

Wed, Nov 01, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland A huge Montana ranch welcomes tourists. A farm family works together to bring in the hay harvest. We visit Oregon's famous Tillamook cheese factory. Discover an underground harvest in a Utah salt mine.	APTEX	(S)	(CC)	N/A	#1219H
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1343H
01:00:00	Sun Studio Sessions Farwell Angelina 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."	NETA	(S)	(CC)	N/A	#708H
01:30:00	Jammin at Hippie Jack's Outlaw Gospel 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.	NETA	(S)	(CC)	N/A	#1005H
02:00:00	Infinity Hall Live Hit Rewind Infinity Hall Live encores some of the best performances from past seasons: Barenaked Ladies - "One Week"; Melissa Etheridge - "Bring Me Some Water"; Rusted Root - "Send Me on My Way"; America - "Horse with No Name"; Cowboy Junkies - "Sweet Jane"; Toad the Wet Sprocket - "All I Want"; Fountains of Wayne - "Stacy's Mom"; Los Lonely Boys - "Heaven"; Joss Stone - "Right to Be Wrong".	APTEX	(S)	(CC)	N/A	#604H
03:00:00	Werewolf of the Bayou: Theater of the Mind It is 1940, and ace newspaper reporter Margo Mason heads to the Louisiana swamps to investigate a series of strange murders and an ancient curse centered around an archaeological dig and a strange skeleton unearthed: The body of a human, the head of a wolf. And chilling howls at night under the full moon. The local swamp witch says it's the rougarou werewolf, returned for vengeance. But who is the werewolf? And who will be its next victim?	NETA	(S)	(CC)	N/A	#0H
04:00:00	Trilogy of Terror: Theater of the Mind KTWU's Theatre of the Mind presents an all-new production in the style of a 1940's radio play. Based on three classic stories and adapted by playwright Philip Grecian. "The Fall of the House of Usher" by Edgar Allan Poe; "The Legend of Sleepy Hollow" by Washington Irving; "The Cats of Ulthar" by H. P. Lovecraft. As has been the custom with these dramas, the actors often play multiple roles and employ vintage microphones to simulate radio's Golden Age with live physical sound effects. They portray period radio performers, and so the haunted presence of Poe's House of Usher, the hoofbeats of the Headless Horseman and the horrific fantasy with felines is created through "theater of the mind" in the imagination of the listening audience.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#404
08:00:00	Zula Patrol The Show Must Float On/The Truder Crown Affair THE SHOW MUST FLOAT ON - It's time for the annual Ballet of the Water Striders, a beautiful water-top dance to celebrate the coming of Spring. However, during rehearsals the water striders can't keep themselves on top of the water! Enter The Zula Patrol, who find out the water striders are having trouble holding onto each other. It turns out, an unwelcome substance is making it impossible for the water molecules to form their natural elastic layer. The ZPers need to find the source of the pollution fast or the water could get way too sick to recover... and the water ballet will have to be cancelled! THE TRUDER CROWN AFFAIR - Princess Marina invites The Zula Patrol to the Zulean Isles to enjoy her coronation, but when a suspiciously familiar "Count Von Troodles" takes her crown, the ZPers are back on the job. Unfortunately, Wizzy and Wigg discover the crown they've retrieved floats instead of sinking like the genuine article. The ZPers will have to get the real crown back from Truder before he becomes king of the isles and Marina's hopes sink like...well, like her crown should!	APTEX	(S)	(CC)	DVI	#309H
08:30:00	Thomas Edison's Secret Lab The Eagle Has Landed/Bee-Gone Eagle: When a power company worker finds an abandoned eagle's nest precariously perched atop a wind turbine the SECRET LAB KIDS build a homemade rocket to fire a rope up to him so he can lower the nest to safety. Bee: When JD and Kent discover there's a shortage of beeswax for their surfboards, it leads to the discovery that all the local honeybees have vanished from the beehives.	APTEX	(S)	(CC)	N/A	#102H
09:00:00	Functional Fitness with Suzanne Andrews Brain Aerobics	ACCES		(CC)	N/A	#113H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
10:00:00	Sit and Be Fit Somatosensory Work We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.	NETA	(S)	(CC)	N/A	#1314H
10:30:00	It's Sew Easy Dress for the Weather - Layering Be prepared for all kinds of weather. Joanne Banko, blogger and sewing educator, redesigns a simple pashmina to create a fashionable jacket. Couture designer Angela Wolf makes a lightweight fleece jacket that packs easily, then she shows how to serge a narrow rolled hem on a scarf.	NETA	(S)	(CC)	DVI	#1207H
11:00:00	Knit and Crochet Now! Comfy Afghans Ellen shows hot to stitch up the Spring Bud Afghan by Rena Stevens, then Kristin takes us through the steps of the knit Cabled Cube Throw. Lena demonstrates the crochet Popcorn Crawl, always a fashion favorite! Robyn designed this beautiful crochet Raglan Lace Tee and will show you step by step how to make it.	APTEX	(S)	(CC)	DVI	#604H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 1 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Weathervane Block made by Marianne and the Texas Star Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2703H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7068H
13:00:00	Lidia's Kitchen Fruit Desserts Fruit desserts have always been an Italian tradition; they are simple, delicious and the perfect way to showcase nature's bounty. In this episode, Lidia highlights some of her fans' preferred seasonal sweets with: strawberries with balsamic vinegar, a light and creamy panna cotta with seasonal fresh fruit; juicy nectarines and blueberries in prosecco and a plum crostata, a free form Italian tart with juicy plums.	APTEX	(S)	(CC)	N/A	#411H
13:30:00	Taste The Islands with Chef Irie Cultural Composite Chef Irie takes a culinary journey through the Dutch Caribbean islands making carni stoba (beef stew), curried peanut chicken with sauteed green beans, sweet noodle cakes with warm apple compote, and a refreshing papaya cocktail. Co-host Lisa Lee visits a world class Caribbean restaurant with international influences.	APTEX	(S)	(CC)	N/A	#206H
14:00:00	Simply Ming Barbara Lynch This week on Simply Ming, two-time James Beard Award-winner, author, and restaurateur Chef Barbara Lynch is joining Ming in the kitchen. Barbara, the creator of seven different restaurants, cooks up a ricotta ravioli with black olive croutons and a simple tomato pan sauce. Ming follows with an Asian-inspired ginger edamame ravioli with a Chinese vinegar and brown butter sauce.	APTEX	(S)	(CC)	N/A	#1504H
14:30:00	Cook's Country Southern Discoveries Test cook Bryan Roof shows Julia Collin Davison how to make an authentic version of South Carolina smoked fresh ham. Tasting expert Jack Bishop challenges Julia to a tasting of spiral sliced bone-in ham. Equipment expert Adam Ried reveals his top pick for potato mashers. Test cook Christie Morrison shows Bridget Lancaster how to make the best smashed potato salad.	APTEX	(S)	(CC)	N/A	#1009H
15:00:00	Beads, Baubles and Jewels Wire Coiling Inventor Sandra Lupo uses the ancient art of wire coiling to make wire-wrapped cones for end caps, tassel toppers and other creative embellishments. Learn to create a Kumihimo board to create a braid finished with cones and a clasp. Katie shows how to make a riveted leather strap bracelet with crystals.	NETA	(S)	(CC)	N/A	#2105H
15:30:00	Katie Brown Workshop Kids Day Satisfy the little ones with Katie's vibrant projects and tasty treats. In the Kitchen: Yummy Donut Sandwiches, Fruit Kebabs with Lemon-Lime Glaze and Butterscotch Hot Chocolate. Projects: Crafty paper-plate creatures. A garden emerges from old car tires.	APTEX	(S)	(CC)	DVI	#507H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Business Structures	APTEX	(S)	(CC)	DVI	#502H
	What structure is right for your future business? It's not just "incorporated" anymore. Join us and learn about LLCs, sole proprietorships, partnerships, and more. Examine the pros and cons of each business structure and discover which one could be right for you. Meet two girls who were able to start both a non-profit organization and a for-profit company, all from selling honey.					
16:30:00	Hands On Crafts for Kids Music	NETA	(S)	(CC)	DVI	#1811H
	Music inspires creativity and adds to the fun. To keep the beat, Jenny Barnett-Rohrs makes a drum. Katie Hacker makes a jingly bell bracelet and Franz Spohn illustrates great musical works. Jenny has a wonderful gift idea for a sports fan from blogger Morena Hockley.					
17:00:00	P. Allen Smith's Garden Home Super Foods; Super Recipes	APTEX	(S)	(CC)	DVI	#1607H
	In this episode of Garden Home, P. Allen Smith shows that you don't have to be a superhero to save the day. Super performers in the kitchen, garden and home are highlighted to help give your life some extra punch.					
17:30:00	Growing A Greener World Bountiful Harvest: Birmingham, Al	APTEX	(S)	(CC)	N/A	#508H
	From seed to pantry, we share not only how to get the best flavors from the garden, but how to capture that harvest in a jar for year round flavor.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14218H
18:30:00	Great Decisions In Foreign Policy The European Union	NETA	(S)	(CC)	N/A	#801H
	The European Union is under severe strain. British voters have chosen to leave the EU while the Eurozone debt crisis and the influx of migrants pose an existential threat to the political and economic bloc. Can the EU withstand the pressure?					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8153
19:30:00	In Good Shape Pain in the Foot: Bunions	WNVC	(S)	(CC)	N/A	#440H
	What can you do about bunions? In Good Shape asks a foot surgeon. Also, how dangerous is a hantavirus infection? And, why do older people hear better after electrical stimulation of the brain?					
20:00:00	The Lowertown Line. The Lowertown Line: The 4onthefloor	APTEX	(S)	(CC)	N/A	#107H
	The 4onthefloor performs an energetic live show at Icehouse Restaurant in Minneapolis. Front man Gabriel Douglas talks about playing fast, his love of relentless drumming, and making sure everyone has a good time at The 4onthefloor's energetic live shows. Songs performed: Off The Cuff, Undertow, Down the Line, Lake Street Shuffle, Miss Behave, All My Friends.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#306H
	Artists: Craig Carothers, Don Henry, Anne E. DeChant, and hosted by songwriter Eric Gnezda. Artist Bio: Craig Carothers, a native of Portland, OR, makes his home in Nashville, TN. He has written songs for Trisha Yearwood, Kathy Mattea, and Peter, Paul & Mary, among others. In addition to being a top-level songwriter, "He has a voice that should be famous," says Patty Larkin. The Birmingham News writes that he performs "smart, memorable material put across with abundant personality," and Performing Songwriter Magazine says Craig has "the right mix of weary-eyed cynicism and helpless hearted romanticism." He performs "Schenectady" and "Guys Like That." Artist Bio: Anne E. DeChant is an award-winning Nashville recording artist originally from Cleveland, Ohio where she was a five-time singer-songwriter of the year. She has shared the stage with Stevie Nicks, Nora Jones, Joan Armatrading, Sheryl Crow and the Indigo Girls. She has played venues ranging from the White House to Nashville's Bluebird Cafe. Her song, "Girls and Airplanes," about women breaking down barriers, has been featured on the soundtrack of the Hollywood film, "The Hot Flashes," starring Brooke Shields, and in the critically acclaimed documentary film "The Veters: All We Needed." She performs "Swing." Artist Bio: Don Henry is a Grammy award-winning songwriter, and his songs have been recorded by Ray Charles, Blake Shelton, Miranda Lambert, BJ Thomas, Patti Page, Conway Twitty, and many others. The wit and wisdom of Don's songs are widely celebrated. He is best known for his Grammy Award-winning song, "Where've You Been," recorded by Kathy Mattea, and co-written with 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. Don performs "This For That." donhenry.com					

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21:00:00	Live from the Artists Den Fleet Foxes	APTEX	(S)	(CC)	N/A	#1204H
	Fleet Foxes celebrate the release of their new album, Crack-Up, with a special performance at the Knockdown Center in Queens, New York. The mesmerizing concert highlights material from their new record-the influential band's first release in six years-while also looking back to such favorites as "Helplessness Blues" and "Mykonos." The century-old Knockdown Center, a magnificent former glass blowing facility and door factory, provides a perfect setting for the group's atmospheric harmonies and expansive arrangements.					
22:00:00	Deeply Rooted: John Coykendall's Journey to Save Our Seeds and Stories	APTEX	(S)	(CC)	N/A	#0H
	For more than 40 years, John Coykendall - a renowned seed saver, classically trained artist and a master gardener at Blackberry Farm resort in the Smoky Mountains of Tennessee - has been preserving the seeds, traditions, oral histories and foodways of a small rural farming community in Louisiana. The documentary DEEPLY ROOTED: JOHN COYKENDALL'S JOURNEY TO SAVE OUR SEEDS AND STORIES chronicles how Coykendall has tracked down and safeguarded rare and heirloom varieties of crops historically grown in the region and safely returned them to the descendants of farmers who described them to him decades earlier. Since 1973, he has been visiting Washington Parish, Louisiana, illustrating and documenting the oral histories, farming techniques, and folk tales of elderly farmers and backyard gardeners in volumes of moleskin notebooks detailing an agricultural way of life that is at risk of loss across our nation. A Tennessee native, the 73-year-old Coykendall is a true Renaissance man and a celebrity in a growing movement that places a premium on farm-to-table cuisine and locally sourced, organic and heirloom food. He is a classically trained artist who studied at the Ringling College of Art & Design in Sarasota, Florida, and worked as an instructor at the the School of the Museum of Fine Arts in Boston. He is also well-known for his sketches of the pastoral landscape in which he works. Using a mix of historical photographs of the region and its residents, the film traces his work and time spent in the Parish. Through his deeds, John hopes to inspire others to view these rare seeds and stories as grounding us to the earth and rooting us both to our past and our future.					
23:00:00	Major League Cuban Baseball	APTEX	(S)	(CC)	N/A	#0H
	MAJOR LEAGUE CUBAN BASEBALL traces the experiences of Cubans at the most accomplished levels of America's national pastime - baseball - and explores their deep cultural and emotional connection to the game. In 1874, the first official baseball game was held on the island of Cuba, in defiance of Spanish colonial law. After Cuba gained its independence from Spain, the sport became an integral part of the Cuban identity. The program documents Cuban ball players' presence in the budding American professional leagues of the late 1800s, and their impact on American baseball in the early 20th century. Between 1911 and 1929 alone, 17 Cuban-born Caucasian players played in the major leagues, while Afro-Cuban players integrated into the Negro leagues and became prominent fixtures. The documentary also delves into baseball in post-revolution Cuba, when professional sports were banned on the island and many players made the difficult decision to leave for the U.S. For the hundreds of thousands of Cuban exiles who fled their country, baseball served as an elixir and the Cuban big leaguers were their heroes. In the 1970s, amateur baseball began to thrive again in Cuba, while in the U.S., Cuban players continued to have significant impact on the majors - from Tony Perez and Luis Tiant facing off in the 1975 Fall Classic to the players who are making their mark today. Weaving archival footage with interviews from historians, baseball fans, journalists, and former major leaguers Camilo Pascual, Orestes Destrade, and Tony Perez, MAJOR LEAGUE CUBAN BASEBALL chronicles the history of Cubans in the major leagues, documents the influence of baseball on Cuban culture, and examines the impact of Cubans and Cuban-Americans on the game.					

Thu, Nov 02, 2017

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00:00:01	Great Decisions In Foreign Policy The European Union	NETA	(S)	(CC)	N/A	#801H
	The European Union is under severe strain. British voters have chosen to leave the EU while the Eurozone debt crisis and the influx of migrants pose an existential threat to the political and economic bloc. Can the EU withstand the pressure?					
00:30:00	In Good Shape Pain in the Foot: Bunions	WNVC	(S)	(CC)	N/A	#440H
	What can you do about bunions? In Good Shape asks a foot surgeon. Also, how dangerous is a hantavirus infection? And, why do older people hear better after electrical stimulation of the brain?					
01:00:00	The Lowertown Line. The Lowertown Line: The 4onthefloor	APTEX	(S)	(CC)	N/A	#107H
	The 4onthefloor performs an energetic live show at Icehouse Restaurant in Minneapolis. Front man Gabriel Douglas talks about playing fast, his love of relentless drumming, and making sure everyone has a good time at The 4onthefloor's energetic live shows. Songs performed: Off The Cuff, Undertow, Down the Line, Lake Street Shuffle, Miss Behave, All My Friends.					
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03:00:00	Deeply Rooted: John Coykendall's Journey to Save Our Seeds and Stories	APTEX	(S)	(CC)	N/A	#0H
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05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#405
08:00:00	Zula Patrol The Great River Race/When You Wish Upon A Sea Star THE GREAT RIVER RACE - As The Zula Patrol competes in Zula's annual Great River Race, their nemesis, Dark Truder, plans to win the race by cheating so he can become famous which he's sure will cause people to finally listen to him. Unfortunately for Truder, every time he plots to knock the ZPers out of the competition, they rally back using their newfound knowledge about rivers. In the end, with quite a bit of help from Gorga, the ZPers win the race and Truder and Traxie wind up all wet. WHEN YOU WISH UPON A SEA STAR - The Zula Patrol is spending a fun day at the beach, when they meet Stella, a young Sea Star, in a tide pool. She needs the Zula Patrol's help to find her way back home, and in the process, our heroes learn all about the ocean's different habitats, and their fascinating inhabitants.	APTEX	(S)	(CC)	DVI	#310H
08:30:00	Thomas Edison's Secret Lab A Golden Opportunity/If The Fossil Fits Golden: When Angie loses her mother's favorite - and valuable - gold bracelet at the beach, our heroes build a homemade metal detector to find it. Fossil: When Kent discovers a dinosaur fossil, the SECRET LAB KIDS learn about fossils, DNA and even go back to prehistoric times to determine if Kent has discovered a completely new dinosaur!	APTEX	(S)	(CC)	N/A	#103H
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 1	ACCES		(CC)	N/A	#114H
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 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 Keep Your Valuables Safe When you travel, protect your valuables. Sewing expert Rebecca Kemp Brent makes a designer pouch that holds an electronic tablet and much more. On-line sewing instructor Joanne Banko creates expanding cargo pockets for jackets, pants and totes. Designer Angela Wolf makes blind hems on a serger.	NETA	(S)	(CC)	DVI	#1208H
11:00:00	Knit and Crochet Now! Terrific T-Shirts The Butterfly Tee is up next, with Lena showing you how to knit this special project, and lastly the Stripes and Short Rows scarf.	APTEX	(S)	(CC)	DVI	#605H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 2 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Farmer's Daughter Block made by Marianne and the Sun Rays Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2704H

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12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7069H
13:00:00	The Jazzy Vegetarian Tex-Mex with a Twist	NETA	(S)	(CC)	N/A	#604H
	Host Laura Theodore prepares plant-based, Tex-Mex style cuisine. The spicy fare starts with Seitan Fajitas, showcasing the meaty texture of seitan, drizzled with Cashew Sour "Cream," and served over Spicy Rice. Zesty Maple Almonds are crunchy, spicy, and sweet, while a Mango-Banana Smoothie provides a refreshing beverage to round out the menu. Special guest: Tara Sherbert.					
13:30:00	Sara's Weeknight Meals On The Table In 20	APTEX	(S)	(CC)	N/A	#601H
	No time to cook? No problem. Sara's got great recipes to help you get food on the table fast. First up: Indian scrambled eggs with the crunch of the Indian flatbread papadam. On Ask Sara, Sara answers a viewer's question about eggs; especially how to hard boil them without that ugly green ring around the yolk. She also visits a dairy where every cow is a lady and is treated like one, down to a daily shampoo of her tail. Finally, Sara's brother Peter joins her to make steak and butter. And they really are making butter. It's easy! Recipes: Indian scrambled eggs with paapadam Steak and butter.					
14:00:00	Joanne Weir Gets Fresh Fresh Beans	APTEX	(S)	(CC)	N/A	#112H
	Joanne's mother passed down her passion of beans to her, so in this episode Joanne will take us to one of her favorite farms to pick some fresh beans. She'll also travel to an Alaskan Salmon hatchery, and then show her student how to prepare a Succotash and Maple-Mustard Glazed Cedar Plank Salmon dish. Recipes: Sweet Corn and Shell Bean Succotash, Cedar Plank Salmon with Maple-Mustard Glaze. Student: Elizabeth "Libby" Batzel					
14:30:00	New Scandinavian Cooking The Taste of Trees	APTEX	(S)	(CC)	N/A	#504H
	Andreas visits Hedmark in Eastern Norway, a region with large farms, abundant food and vast forests. Andreas cooks over an open fire to infuse the dish with a smoky flavor. He provides tips on using smoke in cooking before whipping up sweet apple-flavored pork chops with potato salad. For the main course, Andreas prepares hot-smoked pork glazed with a rich homemade birch syrup, which he also pours over waffles for dessert.					
15:00:00	Beads, Baubles and Jewels Brick Stitch Jewelry	NETA	(S)	(CC)	N/A	#2106H
	Colorful brick stitch creations are simple and easy to expand as your skills improve. Francie Brodie shows how to use this popular stitch to make large, lightweight earrings for summer fun or holidays. Francie takes the mystery out of making the Slip and Slide bracelet using the right angle weave with single and multiple bead units. Katie shares more tips on organizing and storing your seed beads.					
15:30:00	Katie Brown Workshop Seaside	APTEX	(S)	(CC)	DVI	#508H
	From the kitchen to the craft room to the garden, Katie celebrates the gifts of the sea. In the Kitchen: Delicious Breaded Bluegill, Flavorful Shrimp Pesto, and a simple but scrumptious Seafood Bouillabaisse. Projects: Transport the beauty of the sea into the home. Create enchanting Snorkle Candles. Make-your-own Fish and Shell Compost to nourish any garden.					
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 Me!	NETA	(S)	(CC)	DVI	#1812H
	Let's turn toward ourselves for creative ideas. When she makes a lighted mirror, Jenny Barnett-Rohrs makes you a star. Katie Hacker makes personal paper dolls and Franz Spohn draws a 3D self-portrait. Jenny celebrates Thanksgiving with Pilgrim-style table decorations.					
17:00:00	P. Allen Smith's Garden Home Leaders in the Field	APTEX	(S)	(CC)	DVI	#1608H
	Join P. Allen Smith as he learns a thing or two from gardeners, chefs and designers who are leading the pack in their field and are anything but traditional.					

Thu, Nov 02, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:30:00	Growing A Greener World The Greening of Suburbia: Lake County, Illinois	APTEX	(S)	(CC)	N/A	#509H
	In years past, developers would build typical subdivisions around golf courses and tennis courts. But today, with the growing interest in environmental conservation and local food systems, savvy developers are building self-contained communities around organic farms. The focus is on creating a sustainable community and outreach programs geared to helping all generations embrace local, in-season food as well as the agrarian lifestyle. Buyers are lining up to stake their claim to experience a taste of life on the farm, from the comfort of their own home. In this episode, we travel to one such community that serves as a model for all the others.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14219H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1419H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8154
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1109H
20:00:00	Backstage Pass Paul Keller Orchestra	NETA	(S)	(CC)	N/A	#703H
	Bassist and composer Paul Keller heads up this big band from Ann Arbor, featuring originals, classics and the obscure from across the history of jazz. Highlights include "That Old Black Magic" with vocalist Sarah D'Angelo, and the straight-ahead player showcase, "PK's Tempo." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.					
20:30:00	Music Voyager Lafayette: Sounds from the Bayou	APTEX	(S)	(CC)	N/A	#201H
	In this enchanting episode, host Jacob Edgar experiences the food, lifestyles and culture of Southwest Louisiana. Lafayette is the epicenter of Cajun and Creole culture, where the infectious rhythms of Zydeco and Cajun music echo across the bayou. There, Edgar settles in to picturesque Dockside Studios for a session with Roddie Romero, a talented local musician. Then Terrence Simien, a GRAMMY winner and one of Zydeco's biggest stars, takes Edgar on a horseback trail ride and then invites him into a jam session with the next generation of Creole musicians. Finally, Edgar is treated to performances by The Lost Bayou Ramblers, a young Cajun music band, at their family camp on the banks of the Vermillion River and a soulful duet by songwriter David Egan and singer Marc Broussard.					
21:00:00	Xerox Rochester International Jazz Festival Marianne Trudel Trio + Special Guest Ingrid Jensen	APTEX	(S)	(CC)	N/A	#801H
	Marianne Trudel is a multi-talented pianist, composer, improviser, and arranger. At once energetic and passionate, Marianne's music cross-cuts a wide swath of musical interests. She has published six recordings as a leader all having garnered rave reviews. She has played in Canada, United States, France, Spain, Germany, and Mexico. Ingrid Jensen has been hailed as one of the most gifted trumpeters of her generation. She attended Berklee College of Music in Boston. Since graduating in 1989, her life has contained a whirlwind of musical activities. From her early days playing in the subways of New York, to establishing herself as a leader and soloist in a wide array of musical genres, Ingrid has made her mark. Her performances as a leader and as a featured soloist have taken her around the world from Canada to Japan, Australia, South America, South Africa, and the Caribbean and to almost every country in Europe and Scandinavia.					
22:00:00	Comedy Bootcamp: The Documentary	APTEX	(S)	(CC)	DVI	#0H
	Today, less than one percent of Americans have served in the military, a significant decrease from 17 percent who served in World War II. As fewer civilians have friends or family in the armed services, it is difficult to understand the journey our veterans have faced. COMEDY BOOTCAMP: THE DOCUMENTARY shines a light on today's returning service members, shadowing a new class of former military veterans as they embark on a journey to share their stories and connect with others - through comedy. The heartwarming documentary follows several participants as they attend weekly classes, led by professional stand-up comedians, designed to help them and other individuals of the military community develop their performing and writing skills. Throughout the process, some of the individuals discover a new outlet to discuss the struggles they face in their transition to civilian life. William, who retired from the Army in 2013, joined Comedy Bootcamp as an outlet for creative expression and to assist in easing his PTSD. Mae, whose husband served in the Navy, became involved with the program to meet friends who also shared her passion for comedy and performing. Mike, a Michigan native and a retired Coast Guard service member, learned about the Bootcamp from his involvement in the veterans' organization Wounded Warrior Project. With a concluding White House performance, Comedy Bootcamp participants share their stories of resilience, hope and humor.					
23:00:00	Standing On Sacred Ground Pilgrims & Tourists	NETA	(S)	(CC)	DVI	#101H
	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.					

Fri, Nov 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Focus On Europe	WNVC	(S)	(CC)	N/A	#3543H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1109H
01:00:00	Backstage Pass Paul Keller Orchestra	NETA	(S)	(CC)	N/A	#703H
	<p>Bassist and composer Paul Keller heads up this big band from Ann Arbor, featuring originals, classics and the obscure from across the history of jazz. Highlights include "That Old Black Magic" with vocalist Sarah D'Angelo, and the straight-ahead player showcase, "PK's Tempo." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.</p>					
01:30:00	Music Voyager Lafayette: Sounds from the Bayou	APTEX	(S)	(CC)	N/A	#201H
	<p>In this enchanting episode, host Jacob Edgar experiences the food, lifestyles and culture of Southwest Louisiana. Lafayette is the epicenter of Cajun and Creole culture, where the infectious rhythms of Zydeco and Cajun music echo across the bayou. There, Edgar settles in to picturesque Dockside Studios for a session with Roddie Romero, a talented local musician. Then Terrence Simien, a GRAMMY winner and one of Zydeco's biggest stars, takes Edgar on a horseback trail ride and then invites him into a jam session with the next generation of Creole musicians. Finally, Edgar is treated to performances by The Lost Bayou Ramblers, a young Cajun music band, at their family camp on the banks of the Vermillion River and a soulful duet by songwriter David Egan and singer Marc Broussard.</p>					
02:00:00	Xerox Rochester International Jazz Festival Marianne Trudel Trio + Special Guest Ingrid Jensen	APTEX	(S)	(CC)	N/A	#801H
	<p>Marianne Trudel is a multi-talented pianist, composer, improviser, and arranger. At once energetic and passionate, Marianne's music cross-cuts a wide swath of musical interests. She has published six recordings as a leader all having garnered rave reviews. She has played in Canada, United States, France, Spain, Germany, and Mexico. Ingrid Jensen has been hailed as one of the most gifted trumpeters of her generation. She attended Berklee College of Music in Boston. Since graduating in 1989, her life has contained a whirlwind of musical activities. From her early days playing in the subways of New York, to establishing herself as a leader and soloist in a wide array of musical genres, Ingrid has made her mark. Her performances as a leader and as a featured soloist have taken her around the world from Canada to Japan, Australia, South America, South Africa, and the Caribbean and to almost every country in Europe and Scandinavia.</p>					
03:00:00	Comedy Bootcamp: The Documentary	APTEX	(S)	(CC)	DVI	#0H
	<p>Today, less than one percent of Americans have served in the military, a significant decrease from 17 percent who served in World War II. As fewer civilians have friends or family in the armed services, it is difficult to understand the journey our veterans have faced. COMEDY BOOTCAMP: THE DOCUMENTARY shines a light on today's returning service members, shadowing a new class of former military veterans as they embark on a journey to share their stories and connect with others - through comedy. The heartwarming documentary follows several participants as they attend weekly classes, led by professional stand-up comedians, designed to help them and other individuals of the military community develop their performing and writing skills. Throughout the process, some of the individuals discover a new outlet to discuss the struggles they face in their transition to civilian life. William, who retired from the Army in 2013, joined Comedy Bootcamp as an outlet for creative expression and to assist in easing his PTSD. Mae, whose husband served in the Navy, became involved with the program to meet friends who also shared her passion for comedy and performing. Mike, a Michigan native and a retired Coast Guard service member, learned about the Bootcamp from his involvement in the veterans' organization Wounded Warrior Project. With a concluding White House performance, Comedy Bootcamp participants share their stories of resilience, hope and humor.</p>					
04:00:00	Standing On Sacred Ground Pilgrims & Tourists	NETA	(S)	(CC)	DVI	#101H
	<p>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.</p>					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#406
08:00:00	Zula Patrol Mine Shaft/The Crystal Cavern	APTEX	(S)	(CC)	DVI	#311H
	<p>MINE SHAFT - Dark Truder is at it again. At Zula's mines, he switches the labels of the minerals being shipped out to manufacturing plants and now everything is in disarray. Then, disguised as a home redecorating guru, Truder gets the ZPers to replace their "dingy old" equipment. Soon, at the ZP HQ and all over Zula, nothing, absolutely nothing, is working like it should. While the ZPers, in their new wobbly ship, try to find out what's gone wrong, Truder is the only one with equipment that works properly! Will Truder finally win? THE CRYSTAL CAVERN - Thanks to a rocky Truder space chase, The Zula Patrol needs a new crystal to power their ship. That means an expedition to the mysterious Crystal Cavern, where the legendary (and notoriously growly) Big Toe lives. Will they find the special crystal they need in time to stop Truder, or will they hit rock bottom?</p>					

Daily Program Listing II

43.1

Date: 10/15/2017

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Fri, Nov 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab No Volts for Von Bolt/Dunkin Zombies Volts: During a sailing trip, Von Bolt begins to malfunction, endangering ALVA and Edison, so the Secret Lab Kids investigate elements, compounds and alloys to diagnose the problem. Zombies: When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.	APTEX	(S)	(CC)	N/A	#104H
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 2	ACCES		(CC)	N/A	#115H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
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 Traveling with Pets and Kids It's fun to travel with pets and kids. Author and instructor Donna Babylon makes portable bed for pets. Pattern designer Angela Wolf sews a hooded towel that kids and adults will love. Sewing educator Joanne Banko creates her own fringe for trims and embellishments.	NETA	(S)	(CC)	DVI	#1209H
11:00:00	Knit and Crochet Now! Let's Have A Party Drew, The Crochet Dude, makes a special visit and shows how to crochet a Banner and then make a Party Gift Tag. Kristin shows the knit version of the Banner and the Party Gift Tag. A beautiful Filet Crochet Scarf is a must have, and Lena will show you how.	APTEX	(S)	(CC)	DVI	#606H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 3 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Wheels Block made by Marianne and the Dutchman's Puzzle Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2705H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7070H
13:00:00	Ellie's Real Good Food No Brainer Breakfasts Ellie tackles the challenge we all face every day--what's for breakfast, especially in a busy household when everyone is out the door like a pool ball break. She helps out Mary, a mom and an elite athlete and coach, who literally hits the ground running each morning. Recipes: Make-ahead mini frittatas with leeks and asparagus; Morning glory baked oatmeal; Peanut butter and grapes wrap; Avocado toast with egg.	APTEX	(S)	(CC)	N/A	#105H
13:30:00	Annabel Langbein: The Free Range Cook A French Country Table 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.	APTEX	(S)	(CC)	N/A	#109H
14:00:00	Chef John Besh's New Orleans Oyster Stew, Jaeqerschnitzel, and Pear Tart.	APTEX	(S)	(CC)	DVI	#124H
14:30:00	Jacques Pepin: Heart & Soul Chef In Training A basket of fresh bread is a staple on Jacques' dining table, so he begins the show with an easy fast fougasse. Then using seafood for a unique twist, he makes salmon rillettes to top the fougasse with a tasty bite. While working at the Russian Tea Room in New York, Jacques recalls serving a spice-rubbed poussins a la russe, now a favorite dish of his granddaughter Shorey. He prepares it today as the main course, accompanied by broiled maple sweet potatoes coated with sugary goodness. To close, Shorey arrives for a tutorial from her grandfather on how to make her favorite breakfast food, crepes with Nutella, lemon or jam.	APTEX	(S)	(CC)	N/A	#105H

Fri, Nov 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Wire Wrapping Variations Using new innovations and traditional techniques, inventor Wyatt White presents ideas for wrapping different types of wire to create a setting for a cameo cabochon. Using both vintage and new buttons, Wyatt shows how to shape wire to make rings and earrings. Katie shows how to stitch beads onto braided leather.	NETA	(S)	(CC)	N/A	#2107H
15:30:00	Katie Brown Workshop Store-Bought Surprise Katie puts a new twist on classic store-bought ingredients for surprisingly simple recipes and projects. In the Kitchen: Ham and Cheese Pockets, BBQ 'Fried' Cornflake Chicken and Butter Cream Pound Cake. Projects: Fresh flowers accessorize a standard lampshade and dress-up store bought votives.	APTEX	(S)	(CC)	DVI	#509H
16:00:00	Biz Kid\$ You Are The Target! 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.	APTEX	(S)	(CC)	DVI	#504H
16:30:00	Hands On Crafts for Kids Make Believe Anything can happen in the world of make-believe. Jenny Barnett-Rohrs turns into a scary monster with a fun headband. Katie Hacker makes a fantasy tent and then whips up a never-ending cherry pie. Jenny shows how to create a show with puppets you make yourself from blogger Mom Carolina Moore.	NETA	(S)	(CC)	DVI	#1813H
17:00:00	P. Allen Smith's Garden Home Facts of Life Life at Moss Mountain Farm is like any other working farm, has its ups and downs. Let P. Allen Smith take you through the trials, tribulations and immense rewards on a day at the farm.	APTEX	(S)	(CC)	DVI	#1609H
17:30:00	Growing A Greener World The Power of Worms While worms are an important ingredient of the soil, they can steal the show in the compost pile. With vermicompost, worms do all the work of breaking down and decomposing kitchen scraps, turning it into nutrient rich castings from the garden. They take the garbage and turn it into black gold for the garden. This episode explores home vermicomposting, visits a commercial harvesting operation, and tours a "zero waste" company turning warm waste into a multi-million dollar operation as a natural fertilizer alternative.	APTEX	(S)	(CC)	N/A	#510H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14220H
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1343H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8155
19:30:00	Global 3000 Afghanistan: Emerald Trade and Terrorism Natural resources can be a curse. In some countries, they're the root of war. Global 3000 reports from gem mines in Myanmar and Afghanistan, where precious stones spark conflict and fund terrorism.	WNVC	(S)	(CC)	N/A	#942H
20:00:00	Song of the Mountains Randall Hibbitts & Appalachia / The Bankesters	NETA	(S)	(CC)	N/A	#1214H
21:00:00	Woodsongs Roger Mcguinn and John Lomax III ROGER MCGUINN gained fame for his work with the Limelighters, the Chad Mitchell Trio and ultimately as the founding member of The Bryds. He was inducted into the Rock'n'Roll Hall of Fame because of massive global hits like "Turn, Turn Turn" and "Mr. Tambourine Man". In the mid-1990's, Roger pioneered one of the first streaming websites called FolkDen. To this day it is one of the most extensive archives of America's folk legacy. JOHN LOMAX III is a legacy descendant of the folk archivist pioneers, the Lomax Family. They are responsible for seeking out and cataloging America's folk and mountain music, later absorbed by the Smithsonian Institute. John and Alan Lomax are responsible for discovering and promoting many of the icons of America's musical history including Woody Guthrie, Leadbelly and Pete Seeger.	NETA	(S)	(CC)	N/A	#2005H

Daily Program Listing II

43.1

Date: 10/15/2017

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Fri, Nov 03, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Border Crossings	NETA	(S)	(CC)	N/A	#508H
	Two short films follow families as they travel great distances, both physically and emotionally, to find a new home: We are the Immigrants by Catalina Matamoros Puerto and Sweet, Sweet Country by Dehanza Rogers.					
22:30:00	On Story A Conversation with Jim Sheridan	NETA	(S)	(CC)	N/A	#711H
	Heavily-influenced by politics and family, the screenwriter of In the Name of the Father, My Left Foot, In America, and more discusses his efforts to do justice to Irish fathers, and translate Irish situations and accents for American audiences.					
23:00:00	Science Goes to the Movies John Coltrane, and Albert Einstein	EPS	(S)	(CC)	N/A	#405H
	Guest: Stephon Alexander. Music of: John Coltrane. Stephon Alexander, cosmologist and author of The Jazz of Physics, talks math and music, John Coltrane and Einstein.					
23:30:00	Theater Talk Fall Season Preview 2017	EPS	(S)	(CC)	N/A	#1101H
	Theater Talk previews the 2017 upcoming fall theater season with Michael Musto (NewNowNext.com), Patrick Pacheco (L.A. Times), and Elisabeth Vincentelli (The New York Times, The New Yorker, Newsday), guest co-host Jesse Green (The New York Times) and executive producer/co-host Susan Haskins-Doloff. The productions they discuss include SpongeBob SquarePants, The Band's Visit, M. Butterfly, Junk, Meteor Shower, and Farinelli and the King. The panel also reviews Michael Moore on Broadway: The Terms of My Surrender and Prince of Broadway, shows that already opened earlier in the 2017-18 season.					

Daily Program Listing II

43.1

Date: 10/15/2017

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Sat, Nov 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Euromaxx	WNVT	(S)	(CC)	N/A	#1343H
00:30:00	Global 3000 Afghanistan: Emerald Trade and Terrorism	WNVC	(S)	(CC)	N/A	#942H
	Natural resources can be a curse. In some countries, they're the root of war. Global 3000 reports from gem mines in Myanmar and Afghanistan, where precious stones spark conflict and fund terrorism.					
01:00:00	Song of the Mountains Randall Hibbitts & Appalachia / The Bankesters	NETA	(S)	(CC)	N/A	#1214H
02:00:00	Woodsongs Roger Mcguinn and John Lomax III	NETA	(S)	(CC)	N/A	#2005H
	ROGER MCGUINN gained fame for his work with the Limelighters, the Chad Mitchell Trio and ultimately as the founding member of The Bryds. He was inducted into the Rock'n'Roll Hall of Fame because of massive global hits like "Turn, Turn Turn" and "Mr. Tambourine Man". In the mid-1990's, Roger pioneered one of the first streaming websites called FolkDen. To this day it is one of the most extensive archives of America's folk legacy. JOHN LOMAX III is a legacy descendant of the folk archivist pioneers, the Lomax Family. They are responsible for seeking out and cataloging America's folk and mountain music, later absorbed by the Smithsonian Institute. John and Alan Lomax are responsible for discovering and promoting many of the icons of America's musical history including Woody Guthrie, Leadbelly and Pete Seeger.					
03:00:00	Film School Shorts Border Crossings	NETA	(S)	(CC)	N/A	#508H
	Two short films follow families as they travel great distances, both physically and emotionally, to find a new home: We are the Immigrants by Catalina Matamoros Puerto and Sweet, Sweet Country by Dehanza Rogers.					
03:30:00	On Story A Conversation with Jim Sheridan	NETA	(S)	(CC)	N/A	#711H
	Heavily-influenced by politics and family, the screenwriter of In the Name of the Father, My Left Foot, In America, and more discusses his efforts to do justice to Irish fathers, and translate Irish situations and accents for American audiences.					
04:00:00	Science Goes to the Movies John Coltrane, and Albert Einstein	EPS	(S)	(CC)	N/A	#405H
	Guest: Stephon Alexander. Music of: John Coltrane. Stephon Alexander, cosmologist and author of The Jazz of Physics, talks math and music, John Coltrane and Einstein.					
04:30:00	Theater Talk Fall Season Preview 2017	EPS	(S)	(CC)	N/A	#1101H
	Theater Talk previews the 2017 upcoming fall theater season with Michael Musto (NewNowNext.com), Patrick Pacheco (L.A. Times), and Elisabeth Vincentelli (The New York Times, The New Yorker, Newsday), guest co-host Jesse Green (The New York Times) and executive producer/co-host Susan Haskins-Doloff. The productions they discuss include SpongeBob SquarePants, The Band's Visit, M. Butterfly, Junk, Meteor Shower, and Farinelli and the King. The panel also reviews Michael Moore on Broadway: The Terms of My Surrender and Prince of Broadway, shows that already opened earlier in the 2017-18 season.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#407
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Floral Bouquet # 1	APTEX	(S)	(CC)	N/A	#310H
	Today Gary makes up the composition by painting from fresh flowers. You can paint your own bouquet using all the techniques he shows you. It is so much fun to create your own composition, using whatever flowers and colors you like.					
08:30:00	Painting with Wilson Bickford Whitetail Fawn, Part 2	NETA	(S)	(CC)	N/A	#310H
	On Part 2, Wilson enhances the details to the background, paints the finishing touches on the fawn, and inserts in the low-hanging branch and leaves.					

Sat, Nov 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop The Luminous Landscapes of John Frederick Kensett, Contentment Island, Ct The Luminists were considered to be a subgroup of the Hudson River Painters. While these younger painters shared the same traditions of the Hudson River Painters, artists such as John Kensett (1816-1872) were more interested in the subtle effects of daylight, especially at dawn and dusk, than in the graphic representation of a specific place or landscape. This program will outline the evolution of Kensett from a Hudson River Artist-Explorer to an American Luminist. We will visit Contentment Island in Connecticut, where he lived and painted after the end of the Civil War and sought to reveal the serene quality of light and weather. Through Kensett, Dunlop will explore the techniques for evoking a suffused unified light, the American appetite for tranquility in art after the Civil War, and the eternal legacy of the Luminists.	NETA	(S)	(CC)	DVI	#110H
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 Keep The Fun In Functional Fitness In this episode Mary Ann focuses on the fun side of exercise through the use of novelty music and imaginative choreography.	NETA	(S)	(CC)	N/A	#1317H
10:30:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H
11:00:00	Delicious TV's Vegan Mashup Fast Food Magic You'll never have to say, but I don't have time to cook vegan again. Toni Fiore is making a classic Italian dish Pasta with Chickpeas and Tomatoes. Terry Hope Romero is making Coconut Bacon you can top anything including her Kale Tomato Salad. Raw food artist Elizabeth Fraser is shares her No-bake Apple Crisp. And Victor Robinson and his daughter are making Gazpacho with veggies plucked from there garden.	NETA	(S)	(CC)	DVI	#302H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Dreaming of Sustainable Agriculture Chef Pedro Abascal is changing tourist's perceptions of the food in Riviera Maya, using local farms to supply his hip hotel restaurants. Rick and Pedro discuss his challenges and successes of his approach over a traditional Yucatecan meal at Faison y Venado. Rick pays a visit to a lamb farm in Tizimin for a conversation with a rancher, then heads to C-Grill, Pedro's hip restaurant on the shores of Playa del Carmen, where he makes a beautiful roasted lamb in adobo. In Chicago, Rick heads to the outdoor Green City Market to gather ingredients for his grilled leg of lamb with green garlic mojo and camote mash, accompanied by grilled asparagus with pasilla crema. Oh, and an incredibly delicious skillet cake.	APTEX	(S)	(CC)	N/A	#1111H
12:00:00	Lidia's Kitchen 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 Charleston, South Carolina - Sean Brock and Benjamin Dennis Moveable Feast with Fine Cooking is back in Charleston, where chefs Sean Brock and Benjamin "BJ" Dennis create some classic southern dishes with all the Southern charm. Host Pete Evans joins the chefs for visits to a South Carolina plantation, which produces some of the finest vegetables and rye in the area. They also embark on a trip to an innovative farm looking to feed and train the people of tomorrow and teach them to grow sustainable foods. Chef Dennis prepares a fantastic short rib and conch stew with classic southern grits while chef Brock roasts a pig with heritage greens and vegetables. It's a feast steeped in South Carolina tradition on Moveable Feast with Fine Cooking Magazine.	APTEX	(S)	(CC)	N/A	#408H
13:00:00	Travels with Darley Illinois: Route 66 & Midewin Travel to the top diners and historic sites along all-American Route 66, including modern nature escapes that may surprise you. This is an Illinois road trip you won't forget, as host Darley Newman drives old Route 66 in a classic car to meet bison at Midewin National Tallgrass Prairie and explore the best of "the Mother Road."	NETA	(S)	(CC)	N/A	#304H
13:30:00	Mineral Explorers Portugal 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."	NETA	(S)	(CC)	N/A	#206H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe Granada, Cordoba, and Spain's Costa Del Sol	APTEX	(S)	(CC)	N/A	#605H
	Andalucia's Moorish heritage sparkles in the historic capitals of Granada and Cordoba. And the pride of the Reconquista and the power of Queen Isabel and King Ferdinand enliven the region's great sights. Tasting the smooth sherry and marveling at prancing stallions, we find the passion in Andalusian culture. And we top it off with fun in the Spanish sun on the Costa del Sol.					
14:30:00	Born to Explore with Richard Wiese Tanzania: Summit On Mt. Kilimanjaro	APTEX	(S)	(CC)	N/A	#108H
	Join Richard Wiese as he journeys to Tanzania to climb the highest mountain on the African continent - Mount Kilimanjaro. With friends and family, Richard sets out on a seven-day climb to the summit at over 19,000 feet. He follows the same path he took with his father at age 11, more than 40 years ago. This is his 14th ascent up Kilimanjaro-only this time, Richard encounters the worst weather he's ever faced on the mountain.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4805H
	A garden that extends from the ocean to the intercostal. A great garden, a beautiful spot and a lot to learn. Join us as we GardenSMART.					
15:30:00	Baby Makes 3 The Homestretch	APTEX	(S)	(CC)	N/A	#204H
	Tight restrictions on painting and modifications for this family living in an apartment are no match for the Baby Makes 3 design team, and they hit a home run.					
16:00:00	Drexel Interview James Giordano	NETA		(CC)	N/A	#606H
	James Giordano, a researcher and professor at Georgetown University, is a leader in the fields of science, neuroethics, and neurotechnology. Host Paula Marantz Cohen examines Giordano's work in this growing field of study, discussing his role as advisor to the Joint Chiefs of Staff at the Pentagon under the Obama administration; his contribution to the blockbuster film Limitless; the reciprocity of art and science; and the provocative, controversial future of neuroethics, including developments in neurolaw and the military's weaponization of brain science.					
16:30:00	Overheard with Evan Smith Jason Kander, President of Let America Vote	NETA	(S)	(CC)	N/A	#805H
	Jason Kander is a former Army Captain, Missouri's 39th Secretary of State and the president of Let America Vote, an organization that fights against voter suppression laws. In 2016, Kander ran for the U. S. Senate in Missouri. At over \$75 million, his campaign was the most expensive Senate race in state history.					
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Clockmaker	APTEX	(S)	(CC)	N/A	#201H
	Welcome to the magical world of a clockmaker, where the gears are lovingly handmade and time truly does stand still as host Eric Gorges and young clock maker Nate Bowers create a beautiful exposed gear clock.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3543H
18:30:00	The Open Mind Constitutional Crisis Or Consensus?	NETA		(CC)	N/A	#3814H
	Guest: Justin Dyer. University of Missouri professor and Kinder Institute on Constitutional Democracy director Justin Dyer talks about polarization of legal interpretation.					
19:00:00	Closer to Truth Can Metaphysics Discern God II?	EPS	(S)	(CC)	N/A	#1705H
	Metaphysics seeks insights into fundamental features of existence: It does not depend on human emotions or personal testimonies. When metaphysics focuses on God, what happens?					
19:30:00	American Forum Will Democratic Capitalism Survive?	NETA	(S)	(CC)	N/A	#308H
	Historian MEL LEFFLER on a century of American power and current threats to the international system.					

