequences of the expedition's arrival and investigates the struggles and triumphs of the Blackfeet today. In July 1806, Meriwether Lewis and another member of the Corps of Discovery killed two Blackfeet warriors and marked the only deadly clash between American Indians and the otherwise peaceful Lewis and Clark Expedition. A BLACKFEET ENCOUNTER skillfully pieces together this confrontation through accounts by tribal elders, Lewis' journal and interviews with historians reflecting both sides of the story. The documentary also depicts the tragedies and challenges endured by the Blackfeet people during the 19th and 20th centuries, including intertribal fighting, massacres, starvation, unemployment, poverty and racism.	APTEX	(S)	(CC)	N/A	#0
05:00:00	Closer to Truth What Is God? Does God exist in time, experiencing time's flow? Or is God eternal, existing outside of time, creating time? These questions help assess God's existence and discern God's essence.	EPS	(S)	(CC)	N/A	#1108H
05:30:00	Innerviews with Ernie Manouse Loretta Devine Loretta Devine has taken Broadway and the silver screen by storm, grabbing the nation's attention with her breakout role as Lorrell in the original Broadway production of Dreamgirls. That role led to a film career that has included featured appearances in Waiting to Exhale, What Women Want, and Crash. After spending some time in television series like "Boston Public", "Grey's Anatomy" and "Eli Stone", she lit up the silver screen once again in Tyler Perry's "For Colored Girls." On this episode of InnerVIEWS, Ernie sits down with 5-time NAACP Image award winner, actor and singer Loretta Devine.	NETA	(S)	(CC)	N/A	#1005H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1953
08:00:00	Zula Patrol Rock and Patrol/Support Your Neighborhood Volcano When famous rock group The Bowlin' Stones have a falling out and refuse to play at a big benefit concert, Bula and Zeeter must find them and convince them to change their minds. Meanwhile, to fill in, Multo must overcome his stage-fright to be the front man of the Zula Patrol's own rock band. It's the Zula Patrol to the rescue when Voop's volcanic cousin Fielding holds back from erupting. Fielding's in denial about his condition, but if he builds up too much pressure, the results could be disastrous for the residents of Volcano Valley. Our heroes find out that Fielding is afraid to let his 'inner volcano' shine through because his neighbors fear and mistrust volcanoes, and they might dislike him even more. The ZPers help Fielding re-discover how great it is to be a volcano.	APTEX	(S)	(CC)	N/A	#204H

Mon, Nov 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The King Who Outlawed Laughter/Sinbad and the Black Diamond "The King Who Outlawed Laughter" - A king tries to execute his prisoners but no matter what he does, he is unable to kill them. "Sinbad and The Black Diamond" - Sinbad is off once more on a hilarious adventure. This time he battles the dread pirat Santiago for a mysterious black diamond that possesses strange powers.	NETA	(S)	(CC)	DVI	#122H
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Walking Workout	ACCES	(S)	(CC)	N/A	#303H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Leg Slenderizers	APTEX	(S)	(CC)	DVI	#923H
10:00:00	Sit and Be Fit Releasing Muscle Tightness Mary Ann uses a small ball, a towel and large ball to release some of the restrictions that build up in the connective tissue that runs throughout the body.	NETA	(S)	(CC)	N/A	#1315H
10:30:00	It's Sew Easy Casual Style Just kick back and go casual. Lifestyle blogger Caroline Hulse mixes woven and knit fabrics to make a super-stylish tunic. Fashion and sewing expert Angela Wolf restyles a classic A-line skirt to reflect today's trends. Fitting and style educator Judy Kessinger creates many top styles from just one pattern.	NETA	(S)	(CC)	DVI	#1110H
11:00:00	Knitting Daily Everyday Lace Lace is not just for dress up; learn how to make lace an every day technique. First, author Heather Zoppetti shows how to begin a circular lace piece and finish a lacy beret. Next, we chat virtually with Lorna's Laces' Beth Casey. Then, editor Amy Palmer talks about the "big lace" trend of combining big needles and chunky yarn with delicate stitches and demonstrates different double decreases. On Tools of the Trade, Tanis looks at lace needles, and gives us a behind the scenes look at how knitting needles and crochet hooks are manufactured. Last on Loose Ends, Vickie adds an easy 'picot' edging for a stress-free lacy touch.	NETA	(S)	(CC)	N/A	#1308H
11:30:00	Fons & Porter's Love of Quilting Picnic In Provence Classics are always eye catching and Picnic in Provence is definitely a classic. Patrick and his guests Joanie Holton and Melanie Greseth will discuss the construction of this diagonal set quilt, demonstrate their applique method and provide tips for finishing your quilt like a pro.	NETA	(S)	(CC)	N/A	#2806H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6076H
13:00:00	America's Test Kitchen from Cook's Illustrated A Roast for the Holidays Host Christopher Kimball goes into the test kitchen with test cook Bridget Lancaster to learn how to make the ultimate fennel-coriander top sirloin roast. Next, equipment expert Adam Ried reviews carving boards in the Equipment Corner. Finally, test cook Julia Collin Davison uncovers the secrets to making the crispiest duck fat-roasted potatoes.	APTEX	(S)	(CC)	N/A	#1611H
13:30:00	Pati's Mexican Table Sunday Family Food Sunday in Merida is a day not to miss. It is a joyous weekly celebration of food, dancing, and culture. Pati starts her day like most Meridians, at the market. After touring around and tasting the best lechon torta (slow cooked pork sandwich) in town, she takes in the sights of the Vaqueria dance in the main square. Merida en Domingo is incomplete without a family meal. Luckily, friend and chef Robert Solis of Nectar restaurant in Merida, invites Pati into his home for a traditional Sunday meal with the whole family.	APTEX	(S)	(CC)	N/A	#504H
14:00:00	Primal Grill with Steven Raichlen Spanish Smoke Long before Spanish culinary mad scientist Ferran Adria stunned the world with his foams, infusions, and molecular cuisine, grill masters from the Iberian peninsula were setting the world of barbecue, well, on fire. Like Basque grill master, Victor Arguinoniz, whose grilled shrimp calls for olive oil and txakoli wine misted from spray bottles. Or Matias Gorrochatequi, whose salt-grilled steaks are a masterpiece of fiery simplicity. (Serve them with calcots, flame-grilled green onions dipped in romesco sauce.) Catalan cream, crusted with spiced raw sugar and dramatically caramelized with a fire-heated iron disk, brings the meal to an unforgettable close. Victor's Shrimp; Salt-Grilled Rib Steak; Catalan Cream.	APTEX	(S)	(CC)	N/A	#309H

Mon, Nov 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Steven Raichlen's Project Smoke Smoked In Four Courses	APTEX	(S)	(CC)	N/A	#206H
	Once you get the hang of smoking, you can smoke nearly anything-from bar snacks to dessert. In this show, you'll learn to smoke nuts (spice-crusted pecans), fresh oysters on the half-shell, a spectacular prime rib cooked using the reverse-sear method, and even a mango macadamia nut crisp for dessert. Cook a four course feast from soup to nuts using electric smokers, pellet grills, ceramic cookers, and stovetop kettle smokers. Smoked pecans; Chappaquiddick smoked oysters; Reverse-seared prime rib; Mango-macadamia crisp.					
15:00:00	Beads, Baubles and Jewels Wire It Up	NETA	(S)	(CC)	N/A	#2208H
	The right tools can unleash your creativity. Designer Brenda Schweder shows how to make wire frames and captures on a stationary jig. Illusion-style necklaces with crystals are easy and quick to make using tips and tricks from Katie's Beading Lesson.					
15:30:00	Scrapbook Soup Your Personal Touch	NETA	(S)	(CC)	N/A	#406H
	Add a personal touch to your scrapbooking to make it uniquely your own. First, Julie shows how to use your handwriting to add a personal touch. Next, Stacy Julian makes a pocket scrapbook with a flower theme. In an interview segment, Kathy Cano-Murillo shares her creative process. Then, Julie uses colorful fluorescent pens to embellish a page with journaling and doodling. Last, Julie shows how to use watercolors to create a card for a pocket scrapbook page.					
16:00:00	Biz Kid\$ A World Without Taxes	APTEX	(S)	(CC)	DVI	#401H
	Explore how taxes impact your life. Find out about the importance of federal, state, and local taxes and learn what they pay for. Meet young business owners who sell lacrosse socks and others who serve as swimming instructors and hear how they handle taxes.					
16:30:00	Hands On Crafts for Kids Symmetry	NETA	(S)	(CC)	DVI	#1606H
	Today's theme is symmetry - something is exactly the same on both sides of a dividing line or center. It can also refer to a balanced arrangement of the parts of a whole. The first project is a mixed media collage that features symmetrical feather shapes. Next, build and decorate a sandcastle. Create jeweled crowns that are exactly the same on both sides. Then, make mirror images on facing pages in your art journal. Last, Make a survivor belt with special findings featuring a symmetrical design.					
17:00:00	P. Allen Smith's Garden Home Your Happy Place	APTEX	(S)	(CC)	N/A	#1405H
	What is your bliss? Do you have one? Let P. Allen Smith help you find and cultivate it.					
17:30:00	Growing A Greener World Designing The Landscape (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#626H
	Want to learn how great designers create beautiful landscapes? Joe Lamp'l and Brie Arthur team up to design and install a new landscape in this packed episode. We walk viewers through the complete process from concept to completion: design consultation, plan creation, shopping for and selecting plants, and (of course) the actual installation. This episode is full of useful information to equip anyone in creating a more beautiful landscape.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13222
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#106H
	Host and correspondent Ernabel Demillo interviews members of the "Asian Pride Project" about how they've created new public service announcements to raise awareness about gay issues within the Asian American communities nationwide; Correspondent Minnie Roh gets up close and personal with documentarian/filmmaker Dai Sil Kim-Gibson, and looks at her career and award winning films; In honor of the 40th Anniversary of the Fall of Saigon Correspondent Mike Gilliam provides an exclusive report on Amerasian Children and interviews Kien Nguyen, Author of "The Unwanted," and Trista Goldberg, Founder of Operation Reunite, a non-profit organization that provides DNA tests to help reconnect birth parents to their Amerasian children.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7157
19:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1244H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#401H
	Season four of Music City Roots premieres with an Americana Festival showcase special, featuring blues star Shemekia Copeland, Canadian mod duo Whitehorse and alt-country icons The Mavericks.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Mon, Nov 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Backstage Pass The Hard Lessons	NETA	(S)	(CC)	N/A	#506H
	The Detroit indie-rockers perform fan favorites spanning their ten-year career, plus tracks from their 2014 release, "Start What You Finished."					
22:00:00	First Language - The Race to Save Cherokee	NETA	(S)	(CC)	N/A	#0H
	Around fourteen thousand Cherokee remain in their ancestral homeland in the mountains of North Carolina, but few among them still speak their native language, and no children are learning the language at home. The Eastern Band of Cherokee Indians is now fighting to revitalize the language and come to terms with their native heritage in the context of the modern United States.					
23:00:00	Echoes of a Bitter Crossing: Lewis & Clark In Idaho	APT	(S)	(CC)	N/A	#0H
	ECHOES OF A BITTER CROSSING: LEWIS & CLARK IN IDAHO is a one-hour documentary on the crucial Idahoan segment of Meriwether Lewis and William Clark's 1804-1806 daring expedition from St. Louis to the Pacific coast. Nearly 200 years later, people are still retracing the explorers' journey of discovery, in which the Idaho crossing played a major role. This is where the expedition almost ended in failure - where the nearly starved explorers were revived by the hospitality, care and food of the Nez Perce tribe. In interviews with Lewis and Clark experts, and with members of the Nez Perce tribe from Idaho and neighboring states, the program highlights the difficult passage through Idaho. Among those featured are Gary Moulton, University of Nebraska history professor and editor of the Lewis & Clark journals; and Steven Russell of Iowa State University's Department of Electrical Engineering. One of the inventors of the Global Positioning System, Russell now is using the system to map the exact location of the historic trail through Idaho.					

Tue, Nov 08, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7157
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1244H
01:00:00	Music City Roots Live from the Factory Season four of Music City Roots premieres with an Americana Festival showcase special, featuring blues star Shemekia Copeland, Canadian mod duo Whitehorse and alt-country icons The Mavericks.	APTEX	(S)	(CC)	N/A	#401H
02:00:00	Backstage Pass The Hard Lessons The Detroit indie-rockers perform fan favorites spanning their ten-year career, plus tracks from their 2014 release, "Start What You Finished."	NETA	(S)	(CC)	N/A	#506H
03:00:00	First Language - The Race to Save Cherokee Around fourteen thousand Cherokee remain in their ancestral homeland in the mountains of North Carolina, but few among them still speak their native language, and no children are learning the language at home. The Eastern Band of Cherokee Indians is now fighting to revitalize the language and come to terms with their native heritage in the context of the modern United States.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Echoes of a Bitter Crossing: Lewis & Clark In Idaho ECHOES OF A BITTER CROSSING: LEWIS & CLARK IN IDAHO is a one-hour documentary on the crucial Idahoan segment of Meriwether Lewis and William Clark's 1804-1806 daring expedition from St. Louis to the Pacific coast. Nearly 200 years later, people are still retracing the explorers' journey of discovery, in which the Idaho crossing played a major role. This is where the expedition almost ended in failure - where the nearly starved explorers were revived by the hospitality, care and food of the Nez Perce tribe. In interviews with Lewis and Clark experts, and with members of the Nez Perce tribe from Idaho and neighboring states, the program highlights the difficult passage through Idaho. Among those featured are Gary Moulton, University of Nebraska history professor and editor of the Lewis & Clark journals; and Steven Russell of Iowa State University's Department of Electrical Engineering. One of the inventors of the Global Positioning System, Russell now is using the system to map the exact location of the historic trail through Idaho.	APT	(S)	(CC)	N/A	#0H
05:00:00	Closer to Truth What Is God? Does God exist in time, experiencing time's flow? Or is God eternal, existing outside of time, creating time? These questions help assess God's existence and discern God's essence.	EPS	(S)	(CC)	N/A	#1108H
05:30:00	Innerviews with Ernie Manouse Bill Moyers Bill Moyers served as White House Press Secretary in the Johnson Administration from 1965 to 1967. He was a news commentator on television for ten years. But today, Moyers is probably best known for his extensive involvement with public television, producing documentaries and news journal programs. He has received over thirty Emmy Awards and virtually every other major television journalism prize, as well as becoming well known as a critic of the media. On this episode of InnerVIEWS, Ernie sits down with Emmy and Peabody lifetime award winner, journalist Bill Moyers.	NETA	(S)	(CC)	N/A	#1006H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1954
08:00:00	Zula Patrol Down Under/Singin' in the Rain Forest The Zula Patrol comes to the aid of Zulean insects whose entire neighborhood (a lush green field with rich topsoil) has been bulldozed away by Bruce and Sheila Mole, who are building an above-ground winter home to get away from those chilly months "down under" the ground. Wizzy and Wigg are taking care of Iris' orchid, but when it wilts, they decide to replace it - by going to where most orchids come from: Earth's Amazon rain forest. As they try to find the orchid, they learn all about the incredible rain forest - and make friends with its fascinating animal inhabitants, some of whom are endangered.	APTEX	(S)	(CC)	N/A	#205H
08:30:00	1001 Nights The Man Who Went Back In Time/The Schoolmaster "The Man Who Went Back in Time" - A man complains his life would have been better if he'd been given his neighbor's luck breaks. When he gets the chance to go back in time and change things, however, he realizes it's not as easy as he imagined. "The Schoolmaster" - A con man lies his way into a job as a Schoolmaster and learns an unexpected lesson about the value of integrity.	NETA	(S)	(CC)	DVI	#123H
09:00:00	Functional Fitness with Suzanne Andrews Vertical Ab Toner	ACCES	(S)	(CC)	N/A	#304H

Tue, Nov 08, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Workout (All Standing)	APTEX	(S)	(CC)	DVI	#924H
10:00:00	Sit and Be Fit Myofacial Relief & Gait Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula. Later in the program she focuses on exercises to improve gait.	NETA	(S)	(CC)	N/A	#1316H
10:30:00	It's Sew Easy Style That Goes Everywhere Style is an attitude that goes with you everywhere. Author and designer Angela Wolf creates a high-style dress that can be made in one afternoon. Garment expert Joanne Banko has a style tip for making a fashion-forward t-shirt. Designer and blogger Heather Valentine whips up a super-simple skirt that goes anywhere in style.	NETA	(S)	(CC)	DVI	#1111H
11:00:00	Knitting Daily Woven Look Weave your way to beautiful garments. First, Gwen Bortner introduces entrelac and shows how to create the building blocks of the fabric. Next, we travel virtually to India, land of fabulous woven fabrics, for a glimpse into the contemporary knitting scene. Then, Lily Chin uses her join-as-you-go knitting technique to create a weaving-inspired pillow. On Tools of the Trade, Tanis talks covet-worthy tools and yarn to add to your collection. Last, on Loose Ends, Vickie creates a woven fabric with mesh crochet.	NETA	(S)	(CC)	N/A	#1309H
11:30:00	Fons & Porter's Love of Quilting New Hampshire Nights Quilters collect fabrics that "speak" to them. Marianne loves to collect reproduction prints and tiny shirting prints. When combined they create a soothing, classic quilt. Inspired by a house quest from New Hampshire the quilt was sashed with stars from the night sky.	NETA	(S)	(CC)	N/A	#2807H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6077H
13:00:00	Hubert Keller: Secrets of a Chef Healthy and Delicious, Part 2 Chef Keller continues his healthy cooking lesson with a warm arugula, fava and mushroom salad with a white balsamic dressing. Then he serves grilled prawns with a salad of artichokes, fennel and fava beans. Arugula Salad with Fava & Mushrooms in a White Balsamic Vinaigrette, & Grilled Shrimp with Artichoke & Fennel Salad.	NETA	(S)	(CC)	N/A	#506H
13:30:00	Sara's Weeknight Meals 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	Taste of History Take to the Waters As the tide of settlement pushed native Americans further west, many aristocrats found respite at the Jefferson Pools in Warm Springs Virginia. Chef Staib bathes in the history of the Hot Springs and retraces the path of 22 presidents at the historic Omni Homestead Hotel. Staib cooks mountain trout, honey stung Brussels sprouts, "hausenfleffer" braised marinated rabbit and roasted, stuffed tenderloin of venison.	NETA	(S)	(CC)	N/A	#606H
14:30:00	George Hirsch Lifestyle Local Inspired Comfort Foods In the premiere episodes, George prepares family-inspired comfort foods, including mac-and-cheese, grilled pork sliders with crisp quick slaw, and double-chocolate brownies for dessert. George stops by a community-operated organic farm in Amagansett Long Island, where families support growing seasonal produce. Later, he visits the chef from Town Line BBQ who shares the secret of low-and-slow cooking. Recipes: - Pork Tenderloin Sliders - Savory Quick Slaw - Cheddar Jack-n-Mac - Double Chocolate Brownies.	APTEX	(S)	(CC)	N/A	#101H
15:00:00	Beads, Baubles and Jewels Make It from Scratch When the creative urge strikes, it's great to have the right tools at hand. Author and teacher Kate Richbourg cuts, forms and textures metal using hand-held tools to create a leaf-shaped pendant. Katie embellishes tassels with crystals to add a little sparkle.	NETA	(S)	(CC)	N/A	#2209H

Tue, Nov 08, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Scrapbook Soup Mixed Media Techniques Don't be afraid to get a little bit messy. This show is all about mixing it up with mixed media. Kathy Cano-Murillo creates a color page with acrylic paint and water. Next, Julie demonstrates mono printing. Then Dina Wakley uses filmstrips, dyed cheesecloth and spray ink to create a page layout. Last, Julie uses office supplies and household items to create texture on her scrapbook pages.	NETA	(S)	(CC)	N/A	#407H
16:00:00	Biz Kid\$ Debt: The Good, The Bad, & The Ugly It's easy to spend more than you make with credit cards. Learn to avoid the pitfalls of overspending by keeping a spending journal, sticking to a budget, and living a cash existence. Meet the owner of a carpet cleaning company and a radio DJ who have both learned how to manage debt.	APTEX	(S)	(CC)	DVI	#402H
16:30:00	Hands On Crafts for Kids Shadows The definition of a shadow is a dark image projected onto a surface when light is blocked by the shade of an object. It's what gives your project dimension. First, make silhouettes of your friends. Then, create shadows all around the room with a birthday mobile. Today's art journal technique is an introduction to shading using three dimensional shapes. We finish with a shadow puppet theater.	NETA	(S)	(CC)	DVI	#1607H
17:00:00	P. Allen Smith's Garden Home First Things First 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.	APTEX	(S)	(CC)	N/A	#1406H
17:30:00	Growing A Greener World The Giving Garden: Ample Harvest Helps Share The Bounty (Milford, Nj) If you've ever grown a vegetable garden, you've probably had more of something than you could use at the end of the season. That was the basis for how AmpleHarvest.org was formed. Gary Oppenheimer saw that his community garden was producing far more than the gardeners could consume, or even give away to family and friends. So he decided to find a way to get that fresh produce in the hands of neighbors in need, and that simple idea grew into a national non-profit network. The premise was to make it possible for anyone to have access to- or donate- fresh produce, wherever they lived-all from garden surplus. Today, AmpleHarvest.org has been recognized by the White House as well as major companies and organizations for their important work. In this episode, founder Gary Oppenheimer will be introduced and learn how we can all share some of our "ample harvest" with our own neighbors in need.	APTEX	(S)	(CC)	N/A	#701H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13223
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1244H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7158
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#844H
20:00:00	Sun Studio Sessions Alvin Youngblood Hart's Muscle Theory Described as the "cosmic American love child of Howlin' Wolf and Link Wray," Grammy-winning singer and guitarist Alvin Youngblood While steeped in the blues, Hart creates his own unique genre-defying sound. Hart explains. "My family goes back generations in Mississippi, so the blues is in my DNA, but when I was in high school I listened to everything and absorbed it, and now it's a part of what I do." In this episode, Hart and his band demonstrate their live performance prowess on songs like "Motivational Speaker" and "Stomp Dance."	NETA	(S)	(CC)	N/A	#709H
20:30:00	Jammin at Hippie Jack's Willie Sugarcapps There is a very strange chemistry between the five distinct musicians that inspires a repertoire of songs demanding to be documented. Birthed from the swamps of the Frog Pond, Willie Sugarcapps consists of Grayson Capps, Will Kimbrough, Corky Hughes, Sugarcane Jane and Anthony Crawford. Together they create impeccable songs imbued by relaxed performances, angelic harmonies and country zen sentiment. Band members often take turns singing lead as they switch up between fiddle, banjo, mandolin, lap steel, bass and even ukulele.	NETA	(S)	(CC)	N/A	#1003H
21:00:00	The Kate Ana Gasteyer When Ana Gasteyer steps up to the mic, she evokes the swagger of an era when a lady ruled a nightclub and an audience knew they were in for a good time. Her performance is a perfect blend of the tongue-in -cheek comedy you can expect from a former Saturday Night Live cast member combined with the vocal range of a seasoned Broadway star. Gasteyer's eclectic range of covers and reimagined classics like "One Mint Julep" and "I Wish Could Shimmy Like My Sister Kate" to her surprisingly smooth rendition of Carrie Underwood's "Before He Cheats", are the perfect showcase of her musical chops and comedic genius. Gasteyer tells stories with humor, heartbreak...and just a little splash of soda. The patter is real, the themes adult, the lyrics are timeless, and the music swings like crazy!	APTEX	(S)	(CC)	N/A	#101H

## Daily Program Listing II

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Tue, Nov 08, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Aleut Story	APT	(S)	(CC)	N/A	#0
<p>ALEUT STORY recounts the rarely told story of indigenous Alaskans' forced internment during World War II and their subsequent fight for civil rights. In 1942, as World War II reached Alaska, Aleut Americans were transferred to government camps 1,500 miles away, where an estimated 10 percent perished. As they prayed for deliverance, "friendly forces" looted their homes and churches in the Aleutian and Pribilof islands. The surviving Aleuts eventually joined Japanese Americans in seeking wartime reparations from the federal government. Filmed on location in Alaska and Washington, D.C., this poignant, richly textured film contains rare archival images and compelling interviews with Aleut internment survivors - many of whom are speaking out for the first time in more than 60 years. ALEUT STORY also includes powerful performances by Emmy-winner Martin Sheen and Grammy-winner Mary Youngblood and the voice talent of John O' Hurley (Seinfeld, Dancing With the Stars) and the late Jay Hammond, former governor of Alaska.</p>						
23:30:00	Beyond Recognition	NETA	(S)	(CC)	N/A	#0H
<p>After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.</p>						



Wed, Nov 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7158
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#844H
01:00:00	Sun Studio Sessions Alvin Youngblood Hart's Muscle Theory Described as the "cosmic American love child of Howlin' Wolf and Link Wray," Grammy-winning singer and guitarist Alvin Youngblood While steeped in the blues, Hart creates his own unique genre-defying sound. Hart explains. "My family goes back generations in Mississippi, so the blues is in my DNA, but when I was in high school I listened to everything and absorbed it, and now it's a part of what I do." In this episode, Hart and his band demonstrate their live performance prowess on songs like "Motivational Speaker" and "Stomp Dance."	NETA	(S)	(CC)	N/A	#709H
01:30:00	Jammin at Hippie Jack's Willie Sugarcapps There is a very strange chemistry between the five distinct musicians that inspires a repertoire of songs demanding to be documented. Birthed from the swamps of the Frog Pond, Willie Sugarcapps consists of Grayson Capps, Will Kimbrough, Corky Hughes, Sugarcane Jane and Anthony Crawford. Together they create impeccable songs imbued by relaxed performances, angelic harmonies and country zen sentiment. Band members often take turns singing lead as they switch up between fiddle, banjo, mandolin, lap steel, bass and even ukulele.	NETA	(S)	(CC)	N/A	#1003H
02:00:00	The Kate Ana Gasteyer When Ana Gasteyer steps up to the mic, she evokes the swagger of an era when a lady ruled a nightclub and an audience knew they were in for a good time. Her performance is a perfect blend of the tongue-in -cheek comedy you can expect from a former Saturday Night Live cast member combined with the vocal range of a seasoned Broadway star. Gasteyer's eclectic range of covers and reimagined classics like "One Mint Julep" and "I Wish Could Shimmy Like My Sister Kate" to her surprisingly smooth rendition of Carrie Underwood's "Before He Cheats", are the perfect showcase of her musical chops and comedic genius. Gasteyer tells stories with humor, heartbreak...and just a little splash of soda. The patter is real, the themes adult, the lyrics are timeless, and the music swings like crazy!	APTEX	(S)	(CC)	N/A	#101H
03:00:00	Aleut Story ALEUT STORY recounts the rarely told story of indigenous Alaskans' forced internment during World War II and their subsequent fight for civil rights. In 1942, as World War II reached Alaska, Aleut Americans were transferred to government camps 1,500 miles away, where an estimated 10 percent perished. As they prayed for deliverance, "friendly forces" looted their homes and churches in the Aleutian and Pribilof islands. The surviving Aleuts eventually joined Japanese Americans in seeking wartime reparations from the federal government. Filmed on location in Alaska and Washington, D.C., this poignant, richly textured film contains rare archival images and compelling interviews with Aleut internment survivors - many of whom are speaking out for the first time in more than 60 years. ALEUT STORY also includes powerful performances by Emmy-winner Martin Sheen and Grammy-winner Mary Youngblood and the voice talent of John O' Hurley (Seinfeld, Dancing With the Stars) and the late Jay Hammond, former governor of Alaska.	APT	(S)	(CC)	N/A	#0
04:30:00	Beyond Recognition After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Closer to Truth Why Is Free Will A Big Question? Free will seems obvious, simple, common; but it's subtle, profound, maddening, Free will probes the deep nature of human existence. But big questions have big problems.	EPS	(S)	(CC)	N/A	#1109H
05:30:00	Innerviews with Ernie Manouse Alana Stewart Alana Stewart emerged in the 70's as a model and actress, with appearances in print, commercials and on TV. She has been married to a pair of very well known personalities - first actor George Hamilton, and rocker Rod Stewart. But it was her enduring friendship with Farrah Fawcett that changed her life forever. Her documentary "Farrah's Story" gave viewers an intimate look inside Fawcett's valiant battle with cancer. On this episode of InnerVIEWS, Ernie sits down with actor, model, filmmaker and president of the Farrah Fawcett Foundation, Alana Stewart.	NETA	(S)	(CC)	N/A	#1007H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1955

Wed, Nov 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Hide 'n Seek On Jupiter/A Tale of Two Planets	APTEX	(S)	(CC)	N/A	#206H
	It's time for the Interplanetary Hide 'n Seek Game. Perennial losers Wizzy, Wigg and Gorga decide to on Jupiter when they find out that no one has ever hidden there. While five-time hide 'n seek champion Zeeter is looking for them, the trio discover that the huge planet is filled with storms, the most powerful are in The Great Red Spot, and there is no solid land mass for them to land on. When the twin Giant Ice Planets Uranus and Neptune quarrel, Dark Truder swoops in and hoodwinks Neptune into becoming part of his newly formed personal Planetary System, the Truderverse. But when the dour planet wants out, it's up to the Zula Patrol to release him from Truder's greedy grip.					
08:30:00	1001 Nights The Tale of the Haunted Palace/Habib and the Baby Genie	NETA	(S)	(CC)	DVI	#124H
	"The Tale of the Haunted Palace" - When their wagon breaks down in the middle of nowhere, Shahryar, Shahrzad, Shahzaman, and Donyazad are forced to spent the night in a haunted place. "Habib and the Baby Genie" - A baby genie and a human are switched at birth.					
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Back Strength and Stretch	ACCES	(S)	(CC)	N/A	#305H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Your Hamstrings	APTEX	(S)	(CC)	DVI	#925H
10:00:00	Sit and Be Fit Keep The Fun In Functional Fitness	NETA	(S)	(CC)	N/A	#1317H
	In this episode Mary Ann focuses on the fun side of exercise through the use of novelty music and imaginative choreography.					
10:30:00	It's Sew Easy Retro Style for Today	NETA	(S)	(CC)	DVI	#1112H
	Let's play dress up! Cosplay enthusiast Cheryl Sleboda creates authentic-looking Steampunk accessories with contemporary fabrics. Designer Gretchen Hirsch shares a style tip for making miles of ruffles in a snap. Couture designer Angela Wolf redesigns an out-of-style jacket to create an on-trend vest.					
11:00:00	Knitting Daily If It Knits, It Fits	NETA	(S)	(CC)	N/A	#1310H
	Today we learn how to make garments that fit. Designer Anne Hanson shows how to take measurements, and the most important fit points of a garment. Shannon Mullet-Bowlsby discusses designing crochet-wear to fit women of every size. Next Laura Bryant goes in-depth on the bust dart, explaining how to customize a sweater. Then, in Tools of the Trade, Tanis has some tools that simplify knitting and fitting. Vickie ties up Loose Ends with tips with a demo of knitting a fully fashioned decrease.					
11:30:00	Fons & Porter's Love of Quilting Autumn Starshine	NETA	(S)	(CC)	N/A	#2808H
	Our quilts reflect the experiences of our lives. The autumn season turns our attention quilting as the nights become cool and the leaves begin to take on the colors of fall. Autumn Starshine is a great example of capturing that fall palette. Patrick and Lynette Jensen will present techniques for making star blocks, piecing perfect borders and a beautiful binding.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6078H
13:00:00	Ellie's Real Good Food Teeny Kitchen	APTEX	(S)	(CC)	N/A	#111H
	Ellie helps out a couple contending with the challenges of cooking in a tiny apartment kitchen. Ellie proves that with just a few key pans and gadgets, and some smart recipes, anyone can produce fantastic meals in even the most cramped quarters. Recipes: Herbed salmon and orzo casserole with feta; Beef and many vegetable stew; Lemon garlic turkey breast with roasted rosemary potatoes and Brussels sprouts.					
13:30:00	Annabel Langbein: The Free Range Cook Fish on the Menu	APTEX	(S)	(CC)	N/A	#110H
	Always up for an adventure, Annabel Langbein wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island. Her haul is the starting point for a Mediterranean-themed meal featuring a generous platter of tapas, the simplest baked fish and a delicious vanilla citrus terrine. Recipes from this episode: the ultimate chocolate brownie, sunshine carrot dip, roasted bell pepper boats, tapenade, mediterranean baked fish, parsley mashed potatoes, crisp romaine salad, vanilla citrus terrine, honeyed oranges.					

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Wed, Nov 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Simply Ming Madhur Jaffrey	APTEX	(S)	(CC)	N/A	#1405H
	This week on Simply Ming, Ming and his guest are cooking with curry spices. One of the best Indian chefs in the country, Madhur Jaffrey, joins the show. She is a James-beard award-winning author, actress, and restaurateur. Madhur is going to show how to make potatoes in a Marwari style with griddle bread and Ming aims to impress with a Japanese chicken curry with caramelized onions and cauliflower.					
14:30:00	Cook's Country Southern Stews	APTEX	(S)	(CC)	N/A	#910H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make a regional classic, Brunswick stew. Next, tasting expert Jack Bishop challenges Chris to a tasting of brown rice. Then, equipment expert Adam Ried reveals his top picks for shrimp tools. And finally, test cook Erin McMurrer reveals the steps to making the best shrimp and grits at home.					
15:00:00	Beads, Baubles and Jewels Make It Colorful	NETA	(S)	(CC)	N/A	#2210H
	Color adds an extra pop to any jewelry design. Designer and author Aree Sweet-McNamara blends her love of colors and shapes with soutache braid and tiny beads to create high-impact jewelry. Katie colors charms and pendants using permanent markers and alcohol inks.					
15:30:00	Scrapbook Soup Words and Lettering	NETA	(S)	(CC)	N/A	#408H
	Words and lettering can add an interesting element to your scrapbooking. First, May Flaum creates a canvas with a stamped bird and word cut outs. Next, Julie has some tips for hand lettering. Then, Dina Wakley demonstrates paint and ink techniques using a stencil with gesso and pattern resist. Julie has a last tip for embellishing and using letter stickers.					
16:00:00	Biz Kid\$ Your First Big Purchase	APTEX	(S)	(CC)	DVI	#403H
	You'll want to understand the important steps to take before your first big purchase, whether you're buying the latest computer, a new smart phone, or a car. You will learn about budgeting, researching, negotiating, and more. Find out how a teen photographer upgraded his camera and a 15-year-old aviator purchased an old airplane!					
16:30:00	Hands On Crafts for Kids Shapes	NETA	(S)	(CC)	DVI	#1608H
	We're exploring shapes today. Shape is what gives an object its form - they can be geometric like squares or triangles - or a shape can be anamorphic or free form. We begin with a Japanese printing technique called gyotaka to make fish shaped prints. Then, we're making a homemade hula hoop. The next page of our art journal is using the shape of your fingerprint to create faces to express your mood. Finally, mix and match shapes to create monster cubes.					
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 Regenerating Detroit Through Urban Gardening (Detroit, Mi)	APTEX	(S)	(CC)	N/A	#702H
	Once America's most productive manufacturing city, Detroit's landscape took a turn for the worse in the mid-1960s. But in recent years, green-minded citizens began to reclaim their city with community gardens and urban farms providing two of the fastest roads to recovery. Today, over 1,300 such plots have sprouted throughout Detroit. They're providing an emotional boost to citizens, food for the hungry and instant beauty to areas while lifting spirits, enthusiasm and economic recovery for a better tomorrow.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13224
18:30:00	Asia Insight Home Alone In China	APTEX	(S)	(CC)	N/A	#320H
	This week's episode examines the effects of mainland China children left at home while their parents are far away working a job.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7159
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#342

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Wed, Nov 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#101H
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#205H
	<p>Artists: Mary Bragg, Tracy Walker, J. Scott Franklin, American Gypsy (Neil Jacobs, Arkadiy Gips, Steven Fox) and hosted by songwriter Eric Gnezda. Artist Bio: Tracy Walker merges a ringing alto voice with estimable guitar skills to create a blazing honesty in her songs. A resident of Cincinnati, Tracy has been the recipient of two CAMMY Awards (Cincinnati Enquirer), 2 CEA Awards (Cincinnati CityBeat Newspaper), and the prestigious Taft Museum of Art Duncanson Artist in Residency Honor. She clearly possesses a knack for perceiving patterns in nature that others seem to overlook, which extends to her musical pursuits. She performs "Can't Do Without." Artist Bio: J. Scott Franklin, of Cleveland, has been said to "lasso moments in time." His first love is poetry, and his songs are woven together by unique and beautifully crafted phrases. He is the 2013 winner of the Frank Brown International Songwriter Festival Contest, and has touched audiences throughout the US and Europe. Born in Virginia, he moved to Ohio and attended Bowling Green State University on a trumpet scholarship. Scott dazzles crowds with his energy and love for the audience. He sings "Good Old Days." Artist Bio: Mary Bragg is a rural Georgia girl who spent a decade in New York City, following the advice of a Music Row executive who told her, "Go out there and live a little - come back to me in 10 years." And so, she lived. New York was her muse, her trouble, her chaperone. Eventually, Nashville's magnetism brought her back to Music City - with many a story to tell. Her music is a seamless hybrid of her southern Americana roots and downtown Manhattan. She performs "Say You Need Me." Artist Bio: American Gypsy consists of internationally recognized 12-string guitarist/composer Neil Jacobs, Ukrainian master violinist Arkadiy Gips, and award-winning bassist, Steven Fox. This highly acclaimed new ensemble transforms Gypsy, Jazz, and World Folk into intriguing new American music. American Gypsy has thrilled and mesmerized audiences across the United States and Europe. Arkadiy recently spent two years touring worldwide with pop icon, Madonna, as special guest on the "gypsy" segment of her concert program. American Gypsy's debut CD was nominated for the American Independent Music Award's Album of the Year. They perform "Romany Roll."</p>					
21:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H
22:00:00	Speakeasy Frankie Valli and Paul Shaffer	APTEX	(S)	(CC)	N/A	#201H
	<p>Frankie Valli, best known as the front man of The Four Seasons, sits down with legendary musical director/bandleader Paul Shaffer. Over the course of his career, Valli has scored 29 Top 40 hits with The Four Seasons, one Top 40 hit under The Four Seasons' alias 'The Wonder Who?', and nine Top 40 hits as a solo artist. He was inducted into the Rock and Roll Hall of Fame in 1990 as a member of The Four Seasons and the Vocal Group Hall of Fame in 1999. Shaffer served as David Letterman's musical director, band leader, and sidekick on the entire run of both Late Night with David Letterman (1982-1993) and Late Show with David Letterman (1993-2015). He began his music career in 1972 as the musical director of the Toronto production of "Godspell" before joining the house band of "Saturday Night Live" from 1975-1980.</p>					
23:00:00	Ishi's Return	NETA	(S)	(CC)	N/A	#0H
	<p>ISHI'S RETURN is a half-hour film about Ishi, billed in 1911 as the "last wild Indian" when he wandered out of the woods in Oroville, CA, and became a national sensation. When Ishi died, his brain was removed and sent to the Smithsonian Institution in Washington, DC. Eighty years later, his descendants in California fight to have his remains repatriated to his ancestral home.</p>					
23:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#110H
	<p>American citizenship is coveted around the world. Teacher and political candidate Ferial Masry, union organizer Khalil Kaid, and Lawyers Nawar and Kareem Shora all feel a responsibility to uphold the precious rights granted to them as American citizens.</p>					

