

Sat, Oct 01, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight	APTEX	(S)	(CC)	N/A	#414H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#839H
01:00:00	Song of the Mountains Lost Creek Band/April Verch	NETA	(S)	(CC)	N/A	#1105H
02:00:00	Woodsongs Jewel	NETA	(S)	(CC)	N/A	#1801H
	Jewel is a multi-platinum singer-songwriter, poet and actress. She has sold more than 25 million albums over her musical career. Her debut album Pieces of You had the hit "Who Will Save Your Soul". From the remote tundra of her Alaskan youth to the triumph of international stardom, the 41-year-old singer has always found a way to persevere and convey the emotional turmoil of life during it's most difficult and challenging moments through her work. Jewel tells the countless moments of introspection that led her here with her memoir Never Broken and new album Picking Up The Pieces.					
03:00:00	Film School Shorts Mean Streets	NETA	(S)	(CC)	N/A	#403H
	Taissa Farmiga stars in Share as a 15-year-old girl facing her return to school after someone shared an explicit video of her online. Directed by Pippa Bianco. Next, watch as racial tensions explode between young people waiting in line to buy the hottest new sneakers on the market in Hypebeasts, inspired by Spike Lee's Do the Right Thing. Directed by Jessica dela Merced.					
03:30:00	On Story Indie Filmmaking In Hollywood: A Conversation with Jay Duplass	NETA	(S)	(CC)	N/A	#507H
	Jay Duplass (writer/director Jeff Who Lives at Home, The Puffy Chair) recollects his journey with brother Mark Duplass onto the DIY indie film scene, along with their specific approach to storytelling. Followed by Future Home, the story of a father, son, and a time-travelling killer android, in a short film by Ramin Serry.					
04:00:00	Science Goes to the Movies Physics and the Flash	NETA	(S)	(CC)	N/A	#213H
04:30:00	Theater Talk Shuffle Along	EPS	(S)	(CC)	N/A	#932
	Tony- nominated Director/Librettist George C. Wolfe from the Tony-nominated Broadway musical Shuffle Along, or the Making of the Musical Sensation of 1921 and All That Followed.					
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#336
05:30:00	Healthy Body Healthy Mind Dealing with Chronic Back and Leg Pain	EPS	(S)	(CC)	N/A	#3506H
	There are many causes of chronic pain. Accidents, injuries, degenerative diseases, prior surgeries, even the normal aging process. Many people with chronic back and leg pain have arthritis, or they may have extra wear and tear of the spine due to strenuous activities. Other possible causes can include a curvature of the spine, or medical issues such as fibromyalgia. Those over 30 years of age can be at greater risk for chronic back and leg pain, as well as those who are overweight. Sometimes, the exact cause cannot be determined. Physicians may recommend physical therapy and rehabilitation measures. If pain persists, medication may be needed. Spinal surgery may be recommended if there is mechanical instability. And in some patients, a spinal cord stimulator (SCS) can help reduce back pain. In this program, we will explore the lifestyle and social challenges that can result from chronic back and leg pain. We will also hear from patients who have had a great deal of success in treating their pain symptoms.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1916
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Floral Bouquet # 2	APTEX	(S)	(CC)	N/A	#311H
	Today's lesson is another floral painting that Gary created using fresh flowers. Use all the techniques for the brush strokes he shows and you will be able to create your own fresh flower painting. A lot of the fun is in being able to grow your own flowers and to paint whenever you feel the inspiration.					

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08:30:00	Grand View Devils Postpile National Monument	APT		(CC)	N/A	#209H
	This episode explores one of the most unique phenomena in geology; Hexagonal pillars of Basalt lava that were revealed during the last Ice Age. Located in the Eastern Sierra, this rare and beautiful feature ranks as one of the world's finest examples of columnar basalt. The region reveals a volatile geologic history, with reminders bubbling up from the valley floor. Baumann interviews Park Superintendent, Deanna Dulen, and USGS geologist, Mike Clynne. Baumann reaches his destination, and paints the Minarets of the Sierras overlooking the park itself.					
09:00:00	Landscapes Through Time with David Dunlop John Singer Sargent's Venice	NETA	(S)	(CC)	DVI	#203H
	John Singer Sargent (1856-1925) travels to Venice many times over a 40-year period and paints dazzling plein air watercolor landscapes, turning away from portraiture. David paints a watercolor demonstration at the famous Piazza dei Giovanni e Paolo, the same scene painted by Sargent and centuries of painters, exploring his color theory and painting technique.					
09:30:00	Classical Stretch: By Essentrics Posture	APTEX	(S)	(CC)	DVI	#1116H
	In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1108H
10:30:00	Wai Lana Yoga Chakra Breathing	APTEX	(S)	(CC)	N/A	#514
	Wai Lana teaches you to breathe to the navel chakra while balancing in Reverse Arrow. Activating this energy center purifies the subtle body and prevents disease.					
11:00:00	Delicious TV's Vegan Mashup The Vegan Bbq	NETA	(S)	(CC)	N/A	#206H
	Step up and fire up the grill! BBQing is our passion on Delicious TV's Vegan Mashup and we'll show you four fantastic flavor-packed recipes to keep you grilling all summer long and beyond! Toni Fiore starts the sizzle with juicy Portobello Steak Burger with Citrus Slaw. In a flash Miyoko Schinner brings it back with outrageous yet simple BBQ frozen tofu and a surprise grilled dessert. Terry Romero brushes Seitan Kebabs with fresh and zesty homemade Chimichurri pesto.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Tour of Traditions	APTEX	(S)	(CC)	N/A	#1102H
	Ask anyone about traditional cooking in the Yucatan and you're bound to hear the name Miriam Peraza, a grandmotherly dynamo who knows every nook and cranny. She brings Rick to the bustling Mercado de Lucas de Galvez in Merida for a quick tour that includes a rare look at the making of recado spice pastes. Flanked by villagers in the remote town of Yaxunah, Miriam and Rick drop in to watch the making of pit-cooked cochinita pibil, the Yucatan's iconic dish of achiot-smothered, pit-cooked suckling pig. At Manjarblanco restaurant in Merida, Miriam shows her take on classic panuchos, sopa de lima and queso relleno. Then, Rick brings some of the Yucatan back to Chicago, where he cooks papadzules and shows how to make cochinita pibil at home - banana leaves and quick-pickled onions included.					
12:00:00	Lidia's Kitchen Savory Baking	APTEX	(S)	(CC)	N/A	#312H
	Lidia introduces this episode with "beautiful vegetables and a hot oven: a great marriage!" She then begins the meal with a simple and refreshing sesame and fava bean dip, perfect for flatbreads. Next, she prepares a baked eggplant stuffed with meat and vegetables, topped with a golden, cheesy crust. Her unique version of baked potatoes is made with pancetta and oregano.					
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#403H
13:00:00	Expeditions with Patrick Mcmillan Catalina Island - Jewel of the Pacific	APTEX	(S)	(CC)	N/A	#302H
	Every island is unique. The same characteristics that lead to the special and often bizarre wildlife and plants here also make them extremely vulnerable to loss. There may be a place where man and island can exist to the benefit of all. Catalina Island is that jewel of the Pacific. Join Patrick as he continues to explore this land where man and island coexist.					
13:30:00	In The Americas with David Yetman	APTEX	(S)	(CC)	N/A	#506H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Rick Steves' Europe European Travel Skills, Part III	APTEX	(S)	(CC)	N/A	#714H
	The last episode in this three-part mini-series distills Rick Steves' 30 years of travel experience into 30 minutes of practical advice on how to have a fun, affordable, and culturally broadening trip to Europe. Shot on location in Amsterdam, Germany's Rhineland, Venice, Siena, the Italian Riviera, the Swiss Alps, Paris, and London, these episodes cover Rick's favorite 3,000-mile European loop while providing viewers with essential travel skills. We cover tips on planning an itinerary, hurdling the language barrier, driving and catching the train, avoiding scams, eating well, sleeping smart, staying safe, and everything you need to enjoy the best possible experience.					
14:30:00	Journeys In Africa Hluhluwe - Rhino Central	NETA	(S)	(CC)	N/A	#209H
	At one time the total Southern African and for the most part, all of Africa's black and white rhino population was found in one large forgotten South African park-Hluhluwe. Bill investigates how this park and its Big 12 diversity has saved rhinos for the world.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4313H
	Nothing is more special to us at GardenSMART than spending time with engaged, experienced home gardeners. We always learn something, and they motivate us to go home and work in our gardens. This week we visit two very accomplished gardeners who gave us some new ideas. We think you'll enjoy this episode. Join us as we GardenSMART.					
15:30:00	Chefs A' Field Counting Sheep	APTEX	(S)	(CC)	N/A	#201H
	California's Sonoma Valley Brings New Meaning to "Wine and Cheese" Husband-Wife Chef Duo Duskie Estes and John Stewart: Zazu Restaurant & Farm - Santa Rosa, CA; Bovolo Restaurant - Healdsburg, CA In California's wine country, rising-star chefs Duskie Estes and John Stewart show us why Sonoma Valley sheep are prized for their milk, which becomes award-winning cheese like that made by Bellwether Farms. In the kitchen, the husband-wife cooking sensations prepare dishes with Bellwether cheeses and ingredients from their own "back 40." Recipes: Sheep's Milk Cheese Gnudy with Tomato Marinara; Artisan Bacon, Egg & Cheese Sandwich; Homemade Yogurt Ice Cream.					
16:00:00	Maria Hinojosa: One-On-One Neil Degrasse Tyson	APTEX	(S)	(CC)	N/A	#401Z
	Astrophysicist Neil deGrasse Tyson, author of The Pluto Files: The Rise and Fall of America's Favorite Planet and host of the WGBH-produced TV series Nova ScienceNow, talks about his passion for science, his efforts to make astronomy accessible, and why he doesn't think the sky is the limit.					
16:30:00	Overheard with Evan Smith Richard Linklater, Filmmaker	NETA	(S)	(CC)	N/A	#612H
	Richard Linklater is a multiple Academy Award-nominated director and screenwriter. His credits include Slacker, Dazed and Confused, Before Sunrise, A Scanner Darkly, School of Rock, Bernie, and Boyhood. Linklater's most recent Oscar nominations were for Boyhood, which was nominated for Best Picture, Best Director, Best Original Screenplay, and Film Editing. That film won him the Golden Globe for Best Director. Linklater's newest film, Everybody Wants Some, is in theaters April 2016.					
17:00:00	The Kamla Show Special Rasika Kumar	KAMLA	(S)	(CC)	N/A	#114H
	Host Kamla interviews Rasika Kumar, Software Engineer at Google and Associate Artistic Director at Abhinaya Dance Co.					
17:30:00	Craftsman's Legacy The Tool Maker	APTEX	(S)	(CC)	N/A	#305H
	Seth Gould could easily be called one of the rock-stars of metalsmithing. Host Eric Gorges heads South to the Appalachian Mountains in North Carolina and the famed Penland School of Crafts to learn from this amazing craftsman. In this episode Eric and Seth make a breathtaking hammer.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3439
18:30:00	The Open Mind New York Values	NETA		(CC)	N/A	#3707H
	GUEST: Arlene Alda. Author and photographer Arlene Alda talks about the culture of the inner city.					
19:00:00	Closer to Truth Marvin Minsky: Like No Other	EPS	(S)	(CC)	N/A	#1613H
	One of artificial intelligence's legendary pioneers, Marvin Minsky, recently died. With this tribute, we celebrate his penetrating analysis of brains, minds, AI, religion and God.					