Sat, Nov 04, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Shelby Lynne	APTEX	(S)	(CC)	N/A	#107H
	INFINITY HALL LIVE continues with a concert by Grammy Award-winning artist Shelby Lynne. Since her debut in 1989, Shelby Lynne has been difficult to define with her music ranging from country, blues, Southern soul, roots rock, Western swing, jazz and adult contemporary pop. When asked to define herself, Lynne replied simply, "I try not to define anything really, myself especially. I like to let the music do the talking." This simple statement speaks volumes to her craft. Shelby Lynne is a musician at heart, bringing her soulful, down-home sound and style to countless individuals. Born in Virginia but raised in rural Alabama, Lynne struggled at the onset of her career. It wasn't until her 2000 album, I Am Shelby Lynne, that she garnered critical acclaim, propelling her into the international spotlight. Since then, she has continued to dazzle audiences across the country, asserting herself as one of country music's greats. Lynne has even made inroads onto the silver screen, appearing in several films, most notably the Johnny Cash biopic, Walk the Line. At Infinity Hall, Lynne takes the stage with accomplished Nashville guitarist John Jackson. "John Jackson is an excellent guitar-playing friend of mine," she says, introducing Jackson, who has played with musicians like Bob Dylan and Lucinda Williams. Although the pair performs only with guitars, vocals, and a harmonica, Lynne's music fills the room and captivates the audience. Her set includes three songs from I Am Shelby Lynne, the album that earned her a Grammy in 2001 for Best New Artist. The show also includes a moving performance of "Pretend," an original song she included on her 2008 Dusty Springfield tribute album, Just A Little Lovin', and "Killin' Kind," which appeared in the film, Bridget Jones's Diary.					
21:00:00	Front and Center Rob Thomas	APTEX	(S)	(CC)	N/A	#701H
	Rob Thomas burst onto the scene in 1996 as the creative force and lead singer of Matchbox Twenty. In 2005 he branched out and has since become a three-time Grammy Award winner whose songs have consistently topped the charts. Thomas, as part of an acoustic trio, takes the stage at the Iridium in New York City to treat fans to performance of some of his biggest hits including #1s "Lonely No More," "3 AM," and "Smooth." Thomas also performs "We Are One" for the first time.					
22:00:00	Globe Trekker Hawaii	APTEX	(S)	(CC)	N/A	#1612H
	Hawaii is the sacred kingdom of Polynesians and America's sunny 50th state. It is the quintessential destination for paradise-seeking honeymooners from all over the world. No other group of islands on earth fascinates the common traveler more than this lush archipelago of volcanic isles positioned beautifully in the Pacific. With this in mind, Globe Trekker Zoe D'Amato sets out on a grand adventure to explore four of Hawaii's mounds of beauty: The Big Island, Maui, Oahu and Kauai.					
23:00:00	Arts In Context Plastic Planet	NETA	(S)	(CC)	N/A	#803H
	Artist Calder Kamin always loved sculpting animals but it wasn't until she started using plastic bags that her medium matched her message. Extended: The Plastic Planet project is a series of animal sculptures made entirely out of plastic bags and recycled materials, representing how synthetic compounds are quickly replacing all things organic. Artist Calder Kamin always loved sculpting animals but it wasn't until she started using plastic bags that her medium matched her message. From the San Antonio Zoo to SXSW Eco, Kamin finds fellow nature lovers everywhere and uses them to inspire her work. Plastic Planet highlights the sometimes symbiotic, sometimes antagonistic relationship between nature and humanity - all while making a positive impact on the environment.					
23:30:00	Articulate with Jim Cotter Orchestrating Hits	APTEX	(S)	(CC)	N/A	#110H
	Classically trained cellist Larry Gold has spent a lifetime orchestrating pop classics. Today he's helping bring out the soul in R&B and Hip-hop. Goldberg Variations; Timeless Virtuosity - Bach's centuries old, devilishly difficult, Goldberg Variations, continue to fascinate audiences and challenge pianists. The Illustrious Kevin Cornell - Kevin Cornell's illustrations have a remarkable capacity to evoke childlike emotion, even in adults. Perceptual Shift - Whether created for commercial, political, or personal ends, sculptor Michael Murphy's installations are perceptual puzzles.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Can Metaphysics Discern God II? Metaphysics seeks insights into fundamental features of existence: It does not depend on human emotions or personal testimonies. When metaphysics focuses on God, what happens?	EPS	(S)	(CC)	N/A	#1705H
00:30:00	American Forum Will Democratic Capitalism Survive? Historian MEL LEFFLER on a century of American power and current threats to the international system.	NETA	(S)	(CC)	N/A	#308H
01:00:00	Infinity Hall Live Shelby Lynne INFINITY HALL LIVE continues with a concert by Grammy Award-winning artist Shelby Lynne. Since her debut in 1989, Shelby Lynne has been difficult to define with her music ranging from country, blues, Southern soul, roots rock, Western swing, jazz and adult contemporary pop. When asked to define herself, Lynne replied simply, "I try not to define anything really, myself especially. I like to let the music do the talking." This simple statement speaks volumes to her craft. Shelby Lynne is a musician at heart, bringing her soulful, down-home sound and style to countless individuals. Born in Virginia but raised in rural Alabama, Lynne struggled at the onset of her career. It wasn't until her 2000 album, I Am Shelby Lynne, that she garnered critical acclaim, propelling her into the international spotlight. Since then, she has continued to dazzle audiences across the country, asserting herself as one of country music's greats. Lynne has even made inroads onto the silver screen, appearing in several films, most notably the Johnny Cash biopic, Walk the Line. At Infinity Hall, Lynne takes the stage with accomplished Nashville guitarist John Jackson. "John Jackson is an excellent guitar-playing friend of mine," she says, introducing Jackson, who has played with musicians like Bob Dylan and Lucinda Williams. Although the pair performs only with guitars, vocals, and a harmonica, Lynne's music fills the room and captivates the audience. Her set includes three songs from I Am Shelby Lynne, the album that earned her a Grammy in 2001 for Best New Artist. The show also includes a moving performance of "Pretend," an original song she included on her 2008 Dusty Springfield tribute album, Just A Little Lovin', and "Killin' Kind," which appeared in the film, Bridget Jones's Diary.	APTEX	(S)	(CC)	N/A	#107H
02:00:00	Front and Center Rob Thomas Rob Thomas burst onto the scene in 1996 as the creative force and lead singer of Matchbox Twenty. In 2005 he branched out and has since become a three-time Grammy Award winner whose songs have consistently topped the charts. Thomas, as part of an acoustic trio, takes the stage at the Iridium in New York City to treat fans to performance of some of his biggest hits including #1s "Lonely No More," "3 AM," and "Smooth." Thomas also performs "We Are One" for the first time.	APTEX	(S)	(CC)	N/A	#701H
03:00:00	Globe Trekker Hawaii Hawaii is the sacred kingdom of Polynesians and America's sunny 50th state. It is the quintessential destination for paradise-seeking honeymooners from all over the world. No other group of islands on earth fascinates the common traveler more than this lush archipelago of volcanic isles positioned beautifully in the Pacific. With this in mind, Globe Trekker Zoe D'Amato sets out on a grand adventure to explore four of Hawaii's mounds of beauty: The Big Island, Maui, Oahu and Kauai.	APTEX	(S)	(CC)	N/A	#1612H
04:00:00	Arts In Context Plastic Planet Artist Calder Kamin always loved sculpting animals but it wasn't until she started using plastic bags that her medium matched her message. Extended: The Plastic Planet project is a series of animal sculptures made entirely out of plastic bags and recycled materials, representing how synthetic compounds are quickly replacing all things organic. Artist Calder Kamin always loved sculpting animals but it wasn't until she started using plastic bags that her medium matched her message. From the San Antonio Zoo to SXSW Eco, Kamin finds fellow nature lovers everywhere and uses them to inspire her work. Plastic Planet highlights the sometimes symbiotic, sometimes antagonistic relationship between nature and humanity - all while making a positive impact on the environment.	NETA	(S)	(CC)	N/A	#803H
04:30:00	Articulate with Jim Cotter Orchestrating Hits Classically trained cellist Larry Gold has spent a lifetime orchestrating pop classics. Today he's helping bring out the soul in R&B and Hip-hop. Goldberg Variations; Timeless Virtuosity - Bach's centuries old, devilishly difficult, Goldberg Variations, continue to fascinate audiences and challenge pianists. The Illustrious Kevin Cornell - Kevin Cornell's illustrations have a remarkable capacity to evoke childlike emotion, even in adults. Perceptual Shift - Whether created for commercial, political, or personal ends, sculptor Michael Murphy's installations are perceptual puzzles.	APTEX	(S)	(CC)	N/A	#110H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#408
08:00:00	Painting and Travel with Roger & Sarah Bansemer St. Thomas Courtyard While visiting the Virgin Islands, Roger finds a courtyard to paint. Sarah enjoys the island and walks through the town to see the sights	NETA	(S)	(CC)	N/A	#304H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Paint This with Jerry Yarnell The Perfect Perch, Part 2	NETA	(S)	(CC)	N/A	#2311H
	In this session, Jerry shows his viewers how to finish the sky and cloud formations. Then highlights the back- and foreground meadows. Then the shows how to highlight the background trees. Now he shows how to underpaint the haybales and explains how to properly prospect and give haybales proper dimensional forms. He then finishes by painting in the taller greases in the middle and foreground.					
09:00:00	Wyland's Art Studio Waterfall	APTEX		(CC)	N/A	#512H
	Texture generally refers to both the feel and appearance of a surface. It can be employed to make a fine art painting seem more believable and by establishing a sensorial connection with the viewer. Blending is the ability to graduate from one color to another without obvious transitions and boundaries. By using appropriate blending techniques the colors pass imperceptibly from one shade or degree of intensity to another. In this episode, Wyland demonstrates how mixing and blending techniques can work together to create a textured look.					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Frozen Shoulder (All Standing)	APTEX	(S)	(CC)	DVI	#930H
10:00:00	Sit and Be Fit Variety, The Spice of Life	NETA	(S)	(CC)	N/A	#1318H
	Mary Ann combines a variety of exercises that improve function including a new exercise that uses the fingers and breath to control abdominal muscles.					
10:30:00	Power Yoga: Mind and Body Long Holds - Version Two	APTEX	(S)	(CC)	N/A	#119
	With Forward fold, Raised Runner's Lunge, Crescent, and others.					
11:00:00	Neven Maguire: Home Chef	APTEX	(S)	(CC)	N/A	#101H
	Neven opens the series by paying a visit to Waterford Castle and head chef Michael Quinn, who prepares leg of lamb steaks. Back in his kitchen, Neven makes air-dried beef carpaccio with roasted beetroot and mustard cream, and the MacNean cheesecake with raspberries and white chocolate.					
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 Wedding Cake - Torta Nunziale	NETA	(S)	(CC)	N/A	#2503H
	Mary Ann and her friends, Donna, Ruth, and Connie, race against the clock to create an Italian wedding "cookie cake" as a gift to celebrate the marriage of two good friends. Dozens of biscotti piled high and topped with ribbons, ready just before the wedding bells ring. Some of the cookies include Miniature Cream-Filled Tarts.					
12:30:00	Mike Colameco's Real Food Tao	NETA	(S)	(CC)	N/A	#1411H
	Set in the heart of uber popular Meatpacking district of Manhattan sits this ambitious sprawling space with a pan-Asian fusion menu. The folks that run this location and the two others are total pros running restaurants with the highest gross revenues in the USA. We'll spend a day with grizzled NY Native chef Ralph Scamardella and his vast team to how this pull off this kind of volume with great quality night after night.					
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Bolivian Pride	APTEX	(S)	(CC)	DVI	#211H
	The Bolivian community in Queens may be small, but they are mighty - Mickela joins cross-generational Bolivian family members with the caporales and tinkus dances.					
13:30:00	Travel Detective with Peter Greenberg Training Passengers Like Crew Members	NETA	(S)	(CC)	DVI	#201H
	Ever wonder how you can prepare for an emergency just like a flight crew member? CBS News Travel Editor Peter Greenberg takes us to a unique real-world airline safety program in London. Plus, The Wall Street Journal Travel Editor Scott McCartney deconstructs the biggest profit center of the airlines, and what you really need to know. And, most people don't even know where Malta is on a map! Peter reveals some hidden gems on the island.					

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14:00:00	Wild Photo Adventures Lowcountry Shorebirds Host and professional wildlife photographer Doug Gardner photographs nesting shorebirds in the Lowcountry of South Carolina with nature photographer Eric Horan.	NETA	(S)	(CC)	DVI	#201H
14:30:00	Destination Craft with Jim West Bali Jim West journeys to Bali where master artisans teach woodcarving, free style and block batik, painting and ikat weaving techniques. He discovers how crafting is associated with rice fields, makes a traditional Balinese dish, and creates crafts in the exotic Monkey Forest. He also sees an elephant who paints in a Safari Park.	APTEX	(S)	(CC)	N/A	#101H
15:00:00	Woodsmith Shop Details of Craftsmanship The Woodsmith editors begin their Details of Craftsmanship series to help you become a better woodworker.	NETA	(S)	(CC)	N/A	#901H
15:30:00	Rough Cut - Woodworking with Tommy Mac Interior Trim, Doors and Windows This week on Rough Cut Woodworking with Tommy Mac we are finally able to finish the interior of the shop. Tommy finishes up the interior doors and trim and moves on to the windows for the final touches.	APTEX	(S)	(CC)	N/A	#710H
16:00:00	Happy Yoga with Sarah Starr Forest Cove Rejuvenate inside a lush forest cove as we get those good endorphins flowing, feeling replenished with gentle stretching for all your major muscles, including legs, hips, back, shoulders and neck, using a chair for support.	NETA	(S)	(CC)	N/A	#101H
16:30:00	Second Opinion C-Sections Patient Story: An estimated 4 million babies are born in the United States each year, and many moms have specific hopes for how their labor should go. Our patient Anna Sproul-Latimer shares the story of her high-risk pregnancy and the choices she made for the birth of her son. Myth or Medicine: Is preeclampsia cured at delivery? Second Opinion 5: Five things to know when considering your delivery options.	APTEX	(S)	(CC)	N/A	#1201H
17:00:00	Natural Health Breakthroughs with Brenda Watson Genetics Overview of the current state of genomics research - Eric Green, MD, PhD: Director of the National Human Genome Research Institute at NIH in Washington, DC. How genetic testing affects treatments for various diseases - Richard Lifton, MD, PhD: Chairman of Yale University's Department of Genetics; his research into genetic drivers of blood pressure has changed the way high blood pressure is treated. Genetic testing for everyone? - Emily Drabant Conley, MD: Director of Business Development for 23andMe, a company created to make genetic testing routine; the FDA has restricted them to two tests. The ethical ins & outs of genetic testing - Hank Greely: Professor of Law and Genetics at Stanford University's Center for Law and the Biosciences. Personal story - Bill Wray: a patient who's being treated by physicians at Tampa's Moffitt Cancer Center using genetic testing.	EPS	(S)	(CC)	N/A	#110H
17:30:00	Well Read Ian Rankin: Rather Be The Devil International best selling author Ian Rankin, fresh from his homeland of Scotland, talks about his latest tale for popular detective John Rebus in the new book Rather Be The Devil. A must read about power, corruption, and bitter rivalries in the dark heart of Edinburgh.	APTEX	(S)	(CC)	N/A	#618H
18:00:00	California's Gold Beaches You all are probably wondering what a glass beach is? Well, as usual Huell discovers some of California's strangest gems, and on this trip Huell strolls two beaches that are a treasure hunters paradise. In the coastal town of Fort Bragg, Huell visits what the locals call, "Glass Beach," where you'll find a kaleidoscope of colored glass glittering in the Pacific surf: azure, scarlet, mauve, amber, amethyst and teal. Next, Huell travels twenty-five miles north of Eureka to Patricks Point State Park where he finds a gently covered strip of sand named "Agate Beach." Mother nature has polished semi-precious agates into beautiful little gems on this aptly named beach. It's another great place to spend a day.	KCET		(CC)	N/A	#3009
18:30:00	Fringe Benefits Charleston, Wv Elite sports training; black acting methods; surviving domestic violence. Talks by Jeremy Hills, Sharrell D. Lockett and Courtney Santana.	NETA	(S)	(CC)	N/A	#202H
19:00:00	Blackademics Television Hills / Lockett / Santana Elite sports training; black acting methods; surviving domestic violence. Talks by Jeremy Hills, Sharrell D. Lockett and Courtney Santana.	KNME	(S)	(CC)	N/A	#501H

Sun, Nov 05, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	The Kamla Show Special Devika Chawla	KAMLA	(S)	(CC)	N/A	#129H
20:00:00	Black America Dr. Roscoe C. Brown Jr. & Honorable David N. Dinkins Carol Jenkins is joined by two legends, NYC's 106th Mayor, David N. Dinkins and Tuskegee Airman, Roscoe C. Brown Jr. to discuss the future in black America.	EPS	(S)	(CC)	N/A	#106H
20:30:00	Asian American Life We feature influential Asian Americans with an impact on America. We focus on Assemblyman Ron Kim, the first Korean-American elected to New York State Legislature. Lawyer and Author Helen Wan speaks to Reporter Paul Lin about her new book "The Partner Track" and how Asian American attorneys are breaking through the "Bamboo Ceiling" at corporate law firms.	EPS	(S)	(CC)	N/A	#206H
21:00:00	Hilltoppers During the 1950s, an unassuming quartet from Bowling Green, Kentucky, made the astonishing rise from college singers to national fame - culminating in 21 songs in the Top 40. This Emmy Award-winning documentary showcases the Hilltoppers' path to stardom via archival performance footage (including the Ed Sullivan Show), rare home movie clips, and interviews with those who knew the group best - including the group's sole surviving original member, Don McGuire.	NETA	(S)	(CC)	N/A	#0H
21:30:00	Opera Reimagined: Animating The Cunning Little Vixen In 2014, The Cleveland Orchestra staged a unique production of Leos Janacek's The Cunning Little Vixen that blended traditional opera with technology and animation. OPERA REIMAGINED: ANIMATING THE CUNNING LITTLE VIXEN follows the journey of this innovative approach to opera from conception to tech rehearsals and, finally, to opening night. Through rehearsal footage, production meetings, and interviews with director Yuval Sharon, Cleveland Orchestra music director Franz Welser-Most, animators at Walter Robot, and others, the half-hour documentary reveals how the opera comes together piece-by-piece, providing a fascinating view of all the creative elements featured in this unique performance.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	F.S. Key and the Song That Built America F.S. KEY AND THE SONG THAT BUILT AMERICA celebrates the 200th anniversary of Francis Scott Key's writing of America's national anthem, "The Star-Spangled Banner." Key, a constitutional lawyer, famously penned the lyrics following the 12-hour bombardment of Ft. McHenry in September 1814. Against a backdrop of history, and through the eyes of Key's loving wife Polly (played by Deborah Hazlett), the film highlights Key's personal life, legal career and artistic development. The documentary covers Key's major cases (including the Aaron Burr conspiracy), his vehement opposition to the War of 1812, his enlistment in the militia, his participation in the ill-fated defense of Washington, D.C., and his penchant for poetry and art.	APTEX	(S)	(CC)	N/A	#0H
23:00:00	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
23:30:00	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

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00:00:01	Blackademics Television Hills / Lockett / Santana Elite sports training; black acting methods; surviving domestic violence. Talks by Jeremy Hills, Sharrell D. Lockett and Courtney Santana.	KNME	(S)	(CC)	N/A	#501H
00:30:00	The Kamla Show Special Devika Chawla	KAMLA	(S)	(CC)	N/A	#129H
01:00:00	Black America Dr. Roscoe C. Brown Jr. & Honorable David N. Dinki Carol Jenkins is joined by two legends, NYC's 106th Mayor, David N. Dinkins and Tuskegee Airman, Roscoe C. Brown Jr. to discuss the future in black America.	EPS	(S)	(CC)	N/A	#106H
01:30:00	Asian American Life We feature influential Asian Americans with an impact on America. We focus on Assemblyman Ron Kim, the first Korean-American elected to New York State Legislature. Lawyer and Author Helen Wan speaks to Reporter Paul Lin about her new book "The Partner Track" and how Asian American attorneys are breaking through the "Bamboo Ceiling" at corporate law firms.	EPS	(S)	(CC)	N/A	#206H
02:00:00	Hilltoppers During the 1950s, an unassuming quartet from Bowling Green, Kentucky, made the astonishing rise from college singers to national fame - culminating in 21 songs in the Top 40. This Emmy Award-winning documentary showcases the Hilltoppers' path to stardom via archival performance footage (including the Ed Sullivan Show), rare home movie clips, and interviews with those who knew the group best - including the group's sole surviving original member, Don McGuire.	NETA	(S)	(CC)	N/A	#0H
02:30:00	Opera Reimagined: Animating The Cunning Little Vixen In 2014, The Cleveland Orchestra staged a unique production of Leos Janacek's The Cunning Little Vixen that blended traditional opera with technology and animation. OPERA REIMAGINED: ANIMATING THE CUNNING LITTLE VIXEN follows the journey of this innovative approach to opera from conception to tech rehearsals and, finally, to opening night. Through rehearsal footage, production meetings, and interviews with director Yuval Sharon, Cleveland Orchestra music director Franz Welser-Most, animators at Walter Robot, and others, the half-hour documentary reveals how the opera comes together piece-by-piece, providing a fascinating view of all the creative elements featured in this unique performance.	APTEX	(S)	(CC)	N/A	#0H
03:00:00	F.S. Key and the Song That Built America F.S. KEY AND THE SONG THAT BUILT AMERICA celebrates the 200th anniversary of Francis Scott Key's writing of America's national anthem, "The Star-Spangled Banner." Key, a constitutional lawyer, famously penned the lyrics following the 12-hour bombardment of Ft. McHenry in September 1814. Against a backdrop of history, and through the eyes of Key's loving wife Polly (played by Deborah Hazlett), the film highlights Key's personal life, legal career and artistic development. The documentary covers Key's major cases (including the Aaron Burr conspiracy), his vehement opposition to the War of 1812, his enlistment in the militia, his participation in the ill-fated defense of Washington, D.C., and his penchant for poetry and art.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	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
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	Morning Cup of Jazz	KCSM		(N)	N/A	#409
08:00:00	Zula Patrol The Lizard Who Came to Dinner/Island of the Endotherms THE LIZARD WHO CAME TO DINNER - Ziggy the Iguana comes to stay with The Zula Patrol, and his abundance of energy and desire to "help" makes him a handful. He wears out his welcome further by turning up the thermostat to keep his ectothermic system from cooling off. But when Ziggy loses the eggs he's babysitting, The Zula Patrol mounts a rescue expedition to the desert, where they learn that being ectothermic can be cool after all. ISLAND OF THE ENDOTHERMS - When Dark Truder sends a phony distress signal, the Zula Patrol find themselves trapped on a remote island with extremely rapid weather changes. While the Zula Patrollers search the island for a power source to start their ship, they learn about endotherms and how they are able to keep their body temperatures relatively constant. Meanwhile, Dark Truder takes over their headquarters, and learns NEVER to touch anything without knowing what it does!	APTEX	(S)	(CC)	DVI	#312H

Mon, Nov 06, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Murphy's Law of Gravity/The Mystery of Pirate Woods Gravity: The SECRET LAB KIDS are ready to demo their new science song for web entrepreneur Mook Zookerboom when he learns that a satellite is coming down out of orbit, panics and heads for the airport. So the team must gather some data on gravity to convince him to return. Pirate: Angie's great-uncle Thaddeus and JD are sure a local nautical antique shop has the missing treasure chest of Greybeard the Pirate - but Angie, Nicky and Kent suspect the shop owner is the true pirate here.	APTEX	(S)	(CC)	N/A	#105H
09:00:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H
09:30:00	Classical Stretch: The Esmonde Technique Waist Slenderizing Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful Jamaica! Miranda will take you through an all-standing, full-body workout that focuses on slenderizing the waist.	APTEX	(S)	(CC)	DVI	#1001H
10:00:00	Sit and Be Fit 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	It's Sew Easy Weekend Get-Away Grab a bag and get away. Kay Whitt, innovator and designer, creates a colorful bag with sturdy dividers. Author Donna Babylon makes a roomy weekend bag with padded handles. A monogram adds extra style. Angela Wolf, designer and sewing expert, shares a tip for starting and stopping a serger stitch.	NETA	(S)	(CC)	DVI	#1210H
11:00:00	Knit and Crochet Now! Ottomans Decorate your home with these two special Ottomans: the knit Garter Stripe Ottoman with Kristin and the Motif Ottoman designed and demonstrated by Ellen. Lena shows how to make the knit Bubbles Cowl.	APTEX	(S)	(CC)	DVI	#607H
11:30:00	Fons & Porter's Love of Quilting Easy Edge to Edge Quilting One style of machine quilting is labeled "edge-to-edge". This refers to an overall pattern that begins along one outer edge of the quilt and proceeds in an even manner across the quilt to the opposite edge. Patrick and his guest Angela Huffman delve into aids that can assist us in creating these quick, yet useful designs to complete our quilts.	NETA	(S)	(CC)	N/A	#2706H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7071H
13:00:00	America's Test Kitchen from Cook's Illustrated Big Easy Favorites Host Bridget Lancaster shows host Julia Collin Davison the steps to making the ultimate chicken and sausage gumbo. Then, tasting expert Jack Bishop challenges Julia to a tasting of smoked paprika. Next, gadget guru Lisa McManus shares her favorite quirky kitchen tools. Finally, test cook Erin McMurrer reveals the secrets to making the best red beans and rice.	APTEX	(S)	(CC)	N/A	#1711H
13:30:00	Pati's Mexican Table	APTEX	(S)	(CC)	N/A	#604H
14:00:00	Steven Raichlen's Project Smoke Hot Stuff A show to stoke our insatiable appetite for fiery foods, starting with smoky Nashville hot wings. From rural Kentucky comes smoky grilled pork shoulder steaks dunked as often as you dare in an incendiary vinegar cayenne pepper sauce. For more pain, we present piri piri Prawns from South Africa grilled in the shell and ignited with a distinctive hot sauce introduced by Portuguese explorers, followed by spice-blasted Indian tandoori lamb served with Hell's Fury Hot Sauce and a cooling cucumber yogurt raita. Nashville hot wings; Monroe County pork steaks with spicy vinegar dip; Piri piri prawns; Tandoori lamb with Hell's Fury Hot Sauce and raita.	APTEX	(S)	(CC)	N/A	#302H
14:30:00	On The Road with Vic Rallo: Italy! Matera Vic explores the Sassi di Matera, walking the stone streets of this ancient cave town in southern Italy to discover traditional recipes at La Talpa restaurant and tour the Lucano liquor factory, where a secret family recipe has been passed down through three generations. Recipes include fava and chicory.	APTEX	(S)	(CC)	N/A	#106H

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15:00:00	Beads, Baubles and Jewels Leather and Chainmaille Jewelry	NETA	(S)	(CC)	N/A	#2108H
	Author Laura Poplin combines the ancient art of leatherwork and chainmaille to make beautiful contemporary jewelry. Learn to make colorful dyed and painted leather rectangles and finish them into jewelry using classic leatherworking techniques. Laura shows how to connect leather pieces with Byzantine chainmaille weave to make a cuff style bracelet. Katie demonstrates a quick and easy cup chain bracelet.					
15:30:00	Katie Brown Workshop Worldly	APTEX	(S)	(CC)	DVI	#510H
	Katie travels the world of flavors and puts a modern spin on traditional crafts. In the Kitchen: Crisp Asian Steak Salad, Perfect Tuscan Olive Tapenade and Beautiful English bread Pudding. Projects: Fabulous faux Faberge eggs. Tuillery-inspired topiaries.					
16:00:00	Biz Kid\$ The Economics of Economics	APTEX	(S)	(CC)	DVI	#505H
	Here's a lighter look at a complex science. Learn about everything from micro to macro economics, supply and demand, and economic indicators. See how business owners and even individuals use economic principles to make financial decisions. Meet a young entrepreneur who started up her serving business when the economy turned down. It's all economics!					
16:30:00	Hands On Crafts for Kids Artist	NETA	(S)	(CC)	DVI	#1901H
	Artists look at the world from fresh perspectives. Host Jenny Barnett-Rohrs draws the geometric patterns she sees looking at the world from high above. Franz Spohn has ideas for all the things artists can do besides creating works for a museum. Candie Cooper introduces us to the art form of Yamamoto to create a collage and Jenny makes a 3-D color wheel.					
17:00:00	P. Allen Smith's Garden Home Handcrafted	APTEX	(S)	(CC)	DVI	#1610H
	Southern hospitality and the arts come together like biscuits and gravy in Natchez, the oldest city on the Mississippi River. Join P. Allen Smith as he explores the cuisine and culture of a city where the river is wide and the history is deep.					
17:30:00	Growing A Greener World An Organic Farm Changing Lives; The Center for Discovery, Sullivan County, Ny	APTEX	(S)	(CC)	N/A	#511H
	Spend time in a garden or on a farm, and you quickly realize the amazing healing powers they have by just being there. Now imagine the power such a place can have when you're immersed in it full time. For children with ASD (Autistic Spectrum Disorder), those benefits are exponential. The Center for Discovery, in Sullivan County, NY is a place created for just such children. The farm is at the heart of the project and it's changing lives in a powerful and moving way. In this episode, we visit the farm, meet some of the dedicated staff, and discover the magic this place has on the children who come here.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14221H
18:30:00	Americas Now	NETA	(S)	(CC)	N/A	#110H
	Costa Rica - Saving Earth. Costa Rica is the eco-capital of Latin America, offering rich biodiversity and generating most of its electricity from clean sources. In fact 25 % of its land is designated a wildlife reserve or National Park and protected from development. Costa Rica was on a mission to become the first country to have zero emissions by 2021. Last year, it had to revise that goal and admit it was overly ambitious. Argentina - Solar Villages. In Argentina, solar energy is already making a huge difference. Correspondent Joel Richards traveled to Argentina's so-called Solar Villages to see how people's lives are being transformed.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8156
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3543H
20:00:00	Music City Roots Live from the Factory John Conlee, Sierra Hull, Jim Lauderdale	APTEX	(S)	(CC)	N/A	#411H
	Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.					
21:00:00	Live from the Dennison Lodge Beppe Gambetta	NETA	(S)	(CC)	N/A	#101H
	Beppe Gambetta is an Italian musician born in Genoa in 1955. An acoustic guitar flatpicker and singer, Beppe has been called a "virtual United Nations of influences: Italian, Ukrainian, Appalachian, Sardinian, Celtic".					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Horse Tribe	NETA	(S)	(CC)	N/A	#0H
	<p>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.</p>					
23:00:00	Lake of Betrayal	NETA	(S)	(CC)	N/A	#0H
	<p>Lake of Betrayal explores the history of Kinzua Dam on the Allegheny River in Pennsylvania and its impact on the Seneca Nation of Indians. Completed in 1965, it was originally proposed to help mitigate flooding in Pittsburgh, almost 200 miles downriver, but the 27-mile reservoir that formed behind it inundated vast tracts of the Seneca Indians' ancestral lands, forcing their removal in breach of the United States' oldest treaty then in effect. The film looks at the Seneca Nation's fight to protect its sovereignty against the U.S. government's Indian termination policy and overwhelming political and economic forces driving the post-WWII boom.</p>					

Tue, Nov 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Costa Rica - Saving Earth. Costa Rica is the eco-capital of Latin America, offering rich biodiversity and generating most of its electricity from clean sources. In fact 25 % of its land is designated a wildlife reserve or National Park and protected from development. Costa Rica was on a mission to become the first country to have zero emissions by 2021. Last year, it had to revise that goal and admit it was overly ambitious. Argentina - Solar Villages. In Argentina, solar energy is already making a huge difference. Correspondent Joel Richards traveled to Argentina's so-called Solar Villages to see how people's lives are being transformed.	NETA	(S)	(CC)	N/A	#110H
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3543H
01:00:00	Music City Roots Live from the Factory John Conlee, Sierra Hull, Jim Lauderdale Country crooner and Grand Ole Opry star John Conlee sings "Rose Colored Glasses." Sierra Hull unveils intimate new acoustic music. And Jim Lauderdale features his Soul Searching LP with the N. Miss. All-Stars.	APTEX	(S)	(CC)	N/A	#411H
02:00:00	Live from the Dennison Lodge Beppe Gambetta Beppe Gambetta is an Italian musician born in Genoa in 1955. An acoustic guitar flatpicker and singer, Beppe has been called a "virtual United Nations of influences: Italian, Ukrainian, Appalachian, Sardinian, Celtic".	NETA	(S)	(CC)	N/A	#101H
03:00:00	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
04:00:00	Lake of Betrayal Lake of Betrayal explores the history of Kinzua Dam on the Allegheny River in Pennsylvania and its impact on the Seneca Nation of Indians. Completed in 1965, it was originally proposed to help mitigate flooding in Pittsburgh, almost 200 miles downriver, but the 27-mile reservoir that formed behind it inundated vast tracts of the Seneca Indians' ancestral lands, forcing their removal in breach of the United States' oldest treaty then in effect. The film looks at the Seneca Nation's fight to protect its sovereignty against the U.S. government's Indian termination policy and overwhelming political and economic forces driving the post-WWII boom.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#410
08:00:00	Zula Patrol Villain of the Year/One Is The Loneliest Number VILLAIN OF THE YEAR - Dark Truder, Deliria and every other villain in the galaxy are competing for this year's Villain Of The Year Award, trying to outdo each other with acts of nefarious nastiness. The Zula Patrol has their hands full trying to quash the cosmic crime wave - especially when Truder announces to all that he plans to pull off the ultimate heist - he's going to steal an entire galaxy! ONE IS THE LONELIEST NUMBER - Zeeter is given a tough choice when The Zula Academy offers her a position that means leaving The Zula Patrol. But her decision is put on hold when the space pirate Captain Jacquie Stellar starts stealing stars out of their binary pairs. As the whole Zula Patrol works together to stop Jacquie, Zeeter realizes her place is with her friends.	APTEX	(S)	(CC)	DVI	#313H
08:30:00	Thomas Edison's Secret Lab Electric Kent!/Fashion Genes Electric: Kent discovers one of Edison's secret inventions - an exo-bodysuit: a steampunk Ironman device that turns him into a klutzy superhero. Fashion: Ever-confident Nicky finds herself competing with Sheila in a "Project Runway"-type show, and, needing the perfect model to show off her designs on the runway, she decides to clone herself.	APTEX	(S)	(CC)	N/A	#106H
09:00:00	Functional Fitness with Suzanne Andrews Younger Joints In 30 Days	ACCES		(CC)	N/A	#117H
09:30:00	Classical Stretch: The Esmonde Technique Bone Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful in Jamaica! This all-barre workout is designed to strengthen your bones and prevent Osteoporosis.	APTEX	(S)	(CC)	DVI	#1002H
10:00:00	Sit and Be Fit Happy Feet, Healthy Body Mary Ann stresses the importance of foot health. Using a small ball she shares foot exercises and massage techniques to improve circulation, range of motion and strength in the foot.	NETA	(S)	(CC)	N/A	#1320H

Tue, Nov 07, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	It's Sew Easy Vacation Memories	NETA	(S)	(CC)	DVI	#1211H
	Capture travel memories in photos and in writing. Sewing artist Kim Montagnese uses computer software to create new images for artful designs and quilts. Embroidery expert Eileen Roche sews a monogrammed journal cover of faux suede. Serger expert Angela Wolf has a tip for serging seams.					
11:00:00	Knit and Crochet Now! Kiddie Toys	APTEX	(S)	(CC)	DVI	#608H
	Special guest Jenny King drops by to show off her crochet Rupert The Rabbit toy, and on the knit side Kristin makes an adorable Amigarumi Cat by Michele Wilcox. The crochet Mosaic Scarf is demonstrated by Lena.					
11:30:00	Fons & Porter's Love of Quilting Bountiful Stars	NETA	(S)	(CC)	N/A	#2707H
	The clever interaction of this two-block design creates a balance and beauty fitting for a military service person. Mary and her guest Nancy Mahoney will present the various techniques used to produce the precision units that make up this Quilt of Valor.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7072H
13:00:00	Julie Taboulie's Lebanese Kitchen Garden of Dreams	APTEX	(S)	(CC)	DVI	#101H
	In this sensational season opener of the series, Julie finds herself in a garden of dreams in Mama's Glorious Garden. This special place and special person, both serve as Julie's number one source of inspiration and ideas that influences her to create, cook and celebrate her impressive line-up of fresh, flavorful and fabulous Lebanese foods. From exquisite eggplant, vine-ripe ruby-red tomatoes and spectacular Swiss chard to bouquets of healthy herbs, perky peppers and purple potatoes, Julie showcases and shares some special Lebanese recipes in which all of the ingredients are sourced straight from Mama's home-grown garden. Throughout this spectacular show, Julie takes viewers along with her right into the garden to get an up close and personal look at all of the beautiful and breathtaking bounty as she meets with Mama who shares some of her green-thumb gardening tips for viewers to try for themselves at home. It's more garden, more glory and most of all more Mama in Julie's garden of dreams show, let's dig into deliciousness.					
13:30:00	Nick Stellino: Storyteller in the Kitchen The Tomato Whisperer	APTEX	(S)	(CC)	N/A	#109H
	Chef Stellino explores the complexities and intricacies of Italy's most treasured fruit the tomato. He offers the blueberry as the fruit of choice for dessert. Dishes include: tomato salad (cherry tomatoes with mozzarella and onions) / tonno alla puttanesca (tuna steaks with a special tomato sauce) / blueberry crumble.					
14:00:00	Taste of History Cajun Cuisine of the Acadians	NETA	(S)	(CC)	N/A	#808H
	Chef Walter Staib cooks in the Louisiana bayou for a taste of history that captures the Cajun culture! Discover how French farmers were lured to wilderness of the American South and established one of the most unique cuisines in America. Louisiana native Chef John Folsie joins Staib to prepare authentic Cajun recipes such as Rabbit & Squirrel Jambalaya and Turtle Sauce Piquante"					
14:30:00	Christopher Kimball's Milk Street Television Not Your Mother's Cake	APTEX	(S)	(CC)	N/A	#109H
	A classic recipe gets a different spin as Milk Street Cook Catherine Smart shows how to make whipped cream biscuits with macerated strawberries with lime. Another dessert staple, pound cake, takes its turn as Milk Street Cook Erika Bruce shows host Christopher Kimball the techniques to transform this often dense dessert into light and tender lemon-buttermilk pound cake. Next, Chris teaches how to prep your pan in Milk Street Cooking School. To end the show, Milk Street Cook Lynn Clark takes us through the steps to create the five-star dessert, pistachio-cardamom loaf cake.					
15:00:00	Beads, Baubles and Jewels Color Palette Inspiration	NETA	(S)	(CC)	N/A	#2109H
	Jewelry designer and blogger Erin Prais-Hintz shares tips for drawing inspiration from color palettes, time periods and pop culture. Learn how to find a palette and choose beads based on those colors to make an embellished clasp. Using that color knowledge, make simple, stacking bracelets with beautiful, eye-catching beads. Katie crafts a knotted gemstone necklace.					
15:30:00	Katie Brown Workshop Gift Giving	APTEX	(S)	(CC)	DVI	#511H
	Katie proves it's better (and more fun) to give than to receive with easy and thoughtful gift ideas. In the Kitchen: Put-It-Together Pie, Tortellini and Turkey Meatball Soup, Strawberry Pesto, Apple Ginger Preserves and Orange Caramel Sauce. Projects: Make-your-own buttons. Gifting a tree.					

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16:00:00	Biz Kid\$ Businesses That Give Back 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.	APTEX	(S)	(CC)	DVI	#506H
16:30:00	Hands On Crafts for Kids Old Is New Give a new twist to traditional art forms. Jenny Barnett-Rohrs makes a trinket box inspired by a popular video game. Then, she makes a friendly turtle using the ancient art of mosaic. Candie Cooper creates pop art with polka dots in the style of the artist Kusama, and Jenny coils a rag basket with a touch of denim.	NETA	(S)	(CC)	DVI	#1902H
17:00:00	P. Allen Smith's Garden Home Farm School In this episode of Garden Home, P. Allen Smith explores how modern farmers are teaching the next generation the principles of sustainable farming.	APTEX	(S)	(CC)	DVI	#1611H
17:30:00	Growing A Greener World Putting The Garden to Bed: Atlanta, Ga The start of the next gardening season begins with making good decisions much earlier. Joe Lamp'l brings in the cameras as he puts his garden to bed and shows you what you need to know too. The tips shared in this episode are many and extremely helpful for any gardener to create a healthier and more productive garden next season and beyond.	APTEX	(S)	(CC)	N/A	#512H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14222H
18:30:00	America's Heartland Cattle rancher documents ranch life with his award-winning photography. Ohio state prison inmates play a major role in bringing in crops. Visit a century old citrus operation in California's Central Valley. Discover an award-winning artisanal cheese business.	APTEX	(S)	(CC)	N/A	#1220H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8157
19:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1344H
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 Chuck Johnson and Charlyhorse Not just a singer-songwriter pouring his heart and soul into his music, Chuck is also a storyteller who weaves songs out of the tales of small southern towns and the roads he has traveled. Charlyhorse is what Americana music strives to be, "Vivid stories in sound, populated by trailer-park queens, hellfire preachers, shuttered cotton mills and down-home philosophers"	NETA	(S)	(CC)	N/A	#1006H
21:00:00	Infinity Hall Live Blind Pilot A staple of TV soundtracks, the six-piece indie band Blind Pilot, showcases their hyper individualistic approach and musicianship in an intimate concert with songs including "Half Moon," "Three Rounds and a Sound," and "Oviedo." The Portland, Oregonians' refreshingly modern take, with front man Israel Nebeker, debuted with a bicycle tour in support of their first album. Blind Pilot brings upright bass, banjo, dulcimer, vibraphone, and trumpet together with traditional drums and keyboards for a unique contemporary sound.	APTEX	(S)	(CC)	N/A	#605H
22:00:00	Close to Home Cancer Survivorship Close to Home: Cancer Survivorship follows physicians and their patients through their cancer battles, exploring themes of fear, hope, faith, journey, advocacy, and care-giving. Cancer Survivorship shares intimate stories of survivors on their journey through cancer.	NETA	(S)	(CC)	N/A	#101H