Thu, Nov 10, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7159
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#342
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#101H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#205H
	<p>Artists: Mary Bragg, Tracy Walker, J. Scott Franklin, American Gypsy (Neil Jacobs, Arkadiy Gips, Steven Fox) and hosted by songwriter Eric Gnezda. Artist Bio: Tracy Walker merges a ringing alto voice with estimable guitar skills to create a blazing honesty in her songs. A resident of Cincinnati, Tracy has been the recipient of two CAMMY Awards (Cincinnati Enquirer), 2 CEA Awards (Cincinnati CityBeat Newspaper), and the prestigious Taft Museum of Art Duncanson Artist in Residency Honor. She clearly possesses a knack for perceiving patterns in nature that others seem to overlook, which extends to her musical pursuits. She performs "Can't Do Without." Artist Bio: J. Scott Franklin, of Cleveland, has been said to "lasso moments in time." His first love is poetry, and his songs are woven together by unique and beautifully crafted phrases. He is the 2013 winner of the Frank Brown International Songwriter Festival Contest, and has touched audiences throughout the US and Europe. Born in Virginia, he moved to Ohio and attended Bowling Green State University on a trumpet scholarship. Scott dazzles crowds with his energy and love for the audience. He sings "Good Old Days." Artist Bio: Mary Bragg is a rural Georgia girl who spent a decade in New York City, following the advice of a Music Row executive who told her, "Go out there and live a little - come back to me in 10 years." And so, she lived. New York was her muse, her trouble, her chaperone. Eventually, Nashville's magnetism brought her back to Music City - with many a story to tell. Her music is a seamless hybrid of her southern Americana roots and downtown Manhattan. She performs "Say You Need Me." Artist Bio: American Gypsy consists of internationally recognized 12-string guitarist/composer Neil Jacobs, Ukrainian master violinist Arkadiy Gips, and award-winning bassist, Steven Fox. This highly acclaimed new ensemble transforms Gypsy, Jazz, and World Folk into intriguing new American music. American Gypsy has thrilled and mesmerized audiences across the United States and Europe. Arkadiy recently spent two years touring worldwide with pop icon, Madonna, as special guest on the "gypsy" segment of her concert program. American Gypsy's debut CD was nominated for the American Independent Music Award's Album of the Year. They perform "Romany Roll."</p>					
02:00:00	Escape from Auschwitz: A Portrait of Friendship With Cc	APT	(S)	(CC)	N/A	#0H
03:00:00	Speakeasy Frankie Valli and Paul Shaffer	APTEX	(S)	(CC)	N/A	#201H
	<p>Frankie Valli, best known as the front man of The Four Seasons, sits down with legendary musical director/bandleader Paul Shaffer. Over the course of his career, Valli has scored 29 Top 40 hits with The Four Seasons, one Top 40 hit under The Four Seasons' alias 'The Wonder Who?,' and nine Top 40 hits as a solo artist. He was inducted into the Rock and Roll Hall of Fame in 1990 as a member of The Four Seasons and the Vocal Group Hall of Fame in 1999. Shaffer served as David Letterman's musical director, band leader, and sidekick on the entire run of both Late Night with David Letterman (1982-1993) and Late Show with David Letterman (1993-2015). He began his music career in 1972 as the musical director of the Toronto production of "Godspell" before joining the house band of "Saturday Night Live" from 1975-1980.</p>					
04:00:00	Ishi's Return	NETA	(S)	(CC)	N/A	#0H
	<p>ISHI'S RETURN is a half-hour film about Ishi, billed in 1911 as the "last wild Indian" when he wandered out of the woods in Oroville, CA, and became a national sensation. When Ishi died, his brain was removed and sent to the Smithsonian Institution in Washington, DC. Eighty years later, his descendants in California fight to have his remains repatriated to his ancestral home.</p>					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#110H
	<p>American citizenship is coveted around the world. Teacher and political candidate Ferial Masry, union organizer Khalil Kaid, and Lawyers Nawar and Kareem Shora all feel a responsibility to uphold the precious rights granted to them as American citizens.</p>					
05:00:00	Closer to Truth Is Free Will An Illusion?	EPS	(S)	(CC)	N/A	#1110H
	<p>Some philosophers and scientists claim that because every event is determined by prior events, including every event in our brains, free will is not real. What are the arguments, the evidence?</p>					
05:30:00	Innerviews with Ernie Manouse Kim Zimmer	NETA	(S)	(CC)	N/A	#1008H
	<p>Kim Zimmer originally replaced Kathleen Turner on the daytime soap opera The Doctors, and then appeared with her in the iconic film "Body Heat." She has spent two tours of duty on "One Life To Live", but is best known for her role as Riva Shayne on CBS' daytime soap opera "Guiding Light." She has recently published her autobiography "I'm Just Saying...." And she continues to work in film, television and on the stage. On this episode of InnerVIEWS, Ernie sits down with 4-time Emmy Award winner Kim Zimmer.</p>					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1956

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol The Sound of Multo/Eyes in the Skies The Zula Patrol comes to the rescue when Deliria leads a swarm of Zulean Music-Munchers into the city to devour Zuleans' musical instruments. Her plan: to force Zuleans to buy only her brand of instrument. After years of hard work, Bula, Zeeter and Multo have finished building satellites. Taking a well-deserved break, they enjoy an afternoon in the wilderness. Dark Truder takes advantage of their absence to steal all of Zula's satellites so he can become "Rula of Zula". Without Zula's satellites, Zula becomes helpless, and our heroes become lost in the wilderness.	APTEX	(S)	(CC)	N/A	#207H
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 Help Me Sleep: Yoga for Insomnia	ACCES	(S)	(CC)	N/A	#306H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
10:00:00	Sit and Be Fit Variety, The Spice of Life Mary Ann combines a variety of exercises that improve function including a new exercise that uses the fingers and breath to control abdominal muscles.	NETA	(S)	(CC)	N/A	#1318H
10:30:00	It's Sew Easy Style and Technology Design options explode using today's technology. With the most current sewing and embroidery software and machines, embroidery designer Eileen Roche adds flair to a traditional skirt. In the style tip, she'll show how to place embroideries in a flattering way. Then, fabric artist Kim Montagnese combines computer technology with traditional sewing techniques to capture vacation memories in a pillow.	NETA	(S)	(CC)	DVI	#1113H
11:00:00	Knitting Daily Foot Forward Put your best foot forward as Cathy Carron walks us through stockings past and present and demonstrates a World War I-inspired sock. Next, let's cross the pond and chat with British sock designer Rachel Coopey. Author Katie Startzman shows how to make a sweet felted slipper. On Tools of the Trade, Tanis helps you put your best foot forward when it comes to sock knitting. On Loose Ends, Vickie adds sole to your slippers with an easy crochet method.	NETA	(S)	(CC)	N/A	#1311H
11:30:00	Fons & Porter's Love of Quilting Red, White and Gratitude Appreciation can be shown in a variety of ways. A quilt is a heartfelt way to show your thanks to the service men and women who have and are serving in the armed forces. Mary and Marianne will take you through the construction of patchwork that can be used in variety of setting, to honor our American veterans.	NETA	(S)	(CC)	N/A	#2809H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6079H
13:00:00	Eat! Drink! Italy! with Vic Rallo Elegant But Approachable Vic and Tony Verdoni are in Lombardy to talk about Franciacorta wines and how best to pair them. Chef Patrizio Cirri makes a basic Tuscan tomato meat sauce.	APTEX	(S)	(CC)	N/A	#305H
13:30:00	Cooking with Nick Stellino Luscious Soups A soup can be a form of art! Chef Stellino shares his secrets for the perfect soups, smooth, luscious and elegant. Nick visits the green grocer and prepares Butternut Squash Soup topped with Peppers, Arugula & Spicy Sausage and a Pea Soup topped with Peppers & Shrimp.	APTEX	(S)	(CC)	N/A	#106H
14:00:00	The Jazzy Vegetarian Summer Soiree Host Laura Theodore prepares a scrumptious summer meal. This easy menu starts with chilled Cashew, Cucumber and Basil Soup paired with a vegan version of a seafood favorite - Not So Crabby Cakes, served with Classic Cocktail Sauce. For dessert, Deep Dark Chocolate Truffle Pudding is sure to please the chocolate lovers at your table.	NETA	(S)	(CC)	DVI	#502H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	New Scandinavian Cooking A Taste of Winter	APTEX	(S)	(CC)	N/A	#501H
	In preparation for a hike, Tina packs a lunch made of grilled flatbread, cabbage salad and smoked salmon. After a day of winter activities, Tina prepares a soup with meatballs and a chocolate dessert.					
15:00:00	Beads, Baubles and Jewels Take Beadwork to the Next Level	NETA	(S)	(CC)	N/A	#2211H
	Author Nealay Patel returns to show how the type of wire used can enhance the design possibilities. He uses knitted wire and adds ruffles and ripples to make a dazzling necklace. Following today's hot trend, Katie makes a bracelet on a loom using leather cord and crystal beads in her Beading Lesson.					
15:30:00	Scrapbook Soup All in the Family	NETA	(S)	(CC)	N/A	#409H
	Guests on this show share ways to celebrate friends and family. First, Kazan Clark creates a magnet board with bottle caps. Next, Julie interviews Dina Wakley. Then, Stacy Julian shows how to make a family tree album. Last, Julie makes pop up place cards.					
16:00:00	Biz Kid\$ What's Up with the Stock Market?	APTEX	(S)	(CC)	DVI	#404H
	Learn the language of the stock market and how these terms apply to your life. Meet an 11-year-old who created an application for the iPhone that helps teach other kids about the stock market.					
16:30:00	Hands On Crafts for Kids Lettering	NETA	(S)	(CC)	DVI	#1609H
	Today we take a very personal approach using our names and monograms. Our first projects are monogram ornaments made from air dry clay. Then make initial letter necklaces for you and your friends. Today's art journal technique is lettering - learn some tips for simple calligraphy. Finally make an initial bulletin board covered with initials and doodle art.					
17:00:00	P. Allen Smith's Garden Home Drink Your Yard	APTEX	(S)	(CC)	N/A	#1408H
	Using herbs in your cooking is one thing, but in your drinks? P. Allen Smith shows you how to create a garden space that plays nicely with a glass.					
17:30:00	Growing A Greener World Masters of the Edible Landscape (San Francisco, Ca and Mt. Vernon, Wa)	APTEX	(S)	(CC)	N/A	#703H
	A common misconception of food gardens is that they're ugly and unsuitable in front yards or as ornamental displays. Accordingly, they're typically relegated to out of sight corners in backyards. But landscape design pro Rosalind Creasy has been working to debunk that myth for over 35 years. Even her home garden - starting right at the curb - is so beautiful that passersby usually don't even realize that it's almost exclusively an edible landscape. In this episode, Joe visits another master of gardening and food, international celebrity chef and television host Graham Kerr, a.k.a. "The Galloping Gourmet." His newfound passion for gardening is infectious, and his desire to share a love of growing food is a true inspiration.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13225
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1320H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7160
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1102H
20:00:00	Backstage Pass Donald Kinsey with the Dewaynes	NETA	(S)	(CC)	N/A	#711H
	Donald Kinsey, son of blues great Big Daddy Kinsey, brings a deeply rooted blues vibe to the stage with his infectious guitar playing and undeniable groove. Joining Kinsey are the Dewaynes featuring Craig "Griff" Griffith on harmonica and vocals. Together they jam to hits including "Got my Mojo Workin'" and "Hoochie Coochie Man." Recorded at Michigan BluesFest 2015 in historic Old Town.					
20:30:00	Music Voyager Funky Nassau	APTEX	(S)	(CC)	N/A	#703H
	Along with the young creatives of Nassau, experience a side of the capital that has never been seen before. The 'Birds of Paradise' push the creative edge of the Caribbean islands to a new era of entertainment. With Mirissa Neff, learn that once one steps off the tourist grid in Nassau, the Bahamian people are more vibrant than the very oceans that surround these islands.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Dennison Lodge Karen Savoka	NETA	(S)	(CC)	N/A	#106H
	Karen Savoca's warm vocals and catchy percussion accompanied by her husband Pete on guitar bring an eclectic mix of engaging Americana music.					
22:00:00	Real Rail Adventures: Swiss Grand Tour	APTEX	(S)	(CC)	N/A	#0H
	In REAL RAIL ADVENTURES: SWISS GRAND TOUR, television host, lifelong traveler and train buff Jeff Wilson journeys through several cities and towns in Switzerland by train, including Zurich, St. Gallen, Gstaad and Montreux, to take in the sights and learn about the local history and traditions of each destination. He also shares up-to-date travel advice to help viewers create authentic, memorable rail adventures of their own. The one-hour travel documentary showcases the construction marvels and visual splendors of the Swiss rail system, where majesty and machine meet. From world-class mainlines and stunning scenic routes to pioneering steam locomotives and historic cog trains, REAL RAIL ADVENTURES celebrates the triumphs of Swiss engineering and ingenuity. Engineers overcame the country's numerous natural obstacles - soaring peaks, plunging valleys and craggy terrain - by building impressive (and improbable) trestles, bridges and tunnels.					
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...					



Fri, Nov 11, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7160
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1102H
01:00:00	Backstage Pass Donald Kinsey with the Dewaynes	NETA	(S)	(CC)	N/A	#711H
	Donald Kinsey, son of blues great Big Daddy Kinsey, brings a deeply rooted blues vibe to the stage with his infectious guitar playing and undeniable groove. Joining Kinsey are the Dewaynes featuring Craig "Griff" Griffith on harmonica and vocals. Together they jam to hits including "Got my Mojo Workin'" and "Hoochie Coochie Man." Recorded at Michigan BluesFest 2015 in historic Old Town.					
01:30:00	Music Voyager Funky Nassau	APTEX	(S)	(CC)	N/A	#703H
	Along with the young creatives of Nassau, experience a side of the capital that has never been seen before. The 'Birds of Paradise' push the creative edge of the Caribbean islands to a new era of entertainment. With Mirissa Neff, learn that once one steps off the tourist grid in Nassau, the Bahamian people are more vibrant than the very oceans that surround these islands.					
02:00:00	Live from the Dennison Lodge Karen Savoka	NETA	(S)	(CC)	N/A	#106H
	Karen Savoca's warm vocals and catchy percussion accompanied by her husband Pete on guitar bring an eclectic mix of engaging Americana music.					
03:00:00	Real Rail Adventures: Swiss Grand Tour	APTEX	(S)	(CC)	N/A	#0H
	In REAL RAIL ADVENTURES: SWISS GRAND TOUR, television host, lifelong traveler and train buff Jeff Wilson journeys through several cities and towns in Switzerland by train, including Zurich, St. Gallen, Gstaad and Montreux, to take in the sights and learn about the local history and traditions of each destination. He also shares up-to-date travel advice to help viewers create authentic, memorable rail adventures of their own. The one-hour travel documentary showcases the construction marvels and visual splendors of the Swiss rail system, where majesty and machine meet. From world-class mainlines and stunning scenic routes to pioneering steam locomotives and historic cog trains, REAL RAIL ADVENTURES celebrates the triumphs of Swiss engineering and ingenuity. Engineers overcame the country's numerous natural obstacles - soaring peaks, plunging valleys and craggy terrain - by building impressive (and improbable) trestles, bridges and tunnels.					
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	Closer to Truth What's in a Resurrection?	EPS	(S)	(CC)	N/A	#1111H
	Judaism, Christianity and Islam each proclaim a resurrection of the dead-a bodily reconstruction of all people from all time. How would it work? Does it make sense?					
05:30:00	Innerviews with Ernie Manouse Yolanda Adams	NETA	(S)	(CC)	N/A	#1009H
	Acclaimed singer, songwriter, music producer, actress, and radio host, Yolanda Adams has conquered the gospel charts. Since she started her career in 1991, she has sold over 4.5 million gospel albums in the U. S. alone, and was named the #1 Gospel Artist of the last decade by Billboard magazine. She has won four Grammys, 16 Stellar Gospel Music Awards, four Dove Awards, one American Music Award, seven NAACP Image Awards, one Soul Train Music Award, and three BET Awards. Today, she hosts her own radio show, "The Yolanda Adams Morning Show," heads up her own fashion line and has written the best-selling book "Points of Power." On this episode of InnerVIEWS, Ernie sits down with Gospel great Yolanda Adams.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1957
08:00:00	Zula Patrol Birds of a Feather/Bula's Heros: The Great Camouflage Caper	APTEX	(S)	(CC)	N/A	#208H
	When their space craft freezes up, the Zula Patrol makes an emergency landing in the Zula Forest near a bird's nest - with an abandoned egg! After the baby bird hatches, the ZPers decide to track down its mother, who Deliria bird-napped in order to design a flying machine for Cloid. Along the way, the Zula Patrol learns about animal adaptation and attempt to teach the little bird how to fly; only they have no luck. But when the time is right, the bird does fly, rescuing its mother and helping the Zula Patrol snare Deliria and Cloid. In his quest for control of Zula, Dark Truder shrinks Bula, Zeeter and Multo, and then puts them in a terrarium where a beetle named Bruto will keep them from escaping. Deep inside the terrarium, the ZPers meet a group of very polite insects with camouflage abilities. Bug-phobic Bula comes to like the insects and get over his phobia. The insects use their camouflage abilities to help get the ZPers past Bruto, out of the terrarium and defeat Truder.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
09:00:00	Functional Fitness with Suzanne Andrews 30 Day Bladder Fix Pelvic Floor Strengthening	ACCES	(S)	(CC)	N/A	#307H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#927H
10:00:00	Sit and Be Fit Finger Dexterity This episode combines fun music of the Charleston and Cha-cha to demonstrate finger exercises using a pencil, sit to stand exercises and vestibular work.	NETA	(S)	(CC)	N/A	#1319H
10:30:00	Sewing with Nancy Sew Simple with Rectangles & Squares, Part 1 Make easy projects all starting with rectangles and squares. Nancy creates timesaving gifts such as a cosmetic bag, tote, and luggage saddlebag using comparable sewing steps, straight stitching, and double-sided quilted fabric. Plus, all of the projects start with easy patterns-rectangles and squares!	NETA	(S)	(CC)	N/A	#2801H
11:00:00	Knitting Daily In Living Color! Today we're living in color! First, designer Annie Modesitt talks color theory and creates a vibrant slip-stitch cowl. Then we enter the colorful world of wearable artist Nicholas James White in our Space to Space segment. Next Laura Bryant demonstrates painting with yarn to create spectacular effects with hand-painted fibers. On Tools of the Trade, Tanis presents tools and yarns that brighten up to your knitting life. Finally, Vickie rambles about the bramble stitch on Loose Ends.	NETA	(S)	(CC)	N/A	#1312H
11:30:00	Fons & Porter's Love of Quilting Quilting with An Accent: Embellishment Techniques Quilt tops can be seen as a canvas. Our patchwork can be enhanced and accented, becoming a new creation. Mary and her guest Jerry discuss sewing machine needles, threads and techniques for generating a secondary layer - quilting that adds dimension and interest to our patchwork.	NETA	(S)	(CC)	N/A	#2810H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6080H
13:00:00	P. Allen Smith's Garden to Table Arousing Your Senses Allen shares recipes and garden advice on herbs and fruit that appeal to our sense of smell and taste. He shows us how to plant a citrus herb container and how to use some of the herbs in fabulous recipes. Allen will also show us how to prepare a refreshing sun tea with lemon and fresh rosemary.	APTEX	(S)	(CC)	DVI	#305H
13:30:00	Mike Colameco's Real Food Ny 2014 Deli/Jewish Cooking A brand new youth driven Deli scene is taking hold in NYC. We'll visit Baz bagels on Grand St., Black Seed Bagels on Elizabeth, Montreal Style Mile End Deli, the new Russ & Daughters Cafe on Orchard St., plus we'll meet the team behind Gefilteria that make artisanal gefilte fish and pickles.	NETA	(S)	(CC)	N/A	#1402H
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	Dining with the Chef	APTEX	(S)	(CC)	N/A	#229H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels New Ideas for Wirework Designer Wyatt White shows how to use a special bracelet jig to create fun and fashionable wire bangles and custom wire components. In her Beading Lesson, Katie braids knitted wire tubing and strings it together with stones and fibers to make a chunky multi-strand necklace.	NETA	(S)	(CC)	N/A	#2212H
15:30:00	Scrapbook Soup Make Your Own Embellishments Use cutting tools, stamps, pens and markers to make customized embellishments. Julie shows how to embellish paper flowers with watercolor markers for her page layout. Next, Jenn Mason demonstrates how to make fabric tape. Then, Joe Rotella uses paper collage with scraps to cover a wooden tea box. Last, Julie uses several techniques to embellish a paper tag.	NETA	(S)	(CC)	N/A	#410H
16:00:00	Biz Kid\$ Crash Course On Starting A Business So you've got an idea - now what? Check out this quick, but comprehensive course on business basics. You'll learn how to refine your ideas, make a business plan, identify funding sources, find a market, and of course, sell your service or product. Find out how two teen girls developed a \$2 million business out of magnetic bottle caps.	APTEX	(S)	(CC)	DVI	#405H
16:30:00	Hands On Crafts for Kids Settings We create some new locations for creative play as we change the setting around us. We start out with a tree that reflects the changing seasons. Then, we'll make a play tent for imaginary adventures. The next page of our art journal is a surreal collage from magazine cutouts. Last, we create a portable playscape of the forest.	NETA	(S)	(CC)	DVI	#1610H
17:00:00	P. Allen Smith's Garden Home Take It Easy No more excuses, get out and garden! P. Allen Smith demonstrates some hassle free gardening and cooking techniques for even the most well rooted couch potato.	APTEX	(S)	(CC)	N/A	#1409H
17:30:00	Growing A Greener World The 50-Mile Bouquet: Why Local Matters with Flowers, Too (Skagit Valley, Wa) 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.	APTEX	(S)	(CC)	N/A	#704H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13226
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2426Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7161
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#845H
20:00:00	Song of the Mountains Emi Sunshine/Jesse McCreynolds & Friends	NETA	(S)	(CC)	N/A	#1111H
21:00:00	Woodsongs Nelle King / David Wax Museum One Elle King is a phenomenal performer, songwriter, with an incredible voice and massive personality. Her single "Ex's & Oh's" is a hit. It just certified gold by the RIAA, has over 6.5 million views on YouTube and is nominated for two Grammys. She received raves at all the summer festivals including Bonnaroo, Lollapalooza and more. Her debut album Love Stuff on RCA Records marks the true arrival of the young singer/songwriter/guitarist/banjoist as a pop force to be reckoned with. It's frank and fearless, tender and rowdy. David Wax Museum had the breakout performance at the 2010 Newport Folk Festival and made them the most talked-about band of the weekend, with NPR hailing them as "pure, irresistible joy." David Wax Museum's new album Guesthouse melds the band's strong acoustic sound with synthesizers, layers of percussion, and adventurous sonic processing to create the band's boldest studio album to date.	NETA	(S)	(CC)	N/A	#1807H

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Fri, Nov 11, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Behind Closed Doors  In Busted on Brigham Lane, a young girl gets creative as she attempts to convince her estranged father to attend her 18th birthday celebration. Directed by Talibah Newman. Followed by Expiration Date, where fridge foods come to life to fight a zombie apocalypse. Directed by Sarah Tejada.	NETA	(S)	(CC)	N/A	#409H
22:30:00	On Story Justified: Inside The Writers' Room  Writers from the hit show Justified discuss adapting Elmore Leonard's short story for television and the evolution of the show's tone, rhythm, and setting.	NETA	(S)	(CC)	N/A	#513H
23:00:00	Science Goes to the Movies American Sniper and Grand Torino  Co-hosts Faith Salie and Dr. Heather Berlin are joined by Gerard Ileria, from Weill Cornell Medical Center's Headstrong Project, and Derek Coy, a U.S. Marine Corp veteran, to discuss post-traumatic stress disorder (PTSD) as it relates to the Clint Eastwood-directed films, American Sniper and Gran Torino.	EPS	(S)	(CC)	N/A	#106H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1004

## Daily Program Listing II

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Sat, Nov 12, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight	APTEX	(S)	(CC)	N/A	#417H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#845H
01:00:00	Song of the Mountains Emi Sunshine/Jesse McCreynolds & Friends	NETA	(S)	(CC)	N/A	#1111H
02:00:00	Woodsongs Nelle King / David Wax Museum One	NETA	(S)	(CC)	N/A	#1807H
	Elle King is a phenomenal performer, songwriter, with an incredible voice and massive personality. Her single "Ex's & Oh's" is a hit. It just certified gold by the RIAA, has over 6.5 million views on YouTube and is nominated for two Grammys. She received raves at all the summer festivals including Bonnaroo, Lollapalooza and more. Her debut album Love Stuff on RCA Records marks the true arrival of the young singer/songwriter/guitarist/banjoist as a pop force to be reckoned with. It's frank and fearless, tender and rowdy. David Wax Museum had the breakout performance at the 2010 Newport Folk Festival and made them the most talked-about band of the weekend, with NPR hailing them as "pure, irresistible joy." David Wax Museum's new album Guesthouse melds the band's strong acoustic sound with synthesizers, layers of percussion, and adventurous sonic processing to create the band's boldest studio album to date.					
03:00:00	Film School Shorts Behind Closed Doors	NETA	(S)	(CC)	N/A	#409H
	In Busted on Brigham Lane, a young girl gets creative as she attempts to convince her estranged father to attend her 18th birthday celebration. Directed by Talibah Newman. Followed by Expiration Date, where fridge foods come to life to fight a zombie apocalypse. Directed by Sarah Tejada.					
03:30:00	On Story Justified: Inside The Writers' Room	NETA	(S)	(CC)	N/A	#513H
	Writers from the hit show Justified discuss adapting Elmore Leonard's short story for television and the evolution of the show's tone, rhythm, and setting.					
04:00:00	Science Goes to the Movies American Sniper and Grand Torino	EPS	(S)	(CC)	N/A	#106H
	Co-hosts Faith Salie and Dr. Heather Berlin are joined by Gerard Ileria, from Weill Cornell Medical Center's Headstrong Project, and Derek Coy, a U.S. Marine Corp veteran, to discuss post-traumatic stress disorder (PTSD) as it relates to the Clint Eastwood-directed films, American Sniper and Gran Torino.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1004
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#342
05:30:00	Innovations In Medicine Heart Surgery Through the Wrist (Cardiac Catheterization through the wrist), New Stroke Treatment, Atrial Fibrillation, Sleep Disorders, Four Pillars of Wellness.	EPS	(S)	(CC)	N/A	#106H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1958
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Bright Poppies	APTEX	(S)	(CC)	N/A	#317H
	Today Gary paints his trademark style of Poppies. He considers the Poppy to be the easiest flower to paint and is great for beginners. Today's painting has three brightly colored Poppies with White Daisies on a neutral Grey background.					
08:30:00	Grand View Joshua Tree National Park	APT		(CC)	N/A	#205H
	This episode reveals one of the most mythical botanical wonders in America: the Joshua Tree. Baumann explores this Desert oasis in southern California, renowned for it's sublime energy, and beautiful landscapes. Interviews include interpretive ranger Sarah Hinton, explaining the evolution of the parks botany; Climber Eric Foltz and his colleagues as he takes us up one of the sandstone formations; and Joe Zarki, ranger and historian, details the human history of the region. Baumann ultimately hikes into the park and discovers an intimate vista where he paints Joshua trees in bloom.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop Van Gogh's at Saint Remy De Provence	NETA	(S)	(CC)	DVI	#101H
	David takes us through the tumultuous, penultimate year of van Gogh's life - 1889, spent in the asylum of St. Paul de Mausole at St. Remy. David demonstrates the personally expressive palette and brushwork of van Gogh while describing van Gogh's uniquely spiritual and impassioned intentions for painting. David demonstrates van Gogh's drawing techniques as a preparation for his paintings, reveals his connections to Dutch landscape painting and Impressionist color, and shows how he employs these ideas with expressive, moving gestures in the landscape of van Gogh.					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
10:00:00	Sit and Be Fit Happy Feet, Healthy Body	NETA	(S)	(CC)	N/A	#1320H
	Mary Ann stresses the importance of foot health. Using a small ball she shares foot exercises and massage techniques to improve circulation, range of motion and strength in the foot.					
10:30:00	Wai Lana Yoga Special: Pregnancy - Part 3	APTEX	(S)	(CC)	N/A	#520
	Wai Lana shows you how to use a wall and a chair to stretch and strengthen your body without losing your balance. The hip openers will ease the birthing process.					
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 The Splendor of Yucatan's Enchanting Markets	APTEX	(S)	(CC)	N/A	#1108H
	Revered by his Mexican peers, Federico Lopez is one of Mexico's most affable and talented chefs. He joins Rick at the enchanting Mercado Municipal in Valladolid to extol the virtues of unique Yucatecan produce. After that, the pair head to Temozon, to a decades-old meat market where they smoke pork in rustic ovens behind the store. With a basket full of market produce and smoked meats, the chefs return to Federico's sleek catering kitchen in Cancun, where Federico artfully recreates the market in a salad of local beans, squash, heirloom tomato and chile dulce. Federico also makes pork tenderloin with longaniza sausage and beans. Back in Chicago, Rick makes lima bean soup with ham hock, plus pork lomitos.					
12:00:00	Lidia's Kitchen Gnocchi	APTEX	(S)	(CC)	N/A	#405H
	They have been called the "gnocchi family" and in this episode, Lidia shares two of her more unusual versions of this dish: her butternut squash gnocchi are light and slightly sweet as they showcase this welcome vegetable in the potato mix. Her next dish is plum gnocchi, which is typical of her homeland and even sweeter, sometimes eaten as a dessert. Made with toasted breadcrumbs, cinnamon and butter, it doesn't get any better than this.					
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#409H
13:00:00	Expeditions with Patrick Mcmillan South Texas - The Border	APTEX	(S)	(CC)	N/A	#308H
	How important is the border region to the ebb and flow of life in your backyard? How important is it to our natural heritage? Do the birds you enjoy or the waterfowl you pursue need this place to survive? Join Patrick as he explores the connections to your backyard on the volatile border region of South Texas.					
13:30:00	Joseph Rosendo's Travelscope Hong Kong - A City of Festivals	APTEX	(S)	(CC)	DVI	#702H
	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.					

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14:00:00	Rick Steves' Europe Romania	APTEX	(S)	(CC)	N/A	#905H
	Rick and his team tour Romania's vibrant capital, Bucharest, with its "Little Paris of the East" architecture and lingering reminders of a brutal communist dictator. Then they head into Transylvania, where they visit fortified churches, cobbled merchant towns like Sighisoara, and castles made famous by an imported German king and the real-life Dracula. Finally, they explore Maramures, where everyday life still feels like an open-air folk museum.					
14:30:00	Burt Wolf: Travels & Traditions Coming to America	APTEX	(S)	(CC)	N/A	#1502H
	The final decades of the 1800s found much of Europe in a losing battle with over-population. Many people felt that their only hope for survival was to immigrate to The United States. They soon discovered that the streets were not paved with gold. In fact, most of the streets were not paved at all, and they were expected to pave them. In this program, Burt takes a look at who came, where they came from and what they contributed to the history of our nation.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4406H
	When thinking about what we want in our landscape the sky's the limit. But what is practical, what really works with our yard, and importantly, our budget? Good questions. GardenSMART visits with an expert who has some great ideas. Be sure to tune in, a great show.					
15:30:00	Chefs A' Field Food Defines Family	APTEX	(S)	(CC)	N/A	#207H
	California Surfer Grows Vietnamese Specialties. Chef Charles Phan: The Slanted Door and Out The Door - San Francisco, CA Charles Phan is the visionary executive chef of San Francisco's world-renowned Slanted Door. In this episode, the James Beard Foundation Award-winning chef and his family head to Santa Cruz, home of surf-loving farmer Joe Schirmer's Dirty Girl Produce, which grows the unique Asian ingredients used by Chef Phan. The Phan family gathers and sells at the Santa Cruz Farm Market, then it's back to the kitchen, where Chef Phan and his children whip up Asian specialties with an American twist. Recipes: Vietnamese Egg Omelet with Trumpet Mushrooms & Asian Influences; Lemongrass Chicken with Sauteed Beet Greens.					
16:00:00	Maria Hinojosa: One-On-One Sonia Nazario	APTEX	(S)	(CC)	N/A	#407Z
	In 2003 Los Angeles Times reporter Sonia Nazario released a story called Enrique's Journey, a gripping tale of a Honduran boy's struggle to find his mother who was working illegally in the United States. The overwhelming success of this piece-which won a Pulitzer-led to its expansion into a best-selling book.					
16:30:00	Overheard with Evan Smith Shawn Colvin, Singer/Songwriter	NETA	(S)	(CC)	N/A	#704H
	Shawn Colvin is a singer-songwriter based in Austin, Texas. She has won three Grammy awards, including Song of the Year for her hit "Sunny Came Home." Colvin's new album titled "Colvin & Earle" was released this summer. Colvin joined forces with long-time friend and creative partner Steve Earle to create the debut collaborative album. The pair are currently touring across the US.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Ceramist	APTEX	(S)	(CC)	N/A	#311H
	Host Eric Gorges throws down. Master ceramist David MacDonald shares his magnificent talents with Eric as they work with clay and make a bowl.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3445
18:30:00	The Open Mind Death By Algorithm	NETA		(CC)	N/A	#3713H
	Guest: Cathy O'Neil. Cathy O'Neil talks about her new book Weapons of Math Destruction: How Big Data Increases Inequality and Threatens Democracy.					
19:00:00	Closer to Truth Time at Sea	EPS	(S)	(CC)	N/A	#1101H
	Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?					

Sat, Nov 12, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Start Up Have A Beer Outdoors	NETA	(S)	(CC)	N/A	#402H
	Gary and the crew head to Portland, Oregon to talk with Ashley Rose Salvitti, the creator of Brewvana, a tour company of Portland's finest microbreweries. Then they head to Detroit, Michigan to talk to Candace Simons, founder of Brooklyn Outdoor, a unique outdoor advertising company.					
20:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds	APTEX	(S)	(CC)	N/A	#504H
	Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.					
21:00:00	Front and Center Joe Jackson	APTEX	(S)	(CC)	N/A	#601H
	Iconic Jazz musician and five-time Grammy Award nominee Joe Jackson performs an electrifying set at New York City's Iridium with songs from his latest album Fast Forward including "A Little Smile" and "Keep On Dreaming." The multi-platinum selling singer/songwriter performs his chart-topping classics "Is She Really Going Out With Him?" "Steppin' Out" and "You Can't Get What You Want."					
22:00:00	Globe Trekker Food Hour: The Story of Tea	APTEX	(S)	(CC)	N/A	#1524H
	Trekking Rosie Lovell, Peter Gordon, Bobby Chinn, Merrilees Parker, Megan McCormick, Holly Morris and Ben O'Donoghue uncover the story of how tea spread from China to capture the taste of the world. Visits to Southeast China, Japan, Taiwan, England, Bangladesh, India, Morocco and Myanmar provide historical context, a look at cultural traditions and rituals, and what the future holds for this popular beverage.					
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	Stand Up Empire	KNME	(S)	(CC)	N/A	#101H
	Featured comics Chris Cubas & Saffron Herndon, with a Snapshot of Liezta Brass and the Moontower Comedy and Oddity Festival. Hosted by Brently Heilbron.					