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19:30:00	Piano Guy Host Scott Houston and guests show viewers how to play the popular TV & movie theme songs from "Sesame Street," "Cheers" and "Mission: Impossible." Featured guests include Nat Kerr, Dave Powers, Bradley Sowash and Matt Munhall.	NETA	(S)	(CC)	N/A	#1413H
20:00:00	Infinity Hall Live Infinity Hall Live - Guitar Heroes Acoustic or electric, Gibson or Fender, Jimi Hendrix or Django Reinhardt, no matter what kind of guitar style you enjoy Infinity Hall Live's "Guitar Heroes" episode will delight all fans of this stringed instrument. Experience the intense musicianship of guitarists like Robben Ford, Tommy Emmanuel, Robert Cray, Tim Reynolds and Keb' Mo' as they each take a different approach to six strings. Tim Reynolds serves up a handful of meaty riffs and technical finger work on songs like "Hocus Pocus" reaffirming why he's Dave Mathews favorite guitarist to take on the road and into the studio. One man guitar band Tommy Emmanuel, known for his nimble fingerpicking and use of the entire instrument, forms a soundscape with a style and charisma unmatched by his peers. Learn why Rolling Stone Magazine credited Robert Cray with reinventing the blues and introducing it to a new generation with his razor sharp guitar playing on earthy tunes like "Chicken in the Kitchen". Get a sneak preview of the full length Season 4 episode featuring guitar virtuoso Robben Ford!	APTEX	(S)	(CC)	N/A	#406H
21:00:00	Front and Center Zakk Wylde The former guitarist for Ozzy Osbourne, plays an acoustic set with his band Black Label Society at The Iridium in New York City. Songs include "Blessed Hellride" and "Stillborn."	APTEX	(S)	(CC)	N/A	#505H
22:00:00	Globe Trekker Paris City Guide Justine Shapiro and Adela Ucar travel to the City of Light. Justine strolls through the Luxembourg Gardens, discovers eclectic artwork and uncovers culinary secrets at the Cordon Bleu. Adela wanders through the Musee d'Orsay, visits a gay boulangerie in the Marais, and chats with British designer Vivienne Westwood at the couture shows. Touring the Palace of Versailles, she learns about Marie Antoinette and back in Paris, she follows the controversial queen's path to the guillotine. Adela's trip is complete with a glimpse of the Mona Lisa, a ride up the Eiffel Tower and a visit to the Moulin Rouge.	APTEX	(S)	(CC)	N/A	#1526H
23:00:00	Arts In Context Classical Undead Since 1999 Golden Hornet Project has presented over 60 concerts of indie classical music by more than 40 composers from non-academic musical backgrounds - all in the name of making classical music as exciting and accessible as it was meant to be. Their latest project is reanimating Mozart's unfinished Requiem Mass in D minor with contributions from a diverse line-up of genre defying composers including Glen Kotche of Wilco, Pulitzer Prize-winner Caroline Shaw, and DJ Spooky. With the simple notion that music should be for everyone, Golden Hornet Project seeks to bring excitement and energy back to the world of classical music.	NETA		(CC)	N/A	#506H
23:30:00	This American Land In southern Oregon, a little-known wilderness called Kalmiopsis is a source of clear water for downstream communities and a core for surrounding wildlands that conservationists want to protect from logging and mining. Changes in cropland management in Kansas can make a big difference for the survival of bobwhite quail and other wild species. Gunnison Country in Colorado offers stunning mountain scenery, thriving agriculture, and outdoor recreation - and residents there support more wilderness protection for public lands including wilderness and special management areas. Following lead contamination of the water supply in Flint, Michigan, scientists in North Carolina reveal another dangerous chemical making its way through water pipes to thousands of homes.	NETA	(S)	(CC)	N/A	#604H

Sun, Oct 02, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Marvin Minsky: Like No Other One of artificial intelligence's legendary pioneers, Marvin Minsky, recently died. With this tribute, we celebrate his penetrating analysis of brains, minds, AI, religion and God.	EPS	(S)	(CC)	N/A	#1613H
00:30:00	Piano Guy Host Scott Houston and guests show viewers how to play the popular TV & movie theme songs from "Sesame Street," "Cheers" and "Mission: Impossible." Featured guests include Nat Kerr, Dave Powers, Bradley Sowash and Matt Munhall.	NETA	(S)	(CC)	N/A	#1413H
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02:00:00	Front and Center Zakk Wylde The former guitarist for Ozzy Osbourne, plays an acoustic set with his band Black Label Society at The Iridium in New York City. Songs include "Blessed Hellride" and "Stillborn."	APTEX	(S)	(CC)	N/A	#505H
03:00:00	Globe Trekker Paris City Guide Justine Shapiro and Adela Ucar travel to the City of Light. Justine strolls through the Luxembourg Gardens, discovers eclectic artwork and uncovers culinary secrets at the Cordon Bleu. Adela wanders through the Musee d'Orsay, visits a gay boulangerie in the Marais, and chats with British designer Vivienne Westwood at the couture shows. Touring the Palace of Versailles, she learns about Marie Antoinette and back in Paris, she follows the controversial queen's path to the guillotine. Adela's trip is complete with a glimpse of the Mona Lisa, a ride up the Eiffel Tower and a visit to the Moulin Rouge.	APTEX	(S)	(CC)	N/A	#1526H
04:00:00	Arts In Context Classical Undead Since 1999 Golden Hornet Project has presented over 60 concerts of indie classical music by more than 40 composers from non-academic musical backgrounds - all in the name of making classical music as exciting and accessible as it was meant to be. Their latest project is reanimating Mozart's unfinished Requiem Mass in D minor with contributions from a diverse line-up of genre defying composers including Glen Kotche of Wilco, Pulitzer Prize-winner Caroline Shaw, and DJ Spooky. With the simple notion that music should be for everyone, Golden Hornet Project seeks to bring excitement and energy back to the world of classical music.	NETA		(CC)	N/A	#506H
04:30:00	This American Land In southern Oregon, a little-known wilderness called Kalmiopsis is a source of clear water for downstream communities and a core for surrounding wildlands that conservationists want to protect from logging and mining. Changes in cropland management in Kansas can make a big difference for the survival of bobwhite quail and other wild species. Gunnison Country in Colorado offers stunning mountain scenery, thriving agriculture, and outdoor recreation - and residents there support more wilderness protection for public lands including wilderness and special management areas. Following lead contamination of the water supply in Flint, Michigan, scientists in North Carolina reveal another dangerous chemical making its way through water pipes to thousands of homes.	NETA	(S)	(CC)	N/A	#604H
05:00:00	California's Golden Parks Ano Nuevo Ano Nuevo State Reserve is the site of the largest mainland breeding colony in the world for the northern elephant seal. Huell ventures out to this low, rocky, windswept point jutting out into the Pacific Ocean 55 miles south of San Francisco to see hundreds of seals during breeding season.	KCET		(CC)	N/A	#111
05:30:00	Moneywise with Kelvin Boston Making Money Going Green Host Kelvin Boston and his guests discuss the profit potential of "going green." Guests: Frank Stewart, president, American Association of Blacks in Energy and Gilbert Campbell, co-founder, Volt Energy. This episode also features small business development tips from Marie Johns, deputy administrator of the U.S. Small Business Administration.	APTEX	(S)	(CC)	DVI	#804H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1917

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08:00:00	Painting and Travel with Roger & Sarah Bansemer Florida Palms	NETA	(S)	(CC)	N/A	#812H
	Sarah visits the woodworking shop at the Jack Richeson Company in WI where over one hundred styles of fine artists easels are manufactured. The company president describes the process and shows where each easel and taboret is handmade of oak. Back in his studio Roger uses oils on canvas to paint a large tropical Florida landscape featuring palm trees and native shrubbery.					
08:30:00	Painting with Paulson The Piano Player Part II	NETA	(S)	(CC)	N/A	#1606H
09:00:00	Wyland's Art Studio	APTEX	(S)	(CC)	N/A	#312H
09:30:00	Classical Stretch: By Essentrics Toning and Slenderizing	APTEX	(S)	(CC)	DVI	#1117H
	In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico. Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1109H
10:30:00	Power Yoga: Mind and Body Core - Abs/Back - Version Three With Bridge, Navasana with Variations, Lotus.	APTEX	(S)	(CC)	N/A	#127
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#227H
11:30:00	New Orleans Cooking with Kevin Belton French Beginnings Daube, spaghetti bordelaise, lemon creme brulee.	APTEX	(S)	(CC)	N/A	#118H
12:00:00	Ciao Italia White Wine, Red Wine/Vino Bianco, Vino Rosso	NETA	(S)	(CC)	N/A	#2605H
	Mary Ann travels to the Robert Pepi Winery in Napa, California to visit vintner, Marco Di Giulio who shows her how they make San Giovese wine just like they do in Italy. Mary Ann goes nella cucina to a braised beef dish in red wine called Brasato, from Lombardy, and the other a delicate chicken stuffed with spinach and Fontina cheese, cooked - in what else? White wine, of course.					
12:30:00	Martin Yan's Taste of Vietnam Unforgettable Hoi An	APTEX	(S)	(CC)	N/A	#124H
	Long considered one of the most spectacular spots in Vietnam, Hoi An is now a World Heritage Site. Martin visits this picturesque enclave to pay tribute to both its history and culinary delights. He learns how to wrap flower dumplings and make lanterns. Later he takes part in the paper lantern release ceremony by the canal. Recipes: Shrimp Mousse on Sugar Cane, Vietnamese Clear Shrimp and Meat Dumplings.					
13:00:00	Bare Feet with Mickela Mallozzi Hogmanay In Scotland (Edinburgh, Scotland)	APTEX	(S)	(CC)	DVI	#106H
	Mickela heads to Edinburgh, Scotland to celebrate Hogmanay, the world's largest New Year's Eve celebration. While there, she explores Scotland's traditional dances of ceilidh, Highland dance, and step dance.					
13:30:00	Travel Detective with Peter Greenberg The Invisibles	NETA	(S)	(CC)	DVI	#206H
	Do you ever wonder who really runs the travel industry? We're not talking about the corporate CEO's or hotel general managers, but rather, the people who load your bags on the plane or bring the towels to your room. CBS News Travel Editor Peter Greenberg calls them "The Invisibles", and explains how they make a critical difference every time you travel. Plus, it's not just about cheese! Peter takes us to tribal Indian nations: a hidden gem of Wisconsin. And, while the Corinthia London is a fairly new hotel in New York City, correspondent Tracy Gallagher reveals that it has quite a compelling history.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#225H