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22:30:00	Close to Home Depression	NETA	(S)	(CC)	N/A	#102H
	"Close to Home: Depression explores the themes of fear, stigma, hope, help, and recovery to inspire those whose lives have been touched by depression. "Together with a host of outstanding community partners, this program aims to open dialogue around the topic of depression, helping to change the conversation to one of support and understanding."					
23:00:00	Nixon's The One: The '68 Election	NETA	(S)	(CC)	N/A	#0H
	Narrated by Dick Cavett, Nixon's The One: The '68 Election chronicles not only Richard Nixon's stunning victory in the 1968 presidential race, but the ways in which that historic election gave rise to Red State-Blue State America. Combining archival footage and original interviews with, among others, activist Tom Hayden, former Nixon advisor Kevin Phillips, Pulitzer Prize-winning journalist and historian David Maraniss, and bestselling author Rick Perlstein, Nixon's the One is anything but a nostalgic trip through the "flower power" decade. Rather, it's a sobering, wry look at how the Sixties divided us-and how Nixon stepped into the breach to claim the biggest prize of all.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Cattle rancher documents ranch life with his award-winning photography. Ohio state prison inmates play a major role in bringing in crops. Visit a century old citrus operation in California's Central Valley. Discover an award-winning artisanal cheese business.	APTEX	(S)	(CC)	N/A	#1220H
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1344H
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 Chuck Johnson and Charlyhorse Not just a singer-songwriter pouring his heart and soul into his music, Chuck is also a storyteller who weaves songs out of the tales of small southern towns and the roads he has traveled. Charlyhorse is what Americana music strives to be, "Vivid stories in sound, populated by trailer-park queens, hellfire preachers, shuttered cotton mills and down-home philosophers"	NETA	(S)	(CC)	N/A	#1006H
02:00:00	Infinity Hall Live Blind Pilot A staple of TV soundtracks, the six-piece indie band Blind Pilot, showcases their hyper individualistic approach and musicianship in an intimate concert with songs including "Half Moon," "Three Rounds and a Sound," and "Oviedo." The Portland, Oregonians' refreshingly modern take, with front man Israel Nebeker, debuted with a bicycle tour in support of their first album. Blind Pilot brings upright bass, banjo, dulcimer, vibraphone, and trumpet together with traditional drums and keyboards for a unique contemporary sound.	APTEX	(S)	(CC)	N/A	#605H
03:00:00	Close to Home Cancer Survivorship Close to Home: Cancer Survivorship follows physicians and their patients through their cancer battles, exploring themes of fear, hope, faith, journey, advocacy, and care-giving. Cancer Survivorship shares intimate stories of survivors on their journey through cancer.	NETA	(S)	(CC)	N/A	#101H
03:30:00	Close to Home Depression "Close to Home: Depression explores the themes of fear, stigma, hope, help, and recovery to inspire those whose lives have been touched by depression. "Together with a host of outstanding community partners, this program aims to open dialogue around the topic of depression, helping to change the conversation to one of support and understanding."	NETA	(S)	(CC)	N/A	#102H
04:00:00	Nixon's The One: The '68 Election Narrated by Dick Cavett, Nixon's The One: The '68 Election chronicles not only Richard Nixon's stunning victory in the 1968 presidential race, but the ways in which that historic election gave rise to Red State-Blue State America. Combining archival footage and original interviews with, among others, activist Tom Hayden, former Nixon advisor Kevin Phillips, Pulitzer Prize-winning journalist and historian David Maraniss, and bestselling author Rick Perlstein, Nixon's the One is anything but a nostalgic trip through the "flower power" decade. Rather, it's a sobering, wry look at how the Sixties divided us-and how Nixon stepped into the breach to claim the biggest prize of all.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#411
08:00:00	Mack & Moxy Ty The Grrrr/A Friend Who Reads Is A Friend Indeed "Ty the Grrrr" -To the Shimmerizer! Mack & Moxy hula to HelpeeLand, along with Trooper Tyree to rescue another Great Helpee. While in the Cool Green Jungle, they're pounced on by a playful cub named Ty the Grrrr who explains how all his friends have moved away because there's nowhere left to live. Together they find a solution. And of course, Shelfish Sheldon tries to snatch the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of World Wildlife Fund, which for over 50 years, has been committed to saving nature, conserving habitats, and protecting wildlife. "A Friend Who Reads is a Friend Indeed" - Here we go! Mack & Moxy set out with Trooper Kaitlyn on a colorful adventure to HelpeeLand in search of a Great Helpee. They meet Nolie, a loveable little puffball who has never had any pals to play with. As the Heroes become her first friends, they share and sing about the joys of reading books. Meanwhile, Shelfish Sheldon lurks nearby, scheming and sledding to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Josh Duhamel (Transformers, All My Children) helps the Heroes' mission in support of Save the Children, providing quality preschool programs to underserved children around the world since 1932.	APTEX	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab It Takes One to Know One/Smells Like Teen Stink Takes One: JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him! Stink: When Kent's super B.O. makes him reluctant to appear on a prized comic con panel, the Secret Lab kids have to find a way to Stop the Stink.	APTEX	(S)	(CC)	N/A	#107H
09:00:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
09:30:00	Classical Stretch: The Esmonde Technique Spine Stretch for Posture Workout In this episode of Classical Stretch, join Miranda Esmonde-White in the beautiful gardens of Jamaica. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this all-standing workout.	APTEX	(S)	(CC)	DVI	#1003H
10:00:00	Sit and Be Fit All Systems Go! This program incorporates exercises for the brain and several body systems including vestibular and lymphatic.	NETA	(S)	(CC)	N/A	#1401H
10:30:00	It's Sew Easy Accessorize for Versatility Make travel fashions work for day and evening. Fabric artist Kim Montagnese upcycles vintage ties to create new fashions. Designer and sewing educator Louis Carney takes daywear into the evening with embroidered appliques for belts, shoes and purses. Angela Wolf shares a tip for serging on knits.	NETA	(S)	(CC)	DVI	#1212H
11:00:00	Knit and Crochet Now! Handwarmers Drew is back to try his "hand" at knitting with the Scalloped Fingerless Gloves and Robyn shows us her crochet Doily Wristlets. Lena demonstrates a knit Star Stitch Cowl.	APTEX	(S)	(CC)	DVI	#609H
11:30:00	Fons & Porter's Love of Quilting Rail Fence Baby Quilt The first quilt ever made by many veteran quilters was a baby quilt. A unique gift created with love a baby quilt is small, easy to manage and a joy to create. Mary joined by Liz and Elizabeth Evans will take you thru the construction of blocks and setting for a fun, Rail Fence Baby quilt.	NETA	(S)	(CC)	N/A	#2708H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7073H
13:00:00	Lidia's Kitchen Cooking with Wine 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.	APTEX	(S)	(CC)	N/A	#406H
13:30:00	Taste The Islands with Chef Irie Eat Your Veggeis Chef Thia explores a healthy vegetarian menu with accra fritters, Haitian eggplant legume (vegetable medley), a refreshing pear and chayote salad, and a stovetop sweet potato pudding. Co-host Lisa Lee visits a Caribbean fresh market and a Rastafarian Ital chef.	APTEX	(S)	(CC)	N/A	#207H
14:00:00	Simply Ming Todd English It's cauliflower two ways this week on Simply Ming. Ming's longtime friend Chef Todd English, known for his landmark restaurant Olives in Charlestown, Massachusetts, as well as his restaurants across the country, shares how to make a cauliflower risotto as only he can do it: Italian style. Ming puts his own spin on this trendy vegetable with his delicious soy-honey-lime beer battered cauliflower.	APTEX	(S)	(CC)	N/A	#1505H
14:30:00	Cook's Country Cast Iron Comforts Bridget Lancaster shows Julia Collin Davison how to make the ultimate skillet pizza Margherita in a cast iron pan. Equipment expert Adam Ried reviews traditional and enameled cast iron skillets. Test cook Ashley Moore uncovers the secrets to making a foolproof chocolate chip skillet cookie.	APTEX	(S)	(CC)	N/A	#1010H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Metal Clay Jewelry Author Cindy Pankopf shares her technique for using antique salt spoons and other found objects as molds to create beautiful clay jewelry. Learn how to use silver metal clay to create unique rings using those same molds. Katie creates a bracelet from knotted wire and beads in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2110H
15:30:00	Katie Brown Workshop Home for the Holidays Katie demonstrates how infuse a home with the spirit of the season. In the Kitchen: Mouth-Watering Roasted Turkey, Delicious Garlic Potatoes, and a Quick-and-Easy Apple Crumble. Projects: A wreath made from rope. A "gourdgeous" fall centerpiece.	APTEX	(S)	(CC)	DVI	#512H
16:00:00	Biz Kid\$ What's in the Books? 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.	APTEX	(S)	(CC)	DVI	#507H
16:30:00	Hands On Crafts for Kids Stars Look beyond the sky. Jenny Barnett-Rohrs makes a glittery star catcher featuring the constellations. Candie Cooper creates a 3-D board illustrating moon phases. Artist Franz Spohn creates a landscape featuring clouds. Candie Cooper creates a sparkly space galaxy.	NETA	(S)	(CC)	DVI	#1903H
17:00:00	P. Allen Smith's Garden Home Living Poultry Museum Heritage poultry has seen a decline in population numbers, but P. Allen Smith goes in depth to find out how we can save these breeds from extinction.	APTEX	(S)	(CC)	DVI	#1612H
17:30:00	Growing A Greener World Gardening in the Hood; Organic Gardening In An Urban World: Atlanta, Ga Working under the shadows of the downtown skyscrapers of Atlanta, a group lead by urban farmer Rashid Nuri have transformed an urban housing project into an urban oasis right in the middle of the city. The Truly Living Well Center for Natural Urban Agriculture has become a model for local sustainable food systems across the country. They not only grow certified food at five farm sites within the city, but also teach people how to grow food themselves. They are working to protect the environment, provide quality organic produce and grow community at the same time.	APTEX	(S)	(CC)	N/A	#513H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14223H
18:30:00	Great Decisions In Foreign Policy International Trade International trade has transformed the way we live. Supporters of free trade say it creates the greatest amount of wealth for the highest number of people, fostering growth and lifting nations out of poverty. Opponents say free trade eliminates jobs at home and makes the country vulnerable.	NETA	(S)	(CC)	N/A	#802H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8158
19:30:00	In Good Shape Vaccinations It's estimated that 1.5 million children worldwide die of diseases that could have been prevented with vaccinations. DW talks to an expert about which vaccinations are recommended and just how safe they are. Also, borderline personality disorder, and how alcohol makes you fat.	WNVC	(S)	(CC)	N/A	#441H
20:00:00	The Lowertown Line. The Lowertown Line: Black Diet The members of garage/indie/soul band Black Diet met on Craigslist and come from diverse musical backgrounds including gospel, cabaret, blues, funk, afrobeat and punk rock. The band performs a live set at Bedlam Lowertown in St. Paul, and talks about thrift store finds, making a living and being close friends. Songs performed: Don't Tell Me, Do a Little Wrong, Find a New Love, State Line, Fever, Slow it Down.	APTEX	(S)	(CC)	N/A	#108H

Wed, Nov 08, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEx	(S)	(CC)	N/A	#307H
<p>Artists: "Music and Healing," one of two special episodes exploring the power of music, featuring David Tolley, Celeste Friedman, Megan Palmer, and Eric Gnezda. Artist Bio: Megan Palmer, an Ohio native who explored New York City's music scene before venturing to Nashville, where she's made a stunningly honest and adeptly produced album entitled, What She's Got To Give. Produced by Patrick Dampier at Nashville's Club Roar Studio, and recorded in six days of mostly live tracking, this album features the stellar contributions of Jon Radford, Tony Scherr, Larry Cook, Tim Easton, and Amy Speace. Megan is a cancer survivor, making her first musical performance since emerging from treatment. She performs "Ann's Boots." Artists: David Tolley, of Powell, Ohio, is a two-time Grammy Award nominee. He lost his wife to cancer at a young age. Currently working on his ninth musical, David has composed music for Disneyland theme parks in Paris and Tokyo. In a moment of historic serendipity, he was plucked out of The Tonight Show audience by Johnny Carson and performed "Memory" from the musical Cats, earning an immediate national following, and recently eight million YouTube views. He has also performed for four U.S. Presidents. David plays "Bells of Peace." Artist Bio: Celeste Friedman, of Newark, Ohio, is Grammy Award nominee and author, who claims that the healing power of music is the reason for her own survival with arthritis. As a composer for film, television and stage, she has scored the music for a Pulitzer Prize-nominated play, a cable TV mystery series, The Food Network and Nickelodeon; and her work was featured in a short film, showcased in Festival des Cannes in 2008. Celeste's music has garnered global airplay, reaching #1 on music charts in France, Italy, Austria, Belgium, The Netherlands, Argentina and Australia. She sings "Sobreviva." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. Eric grew up as a caregiver, as his father was diagnosed with multiple sclerosis when Eric was three days old. Eric is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at Nashville's iconic venue for songwriters The Bluebird Cafe. He performs "Blossoms of Hope."</p>						
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#101H
<p>Performances by Garbage, Ibeyi, El Vy and Misterwives, with comedy from Hannibal Buress and Breaking Bad's Lave'll Crawford.</p>						
22:00:00	Cuba: The Forgotten Revolution	APTEx	(S)	(CC)	N/A	#0H
<p>CUBA: THE FORGOTTEN REVOLUTION tells the virtually unknown story of Cuban revolutionaries Frank Pais and Juan Antonio Echeverria. Working largely independently from each other, these young men - a school teacher and architecture student, respectively - played critical roles in the eventual overthrow of dictator Fulgencio Batista y Zaldivar, although their names seldom appear alongside their more famous contemporaries, Fidel Castro and Che Guevara. Scholar Lillian Guerra, of Yale and Florida State University, explains: "It is as if we told the tale of the American Revolution as solely Washington's story, leaving out Franklin, Jefferson, Adams and others." New scholarship and recently accessed footage challenge the prevailing view - in part manufactured and perpetuated by Che Guevara - that Castro's army of 200 guerillas single-handedly defeated tens of thousands of Batista's professional soldiers and liberated the people of Cuba. In actuality, Pais and Echeverria's city-based insurgencies in Santiago and Havana held the key to generating popular support for resistance and undermining the authority of Batista and his secret police. Both Pais and Echeverria rivaled Castro in popularity and power during the height of the Revolution yet neither man lived to see the movement succeed. A close associate reportedly gunned down Pais in the street; Echeverria died in a daring raid on the palace. CUBA: THE FORGOTTEN REVOLUTION highlights the complexities inherent in revolutions and examines the shaping (and reshaping) of the final historical record through exclusive interviews and archival stock footage. Cuban revolution participants and observers, family members of the men, Americans who fought alongside Castro and Guevara, and a former CIA agent responsible for smuggling secret radio equipment to the rebels share their experiences from that era, while leading historians consider the newly revealed information.</p>						
23:30:00	Osiris Rex: Countdown to Launch	APTEx	(S)	(CC)	N/A	#0H
<p>Sitting on an asteroid, more than a 100 million miles away from Earth, are a few ounces of soil scientists are anxiously awaiting to get their hands on - a sample that just might contain the molecular precursors to the origin of life. But just how will these scientists accomplish this? The half-hour documentary OSIRIS-REX: COUNTDOWN TO LAUNCH follows a multi-generational team of scientists and engineers as they struggle to design, construct, and deliver on time the OSIRIS-REX spacecraft and its components to NASA in anticipation of its September 2016 launch from Cape Canaveral. OSIRIS-REX is expected to travel more than 400 million miles to rendezvous with an asteroid named Bennu, whose diameter is less than half a mile. It will then use its suite of instruments to find the perfect place to gather a sample from the asteroid's surface, traveling another 400 million miles and a total of six years to bring that sample back to Earth. NASA's OSIRIS-REX Asteroid Sample Return Mission is a 14-year, one billion dollar study aimed at learning more about one of the most fascinating and potentially hazardous asteroids in the solar system - before it potentially collides with Earth more than 150 years from now.</p>						

Thu, Nov 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy International Trade	NETA	(S)	(CC)	N/A	#802H
	International trade has transformed the way we live. Supporters of free trade say it creates the greatest amount of wealth for the highest number of people, fostering growth and lifting nations out of poverty. Opponents say free trade eliminates jobs at home and makes the country vulnerable.					
00:30:00	In Good Shape Vaccinations	WNVC	(S)	(CC)	N/A	#441H
	It's estimated that 1.5 million children worldwide die of diseases that could have been prevented with vaccinations. DW talks to an expert about which vaccinations are recommended and just how safe they are. Also, borderline personality disorder, and how alcohol makes you fat.					
01:00:00	The Lowertown Line. The Lowertown Line: Black Diet	APTEX	(S)	(CC)	N/A	#108H
	The members of garage/indie/soul band Black Diet met on Craigslist and come from diverse musical backgrounds including gospel, cabaret, blues, funk, afrobeat and punk rock. The band performs a live set at Bedlam Lowertown in St. Paul, and talks about thrift store finds, making a living and being close friends. Songs performed: Don't Tell Me, Do a Little Wrong, Find a New Love, State Line, Fever, Slow it Down.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#307H
	Artists: "Music and Healing," one of two special episodes exploring the power of music, featuring David Tolley, Celeste Friedman, Megan Palmer, and Eric Gnezda. Artist Bio: Megan Palmer, an Ohio native who explored New York City's music scene before venturing to Nashville, where she's made a stunningly honest and adeptly produced album entitled, What She's Got To Give. Produced by Patrick Dampier at Nashville's Club Roar Studio, and recorded in six days of mostly live tracking, this album features the stellar contributions of Jon Radford, Tony Scherr, Larry Cook, Tim Easton, and Amy Speace. Megan is a cancer survivor, making her first musical performance since emerging from treatment. She performs "Ann's Boots." Artists: David Tolley, of Powell, Ohio, is a two-time Grammy Award nominee. He lost his wife to cancer at a young age. Currently working on his ninth musical, David has composed music for Disneyland theme parks in Paris and Tokyo. In a moment of historic serendipity, he was plucked out of The Tonight Show audience by Johnny Carson and performed "Memory" from the musical Cats, earning an immediate national following, and recently eight million YouTube views. He has also performed for four U.S. Presidents. David plays "Bells of Peace." Artist Bio: Celeste Friedman, of Newark, Ohio, is Grammy Award nominee and author, who claims that the healing power of music is the reason for her own survival with arthritis. As a composer for film, television and stage, she has scored the music for a Pulitzer Prize-nominated play, a cable TV mystery series, The Food Network and Nickelodeon; and her work was featured in a short film, showcased in Festival des Cannes in 2008. Celeste's music has garnered global airplay, reaching #1 on music charts in France, Italy, Austria, Belgium, The Netherlands, Argentina and Australia. She sings "Sobreviva." Artist Bio: Eric Gnezda writes songs that embrace expansive subjects and tones, from inspiring anthems to humor. Eric grew up as a caregiver, as his father was diagnosed with multiple sclerosis when Eric was three days old. Eric is the recipient of the Ohioana Citation for Music composition, and earned an Emmy nomination as a television journalist. He is a regular Writers Night performer at Nashville's iconic venue for songwriters The Bluebird Cafe. He performs "Blossoms of Hope."					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#101H
	Performances by Garbage, Ibeyi, El Vy and Misterwives, with comedy from Hannibal Buress and Breaking Bad's Lavell Crawford.					
03:00:00	Cuba: The Forgotten Revolution	APTEX	(S)	(CC)	N/A	#0H
	CUBA: THE FORGOTTEN REVOLUTION tells the virtually unknown story of Cuban revolutionaries Frank Pais and Juan Antonio Echeverria. Working largely independently from each other, these young men - a school teacher and architecture student, respectively - played critical roles in the eventual overthrow of dictator Fulgencio Batista y Zaldivar, although their names seldom appear alongside their more famous contemporaries, Fidel Castro and Che Guevara. Scholar Lillian Guerra, of Yale and Florida State University, explains: "It is as if we told the tale of the American Revolution as solely Washington's story, leaving out Franklin, Jefferson, Adams and others." New scholarship and recently accessed footage challenge the prevailing view - in part manufactured and perpetuated by Che Guevara - that Castro's army of 200 guerillas single-handedly defeated tens of thousands of Batista's professional soldiers and liberated the people of Cuba. In actuality, Pais and Echeverria's city-based insurgencies in Santiago and Havana held the key to generating popular support for resistance and undermining the authority of Batista and his secret police. Both Pais and Echeverria rivaled Castro in popularity and power during the height of the Revolution yet neither man lived to see the movement succeed. A close associate reportedly gunned down Pais in the street; Echeverria died in a daring raid on the palace. CUBA: THE FORGOTTEN REVOLUTION highlights the complexities inherent in revolutions and examines the shaping (and reshaping) of the final historical record through exclusive interviews and archival stock footage. Cuban revolution participants and observers, family members of the men, Americans who fought alongside Castro and Guevara, and a former CIA agent responsible for smuggling secret radio equipment to the rebels share their experiences from that era, while leading historians consider the newly revealed information.					
04:30:00	Osiris Rex: Countdown to Launch	APTEX	(S)	(CC)	N/A	#0H
	Sitting on an asteroid, more than a 100 million miles away from Earth, are a few ounces of soil scientists are anxiously awaiting to get their hands on - a sample that just might contain the molecular precursors to the origin of life. But just how will these scientists accomplish this? The half-hour documentary OSIRIS-REX: COUNTDOWN TO LAUNCH follows a multi-generational team of scientists and engineers as they struggle to design, construct, and deliver on time the OSIRIS-REx spacecraft and its components to NASA in anticipation of its September 2016 launch from Cape Canaveral. OSIRIS-REx is expected to travel more than 400 million miles to rendezvous with an asteroid named Bennu, whose diameter is less than half a mile. It will then use its suite of instruments to find the perfect place to gather a sample from the asteroid's surface, traveling another 400 million miles and a total of six years to bring that sample back to Earth. NASA's OSIRIS-REx Asteroid Sample Return Mission is a 14-year, one billion dollar study aimed at learning more about one of the most fascinating and potentially hazardous asteroids in the solar system - before it potentially collides with Earth more than 150 years from now.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#412
08:00:00	Mack & Moxy Feeding Rainbow/A Friend Who Reads Is A Friend Indeed	APTEX	(S)	(CC)	N/A	#102H
	"Feeding Rainbow" - Time to save another Great Helpee! As Mack & Moxy zip-line over the Sky Islands in HelpeeLand with Trooper Francesca, they accidentally fall on a fatigued new friend, Rainbow. He's a lethargic Pegasus who hasn't had any breakfast. Since his parents have lost their jobs, there's not enough food to eat. Rainbow's strength is renewed once the Heroes locate a nearby food pantry and enjoy a nutritious feast. But Shelfish Sheldon jets ahead on a flying vacuum, trying to swoop the Great Helpee and keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Feeding America, a 35 year-old organization who feeds 46 million people every day across the US. "A Friend Who Reads is a Friend Indeed" - Here we go! Mack & Moxy set out with Trooper Kaitlyn on a colorful adventure to HelpeeLand in search of a Great Helpee. They meet Nolie, a loveable little puffball who has never had any pals to play with. As the Heroes become her first friends, they share and sing about the joys of reading books. Meanwhile, Shelfish Sheldon lurks nearby, scheming and sledding to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Josh Duhamel (Transformers, All My Children) helps the Heroes' mission in support of Save the Children, providing quality preschool programs to underserved children around the world since 1932.					
08:30:00	Thomas Edison's Secret Lab Monster Smash/A Monster of a Mystery	APTEX	(S)	(CC)	N/A	#108H
	Smash: When JD and Kent's battle bot, Monster Smash, escapes from the lab, the Secret Lab Kids must navigate a maze to find it. Mystery: When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.					
09:00:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H
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 Fit from Head to Toe	NETA	(S)	(CC)	N/A	#1402H
	This episode incorporates a variety of exercises ranging from vestibular system to feet and gait.					
10:30:00	It's Sew Easy Easy Sundress	NETA	(S)	(CC)	DVI	#1213H
	Sundresses look great and keep you cool. Designer Kay Whitt professionally finishes sundress necklines and armhole edges. Blogger and designer Caroline Hulse make a tank dress in a straight style and adds elastic at the waistline. Couture designer Angela Wolf has a tip for serging flat-felled seams.					
11:00:00	Knit and Crochet Now! Lacy Shawls	APTEX	(S)	(CC)	DVI	#610H
	Jenny King demonstrates her beautiful crochet Blue Lagoon Shawl-perfect for many occasions. Caryl Piere's knit Rhea Capelet is next with Kristin. Lena shows how to make a Tunisian Scarf.					
11:30:00	Fons & Porter's Love of Quilting Garden House Pillow	NETA	(S)	(CC)	N/A	#2709H
	We're all about taking the apprehension out of applique. Small projects that give us opportunities to try a variety of skills is the place to start. Patrick joined by Jan Patek will give you expert techniques and tips for making graceful curves, stems and leaves like a pro.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7074H
13:00:00	The Jazzy Vegetarian Jazzin' Up Veggies	NETA	(S)	(CC)	N/A	#605H
	Host Laura Theodore makes veggies taste great! Jazz singer Kelle Jolly joins Laura in the kitchen to prepare Root Veggie and Lentil Trio Stew, a satisfying combo of vegetables combined with hearty lentils. Next up, Miso-Parsley Hummus offers a delicious twist on a classic dip, with Kale Salad served on the side. For dessert ... more veggies! Woodwind musician Will Boyd joins Laura to taste her Festive Sweet Potato Pie a yummy way to showcase vegetables at the close of any meal.					

Daily Program Listing II

43.1

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Thu, Nov 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Sara's Weeknight Meals Fruit and Meat	APTEX	(S)	(CC)	N/A	#602H
	They say opposites attract. There's something sensational about the sweetness of fruit with the savory taste of meat. Grilled pork tenderloin is a fantastic summer meal with a dressing of watermelon and cucumber. And Sara's son Sam joins her to make a family favorite, chicken with lemon and capers. It's easy and delicious. And on Ask Sara, Sara answers viewer questions on cutting herbs quickly and storing vanilla beans. Recipes: Grilled pork with watermelon cucumber salsa Chicken with lemon and capers.					
14:00:00	Joanne Weir Gets Fresh Slow Food	APTEX	(S)	(CC)	N/A	#113H
	Joanne slows things down and shows us how to get two courses out of one slow cooked meal. After visiting a unique butcher shop that uses the whole animal, she'll teach her student how to braise a chuck roast with tomatoes and red wine - perfect Italian comfort food, slow and fresh. Recipes: Braised Beef Served in 2 Courses: Ragu with Pasta and Sliced Roast Beef; Long Braised Green Beans with Tomatoes Student: Geoff Rubendall.					
14:30:00	New Scandinavian Cooking An Edible Park	APTEX	(S)	(CC)	N/A	#505H
	Andreas and Finnish co-host Sara LaFountain visit Frogner Park in downtown Oslo. Here, Andreas gathers edible herbs and flowers and with them makes homemade ice cream flavored with rose petals, and a Norwegian-style bruschetta with a wild-herb pesto. Both Andreas and Sara mix a special drink and prepare festival food - a hearty hamburger and sausages. Location: OSLO - Frognerparken.					
15:00:00	Beads, Baubles and Jewels Enameling and Metal Stamping	NETA	(S)	(CC)	N/A	#2111H
	Using bench jewelry techniques, Kieu Pham Gray demonstrates new ways to stamp, layer and enamel metal components as she creates a small book with several pages. She shows how to torch fire enamel onto copper stamping. Katie shares beaded wedding accessory ideas.					
15:30:00	Katie Brown Workshop A Sparkling Holiday	APTEX	(S)	(CC)	DVI	#513H
	Shine in style this holiday season with Katie's simple ideas designed to spread holiday cheer. In the Kitchen: Beef Filet with Cranberry Tarragon Butter, Silky Potato Gratin and Orange and Olive Salad with Basil Vinaigrette. Projects: Glamorous name cards. Star-studded pinecone trees.					
16:00:00	Biz Kid\$ 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 Creatures	NETA	(S)	(CC)	DVI	#1904H
	The earth is full of wonderful creatures. Jenny Barnett-Rohrs crafts simple animals that are easily adaptable and molds a robot mouse. Artist Franz Spohn draws creatures that are just like us - or not. Jenny uses glow-in-the-dark clay to craft a spooky-sweet charm for your backpack.					
17:00:00	P. Allen Smith's Garden Home Deck The Halls	APTEX	(S)	(CC)	DVI	#1613H
	Tis the season to be jolly as Christmas comes to the farm and P. Allen Smith gets some decorating help from flower expert, J. Schwanke.					
17:30:00	Growing A Greener World Independent Garden Centers: Austin, Tx	APTEX	(S)	(CC)	N/A	#514H
	Local, independently owned nurseries are a vastly under utilized resource and we feature some of the many unique reasons we should support them. They offer benefits not available at larger box stores, yet consumers don't often realize the amazing resources that these small garden centers offer.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14224H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1420H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8159
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1110H

Thu, Nov 09, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Backstage Pass Paul Keller Orchestra - Encore	NETA	(S)	(CC)	N/A	#704H
	The encore set from bassist and composer Paul Keller and his big band from Ann Arbor features Sarah D'Angelo singing the classics "Fly Me to the Moon" and "Cry Me a River." Keller showcases the band with the PKO original, "I Want to Be Happy." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.					
20:30:00	Music Voyager Shreveport: Road Through Northern Louisiana	APTEX	(S)	(CC)	N/A	#202H
	Shreveport, a city with a rich musical history, counts among its myriad musical traditions the African-American sounds of the South, country music, Western swing, rockabilly that predated rock and roll, and the spicy influence of Cajun and Creole music. As guest host, rock star and blues guitar virtuoso Kenny Wayne Shepherd visits Lead Belly's grave for an acoustic jam with local icon Buddy Flett; introduces Maggie Warwick of the famed radio show, The Louisiana Hayride; enjoys a special performance on the stage where Elvis first tasted stardom; sits down with guitar legend James Burton for a demonstration of his pioneering guitar licks; and sits in on a grumble boogie party with the band Dirtfoot.					
21:00:00	Xerox Rochester International Jazz Festival Quinn Bachand's Brishen / Mike Herriott Quartet	APTEX	(S)	(CC)	N/A	#802H
	Twenty year old Quinn Bachand is one of Canada's most outstanding young musicians. With diverse musical talents and a bottomless pool of creativity, Quinn Bachand is an experienced performer, a prodigious guitar player and gifted multi-instrumentalist who is at ease playing a wide range of styles, from Celtic to Jazz. A devoted Django fan and lover of Gypsy Jazz, Quinn has assembled a top-notch ensemble of jazz manouche players to form BRISHEN, a sizzling hot gypsy jazz and swing band. Canadian trumpeter, Mike Herriott, a respected multi-instrumentalist in both the classical and jazz genres, is in demand as a lead trumpeter, jazz improviser, orchestral soloist, bassist, arranger and composer. He has toured extensively through North America and South East Asia and has shared the stage with a host of luminaries, including Maynard Ferguson, Michael Buble, and Slide Hampton.					
22:00:00	Making Light In Terezin	APTEX	(S)	(CC)	DVI	#0H
	MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us"- originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.					
23:00:00	Standing On Sacred Ground Profit & Loss	NETA	(S)	(CC)	DVI	#102H
	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.					

Fri, Nov 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Focus On Europe	WNVC	(S)	(CC)	N/A	#3544H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1110H
01:00:00	Backstage Pass Paul Keller Orchestra - Encore	NETA	(S)	(CC)	N/A	#704H
<p>The encore set from bassist and composer Paul Keller and his big band from Ann Arbor features Sarah D'Angelo singing the classics "Fly Me to the Moon" and "Cry Me a River." Keller showcases the band with the PKO original, "I Want to Be Happy." Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.</p>						
01:30:00	Music Voyager Shreveport: Road Through Northern Louisiana	APTEX	(S)	(CC)	N/A	#202H
<p>Shreveport, a city with a rich musical history, counts among its myriad musical traditions the African-American sounds of the South, country music, Western swing, rockabilly that predated rock and roll, and the spicy influence of Cajun and Creole music. As guest host, rock star and blues guitar virtuoso Kenny Wayne Shepherd visits Lead Belly's grave for an acoustic jam with local icon Buddy Flett; introduces Maggie Warwick of the famed radio show, The Louisiana Hayride; enjoys a special performance on the stage where Elvis first tasted stardom; sits down with guitar legend James Burton for a demonstration of his pioneering guitar licks; and sits in on a grumble boogie party with the band Dirtfoot.</p>						
02:00:00	Xerox Rochester International Jazz Festival Quinn Bachand's Brishen / Mike Herriott Quartet	APTEX	(S)	(CC)	N/A	#802H
<p>Twenty year old Quinn Bachand is one of Canada's most outstanding young musicians. With diverse musical talents and a bottomless pool of creativity, Quinn Bachand is an experienced performer, a prodigious guitar player and gifted multi-instrumentalist who is at ease playing a wide range of styles, from Celtic to Jazz. A devoted Django fan and lover of Gypsy Jazz, Quinn has assembled a top-notch ensemble of jazz manouche players to form BRISHEN, a sizzling hot gypsy jazz and swing band. Canadian trumpeter, Mike Herriott, a respected multi-instrumentalist in both the classical and jazz genres, is in demand as a lead trumpeter, jazz improviser, orchestral soloist, bassist, arranger and composer. He has toured extensively through North America and South East Asia and has shared the stage with a host of luminaries, including Maynard Ferguson, Michael Buble, and Slide Hampton.</p>						
03:00:00	Making Light In Terezin	APTEX	(S)	(CC)	DVI	#0H
<p>MAKING LIGHT IN TEREZIN tells the true story of how Jewish prisoners held in a concentration camp during World War II fought back against the Nazis - not with guns or bombs - but through song, dance and laughter. In 2005, Lisa Peschel, now a theater studies professor at the University of York, discovered a collection of cabaret scripts - "Laugh With Us"- originally written by four 20-year-old prisoners held in the Czech concentration camp of Terezin. Located outside of Prague, Terezin effectively served as a way station, housing Jews before the Nazis sent them to Auschwitz and other death camps. In the face of this horrific darkness and uncertainty, the Jewish prisoners wrote and enacted comedy shows in a make-shift cabaret. The poignant and inspiring documentary follows a modern-day theater troupe from Minnesota as they travel to Terezin and attempt to re-stage the shows. Weaving together interviews with the original writers, witnesses to the original production, and scholars, MAKING LIGHT IN TEREZIN tells a story not only of survival, but also the triumph of a culture, artistic expression and the human spirit.</p>						
04:00:00	Standing On Sacred Ground Profit & Loss	NETA	(S)	(CC)	DVI	#102H
<p>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.</p>						
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#413
08:00:00	Mack & Moxy Always Be Prepared/Feeding Rainbow	APTEX	(S)	(CC)	N/A	#103H
<p>"Always Be Prepared" - This is not a drill! When Mack & Moxy zoom off to HelpeeLand with Trooper Jax to save another Great Helpee, they meet a cool kid named Kendling Pop-Pop Jr. He's busy drafting an escape plan for his house in case there's a fire. As they're looking for the Great Helpee in the house, the Kendling's smoke detector beeps. Remembering how to stay safe, they "get low and go." Meanwhile, Shelfish Sheldon scurries about to get the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Kal Penn (How I Met Your Mother, House M.D.) helps the Heroes' mission in support of the American Red Cross, dedicated to teaching emergency preparedness and providing disaster relief across the globe. "Feeding Rainbow" - Time to save another Great Helpee! As Mack & Moxy zip-line over the Sky Islands in HelpeeLand with Trooper Francesca, they accidentally fall on a fatigued new friend, Rainbow. He's a lethargic Pegasus who hasn't had any breakfast. Since his parents have lost their jobs, there's not enough food to eat. Rainbow's strength is renewed once the Heroes locate a nearby food pantry and enjoy a nutritious feast. But Shelfish Sheldon jets ahead on a flying vacuum, trying to swoop the Great Helpee and keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Feeding America, a 35 year-old organization who feeds 46 million people every day across the US.</p>						

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Slime Time/It's Always Sharkest	APTEX	(S)	(CC)	N/A	#109H
	Slime: When JD uses Angie's 'oil slick dissolver' formula for a slime fight, a wrong ingredient creates a gelatinous Blob monster that threatens to devour the city. Sharkest: While visiting one of Kent's relatives, the kids come up with a great idea for attracting more tourists to his restaurant - the only catch is that it also attracts a very big shark with very big teeth!					
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 1	ACCES		(CC)	N/A	#120H
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 Sensory Awareness and Breathing	NETA	(S)	(CC)	N/A	#1403H
	Mary Ann uses fun music to demonstrate breathing techniques and sensory awareness.					
10:30:00	It's Sew Easy Day and Evening	NETA	(S)	(CC)	N/A	#1301H
	Create garments and accessories that transform everyday wear into eveningwear. Designer Angela Wolf sews a versatile knit skirt to mix, match and accessorize. Pattern expert Deepika Prakash makes a simple swing dress in lush velvet for a special evening look.					
11:00:00	Knit and Crochet Now! Necklace	APTEX	(S)	(CC)	DVI	#611H
	Andi Javori designed a very special knit beaded necklace, The Paloma Necklace & Bracelet, which Drew shows us how to make. Ellen will demonstrate the crochet Boho Circles & Ring designed by Joyce Bragg. The Chunky Lace Scarf is this week's "Scarf of the Week" with Lena.					
11:30:00	Fons & Porter's Love of Quilting Goose Crossing	NETA	(S)	(CC)	N/A	#2710H
	Graphic and dynamic the Goose Crossing quilt keeps your eyes moving. Mary and Barb Eikmeier will break apart the design and reveal the diagonal setting of this classic pattern.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7075H
13:00:00	Ellie's Real Good Food Office Food Overhaul	APTEX	(S)	(CC)	N/A	#106H
	Ellie visits a busy office where stress has led to junk food snacking and fast-food lunching. Armed with photos of sugary office treats submitted by one office employee to solicit her help, Ellie shares tasty alternatives to fight back. Recipes: Herbed farro salad with chicken, walnuts, feta and spinach; Asian chicken wrap; Buffalo chicken salad.					
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.					
14:00:00	Chef John Besh's New Orleans Shrimp Remoulade, Baked Oysters with Mushrooms, and Rice Calas.	APTEX	(S)	(CC)	DVI	#125H
14:30:00	Jacques Pepin: Heart & Soul Autumn Leaves	APTEX	(S)	(CC)	N/A	#106H
	It's easy to fall in love with Jacques' seasonal menu, starting with a fresh, smooth tomato velvet soup - the name speaks for itself! Then, sliced tomato gratin made with ripe, ruby-red tomatoes and coarse rustic bread, is Jacques' go-to late-summer dish. He continues with a tender grilled lamb shasklik that includes easy, make-ahead instructions and a colorful red cabbage, pistachio and cranberry salad with bleu cheese. Jacques goes on to transform pizza dough into an apple galette, baked to crispy perfection!					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Beadwork Cindy Holsclaw takes traditional beadwork in a whole new direction using half-Tila beads to make a bezel setting for a crystal Rivoli. She creates beautiful earrings, a bracelet and more with a circular peyote beadweaving stitch using two-hole beads. In Katie's Beading Lesson, learn to make a wire-wrapped leather cuff.	NETA	(S)	(CC)	N/A	#2112H
15:30:00	Make It Artsy Books Books are not just for reading! Tool expert Joe Rotella cuts a niche in a book to create a planter. Craft metal book hinges with designer Mary Hettmansperger and Mou Saha makes vintage books into colorful art journals. Host Julie Fei Fan Balzer has a tip for creating a charming little book necklace.	NETA	(S)	(CC)	N/A	#101H
16:00:00	Biz Kid\$ It's A Job to Get A Job! It's a job getting a job and Biz Kid\$ is here to help. Learn tips and tricks for writing a great resume, dressing for success, and nailing the interview. Get the inside scoop on what employers look for from a young entrepreneur who manages 200 employees.	APTEX	(S)	(CC)	DVI	#509H
16:30:00	Hands On Crafts for Kids Bloom Flowers make us happy. By mixing bright colors, Jenny Barnett-Rohrs makes a fun floral banner. Candie Cooper makes flowerpots that help you count and add. Artist Franz Spohn draws tulips and daisies in different perspectives. Jenny creates a nightlight inspired by coral that grows in the sea.	NETA	(S)	(CC)	DVI	#1905H
17:00:00	P. Allen Smith's Garden Home Best of Travel Join P. Allen Smith as he takes a trip down memory lane and revisits his favorite travel segments from seasons past.	APTEX	(S)	(CC)	DVI	#1614H
17:30:00	Growing A Greener World Making More Plants - How to Propagate Anything, Nc A big part of what hooks someone on gardening is watching a plant grow from seed, or tender young transplant. Yet there's another piece to the story of making more plants that is rarely mentioned, yet has a big impact on how they show up around the world. Plant propagation is a technique most used by professionals, yet it's an easy technique gardeners of any level can do to grow more plants for themselves and others. In this episode, we visit with some of the top plant propagators in the country to learn the tricks of the trade that we can easily apply at home.	APTEX	(S)	(CC)	N/A	#515H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14225H
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1344H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8160
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#943H
20:00:00	Song of the Mountains Larry Sigmon & Martha Spencer / Presley Barker & Wayne Henderson	NETA	(S)	(CC)	N/A	#1215H
21:00:00	Woodsongs Sam Bush Band SAM BUSH is a Kentucky music hero, a bluegrass music legend and one of the premier masters of the mandolin. Founding member of New Grass Revival and the revered "King of Telluride," Sam has pioneered the mandolin, inspiring an entire new generation to take up the instrument, including Chris Thile. Originally from Bowling Green, Kentucky, Sam is a 4-time IBMA Mandolin Player of the Year, 3-time Grammy Award winner, and has toured all around the world. He comes to WoodSongs with the entire SAM BUSH BAND as we celebrate music from his new album release 'Storyman'.	NETA	(S)	(CC)	N/A	#2006H
22:00:00	Film School Shorts Magical Beasts From the coast of Ireland to Norway's dense forest to a young girl's imagination - magical beasts lurk in the shadows: Theodora by Mike Makowsky, Vilt Gutt by Dawson Taylor, and Salt by Uglu Hauksdottir.	NETA	(S)	(CC)	N/A	#509H

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Fri, Nov 10, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story A Conversation with Tony Hale	NETA	(S)	(CC)	N/A	#703H
	From Arrested Development's Buster Bluth to Veep's bag man, actor Tony Hale discusses meeting audience's expectations, getting into character, making out with Liza Minnelli, and the collaborative environment of comedy.					
23:00:00	Science Goes to the Movies Astrophysics	EPS	(S)	(CC)	N/A	#406H
	Guests: Moiya McTier and Mike Massimino. Movie: Hidden Figures. Physicist Moiya McTier and astronaut Mike Massimino break down the math and social science in Hidden Figures.					
23:30:00	Theater Talk Kpop and Fall Season Preview Part 2	EPS	(S)	(CC)	N/A	#1102H
	Theater Talk delves into the immersive new musical KPOP, set in a Korean pop music factory. KPOP co-conceiver and librettist Jason Kim, director Teddy Bergman of Woodshed Collective, and Ars Nova Artistic Director Jason Eagan discuss creating this unique production, and how it explores celebrity, identity, and the worldwide phenomenon of K-pop music. Theatre critic Elisabeth Vincentelli guest co-hosts. Next, we continue last week's conversation previewing the fall theater season with Michael Musto, Patrick Pacheco, Elisabeth Vincentelli, and guest co-host Jesse Green. They discuss John Leguizamo's Latin History For Morons, Time and the Conways, Torch Song, The Wolves, Oedipus el Rey and more.					

Sat, Nov 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Euromaxx	WNVT	(S)	(CC)	N/A	#1344H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#943H
01:00:00	Song of the Mountains Larry Sigmon & Martha Spencer / Presley Barker & Wayne Henderson	NETA	(S)	(CC)	N/A	#1215H
02:00:00	Woodsongs Sam Bush Band SAM BUSH is a Kentucky music hero, a bluegrass music legend and one of the premier masters of the mandolin. Founding member of New Grass Revival and the revered "King of Telluride," Sam has pioneered the mandolin, inspiring an entire new generation to take up the instrument, including Chris Thile. Originally from Bowling Green, Kentucky, Sam is a 4-time IBMA Mandolin Player of the Year, 3-time Grammy Award winner, and has toured all around the world. He comes to WoodSongs with the entire SAM BUSH BAND as we celebrate music from his new album release 'Storyman'.	NETA	(S)	(CC)	N/A	#2006H
03:00:00	Film School Shorts Magical Beasts From the coast of Ireland to Norway's dense forest to a young girl's imagination - magical beasts lurk in the shadows: Theodora by Mike Makowsky, Vilt Gutt by Dawson Taylor, and Salt by Uglá Hauksdóttir.	NETA	(S)	(CC)	N/A	#509H
03:30:00	On Story A Conversation with Tony Hale From Arrested Development's Buster Bluth to Veep's bag man, actor Tony Hale discusses meeting audience's expectations, getting into character, making out with Liza Minnelli, and the collaborative environment of comedy.	NETA	(S)	(CC)	N/A	#703H
04:00:00	Science Goes to the Movies Astrophysics Guests: Moiya McTier and Mike Massimino. Movie: Hidden Figures. Physicist Moiya McTier and astronaut Mike Massimino break down the math and social science in Hidden Figures.	EPS	(S)	(CC)	N/A	#406H
04:30:00	Theater Talk Kpop and Fall Season Preview Part 2 Theater Talk delves into the immersive new musical KPOP, set in a Korean pop music factory. KPOP co-conceiver and librettist Jason Kim, director Teddy Bergman of Woodshed Collective, and Ars Nova Artistic Director Jason Eagan discuss creating this unique production, and how it explores celebrity, identity, and the worldwide phenomenon of K-pop music. Theatre critic Elisabeth Vincentelli guest co-hosts. Next, we continue last week's conversation previewing the fall theater season with Michael Musto, Patrick Pacheco, Elisabeth Vincentelli, and guest co-host Jesse Green. They discuss John Leguizamo's Latin History For Morons, Time and the Conways, Torch Song, The Wolves, Oedipus el Rey and more.	EPS	(S)	(CC)	N/A	#1102H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#414
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Shimmering Pond A white heron flying up from a moonlit pond highlights Gary's creation of this beautiful, fairytale painting design. In the background, Gary paints a dusky glowing atmosphere and luminous stars to complete his composition.	APTEX	(S)	(CC)	N/A	#505H
08:30:00	Painting with Wilson Bickford Moonlit Beach Wilson uses cool blues and grays to walk down a moonlit beach, as the waves roll softly in and beach grasses sway with the light breeze.	NETA	(S)	(CC)	N/A	#311H
09:00:00	Landscapes Through Time with David Dunlop The Hudson River Painters at Kaaterskill Falls, Ny David visits the top of the 300-foot Kaaterskill Falls in the Catskill Mountains, painted by many Hudson River artists. These artists, considered the first American school of painting, portrayed the awesome immensity and sublime effects of nature. These artists painted from a various motivations but always with a scrupulous observation of nature, in the words of Thomas Cole (1800 - 1848), considered the father of the Hudson River painters. David paints the magnificent wilderness painted by discussing Thomas Cole and Sanford Gifford (1823-1880).	NETA	(S)	(CC)	DVI	#111H
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

Sat, Nov 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Fun with the Large Ball The large ball is used in many ways from postural alignment to helping with balance in this episode.	NETA	(S)	(CC)	N/A	#1404H
10:30:00	Functional Fitness with Suzanne Andrews Younger Joints In 30 Days	ACCES		(CC)	N/A	#117H
11:00:00	Delicious TV's Vegan Mashup It's Bean Wonderful Fear not the bean. They're a power packed food with fiber protein and important minerals. We dish out three nutritious, delicious bean recipes that will get your taste buds singing. Toni Fiore is making Caramelized Onion and Cannellini Bean Flatbread and a Quick Vegan Parm. Miyoko Schinner is making Moroccan Lentil and Spinach Pancakes with Spiced Date Chutney. Special Guest Allison Carroll Duffy makes Refrigerator Pickles-Dillie Beans.	NETA	(S)	(CC)	DVI	#303H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Cooking Like A Local Hartwood, one of Mexico's most in-demand restaurants, sits nestled between the crystalline beaches and dense jungle in Tulum. Here, chef Eric Werner explains the fascinating farm-to-table supply chain that brings ingredients into Hartwood's unique live-fire kitchen. The rustic simplicity inspires Rick to shop for produce and chiles in Playa del Carmen's laid-back markets. Back in the funky kitchen of a Playa condo rental, Rick prepares poblanos rellenos with tatume squash and longaniza sausage, a beautiful grilled fish with avocado salsa and coconut bread pudding for dessert.	APTEX	(S)	(CC)	N/A	#1105H
12:00:00	Lidia's Kitchen Cooking with Wine 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.	APTEX	(S)	(CC)	N/A	#406H
12:30:00	Moveable Feast with Fine Cooking Topping, Virginia - Ryan and Travis Vroxtton and Chef Dylan Fultineer Pete goes to Virginia on this episode of Moveable Feast with Fine Cooking, where he meets skilled oystermen Ryan and Travis Croxton as well as chef Dylan Fultineer. Dylan brings Pete to Sub Rosa, a bakery specializing in traditional bread making. Later, Ryan and Travis have the chance to show Pete the secrets to their trade as they head onto the water and harvest one of the tastiest oysters in the world. Together, they design a meal that combines southern barbeque with the sea in the Croxtons' BBQ Oyster Fest, and Dylan cooks up a special lamb and oyster stew. This week's Moveable Feast will fulfill your seafood dreams.	APTEX	(S)	(CC)	N/A	#409H
13:00:00	Travels with Darley Illinois: Ottawa & Beyond Hiking, biking, beer tasting and boating are just some of the adventures host Darley Newman explores with local guides not far from Chicago in Ottawa, Illinois. From a Himalayan salt cave to a Cajun chef amid the cornfields to the historic I&M Canal, this Illinois adventure is filled with interesting things to learn and experience.	NETA	(S)	(CC)	N/A	#305H
13:30:00	Mineral Explorers Tucson Tombstone, Arizona is the place of legends; not all of them have to do with gunslingers and cowboy hats. Far more important were the copper and silver mines as they helped bring the US into a more modern era. And these mines were the catalyst for Arizona Statehood. Over a century later, Arizona continues to sparkle. The biggest gem and mineral treasure chest comes to Tucson once a year. We crack open the lock to some of the best and brightest collections and take you exploring at the largest mineral exhibit on Earth.	NETA	(S)	(CC)	N/A	#207H
14:00:00	Rick Steves' Europe Andalucia, Gibraltar and Tangier Exploring Andalucia, we experience the quintessence of Spanish culture. Starting up high, in Spain's whitewashed hill towns, we roll down to the coast to enjoy the windsurfing mecca of Tarifa. Then we catch a bit of Britain on the Rock of Gibraltar, and sail to Africa for a Moroccan finale in Tangier.	APTEX	(S)	(CC)	N/A	#606H
14:30:00	Born to Explore with Richard Wiese South Africa: Turtles and Tsongas The tale of the turtle takes place on the beaches of South Africa's Rocktail Bay, on the edge of the Indian Ocean. Richard Wiese travels here to search for the extraordinary 300-pound loggerhead turtle, which swims thousands of miles each year to lay its eggs on the same beach where it was born. Richard joins a Tsonga tribesman to catch fish in unusual reed traps and visits a rural primary school to see how the next generation of South Africans is coming of age.	APTEX	(S)	(CC)	N/A	#120H

Daily Program Listing II

43.1

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Sat, Nov 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Trees can be an important part of our landscape plan. But oftentimes folks don't plan ahead. Our experts have some great ideas for planting trees that should make a positive addition to our landscape for years. Join us this week as we GardenSMART.	NETA	(S)	(CC)	N/A	#4806H
15:30:00	Baby Makes 3 Beaches, Books, and Baby Liz and CJ have chosen to use one of the larger rooms in their home for the nursery, creating a coastal-themed space that mom and dad can enjoy as well.	APTEX	(S)	(CC)	N/A	#205H
16:00:00	Drexel Interview Two Mayors In a first-ever live interview for the program, Host Paula Marantz Cohen joins two former Mayors of Philadelphia-Edward G. Rendell and Michael A. Nutter-in an on-stage conversation about leadership, the changing American landscape, and broader social, political, and educational trends. In addition to his two terms as the 96th Mayor of Philadelphia, Rendell served as Pennsylvania Governor as well as Chairman of the National Democratic Committee during the 2000 Presidential election. Nutter similarly served two terms as the 98th Mayor of Philadelphia, and led the United States Conference of Mayors as President during one year of his time in office. Both now serve as faculty at prestigious academic institutions, and advocate for the potential of America's cities and political system.	NETA		(CC)	N/A	#607H
16:30:00	Overheard with Evan Smith Pete Buttigieg, Mayor of South Bend, Indiana Pete Buttigieg is the Mayor of South Bend, Indiana. He was elected in 2011 at the age of 29, making him one of the youngest mayors of a city with over 100,000 residents in the U.S. The Washington Post called him "the most interesting mayor you've never heard of" and he was named national Mayor of the Year by GovFresh.com.	NETA	(S)	(CC)	N/A	#806H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Metal Engraver With intricate flourishes, filigree, and a lot of magnification, host Eric Gorges and metal engraver David Riccardo create a breathtaking metal engraving.	APTEX	(S)	(CC)	N/A	#202H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3544H
18:30:00	The Open Mind Don't March, Run..... Guest: Amanda Litman. Co-founder and executive director of Run for Something Amanda Litman talks about recruiting Millennials to run for local office.	NETA		(CC)	N/A	#3815H
19:00:00	Closer to Truth What Is God's Own Being? To what kind of entity does the word "God" refer? What is this God that all worship or dismiss? What, supposedly, is God's nature? What are God's traits?	EPS	(S)	(CC)	N/A	#1706H
19:30:00	American Forum Will Democratic Capitalism Survive? Historian MEL LEFFLER on a century of American power and current threats to the international system.	NETA	(S)	(CC)	N/A	#308H
20:00:00	Infinity Hall Live The Wailin' Jennys The Wailin' Jennys bring their brand of folk and contemporary roots music to Infinity Hall. Brought together in 2002 for what was supposed to be a one-time coffee house gig in Winnipeg, this award-winning trio soon found their irresistible chemistry and tight vocal harmonies were winning over audiences throughout North America and beyond. Comprised of Nicky Mehta, Ruth Moody, and Heather Masse, The Wailin' Jennys have toured extensively since the release of their eponymously named first studio album in 2003. They've collaborating with a variety of artists and become a fixture as musical guests on public radio's A Prairie Home Companion. Steeped in classical music and art, The Wailin' Jennys have developed a style and sound all their own. With heavy use of acoustic instruments, the group's musical influences range from 70s rock to traditional Celtic folk tunes. Their complexities in style and musical offering only serve to distinguish them further from the rest of the music industry. Having won a Juno Award (Canadian Grammy) in 2005 for their album, 40 Days, The Wailin' Jennys have continued to enjoy success, including their newest album, Bright Morning Stars, released to critical acclaim in the United States and Canada.	APTEX	(S)	(CC)	N/A	#108H

Sat, Nov 11, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Shawn Mendes	APTEX	(S)	(CC)	N/A	#702H
	Singer/songwriter Shawn Mendes treats fans to a performance at the Melrose Ballroom in New York City. Mendes first came into the public eye as a popular user of the social media platform Vine and at only 18 years old, he is one of only six artists to have two No. 1 albums on the Billboard Top 200 all genre chart at such a young age. He was included in Time's "The 25 Most Influential Teens" in 2014 and 2015 and was included in Forbes' "30 Under 30" for 2016. In this episode, Mendes performs some of his biggest hits including "Treat You Better," "Stitches," and "Mercy."					
22:00:00	Return to Normandy	NETA	(S)	(CC)	N/A	#0H
	Twenty-two World War II veterans are invited on a trip to attend the 70th anniversary celebration of the invasion of D-Day in Normandy, France. Many of the veterans have reservations about attending and some are excited to set foot on the sands they fought on decades ago. No veteran was expecting the hero's welcome that they would receive during their ten day visit that, in the end, would change their lives.					
22:30:00	No Going Back: Women and the War	APTEX	(S)	(CC)	N/A	#0H
	North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.					
23:00:00	Arts In Context Let All The Children Boogie	NETA	(S)	(CC)	N/A	#804H
	Led by Gavin Tabone, the Barton Hills Choir has performed on some of the biggest stages in the world with some of the biggest rock stars in the world. Extended: The Barton Hills Choir isn't your average school choir. Led by Gavin Tabone, the Barton Hills Choir - comprised of 3rd, 4th, 5th, and 6th grade students - has performed on the biggest stages in the world with some of the biggest rock stars in the world. From SXSW to the ACL Music Festival, from Stuart Murdoch of Belle and Sebastian to Roger Waters of Pink Floyd, Tabone has given these kids collaborative experiences they'll never forget.					
23:30:00	Articulate with Jim Cotter Ellen Harvey	APTEX	(S)	(CC)	N/A	#111H
	Though she's been a successful visual artist for decades, Ellen Harvey remains obsessed with failure. Bharatanatyam: Indian Dance - The classical Indian dance form Bharatanatyam survived colonial oppression and today exemplifies Indian identity both at home and abroad. Xenia Rubinos - Xenia Rubinos' complex music is infused with simple messages about big ideas.					