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Sun, Nov 13, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Time at Sea Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?	EPS	(S)	(CC)	N/A	#1101H
00:30:00	Stand Up Empire Featured comics Chris Cubas & Saffron Herndon, with a Snapshot of Liezta Brass and the Moontower Comedy and Oddity Festival. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#101H
01:00:00	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
02:00:00	Front and Center Joe Jackson Iconic Jazz musician and five-time Grammy Award nominee Joe Jackson performs an electrifying set at New York City's Iridium with songs from his latest album Fast Forward including "A Little Smile" and "Keep On Dreaming." The multi-platinum selling singer/songwriter performs his chart-topping classics "Is She Really Going Out With Him?" "Steppin' Out" and "You Can't Get What You Want."	APTEX	(S)	(CC)	N/A	#601H
03:00:00	Globe Trekker Food Hour: The Story of Tea Trekkers Rosie Lovell, Peter Gordon, Bobby Chinn, Merrilees Parker, Megan McCormick, Holly Morris and Ben O'Donoghue uncover the story of how tea spread from China to capture the taste of the world. Visits to Southeast China, Japan, Taiwan, England, Bangladesh, India, Morocco and Myanmar provide historical context, a look at cultural traditions and rituals, and what the future holds for this popular beverage.	APTEX	(S)	(CC)	N/A	#1524H
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	Start Up Have A Beer Outdoors Gary and the crew head to Portland, Oregon to talk with Ashley Rose Salvitti, the creator of Brewvana, a tour company of Portland's finest microbreweries. Then they head to Detroit, Michigan to talk to Candace Simons, founder of Brooklyn Outdoor, a unique outdoor advertising company.	NETA	(S)	(CC)	N/A	#402H
05:00:00	California's Golden Parks Bufano Peace Statue There's nothing quite as exciting as uncovering a hidden treasure! And that's exactly what we did as we visited one of our smallest and least-known state parks. Located on the rocky, windswept coast of Sonoma County in Northern California, this entire park is only 60 feet in circumference and goes over 100 feet in the air! It's been mysteriously perched there since 1970 and leaves the visitor with more questions than answers. Join Huell as he learns about the Bufano Peace Statue.	KCET		(CC)	N/A	#126
05:30:00	Moneywise with Kelvin Boston The Economic State of Black America Moneywise devotes an entire episode to the economic state of black America, a community disproportionately impacted by the recession. Guests: Mark Turner, PhD, president of Optimal Solutions Group, LLC and Dedrick Muhammad, senior director of Economic Programs for the NAACP. This episode also features small business development tips from the U.S. Small Business Administration.	APTEX	(S)	(CC)	N/A	#810H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1959
08:00:00	Color World with Gary Spetz Color Venice, Part 1 Host-Artist, Gary Spetz fulfills a childhood dream, by visiting the fabled "city of water streets": Venice, Italy. Arriving my cruise liner, he explores its many historic narrow channels and paths-seeking reflective water scenes and picturesque windows and doors.	APTEX	(S)	(CC)	DVI	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Gold Hill Part II	NETA	(S)	(CC)	N/A	#1612H
09:00:00	Wyland's Art Studio Koalas	APTEX		(CC)	N/A	#505H
	In broken color painting one or more shades of paints are applied in distinct layers to impart an interesting look to a surface. Impressionists used the technique to great effect. By using broken color, artists bring a sense of light and energy to the painting. The effect of keeping colors separate can create a sense of colors vibrating against each other for a shimmering effect. Animal portraits provide a wonderful opportunity to incorporate techniques of broken color as Wyland so aptly demonstrates in his portrait of a mother and baby Koala basking in the afternoon sun. Artists tip: To achieve the broken color effect, Wyland creates distinctive brushstrokes of varying length					
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 All Systems Go!	NETA	(S)	(CC)	N/A	#1401H
	This program incorporates exercises for the brain and several body systems including vestibular and lymphatic.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#203
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#233H
11:30:00	New Orleans Cooking with Kevin Belton Poultry	APTEX	(S)	(CC)	N/A	#124H
	Chicken Clemenceau, slow roasted duck with orange and soy gravy, boudin stuffed quail.					
12:00:00	Ciao Italia Focaccia Recco-Style/Focaccia Di Recco	NETA	(S)	(CC)	N/A	#2402H
	Mary Ann re-creates, step-by-step, the elegant art of making one of Liguria's most famous "street foods" Focaccia di Recco, named after the town that made it famous for it's crispy outsides and creamy, cheese-filled insides that have captured the hearts - and appetites - of Italians, and now Americans too!					
12:30:00	Martin Yan's Taste of Vietnam Country Life, City Life	APTEX	(S)	(CC)	N/A	#104H
	In Vietnam, many of today's city dwellers are only one generation removed from their country roots. Martin discovers that the long journey home to the Vietnamese countryside can also be a short riverboat ride to a picturesque park outside Ho Chi Minh City. Recipes: Grilled Meatballs, Grilled Shrimp, Young Coconut Drink.					
13:00:00	Bare Feet with Mickela Mallozzi Dancer of the Year (The Cook Islands)	APTEX	(S)	(CC)	DVI	#112H
	The annual Dancer of the Year Competition on The Cook Islands helps preserve and pass down the Polynesian culture on this island paradise. Mickela goes behind-the-scenes at this highly competitive, local tradition.					
13:30:00	Travel Detective with Peter Greenberg Decline & Fall of Air Service to U.S. Cities	NETA	(S)	(CC)	DVI	#304H
	"Can you get there from here?" That's the question more and more Americans are asking. CBS News Travel Editor Peter Greenberg discusses the decline in air service across the United States, and provides some sobering numbers. Plus, when you think of Spain, the obvious destinations come to mind, like Madrid and Barcelona. We take you beyond the brochures and show you the hidden gems of this European country. And, what happens when you buy a nonrefundable ticket for you and your girlfriend, and then your girlfriend breaks up with you! Hear about one man's ingenious solution.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#231H
14:30:00	Mineral Explorers Southern California	NETA	(S)	(CC)	N/A	#204H
	A Chinese empress' treasures, a world-renowned jewelry company, and one of the biggest mineral finds of a century came to be thanks to mineral rich southern California. We visit the gem belt; world renowned for its Blue Cap Tourmaline, fashionable Pink Tourmaline, and the birth place of Kunzite. San Diego's rich gem history is all but forgotten, but signs of its rock star past are on every street corner. Join us to learn more about one of America's most overlooked treasures.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Lost and Found Mission Case The Western Ohio Woodworking Club builds a scholarship to support student woodworkers at Rio Grande University.	NETA	(S)	(CC)	N/A	#2305H
15:30:00	Rough Cut - Woodworking with Tommy Mac Spice Box with Glen Huey This week on Rough Cut Woodworking with Tommy Mac, Tommy works on a poplar and black walnut Spice Box. He'll be joined in the shop by Glen Huey of 360 Woodworking to help break down what looks like a complicated box structure with an amazing inlaid design on the door. Glen and Tommy are inspired by the famous Chester County, Pennsylvania spice boxes made popular in the late 18th Century, and want to see if these useful boxes can make a comeback!	APTEX	(S)	(CC)	N/A	#605H
16:00:00	Happy Yoga with Sarah Starr Ocean Sunset Savor the peaceful ocean sunset as we focus on upper body stretches for the hands, wrists, shoulders and chest, as well as gentle seated postures designed to create more flexibility in the lower body.	NETA	(S)	(CC)	N/A	#307H
16:30:00	Second Opinion Opioids to Heroin Addiction Experts say the heroin epidemic, which is a growing problem nationwide, is largely spurred by people who first become addicted to prescribed opiate pain medications. As the pills become more expensive and harder to obtain, people move on to the cheaper and more potent high that heroin can provide. Cynthia Scudo, grandmother of twenty, shares the story of hip pain that ended with a nine-year addiction to heroin.	APTEX	(S)	(CC)	N/A	#1301H
17:00:00	Natural Health Breakthroughs with Brenda Watson Microbiome Microbes in our gut, what are they and what they do.	EPS	(S)	(CC)	N/A	#105H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#607H
18:00:00	California's Gold Pig Ears Huell learns all about this delicacy and how it is used in different cultures across Southern California. When Huell's bartender at Musso & Frank told Huell how much he liked to eat pig ears as a child.... well Huell dove right in and learned a lot more than he expected about different cultures and this culinary treat. To see a Latin spin on how pig ears are prepared, Huell stops by Gaytan Foods and sees the pickled pig ears. Then he meets up with Ruben (from Musso's) at Durango's Restaurant where they cook them just like him Mom used to. Finally, he samples a gelatinous Asian delicacy at the Chung King Restaurant. All in all its an amazing and tasty way to bring cultures together, and as always your invited to try them out yourself...	KCET		(CC)	N/A	#14009Z
18:30:00	Islands Without Cars with Kira Hesser The Channel Island of Sark Exploring the Island of Sark with Kira is a unique look at the last feudal state in the western world - a tiny, ruggedly beautiful island in the English Channel with only 600 contentedly car-phobic residents. Interviews include Seigneur Michael Beaumont, the feudal lord who inherited the island from his grandmother -- the infamous Dame of Sark. The program features an "improper" tea (thanks to the Americans) with a founding descendent, an interview with the island judge (who is not a lawyer), a look at the single-cell jail for drunkards, as well as demonstrations in pottery-making, chocolate-mixing, carriage driving and cave exploring. Interviews include a rocking horse carver, a water colorist and a hotel operator straight out of Fawltly Towers.	APTEX	(S)	(CC)	N/A	#103H
19:00:00	Potus 2016 Ethical Exceptionalism Novelist and political analyst Farai Chideya joins host Brian Lehrer, along with Politico reporter Annie Karni. In the Evidence-Based Politics segment, Washington University law professor Kathleen Clark explains where government ethics rules are too loose, but also too tight.	EPS	(S)	(CC)	N/A	#138H
19:30:00	The Kamla Show Special Dan Garblik, Bandar Foods Kamla interviews Dan Garblik, co-founder of Bandar Foods, described as Indian flavors with an American taste.	KAMLA	(S)	(CC)	N/A	#106H

Sun, Nov 13, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	As Long As We Dance As Long As We Dance is a glimpse inside the 11th and final "New Faces of An Ancient People Traditional American Indian Powwow" held in State College, PA. It features the stories of American Indian dancers, drummers, vendors and organizers from various tribes, who travel thousands of miles to participate in the powwow each year and shows the impact the event has had on them and the surrounding central Pennsylvania community. The powwow is a place where people find themselves, connect with their culture and pass on their traditions to the next generation.	NETA	(S)	(CC)	N/A	#0H
20:30:00	Spirit In Glass: Plateau Native Beadwork This one-hour documentary celebrates the spectacular beadwork of the Northwest Plateau People. The film provides a rare opportunity to experience Plateau culture through the eyes and hearts of artists, who share their history, motivation, and the beadwork that plays an important role in binding their culture together. Native Plateau beadwork is part of the rich tapestry of American culture. Plateau culture is unique and its story of survival a quintessentially American story.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Standing On Sacred Ground Profit & Loss From Papua New Guinea rainforests to Canada's tar sands, Profit and Loss exposes industrial threats to native peoples' health, livelihood and cultural survival. In Papua New Guinea, a Chinese government owned nickel mine has violently relocated villagers to a taboo sacred mountain, built a new pipeline and refinery on contested clan land, and is dumping mining waste into the sea. In Alberta, First Nations people suffer from rare cancers as their traditional hunting grounds are stripmined to unearth the world's third-largest oil reserve. Indigenous people tell their own stories-and confront us with the ethical consequences of our culture of consumption.	NETA	(S)	(CC)	DVI	#102H
22:00:00	For The Generations: Native Story and Performance The efforts of contemporary Native performers to recast themselves in the 21st century are examined in FOR THE GENERATIONS co-produced by OPB and Painted Sky. Told through original performance footage and the artists' own words, this documentary explores health and fitness issues that plague Native youth on and off the reservations.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Choctaw Code Talkers CHOCTAW CODE TALKERS is the empowering chronicle of Choctaw Soldiers as the original Code Talkers during World War I, a story which has been buried in history for nearly a hundred years. With testimonies from family members and Choctaw tribal leaders, the program brings a unique perspective to these forgotten heroes and their wartime contributions.	NETA	(S)	(CC)	DVI	#0

Mon, Nov 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight Beijing's Unattainable Dream Home As China experiences ongoing economic decline, housing costs in Beijing now surpass those of New York and according to an April 2016 announcement from the UK's Global Cities Business Alliance, they are now the most expensive in the world. The rise in prices has made it difficult for migrants in particular to purchase their own homes and many people are moving to the suburbs in search of affordable properties. However, there is a serious imbalance between cost and value. On this episode of Asia Insight, we take a look at ever-spiraling housing costs in Beijing.	APTEX	(S)	(CC)	N/A	#415H
00:30:00	The Kamla Show Special Dan Garblik, Bandar Foods Kamla interviews Dan Garblik, co-founder of Bandar Foods, described as Indian flavors with an American taste.	KAMLA	(S)	(CC)	N/A	#106H
01:00:00	As Long As We Dance As Long As We Dance is a glimpse inside the 11th and final "New Faces of An Ancient People Traditional American Indian Powwow" held in State College, PA. It features the stories of American Indian dancers, drummers, vendors and organizers from various tribes, who travel thousands of miles to participate in the powwow each year and shows the impact the event has had on them and the surrounding central Pennsylvania community. The powwow is a place where people find themselves, connect with their culture and pass on their traditions to the next generation.	NETA	(S)	(CC)	N/A	#0H
01:30:00	Spirit In Glass: Plateau Native Beadwork This one-hour documentary celebrates the spectacular beadwork of the Northwest Plateau People. The film provides a rare opportunity to experience Plateau culture through the eyes and hearts of artists, who share their history, motivation, and the beadwork that plays an important role in binding their culture together. Native Plateau beadwork is part of the rich tapestry of American culture. Plateau culture is unique and its story of survival a quintessentially American story.	NETA	(S)	(CC)	N/A	#0H
02:00:00	Standing On Sacred Ground Profit & Loss From Papua New Guinea rainforests to Canada's tar sands, Profit and Loss exposes industrial threats to native peoples' health, livelihood and cultural survival. In Papua New Guinea, a Chinese government owned nickel mine has violently relocated villagers to a taboo sacred mountain, built a new pipeline and refinery on contested clan land, and is dumping mining waste into the sea. In Alberta, First Nations people suffer from rare cancers as their traditional hunting grounds are stripmined to unearth the world's third-largest oil reserve. Indigenous people tell their own stories-and confront us with the ethical consequences of our culture of consumption.	NETA	(S)	(CC)	DVI	#102H
03:00:00	For The Generations: Native Story and Performance The efforts of contemporary Native performers to recast themselves in the 21st century are examined in FOR THE GENERATIONS co-produced by OPB and Painted Sky. Told through original performance footage and the artists' own words, this documentary explores health and fitness issues that plague Native youth on and off the reservations.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Choctaw Code Talkers CHOCTAW CODE TALKERS is the empowering chronicle of Choctaw Soldiers as the original Code Talkers during World War I, a story which has been buried in history for nearly a hundred years. With testimonies from family members and Choctaw tribal leaders, the program brings a unique perspective to these forgotten heroes and their wartime contributions.	NETA	(S)	(CC)	DVI	#0
05:00:00	Closer to Truth What Is Time? To appreciate Time is to touch the texture of reality. Does Time differ from our common perceptions of it? Is Time fixed or flexible?	EPS	(S)	(CC)	N/A	#1102H
05:30:00	Innerviews with Ernie Manouse Martin Sheen and Emilio Estevez After working together in the critically acclaimed films "The War at Home" and "Bobby", Martin Sheen once again acts under his son Emilio Estevez's direction in the movie "The Way". Entertainment is the family business, with Sheen appearing in iconic films like "Apocalypse Now", "The American President", and "The Departed", as well as the Emmy award-winning TV Series "The West Wing." Carving out his own niche, Estevez was an original member of the '80's group of actors known as "The Brat Pack" - starring in such films as "The Outsiders", "St. Elmo's Fire", and "The Breakfast Club" - before evolving into a producer and director of his own projects, such as "Men at Work", "Rated X" and "Culture Clash in AmeriCCa." On this episode of InnerVIEWS, Ernie sits down with Father and Son Hollywood royalty Martin Sheen & Emilio Estevez.	NETA	(S)	(CC)	N/A	#1010H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1960

Mon, Nov 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Moon Struck/Me, Myself and Io  The Zula Patrol is called into action to rescue Venus from her erratic behavior in her quest to acquire a moon of her own. It's time again for Jupiterfest, the yearly celebration to honor the Solar System's Big Guy, and this year all of Jupiter's moons will take part in a talent show to cap off the day. All except Io, that is, the most volcanically active moon in the Solar System. Not only doesn't she think she's talented, but she also is embarrassed about her incessant eruptions. The Zula Patrol steps in to give Io confidence (and an act) for the talent show. Meanwhile, Dark Truder, posing as a judge for the competition, plans to take advantage of the talent show... for a chance to steal the contest's grand prize.	APTEX	(S)	(CC)	N/A	#209H
08:30:00	Bug Bites Lost In Translation  When Gilbert's twin brother Gavin comes to town, Adam is shocked to discover that Gavin is not animated, but a real cockroach... and Adam seems to be the only one who notices. When he realizes that communicating with Gavin is more difficult than he'd anticipated, Adam must relearn the methods of insect communication in order to ensure Gavin's visit is a welcome one!	APTEX	(S)	(CC)	DVI	#101H
09:00:00	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Frozen Shoulder (All Standing)	APTEX	(S)	(CC)	DVI	#930H
10:00:00	Sit and Be Fit Fit from Head to Toe  This episode incorporates a variety of exercises ranging from vestibular system to feet and gait.	NETA	(S)	(CC)	N/A	#1402H
10:30:00	Sewing with Nancy Sew Simple with Rectangles & Squares, Part 2  Streamline sewing for modern projects with a little ingenuity. Hold-it Sacks for electronic devices, fabric bins for organizing, and wall pockets with a decorator's touch create pizzazz in your home. Nancy uses easy rectangles and squares for patterns. Work with cotton or laminated fabric in your own customized color range-fresh and functional!	NETA	(S)	(CC)	N/A	#2802H
11:00:00	Knitting Daily Crochet Day!  First, Robyn Chachula demonstrates adding color and texture in a plaid-inspired scarf. Then, meet fashionistas the Double Stitch Twins, Monika and Erika Simmons, who make crochet cool. On Tools of the Trade, get hooked on crochet with these fun hook and yarn ideas from Tanis. Finally, Gayle Bunn demonstrates a simple crocheted baby hat and shows an easy, on-trend embellishment.	NETA	(S)	(CC)	N/A	#1313H
11:30:00	Fons & Porter's Love of Quilting String Me Along  Quilter's always have leftover fabric. Here is the perfect way to use up everything. Patrick and his quest Dodi Poulsen will teach you how to get organized and build blocks that "jump" off the design wall. By selecting a strong focus fabric your foundation pieces your blocks come to life, one strip at a time. This relaxing method, frees you from the exacting math of traditional patchwork.	NETA	(S)	(CC)	N/A	#2811H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6081H
13:00:00	America's Test Kitchen from Cook's Illustrated Pork and Pears  Test cook Bridget Lancaster reveals the secrets to making the best milk-braised pork loin. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of apricot preserves. Next, gadget guru Lisa McManus uncovers the best apple corers. Finally, test cook Julia Collin Davison shows Chris how to make the ultimate roasted pears with dried apricots and pistachios.	APTEX	(S)	(CC)	N/A	#1612H
13:30:00	Pati's Mexican Table Campeche - Tale of a Pirate City  Join Pati as she explores Campeche, a bright beautiful colonial city defined by its history of piracy. The best place to gain an understanding of this vivacious fortified city is the market. Local gastronomic historian, Lolina Echeverria, unearths what makes Campeche so special, including tasting the best turkey panuchos in the Yucatan Peninsula. Pati also makes her way to the best restaurant in town, La Pigua to sample some of the regions treasures like pescado verde and grilled octopus.	APTEX	(S)	(CC)	N/A	#505H

Mon, Nov 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Primal Grill with Steven Raichlen Out of Africa	APTEX	(S)	(CC)	N/A	#310H
	Africa. Where mankind, grilling, and civilization began. Today, we take you to this mysterious, multi-cultural continent, where complex flavors and grilling techniques show just how far we've evolved since a human ancestor called Homo erectus became the first animal to cook his dinner. For starters, a South African specialty-incendiary peri-peri chicken wings. Then a Cape Malay twist on shish kebab--sosaties-pork and lamb skewers perfumed with red wine, dried fruit, and curry. From Nairobi, our grand finale: Kenyan spit-roasted lamb with sweet sour mint glaze-a reminder of the once-long reach of the British Empire. Peri Peri Wings; Sosaties; Kenyan Spit-Roasted Lamb.					
14:30:00	Steven Raichlen's Project Smoke Ham Sessions	APTEX	(S)	(CC)	N/A	#207H
	Ham is a hog's leap to immortality, and you can use classic ham curing and smoking techniques for foods that go well beyond traditional pork leg. In this show, learn how to make ham in a hurry (the secret? use a boneless pork loin) and give the ham treatment to spareribs and turkey legs. The fire and smoke continue with eye-popping bacon sundaes for dessert. Ham in a hurry; Honey ham ribs; Bacon sundaes; Turkey ham.					
15:00:00	Beads, Baubles and Jewels Make Your Own Beads	NETA	(S)	(CC)	N/A	#2213H
	Learn to create your own lampwork beads with swirls of color that are never repeated. Glass artist Tammy Rae Wolter shows how to form beads from glass and use them in creative ways for jewelry and accessories. Katie shows how to make coiled beads using colorful wire and crystal beads.					
15:30:00	Scrapbook Soup Die Cutting	NETA	(S)	(CC)	N/A	#411H
	Cutting has gotten very sophisticated - the newest tools allow us to do things we never thought possible. First, Jenny Barnett Rohrs demonstrates an inlaid die cutting technique to create card designs. Kazan Clark uses die cutting plus embossing to create straw toppers and more. Julie shares a last tip for transforming die cuts with a variety of techniques and tools, from doodles and stamps to markers and pens.					
16:00:00	Biz Kid\$ How to Make A Million Bucks!	APTEX	(S)	(CC)	DVI	#406H
	It is possible! If you start early and save consistently, you'll take advantage of the power of compound interest. You can make a million by working hard, spending less than you make, and saving, saving, saving. Meet a 16-year-old with a fashion recycling business.					
16:30:00	Hands On Crafts for Kids Blending	NETA	(S)	(CC)	DVI	#1611H
	One of the keys of impressionism is the blending together of images. The definition of this movement in art is characterized by visible brush strokes, ordinary subject matters, and an emphasis on light and its changing qualities. The first project is an impressionistic landscape using oil pastels and black mat board. Then we're using dye in spray bottles to make colorful geometric designs. Learn about color blending using special tools to create interesting effects in your art journal. And finally, blend colored glue to create a piece of art.					
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 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	#13227
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#107H
	Art is art, fashion is fashion but contemporary artist Richard Tsao proves they can exist together. He's best known for his line of fashion featured at the New York Metropolitan Opera and Asia Society museum store. You can even find many of New York's opera singers wearing his fashion line. Reporter Kyung Yoon spends a day at his showroom and learns more about his creative process. MC Jin became the first Asian American rapper to sign a major record label. He's in the spotlight again and reporter Paul Lin caught up with him at the annual B-Boy Royale Dance competition in New York. Caroline Shin's web series "Cooking With Granny" spills the secrets behind the family recipes. Reporter Ernael Demillo spends a day in grandma's kitchen and whips a favorite Filipino holiday dessert. At Queens Museum, New York based Chinese artist Zhang Hongtu debuts a pop cultural series on life and politics in China.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Mon, Nov 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7162
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1245H
20:00:00	Music City Roots Live from the Factory The spirit of The Band and Woodstock is alive in the folk duo Larry Campbell & Teresa Williams, plus bluegrass superstar bands Blue Highway and Hot Rize will light up the Liberty Hall stage.	APTEX	(S)	(CC)	N/A	#402H
21:00:00	Backstage Pass The Maurice Davis Quartet Party blues from Flint, Michigan. The Maurice Davis Quartet performs favorites from the latest album, "'Play' Boy," and more.	NETA	(S)	(CC)	N/A	#507H
22:00:00	Our Fires Still Burn: The Native American Experience This exciting and compelling one hour documentary invites viewers into the lives of contemporary Native American role models living in the U.S. Midwest. It dispels the myth that American Indians have disappeared from the American horizon, and reveals how they continue to persist, heal from the past, confront the challenges of today, keep their culture alive, and make great contributions to society.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Jim Thorpe: World's Greatest Athlete JIM THORPE: THE WORLD'S GREATEST ATHLETE chronicles the sports superstar's remarkable life (1887-1953) - from his boyhood in Oklahoma and his gold-medal wins at the 1912 Summer Olympics to his subsequent fall from grace and later, his advocacy of American Indian rights and self-sufficiency. The one-hour biography recounts these events, and others, through in-depth interviews with Thorpe's surviving children, dramatic re-creations, and archival stills and film.	APTEX	(S)	(CC)	DVI	#0H



Tue, Nov 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7162
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1245H
01:00:00	Music City Roots Live from the Factory The spirit of The Band and Woodstock is alive in the folk duo Larry Campbell & Teresa Williams, plus bluegrass superstar bands Blue Highway and Hot Rize will light up the Liberty Hall stage.	APTEX	(S)	(CC)	N/A	#402H
02:00:00	Backstage Pass The Maurice Davis Quartet Party blues from Flint, Michigan. The Maurice Davis Quartet performs favorites from the latest album, "'Play' Boy," and more.	NETA	(S)	(CC)	N/A	#507H
03:00:00	Our Fires Still Burn: The Native American Experience This exciting and compelling one hour documentary invites viewers into the lives of contemporary Native American role models living in the U.S. Midwest. It dispels the myth that American Indians have disappeared from the American horizon, and reveals how they continue to persist, heal from the past, confront the challenges of today, keep their culture alive, and make great contributions to society.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Jim Thorpe: World's Greatest Athlete JIM THORPE: THE WORLD'S GREATEST ATHLETE chronicles the sports superstar's remarkable life (1887-1953) - from his boyhood in Oklahoma and his gold-medal wins at the 1912 Summer Olympics to his subsequent fall from grace and later, his advocacy of American Indian rights and self-sufficiency. The one-hour biography recounts these events, and others, through in-depth interviews with Thorpe's surviving children, dramatic re-creations, and archival stills and film.	APTEX	(S)	(CC)	DVI	#0H
05:00:00	Closer to Truth Confronting Consciousness Consciousness is what mental activity feels like inside-the private inner experience of sensation, thought and emotion. Consciousness is like nothing else.	EPS	(S)	(CC)	N/A	#1113H
05:30:00	Innerviews with Ernie Manouse Larry Flynt Larry Flynt's has lived the kind of life movies are made of - and his story has been told on the big screen in The People vs. Larry Flynt starring Woody Harrelson. But his real life has proven even more surprising then the screen version. While Flynt has been heralded as a staunch fighter for free speech and the 1st Amendment, run for political office, and authored a book on American history, he is also a pornographer, strip club owner, and former inmate. On this episode of InnerVIEWS, Ernie sits down with the outspoken and controversial publishing tycoon Larry Flynt.	NETA	(S)	(CC)	N/A	#1011H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1961
08:00:00	Zula Patrol A Friend Named Breezy/Erosion Today, Gone Tomorrow Wizzy and Zeeter befriend BREEZY, a gentle breeze, and learn all about wind. When they help Breezy become a bigger wind, she gets used by DELIRIA and CLOID, who want to blow down Zula Patrol Headquarters - but Zeeter and Wizzy get their friend Breezy to stop just in time. During a fun day at the beach, the ZPers are impressed when Gorga snorts out a huge sandcastle that's a replica of a real eroding stone castle on a nearby cliff. On exploring Gorga's creation, they get lost inside it and meet a 400-year old knight and his pet dragon - both made entirely of sand! The real challenge comes in trying to find their way out of the sandcastle before it erodes from the tide and collapses around them.	APTEX	(S)	(CC)	N/A	#210H
08:30:00	Bug Bites The Sky's The Limit When Gilbert realizes he has wings, but is afraid of heights, he and Adam decide to take cockroach flying lessons. However, Gilbert accidentally signs them up for jet flying lessons instead, and ends up having to land an airplane! Only through the help and support of Adam and his incredible knowledge of insect flight, does Gilbert realize that whether you're flapping your wings or flying a plane, facing your fears requires inner strength!	APTEX	(S)	(CC)	DVI	#102H
09:00:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
09:30:00	Classical Stretch: The Esmonde Technique Waist Slenderizing Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful Jamaica! Miranda will take you through an all-standing, full-body workout that focuses on slenderizing the waist.	APTEX	(S)	(CC)	DVI	#1001H

Tue, Nov 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Sensory Awareness and Breathing Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.	NETA	(S)	(CC)	N/A	#1403H
10:30:00	Sewing with Nancy Sew Simple with Rectangles & Squares, Part 3 Organize accessories, update decor, or travel with these simple yet handy projects-great gifts! Start with rectangles and squares, then add specialty fabric and trim to create attractive usable projects. Nancy highlights projects such as jewelry caddies, ironing blankets, a closet organizer, and a pillow wrap. Sew these simple projects using straight stitches, unique fabrics, and easy sewing techniques!	NETA	(S)	(CC)	N/A	#2803H
11:00:00	Knitting Daily Great Beginnings Have you ever felt at a loss when trying to start a project? Learn to choose the right yarn and fiber with Patty Lyons, and meet up with designer Cirilia Rose in her Seattle studio. Stephannie Tallent shares tips on provisional cast-ons and Tanis Gray teaches an unusual vertical slit cable. Vickie Howell wraps up Loose Ends with an easy triangle shawl that's worked tip-to-tip.	NETA	(S)	(CC)	N/A	#1401H
11:30:00	Fons & Porter's Love of Quilting Shattered Dresden One of the most popular quilt designs of the 1920's and 30's-the Dresden Plate pattern takes on a modern flavor in this medallion-style quilt. Patrick is joined by Dodi Poulsen in this episode as they teach techniques for making the perfect Dresden block, the applique choices and design options for making this quilt.	NETA	(S)	(CC)	N/A	#2812H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6082H
13:00:00	Hubert Keller: Secrets of a Chef Romance at the Table Chef Keller shows how to whip up a romantic dinner for that special someone. He starts with a rich tasting beef tartare that has some surprise ingredients. After demonstrating a fool-proof method for cooking lobster, he transforms it into lobster thermidor. Beef Tartare Tacos with Kusshi Oysters, Lobster Thermidor with Sauteed Green Beans, & Strawberry Milkshake.	NETA	(S)	(CC)	N/A	#507H
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	Taste of History Grenada - The Spice Island As America's War of Independence raged, the Eastern Caribbean became a powder keg of activity. Chef Staib visits Grenada, the spice capital of the world and the home of nutmeg, the most valuable spice of the 18th century. Chef Staib cooks with local chefs to make 'oil down' and other island dishes.	NETA	(S)	(CC)	N/A	#607H
14:30:00	George Hirsch Lifestyle For The Love of Cheese George makes garlic scape pesto and puts a new spin on cooking fondue. He shares a few quick favorites, including Welsh rarebit with creamy mousseline potatoes, and creates cheese boards with savory and sweet garnishes to serve as an appetizer and dessert. George visits with his local artisanal cheese shop for tips on selecting and storing gourmet cheese. Recipes: - Fondue with Sweet English Spring Peas & Garlic Scape Pesto - Two Well Rounded Cheese Boards for Starter & Dessert - George's Mousseline Potatoes - Welsh Rarebit.	APTEX	(S)	(CC)	N/A	#102H
15:00:00	Beads, Baubles and Jewels Precious Metal Clay and Crystals Create something to treasure. Jewelry-making expert and author Tammy Honaman creates a silver 3-D pendant with precious metal clay and then adds crystals. In her Beading Lesson, Katie uses flat wire and some of her favorite focal beads to make beaded bangle bracelets to match any outfit.	NETA	(S)	(CC)	N/A	#2301H
15:30:00	Scrapbook Soup Paint and Ink This episode features paint and ink techniques. First, Dina Wakley uses paint and ink to create a vibrant watercolor background for her page layout. Julie interviews Joe Rotella about his glass etching project. Then, Kathy Cano-Murillo tie dyes fabric to use as a background for her page layout. Last, Julie creates a tie dye look with a watercolor technique.	NETA	(S)	(CC)	N/A	#412H

Tue, Nov 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Scam-A-Rama (Protect Yourself from Being Scammed)	APTEX	(S)	(CC)	DVI	#407H
	It's a complicated world and there are many ways you can be taken advantage of or cheated. Learn how to recognize a scam, and how to protect yourself from identify theft, pyramid schemes, and more.					
16:30:00	Hands On Crafts for Kids Distortion	NETA	(S)	(CC)	DVI	#1612H
	Today's word of the day is distortion. This is when we take one aspect of something and change it or make it different - usually not the normal way we might look at something. Our first examples are abstract portraits using magazines. Then, create a fun house mirror using tiles. Our art journal technique uses plastic wrap with water colors to create unusual distorted backgrounds. Last, use reverse shape cutouts to make unique art works.					
17:00:00	P. Allen Smith's Garden Home The Pioneers Challenge with Georgia Pellegrini	APTEX	(S)	(CC)	N/A	#1411H
	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?					
17:30:00	Growing A Greener World Beyond Organic Gardening: The Principles of Permaculture (Raleigh, Nc and	APTEX	(S)	(CC)	N/A	#706H
	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.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13228
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1245H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7163
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#845H
20:00:00	Sun Studio Sessions The Memphis Dawls	NETA	(S)	(CC)	N/A	#710H
	The Memphis Dawls are known as the crowning jewel of the Memphis folk scene. Brought together by their similar tastes in melody and style, Holly Cole (guitars, vocals) Jana Misener (cello, vocals), and Krista Wroten (viola, mandolin, accordion, vocals) deliver hauntingly romantic and lyrical folk music with a modern flare. Their harmonies and music push folk, country and rock through the filter of southern hymns that speak to the power of love and heartache. In this episode, the ladies perform several fan favorites, including "Liar" and "Skin Like a Cage."					
20:30:00	Jammin at Hippie Jack's Steeldrivers	NETA	(S)	(CC)	N/A	#1004H
	Only Nashville could give birth to such a band: a group of seasoned veterans. The SteelDrivers have been nominated for three Grammys and IBMA awards. Bringing together country, soul and other contemporary influences to create an unapologetic hybrid that is as old as the hills but as fresh as the morning dew. This is new music with the old feel.					
21:00:00	The Kate Rickie Lee Jones	APTEX	(S)	(CC)	N/A	#102H
	Two-time Grammy-winner Rickie Lee Jones exploded onto the pop scene in 1978 and has made a career of fearlessly experimenting with her sound and persona over 15 critically acclaimed albums. Her latest release, The Other Side of Desire, explores a new chapter in her life--her first album of new original material in ten years. In The Kate, Rickie Lee's performance provides a window into the meteoric rise and fade of the early days and the soul-stirring place her song writing emanates from now. Charming the audience with fan favorites like "Chuck E's In Love" and the playful new tune penned for her daughter, "Jimmy Choos," to the haunting piano-driven ballad "Infinity," Rickie Lee Jones shares with audiences her signature bravado.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

Page 60 of 120

Tue, Nov 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	For The Rights of All: Ending Jim Crow In Alaska	APTEX	(S)	(CC)	DVI	#0H
	<p>Narrated by Peter Coyote, FOR THE RIGHTS OF ALL: ENDING JIM CROW IN ALASKA traces the Native Alaskan civil-rights movement. The film profiles the remarkable people behind the victories for citizenship, voting rights and school desegregation, including Alberta Schenck Adams ("Alaska's Rosa Parks") and Elizabeth Peratrovich, a unassuming young woman whose compelling testimony helped sway the Alaska State Senate to pass the first civil-rights bill since the Civil War. Blending re-enactments, rare and newly discovered historic footage and photographs, and interviews with tribal elders, FOR THE RIGHTS OF ALL chronicles Alaska Natives' efforts to honor their heritage and leverage their future.</p>					
23:00:00	20th Century Limited	NETA	(S)	(CC)	N/A	#0H
	<p>The 20th Century Limited documentary film covers a span of 65 years of operation on the New York Central Railroad. The train was the way for celebrities and business tycoons to travel between New York and Chicago, 1902-1967. Interviews, vintage film and still images provide an in depth history of America's most famous passenger train. Actor Michael Gross is the host of the program.</p>					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Wed, Nov 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7163
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#845H
01:00:00	Sun Studio Sessions The Memphis Dawls	NETA	(S)	(CC)	N/A	#710H
	The Memphis Dawls are known as the crowning jewel of the Memphis folk scene. Brought together by their similar tastes in melody and style, Holly Cole (guitars, vocals) Jana Misener (cello, vocals), and Krista Wroten (viola, mandolin, accordion, vocals) deliver hauntingly romantic and lyrical folk music with a modern flare. Their harmonies and music push folk, country and rock through the filter of southern hymns that speak to the power of love and heartache. In this episode, the ladies perform several fan favorites, including "Liar" and "Skin Like a Cage."					
01:30:00	Jammin at Hippie Jack's Steeldrivers	NETA	(S)	(CC)	N/A	#1004H
	Only Nashville could give birth to such a band: a group of seasoned veterans. The SteelDrivers have been nominated for three Grammys and IBMA awards. Bringing together country, soul and other contemporary influences to create an unapologetic hybrid that is as old as the hills but as fresh as the morning dew. This is new music with the old feel.					
02:00:00	The Kate Rickie Lee Jones	APTEX	(S)	(CC)	N/A	#102H
	Two-time Grammy-winner Rickie Lee Jones exploded onto the pop scene in 1978 and has made a career of fearlessly experimenting with her sound and persona over 15 critically acclaimed albums. Her latest release, The Other Side of Desire, explores a new chapter in her life--her first album of new original material in ten years. In The Kate, Rickie Lee's performance provides a window into the meteoric rise and fade of the early days and the soul-stirring place her song writing emanates from now. Charming the audience with fan favorites like "Chuck E's In Love" and the playful new tune penned for her daughter, "Jimmy Choos," to the haunting piano-driven ballad "Infinity," Rickie Lee Jones shares with audiences her signature bravado.					
03:00:00	For The Rights of All: Ending Jim Crow In Alaska	APTEX	(S)	(CC)	DVI	#0H
	Narrated by Peter Coyote, FOR THE RIGHTS OF ALL: ENDING JIM CROW IN ALASKA traces the Native Alaskan civil-rights movement. The film profiles the remarkable people behind the victories for citizenship, voting rights and school desegregation, including Alberta Schenck Adams ("Alaska's Rosa Parks") and Elizabeth Peratrovich, a unassuming young woman whose compelling testimony helped sway the Alaska State Senate to pass the first civil-rights bill since the Civil War. Blending re-enactments, rare and newly discovered historic footage and photographs, and interviews with tribal elders, FOR THE RIGHTS OF ALL chronicles Alaska Natives' efforts to honor their heritage and leverage their future.					
04:00:00	20th Century Limited	NETA	(S)	(CC)	N/A	#0H
	The 20th Century Limited documentary film covers a span of 65 years of operation on the New York Central Railroad. The train was the way for celebrities and business tycoons to travel between New York and Chicago, 1902-1967. Interviews, vintage film and still images provide an in depth history of America's most famous passenger train. Actor Michael Gross is the host of the program.					
05:00:00	Closer to Truth Did The Universe Have A Beginning?	EPS	(S)	(CC)	N/A	#1201H
	Some scientists claim that the universe did not have a beginning. Some theologians contend that the universe did not need a beginning.					
05:30:00	Innerviews with Ernie Manouse Marsha Mason	NETA	(S)	(CC)	N/A	#1012H
	Not only was Marsha Mason married to playwright Neil Simon - she also took many of his plays to the big screen, starring in award-winning films "The Goodbye Girl", "Chapter Two", and "Only When I Laugh." Her other film hits include "Cinderella Liberty," "Heartbreak Ridge," and "Nick of Time." Additionally, she has found a comfortable place working on television with guest arcs on shows like "Frasier", "Army Wives" and "The Middle." Outside of showbiz, she is a successful businesswoman, having sold herbs wholesale to companies both locally and regionally before starting a line of wellness, bath, and body products called "Resting in the River." On this episode of InnerVIEWS, Ernie sits down with Actor and Entrepreneur Marsha Mason.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1962

Wed, Nov 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Blast to Earth's Past/The Great Climb	APTEX	(S)	(CC)	N/A	#211H
	Deliria thinks she's found a way to own the entire Earth - by taking a time machine back to when there were no people on the planet, and being the first to claim it. Zeeter accidentally gets whisked along on the time trip, which takes them back to 250 million years ago when Earth's continents were combined as one. Going forward in time to the present, Deliria's clunky time machine continually breaks down. In between encounters with dinosaurs and an Ice Age, Zeeter gets to observe how today's continents were formed because of Plate Tectonics. Zeeter is excited about climbing in The Great Climb, an annual mountain climbing event in her home town, Zazu Falls. It's a two-person team event and Bula's to be her partner. But when Bula is injured, Multo volunteers to be her partner. Zeeter is skeptical of Multo's climbing abilities; however, Multo's knowledge of mountains is what helps them climb close to the top. Unfortunately, the mountain, who prefers to be called the "Grand Zeeterondack," prevents the two from reaching its summit. After asking some questions, Zeeter and Multo learn that the mountain is worried that once someone reaches the top, no one will climb it any more. In the end, the two ZPers must convince the mountain that it is like an old friend and that the climbers will never abandon it. Once they do this, the mountain allows them to climb the rest of the way to the top.					
08:30:00	Bug Bites Watch Who You Eat	APTEX	(S)	(CC)	DVI	#103H
	When Gilbert has tummy pains, Adam takes him to the doctor. There we learn that Gilbert has a parasite, and has likely given Adam one too! Upon his removal, Tapey the Tapeworm encourages Adam and Gilbert to be more mindful of the foods they eat. We then explore how other bugs get the nutrients they need! Grab a plate or a bucket... this is gonna be an episode to remember!					
09:00:00	Functional Fitness with Suzanne Andrews Arm Conditioning	ACCES	(S)	(CC)	N/A	#310H
09:30:00	Classical Stretch: The Esmonde Technique Bone Strengthening Workout	APTEX	(S)	(CC)	DVI	#1002H
	In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful in Jamaica! This all-barre workout is designed to strengthen your bones and prevent Osteoporosis.					
10:00:00	Sit and Be Fit Fun with the Large Ball	NETA	(S)	(CC)	N/A	#1404H
	The large ball is used in many ways from postural alignment to helping with balance in this episode.					
10:30:00	Sewing with Nancy Quick Column Quilts, Part 1	NETA	(S)	(CC)	N/A	#2804H
	Replace traditional quilt blocks with sleek columns of fabric. Nancy sews Heartbeat Columns and Interrupted Columns-both provide pleasing movement. The Heartbeat Quilt looks much like an EKG. It's a perfect baby quilt in bold colors! Interrupted strata columns teach basic color coordination, and the horizontal strips provide artistic interruptions.					
11:00:00	Knitting Daily Thick of It	NETA	(S)	(CC)	N/A	#1402H
	Bigger is better for a quick knit or last-minute gift. Nicole Winer demonstrates how to knit a mega bulky hat and fiber artist Kait Brink chats about her meta-mega yarn project. Tanis Gray knits a fun, loopy fur stitch with chunky yarn that could become a home dec item or a doll. Becca Smith explains the magic of scale and shows how to knit with really huge needles and giant yarn.					
11:30:00	Fons & Porter's Love of Quilting Free Motion Designs with Patchwork Roots	NETA	(S)	(CC)	N/A	#2813H
	Decisions for free motion quilting can be daunting. Mary and Angela Huffman help us find inspiration within our traditional pieced quilt top. Isolating a block, designing a quilting motif and then modifying it for a smooth quilt path-all information you don't want to miss. Embellish your next "simple" patchwork, creating a "simply" fabulous quilt.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6083H
13:00:00	Ellie's Real Good Food It's My Party	APTEX	(S)	(CC)	N/A	#112H
	Ellie prepares an ensemble of make-ahead dishes that are designed so that both party-giver and partygoers can equally enjoy the festivities. All these dishes can be cooked and frozen ahead of time and then simply reheated at party time. Go ahead: enjoy your own party. Recipes: Asian shrimp cakes served with 3 Ingredient Recipe: avocado-wasabi sauce; Chicken phyllo pies; Broccoli and sun-dried tomato flatbread; Chipotle black bean dip.					