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14:30:00	Burt Wolf: Travels & Traditions Women @ Work	APTEX	(S)	(CC)	N/A	#1504H
	Burt's mother was one of the first women executives at Macy's Department store. During the past few years, as Burt traveled around the world he began to see how things had changed for women in business and how some things had not changed. In this program he visits with leading authorities on the history of women at work. It took him to New York City, Fairfield, Connecticut, Washington, DC and Zurich, Switzerland.					
15:00:00	American Woodshop Home Trims	NETA	(S)	(CC)	N/A	#2212H
	Scrolling brackets for doorways, carving weather vanes and totem accents.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Frank Lloyd Wright Light Pendants	APTEX	(S)	(CC)	N/A	#512H
	Guest: ELI CLEVELAND. A woodworker can't help but be influenced by the great Frank Lloyd Wright and today on Rough Cut Woodworking with Tommy Mac, Tommy will embark on his second Frank Lloyd Wright style project: the Light Pendant. It's a light fixture that brings together wood and mechanics and is a statement piece that shows off the style of the famous architect.					
16:00:00	Happy Yoga with Sarah Starr Desert Bloom	NETA	(S)	(CC)	N/A	#301H
	Allow the colorful springtime bloom of desert flowers to inspire your practice as we enjoy a series of simple stretches along with conscious deep breathing, designed to create more ease in the hands, wrists, shoulders, upper back and legs using a chair for support.					
16:30:00	Second Opinion Adhd In Adults	APTEX	(S)	(CC)	N/A	#1205H
	Patient Story: Attention deficit hyperactivity disorder (ADHD) starts in childhood but often can go unrecognized until later in life. In this episode, Frank South shares his story of late diagnosis and the challenges he faces every day managing and adapting to life with ADHD. Myth or Medicine: Is ADHD over-diagnosed? Second Opinion 5: Five signs of ADHD that are consistent in children and adults.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Heart Health	EPS	(S)	(CC)	N/A	#101H
	Effects of wheat, statins, diet, exercise and probiotics to the heart.					
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#601H
18:00:00	California's Gold California Restaurants	KCET		(CC)	N/A	#13010Z
	Huell visits two California restaurants that are great examples of "California's Gold". Founded by the five Havadijas brothers, the first Farmer Boys restaurant opened its doors in Perris, California in 1981. Their generous portions and farm-fresh food quickly gained a loyal following and at last count there were 68 Farmer Boys restaurants at locations all over Southern and Central California and in Nevada. Fosters Freeze has been a tradition since 1946 when George Foster opened his first store and the company now owns over ninety locations and has become a California favorite.					
18:30:00	Curious Traveler Curious About - Wales	APTEX	(S)	(CC)	N/A	#103H
	Why is there a dragon on the Welsh flag? Why does the man next-in-line for the British throne hold the title the "Prince of Wales"? What are the Walls of Constantinople doing all the way over here? Who is King Longshanks? And how is he related to King Vortigern and Magnus Maximus? Where is Britain's smallest church? I can't see it! And how the heck do you pronounce the second longest place name in the world: Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch???					
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#132H
19:30:00	The Kamla Show Special Rasika Kumar	KAMLA	(S)	(CC)	N/A	#114H
	Host Kamla interviews Rasika Kumar, Software Engineer at Google and Associate Artistic Director at Abhinaya Dance Co.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Trail Magic, The Grandma Gatewood Story	NETA	(S)	(CC)	N/A	#0H
	<p>Emma "Grandma" Gatewood's story speaks to the courageous spirit of Appalachian people everywhere. Emma Caldwell was born around 1887 at Raccoon Creek in Gallia County, Ohio; she was one of 15 children. When she was 19 years old she married Perry Clayton Gatewood, a teacher and a produce farmer. During a time when spousal abuse was considered strictly "a personal matter", Perry would often beat Emma in front of his employees who would cheer him on yelling, "Slap her again!" After raising her eleven children, Emma decided she needed another challenge. When she read about the Appalachian Trail in National Geographic she discovered that no woman had ever hiked the trail alone from one end to the other. It sounded like a challenge to her - and she decided to BE that woman. Never mind that she was 66 years old, never mind that she had no real equipment, never mind that she had no experience. Emma set off on the barely marked trail from Mount Katahdin, Maine. She didn't make it the first time. Never mind... she set off again the following year (1955) with an "aluminum blanket" (like the astronauts used), an old army blanket, sneakers, and extra dress and undergarments, hose, house slippers, bullion cubes, dried fruits, raisins and nuts, a water bottle and an emergency kit. This time she managed to go the entire 2,170 miles becoming the first person to solo walk the entire Appalachian Trail in a single season! Emma, became known to the public as "Grandma" Gatewood, and because a cause celeb across America. Being the first woman to solo hike the AT end to end, at the age of 67, was no small feat, period! Local reporters followed her story, Sports Illustrated featured her, even the KEDS sneaker company latched onto the marketing opportunity and supplied her with shoes. After completing the hike she was featured on the "Today Show", "Groucho Marx' "You Bet Your Life" show and the "Tonight Show." Her story raised the veil on several cultural barriers of the day, including age and sex discrimination.</p>					
21:00:00	West of the West: Tales from California's Channel Island First People	KNME	(S)	(CC)	DVI	#101H
	<p>"Rotation" is about the geologic forces 20 million years ago that pushed Santa Barbara and 4 of the Channel islands from the San Diego area to their present location. "Arlington Man" is about the discovery of the oldest human remains in all of North America and the affirmation that it was a coastal migration (not solely the land bridge) that contributed to the peopling of North and South America. "First Contact" is actually two parallel stories. One is the voyage of Juan Rodriguez Cabrillo - a Portuguese conquistador sailing for the Spanish - who was looking for China but instead 'discovered' Alta California and the Channel Islands. And that was 89 years before the Pilgrims got to Plymouth Rock, meaning that America really started here. His story is intercut with the San Diego Maritime Museum's ambitious, years-in-the-making, and ultimately successful effort to build a replica of Cabrillo's flagship the San Salvador. "Once Upon a Time" is a reveal of the culture of the Island Chumash, a Native American People that thrived for thousands of years on the Channel Islands. "The Lone Woman of San Nicolas Island" tells the true story behind Scott O'Dell's 8 million copy best-seller Island of the Blue Dolphins, a book read by millions of Californians.</p>					
22:00:00	American Reds	APTEX	(S)	(CC)	N/A	#0H
	<p>The documentary AMERICAN REDS provides a historical overview of 20th century Communism and the growth, decline and contemporary relevance of the Communist Party, USA (CPUSA). Since its founding in 1919, the CPUSA has championed the struggles for democracy, labor rights, women's equality, and racial justice. During its heyday in the 1930s and 1940s, it attracted millions of Americans to support its causes and almost 100,000 men and women to enlist in its ranks. The film begins with the Party's emergence as a small militant sect in the 1920s and documents its rise to the foremost radical group in the United States during the Great Depression, fighting against racism, sexism and fascism, as well as for the rights of workers to organize. It ends with the decline of the Party during the Cold War under the assaults of the FBI and anti-communist crusades. Through powerful and compelling personal stories told by current and former members of the Party, along with commentary from historians and academics, AMERICAN REDS explores the organization's complex and contradictory efforts to realize its vision of creating a radiant society based on freedom, equality, justice and fraternity.</p>					
23:30:00	Mississippi's Free State of Jones	NETA	(S)	(CC)	N/A	#0H
	<p>During the Civil War, pro-Union citizens of Jones County, Mississippi, led a rebellion against the Confederacy, an action that would have far reaching repercussions during the conflict and long after the war. Their story shows that the Civil War wasn't just North vs. South, but also Mississippians vs. Mississippians, and the battles they faced lasted long after the war officially ended.</p>					



Mon, Oct 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#132H
00:30:00	The Kamla Show Special Rasika Kumar	KAMLA	(S)	(CC)	N/A	#114H
Host Kamla interviews Rasika Kumar, Software Engineer at Google and Associate Artistic Director at Abhinaya Dance Co.						
01:00:00	Trail Magic, The Grandma Gatewood Story	NETA	(S)	(CC)	N/A	#0H
<p>Emma "Grandma" Gatewood's story speaks to the courageous spirit of Appalachian people everywhere. Emma Caldwell was born around 1887 at Raccoon Creek in Gallia County, Ohio; she was one of 15 children. When she was 19 years old she married Perry Clayton Gatewood, a teacher and a produce farmer. During a time when spousal abuse was considered strictly "a personal matter.", Perry would often beat Emma in front of his employees who would cheer him on yelling, "Slap her again!" After raising her eleven children, Emma decided she needed another challenge. When she read about the Appalachian Trail in National Geographic she discovered that no woman had ever hiked the trail alone from one end to the other. It sounded like a challenge to her - and she decided to BE that woman. Never mind that she was 66 years old, never mind that she had no real equipment, never mind that she had no experience. Emma set off on the barely marked trail from Mount Katahdin, Maine. She didn't make it the first time. Never mind...she set off again the following year (1955) with an "aluminum blanket" (like the astronauts used), an old army blanket, sneakers, and extra dress and undergarments, hose, house slippers, bullion cubes, dried fruits, raisins and nuts, a water bottle and an emergency kit. This time she managed to go the entire 2,170 miles becoming the first person to solo walk the entire Appalachian Trail in a single season! Emma, became known to the public as "Grandma" Gatewood, and because a cause celeb across America. Being the first woman to solo hike the AT end to end, at the age of 67, was no small feat, period! Local reporters followed her story, Sports Illustrated featured her, even the KEDS sneaker company latched onto the marketing opportunity and supplied her with shoes. After completing the hike she was featured on the "Today Show", "Groucho Marx' "You Bet Your Life" show and the "Tonight Show." Her story raised the veil on several cultural barriers of the day, including age and sex discrimination.</p>						
02:00:00	West of the West: Tales from California's Channel Island First People	KNME	(S)	(CC)	DVI	#101H
<p>"Rotation" is about the geologic forces 20 million years ago that pushed Santa Barbara and 4 of the Channel islands from the San Diego area to their present location. "Arlington Man" is about the discovery of the oldest human remains in all of North America and the affirmation that it was a coastal migration (not solely the land bridge) that contributed to the peopling of North and South America. "First Contact" is actually two parallel stories. One is the voyage of Juan Rodriguez Cabrillo - a Portuguese conquistador sailing for the Spanish - who was looking for China but instead 'discovered' Alta California and the Channel Islands. And that was 89 years before the Pilgrims got to Plymouth Rock, meaning that America really started here. His story is intercut with the San Diego Maritime Museum's ambitious, years-in-the-making, and ultimately successful effort to build a replica of Cabrillo's flagship the San Salvador. "Once Upon a Time" is a reveal of the culture of the Island Chumash, a Native American People that thrived for thousands of years on the Channel Islands. "The Lone Woman of San Nicolas Island" tells the true story behind Scott O'Dell's 8 million copy best-seller Island of the Blue Dolphins, a book read by millions of Californians.</p>						
03:00:00	American Reds	APTEX	(S)	(CC)	N/A	#0H
<p>The documentary AMERICAN REDS provides a historical overview of 20th century Communism and the growth, decline and contemporary relevance of the Communist Party, USA (CPUSA). Since its founding in 1919, the CPUSA has championed the struggles for democracy, labor rights, women's equality, and racial justice. During its heyday in the 1930s and 1940s, it attracted millions of Americans to support its causes and almost 100,000 men and women to enlist in its ranks. The film begins with the Party's emergence as a small militant sect in the 1920s and documents its rise to the foremost radical group in the United States during the Great Depression, fighting against racism, sexism and fascism, as well as for the rights of workers to organize. It ends with the decline of the Party during the Cold War under the assaults of the FBI and anti-communist crusades. Through powerful and compelling personal stories told by current and former members of the Party, along with commentary from historians and academics, AMERICAN REDS explores the organization's complex and contradictory efforts to realize its vision of creating a radiant society based on freedom, equality, justice and fraternity.</p>						
04:30:00	Mississippi's Free State of Jones	NETA	(S)	(CC)	N/A	#0H
<p>During the Civil War, pro-Union citizens of Jones County, Mississippi, led a rebellion against the Confederacy, an action that would have far reaching repercussions during the conflict and long after the war. Their story shows that the Civil War wasn't just North vs. South, but also Mississippians vs. Mississippians, and the battles they faced lasted long after the war officially ended.</p>						
05:00:00	Great Conversations Philippe De Montebello and Michael Kimmelman	NETA		(CC)	N/A	#601H
<p>As director of the Metropolitan Museum of Art, Philippe de Montebello, nearly doubled the size of the museum, modernized its research, and helped establish new standards for museums worldwide. Now retired, this longest-serving director of The Metropolitan Museum of Art, continues to be recognized as an authority and passionate observer of art. In this program he discusses his book, Rendez-vous with Art, which examines great works from museums around the world, with chief art critic for The New York Times Michael Kimmelman. Their conversation was recorded in October 2014 at the University of Louisville Kentucky Author Forum.</p>						
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1918