Sun, Nov 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is God's Own Being? To what kind of entity does the word "God" refer? What is this God that all worship or dismiss? What, supposedly, is God's nature? What are God's traits?	EPS	(S)	(CC)	N/A	#1706H
00:30:00	American Forum Will Democratic Capitalism Survive? Historian MEL LEFFLER on a century of American power and current threats to the international system.	NETA	(S)	(CC)	N/A	#308H
01:00:00	Infinity Hall Live The Wailin' Jennys The Wailin' Jennys bring their brand of folk and contemporary roots music to Infinity Hall. Brought together in 2002 for what was supposed to be a one-time coffee house gig in Winnipeg, this award-winning trio soon found their irresistible chemistry and tight vocal harmonies were winning over audiences throughout North America and beyond. Comprised of Nicky Mehta, Ruth Moody, and Heather Masse, The Wailin' Jennys have toured extensively since the release of their eponymously named first studio album in 2003. They've collaborating with a variety of artists and become a fixture as musical guests on public radio's A Prairie Home Companion. Steeped in classical music and art, The Wailin' Jennys have developed a style and sound all their own. With heavy use of acoustic instruments, the group's musical influences range from 70s rock to traditional Celtic folk tunes. Their complexities in style and musical offering only serve to distinguish them further from the rest of the music industry. Having won a Juno Award (Canadian Grammy) in 2005 for their album, 40 Days, The Wailin' Jennys have continued to enjoy success, including their newest album, Bright Morning Stars, released to critical acclaim in the United States and Canada.	APTEX	(S)	(CC)	N/A	#108H
02:00:00	Front and Center Shawn Mendes Singer/songwriter Shawn Mendes treats fans to a performance at the Melrose Ballroom in New York City. Mendes first came into the public eye as a popular user of the social media platform Vine and at only 18 years old, he is one of only six artists to have two No. 1 albums on the Billboard Top 200 all genre chart at such a young age. He was included in Time's "The 25 Most Influential Teens" in 2014 and 2015 and was included in Forbes' "30 Under 30" for 2016. In this episode, Mendes performs some of his biggest his including "Treat You Better," "Stitches," and "Mercy."	APTEX	(S)	(CC)	N/A	#702H
03:00:00	Return to Normandy Twenty-two World War II veterans are invited on a trip to attend the 70th anniversary celebration of the invasion of D-Day in Normandy, France. Many of the veterans have reservations about attending and some are excited to set foot on the sands they fought on decades ago. No veteran was expecting the hero's welcome that they would receive during their ten day visit that, in the end, would change their lives.	NETA	(S)	(CC)	N/A	#0H
03:30:00	No Going Back: Women and the War North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Arts In Context Let All The Children Boogie Led by Gavin Tabone, the Barton Hills Choir has performed on some of the biggest stages in the world with some of the biggest rock stars in the world. Extended: The Barton Hills Choir isn't your average school choir. Led by Gavin Tabone, the Barton Hills Choir - comprised of 3rd, 4th, 5th, and 6th grade students - has performed on the biggest stages in the world with some of the biggest rock stars in the world. From SXSW to the ACL Music Festival, from Stuart Murdoch of Belle and Sebastian to Roger Waters of Pink Floyd, Tabone has given these kids collaborative experiences they'll never forget.	NETA	(S)	(CC)	N/A	#804H
04:30:00	Articulate with Jim Cotter Ellen Harvey Though she's been a successful visual artist for decades, Ellen Harvey remains obsessed with failure. Bharatanatyam: Indian Dance - The classical Indian dance form Bharatanatyam survived colonial oppression and today exemplifies Indian identity both at home and abroad. Xenia Rubinos - Xenia Rubinos' complex music is infused with simple messages about big ideas.	APTEX	(S)	(CC)	N/A	#111H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#415

Sun, Nov 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Painting and Travel with Roger & Sarah Bansemer Cape Porpoise	NETA	(S)	(CC)	N/A	#305H
	Roger and Sarah find a perfect bay along the Maine coast in Cape Porpoise. Roger paints a nautical view from the floating dock and Sarah chats with a third generation lobsterman.					
08:30:00	Paint This with Jerry Yarnell The Perfect Perch, Part 3	NETA	(S)	(CC)	N/A	#2312H
	In this episode, Jerry shows his viewers how to add minor details and highlights to the haybales. Then he shows how to apply the next level of highlights to the middle and foreground grasses. He then explains the process involved in painting in the tractor. Next, he paints in the fence posts and then discusses the location and proportion for the hawk on the haybale. He finishes with discussing addition of taller and brighter weeds.					
09:00:00	Wyland's Art Studio Coral Reef	APTEX		(CC)	N/A	#513H
	Effective composition -- or the effective placement or arrangement of visual elements -- is critical to the success of a painting. Used effectively, these elements provide a structure that leads the viewer's eye in a particular way for a variety of different effects. All compositions begin by identifying a focal point. A range of artistic decisions proceeds from there, ranging from contrasts between light and dark to finding a rhythm that paces the eye of the viewer. The parts of the composition may feel as if they belong together. Or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm. Whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: 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 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	Power Yoga: Mind and Body Core - Abs/Back - Version Two	APTEX	(S)	(CC)	N/A	#120
	With Forward Fold, Revolved Triangle, Shalabasana, and others.					
11:00:00	Neven Maguire: Home Chef	APTEX	(S)	(CC)	N/A	#102H
	Eugene Callaghan, head chef of Kelly's Resort Hotel, Co. Wexford, makes a delicious trio of chicken. Also on the menu: Vera's seafood chowder with MacNean wheaten bread and pork and wild mushroom wontons with Chinese black bean sauce.					
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 Aristocratic Pasta - Pasta Aristocratica	NETA	(S)	(CC)	N/A	#2504H
	Mary Ann visits the New York Academy of Medicine's collection of rare Italian cookbooks. She's inspired to create two traditional molded pasta dishes, featuring the same ingredients used hundreds of years ago, fit for a king's palate - and yours too.					
12:30:00	Mike Colameco's Real Food Ny Southern	NETA	(S)	(CC)	N/A	#1412H
	In our first season back in 2000 we covered Well's Famous in Harlem the place where Chicken and Waffles was invented up north. Well chicken and waffles are back big time as we tour three places, all downtown putting out excellent versions of fried chicken, waffles, biscuits doughnuts, pies and other southern specialties.					
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Nuyorican Barrios	APTEX	(S)	(CC)	DVI	#212H
	The Bronx is not only known as the Borough of Salsa, but also the Borough of Music - Mickela digs deeper into the long-standing Puerto Rican whose influence stretches across all of New York City.					

Sun, Nov 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Travel Detective with Peter Greenberg Boating Safety	NETA	(S)	(CC)	DVI	#202H
	There are hundreds of boating fatalities every year, and most of those are avoidable. CBS News Travel Editor Peter Greenberg takes an in-depth look at boating safety and explains what you can do to save lives, including your own. Plus, it's not just a high-end principality on the coast of the Mediterranean. Peter shows us the hidden gems of Monaco, for an insider's tour with everything off the brochure - - and affordable. Also, correspondent Rikki Lander gives back at a turtle rescue in Aruba, at the Jolly Pirates Ocean Habitat Preservation. And, there are many cities around the world that have become too touristy. Peter reveals which ones to avoid.					
14:00:00	Wild Photo Adventures Spring Wildlife of North Carolina's Outer Banks	NETA	(S)	(CC)	DVI	#202H
	Host and professional wildlife photographer Doug Gardner discovers nesting woodpeckers and a fox den to photograph along the remote beaches on the Outer Banks of North Carolina with nature photographer Jared Lloyd.					
14:30:00	Destination Craft with Jim West Ireland	APTEX	(S)	(CC)	N/A	#102H
	Jim West explores the indigenous crafts of Ireland where master artisans teach dry felting, basket making, woodturning and creating the perfect Irish scones. Jim crafts an Irish rock wall, makes jewelry from Connemara marble, crochets Irish lace, and explores the traditions and culture of the enchanting Emerald Isle.					
15:00:00	Woodsmith Shop Top-Notch Chiseling to High-End Hardware	NETA	(S)	(CC)	N/A	#902H
	Take your chiseling techniques to the next level as the Woodsmith editors show you how to clean out a through mortise.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Cabinets and AI	APTEX	(S)	(CC)	N/A	#711H
	This week on Rough Cut Woodworking with Tommy Mac Tommy is joined by Rough Cut regular AI D'Atanasio to help him on his work station and cabinet in his ever evolving shop. No woodworking shop is complete without a work station for your tools and cabinets for storage, and AI is here to make sure Tommy does it right.					
16:00:00	Happy Yoga with Sarah Starr Majestic Golden Fields	NETA	(S)	(CC)	N/A	#102H
	Bask in the glory of the majestic golden wheat fields as we experience a modified yoga practice using a chair to improve posture and support movement in the whole body including balance and standing poses to open the hips and lengthen the hamstrings.					
16:30:00	Second Opinion Chronic Fatigue Syndrome	APTEX	(S)	(CC)	N/A	#1202H
	Patient Story: Chronic Fatigue Syndrome (CFS) is a debilitating chronic disease that has a significant impact on a person's quality of life. Because the cause is unknown, effective treatment is still out of reach for many patients. Danielle Warner's description of battling CFS every day is a heartbreaking one, as she longs for her once active and vibrant life. Her husband and caregiver, Tyrone, joins Danielle as they share the story of their life, and their uncertain future. Myth or Medicine: Is Chronic Fatigue Syndrome a psychiatric disorder? Second Opinion 5: Five things to know about Chronic Fatigue Syndrome.					
17:00:00	Immense Possibilities The Long View of Matthew Fox	NETA	(S)	(CC)	N/A	#601H
	Other than Pope Francis, he would likely be the most widely-read Christian clergyman in the world...if he were still a clergyman. Matthew Fox was expelled from the Dominican Order for spreading boldly rambunctious ideas on God and worship that became beacons for millions on their spiritual path. Dr. Fox sits down with us for a memorable half hour.					
17:30:00	Well Read Viet Thanh Nguyen / The Refugees	APTEX	(S)	(CC)	N/A	#619H
	Pulitzer prize winning author Viet Thanh Nguyen shares with Well Read audiences his second work of fiction, The Refugees. A book about the aspirations of those who leave one country for another, and the relationships and desires for self-fulfillment that define our lives.					
18:00:00	California's Gold California/China Connection	KCET		(CC)	N/A	#3010
	California and China have had a long and storied connection, the most well known is the Chinese laborers who helped build the California railroads. But on this adventure, Huell finds a few lesser-known examples of California's and China's Gold. A brief stop at the Golden State Bonsai Collection-North in Oakland introduces us to the Bonsai tree given to Chinese Envoy Anson Burlingame of the Lincoln Presidency. Burlingame opened China to the U.S. in the 1860s, and this souvenir from his tenure has been in the U.S. ever since. Huell's next stop is The Social Saloon of the SS China built in 1866. The passenger ship made many trips from the U.S. to China before it was beached on Belvedere Cove in 1886. Huell visits its beautifully restored gilded Victorian drawing room that was salvaged when the side-wheeler was burned for scrap metal.					

Sun, Nov 12, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Fringe Benefits	NETA	(S)	(CC)	N/A	#203H
19:00:00	Blackademics Television Blakes / Adair / Staples	KNME	(S)	(CC)	N/A	#502H
	A Hip Hop educator talks about student agency under teacher mentorship; An early childhood educator on raising anti-racist kids; An educational anthropologist talks about deeper self-love and self-care. Talks by Bavu Blakes, Jennifer Adair and Jeanine Staples.					
19:30:00	The Kamla Show Special Halfdan Hussy	KAMLA	(S)	(CC)	N/A	#130H
20:00:00	Black America Education In Black America with Jahana Hayes	EPS	(S)	(CC)	N/A	#107H
	Carol Jenkins sits down with Connecticut's 2016 Teacher of the Year, Jahana Hayes. Find out what message Jahana felt the school system sent to her that affected.					
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#207H
	Jeremy Lin won't be the only Asian American basketball player in the NBA if Jason Brickman can help it. We get the story from Reporter Paul Lin who visits the record-breaking NCAA point guard. Reporter Barry Mitchell introduces to us a cool and refreshing Bubble Tea hot spot in Brooklyn. Tinabeth Pina reports that Broadway musicals are a hit in Asia. Reporter Kyung Yoon invites us to explore how some Asian American adoptees redefine our perception of identity.					
21:00:00	Song Stage Brian from Goodbye Gravity (Indie Alternative) Vs. Christiana (Traditional Country)	NETA	(S)	(CC)	N/A	#201H
	Representing his college band, Brian sings and plays the accordion on his waltz-style song, Nightmares and Daydreams, but he'll have to overcome power Army vocalist and former drill-sergeant Christiana with her country song, Barefoot Mountain Child.					
21:30:00	Song Stage Juan Luchini (Latin Pop) Vs. Jessamyn Rains (Folk Rock)	NETA	(S)	(CC)	N/A	#202H
	Juan merges popular music in the United States with music from his home Argentina to create a catchy, fun-in-the-sun genre all his own. His competitor, Jessamyn, uses her music and her faith to battle depression, making for a clash of songs and styles that are polar opposites on stage.					
22:00:00	F.S. Key After The Song The Era of Good Feelings	APTEX	(S)	(CC)	N/A	#101H
	It starts a heartbeat after Jackson's battle of New Orleans and is a primer on early slavery.					
23:00:00	Sand Creek Massacre	APTEX	(S)	(CC)	N/A	#0H
	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.					

Mon, Nov 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Blakes / Adair / Staples A Hip Hop educator talks about student agency under teacher mentorship; An early childhood educator on raising anti-racist kids; An educational anthropologist talks about deeper self-love and self-care. Talks by Bavu Blakes, Jennifer Adair and Jeanine Staples.	KNME	(S)	(CC)	N/A	#502H
00:30:00	The Kamla Show Special Halfdan Hussy	KAMLA	(S)	(CC)	N/A	#130H
01:00:00	Black America Education In Black America with Jahana Hayes Carol Jenkins sits down with Connecticut's 2016 Teacher of the Year, Jahana Hayes. Find out what message Jahana felt the school system sent to her that affected.	EPS	(S)	(CC)	N/A	#107H
01:30:00	Asian American Life Jeremy Lin won't be the only Asian American basketball player in the NBA if Jason Brickman can help it. We get the story from Reporter Paul Lin who visits the record-breaking NCAA point guard. Reporter Barry Mitchell introduces to us a cool and refreshing Bubble Tea hot spot in Brooklyn. Tinabeth Pina reports that Broadway musicals are a hit in Asia. Reporter Kyung Yoon invites us to explore how some Asian American adoptees redefine our perception of identity.	EPS	(S)	(CC)	N/A	#207H
02:00:00	Song Stage Brian from Goodbye Gravity (Indie Alternative) Vs. Christiana (Traditional Country) Representing his college band, Brian sings and plays the accordion on his waltz-style song, Nightmares and Daydreams, but he'll have to overcome power Army vocalist and former drill-sergeant Christiana with her country song, Barefoot Mountain Child.	NETA	(S)	(CC)	N/A	#201H
02:30:00	Song Stage Juan Luchini (Latin Pop) Vs. Jessamyn Rains (Folk Rock) Juan merges popular music in the United States with music from his home Argentina to create a catchy, fun-in-the-sun genre all his own. His competitor, Jessamyn, uses her music and her faith to battle depression, making for a clash of songs and styles that are polar opposites on stage.	NETA	(S)	(CC)	N/A	#202H
03:00:00	F.S. Key After The Song The Era of Good Feelings It starts a heartbeat after Jackson's battle of New Orleans and is a primer on early slavery.	APTEX	(S)	(CC)	N/A	#101H
04:00:00	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
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#416
08:00:00	Mack & Moxy A Bop-Topuss's Garden/Ty The Grrrr "A Bop-Topuss's Garden" - Hey! Another Great Helpee is about to hatch! This time it's in the Giant Oyster Beds at the bottom of HelpeeLand Sea. Mack & Moxy, along with Trooper Georgia, plunge in and get hugged by a bubbly octopus named Penny and her multi-tasking mom, Mrs. Squiggly. As they bop their way to the Great Helpee, Mrs. Squiggly loses steam because she's been too busy to eat properly. Together the Heroes grow their own nutritious garden and with the energy from fresh fruits and vegetables, save the day! Meanwhile, Shelfish Sheldon spies and swiftly swims to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Melissa Fumero (Brooklyn 99) helps the Heroes' mission in support of the American Heart Association, building heart healthy lives for kids, families, and communities since 1924. "Ty the Grrrr" - To the Shimmerizer! Mack & Moxy hula to HelpeeLand, along with Trooper Tyree to rescue another Great Helpee. While in the Cool Green Jungle, they're pounced on by a playful cub named Ty the Grrrr who explains how all his friends have moved away because there's nowhere left to live. Together they find a solution. And of course, Shelfish Sheldon tries to snatch the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of World Wildlife Fund, which for over 50 years, has been committed to saving nature, conserving habitats, and protecting wildlife.	APTEX	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Dunkin' Zombie	APTEX	(S)	(CC)	N/A	#110H
	When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.					
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 2	ACCES		(CC)	N/A	#121H
09:30:00	Classical Stretch: The Esmonde Technique Triceps and Arms	APTEX	(S)	(CC)	DVI	#1008H
	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!					
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	It's Sew Easy Vacation Indulgences	NETA	(S)	(CC)	N/A	#1302H
	Take time off and plan a vacation. Designer Kay Whitt makes an easy, comfortable and adjustable waistband for skirts or pants. Sewing educator Joanne Banko makes any day a spa day with a luxurious waffle-weave spa robe with colorful custom trim.					
11:00:00	Knit and Crochet Now! Stylish Cardigans	APTEX	(S)	(CC)	DVI	#612H
	The knit Alabaster Cardigan by Cheryl Beckerich will be demonstrated by Kristin, and Ellen demonstrates the steps of the crochet Uptown Chic by Laura Gebhardt. Lastly, Lena presents the "how-tos" to make the crochet Star Stitch Long Cowl.					
11:30:00	Fons & Porter's Love of Quilting Lines By Design	NETA	(S)	(CC)	N/A	#2711H
	The quilt featured in this episode is named Clerestory, which refers to bringing light into a space. Patrick Lose and Debbie Grifka will discuss the use of negative space, applique and the selection of appropriate applique stitching to secure the roof pieces.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7076H
13:00:00	America's Test Kitchen from Cook's Illustrated Pantry Pastas	APTEX	(S)	(CC)	N/A	#1712H
	Host Bridget Lancaster uncovers the secrets for making perfect pasta e ceci. Next, tasting expert Jack Bishop challenges host Julia Collin Davison to a tasting of parmesan. Then, science expert Dan Souza reveals the science behind parmesan's signature flavor. Finally, test cook Elle Simone shows Bridget how to make the ultimate penne arrabbiata.					
13:30:00	Pati's Mexican Table	APTEX	(S)	(CC)	N/A	#605H
14:00:00	Steven Raichlen's Project Smoke Fire Meets Water	APTEX	(S)	(CC)	N/A	#303H
	Impeccably fresh local fish hits the grill in this show, which is devoted to the art of grilling seafood. Local Channel Island rockfish roasts on a Himalayan salt slab, served with a colorful melon mint relish. Tuna steaks come spice-rubbed and grill-blackened, sauced with spicy Cajun remoulade. Next, fire-roasted shrimp seasoned with deconstructed pesto. And for smoked fish lovers, gorgeous Alaskan king salmon cured with maple syrup and smoked over maple wood. Salt slab-grilled rockfish with melon mint relish; Grill-blackened tuna with Cajun remoulade; Grilled shrimp with deconstructed pesto; Maple-cured smoked king salmon.					
14:30:00	Steven Raichlen's Project Smoke Abc's of Smoke	APTEX	(S)	(CC)	N/A	#201H
	Smoking ranks among the world's most ancient and popular cooking methods. We begin season two with a refresher course on the basic smoking techniques and smokers, from rotisserie-smoking chicken to smoke-roasting bourbon-bacon pork loin. From low and slow-smoked "brisket on the bone" (beef plate ribs) to smoked pears with smoked whipped cream for dessert, you'll learn to smoke on a kettle grill, pellet smoker, electric smoker, and offset barrel smoker. Rotisserie-smoked chicken with drip pan root vegetables; Bourbon-brown sugar smoked pork loin; Brisket on the bone; Smoke-roasted pears.					

Mon, Nov 13, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Meaningful Gifts and Talismans Artist Catherine Bickford presents ideas for meaningful gifts, including the symbolism of color and design motifs. Catherine discusses the meaning and symbolism behind various design motifs and materials. She shows how to combine themes, materials, techniques and motifs to create a talisman necklace that has significance and well-wishes for the recipient. Fair trade beaded bangles are featured on Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2113H
15:30:00	Make It Artsy Assemblage 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.	NETA	(S)	(CC)	N/A	#102H
16:00:00	Biz Kid\$ Fundraising Can Be Fun 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.	APTEX	(S)	(CC)	DVI	#510H
16:30:00	Hands On Crafts for Kids People People keep life exciting. Jenny Barnett-Rohrs shows how to tag you and your best friends with matching lanyard tags. Candie Cooper celebrates diversity with whimsical cone kids. She also crafts one-of-a-kind wooden kokeshi dolls. Jenny uses age-old symbols to monoprint a family crest to frame or use for banners.	NETA	(S)	(CC)	DVI	#1906H
17:00:00	P. Allen Smith's Garden Home Best of Cooking P. Allen Smith highlights some of his favorite cooking segments from the first 15 seasons of Garden Home.	APTEX	(S)	(CC)	DVI	#1615H
17:30:00	Growing A Greener World Polyface Farms Polyface Farms is everything that industrialized farming is not. Here's an in depth look at how they are able to grow produce and raise food (beef, chickens, pigs, and turkeys) while stewarding the land at the same time.	APTEX	(S)	(CC)	N/A	#516H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14226H
18:30:00	Americas Now Wildlife Traffickers This week's lead story takes viewers to Peru where illegal wildlife trafficking is booming with increasing global markets. Dan Collyns reports on efforts to save the animals of the Amazon rain forest. Next: Americas Now features "Game Changer" which provides a profile of Guatemalan activist Editzar Castro Quiroz who has helped foster - something unique in Guatamala City - "Publnews Braille" an alternative information source providing new hope for the vision impaired.	NETA	(S)	(CC)	N/A	#133H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8161
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3544H
20:00:00	Music City Roots Live from the Factory Parker Millsap, Secret Sister, Blackberry Smoke New Americana star Parker Millsap brings bracing songs from Oklahoma. The Secret Sisters sing intimate classic country. And Southern rockers Blackberry Smoke strip down for a finely crafted acoustic set.	APTEX	(S)	(CC)	N/A	#412H
21:00:00	Live from the Dennison Lodge Dana Cooper Out of the heartland of America, stomping grounds of Truman and Twain, "powerhouse" troubadour Dana Cooper dedicated himself to a life of music over 40 years ago. This song poet engages and inspires audiences around the world with his quick wit, insightful stories and commanding presence.	NETA	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	The 46ers	NETA	(S)	(CC)	N/A	#0H
<p>The 46ers is a feature film that captures the imagination and inspiration of those who know scaling the 46 Adirondack Mountain High Peaks in northern New York State as a life-changing experience. The film explores the history of the men and women of the 46ers, a group that supports the hiking and preservation of the high peaks through all seasons. As spectacular as the vistas are as seen atop the High Peaks including Marcy, Cascade and Porter, so are the stories of individuals who embark on this incredible and sometimes treacherous journey. What makes them climb? What keeps them coming back year after year?</p>						
23:00:00	Painting The Falls of Yellowstone	NETA	(S)	(CC)	N/A	#0H
<p>A look at some of the most stunning, varied, and unique waterfalls in the Yellowstone National Park, with insight into internationally renowned artist M.C. Poulsen's vision and creative process for capturing their beauty.</p>						

Tue, Nov 14, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Wildlife Traffickers	NETA	(S)	(CC)	N/A	#133H
	This week's lead story takes viewers to Peru where illegal wildlife trafficking is booming with increasing global markets. Dan Collyns reports on efforts to save the animals of the Amazon rain forest. Next: Americas Now features "Game Changer" which provides a profile of Guatemalan activist Editzar Castro Quiroz who has helped foster - something unique in Guatemala City - "Publinews Braille" an alternative information source providing new hope for the vision impaired.					
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3544H
01:00:00	Music City Roots Live from the Factory Parker Milsap, Secret Sister, Blackberry Smoke	APTEX	(S)	(CC)	N/A	#412H
	New Americana star Parker Millsap brings bracing songs from Oklahoma. The Secret Sisters sing intimate classic country. And Southern rockers Blackberry Smoke strip down for a finely crafted acoustic set.					
02:00:00	Live from the Dennison Lodge Dana Cooper	NETA	(S)	(CC)	N/A	#102H
	Out of the heartland of America, stomping grounds of Truman and Twain, "powerhouse" troubadour Dana Cooper dedicated himself to a life of music over 40 years ago. This song poet engages and inspires audiences around the world with his quick wit, insightful stories and commanding presence.					
03:00:00	The 46ers	NETA	(S)	(CC)	N/A	#0H
	The 46ers is a feature film that captures the imagination and inspiration of those who know scaling the 46 Adirondack Mountain High Peaks in northern New York State as a life-changing experience. The film explores the history of the men and women of the 46ers, a group that supports the hiking and preservation of the high peaks through all seasons. As spectacular as the vistas are as seen atop the High Peaks including Marcy, Cascade and Porter, so are the stories of individuals who embark on this incredible and sometimes treacherous journey. What makes them climb? What keeps them coming back year after year?					
04:00:00	Painting The Falls of Yellowstone	NETA	(S)	(CC)	N/A	#0H
	A look at some of the most stunning, varied, and unique waterfalls in the Yellowstone National Park, with insight into internationally renowned artist M.C. Poulsen's vision and creative process for capturing their beauty.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#417
08:00:00	Mack & Moxy Get Up, Get Going/Always Be Prepared	APTEX	(S)	(CC)	N/A	#105H
	"Get Up, Get Going" - On your mark, get set, go! Somewhere in HelpeeLand, a Great Helpee is hatching! Mack & Moxy jump into action with Trooper Lauren and bump into a friendly teenager named Blump who spends his time playing video games and eating candy bars. When asked to help the Heroes find the Great Helpee at the top of the mountain, Blump slumps and sighs. But once he breaks a sweat and gets into shape bike riding, hooping, and hiking up the hill, he reaps the rewards of exercise. As always, Shelfish Sheldon tries to beat them to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Rachael Ray helps the Heroes in support of the President's Council on Fitness, Sports & Nutrition, whose mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. "Always Be Prepared" - This is not a drill! When Mack & Moxy zoom off to HelpeeLand with Trooper Jax to save another Great Helpee, they meet a cool kid named Kendling Pop-Pop Jr. He's busy drafting an escape plan for his house in case there's a fire. As they're looking for the Great Helpee in the house, the Kendling's smoke detector beeps. Remembering how to stay safe, they "get low and go." Meanwhile, Shelfish Sheldon scurries about to get the Great Helpee first so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Kal Penn (How I Met Your Mother, House M.D.) helps the Heroes' mission in support of the American Red Cross, dedicated to teaching emergency preparedness and providing disaster relief across the globe.					
08:30:00	Thomas Edison's Secret Lab A Monster of a Mystery	APTEX	(S)	(CC)	N/A	#111H
	When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.					
09:00:00	Functional Fitness with Suzanne Andrews Headache Prevention	ACCES		(CC)	N/A	#122H
09:30:00	Classical Stretch: The Esmonde Technique Stress Release Workout	APTEX	(S)	(CC)	DVI	#1009H
	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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Vestibular and Core Mary Ann combines a nice mix of vestibular and core work while Gretchen reinforces the importance of gait training exercises.	NETA	(S)	(CC)	N/A	#1407H
10:30:00	It's Sew Easy On The Go Arrive on time and in style. Embroidery expert Eileen Roche embroiders colorful and cool watchbands to add style to any outfit. Using versatile hardware, Carolina Moore creates the ultimate travel bag with roomy pockets for all your take-alongs. Upcycle designer Michelle Paganini has a tip for re-purposing notions and trims from resale garments.	NETA	(S)	(CC)	N/A	#1303H
11:00:00	Knit and Crochet Now! Headbands The Thai Garden Headband by Jenny King is a real head turner, and she shows us how to make it. Drew shows how to make a Loom-Knit Meadow Moss Headband by Brenda Myers. Next up is Lena with two cowls: The Big Cable Knit Cowl and The Big Cable Crochet Cowl.	APTEX	(S)	(CC)	DVI	#613H
11:30:00	Fons & Porter's Love of Quilting Strawberry Fields Quilt Quilts and quilt blocks can be inspired by nature. A picnic quilt is the perfect place to enjoy that nature inspired creation. Mary joined by Liz and Elizabeth Evans will teach the snowball block and variations to make a "strawberry" shape. They will also walk you through the assembly of their quilt.	NETA	(S)	(CC)	N/A	#2712H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7077H
13:00:00	Julie Taboulie's Lebanese Kitchen It's Taboulie Time Join the "Queen of Lebanese Cuisine", Julie Taboulie, as she pays a special tribute to her namesake dish and her culinary traditions. Throughout this visually vibrant show, Julie takes viewers back to memory lane of her Lebanese heritage and the dishes that she grew up eating ever since she was a young girl at her family's Lebanese table. It's tart, it's tangy and it's tasty. It's non-other than Julie Taboulie's namesake, signature salad, taste-bud-tantalizing taboulie Originating in the mountains of Mount Lebanon, this famous dish is known as the "Queen Salata" throughout the land and Julie shares all of her tips, tricks and techniques to make the tastiest taboulie. Julie also makes a couple trips to Mama's garden and to her very own herb-garden that Mama especially planted for her to gather all of her fresh ingredients for her recipes. While Julie's there she happily introduces viewers to her Uncle Dominick to answer their number one question to finally find how she got her stage name. Julie also shares her luscious lamb kabobs lahem mishwee that lead the way along with her Lebanese-style French fries batata maqlih inspired by her Sitto (Julie's grandmother) that are finished off with an authentic garlic, olive oil and lemon sauce famously called toum making this show so succulent that viewers will wish there was taste-a-vision.	APTEX	(S)	(CC)	DVI	#102H
13:30:00	Nick Stellino: Storyteller in the Kitchen Dish to Name Chef Stellino explains the process of naming a dish after someone you love while he prepares some of his favorites. Dishes include: Maureen's farro salad (A twist on farro) / gambero al cocchio (in shell shrimp cooked in wine) / Grandma's braciolo (meat with a moist stuffing) / Aunt Buliti's strawberries (a special twist on a fresh fruit cup featuring strawberries and oranges with a very special sauce).	APTEX	(S)	(CC)	N/A	#110H
14:00:00	Taste of History Yorktown - The Last Battle The Battle of Yorktown was more than just a victory for George Washington and the Continental Army, it was a global effort with history-changing coincidences. Come learn the exciting story of the final land battle of the American Revolution with Chef Walter Staib as he prepares Seafood Stew, Broad Beans with pork and duck, Fried Rabbit and more!"	NETA	(S)	(CC)	N/A	#809H
14:30:00	Christopher Kimball's Milk Street Television Milk Street Menu The episode begins with a short-cut to savor as Milk Street Cook Matthew Card shows host Christopher Kimball how to make no-sear lamb or beef, and chickpea stew. Spices help give the stew deep flavor and Chris learns more about these essential kitchen ingredients in Milk Street Cooking School. Milk Street Cook Catherine Smart shows how to make the pantry staple harissa at home. The show ends with Milk Street Cook Rayna Jhaveri teaching Chris how to make caramel oranges, a simple but effective dessert with a whiff of sixties glam.	APTEX	(S)	(CC)	N/A	#110H
15:00:00	Beads, Baubles and Jewels Getting Started In Jewelry Making With a few supplies and cold connection techniques, designer Abbi Berta quickly creates mixed media earrings. She also makes a textured cuff with a torch-fired patina to introduce metalwork. Viewer Leslie Rocha tells how her first jewelry class and love of music blossomed into a passion for making jewelry from guitar wire and picks.	NETA	(S)	(CC)	N/A	#2201H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ What to Do with a Windfall	APTEX	(S)	(CC)	DVI	#511H
	Congratulations - you have a windfall! Now what? Take a look at some investment alternatives and how to evaluate them based on time, risk, and rate of return. Meet several young entrepreneurs who were faced with a financial opportunity and see where they decided to invest their money.					
16:30:00	Hands On Crafts for Kids Animals	NETA	(S)	(CC)	DVI	#1907H
	Animals come in endless varieties. Inspired by ocean creatures, Jenny Barnett-Rohrs creates a sea-life totem. Candy Cooper crafts a piggy bank that holds bills and coins. Artist Franz Spohn adds animation to his favorite animals. Jenny crafts loony llamas from pool noodles.					
17:00:00	P. Allen Smith's Garden Home 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 Rooftop Farm, Brooklyn, Ny	APTEX	(S)	(CC)	N/A	#517H
	Sitting high above rush hour traffic is a full production, organic farm - growing food in only 8-12 inches of soil spread across the rooftop of a New York City building. We visit this incredible 1-acre farm and learn how they are creating a whole new model for locally grown urban food that can be duplicated anywhere in the world.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14227H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1201H
	Head south for an H2O harvest of crawfish in Louisiana. Sample some exotic recipes made with Belgian endive. Join the search as "working dogs" look for dangerous plant pests. Celebrate a special anniversary as an Ohio farm family marks 200 years of working their land.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8162
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1345H
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 Ashley Cleveland	NETA	(S)	(CC)	N/A	#1007H
	Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.					
21:00:00	Infinity Hall Live Dave Mason	APTEX	(S)	(CC)	N/A	#606H
	Dave Mason, a Rock and Roll Hall of Famer as a founding member of Traffic, and a hit solo artist in the 1970s, performs a rousing concert of his hits "Dear Mr. Fantasy," "Rock and Roll Stew," "Feelin' Alright," "Only You Know and I Know" and "We Just Disagree." The English singer songwriter and guitarist is joined by his own band on the Infinity Hall stage.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Smithville Fiddlers' Jamboree	NETA	(S)	(CC)	N/A	#2017H
<p>Since its beginning in 1972, the old-time Smithville Fiddlers' Jamboree and Crafts Festival has grown into a major event - paying homage to the music and art of our ancestors, reminding us of the simple pleasures to be had from gathering together and enjoying the pure, unadulterated sound of live Appalachian music. The 46th edition of this unique festival highlights dance and music competition of both Juniors and Seniors category in all disciplines of Appalachian heritage. Watch the climax of this festival as junior and senior fiddlers duel to determine the grand champion of the 46th Annual Smithville Fiddlers' Jamboree.</p>						
23:00:00	Do Not Go Gently	APTEX	(S)	(CC)	N/A	#0H
<p>Do Not Go Gently celebrates the lives, work and wisdom of three remarkable artists who have maintained their creative productivity well into their golden years. Their stories illustrate the role of creativity and art in contributing to a long, happy, healthy and vibrant life. Narrated by famed newsman (and nonagenarian) Walter Cronkite, Do Not Go Gently follows 82-year-old quilter Arlonzia Pettway, 90-year-old ballet dancer Frederic Franklin and 109-year-old composer Leo Ornstein through a typical day to illuminate their experiences as part of America's fastest-growing age group - men and women 85 and older. Do Not Go Gently uncovers the science of lifelong creativity through interviews with gerontologist Dr. Gene Cohen, whose groundbreaking work provides a deeper understanding of the aging brain. The program also documents the importance of creative outlets to elders with Alzheimer's disease and other age-related disabilities.</p>						

Wed, Nov 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Head south for an H2O harvest of crawfish in Louisiana. Sample some exotic recipes made with Belgian endive. Join the search as "working dogs" look for dangerous plant pests. Celebrate a special anniversary as an Ohio farm family marks 200 years of working their land.	APTEX	(S)	(CC)	N/A	#1201H
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1345H
01:00:00	Sun Studio Sessions The Memphis Dawls 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."	NETA	(S)	(CC)	N/A	#710H
01:30:00	Jammin at Hippie Jack's Ashley Cleveland Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.	NETA	(S)	(CC)	N/A	#1007H
02:00:00	Infinity Hall Live Dave Mason Dave Mason, a Rock and Roll Hall of Famer as a founding member of Traffic, and a hit solo artist in the 1970s, performs a rousing concert of his hits "Dear Mr. Fantasy," "Rock and Roll Stew," "Feelin' Alright," "Only You Know and I Know" and "We Just Disagree." The English singer songwriter and guitarist is joined by his own band on the Infinity Hall stage.	APTEX	(S)	(CC)	N/A	#606H
03:00:00	Smithville Fiddlers' Jamboree Since its beginning in 1972, the old-time Smithville Fiddlers' Jamboree and Crafts Festival has grown into a major event - paying homage to the music and art of our ancestors, reminding us of the simple pleasures to be had from gathering together and enjoying the pure, unadulterated sound of live Appalachian music. The 46th edition of this unique festival highlights dance and music competition of both Juniors and Seniors category in all disciplines of Appalachian heritage. Watch the climax of this festival as junior and senior fiddlers duel to determine the grand champion of the 46th Annual Smithville Fiddlers' Jamboree.	NETA	(S)	(CC)	N/A	#2017H
04:00:00	Do Not Go Gently Do Not Go Gently celebrates the lives, work and wisdom of three remarkable artists who have maintained their creative productivity well into their golden years. Their stories illustrate the role of creativity and art in contributing to a long, happy, healthy and vibrant life. Narrated by famed newsman (and nonagenarian) Walter Cronkite, Do Not Go Gently follows 82-year-old quilter Arlonzia Pettway, 90-year-old ballet dancer Frederic Franklin and 109-year-old composer Leo Ornstein through a typical day to illuminate their experiences as part of America's fastest-growing age group - men and women 85 and older. Do Not Go Gently uncovers the science of lifelong creativity through interviews with gerontologist Dr. Gene Cohen, whose groundbreaking work provides a deeper understanding of the aging brain. The program also documents the importance of creative outlets to elders with Alzheimer's disease and other age-related disabilities.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#418
08:00:00	Mack & Moxy A Spectrum of Possibilities/A Bop-Topuss's Garden "A Spectrum of Possibilities" - Time to rock! When a Great Helpee is about to hatch in the Musical Forest of HelpeeLand, Mack & Moxy are joined by Trooper Charlie, a boy with autism. They land high atop a colorful tree and see a Little Bird building his nest nearby. Confused as to why their new friend won't look at or talk to them, Trooper Charlie recognizes that Little Bird also has autism. Once they all celebrate the joys of being different, Little Bird's unique talents help them find their way to the Great Helpee! But cliff-climbing Shelfish Sheldon almost has it in his grasp, eager to keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Matt Lucas (Bridesmaids, Little Britain) helps the Heroes' mission in support of Easter Seals, helping individuals with disabilities and special needs, and their families, live better lives for nearly 100 years. "A Bop-Topuss's Garden" - Hey! Another Great Helpee is about to hatch! This time it's in the Giant Oyster Beds at the bottom of HelpeeLand Sea. Mack & Moxy, along with Trooper Georgia, plunge in and get hugged by a bubbly octopus named Penny and her multi-tasking mom, Mrs. Squiggly. As they bop their way to the Great Helpee, Mrs. Squiggly loses steam because she's been too busy to eat properly. Together the Heroes grow their own nutritious garden and with the energy from fresh fruits and vegetables, save the day! Meanwhile, Shelfish Sheldon spies and swiftly swims to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Melissa Fumero (Brooklyn 99) helps the Heroes' mission in support of the American Heart Association, building heart healthy lives for kids, families, and communities since 1924.	APTEX	(S)	(CC)	N/A	#106H
08:30:00	Thomas Edison's Secret Lab Electri-Kent! Kent discovers one of Edison's secret inventions - an exo-bodysuit: a steampunk Ironman device that turns him into a klutzy superhero.	APTEX	(S)	(CC)	N/A	#112H

Wed, Nov 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Interval Training	ACCES		(CC)	N/A	#123H
09:30:00	Classical Stretch: The Esmonde Technique Zero Impact Cardio In this episode of Classical Stretch, join Miranda Esmonde-White in splendid Jamaica! This all-standing zero impact cardio workout will get your blood flowing without stressing your joints.	APTEX	(S)	(CC)	DVI	#1010H
10:00:00	Sit and Be Fit 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	It's Sew Easy Take It with You Add function and style to what you carry and what you wear. Designer and author Kay Whitt shares ideas for strong and stylish handles for any purse or tote. Upcycle designer Michelle Paganini refashions a shirt, then adds color and high style with a cool double collar. Joanne Banko has a tip for making welt pockets.	NETA	(S)	(CC)	N/A	#1304H
11:00:00	Knit and Crochet Now! Versatile Shawls We are pleased to have new host Deborah Norville join us and this week it's all about shawls. Once upon a time shawls were mostly for warmth, but today they are very much a fashion item. Joining Deborah are Kristin Nicholas, who shows us how to knit up the lovely lace Rafael Shawl, and Ellen Gormley demonstrating the unique Star Zag Shawl. Ellen also joins us in the "Stitch of the Week" corner, giving tips and tricks on how to crochet the Solomon's Knot.	APTEX	(S)	(CC)	DVI	#701H
11:30:00	Fons & Porter's Love of Quilting Glorified Nine Patch Quilt The Glorified Nine Patch design begins with a simple varied nine patch, but with the use of a wonderful template set we show you how to create curves without end. Patrick joined by Colleen Tauke will give you expert techniques and tips for piecing graceful curved seams.	NETA	(S)	(CC)	N/A	#2713H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7078H
13:00:00	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
13:30:00	Taste The Islands with Chef Irie Pineapple Expressed Chef Thia and chef Irie prepare a menu with pineapple as the star in each dish. Starting with fresh made pineapple salsa, pineapple glazed pork with a mango and jicama salad, pineapple marmalade chicken skewers and finished with a new version of pineapple ginger cocktail. Co-host Lisa Lee chats with the reigning queen of soca music Alison Hinds.	APTEX	(S)	(CC)	N/A	#208H
14:00:00	Simply Ming Amanda Freitag Amanda Freitag from the Food Network's "Chopped" and "Iron Chef America" joins Ming to create two different pork dishes. It's all about the sear as Amanda prepares pork chops with crispy pancetta in a cast-iron skillet, while Ming whips up a pork scaloppini with lap chong and leek salsa and caramelized apples.	APTEX	(S)	(CC)	N/A	#1506H
14:30:00	Cook's Country Plenty of Garlic and Parm Bridget Lancaster shows Julia Collin Davison how to make an authentic version of a Basque favorite, garlic fried chicken. Equipment expert Adam Ried shares his top pick for budget-friendly Dutch ovens. Test cook Ashley Moore shows Bridget how to make the ultimate crispy parmesan potatoes.	APTEX	(S)	(CC)	N/A	#1011H
15:00:00	Beads, Baubles and Jewels Make It Colorful Color adds an extra pop to any jewelry design. Designer and author Ameer 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.	NETA	(S)	(CC)	N/A	#2210H

Wed, Nov 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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\$ Businesses Going Green	APTEX	(S)	(CC)	DVI	#512H
	Going green is worthwhile and good for the bottom line. Explore the profitable side of going green, and learn how to distinguish between what's hype, and what's hip. Meet two college grads who learned how to make a profit from the coffee grounds up.					
16:30:00	Hands On Crafts for Kids Stylish	NETA	(S)	(CC)	DVI	#1908H
	Freshen up your style statement. Jenny Barnett-Rohrs fashions a colorful ID bracelet from clay and makes a foxy felt animal pouch. Jenny weaves a trendy beaded bracelet of silver and gold. Then, using fabric and ribbon, Jenny creates a decorator-style memo board to stay organized.					
17:00:00	P. Allen Smith's Garden Home 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 Veteran Farmers: Jacksonville, FL	APTEX	(S)	(CC)	N/A	#518H
	As veterans return home from war, a troubled economy can make finding jobs in the private sector even harder. Combined with the difficulties of readjusting to "normal routines" many are finding careers in organic farming to be the perfect combination of mental therapy, healthy activity, and positive reinforcement as they re-enter the workforce, just at a time when organic farmers are needed more than ever.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14228H
18:30:00	Great Decisions In Foreign Policy China's Maritime Build-Up	NETA	(S)	(CC)	N/A	#803H
	China is building up its maritime presence, investing heavily in its Navy, and ambitiously advancing territorial claims in the South and East China seas. Does this maritime expansionism indicate a more aggressive foreign policy or is it simply the next logical step in China's growth?					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8163
19:30:00	In Good Shape Tick Alert!	WNVC	(S)	(CC)	N/A	#442H
	Ayurveda is five thousand years old. What are the benefits of traditional Indian medicine? Also, tick alert! What are the best ways to protect ourselves against tick bites? And: are artificial sweeteners a healthy alternative to sugar, or just as bad for you?					
20:00:00	The Lowertown Line. The Lowertown Line: The Blind Shake	APTEX	(S)	(CC)	N/A	#109H
	Three-piece garage rock band The Blind Shake performs live at The Amsterdam Bar and Hall in Saint Paul. Their music combines '60's psychedelic influences with a contemporary punk rock sound. The band talks about their aesthetic, their penchant for old school recording techniques, and Minnesota's connection to surf music. Songs performed: I'm Not an Animal, Old Lake, Fly Right, Young Carnival Waste, Calligraphy, Tar Paper.					