Wed, Nov 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Annabel Langbein: The Free Range Cook Life's A Picnic	APTEX	(S)	(CC)	N/A	#111H
	Annabel Langbein and her daughter Rose head off to a local Wanaka orchard to pick one of the Central Otago's most eagerly anticipated stone fruits - apricots. The abundant harvest forms the basis of that evening's meal, both as a savory chili dipping sauce for crunchy spring rolls, and as a delicious dessert. For the main course, a brilliant speedy bang bang chicken salad. Recipes from this episode: sausage, tomato and olive pissaladiere, really useful apricot chili glaze, pork and cilantro spring rolls, aromatic poached chicken, bang bang chicken salad, speedy peanut sauce, apricots with macaroon topping, lemon syllabub, ginger mule.					
14:00:00	Simply Ming Rick Bayless	APTEX	(S)	(CC)	N/A	#1406H
	This week on Simply Ming is master-chef of Mexican cuisine and Emmy-nominated host, Rick Bayless. Rick has nine cookbooks and owns several restaurants in Chicago including the much-acclaimed Frontera Grill. He is also well-known for his public television series, Mexico One Plate at a Time. Today, Rick's going to make a green chili adobo taco duo including roasted chayote with herbs and goat cheese and shrimp skillet tacos. He then helps Ming cook up a family-favorite, surf-n-surf moo shu wraps.					
14:30:00	Cook's Country Biting Into The Big Easy	APTEX	(S)	(CC)	N/A	#911H
	Test cook Bridget Lancaster reveals the secrets to making the ultimate pork grillades. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of Creole seasoning. Next, equipment expert Adam Ried reveals his top picks for slicing knives. And finally, test cook Julia Collin Davison shows Chris how to make a regional favorite, New Orleans muffuletta.					
15:00:00	Beads, Baubles and Jewels The Color Story Begins with Birthstones	NETA	(S)	(CC)	N/A	#2302H
	Start a color story with birthstones. Blogger and jewelry-maker Molly Schaller finds inspiration and meaning in birthstone colors. She also shares some great gift packaging ideas for those special jewelry gifts. Katie uses leather belting lace and crystal charms to make box braid bracelets in her Beading Lesson.					
15:30:00	Scrapbook Soup Flowers	NETA	(S)	(CC)	N/A	#413H
	Flowers fill this episode. First Julie embellishes tags with a floral watercolor design to use on a page layout. Then Julie interviews May Flaum. Next, Kathy Cano-Murillo uses more flowers with her signature glitter style to add to her scrapbook page. Last, Julie cuts and pieces flower designs to use as card embellishments.					
16:00:00	Biz Kid\$ The Value of Money	APTEX	(S)	(CC)	DVI	#408H
	With many currencies around the world, what determines the value of money? What are the factors that raise or lower the value of the american dollar? Why is the dollar measured against the chinese yuan, the japanese yen, or the euro? Learn why the value of the dollar is important in your life.					
16:30:00	Hands On Crafts for Kids People	NETA	(S)	(CC)	DVI	#1613H
	People come in all shapes and sizes. The first project uses papier mache and garden gloves to create cowboy and girl puppets. Next, decorate your own flip flops. Draw faces in your art journal without even lifting your pencil off the page. And finally, create clothespin action figures of all kinds from ninjas - to fairies.					
17:00:00	P. Allen Smith's Garden Home 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 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	#13229

Wed, Nov 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Asia Insight Kids and Cosmetics - South Korea This week's episode examines South Korean teenage girls and their interest in cosmetics.	APTEX	(S)	(CC)	N/A	#411H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7164
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#343
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#102H
20:30:00	Songs at the Center Artists: Theo Perry & Jonathan Elliott of the Floorwalkers, Savannah Buist & Katie Larson of the Accidentals, Korby Lenker, and hosted by songwriter Eric Gnezda. Artist Bio: Theo Perry & Jonathan Elliot collaborate as part of the songwriting engine for the Columbus-based band, The Floorwalkers. As childhood friends from suburban Cleveland, Theo and Jonathan joined with other friends to form a band in high school, moving to Columbus after graduation. The Floorwalkers have emerged into one of the most popular regional bands, with each member also pursuing successful solo projects. Theo sings "Don't Walk Away," and Jonathan performs "Fly Away." Artist Bio: Savannah Buist & Katie Larson of Traverse City began performing music together at the Interlochen Arts Academy, and soon formed their band, The Accidentals. Named to Billboard's Top Seven Breakout Artists at SXSW, The Accidentals maintain a heavy national touring schedule. Savannah and Katie are multi-instrumentalists. They sing "KW," a tribute to the famously barefooted songwriter Keller Williams. Artist Bio: Korby Lenker grew up as a mortician's son in rural Idaho. Now based in East Nashville, Korby was a recent winner of Kerrville's New Folk songwriting competition. Known as one of the more innovative voices in Music City, he is also a fiction writer, having just released a collection of short stories. He performs "Late Bloomers."	APTEX	(S)	(CC)	N/A	#206H
21:00:00	Ivy League Rumba IVY LEAGUE RUMBA is a one-hour documentary showcasing today's Latin rhythms, which fuse temporary grooves with the power of traditionally rooted sounds. Filmed at the 2015 Brown University Latin Jazz and Pop Festival in Providence, R.I., the program captures the magical spontaneity of some of Latin music's top performers and explores the Latino influence on mainstream American music and world culture. The documentary, narrated by renowned Afro-Cuban music historian Emilio San Pedro, highlights the vital musical exchanges between Cuba and the United States that have been blurring cultural lines for the past century, and emphasizes the newly intensified political and artistic rapprochement between the two countries.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Speakeasy Robbie Robertson and Warren Zanes Guitar aficionado and Rock and Roll Hall of Fame inductee Robbie Robertson is interviewed by Warren Zanes in this episode of Speakeasy. Robertson rose to fame as the lead guitarist and primary songwriter for The Band and later released five solo albums. His solo debut, Robbie Robertson, was nominated for a Grammy Award and was certified gold in the United States in 1991. Southern Accents, Robertson's third solo album was certified platinum in the United States six months after its release. Rolling Stone ranks him as number 59 on its list of the 100 greatest guitarists and he has received a Lifetime Achievement Award from the National Academy of Songwriters. Zanes has had his hand in almost every aspect of the music industry. As a performer he has released three records with the Del Fuegos and three as a solo artist. He has been the Vice President and the Rock and Roll Hall of Fame and Museum and a writer. The pair discuss touring with Bob Dylan, the narrative quality of Robbie's material, and his forthcoming memoir, The Last Waltz.	APTEX	(S)	(CC)	N/A	#206H
23:00:00	Igliqtqsiugvigruaq [Swift Water Place] The story of the arctic village known as Igliqtqsiugvigruaq ("swift water place"), located near present-day Kiana, began more than 200 years ago along the banks of the Kobuk River in northwestern Alaska. Here, the Inupiaq people trace their history back more than 10,000 years. Archaeologist Dr. Douglas Anderson and his wife Wannu W. Anderson of Brown University have studied this region and the Inupiaq for more than 50 years, uncovering the past and capturing the oral histories of those who came before. During a recent excavation of the Igliqtqsiugvigruaq site, Anderson and his team discovered human remains. As policy dictates, archaeological excavations on National Park Service land must stop when remains are found, and all living descendants must be notified. But something different happened this time. A decision by Kiana's Traditional Council changed National Park policy and enabled the dig to continue at Igliqtqsiugvigruaq. Through arresting b-roll, archival footage and interviews, IGLIQTQSIUGVIGRUAQ [SWIFT WATER PLACE] examines a partnership and an understanding between the people of Kiana and Anderson's team to uncover and preserve important aspects of the culture and history of the people in Arctic Alaska before the river washes away the ancient village.	APTEX	(S)	(CC)	N/A	#0H
23:30:00	Arab American Stories Talented and artistic Arab Americans are charting their own course in very competitive fields. Opera star Hanan Alattar's passion keeps her going as she pursues an international stage career. Najla Said is an actress, playwright and author exploring her identity as a Palestinian-American and a quintessential Manhattanite. Fashion designer Ramy Kashou charmed America as a finalist on Project Runway. His designs continue to wow the fashion world.	APTEX	(S)	(CC)	DVI	#111H



Thu, Nov 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7164
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#343
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#102H
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02:00:00	Ivy League Rumba	APTEX	(S)	(CC)	N/A	#0H
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03:00:00	The Cardboard Bernini	NETA	(S)	(CC)	N/A	#0H
	Olympia Stone's documentary, "The Cardboard Bernini," examines the work and life of artist James Grashow as he builds a giant cardboard fountain inspired by the work of the famous baroque sculptor Gian Lorenzo Bernini. James Grashow is an artist who has built-among many other things-- giant 15 foot tall fighting men, a city, and an ocean-- using paper mache, fabric, chicken wire and cardboard. More recently, he has begun making sculptures entirely out of corrugated cardboard and twist ties. Several years ago, while visiting the home of his art dealer, Allan Stone (who was the filmmaker's father), he stumbled across some of his giant fighting men that had been put outside due to lack of space. They were disintegrating. Although it was deeply painful and shocking for Jimmy to see his work like that, it was also surprisingly beautiful. Jimmy felt that he was seeing the full arc of his artistic enterprise before him-including its end. So, Grashow challenged himself to embrace the "back end" of his process, and decided to build a giant cardboard "fountain"-a Grashow "Bernini." From its conception, Jimmy intended this work to be put outside to disintegrate. Work on the fountain began in 2007 and was completed in 2010. I have been documenting this process from the start. Jimmy's "corrugated fountain" premiered indoors on June 11, 2010 at the Taubman Museum of Art in Roanoke, Virginia, to great acclaim. After shows in New York City and Pittsburgh, Jimmy finally installed the fountain outdoors at the Aldrich Museum of Contemporary Art in Ridgefield, CT on April 1, 2012. It was there for a total of six weeks, after which time Jimmy took his degraded cardboard masterpiece to the dumpster: "Ashes to ashes, mush to mush." The film is an intimate glimpse of an artist at work on what he considers might be his "final epic." We follow Jimmy as he asks what is the point of art and creation? What is the connection between creation and destruction? And, ultimately, what is the point of our lives in the face of our mortality?					
04:00:00	Igliqtqsiugvigruaq [Swift Water Place]	APTEX	(S)	(CC)	N/A	#0H
	The story of the arctic village known as Igliqtqsiugvigruaq ("swift water place"), located near present-day Kiana, began more than 200 years ago along the banks of the Kobuk River in northwestern Alaska. Here, the Inupiaq people trace their history back more than 10,000 years. Archaeologist Dr. Douglas Anderson and his wife Wannii W. Anderson of Brown University have studied this region and the Inupiaq for more than 50 years, uncovering the past and capturing the oral histories of those who came before. During a recent excavation of the Igliqtqsiugvigruaq site, Anderson and his team discovered human remains. As policy dictates, archaeological excavations on National Park Service land must stop when remains are found, and all living descendants must be notified. But something different happened this time. A decision by Kiana's Traditional Council changed National Park policy and enabled the dig to continue at Igliqtqsiugvigruaq. Through arresting b-roll, archival footage and interviews, IGLIQTQSIUGVIGRUAQ [SWIFT WATER PLACE] examines a partnership and an understanding between the people of Kiana and Anderson's team to uncover and preserve important aspects of the culture and history of the people in Arctic Alaska before the river washes away the ancient village.					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#111H
	Talented and artistic Arab Americans are charting their own course in very competitive fields. Opera star Hanan Alattar's passion keeps her going as she pursues an international stage career. Najla Said is an actress, playwright and author exploring her identity as a Palestinian-American and a quintessential Manhattanite. Fashion designer Ramy Kashou charmed America as a finalist on Project Runway. His designs continue to wow the fashion world.					
05:00:00	Closer to Truth How Do Humans Differ from Other Animals?	EPS	(S)	(CC)	N/A	#1202H
	Physically, humans and animals seem similar. Mentally, humans seem so superior. What's so special about human nature?					

Thu, Nov 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:30:00	Innerviews with Ernie Manouse Charlaine Harris	NETA	(S)	(CC)	N/A	#1013H
	It turns out that this unassuming housewife, and mother of three, actually has some very scary stories to tell. As an author in the "Urban fantasy" genre, Charlaine Harris has been penning bestselling novels for over twenty years Harris is best known for her Sookie Stackhouse Southern Vampire series - which has led to the popular HBO series "True Blood." On this episode of InnerVIEWS, Ernie sits down with New York Times bestselling author Charlaine Harris.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1963
08:00:00	Zula Patrol Creature Features/Fried Greenhouse Tomatoes	APTEX	(S)	(CC)	N/A	#212H
	When the Zula Patrol helps the Pet Catcher out by taking some strange creatures he's retrieved back to Zula, they get more than they bargained for. The creatures create chaos aboard the ship, including trying to eat it! It's up to our heroes to figure out where they belong and get them back there fast... which means examining their appearance and behavior for clues that will lead them to the proper climate for each strange creature. Clock's ticking. Good luck. The Zula Patrol learn all about the Greenhouse Effect first-hand when a seemingly helpful robot shows up at Zula Patrol Headquarters -- and starts making duplicates of itself. It turns out that the robot - sent by Dark Truder - emits powerful amounts of greenhouse gases that can increase the Greenhouse Effect and someday make Zula uninhabitable.					
08:30:00	Bug Bites Home Is Where The Hive Is	APTEX	(S)	(CC)	DVI	#104H
	When Adam demands that Gilbert move out of his hat, Gilbert teams up with Antonio and Thlug of Trick My Hive to help find him a new place to live. Adam tags along as the group burrows, flies and climbs their way through the most reclusive and exclusive insect cribs imaginable. Complete with real video footage of hives, hills and burrows, this is a Bug Bites episode you won't want to miss!					
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H
09:30:00	Classical Stretch: The Esmonde Technique Spine Stretch for Posture Workout	APTEX	(S)	(CC)	DVI	#1003H
	In this episode of Classical Stretch, join Miranda Esmonde-White in the beautiful gardens of Jamaica. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this all-standing workout.					
10:00:00	Sit and Be Fit Footwork and Core	NETA	(S)	(CC)	N/A	#1405H
	We take our feet and core muscles for granted. In this episode Mary Ann uses a variety of new exercises to focus on the importance of your feet.					
10:30:00	Sewing with Nancy Quick Column Quilts, Part 2	NETA	(S)	(CC)	N/A	#2805H
	Substitute a column of fabric for a traditional quilt block and a speedy approach to quilting. Use Nancy's quick method to make the time-honored Tumbling Tumblers block-turning a traditional quilt into a modern one. Learn to audition fabric, use templates, and stitch with ease! Create a speedy column quilted table runner using hexagon shapes with a template that eliminates the dreaded Y-seam-it's fast!					
11:00:00	Knitting Daily Transitional Knits	NETA	(S)	(CC)	N/A	#1403H
	Knitwear is for every season. Designer Andi Smith teaches a bi-colored cable cowl for when it's too warm for a scarf. Knitted miniatures-maker Althea Crome creates the tiniest knits around. Transition to boot weather with Stephannie Tallent and the beautiful textures of Aran lace. Tanis Gray knits filigree cables lace and Vickie Howell shares a mesh stitch for a market bag.					
11:30:00	Fons & Porter's Love of Quilting Cubbyholes	NETA	(S)	(CC)	N/A	#2401H
	Simple construction of these "cubbyhole" blocks makes a great study of lights and darks. Mary and Marianne stress cutting accuracy and a consistent quarter inch seam for the success of creating this pattern.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6084H
13:00:00	Eat! Drink! Italy! with Vic Rallo Measure Twice, Cut Once	APTEX	(S)	(CC)	N/A	#306H
	Vic is in Campania with Chef Matteo Sangiovanni creates a dish using Mozzarella in three ways. Vic and Tony Verdoni talk about the Montefalco area's up and coming Sagrantino wine. Vic visits a buffalo mozzarella factory.					

Thu, Nov 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Cooking with Nick Stellino The Ultimate Steak Dinner	APTEX	(S)	(CC)	N/A	#107H
	Nick visits the butcher and the pear orchard and prepares New York Steak with Vodka Martini Sauce and Pears in Marsala Wine Sauce.					
14:00:00	The Jazzy Vegetarian Rockilicious!	NETA	(S)	(CC)	DVI	#503H
	Host Laura Theodore prepares garden fresh recipes with help from a special guest, Lynyrd Skynyrd lead guitarist Rickey Medlocke. This "wow" meal stars an enticing entree: Roasted Cauliflower Cutlets with Lemon-Caper Sauce. On the side, Zingy Roasted Asparagus preps in a flash, and Grape Tomato, Avocado and Fresh Herb Salad makes great use of summer tomatoes, fresh basil and parsley. Rockin' Berry Parfaits with Cashew-Coconut Cream make a fun and fresh dessert.					
14:30:00	New Scandinavian Cooking Happy Holiday Food	APTEX	(S)	(CC)	N/A	#609H
	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.					
15:00:00	Beads, Baubles and Jewels Choosing Colors	NETA	(S)	(CC)	N/A	#2303H
	The colors we choose change how we view a piece. Author Jill Wiseman makes reversible jewelry using one motif. She changes the colors so one side can have a southwestern look and the other a fine jewelry look. In the Beading Lesson, Katie creates the unexpected with dangles and drops using leather and sew-on crystal stones.					
15:30:00	For Your Home Take The Plunge	APTEX	(S)	(CC)	N/A	#3101H
	Who could resist the drawn of a refreshing swimming pool on a hot summer afternoon. How complicated is it to have a pool built in your backyard? This season on FYH host Vicki Payne shares step by step the process of installing a backyard pool and spa.					
16:00:00	Biz Kid\$ What's Your Money Personality?	APTEX	(S)	(CC)	DVI	#501H
	How do you act with money? Are you a "Money Star," "Oblivious," or "Penny Wise Pound Foolish"? This episode looks at the range of emotional reactions and connections people have with money. So what personality are you? Find out in this episode.					
16:30:00	Hands On Crafts for Kids On The Move	NETA	(S)	(CC)	DVI	#1701H
	We are on the move, with projects that go along with us, or move themselves! Join host Katie Hacker and make a rockin' roadster that really rolls. Artist Franz Spohn uses a little string to add animation to his art and blogger Jenny Barnett Rohrs make a wreath with colorful felt pinwheels. Use the Family Craft Box and recycled denim to make a car track. Decorate your room with an eye-catching string art project that uses color to create the feeling of movement.					
17:00:00	P. Allen Smith's Garden Home Embracing Winter	APTEX	(S)	(CC)	N/A	#1413H
	Don't let the winter blues put a chill on your seasonal party. Cool weather entertaining tips and more in this episode of P. Allen Smith's Garden Home. Plus, Santa makes a special visit to Moss Mountain Farm.					
17:30:00	Growing A Greener World 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	#13230
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1321H

Thu, Nov 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7165
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1103H
20:00:00	Backstage Pass Donald Kinsey with the Dewaynes - Encore	NETA	(S)	(CC)	N/A	#712H
	Back for an encore presentation, Donald Kinsey, son of blues great Big Daddy Kinsey, brings a deeply rooted blues vibe to the stage with his infectious guitar playing and undeniable groove. Joining Kinsey are the Dewaynes featuring Craig "Griff" Griffith on harmonica and vocals. Together they jam to "The Sky is Crying" and "Jamming." Recorded at Michigan BluesFest 2015 historic Old Town.					
20:30:00	Music Voyager The Exumas	APTEX	(S)	(CC)	N/A	#704H
	The islands of Exuma are the picture perfect description of a Caribbean paradise. Stories, myths and legends fuse with everyday life across the 365 islands within the Exumas. With Mirissa Neff, as guide, one begins to understand that the treasure is scattered in the beauty of the Exumas- from the natural Blue Holes and the fresh conch salad to the roasted grouper and lobster and crabs. She follows the island legends to discover that the land and ocean blend perfectly into the story of the Exumas.					
21:00:00	Live from the Dennison Lodge Mike Dowling	NETA	(S)	(CC)	N/A	#107H
	Mike Dowling, a nationally acclaimed, Grammy winning acoustic guitar virtuoso entralls an audience of neighbors and friends with his passion for American roots music.					
22:00:00	Mississippi Remixed	EPS	(S)	(CC)	N/A	#0H
	Mississippi ReMixed is a very personal documentary about the history - and current state - of race relations in Mississippi. It should be perfect for your Black History Month scheduling! What started as an opportunity for producer Myra Ottewell to speak to a group of Canadian high school seniors about her experience growing up in Mississippi in the 1960s, ultimately turned into a lesson for Mrs. Ottewell. It was almost six years ago that Ottewell was invited to recount her days of growing up in the South to a classroom that had recently watched the movie Mississippi Burning. Ottewell remembered those days of her childhood depicted in the movie as peaceful and explained to the class that while the facts of the movie were true, that was not her experience growing up. Despite her good intentions, Ottewell's recollections did not sit well with the students. "They could not buy it," she said. "They didn't believe it." At that point, she set out to prove the students wrong and began interviewing her subjects - some well known such as James Meredith, a figure in the civil rights movement - and others not so well known, including Brenda Travis, who was arrested at the age of 16 for entering a whites only waiting room. Ottewell said she knew nothing about Travis' story growing up. "I was completely ignorant about what was happening to my African-American contemporaries in those times." Former Governor William Winter, featured in the film, says, "It's the stickiest, thorniest issue that this country has ever faced, and continues to face. And it's why it's so important that we deal with it honestly, and candidly, and in terms of not having illusions about the differences that separate us, but at the same time, not having illusions either, about the bonds that unify us."					
23:00:00	Writer's Roots: Kurt Vonnegut's Indianapolis	APTEX	(S)	(CC)	N/A	#0H
	How did the most famous Hoosier author since James Whitcomb Riley get his start? What about Indianapolis inspired him? Why did he keep coming back to Indianapolis in his books? A WRITER'S ROOTS: KURT VONNEGUT'S INDIANAPOLIS explores Vonnegut's relationship with his hometown, his children and family life, and the people and places that shaped him. Using archival photos, a 1991 interview with Vonnegut himself, along with interviews with his children, friends and Hoosier authors James Alexander Thom (Panther In The Sky), John Green (The Fault In Our Stars), and Dan Wakefield (Going All The Way), viewers discover how Indianapolis left its mark on one of the 20th century's most influential writers and his writing.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Fri, Nov 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7165
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1103H
01:00:00	Backstage Pass Donald Kinsey with the Dewaynes - Encore	NETA	(S)	(CC)	N/A	#712H
	Back for an encore presentation, Donald Kinsey, son of blues great Big Daddy Kinsey, brings a deeply rooted blues vibe to the stage with his infectious guitar playing and undeniable groove. Joining Kinsey are the Dewaynes featuring Craig "Griff" Griffith on harmonica and vocals. Together they jam to "The Sky is Crying" and "Jamming." Recorded at Michigan BluesFest 2015 historic Old Town.					
01:30:00	Music Voyager The Exumas	APTEX	(S)	(CC)	N/A	#704H
	The islands of Exuma are the picture perfect description of a Caribbean paradise. Stories, myths and legends fuse with everyday life across the 365 islands within the Exumas. With Mirissa Neff, as guide, one begins to understand that the treasure is scattered in the beauty of the Exumas- from the natural Blue Holes and the fresh conch salad to the roasted grouper and lobster and crabs. She follows the island legends to discover that the land and ocean blend perfectly into the story of the Exumas.					
02:00:00	Live from the Dennison Lodge Mike Dowling	NETA	(S)	(CC)	N/A	#107H
	Mike Dowling, a nationally acclaimed, Grammy winning acoustic guitar virtuoso enralls an audience of neighbors and friends with his passion for American roots music.					
03:00:00	Mississippi Remixed	EPS	(S)	(CC)	N/A	#0H
	Mississippi ReMixed is a very personal documentary about the history - and current state - of race relations in Mississippi. It should be perfect for your Black History Month scheduling! What started as an opportunity for producer Myra Ottewell to speak to a group of Canadian high school seniors about her experience growing up in Mississippi in the 1960s, ultimately turned into a lesson for Mrs. Ottewell. It was almost six years ago that Ottewell was invited to recount her days of growing up in the South to a classroom that had recently watched the movie Mississippi Burning. Ottewell remembered those days of her childhood depicted in the movie as peaceful and explained to the class that while the facts of the movie were true, that was not her experience growing up. Despite her good intentions, Ottewell's recollections did not sit well with the students. "They could not buy it," she said. "They didn't believe it." At that point, she set out to prove the students wrong and began interviewing her subjects - some well known such as James Meredith, a figure in the civil rights movement - and others not so well known, including Brenda Travis, who was arrested at the age of 16 for entering a whites only waiting room. Ottewell said she knew nothing about Travis' story growing up. "I was completely ignorant about what was happening to my African-American contemporaries in those times." Former Governor William Winter, featured in the film, says, "It's the stickiest, thorniest issue that this country has ever faced, and continues to face. And it's why it's so important that we deal with it honestly, and candidly, and in terms of not having illusions about the differences that separate us, but at the same time, not having illusions either, about the bonds that unify us."					
04:00:00	Writer's Roots: Kurt Vonnegut's Indianapolis	APTEX	(S)	(CC)	N/A	#0H
	How did the most famous Hoosier author since James Whitcomb Riley get his start? What about Indianapolis inspired him? Why did he keep coming back to Indianapolis in his books? A WRITER'S ROOTS: KURT VONNEGUT'S INDIANAPOLIS explores Vonnegut's relationship with his hometown, his children and family life, and the people and places that shaped him. Using archival photos, a 1991 interview with Vonnegut himself, along with interviews with his children, friends and Hoosier authors James Alexander Thom (Panther In The Sky), John Green (The Fault In Our Stars), and Dan Wakefield (Going All The Way), viewers discover how Indianapolis left its mark on one of the 20th century's most influential writers and his writing.					
05:00:00	Closer to Truth What Would It Feel Like to Be God?	EPS	(S)	(CC)	N/A	#1203H
	God is said to be all-powerful, all-knowing, all-good. But what is God's private mental life? Is this asking too much, going too far?					
05:30:00	Innerviews with Ernie Manouse Anne Rice	NETA	(S)	(CC)	N/A	#1101H
	Anne Rice is often referred to as the queen of Vampires; and is frequently credited for the resurgence of the genre - thanks to her blockbuster "Interview with the Vampire" and the nine books that followed in her Vampire Chronicles. Add in the very successful Mayfair Witches series and Rice's total book sales exceed 100 million copies-- making her one of the most widely read authors in modern history. In 2005 she left her vampires behind to dedicate her life to the Catholic Church, and began publishing a new series on the early life of Jesus Christ. But in 2010 she once again made headlines by publicly leaving the Church and speaking very candidly about her reasons. Today, she is finding success with "The Wolf Gift," the first of what she promises will be a new series featuring Werewolves. On this episode of InnerVIEWS, Ernie sits down for our second conversation with New York Times bestselling author Anne Rice.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1964

Fri, Nov 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol If It Looks Like A Plant/Splitsville	APTEX	(S)	(CC)	N/A	#213H
	When Deliria shapeshifts into a sickly looking plant to avoid a citation, Wizzy and Wigg take "the plant" to Headquarters to take care of it. To better understand their new responsibility, the older Zpers teach the youngsters the qualities of living things (and the difference between a plant and an animal). Wizzy and Wigg decide to study "the plant", to figure out how a plant makes its food. However Deliria isn't a plant, so she doesn't respond like the others. It isn't long before the curious duo deduce that their "plant" is really an animal. The Zula Patrol returns to Itty-Bitty City to settle a crisis when Mayor Paula Paramecium splits in two and neither twin is willing to relinquish office.					
08:30:00	Bug Bites Pilot - Working Together	APTEX	(S)	(CC)	DVI	#105H
	When Gilbert pops in an old VHS tape, he and Adam reminisce about their very first teaching stint with the kids. What better way to get acquainted with the bug world than by learning how millions of them work together? Laugh and learn as honey bee, Polly Nator communicates through the 'waggle dance' on Larvae in Tiaras while Adam and Gilbert showcase how ants cooperate to feed their colony. Working together has never been so much fun as it is on the series premiere of Bug Bites!					
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 2	ACCES	(S)	(CC)	N/A	#302H
09:30:00	Classical Stretch: The Esmonde Technique Slenderize and Strengthen Your Legs	APTEX	(S)	(CC)	DVI	#1004H
	In this episode of Classical Stretch, join Miranda Esmonde-White on the jetty overlooking the Caribbean ocean in Jamaica. This all-floor workout is designed to slenderize and strengthen your legs!					
10:00:00	Sit and Be Fit Controlled Breathing	NETA	(S)	(CC)	N/A	#1406H
	Mary Ann experiments with several ways to control breathing to efficiently distribute oxygen throughout the body.					
10:30:00	Sewing with Nancy Quick Column Quilts, Part 3	NETA	(S)	(CC)	N/A	#2806H
	Artistic quilts start with the joining of linear columns of fabric using Nancy's quick techniques Nancy uses columns of fabric and straight stitching to create magical quilts, which include floating squares, 3-D Flying Geese (with no half-square triangles), and Wind Chimes. She demonstrates techniques such as angled strips, Prairie Points, color shuffling, and lots more! Plus, she presents a Carefree Column Quilt.					
11:00:00	Knitting Daily Norwegian Knits	NETA	(S)	(CC)	N/A	#1404H
	The Yarn Guys, Jeffrey Wall and Dennis Rinkenburger, share traditional ways to knit color patterns. Contemporary Norwegian designer Marion Rindsem compares old and new. Donna Druchunas turns classic designs into a trendy winter wearables and Tanis unravels the mystery of Latvian Braids. Vickie takes Nordic practice swatches and creates a cozy pillow.					
11:30:00	Fons & Porter's Love of Quilting Random Acts of Happy	NETA	(S)	(CC)	N/A	#2402H
	This modern version of an antique "crazy quilt" is sure to inspire. Update the color palette and fall in love with the simplicity and freedom of crazy quilting.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6085H
13:00:00	P. Allen Smith's Garden to Table Sizzlin Celebrations	APTEX	(S)	(CC)	DVI	#306H
	Allen kick starts summer with unique recipes for the grill and a simple way to decorate a table using a 2 x 4 and tea lights. He also takes us to the Garfield Park Conservatory in Chicago to learn about their Sugar from the Sun Garden.					
13:30:00	Mike Colameco's Real Food Batard	NETA	(S)	(CC)	N/A	#1403H
	239 W Broadway is hallowed ground in the NYC restaurant world. In 1989 impresario Drew Nieporent opened Montrachet there to great acclaim, that was followed by the 3 Star Corton and now Batard which earned accolade after accolade including the James Beards best new restaurant of 2014 and another 3 stars from the NY Times.					

Fri, Nov 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Kitchen Wisdom of Cecilia Chiang The Best Chinese Restaurant In America When Cecilia first opened the Mandarin in 1960, business was slow-a bit like the scene from the movie "Big Night" where nobody shows up. But then Herb Caen, front page gossip columnist for the San Francisco Chronicle, wrote about the Mandarin and from that moment on, there were lines out the door. In 1967, Cecilia moved to the recently renovated Ghirardelli Square, where she opened an elegant, temple-like restaurant with 300 seats and white tablecloths. It was called the "best Chinese restaurant in America." The Mandarin attracted the icons of the food world and later, at the urging of actor and comedian Danny Kaye, Cecilia opened another Mandarin in Beverly Hills where she became star to the stars. In this episode, Cecilia teams up with Nancy Oakes, chef/owner of Boulevard, a belle epoque eatery that for the past 20 years has been voted San Francisco's favorite restaurant. Cecilia teaches Nancy and her chef Dana Youkins how to make "minced squab in lettuce cups," a dish Cecilia created that became one of the signature dishes at the Mandarin.	APTEX	(S)	(CC)	DVI	#103H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#230H
15:00:00	Beads, Baubles and Jewels Cord Bracelets Make a memorable color story with designer and author Ashley Bunting. She uses memory wire and parachute cord to make trendy beaded bracelets. Katie shows how to organize your work space with the right storage, work surface and lighting on the Beading Lesson.	NETA	(S)	(CC)	N/A	#2304H
15:30:00	For Your Home Coming Along Swimmngly When the sun is hot and there's a mountain of dirt in your backyard it might seem as if your dream pool is never going to become a reality. Host Vicki Payne shows you how to not sweat the small details and keep your eye on the prize as FYH completes their first backyard pool construction project.	APTEX	(S)	(CC)	N/A	#3102H
16:00:00	Biz Kid\$ Business Structures What structure is right for your future business? It's not just "incorporated" anymore. Join us and learn about LLCs, sole proprietorships, partnerships, and more. Examine the pros and cons of each business structure and discover which one could be right for you. Meet two girls who were able to start both a non-profit organization and a for-profit company, all from selling honey.	APTEX	(S)	(CC)	DVI	#502H
16:30:00	Hands On Crafts for Kids Critters and Creatures Inspiration comes from animals and creatures - real and imaginary. Katie makes a 3-D owl with textured wings makes a great decoration for any room. Franz and Katie make creature creation a team sport by drawing three-part fantasy animals together. Jenny looks to the sea to find inspiration for a jelly-fish made from re-cycled materials then Katie creates a glittery clay lizard textured with found items. From the Family Craft box make a pair of bear claw slippers made from tissue boxes.	NETA	(S)	(CC)	DVI	#1702H
17:00:00	P. Allen Smith's Garden Home Homesteaders USA 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.	APTEX	(S)	(CC)	N/A	#1501H
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	#13231
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2427Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7166
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#846H

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Fri, Nov 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Song of the Mountains Lightnin' Charlie/The Ransom Notes	NETA	(S)	(CC)	N/A	#1112H
21:00:00	Woodsongs Charlie Musselwhite/Gill Landry	NETA	(S)	(CC)	N/A	#1808H
	<p>Charlie Musselwhite is one of the most revered blues musicians in the world. The harmonica master, also is a respected singer and songwriter in his own right. He has won countless awards during his legendary career including induction into the Blues Hall of Fame and collaborated with innumerable musical giants of the past 50 years including Howlin' Wolf, Muddy Waters, Big Joe Williams, Little Walter, Sonny Boy Williamson, Tom Waits, Eddie Vedder and Ben Harper, just to name a few. His latest I Ain't Lyin' is all Charlie - original tunes penned by this Grammy winning master that resonate with the South itself. Gill Landry is a songwriter and multi-instrumentalist from Louisiana. After cutting his musical teeth busking in New Orleans and chewing up half of America, he started writing on guitar, banjo, pedal steel, and been a contributing songwriter in Old Crow Medicine Show since 2004. Although Gill's music is influenced by some of the same sources as Old Crow, from Dylan to old delta blues songsters, his music is very much his own. Gill's self titled third album is his first on the ATO label.</p>					
22:00:00	Film School Shorts Our Culture	NETA	(S)	(CC)	N/A	#410H
	<p>If the gangsters of Martin Scorsese's Goodfellas got into the fast food business, Foodfellas would result. Directed by Reuben Guberek. And as Reel.com wrote, Culture is "The best 60 seconds of film you'll see at Sundance." Directed by Ari Gold. A quick stop for gas turns into a high-stress waiting game for one unlucky criminal in Open 24 Hours, featuring Brad Leland and Dale Raoul. Directed by Henry Chaisson. The episode ends with a mischievous cat that loves knocking over trashcans, much to his owner's dismay in Trash Cat. Directed by Kelsey Goldych.</p>					
22:30:00	On Story Better Call Saul: A Conversation with Peter Gould	NETA	(S)	(CC)	N/A	#514H
	<p>Peter Gould, writer, producer, and director of Breaking Bad and co-creator of its spinoff Better Call Saul discusses shifting gears, schemes, and swindles within the world of Saul Goodman pre-Walter White.</p>					
23:00:00	Science Goes to the Movies Fifty Shades of Grey, Fatal Attraction, Last Tango In Paris	EPS	(S)	(CC)	N/A	#107H
	<p>Co-hosts Faith Salie and Dr. Heather Berlin are joined by Helen Fisher, a Senior Research Fellow at the Kinsey Institute and Chief Scientific Advisor for Match.com, to discuss sex and its effect on perception in three different movies: Fifty Shades of Grey, Fatal Attraction, and Last Tango in Paris.</p>					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1005



## Daily Program Listing II

43.1

Date: 10/05/2016

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Sat, Nov 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7166
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#846H
01:00:00	Song of the Mountains Lightnin' Charlie/The Ransom Notes	NETA	(S)	(CC)	N/A	#1112H
02:00:00	Woodsongs Charlie Musselwhite/Gill Landry	NETA	(S)	(CC)	N/A	#1808H
	Charlie Musselwhite is one of the most revered blues musicians in the world. The harmonica master, also is a respected singer and songwriter in his own right. He has won countless awards during his legendary career including induction into the Blues Hall of Fame and collaborated with innumerable musical giants of the past 50 years including Howlin' Wolf, Muddy Waters, Big Joe Williams, Little Walter, Sonny Boy Williamson, Tom Waits, Eddie Vedder and Ben Harper, just to name to name a few. His latest I Ain't Lyin' is all Charlie - original tunes penned by this Grammy winning master that resonate with the South itself. Gill Landry is a songwriter and multi-instrumentalist from Louisiana. After cutting his musical teeth busking in New Orleans and chewing up half of America, he started writing on guitar, banjo, pedal steel, and been a contributing songwriter in Old Crow Medicine Show since 2004. Although Gill's music is influenced by some of the same sources as Old Crow, from Dylan to old delta blues songsters, his music is very much his own. Gill's self titled third album is his first on the ATO label.					
03:00:00	Film School Shorts Our Culture	NETA	(S)	(CC)	N/A	#410H
	If the gangsters of Martin Scorsese's Goodfellas got into the fast food business, Foodfellas would result. Directed by Reuben Guberek. And as Reel.com wrote, Culture is "The best 60 seconds of film you'll see at Sundance." Directed by Ari Gold. A quick stop for gas turns into a high-stress waiting game for one unlucky criminal in Open 24 Hours, featuring Brad Leland and Dale Raoul. Directed by Henry Chaisson. The episode ends with a mischievous cat that loves knocking over trashcans, much to his owner's dismay in Trash Cat. Directed by Kelsey Goldych.					
03:30:00	On Story Better Call Saul: A Conversation with Peter Gould	NETA	(S)	(CC)	N/A	#514H
	Peter Gould, writer, producer, and director of Breaking Bad and co-creator of its spinoff Better Call Saul discusses shifting gears, schemes, and swindles within the world of Saul Goodman pre-Walter White.					
04:00:00	Science Goes to the Movies Fifty Shades of Grey, Fatal Attraction, Last Tango In Paris	EPS	(S)	(CC)	N/A	#107H
	Co-hosts Faith Salie and Dr. Heather Berlin are joined by Helen Fisher, a Senior Research Fellow at the Kinsey Institute and Chief Scientific Advisor for Match.com, to discuss sex and its effect on perception in three different movies: Fifty Shades of Grey, Fatal Attraction, and Last Tango in Paris.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1005
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#343
05:30:00	Innovations In Medicine Alzheimers, Testosterone Therapy, New Sleep, Gluten Free Diet, New Drug Fighting Hospital Infection, Pediatric Research.	EPS	(S)	(CC)	N/A	#107H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1965
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Rembrandt Tulips	APTEX	(S)	(CC)	N/A	#318H
	This is such a beautiful, dramatic flower. Today Gary paints this big, bold flower with its' ruffled edges and bright colors. This is a graphic style flower that is so dramatic. Painted on a Black background with accents of bright abstract colors.					
08:30:00	Grand View North Cascades National Park	APT		(CC)	N/A	#206H
	This episode explores the dynamic features of the North Cascades. This beautiful park is home to jagged peaks, deep valleys, cascading waterfalls and over 700 glaciers; It is also renown for it's unbelievable hikes. Baumann is accompanied by park ranger, Ryan Booth and Sherman Williams Sr, as they discuss the landscape of this beautiful region; Paula Ogden-Muse, national park ecologist; and Native American, Dorothy Stark, reveal the details of the region's natural and human history. Baumann completes this episode by painting 28 miles up a deserted gravel road; The destination is a Cascade Peak vista and its melting glaciers.					