Mon, Oct 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Bug Bites Pilot - Working Together  When Gilbert pops in an old VHS tape, he and Adam reminisce about their very first teaching stint with the kids. What better way to get acquainted with the bug world than by learning how millions of them work together? Laugh and learn as honey bee, Polly Nator communicates through the 'waggle dance' on Larvae in Tiaras while Adam and Gilbert showcase how ants cooperate to feed their colony. Working together has never been so much fun as it is on the series premiere of Bug Bites!	APTEX	(S)	(CC)	DVI	#105H
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#123H
09:00:00	Functional Fitness with Suzanne Andrews Energy	ACCES		(CC)	N/A	#101H
09:30:00	Classical Stretch: By Essentrics Boost Your Energy  In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.	APTEX	(S)	(CC)	DVI	#1118H
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1110H
10:30:00	It's Sew Easy Everything Comes Back - The 1950s  The 1950s look is all the rage today. Designer Courtney McCrone adds retro 50s details to dresses, blouses and accessories. Embroider a sweater to capture that rock 'n' roll look - Marie Zinno shows how. Joanne Banko shows how easy it is to create custom piping for garments, accessories and home decor using the piping foot.	NETA	(S)	(CC)	N/A	#908H
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 Boughs & Berries  A striking rendition of the classic spider web design, this red and green quilt is sure to be a family favorite. Mary and Marianne will discuss creating strip sets in conjunction with a special tool to create the unique pattern found in this quilt.	NETA	(S)	(CC)	N/A	#2607H
12:00:00	Democracy Now!  Democracy Now! is an award-winning, independent, noncommercial, nationally-distributed public television news hour.	KNME	(S)	(CC)	N/A	#6051H
13:00:00	America's Test Kitchen from Cook's Illustrated Pass The Pasta  Test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate sausage meatballs and spaghetti. Then, equipment expert Adam Ried reviews insulated shopping totes in the Equipment Corner. Next, Chris answers cooking questions in Letters to the Editor. Finally, test cook Bridget Lancaster uncovers the secrets to making tagliatelle with prosciutto and peas at home.	APTEX	(S)	(CC)	N/A	#1606H
13:30:00	Pati's Mexican Table Baked!  Mexican cuisine is chock-full of grilled, roasted, fried and frozen recipes, but for those looking to expand their repertoire with some baked recipes, this episode is for you! Today, Pati's Mexican Table becomes Pati's Mexican Bakery with a variety of simple recipes - all of which bake right in the oven. Recipe 1: Baked Egg Casserole; Recipe 2: Salsa Ranchera; Recipe 3: Dulce de Leche (Cajeta) and Pecan Cinnamon Rolls; Recipe 4: Baked Fruit Mixiote.	APTEX	(S)	(CC)	N/A	#412H
14:00:00	Kevin Dundon's Back to Basics Eggs  The importance of eggs in everyday cooking; a visit to The Friendly Farmer chicken farm to see how they are taking organic egg production to a new level; the unique fruits produced in Wexford. Recipes include: Hollandaise Sauce; Eggs Benedict; Two Cheese Omelet; Goat Cheese and Basil Scrambled Eggs; Meringues; and Raspberry Souffle.	APTEX	(S)	(CC)	N/A	#101H

Mon, Oct 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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.					
15:00:00	Beads, Baubles and Jewels Learn How to Viking Knit	NETA	(S)	(CC)	N/A	#2009H
	Stephanie Eddy shares some of her secrets about Viking knitting - making a bracelet and ways to add beads to Viking knit. Katie has some special tips for making stretchy bracelets more durable in her Beading Lesson.					
15:30:00	Katie Brown Workshop Fun Fete	APTEX	(S)	(CC)	N/A	#603H
	Host Katie Brown provides the essentials for a fun, feminine party: light finger foods, a chocolate treat and projects with a touch of glitz. In the Kitchen: filo triangles stuffed with feta and spinach, tea sandwiches three ways and chocolate carrot-cake cupcakes with cream cheese filling. Projects: Repurposing old trays with chalkboard paint and broken jewelry and creating birch wood cones to fill with flowers.					
16:00:00	Biz Kid\$ Sell, Sell, Sell (The Science of Sales)	APTEX	(S)	(CC)	DVI	#122H
	All sales final. Join the Biz Kids in sales training as they explore philosophy and sales techniques. Discover the traits common to all good salespeople. You'll meet several entrepreneurs who demonstrate superior sales skills!					
16:30:00	Hands On Crafts for Kids At Home	NETA	(S)	(CC)	DVI	#1707H
	Become an interior designer with crafts you create. Katie shows how to light up the night with a glittery night light. Franz helps you plan and host an art gallery opening at your house. Jenny shows how to bond with your own home as you make a house from felt. Then decorate your home with a colorful garland made from the Family Craft Box. Katie uses a favorite fabric to add a bright, fresh pintuck quilted picture to any bedroom decor.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4401H
	Weather plays an important role in the care and maintenance of our plants. Tune in as GardenSMART visits with an outstanding gardener who discusses some hard earned lessons in plant care. We enjoyed filming this show, think you'll enjoy it too.					
17:30:00	Growing A Greener World A Year in the Life of a Beginning Beekeeper (Atlanta, Ga; Mt. Airy, Nc)	APTEX	(S)	(CC)	N/A	#601H
	Once you get past the buzz of backyard beekeeping, what's the reality? This episode tracks the first year of newbie beekeeper Joe Lamp'l: selecting the best equipment, physically taking possession of thousands of live bees, installing them in a proper hive, harvesting the honey, and dealing with the inevitable challenges along the way. With a Master Beekeeper offering expert advice as well as incredible visuals of the honeybee's secret world, this episode is a must-see.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13197
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#101H
	Asian American Life profiles 4 of the most fascinating leaders in the areas of entertainment, science, business and human rights. Actor and Director Alan Muroka of Sesame Street discusses how he became the first Asian American actor of children's television. Business leader Andrea Jung is the CEO of Grameen America and former CEO of Avon, talks about how she champions women causes. Dr. Henry Lee is America's top forensic scientist who goes over how he cracked high profile cases from O.J. Simpson to JonBenet Ramsey. In a rare and exclusive interview, reporter Minnie Roh talks to Korean comfort women who share their painful stories of being imprisoned as sex slaves by the Japanese military during World War Two. Show is hosted by Ernel Demillo with reports from Paul Lin, Minnie Roh and Kyung Yoon.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7132
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1239H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#301H
21:00:00	Backstage Pass Elliot Street Lunatic	NETA	(S)	(CC)	N/A	#501H
	Indie rock from Michigan's capital city, featuring selections from the CD, "Ghost Town Lullabies."					

Mon, Oct 03, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Arnold Knows Me: The Tommy Kono Story	NETA	(S)	(CC)	N/A	#0H
	Tommy Kono is one of America's greatest Olympic champions. He inspired two generations of weightlifters and body builders, including changing the life of one of the world's biggest movie stars. Kono and his family were re-located to an internment camp in World War Two, which is where he began weightlifting. After their return, Kono was drafted in 1952, but remained stateside and ultimately entered the Olympics that year. Tommy not only won the gold medal, he captured that prize again at the 1956 games, and took silver at the 1960 Olympics. He also won several body building competitions, including the Mr. Universe three times and Iron Man Mr. World titles. All this garnered the attention of fellow athletes like former California governor Arnold Schwarzenegger, who remained a close friend. Kono passed away April 24, 2016, so this program is both an excellent memorial and a fascinating chapter in Olympic and Japanese-American history.					
22:30:00	Daring Journey: from Immigration to Education	APTEX	(S)	(CC)	N/A	#0H
	Narrated by actor Peter Coyote in the English version, A DARING JOURNEY: FROM IMMIGRATION TO EDUCATION details the challenges and risks four individuals-Luis B., Sergio Garcia, Janet Robles and Ruben Robles, Sr.-are willing to take as they cross the border from Mexico to the United States in search of the "American Dream." The documentary shows the human element to the often-debated and polarizing issue of immigration. Using interviews, re-enactments and archival footage, A DARING JOURNEY offers a first-hand account of the struggles each of the four illegal immigrants face as they try to earn a living, seek a higher education for themselves and their children, and attempt to achieve a better way of life.					
23:00:00	Orphans of the Genocide	NETA	(S)	(CC)	N/A	#0H
	Orphans of the Genocide is an emotional visual journey through never-before-seen archival footage and discovered memoirs of orphans who lived through the last century's first, fully documented and least recognized Armenian Genocide of 1915. The documentary follows Maurice Missak Kelechian whose research findings unveil the site of an Armenian orphanage located at the present day Antoura College near Beirut, Lebanon where 1,000 Armenian Genocide Orphans had lived and were forcefully converted and "Turkified" during W.W. I. In addition to the Antoura site, the documentary unveils numerous other orphanages where Armenian orphans were housed - and profiles one orphan girl who was adopted and later became one of Turkey's high-profiled national icons as the daughter of Ataturk, the founder of modern-day Turkey. The documentary traces the lives of many orphans who lived through the horrors of a war, losing parents and being separated from siblings and shipped to various countries. The documentary also explores the herculean task of the American Near East Relief Foundation in saving, feeding and sheltering over 150,000 documented Armenian genocide orphans between 1919 and 1926 by setting up over 200 temporary and permanent orphanages in Historic Armenia, Turkey and throughout the Middle East. One of these orphanages was built in Gumri, the second largest city in Armenia, and housed 22,000 orphans. Additionally, Orphans of the Genocide includes interviews with numerous public figures including British journalist Robert Fisk - whose article "Living Proof of the Armenian Genocide" published in 2010 by The Independent included many of the archival proofs - Armenian-American Dr. Jack Kevorkian, as well as revealing testimonials from children of the Armenian Genocide orphans scattered around the world. The Armenoid team offers never-before-seen archival footage weaving stories of Armenian orphans from around the globe.					

Tue, Oct 04, 2016

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00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7132
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1239H
01:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#301H
02:00:00	Backstage Pass Elliot Street Lunatic Indie rock from Michigan's capital city, featuring selections from the CD, "Ghost Town Lullabies."	NETA	(S)	(CC)	N/A	#501H
03:00:00	Arnold Knows Me: The Tommy Kono Story Tommy Kono is one of America's greatest Olympic champions. He inspired two generations of weightlifters and body builders, including changing the life of one of the world's biggest movie stars. Kono and his family were re-located to an internment camp in World War Two, which is where he began weightlifting. After their return, Kono was drafted in 1952, but remained stateside and ultimately entered the Olympics that year. Tommy not only won the gold medal, he captured that prize again at the 1956 games, and took silver at the 1960 Olympics. He also won several body building competitions, including the Mr. Universe three times and Iron Man Mr. World titles. All this garnered the attention of fellow athletes like former California governor Arnold Schwarzenegger, who remained a close friend. Kono passed away April 24, 2016, so this program is both an excellent memorial and a fascinating chapter in Olympic and Japanese-American history.	NETA	(S)	(CC)	N/A	#0H
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04:00:00	Orphans of the Genocide Orphans of the Genocide is an emotional visual journey through never-before-seen archival footage and discovered memoirs of orphans who lived through the last century's first, fully documented and least recognized Armenian Genocide of 1915. The documentary follows Maurice Missak Kelechian whose research findings unveil the site of an Armenian orphanage located at the present day Antoura College near Beirut, Lebanon where 1,000 Armenian Genocide Orphans had lived and were forcefully converted and "Turkified" during W.W. I. In addition to the Antoura site, the documentary unveils numerous other orphanages where Armenian orphans were housed - and profiles one orphan girl who was adopted and later became one of Turkey's high-profiled national icons as the daughter of Ataturk, the founder of modern-day Turkey. The documentary traces the lives of many orphans who lived through the horrors of a war, losing parents and being separated from siblings and shipped to various countries. The documentary also explores the herculean task of the American Near East Relief Foundation in saving, feeding and sheltering over 150,000 documented Armenian genocide orphans between 1919 and 1926 by setting up over 200 temporary and permanent orphanages in Historic Armenia, Turkey and throughout the Middle East. One of these orphanages was built in Gumri, the second largest city in Armenia, and housed 22,000 orphans. Additionally, Orphans of the Genocide includes interviews with numerous public figures including British journalist Robert Fisk - whose article "Living Proof of the Armenian Genocide" published in 2010 by The Independent included many of the archival proofs - Armenian-American Dr. Jack Kevorkian, as well as revealing testimonials from children of the Armenian Genocide orphans scattered around the world. The Armenoid team offers never-before-seen archival footage weaving stories of Armenian orphans from around the globe.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Great Conversations Timothy Geithner and James Surowiecki Timothy Geithner, former U.S. Secretary of the Treasury and CEO of the Federal Reserve, served under President Obama during the 2008 financial crisis. In his book Stress Test: Reflections on Financial Crises, he takes readers behind the scenes of America's greatest period of economic distress since the Great Depression of the 1930. In this program, recorded in November 2014 at the University of Louisville Kentucky Author Forum, Geithner discusses his book and the financial crisis with James Surowiecki, staff writer of "The Financial Page" at The New Yorker.	NETA		(CC)	N/A	#602H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1919
08:00:00	Bug Bites The Love Bug Love is in the air for single bachelors Adam and Gilbert as they explore speed dating and the entrancing dances, performances and rituals that insects use to find a mate!	APTEX	(S)	(CC)	DVI	#106H
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#124H