Wed, Nov 15, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#308H
<p>Artists: Liz Longley, Robby Hecht, Sally Fingerett, and hosted by songwriter Eric Gnezda. Artist Bio: Liz Longley, signed with Sugar Hill Records, is a native of Philadelphia and graduate of Berklee College of Music, in Boston. The award-winning songwriter has taken home top prizes at some of the most prestigious competitions in the country, including the BMI John Lennon Songwriting Scholarship Competition, the International Acoustic Music Awards and the Rocky Mountain Folk Fest Songwriting Competition. She invites comparisons to Shawn Colvin, Paula Cole and Nanci Griffith. Liz sings, "Weightless," and "Camaro." lizlongley.com. Artist Bio: Robbie Hecht, of Nashville, has distinguished himself as the second coming of James Taylor, a gentler Damien Jurado. But whatever the comparisons, it's hard to miss that his songwriting is distinct and individual. Across his four indie releases, he doesn't shy from the obvious rhyme, but manages it with a delicate audacity, placing it only where it best serves the story or the mood. Robby has won many prestigious national performing songwriter awards, including the Kerrville New Folk, Telluride Troubadour and the Rocky Mountain Folks Festival Songwriting Competitions. He performs "Pot of Gold." Artist Bio: Sally Fingerett is a founding member of the musical comedy group, The Four Bitchin' Babes. Also a solo artist, she has released five CDs, which include duets with Janis Ian, Jonathan Edwards, and a song co-written with Tom Paxton. As a Kerrville New Folk Award Winner for songwriting, Sally's composition, "Home Is Where the Heart Is," was recorded by Peter, Paul, and Mary. She has appeared in Putamayo's Songwriter Festival at NY's Carnegie Hall, and was a featured musical guest on Michael Feldman's Whad'Ya Know, NPR's Mountain Stage, and CBS Sunday Morning. She is also author of The Mental Yentl, Stories from a Lifelong Student of Crazy. Sally sings, "Boy on Wheels."</p>						
21:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#102H
<p>Performances by The Arcs, The Jesus and Mary Chain, MS MR and Frank Turner, with an interview from NPR's Bob Boilen and comedy from Tony Rock and Hannibal Burress.</p>						
22:00:00	Voices for Freedom: The Hyers Sisters' Legacy	NETA	(S)	(CC)	N/A	#0H
<p>In the perilous 1870's and 80's, when night riders and lynching terrorized African Americans and black-face minstrels ridiculed them across the land, The Hyers Sisters (African American touring-opera prodigies) stood up against this ridicule and oppressive imaging with unique musical works and thus became Voices for Freedom. These works changed minds and hearts for 20 years while bringing the first black leading players to the mainstream stage, integrating casting for the first time, and creating the first American musicals. The Hyers influenced all Music Theater to come and yet remain unsung -- 'til now. This half-hour performance documentary celebrates their rich legacy in word and song, with internationally renowned artists and an inspiring story. Enactment, narration, a hip-hop commentator, and expert commentary reveal the social struggles of their day and shed light on our own. Super star Denyce Graves-Montgomery hosts.</p>						
22:30:00	Labyrinth Journeys	NETA	(S)	(CC)	N/A	#0H
<p>In an age when consumers are clamoring for the latest smartphones, tablets and apps, many people are turning to a 4,000-year-old symbol and structure to find comfort and meaning in their lives: the labyrinth. "Labyrinth Journeys" presents the stories of adults, teenagers and children who use seven Washington, D.C. area labyrinths as tools for healing, rehabilitation, meditation, stress reduction, spiritual awareness and playful exploration. A breast cancer survivor, an Iraq War veteran, an individual facing unemployment, a mother caring for her ill son, an office worker seeking a peaceful oasis during the work day, and two high school students dealing with the stresses of school are among the individuals who share their experience of walking the labyrinth.</p>						
23:00:00	Turmoil & Triumph: The George Shultz Years A Call to Service	NETA	(S)	(CC)	N/A	#101H
<p>A Call to Service introduces the new Secretary through the details of how his early life, his service as a U.S. Marine, and his academic career as a free market economist at the Massachusetts Institute of Technology and as Dean of the Business School at the University of Chicago led to his early cabinet posts as Secretary of Labor and Treasury under President Nixon.</p>						

Thu, Nov 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy China's Maritime Build-Up China is building up its maritime presence, investing heavily in its Navy, and ambitiously advancing territorial claims in the South and East China seas. Does this maritime expansionism indicate a more aggressive foreign policy or is it simply the next logical step in China's growth?	NETA	(S)	(CC)	N/A	#803H
00:30:00	In Good Shape Tick Alert! Ayurveda is five thousand years old. What are the benefits of traditional Indian medicine? Also, tick alert! What are the best ways to protect ourselves against tick bites? And: are artificial sweeteners a healthy alternative to sugar, or just as bad for you?	WNVC	(S)	(CC)	N/A	#442H
01:00:00	The Lowertown Line. The Lowertown Line: The Blind Shake Three-piece garage rock band The Blind Shake performs live at The Amsterdam Bar and Hall in Saint Paul. Their music combines '60's psychedelic influences with a contemporary punk rock sound. The band talks about their aesthetic, their penchant for old school recording techniques, and Minnesota's connection to surf music. Songs performed: I'm Not an Animal, Old Lake, Fly Right, Young Carnival Waste, Calligraphy, Tar Paper.	APTEX	(S)	(CC)	N/A	#109H
01:30:00	Songs at the Center Artists: Liz Longley, Robby Hecht, Sally Fingerett, and hosted by songwriter Eric Gnezda. Artist Bio: Liz Longley, signed with Sugar Hill Records, is a native of Philadelphia and graduate of Berklee College of Music, in Boston. The award-winning songwriter has taken home top prizes at some of the most prestigious competitions in the country, including the BMI John Lennon Songwriting Scholarship Competition, the International Acoustic Music Awards and the Rocky Mountain Folk Fest Songwriting Competition. She invites comparisons to Shawn Colvin, Paula Cole and Nanci Griffith. Liz sings, "Weightless," and "Camaro." lizlongley.com. Artist Bio: Robbie Hecht, of Nashville, has distinguished himself as the second coming of James Taylor, a gentler Damien Jurado. But whatever the comparisons, it's hard to miss that his songwriting is distinct and individual. Across his four indie releases, he doesn't shy from the obvious rhyme, but manages it with a delicate audacity, placing it only where it best serves the story or the mood. Robby has won many prestigious national performing songwriter awards, including the Kerrville New Folk, Telluride Troubadour and the Rocky Mountain Folks Festival Songwriting Competitions. He performs "Pot of Gold." Artist Bio: Sally Fingerett is a founding member of the musical comedy group, The Four Bitchin' Babes. Also a solo artist, she has released five CDs, which include duets with Janis Ian, Jonathan Edwards, and a song co-written with Tom Paxton. As a Kerrville New Folk Award Winner for songwriting, Sally's composition, "Home Is Where the Heart Is," was recorded by Peter, Paul, and Mary. She has appeared in Putamayo's Songwriter Festival at NY's Carnegie Hall, and was a featured musical guest on Michael Feldman's Whad'Ya Know, NPR's Mountain Stage, and CBS Sunday Morning. She is also author of The Mental Yentl, Stories from a Lifelong Student of Crazy. Sally sings, "Boy on Wheels."	APTEX	(S)	(CC)	N/A	#308H
02:00:00	Live at 9:30 Performances by The Arcs, The Jesus and Mary Chain, MS MR and Frank Turner, with an interview from NPR's Bob Boilen and comedy from Tony Rock and Hannibal Burress.	NACC	(S)	(CC)	N/A	#102H
03:00:00	Voices for Freedom: The Hyers Sisters' Legacy In the perilous 1870's and 80's, when night riders and lynching terrorized African Americans and black-face minstrels ridiculed them across the land, The Hyers Sisters (African American touring-opera prodigies) stood up against this ridicule and oppressive imaging with unique musical works and thus became Voices for Freedom. These works changed minds and hearts for 20 years while bringing the first black leading players to the mainstream stage, integrating casting for the first time, and creating the first American musicals. The Hyers influenced all Music Theater to come and yet remain unsung -- 'til now. This half-hour performance documentary celebrates their rich legacy in word and song, with internationally renowned artists and an inspiring story. Enactment, narration, a hip-hop commentator, and expert commentary reveal the social struggles of their day and shed light on our own. Super star Denyce Graves-Montgomery hosts.	NETA	(S)	(CC)	N/A	#0H
03:30:00	Labyrinth Journeys In an age when consumers are clamoring for the latest smartphones, tablets and apps, many people are turning to a 4,000-year-old symbol and structure to find comfort and meaning in their lives: the labyrinth. "Labyrinth Journeys" presents the stories of adults, teenagers and children who use seven Washington, D.C. area labyrinths as tools for healing, rehabilitation, meditation, stress reduction, spiritual awareness and playful exploration. A breast cancer survivor, an Iraq War veteran, an individual facing unemployment, a mother caring for her ill son, an office worker seeking a peaceful oasis during the work day, and two high school students dealing with the stresses of school are among the individuals who share their experience of walking the labyrinth.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Turmoil & Triumph: The George Shultz Years A Call to Service A Call to Service introduces the new Secretary through the details of how his early life, his service as a U.S. Marine, and his academic career as a free market economist at the Massachusetts Institute of Technology and as Dean of the Business School at the University of Chicago led to his early cabinet posts as Secretary of Labor and Treasury under President Nixon.	NETA	(S)	(CC)	N/A	#101H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#419

Thu, Nov 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Mack & Moxy S.T.E.M. Strong/Get Up, Get Going	APTEX	(S)	(CC)	N/A	#107H
	"S.T.E.M. Strong" - 3-2-1 Blast off! On this mission to save another Great Helpee, the Heroes need Science, Technology, Engineering and Math. With Trooper Xolo, an aspiring engineer, Mack & Moxy head to HelpeeLand and come across a math-loving new friend named Munch Munch. But they're in for a big surprise when they discover that the Great Helpee is hatching atop a volcano covered in hot lava! Together they solve the problem by building a robot. Only one variable - Shelfish Sheldon is bounding up the hillside on a pogo-stick, perfectly poised to pounce and keep all the Great Helpee's happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Citizen Schools, an education program that, through mentoring, helps thousands of middle school students across the US discover and achieve their dreams. "Get Up, Get Going" - On your mark, get set, go! Somewhere in HelpeeLand, a Great Helpee is hatching! Mack & Moxy jump into action with Trooper Lauren and bump into a friendly teenager named Blump who spends his time playing video games and eating candy bars. When asked to help the Heroes find the Great Helpee at the top of the mountain, Blump slumps and sighs. But once he breaks a sweat and gets into shape bike riding, hooping, and hiking up the hill, he reaps the rewards of exercise. As always, Shelfish Sheldon tries to beat them to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Rachael Ray helps the Heroes in support of the President's Council on Fitness, Sports & Nutrition, whose mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.					
08:30:00	Thomas Edison's Secret Lab It Take One to Grow One	APTEX	(S)	(CC)	N/A	#113H
	JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him.					
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout with the Ball	ACCES		(CC)	N/A	#124H
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 Breathing	NETA	(S)	(CC)	N/A	#1409H
	Mary Ann offers several techniques to develop healthy breathing habits.					
10:30:00	It's Sew Easy Tropical Destinations	NETA	(S)	(CC)	N/A	#1305H
	Create breezy garments that are your go-to wearables for tropical destinations. Designer Angela Wolf sews a perfect t-shirt to wear alone or under a jacket. Pattern designer and fabric expert Linda Lee shares tips for sewing on sheer fabrics inspired by a beautiful silk chiffon jacket or cover up. Michelle Paganini has more upcycling tips.					
11:00:00	Knit and Crochet Now! Slip Into Slippers	APTEX	(S)	(CC)	DVI	#702H
	Everybody's got feet, and when it gets cold, those feet get chilly! Today Lena Skvagerson shows Deborah Norville how to stitch up the Walk of Fame textured unisex slippers with a wrap around cuff and Rohn Strong shows us how to crochet the Fireside Slippers, which are moccasin style slippers for both men and women. Lena's in the stitch corner with the Knit Blackberry Stitch.					
11:30:00	Fons & Porter's Love of Quilting Folk Dance	NETA	(S)	(CC)	N/A	#2801H
	There are dozens of "traditional" quilt block designs. This episode features a quilt that uses one of those blocks - the Fons & Porter Pickle Dish Template Set makes the cutting and piecing of this block more enjoyable. Mary and Marianne Fons will guide you through the construction of the block, with tips that make your patchwork trouble-free.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7079H
13:00:00	The Jazzy Vegetarian Vegan Drive-In	NETA	(S)	(CC)	N/A	#606H
	Host Laura Theodore prepares vegan "take-out" style recipes. Sunny Black Bean Burgers bring a ray of sunshine to the meal, with protein-rich ingredients like black beans, sunflower seeds, and walnuts. Better Than Apple Pie is a yummy, plant-based version of apple pastries served at local fast-food restaurants. On the side, Confetti Fries add classic taste, while Colorful Coleslaw with a Kick makes a spicy addition to any fun meal!					

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Thu, Nov 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Sara's Weeknight Meals Holiday Sides	APTEX	(S)	(CC)	N/A	#603H
	The winter is full of big family meals where you really have to be on your game to get food on the table all at once. Sara shows a little love to the unsung heroes of the big meal, the sides. She's got delicious winter vegetables like shredded butternut squash with dates, Brussels sprouts with panko breadcrumbs and a creamy tahini sauce, plus a creamy root vegetable soup that can stand on its own as a main course or serve as a first course. And for the hungry cook: apple nutmeg bites to tide you over until dinnertime. Recipes: Root vegetable soup with pita crisps; Shredded butternut squash with dates; Brussels sprouts with panko; Apple nutmeg bites 3.					
14:00:00	Joanne Weir Gets Fresh Summer Squash	APTEX	(S)	(CC)	N/A	#114H
	In this special episode, Joanne takes us on a visit to her longtime friend and mentor Alice Water's Edible Schoolyard Project. We'll see what kind of work Alice is doing to give back to children, along with learning alongside Joanne's student how to make a fresh Farmer's Market Risotto with Squash Blossoms and Halibut Skewers with Pistachio-Mint Salsa. Recipes: Farmer's Market Risotto with Squash Blossoms, Grilled Halibut with Squash Ribbons, Pistachio-mint Salsa Student: Ali Levesque.					
14:30:00	New Scandinavian Cooking Summer on a Plate	APTEX	(S)	(CC)	N/A	#506H
	In the Eastern Norway seaport of Hvaler, Andreas makes several coastal delicacies, including blue mussels grilled with fresh herbs and flatfish in a nutty butter sauce. As a main course, Andreas oven-roasts a chicken and tops off the meal with a milkshake using the season's first strawberries.					
15:00:00	Beads, Baubles and Jewels Beading with Friends	NETA	(S)	(CC)	N/A	#2203H
	It's fun to bead with friends. With a color palette for inspiration, Erin Prais-Hintz spills her beading secrets as she and Katie plan a beading party and give you more ideas for jewelry-making get-togethers. Katie uses vintage-style sliders to make glamorous chandelier earrings.					
15:30:00	Make It Artsy Nature	NETA	(S)	(CC)	N/A	#105H
	Just step outside to find artsy inspiration in nature. Calligrapher Janet Takahashi adds floral accents to plain lettering. Metalsmith Mary Hettmansperger adds patinas to copper. Art entrepreneur Jenn Mason captures nature's beauty in monostenciling. Julie Fei Fan Balzer has a tip for printing designs with items from nature.					
16:00:00	Biz Kid\$ All in the Family	APTEX	(S)	(CC)	DVI	#513H
	Does your family talk marketing over meatloaf? Do you know someone who tracks revenue at the family reunion? Family-run businesses come in all shapes and sizes whether you're a mom-and-pop shop or the Ford Motor Corporation. Learn how families work, grow, and fight their way to profits.					
16:30:00	Hands On Crafts for Kids Imagination	NETA	(S)	(CC)	DVI	#1909H
	Unleash your imagination. Using rolling pins, Jenny Barnett-Rohrs creates all kinds of textures. Candie Cooper creates little superheroes to showcase her creative writing. Franz Spohn draws a picture from a poem and Jenny makes an ever-lasting lunch from felt.					
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 Hyper Local - Heirloom Apples & Craft Beers: New Hampshire	APTEX	(S)	(CC)	N/A	#519H
	Chain grocery stores are only interested in food that ships well and stores long. That is why with over 2,500 different types of apples grown in the United States, only 6 can be found in the typical store. But by eating local and in season, we are exposed to incredible flavors not found anywhere else and we can savor the food products of creative artisans who only source local ingredients. In this episode, we visit an organic farmer who sells 70 different varieties of heirloom apples to learn the secrets of peak flavor and how we can grow some of these varieties ourselves. And we visit a nano-brewery who takes production full circle by only sourcing local grains, fruits and vegetables while repurposing all their byproducts back to local farmers.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14229H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1421H

Thu, Nov 16, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8164
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1111H
20:00:00	Backstage Pass Chris Canas Band	NETA	(S)	(CC)	N/A	#705H
	Detroit-based Chris Canas brings the blues with a homestyle feel to a new generation. Highlights: "Little Bluebird," with guest "Frog" Forgey and the title track of the new album "Would Ya Mind." In the band with Canas are Angela Cottingham, vocals; Kevin Schoepke, bass; Michael Scott, drums; and Chris Nordman, keyboards. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
20:30:00	Music Voyager New Orleans: The Perfect Musical Storm	APTEX	(S)	(CC)	N/A	#203H
	"Nawlins"...the Crescent City, where the local music and cuisine share a lot in common: both are spicy, fused with a multicultural mix of ingredients, and one taste only makes you hunger for more. Host Jacob Edgar arrives during the build-up to Mardi Gras. His musical journey moves from the classic jazz at Preservation Hall to the sounds of trumpeter Irvin Mayfield at his club on Bourbon Street. Virtuoso Troy "Trombone Shorty" Andrews treats Edgar to a searing demonstration of his talents, followed by an intimate get-together with crooner Jeremy Davenport. Cameras capture a scorching jam with Cyril Neville and Galactic at the famed Tiptitina's and local legend Kermit Ruffins at his annual Mardi Gras morning barbeque party.					
21:00:00	Xerox Rochester International Jazz Festival Kent Sangster Obsessions Octet	APTEX	(S)	(CC)	N/A	#803H
	The Obsessions Octet was founded in 2005 by Kent Sangster a jazz saxophonist, and his wife Joanna Ciapka-Sangster, a classically trained violinist, out of their long- held desire to make music together. This group is the most innovative, ambitious, crazy and satisfying project that they have undertaken to date. The distinct sound of this group is an elegant blend of classical, Latin and jazz elements, performing works by Astor Piazzolla, Chucho Valdes, Cole Porter and a collection of Kent Sangster's original compositions.					
22:00:00	For The Generations: Native Story and Performance	NETA	(S)	(CC)	N/A	#0H
	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.					
23:00:00	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.					

Fri, Nov 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Focus On Europe	WNVC	(S)	(CC)	N/A	#3545H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1111H
01:00:00	Backstage Pass Chris Canas Band	NETA	(S)	(CC)	N/A	#705H
	Detroit-based Chris Canas brings the blues with a homestyle feel to a new generation. Highlights: "Little Bluebird," with guest "Frog" Forgey and the title track of the new album "Would Ya Mind." In the band with Canas are Angela Cottingham, vocals; Kevin Schoepke, bass; Michael Scott, drums; and Chris Nordman, keyboards. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
01:30:00	Music Voyager New Orleans: The Perfect Musical Storm	APTEX	(S)	(CC)	N/A	#203H
	"Nawlins"...the Crescent City, where the local music and cuisine share a lot in common: both are spicy, fused with a multicultural mix of ingredients, and one taste only makes you hunger for more. Host Jacob Edgar arrives during the build-up to Mardi Gras. His musical journey moves from the classic jazz at Preservation Hall to the sounds of trumpeter Irvin Mayfield at his club on Bourbon Street. Virtuoso Troy "Trombone Shorty" Andrews treats Edgar to a searing demonstration of his talents, followed by an intimate get-together with crooner Jeremy Davenport. Cameras capture a scorching jam with Cyril Neville and Galactic at the famed Tiptitina's and local legend Kermit Ruffins at his annual Mardi Gras morning barbeque party.					
02:00:00	Xerox Rochester International Jazz Festival Kent Sangster Obsessions Octet	APTEX	(S)	(CC)	N/A	#803H
	The Obsessions Octet was founded in 2005 by Kent Sangster a jazz saxophonist, and his wife Joanna Ciapka-Sangster, a classically trained violinist, out of their long- held desire to make music together. This group is the most innovative, ambitious, crazy and satisfying project that they have undertaken to date. The distinct sound of this group is an elegant blend of classical, Latin and jazz elements, performing works by Astor Piazzolla, Chucho Valdes, Cole Porter and a collection of Kent Sangster's original compositions.					
03:00:00	For The Generations: Native Story and Performance	NETA	(S)	(CC)	N/A	#0H
	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.					
04:00:00	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.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#420
08:00:00	Mack & Moxy Help Is on the Way/Play It Again, Mack	APTEX	(S)	(CC)	N/A	#111H
	"Help is On the Way" - All hands on deck! A Great Helpee needs rescuing! Mack & Moxy shimmerize off with Trooper Quinn where they're greeted by Sheriff Hiya, an amiable eagle who's always of service to the residents of HelpeeLand. As the Sheriff's assistance is requested by a neighbor in need, the Heroes continue on their journey. But when Shelfish Sheldon plays a sneaky trick so he can keep the Great Helpee for himself, the Heroes fall to the bottom of a very deep pit and can't get out. Then they remember Sheriff Hiya's advice about dialing 9-1-1 if there's an emergency. They call the number and help is immediately on its way - just in time for the Great Helpee to hatch! A celebrity cast including Hank Azaria (The Simpsons, Family Guy) helps the Heroes' mission in support of the Orange County Sheriff's Department and law enforcement across the nation dedicated to protecting and serving citizens and communities. "Play it Again, Mack" - Get in the game! Mack & Moxy team up with Trooper Sydnee to save another Great Helpee. When they bounce over to HelpeeLand School, they run into a rabbit named Patch who is sad because recess has become too rowdy and no one wants to play anymore. To cheer Patch up, the Heroes start a lively game of foursquare. But when a disagreement develops over who won, Trooper Sydnee suggests Rock, Paper, Scissors to settle the dispute. It works like a charm except for one problem - Shelfish Sheldon is about to snatch the Great Helpee and keep all its happiness for himself! A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of PlayWorks, a nation-wide program promoting the power of play and creating a place for every kid on the playground to feel included, be active, and build valuable social skills.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#114H

Fri, Nov 17, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout	ACCES		(CC)	N/A	#125H
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 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	It's Sew Easy Travel In Style Be prepared for temperature changes indoors and out. Couture designer Angela Wolf sews a fashion-forward circle sweater with trendy peek-a-boo shoulders. Embroidery expert Eileen Roche captures travel memories in colorful embroidered patches using the most advanced embroidery technology. Sewing educator Joanne Banko has a tip for making an elegant evening bag to pack and take anywhere.	NETA	(S)	(CC)	N/A	#1306H
11:00:00	Knit and Crochet Now! Vested Interest Today we are feeling funky! Deborah Norville is joined by Robyn Chachula and Kristin Nicholas who are here with two Boho inspired long vests. First up is Robyn with a crochet fringed vest, the Boho Vest, and then Kristin will go over how to knit the Ashbury Vest, featuring a garter stitch stripe and fair isle. Then we'll take a trip to the stitch corner where Ellen will show how to do the Crochet Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#703H
11:30:00	Fons & Porter's Love of Quilting 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	#7080H
13:00:00	Ellie's Real Good Food The Goods On Gluten-Free There's a gluten-free explosion days, but how much of it is real and how much of it is hype? Ellie demystifies the gluten issue once and for all with the help of her stepbrother and yoga instructor David Wilder, who has celiac disease. In this episode, Ellie also underscores just how many foods are naturally gluten-free, with recipes that will satisfy everyone. Recipes: Multigrain pancakes; Steak au poivre salad; Roasted salmon and fennel with lemon and thyme. 3 Ingredient Recipe: Greek yogurt with warm walnuts and honey.	APTEX	(S)	(CC)	N/A	#107H
13:30:00	Annabel Langbein: The Free Range Cook Life's A Picnic 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.	APTEX	(S)	(CC)	N/A	#111H
14:00:00	Chef John Besh's New Orleans Oyster Dressing, Cornbread and Crawfish Dressing, and Shrimp and Mirliton Dressing.	APTEX	(S)	(CC)	DVI	#126H
14:30:00	Jacques Pepin: Heart & Soul La Cocina Ole Annual trips to Mexico and visits with fellow chef Rick Bayless are the inspiration for Jacques' tasty garlic and pasilla soup. Jacques continues the Mexican-themed menu as he demonstrates his chicken with chili sauce and achiote rice, a recipe that boasts bright, bold aromas and textures. Finally, Jacques puts leftover bananas to good use for his simply scrumptious banana gratin dessert.	APTEX	(S)	(CC)	N/A	#107H
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	Make It Artsy Color	NETA	(S)	(CC)	N/A	#106H
	Color adds impact to your designs. Host Julie Fei Fan Balzer adds color to dark backgrounds. Color explodes from collaged bags from crafty chica Kathy Cano-Murillo. Designer Mou Saha transforms a coloring book page into a watercolor painting. In the tip, mixed media artist Dina Wakley pours onto her journal pages.					
16:00:00	Biz Kid\$ Who Wants to Be A Millionaire?	APTEX	(S)	(CC)	N/A	#601H
	Most people say 'yes' even though their actions say 'no'. Don't be one of those people! Biz Kid\$ will show you how you can develop your MDM (Million Dollar Mindset), maximize saving strategies, and get the best return on your investments so you can take advantage of the power of compound interest. You won't get rich overnight but eventually you'll be making millions.					
16:30:00	Hands On Crafts for Kids Sci-Fi	NETA	(S)	(CC)	DVI	#1910H
	Travel to the future for new adventures. Jenny Barnett-Rohrs builds a robot tray to hold coins and treasures. Then, she creates a mysterious sea creature. Franz Spohn launches aliens into outer space and Jenny makes futuristic sculptures from foam.					
17:00:00	P. Allen Smith's Garden Home 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 Winter Greenhouse School: Manhattan, Ny	APTEX	(S)	(CC)	N/A	#520H
	We visit a public school in the heart of NYC that uses a rooftop greenhouse to teach lessons in sustainability and environmental stewardship.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14230H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1345H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8165
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#944H
20:00:00	Song of the Mountains Blue Mafia / Ralph Stanley II & The Clinch Mountain Boys	NETA	(S)	(CC)	N/A	#1216H
21:00:00	Woodsongs Peter Rowan and J2b2 (John Jorgenson Bluegrass Band)	NETA	(S)	(CC)	N/A	#2007H
	PETER ROWAN is a true music legend with a career spanning over five decades. From his days with Bill Monroe as a Bluegrass Boy to his work with Tony Rice, from Jerry Garcia and the Grateful Dead to his Grammy-winning albums with David Grisman, Rowan is a Grammy Award- winner and six-time Grammy nominee. His latest project is 'My Aloha' recorded in Honolulu with traditional Hawaiian musicians. J2B2 (John Jorgenson Bluegrass Band) is an all-star bluegrass supergroup featuring four legendary, Grammy Award-winning musicians - John Jorgenson on acoustic guitar, mandolin and vocals; Herb Pedersen on banjo, acoustic guitar and vocals; Patrick Sauber on acoustic guitar and vocals, and Mark Fain on bass - delivering bluegrass like no one has ever heard it before. John is another true music icon. He, along with Herb, are founding members of the Desert Rose Band and is one of America's most adventurous guitar masters. WoodSongs Kids: The Riegle Family Band is a bluegrass string quartet from Muncie, Indiana.					
22:00:00	Film School Shorts Bewitched	NETA	(S)	(CC)	N/A	#510H
	A young woman in South Africa attempts to befriend her notorious neighbor, awakening unexplored emotions in uNomalanga and the Witch by Palesa Shongwe.					
22:30:00	On Story A Conversation with Marta Kauffman	NETA	(S)	(CC)	N/A	#704H
	Marta Kauffman takes viewers into that unforgettable New York apartment and talks about how the phenomenon of Friends came to be, the universal appeal of Grace and Frankie, and working with the network versus Netflix.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Science Goes to the Movies Teenagers	EPS	(S)	(CC)	N/A	#407H
	Guest: Dr. Karen Sorens. Movie: Spiderman. Teens in movies are just as complicated as they are in real life. Columbia University's Director of Adolescent Medicine, Dr. Karen Sorens joins us to discuss Spiderman and teenagers' not-so-secret desire to be a superhero.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1103H

Sat, Nov 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Euromaxx	WNVT	(S)	(CC)	N/A	#1345H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#944H
01:00:00	Song of the Mountains Blue Mafia / Ralph Stanley II & The Clinch Mountain Boys	NETA	(S)	(CC)	N/A	#1216H
02:00:00	Woodsongs Peter Rowan and J2b2 (John Jorgenson Bluegrass Band)	NETA	(S)	(CC)	N/A	#2007H
	<p>PETER ROWAN is a true music legend with a career spanning over five decades. From his days with Bill Monroe as a Bluegrass Boy to his work with Tony Rice, from Jerry Garcia and the Grateful Dead to his Grammy-winning albums with David Grisman, Rowan is a Grammy Award- winner and six-time Grammy nominee. His latest project is 'My Aloha' recorded in Honolulu with traditional Hawaiian musicians. J2B2 (John Jorgenson Bluegrass Band) is an all-star bluegrass supergroup featuring four legendary, Grammy Award-winning musicians - John Jorgenson on acoustic guitar, mandolin and vocals; Herb Pedersen on banjo, acoustic guitar and vocals; Patrick Sauber on acoustic guitar and vocals, and Mark Fain on bass - delivering bluegrass like no one has ever heard it before. John is another true music icon. He, along with Herb, are founding members of the Desert Rose Band and is one of America's most adventurous guitar masters. WoodSongs Kids: The Riegle Family Band is a bluegrass string quartet from Muncie, Indiana.</p>					
03:00:00	Film School Shorts Bewitched	NETA	(S)	(CC)	N/A	#510H
	<p>A young woman in South Africa attempts to befriend her notorious neighbor, awakening unexplored emotions in uNomalanga and the Witch by Palesa Shongwe.</p>					
03:30:00	On Story A Conversation with Marta Kauffman	NETA	(S)	(CC)	N/A	#704H
	<p>Marta Kauffman takes viewers into that unforgettable New York apartment and talks about how the phenomenon of Friends came to be, the universal appeal of Grace and Frankie, and working with the network versus Netflix.</p>					
04:00:00	Science Goes to the Movies Teenagers	EPS	(S)	(CC)	N/A	#407H
	<p>Guest: Dr. Karen Sorens. Movie: Spiderman. Teens in movies are just as complicated as they are in real life. Columbia University's Director of Adolescent Medicine, Dr. Karen Sorens joins us to discuss Spiderman and teenagers' not-so-secret desire to be a superhero.</p>					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1103H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#421
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Hibiscus on a Painted Mat	APTEX	(S)	(CC)	N/A	#518H
	<p>In this episode, Gary makes use of a mat and explains how you can do this. He paints a pink hibiscus amidst a beautiful fantasy of leaves and stalks. Note the complementary background of the painting that sets off the color of the hibiscus flower very nicely.</p>					
08:30:00	Painting with Wilson Bickford Emperor Penguins, Part 1	NETA	(S)	(CC)	N/A	#312H
	<p>Emperor penguins spend their entire lives on Antarctic ice and in its waters. Wilson blocks out the penguins and paints the background.</p>					
09:00:00	Landscapes Through Time with David Dunlop American Impressionists at Lieutenant River, Ct	NETA	(S)	(CC)	DVI	#112H
	<p>David examines the distinctly American style of Impressionism that retained more of a basis of drawing and sketching and more of a reliance on classical forms - all inherited from the Hudson River Painters. He considers the new technologies in paint, new scientific ideas of perception, and their methods for realizing a sensual, personal vision on canvas as he paints a River scene reminiscent of the painting by Childe Hassam called Summer Afternoon.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Stomach Flattening Workout	APTEX	(S)	(CC)	DVI	#1013H
	<p>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!</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Functional Fitness	NETA	(S)	(CC)	N/A	#1411H
	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.					
10:30:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
11:00:00	Delicious TV's Vegan Mashup Budget Friendly Bonanza	NETA	(S)	(CC)	DVI	#304H
	Who knew budget-friendly vegan feasting would be easy, fun and scrumptious. Toni Fiore is making a delicious and dreamy Veggie One Pot utilizing frozen veggies over her Savory Roasted Potatoes. Miyoko Schinner creates a family style spread for roll your own sushi. And Toni joins Miyoko as a fan for the day.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Examining The Yucatan's Abundant Natural Resources	APTEX	(S)	(CC)	N/A	#1113H
	The salt marshes of Celestun and a seaside octopus farm are unlikely places for a chef to get inspired. But Chef Roberto Solis' approach to food has always been a little different - just see the menu of his revered restaurant Nectar in Merida, which continues to charm and dazzle. In Nectar's kitchen, Roberto shows Rick how to make three of his restaurant's favorite dishes: cebollas negras, poc chuc de pulpo and deeply satisfying crispy, seared pork belly with grilled pineapple and tomatillo. At home, Rick prepares tostadas of charred octopus and escabeche, plus a succulent slow cooker red chile pork belly with braised kale. To finish it off, Rick makes manjar blanco, a traditional Yucatecan coconut dessert.					
12:00:00	Lidia's Kitchen Eggs - All Different Ways	APTEX	(S)	(CC)	N/A	#407H
	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.					
12:30:00	Moveable Feast with Fine Cooking Outstanding in the Field - Chef Oliver Ridgeway	APTEX	(S)	(CC)	N/A	#410H
	Join host chef Pete Evans for Moveable Feast's biggest feast of the season-an outstanding meal in the beautiful fields outside Sacramento, California. Pete visits Outstanding in the Field, a visiting chef-based farm-to-table dinner experience, with chef Oliver Ridgeway. Chef Ridgeway works with local farmers to create a delicious, fresh Moveable Feast.					
13:00:00	Travels with Darley England: Manchester, Liverpool & The Lake District	NETA	(S)	(CC)	N/A	#201H
	Travel with Darley to the best places to eat in Northern England, where The Beatles got inspired and hip neighborhoods in Manchester and Liverpool. Join local guides to delve into the city where The Beatles grew up by visiting The Beatles Story at Albert Dock, Strawberry Field and Penny Lane in Liverpool. Soccer fans will enjoy an insider's tour of the National Football Museum, where a history of women footballers is revealed. Plus, the foodies village of Cartmel, where sticky toffee pudding and a Michelin star restaurant help showcase the charms of the Lake District.					
13:30:00	Weekends with Yankee The Coast	APTEX	(S)	(CC)	N/A	#101H
	From Connecticut's soft sandy beaches to Maine's rugged granite shores, our Atlantic coastline is a place of beauty and wonder, lapping along five of the six New England states and drawing visitors from around the world. This week, we start in Ogunquit, Maine, named by Yankee magazine as the best beach town in New England. Next, we travel north to a rocky cove near Acadia National Park, where we create an authentic Maine clambake (right down to the Red Snapper hot dogs). And then it's back to New England basics with a lesson in traditional boatbuilding in Newport, Rhode Island.					
14:00:00	Rick Steves' Europe Oslo	APTEX	(S)	(CC)	N/A	#607H
	The proud spirit of the Norwegian people shines in every dimension of their capital city-from its once-fearsome Viking ships to its sleek new Opera House, from tales of World War II heroism to the constant festival of its thriving harborfront. Connecting with the culture, we enjoy art-from Vigeland's statues to Monch's scream-and cap things off by joining local friends for a sail on their fjord.					
14:30:00	Born to Explore with Richard Wiese Chile: Flowering of the Llamas	APTEX	(S)	(CC)	N/A	#110H
	Richard Wiese travels to the driest place on earth, Chile's Atacama Desert. He explores the Valley of the Moons on horseback and meets the Atacamenos, a people who have survived in this harsh environment for hundreds of years. In a tiny oasis community, Richard joins a family in a sacred thanksgiving ceremony called the "Floramiento" or flowering of the llamas, where these beasts of burden are adorned with flowers.					

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Sat, Nov 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Great gardens with impressive gardeners. And a lot to learn. What's not to like? Join us as we	NETA	(S)	(CC)	N/A	#4807H
15:30:00	Baby Makes 3 Sea-Side Nursery Drawing from the peace and tranquility our couple found during vacations at the beach, our coastal-themed nursery is completed.	APTEX	(S)	(CC)	N/A	#206H
16:00:00	Drexel Interview Judy Goffman Cutler The National Museum of American Illustration's Curator, Co-Founder, and Museum Director Judy Goffman Cutler takes viewers on a behind-the-scenes tour of a special traveling exhibition: Howard Pyle, His Students & the Golden Age of American Illustration. Organized in partnership with the Pennoni Honors College at Drexel University in Philadelphia, this exhibition highlights the artistry and influence of Drexel's renowned professor Pyle and the league of artists in his academic, professional, and social circle; these include Maxfield Parrish, Violet Oakley, N.C. Wyeth, Frank Schoonover, Jessie Wilcox Smith, Elizabeth Shippen Green, and even Norman Rockwell. Host Paula Marantz Cohen explores the form and function of these artists' illustrative work, as well as its impact on American literary and popular culture.	NETA		(CC)	N/A	#608H
16:30:00	Overheard with Evan Smith Bob Schieffer, Journalist/Author Bob Schieffer is a CBS News political contributor and the former host of CBS' Face the Nation. Prior to joining CBS in 1969 he was a reporter at the Fort Worth Star-Telegram where he was the first reporter from a Texas newspaper to report from Vietnam. Schieffer has won eight Emmys, an Edward R. Murrow Award, a Paul White Award and in 2008 he was named a living legend by the Library of Congress. His latest book is titled Overload: Finding Truth in the Deluge of News.	NETA	(S)	(CC)	N/A	#807H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Wood Turner Let the chips fly! Host Eric Gorges and master wood turner Alan Hollar turn a wooden bowl in the Appalachian Mountains.	APTEX	(S)	(CC)	N/A	#203H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3545H
18:30:00	The Open Mind What's The Matter with the Democrats? Guest: Thomas Frank. Cultural critic Thomas Frank, author of "Listen, Liberal: Whatever Happened to the Party of the People," talks about American partisan politics.	NETA		(CC)	N/A	#3816H
19:00:00	Closer to Truth Huston Smith: Tribute to a Religious Visionary Huston Smith, world religion scholar and seeker of the Divine in diverse religions, died on December 30, 2016. We had the privilege of discussing God, spirit, soul, eternal life, judgment, existence.	EPS	(S)	(CC)	N/A	#1707H
19:30:00	American Forum President Trump's Washington New Yorker Correspondent RYAN LIZZA on the roller coaster ride of policy shifts and changing alliances in the White House.	NETA	(S)	(CC)	N/A	#309H
20:00:00	Infinity Hall Live Rusted Root The Pittsburgh-based fusion band Rusted Root brings their unique percussive jam-rock sound to the historic stage at Infinity Hall. With a highly unique sound, the band has cultivated a loyal following, selling more than 3 million albums worldwide. Originally formed in 1990, the band has been characterized as many things: a jam band, an eclectic collection, a college-radio wonder. Whatever the case, the band has been nothing but popular. With consistently sold-out tours, Rusted Root appears to be garnering the attention of more than just their loyal "Rootheads." Blending world influences from the African, Indian, and Middle Eastern traditions, Rusted Root embodies a percussion-driven rock band with heavy use of tight vocal harmony and pulsing chords. With hit songs like "Send Me on My Way" and "Dance in the Middle," Rusted Root has become an immovable facet in alternative rock.	APTEX	(S)	(CC)	N/A	#109H

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Sat, Nov 18, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Cheap Trick	APTEX	(S)	(CC)	N/A	#703H
	Rock and Roll Hall of Fame inductees, Cheap Trick, best known for timeless classics such as "Surrender" and "I Want You to Want Me" celebrate their accomplishment with an intimate performance. The band has become a musical institution with more than 5,000 performances, 20 million records sold, 29 movie soundtracks and 40 gold and platinum recording awards.					
22:00:00	Globe Trekker Papua New Guinea Islands	APTEX	(S)	(CC)	N/A	#1613H
	The trekkers explore New Britain Island, the largest in the Bismarck Archipelago of Papua New Guinea. Inhabited by the indigenous Papuans and the Austronesians, the island was captured by the Japanese during World War II. Today the island's traditional cultures are diverse and complex but there are several ancient traditions that remain active today, especially the Dukduk Secret Society. Next, we visit the township of Rabaul, once the provincial capital until it was destroyed in 1994 by a massive volcanic eruption. Rabaul is still a superb location for scuba diving, snorkeling and wreck dives. We travel to the stunningly beautiful island of Bougainville, named after a French navigator, and an excellent location for wreck diving and sea kayaking.					
23:00:00	Arts In Context Migrant Kids	NETA	(S)	(CC)	N/A	#805H
	Named in honor of their migrant worker parents, Migrant Kids represent a new face of indie rock. Extended: "With the music we listened to growing up, there was no Hispanic Arcade Fire or Radiohead, so the bands you liked didn't look like you. When we are touring now, we see people in the audience that look like us, and we realize we get to be that group for them," says Miguel Ojeda. Ojeda, along with his cousin John Zakoor, named their band Migrant Kids in honor of their migrant worker parents. Faced with the unique challenge of having a name that occasionally sparks controversy, Ojeda and Zakoor must reckon with a culture clash that most indie bands never have to think about.					
23:30:00	Articulate with Jim Cotter Feminist Fatale	APTEX	(S)	(CC)	N/A	#112H
	Carsie Blanton is using an old school musical form- jazz- to help change the way women are perceived today. Matthew Neenan - From a very young age, life has been a dance for choreographer Matthew Neenan. Modigliani - Amedeo Modigliani died a broken man. His art, especially sculptures, have endured. Luis Cruz Azaceta - Since the 1970s, the paintings and drawings of the Cuban American artist Luis Cruz Azaceta, have reflected on some of society's great modern tragedies.					