Sat, Nov 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop Monet's Waterlilies	NETA	(S)	(CC)	DVI	#102H
	David visits the enchanting village of Giverny, 45 miles northwest of Paris, which was the last home there until the end of his life in 1926. David describes the evolution of Impressionism from its experimental beginnings in the Gleyre studio in Paris in 1862 with Monet and his friends Sisley, Renoir, Bazille, Pissarro - to its later stage (and beyond) of explosive color, loose brushwork, complementary color vivid sunshine and sensual delight. David discusses and demonstrates Monet's later methods as a mid-career Impressionist at Giverny and his evolution into expressionism with his carefully developed and cultivated waterlily garden as his inspiration.					
09:30:00	Classical Stretch: The Esmonde Technique Improve Your Posture	APTEX	(S)	(CC)	DVI	#1005H
	In this episode of Classical Stretch, join Miranda Esmonde-White for an early morning workout on the beautiful beach of Jamaica! Miranda will take you through an all-barre workout that focuses on maintaining and improving posture.					
10:00:00	Sit and Be Fit Vestibular and Core	NETA	(S)	(CC)	N/A	#1407H
	Mary Ann combines a nice mix of vestibular and core work while Gretchen reinforces the importance of gait training exercises.					
10:30:00	Wai Lana Yoga Special: Recovery from Childbirth - Part 1	APTEX	(S)	(CC)	N/A	#521
	Practice these poses to get your abs back in shape and tighten up the pelvic muscles. Wai Lana will also show you a deep breathing technique you can do alongside your baby.					
11:00:00	Delicious TV's Vegan Mashup Party Foods	NETA	(S)	(CC)	DVI	#101H
	This episode is packed with good ideas and Miyoko goes "nutty" for vegan cheese you'll have to try to believe! With our guest chef topping it off with a Cherry Sangria, you'll be ready to throw your next party. Gruyere and Pear Croustade/Tempeh Bites/Tzatsiki/Beet Tapenade/Cherry Sangria/Ceveche.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Place of Deeply Rooted Innovation	APTEX	(S)	(CC)	N/A	#1109H
	If you could define the singular challenge facing Yucatecan chefs, it's about honoring the past while pushing forward. Perhaps no one is more emblematic of the effort than Pedro Evia, co-owner of Ku'uk, a molecular fine dining palace housed in a restored Merida mansion. Rick and Pedro start their day talking tradition over tacos at Wayan'e, a busy family-run taco stand in Merida. Then, Pedro invites Rick to his home, where Pedro and his mother make traditional sopa de lentejas. At Ku'uk, Pedro shows us his ultra-modern take on the same dish. Back in Chicago, Rick makes recado negro to complement cured duck. At home, he makes tacos with eggs and burnt habanero salsa, avocado and red onion - the perfect chef's late-night snack.					
12:00:00	Lidia's Kitchen Cooking with Wine	APTEX	(S)	(CC)	N/A	#406H
	Italians love to drink wine with their meals and cook with it as well. In this episode, Lidia shares a meal where wine plays a part of each delicious dish: sausage crostini: a toasted piece of bread topped with sweet Italian sausage and topped with taleggio cheese; linguine with white clam sauce: a simple white wine clam sauce served with linguine pasta; braised beef rolls: stuffed beef rolls oozing with the flavors of prosciutto, provolone and golden raisins served in a red wine tomato sauce.					
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#410H
13:00:00	Expeditions with Patrick Mcmillan Frogs - Spring's Symphony In Peril	APTEX	(S)	(CC)	N/A	#309H
	How many youngsters become fascinated with nature by playing in mud puddles catching tadpoles and frogs? I did. Today, all around the globe, these harbingers of spring are disappearing at an alarming rate. Join Patrick in a race across the region, through the seasons, and against time, to uncover the most secretive, strange, and seldom seen frogs in the Southeast.					
13:30:00	Joseph Rosendo's Travelscope Nicaragua - Culturally Rich and Naturally Beautiful	APTEX	(S)	(CC)	DVI	#703H
	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.					

Sat, Nov 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Assisi and Italian Country Charm	APTEX	(S)	(CC)	N/A	#906H
	In the Italian countryside, Rick connects with rustic, traditional culture: enjoying an agriturismo (farmhouse inn), seeing how prosciutto and pecorino cheese are made, and hiking down into deep and ancient wine cellars. He ends in Assisi - the hometown of St. Francis - which retains its spiritual aura to this day. Like pilgrims, he explores its stony center before trekking to its awe-inspiring basilica, built on the tomb of the beloved saint.					
14:30:00	Burt Wolf: Travels & Traditions Nature Vs. Nurture	APTEX	(S)	(CC)	N/A	#1503H
	For hundreds of years, people have been arguing the issue of Nature vs. Nurture. Are we the result of our youthful experiences or the genes we inherited from our ancestors? Recently, scientists have come to the conclusion that our genes interact with our environment and we change constantly throughout our lives. Our biology is actually altered by our environment. To take a look at this question, Burt talked to a group of people who had grown up in the structured culture of Taiwan and in their early years moved to the more open culture of the United States. Among the people Burt talks to are Steve Chen co-inventor of YouTube and Justin Lin who makes the Fast and Furious films. Burt then travels to Taiwan to take a look at what influenced their youth.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4407H
	Growing our own vegetables is increasing in popularity. But gauging from our mail, a lot of folks are having problems. GardenSMART visits an expert who is growing vegetables very successfully. A lot to learn, be sure to tune in.					
15:30:00	Chefs A' Field The Real Chef's Garden	APTEX	(S)	(CC)	N/A	#208H
	Seattle Chef Takes "Farm to Table" to New Heights. Chef Brian Scheehser: Trellis Restaurant - Kirkland, WA In this episode, we enjoy a delicious "farm to table" experience with Chef Brian Scheehser, who practices sustainable farming in his 3-acre garden. The chef-who grows and harvests vegetables and herbs featured on the menu of Trellis Restaurant on Seattle's Eastside-shares expert tips on cooking and on growing fruits and vegetables. Recipes: "Two-Hour" Spring Salad with Purple Onions & Strawberries; Seared Wild Salmon with Zucchini, Squash Blossoms, Artichoke, & Sun-Dried Tomatoes.					
16:00:00	Maria Hinojosa: One-On-One Krzysztof Wodiczko	APTEX	(S)	(CC)	N/A	#408Z
	Krzysztof Wodiczko joins Maria Hinojosa to discuss his career as one of the most admired conceptual artists in the world. His work has ranged from large-scale slide and video projections on architectural facades worldwide to creating a vehicle for the homeless. In his latest exhibit for the Institute of Contemporary Art in Boston, Wodiczko focuses on veterans engaged in active combat in Iraq, as well as Iraqi civilians.					
16:30:00	Overheard with Evan Smith Steve Kornacki, Political Correspondent, Msnbc	NETA	(S)	(CC)	N/A	#706H
	Steve Kornacki is a host and political correspondent for MSNBC. He has written for Salon.com, The New York Observer, The Wall Street Journal, The New York Times and many other publications. Steve currently anchors the 4pm hour of MSNBC Live.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Fly Rod Makers	APTEX	(S)	(CC)	N/A	#312H
	Host Eric Gorges and master bamboo fly rod makers, Jeff Wagner and Casimira Orlowski, make a rod together, underscoring Eric's belief that "a bad day of fishing is better than a good day at work."					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3446
18:30:00	The Open Mind A Post-Factual Democracy?	NETA		(CC)	N/A	#3714H
	Guest: Bill Adair. Bill Adair, creator of Politifact and Knight Professor of Journalism at Duke University, talks about whether truth is still informing public discourse.					
19:00:00	Closer to Truth What Would An Infinite Cosmos Mean?	EPS	(S)	(CC)	N/A	#1107H
	Do stars and spaces go on forever? Do the numbers of galaxies, and even of universes, have no end? Here's how "infinity" enriches appreciation of reality.					

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Sat, Nov 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Start Up Cheesy Effects Gary and the crew head to Bandon, Oregon to talk with Greg Drobot and Daniel Graham, the co-founders of Facerock Creamery, an artisan cheese factory and retail store. Then they head to La Mesa, California to talk with Brea Joseph, a special FX make-up artist.	NETA	(S)	(CC)	N/A	#403H
20:00:00	Infinity Hall Live Great Performances Vol. 1 Infinity Hall Live celebrates five seasons as a showcase for established and emerging artists with performances by Los Lonely Boys ("Don't Walk Away"), Tori Amos ("Hey Jupiter"), Brett Dennen, Rubblebucket ("Came Out of a Lady"), Deer Tick ("These Old Shoes"), Tedeschi Trucks Band ("Midnight in Harlem"), Joss Stone ("Super Duper Love"), Galactic ("Dollar Diva"), Dawes ("When My Time Comes"), and Ani DiFranco ("Shameless").	APTEX	(S)	(CC)	N/A	#505H
21:00:00	Front and Center Cma Songwriters Series: Darius Rucker iMultiple Grammy and CMA Award winner, Darius Rucker performs songs from his recently released #1 studio album Southern Style for the CMA Songwriters Series at Nashville's Marathon Music Works. The Grand Ole Opry inductee is joined by songwriters Casey Beathard, Nathan Chapman, Chris Dubois, Ashley Gorley, Tim James, Charles Kelley, Clay Mills, Frank Rogers and Rivers Rutherford. Collectively they are responsible for some of Rucker's biggest hits including "Alright," "Don't Think I Don't Think About It," and his current lead single "Homegrown Honey," which he performs with co-writers Chapman, and label mate Kelley of Lady Antebellum.	APTEX	(S)	(CC)	N/A	#602H
22:00:00	Globe Trekker Central Japan Megan McCormick's journey begins in Kyoto, where she explores the city's best flea market, meditates with a Buddhist monk, is entertained by geishas at a banquet and visits both the Fushimi Inari Shinto Shrine and the Toji Buddhist Temple, a World Heritage site. Then it's off to Osaka, where she visits a Cat Cafe and the Kidzania theme park. Megan travels to the home of the Ninja at Iga-Ueno, visits the site of a famous Samurai battle in Sekigahara, sails to the remote island of Sado and witnesses the dramatic Nada Fighting Festival in Himeji.	APTEX	(S)	(CC)	N/A	#1532H
23:00:00	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
23:30:00	Stand Up Empire Featured comics Kerry Awn and Kerri Lendo, with a Snapshot on Shaun Branigan and the emo puppet band Fragile Rock. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#102H

## Daily Program Listing II

43.1

Date: 10/05/2016

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Sun, Nov 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Would An Infinite Cosmos Mean? Do stars and spaces go on forever? Do the numbers of galaxies, and even of universes, have no end? Here's how "infinity" enriches appreciation of reality.	EPS	(S)	(CC)	N/A	#1107H
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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	Start Up Cheesy Effects Gary and the crew head to Bandon, Oregon to talk with Greg Drobot and Daniel Graham, the co-founders of Facerock Creamery, an artisan cheese factory and retail store. Then they head to La Mesa, California to talk with Brea Joseph, a special FX make-up artist.	NETA	(S)	(CC)	N/A	#403H
05:00:00	California's Golden Parks John Muir Home Huell tours the the Victorian residence in Martinez where the naturalist John Muir lived from 1890 to his death in 1914, and meets the special folks who are responsible for preserving this important site. While living there, Muir laid the foundations for the creation of the National Park Service in 1916.	KCET		(CC)	N/A	#129
05:30:00	Moneywise with Kelvin Boston Where The Jobs Are (Not!) Unemployment rates remain high in the United States, particularly in minority communities. Guests Carl Jefferson, the president of the National Association of African American Human Resources and Roz Howard from the Baltimore One-Stop Job Center, reveal the best places to find a new job	APTEX	(S)	(CC)	DVI	#811H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1966
08:00:00	Color World with Gary Spetz Color Venice, Part 2 Host-Artist, Gary Spetz continues his exploration of Venice-loosing himself in its fascinating maze of narrow paths and waterways.	APTEX	(S)	(CC)	DVI	#102H

Sun, Nov 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Gold Hill Part III	NETA	(S)	(CC)	N/A	#1613H
09:00:00	Wyland's Art Studio Paradise  Brushes are the artist's main tools for applying paint. The artist's choice of brush depends on the techniques and effects he or she wishes to achieve in a work of art. Generally, however, three or four can handle most requirements. Stiff bristles are effective for establishing the initial stages of composition and laying in large amounts of color, particularly if the painting is large. Soft brushes are useful for smooth finishes and softer lines. Wyland demonstrates a variety of brush techniques to create an abstract tropical sunset painting. Throughout this episode, he explains the benefits of thick and thin applications of color and a variety of brush strokes. Skills acquired here may be refined for further practice.	APTEX		(CC)	N/A	#506H
09:30:00	Classical Stretch: The Esmonde Technique Anti Aging Workout  In this episode of Classical Stretch, join Miranda Esmonde-White for an all-standing full-body workout designed to keep you feeling young! This zero impact cardio workout will help you burn calories while strengthening your full body.	APTEX	(S)	(CC)	DVI	#1006H
10:00:00	Sit and Be Fit Posture  Mary Ann breaks down techniques to improve our posture and special guest Jeff Brooks gives us a balance exercise for the day.	NETA	(S)	(CC)	N/A	#1408H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#204
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#234H
11:30:00	New Orleans Cooking with Kevin Belton Irish New Orleans  Irish stew, Creole cottage pie, Irish channel soda bread.	APTEX	(S)	(CC)	N/A	#125H
12:00:00	Ciao Italia And The Winner Is.....  Mary Ann travels to Toscana Saporita Cooking School in Tuscany to cook with recipe award-winner Nadine Mesch, whose Seared Tuna Topped with Fennel and Arugula and Caper Lemon Sauce recipe won the grand prize award and a trip to Italy. Mary Ann adds her signature Papardelle with Ragu to the table and it's a blue-ribbon day for everyone.	NETA	(S)	(CC)	N/A	#2403H
12:30:00	Martin Yan's Taste of Vietnam Little Saigon  Vietnamese American communities are among the fastest growing ethnic neighborhoods in America. Martin visits a few of these vibrant communities in Northern California, sharing his personal immigrant experience with these newer generation of immigrants, and picking up useful tips and recipes along the way. Recipes: Sauteed Duck Breast Sandwich, Avocado Smoothie, Vietnamese Imperial Rolls.	APTEX	(S)	(CC)	N/A	#105H
13:00:00	Bare Feet with Mickela Mallozzi Where Asia Meets Europe (Turkey)  Turkey is a country that crosses two continents, full of rich dance and music, from the bustling city of Istanbul to the fairy caves in Cappadocia. Mickela's magical journey through Turkey connects her with the locals through the universal language of dance.	APTEX	(S)	(CC)	DVI	#113H
13:30:00	Travel Detective with Peter Greenberg Frivolous Lawsuits  We all love to travel. However, what happens when something goes wrong during your trip? Legal Correspondent Rikki Klieman reports on arguably the most frivolous lawsuits of all time. Plus, booking a trip online is easy these days. But when your itinerary gets complicated, you might want to get some professional advice. Travel Weekly Editor in Chief Arnie Weissmann tells us when it's worth it to hire a travel agent. And, remember Pan Am: the iconic American airline that failed in 1991? CBS News Travel Editor Peter Greenberg relives that legendary Pan Am experience, through a rather unusual way.	NETA	(S)	(CC)	DVI	#305H
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#232H

Sun, Nov 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Mineral Explorers Spain Not all that glitters is gold; it could very well be Spanish Pyrite. Join us as we visit never-before seen private collections and hear the history of a country full of explorers. Then travel with us as we step back in time in the medieval town of Navajun. While there, we visit a mine that glitters with the world's most perfectly crystalized Pyrite. We end our trip with an exclusive look at some of the world's best pyrite held in a private collection of the mine owner, who kept some of his favorite specimens.	NETA	(S)	(CC)	N/A	#205H
15:00:00	American Woodshop Band Sawn Box The world's easiest and fastest wooden gift ideas. Band saw tune-up tips.	NETA	(S)	(CC)	N/A	#2306H
15:30:00	Rough Cut - Woodworking with Tommy Mac TV Tray with Jesse Shaw This week on Rough Cut Woodworking with Tommy Mac, Tommy introduces a new face to the show, furniture maker Jesse Shaw. Jesse works with Tommy to build a contemporary version of the 1950's style TV tray, with an updated curve in the legs to make it more modern. Made out of a rich walnut, Jesse uses bent lamination and modern technology to make an amazingly handy living room essential.	APTEX	(S)	(CC)	N/A	#606H
16:00:00	Happy Yoga with Sarah Starr Desert Rock Create more ease in your body amid the desert beauty and natural rock formations as we flow through a series of modified yoga postures, including standing poses designed to stretch the hips, legs, back and shoulders using a chair for support.	NETA	(S)	(CC)	N/A	#308H
16:30:00	Second Opinion Borderline Personality Disorder Often misunderstood and under-diagnosed, Borderline Personality Disorder is a serious mental illness that leaves those affected struggling to control emotions and maintain healthy relationships. Amy Allison shares the story of the life she achieved as a high-functioning professional while her personal life was in turmoil.	APTEX	(S)	(CC)	N/A	#1302H
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells I Current state of stem cell research, and it's promising future.	EPS	(S)	(CC)	N/A	#106H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#608H
18:00:00	California's Gold Ablitt House Huell visits this unique house which was built on a 20 by 20 square foot lot in the heart of Old Town Santa Barbara.	KCET		(CC)	N/A	#14011Z
18:30:00	Islands Without Cars with Kira Hesser Ireland's Inis Meain According to legend, in the 17th century, Oliver Cromwell, the fanatical Protestant "Lord Protector" of England gave the Irish Catholics a choice: they could go to hell or go to Connacht. Some went further still -all the way to three ruggedly beautiful islands off of Ireland's west coast. Following in the footsteps of great Irish writers, "Ireland's Inis Meain" explores Ireland's pre-colonial past as the 150 Gaelic-speaking inhabitants of this wet rock in the Atlantic figure out how to manage their legacy and lifestyle just outside of the contaminating influences of the modern world. The innovations - like a luxurious and exclusive new hotel and a sweater factory that sells to the likes of Barney's - are controlled carefully with an eye toward tradition and the environment. This program celebrates an island that is the repository of Irish culture, Irish island cuisine that is locally gathered, organically grown and beautifully prepared and reveals what it takes to knit a sweater that bears little resemblance to the fisherman's sweaters. In the process, we hear one of Ireland's noted poets and fiddle players, learn to pour a proper Guinness and discover what inspired the Irish Nationalist imagination.	APTEX	(S)	(CC)	N/A	#104H
19:00:00	Leaves of Change Nearly 5,000 years old and still going strong, tea is one of the most consumed beverages on Earth. Nowhere is it more culturally and economically significant than in China, its birthplace. The half-hour documentary LEAVES OF CHANGE documents tea culture in China, from its harvest on breathtaking mountainside plantations, to its role in exotic ceremonies in exclusive members-only tea houses, to its surprising significance in bird-fighting competitions. The documentary also reveals how tea is evolving to keep pace with the changes of a modern China.	APTEX	(S)	(CC)	N/A	#0H
19:30:00	The Kamla Show Special Nicki Boyd of Versame Kamla interviews, Nicki Boyd, co-founder of VersaMe, a Palo Alto-based startup that is focussed on wearable technology.	KAMLA	(S)	(CC)	N/A	#107H

Sun, Nov 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Racing The Rez	APTEX	(S)	(CC)	DVI	#0H
	For the Navajo and Hopi, running is much more than a sport, it is woven into the cultural fabric of their lives. Encouraged by their elders, many Navajos and Hopis begin running at an early age - to greet the morning sun, to prepare for a ceremony or simply to challenge themselves in the vast, southwestern landscape. In the rugged canyon lands of Northern Arizona, Navajo and Hopi cross-country runners from two rival high schools vie for the state championship while striving to find their place among their native people and the larger American culture. Win or lose, what they learn over the course of two racing seasons has a dramatic effect on the rest of their lives. Combining interviews with verite-style shooting, RACING THE REZ offers a rare view into the surprising complexity and diversity of contemporary reservation life, from the point of view of five teenage boys on the cusp of adulthood. The documentary follows Ryan, Dennis, Billy, Johnny and Joyai from the classrooms to their remote, un-electrified homes, from grueling runs across canyons and mesas to their ultimate day of reckoning - the state meet - and beyond.					
21:00:00	Standing On Sacred Ground Fire & Ice	NETA	(S)	(CC)	DVI	#103H
	From Ethiopia to Peru, indigenous customs protect biodiversity on sacred lands under pressure from religious conflicts and climate change. In the Gamo Highlands of Ethiopia, scientists confirm the benefits of traditional stewardship even as elders witness the decline of spiritual practices that have long protected trees, meadows and mountains. Tensions with evangelical Christians over a sacred meadow erupt into a riot. In the Peruvian Andes, the Q'eros, on a pilgrimage to a revered glacier, are driven from their ritual site by intolerant Catholics. Q'eros potato farmers face a more ominous foe: global warming is melting glaciers, their water source. Andes farmers, scientists and visiting Ethiopians struggle to adapt indigenous agriculture to the changing climate.					
22:00:00	Sacred Stick	NETA	(S)	(CC)	N/A	#0H
	SACRED STICK examines the historical, cultural, and spiritual aspects of lacrosse. From the ancient Maya to the world famous Iroquois Nationals team, this program explores the cultural diffusion and transmutation of a uniquely indigenous sport that, like Native people themselves, adapted and endured within the dominant culture. The thirty-minute film is intended for both a general audience, for whom lacrosse is the fastest growing sport in the country, and a Native American-specific audience for whom lacrosse has deep cultural meaning.					
23:00:00	Medicine Game	APTEX	(S)	(CC)	N/A	#0H
	THE MEDICINE GAME, a film six years in the making, shares the remarkable journey of two brothers from the Onondoga Nation driven by a single goal-to beat the odds and play the sport of lacrosse for national powerhouse Syracuse University. The Onondaga Nation, tucked away in central New York State, is a sovereign Native American community known to produce some of the top lacrosse players in the world. The Iroquois people play a ceremonial game of lacrosse, referred to as the "medicine game" - a very important medicine ceremony played to ward off sicknesses from the tribe. The obstacles in the brothers' way are frequent and daunting, but their love for the game, each other, and their family's unyielding determination propels these young men towards their dream. THE MEDICINE GAME, a film six years in the making, shares the remarkable journey of two brothers from the Onondoga Nation driven by a single goal - to beat the odds and play the sport of lacrosse for national powerhouse Syracuse University. The obstacles in their way are frequent and daunting, but the brothers' love for the game, each other, and their family's unyielding determination propel these young men towards their dream.					



Mon, Nov 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Leaves of Change Nearly 5,000 years old and still going strong, tea is one of the most consumed beverages on Earth. Nowhere is it more culturally and economically significant than in China, its birthplace. The half-hour documentary LEAVES OF CHANGE documents tea culture in China, from its harvest on breathtaking mountainside plantations, to its role in exotic ceremonies in exclusive members-only tea houses, to its surprising significance in bird-fighting competitions. The documentary also reveals how tea is evolving to keep pace with the changes of a modern China.	APTEx	(S)	(CC)	N/A	#0H
00:30:00	The Kamla Show Special Nicki Boyd of Versame Kamla interviews, Nicki Boyd, co-founder of VersaMe, a Palo Alto-based startup that is focussed on wearable technology.	KAMLA	(S)	(CC)	N/A	#107H
01:00:00	Racing The Rez For the Navajo and Hopi, running is much more than a sport, it is woven into the cultural fabric of their lives. Encouraged by their elders, many Navajos and Hopis begin running at an early age - to greet the morning sun, to prepare for a ceremony or simply to challenge themselves in the vast, southwestern landscape. In the rugged canyon lands of Northern Arizona, Navajo and Hopi cross-country runners from two rival high schools vie for the state championship while striving to find their place among their native people and the larger American culture. Win or lose, what they learn over the course of two racing seasons has a dramatic effect on the rest of their lives. Combining interviews with verite-style shooting, RACING THE REZ offers a rare view into the surprising complexity and diversity of contemporary reservation life, from the point of view of five teenage boys on the cusp of adulthood. The documentary follows Ryan, Dennis, Billy, Johnny and Joyai from the classrooms to their remote, un-electrified homes, from grueling runs across canyons and mesas to their ultimate day of reckoning - the state meet - and beyond.	APTEx	(S)	(CC)	DVI	#0H
02:00:00	Standing On Sacred Ground Fire & Ice From Ethiopia to Peru, indigenous customs protect biodiversity on sacred lands under pressure from religious conflicts and climate change. In the Gamo Highlands of Ethiopia, scientists confirm the benefits of traditional stewardship even as elders witness the decline of spiritual practices that have long protected trees, meadows and mountains. Tensions with evangelical Christians over a sacred meadow erupt into a riot. In the Peruvian Andes, the Q'eros, on a pilgrimage to a revered glacier, are driven from their ritual site by intolerant Catholics. Q'eros potato farmers face a more ominous foe: global warming is melting glaciers, their water source. Andes farmers, scientists and visiting Ethiopians struggle to adapt indigenous agriculture to the changing climate.	NETA	(S)	(CC)	DVI	#103H
03:00:00	Sacred Stick SACRED STICK examines the historical, cultural, and spiritual aspects of lacrosse. From the ancient Maya to the world famous Iroquois Nationals team, this program explores the cultural diffusion and transmutation of a uniquely indigenous sport that, like Native people themselves, adapted and endured within the dominant culture. The thirty-minute film is intended for both a general audience, for whom lacrosse is the fastest growing sport in the country, and a Native American-specific audience for whom lacrosse has deep cultural meaning.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Medicine Game THE MEDICINE GAME, a film six years in the making, shares the remarkable journey of two brothers from the Onondaga Nation driven by a single goal-to beat the odds and play the sport of lacrosse for national powerhouse Syracuse University. The Onondaga Nation, tucked away in central New York State, is a sovereign Native American community known to produce some of the top lacrosse players in the world. The Iroquois people play a ceremonial game of lacrosse, referred to as the "medicine game" - a very important medicine ceremony played to ward off sicknesses from the tribe. The obstacles in the brothers' way are frequent and daunting, but their love for the game, each other, and their family's unyielding determination propels these young men towards their dream. THE MEDICINE GAME, a film six years in the making, shares the remarkable journey of two brothers from the Onondaga Nation driven by a single goal - to beat the odds and play the sport of lacrosse for national powerhouse Syracuse University. The obstacles in their way are frequent and daunting, but the brothers' love for the game, each other, and their family's unyielding determination propel these young men towards their dream.	APTEx	(S)	(CC)	N/A	#0H
05:00:00	Closer to Truth What's The New Atheism? I hope God exists, which is why I listen to atheists and follow their arguments. If hope trumps reason I may be entombed in false belief.	EPS	(S)	(CC)	N/A	#1204H
05:30:00	Innerviews with Ernie Manouse Carol Channing Carol Channing is truly a living legend, having starred on the Broadway stage for over 70 years and having been credited with creating such memorable characters as Lorelei Lee in Gentlemen Prefer Blondes, and Dolly Levi in Hello, Dolly! But arguably the most famous and endearing character she created was that of herself! She made a splash as Muzzy in the film "Thoroughly Modern Millie," but it was on talk shows, variety shows and game shows where people truly got to know her bubbly personality! Now in her 90's, she is still active and vibrant, still performing, and is heavily involved in Arts education and philanthropy. On this episode of InnerVIEWS with Ernie Manouse, our conversation with Golden Globe, Grammy and three-time Tony Award winner actress Carol Channing.	NETA	(S)	(CC)	N/A	#1102H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1967

Mon, Nov 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Larva Or Leave Me/Egg Hunt	APTEX	(S)	(CC)	DVI	#301H
	LARVA OR LEAVE ME - Skip needs the help of The Zula Patrol to find his best friend, Wiggly. On their search, they find out the missing worm isn't a worm at all but a beautiful butterfly. They finally locate her just as she emerges from the chrysalis in her new form. Through their search mission, The Zula Patrol learns about the life cycles of different creatures and about a stage of growth called metamorphosis. Now that she's been found, Wiggly worries that Skip won't like her anymore because she's different. Nonsense! Change is a part of life. EGG HUNT - Deliria hatches an evil plan to steal all of the frogs and their eggs on Zula and use them in her quest to takeover the planet. Wizzy and Wigg catch wind of her scheme and come up with their own plan to stop her. Along the way they discover that the eggs hatch into tadpoles and then grow into frogs through metamorphosis. It's up to Zula to find the stolen eggs and frogs and return them to the planet for the good of all.					
08:30:00	Bug Bites The Love Bug	APTEX	(S)	(CC)	DVI	#106H
	Love is in the air for single bachelors Adam and Gilbert as they explore speed dating and the entrancing dances, performances and rituals that insects use to find a mate!					
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Walking Workout	ACCES	(S)	(CC)	N/A	#303H
09:30:00	Classical Stretch: The Esmonde Technique Power Up Your Legs	APTEX	(S)	(CC)	DVI	#1007H
	In this episode of Classical Stretch, join Miranda Esmonde-White on the white sandy beaches of Jamaica. This all-barre workout focuses on strengthening your legs and will make you feel lighter in just 30 minutes!					
10:00:00	Sit and Be Fit Breathing	NETA	(S)	(CC)	N/A	#1409H
	Mary Ann offers several techniques to develop healthy breathing habits.					
10:30:00	Sewing with Nancy Magic Patterns, Part 1	NETA	(S)	(CC)	N/A	#2807H
	Add a touch of imagination to patterns using a concept that originated over 90 years ago! Nancy and author/designer Amy Barickman show how to use contemporary patterns and add creative touches to enhance a wardrobe. Tiling computer printable patterns with ease, changing a tank top to a retro or modern design, and stretching creativity with a magical swirl skirt with several fashion possibilities.					
11:00:00	Knitting Daily Sweater Weather	NETA	(S)	(CC)	N/A	#1405H
	Celebrate sweater weather! Barry Klein shows how to pick the perfect sweater for your next project. Meet designer Rohn Strong to talk about crochet sweater patterns. Louisa Demmitt hand knits a hoodie, and Tanis Gray demonstrates the simple but graphic technique of two-color corrugated ribbing. Then Vickie shows how to flatter any figure with the best sweater for your shape.					
11:30:00	Fons & Porter's Love of Quilting Flower Power Table Runner	NETA	(S)	(CC)	N/A	#2403H
	Grandmother's Flower Garden is a very traditional pattern that many of us dream about tackling someday. Mary will be joined by Eleanor Burns in this episode to present her approach to hexagons and triangles to make the fabulous Flower Power Table Runner.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6086H
13:00:00	America's Test Kitchen from Cook's Illustrated Roast Chicken and Potatoes Revisited	APTEX	(S)	(CC)	N/A	#1613H
	Test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate slow-roasted chicken parts with shallot-garlic pan sauce. Then, equipment expert Adam Ried reviews carbon-steel chef's knives. Finally, test cook Bridget Lancaster uncovers the secrets to the perfect boiled potatoes with black olive tapenade.					
13:30:00	Pati's Mexican Table Ancient Yucatan with My Boys	APTEX	(S)	(CC)	N/A	#506H
	Pati's three sons are in Mexico and Pati wants them to experience the essence of the Yucatan. First stop, they climb the ancient ruins of Uxmal and discover how advanced the ancient Maya civilizations were. After an exhaustive exploration, the boys cool off in one of the thousands of hidden cenotes (swimming holes). To fill their bellies, the boys eat the best tamales they have ever tasted and the regions signature dish, cochinita pibil, which uses the ancient technique of cooking the meat with heated rocks buried underground.					

Mon, Nov 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Primal Grill with Steven Raichlen The Best Kept Secrets of European Grilling	APTEX	(S)	(CC)	N/A	#311H
	When it comes to European grilling, Italy and Greece grab the headlines. Here's a look of some of Europe's lesser-known grilling traditions. From Belgium, it's briny oysters grilled with an uncommon (and uncommonly delectable) combo of ginger, soy sauce, and fruit jam. Serbia gives us boned chicken thighs, stuffed and grilled with bacon, ham, and cheese. And from Germany comes the best barbecue you've never heard of- spiessbraten-butterflied pork shoulder stuffed with onions and garlic and spit-roasted over beech wood. Finally, straight from a wood-burning beehive oven, experience a mixed vegetable grill with Brussel sprouts. You saw it here first on Primal Grill. Belgian Oysters; Serbian Grilled Chicken Bundles; German Spiessbraten; Vegetable Mixed Grill.					
14:30:00	Steven Raichlen's Project Smoke Rise and Smoke: Breakfast Hits The Smoker	APTEX	(S)	(CC)	N/A	#208H
	Wake up and smell the coffee? We'd rather smell the wood smoke. The truth is, some of the world's best breakfast dishes-from bacon to hash-depend on the irresistible flavor of wood smoke. Today, we give you a reason-to-get-up: Project Smoke breakfast, complete with a smoky mile-high pancake, candied bacon, pastrami hash, and a beer can breakfast burger sandwich. Mile-high pancake; Candied bacon; Beer can breakfast burgers; Pork pastrami hash.					
15:00:00	Beads, Baubles and Jewels Color Inspirations	NETA	(S)	(CC)	N/A	#2305H
	Jump-start your creative ideas. Krystal Wick and Cynthia Kimura blend beads, stones and pearls in endless combinations to make bracelets, necklaces and earrings. In her Beading Lesson, Katie uses knotted cords and beads to create great bracelets in minutes.					
15:30:00	For Your Home Bungalow Blowout	APTEX	(S)	(CC)	N/A	#3103H
	It can be really expensive to fall in love with a neighborhood especially a trendy one filled with small, out of date houses. FYH tackles the renovation of a 1920's arts and crafts bungalow in a five-part mini series. In this first episode, viewers will meet the homeowners, architects, builder and experience the process of designing the new spaces.					
16:00:00	Biz Kid\$ Movin' On Out	APTEX	(S)	(CC)	DVI	#503H
	Check out this kid's guide to the true cost of cutting the cord and being independent. This episode takes you through it all - budgeting, roommates, finding a place, and learning about all the hidden costs that Mom and Dad used to pay for you. Meet seven girls who figured out how to share finances and the hairdryer. So how much does it cost to live on your own? More than you think!					
16:30:00	Hands On Crafts for Kids Let's Play A Game	NETA	(S)	(CC)	DVI	#1703H
	Whether indoors or out, games are fun! Bowl at home with family and friends with a colorful bowling set Katie makes from recycled water bottles. Franz shows how to create your own game board using a variety of art mediums. Jenny and Katie make an indoor hopscotch court that rolls-up, for easy storage. Braid a ring toss toy then use the Family Craft box to make a treasure hunt jar for quiet fun.					
17:00:00	P. Allen Smith's Garden Home Charming Charleston	APTEX	(S)	(CC)	N/A	#1502H
	P. Allen Smith explores the food and fellowship of one of America's oldest cities, Charleston, South Carolina; a true Southern gem.					
17:30:00	Growing A Greener World 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	#13232

Mon, Nov 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Asian American Life Correspondent Minnie Roh gives us the latest update on the backlash surrounding the deal to provide reparations to the Korean sex slave victims of World War II. Protests have been staged all across the world, including here in New York. Exclusive interviews include one of the comfort women Lee Ok-Sun who shares her personal story and struggles, and Phyllis Kim, Director of the Korean American Forum of California who represents many of the victims. One of the top Supreme Court cases to watch this year is Abigail Fisher vs. The University of Texas, which raises the issue of affirmative action and does it keep qualified applicants from getting into elite schools based on race. How will the justices' decisions affect Asian American admission into the Ivy Leagues? Reporter Paul Lin has an in-depth report and interviews legal scholars and educational experts. In March, thousands of middle school students will learn of their fate as they wait for word on admission into New York's elite public high schools. Correspondent Kyung Yoon explores high stakes testing and interviews documentarian Curtis Chin who walks us through this competitive process.	EPS	(S)	(CC)	N/A	#108H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7167
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1246H
20:00:00	Music City Roots Live from the Factory Legendary roots and rock and roll band The Doobie Brothers pull out deep catalog songs for two sets, one acoustic and one electric. Acoustic guitar master Jim Hurst opens the evening.	APTEX	(S)	(CC)	N/A	#403H
21:00:00	Backstage Pass Simien The Whale Break-beat rock and indie-pop from the Grand Rapids-based songwriting duo of Tory Peterson and Zach Guy. Featuring selections from their upcoming EP and favorites from their 2012 self-titled debut release.	NETA	(S)	(CC)	N/A	#508H
22:00:00	Sand Creek Massacre What led approximately 600-plus volunteer soldiers to attack a peaceful settlement of Cheyenne and Arapaho Indians in the Southeastern Colorado Territory? On November 29, 1864, Colonel John Chivington led an unprovoked attack that resulted in the deaths of more than 150 women, children and the elderly. SAND CREEK MASSACRE revisits the horrific acts of that day and uncovers the history 150 years later. The hour-long program gives insight into the history and describes in detail the actions and the events - the discovery of gold in the west, the push for Colorado statehood by Governor John Evans, and the belief in manifest destiny - that led to this infamous massacre. The documentary provides an in-depth look at the story's real-life villains and heroes through moving oral histories shared by 22 Sand Creek descendants, an interview with David. F. Halass, PhD, a Northern Cheyenne Consultant and Colorado Chief Historian and archival photos and letters.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	My Louisiana Love MY LOUISIANA LOVE journeys with filmmaker Monique Verdin on a quest to connect with her ancestral roots within the Houma Nation, a Native American community reeling from decades of environmental degradation and natural disasters. The Houma, one of the largest Native American tribes in North America, live in South Louisiana communities where decaying marshlands serve as the only buffer against storm-surge floodwaters. Verdin sees her people's traditional way of life - and the land they live on - threatened by a cycle of man-made environmental crises. After witnessing the devastation caused by Hurricanes Katrina and Rita in 2005, and the BP oil spill in 2010, Verdin finds herself turning to environmental activism, and documenting her family's struggle to stay close to the land despite the cycle of disasters and the rapidly disappearing coastline. MY LOUISIANA LOVE looks at the complex and uneven relationship between the oil and gas industry and the indigenous people of the Mississippi Delta. In this intimate portrait, Verdin must overcome the loss of her house, her father and her partner - and redefine the meaning of "home."	APTEX	(S)	(CC)	N/A	#0

Tue, Nov 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7167
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1246H
01:00:00	Music City Roots Live from the Factory Legendary roots and rock and roll band The Doobie Brothers pull out deep catalog songs for two sets, one acoustic and one electric. Acoustic guitar master Jim Hurst opens the evening.	APTEX	(S)	(CC)	N/A	#403H
02:00:00	Backstage Pass Simien The Whale Break-beat rock and indie-pop from the Grand Rapids-based songwriting duo of Tory Peterson and Zach Guy. Featuring selections from their upcoming EP and favorites from their 2012 self-titled debut release.	NETA	(S)	(CC)	N/A	#508H
03:00:00	Sand Creek Massacre What led approximately 600-plus volunteer soldiers to attack a peaceful settlement of Cheyenne and Arapaho Indians in the Southeastern Colorado Territory? On November 29, 1864, Colonel John Chivington led an unprovoked attack that resulted in the deaths of more than 150 women, children and the elderly. SAND CREEK MASSACRE revisits the horrific acts of that day and uncovers the history 150 years later. The hour-long program gives insight into the history and describes in detail the actions and the events - the discovery of gold in the west, the push for Colorado statehood by Governor John Evans, and the belief in manifest destiny - that led to this infamous massacre. The documentary provides an in-depth look at the story's real-life villains and heroes through moving oral histories shared by 22 Sand Creek descendants, an interview with David. F. Halass, PhD, a Northern Cheyenne Consultant and Colorado Chief Historian and archival photos and letters.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	My Louisiana Love MY LOUISIANA LOVE journeys with filmmaker Monique Verdin on a quest to connect with her ancestral roots within the Houma Nation, a Native American community reeling from decades of environmental degradation and natural disasters. The Houma, one of the largest Native American tribes in North America, live in South Louisiana communities where decaying marshlands serve as the only buffer against storm-surge floodwaters. Verdin sees her people's traditional way of life - and the land they live on - threatened by a cycle of man-made environmental crises. After witnessing the devastation caused by Hurricanes Katrina and Rita in 2005, and the BP oil spill in 2010, Verdin finds herself turning to environmental activism, and documenting her family's struggle to stay close to the land despite the cycle of disasters and the rapidly disappearing coastline. MY LOUISIANA LOVE looks at the complex and uneven relationship between the oil and gas industry and the indigenous people of the Mississippi Delta. In this intimate portrait, Verdin must overcome the loss of her house, her father and her partner - and redefine the meaning of "home."	APTEX	(S)	(CC)	N/A	#0
05:00:00	Closer to Truth How Does Personal Identity Persist Through Time? Is the self an illusion? Decades roll by; every molecule of my body changes many times over. Yet I sense myself the same. Not just continuity, but unity.	EPS	(S)	(CC)	N/A	#1205H
05:30:00	Innerviews with Ernie Manouse Al Jarreau Born into the church - his father was a minister and his mother was a church pianist - music and spirituality surrounded Al Jarreau. After earning his master's degree, he worked as a rehabilitation counselor by day and jazz singer by night. Eventually the night's won out, and music became his calling card. The hits soon followed with "We're in this Love Together," "Boogie Down," "Morning,"-- the theme from the TV series Moonlighting-- and even a solo spot on "We Are the World." He has gone on to be the only artist in history to win Grammy awards in three different categories - Jazz, Pop and R & B. On this episode of InnerVIEWS with Ernie Manouse, our conversation with 7-time Grammy Award winner, vocalist Al Jarreau.	NETA	(S)	(CC)	N/A	#1103H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1968
08:00:00	Zula Patrol Spin Control: The Venus Effect/Crater Raters: Journey to Mercury SPIN CONTROL: THE VENUS EFFECT - Venus refuses to pose for a picture on Multo's Mega-Map of the Solar System because she feels that she doesn't fit in with the other planets. The Zula Patrol figures out how unique Venus is, then (with some musical help from Wizzy and Wigg) manage to convince her that having a "retrograde" rotation really rocks! CRATER RATERS: JOURNEY TO MERCURY - The Zulean Crater Rater Society is late in arriving for Multo's luncheon and that means trouble. The Zula Patrol must race to the planet Mercury to rescue the Raters from the clutches of Dark Truder - who wants to use their knowledge of craters to build a gigantic golf course where even HE can't miss the holes.	APTEX	(S)	(CC)	DVI	#302H
08:30:00	Bug Bites The Metamorphosis When Gilbert learns that he owes \$3,200 to the IRS, he signs up for Extreme Bug Makeover, a metamorphosis competition, to win the \$10,000 grand prize. However Gilbert soon realizes that his talents can't compare to the amazing and real metamorphoses of his competitors, so he gets an extreme makeover of his own to try to emulate them. Thanks to his newly inflated ego and a new crop of admirers, Gilbert's relationship with Adam becomes strained. Can Adam talk some sense into Gilbert, or will our dynamic duo fall to pieces?	APTEX	(S)	(CC)	DVI	#107H