Tue, Oct 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Bone Builder (Osteoporosis)	ACCES		(CC)	N/A	#102H
09:30:00	Classical Stretch: By Essentrics Feet and Calf Workout  In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.	APTEX	(S)	(CC)	DVI	#1119H
10:00:00	Sit and Be Fit Core Strengthening  Mary Ann uses hand weights and a ball to strengthen the abdominal muscles. Gretchen adds some exercises to challenge the brain.	NETA	(S)	(CC)	N/A	#1201H
10:30:00	It's Sew Easy Up, Up and Around - The 1960s  Technology moved fast during the 1960s and everything from hemlines to rocket ships went up. Angela Wolf turns modern art into wearable art as she makes a color-block mini-dress. Peggy Sagers shows how to design and make the comfortable and flattering wrap dress, a staple in every working woman's wardrobe.	NETA	(S)	(CC)	N/A	#909H
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 Quilting Traditions  Art and quilting make great companions. Mary's guest is Jim Shore and they will address how the artist transfers their design concepts to create wonderful new fabrics. They will also discuss the history of Jim's inspiration, design and color palette.	NETA	(S)	(CC)	N/A	#2608H
12:00:00	Democracy Now!  Democracy Now! is an award-winning, independent, noncommercial, nationally-distributed public television news hour.	KNME	(S)	(CC)	N/A	#6052H
13:00:00	Hubert Keller: Secrets of a Chef A French Feast  Chef Keller presents two French classics perfect for a dinner party. He combines a myriad of meats and seasonings to create a savory filling for a meat pie. Then he prepares a French version of ice cream pie made with delicate pecan meringues, ice cream and whipped cream. Pate Chaud (Hot Savory Pie) & Pecan Meringue Creme Glacee.	NETA	(S)	(CC)	N/A	#501H
13:30:00	Sara's Weeknight Meals Trip to Spain  What's not to like about Spanish food? Ham, chorizo, great seafood, tapas - Sara has some great recipes like pork with spanish olives and fideo, a paella like dish that uses noodles instead of rice. Delicious! Sara also visits a specialty maker of chorizo, the spicy sausage beloved throughout the Spanish-speaking world.	APTEX	(S)	(CC)	N/A	#505H
14:00:00	Taste of History Philadelphia's City Tavern  Chef Walter Staib celebrates the history of the venerable City Tavern, Philadelphia's historic restaurant that John Adams called "the most genteel tavern" in America. George Washington used City Tavern as his headquarters during the Revolutionary War, and it also served as the Merchants Exchange. Chef Staib prepares roast leg of venison, yellow beets and walnuts gratin, sage potatoes and creme brulee.	NETA	(S)	(CC)	N/A	#601H
14:30:00	George Hirsch Lifestyle Being Served  George cooks a regal brunch, featuring fresh-squeezed mimosa, fried egg crab salad, Johnny cakes, and savory lamb sausage. Then, he visits a historic inn for inspiration and learns about the art of hospitality. Recipes: - Fresh Squeezed Mimosa - Johnny Cakes, Maple Syrup Butter - Frisee Crab Salad, Fried Egg Bacon Croutons - Lamb Sausage patties.	APTEX	(S)	(CC)	N/A	#109H

Tue, Oct 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Art Inspired Jewelry Making Blogger Andrew Thornton talks about drawing inspiration from your art and turning your hobby into a business. Then, he shares one of his favorite new jewelry making techniques on making decorative end caps using epoxy clay. Katie's Beading Lesson is about using beaded chain for an easy necklace.	NETA	(S)	(CC)	N/A	#2010H
15:30:00	Katie Brown Workshop Regional Garden In this "best-of" episode, host Katie Brown celebrates the diverse tastes of the world. In the Kitchen: French onion soup, Greek-style stuffed eggplant and Jamaican jerk chicken with citrus salsa. Projects: Planting a regional vegetable and herb garden and making creative garden stakes to mark the rows.	APTEX	(S)	(CC)	N/A	#604H
16:00:00	Biz Kid\$ Understanding Income and Expenses Go with the cash flow. The Biz Kids watch the ebb and flow of income and expenses. Join them and you'll learn proven methods for getting expenses under control while growing income with new ideas, smarter work habits, and innovation. Meet some entrepreneurs who have seen success with cash low and more!	APTEX	(S)	(CC)	DVI	#123H
16:30:00	Hands On Crafts for Kids Outside and In Let's step outside and find inspiration for more projects. Store toys or hang a plant in a pail in the brightly-colored macrame hanger Katie shows how to make. Create an illustrated map of your own backyard - Franz gives you some great ideas. Jenny helps you become forest royalty in a woodland crown made of felt and found objects. Then, Katie cheerfully decorates a lightening bug jar to study some nighttime friends. Gather moss and use the Family Craft Box to create a house for friendly fairies.	NETA	(S)	(CC)	DVI	#1708H
17:00:00	Garden Smart Color and texture are important considerations when choosing plants. GardenSMART visits with a great plantsman, who discusses what he looks for when choosing plants. Great ideas, a great show, be sure to tune in.	NETA	(S)	(CC)	N/A	#4402H
17:30:00	Growing A Greener World How to Make Compost (Mt. Airy, Nc) Soil experts agree: the most effective amendment you can add to your garden to improve soil quality is compost. Best of all, you can make it at home for free! Yet many people are confused about how to get started, unclear about what can be composted, or just want to get better compost faster. Joe Lamp'l takes you on a behind the scenes look at everything you need to know to make it yourself, including a do-it-yourself compost bin using recycled pallets.	APTEX	(S)	(CC)	N/A	#602H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13198
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1239H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7133
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#839H
20:00:00	Sun Studio Sessions Jason D. Williams Jason D. Williams is a throwback to Memphis' rockabilly roots and is the heir apparent to Jerry Lee Lewis' raucous piano-based boogie woogie. While paying homage to the past, Williams stands on his own and his unique talents blend jazz, classical and country with rock-n-roll backbeats. In this episode Williams shows off his piano mastery on several songs, including "Sanctified" and "Right String Wrong Yo Yo."	NETA	(S)	(CC)	N/A	#704H
20:30:00	Jammin at Hippie Jack's Rod Picott Rod Picott is a singer-songwriter whose music incorporates elements of Americana, alt-country, and folk. He grew up in New Hampshire, but relocated to Nashville, Tennessee in 1994. After several years of playing local clubs and supporting such acts as Alison Krauss, he released his first album in 2001. As of 2008, he has released five studio albums and one live recording.	NETA	(S)	(CC)	N/A	#914H

Tue, Oct 04, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds	APTEX	(S)	(CC)	N/A	#504H
	<p>Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&amp;TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.</p>					
22:00:00	World Dancesport GrandSlam Series Latin Series - Stuttgart, Germany	APTEX	(S)	(CC)	N/A	#104H
	<p>Stuttgart is traditionally the biggest GrandSlam of the Latin Series. Making it to the final and onto the podium is harder in Stuttgart than at any other location. Even if the finalists generally don't dance until round three, they must complete six rounds of five dances each before the winners are declared. An amazing 371 couples appeared on the starting lists, among them the biggest names in the Latin dances. Moldovans Gabriele Goffredo and Anna Matus, the #1 in the World Ranking, are looking for their third successive win in the Series. But reigning European Champions Armen Tsaturyan and Svetlana Gudyno of Russia are competing as are couples who danced the final round in the two previous legs: Charles-Guillaume Schmitt and Elena Salikhova of France, and Marius-Andrei Balan and Khrystyna Moshenska of Germany.</p>					
23:00:00	Sand Creek Massacre	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					



Wed, Oct 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7133
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#839H
01:00:00	Sun Studio Sessions Jason D. Williams	NETA	(S)	(CC)	N/A	#704H
	Jason D. Williams is a throwback to Memphis' rockabilly roots and is the heir apparent to Jerry Lee Lewis' raucous piano-based boogie woogie. While paying homage to the past, Williams stands on his own and his unique talents blend jazz, classical and country with rock-n-roll backbeats. In this episode Williams shows off his piano mastery on several songs, including "Sanctified" and "Right String Wrong Yo Yo."					
01:30:00	Jammin at Hippie Jack's Rod Picott	NETA	(S)	(CC)	N/A	#914H
	Rod Picott is a singer-songwriter whose music incorporates elements of Americana, alt-country, and folk. He grew up in New Hampshire, but relocated to Nashville, Tennessee in 1994. After several years of playing local clubs and supporting such acts as Alison Krauss, he released his first album in 2001. As of 2008, he has released five studio albums and one live recording.					
02:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds	APTEX	(S)	(CC)	N/A	#504H
	Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.					
03:00:00	World Dancesport GrandSlam Series Latin Series - Stuttgart, Germany	APTEX	(S)	(CC)	N/A	#104H
	Stuttgart is traditionally the biggest GrandSlam of the Latin Series. Making it to the final and onto the podium is harder in Stuttgart than at any other location. Even if the finalists generally don't dance until round three, they must complete six rounds of five dances each before the winners are declared. An amazing 371 couples appeared on the starting lists, among them the biggest names in the Latin dances. Moldovans Gabriele Goffredo and Anna Matus, the #1 in the World Ranking, are looking for their third successive win in the Series. But reigning European Champions Armen Tsureyan and Svetlana Gudyno of Russia are competing as are couples who danced the final round in the two previous legs: Charles-Guillaume Schmitt and Elena Salikhova of France, and Marius-Andrei Balan and Khrystyna Moshenska of Germany.					
04:00:00	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.					
05:00:00	Great Conversations Jessye Norman and Gloria Steinem	NETA		(CC)	N/A	#603H
	Two powerful voices for women and the arts come together in this program. Jessye Norman, recognized as one of the most versatile operatic singers of recent decades, talks with Ms. Magazine founder and feminist icon Gloria Steinem. The two discuss Norman's memoir Stand Up Straight and Sing!, which recalls the strong women who were her role models, and the importance of the arts and arts education. Their conversation was recorded in November 2014 at the University of Louisville Kentucky Author Forum.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1920
08:00:00	Bug Bites The Metamorphosis	APTEX	(S)	(CC)	DVI	#107H
	When Gilbert learns that he owes \$3,200 to the IRS, he signs up for Extreme Bug Makeover, a metamorphosis competition, to win the \$10,000 grand prize. However Gilbert soon realizes that his talents can't compare to the amazing and real metamorphoses of his competitors, so he gets an extreme makeover of his own to try to emulate them. Thanks to his newly inflated ego and a new crop of admirers, Gilbert's relationship with Adam becomes strained. Can Adam talk some sense into Gilbert, or will our dynamic duo fall to pieces?					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#125H