Sun, Nov 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Huston Smith: Tribute to a Religious Visionary Huston Smith, world religion scholar and seeker of the Divine in diverse religions, died on December 30, 2016. We had the privilege of discussing God, spirit, soul, eternal life, judgment, existence.	EPS	(S)	(CC)	N/A	#1707H
00:30:00	American Forum President Trump's Washington New Yorker Correspondent RYAN LIZZA on the roller coaster ride of policy shifts and changing alliances in the White House.	NETA	(S)	(CC)	N/A	#309H
01:00:00	Infinity Hall Live Rusted Root The Pittsburgh-based fusion band Rusted Root brings their unique percussive jam-rock sound to the historic stage at Infinity Hall. With a highly unique sound, the band has cultivated a loyal following, selling more than 3 million albums worldwide. Originally formed in 1990, the band has been characterized as many things: a jam band, an eclectic collection, a college-radio wonder. Whatever the case, the band has been nothing but popular. With consistently sold-out tours, Rusted Root appears to be garnering the attention of more than just their loyal "Rootheads." Blending world influences from the African, Indian, and Middle Eastern traditions, Rusted Root embodies a percussion-driven rock band with heavy use of tight vocal harmony and pulsing chords. With hit songs like "Send Me on My Way" and "Dance in the Middle," Rusted Root has become an immovable facet in alternative rock.	APTEX	(S)	(CC)	N/A	#109H
02:00:00	Front and Center Cheap Trick Rock and Roll Hall of Fame inductees, Cheap Trick, best known for timeless classics such as "Surrender" and "I Want You to Want Me" celebrate their accomplishment with an intimate performance. The band has become a musical institution with more than 5,000 performances, 20 million records sold, 29 movie soundtracks and 40 gold and platinum recording awards.	APTEX	(S)	(CC)	N/A	#703H
03:00:00	Globe Trekker Papua New Guinea Islands The trekkers explore New Britain Island, the largest in the Bismarck Archipelago of Papua New Guinea. Inhabited by the indigenous Papuans and the Austronesians, the island was captured by the Japanese during World War II. Today the island's traditional cultures are diverse and complex but there are several ancient traditions that remain active today, especially the Dukduk Secret Society. Next, we visit the township of Rabaul, once the provincial capital until it was destroyed in 1994 by a massive volcanic eruption. Rabaul is still a superb location for scuba diving, snorkeling and wreck dives. We travel to the stunningly beautiful island of Bougainville, named after a French navigator, and an excellent location for wreck diving and sea kayaking.	APTEX	(S)	(CC)	N/A	#1613H
04:00:00	Arts In Context Migrant Kids Named in honor of their migrant worker parents, Migrant Kids represent a new face of indie rock. Extended: "With the music we listened to growing up, there was no Hispanic Arcade Fire or Radiohead, so the bands you liked didn't look like you. When we are touring now, we see people in the audience that look like us, and we realize we get to be that group for them," says Miguel Ojeda. Ojeda, along with his cousin John Zakoor, named their band Migrant Kids in honor of their migrant worker parents. Faced with the unique challenge of having a name that occasionally sparks controversy, Ojeda and Zakoor must reckon with a culture clash that most indie bands never have to think about.	NETA	(S)	(CC)	N/A	#805H
04:30:00	Articulate with Jim Cotter Feminist Fatale Carsie Blanton is using an old school musical form- jazz- to help change the way women are perceived today. Matthew Neenan - From a very young age, life has been a dance for choreographer Matthew Neenan. Modigliani - Amedeo Modigliani died a broken man. His art, especially sculptures, have endured. Luis Cruz Azaceta - Since the 1970s, the paintings and drawings of the Cuban American artist Luis Cruz Azaceta, have reflected on some of society's great modern tragedies.	APTEX	(S)	(CC)	N/A	#112H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#422
08:00:00	Painting and Travel with Roger & Sarah Bansemer Mountain Valley Roger and Sarah drive along the Blue Ridge Parkway and stop at an old fashioned general store in North Carolina. Roger sets up his easel in a quiet valley with a stream in the background.	NETA	(S)	(CC)	N/A	#306H
08:30:00	Paint This with Jerry Yarnell The Perfect Perch, Part 4 In the final episode of this series, Jerry shows his viewers how to block in the hawk with the #2 chisel-edge brush using quick strokes. Then uses #4 round sable brush to add the hawk's beak and uses same brush for highlights on bird. Then with script brush Jerry adds more bright weeds to foreground and explains how very important these weeds are to this particular painting in terms of composition. Finally, Jerry shows how add cap highlights to tops of hay bales and then to use scumbling lines to add final touches to the hay bales.	NETA	(S)	(CC)	N/A	#2313H

Sun, Nov 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Florida Keys Sunset Art Lesson: Broken Color Painting. Learn about the classic technique of broken color. Refined by impressionists such as Monet, this technique has been used for years to capture the actual sensation of the light. The painter does not blend any of these brushstrokes. Instead, the viewer is allowed to "visually mix" these brushstrokes to view a whole image. Each brushstroke is allowed to remain separate. The length of the brushstrokes may vary. Brushes are frequently cleaned to allow a clean color with thick paint. The effect of keeping colors separate can create a sense of colors vibrating against each other for a shimmering effect.	APTEX		(CC)	N/A	#601H
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 Good Alignment By doing exercises with eyes closed, Mary Ann builds an awareness of how good spinal alignment feels. Mary Ann gives a tip of the day.	NETA	(S)	(CC)	N/A	#1412H
10:30:00	Power Yoga: Mind and Body Flow - Version Five With Sun salutation A, Sun salutation B, variations holding and with legs.	APTEX	(S)	(CC)	N/A	#121
11:00:00	Neven Maguire: Home Chef Neven Maguire prepares delicious MacNean eggs benedict and crispy goat's cheese with beetroot pannacotta in his family restaurant in Blacklion, Co. Cavan. Later, guest chef Ross Lewis, owner of Dublin's Michelin-starred Chapter One restaurant, demonstrates how to make the perfect assiette of pork.	APTEX	(S)	(CC)	N/A	#103H
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 Mushrooms for Ravioli - Funghi Freschi Per Ravioli Mary Ann spends the day in a California forest with professional mushroom gatherer, Connie Green, in search of the elusive porcino mushroom, beloved by Italian cooks. After finding just what she needs, Mary Ann goes nella cucina to make an elegant first course ravioli dish perfumed with fresh mushrooms.	NETA	(S)	(CC)	N/A	#2505H
12:30:00	Mike Colameco's Real Food Philippines With two NYC based Philippine-American chefs, King Phojanakong and Neil Patrick Syham in tow Mike tours Manila and a half dozen other islands sampling Lechon, scissor noodles in Manila's Chinatown, epic Mall food, does a stand-up dorian tasting in the jungle, visits a few markets and tries to figure out exactly what Philippine food is all about.	NETA	(S)	(CC)	N/A	#1413H
13:00:00	Bare Feet In Nyc with Mickela Mallozzi Jewish Roots From Israeli folk dance at the 92Y to eating knishes in the Lower East Side, Mickela gets a taste of this culturally, ethnically, and religiously rich group that is iconic to New York City.	APTEX	(S)	(CC)	DVI	#213H
13:30:00	Travel Detective with Peter Greenberg Airline Safety Rankings How safe is your airline and how do the world's airlines actually rank? CBS News Travel Editor Peter Greenberg takes a very serious look at the hard data, and says there are some huge surprises over which airlines pass muster -- and which airlines don't. Plus, we take you to the island of Aruba and show you the great work they're doing in environmental protection and sustainability. Peter will also show off some of his hidden gems on this Southern Caribbean island. And, if you enjoy searching for the past when you travel, correspondent Tracy Gallagher has a suggestion for you, as she goes on an archaeological dig in Malta.	NETA	(S)	(CC)	DVI	#203H
14:00:00	Wild Photo Adventures Wildlife Scavenger Hunt Host and professional wildlife photographer Doug Gardner explores Lake Marion, South Carolina in search of as many wild subjects to photograph in one day.	NETA	(S)	(CC)	DVI	#203H

Sun, Nov 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Destination Craft with Jim West Guatemala	APTEX	(S)	(CC)	N/A	#103H
	Jim West travels to colorful Guatemala where master artisans teach cotton dying, back strap and loom weaving, hand embroidery, pine needle basket making, and crafting functional mats from the reeds found in Lake Atitlon. Jim makes tasty tamales, learns about iron work and creates an artistic journal with celebrity artist Pam Holland.					
15:00:00	Woodsmith Shop Perfect Tenons & Lumber Thicknesses	NETA	(S)	(CC)	N/A	#903H
	Watch as the Woodsmith editors discuss the key tips and tricks for creating a rabbeted miter joint in an episode flashback. Plus, buy better lumber.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Interior Stairs	APTEX	(S)	(CC)	N/A	#712H
	This week on Rough Cut Woodworking with Tommy Mac it's time to add the finishing touches to the staircase. Tommy works on getting finished hand rails in place, getting the steps done and the baseboard. It's a tricky job, but needs to be done safely and properly to support all the years to come of running up and down with projects.					
16:00:00	Happy Yoga with Sarah Starr Desk Jockey Gentle Yoga	NETA	(S)	(CC)	N/A	#103H
	Rejuvenate amongst the sunflower backdrop as we enjoy a modified yoga practice using a chair for support. The chair replaces the yoga mat, creating an amazing form of adaptive exercise. Apply this practice to mini yoga breaks at work, a long plane ride, or any time you need to balance the mind, increase blood flow and boost your energy.					
16:30:00	Second Opinion Rosacea	APTEX	(S)	(CC)	N/A	#1203H
	Patient Story: Rosacea is a common skin condition that causes redness in the face and often develops into small red, pus-filled bumps. For many, rosacea is an embarrassing condition that causes psychological symptoms, as well as physical ones. Although there is no cure for rosacea, there are some treatments which can control the symptoms, and knowing the triggers is key to preventing episodes. Meet Barb Ficarra, who has been dealing with rosacea for many years while living an active life with a demanding professional career. Myth or Medicine: Does caffeine cause rosacea flare-ups? Second Opinion 5: Five common skin conditions that affect the face, and how to treat them.					
17:00:00	Immense Possibilities Growing Food, Plants & People	NETA	(S)	(CC)	N/A	#602H
	With less than 5% of the world's population, our country houses 22% of its prisoners. Would that change if ex-convicts had dignified, fairly-paid work? Two groups that train hard-time prisoners to grow food and to start and run plant-centered businesses are changing the future for ex-convicts, and beginning to change the shameful statistics.					
17:30:00	Well Read George Saunders / Lincoln in the Bardo	APTEX	(S)	(CC)	N/A	#620H
	Lincoln in the Bardo is an astonishing feat of imagination and a bold step forward from one of the most important and influential writers of his generation. The long-awaited first novel from George Saunders: a moving and original father-son story featuring none other than Abraham Lincoln, as well as an unforgettable cast of supporting characters, living and dead, historical and invented.					
18:00:00	California's Gold Giant Rock	KCET		(CC)	N/A	#3011
	First stop is Giant Rock --considered to be the worlds largest free standing boulder, and a long time sacred site to the Native Americans. In the 1950s it became a UFO airport according to George Van Tassel who was contacted by aliens there, and was host to UFO conventions till the late '70s. One of the things George was told to do by the aliens was to build the Integratron, which is our next stop. This amazing building/machine is supposed to restore youth, although never completed--Huell will get a "sound bath." Hold onto your seats, this will be a wild ride.					
18:30:00	Fringe Benefits	NETA	(S)	(CC)	N/A	#204H
19:00:00	Blackademics Television Khabele / Chery	KNME	(S)	(CC)	N/A	#503H
	The founder of multiple innovative schools talks about raising our expectations of students; a Black studies professor performs poetry and shares information on Black student activism in South Africa. Talks by Letsie Khabele and Tshepo Masango Chery.					
19:30:00	The Kamla Show Special Korla	KAMLA	(S)	(CC)	N/A	#131H

Sun, Nov 19, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Black America Church Ladies with Dr. Martia Goodson Author, Dr. Martia Goodson joins Carol Jenkins to discuss her latest book, "Church Ladies: Untold Stories of Harlem Women in the Powell Era".	EPS	(S)	(CC)	N/A	#108H
20:30:00	Asian American Life Ernabel Demillo hosts from the Jacques Marchais Museum of Tibetan Art in Staten Island. Topics include: Immigrant housing in Chinatown; Asian-American Mental Health and Depression, CUNY Asian American Film Festival; Geena Rocero, founder of Gender Proud. Reporters: Minnie Roh, Kyung Yoon, and Andrew Falzon.	EPS	(S)	(CC)	N/A	#208H
21:00:00	Song Stage Teri Lyric Green (Hip-Hop) Vs. Dave Bartlett (Singer-Songwriter) At barely 5 feet tall, Teri is a giant on the stage. Her quick lyrics and catchy hip-hop melodies are meant to completely captivate, but Dave Bartlett, the humble, slow-to-speak roadblock between Teri and the next round, might surprise everyone with a soulful performance of his own.	NETA	(S)	(CC)	N/A	#203H
21:30:00	Song Stage Pha Thaprawat (Pop) Vs. Cedd The Light (R&B) Pha is a college-aged bioscientist who's never performed her songs publicly. Her bubbly personality, and music style, is up against Cedd the Light, a seasoned Kansas City street performer who learned how to play the guitar behind bars.	NETA	(S)	(CC)	N/A	#204H
22:00:00	F.S. Key After The Song Might Versus Right It centers on Key's change in character, his involvement in the Jackson Administration, and his transformation into a political operative.	APTEX	(S)	(CC)	N/A	#102H
23:00:00	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

Mon, Nov 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Khabele / Chery The founder of multiple innovative schools talks about raising our expectations of students; a Black studies professor performs poetry and shares information on Black student activism in South Africa. Talks by Letsie Khabele and Tshepo Masango Chery.	KNME	(S)	(CC)	N/A	#503H
00:30:00	The Kamla Show Special Korla	KAMLA	(S)	(CC)	N/A	#131H
01:00:00	Black America Church Ladies with Dr. Martia Goodson Author, Dr. Martia Goodson joins Carol Jenkins to discuss her latest book, "Church Ladies: Untold Stories of Harlem Women in the Powell Era".	EPS	(S)	(CC)	N/A	#108H
01:30:00	Asian American Life Ernabel Demillo hosts from the Jacques Marchais Museum of Tibetan Art in Staten Island. Topics include: Immigrant housing in Chinatown; Asian-American Mental Health and Depression, CUNY Asian American Film Festival; Geena Rocero, founder of Gender Proud. Reporters: Minnie Roh, Kyung Yoon, and Andrew Falzon.	EPS	(S)	(CC)	N/A	#208H
02:00:00	Song Stage Teri Lyric Green (Hip-Hop) Vs. Dave Bartlett (Singer-Songwriter) At barely 5 feet tall, Teri is a giant on the stage. Her quick lyrics and catchy hip-hop melodies are meant to completely captivate, but Dave Bartlett, the humble, slow-to-speak roadblock between Teri and the next round, might surprise everyone with a soulful performance of his own.	NETA	(S)	(CC)	N/A	#203H
02:30:00	Song Stage Pha Thaprawat (Pop) Vs. Cedd The Light (R&B) Pha is a college-aged bioscientist who's never performed her songs publicly. Her bubbly personality, and music style, is up against Cedd the Light, a seasoned Kansas City street performer who learned how to play the guitar behind bars.	NETA	(S)	(CC)	N/A	#204H
03:00:00	F.S. Key After The Song Might Versus Right It centers on Key's change in character, his involvement in the Jackson Administration, and his transformation into a political operative.	APTEX	(S)	(CC)	N/A	#102H
04:00:00	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
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#423
08:00:00	Mack & Moxy Play It Again, Mack/S.T.E.M. Strong "Play it Again, Mack" - Get in the game! Mack & Moxy team up with Trooper Sydnee to save another Great Helpee. When they bounce over to HelpeeLand School, they run into a rabbit named Patch who is sad because recess has become too rowdy and no one wants to play anymore. To cheer Patch up, the Heroes start a lively game of foursquare. But when a disagreement develops over who won, Trooper Sydnee suggests Rock, Paper, Scissors to settle the dispute. It works like a charm except for one problem - Shelfish Sheldon is about to snatch the Great Helpee and keep all its happiness for himself! A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of PlayWorks, a nation-wide program promoting the power of play and creating a place for every kid on the playground to feel included, be active, and build valuable social skills. "S.T.E.M. Strong" - 3-2-1 Blast off! On this mission to save another Great Helpee, the Heroes need Science, Technology, Engineering and Math. With Trooper Xolo, an aspiring engineer, Mack & Moxy head to HelpeeLand and come across a math-loving new friend named Munch Munch. But they're in for a big surprise when they discover that the Great Helpee is hatching atop a volcano covered in hot lava! Together they solve the problem by building a robot. Only one variable - Shelfish Sheldon is bounding up the hillside on a pogo-stick, perfectly poised to pounce and keep all the Great Helpee's happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Citizen Schools, an education program that, through mentoring, helps thousands of middle school students across the US discover and achieve their dreams.	APTEX	(S)	(CC)	N/A	#109H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#115H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Walking Workout 1	ACCES	(S)	(CC)	N/A	#301H
09:30:00	Classical Stretch: The Esmonde Technique Fingers and Hands In this episode of Classical Stretch, join Miranda Esmonde-White on the charming beaches of Jamaica. This all-standing workout will strengthen your entire body with an emphasis on your fingers and hands!	APTEX	(S)	(CC)	DVI	#1015H
10:00:00	Sit and Be Fit New Challenges Mary Ann introduces a new abdominal exercise called the "Ski Jump" and Gretchen gives you a new balance challenge.	NETA	(S)	(CC)	N/A	#1413H
10:30:00	It's Sew Easy Go Everywhere Create and capture memories as you look and feel your best. Children's fashion designer Carla Macklin uses colorful bias trim to finish off sleeves, necklines and open shoulders on a girl's dress. Author and educator Rebecca Kemp Brent sews a unique embellished box with a lid to stash photos, treasures and souvenirs.	NETA	(S)	(CC)	N/A	#1307H
11:00:00	Knit and Crochet Now! Mosaic Stitch Scarves Everybody loves scarves and this week Host Deborah Norville joins Lena Skvagerson who will show you how to knit the Slip That Stich Scarf and magically make two colors appear in the same row without carrying the yarn. Ellen will show us her interpretation of a crochet mosaic scarf with the Nascha Crochet Scarf and then back to Lena in the stitch corner with her very own Knit Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#704H
11:30:00	Fons & Porter's Love of Quilting Dressed-Up Patchwork: Piecing with Alternative Fabrics 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.	NETA	(S)	(CC)	N/A	#2803H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7081H
13:00:00	America's Test Kitchen from Cook's Illustrated Refreshing Desserts Host Bridget Lancaster goes into the test kitchen with test cook Dan Souza to learn how to make the best ginger frozen yogurt at home. Then, equipment expert Adam Ried reviews digital scales in the equip-ment corner. Next, gadget guru Lisa McManus uncovers the best personal blenders. Finally, test cook Tim Chin shows host Julia Collin Davison how to make perfect lemon posset with berries.	APTEX	(S)	(CC)	N/A	#1713H
13:30:00	Pati's Mexican Table	APTEX	(S)	(CC)	N/A	#606H
14:00:00	Steven Raichlen's Project Smoke Fire Birds Poultry is one of the most versatile meats to cook over live fire, popular in grill cultures across planet barbecue. From the Republic of Georgia comes tabaka, citrusy butterflied chickens grilled under a press to compact the meat and crisp the skin. On the side? A piquant rhubarb tkemali sauce. From Fez in Morocco, experience grilled chicken and onion kebabs marinated in and sauced with spice-scented charmoula. Pound cake gets the grill treatment with fresh berry "salsa" and smoked whipped cream. Finally, not even Norman Rockwell would recognize this magnificent bird...a smoke-roasted organic turkey with butter and sliced fresh truffles under the skin. Tabaka chicken with rhubarb tkemali; Moroccan grilled chicken kebabs with charmoula; Grilled pound cake with berry salsa and smoked whipped cream; Truffle stuffed smoked turkey.	APTEX	(S)	(CC)	N/A	#304H
14:30:00	Steven Raichlen's Project Smoke Bird Meets Smoke Some of the world's greatest poultry dishes owe their character to wood smoke. In this show you'll learn the fundamentals of smoking chicken, turkey, duck, and even quail eggs-from curing and brining to hay-smoking in a stovetop smoker. Chipotle chilies give cherry barbecue sauce a blast of smoke, too. Cherry-smoked duck with chipotle-cherry barbecue sauce; Citrus-smoked turkey breast; Bacon, ham and cheese chicken thighs; Hay smoked quail eggs.	APTEX	(S)	(CC)	N/A	#202H

Daily Program Listing II

43.1

Date: 10/15/2017

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Make It Artsy Industrial	NETA	(S)	(CC)	N/A	#107H
	Look toward the gritty, industrial world for inspiration. Using industrial materials, Joe Rotella creates an artsy tray. Illustrator Jenn Mason designs contemporary earrings, then hardens them with heat. Joe Rotella revs up his micro lathe to carve a keepsake pen. Finally, take a road trip to the Columbus Idea Foundry, a center for the growing Maker Movement.					
16:00:00	Biz Kid\$ Is College Worth It?	APTEX	(S)	(CC)	N/A	#602H
	The average college student will graduate with over \$35,000 in debt, and some with thousands more. Faced with such a heavy burden some kids are opting not to go to college. This episode looks at college from a return-on-investment perspective. Which degrees pay for themselves and which don't? When does it make sense NOT to go to college? And how to get creative to achieve your college dreams without ending up with a lifetime of payments.					
16:30:00	Hands On Crafts for Kids Living Places	NETA	(S)	(CC)	DVI	#1911H
	Each plant and creature has a habitat. To capture the freshness of the ocean, Jenny Barnett-Rohrs makes jars inspired by sea glass. For her art project, Candie Cooper looks to the rainforest for ideas. Then, she sponge-paints an animal foot-print rug. Jenny makes a 3-D diorama of animal habitats from foam and printable images.					
17:00:00	P. Allen Smith's Garden Home 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 The Seed Farmer; Dr. John Navazio-The Organic Seed Alliance: Port Townsend,	APTEX	(S)	(CC)	N/A	#521H
	Home gardeners are increasingly drawn to heirloom seeds for their unusual flavors, colors and of course, their cultural heritage. But many do not realize that unless the seeds of those heirloom and open pollinated plants are grown out properly, the genetics are lost forever. In this episode, we visit the Organic Seed Alliance and meet Dr. John Navazio - one of the pioneers in preserving the cultural heritage of our garden seed supply. We learn all about seed stewardship, why it is important and what we can do in our own backyards to help preserve these special plants for many more generations to come.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14231H
18:30:00	Americas Now Green Awards	NETA	(S)	(CC)	N/A	#134H
	A report from Ecuador and new initiatives on sustainability and environmental awareness. Harris Whitbeck reports on how the "green awards" are having an impact on the natural world. Next: In the show's "Game Changer" feature, Norma Ramirez Vasquez is profiled. She heads an unusual if somewhat controversial NGO, providing food relief for poor people fleeing violence and poverty and heading north on trains to the north of Mexico in hopes of finding a better life. Finally, to the Dominican Republic and a video essay on the delights of a hearty soup called Sancocho - a recipe that brings family and friends together.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8166
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3545H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#413H
	Deeply moving, original torch songs by Nashville's eclectic Emily West. Mike & Ruthy bring Woodstock NY folk music with an energetic band. And we celebrate the reunion of Nashville cult rockers Govt. Cheese.					
21:00:00	Live from the Dennison Lodge Donna Hughes	NETA	(S)	(CC)	N/A	#103H
	North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.					

Mon, Nov 20, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Deeply Rooted: John Coykendall's Journey to Save Our Seeds and Stories	APTEX	(S)	(CC)	N/A	#0H
	<p>For more than 40 years, John Coykendall - a renowned seed saver, classically trained artist and a master gardener at Blackberry Farm resort in the Smoky Mountains of Tennessee - has been preserving the seeds, traditions, oral histories and foodways of a small rural farming community in Louisiana. The documentary DEEPLY ROOTED: JOHN COYKENDALL'S JOURNEY TO SAVE OUR SEEDS AND STORIES chronicles how Coykendall has tracked down and safeguarded rare and heirloom varieties of crops historically grown in the region and safely returned them to the descendants of farmers who described them to him decades earlier. Since 1973, he has been visiting Washington Parish, Louisiana, illustrating and documenting the oral histories, farming techniques, and folk tales of elderly farmers and backyard gardeners in volumes of moleskin notebooks detailing an agricultural way of life that is at risk of loss across our nation. A Tennessee native, the 73-year-old Coykendall is a true Renaissance man and a celebrity in a growing movement that places a premium on farm-to-table cuisine and locally sourced, organic and heirloom food. He is a classically trained artist who studied at the Ringling College of Art & Design in Sarasota, Florida, and worked as an instructor at the the School of the Museum of Fine Arts in Boston. He is also well-known for his sketches of the pastoral landscape in which he works. Using a mix of historical photographs of the region and its residents, the film traces his work and time spent in the Parish. Through his deeds, John hopes to inspire others to view these rare seeds and stories as grounding us to the earth and rooting us both to our past and our future.</p>					
23:00:00	Brainstorm	NETA	(S)	(CC)	N/A	#0H
	<p>A TV news reporter must confront her epilepsy after being fired over a seizure. Stacia Kalinoski pursues brain surgery, and documents her journey as a way to raise awareness about the brain disorder that affects 1 in 26 people. The "Grand mal" (tonic clonic) is the image most commonly associated with seizures, but the true face of epilepsy is extremely complex because there are so many types. The misunderstanding surrounding this mysterious brain disorder has arguably led to the strong stigma. Brainstorm aims to reduce the stigma by showing how three people with very different epilepsy types battle seizures to live their lives to the fullest. They include former Minnesota Gophers football coach Jerry Kill, and a young boy named Billy. Brainstorm explores the devastating effects seizures have on memory, why some with epilepsy deny their condition, and treatment options like surgery. The film shows a wide range of seizures, including Stacia's, and leading epileptologists explain how a normal functioning brain can suddenly flip and produce strange behaviors that someone has no control over.</p>					

Tue, Nov 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Green Awards	NETA	(S)	(CC)	N/A	#134H
	A report from Ecuador and new initiatives on sustainability and environmental awareness. Harris Whitbeck reports on how the "green awards" are having an impact on the natural world. Next: In the show's "Game Changer" feature, Norma Ramirez Vasquez is profiled. She heads an unusual if somewhat controversial NGO, providing food relief for poor people fleeing violence and poverty and heading north on trains to the north of Mexico in hopes of finding a better life. Finally, to the Dominican Republic and a video essay on the delights of a hearty soup called Sancocho - a recipe that brings family and friends together.					
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3545H
01:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#413H
	Deeply moving, original torch songs by Nashville's eclectic Emily West. Mike & Ruthy bring Woodstock NY folk music with an energetic band. And we celebrate the reunion of Nashville cult rockers Govt. Cheese.					
02:00:00	Live from the Dennison Lodge Donna Hughes	NETA	(S)	(CC)	N/A	#103H
	North Carolina native, Donna Hughes, an Americana bluegrass performer, songwriter, and guitarist, performs.					
03:00:00	Deeply Rooted: John Coykendall's Journey to Save Our Seeds and Stories	APTEX	(S)	(CC)	N/A	#0H
	For more than 40 years, John Coykendall - a renowned seed saver, classically trained artist and a master gardener at Blackberry Farm resort in the Smoky Mountains of Tennessee - has been preserving the seeds, traditions, oral histories and foodways of a small rural farming community in Louisiana. The documentary DEEPLY ROOTED: JOHN COYKENDALL'S JOURNEY TO SAVE OUR SEEDS AND STORIES chronicles how Coykendall has tracked down and safeguarded rare and heirloom varieties of crops historically grown in the region and safely returned them to the descendants of farmers who described them to him decades earlier. Since 1973, he has been visiting Washington Parish, Louisiana, illustrating and documenting the oral histories, farming techniques, and folk tales of elderly farmers and backyard gardeners in volumes of moleskin notebooks detailing an agricultural way of life that is at risk of loss across our nation. A Tennessee native, the 73-year-old Coykendall is a true Renaissance man and a celebrity in a growing movement that places a premium on farm-to-table cuisine and locally sourced, organic and heirloom food. He is a classically trained artist who studied at the Ringling College of Art & Design in Sarasota, Florida, and worked as an instructor at the the School of the Museum of Fine Arts in Boston. He is also well-known for his sketches of the pastoral landscape in which he works. Using a mix of historical photographs of the region and its residents, the film traces his work and time spent in the Parish. Through his deeds, John hopes to inspire others to view these rare seeds and stories as grounding us to the earth and rooting us both to our past and our future.					
04:00:00	Brainstorm	NETA	(S)	(CC)	N/A	#0H
	A TV news reporter must confront her epilepsy after being fired over a seizure. Stacia Kalinoski pursues brain surgery, and documents her journey as a way to raise awareness about the brain disorder that affects 1 in 26 people. The "Grand mal" (tonic clonic) is the image most commonly associated with seizures, but the true face of epilepsy is extremely complex because there are so many types. The misunderstanding surrounding this mysterious brain disorder has arguably led to the strong stigma. Brainstorm aims to reduce the stigma by showing how three people with very different epilepsy types battle seizures to live their lives to the fullest. They include former Minnesota Gophers football coach Jerry Kill, and a young boy named Billy. Brainstorm explores the devastating effects seizures have on memory, why some with epilepsy deny their condition, and treatment options like surgery. The film shows a wide range of seizures, including Stacia's, and leading epileptologists explain how a normal functioning brain can suddenly flip and produce strange behaviors that someone has no control over.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#424
08:00:00	Mack & Moxy Feeding Rainbow/A Friend Who Reads Is A Friend Indeed	APTEX	(S)	(CC)	N/A	#102H
	"Feeding Rainbow" - Time to save another Great Helpee! As Mack & Moxy zip-line over the Sky Islands in HelpeeLand with Trooper Francesca, they accidentally fall on a fatigued new friend, Rainbow. He's a lethargic Pegasus who hasn't had any breakfast. Since his parents have lost their jobs, there's not enough food to eat. Rainbow's strength is renewed once the Heroes locate a nearby food pantry and enjoy a nutritious feast. But Shelfish Sheldon jets ahead on a flying vacuum, trying to swoop the Great Helpee and keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of Feeding America, a 35 year-old organization who feeds 46 million people every day across the US. "A Friend Who Reads is a Friend Indeed" - Here we go! Mack & Moxy set out with Trooper Kaitlyn on a colorful adventure to HelpeeLand in search of a Great Helpee. They meet Nolie, a loveable little puffball who has never had any pals to play with. As the Heroes become her first friends, they share and sing about the joys of reading books. Meanwhile, Shelfish Sheldon lurks nearby, scheming and sledding to the Great Helpee so he can keep all its happiness for himself. A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Josh Duhamel (Transformers, All My Children) helps the Heroes' mission in support of Save the Children, providing quality preschool programs to underserved children around the world since 1932.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#116H

Tue, Nov 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	APTEX	(S)	(CC)	DVI	#1016H
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	It's Sew Easy High Adventure Explore places beyond the ordinary wearing all the right gear. Designer Angela Wolf makes great-fitting leggings that take you around town or to the gym. Designer and blogger Alex Woodbury shares techniques for making an active-wear jacket using high-tech neoprene fabric. Angela Wolf has a tip for making leggings from any pants pattern.	NETA	(S)	(CC)	N/A	#1308H
11:00:00	Knit and Crochet Now! Artsy Afghans Host Deborah Norville believes nothing says you're special like a handmade afghan, it's like a perpetual hug from the person who stitched it. Ellen is first up with the Geometric Crochet Afghan, which features a lace border, and then Kristin shows how to stitch up the Windowpane Afghan, which is knit in the round, then cutting it to make it flat! In the stitch corner Ellen teaches how to Crochet a Cable.	APTEX	(S)	(CC)	DVI	#705H
11:30:00	Fons & Porter's Love of Quilting Anna's Starflake Striking designs are created through a variety of methods. In this episode Patrick and Nancy McNally will examine the fun of working with batiks, the steps taken in paper foundation piecing and the way to create a secondary design with sashing choices. Techniques and tips for quilters at all levels of experience.	NETA	(S)	(CC)	N/A	#2804H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7082H
13:00:00	Julie Taboulie's Lebanese Kitchen Meet Me at the Market Julie is cordially inviting all of you to come and meet her at the fresh farmer's market. Besides Mama's Glorious Garden, farmer's markets are Julie's favorite places to frequent for fresh foods. She loves meeting and greeting all of the farmers, strolling around an open-outdoor market while supporting and sourcing locally sustainably foods. On today's show, this fresh farmer's market is inspiring Julie to make her marvelous makbouseh, a Lebanese-style summertime squash stew. Meaning to "mix things up," Julie's Makbouseh is a magnificent medley of fresh vegetables along with an array of amazing aromatics that slowly simmer away into a stunning and scrumptious squash stew that is sure to be a staple at your table all summer long. She also prepares and perfectly pairs her homemade and handmade Lebanese pasta tossed in a glorious garlic sauce that just sort of melts in your mouth which is famously known as macaroune b toum. Plus, Julie's first food memory, a childhood favorite of fried squash blossoms called zahrah kousa b maqlieh that Julie is whipping up just for you. Fresh from the farmer's market to a mouthwatering meal, this is one Lebanese masterpiece that you won't want to miss.	APTEX	(S)	(CC)	DVI	#103H
13:30:00	Nick Stellino: Storyteller in the Kitchen The Great Outdoorsman Chef Stellino recalls the joys of pastoral Italy and delivers rustic recipes as the perfect end to a day of outdoor adventures. Dishes include: Pollo alla cacciatore (chicken, pearled onions, rosemary) / pork chop alla Milanese (breaded fried pork chop "Milanese Style") / Macedonia di frutta (marinated fruit salad in liquor and sugar).	APTEX	(S)	(CC)	N/A	#111H
14:00:00	Taste of History The Mummers: Pistols, Parasols & Parades The Mummers are a unique part of Philadelphia culture. Revelers dress in vibrant costumes and parade the streets every New Year's Day. Chef Walter Staib discovers the history of mummery and prepares recipes that include: Philadelphia Pepperpot, Braised Bluefish, Skillet Cornbread and more!	NETA	(S)	(CC)	N/A	#810H
14:30:00	Christopher Kimball's Milk Street Television Milk Street Holidays Festive doesn't have to mean expensive. Milk Street Cook Catherine Smart shows host Christopher Kimball how to turn economical beef eye-round into a succulent holiday roast as she makes prune, peppercorn and fresh herb-rubbed roast beef. Then, a British favorite gets a transatlantic twist as Milk Street Cook Erika Bruce gives the rundown on rye-on-rye sticky toffee pudding. Milk Street Cook Lynn Clark shows Chris how to make skillet-charred Brussels sprouts. The show ends with Chris discussing Sara Moulton's kitchen cabinet essentials.	APTEX	(S)	(CC)	N/A	#111H

Daily Program Listing II

43.1

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Tue, Nov 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Spotlight On Bracelets Author and instructor Melissa Grakowsky-Shippee creates stunning beaded components using two-hole tile beads and teaches her technique for a flawless herringbone stitch. Katie discusses the various types of memory wire as she makes a glass bead bracelet that's fun to wear.	NETA	(S)	(CC)	N/A	#2206H
15:30:00	Make It Artsy Paper A blank piece of paper challenges every maker. Illustrator Roxanne Coble balances humor and emotional themes in abstract mini-canvases. Lettering artist Janet Takahashi showcases calligraphy with decorative borders. Joe Rotella uses the today's design and cutting technology to create a mosaic box top. In the tip, Dina Wakley creates tags with paint and stamps.	NETA	(S)	(CC)	N/A	#108H
16:00:00	Biz Kid\$ My First Credit Card Your first credit card -- manage it right and it could lead to a world of possibilities. Get it wrong and it will mean years of regret. Biz Kid\$ demystifies the process of getting a credit card, how to use it correctly, and explains terms like credit score and APR. Hear from kids who used credit to their advantage, and a few who wished they had.	APTEX	(S)	(CC)	N/A	#603H
16:30:00	Hands On Crafts for Kids Fly Away Let's make wings and fly. With paper, scissors and a little spaghetti, Jenny Barnett-Rohrs makes paper feathers. Then, she crafts fuzzy bug wings from felt. Artist Franz Spohn gives the appearance of flight in his drawings. Jenny crafts a bird house for our feathered friends.	NETA	(S)	(CC)	DVI	#1912H
17:00:00	P. Allen Smith's Garden Home 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 Farm School - Learning to Be Organic Farmers "Green Acres is the place to be; farm living is the life for me." You might remember the jingle to the opening of the popular series, Green Acres from decades ago. But today, the same desire is alive and well and spawning "Organic Farm Schools" all over the country. In this fun episode, the whole crew enrolls for a week in a New England farm school to learn all they can while there. The cameras are rolling to show the reality side of organic farm living with our mostly city-slicker crew.	APTEX	(S)	(CC)	N/A	#522H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14232H
18:30:00	America's Heartland Head for the school room to see how Wisconsin's "Farm to Fork" program benefits students. Explore the science behind Arizona's plan to turn algae into livestock feed. Join the trek to California's asparagus fields just in time for the harvest. Serve yourself to a helping of history on sweet potatoes.	APTEX	(S)	(CC)	N/A	#1202H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8167
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1346H
20:00:00	Sun Studio Sessions Motel Mirrors 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."	NETA	(S)	(CC)	N/A	#711H
20:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H

Tue, Nov 21, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Infinity Hall Live Aimee Mann	APTEX	(S)	(CC)	N/A	#101H
	Singer-songwriter Aimee Mann performs with bassist Paul Bryan, keyboardist Jamie Edwards, and drummer Sebastian Aymanns. Before launching into "High on Sunday 51" from her 2002 release <i>Lost in Space</i> , Mann welcomes the audience with her unique sense of humor. "Let me cheer you up with some songs of depression, heartache and dysfunction," she says. Mann's career stretches back to the 1980s when her new wave band, 'Til Tuesday, gained popularity on MTV with their hit song "Voices Carry." She released her first solo album, <i>Whatever</i> , in 1993, and has been going strong ever since. "For ten years I've had my own label and released my own records, so it's been very freeing to not have to worry about pleasing anybody else," says Mann. Mann's successes include Oscar, Grammy and Golden Globe nominations for the song "Save Me" from the film soundtrack for <i>Magnolia</i> . Mann performs a poignant version of "Save Me" along with another song from the film, "Wise Up". Her performance at Infinity Hall includes a variety of songs from past albums, as well as several new songs. INFINITY HALL LIVE captures Mann in the perfect atmosphere for her poetic lyrics and witty stage banter. The intimate performance of this accomplished artist is not to be missed.					
22:00:00	Saving Place, Saving Grace	NETA	(S)	(CC)	N/A	#0H
	Saving Place, Saving Grace is the story of a Trappist monastery's struggle for reformation of their home by embracing an intense sustainability initiative. Witness the monks' land stewardship, contemplative prayer, and work ethic that shapes the core of their community, Holy Cross Abbey in Berryville, Virginia.					
23:00:00	I Remember Better When I Paint	APTEX	(S)	(CC)	N/A	#0H
	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.					

Wed, Nov 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	America's Heartland Head for the school room to see how Wisconsin's "Farm to Fork" program benefits students. Explore the science behind Arizona's plan to turn algae into livestock feed. Join the trek to California's asparagus fields just in time for the harvest. Serve yourself to a helping of history on sweet potatoes.	APTEX	(S)	(CC)	N/A	#1202H
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1346H
01:00:00	Sun Studio Sessions Motel Mirrors 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."	NETA	(S)	(CC)	N/A	#711H
01:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H
02:00:00	Infinity Hall Live Aimee Mann Singer-songwriter Aimee Mann performs with bassist Paul Bryan, keyboardist Jamie Edwards, and drummer Sebastian Aymanns. Before launching into "High on Sunday 51" from her 2002 release Lost in Space, Mann welcomes the audience with her unique sense of humor. "Let me cheer you up with some songs of depression, heartache and dysfunction," she says. Mann's career stretches back to the 1980s when her new wave band, 'Til Tuesday, gained popularity on MTV with their hit song "Voices Carry." She released her first solo album, Whatever, in 1993, and has been going strong ever since. "For ten years I've had my own label and released my own records, so it's been very freeing to not have to worry about pleasing anybody else," says Mann. Mann's successes include Oscar, Grammy and Golden Globe nominations for the song "Save Me" from the film soundtrack for Magnolia. Mann performs a poignant version of "Save Me" along with another song from the film, "Wise Up". Her performance at Infinity Hall includes a variety of songs from past albums, as well as several new songs. INFINITY HALL LIVE captures Mann in the perfect atmosphere for her poetic lyrics and witty stage banter. The intimate performance of this accomplished artist is not to be missed.	APTEX	(S)	(CC)	N/A	#101H
03:00:00	Saving Place, Saving Grace Saving Place, Saving Grace is the story of a Trappist monastery's struggle for reformation of their home by embracing an intense sustainability initiative. Witness the monks' land stewardship, contemplative prayer, and work ethic that shapes the core of their community, Holy Cross Abbey in Berryville, Virginia.	NETA	(S)	(CC)	N/A	#0H
04:00:00	I Remember Better When I Paint Narrated by screen legend Olivia de Havilland, I REMEMBER BETTER WHEN I PAINT reveals the ways day-care centers, nursing homes and assisted-living facilities are employing creative therapies to treat Alzheimer's patients. This informative documentary offers pivotal new insights about the transformative power of drawing, painting, music and museum visits for those living with Alzheimer's and related memory disorders. Through personal stories and interviews with noted physicians, the film explores the benefits of this approach, including an improved quality of life for the patient and a restored dialogue with their caregivers.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#425
08:00:00	Mack & Moxy Help Is on the Way/Play It Again, Mack "Help is On the Way" - All hands on deck! A Great Helpee needs rescuing! Mack & Moxy shimmerize off with Trooper Quinn where they're greeted by Sheriff Hiya, an amiable eagle who's always of service to the residents of HelpeeLand. As the Sheriff's assistance is requested by a neighbor in need, the Heroes continue on their journey. But when Shelfish Sheldon plays a sneaky trick so he can keep the Great Helpee for himself, the Heroes fall to the bottom of a very deep pit and can't get out. Then they remember Sheriff Hiya's advice about dialing 9-1-1 if there's an emergency. They call the number and help is immediately on its way - just in time for the Great Helpee to hatch! A celebrity cast including Hank Azaria (The Simpsons, Family Guy) helps the Heroes' mission in support of the Orange County Sheriff's Department and law enforcement across the nation dedicated to protecting and serving citizens and communities. "Play it Again, Mack" - Get in the game! Mack & Moxy team up with Trooper Sydnee to save another Great Helpee. When they bounce over to HelpeeLand School, they run into a rabbit named Patch who is sad because recess has become too rowdy and no one wants to play anymore. To cheer Patch up, the Heroes start a lively game of foursquare. But when a disagreement develops over who won, Trooper Sydnee suggests Rock, Paper, Scissors to settle the dispute. It works like a charm except for one problem - Shelfish Sheldon is about to snatch the Great Helpee and keep all its happiness for himself! A celebrity cast including Hank Azaria (The Simpsons, Family Guy) and guest star Eva LaRue (CSI Miami, All My Children) helps the Heroes' mission in support of PlayWorks, a nation-wide program promoting the power of play and creating a place for every kid on the playground to feel included, be active, and build valuable social skills.	APTEX	(S)	(CC)	N/A	#111H

Wed, Nov 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#117H
09:00:00	Functional Fitness with Suzanne Andrews Osteoporosis Walking Workout	ACCES	(S)	(CC)	N/A	#303H
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1017H
10:00:00	Sit and Be Fit Lymphatic System Mary Ann uses soothing music and slow gentle movements to stimulate the lymphatic system.	NETA	(S)	(CC)	N/A	#1415H
10:30:00	It's Sew Easy Coast to Coast From coast to coast, today's designers have you covered. Blogger and sewing educator Joanne Banko embellishes a western-inspired shirt with embroidery and decorative stitches. An old subway map becomes a versatile tote in the hands of sewing expert Rebecca Kemp Brent. Angela Wolf shares a tip for sewing with tweed fabric.	NETA	(S)	(CC)	N/A	#1309H
11:00:00	Knit and Crochet Now! Dolly Long Legs Lena Skvagerson and Robyn Chachula are going to show how to knit and crochet versions of our Dolly Long Legs...which we have named "Deborah Dolls" in honor of new host Deborah Norville. These are sure to be the special doll that gets dragged everywhere. Ellen is in the stitch corner showing how to crochet the Fishbone Stitch.	APTEX	(S)	(CC)	DVI	#706H
11:30:00	Fons & Porter's Love of Quilting 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	#7083H
13:00:00	Lidia's Kitchen Italian Taste for Bitter Vegetables Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and today Lidia will highlight the versatility of delicious bitter vegetables like broccoli rabe, radicchio and escarole. She makes baked radicchio. Sweetened by the cook time this dish caramelizes into a tender hearty bite. broccoli rabe and sausage: a classic combination with sweet Italian sausage and bitter broccoli rabe; escarole and white bean Soup: a heart warming escarole and white bean soup.	APTEX	(S)	(CC)	N/A	#408H
13:30:00	Taste The Islands with Chef Irie The Latin Lover Chef Irie brings out his inner Latin lover, preparing citrus infused Snapper Ceviche and Mussels Chorizo with Mango Coconut Sauce, finished with Guava Cream Cheese Phyllo tartlets.	APTEX	(S)	(CC)	N/A	#101H
14:00:00	Simply Ming Rick Bayless PBS's own Chef Rick Bayless visits Ming in his loft this week to share his Mexican flavors. Rick, who has several restaurants in Chicago including the Frontera Grill and Topolobampo, which received the James Beard Award for Outstanding Restaurant in 2017, cooks up Mexican street corn tacos with homemade corn tortillas, while Ming makes his new egg omelet wrap with a corn, tomato, watercress and fermented black bean salsa.	APTEX	(S)	(CC)	N/A	#1507H
14:30:00	Cook's Country When Only Chocolate Will Do Julia Collin Davison shows Bridget Lancaster how to make the ultimate Mississippi mud pie. Equipment expert Adam Ried reviews small food processors. Bridget uncovers the secrets to making the best whoopie pies right at home.	APTEX	(S)	(CC)	N/A	#1012H
15:00:00	Beads, Baubles and Jewels Trendspotting: Tassels and Knotting Tassels are the next big trend in jewelry-making. Designer Wyatt White shows how to wrap, tie and finish beautiful tassels for earrings and other accessories. Katie adds a modern twist to traditional knotting techniques to make bracelets with crystal pearls.	NETA	(S)	(CC)	N/A	#2207H

Wed, Nov 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Make It Artsy Celebrations	NETA	(S)	(CC)	N/A	#109H
	Celebrate all that is artsy. Clay artist Laurie Mika celebrates love by embedding all sorts of charms into sculptured hearts. Kathy Cano-Murillo honors Mexican holiday Dia de los Muertos with stained glass ornaments. Janet Takahashi has calligraphy ideas for DIY weddings and mix media artist Jenn Mason makes a mini-banner for any celebration.					
16:00:00	Biz Kid\$ Money Really Does Grow On Trees	APTEX	(S)	(CC)	N/A	#604H
	Opportunities to make money are all around you. From products to services, offline to online, and the basics to the bizarre -- this episode explores ways to bring in the bucks if you're too young to get a job. We show you how to make money even if all you have is a good attitude. Kids will walk away with some inspiration, if they're willing to exert the perspiration.					
16:30:00	Hands On Crafts for Kids Camp	NETA	(S)	(CC)	DVI	#1913H
	Head to the great outdoors with camping crafts. Jenny Barnett-Rohrs fashions a talking stick like those used by ancient tribes. Then, she paints images of nature with sand. Franz Spohn makes his own fishing game and Jenny weaves a beaded dream catcher. Candie Cooper lights up the forest with a cool camp lantern.					
17:00:00	P. Allen Smith's Garden Home 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 Farmgirls: Seattle, Wa	APTEX		(CC)	N/A	#523H
	Today, there are many women who for a variety of reasons have taken it upon themselves to feed their families off the land in their own urban backyards. In this episode, we visit several such women who not only have the goal of feeding their families healthy, sustainable food, but are also teaching others to do the same. From a trained chef educating virtually with a massive online audience to a permaculture pioneer who shares her vision one garden at a time through classes as well as design and installations throughout the Pacific Northwest, it's all about living off the land while living in the city.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14233H
18:30:00	Great Decisions In Foreign Policy Saudi Arabia	NETA	(S)	(CC)	N/A	#804H
	Saudi Arabia is a nation in transition, with increasing signs that the status quo it has enjoyed for decades is beginning to fray. Once known for having a "special relationship" with the U.S., growing concerns about human rights, terrorism and the Iran nuclear deal suggest the relationship between Riyadh and Washington is coming under strains.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8168
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#443H
20:00:00	The Lowertown Line. The Lowertown Line: Doomtree	APTEX	(S)	(CC)	N/A	#110H
	Hip-hop collective Doomtree performs live at the Varsity Theater in Minneapolis as part of an annual week-long series of concerts dubbed the "Blowout". The band talks about their humble beginnings, challenges of life on the road, and their unexpected successes. Songs performed: Team the Best Team, Gray Duck, Fresh New Trash, Bangarang.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#309H
	Artist: Master Series with three-time Grammy Award Winner Delbert McClinton and hosted by songwriter Eric Gnezda. Delbert McClinton joins host Eric Gnezda for an exclusive interview. Delbert's songs and soul-stirring performances have connected with audiences across the country as well as earned the respect of his peers. Throughout the decades, Delbert has ridden the wave of major label success, penned songs that have been cut by successful country and blues artists, collaborated with artists ranging from Bonnie Raitt to Tanya Tucker, and continued to create relevant and distinctive music. The late John Lennon credited Delbert with teaching him how to play the harmonica. In January, 2017, Delbert released his latest recording, Prick of the Litter, which includes 12 new songs that feature the soulful blend of blues, jazz, country and rock that has become synonymous with his distinctive style. On this episode, he performs four cuts from his new album "Don't Do IT," "San Miguel," "Skip Chaser," and "Like Lovin' Used To Be."					