Tue, Nov 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Vertical Ab Toner	ACCES	(S)	(CC)	N/A	#304H
09:30:00	Classical Stretch: The Esmonde Technique Triceps and Arms  In this episode of Classical Stretch, join Miranda Esmonde-White in a charming park overlooking the ocean in Jamaica! This allstanding workout is intended to strengthen and slenderize your arms!	APTEX	(S)	(CC)	DVI	#1008H
10:00:00	Sit and Be Fit Back Health  Mary Ann introduces new exercises to gently loosen the thoracic spine with subtle shoulder and back movements.	NETA	(S)	(CC)	N/A	#1410H
10:30:00	Sewing with Nancy Magic Patterns, Part 2  The magic is in changing basic patterns to easy stylish designs with a spark of originality Mary Brooks Picken's idea from the 1920s to "take what's given and add a spark of originality" is the concept Nancy and Amy Barickman use in this program. They transform a cardigan into several styles, mix and match features of a magic dress with new sleeve options, and add unique closures and pockets to a coat pattern for carefree styling.	NETA	(S)	(CC)	N/A	#2808H
11:00:00	Knitting Daily Accessorize It!  Accessories create the look! Dorinda Balanecki incorporates beautiful crystal buttons for a touch of glitz. Shelby Allaho shares her love of crocheted accessories, and editor Louisa Demmitt show how to make warm, stylish mittens. Tanis Gray adds texture with the oyster stitch. Vickie Howell shares a stranding technique to make a cozy cowl.	NETA	(S)	(CC)	N/A	#1406H
11:30:00	Fons & Porter's Love of Quilting Double Stars  Repetition creates a secondary design when two sizes of the same quilt block are combined to create the Double Stars. Mary Fons is joined by Jodi Davis in this episode to show you the basics of creating the 8-point star block.	NETA	(S)	(CC)	N/A	#2404H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6087H
13:00:00	Hubert Keller: Secrets of a Chef Entertaining for a Crowd  Chef Keller is making pork rillette, a delicious pate or meat spread found in nearly every French home. The second recipe is a unique lasagna made with tender, succulent short rib meat. For dessert, he is showing a way to make meringue in minutes. Pork Rillette, Braised Short Rib Lasagna, & Floating Island Meringues with Creme Anglaise.	NETA	(S)	(CC)	N/A	#508H
13:30:00	Sara's Weeknight Meals 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	Taste of History Discovering China's Past  Join Chef Staib on an epic Chinese adventure. Follow him as he treks from an exotic fish market and the Forbidden City in Beijing and floats down the Yangtze River to sample authentic hotpots in Chonging. Along the way he cooks a classic Chinese feast of tripe, spicy peanut and peppercorn sauce, pot stickers, Chonging style chicken, steamed buns and more.	NETA	(S)	(CC)	N/A	#608H
14:30:00	George Hirsch Lifestyle Country Made  George prepares a selection of simple comfort recipes, including fried chicken and waffles and his favorite creamy rice pudding. George visits Shady Lady Root Beer, a small-batch brewer of handcrafted soda, and then stops in at an artisanal producer of pastries in Sag Harbor. Recipes - Dill & Cheddar Waffles - Oven-Fried Garlic Chicken - Rice Pudding.	APTEX	(S)	(CC)	N/A	#103H
15:00:00	Beads, Baubles and Jewels Hourglass Shapes  Shape the story with wirework. Sandra Lupo, an inventor and designer, creates hourglass cone shapes using a variety of wire types and colors for fabulous effects with beads and crystals. Jill McKay introduces Katie to die-cut leather jewelry in the Beading Lesson.	NETA	(S)	(CC)	N/A	#2306H

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Tue, Nov 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	For Your Home Getting Dirty	APTEX	(S)	(CC)	N/A	#3104H
	With building plans in place Vicki and her FYH team of professionals begin the demolish process of the existing bungalow. The foundation for the new addition is completed and the builder discovers extensive termite damage. Homeowners work through budgets and product selections for their bungalow.					
16:00:00	Biz Kid\$ You Are The Target!	APTEX	(S)	(CC)	DVI	#504H
	Every day, kids and teens are subjected to thousands of commercial messages from advertisers. This episode helps you recognize when you are being targeted, how to resist manipulation, and when to apply good consumer skills to cut through the commercial fog.					
16:30:00	Hands On Crafts for Kids Playtime	NETA	(S)	(CC)	DVI	#1704H
	Every day is play time! Challenge your skills with an ice cream cone ball toss game. Design your own indoor miniature golf course with Franz, then put on a show with puppets Jenny shows how to make and decorate. Add some cardboard to the Family Craft Box to create a super mask and make your own superhero figure.					
17:00:00	P. Allen Smith's Garden Home Oils All Around	APTEX	(S)	(CC)	N/A	#1503H
	P. Allen Smith explores the many uses of oils - from the basic to the exotic.					
17:30:00	Growing A Greener World Community Gardens: Growing So Much More Than Plants	APTEX	(S)	(CC)	N/A	#711H
	Having an opportunity to participate in a community garden builds a sense of community like nothing else. It provides opportunities for exercise, education, therapy, relaxation and social interaction, along with preserving green space and conserving resources. By looking at several prime examples of community gardens in action, this episode demonstrates how the benefits of a neighborhood garden can reach far beyond the garden gates, bringing people closer to the earth and to each other. In the kitchen, Chef Nathan uses kale fresh from the garden to create a ribollita, also known as a Tuscan vegetable and bread soup.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13233
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1246H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7168
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#846H
20:00:00	Sun Studio Sessions Motel Mirrors	NETA	(S)	(CC)	N/A	#711H
	Amy Lavere, Will Sexton and John Paul Keith make up this talented trio who each have their own solo career successes. The band is firmly grounded in modern Americana while honoring the best of classic country to create songs best described as timeless: "If you put the needle down and close your eyes, you might mistake yourself for being somewhere else. At another time, in a different town. In a bar, listening to a band of strangers, whose voices are at once, both fleeting and familiar." In this episode, the trio talks about their music influences and performs several songs including "Best Mistake" and "Suddenly You."					
20:30:00	Jammin at Hippie Jack's Outlaw Gospel	NETA	(S)	(CC)	N/A	#1005H
	This is a very special inside glimpse at Hippie Jack's. Sunday nights at our festival are dedicated to our family of performers. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.					
21:00:00	The Kate Jarrod Spector	APTEX	(S)	(CC)	N/A	#103H
	Actor and Broadway tenor Jarrod Spector channels the experience of playing 1500+ performances of Frankie Valli in Jersey Boysto deliver a dazzling storyboard of male vocalists from classic to modern. Experience the unstoppable energy of hits like "Good Vibrations," "Uptown Girl" and "Walk Like a Man" paired with swoon-worthy renditions of "Maybe I'm Amazed" and Enrico Caruso's "Una Furtiva." Spector's reverent interpretations illustrate his closeness to the material and his deep respect for these influential artists: Freddie Mercury, Paul McCartney, Billy Joel, Stevie Wonder, The Beach Boys, and of course, Frankie Valli. From "Star Search" to failed TV pilots, Jarrod's story is told with humor, tender moments and powerful singing.					

Tue, Nov 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	The Verdigris: In Search of Will Rogers	APTEX	(S)	(CC)	N/A	#0H
<p>When singer-songwriter Beau Jennings set out to make his latest album, he thought the subject would be about his experiences in Brooklyn, NY, his current home. However, as Jennings worked on the album, he was drawn to a childhood hero of his - the legendary entertainer and political commentator Will Rogers. After writing several songs about the American icon, Jennings decided to further explore the source of his inspiration with a cross-country road trip, resulting in the sentimental documentary THE VERDIGRIS: IN SEARCH OF WILL ROGERS. Named for the river Verdigris that runs through the Oklahoma hometowns of both Rogers and Jennings, the documentary is a unique rendering of Rogers' legacy. Jennings retraces the steps of the legendary Oklahoman, visiting locations where significant milestones occurred in Rogers' life, performing original songs about those events, and interviewing people who shaped or were influenced by the "Cherokee Kid."</p>						
23:00:00	I Remember Better When I Paint	APTEX	(S)	(CC)	N/A	#0H
<p>Narrated by screen legend Olivia de Havilland, I REMEMBER BETTER WHEN I PAINT reveals the ways day-care centers, nursing homes and assisted-living facilities are employing creative therapies to treat Alzheimer's patients. This informative documentary offers pivotal new insights about the transformative power of drawing, painting, music and museum visits for those living with Alzheimer's and related memory disorders. Through personal stories and interviews with noted physicians, the film explores the benefits of this approach, including an improved quality of life for the patient and a restored dialogue with their caregivers.</p>						



Wed, Nov 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7168
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#846H
01:00:00	Sun Studio Sessions Motel Mirrors	NETA	(S)	(CC)	N/A	#711H
	<p>Amy Lavere, Will Sexton and John Paul Keith make up this talented trio who each have their own solo career successes. The band is firmly grounded in modern Americana while honoring the best of classic country to create songs best described as timeless: "If you put the needle down and close your eyes, you might mistake yourself for being somewhere else. At another time, in a different town. In a bar, listening to a band of strangers, whose voices are at once, both fleeting and familiar." In this episode, the trio talks about their music influences and performs several songs including "Best Mistake" and "Suddenly You."</p>					
01:30:00	Jammin at Hippie Jack's Outlaw Gospel	NETA	(S)	(CC)	N/A	#1005H
	<p>This is a very special inside glimpse at Hippie Jack's. Sunday nights at our festival are dedicated to our family of performers. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.</p>					
02:00:00	The Kate Jarrod Spector	APTEX	(S)	(CC)	N/A	#103H
	<p>Actor and Broadway tenor Jarrod Spector channels the experience of playing 1500+ performances of Frankie Valli in Jersey Boysto deliver a dazzling storyboard of male vocalists from classic to modern. Experience the unstoppable energy of hits like "Good Vibrations," "Uptown Girl" and "Walk Like a Man" paired with swoon-worthy renditions of "Maybe I'm Amazed" and Enrico Caruso's "Una Furtiva." Spector's reverent interpretations illustrate his closeness to the material and his deep respect for these influential artists: Freddie Mercury, Paul McCartney, Billy Joel, Stevie Wonder, The Beach Boys, and of course, Frankie Valli. From "Star Search" to failed TV pilots, Jarrod's story is told with humor, tender moments and powerful singing.</p>					
03:00:00	The Verdigris: In Search of Will Rogers	APTEX	(S)	(CC)	N/A	#0H
	<p>When singer-songwriter Beau Jennings set out to make his latest album, he thought the subject would be about his experiences in Brooklyn, NY, his current home. However, as Jennings worked on the album, he was drawn to a childhood hero of his - the legendary entertainer and political commentator Will Rogers. After writing several songs about the American icon, Jennings decided to further explore the source of his inspiration with a cross-country road trip, resulting in the sentimental documentary THE VERDIGRIS: IN SEARCH OF WILL ROGERS. Named for the river Verdigris that runs through the Oklahoma hometowns of both Rogers and Jennings, the documentary is a unique rendering of Rogers' legacy. Jennings retraces the steps of the legendary Oklahoman, visiting locations where significant milestones occurred in Rogers' life, performing original songs about those events, and interviewing people who shaped or were influenced by the "Cherokee Kid."</p>					
04:00:00	I Remember Better When I Paint	APTEX	(S)	(CC)	N/A	#0H
	<p>Narrated by screen legend Olivia de Havilland, I REMEMBER BETTER WHEN I PAINT reveals the ways day-care centers, nursing homes and assisted-living facilities are employing creative therapies to treat Alzheimer's patients. This informative documentary offers pivotal new insights about the transformative power of drawing, painting, music and museum visits for those living with Alzheimer's and related memory disorders. Through personal stories and interviews with noted physicians, the film explores the benefits of this approach, including an improved quality of life for the patient and a restored dialogue with their caregivers.</p>					
05:00:00	Closer to Truth Can Philosophy of Religion Find God?	EPS	(S)	(CC)	N/A	#1206H
	<p>Does God exist? What are God's attributes and traits? How to examine such questions about God? Philosophy enables analysis and provokes insight.</p>					
05:30:00	Innerviews with Ernie Manouse Carrie Fisher	NETA	(S)	(CC)	N/A	#1104H
	<p>Carrie Fisher seemed destined for stardom from the moment she was born-after all, her parents were singer Eddie Fisher and actress Debbie Reynolds. International fame found her at age 21, when she starred in the 1977 blockbuster film "Star Wars." Over the next two decades she appeared in two Star Wars sequels, as well as making appearances in such films as "The Blues Brothers," "Hannah &amp; Her Sisters," and "When Harry Met Sally." She received rave reviews for her debut novel, the semi-autobiographical "Postcards From the Edge," and garnered a Grammy nomination in 2009 for her Spoken Word album "Wishful Drinking"-based on the one-woman play of the same name. Fisher's private life has often been rocky-a well-publicized struggle with drug addiction; divorce from long-time companion, singer Paul Simon; and an ongoing battle with bi-polar disorder. On this episode of InnerVIEWS with Ernie Manouse, our conversation with actress, novelist, and screenwriter, Princess Leia herself, Carrie Fisher.</p>					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1969

Wed, Nov 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Hey Kids, Amazing Space Monkeys!/The Blorp HEY KIDS, AMAZING SPACE MONKEYS! - Wizzy and Wigg send away for their very own LIVE SPACE MONKEYS. When they add the freeze-dried Space Monkey eggs to water they spring to life. But at night, the Space Monkeys sneak out of their tank, take apart Zula Patrol headquarters and everything in it, roll it all up into a giant mixture, and make off with it. The ZPers have to chase down the aqua-primates and get the mischievous pets to reassemble the pieces to restore HQ. THE BLORP - When Deliria gets her hands on some solid Smellanium and liquid Stenclide she ends up creating a monster concoction she calls "The Blorp." But before long, "The Blorp" takes off on a path of destruction. The Zula Patrol can't figure what the blobish thing is or how to stop it as it almost wipes out their Headquarters and the city of Zulopolis. Wizzy and Wigg finally realize they must separate the solutions that make "The Blorp" tick to stop it in its tracks.	APTEX	(S)	(CC)	DVI	#303H
08:30:00	Bug Bites A Bug with a Bug There's a bug in the air... and it's not the cute kind! When Gilbert comes down with flu symptoms, Adam rushes to find a cure. But in the meantime, Bug Bites needs a co-host! Kids will laugh and learn as Adam auditions a slew of wannabe stars. Even as we investigate the various insect illnesses that could be plaguing Gilbert, our intrepid roach refuses to admit that there is anything wrong with him. "The show must go on!"	APTEX	(S)	(CC)	DVI	#108H
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Back Strength and Stretch	ACCES	(S)	(CC)	N/A	#305H
09:30:00	Classical Stretch: The Esmonde Technique Stress Release Workout In this episode of Classical Stretch, join Miranda Esmonde-White in Jamaica. Miranda will take you through an all-floor stress relief workout. This gentle workout is sure to release tensions in your body.	APTEX	(S)	(CC)	DVI	#1009H
10:00:00	Sit and Be Fit Functional Fitness This episode includes exercises that promote healthy living and being able to perform daily activities with ease and without injury. Registered dietitian, Janell Buchkoski, challenges viewers with a weight management tip of the day.	NETA	(S)	(CC)	N/A	#1411H
10:30:00	Sewing with Nancy No-Hassle Triangles Quilt Blocks, Part 1 Take the annoyance out of creating quilt blocks that contain triangle shapes. Nancy demonstrates how to make no-hassle	NETA	(S)	(CC)	N/A	#2809H
11:00:00	Knitting Daily Arm Yourself Barry Klein shows some great ideas for finishing off your sleeve caps. Chat with the Tech Knitter about her popular blog. Leslye Solomon demonstrates how to attach set-in sleeves and Tanis Gray shows why diamonds and bobbles are a girl's best friend. Vickie Howell shows how details really matter, right down to the cuffs.	NETA	(S)	(CC)	N/A	#1407H
11:30:00	Fons & Porter's Love of Quilting Neapolitan Block Exchanges, what are they? How do I organize one? What kinds of things should you consider? Mary Fons and Liz Porter will guide you through all the considerations and details required to set up a successful block exchange program.	NETA	(S)	(CC)	N/A	#2405H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6088H
13:00:00	Ellie's Real Good Food Spring Break with No Regrets Ellie shows us how to transform a vacation from an unhealthy free-for-all into an opportunity to find new flavors you can use to bring your good times home. Recipes: Caribbean chickpea curry wraps, Jerk pork loin with mango cucumber salsa, Grilled pineapple with coconut whip.	APTEX	(S)	(CC)	N/A	#113H
13:30:00	Annabel Langbein: The Free Range Cook Effortless Entertaining Annabel Langbein milks goats at her neighbors' organic farm and then shows how easy it is to make haloumi cheese. She turns this into a starter, grilled on skewers with shrimp and zucchini. Also on the menu are flash-roasted salmon fillets with home-made pesto, and decadent molten chocolate pots. Recipes from this episode: home-made haloumi, shrimp, haloumi and zucchini skewers, summer basil pesto, flash-roasted pesto salmon, potato rosti, braised fennel with lemon, molten chocolate pots, limoncello.	APTEX	(S)	(CC)	N/A	#112H

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Wed, Nov 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Simply Ming Johnny Iuzzini  This week on Simply Ming, it's "dark and stormy" time with James Beard award-winning uber-pastry chef Johnny Iuzzini. Johnny was named one of the 10 most influential pastry chefs in America. He shows his best today when he creates an amazing frozen dark & stormy soufflé. And Ming will do a dark and stormy his way with his dark & stormy doughnuts with ginger cloud cream.	APTEX	(S)	(CC)	N/A	#1407H
14:30:00	Cook's Country Prime Rib with All The Fixings  Test cook Bridget Lancaster shows host Christopher Kimball how to make the ultimate prime rib and potatoes with red wine-orange sauce at home. Then, test cook Christie Morrison reveals the steps for green goddess dressing. Next, equipment expert Adam Ried reveals his top picks for roasting racks. And finally, test cook Julia Collin Davison uncovers the secrets to making the best roasted green beans with goat cheese and hazelnuts.	APTEX	(S)	(CC)	N/A	#912H
15:00:00	Beads, Baubles and Jewels Die-Cutting Leather  Die-cut shapes open new possibilities for jewelry-making. Inventor and jewelry-maker Jill McKay cuts leather in various sizes to create colorful stacking shapes. Katie use aurora borealis beads to accent a beaded fringe pendant for a rich, sparkly look.	NETA	(S)	(CC)	N/A	#2307H
15:30:00	For Your Home All About The Surfaces  New spaces take shape as drywall, hardwood floors and vinyl siding transform the interior and exterior of the bungalow while new doors and windows provide beauty and energy saving advantages. Homeowner, Liz Lowry, works with Ron, the finish carpenter, to recycle two old wooden doors into headboards for two of her three children's bedrooms.	APTEX	(S)	(CC)	N/A	#3105H
16:00:00	Biz Kid\$ The Economics of Economics  Here's a lighter look at a complex science. Learn about everything from micro to macro economics, supply and demand, and economic indicators. See how business owners and even individuals use economic principles to make financial decisions. Meet a young entrepreneur who started up her serving business when the economy turned down. It's all economics!	APTEX	(S)	(CC)	DVI	#505H
16:30:00	Hands On Crafts for Kids Let's Party  There's a party going on and you are invited! Katie shows how to make a decorative chandelier to set the mood for your party theme and Franz draws a colorful and fun postcard invitation that will get all your guests to come. Jenny and Katie sculpt a hanging pinata bowl full of treats. Then reach into the Family Craft Box to make a party decoration from yarn and glue to stuff with favors.	NETA	(S)	(CC)	DVI	#1705H
17:00:00	P. Allen Smith's Garden Home When Kids Takeover  P. Allen Smith asks, how many kids does it take to host a show? Find out as Allen lets the little ones take over for the day.	APTEX	(S)	(CC)	N/A	#1504H
17:30:00	Growing A Greener World Growing Big Flavors In Small Spaces (Los Angeles, Ca)  The busier we get, the more we seem to seek a time when life wasn't so fast. A movement toward a simple yet flavorful lifestyle, often associated with the term "homesteading," is growing more popular all the time. And it's not just rural farm-types that are leading the charge. People from all walks of life, including professionals from the suburbs to city-dwelling urbanites are looking to raise their own chickens, grow their own organic food, can and preserve the harvest, and other practices more commonly associated with the activities of our parents and grandparents. In this episode, the team goes behind the scenes with one of the country's leading contemporary urban homesteaders, Theresa Loe, to learn more about what's behind this exploding trend. It all happens from her own tiny Los Angeles homestead, where's she all about fresh, seasonal and locally-sourced flavor.	APTEX	(S)	(CC)	N/A	#712H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13234
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#418H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7169
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#344

Wed, Nov 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#103H
20:30:00	Songs at the Center Artists: Willie Phoenix, Kathy Redwine & Hollie Brogunier, Steve Goodie, and hosted by songwriter Eric Gnezda. Artist Bio: Willie Phoenix, former A&M recording artist, and Columbus blues-rock legend. "He sang like Wilson Pickett, wore his Telecaster upside down like Hendrix, and had Elvis Costellos' gift for cutting a pop gem. He didn't play second to James Brown when putting on a show. He's as good as we've ever seen." (Joe Oestreich, Hitless Wonder.) He performs "So Beautiful." Artist Bio: Kathy Redwine and Hollie Brogunier hail from Oregon and Maryland, respectively. Their band, The Red Wine Effect, is known for fresh songwriting and exquisite harmonies. They've been featured on WSM Radio, home of the Grand Ole Opry, and at the coveted Key West Songwriters Festival. They sing "Group Therapy" and "Kiss Me Back." Artist Bio: Steve Goodie, is often called the funniest man in Nashville. He's been a frequent guest on many of the nation's top comedic radio shows, including Howard Stern, Bob and Tom, and Dr. Demento. He hosts Writers Night at Nashville's iconic venue for songwriters, the Bluebird Cafe. He sings "The NASCAR Song."	APTEX	(S)	(CC)	N/A	#207H
21:00:00	Fireworks: The 2014 International Violin Competition of Indianapolis FIREWORKS: THE 2014 INTERNATIONAL VIOLIN COMPETITION OF INDIANAPOLIS chronicles a global search for the next generation of young concert artists. Held once every four years, 37 young classical violin virtuosos from around the world met and competed in the 9th Quadrennial International Violin Competition of Indianapolis (IVCI) for the top prize: a medal, a cash reward, a Carnegie Hall recital debut, and the use of the 1683 Stradivarius owned by the late Josef Gingold-considered one of the most influential violin masters in the United States. The documentary takes viewers behind-the-scenes of the competition where they meet the contestants and see their performances; hear from judges, host families and other contest insiders; and witness the ups and downs of the competition as it culminates in the launching of a concert violinist's career.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	In Our Son's Name Phyllis and Orlando Rodriguez's lives shatter with the death of their son, Greg, who dies with thousands of others at the World Trade Center on September 11, 2001. Instead of seeking revenge, the grieving couple begin a journey of reconciliation that transforms their lives. Their odyssey thrusts them reluctantly into the public eye as they speak out against war in Iraq and Afghanistan, oppose the death penalty for 9/11 conspirator Zacarias Moussaoui, and befriend his mother. Seeking to understand the nature of violence, Phyllis and Orlando engage in an emotional dialog with men incarcerated at Sing Sing prison for violent crimes, who themselves seek reconciliation. Over time they reach a new understanding of their rebellious son. Interviews, verite footage, and striking archival images create a a subtle, profound story told with disarming candor -- a response to violence that challenges conventional concepts of justice and healing. Shadd Maruna, Dean of the Rutgers University School of Criminal Justice said about the film: "I watched this powerful and healing documentary in a lecture theater filled with utterly transfixed undergraduates - literally the 9/11 generation - and you could have heard a pin drop in the room. None of us could help but be moved, even transformed, by Phyllis and Orlando's remarkable courage and dignity."	NETA	(S)	(CC)	N/A	#0H
23:00:00	America from the Ground Up America's Lost Civilization 800ad-1600 Centuries before Columbus arrived America was home to the towns and cities of a thriving Native American Civilization. Dig into the archaeology of America's lost civilization at sites like Cahokia, a Native American city of 30,000 people and the spiritual heart of a civilization that stretched from the Great Lakes to the Gulf of Mexico.	NETA	(S)	(CC)	N/A	#101H
23:30:00	Arab American Stories Arab-Americans have made lasting contributions to American institutions-- Public Relations Executive Judy Habib talks about the legacy of St. Jude's Children's Research Hospital, Maha Freij found her niche as a development dynamo and helped grow ACCESS into largest Arab-American human services organization in the nation, and researcher and radiologist Dr. Elias Zerhouni had a transformative impact on medical research in the U.S. as Director of the National Institutes of Health.	APTEX	(S)	(CC)	DVI	#112H

Thu, Nov 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7169
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#344
01:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#103H
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#207H
	<p>Artists: Willie Phoenix, Kathy Redwine &amp; Hollie Brogunier, Steve Goodie, and hosted by songwriter Eric Gnezda. Artist Bio: Willie Phoenix, former A&amp;M recording artist, and Columbus blues-rock legend. "He sang like Wilson Pickett, wore his Telecaster upside down like Hendrix, and had Elvis Costellos' gift for cutting a pop gem. He didn't play second to James Brown when putting on a show. He's as good as we've ever seen." (Joe Oestreich, Hitless Wonder.) He performs "So Beautiful." Artist Bio: Kathy Redwine and Hollie Brogunier hail from Oregon and Maryland, respectively. Their band, The Red Wine Effect, is known for fresh songwriting and exquisite harmonies. They've been featured on WSM Radio, home of the Grand Ole Opry, and at the coveted Key West Songwriters Festival. They sing "Group Therapy" and "Kiss Me Back." Artist Bio: Steve Goodie, is often called the funniest man in Nashville. He's been a frequent guest on many of the nation's top comedic radio shows, including Howard Stern, Bob and Tom, and Dr. Demento. He hosts Writers Night at Nashville's iconic venue for songwriters, the Bluebird Cafe. He sings "The NASCAR Song."</p>					
02:00:00	Fireworks: The 2014 International Violin Competition of Indianapolis	APTEX	(S)	(CC)	N/A	#0H
	<p>FIREWORKS: THE 2014 INTERNATIONAL VIOLIN COMPETITION OF INDIANAPOLIS chronicles a global search for the next generation of young concert artists. Held once every four years, 37 young classical violin virtuosos from around the world met and competed in the 9th Quadrennial International Violin Competition of Indianapolis (IVCI) for the top prize: a medal, a cash reward, a Carnegie Hall recital debut, and the use of the 1683 Stradivarius owned by the late Josef Gingold-considered one of the most influential violin masters in the United States. The documentary takes viewers behind-the-scenes of the competition where they meet the contestants and see their performances; hear from judges, host families and other contest insiders; and witness the ups and downs of the competition as it culminates in the launching of a concert violinist's career.</p>					
03:00:00	In Our Son's Name	NETA	(S)	(CC)	N/A	#0H
	<p>Phyllis and Orlando Rodriguez's lives shatter with the death of their son, Greg, who dies with thousands of others at the World Trade Center on September 11, 2001. Instead of seeking revenge, the grieving couple begin a journey of reconciliation that transforms their lives. Their odyssey thrusts them reluctantly into the public eye as they speak out against war in Iraq and Afghanistan, oppose the death penalty for 9/11 conspirator Zacarias Moussaoui, and befriend his mother. Seeking to understand the nature of violence, Phyllis and Orlando engage in an emotional dialog with men incarcerated at Sing Sing prison for violent crimes, who themselves seek reconciliation. Over time they reach a new understanding of their rebellious son. Interviews, verite footage, and striking archival images create a a subtle, profound story told with disarming candor -- a response to violence that challenges conventional concepts of justice and healing. Shadd Maruna, Dean of the Rutgers University School of Criminal Justice said about the film: "I watched this powerful and healing documentary in a lecture theater filled with utterly transfixed undergraduates - literally the 9/11 generation - and you could have heard a pin drop in the room. None of us could help but be moved, even transformed, by Phyllis and Orlando's remarkable courage and dignity."</p>					
04:00:00	America from the Ground Up America's Lost Civilization 800ad-1600	NETA	(S)	(CC)	N/A	#101H
	<p>Centuries before Columbus arrived America was home to the towns and cities of a thriving Native American Civilization. Dig into the archaeology of America's lost civilization at sites like Cahokia, a Native American city of 30,000 people and the spiritual heart of a civilization that stretched from the Great Lakes to the Gulf of Mexico.</p>					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#112H
	<p>Arab-Americans have made lasting contributions to American institutions-- Public Relations Executive Judy Habib talks about the legacy of St. Jude's Children's Research Hospital, Maha Freij found her niche as a development dynamo and helped grow ACCESS into largest Arab-American human services organization in the nation, and researcher and radiologist Dr. Elias Zerhouni had a transformative impact on medical research in the U.S. as Director of the National Institutes of Health.</p>					
05:00:00	Closer to Truth Why Do We Sleep?	EPS	(S)	(CC)	N/A	#1207H
	<p>Why do we spend so much of our lives not awake? What do sleeping and dreaming reveal about consciousness?</p>					
05:30:00	Innerviews with Ernie Manouse George Hamilton	NETA	(S)	(CC)	N/A	#1105H
	<p>Born to a band leader and an aspiring starlet - George Hamilton's life took him on a wild ride that eventually delivered him to Hollywood - where he consciously created the smooth, debonair image that we still identify with him today. With a rich body of work in film and television, Hamilton has starred in such productions as "The Light in the Piazza," "Evel Knievel," "Love at First Bite," and "Zorro, The Gay Blade." But he is probably just as well known for his exploits as a ladies' man, having escorted such high profile women as actress Elizabeth Taylor, First Daughter Lynda Bird Johnson, and model Alana Stewart. These days he is crisscrossing the country once again, this time starring in the Broadway tour of "La Cage Aux Folles." On this episode of InnerVIEWS with Ernie Manouse, our conversation with the suave and perpetually tanned Golden Globe-winning actor George Hamilton.</p>					

Thu, Nov 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1970
08:00:00	Zula Patrol Vanishing Cream/There Goes The Neighborhood	APTEX	(S)	(CC)	DVI	#304H
	VANISHING CREAM - Deliria and Clويد 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	Bug Bites The Alpha-Bug	APTEX	(S)	(CC)	DVI	#109H
	After a confrontation with a bully during lunch, Gilbert works out like mad in order to become a "soldier roach" and avoid getting picked-on. It isn't long before Gilbert's hectic lifestyle interferes with the show, and his "alpha-bug" attitude begins to make the kids uncomfortable. Can Adam convince Gilbert there are much better ways to handle bullies and that Gilbert is perfect just the way he is?					
09:00:00	Functional Fitness with Suzanne Andrews Help Me Sleep: Yoga for Insomnia	ACCES	(S)	(CC)	N/A	#306H
09:30:00	Classical Stretch: The Esmonde Technique Zero Impact Cardio	APTEX	(S)	(CC)	DVI	#1010H
	In this episode of Classical Stretch, join Miranda Esmonde-White in splendid Jamaica! This all-standing zero impact cardio workout will get your blood flowing without stressing your joints.					
10:00:00	Sit and Be Fit Good Alignment	NETA	(S)	(CC)	N/A	#1412H
	By doing exercises with eyes closed, Mary Ann builds an awareness of how good spinal alignment feels. Mary Ann gives a tip of the day.					
10:30:00	Sewing with Nancy No-Hassle Triangles Quilt Blocks, Part 2	NETA	(S)	(CC)	N/A	#2810H
	Make 1/4-square and 1/2-square triangles without cutting a single triangle! Learn to make 1/4-square triangles and modified 1/4-square triangles- Nancy teaches an easy method where no actual triangles are cut, only squares. Quilt blocks featured in this program range from beginner to experienced levels including the 1/4-Square Dance, Boy's Nonsense, Silent Star, Ohio Star, Star of Hope, and Card Trick blocks.					
11:00:00	Knitting Daily Playtime Knits	NETA	(S)	(CC)	N/A	#1408H
	It's time to play! Author Elizabeth Green Musselman knits a kid-approved Ninja back pack. Artist Taylor Hart shares her whimsical crocheted taxidermy and the Dolly Mamas knit a furry friend for a good cause. Tanis Gray teaches the puffy Canterbury Bells stitch and Vickie Howell shows how to finger knit.					
11:30:00	Fons & Porter's Love of Quilting Machine Quilting	NETA	(S)	(CC)	N/A	#2406H
	Mary's guest Angela Huffman will show you how a simple piece of plastic will take your quilts from plain to Blue ribbon ready. Demonstrations include straight line channel quilting, the selection and use of rulers and templates, and how to create spaces on your quilt top for fabulous motifs.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6089H
13:00:00	Eat! Drink! Italy! with Vic Rallo The Locals Know	APTEX	(S)	(CC)	N/A	#307H
	Tuscany's Chef Patrizio Cirri returns to make a typical braised Tuscan beef. Vic is in Verona with Chef Luisa Zecchinato to learn how to bake her Grana Padano cheese biscuits. Vic and Tony Verdoni are in the Florence area to talk about Vin Santo dessert wine and pairing it with two great local cookies.					
13:30:00	Cooking with Nick Stellino A Shrimp Feast	APTEX	(S)	(CC)	N/A	#108H
	Nick visits the fish monger and guides the viewer though a series of tips and techniques on how to make incredibly flavorful shrimp recipes which are fool proof and look and taste like a million dollars. Chef Stellino prepares Shrimp with Garbanzo Beans, Arugula & Sun-dried Tomatoes in a Chardonnay Sauce and a Salad with Shrimp, Watermelon & Goat Cheese.					

Thu, Nov 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	The Jazzy Vegetarian Easy Italian	NETA	(S)	(CC)	DVI	#504H
	Host Laura Theodore prepares quick and easy Italian favorites. Featured guest: Lidia Bastianich. First up, Laura's Spaghetti Sauce is a delicious, classic dish. Then a fifteen-minute Vegan-Ease Pizza takes advantage of a sandwich wrap for the crispy crust, topped by tasty toppings. Eggplant Stack-Ups feature a simple to make cashew cheese filling bathed in a tangy tomato sauce.					
14:30:00	New Scandinavian Cooking New Nordic Cuisine	APTEX	(S)	(CC)	N/A	#701H
	In this episode, Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo. He goes fishing for langoustines and foraging for wild herbs. On board the train again Andreas invites for a herring tartar and on arrival in Stavanger he visits Tango Bar and Kitchen for a modern herring feast.					
15:00:00	Beads, Baubles and Jewels Make It Sparkle	NETA	(S)	(CC)	N/A	#2308H
	Create your color story, then change it. With special wire-shaping techniques, author and crystal superfan Diane Whiting creates strands of beads and crystals that are interchangeable. In the Beading Lesson, Katie creates leather and bead bracelets that can be stacked or worn alone.					
15:30:00	For Your Home Electrifying Details	APTEX	(S)	(CC)	N/A	#3106H
	Renovating an old house always requires updating the electrical, plumbing and heating and cooling systems as well as replacing old bathroom fixtures, cabinets, countertops and finishing details. Discover what's involved in selecting and installing all the new mechanicals and architectural details.					
16:00:00	Biz Kid\$ Businesses That Give Back	APTEX	(S)	(CC)	DVI	#506H
	Get to know some businesses that are giving back in big ways, including up-and-coming entertainer Cymphonique, who helps encourage positive self-esteem for girls. Learn from socially conscious companies that are doing good. It's the new triple bottom line: people, planet, and profit.					
16:30:00	Hands On Crafts for Kids Wear It!	NETA	(S)	(CC)	DVI	#1706H
	With friends and family, create and wear your crafting projects. A fashionable, shimmery clay bird necklace is perfect to wear or to give as a gift. Franz shows how to draw original designs and transfer them to your t-shirt. Jenny uses plastic tableware and fabric dye to make a stenciled flower or flag on a t-shirt. Katie weaves a colorful loop bracelet you can make in your favorite colors or school colors. Use the Family Craft box to transform a t-shirt into a superhero cape with a custom-designed logo.					
17:00:00	P. Allen Smith's Garden Home Upcycle Your Life	APTEX	(S)	(CC)	N/A	#1505H
	P. Allen Smith's unique and clever take on turning trash into treasure. Plus, how to get the most out of your weekly grocery budget.					
17:30:00	Growing A Greener World Growing Healthy Foods and Sustainable Communities (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#713H
	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.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13235
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1322H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7170
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1104H
20:00:00	Backstage Pass George Delancey Quartet	NETA	(S)	(CC)	N/A	#713H
	Former Michigan State University Jazz students George DeLancey, bass, and Jon Beshay, sax, bring jazz to life alongside Rick Roe, piano, and Sean Dobbins, drums. The George DeLancey Quartet featured "The Piano by the Window" and "Melancholy Evening" during this performance recorded at Lansing JazzFest 2015 in Lansing's historic Old Town district.					

Thu, Nov 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Music Voyager Eleuthera	APTEX	(S)	(CC)	N/A	#705H
	The longest islands of The Bahamas, steeped in history culture and beauty, from the famous visual Glass Window Bridge between the Caribbean and the Atlantic Ocean to historic Spanish Wells and quaint Harbor Island. In this episode, travel the length of the island with Mirissa Neff and learn that while it seems like different worlds between Eleuthera, Harbor Islands and Spanish Wells, it's the people that collectively have one voice and are connected in the island's culture.					
21:00:00	Live from the Dennison Lodge Mike Herwitz	NETA	(S)	(CC)	N/A	#108H
	Mike Hurwitz has spent years on the road, picking with anyone and everyone, learning many regional styles played in different parts of the country. Mike plays his vintage Gibsons, Martins and Nationals with notable skill and innovation, singing in a deep rich baritone, with a relaxed, blues influenced country style that is all his own.					
22:00:00	Feeling Good About America: The 1976 Presidential Election	APTEX	(S)	(CC)	N/A	#0H
	By 1976, it seemed America was finally on the right track. The Vietnam War and the assassinations of several important political figures were behind us. Vice President Spiro Agnew's corruption was fading from the public's memory, and the crimes of Watergate forced Nixon to resign from the presidency. Americans were ready to be normal again. A new feeling was sweeping coast to coast as people pulled together to celebrate the nation's bicentennial, and to select a new president who could help close the book on an awful decade. FEELING GOOD ABOUT AMERICA: THE 1976 PRESIDENTIAL ELECTION chronicles the race between incumbent Republican President Gerald Ford and Democratic candidate and Georgia Governor Jimmy Carter, who stepped onto the national stage touting his outsider status and promising, "I'll never lie to you." The documentary explores Ford's pardon of Richard Nixon, the anti-establishment sentiment surging through the country, Carter's primary strategy in a crowded field, and the challenge to Ford by Ronald Reagan for the Republican nomination. Using a combination of archival clips and interviews, the film examines this close race and discusses how the 1976 Presidential election was the last time in which the country wasn't polarized in the manner it is today. The documentary features: historian and author Douglas Brinkley; political analyst Larry J. Sabato; journalist and political commentator Fred Barnes; Carter's National Security Advisor, Zbigniew Brzezinski; and President Ford's son, Jack Ford; among many others.					
23:00:00	Echoes of a Bitter Crossing: Lewis & Clark In Idaho	APT	(S)	(CC)	N/A	#0H
	ECHOES OF A BITTER CROSSING: LEWIS & CLARK IN IDAHO is a one-hour documentary on the crucial Idahoan segment of Meriwether Lewis and William Clark's 1804-1806 daring expedition from St. Louis to the Pacific coast. Nearly 200 years later, people are still retracing the explorers' journey of discovery, in which the Idaho crossing played a major role. This is where the expedition almost ended in failure - where the nearly starved explorers were revived by the hospitality, care and food of the Nez Perce tribe. In interviews with Lewis and Clark experts, and with members of the Nez Perce tribe from Idaho and neighboring states, the program highlights the difficult passage through Idaho. Among those featured are Gary Moulton, University of Nebraska history professor and editor of the Lewis & Clark journals; and Steven Russell of Iowa State University's Department of Electrical Engineering. One of the inventors of the Global Positioning System, Russell now is using the system to map the exact location of the historic trail through Idaho.					