Wed, Oct 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 1	ACCES		(CC)	N/A	#103H
09:30:00	Classical Stretch: By Essentrics Quad Lengthening & Strengthening  In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.	APTEX	(S)	(CC)	DVI	#1120H
10:00:00	Sit and Be Fit Healthy Aging  A variety of unique exercises are introduced which are all designed to promote healthy aging.	NETA	(S)	(CC)	N/A	#1202H
10:30:00	It's Sew Easy Fashion Free-For-All - The 1970s  Fashion rules went out the window in the 1970s. The t-shirt made the statement for day wear. Joanne Banko creates a custom embroidered t-shirt for a special cause. Jumpsuits were all the rage and are in again. Angela Wolf shows how to create a jumpsuit by combining existing pant and top patterns.	NETA	(S)	(CC)	N/A	#910H
11:00:00	Knit and Crochet Now! Itty Bitty Baby Projects  Did you know that it's estimated there are four babies born every second...that means someone near you is probably having a baby! Deborah is joined by Kristin Nicholas and Robyn Chachula to show how to knit and crochet the perfect little pair of knit booties and fingerless mitts, Fingers and Toes Knit Booties and Fingerless Mitts and Little Hands & Feet Booties and Fingerless Mitts. In the stitch corner Lena will show how to do Twined Knitting.	APTEX	(S)	(CC)	DVI	#710H
11:30:00	Fons & Porter's Love of Quilting Hero's Tribute  In honor of those who serve and defend, a quilt is a great way to acknowledge how much we appreciate their sacrifice. Mary and her guest Liz Porter present the creative use of eight point stars that allows for a creative design within your quilt. The Quick-Pieced Flying Geese method makes your patchwork accurate and efficient.	NETA	(S)	(CC)	N/A	#2609H
12:00:00	Democracy Now!  Democracy Now! is an award-winning, independent, noncommercial, nationally-distributed public television news hour.	KNME	(S)	(CC)	N/A	#6053H
13:00:00	Ellie's Real Good Food Office Food Overhaul  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.	APTEX	(S)	(CC)	N/A	#106H
13:30:00	Annabel Langbein: The Free Range Cook Cooking for a Crowd  Annabel Langbein tries her hand at fly fishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt. As her neighbors arrive for a cookout she whips up help-yourself hamburgers and blueberry crepes over the outdoor fire. Recipes from this episode: vegetable samosas, minty yogurt dipping sauce, salt-crusted fish, speedy mayo, dill and caper mayo, mango salsa, sesame beef patties, help-yourself hamburgers, holiday crepes, blueberry sauce, retro fruit punch.	APTEX	(S)	(CC)	N/A	#105H
14:00:00	Simply Ming Michael Scelfo  Everyone's favorite party dish gets a new twist! Michael Scelfo, owner and chef of Alden & Harlow, named one of the best new restaurants by Bon Appetit, joins Ming to make three game-changing hummus dishes. Using butternut squash, curry and edamame, they're creating dishes that are delicious and healthy, this week on Simply Ming!	APTEX	(S)	(CC)	N/A	#1318H
14:30:00	Cook's Country Big Family Breakfast  Host Christopher Kimball visits Freight House Antiques in Erving, Massachusetts, where scones are baked fresh daily. Then, test cook Julia Collin Davison shows Chris how to make perfect mixed berry scones at home. Next, equipment expert Adam Ried reveals his top picks for pizza cutters. Then, tasting expert Jack Bishop challenges Chris to a tasting of honey. And finally, test cook Erin McMurrer reveals the secrets to making the perfect breakfast pizza.	APTEX	(S)	(CC)	N/A	#905H

Wed, Oct 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Bench Jewelry Techniques	NETA	(S)	(CC)	N/A	#2011H
	Patti Bullard shares some bench jewelry techniques that don't require a lot of space or supplies, plus a tip on how to choose the right pliers for a special project. She also shows how to texture bracelets and earrings. Katie's Bead Lesson is about stamping on leather, a fast and easy technique to learn to create a trendy bracelet.					
15:30:00	Katie Brown Workshop Best of Gifts	APTEX	(S)	(CC)	N/A	#605H
	In these "best-of" segments taken from previous seasons, host Katie Brown demonstrates her favorite homemade gifts to give and receive. In the Kitchen: designer breadsticks, matzo ball soup, Katie's truffles. Projects: putting together a welcome basket for a neighbor and personalizing planters with photos.					
16:00:00	Biz Kid\$ Building and Growing A Business	APTEX	(S)	(CC)	DVI	#124H
	From start-up on up! Follow the Biz Kids as they learn the necessary steps for organizing, staffing, training, and building a new business. You will see how effective communication increases morale and makes the business grow. As always, you'll meet some individuals who have successfully built their businesses.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1709H
	Leave the ordinary behind and enter the world of make-believe. Create a magical fairy garden with Katie, then Franz shows how to take your paper art work from two to three dimensions. Jenny creates golden coins to swap and trade and then she and Katie make a gift extra special with a stenciled rocket gift bag. Cast a spell with a magic wand or gleaming sword created by adding feathers and jewels to the Family Craft Box.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4403H
	GardenSMART visits a garden that's a true Cinderella story. It was once beautiful, now rundown, but coming back. Beautifully. How and where did they start? A lot of lessons for our own home gardens.					
17:30:00	Growing A Greener World Keeping Chickens 101 (Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#603H
	Some do it for the meat, some for the eggs, some just to have a few feathered friends clucking about in the garden. But there's no doubt that the newfound popularity of backyard chickens has turned many a city-dwelling executive into a weekend urban farmer. Joe Lamp'l and Theresa Loe help you introduce chickens to your yard, and Todd Brock, co-author of Building Chicken Coops for Dummies, shows a solution for housing a flock that even a novice DIYer can handle.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13199
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#415H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7134
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#337
20:00:00	Fall In Love with Music The Elements of Music	APTEX	(S)	(CC)	DVI	#104H
	The elements or basic ingredients of music are defined. Some of the musical excerpts in Episode 3 receive brief encores to prod the viewer's memory. Very brief references to the 1st movement of Mozart's Piano Sonata, K. 545; Bach's Little Prelude in D, BWV 936; 3rd movement of Rachmaninoff's Symphony No. 2; 1st movement of Mendelssohn's Symphony No. 4, "Italian" and Morton Subotnick's Silver Apples of the Moon - as well as a bit of humor - are all used to refine these definitions.					
20:30:00	Music Voyager Atlanta - A Music Voyager Special	APTEX	(S)	(CC)	N/A	#701H
	Through the intersecting worlds of five amazing artists, one experiences a city's creative soul. From music superstar Janelle Monae and alternative hip-hop group Arrested Development, to the creative culinary genius of the Gun Show restaurant and the colorful lantern parade, watch as they all come together in a creative collage to tell the story of Atlanta.					
21:00:00	Live from the Artists Den Panic! at the Disco	APTEX	(S)	(CC)	N/A	#1101H

Wed, Oct 05, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Speakeasy Frankie Valli and Paul Shaffer	APTEX	(S)	(CC)	N/A	#201H
	Frankie Valli, best known as the front man of The Four Seasons, sits down with legendary musical director/bandleader Paul Shaffer. Over the course of his career, Valli has scored 29 Top 40 hits with The Four Seasons, one Top 40 hit under The Four Seasons' alias 'The Wonder Who?,' and nine Top 40 hits as a solo artist. He was inducted into the Rock and Roll Hall of Fame in 1990 as a member of The Four Seasons and the Vocal Group Hall of Fame in 1999. Shaffer served as David Letterman's musical director, band leader, and sidekick on the entire run of both Late Night with David Letterman (1982-1993) and Late Show with David Letterman (1993-2015). He began his music career in 1972 as the musical director of the Toronto production of "Godspell" before joining the house band of "Saturday Night Live" from 1975-1980.					
23:00:00	Our American Family: The Barreras	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE BARRERAS From the darkness of a coal mine in New Mexico to vibrant beauty under the California sun, Our American Family: The Barreras Family provides a compelling narrative of unwavering commitment to family. Life in the remote company-owned town of Madrid in the 1920s and '30s was a mixture of hard, dangerous work offset by the joy of baseball and celebrations. With the closing of the mine in the early '40s, the extended family re-established itself in southern California by living frugally and powerfully supporting one another through challenges.					
23:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#105H
	The United States prides itself on being a nation of innovators, and these three Arab-Americans are part of that tradition. Imad Mahawili saw a problem with energy in the third world and set out to fix it. Amir Abo-Shaeer created the Dos Pueblos Engineering Academy to inspire high school students to go into careers in science and math. And Brian and Leon Dewan have inventing in their blood and music in their souls and have married the two by making highly unique electronic instruments as Dewanatron. Their swarmatron is used on Trent Reznor's soundtrack for the movie The Social Network.					

Thu, Oct 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7134
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#337
01:00:00	Fall In Love with Music The Elements of Music	APTEX	(S)	(CC)	DVI	#104H
	The elements or basic ingredients of music are defined. Some of the musical excerpts in Episode 3 receive brief encores to prod the viewer's memory. Very brief references to the 1st movement of Mozart's Piano Sonata, K. 545; Bach's Little Prelude in D, BWV 936; 3rd movement of Rachmaninoff's Symphony No. 2; 1st movement of Mendelssohn's Symphony No. 4, "Italian" and Morton Subotnick's Silver Apples of the Moon - as well as a bit of humor - are all used to refine these definitions.					
01:30:00	Fall In Love with Music The Elements of Music	APTEX	(S)	(CC)	DVI	#104H
	The elements or basic ingredients of music are defined. Some of the musical excerpts in Episode 3 receive brief encores to prod the viewer's memory. Very brief references to the 1st movement of Mozart's Piano Sonata, K. 545; Bach's Little Prelude in D, BWV 936; 3rd movement of Rachmaninoff's Symphony No. 2; 1st movement of Mendelssohn's Symphony No. 4, "Italian" and Morton Subotnick's Silver Apples of the Moon - as well as a bit of humor - are all used to refine these definitions.					
02:00:00	Live from the Artists Den Panic! at the Disco	APTEX	(S)	(CC)	N/A	#1101H
03:00:00	Speakeasy Frankie Valli and Paul Shaffer	APTEX	(S)	(CC)	N/A	#201H
	Frankie Valli, best known as the front man of The Four Seasons, sits down with legendary musical director/bandleader Paul Shaffer. Over the course of his career, Valli has scored 29 Top 40 hits with The Four Seasons, one Top 40 hit under The Four Seasons' alias 'The Wonder Who?,' and nine Top 40 hits as a solo artist. He was inducted into the Rock and Roll Hall of Fame in 1990 as a member of The Four Seasons and the Vocal Group Hall of Fame in 1999. Shaffer served as David Letterman's musical director, band leader, and sidekick on the entire run of both Late Night with David Letterman (1982-1993) and Late Show with David Letterman (1993-2015). He began his music career in 1972 as the musical director of the Toronto production of "Godspell" before joining the house band of "Saturday Night Live" from 1975-1980.					
04:00:00	Our American Family: The Barreras	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE BARRERAS From the darkness of a coal mine in New Mexico to vibrant beauty under the California sun, Our American Family: The Barreras Family provides a compelling narrative of unwavering commitment to family. Life in the remote company-owned town of Madrid in the 1920s and '30s was a mixture of hard, dangerous work offset by the joy of baseball and celebrations. With the closing of the mine in the early '40s, the extended family re-established itself in southern California by living frugally and powerfully supporting one another through challenges.					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#105H
	The United States prides itself on being a nation of innovators, and these three Arab-Americans are part of that tradition. Imad Mahawili saw a problem with energy in the third world and set out to fix it. Amir Abo-Shaer created the Dos Pueblos Engineering Academy to inspire high school students to go into careers in science and math. And Brian and Leon Dewan have inventing in their blood and music in their souls and have married the two by making highly unique electronic instruments as Dewanatron. Their swarmatron is used on Trent Reznor's soundtrack for the movie The Social Network.					
05:00:00	Great Conversations David Boies and Jeffrey Toobin	NETA		(CC)	N/A	#604H
	David Boies is a highly distinguished American trial lawyer who has litigated some of the highest profile cases in recent history talks with Jeffrey Toobin, prominent legal journalist, staff writer for The New Yorker, senior analyst for CNN, and author of The Oath: The Obama White House and the Supreme Court. The two discuss Boies' book Redeeming the Dream: The Case for Marriage Equality, a dramatic and up-close account of his arguments, and ultimate triumph, in the landmark Supreme Court case which struck down Proposition 8, reinstating the freedom to marry for gays and lesbians in California.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1921
08:00:00	Bug Bites A Bug with a Bug	APTEX	(S)	(CC)	DVI	#108H
	There's a bug in the air... and it's not the cute kind! When Gilbert comes down with flu symptoms, Adam rushes to find a cure. But in the meantime, Bug Bites needs a co-host! Kids will laugh and learn as Adam auditions a slew of wannabe stars. Even as we investigate the various insect illnesses that could be plaguing Gilbert, our intrepid roach refuses to admit that there is anything wrong with him. "The show must go on!"					