Wed, Nov 22, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live at 9:30 Performances by Tove Lo, Cold War Kids, Youth Lagoon and Trouble Funk, with comedy from Ralphie May and an interview by NPR's Bob Boilen.	NACC	(S)	(CC)	N/A	#103H
22:00:00	Tending The Wild Tending the Wild shines light on the environmental knowledge of indigenous peoples across California by exploring how they have actively shaped and tended the land for millennia, in the process developing a deep understanding of plant and animal life. This documentary examines how humans are necessary to live in balance with nature and how traditional practices can inspire a new generation of Californians to tend their environment.	NETA	(S)	(CC)	N/A	#0H
23:00:00	Turmoil & Triumph: The George Shultz Years To Start The World Again To Start the World Again goes inside the Reagan White House. Cabinet members continue to vie for the President's attention, putting forth competing tactics to achieve the administration's goals. Reagan is taken with the Contras, a group of rebels fighting the Communist government in Nicaragua. While Congress had ruled out the use of Defense Department or CIA funds to help the rebels, some advisors keep bringing the issue to Reagan's attention.	NETA	(S)	(CC)	N/A	#102H

Thu, Nov 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy Saudi Arabia	NETA	(S)	(CC)	N/A	#804H
	Saudi Arabia is a nation in transition, with increasing signs that the status quo it has enjoyed for decades is beginning to fray. Once known for having a "special relationship" with the U.S., growing concerns about human rights, terrorism and the Iran nuclear deal suggest the relationship between Riyadh and Washington is coming under strains.					
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#443H
01:00:00	The Lowertown Line. The Lowertown Line: Doomtree	APTEX	(S)	(CC)	N/A	#110H
	Hip-hop collective Doomtree performs live at the Varsity Theater in Minneapolis as part of an annual week-long series of concerts dubbed the "Blowout". The band talks about their humble beginnings, challenges of life on the road, and their unexpected successes. Songs performed: Team the Best Team, Gray Duck, Fresh New Trash, Bangarang.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#309H
	Artist: Master Series with three-time Grammy Award Winner Delbert McClinton and hosted by songwriter Eric Gnezda. Delbert McClinton joins host Eric Gnezda for an exclusive interview. Delbert's songs and soul-stirring performances have connected with audiences across the country as well as earned the respect of his peers. Throughout the decades, Delbert has ridden the wave of major label success, penned songs that have been cut by successful country and blues artists, collaborated with artists ranging from Bonnie Raitt to Tanya Tucker, and continued to create relevant and distinctive music. The late John Lennon credited Delbert with teaching him how to play the harmonica. In January, 2017, Delbert released his latest recording, Prick of the Litter, which includes 12 new songs that feature the soulful blend of blues, jazz, country and rock that has become synonymous with his distinctive style. On this episode, he performs four cuts from his new album "Don't Do IT," "San Miguel," "Skip Chaser," and "Like Lovin' Used To Be."					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#103H
	Performances by Tove Lo, Cold War Kids, Youth Lagoon and Trouble Funk, with comedy from Ralphie May and an interview by NPR's Bob Boilen.					
03:00:00	Tending The Wild	NETA	(S)	(CC)	N/A	#0H
	Tending the Wild shines light on the environmental knowledge of indigenous peoples across California by exploring how they have actively shaped and tended the land for millennia, in the process developing a deep understanding of plant and animal life. This documentary examines how humans are necessary to live in balance with nature and how traditional practices can inspire a new generation of Californians to tend their environment.					
04:00:00	Turmoil & Triumph: The George Shultz Years To Start The World Again	NETA	(S)	(CC)	N/A	#102H
	To Start the World Again goes inside the Reagan White House. Cabinet members continue to vie for the President's attention, putting forth competing tactics to achieve the administration's goals. Reagan is taken with the Contras, a group of rebels fighting the Communist government in Nicaragua. While Congress had ruled out the use of Defense Department or CIA funds to help the rebels, some advisors keep bringing the issue to Reagan's attention.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#426
08:00:00	Zula Patrol A Comet's Tale/This Looks Like A Job for the Zula Dudes	APTEX	(S)	(CC)	DVI	#101
	A COMET'S TALE: When a comet passes near Zula, Zeeter decides she wants to race it. But when Zeeter, Wizzy and Wigg get too close, their Space Ship starts to freeze and they are forced to land on the comet. Bula, Multo, and Gorga's mission is to assist their Team in returning safely home to Zula. THIS LOOKS LIKE A JOB FOR THE ZULA DUDES: In his latest attempt to take over the Universe, Dark Truder empties out the Asteroid Belt, sending all the asteroids in the direction of Planet Zula. The ZP uses Multo's latest invention "The Multo-Grabber" to grab all the Asteroids and return them to their proper home.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#118H
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	APTEX	(S)	(CC)	DVI	#1018H
10:00:00	Sit and Be Fit Mobility and Balance	NETA	(S)	(CC)	N/A	#1416H
	This episode highlights a variety of exercises to improve balance and concludes with stroking.					

Thu, Nov 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	It's Sew Easy Pack and Go	NETA	(S)	(CC)	N/A	#1310H
	Be ready to go - anywhere, anytime. Sewing blogger and busy Mom Caroline Critchfield stays packed and ready with a handy bag made with clear vinyl and colorful fabric. Award-winning quilter Carolina Moore takes along paper-piecing projects so she can keep stitching wherever she goes. Alex Woodbury shares a charity sewing project.					
11:00:00	Knit and Crochet Now! Downton Abbey-Inspired Gloves	APTEX	(S)	(CC)	DVI	#707H
	This week designer Rohn Strong joins Deborah Norville with not one but two pairs of fingerless gloves...one knit and one crochet. The knit Unger Mitts feature a cable and the Riviera Crochet Mitts has an elegant filet cuff, both of which would be suitable for a dinner party at Downton Abbey! In the stitch corner Ellen is demonstrating a Crochet Motif.					
11:30:00	Fons & Porter's Love of Quilting Picnic In Provence	NETA	(S)	(CC)	N/A	#2806H
	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.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7084H
13:00:00	The Jazzy Vegetarian Spring Has Sprung	NETA	(S)	(CC)	N/A	#607H
	Host Laura Theodore prepares plant-based, garden-fresh spring recipes. Cashew-Stuffed Artichokes feature a delectable filling of cashews and sunflower seeds. Next up, a delicious, spring-inspired Asparagus Tart is both vegan and gluten-free! To add a pop of green, Sweet Arugula Salad highlights baby arugula, dried cranberries, and crisp apples, drizzled with Maple-Balsamic Dressing. Delicious Paprika Roasted Cauliflower is served on the side.					
13:30:00	Sara's Weeknight Meals Honey Be Good	APTEX	(S)	(CC)	N/A	#604H
	It's a well-known fact that honeybees are a precious resource for pollinating the food we eat, but they are mysteriously dying off. Sara joins a beekeeper in Savannah, Georgia to discover the secrets of bees and beekeeping. Then they make a honey centered dish that's pure Georgia - rosemary honey and Georgia peach chutney burgers. Next, she travels to Napa, California to gather ingredients at a farm and cook with chef Joey Altman. His grilled duck breast with honey roasted carrots, farro-herb salad and cider jus is easier than it sounds, and delicious as well. Recipes: Rosemary honey and Georgia peach chutney burgers; Grilled duck breast, honey roasted carrots, farro-herb salad and cider jus.					
14:00:00	Joanne Weir Gets Fresh Tomatoes	APTEX	(S)	(CC)	N/A	#115H
	If Joanne had to pick one fruit or vegetable to be best friends with, it would be a simple, fresh tomato. Join her as she travels to Dirty Girl Produce farms and makes Fried Green Tomatoes and Bloody Marys with her student. Recipes: Fried Green Tomatoes with Red Tomato Mayonnaise, Bloody Maria with Fresh-pressed Tomato Juice and Muddled Serrano Student: Charles Baldwin.					
14:30:00	New Scandinavian Cooking Fisherman's Harbor	APTEX	(S)	(CC)	N/A	#507H
	In the fishing port and holiday resort town of Smogen, on the scenic coast of Southwestern Sweden, Tina visits the local fish auction and fishes for langoustines (lobster) before making a sandwich with herring. For the main course, Tina serves a variety of smoked seafood, lightly heated over the grill. For dessert, she makes strawberries with crunchy breadcrumbs and mint-and-honey-flavored sour cream.					
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	Make It Artsy Transformation	NETA	(S)	(CC)	N/A	#110H
	In the hands of the maker, the ordinary is transformed into the extraordinary. A simple lamp morphs into a decorator accent with tool expert Joe Rotella. A matchbook becomes a mini-journal in the hands of artist Roxanne Coble. Host Julie Fei Fan Balzer creates cool jewelry from coloring book pages. Clay artist Laurie Mika has a tip on stenciling on clay.					
16:00:00	Biz Kid\$ Can Money Buy Happiness?	APTEX	(S)	(CC)	N/A	#605H
	Yes, if you're the one giving it away. Hear heart-warming stories of how kids identified a need in their community and used an entrepreneurial mindset to solve it. Be inspired by their ingenuity, and find out how you can do the same to make a difference by becoming a social entrepreneur.					

Thu, Nov 23, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Fins, Feathers and Fur	NETA	(S)	(CC)	DVI	#1801H
	Let's get creative with inspiration from the forest, sea and sky. Jenny Barnett-Rohrs and Katie Hacker make a friendly hedgehog then Katie creates a wiggly fish. Franz Spohn scratches off paint to make colorful animal images and Jenny makes a gelatin print Valentine's Day card.					
17:00:00	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 Thomas Jefferson; Organic Gardening Pioneer: Monticello: Virginia	APTEX		(CC)	N/A	#524H
	To gardeners, Thomas Jefferson holds a special place of honor. The gardens at Monticello were a botanic laboratory of ornamental and useful plants from around the world. As an avid plantsman and gardener, Mr. Jefferson kept detailed records over many years of his horticultural discoveries, plant exchanges with friends around Europe as well as his successes and failures when it came to his own gardening and farming practices at Monticello. Thanks to his meticulous records and the historic preservation of the grounds, today we can step back in time to see how one of the most famous green gardeners in history lived out his passion for gardening at Monticello.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14234H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1422H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8169
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1112H
20:00:00	Backstage Pass Chris Canas Band- Encore	NETA	(S)	(CC)	N/A	#706H
	Detroit-based Chris Canas brings the blues with a homestyle feel to a new generation. Highlights: "Little Bluebird," with guest "Frog" Forgey and the title track of the new album "Would Ya Mind." In the band with Canas are Angela Cottingham, vocals; Kevin Schoepke, bass; Michael Scott, drums; and Chris Nordman, keyboards. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
20:30:00	Music Voyager Colombia Rocks!	APTEX	(S)	(CC)	N/A	#204H
	Host Jacob Edgar heads to Bogota, Colombia's capital and biggest metropolis, to explore the city's thriving rock and pop music scene. There, world-famous rockers Aterciopelados treat Edgar to an unplugged performance in the historic neighborhood of La Candelaria and bring him to a nearby indigenous peoples cultural center for a ceremony with Arhuaco shamans. The up-and-coming rock band Superlitio opens the doors of their recording studio for a private jam and later, Edgar digs through the crates at a funky shoe store/vinyl record store in downtown Bogota. Finally, he meets Fonseca, one of Colombia's biggest pop stars, in Monserrate, a cathedral high in the mountains overlooking Bogota, for an unplugged performance of his hit song, "Paraiso."					
21:00:00	Xerox Rochester International Jazz Festival Jon Ballantyne Trio	APTEX	(S)	(CC)	N/A	#804H
	Pianist and composer Jon Ballantyne has released 10 albums and won two Juno Awards. He is an artist who deftly combines the unknown with the known. Listening to the wondrous sounds he makes at the piano, audiences can never be sure where he will take the music next. There can be a palpable sense that they are hearing a feeling, harmony, melody or rhythm they may be familiar with, and at the same time, they are likely to be figuratively on the edge of their seats, excited, gratified that they are being taken on a musical adventure unlike anything they may have experienced previously.					
22:00:00	Heirloom Meals' Thanksgiving	APTEX	(S)	(CC)	DVI	#0H
	Hosted by Carole Murko, a culinary artist and public-radio personality, HEIRLOOM MEALS' THANKSGIVING explores America's diverse culinary history with the goal of preserving tried-and-true recipes and dining traditions. Shot in scenic Stockbridge, Mass., the one-hour special weaves together heartwarming stories to help viewers connect with their own memories of this beloved national holiday. A direct descendant of the Pilgrims, a newly minted citizen, a Midwestern housewife, a Southern gentleman, an Italian grandmother and other guests share their treasured family recipes and explain what makes the holiday so special. Recipes include: cranberry-stuffed acorn squash, Brazilian cheese rolls, chipotle-spiced pumpkin pie, an innovative and tasty preparation for roast turkey, and wine recommendations for a Thanksgiving table.					

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Thu, Nov 23, 2017

<u>Start</u>	<u>Title Subtitle</u>	<u>Distrib</u>	<u>Stereo</u>	<u>Cap</u>	<u>AS2</u>	<u>Episode</u>
23:00:00	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.

Fri, Nov 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Focus On Europe	WNVC	(S)	(CC)	N/A	#3546H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1112H
01:00:00	Backstage Pass Chris Canas Band- Encore	NETA	(S)	(CC)	N/A	#706H
	Detroit-based Chris Canas brings the blues with a homestyle feel to a new generation. Highlights: "Little Bluebird," with guest "Frog" Forgey and the title track of the new album "Would Ya Mind." In the band with Canas are Angela Cottingham, vocals; Kevin Schoepke, bass; Michael Scott, drums; and Chris Nordman, keyboards. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
01:30:00	Music Voyager Colombia Rocks!	APTEX	(S)	(CC)	N/A	#204H
	Host Jacob Edgar heads to Bogota, Colombia's capital and biggest metropolis, to explore the city's thriving rock and pop music scene. There, world-famous rockers Aterciopelados treat Edgar to an unplugged performance in the historic neighborhood of La Candelaria and bring him to a nearby indigenous peoples cultural center for a ceremony with Arhuaco shamans. The up-and-coming rock band Superlitio opens the doors of their recording studio for a private jam and later, Edgar digs through the crates at a funky shoe store/vinyl record store in downtown Bogota. Finally, he meets Fonseca, one of Colombia's biggest pop stars, in Monserrate, a cathedral high in the mountains overlooking Bogota, for an unplugged performance of his hit song, "Paraiso."					
02:00:00	Xerox Rochester International Jazz Festival Jon Ballantyne Trio	APTEX	(S)	(CC)	N/A	#804H
	Pianist and composer Jon Ballantyne has released 10 albums and won two Juno Awards. He is an artist who deftly combines the unknown with the known. Listening to the wondrous sounds he makes at the piano, audiences can never be sure where he will take the music next. There can be a palpable sense that they are hearing a feeling, harmony, melody or rhythm they may be familiar with, and at the same time, they are likely to be figuratively on the edge of their seats, excited, gratified that they are being taken on a musical adventure unlike anything they may have experienced previously.					
03:00:00	Heirloom Meals' Thanksgiving	APTEX	(S)	(CC)	DVI	#0H
	Hosted by Carole Murko, a culinary artist and public-radio personality, HEIRLOOM MEALS' THANKSGIVING explores America's diverse culinary history with the goal of preserving tried-and-true recipes and dining traditions. Shot in scenic Stockbridge, Mass., the one-hour special weaves together heartwarming stories to help viewers connect with their own memories of this beloved national holiday. A direct descendant of the Pilgrims, a newly minted citizen, a Midwestern housewife, a Southern gentleman, an Italian grandmother and other guests share their treasured family recipes and explain what makes the holiday so special. Recipes include: cranberry-stuffed acorn squash, Brazilian cheese rolls, chipotle-spiced pumpkin pie, an innovative and tasty preparation for roast turkey, and wine recommendations for a Thanksgiving table.					
04:00:00	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.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#427
08:00:00	Zula Patrol Bula's Spin Party/Day for Night	APTEX	(S)	(CC)	DVI	#102
	BULA'S SPIN PARTY: The Zpers learn about rotation as they practice a dance routine to compete in Bula's Zula Spin Party dance contest. Meanwhile Dark Truder, who wasn't invited, crashes the party disguised as a mysterious dancing planet so he can ruin it for everyone else. DAY FOR NIGHT: Dark Truder has somehow stolen daytime from the planet Zula, and won't give it back till the Zuleans accept him as Master Of The Universe. The Zula Patrollers assume he has hijacked the Sun, and go looking for it. They discover that Truder hasn't made off with the sun, but has invented a Ray that has stopped Zula from turning.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#119H
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	APTEX	(S)	(CC)	DVI	#1019H

Fri, Nov 24, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Your Feet, Your Foundation It's important to let your feet feel the floor. Exercising barefoot, Mary Ann emphasizes somatosensory awareness in the feet throughout the workout.	NETA	(S)	(CC)	N/A	#1417H
10:30:00	It's Sew Easy When The Wind Blows When the wind blows and the rain falls, stay warm and dry. Sewing educator Joanne Banko uses cozy polar fleece to sew a fashionable ruana with embroidered details, inspired by those worn in the mountains of South America. Designer and blogger Alex Woodbury shows how to sew and finish specially-coated fabric to make a super-cute raincoat to keep you dry and on-trend.	NETA	(S)	(CC)	N/A	#1311H
11:00:00	Knit and Crochet Now! Shaped Cardigans Today we are making cardigans, a versatile staple for any wardrobe. Deborah Norville is joined by Kristin Nicholas with the Cosima Cardigan, that features a lace panel front that also creates a cable. Then on to Robyn Chachula who is showing how to make the textured crochet Twyla Cardigan. The stitch of the week is a new take on Shetland Lace by Rohn Strong.	APTEX	(S)	(CC)	DVI	#708H
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	#7085H
13:00:00	Ellie's Real Good Food Sweet Tooth Satisfiers Does sugar have you in its thrall? Ellie helps one family tackle their sugar quandary so they can continue to do the baking they love in a healthier way without sacrificing flavor. Recipes: Crispy French toast fingers with blueberry maple sauce; Banana bread with chocolate drizzle; Coconut date balls. 3 Ingredient Recipe: Cherry chocolate haystacks.	APTEX	(S)	(CC)	N/A	#108H
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
14:00:00	Chef John Besh's New Orleans Jalapeno Cheese Grits, Slow-Cooked Grillades, and Brendan's Bread Pudding.	APTEX	(S)	(CC)	DVI	#101H
14:30:00	Jacques Pepin: Heart & Soul Cooking for the President Jacques' illustrious cooking career includes time in the Elysee Palace cooking for the French President. At the young age of 22 and alongside his best friend, pastry chef Jean-Claude Szurdak, Jacques cooked classic dishes for the de Gaulle family. Now he replicates them for us beginning with a first course of morel and shrimp eggs en cocotte. The two chefs continue their Presidential menu with a meaty main course of veal chops dijonnaise served on a bed of simple and delicious peas with basil. Together they prepare a decadent chocolate souffle for a perfectly sweet and splendid ending.	APTEX	(S)	(CC)	N/A	#108H
15:00:00	Beads, Baubles and Jewels Make It from Scratch When the creative urge strikes, it's great to have the right tools at hand. Author and teacher Kate Richbourg cuts, forms and textures metal using hand-held tools to create a leaf-shaped pendant. Katie embellishes tassels with crystals to add a little sparkle.	NETA	(S)	(CC)	N/A	#2209H
15:30:00	Make It Artsy Home Decor Your home is a gallery for your art. Artist Dina Wakley makes a wall hanging with tissue stamping. Tool expert Joe Rotella uses computer design and cutting technology to create an apron. Using watercolors, calligrapher Janet Takahashi creates simple brush lettering. Author Rebekah Meier has a tip for adding a splash of color to any home.	NETA	(S)	(CC)	N/A	#111H

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16:00:00	Biz Kid\$ Financial Freedom	APTEX	(S)	(CC)	N/A	#606H
	Ever try to get to a new destination without looking up the directions? You'll never get rich if you don't set a goal and create a roadmap. Find out how to set financial goals, and stick to them, and how to avoid the pitfalls and dangers of getting sidetracked on your journey to making millions.					
16:30:00	Hands On Crafts for Kids Dress Up	NETA	(S)	(CC)	DVI	#1802H
	It's fun to dress up and decorate. Jenny Barnett-Rohrs and Katie Hacker team up to make a really cool cape. Candie Cooper recreates a design from a famous modern artwork. Then, we'll dance away in a new tutu skirt and make a patriotic decoration from blogger Angie Holden.					
17:00:00	P. Allen Smith's Garden Home Take It Easy	APTEX	(S)	(CC)	N/A	#1409H
	No more excuses, get out and garden! P. Allen Smith demonstrates some hassle free gardening and cooking techniques for even the most well rooted couch potato.					
17:30:00	Growing A Greener World Money in the Honey: The Business of An Urban Beekeeper	APTEX	(S)	(CC)	N/A	#525H
	With the fate of honeybees still uncertain, gardeners know just how important they are for a bountiful garden and the world's food security. Yet with declining numbers, raising your own backyard bees makes even more sense. One of the biggest barriers to getting started though is the uncertainty of what's involved. In this episode, Joe Lamp'I bring you along as he attends his first beekeeping class, to buying the equipment, setting up the hive, to enjoying the bountiful harvest and wonderful honey that adds to the joy of this rapidly growing hobby.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14235H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1346H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8170
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#945H
20:00:00	Song of the Mountains Jonathan Buckner & Chosen Road / Flatt Lonesome	NETA	(S)	(CC)	N/A	#1217H
21:00:00	Woodsongs Six String Soldier and Pentagon Winds	NETA	(S)	(CC)	N/A	#2008H
	SIX-STRING SOLDIERS are part of the United States Army Field Band. They are acoustic trio performing Americana, folk, bluegrass, and Irish music in an informal setting. The group brings its signature style to the smallest, most intimate venues, the busiest public places, street festivals, and music festivals across the United States. With its focus on audience interaction and sharing its members' stories and experiences as American Soldiers, Six-String Soldiers offers one of the most personal musical experiences found in the United States Army. PENTAGON WINDS is woodwind quintet was originally formed in 1989 as part of the Army Field Band's College Clinic Team. The quintet has presented numerous recitals at colleges and universities in forty-nine states featuring repertoire from Renaissance to jazz and beyond. It has been featured at the Kennedy Center, the International Double Reed Society Conference, and other professional music conferences around the country. In addition to its regular recital appearances, the Pentagon Winds frequently presents educational clinics to students ranging from kindergarten to 12th grade. WoodSongs Kids: The Graham Family hail from Winchester, Kentucky and decided to start playing music to bond closer as a family.					
22:00:00	Film School Shorts Future	NETA	(S)	(CC)	N/A	#401H
	In Zelos a mother who strives to "have it all" orders a clone to keep her home life in order and outshine her flawless colleague, but soon realizes she purchased an unbeatable rival. Directed by Thoranna Sigurdardottir. Salaam Ghourba (Farewell Exile) takes viewers to an impoverished neighborhood of Casablanca, Morocco, Fatima impatiently awaits news from her husband in exile abroad. Will she be able to secure the immigration papers necessary to travel toward a better future for her and her son? Directed by Lamia Alami.					
22:30:00	On Story John Patrick Shanley: Writing for the Stage and Screen	NETA	(S)	(CC)	N/A	#705H
	John Patrick Shanley holds a unique position as both playwright and screenwriter. The writer behind Moonstruck, Doubt, and others shares how he pulls from real life and makes every action count toward story.					
23:00:00	Science Goes to the Movies Evil	EPS	(S)	(CC)	N/A	#408H
	Guest: Professor Ahmed Rageb. Movie: Split. Evil - it's a great plot twist but where does it fit in real life? Prof. Ahmed Rageb of Harvard School of Divinity joins us to talk about the psychology and science in the movie, Split.					

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23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1104H

Sat, Nov 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Euromaxx	WNVT	(S)	(CC)	N/A	#1346H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#945H
01:00:00	Song of the Mountains Jonathan Buckner & Chosen Road / Flatt Lonesome	NETA	(S)	(CC)	N/A	#1217H
02:00:00	Woodsongs Six String Soldier and Pentagon Winds SIX-STRING SOLDIERS are part of the United States Army Field Band. They are acoustic trio performing Americana, folk, bluegrass, and Irish music in an informal setting. The group brings its signature style to the smallest, most intimate venues, the busiest public places, street festivals, and music festivals across the United States. With its focus on audience interaction and sharing its members' stories and experiences as American Soldiers, Six-String Soldiers offers one of the most personal musical experiences found in the United States Army. PENTAGON WINDS is woodwind quintet was originally formed in 1989 as part of the Army Field Band's College Clinic Team. The quintet has presented numerous recitals at colleges and universities in forty-nine states featuring repertoire from Renaissance to jazz and beyond. It has been featured at the Kennedy Center, the International Double Reed Society Conference, and other professional music conferences around the country. In addition to its regular recital appearances, the Pentagon Winds frequently presents educational clinics to students ranging from kindergarten to 12th grade. WoodSongs Kids: The Graham Family hail from Winchester, Kentucky and decided to start playing music to bond closer as a family.	NETA	(S)	(CC)	N/A	#2008H
03:00:00	Film School Shorts Future In Zelos a mother who strives to "have it all" orders a clone to keep her home life in order and outshine her flawless colleague, but soon realizes she purchased an unbeatable rival. Directed by Thoranna Sigurdardottir. Salaam Ghourba (Farewell Exile) takes viewers to an impoverished neighborhood of Casablanca, Morocco, Fatima impatiently awaits news from her husband in exile abroad. Will she be able to secure the immigration papers necessary to travel toward a better future for her and her son? Directed by Lamia Alami.	NETA	(S)	(CC)	N/A	#401H
03:30:00	On Story John Patrick Shanley: Writing for the Stage and Screen John Patrick Shanley holds a unique position as both playwright and screenwriter. The writer behind Moonstruck, Doubt, and others shares how he pulls from real life and makes every action count toward story.	NETA	(S)	(CC)	N/A	#705H
04:00:00	Science Goes to the Movies Evil Guest: Professor Ahmed Rageb. Movie: Split. Evil - it's a great plot twist but where does it fit in real life? Prof. Ahmed Rageb of Harvard School of Divinity joins us to talk about the psychology and science in the movie, Split.	EPS	(S)	(CC)	N/A	#408H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1104H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#428
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Tea Rose Fantasy Gary shows how important it is to start with a good background and explains how you can make a beautiful background using a simple paper doily. Next up is a whimsical tea rose painting on a fantasy background.	APTEX	(S)	(CC)	N/A	#519H
08:30:00	Painting with Wilson Bickford Emperor Penguins, Part 2 On Part 2, Wilson adds the finishing details to the background, and brings the two Emperor penguins to life, using color and shading to give the illusion of feathers.	NETA	(S)	(CC)	N/A	#313H
09:00:00	Landscapes Through Time with David Dunlop Frederic Church's Olana In Hudson River Valley, Ny David visits Olana, Frederic Church's Persian-inspired home in the Hudson River Valley, painting the expansive vista of the Hudson River Valley. The Hudson River Painters, considered the first American school of painting, were profoundly influenced by European traditions, especially the Ideal Italian landscapes of Claude Lorrain. They were popular from 1825 to 1875 and gave Americans their pictorial sense of national identity.	NETA	(S)	(CC)	DVI	#113H
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1020H

Sat, Nov 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Flabby Arms This workout focuses on exercises to tone the arm muscles. Mary Ann introduces a new way to strengthen arms using your own body as resistance.	NETA	(S)	(CC)	N/A	#1418H
10:30:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H
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 The Hunt for Caribbean Lobster Deep in the Sian Ka'an nature reserve, there's a seriously remote village called Punta Allen, where a team from the local sustainable lobster fishing cooperative brings Rick and chef Juan Pablo Loza out for an afternoon at sea. The day's catch? A Caribbean lobster, simply prepared in coconut soup. Back at the ultra-luxe Rosewood Mayakoba resort, Juan Pablo showcases the tranquil resort gardens before preparing a feast of grilled lobster zarandeado with adobo mayo and sweet corn puree in the kitchen of La Ceiba, an outdoor garden party area. Inspired by the tropical abundance, Rick heads to his backyard garden with master gardener Bill Shores before making greens with grilled honey-lime dressing and a sweet-and-spicy, chipotle-honey glazed shrimp dish.	APTEX	(S)	(CC)	N/A	#1101H
12:00:00	Lidia's Kitchen Italian Taste for Bitter Vegetables Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and today Lidia will highlight the versatility of delicious bitter vegetables like broccoli rabe, radicchio and escarole. She makes baked radicchio. Sweetened by the cook time this dish caramelizes into a tender hearty bite. broccoli rabe and sausage: a classic combination with sweet Italian sausage and bitter broccoli rabe; escarole and white bean Soup: a heart warming escarole and white bean soup.	APTEX	(S)	(CC)	N/A	#408H
12:30:00	Moveable Feast with Fine Cooking Greenough, Montana - Chef Ben Jones and Rory Schepisi This week's Moveable Feast saddles up for a Chuck Wagon dinner in Greenough, Montana. Host chef Pete Evans joins chef Ben Jones of Paws Up and grilling master Rory Schepisi to experience a classic Montana barbecue. Chefs Jones and Schepisi take Evans on a tour of local farms to harvest honey and see how real Montana Angus beef is raised. The chefs prepare a delicious meal featuring Montana beef in this quintessential Chuck Wagon dinner. This Moveable Feasteven has Pete on the move... on horseback.	APTEX	(S)	(CC)	N/A	#411H
13:00:00	Travels with Darley Wales: Isle of Anglesey & The Coast Join host Darley Newman to enjoy breathtaking coastal farms and beaches, heart pumping adventures on Europe's fastest zipline and a visit to a haunted castle. On Anglesey Island, where Prince William and Duchess Kate once lived, walk the Wales Coast Path and visit a town with one of the world's longest place names. Dive into local cuisine and Welsh products, making for a salty experience. Meet Gareth Wyn Jones, a sheep farmer who has become a celebrity from his social media and advocacy work, and learn about life on a Welsh farm in one of the most beautiful coastal locations on the planet.	NETA	(S)	(CC)	N/A	#202H
13:30:00	Weekends with Yankee Adventure in the Wild Offering wild weather, stormy seas, and remote locations, New England is a land of adventure. This week on Weekends with Yankee, we travel to the Northeast's highest peak for some of the most extreme weather found anywhere in the world. Then we head out to sea, braving stiff winds and bracing cold, to capture the coveted Atlantic bay scallop. Finally, we take to the skies high above Maine's iconic Moosehead Lake in search of the majestic creatures that inspired its name.	APTEX	(S)	(CC)	N/A	#102H
14:00:00	Rick Steves' Europe Norway's West: Fjords, Mountains and Bergen For Scandinavia's most thrilling sightseeing, we sail under towering fjord cliffs, hike on powerful glaciers, and find surviving traditions in remote farm hamlets. Then we delve into the Hanseatic heritage and enjoy the salty hospitality of Norway's historic capitol, Bergen.	APTEX	(S)	(CC)	N/A	#608H
14:30:00	Born to Explore with Richard Wiese South Africa: Saving The Mighty Rhino Join explorer Richard Wiese as he journeys to South Africa, for incredible encounters with white rhinos and elephants. Richard joins a conservation team on foot and by helicopter as they implant tracking devices to help monitor rhinos and protect them against poachers. He's welcomed into a Zulu tribe and meets some enterprising women who started a community garden that feeds the tribe and supplies local safari lodges.	APTEX	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Your landscape is looking good. But the next steps can make or break the total package. GardenSMART visits with some experts who show us how to put the "bow" on your landscape. Be sure to join us, a great show.	NETA	(S)	(CC)	N/A	#4808H
15:30:00	Baby Makes 3 Baby Makes 4 We're in the home of Marley and Michael, who have been surprised with twins - a happy challenge for first-time parents. The Baby Makes 3 team is here to help.	APTEX	(S)	(CC)	N/A	#207H
16:00:00	Drexel Interview Jeffrey Toobin Jeffrey Toobin's interest in the law has carried him from the courtroom to current events commentary. As a lawyer-turned-journalist, Toobin rapidly gained notoriety as a legal voice in American media as a staff writer for The New Yorker and senior legal analyst for CNN. He also is the author of the recent American Heiress: The Wild Saga of the Kidnapping, Crimes and Trial of Patty Hearst and The Run of His Life: The People v. O. J. Simpson, which was adapted into a television series. Host Paula Marantz Cohen discusses Toobin's unique career trajectory, as well as the subjects and events related to his popular books.	NETA		(CC)	N/A	#601H
16:30:00	Overheard with Evan Smith Katy Tur, Nbc Correspondent Katy Tur is a correspondent for NBC News and an anchor for MSNBC Live. Tur is the recipient of a 2017 Walter Cronkite Award for Excellence in Journalism. Her latest book, Unbelievable, reflects on her coverage of Donald Trump's 2016 presidential campaign. She currently lives in New York City.	NETA	(S)	(CC)	N/A	#803H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Stained Glassmaker Ekaterina Reier and host Eric Gorges play with light and glass in this episode where viewers learn that following your dream can really pay off.	APTEX	(S)	(CC)	N/A	#204H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3546H
18:30:00	The Open Mind American Hardship Guest: Alissa Quart.e Economic Hardship Reporting Project editor-in-chief Alissa Quart talks about a broken American economy.	NETA		(CC)	N/A	#3817H
19:00:00	Closer to Truth Observing Physics, Observing Nature? Why is an observer key to quantum physics? Does the act of observation affect what exists and what happens in the external world? Why is Observation in the quantum world a mystery?	EPS	(S)	(CC)	N/A	#1708H
19:30:00	American Forum What's Really Happening In North Korea? New York Times columnist NICK KRISTOF on his recent trip to North Korea and dangers of its standoff with President Trump.	NETA	(S)	(CC)	N/A	#310H
20:00:00	Infinity Hall Live Buckwheat Zydeco Emmy and Grammy Award-winning artist Buckwheat Zydeco and his band bring the Creole dance party to Infinity Hall. Born Stanley Joseph Dural, Jr. in 1947, Zydeco was raised in a large, musical family in Lafayette, Louisiana. "Growing up, the thing that made me happy was music," said Zydeco. "When you're listening to music or you're playing music, you got no business being sad." Zydeco's father played the accordion, but the young man originally refused to take up the instrument, dismissing the traditional zydeco music of his father's generation. He preferred playing the organ and listening to R&B. That changed in 1976, when he joined the "King of Zydeco" Clifton Chenier as a keyboard player. After learning to play the accordion, Zydeco formed his own band in 1979. For over three decades, Buckwheat Zydeco has been delighting audiences with his contemporary style of creole music. "It's based on the rhythm and blues. Whether you're playing an up-tempo song or a slow song, they always have that energy and that certain beat that go together with the music. It's always played with the washboard," says Zydeco, who plays the accordion, organ, and sings. Buckwheat Zydeco is an accomplished artist. He won an Emmy for his music in the television movie Pistol Pete: The Life And Times Of Pete Maravich and a Grammy for Best Zydeco Music Album in 2010 for Lay Your Burden Down. Zydeco also played at the closing ceremonies during the 1996 Summer Olympics in Atlanta, Georgia, and performed at both inaugurations for President William Jefferson Clinton. His infectious music appeals to people of all ages. In 2010, Zydeco released his second children's album, Bayou Boogie. Zydeco keeps Louisiana tradition alive with his infectious music, encouraging the audience to boogie to the Buckwheat beat.	APTEX	(S)	(CC)	N/A	#110H

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Sat, Nov 25, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Southside Johnny	APTEX	(S)	(CC)	N/A	#704H
	The Godfather of "the New Jersey Sound," Southside Johnny performs in front of an audience of his biggest fans. Southside Johnny and the Asbury Jukes have become a staple in the New Jersey music scene having released twelve studio albums since 1976 and featuring a rotating group of members such as Bruce Springsteen, Jon Bon Jovi, and Steve Van Zandt.					
22:00:00	Globe Trekker Food Hour: The Story of Beef	APTEX	(S)	(CC)	N/A	#1614H
	The tradition of eating beef has passed down generations to become an integral part for many of our regular diets. By providing precious protein, and packed with fatty calories, beef has come to be regarded as an important ingredient for human survival. Along with fellow presenters sharing delicacies from around the globe, this informative and entertaining episode joins Kate Comer on a voyage to discover the extraordinary journey behind the world's favorite red meat. The story of beef would not be complete without seeing Zay Harding attempt to eat a 72-ounce steak.					
23:00:00	Arts In Context Oh Snap, My Alien Children Are Trying to Kill Me	NETA	(S)	(CC)	N/A	#806H
	Seeking to make a positive, measurable impact on his community, Zell Miller III - spoken word artist, poet, and educator - empowers others to tell their own stories in their own ways. Extended: Zell Miller III weaves poetry, theater and hip hop culture into every aspect of his groundbreaking work as an interdisciplinary theater artist and educator. As an artist, he pulls from his personal experiences to give context to greater societal strife. As an educator and counselor, Miller empowers his students and his community to tell their own stories in their own ways. For over 20 years, Miller has made a positive, measurable impact on his community.					
23:30:00	Articulate with Jim Cotter Tap Into America	APTEX	(S)	(CC)	N/A	#101H
	Despite only occasional glimpses of the mainstream, tap dance remains an iconic American art form. Music with Teeth - With custom-composed pieces employing a staggering range of vocal styles, Roomful of Teeth makes music that can be difficult to define. A Place at the Table - After her father George died, Mira Nakashima inherited his shop and set to work continuing the artistic legacy of a master craftsman in wood.					

Sun, Nov 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Observing Physics, Observing Nature? Why is an observer key to quantum physics? Does the act of observation affect what exists and what happens in the external world? Why is Observation in the quantum world a mystery?	EPS	(S)	(CC)	N/A	#1708H
00:30:00	American Forum What's Really Happening In North Korea? New York Times columnist NICK KRISTOF on his recent trip to North Korea and dangers of its standoff with President Trump.	NETA	(S)	(CC)	N/A	#310H
01:00:00	Infinity Hall Live Buckwheat Zydeco Emmy and Grammy Award-winning artist Buckwheat Zydeco and his band bring the Creole dance party to Infinity Hall. Born Stanley Joseph Dural, Jr. in 1947, Zydeco was raised in a large, musical family in Lafayette, Louisiana. "Growing up, the thing that made me happy was music," said Zydeco. "When you're listening to music or you're playing music, you got no business being sad." Zydeco's father played the accordion, but the young man originally refused to take up the instrument, dismissing the traditional zydeco music of his father's generation. He preferred playing the organ and listening to R&B. That changed in 1976, when he joined the "King of Zydeco" Clifton Chenier as a keyboard player. After learning to play the accordion, Zydeco formed his own band in 1979. For over three decades, Buckwheat Zydeco has been delighting audiences with his contemporary style of creole music. "It's based on the rhythm and blues. Whether you're playing an up-tempo song or a slow song, they always have that energy and that certain beat that go together with the music. It's always played with the washboard," says Zydeco, who plays the accordion, organ, and sings. Buckwheat Zydeco is an accomplished artist. He won an Emmy for his music in the television movie Pistol Pete: The Life And Times Of Pete Maravich and a Grammy for Best Zydeco Music Album in 2010 for Lay Your Burden Down. Zydeco also played at the closing ceremonies during the 1996 Summer Olympics in Atlanta, Georgia, and performed at both inaugurations for President William Jefferson Clinton. His infectious music appeals to people of all ages. In 2010, Zydeco released his second children's album, Bayou Boogie. Zydeco keeps Louisiana tradition alive with his infectious music, encouraging the audience to boogie to the Buckwheat beat.	APTEX	(S)	(CC)	N/A	#110H
02:00:00	Front and Center Southside Johnny The Godfather of "the New Jersey Sound," Southside Johnny performs in front of an audience of his biggest fans. Southside Johnny and the Asbury Jukes have become a staple in the New Jersey music scene having released twelve studio albums since 1976 and featuring a rotating group of members such as Bruce Springsteen, Jon Bon Jovi, and Steve Van Zandt.	APTEX	(S)	(CC)	N/A	#704H
03:00:00	Globe Trekker Food Hour: The Story of Beef The tradition of eating beef has passed down generations to become an integral part for many of our regular diets. By providing precious protein, and packed with fatty calories, beef has come to be regarded as an important ingredient for human survival. Along with fellow presenters sharing delicacies from around the globe, this informative and entertaining episode joins Kate Comer on a voyage to discover the extraordinary journey behind the world's favorite red meat. The story of beef would not be complete without seeing Zay Harding attempt to eat a 72-ounce steak.	APTEX	(S)	(CC)	N/A	#1614H
04:00:00	Arts In Context Oh Snap, My Alien Children Are Trying to Kill Me Seeking to make a positive, measurable impact on his community, Zell Miller III - spoken word artist, poet, and educator - empowers others to tell their own stories in their own ways. Extended: Zell Miller III weaves poetry, theater and hip hop culture into every aspect of his groundbreaking work as an interdisciplinary theater artist and educator. As an artist, he pulls from his personal experiences to give context to greater societal strife. As an educator and counselor, Miller empowers his students and his community to tell their own stories in their own ways. For over 20 years, Miller has made a positive, measurable impact on his community.	NETA	(S)	(CC)	N/A	#806H
04:30:00	Articulate with Jim Cotter Tap Into America Despite only occasional glimpses of the mainstream, tap dance remains an iconic American art form. Music with Teeth - With custom-composed pieces employing a staggering range of vocal styles, Roomful of Teeth makes music that can be difficult to define. A Place at the Table - After her father George died, Mira Nakashima inherited his shop and set to work continuing the artistic legacy of a master craftsman in wood.	APTEX	(S)	(CC)	N/A	#101H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#429
08:00:00	Painting and Travel with Roger & Sarah Bansemer Hudson River Valley Go with Roger and Sarah to the Hudson River Valley in New York state where they meet artist James Gurney. Roger and James paint a classic Hudson River scene. Sarah takes the opportunity to talk to James about his work and the creative process.	NETA	(S)	(CC)	N/A	#307H

Sun, Nov 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Paint This with Jerry Yarnell Steps to Nowhere, Part 5	NETA	(S)	(CC)	N/A	#1413H
	As a conclusion to a wonderful painting Jerry adds final details. #6 bristle brush and dark tone to tap in clock-wise motion to add the airy canopy over the top with leafy effects. Same technique is used to bring the light up in the painting -- for highlighting yellows into base of trees and grasses plus underbrush and saplings. Jerry uses some red to bring eye in toward the steps and to further embed the trees in the natural beauty. Jerry adds weeds in foreground with #4 script brush plus a few saplings at the base of the trees. Now Jerry uses #6 bristle to add brighter colors (orangey-red) to finish off painting plus some green to tap in some yellow-green weed-growth around base and top of steps and wall. Final warm highlights to create soft sunlight and shadows plus with the #4 round sable and using orange and purple Jerry scumbles to put final edges on leaves to make them look more like individual leaves.					
09:00:00	Wyland's Art Studio Orca Breaching	APTEX		(CC)	N/A	#602H
	Art Lesson: Composition. Elements of composition are used to organize the components of an artwork in a pleasing manner. Used effectively, these elements provide a structure that leads the viewer's eye in a particular way for a variety of different effects. Examples of extraordinary composition may include the "Mona Lisa" by Leonardo da Vinci or "Starry Night" by Vincent van Gogh. Important components of good composition include: unity, balance and movement. All compositions begin by identifying a focal point. A range of artistic decisions proceeds from there, ranging from contrasts between light and dark to finding a rhythm that paces the eye of the viewer. The parts of the composition may feel as if they belong together or they may be purposely disjointed. A symmetrical arrangement may add a sense of calm; whereas an asymmetrical arrangement may create a sense of unease. By adjusting the arrangement of the objects, the artist can create a sense of motion or still life. Patterns establish an underlying structure of basic lines and shapes. Proportion is the way in which things fit together, big and small, nearby and distant. Each of these components may be used in varying degrees to create the intended effect.					
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1021H
10:00:00	Sit and Be Fit The Power of Small Movements	NETA	(S)	(CC)	N/A	#1419H
	This episode demonstrates what can be achieved with small gentle movements.					
10:30:00	Power Yoga: Mind and Body Airplanes	APTEX	(S)	(CC)	N/A	#122
	With Parsvokonasana Warrior I, II, and II with three arm positions.					
11:00:00	Neven Maguire: Home Chef	APTEX	(S)	(CC)	N/A	#104H
	Neven travels to London for a masterclass in baking the perfect tarte tatin from Clare Smyth, head chef at the three Michelin-starred Gordon Ramsey Restaurant. Back in his MacNean House restaurant, Neven demonstrates a delicious deconstructed prawn cocktail and pizza bread, and also prepares beef satay with pickled cucumber.					
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 Beans and Lentils - Fagioli E Lenticchie	NETA	(S)	(CC)	N/A	#2506H
	Mary Ann travels to Lizori, a remote town in the Umbrian hills, to cook with Chef Danielle Bottoni who learned the art of cooking from her mother and it shows! Her grain-inspired pasta and lentil dishes inspire Mary Ann to go nella cucina and continue the tradition with Chickpea and Farro Salad, plus a hearty Farro Soup.					
12:30:00	Mike Colameco's Real Food Aquavit	NETA	(S)	(CC)	N/A	#1414H
	In 2014 Chef Emma Bengtsson talk over the helm as Chef at Aquavit. She had been the pastry chef and the owner thought she was ready for this next phase. A year later with three stars from the NY Times under her belt she became one of a handful of women worldwide to earn two Michelin Stars. She's a chef's chef who loves the craft and we spend a day with her and her staff to see what Emma is all about.					
13:00:00	Journeys In India Great Caves of Ajanta and Ellora	NETA	(S)	(CC)	N/A	#201H
	Caves have held a special place in human development. The Hindu, Buddhist and Jain caves in these two UNESCO sites contain some of the most beautiful carvings and paintings found in Asia. The show explores the history and relationship between these religions.					

Sun, Nov 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:30:00	Travel Detective with Peter Greenberg Dark Science of Menu Engineering	NETA	(S)	(CC)	DVI	#204H
	The next time you go out to eat at a restaurant, whether it's at Denny's or a 5 Star establishment, do you have any idea what you're going to order, before you get there? Probably not. However, the restaurant might know! CBS News Travel Editor Peter Greenberg introduces us to the brave new world of menu engineering. Plus, most Americans might know Williamsburg as one of the United States' most historic cities. But, Peter shows us the hidden gems of a place that goes way beyond colonial times. And, for years, Florida was known as the retirement mecca of the United States. However, for those looking beyond the Sunshine State to kick back and relax after a life's work, there are many factors to consider, such as health care costs, and housing prices. Peter shares his list of the worst cities to retire.					
14:00:00	Wild Photo Adventures Southern Killer Whales	NETA	(S)	(CC)	DVI	#204H
	Host and professional wildlife photographer Doug Gardner and photographer Aaron Baggenstos brave the Pacific Northwest's Salish Sea to photograph killer whales.					
14:30:00	Destination Craft with Jim West Poland	APTEX	(S)	(CC)	N/A	#104H
	Jim West travels to the Warsaw and Krakow areas of Poland where master artisans teach how to make traditional Polish folk dolls, stained glass, and exquisite pottery. He makes Polish pierogi, visits the Wieliczka Salt Mines, and travels to a small "painted" village. He also sees the largest piece of lace in the world.					
15:00:00	Woodsmith Shop Smooth Curves, Slot-Cutters & Painting Hardware	NETA	(S)	(CC)	N/A	#904H
	In Router Workshop, the editors of Woodsmith magazine discuss how to choose and get the most out of a hand-held router and a slot-cutting bit.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Special Project	APTEX	(S)	(CC)	N/A	#713H
	This week on Rough Cut Woodworking with Tommy Mac Tommy surprises viewers with a special guest - a Rough Cut regular with some last pieces of advice and walks viewers through the final steps to completing any home project. All the hard work has finally paid off, and Tommy can get to work doing what he does best in a brand new shop.					
16:00:00	Happy Yoga with Sarah Starr Seascapes	NETA	(S)	(CC)	N/A	#104H
	Allow the calming waves and sparkling sea caves to soothe you as we experience the gift of renewal through a series of tranquil, rejuvenating poses using a chair for support, including shoulder, chest and upper back stretches, hip openers, twists and more.					
16:30:00	Second Opinion Psychosis	APTEX	(S)	(CC)	N/A	#1204H
	Schizoaffective disorder is a form of psychosis and is a mental illness in which a person experiences a combination of schizophrenia symptoms. People affected often have hallucinations or delusions, as well as mood disorder symptoms such as mania or depression. Our patient, Lynne Fisher, had her life turned upside down by the onset of this illness, and battled through five years of symptoms to find a treatment plan that enables her to have a constructive and happy life. Myth or Medicine: Are people with serious mental illness more prone to violence? Second Opinion 5: Five reasons to consult a mental health professional.					
17:00:00	Immense Possibilities Traveling with Purpose	NETA	(S)	(CC)	N/A	#603H
	Plenty of American tourists want more than recreation and relaxation from their travels. They want to give back. That includes a pair of old friends who fell in love with Jamaica and convinced the island's largest resort chain to lodge hundreds of service volunteers every year, and a climber whose nearly-miraculous ascent of Everest spawned projects to save Nepal's poorest children. The world is their community.					
17:30:00	Well Read Mohsin Hamid / Exit West	APTEX	(S)	(CC)	N/A	#621H
	From the internationally bestselling author Mohsin Hamid shares his astonishingly timely love story in his new novel Exit West. A book that brilliantly imagines the forces that transform ordinary people into refugees -- as they're driven from their homes to the uncertain embrace of new lands.					