Fri, Nov 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7170
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1104H
01:00:00	Backstage Pass George Delancey Quartet	NETA	(S)	(CC)	N/A	#713H
	Former Michigan State University Jazz students George DeLancey, bass, and Jon Beshay, sax, bring jazz to life alongside Rick Roe, piano, and Sean Dobbins, drums. The George DeLancey Quartet featured "The Piano by the Window" and "Melancholy Evening" during this performance recorded at Lansing JazzFest 2015 in Lansing's historic Old Town district.					
01:30:00	Music Voyager Eleuthera	APTEX	(S)	(CC)	N/A	#705H
	The longest islands of The Bahamas, steeped in history culture and beauty, from the famous visual Glass Window Bridge between the Caribbean and the Atlantic Ocean to historic Spanish Wells and quaint Harbor Island. In this episode, travel the length of the island with Mirissa Neff and learn that while it seems like different worlds between Eleuthera, Harbor Islands and Spanish Wells, it's the people that collectively have one voice and are connected in the island's culture.					
02:00:00	Live from the Dennison Lodge Mike Herwitz	NETA	(S)	(CC)	N/A	#108H
	Mike Hurwitz has spent years on the road, picking with anyone and everyone, learning many regional styles played in different parts of the country. Mike plays his vintage Gibsons, Martins and Nationals with notable skill and innovation, singing in a deep rich baritone, with a relaxed, blues influenced country style that is all his own.					
03:00:00	Feeling Good About America: The 1976 Presidential Election	APTEX	(S)	(CC)	N/A	#0H
	By 1976, it seemed America was finally on the right track. The Vietnam War and the assassinations of several important political figures were behind us. Vice President Spiro Agnew's corruption was fading from the public's memory, and the crimes of Watergate forced Nixon to resign from the presidency. Americans were ready to be normal again. A new feeling was sweeping coast to coast as people pulled together to celebrate the nation's bicentennial, and to select a new president who could help close the book on an awful decade. FEELING GOOD ABOUT AMERICA: THE 1976 PRESIDENTIAL ELECTION chronicles the race between incumbent Republican President Gerald Ford and Democratic candidate and Georgia Governor Jimmy Carter, who stepped onto the national stage touting his outsider status and promising, "I'll never lie to you." The documentary explores Ford's pardon of Richard Nixon, the anti-establishment sentiment surging through the country, Carter's primary strategy in a crowded field, and the challenge to Ford by Ronald Reagan for the Republican nomination. Using a combination of archival clips and interviews, the film examines this close race and discusses how the 1976 Presidential election was the last time in which the country wasn't polarized in the manner it is today. The documentary features: historian and author Douglas Brinkley; political analyst Larry J. Sabato; journalist and political commentator Fred Barnes; Carter's National Security Advisor, Zbigniew Brzezinski; and President Ford's son, Jack Ford; among many others.					
04:00:00	Echoes of a Bitter Crossing: Lewis & Clark In Idaho	APT	(S)	(CC)	N/A	#0H
	ECHOES OF A BITTER CROSSING: LEWIS & CLARK IN IDAHO is a one-hour documentary on the crucial Idahoan segment of Meriwether Lewis and William Clark's 1804-1806 daring expedition from St. Louis to the Pacific coast. Nearly 200 years later, people are still retracing the explorers' journey of discovery, in which the Idaho crossing played a major role. This is where the expedition almost ended in failure - where the nearly starved explorers were revived by the hospitality, care and food of the Nez Perce tribe. In interviews with Lewis and Clark experts, and with members of the Nez Perce tribe from Idaho and neighboring states, the program highlights the difficult passage through Idaho. Among those featured are Gary Moulton, University of Nebraska history professor and editor of the Lewis & Clark journals; and Steven Russell of Iowa State University's Department of Electrical Engineering. One of the inventors of the Global Positioning System, Russell now is using the system to map the exact location of the historic trail through Idaho.					
05:00:00	Closer to Truth Does Cosmic Fine Tuning Demand Explanation?	EPS	(S)	(CC)	N/A	#1208H
	The universe works for us because of deep physical laws. But if the values of these laws would much change, then all we see and know could not exist.					
05:30:00	Innerviews with Ernie Manouse Eva Marie Saint	NETA	(S)	(CC)	N/A	#1106H
	Saint began her career in early television and then found success on the Broadway stage, but it is her work in film that we best know her for today. From two classic films, North by Northwest and On the Waterfront, to the more recent Superman Returns, she continues to work as she nears her 90th birthday. On this episode of InnerVIEWS with Ernie Manouse, our conversation with Academy Award winning actress, Eva Maria Saint.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1971

Fri, Nov 25, 2016

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	Bug Bites Buggysitters Club	APTEX	(S)	(CC)	DVI	#110H
	At the premiere of Piscatto's art show, Adam and Gilbert learn that Piscatto is a new father to 100 daughters. In order to make some extra money, Adam and Gilbert start an insect daycare and soon find themselves ankle deep in thousands of bug babies. With their reputations on the line, the duo must learn what it takes to be bug parents and how each species requires special care. Children and parents alike will learn that raising insect young is sometimes a work of art!					
09:00:00	Functional Fitness with Suzanne Andrews 30 Day Bladder Fix Pelvic Floor Strengthening	ACCES	(S)	(CC)	N/A	#307H
09:30:00	Classical Stretch: The Esmonde Technique Prevention of Hand and Finger Arthritis	APTEX	(S)	(CC)	DVI	#1011H
	In this episode of Classical Stretch, join Miranda Esmonde-White in sunny Jamaica. This all-barre routine is designed to help prevent hand and finger Arthritis and will increase flexibility in your lower body!					
10:00:00	Sit and Be Fit New Challenges	NETA	(S)	(CC)	N/A	#1413H
	Mary Ann introduces a new abdominal exercise called the "Ski Jump" and Gretchen gives you a new balance challenge.					
10:30:00	Sewing with Nancy Doll Costume Dress Up, Part 1	NETA	(S)	(CC)	N/A	#2811H
	Foster a child's imagination with fanciful costumes for an 18" doll. Joan Hinds, author and designer, joins Nancy to share her latest doll costume patterns and sewing tips. They sew up a fairy, princess, bride, southern belle, and mermaid-they're all easy to sew, using flat construction and fabulous tips from Joan and Nancy.					
11:00:00	Knitting Daily Crochet Home	NETA	(S)	(CC)	N/A	#1409H
	Crochet some style for your home. Editor Marcy Smith highlights a unique, colorful rug and Toni Rexroat talks about crochet and home decor. Marcy Smith shows a charming log cabin afghan and Tanis Gray shares a perfect stitch for a house warming gift. Vickie Howell transforms a doily pattern into a chic throw rug with multiple strands of yarn and a big hook.					
11:30:00	Fons & Porter's Love of Quilting Ralli Pop	NETA	(S)	(CC)	N/A	#2407H
	This quilt features small applique blocks and was inspired by a quilt created by women in Pakistan. Mary and Marianne will present techniques for needle-turn applique. They will also cover the steps of raw-edge machine applique.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6090H
13:00:00	P. Allen Smith's Garden to Table Cooking for Kids	APTEX	(S)	(CC)	DVI	#307H
	Allen is very passionate about educating children about the importance of where their food comes from. In this episode, he will demonstrate ways to get the kids excited about gardening and offer ways to get them to help in the kitchen. Allen will also share a few garden fresh recipes that kids will actually eat!					
13:30:00	Mike Colameco's Real Food Ny Wine Bars	NETA	(S)	(CC)	N/A	#1404H
	Great food paired with a huge selection of wines by the glass, well what's not to like? Today's episode we visit Ardesia in Hell's Kitchen, Corkbuzz with Master Sommelier and owner Laura Maniac at both locations and Ten Bells a funky LES all bio / organic wine bar down on Broome St.					

Fri, Nov 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Kitchen Wisdom of Cecilia Chiang Mother Knows Best	APTEX	(S)	(CC)	DVI	#104H
	"In most families in China, father was the boss" Cecilia tells viewers, "but in our family my mother was the boss." Cecilia's mother was very short and plump, loved to eat and was a very good cook. But with 12 children and a husband to feed, she left the cooking to her two chefs who turned out different elaborate lunches and dinners each day-food that can no longer be found, even in China. At the table the mother would go into detail about each dish. Cecilia called upon this knowledge when she opened the first Mandarin restaurant. In this episode, Cecilia cooks with Gary Danko who also learned about food from his mom. In the kitchens of Restaurant Gary Danko, where reservations are coveted like winning lottery tickets, Cecilia and Gary recreate the Mandarin's crispy Szechuan duck and then Gary shows Cecilia his lemon pepper duck breast with confit duck hash.					
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#231H
15:00:00	Beads, Baubles and Jewels Add Movement to the Story	NETA	(S)	(CC)	N/A	#2309H
	Make movement part of the story. Author and artist Candie Cooper uses a tassel-maker to create tassels in a variety tones and textures. Then, Katie makes gorgeous crystal earrings using the same settings used by high-end costume jewelry manufacturers.					
15:30:00	Make It Artsy Books	NETA	(S)	(CC)	N/A	#101H
	Books are not just for reading! Tool expert Joe Rotella cuts a niche in a book to create a planter. Craft metal book hinges with designer Mary Hettmansperger and Mou Saha makes vintage books into colorful art journals. Host Julie Fei Fan Balzer has a tip for creating a charming little book necklace.					
16:00:00	Biz Kid\$ What's in the Books?	APTEX	(S)	(CC)	DVI	#507H
	Poor recordkeeping adds up to lost money. This episode examines bookkeeping and accounting, income and expenses, profit and loss, and gives tips on how to get over math anxiety (in case you have it). Meet the youngest Harlem Globetrotter who does a slam dunk with his books.					
16:30:00	Hands On Crafts for Kids At Home	NETA	(S)	(CC)	DVI	#1707H
	Become an interior designer with crafts you create. Katie shows how to light up the night with a glittery night light. Franz helps you plan and host an art gallery opening at your house. Jenny shows how to bond with your own home as you make a house from felt. Then decorate your home with a colorful garland made from the Family Craft Box. Katie uses a favorite fabric to add a bright, fresh pintuck quilted picture to any bedroom decor.					
17:00:00	P. Allen Smith's Garden Home It's Tulip Time	APTEX	(S)	(CC)	N/A	#1506H
	P. Allen Smith gets down and Dutch at the annual Tulip Time Festival in scenic Holland, Michigan.					
17:30:00	Growing A Greener World Redeeming Your Ground (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#714H
	How often do we move into a house that provides adequate shelter but does nothing to beckon you outside beyond the walls? That was the case for the Scott family... until they decided to do something about it. What started as an experimental small vegetable garden at the back of the driveway has since evolved into a livable and inviting backyard that is now an essential part of their everyday living space. See how this family's efforts to redeem their ground opened up a whole new world of life in the great outdoors, and how many of the simple changes they made will inspire you in your own backyard.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13236
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2428Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7171
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#847H
20:00:00	Song of the Mountains Lonesome River Band	NETA	(S)	(CC)	N/A	#1113H

## Daily Program Listing II

43.1

Date: 10/05/2016

11/01/2016 - 11/30/2016

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Fri, Nov 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Woodsongs Kinky Friedman/Kacey Jones	NETA	(S)	(CC)	N/A	#1809H
	Kinky Friedman is America's most famous Jewish cowboy. He's a songwriter, musician, author, comedian, philosopher, thinker and politician. His band is called "Texas Jewboys" and his big hit is "They Don't Make Jews Like Jesus Anymore." Kinky is one of the modern era's closest link to Walt Whitman and Mark Twain. Kinky performs songs from his new album The Loneliest Man I Even Met. Kacey Jones is one of America's funniest ladies of song. She produced an album with Kinky and has a huge body of work in her own right. Her latest song "Donald Trump's Hair" is a hysterical song about one of the recent campaign's oddest subjects.					
22:00:00	Film School Shorts Final Ascent	NETA	(S)	(CC)	N/A	#301H
	The Karman Line (New York University) - Olivia Coleman (Broadchurch, The Iron Lady, Hot Fuzz) stars as a mother who is hit by an unusual condition that causes her to lift off the ground at a slow but ever increasing rate. Directed by Oscar Sharp.					
22:30:00	On Story Breaking Bad: A Conversation with Vince Gilligan	NETA	(S)	(CC)	N/A	#401H
	Vince Gilligan, creator of the AMC hit series Breaking Bad, reflects upon the show's hyper-serialized storytelling, along with his inspirations and influences. Accompanied by Victor Nores' short film, Euthanas Inc., about an old lady whose family wishes to no longer be burdened by her presence, and her plans to grant them an unexpected change of scene.					
23:00:00	Science Goes to the Movies Ex Machina and Blade Runner	EPS	(S)	(CC)	N/A	#108H
	Co-hosts Dr. Heather Berlin and Faith Salie are joined by Christof Koch, President and Chief Scientific Officer of the Allen Institute for Brain Science in Seattle, for a discussion of artificial intelligence and the fluid nature of consciousness, as they apply to the 2015 film Ex Machina and 1982's Blade Runner.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1006

Sat, Nov 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight	APTEX	(S)	(CC)	N/A	#418H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#847H
01:00:00	Song of the Mountains Lonesome River Band	NETA	(S)	(CC)	N/A	#1113H
02:00:00	Woodsongs Kinky Friedman/Kacey Jones	NETA	(S)	(CC)	N/A	#1809H
	Kinky Friedman is America's most famous Jewish cowboy. He's a songwriter, musician, author, comedian, philosopher, thinker and politician. His band is called "Texas Jewboys" and his big hit is "They Don't Make Jews Like Jesus Anymore." Kinky is one of the modern era's closest link to Walt Whitman and Mark Twain. Kinky performs songs from his new album The Loneliest Man I Ever Met. Kacey Jones is one of America's funniest ladies of song. She produced an album with Kinky and has a huge body of work in her own right. Her latest song "Donald Trump's Hair" is a hysterical song about one of the recent campaign's oddest subjects.					
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03:30:00	On Story Breaking Bad: A Conversation with Vince Gilligan	NETA	(S)	(CC)	N/A	#401H
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04:00:00	Science Goes to the Movies Ex Machina and Blade Runner	EPS	(S)	(CC)	N/A	#108H
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04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1006
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#344
05:30:00	Innovations In Medicine Facelifts, Smile lift, SI Bone Orthopedic, New Treatments for Depression, Artificial Kidneys.	EPS	(S)	(CC)	N/A	#108H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1972
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Hibiscus	APTEX	(S)	(CC)	N/A	#319H
	Today Gary teaches how to paint a beautiful Hibiscus. This is a large, tropical flower with ruffled edges in a gorgeous bright Magenta Pink color. A graceful arch shaped border surrounds the flower and large leaves. There are even some tiny water drops added to the painting.					
08:30:00	Grand View Great Basin National Park	APT		(CC)	N/A	#207H
09:00:00	Landscapes Through Time with David Dunlop Cezanne at Mont Sainte Victoire	NETA	(S)	(CC)	DVI	#103H
	Travel with David to the locations of Paul Cezanne's (1839-1906) natural inspiration near Aix-en-Provence & Mont Saint Victoire. David considers Cezanne's ambitious struggle with the contradiction: how to present stability and form with change and movement. David demonstrates Cezanne's strategies; from sketch to watercolor to oil, and discusses Cezanne's insights into acts of visual perception. He discusses Cezanne's difficulties, frustrations, and his ultimate success - as the father of Modernism.					

Sat, Nov 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Quad Slenderizing In this episode of Classical Stretch, join Miranda Esmonde-White for this all-floor workout will slenderize and strengthen your quads while increasing mobility in your spine.	APTEX	(S)	(CC)	DVI	#1012H
10:00:00	Sit and Be Fit Coordination and Reaction Time This episode focuses on being aware of your body's movements and how it contributes to coordination and reaction time.	NETA	(S)	(CC)	N/A	#1414H
10:30:00	Wai Lana Yoga Special: Recovery from Childbirth - Part 2 Wai Lana helps you focus on poses to strengthen your abs, back, and thighs. This will ensure that you can carry your growing infant without experiencing back pain.	APTEX	(S)	(CC)	N/A	#522
11:00:00	Delicious TV's Vegan Mashup The Mediterranean Round-Up Our chefs share favorites dishes from Spain, Italy, and Greece. Rosemary Potato Pizza with Roasted Tomatoes/Paella/Seitan Gyro Rollups/Braised Escarole and Garlicky White Beans.	NETA	(S)	(CC)	DVI	#102H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Chocolate Dreams, Cacao Fantasies Belgian-born chocolatier Mathieu Brees brings Rick deep in the jungles of Ticul for a tour of cacao groves. The serene setting is the backdrop for a complete bean-to-bar chocolate education, with Mathieu, Rick and the plantation's caretaker tromping around the lovingly farmed cacao fields. Then, Rick and Mathieu head to the Ki' Xocolatl chocolate factory in Merida. Still daydreaming about all of that chocolate, Rick makes a trio of cacao-inspired dishes, including a chocolate cake with candied ancho chile, red mole with chocolate and a cocktail featuring macerated cacao and chile-infused tequila.	APTEX	(S)	(CC)	N/A	#1110H
12:00:00	Lidia's Kitchen Eggs - All Different Ways It's an episode devoted to the fresh, simple egg, and it highlights some of Lidia's all-time favorites: stracciatella: a simple chicken stock laced with ribbons of egg and tender spinach; frittata with ricotta: a luscious frittata filled with ricotta, tomatoes, onions and basil; baked eggplant and eggs: a baked dish showing off of one of summer's best vegetables.	APTEX	(S)	(CC)	N/A	#407H
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#411H
13:00:00	Expeditions with Patrick Mcmillan The Clemson Forest - A Backyard Bounty of Life How important is your suburban woodland or even your backyard to the ecology of the continent and the globe? The Clemson Experimental Forest is over 17,000 acres of woodland and pastoral agricultural land surrounded by a suburban and agricultural landscape in the piedmont of South Carolina. It doesn't boast lofty summits, towering waterfalls or rushing rivers but it does contain a world-class diversity of plants and animals that is difficult to surpass in the highly modified piedmont landscape.	APTEX	(S)	(CC)	N/A	#310H
13:30:00	Joseph Rosendo's Travelscope 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
14:00:00	Rick Steves' Europe Siena and Tuscany's Wine Country Siena, once a proud and independent city-state, retains its confidence and unique traditions. Rick enjoys a front-row seat at its wild horse race - the venerable Palio - and marvel at cultural treasures from the days when Siena rivaled Florence for leadership of Tuscany. Then he heads into wine country for a little dolce vita under the Tuscan sun.	APTEX	(S)	(CC)	N/A	#907H

Sat, Nov 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Burt Wolf: Travels & Traditions Women @ Work	APTEX	(S)	(CC)	N/A	#1504H
	Burt's mother was one of the first women executives at Macy's Department store. During the past few years, as Burt traveled around the world he began to see how things had changed for women in business and how some things had not changed. In this program he visits with leading authorities on the history of women at work. It took him to New York City, Fairfield, Connecticut, Washington, DC and Zurich, Switzerland.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4408H
	With yards getting smaller, container gardening is becoming more popular. What should we consider when planting containers? GardenSMART visits with an expert who has lots of great ideas. We learned a lot, think you will too.					
15:30:00	Chefs A' Field Sustainable Hawaii	APTEX	(S)	(CC)	N/A	#209H
	Not Just Beaches and Volcanoes, Hawaii Grows Secret Ingredients to Delight the Palate. Chef Alan Wong: Alan Wong's Restaurants - Honolulu and Tokyo On the Big Island of Hawaii, top chef Alan Wong visits Richard Ha, whose Hamakua Springs Country Farms grows beautiful, award-winning produce in the shadow of Mauna Kea. Then it's on to the links-to fish in golf course ponds! In the kitchen, Chef Wong explains how waves of immigration have influenced his unique take on Hawaiian cuisine. Recipes: Hawaiian Shrimp & Clam Paella with Island Spices & Veggies; Sauteed Moi & Heirloom Tomato Salad.					
16:00:00	Maria Hinojosa: One-On-One Ming Tsai	APTEX	(S)	(CC)	N/A	#409Z
	Emmy Award-winning chef and restaurateur Ming Tsai is known for his innovative East- West approach. Tsai is chef/owner of Blue Ginger in Wellesley, MA and host of public television's Emmy-nominated Simply Ming, currently in its seventh season. Previously, he hosted East Meets West with Ming Tsai and Ming's Quest, and co-hosted Cooking Under Fire. He also has appeared on Top Chef and Iron Chef America. He is a national spokesperson for the Food Allergy and Anaphylaxis Network.					
16:30:00	Overheard with Evan Smith	NETA	(S)	(CC)	N/A	#707H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Metal Shaper	APTEX	(S)	(CC)	N/A	#313H
	We're switching it up! Host becomes the guest as metal shaper Eric Gorges is the featured craftsman, letting master blacksmith Lorelei Sims (season one) do the interviewing while they heat it up and make a motorcycle fender.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3447
18:30:00	The Open Mind The Challenge of Speech	NETA		(CC)	N/A	#3715H
	Guests: Suzanne Nossel and Trevor Timm. Suzanne Nossel of the PEN American Center and Trevor Timm of the Freedom of the Press Foundation talk about free expression.					
19:00:00	Closer to Truth What Is God?	EPS	(S)	(CC)	N/A	#1108H
	Does God exist in time, experiencing time's flow? Or is God eternal, existing outside of time, creating time? These questions help assess God's existence and discern God's essence.					
19:30:00	Start Up Alpaca The Candles	NETA	(S)	(CC)	N/A	#404H
	Gary and the crew head to White City, Oregon to talk with Richard and Renata Gyuro, the founder of Alpaca's at Lone Ranch, an Alpaca farm and retail store. Then they head over to Garden Grove, California to meet up with Diosdado Velasquez, the founder of Natures Kindle, handcrafted soy candles.					

Sat, Nov 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Ani DiFranco	APTEX	(S)	(CC)	N/A	#506H
	Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk- rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + Ruthy add dimension to "Overlap" and "Binary" among others in the set. This concert from DiFranco is a celebration of her fierce spirit that draws devoted fans to travel the country to see her perform and is a testament to her "righteous" position in folk history alongside Woody Guthrie and Bob Dylan. Interview with Ani DiFranco.					
21:00:00	Front and Center Cma Songwriters Series: Ronnie Dunn	APTEX	(S)	(CC)	N/A	#603H
	Best known as one half of the legendary Grammy and CMA Award-winning duo Brooks & Dunn, Ronnie Dunn brings out renowned songwriters Tony Martin, Wendall Mobley, Neil Thrasher and Craig Wisemen for a one-of-a-kind taping of the CMA Songwriters Series at the Marathon Music Works in Nashville. Dunn performs some of his best-loved No. 1 hits in front of a sold-out crowd, as well as songs from his third solo album Ain't No Trucks In Texas, including the lead single and title track. The country icon also brings out CMA Award-winning artist Brett Eldredge to share the stage for the first time ever. Eldredge, who has cited Dunn as one of his longtime musical influences, duets with Dunn on "Believe," co-written with Wisemen for Brooks & Dunn's 2005 platinum album Hillbilly Deluxe, and Eldredge's "One Mississippi."					
22:00:00	Globe Trekker Poland	APTEX	(S)	(CC)	N/A	#1520H
	Megan McCormick discovers the rich folklore and history of Poland. She visits the humble church where Pope John Paul II served as a young priest, discovers anti-Communist sculptures in Wroclaw, hunts for amber on the Pomeranian coast, explores the baroque streets of Gdansk, boards a galleon along the River Motlawa, re-enacts ancient battles in Gniew, explores Hitler's command post in Ketzryn, and kayaks through the Augustow canal to the Belarussian border.					
23:00:00	Arts In Context Sing Me A Lullaby	NETA		(CC)	N/A	#708H
	Austin Classical Guitar Society's Lullaby Project helps teen mothers compose lullabies for their babies. The group's goal is to use music's profound ability to provide a sense of achievement, connection, and joy for the teens.					
23:30:00	Stand Up Empire	KNME	(S)	(CC)	N/A	#103H
	Featured comics Rob Gagnon & Lashonda Lester, with a Snapshot on cartoonist/artist Danny Jock. Hosted by Brently Heilbron.					



Sun, Nov 27, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is God? Does God exist in time, experiencing time's flow? Or is God eternal, existing outside of time, creating time? These questions help assess God's existence and discern God's essence.	EPS	(S)	(CC)	N/A	#1108H
00:30:00	Stand Up Empire Featured comics Rob Gagnon & Lashonda Lester, with a Snapshot on cartoonist/artist Danny Jock. Hosted by Brently Heilbron.	KNME	(S)	(CC)	N/A	#103H
01:00:00	Infinity Hall Live Ani DiFranco Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk-rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + 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
02:00:00	Front and Center Cma Songwriters Series: Ronnie Dunn Best known as one half of the legendary Grammy and CMA Award-winning duo Brooks & Dunn, Ronnie Dunn brings out renowned songwriters Tony Martin, Wendall Mobley, Neil Thrasher and Craig Wisemen for a one-of-a-kind taping of the CMA Songwriters Series at the Marathon Music Works in Nashville. Dunn performs some of his best-loved No. 1 hits in front of a sold-out crowd, as well as songs from his third solo album Ain't No Trucks In Texas, including the lead single and title track. The country icon also brings out CMA Award-winning artist Brett Eldredge to share the stage for the first time ever. Eldredge, who has cited Dunn as one of his longtime musical influences, duets with Dunn on "Believe," co-written with Wisemen for Brooks & Dunn's 2005 platinum album Hillbilly Deluxe, and Eldredge's "One Mississippi."	APTEX	(S)	(CC)	N/A	#603H
03:00:00	Globe Trekker Poland Megan McCormick discovers the rich folklore and history of Poland. She visits the humble church where Pope John Paul II served as a young priest, discovers anti-Communist sculptures in Wroclaw, hunts for amber on the Pomeranian coast, explores the baroque streets of Gdansk, boards a galleon along the River Motlawa, re-enacts ancient battles in Gniew, explores Hitler's command post in Ketzryn, and kayaks through the Augustow canal to the Belarussian border.	APTEX	(S)	(CC)	N/A	#1520H
04:00:00	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
04:30:00	Start Up Alpaca The Candles Gary and the crew head to White City, Oregon to talk with Richard and Renata Gyuro, the founder of Alpaca's at Lone Ranch, an Alpaca farm and retail store. Then they head over to Garden Grove, California to meet up with Diosdado Velasquez, the founder of Natures Kindle, handcrafted soy candles.	NETA	(S)	(CC)	N/A	#404H
05:00:00	California's Golden Parks Ahjumawi "Where the waters come together...." is a translation of the word Ahjumawi, which is also the self describing word used by the band of Pit River Native Americans who inhabit the area. Join Huell as he visits this amazing State Park.	KCET		(CC)	N/A	#143
05:30:00	Moneywise with Kelvin Boston One-On-One Economic Special Host Kelvin Boston interviews two leaders from the U.S. Small Business Administration, including deputy director Marie Johns.	APTEX	(S)	(CC)	DVI	#812H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1973
08:00:00	Color World with Gary Spetz Color Dubrovnik Host-Artist, Gary Spetz, sails aboard a cruise ship to arrive at the "pearl of the Adriatic": the ancient city of Dubrovnik. Here he walks its tall, historic city walls-exploring its unique "Old Town" district. Venturing above and beyond the "Old Town," he seeks different perspectives of this picturesque oceanside gem.	APTEX	(S)	(CC)	DVI	#103H

Sun, Nov 27, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Paint This with Jerry Yarnell Biloxi Shrimpers, Part 1	NETA	(S)	(CC)	N/A	#1201H
	In episode one of this painting, Jerry discusses the differences between a gallery wrap and the traditional canvas as he begins the composition of a boat dock with a shrimp boat, reflections in the water and a pelican on the piering. The first step is to begin the background on a gray canvas with red and alizarin crimson to create a warm base. Then he blends in turquoise deep and ultramarine blue to create a hazy early morning effect. Jerry continues with the turquoise deep and ultramarine blue combination and using small 'banana strokes' paints the underpainting for the water. The final step for this episode is the painting of the first level of grays for the distant look of objects, all the while being cognizant of his negative space.					
09:00:00	Wyland's Art Studio Na Pali Coast	APTEX		(CC)	N/A	#507H
	Landscapes offer artists excellent opportunities to refine and hone their ability to create a visual sense of depth through brushstrokes, colors, and composition. Mastering this skill, however, takes extensive practice and patience. Wyland showcases this technique by painting Hawaii's famed Na Pali Coast. Depth can be established by overlapping elements to force some elements forward or backward in the scene. Other techniques include using fewer details, texture and definition when painting objects in the mid-ground and background of the landscape. As elements recede in the distance, artists may paint them at a much smaller scale than objects in the foreground. Another hint is to use warmer, darker colors to bring elements forward in the foreground, with cooler colors farther into the background. Artist's tip: It should be noted that a full range of colors might be unneeded. Using three or even only two colors can make a coherent image with an exceptional sense of depth.					
09:30:00	Classical Stretch: The Esmonde Technique Stomach Flattening Workout	APTEX	(S)	(CC)	DVI	#1013H
	In this episode of Classical Stretch, join Miranda Esmonde-White on the grand beaches of Jamaica! This all-standing workout is designed to work your core and flatten your abs!					
10:00:00	Sit and Be Fit Lymphatic System	NETA	(S)	(CC)	N/A	#1415H
	Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#205
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#235H
11:30:00	New Orleans Cooking with Kevin Belton Reveillon Dinne	APTEX	(S)	(CC)	N/A	#126H
	Redfish sauce piquante, smothered Creole pork roast, buche de Noel.					
12:00:00	Ciao Italia The Art of the Artichoke/L'arte Del Carciofo	NETA	(S)	(CC)	N/A	#2404H
	Frozen in the freezer or fresh from the garden, Mary Ann elevates artichokes to a new art form, when she goes nella cucina, to the kitchen, to create a quick and elegant, puff-pastry Artichoke Tart. And then turns ordinary risotto into a rhapsodic Risotto with Artichokes.					
12:30:00	Martin Yan's Taste of Vietnam The Folk Art of Vietnam	APTEX	(S)	(CC)	N/A	#106H
	As so much of Vietnam is closely tied to its land and water, from farming to fishing, it is only natural that Vietnamese folk art is inspired by the surrounding natural beauty. Martin visits the famous Water Puppet Show in Hanoi, tours a pottery village and admires the embroidery handiwork of a true master. Recipes: Chicken Curry in Coconut Milk, Mung Bean Cake with Glutinous Rice.					
13:00:00	Wild Photo Adventures Wildlife of Barnegat Jetty	NETA	(S)	(CC)	DVI	#301H
	Host and professional wildlife photographer Doug Gardner explores the Barnegat Jetty on the New Jersey coast in search of exotic waterfowl to photograph.					
13:30:00	Travel Detective with Peter Greenberg Global Unrest Impacting Travel	NETA	(S)	(CC)	DVI	#306H
	From the pro-democracy Umbrella Movement in Hong Kong, to the Cairo street protests in Tahrir Square. Many events like these scare away travelers. CBS News Travel Editor Peter Greenberg explores whether you should go to these destinations, during times of crisis. The answer may surprise you. Plus, Beijing is one of the most beautiful cities in Asia, but also one of the most polluted. We'll show you what China is doing to clean the air. And, what happens when you get on a flight that sends you to the wrong destination? Legal Correspondent Rikki Klieman looks at the cases of wrong way passengers.					

Sun, Nov 27, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#233H
14:30:00	Mineral Explorers Portugal	NETA	(S)	(CC)	N/A	#206H
	The Panasqueira mine has created an appetite for Apatites. These rare green, purple, or blue crystals are becoming more and more popular with mineral collectors around the globe. Come along as we are the first to film a behind-the-scenes look at one of the most mineral-diverse mines. Later, we stop at Porto; which uses mineral rich schist to plant and nurture a delicious export all its own. We meet a mineral dealer selling specimens out of an old restaurant right next to the "Mouth of Hell."					
15:00:00	American Woodshop Bent Wood Stands	NETA	(S)	(CC)	N/A	#2307H
	Wooden strips are laminated to form the ultimate clothing organizer.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Library Chair with Tom McLaughlin	APTEX	(S)	(CC)	N/A	#607H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy is inspired by his Dad's old library chair. Back in the shop is Master Woodworker Tom McLaughlin, who's updating the design by adding a bent laminated seat rail, stack laminated crest rail and making the actual seat a bit more comfortable. Made out of cherry, this chair is sure to make it another generation in the MacDonald family.					
16:00:00	Happy Yoga with Sarah Starr Boulder Valley	NETA	(S)	(CC)	N/A	#309H
	Allow the energizing gales on top the rugged grandeur valley to inspire your practice as we focus on a modified flow sequence, linking breath with movement, and strengthening moves for the lower body designed to open the hips while using a chair for support.					
16:30:00	Second Opinion Tourette Syndrome	APTEX	(S)	(CC)	N/A	#1303H
	Tourette Syndrome is a neurological disorder that presents in early childhood or adolescence with the first symptoms often being involuntary movements, or tics. Peter Morrison was diagnosed when he was 10 years old, and he shares his story of overcoming the personal and social challenges caused by the syndrome. He's joined by his mother Susan, who provides her perspective as a parent.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells II	EPS	(S)	(CC)	N/A	#107H
	Cutting edge stem cell treatments.					
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#609H
18:00:00	California's Gold The Two Anns	KCET		(CC)	N/A	#14013Z
	Huell takes a trip to The French Garden in downtown Los Angeles, but this time he brings along two very special lunch dates: silver screen legends Ann Rutherford and Anne Jeffreys.					
18:30:00	Islands Without Cars with Kira Hesser The Greek Island of Hydra	APTEX	(S)	(CC)	N/A	#105H
	"The Greek Island of Hydra" is an exploration into the lives of American and British ex-patriot writers and artists who have responded to the Siren's call and reinvented their lives on this tiny, preserved, architectural and historical landmark - which also happens to be the only developed Greek island without cars. Interviews include internationally acclaimed Hydriot artist Panayotis Tetsus at a showing of his paintings, along with a host of ex-patriots who have followed in Henry Miller and Leonard Cohen's footsteps to make Hydra their home. This is an opportunity to see what it's like to escape to a Greek island.					

Sun, Nov 27, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Communities As Classrooms  Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.	NETA	(S)	(CC)	N/A	#0H
19:30:00	The Kamla Show Special Matthew Sade Ceo of Kite Hill  Host Kamla Bhatt interviews Matthew Sade, CEO of Kite Hill, a bay area food company that produces plant-based artisan yogurts and cheeses with artisan almond milk and live active cultures to create the new gold-standard in plant-based dair products.	KAMLA	(S)	(CC)	N/A	#109H
20:00:00	Horse Tribe  Legendary as one of America's greatest horse tribes, the 21st century Nez Perce decided to bring horses back to their land and lives with the unlikely help of a charismatic Navajo horseman, Rudy Shebala. His mentorship guides at-risk teenagers toward the strong medicine of horses, and his equine skills bring historic Nez Perce horse culture to modern renown. But his personal demons imperil both accomplishments. HORSE TRIBE is an epic story about the connection of human to animal, history to life, individuals to community, grief to resolve, and values to action.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Standing On Sacred Ground Islands of Sanctuary  Native Hawaiians and Aboriginal Australians resist threats to their sacred places in a growing international movement to defend human rights and protect the environment. In Australia's Northern Territory, Aboriginal clans maintain Indigenous Protected Areas and resist the destructive effects of a mining boom. In Hawai'i, indigenous ecological and spiritual practices are used to restore the sacred island of Kaho'olawe after 50 years of military use as a bombing range.	NETA	(S)	(CC)	DVI	#104H
22:00:00	Native Waters: A Chitimacha Recollection  The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.	APTEX	(S)	(CC)	N/A	#0H
22:30:00	Sousa on the Rez: Marching to the Beat of a Different Drum  Native American music may not conjure images of tubas, trumpets and John Phillip Sousa marches. Yet this vibrant musical tradition has been a part of Native American culture for more than 100 years. SOUSA ON THE REZ: MARCHING TO THE BEAT OF A DIFFERENT DRUM traces the origins of the four remaining multi-generational, community-based tribal bands: the Iroquois Indian Band from upstate New York, the Fort Mojave Tribal Band from Needles, Calif., the Zuni Pueblo Band from northwestern New Mexico and the Navajo Nation Band from Arizona. Combining profiles of contemporary bands with fresh historical research, SOUSA ON THE REZ offers an unexpected and engaging picture of this little-known aspect of the Native music scene.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	Rising Voices/Hothaninpi  Before Christopher Columbus and his fellow Europeans arrived in North America, there were nearly 300 Native languages spoken north of Mexico. Today only half of those languages remain and experts say that by the year 2050, just 20 indigenous American languages will exist. RISING VOICES/HOTHANINPI is a one-hour documentary about how languages die - and how speaking them again can spark cultural and community restoration. The film focuses on the Lakota (often called "Sioux") language and culture, the history that forced the language towards near extinction, and the challenges Lakota face today as they struggle to learn their ancestral language and teach it to their children. The documentary is a portrait of a culture in flux, focusing on the myriad conflicts around the disappearing language on the Lakota reservations of North and South Dakota. The Lakota nation is large, with more than 170,000 tribal members, and that number is growing. Yet only 6,000 people still speak Lakota, and the average age of its speakers will soon be 70 years old. Can the Lakota elders transmit the power of history and tradition, especially in the form of language, or will the heart and soul of their culture die with them? To examine this question, RISING VOICES introduces viewers to a range of people, including the teachers working to save the language and the Lakota trying to learn their ancestral tongue. Woven through the documentary are also short first-person films made by Lakota filmmakers - stories that illustrate the strong connections the artists have between the Lakota language and their everyday lives.	APTEX	(S)	(CC)	N/A	#0H

Mon, Nov 28, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.					
00:30:00	The Kamla Show Special Matthew Sade Ceo of Kite Hill	KAMLA	(S)	(CC)	N/A	#109H
	Host Kamla Bhatt interviews Matthew Sade, CEO of Kite Hill, a bay area food company that produces plant-based artisan yogurts and cheeses with artisan almond milk and live active cultures to create the new gold-standard in plant-based dair products.					
01:00:00	Horse Tribe	NETA	(S)	(CC)	N/A	#0H
	Legendary as one of America's greatest horse tribes, the 21st century Nez Perce decided to bring horses back to their land and lives with the unlikely help of a charismatic Navajo horseman, Rudy Shebala. His mentorship guides at-risk teenagers toward the strong medicine of horses, and his equine skills bring historic Nez Perce horse culture to modern renown. But his personal demons imperil both accomplishments. HORSE TRIBE is an epic story about the connection of human to animal, history to life, individuals to community, grief to resolve, and values to action.					
02:00:00	Standing On Sacred Ground Islands of Sanctuary	NETA	(S)	(CC)	DVI	#104H
	Native Hawaiians and Aboriginal Australians resist threats to their sacred places in a growing international movement to defend human rights and protect the environment. In Australia's Northern Territory, Aboriginal clans maintain Indigenous Protected Areas and resist the destructive effects of a mining boom. In Hawai'i, indigenous ecological and spiritual practices are used to restore the sacred island of Kaho'olawe after 50 years of military use as a bombing range.					
03:00:00	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.					
03:30:00	Sousa on the Rez: Marching to the Beat of a Different Drum	APTEX	(S)	(CC)	N/A	#0H
	Native American music may not conjure images of tubas, trumpets and John Phillip Sousa marches. Yet this vibrant musical tradition has been a part of Native American culture for more than 100 years. SOUSA ON THE REZ: MARCHING TO THE BEAT OF A DIFFERENT DRUM traces the origins of the four remaining multi-generational, community-based tribal bands: the Iroquois Indian Band from upstate New York, the Fort Mojave Tribal Band from Needles, Calif., the Zuni Pueblo Band from northwestern New Mexico and the Navajo Nation Band from Arizona. Combining profiles of contemporary bands with fresh historical research, SOUSA ON THE REZ offers an unexpected and engaging picture of this little-known aspect of the Native music scene.					
04:00:00	Rising Voices/Hothaninpi	APTEX	(S)	(CC)	N/A	#0H
	Before Christopher Columbus and his fellow Europeans arrived in North America, there were nearly 300 Native languages spoken north of Mexico. Today only half of those languages remain and experts say that by the year 2050, just 20 indigenous American languages will exist. RISING VOICES/HOTHANINPI is a one-hour documentary about how languages die - and how speaking them again can spark cultural and community restoration. The film focuses on the Lakota (often called "Sioux") language and culture, the history that forced the language towards near extinction, and the challenges Lakota face today as they struggle to learn their ancestral language and teach it to their children. The documentary is a portrait of a culture in flux, focusing on the myriad conflicts around the disappearing language on the Lakota reservations of North and South Dakota. The Lakota nation is large, with more than 170,000 tribal members, and that number is growing. Yet only 6,000 people still speak Lakota, and the average age of its speakers will soon be 70 years old. Can the Lakota elders transmit the power of history and tradition, especially in the form of language, or will the heart and soul of their culture die with them? To examine this question, RISING VOICES introduces viewers to a range of people, including the teachers working to save the language and the Lakota trying to learn their ancestral tongue. Woven through the documentary are also short first-person films made by Lakota filmmakers - stories that illustrate the strong connections the artists have between the Lakota language and their everyday lives.					
05:00:00	Closer to Truth Why Obsess About Free Will?	EPS	(S)	(CC)	N/A	#1209H
	Free will probes consciousness, examines what it means to pick, choose, select, decide. But some say that 'free will' is just a trick of the brain.					