Thu, Oct 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Stranger in a Strange Lab/Sturm Und Drag	APTEX	(S)	(CC)	N/A	#126H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 2	ACCES		(CC)	N/A	#104H
09:30:00	Classical Stretch: By Essentrics Arm Toning Workout	APTEX	(S)	(CC)	DVI	#1121H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take your through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.					
10:00:00	Sit and Be Fit Exercise Is Fun	NETA	(S)	(CC)	N/A	#1203H
	Mary Ann focuses on fun and functional exercises set to some of her favorite music.					
10:30:00	It's Sew Easy Sewing for Babies and Children	NETA	(S)	(CC)	DVI	#1001H
	Babies and children are a great inspiration to sew. Couture fashion expert Angela Wolf transforms a simple t-shirt into a super cute girl's dress. Then, she shows how to make spaghetti straps quickly. Pattern designer Krista Tracy makes a trendy waterproof backpack to use as a diaper bag or a pool or gym bag.					
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 Chilly Willy	NETA	(S)	(CC)	N/A	#2610H
	Snowmen are always a winner and Willy is sure to be your next holiday favorite. Mary's guest Patrick Lose presents this adorable banner project. Using fusible applique and quick piecing techniques you will create a banner to celebrate the season.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6054H
	Democracy Now! is an award-winning, independent, noncommercial, nationally-distributed public television news hour.					
13:00:00	Eat! Drink! Italy! with Vic Rallo The Best Ingredients	APTEX	(S)	(CC)	N/A	#105H
	A visit to Barolo Grand Cru vineyards; Michelin star Chef Stefano Cervelli's Shrimp recipe; the Cheese Taster; Bagna Cauda recipe.					
13:30:00	Cooking with Nick Stellino Delicious Chicken Dinner	APTEX	(S)	(CC)	N/A	#101H
	Nick visits the cheese monger and the P-Patch and prepares Chicken Provolone with Tomato Sauce and a Salad with Spinach, Arugula & Shallots. Old school recipes made simple for today's busy home chefs.					
14:00:00	The Jazzy Vegetarian Bake It Vegan Cooking	NETA	(S)	(CC)	DVI	#410H
	Host Laura Theodore prepares yummy vegan baked goods recipes. Special guests: Dr. Pam Popper and Rachelle Carson-Begley. Featuring classic vegan "German Chocolate Cake" topped with coconut and pecan icing. Party perfect "Zucchini-Orange Cupcakes with Vegan Vanilla Cream Cheese Frosting" are moist and delicious. "Cinnamon-Maple Mini-Muffins" pair well with any meal and at snack time, too!					
14:30:00	New Scandinavian Cooking Eat Like The Vikings	APTEX	(S)	(CC)	N/A	#605H
	Like the Vikings, Andreas travels by boat to visit the islands of Lofoten, where he prepares a traditional cod dish. He also visits a historical important Norse settlement in the high north, and inside a replica of a thousand-year-old long house, he makes roast beef ribs over an open fire, Viking style. Barley is the grain of the north, so Andreas makes a Norwegian barley and beetroot risotto with local goat cheese.					

Thu, Oct 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Needle Tatting and Chainmaille	NETA	(S)	(CC)	N/A	#2012H
	Lauren Andersen, The Chainmaille Lady has a new take on mixing other materials with chainmaille, including needle tatting and premade cuffs. Lauren also shares a tip for making your own jump rings. Katie makes a beaded cluster bracelet in her Beading Lesson.					
15:30:00	Katie Brown Workshop Best of Summer	APTEX	(S)	(CC)	N/A	#606H
	Host Katie Brown's summer-inspired recipes and outdoor-entertaining projects make the most of the season. In the Kitchen: cucumber salad, poached salmon with dill and berry cake. Projects: fashioning etched glass globe candleholders and sand and a beach-glass vase with orchid.					
16:00:00	Biz Kid\$ Understanding Your Paycheck	APTEX	(S)	(CC)	DVI	#125H
	What's on your stub, bub? The Biz Kids use a modern American pay stub to explore various social movements of the last century. From unions to social security and from workman's compensation to the 401(k) plans of today-it's all there on the stub. Plus, you'll meet entrepreneurs and explore how they started their businesses.					
16:30:00	Hands On Crafts for Kids Growing and Building	NETA	(S)	(CC)	DVI	#1710H
	Living things inspire us to create and to craft. Jenny and Katie craft together to make a special pot decorated with glittery sea creatures. Franz takes art outdoors as he designs, lays out and plants a character image for the garden. Bloggers share great ideas for creating a cactus that won't be prickly or making a quick and easy super turtle figure. Katie shows how to create colorful greeting cards and artwork for family and friends then uses supplies in the Family Craft Box to erect buildings or make whimsical bug cars.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4404H
	Gardeners are always attempting to make their yards and gardens better. But where to start and what can we do GardenSMART visits a very interesting gardener who tells us how they handle these challenges every year. We learned a lot, think you will too.					
17:30:00	Growing A Greener World Creating Certified Wildlife Habitats (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#604H
	You may think it's a title reserved for vast state parks or federally-protected natural areas, but anyone can create a Certified Wildlife Habitat in their own backyard! In this episode, an expert from the National Wildlife Federation outlines the simple steps to making your own landscape a lot wilder. We also visit a local Certified Wildlife Habitat school where outdoor garden classrooms engage youngsters in nature and teach them about important environmental issues.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13200
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1315H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7135
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#912H
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 The Bahamas - Junkanoo Celebration	APTEX	(S)	(CC)	N/A	#606H
	Their journey to the The Bahamas begins in Nassau, the capital city, during the annual Junkanoo celebrations that take place between Boxing Day (December 26th) and New Year's Day. During this period the city explodes with vibrant color and celebratory music, as revelers dressed in elaborate costumes parade down the streets dancing to the African-rooted rhythms of Bahamian music. The energy is infectious and the Music Voyager team find themselves wanting to learn more about the roots of Junkanoo and what it tells about the history and people of The Bahamas. They visit the Junkanoo Museum, try on a traditional costume, and even join in a rehearsal, trading licks with the Colours marching band. An exploration of Junkanoo takes them into the mysteries of the past, yet also demonstrates how the people of today's Bahamas are working to keep their own unique traditions going strong far into the future.					

## Daily Program Listing II

43.1

Date: 08/31/2016

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Thu, Oct 06, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Dennison Lodge Beppe Gambetta	NETA	(S)	(CC)	N/A	#101H
	Beppe Gambetta is an Italian musician born in Genoa in 1955. An acoustic guitar flatpicker and singer, Beppe has been called a "virtual United Nations of influences: Italian, Ukrainian, Appalachian, Sardinian, Celtic".					
22:00:00	America's First Forest: Carl Schenck and the Asheville Experiment	APTEX	(S)	(CC)	N/A	#0H
	Based on Dr. Carl Alwin Schenck's memoir <i>Cradle of Forestry in America</i> , AMERICA'S FIRST FOREST: CARL SCHENCK AND THE ASHEVILLE EXPERIMENT examines the pivotal role played by pioneering forestry educator Carl Schenck and his founding of America's first school of forestry-the Biltmore Forest School. Through archival photos, historical re-enactments and contemporary interviews, the documentary recounts how Schenck, a German forester, came to America in 1895 to manage the forests at George Vanderbilt's Biltmore Estate in western North Carolina. With more than 100,000 acres of woodland to oversee and replant, Schenck began hiring young men to help with the work. After three years of answering their questions while on the job, the forester decided to teach them in a more formal setting and established the first forestry school in the United States. Schenck lectured in the mornings and students worked the land in the afternoons, gaining practical forestry training in a one-year program. Despite eventually being dismissed by Vanderbilt and returning to Germany, Schenck's unheralded leadership while at the Biltmore Forest (now preserved and celebrated as the Cradle of Forestry in America) was central to the conservation movement and the emergence of professional forestry.					
23:00:00	Jackson Pollock's Mural: The Story of a Modern Masterpiece	NETA	(S)	(CC)	N/A	#0H
	Jackson Pollock's "Mural": The Story of a Modern Masterpiece is a new documentary produced by the University of Iowa in collaboration with the University of Iowa Museum of Art. The film documents the truths and the myths surrounding this mammoth sized painting "Mural". Artist Jackson Pollock created the painting in 1943 for art patron and advocate Peggy Guggenheim, for her New York townhouse. This painting measuring approximately 20 feet long by 8 foot high changed the landscape of American modern painting forever. Pollock's creation ignited what would later be called "Abstract Expressionism", an art movement, which even the C.I.A. would embrace to further the cause of American freedom during the uneasy years of the Cold War.					



Fri, Oct 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7135
00:30:00	Native Report	WDSE	(S)	(CC)	DVI	#912H
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 The Bahamas - Junkanoo Celebration	APTEX	(S)	(CC)	N/A	#606H
	Their journey to the The Bahamas begins in Nassau, the capital city, during the annual Junkanoo celebrations that take place between Boxing Day (December 26th) and New Year's Day. During this period the city explodes with vibrant color and celebratory music, as revelers dressed in elaborate costumes parade down the streets dancing to the African-rooted rhythms of Bahamian music. The energy is infectious and the Music Voyager team find themselves wanting to learn more about the roots of Junkanoo and what it tells about the history and people of The Bahamas. They visit the Junkanoo Museum, try on a traditional costume, and even join in a rehearsal, trading licks with the Colours marching band. An exploration of Junkanoo takes them into the mysteries of the past, yet also demonstrates how the people of today's Bahamas are working to keep their own unique traditions going strong far into the future.					
02:00:00	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".					
03:00:00	America's First Forest: Carl Schenck and the Asheville Experiment	APTEX	(S)	(CC)	N/A	#0H
	Based on Dr. Carl Alwin Schenck's memoir Cradle of Forestry in America, AMERICA'S FIRST FOREST: CARL SCHENCK AND THE ASHEVILLE EXPERIMENT examines the pivotal role played by pioneering forestry educator Carl Schenck and his founding of America's first school of forestry-the Biltmore Forest School. Through archival photos, historical re-enactments and contemporary interviews, the documentary recounts how Schenck, a German forester, came to America in 1895 to manage the forests at George Vanderbilt's Biltmore Estate in western North Carolina. With more than 100,000 acres of woodland to oversee and replant, Schenck began hiring young men to help with the work. After three years of answering their questions while on the job, the forester decided to teach them in a more formal setting and established the first forestry school in the United States. Schenck lectured in the mornings and students worked the land in the afternoons, gaining practical forestry training in a one-year program. Despite eventually being dismissed by Vanderbilt and returning to Germany, Schenck's unheralded leadership while at the Biltmore Forest (now preserved and celebrated as the Cradle of Forestry in America) was central to the conservation movement and the emergence of professional forestry.					
04:00:00	Jackson Pollock's Mural: The Story of a Modern Masterpiece	NETA	(S)	(CC)	N/A	#0H
	Jackson Pollock's "Mural": The Story of a Modern Masterpiece is a new documentary produced by the University of Iowa in collaboration with the University of Iowa Museum of Art. The film documents the truths and the myths surrounding this mammoth sized painting "Mural". Artist Jackson Pollock created the painting in 1943 for art patron and advocate Peggy Guggenheim, for her New York townhouse. This painting measuring approximately 20 feet long by 8 foot high changed the landscape of American modern painting forever. Pollock's creation ignited what would later be called "Abstract Expressionism", an art movement, which even the C.I.A. would embrace to further the cause of American freedom during the uneasy years of the Cold War.					
05:00:00	Great Conversations Great Conversations: John Irving and Sam Tanenhaus	NETA		(CC)	N/A	#701H
	Author John Irving discusses his body of work, from the National Book Award-winning novel The World According to Garp to his 14th and latest novel, Avenue of Mysteries, which explores themes of religion, philosophy, love, and imagination. Sam Tanenhaus, former editor in chief of the Sunday Book Review and Week in Review at The New York Times, interviews Irving. The program was recorded in November 2015 at the University of Louisville Kentucky Author Forum.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1922
08:00:00	Bug Bites The Alpha-Bug	APTEX	(S)	(CC)	DVI	#109H
	After a confrontation with a bully during lunch, Gilbert works out like mad in order to become a "soldier roach" and avoid getting picked-on. It isn't long before Gilbert's hectic lifestyle interferes with the show, and his "alpha-bug" attitude begins to make the kids uncomfortable. Can Adam convince Gilbert there are much better ways to handle bullies and that Gilbert is perfect just the way he is?					