Sun, Nov 26, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	California's Gold Windmills	KCET		(CC)	N/A	#3012
	The first stop on our adventure is the Dutch Windmill in San Francisco's Golden Gate Park, which was built in 1902, at a cost of \$ 16,000. It is 75 feet high, and 33 feet in diameter at the base, its sails have a span of 102 feet and it was capable of pumping 30,000 gallons of fresh water per hour from underground to a reservoir on Strawberry Hill. Despite being a great success for a few years (so much so that a second windmill was built), by 1913 electric pumps were introduced, so the windmills began to become obsolete. In August 1976, volunteers from the US Navy Reserve started to restore the rundown Dutch Mill. Work continued through to completion in 1981. The second windmill, which is close by, is patiently waiting its turn to be brought back to its original glory. Huell visits both windmills and gets a first hand look at these historic bits of California's Gold. From the historic to the cutting edge of technology, Huell's next stop is sure to make you gasp. We travel to Enron Wind in Tehachapi to look at the biggest and most modern windmill we could find. Join Huell as he climbs 213 feet straight up to the top of this amazing machine. The blades are 112 feet long each, for a combined wing span (with the center hub) of 231 feet! If you're afraid of heights, this show is sure to make you squirm.					
18:30:00	Fringe Benefits	NETA	(S)	(CC)	N/A	#205H
19:00:00	Blackademics Television Tinsley / Mann / Austin	KNME	(S)	(CC)	N/A	#504H
	A Black Feminist Professor on Beyonce, Black Feminism and Empowerment; An activist educator calls for us to use our intelligence as a form of service to community; the importance of music and the arts as tools for education and empowerment. Talks by Omise'eke Natasha Tinsley, Fatima Mann and Yewande K. Austin.					
19:30:00	The Kamla Show Special Shalini Govil-Pai	KAMLA	(S)	(CC)	N/A	#132H
20:00:00	Black America Black Women, Beauty and Power with Vanessa De Luca	EPS	(S)	(CC)	N/A	#109H
	Carol Jenkins sits down with Vanessa De Luca, editor in chief of Essence Magazine and discusses the April issue featuring Audra McDonald, The essence Beauty Box and the launch of 'Essence Live'.					
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#209H
	Asian American Life's host Ernabel Demillo watches the Origami Holiday Tree unfold at the American Museum of Natural History. Then a closer look at Terracotta Daughters with Reporter Paul Lin. Artist Prune Nourry's exhibition drawing attention to gender selection is traveling the world and soon will be a documentary. Caring for aging parents is something most adult children worry about, but for Asian Americans cultural obligations exist that can lead to challenges, as Kyung Yoon reports.					
21:00:00	Song Stage Brian from Goodbye Gravity (Indie Alternative) Vs. Juan Luchini (Latin Pop)	NETA	(S)	(CC)	N/A	#205H
	First round winner Juan Luchini returns with a second seductive Latin/American pop fusion song, and might just have the edge over Brian, who at the last minute throws a curveball by changing the song he's going to perform.					
21:30:00	Song Stage Dave Bartlett (Singer-Songwriter) Vs. Christiana (Traditional Country)	NETA	(S)	(CC)	N/A	#206H
	Power vocalist Christiana returns after a first round win, only to reveal that she's only got one other song! Dave Bartlett, however, is back and ready with a little darker version of his normal stuff. Only one will go to the finale.					
22:00:00	F.S. Key After The Song Absolute Power Corrupts Absolutely	APTEX	(S)	(CC)	N/A	#103H
	It shows how Key goes head-to-head with abolitionists' ideas and loses.					
23:00:00	Choctaw Code Talkers	NETA	(S)	(CC)	DVI	#0
	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.					

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Mon, Nov 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Tinsley / Mann / Austin A Black Feminist Professor on Beyonce, Black Feminism and Empowerment; An activist educator calls for us to use our intelligence as a form of service to community; the importance of music and the arts as tools for education and empowerment. Talks by Omise'eke Natasha Tinsley, Fatima Mann and Yewande K. Austin.	KNME	(S)	(CC)	N/A	#504H
00:30:00	The Kamla Show Special Shalini Govil-Pai	KAMLA	(S)	(CC)	N/A	#132H
01:00:00	Black America Black Women, Beauty and Power with Vanessa De Luca Carol Jenkins sits down with Vanessa De Luca, editor in chief of Essence Magazine and discusses the April issue featuring Audra McDonald, The essence Beauty Box and the launch of 'Essence Live'.	EPS	(S)	(CC)	N/A	#109H
01:30:00	Asian American Life Asian American Life's host Ernabel Demillo watches the Origami Holiday Tree unfold at the American Museum of Natural History. Then a closer look at Terracotta Daughters with Reporter Paul Lin. Artist Prune Nourry's exhibition drawing attention to gender selection is traveling the world and soon will be a documentary. Caring for aging parents is something most adult children worry about, but for Asian Americans cultural obligations exist that can lead to challenges, as Kyung Yoon reports.	EPS	(S)	(CC)	N/A	#209H
02:00:00	Song Stage Brian from Goodbye Gravity (Indie Alternative) Vs. Juan Luchini (Latin Pop) First round winner Juan Luchini returns with a second seductive Latin/American pop fusion song, and might just have the edge over Brian, who at the last minute throws a curveball by changing the song he's going to perform.	NETA	(S)	(CC)	N/A	#205H
02:30:00	Song Stage Dave Bartlett (Singer-Songwriter) Vs. Christiana (Traditional Country) Power vocalist Christiana returns after a first round win, only to reveal that she's only got one other song! Dave Bartlett, however, is back and ready with a little darker version of his normal stuff. Only one will go to the finale.	NETA	(S)	(CC)	N/A	#206H
03:00:00	F.S. Key After The Song Absolute Power Corrupts Absolutely It shows how Key goes head-to-head with abolitionists' ideas and loses.	APTEX	(S)	(CC)	N/A	#103H
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	Morning Cup of Jazz	KCSM		(N)	N/A	#430
08:00:00	Zula Patrol Shadow Play/The Jealous Moon SHADOW PLAY: Gorga sees a large shadow and runs back to the ZP team. Bula notifies them that a Space Monster has landed on Zula, sent from none other than the nefarious Dark Truder. His plot: to have the monster eat the Zula Patrol ship, thus incapacitating the ZP. But the Patrollers use a shadow of their space ship from a distance to distract the monster from its original intention, thus foiling Truder's plan. THE JEALOUS MOON: An unscheduled Total Solar Eclipse threatens to shroud Zula in darkness forever. It's all due to Dark Truder, who's kindled the Moon's jealousy over the Patrol's celebration of the annual Sun Festival.	APTEX	(S)	(CC)	DVI	#103
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#120H
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	APTEX	(S)	(CC)	DVI	#1022H
10:00:00	Sit and Be Fit Flexibility and Range of Motion All the exercises in this program highlight range of motion throughout the shoulders and back.	NETA	(S)	(CC)	N/A	#1420H

Mon, Nov 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	It's Sew Easy Inspired By Art Shapes, colors and designs by art masters can fuel your creative energy. Upcycling designer Michelle Paganini adds a touch of modern art to a refashioned shirt using three-ply reverse applique. Couture designer Angela Wolf creates her own embellished denim fabric with free-motion embroidery using a fabric frame.	NETA	(S)	(CC)	N/A	#1312H
11:00:00	Knit and Crochet Now! Carry Along Bags Ellen Gormley is here to show Deborah how to stitch up the Rose Messenger Bag, worked in easy crochet with a cross stitch rose. Lena will then show how to knit the Visby Purse which features cables and a linen stitch side panel. Ellen is also in the stitch corner with a crochet Lazy Daisy Stitch.	APTEX	(S)	(CC)	DVI	#709H
11:30:00	Fons & Porter's Love of Quilting Autumn Starshine Our quilts reflect the experiences of our lives. The autumn season turns our attention quilting as the nights become cool and the leaves begin to take on the colors of fall. Autumn Starshine is a great example of capturing that fall palette. Patrick and Lynette Jensen will present techniques for making star blocks, piecing perfect borders and a beautiful binding.	NETA	(S)	(CC)	N/A	#2808H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7086H
13:00:00	America's Test Kitchen from Cook's Illustrated Baked Alaska Showstopper Hosts Julia Collin Davison and Bridget Lancaster head into the test kitchen to uncover the secrets to making the ultimate baked Alaska at home. Then, equipment expert Adam Ried reviews ice cream machines in the Equipment Corner. Next, science expert Dan Souza reveals the science of insulation and thermodynamics at work in baked Alaska. And finally, gadget guru Lisa McManus shares the best offset spatulas.	APTEX	(S)	(CC)	N/A	#1714H
13:30:00	Pati's Mexican Table	APTEX	(S)	(CC)	N/A	#607H
14:00:00	Steven Raichlen's Project Smoke Pac-Rim Smoke Though grills are traditionally small, Pan-Asian pit masters (and mistresses) developed an edgy, innovative big flavor grill culture that celebrates the "fifth taste," umami . Striped bass is stuffed with lemongrass, chiles, scallions, and ginger and grilled then, wait for it the fish is topped with more aromatics and doused with sizzling hot sesame oil. Thai beef salad is a mosaic of color and textures with an emphasis on veggies. Corn comes basted with sesame soy butter and finished with fire-toasted coconut. Last up, pounded chicken thighs enclose Chinese ham, sausage, shiitake mushrooms, and cheese, and then get basted with Beijing barbecue sauce. Whole grilled striped bass with Asian aromatics; Grilled Thai beef salad; Coconut-grilled corn with sesame soy butter; Char Siu chicken thighs with Beijing barbecue sauce.	APTEX	(S)	(CC)	N/A	#305H
14:30:00	Steven Raichlen's Project Smoke Asian Smoke Smoking reigns supreme in the Americas and Europe. In Asia, not so much. This show explores a region you don't normally associate with smoking, from Chinese char siu pork and pork belly steamed buns, to smoke-braised lamb shanks and smoky tangerine flan for dessert. Get ready for Asian barbecue with American wood smoke. Char siu pork tenderloin; Pork belly steamed buns; Smoke-braised lamb shanks; Tangerine smoked flans.	APTEX	(S)	(CC)	N/A	#203H
15:00:00	Beads, Baubles and Jewels Make It Colorful Color adds an extra pop to any jewelry design. Designer and author Ameer 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.	NETA	(S)	(CC)	N/A	#2210H
15:30:00	Make It Artsy Collage Combine materials, mediums and techniques to create a collage. Julie Fei Fan Balzer has a collage project using layers of stencils. Urban artist Seth Apter die cuts components for an industrial-looking collage. Mixed media artist Rebekah Meier paints, stamps and sews a colorful cloth banner. Jenn Mason has a tip for capturing images while you travel.	NETA	(S)	(CC)	N/A	#112H
16:00:00	Biz Kid\$ What Is A Biz Kid? You'll learn that anybody can be a Biz Kid with effort and the right attitude. Biz Kids identify a need, make a plan, and take action. Join us and you'll meet a skateboard designer, a rap music producer, a boy who started a rock-a-thon to raise money for hospital rocking chairs, and more. You'll also discover the entrepreneur who built a wildly successful garden products business on ... worm poop. All successful. All Biz Kids.	APTEX	(S)	(CC)	DVI	#101H

Mon, Nov 27, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Superheroes Who's your favorite superhero? Katie Hacker creates a utility belt to boost your super powers. Jenny Barnett-Rohrs makes a hero emblem for your room. Franz Spohn shows how to draw yourself into a comic book hero and Katie makes Kryptonite soap.	NETA	(S)	(CC)	DVI	#1803H
17:00:00	P. Allen Smith's Garden Home All Natural Become closer to earth using natural ingredients and inspirations from the environment to create your own Garden Home experience.	APTEX	(S)	(CC)	N/A	#1410H
17:30:00	Growing A Greener World Blooms and Birds; A Gardeners Guide to Backyard Birding: Copake Falls, Ny For gardeners, bird watching and attracting them to our gardens is a natural. Beyond the beauty and excitement they bring, birds play an important role in organic pest control, seed dispersal, and biodiversity. Gardeners can play an important role in creating environments that offer shelter, natural food and water sources, nesting sites, and a place to raise their young. This episode covers the most important things you need to know to have a healthy habitat that will attract and protect the widest variety of birds to your backyard.	APTEX	(S)	(CC)	N/A	#526H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14236H
18:30:00	Americas Now Forced Sterilizations "Forced Sterilizations" - Thousands of women in Peru in the 1990's were coerced into sterilization. Dan Collyns in Lima investigates the legacy of this controversial poverty alleviation and population program. Next: the Americas Now "Game Changer" report profiles - Saskia Nino de Rivera - an activist working among mothers and their children born in Mexican overcrowded and inadequate prisons. Finally: Our video essay looks at Urban gardening in Venezuela; a nation undergoing chronic food shortages.	NETA	(S)	(CC)	N/A	#113H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#8171
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3546H
20:00:00	Music City Roots Live from the Factory A special season-closing episode entirely dedicated to the 70th birthday of Nitty Gritty Dirt Band founder John McEuen. Loose jamming with guests Jerry Douglas, Sam Bush, John Carter Cash, Rhonda Vincent and more.	APTEX	(S)	(CC)	N/A	#414H
21:00:00	Live from the Dennison Lodge Ray Bonneville Canadian Ray Bonneville is a blues-influenced, song and groove man who is strongly influenced by New Orleans.	NETA	(S)	(CC)	N/A	#110H
22:00:00	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
23:00:00	Writer's Roots: Kurt Vonnegut's Indianapolis 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.	APTEX	(S)	(CC)	N/A	#0H

Tue, Nov 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Forced Sterilizations "Forced Sterilizations" - Thousands of women in Peru in the 1990's were coerced into sterilization. Dan Collyns in Lima investigates the legacy of this controversial poverty alleviation and population program. Next: the Americas Now "Game Changer" report profiles - Saskia Nino de Rivera - an activist working among mothers and their children born in Mexican overcrowded and inadequate prisons. Finally: Our video essay looks at Urban gardening in Venezuela; a nation undergoing chronic food shortages.	NETA	(S)	(CC)	N/A	#113H
00:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3546H
01:00:00	Music City Roots Live from the Factory A special season-closing episode entirely dedicated to the 70th birthday of Nitty Gritty Dirt Band founder John McEuen. Loose jamming with guests Jerry Douglas, Sam Bush, John Carter Cash, Rhonda Vincent and more.	APTEX	(S)	(CC)	N/A	#414H
02:00:00	Live from the Dennison Lodge Ray Bonneville Canadian Ray Bonneville is a blues-influenced, song and groove man who is strongly influenced by New Orleans.	NETA	(S)	(CC)	N/A	#110H
03:00:00	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
04:00:00	Writer's Roots: Kurt Vonnegut's Indianapolis 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.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#431
08:00:00	Zula Patrol Sun Day/Time Out SUN DAY: Truder tries to get rid of the Sun by hijacking all her birthday cards and gifts. The Sun, depressed that no one appreciates her, decides to quit her job. The Zula Patrollers must recover the cards and gifts and rescue the solar system. TIME OUT: When Dark Truder knocks out all the clocks on Zula, Multo shows the Zula Patrollers how to tell time by using shadows cast by the Sun. Unfortunately, Truder blocks the Sun too, so the Patrollers have no idea if they're in time to save Zula from being demolished	APTEX	(S)	(CC)	DVI	#104
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#121H
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	APTEX	(S)	(CC)	DVI	#1023H
10:00:00	Sit and Be Fit Brain Booster This program focuses on exercises that activate the brain and includes excellent movement patterns for balance and gait.	NETA	(S)	(CC)	N/A	#1501H
10:30:00	It's Sew Easy Ski Trip Hit the slopes in style. Designer and fabric expert Linda Lee uses a specialty fabric normally used for envelopes and home insulation to make a warm, stylish ski vest. Then, put your feet up and relax. Sewing educator Rebecca Kemp Brent captures vacation memories in a charming tuffet, embellished with top-stitching.	NETA	(S)	(CC)	N/A	#1313H

Tue, Nov 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:00:00	Knit and Crochet Now! Itty Bitty Baby Projects	APTEX	(S)	(CC)	DVI	#710H
	Did you know that it's estimated there are four babies born every second...that means someone near you is probably having a baby! Deborah is joined by Kristin Nicholas and Robyn Chachula to show how to knit and crochet the perfect little pair of knit booties and fingerless mitts, Fingers and Toes Knit Booties and Fingerless Mitts and Little Hands & Feet Booties and Fingerless Mitts. In the stitch corner Lena with show how to do Twined Knitting.					
11:30:00	Fons & Porter's Love of Quilting Red, White and Gratitude	NETA	(S)	(CC)	N/A	#2809H
	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.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7087H
13:00:00	Julie Taboulie's Lebanese Kitchen Eggplant Extravaganza	APTEX	(S)	(CC)	DVI	#104H
	On today's show, it's an extraordinary eggplant extravaganza. American, Italian, Indian, Sicilian, French, Lebanese, Japanese and Chinese too, it's all about eggplant that Julie is making just for you. From simple and sophisticated to earthy and exotic, eggplants are excellent selections for sauces, spreads, soups and stews, stuffed and even pickled eggplant too. In today's episode Julie is sharing some of her favorite eggplant recipes with you. Julie's eggplant extravaganza all starts with her signature starter called batenjen mishwee, a fire-roasted eggplant spread that sets the stage for her magnificent main meal, internationally known as sheikh el' mahshi. Her star dish delight of the day showcases baby Indian eggplants, that are sauteed and stuffed with a mouthwatering meat and pine nut mixture then blissfully baked away in a tomato casserole that is golden brown and bubbly as can be. Last but certainly not least is a specialty breakfast dish called bayd b batenjen baked eggs and eggplants that is an enjoyable flavor combination. With just one look, you will love Julie's extraordinary eggplant dishes and inspiring ideas just as much as she loves preparing them for you. Sourced straight from Mama's garden with Mama's eggplant expertise on how-to grow right at home. Sliced, diced, sauteed, smashed and stuffed too, it's Julie's eggplant extravaganza that she is cooking up just for you.					
13:30:00	Nick Stellino: Storyteller in the Kitchen The Heart of the Artichoke	APTEX	(S)	(CC)	N/A	#112H
	Chef Stellino has fun exploring the history, traditions and uses for one of the most unique ingredients central to Italian and Mediterranean cooking - the artichoke. Dishes include: Salsiccia brasate con carciofi (braised sausages with artichokes) / pasta con carciofi e prosciutto cotto (pasta with artichokes and cooked ham) / braised artichokes and peppers / fragole ubriache (tipsy strawberries)					
14:00:00	Taste of History Coffee Past, Present & Future	NETA	(S)	(CC)	N/A	#811H
	Chef Walter Staib explores one of Philadelphia's longest running coffee producers and prepares java-inspired recipes such as: Coffee-marinated Tenderloin of Beef, Coffee-Infused Diver Scallops, Coffee Cake and more!"					
14:30:00	Christopher Kimball's Milk Street Television Crazy Noodles	APTEX	(S)	(CC)	N/A	#112H
	Milk Street visits Peru to learn a new way to make pesto, with surprise! spinach. Milk Street Cook Rayna Jhaveri shows how it's done as she creates Peruvian pesto (tallarines verde). The pasta theme continues as Milk Street Cook Catherine Smart teaches host Christopher Kimball about a different noodle dish, soba with miso butter and asparagus. Chris reveals his foolproof recipe for pisco sours. Finally, Milk Street Cook Lynn Clark shows a pesto that's red, not green, as she creates the Sicilian pasta dish, trapanese pesto.					
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	Make It Artsy Paint Techniques	NETA	(S)	(CC)	N/A	#113H
	Get out those paints and brushes and let's paint! Collage artist Rebekah Meier uses custom-cut stencils, masking tape and paints to create a cool canvas. Dina Wakley uses thick and thin paint methods to make an artistic journal page. Host Julie Fei Fan Balzer works with additive and reductive mono-printing techniques. In the tip, Seth Apter shares innovative embossing ideas.					
16:00:00	Biz Kid\$ What Is Money?	APTEX	(S)	(CC)	DVI	#102H
	The Biz Kids say: "Show me the money!" Join us and you'll take a grand tour through the history of money from the days of bartering, through the first coins and currency, all the way to the electronic transfers of today. Watch as the Biz Kids put on cowboy boots and get a crash course in the art of negotiation and exchange at a high-energy cattle auction in Colorado.					

Daily Program Listing II

43.1

Date: 10/15/2017

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Tue, Nov 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Too Nice to Stay Inside	NETA	(S)	(CC)	DVI	#1804H
	Let's head outside for some fun. Jenny Barnett-Rohrs makes colorful hand grips for your bike. Katie Hacker has some fun with friendly bugs. Franz Spohn has sidewalk art tips and Katie makes special discovery eggs.					
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 The Giving Garden: Ample Harvest Helps Share The Bounty (Milford, Nj)	APTEX	(S)	(CC)	N/A	#701H
	If you've ever grown a vegetable garden, you've probably had more of something than you could use at the end of the season. That was the basis for how AmpleHarvest.org was formed. Gary Oppenheimer saw that his community garden was producing far more than the gardeners could consume, or even give away to family and friends. So he decided to find a way to get that fresh produce in the hands of neighbors in need, and that simple idea grew into a national non-profit network. The premise was to make it possible for anyone to have access to- or donate- fresh produce, wherever they lived-all from garden surplus. Today, AmpleHarvest.org has been recognized by the White House as well as major companies and organizations for their important work. In this episode, founder Gary Oppenheimer will be introduced and learn how we can all share some of our "ample harvest" with our own neighbors in need.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14237H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1203H
	Travel to the Brunkow Farm in Kansas for a dawn-to-dusk look at the challenges faced by a modern-day farm family. Dealing with the grip of a difficult drought, Glenn Brunkow, his wife Jennifer, and their children Isaac and Tatum raise cattle and row crops.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8172
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1347H
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."					
20:30:00	Jammin at Hippie Jack's Sweetback Sisters	NETA	(S)	(CC)	N/A	#1009H
	The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.					

Daily Program Listing II

43.1

Date: 10/15/2017

11/01/2017 - 11/30/2017

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Tue, Nov 28, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Infinity Hall Live Wilson Phillips	APTEX	(S)	(CC)	N/A	#102H
	<p>Wilson Phillips, one of the biggest selling all-female groups in music history hits the Infinity Hall stage for an unforgettable night of nostalgia and chart-topping songs. The group, made up of Chynna Phillips, Wendy Wilson and Carnie Wilson, first reached the top of the Billboard charts in 1991 and have seen a resurgence in the past year with their appearance in the hit film Bridesmaids and their new reality series, Wilson Phillips: Still Holding On. Another reason for their return to center stage? They have a hit record! Their new CD, Dedicated, - which has topped the Amazon contemporary pop vocal charts - is a tribute to the music of their iconic parents; Chynna is the daughter of Michelle and John Phillips of the Mamas and the Papas and Wendy and Carnie are the daughters of the Beach Boys' Brian Wilson. Displaying the same tight, lush harmonies their parents were known for in their music, Wilson Phillips gives these beloved songs a new appeal in this intimate concert sure to pull on the heartstrings of multiple generations. The group opens the INFINITY HALL LIVE concert with their #1 chart-topping ballad "Release Me," much to the delight of the crowd, but soon they kick off their high heels and get comfortable singing the nostalgic harmony-rich songs of their extended musical families. From the Mamas and the Papas repertoire, Wilson Phillips performs "12:30", "Monday, Monday" and the song that inspired the Dedicated CD, "California Dreamin'". Carnie Wilson explained, "Last year we were at a private party and decided just for the party to sing 'California Dreamin'". After we sang that together, our manager asked 'What do you think about doing a cover album of the Mamas and the Papas and the Beach Boys?' I said 'When do we start?'" Fans of the Beach Boys won't be disappointed either as the group covers some of their most best-loved songs. From "God Only Knows" and "In My Room" to "Wouldn't it Be Nice," Wilson Phillips' performance of these tunes full of intricate, gorgeous harmonies gives them a fresh new tenderness. And it's a true family affair with Carnie's husband Rob Bonfiglio on guitar and Matt Jardine, the son of Beach Boys founding member Al Jardine, singing back-up vocals. Though the ladies of Wilson Phillips have grown up, married and now have nine children between them, they can still bring the house down with their most iconic hit song "Hold On," which serves as their INFINITY HALL LIVE finale.</p>					
22:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101H
23:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102H

Wed, Nov 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Travel to the Brunkow Farm in Kansas for a dawn-to-dusk look at the challenges faced by a modern-day farm family. Dealing with the grip of a difficult drought, Glenn Brunkow, his wife Jennifer, and their children Isaac and Tatum raise cattle and row crops.	APTEX	(S)	(CC)	N/A	#1203H
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1347H
01:00:00	Sun Studio Sessions Susan Marshall 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."	NETA	(S)	(CC)	N/A	#712H
01:30:00	Jammin at Hippie Jack's Sweetback Sisters The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.	NETA	(S)	(CC)	N/A	#1009H
02:00:00	Infinity Hall Live Wilson Phillips Wilson Phillips, one of the biggest selling all-female groups in music history hits the Infinity Hall stage for an unforgettable night of nostalgia and chart-topping songs. The group, made up of Chynna Phillips, Wendy Wilson and Carnie Wilson, first reached the top of the Billboard charts in 1991 and have seen a resurgence in the past year with their appearance in the hit film Bridesmaids and their new reality series, Wilson Phillips: Still Holding On. Another reason for their return to center stage? They have a hit record! Their new CD, Dedicated, - which has topped the Amazon contemporary pop vocal charts - is a tribute to the music of their iconic parents; Chynna is the daughter of Michelle and John Phillips of the Mamas and the Papas and Wendy and Carnie are the daughters of the Beach Boys' Brian Wilson. Displaying the same tight, lush harmonies their parents were known for in their music, Wilson Phillips gives these beloved songs a new appeal in this intimate concert sure to pull on the heartstrings of multiple generations. The group opens the INFINITY HALL LIVE concert with their #1 chart-topping ballad "Release Me," much to the delight of the crowd, but soon they kick off their high heels and get comfortable singing the nostalgic harmony-rich songs of their extended musical families. From the Mamas and the Papas repertoire, Wilson Phillips performs "12:30", "Monday, Monday" and the song that inspired the Dedicated CD, "California Dreamin'". Carnie Wilson explained, "Last year we were at a private party and decided just for the party to sing 'California Dreamin'". After we sang that together, our manager asked 'What do you think about doing a cover album of the Mamas and the Papas and the Beach Boys?' I said 'When do we start?'" Fans of the Beach Boys won't be disappointed either as the group covers some of their most best-loved songs. From "God Only Knows" and "In My Room" to "Wouldn't it Be Nice," Wilson Phillips' performance of these tunes full of intricate, gorgeous harmonies gives them a fresh new tenderness. And it's a true family affair with Carnie's husband Rob Bonfiglio on guitar and Matt Jardine, the son of Beach Boys founding member Al Jardine, singing back-up vocals. Though the ladies of Wilson Phillips have grown up, married and now have nine children between them, they can still bring the house down with their most iconic hit song "Hold On," which serves as their INFINITY HALL LIVE finale.	APTEX	(S)	(CC)	N/A	#102H
03:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101H
04:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#432
08:00:00	Zula Patrol The Probe Who Came to Dinner/Forget-Me-Naut THE PROBE WHO CAME TO DINNER: When Multo discovers a far away planet, he sends a probe, Spaceus Exploerus, to safely investigate it and send back information. Much to the Zulean's surprise, at the same time, a probe from that planet arrives to investigate them. After jumping to a few wrong conclusions, they learn that while there are differences, the quest for information, pizza and friendship is universal. FORGET-ME-NAUT: When a fall seems to have given Bula amnesia, it turns out that Dark Truder has secretly abducted Bula and replaced him with a robot, in hopes of getting rid of The Zula Patrol forever. But when the Bula-bot goes through Astronaut re-training at The Zula Academy, he becomes a "rock solid" member of the team and single-handedly foils Truder's latest plan to rule the universe.	APTEX	(S)	(CC)	DVI	#105
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#122H
09:00:00	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H

Wed, Nov 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1024H
10:00:00	Sit and Be Fit Practice Perfect Posture	NETA	(S)	(CC)	N/A	#1502H
	This episode puts an emphasis on postural alignment and using proper form to get the most out of each exercise.					
10:30:00	Sewing with Nancy Best Sweatshirt Makeovers, Part 1	NETA	(S)	(CC)	N/A	#3001H
	Transform a wardrobe staple-the sweatshirt-into a unique garment that expresses your own personal style. Mary Mulari joins Nancy to inspire you with some of their new projects and a few favorites from the past 30 years. Learn how to restyle a pullover to a cardigan, apply simple appliques, and add plackets and zippers.					
11:00:00	Knit and Crochet Now! Unique Accessories	APTEX	(S)	(CC)	DVI	#711H
	Deborah Norville is working with Rohn Strong this week on a couple of very unique projects. First up is the Linetta Hat using Tunisian crochet and then Rohn shows how to use a knitting loom to make the Les Bouquets Shawl. Ellen is over in the stitch corner and will show how to crochet the Crocodile Stitch.					
11:30:00	Fons & Porter's Love of Quilting Quilting with An Accent: Embellishment Techniques	NETA	(S)	(CC)	N/A	#2810H
	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.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7088H
13:00:00	Lidia's Kitchen Ragu	APTEX	(S)	(CC)	N/A	#409H
	The key to a delicious meal is coaxing a lot of flavor from an ingredient, whether it is meat or vegetables. In this episode, Lidia shares two ragu recipes: lamb and pepper ragu; and a chestnut and mushroom ragu: a heart, flavorful medley of chestnuts and mushrooms that make for a satisfying vegetarian ragu.					
13:30:00	Taste The Islands with Chef Irie Carnival Nights	APTEX	(S)	(CC)	N/A	#102H
	Chef Irie reinterprets Trinidadian favorites with Cilantro Corn soup, Chicken Pelau, Pineapple Pepper Slaw and an Irie-style ginger libation. Viewers listen in on a food conversation between Chef and Trinidadian Olympic athlete and Sports Analyst Ato Boldon.					
14:00:00	Simply Ming Tiffani Faison	APTEX	(S)	(CC)	N/A	#1508H
	Ming is joined this week by Top Chef alum Tiffani Faison, owner of Boston's Tiger Mama and Sweet Cheeks, for two different approaches to a classic - chicken. From high atop Boston at Ming's loft, our chefs head outside to grill their poultry. Tiffani shares her recipe for Grilled Tandoori Chicken with a fresh Tomato and Herb Salad. Meanwhile, Ming cooks up a Tea-Smoked Whole Chicken with Sweet Potatoes and a Fermented Black Bean Pesto.					
14:30:00	Cook's Country The Italian-American Kitchen	APTEX	(S)	(CC)	N/A	#1013H
	Test cook Ashley Moore shows Bridget Lancaster how to make the ultimate sausage ragu. Tasting expert Jack Bishop challenges Bridget to a tasting of fettuccine. Test cook Bryan Roof shows Julia Collin Davison the secrets to making a regional specialty for fluffy baked polenta with red sauce at home.					
15:00:00	Beads, Baubles and Jewels New Ideas for Wirework	NETA	(S)	(CC)	N/A	#2212H
	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.					
15:30:00	Make It Artsy Text/Typography/Handwriting	NETA	(S)	(CC)	N/A	#201H
	Let's talk typography. Host Julie Fei Fan Balzer doodles an art journal page. Metalsmith Mary Hettmansperger uses old letter stamps to create journals, covers and other art. Artist Rae Missigman uses words and mixed media to create a layered canvas panel. Jane Dunnewold shares an artsy idea.					

Wed, Nov 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ How Do You Get Money? Join us and you'll explore many ways to make money. Follow a Biz Kid on a job hunt-reviewing help wanted ads, filling out the application, and going through the interview. Hear from business celebrities, including Amazon.com founder Jeff Bezos, as they talk about their very first jobs. The Biz Kids also look at the many ways kids get and use allowances. Meet a young person whose love of animals turned into a profitable dog-walking business.	APTEX	(S)	(CC)	DVI	#103H
16:30:00	Hands On Crafts for Kids Wings Our creativity takes to the air. Jenny Barnett-Rohrs and Katie Hacker make sparkly wings and Katie creates a funny spoon bird. Franz Spohn creates see-through bug wings and we'll make a very special chalkboard gift for Mom or Dad.	NETA	(S)	(CC)	DVI	#1805H
17:00:00	P. Allen Smith's Garden Home It's Spooky Allen Smith is throwing a Halloween Bash! Learn how to keep your Jack-o-Lantern's fresh longer along with unique fall decorating designs.	APTEX	(S)	(CC)	N/A	#1412H
17:30:00	Growing A Greener World Regenerating Detroit Through Urban Gardening (Detroit, Mi) Once America's most productive manufacturing city, Detroit's landscape took a turn for the worse in the mid-1960s. But in recent years, green-minded citizens began to reclaim their city with community gardens and urban farms providing two of the fastest roads to recovery. Today, over 1,300 such plots have sprouted throughout Detroit. They're providing an emotional boost to citizens, food for the hungry and instant beauty to areas while lifting spirits, enthusiasm and economic recovery for a better tomorrow.	APTEX	(S)	(CC)	N/A	#702H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#14238H
18:30:00	Great Decisions In Foreign Policy The Geopolitics of Oil After decades of relative stability, the U.S. energy revolution is beginning to shift the dynamics of the energy market. Once dependent on the Middle East for much of its energy, the U.S. is now producing more of its own-potentially freeing America to pursue a new foreign policy in the region.	NETA	(S)	(CC)	N/A	#805H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8173
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#444H
20:00:00	The Lowertown Line. The Lowertown Line: Heiruspecs Formed while attending St. Paul Central High School back in the '90s, hip hop veterans Heiruspecs have continued to make music for two decades. Heiruspecs play their music live with instruments not samples, and are known for their distinctive song writing style and well received live shows. The band performs in front of a live audience and talks about the importance of place in hip hop. Songs performed: I Know, 5ves, On the Ground, Get Up.	APTEX	(S)	(CC)	N/A	#111H
20:30:00	Songs at the Center Artists appearing in this episode: Kate Klim, Shaun Booker and Sean Carney, Matty Monk, and hosted by songwriter Eric Gnezda. Artist Bio: Kate Klim arrived in Columbus, Ohio, by way of Boston and Nashville, where she was an active member of the local music scenes and no stranger to the stages of Club Passim and Nashville's famous venue for songwriters The Bluebird Cafe. Winner of the 2010 Kerrville New Folk competition, Kate was also a finalist in the Mountain Stage Newsong Contest, Telluride Troubadour Competition, and Falcon Ridge Folk fest. She has worked with Shawn Colvin, Richard Shindell, and Lucy Kaplinsky. Her third and latest CD is 100 Million Years, from which she performs the title track, and "Can't Help Where the Wind Blows." Artist Bio: Shaun Booker and Sean Carney are a Columbus, Ohio-based blues duo that tours the world. Shaun, a native of the South, has deep family roots in the civil rights movement, which contribute to her passionate, defiant vocals. Her guitar playing partner, Sean, a descendent of jazz horn players, has won the Albert King Best Guitarist award and took first place at the 2007 International Blues Challenge in Memphis. They perform "Sunset Key West." Artist Bio: Matty Monk was born and bred in a cornfield town in northern Ohio, and has been expressing himself through music since ever since. He blends an eclectic mix of blues, country, and jazz. Matty is a soul singer by heart and a writer, having released four albums with his band The Lovebones. He is starting to make his solo gig the main attraction and released his second album in 2016. He sings "Holiday."	APTEX	(S)	(CC)	N/A	#310H
21:00:00	Live at 9:30 Performances by X Ambassadors, Jess Glynne, the English Beat, Chicano Batman and Neon Indian, with comedy from Jill Kargman and Christian Finnegan.	NACC	(S)	(CC)	N/A	#104H

Daily Program Listing II
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Wed, Nov 29, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Our Fires Still Burn: The Native American Experience	NETA	(S)	(CC)	N/A	#0H
	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.					
23:00:00	Turmoil & Triumph: The George Shultz Years Swords Into Plowshares	NETA	(S)	(CC)	N/A	#103H
	Swords into Plowshares begins as the Iran-Contra scandal grows. A summit meeting continues in Iceland as Reagan and Gorbachev meet each other face to face for a second time to determine the future of a nuclear world. Tempers flare as Shultz realizes that Reagan will not give up the Star Wars Space Defense Initiative even if Gorbachev agrees to destroy all Soviet nuclear weapons.					

Thu, Nov 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Great Decisions In Foreign Policy The Geopolitics of Oil	NETA	(S)	(CC)	N/A	#805H
	After decades of relative stability, the U.S. energy revolution is beginning to shift the dynamics of the energy market. Once dependent on the Middle East for much of its energy, the U.S. is now producing more of its own-potentially freeing America to pursue a new foreign policy in the region.					
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#444H
01:00:00	The Lowertown Line. The Lowertown Line: Heiruspecs	APTEX	(S)	(CC)	N/A	#111H
	Formed while attending St. Paul Central High School back in the '90s, hip hop veterans Heiruspecs have continued to make music for two decades. Heiruspecs play their music live with instruments not samples, and are known for their distinctive song writing style and well received live shows. The band performs in front of a live audience and talks about the importance of place in hip hop. Songs performed: I Know, 5ves, On the Ground, Get Up.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#310H
	Artists appearing in this episode: Kate Klim, Shaun Booker and Sean Carney, Matty Monk, and hosted by songwriter Eric Gnezda. Artist Bio: Kate Klim arrived in Columbus, Ohio, by way of Boston and Nashville, where she was an active member of the local music scenes and no stranger to the stages of Club Passim and Nashville's famous venue for songwriters The Bluebird Cafe. Winner of the 2010 Kerrville New Folk competition, Kate was also a finalist in the Mountain Stage Newsong Contest, Telluride Troubadour Competition, and Falcon Ridge Folk fest. She has worked with Shawn Colvin, Richard Shindell, and Lucy Kaplinsky. Her third and latest CD is 100 Million Years, from which she performs the title track, and "Can't Help Where the Wind Blows." Artist Bio: Shaun Booker and Sean Carney are a Columbus, Ohio-based blues duo that tours the world. Shaun, a native of the South, has deep family roots in the civil rights movement, which contribute to her passionate, defiant vocals. Her guitar playing partner, Sean, a descendent of jazz horn players, has won the Albert King Best Guitarist award and took first place at the 2007 International Blues Challenge in Memphis. They perform "Sunset Key West." Artist Bio: Matty Monk was born and bred in a cornfield town in northern Ohio, and has been expressing himself through music since ever since. He blends an eclectic mix of blues, country, and jazz. Matty is a soul singer by heart and a writer, having released four albums with his band The Lovebones. He is starting to make his solo gig the main attraction and released his second album in 2016. He sings "Holiday."					
02:00:00	Live at 9:30	NACC	(S)	(CC)	N/A	#104H
	Performances by X Ambassadors, Jess Glynne, the English Beat, Chicano Batman and Neon Indian, with comedy from Jill Kargman and Christian Finnegan.					
03:00:00	Our Fires Still Burn: The Native American Experience	NETA	(S)	(CC)	N/A	#0H
	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.					
04:00:00	Turmoil & Triumph: The George Shultz Years Swords Into Plowshares	NETA	(S)	(CC)	N/A	#103H
	Swords into Plowshares begins as the Iran-Contra scandal grows. A summit meeting continues in Iceland as Reagan and Gorbachev meet each other face to face for a second time to determine the future of a nuclear world. Tempers flare as Shultz realizes that Reagan will not give up the Star Wars Space Defense Initiative even if Gorbachev agrees to destroy all Soviet nuclear weapons.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#433
08:00:00	Zula Patrol Small Is Beautiful/Case of the Missing Rings	APTEX	(S)	(CC)	DVI	#106
	SMALL IS BEAUTIFUL: During the Super Planet Competition, Truder shrinks all nine planets. When Multo tries to come to the rescue, he is accidentally shrunk as well. Truder places the shrunken planets (and the miniature Multo) into a sack and rockets away, threatening not to return them until he is proclaimed Ruler of the Universe. The Zula Patrol races after Truder, but before they can come to the rescue, Multo gets the competing planets to cooperate in a "sack break." Once out of the sack, Multo is able to return the planets (and himself) to normal size. Everyone learns that being small doesn't mean you can't do big things. CASE OF THE MISSING RINGS: In a spoof of crime dramas, the rings around the planets are stolen, one by one. As Bula narrates, film noir style, the Zula Patrol looks for clues, questions suspects and goes on a stakeout to find the thief. Thanks to their determination and persistence, they get their man.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#123H
09:00:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H

Thu, Nov 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique	APTEX	(S)	(CC)	DVI	#1025H
10:00:00	Sit and Be Fit Variety: The Spice of Life Mary Ann uses a variety of exercises and exercise accessories to help you feel and function better.	NETA	(S)	(CC)	N/A	#1503H
10:30:00	Sewing with Nancy Best Sweatshirt Makeovers, Part 2 Join the restyling trend as Nancy and her guest, Mary Mulari, revisit some of their favorite designs and share creative ways to makeover sweatshirts with stunning results. With creative cutting and stitching, you'll twist, turn, and topstitch a sweatshirt into your own personal style statement.	NETA	(S)	(CC)	N/A	#3002H
11:00:00	Knit and Crochet Now! Dress Up The Pup We've got plaids for your pooch and hoodies for your hound dog! Today Deborah is joined by Lena Skvagerson who will show how to knit up the Hound Dog Hoodie in a "hounds tooth" pattern. Robyn Chachula is next up with Poppy's Plaid Crochet Dog Sweater featuring a raised stitch plaid. In the stitch corner Lena will show how to knit her very own version of the Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#712H
11:30:00	Fons & Porter's Love of Quilting 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	#7089H
13:00:00	The Jazzy Vegetarian Pasta Love Host Laura Theodore prepares plant-based pasta recipes. Sensational Stuffed Manicotti is a delicious vegan version of a traditional Italian favorite, featuring homemade tofu ricotta. Fusilli Broccoli Bowl is a quick "cream-a-licious" pasta dish, topped with Walnut "Cream" Sauce. Spicy Peanut Soba Noodles feature flavorsome and healthful ingredients.	NETA	(S)	(CC)	N/A	#608H
13:30:00	Sara's Weeknight Meals Super Bowls of Soup (Super Bowl Stunt) The big game and a cold night are both perfect times to enjoy a heart bowl of soup, like Sara's take on traditional New England chowder, her smoky fish chowder, made even more delicious with bacon. On Ask Sara, she shows ways to pack for a tailgate, including safely transporting hot soups. Then she joins Brazilian chef Leticia Moreinos Schwartz on a shopping trip to a Brazilian market before they make Leticia's chicken, shrimp, peanut and cashew stew. Soups on! Recipes: Smoky fish chowder; Chicken shrimp, peanut and cashew stew.	APTEX	(S)	(CC)	N/A	#605H
14:00:00	Joanne Weir Gets Fresh Beyond Meat and Potatoes Like Fred Astaire and Ginger Rogers, nothing is more satisfying than a duo of old favorites, so Joanne is always looking for fun and dynamic ways to prepare meat and potatoes. She visits Thistle Meats and McEvoy Ranch in Petaluma, California, and then Joanne and her student Joan will make skillet riblettes with aged balsamic and warm grilled potato salad with fennel. Join them as they update their favorites with style.	APTEX	(S)	(CC)	N/A	#201H
14:30:00	New Scandinavian Cooking Hiker's Food In this episode, Tina visits Gamlestolen in the mountainous heartland of Norway. While there, she prepares baked trout with herbs wrapped in cured ham, grilled sirloin with vinegar butter and burnt lemon, and mutton sausages with mustard-marinated potatoes.	APTEX	(S)	(CC)	N/A	#508H
15:00:00	Beads, Baubles and Jewels Make Your Own Beads 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.	NETA	(S)	(CC)	N/A	#2213H
15:30:00	Make It Artsy Party People It's time to party. Artist Cat Kerr mixes things up with a pendant made in layers. Tool expert Joe Rotella melts glass in a microwave oven to create contemporary jewelry and accessories. Candie Cooper cranks out a one-of-a-kind artsy gift box with a treasure inside. Artist Jane Dunnewold has an art tip.	NETA	(S)	(CC)	N/A	#202H

Thu, Nov 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ What Can You Do with Money?	APTEX	(S)	(CC)	DVI	#104H
	Decisions, decisions! Join the Biz Kids and you'll ponder the merits of spending, saving, donating, and investing money. Visit the New York Stock Exchange, get tips from the author of Not Buying It, and learn to avoid compulsive shopping. You can also learn how to create a financial diary and track spending. Meet an ambitious teen who opened a candy store at age 15 and, in the process, fulfilled a dream and revived an ailing business district in her small town.					
16:30:00	Hands On Crafts for Kids Trees	NETA	(S)	(CC)	DVI	#1806H
	Bring the outside inside with a little creativity. Jenny Barnett-Rohrs makes a colorful leafy tree banner. Candie Cooper creates a fish kite and Katie Hacker builds a whimsical woods scene. Then, Jenny decorates a glittery tree to celebrate the holidays.					
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 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	#14239H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1423H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#8174
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1113H
20:00:00	Backstage Pass Betty Joplin	NETA	(S)	(CC)	N/A	#707H
	Grammy nominated Michigan favorite Betty Joplin lends her vocal styling to some of the greatest standards ever written. Includes "At Last," "Stormy Weather," and more. Joplin is backed by Larry Barrs, guitar; Jim Alfredson, keyboards; Jeff Shoup, drums. Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.					
20:30:00	Music Voyager The Capital of Salsa	APTEX	(S)	(CC)	N/A	#205H
	The Colombian city of Cali, known as the world capital of salsa, also serves as the urban center of the country's Afro-Pacific culture. Host Jacob Edgar discovers why Columbia adopted as its native style the upbeat tropical dance music of salsa. He meets Grupo Niche, one of the world's most famous salsa bands, for a performance at their private club Dulce con Dulce, and explores the famous Juanchito neighborhood where salsa clubs line the streets. A four- time world champion salsa dance team demonstrates their moves in a square in downtown Cali (Plaza Caicedo), while the electronic duo No DJs provides a taste of cutting-edge Latin music. This episode also explores the local Afro-Pacific music with an intimate performance by Grupo Bahia on the banks of the Rio Melendez, and young bloods Herencia de Timbiqui demonstrate their funky grooves in the streets of the old city. Finally, Edgar jams in Matildelina with the hippest salsa band in Colombia, La-33, who bring a modern attitude to this classic style.					
21:00:00	Xerox Rochester International Jazz Festival Elizabeth Shepherd	APTEX	(S)	(CC)	N/A	#805H
	Vocalist/pianist Elizabeth Shepherd arrived on the international scene in 2006 when her debut album "Start to Move" was voted one of the top jazz albums of the year by the listeners of the influential Gilles Peterson Show on BBC Radio Worldwide. Since then, the Toronto-based soul jazz innovator has released two widely acclaimed records and toured extensively in North America, Europe and Japan. Elizabeth has sold out legendary clubs from Tokyo to Detroit, played festivals like Montreal and North Sea Jazz Festivals, and shared the stage with Branford Marsalis and Christian McBride.					

Thu, Nov 30, 2017

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Native Waters: A Chitimacha Recollection	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					
22:30:00	Sousa on the Rez: Marching to the Beat of a Different Drum	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					
23:00:00	Echoes of a Bitter Crossing: Lewis & Clark In Idaho	APT	(S)	(CC)	N/A	#0H
	<p>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.</p>					