Mon, Nov 28, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:30:00	Innerviews with Ernie Manouse Judy Blume  Judy Blume holds a special place in the hearts and imaginations of many baby boomers and gen xers - thanks to her books that chronicle the excitement, angst and anxiety of growing up - be they about racism, divorce, bullying, menstruation, or even teen sex - her readers flocked to them, while at the same time causing a great deal of concern for some parents and schools. With over 80 million books sold, translated into 31 languages, Blume has also tackled the world of adult literature with such titles as 1978's "Wifey," but she will always be best known for her teen books "Are You There God? It's Me, Margaret," "Blubber," and "Tales of a Fourth Grade Nothing." On this episode of InnerVIEWS with Ernie Manouse, our conversation with best-selling author Judy Blume.	NETA	(S)	(CC)	N/A	#1107H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1974
08:00:00	Zula Patrol Choosing Sides/Camp Worm  CHOOSING SIDES - The Zula Patrol is worried - their shipment of honey never arrived and oatmeal just isn't the same without it. The flowers, beetles and bees have all walked off the job, each claiming they are the most important cog in the honey production wheel! Can the Zula Patrol settle things? They'll have to agree first! Zeeter, Bula and Multo take different sides in this standoff. It's Wizzy and Wigg, armed with knowledge of ecosystems, who finally prove that none can exist without the others -when they work together, can't be beat, just like the ZP! CAMP WORM - When Zeeter and Bula scoff at the big importance of tiny earthworms to the ecosystem, Multo sends them to Camp Worm. They expect a cakewalk, but face a rude awakening when Camp Leader Burrows pushes them and their worm teammates (Team Wiggler) to the limit. Zeeter and Bula gradually learn to respect the value of worm activities. So when an ecosystem emergency springs up, Team Wrigglers are the only worms available. With training and heart, they answer the call, save the ecosystem and earn the honor of being called worms.	APTEX	(S)	(CC)	DVI	#306H
08:30:00	Bug Bites The Littlest Vampire  It's Halloween at Bug Bites! When Molly mosquito gets scared by a vampire during Mystery Insect Theater, she vows to never drink blood again. It isn't long before other blood-sucking insects join her cause, and look for alternatives to their traditional diet. Can Adam and Gilbert convince these bugs that their place in the ecosystem is important, regardless of their sanguine habits?	APTEX	(S)	(CC)	DVI	#111H
09:00:00	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H
09:30:00	Classical Stretch: The Esmonde Technique Put A Bounce In Your Step  In this episode of Classical Stretch, join Miranda Esmonde-White on location in stunning Jamaica. This all-barre workout will strengthen your entire body and put a bounce in your step by making you feel light on your feet!	APTEX	(S)	(CC)	DVI	#1014H
10:00:00	Sit and Be Fit Mobility and Balance  This episode highlights a variety of exercises to improve balance and concludes with stroking.	NETA	(S)	(CC)	N/A	#1416H
10:30:00	Sewing with Nancy Doll Costume Dress Up, Part 2  Nurture imaginative play with little ones-make doll costumes for them to envision their dreams! Attend a make believe rodeo, jump tall buildings in a single bound, become a mod-style witch, or try a bug's life with these 18" doll costumes. Guest Joan Hinds uses a minimum of pattern pieces in her easy-to-sew designs. Nancy and Joan sew doll costumes from unique fabrics and include a variety of techniques.	NETA	(S)	(CC)	N/A	#2812H
11:00:00	Knitting Daily Made In North America  Some of the most exciting yarns are made in North America. Donna Drachunas knits a lace scarf with luxurious yarn from the Alaskan muskox. Ron and Theresa Miskin share their story of yarn from the American bison. Tanis Gray stitches a patriotic star flower to accent hats to pillows. Nicole Winer demonstrates a project with a US-made yarn that benefits a good cause.	NETA	(S)	(CC)	N/A	#1410H
11:30:00	Fons & Porter's Love of Quilting Choosing Thread  Deciding which thread is best for the job can be a bit daunting. Mary Fons and guest, Sara Gallegos, discuss the things to consider the next time you find yourself selecting just the right thread for your current project.	NETA	(S)	(CC)	N/A	#2408H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6091H

Mon, Nov 28, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	America's Test Kitchen from Cook's Illustrated Dinner In Italy	APTEX	(S)	(CC)	N/A	#1614H
	Man on the street Doc Willoughby learns all about Sicilian-style pizza from the Barbati family of L&B Spumoni Gardens in Brooklyn. Then, host Christopher Kimball goes into the test kitchen with test cook Bridget Lancaster to learn how to make the ultimate thick-crust Sicilian-style pizza at home. Next, test cook Becky Hays uncovers the secrets to homemade ricotta cheese. Finally, test cook Julia Collin Davison shows Chris how to make the best pasta with cauliflower, bacon, and bread crumbs.					
13:30:00	Pati's Mexican Table Izamal - Gold & God	APTEX	(S)	(CC)	N/A	#507H
	Izamal is a stunning city whose buildings are all painted the same golden hue. At its center is an enormous and impressive Franciscan monastery built right on top of ancient ruins of a Mayan temple. Pati explores this beautiful city, tasting the local flavors like venison tacos and poc chuc. The city is also filled with artisans creating hammocks, woven sisal baskets, and papier mache decorations. Pati meets Esteban, a jeweler, who shows her how he makes the most elegant jewelry from plants growing right in his backyard, a perfect souvenir to bring home.					
14:00:00	Primal Grill with Steven Raichlen Fired Up, Down Under	APTEX	(S)	(CC)	N/A	#312H
	Ozzies (Australians) and Kiwis (New Zealanders) may live half a world away, but they're every bit as grilling-obsessed as we North Americans are. Case in point: an Australian favorite, the proverbial "shrimp on the barbie," grilled here with basil and prosciutto and flambeed with Pernod. Or apostles on horseback-New Zealand sea scallops marinated in wine and grilled with smoky bacon. Grilling doesn't get much more primal than lamb on a shovel (chops grilled over a wood fire on a shovel blade), a specialty of the Australian Outback. G'day and good grilling. Scallops & Shrimp; Lamb on a Shovel; Salt-Grilled Pineapples.					
14:30:00	Steven Raichlen's Project Smoke Smoke in a Hurry	APTEX	(S)	(CC)	N/A	#209H
	Grilling is fast. Smoking demands patience. But what if you could achieve great smoke flavor in five to 10 minutes? In this show, you'll learn how to smoke in a hurry, from spectacular spruce-smoked steaks to a dragon's breath cocktail dramatically served in a smoking brandy snifter. Ember-smoked corn and a Project Smoke first: smoked ice cream. Set your stopwatch: We're smoking in a hurry. Dragon's breath cocktail; Hay-smoked mozzarella (smoked caprese salad) ; Spruce-smoked steaks; Ember-roasted corn; Smoked ice cream with rum-raisin sauce.					
15:00:00	Beads, Baubles and Jewels Close It Up	NETA	(S)	(CC)	N/A	#2310H
	Securely finish your jewelry with flair. Jewelry designer and blogger Molly Schaller returns with techniques using crimps and other findings to secure closures. In the Beading Lesson, Katie makes personalized bangles from 16-gauge wire and crystals that tell your story.					
15:30:00	Make It Artsy Assemblage	NETA	(S)	(CC)	N/A	#102H
	Add an artsy flair to ordinary objects. Urban artist Seth Apter wraps everyday objects with wire, fibers and beads. Julie Fei Fan Balzer personalizes wooden nesting dolls. Author Laurie Mika fashions clay with stamps, charms and beads to make mini-shrines. In the tip, maker Roxanne Coble adds dimension and texture to journals.					
16:00:00	Biz Kid\$ Take It to the Bank	APTEX	(S)	(CC)	DVI	#508H
	Get a kid's view of the services that banks, credit unions and other financial institutions offer - and why you should make use of them early in life. Learn the different products and services that banks offer and how to shop for the right bank for you. Meet a young entrepreneur with a haunted house who has no fear of banking.					
16:30:00	Hands On Crafts for Kids Outside and In	NETA	(S)	(CC)	DVI	#1708H
	Let's step outside and find inspiration for more projects. Store toys or hang a plant in a pail in the brightly-colored macrame hanger Katie shows how to make. Create an illustrated map of your own backyard - Franz gives you some great ideas. Jenny helps you become forest royalty in a woodland crown made of felt and found objects. Then, Katie cheerfully decorates a lightening bug jar to study some nighttime friends. Gather moss and use the Family Craft Box to create a house for friendly fairies.					
17:00:00	P. Allen Smith's Garden Home Super-Duper	APTEX	(S)	(CC)	N/A	#1507H
	P. Allen Smith highlights great performers in the garden and home that go above and beyond the call of duty.					

Mon, Nov 28, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World The Compost Peddlers (Austin, Tx)	APTEX	(S)	(CC)	N/A	#715H
	America is on a mission to lighten their environmental footprint while reducing waste going into landfills. Many urban and suburban homeowners know that composting is a great way to do both. Yet not everyone is ready to take the dive into managing a backyard heap of food scraps and yard debris. In Austin, locals can have the best of both worlds. The Compost Peddlers is a small eco-minded company on a big mission. Using the clean energy of pedal power, they'll bike to your door, pick up your weekly collection, and haul it off to a nearby farm to do the dirty work for you. Keeping it local and out of the landfill while producing an abundance of compost, it's a winning recipe and a business model that's as green as it gets and growing fast.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13237
18:30:00	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.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7172
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1247H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#404H
	Stellar songwriters are in the spotlight with sets from Athens/Nashville country rocker Lera Lynn, Oklahoma poet John Moreland and Nashville Songwriters Hall of Fame member Gretchen Peters.					
21:00:00	Backstage Pass Phil Denny	NETA	(S)	(CC)	N/A	#509H
	Contemporary urban jazz led by blazing sax from Lansing native Phil Denny. Featuring selections from his debut CD, "Crossover."					
22:00:00	Beyond Recognition	NETA	(S)	(CC)	N/A	#0H
	After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.					
22:30:00	Finding Refuge	NETA	(S)	(CC)	N/A	#0H
	The efforts of one dying woman to preserve her Native culture don't end when she passes, but prompts a renewal in finding pride in that culture. She confronts the violent event over two centuries ago that began the destruction of her people and the shame that colonialism created.					
23:00:00	Unconquered Seminoles	APTEX	(S)	(CC)	N/A	#0Z
	The Telly-award winning UNCONQUERED SEMINOLES traces the history and identity of Florida's resilient Seminole tribe, one deeply rooted in a pattern of obstacle and challenge, survival and success. Three wars in the 1800s sought to remove the Seminoles from Florida, but they adapted to life in the Everglades and eventually thrived while still preserving their cultural traditions. UNCONQUERED SEMINOLES charts the significant moments in the history of the Seminoles through archival stills and interviews with historians.					
23:30:00	Igliqtqsiugvigruaq [Swift Water Place]	APTEX	(S)	(CC)	N/A	#0H
	The story of the arctic village known as Igliqtqsiugvigruaq ("swift water place"), located near present-day Kiana, began more than 200 years ago along the banks of the Kobuk River in northwestern Alaska. Here, the Inupiaq people trace their history back more than 10,000 years. Archaeologist Dr. Douglas Anderson and his wife Wannii W. Anderson of Brown University have studied this region and the Inupiaq for more than 50 years, uncovering the past and capturing the oral histories of those who came before. During a recent excavation of the Igliqtqsiugvigruaq site, Anderson and his team discovered human remains. As policy dictates, archaeological excavations on National Park Service land must stop when remains are found, and all living descendants must be notified. But something different happened this time. A decision by Kiana's Traditional Council changed National Park policy and enabled the dig to continue at Igliqtqsiugvigruaq. Through arresting b-roll, archival footage and interviews, IGLIQTQSIUGVIGRUAQ [SWIFT WATER PLACE] examines a partnership and an understanding between the people of Kiana and Anderson's team to uncover and preserve important aspects of the culture and history of the people in Arctic Alaska before the river washes away the ancient village.					



Tue, Nov 29, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7172
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1247H
01:00:00	Music City Roots Live from the Factory Stellar songwriters are in the spotlight with sets from Athens/Nashville country rocker Lera Lynn, Oklahoma poet John Moreland and Nashville Songwriters Hall of Fame member Gretchen Peters.	APTEX	(S)	(CC)	N/A	#404H
02:00:00	Backstage Pass Phil Denny Contemporary urban jazz led by blazing sax from Lansing native Phil Denny. Featuring selections from his debut CD, "Crossover."	NETA	(S)	(CC)	N/A	#509H
03:00:00	Beyond Recognition After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.	NETA	(S)	(CC)	N/A	#0H
03:30:00	Finding Refuge The efforts of one dying woman to preserve her Native culture don't end when she passes, but prompts a renewal in finding pride in that culture. She confronts the violent event over two centuries ago that began the destruction of her people and the shame that colonialism created.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Unconquered Seminoles The Telly-award winning UNCONQUERED SEMINOLES traces the history and identity of Florida's resilient Seminole tribe, one deeply rooted in a pattern of obstacle and challenge, survival and success. Three wars in the 1800s sought to remove the Seminoles from Florida, but they adapted to life in the Everglades and eventually thrived while still preserving their cultural traditions. UNCONQUERED SEMINOLES charts the significant moments in the history of the Seminoles through archival stills and interviews with historians.	APTEX	(S)	(CC)	N/A	#0Z
04:30:00	Igliqtqsiugvigruaq [Swift Water Place] The story of the arctic village known as Igliqtqsiugvigruaq ("swift water place"), located near present-day Kiana, began more than 200 years ago along the banks of the Kobuk River in northwestern Alaska. Here, the Inupiaq people trace their history back more than 10,000 years. Archaeologist Dr. Douglas Anderson and his wife Wannu W. Anderson of Brown University have studied this region and the Inupiaq for more than 50 years, uncovering the past and capturing the oral histories of those who came before. During a recent excavation of the Igliqtqsiugvigruaq site, Anderson and his team discovered human remains. As policy dictates, archaeological excavations on National Park Service land must stop when remains are found, and all living descendants must be notified. But something different happened this time. A decision by Kiana's Traditional Council changed National Park policy and enabled the dig to continue at Igliqtqsiugvigruaq. Through arresting b-roll, archival footage and interviews, IGLIQTQSIUGVIGRUQAQ [SWIFT WATER PLACE] examines a partnership and an understanding between the people of Kiana and Anderson's team to uncover and preserve important aspects of the culture and history of the people in Arctic Alaska before the river washes away the ancient village.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Closer to Truth Why Seek An Alternative God? God, if there is a God, a personal, conscious, all-powerful Supreme Being? Some offer radically different concepts of "God".	EPS	(S)	(CC)	N/A	#1210H
05:30:00	Innerviews with Ernie Manouse Sal Solo Sal Solo and his fellow band mates came to prominence in the 1980's as part of the band "Classix Nouveaux" - often credited with creating the New Wave sound that became synonymous with the early MTV era. Though only a moderate success in the U.S. - they topped the charts across Europe and Asia and headlined for 100's of thousands of fans in Eastern Europe. But at the height of their success, Solo still felt as if something was missing... he found the answer during a pilgrimage to San Damiano, in Italy - where his life and career changed forever. On this episode of InnerVIEWS with Ernie Manouse, our conversation with musician and catholic youth retreat leader Sal Solo.	NETA	(S)	(CC)	N/A	#1108H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1975
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

## Daily Program Listing II

43.1

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Bug Bites Working Nine to Hive	APTEX	(S)	(CC)	DVI	#112H
	After receiving an exorbitant bill for late movie returns, Gilbert applies for a part-time office job. Before long, the repetitive culture of a (supposedly) hive-minded office starts to drive Gilbert mad. To make matters worse, Bill Lumbug, the stubborn office manager, seems to oppose any form of personal expression! With the help of ant pheromones, Adam infiltrates the office and teaches everyone how a real hive society capitalizes on differences as well as common traits to achieve its full potential.					
09:00:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
09:30:00	Classical Stretch: The Esmonde Technique Fingers and Hands	APTEX	(S)	(CC)	DVI	#1015H
	In this episode of Classical Stretch, join Miranda Esmonde-White on the charming beaches of Jamaica. This all-standing workout will strengthen your entire body with an emphasis on your fingers and hands!					
10:00:00	Sit and Be Fit Your Feet, Your Foundation	NETA	(S)	(CC)	N/A	#1417H
	It's important to let your feet feel the floor. Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.					
10:30:00	Sewing with Nancy All Occasion Fabric Wraps, Part 1	NETA	(S)	(CC)	N/A	#2813H
	Wrap it up in style-make easy-to-sew fabric wraps to accessorize your wardrobe . Nancy and guest Mary Mulari present quick to sew coverups for elegant evenings, travel, to the beach, and more. They start with clever and useful ways to wear classic shawls, and ways to keep them in place. Nancy and Mary then demonstrate how to make unique wrap shapes that are easy to cut out and sew or serge.					
11:00:00	Knitting Daily New Spin	NETA	(S)	(CC)	N/A	#1411H
	Learn how to make yarn yourself! Editor Anne Merrow introduces the ancient art of spinning using a drop spindle and shares ideas for knitting with hand-spun yarn. Liz Gipson shares her love of making yarn by hand and Tanis Gray demonstrates the lazy links stitch. Then learn to make dryer balls to assure great results when laundering knits.					
11:30:00	Fons & Porter's Love of Quilting Endless Chain	NETA	(S)	(CC)	N/A	#2409H
	Ideas for quilts come from many places and we can honor vintage quilters by creating contemporary versions of their design. Mary Fons and Jodi Davis will show you how a paper foundation pieced block is constructed, with great tips to create fabulous and precise angles.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6092H
13:00:00	Hubert Keller: Secrets of a Chef Black-Tie Dining	NETA	(S)	(CC)	N/A	#509H
	Chef Keller has the perfect menu for an upscale dinner party. He starts with seared scallops served on a luscious slice of pork belly surrounded by beluga lentils. The main course is roast Cornish game hen with a stuffing of Swiss chard and pine nuts. Seared Scallops on Pork Belly with Beluga Lentils, Roast Cornish Game Hen Stuffed with Swiss Chard in a Red Wine Thyme Sauce, & Macaroons with Rocky Road Beer Ice Cream.					
13:30:00	Sara's Weeknight Meals Build A Better Burge	APTEX	(S)	(CC)	N/A	#513H
	It's everything you wanted to know about burgers, plus two delicious recipes. Sara's turkey spinach burger is a light but succulent version of the American standard, while her Spanish burger puts an international spin on an old favorite. We'll discover the best grind of meat for burgers from a venerable Philadelphia butcher, and while we're there Sara discovers the secret to great fries at Philly's Dandelion Restaurant.					
14:00:00	Taste of History Benjamin Franklin - at Home In London	NETA	(S)	(CC)	N/A	#609H
	Chef Staib visits London and the Benjamin Franklin House where Franklin lived as an ambassador to the colonies. Chef Staib cooks Ben Franklin's own recipes for lettuce and anchovy soup, stuffed lobster, venison loaf, succotash and parmesan cheesecake.					

## Daily Program Listing II

43.1

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Tue, Nov 29, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Color and Creativity	NETA	(S)	(CC)	N/A	#2311H
	Keep creativity flowing with inspiration from colors. On-line jewelry-making host and crafter Vicki O'Dell makes quick, thoughtful, colorful gifts for everyone. Katie sets crystals into a cup chain cuff and bangle, then adds knotted leather accents for a one-of-a-kind look.					
15:30:00	Make It Artsy Layering	NETA	(S)	(CC)	N/A	#103H
	Peel back the layers to discover more artistic possibilities. Mixed media maker Roxanne Coble alters postcards with blobs, patterns and drips. Collage artist Rebekah Meier sews circles to make mandalas. Tool expert, Joe Rotella, molds and casts accessories and embellishments. Crafter Kathy Cano-Murillo has a tip for layering scraps to make a new surface.					
16:00:00	Biz Kid\$ It's A Job to Get A Job!	APTEX	(S)	(CC)	DVI	#509H
	It's a job getting a job and Biz Kid\$ is here to help. Learn tips and tricks for writing a great resume, dressing for success, and nailing the interview. Get the inside scoop on what employers look for from a young entrepreneur who manages 200 employees.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1709H
	Leave the ordinary behind and enter the world of make-believe. Create a magical fairy garden with Katie, then Franz shows how to take your paper art work from two to three dimensions. Jenny creates golden coins to swap and trade and then she and Katie make a gift extra special with a stenciled rocket gift bag. Cast a spell with a magic wand or gleaming sword created by adding feathers and jewels to the Family Craft Box.					
17:00:00	P. Allen Smith's Garden Home The Best of Garden Home: Cooking	APTEX	(S)	(CC)	N/A	#1508H
	Join P. Allen Smith for a trip down memory lane as he revisits his favorite cooking segments from seasons past.					
17:30:00	Growing A Greener World The Green Bronx Machine: The Power of a Classroom Farm (Bronx, Ny)	APTEX	(S)	(CC)	N/A	#716H
	Stephen Ritz will be the first to tell you he's not a farmer. But while his days are spent mostly indoors and with no tractor in sight, he tends to perhaps the most important crop of all: hundreds of elementary school-aged students growing up in the poorest congressional district in America. It is, essentially, the worst soil possible for anything to thrive. But here, Stephen embeds himself-heart and soul-into their lives on a daily basis. Armed with the power of "real food" (that is, fresh fruits and vegetables) in building healthy minds and bodies, Stephen has committed his life's work to teaching kids to grow it in a one-of-a-kind incredible learning environment that he created. In the process, the real-life application of doing it has transcended all levels of academics: reading, writing, math, science, and so much more.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13238
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1247H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7173
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#847H
20:00:00	Sun Studio Sessions Susan Marshall	NETA	(S)	(CC)	N/A	#712H
	Susan Marshall is a Memphis treasure. The soulful singer/songwriter Susan Marshall began her music career as a classical singer before becoming a successful backup vocalist for the likes of Lenny Kravitz, the Afghan Whigs, Cat Power, and Lucinda Williams. Her studio work has garnered multiple gold and platinum record awards, as well as the distinction of having sung background vocals on five GRAMMY nominated records. Marshall has also established herself as a solo artist to international critical acclaim. In this episode she performs several songs including "Black Sea Blues" and "Oh My Soul."					

Tue, Nov 29, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Jammin at Hippie Jack's Chuck Johnson and Charlyhorse	NETA	(S)	(CC)	N/A	#1006H
	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"					
21:00:00	The Kate Ann Wilson	APTEX	(S)	(CC)	N/A	#104H
	Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.					
22:00:00	Will Rogers and American Politics	NETA	(S)	(CC)	N/A	#0H
	In the 1930's, with the United States mired in the Great Depression and teetering on the brink of a second World War, millions of Americans turned to a rope-twirling, plain-talking Cherokee cowboy for clarity, comfort and common sense. His plain-spoken musings, always delivered with a shy, sly smile, influenced the political landscape then and still resonate today. WILL ROGERS AND AMERICAN POLITICS reveals how Oklahoma native Will Rogers emerged as one of the most powerful political voices in the United States. The Emmy-winning documentary charts Rogers' impact on American politics through rare archival film footage, photos and documents, and interviews with Supreme Court Justice Sandra Day O'Connor, actor Mickey Rooney, Cherokee Chief Chad Smith, comedian Lewis Black, former Oklahoma Gov. George Nigh, Rogers' grandniece and scholars. Bill Kurtis, former CBS news anchor and host of A&E's American Justice and Cold Case Files, narrates.					
23:00:00	Aging Matters - End of Life	APTEX	(S)	(CC)	N/A	#0H
	AGING MATTERS - END OF LIFE weaves together personal stories of families and interviews with scholars, doctors and medical ethicists to examine the complicated experience of dying. The program explores the radical transformation of death and dying in the United States over the past 150 years, Americans' cultural unwillingness to face death, and the efforts in place to change how Americans understand and talk about dying. Among several topics, AGING MATTERS addresses the role of advance directives, palliative care and hospice in an end-of-life strategy. Grammy-winning singer-songwriter Kathy Mattea hosts the program and shares her personal experience caring for family members suffering from Alzheimer's Disease.					

Wed, Nov 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7173
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#847H
01:00:00	Sun Studio Sessions Susan Marshall	NETA	(S)	(CC)	N/A	#712H
	Susan Marshall is a Memphis treasure. The soulful singer/songwriter Susan Marshall began her music career as a classical singer before becoming a successful backup vocalist for the likes of Lenny Kravitz, the Afghan Whigs, Cat Power, and Lucinda Williams. Her studio work has garnered multiple gold and platinum record awards, as well as the distinction of having sung background vocals on five GRAMMY nominated records. Marshall has also established herself as a solo artist to international critical acclaim. In this episode she performs several songs including "Black Sea Blues" and "Oh My Soul."					
01:30:00	Jammin at Hippie Jack's Chuck Johnson and Charlyhorse	NETA	(S)	(CC)	N/A	#1006H
	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"					
02:00:00	The Kate Ann Wilson	APTEX	(S)	(CC)	N/A	#104H
	Ann Wilson's musical gifts are legendary; she has created a truly impressive body of work with her equally talented sister Nancy as part of the rock band Heart. Her voice has moved legions of fans and great singers across every genre of music. Now, Ann is doing something she's always dreamed of--performing the songs she's been thinking about all these years in "The Ann Wilson Thing" (TAWT) on The Kate. TAWT is the equivalent of a mix tape gifted from Ann Wilson to her fans, providing an intimate perspective on her musical influences and inspiration. Songs like Buffalo Springfield's "For What It's Worth," Jeff Buckley's "I Want Someone Badly" and Ike and Tina's "River Deep Mountain High" prove that Ann Wilson is a master-fearless on stage. Her impassioned vocals and eclectic song choices are drenched in devotion to the song or the artist of origin and often sprinkled with personal innuendo.					
03:00:00	Will Rogers and American Politics	NETA	(S)	(CC)	N/A	#0H
	In the 1930's, with the United States mired in the Great Depression and teetering on the brink of a second World War, millions of Americans turned to a rope-twirling, plain-talking Cherokee cowboy for clarity, comfort and common sense. His plain-spoken musings, always delivered with a shy, sly smile, influenced the political landscape then and still resonate today. WILL ROGERS AND AMERICAN POLITICS reveals how Oklahoma native Will Rogers emerged as one of the most powerful political voices in the United States. The Emmy-winning documentary charts Rogers' impact on American politics through rare archival film footage, photos and documents, and interviews with Supreme Court Justice Sandra Day O'Connor, actor Mickey Rooney, Cherokee Chief Chad Smith, comedian Lewis Black, former Oklahoma Gov. George Nigh, Rogers' grandniece and scholars. Bill Kurtis, former CBS news anchor and host of A&E's American Justice and Cold Case Files, narrates.					
04:00:00	Aging Matters - End of Life	APTEX	(S)	(CC)	N/A	#0H
	AGING MATTERS - END OF LIFE weaves together personal stories of families and interviews with scholars, doctors and medical ethicists to examine the complicated experience of dying. The program explores the radical transformation of death and dying in the United States over the past 150 years, Americans' cultural unwillingness to face death, and the efforts in place to change how Americans understand and talk about dying. Among several topics, AGING MATTERS addresses the role of advance directives, palliative care and hospice in an end-of-life strategy. Grammy-winning singer-songwriter Kathy Mattea hosts the program and shares her personal experience caring for family members suffering from Alzheimer's Disease.					
05:00:00	Closer to Truth Panentheism: Is The World In God?	EPS	(S)	(CC)	N/A	#1211H
	The search for God leads to strange ideas. Compare Pantheism, God is the world, with Panentheism, the world is in God but God is more than the world.					
05:30:00	Innerviews with Ernie Manouse Lisa Swayze	NETA	(S)	(CC)	N/A	#1109H
	Lisa Niemi met and fell in love with Patrick Swayze when they were just a couple of Texas teenagers in the early Seventies - and the ride began... First the two were off to New York for acclaimed dance careers, and then on to Hollywood as actors, dancers and choreographers. Together they worked on Patrick's movie career, from The Outsiders to Dirty Dancing, from Ghost to Point Break. But their world dramatically changed in 2008 when Patrick was diagnosed with Pancreatic Cancer. Together, they waged a valiant battle against the disease that would eventually take Swayze's life. Today, Lisa works to raise funds for pancreatic cancer research and to help educate the world about its devastating effects. On this episode of InnerVIEWS with Ernie Manouse, our conversation with actor, director, dancer, and author of "Worth Fighting For: Love Loss and Moving Forward" - Lisa Niemi Swayze.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1976

Wed, Nov 30, 2016

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	Bug Bites A Louse in the House	APTEX	(S)	(CC)	DVI	#113H
	Andrew Lice Clay shows up one day in class. Gilbert is immediately taken by the guest, and invites him to stay. But Adam suspects Andrew may be looking for a new home, on the scalp of a child. Upon getting to know the louse, we explore what these insects look for in potential homes, and what can be done to limit an outbreak. In addition to learning about the countless applications for treating lice, we are reminded that everyone is susceptible to these insects, and should not feel ashamed when they appear.					
09:00:00	Functional Fitness with Suzanne Andrews Arm Conditioning	ACCES	(S)	(CC)	N/A	#310H
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1016H
10:00:00	Sit and Be Fit Flabby Arms	NETA	(S)	(CC)	N/A	#1418H
	This workout focuses on exercises to tone the arm muscles. Mary Ann introduces a new way to strengthen arms using your own body as resistance.					
10:30:00	Sewing with Nancy All Occasion Fabric Wraps, Part 2	NETA	(S)	(CC)	N/A	#2814H
	Enhance your wardrobe with fun fabric wraps made easily with casual clothing. Transform specialty fabrics and clothing into fabulous fabric wraps with the help of Nancy and designer Mary Mulari. See the magical morphing of a sweatshirt and necktie into a casual wrap designed by Mary. These cozy wraps, both practical and stylish, are a great gift or personal wardrobe accessory.					
11:00:00	Knitting Daily Novelty of It All	NETA	(S)	(CC)	N/A	#1412H
	Create a novel effect with non-traditional yarns. Yarn designer Barry Klein shares tips and tricks to get the maximum effect. Soak up the creative spirit of writer and artist Kathy Cano-Murillo. Author Laura Nelkin's combines novelty yarn and beads to make an elegant bracelet. Tanis Gray makes a charming daisy applique with crystals. Vickie Howell crochets a cool cable pattern with lofty, colorful yarn.					
11:30:00	Fons & Porter's Love of Quilting Ohio Star	NETA	(S)	(CC)	N/A	#2410H
	This zigzag set quilt features Ohio Star blocks created as part of a block exchange. This is a great way to make a scrappy style quilt and have fun sharing your stash with quilt friends. Mary Fons and Liz Porter will show you how to over-size the hourglass unit in this block design to increase the accuracy of your piecing.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6093H
13:00:00	Ellie's Real Good Food Single Working Mom Seeks.....Help!	APTEX	(S)	(CC)	N/A	#101H
	Ellie takes Beth - a mom, a full-time labor and delivery nurse, and a grad student -- under her wing. Ellie helps Beth rein in her take-out habit with three easy make-ahead recipes that stock her fridge with a week of tasty meals. Recipes: Blueberry-chia overnight oats; Turkey-stuffed pizza pockets; Cajun shrimp in foil. 3 Ingredient Recipe: Red wine salad dressing.					
13:30:00	Annabel Langbein: The Free Range Cook The Ultimate Cookout	APTEX	(S)	(CC)	N/A	#113H
	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of grilled chicken and vegetables from her garden. Her silky lemon tart is a show-stopping finish to the ultimate summer meal. Recipes from this episode: love-me-tender sponge, ten-minute raspberry jam, raspberry vinegar, brined and grilled butterfly chicken, new potatoes with hazelnut pesto, grilled broccoli salad, char-grilled corn on the cob, silky lemon tart, tropical sundowners.					

Wed, Nov 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Simply Ming Shaun Hergatt	APTEX	(S)	(CC)	N/A	#1408H
	This week on Simply Ming, New York executive chef Shaun Hergatt from the restaurant Juni joins the show. Today it's duck two ways. He creates an acacia-glazed duck breast with plum puree and fennel salad, while Ming tries to match him with duck pho with sweet potato noodles and Thai herbs.					
14:30:00	Cook's Country Big Flavors from Little Italy	APTEX	(S)	(CC)	N/A	#913H
	Test cook Bridget Lancaster uncovers the secrets to making zeppoles at home. Then, equipment expert Adam Ried reveals his top picks for splatter screens. Next, test cook Ashley Moore shares the steps for the best slow-cooker chicken stock. Then, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of shredded parmesan. And finally, test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate pasta with mushroom sauce.					
15:00:00	Beads, Baubles and Jewels Colored Gold	NETA	(S)	(CC)	N/A	#2312H
	The rose gold color trend has taken hold. Metal-smith Hilary Halstead Scott introduces a grant program that helps jewelry artists grow their businesses. Then, she shares her design ideas for rose gold jewelry. In the Beading Lesson, Katie combines macrame with chain to create a new look for beaded jewelry.					
15:30:00	Make It Artsy Stamping	NETA	(S)	(CC)	N/A	#104H
	No matter how many stamps you have, you need more. Color-happy artist Mou Saha draws and cuts custom stamps. Julie Fei Fan Balzer makes cool wrapping paper from paper bags. Joe Rotella, tool expert, manufactures his own stamps from foam. In the tip, Mou Saha throws her stamping process into reverse to create new looks.					
16:00:00	Biz Kid\$ Fundraising Can Be Fun	APTEX	(S)	(CC)	DVI	#510H
	Have a worthy cause? Then host a worthy fundraiser. This episode shows how to organize volunteers, choose the right venue, get the word out, and keep expenses low. Learn the right way to do the right thing.					
16:30:00	Hands On Crafts for Kids Growing and Building	NETA	(S)	(CC)	DVI	#1710H
	Living things inspire us to create and to craft. Jenny and Katie craft together to make a special pot decorated with glittery sea creatures. Franz takes art outdoors as he designs, lays out and plants a character image for the garden. Bloggers share great ideas for creating a cactus that won't be prickly or making a quick and easy super turtle figure. Katie shows how to create colorful greeting cards and artwork for family and friends then uses supplies in the Family Craft Box to erect buildings or make whimsical bug cars.					
17:00:00	P. Allen Smith's Garden Home Crystal Bridges, American Dreams	APTEX	(S)	(CC)	N/A	#1509H
	P. Allen Smith explores a place unlike any other, the Crystal Bridges Museum of American Art and visits a unique restoration project involving a rare house designed by Frank Lloyd Wright.					
17:30:00	Growing A Greener World The Private Garden of a Public Gardener (Wayne, Pa and Wilmington, De)	APTEX	(S)	(CC)	N/A	#717H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13239
18:30:00	Asia Insight Asia's Biggest Disneyland to Open In Shanghai	APTEX	(S)	(CC)	N/A	#406H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7174
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#345
20:00:00	New Tanglewood Tales: Life On Stage and Off	APTEX	(S)	(CC)	N/A	#104H

Wed, Nov 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center Artist: Master Series with Grammy Award Winner Don Henry, and hosted by songwriter Eric Gnezda. Don Henry sits down with host Eric Gnezda in an episode of the Master Series. In a one-on-one interview, Don performs and discusses songwriting. Don has had songs recorded by Ray Charles, Blake Shelton, Miranda Lambert, BJ Thomas, Patti Page, Conway Twitty, among others. The wit and wisdom of Don's songs are widely celebrated. He is best known for his Grammy Award winning, "Where've You Been," recorded by Kathy Mattea, and co-written with her husband, Jon Vezner. The song also garnered Song of the Year honors from the Academy of Country Music, the Country Music Association, and Nashville Songwriters Association International. "Where've You Been" was the first song in country music history to be awarded all four honors in the same year. He also sings "All Kinds of Kinds" and "Beautiful Fool," a tribute to Dr. Martin Luther King.	APTEX	(S)	(CC)	N/A	#208H
21:00:00	Jubilee Masters of Bluegrass The Bluegrass "MOB" - legendary players Del McCoury on guitar and vocals, Bobby Osborne on mandolin and vocals, J.D. Crowe on banjo, Bobby Hicks on fiddle and Jerry McCoury on bass and vocals-performs at the 2013 Festival of the Bluegrass at the Kentucky Horse Park.	NETA	(S)	(CC)	N/A	#1201H
22:00:00	Ishi's Return ISHI'S RETURN is a half-hour film about Ishi, billed in 1911 as the "last wild Indian" when he wandered out of the woods in Oroville, CA, and became a national sensation. When Ishi died, his brain was removed and sent to the Smithsonian Institution in Washington, DC. Eighty years later, his descendants in California fight to have his remains repatriated to his ancestral home.	NETA	(S)	(CC)	N/A	#0H
22:30:00	Beyond Recognition After decades struggling to protect her ancestors' burial places, now engulfed by San Francisco's sprawl, a Native woman from a non-federally recognized tribe and her allies occupy a sacred site to prevent its desecration. When this life-altering event fails to stop the development, they vow to follow a new path- to establish the first women-led urban Indigenous land trust. Shattering stereotypes, BEYOND RECOGNITION explores the quest to preserve one's culture and homeland in a society bent on erasing them.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Gallery: The National Museum of the American Indian GALLERY: THE NATIONAL MUSEUM OF THE AMERICAN INDIAN charts the unveiling and dedication of the first Smithsonian museum dedicated exclusively to American Indians. The grand unveiling of the National Museum of the American Indian coincided with the six-day, outdoor First American Festival and the Native Nations Festival. The colorful opening day began with a Native Nations Procession, the largest gathering of Native peoples in modern history. More than 25,000 American Indians, representing more than 500 tribes and Native communities - from as far north as Alaska to as far south as Chile - participated in this historic event. During the program, the museum's architects discuss the conception and design of the striking building, and landscaping, which was created to resemble a land form shaped by rain, water and nature. Throughout the documentary, American Indians share their thoughts on the importance of the museum, their heritage and passing along traditions to the next generation.	APT	(S)	(CC)	N/A	#0
23:30:00	Arab American Stories A new generation of Arab Americans are making their mark - actress Alia Shawkat, best known for her role on "Arrested Development," is a rising independent film star, Mariem Masmoudi is a student trying to figure out how to merge her American and Tunisian identities to give back to both cultures, and former serviceman and DJ Ace Montaser is making his name on Detroit's airwaves.	APTEX	(S)	(CC)	DVI	#113H