Fri, Oct 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The Joke's On You/King Bitehard "The Joke's on You" - A mischievous boy thinks it's funny to play practical jokes until he gets his family lost in the woods. As things go from bad to worse, he realizes he may have played one prank too many. "King Bitehard" - A young prince who is sensitive about his big teeth learns a valuable lesson on how to treat others.	NETA	(S)	(CC)	DVI	#101H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Relief	ACCES		(CC)	N/A	#105H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.	APTEX	(S)	(CC)	DVI	#1122H
10:00:00	Sit and Be Fit Strength Coordination This episode features a potpourri of movements to enhance strength and coordination.	NETA	(S)	(CC)	N/A	#1204H
10:30:00	It's Sew Easy Let's Dress Up Along the path to sewing, the need for a costume is a great reason to start to sew. Sewing experts Janet Pray and Jessica Johnson alter a basic pattern to make a cute, cuddly and safe toddler costume. Fashion designer Angela Wolf shares a neckline tip and fabric artist Terry McFeely creates whimsical fairy wings for anyone.	NETA	(S)	(CC)	DVI	#1002H
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 Fond Memories One block quilts can make a dramatic statement. Mary and her guest Liz Porter will present one of our new template sets called Whirling Pinwheels. They demonstrate cutting and piecing the various unique shapes at create this dynamic pattern.	NETA	(S)	(CC)	N/A	#2611H
12:00:00	Democracy Now! Democracy Now! is an award-winning, independent, noncommercial, nationally-distributed public television news hour.	KNME	(S)	(CC)	N/A	#6055H
13:00:00	P. Allen Smith's Garden to Table Reservations for Two Most cookbook recipes have serving sizes for four or more people. But there are a lot of two-family households out there. Allen shares tips on downsizing a recipe to serve two and also advises about gardening for two. Plus, we'll learn how to prepare a couple of tasty dishes for a romantic dinner.	APTEX	(S)	(CC)	DVI	#313H
13:30:00	Mike Colameco's Real Food Peru Part 2 Part 2 of the Peru show.	NETA	(S)	(CC)	N/A	#1419H
14:00:00	Kitchen Wisdom of Cecilia Chiang The Best Chinese Restaurant In America When Cecilia first opened the Mandarin in 1960, business was slow-a bit like the scene from the movie "Big Night" where nobody shows up. But then Herb Caen, front page gossip columnist for the San Francisco Chronicle, wrote about the Mandarin and from that moment on, there were lines out the door. In 1967, Cecilia moved to the recently renovated Ghirardelli Square, where she opened an elegant, temple-like restaurant with 300 seats and white tablecloths. It was called the "best Chinese restaurant in America." The Mandarin attracted the icons of the food world and later, at the urging of actor and comedian Danny Kaye, Cecilia opened another Mandarin in Beverly Hills where she became star to the stars. In this episode, Cecilia teams up with Nancy Oakes, chef/owner of Boulevard, a belle epoque eatery that for the past 20 years has been voted San Francisco's favorite restaurant. Cecilia teaches Nancy and her chef Dana Youkins how to make "minced squab in lettuce cups," a dish Cecilia created that became one of the signature dishes at the Mandarin.	APTEX	(S)	(CC)	DVI	#103H

Fri, Oct 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#224H
15:00:00	Beads, Baubles and Jewels Mixed Media Jewelry	NETA	(S)	(CC)	N/A	#2013H
	Author and designer Cynthia Deis demonstrate collage techniques for mixed media jewelry. She creates a mica tag and a flat leather bracelet. Katie's Beading Lesson features an assist from Candie Cooper for a quick lesson on making silk beads.					
15:30:00	Katie Brown Workshop Refreshing Remodeling 101	APTEX	(S)	(CC)	N/A	#607H
	The first episode in the three-part home makeover features a walk-through of Katie's Amagansett, NY home with experts. Before-and-after photos document the progress.					
16:00:00	Biz Kid\$ Social Entrepreneurs	APTEX	(S)	(CC)	DVI	#126H
	Join the Biz Kids and you'll meet social visionaries who use the same tools as profit-oriented entrepreneurs. Yet instead of building companies and large profits, these people create thriving organizations and powerful movements for social change.					
16:30:00	Hands On Crafts for Kids Discover The World	NETA	(S)	(CC)	DVI	#1711H
	Let's discover the world we live in and beyond. Katie and Jennie create a 3-D pop-up map of the planets together, and Franz explores the artistic use of dimension and space. Gather leaves, sticks and stones and then Jenny shows how to create a nature journal. She and Katie use water and paint to create a new fish species in silhouette. Katie blasts off with a jet pack made from recycled bottles and supplies from the Family Craft Box.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4405H
	Landscaping our homes is always a challenge. Where do we start, what do we need to consider, what do we want the finished product to look like, and accomplish? All great questions. We visit with an expert who takes us through his process of creating an outstanding landscape. A don't miss show.					
17:30:00	Growing A Greener World Starting Seeds, A to Z (Mount Airy, Nc)	APTEX	(S)	(CC)	N/A	#605H
	Nothing scares new gardeners (and even some veterans) like starting a vegetable crop from seed. But there's no better way to really know what you're growing and turn your gardening habit into a year-round endeavor. This episode demystifies seeds and offers a crash course in starting a productive and successful garden from scratch. Host Joe Lamp'l starts seeds both inside and outside and demonstrates expert techniques from his own kitchen and food garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13201
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2421Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7136
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#840H
20:00:00	Song of the Mountains Slim Pickins/Hackensaw Boys	NETA	(S)	(CC)	N/A	#1106H
21:00:00	Woodsongs The Mavericks/Whitney Rose	NETA	(S)	(CC)	N/A	#1802H
	The Mavericks merge traditional country with traditional rock & roll. The band became one of the most critically acclaimed and commercially successful groups of the early '90s. Raul Malo remains the lead singer of the band, his voice easily navigating country, rockabilly, Latino and even opera. The legendary group has released a brand new album called Mono. Whitney Rose is a special guest on the show as requested by Raul Malo himself, who produced her new album Heartbreaker of the Year. Whitney is a powerful Canadian artist who first met the Mavericks when she was booked to open for them in Toronto, and they were suitably impressed enough to ask her to join them for their entire 2014 cross-Canada tour.					

## Daily Program Listing II

43.1

Date: 08/31/2016

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Fri, Oct 07, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Daily Grind	NETA	(S)	(CC)	N/A	#404H
	Stephen Singer plays a sock merchant in Socks & Bonds; he hopes his girlfriend's Hamptons-dwelling ex will invest, only to discover there's a more pressing negotiation at hand. Directed by Daniel Zimble. Then, catch a snapshot of life in the law offices of Hopkins & Delaney, LLP, an animation that captures the hidden cubicle moments that comprise all our working lives. Directed by Sean Buckelew. In Butterfingers, every marriage has its moments, and this wife can't listen to another word from her husband about work. Directed by Milan Roganovic.					
22:30:00	On Story Groundhog Day: Deconstructing The Comedy Classic	NETA	(S)	(CC)	N/A	#508H
	Danny Rubin, co-writer of Groundhog Day, deconstructs the unconventional romantic comedy's progression from script to screen and reminisces on his unique collaboration with the legendary Harold Ramis.					
23:00:00	Science Goes to the Movies Birdman, Interstellar and the Theory of Everything	NETA	(S)	(CC)	N/A	#101H
	Hallucinations and black holes vie for the 2015 Oscar nomination. Co-Hosts Faith Salie and Dr. Heather Berlin are joined by astrophysicist Dr. Emily Rice for a look at the science in three of the top films of the year, Birdman, The Theory of Everything, and The Imitation Game.					
23:30:00	Theater Talk Wynn Handman, Master Acting Coach	EPS	(S)	(CC)	N/A	#835
	Theater Talk visits master renowned producer and acting teacher Wynn Handman in his studio, where - at age 93 - he continues his career as one of the theater's most sought-after performance gurus. Handman shares wisdom about what makes a great performer and how actors can learn to bring texts to life on stage. He also discusses Off-Broadway's venerated American Place Theatre, which Handman founded in 1963, and which along with his class helped to launch the careers of Dustin Hoffman, Richard Gere, Faye Dunaway, Eric Bogosian, John Leguizamo and Aasif Mandvi to name but a few.					

## Daily Program Listing II

43.1

Date: 08/31/2016

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Sat, Oct 08, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7136
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#840H
01:00:00	Song of the Mountains Slim Pickins/Hackensaw Boys	NETA	(S)	(CC)	N/A	#1106H
02:00:00	Woodsongs The Mavericks/Whitney Rose	NETA	(S)	(CC)	N/A	#1802H
	The Mavericks merge traditional country with traditional rock & roll. The band became one of the most critically acclaimed and commercially successful groups of the early '90s. Raul Malo remains the lead singer of the band, his voice easily navigating country, rockabilly, Latino and even opera. The legendary group has released a brand new album called Mono. Whitney Rose is a special guest on the show as requested by Raul Malo himself, who produced her new album Heartbreaker of the Year. Whitney is a powerful Canadian artist who first met the Mavericks when she was booked to open for them in Toronto, and they were suitably impressed enough to ask her to join them for their entire 2014 cross-Canada tour.					
03:00:00	Film School Shorts Daily Grind	NETA	(S)	(CC)	N/A	#404H
	Stephen Singer plays a sock merchant in Socks & Bonds; he hopes his girlfriend's Hamptons-dwelling ex will invest, only to discover there's a more pressing negotiation at hand. Directed by Daniel Zimble. Then, catch a snapshot of life in the law offices of Hopkins & Delaney, LLP, an animation that captures the hidden cubicle moments that comprise all our working lives. Directed by Sean Buckelew. In Butterfingers, every marriage has its moments, and this wife can't listen to another word from her husband about work. Directed by Milan Roganovic.					
03:30:00	On Story Groundhog Day: Deconstructing The Comedy Classic	NETA	(S)	(CC)	N/A	#508H
	Danny Rubin, co-writer of Groundhog Day, deconstructs the unconventional romantic comedy's progression from script to screen and reminisces on his unique collaboration with the legendary Harold Ramis.					
04:00:00	Science Goes to the Movies Birdman, Interstellar and the Theory of Everything	NETA	(S)	(CC)	N/A	#101H
	Hallucinations and black holes vie for the 2015 Oscar nomination. Co-Hosts Faith Salie and Dr. Heather Berlin are joined by astrophysicist Dr. Emily Rice for a look at the science in three of the top films of the year, Birdman, The Theory of Everything, and The Imitation Game.					
04:30:00	Theater Talk Wynn Handman, Master Acting Coach	EPS	(S)	(CC)	N/A	#835
	Theater Talk visits master renowned producer and acting teacher Wynn Handman in his studio, where - at age 93 - he continues his career as one of the theater's most sought-after performance gurus. Handman shares wisdom about what makes a great performer and how actors can learn to bring texts to life on stage. He also discusses Off-Broadway's venerated American Place Theatre, which Handman founded in 1963, and which along with his class helped to launch the careers of Dustin Hoffman, Richard Gere, Faye Dunaway, Eric Bogosian, John Leguizamo and Aasif Mandvi to name but a few.					
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#337
05:30:00	Innovations In Medicine New Wound Care, AmfAR Interview, Lifestyle and Heart Health, Alternative Medicine Hospital, COPD Stem Cell.	EPS	(S)	(CC)	N/A	#101H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1923
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Onion Still-Life	APTEX	(S)	(CC)	N/A	#312H
	Onions are so much fun to paint. Today Gary demonstrates how to paint the beautiful colors and shapes of the Onions to make them very realistic looking. Onions are a fun and interesting subject to paint.					
08:30:00	Grand View Golden Gate National Recreation Area	APT		(CC)	N/A	#210H
	Baumann sets his sites on one of the largest urban parks in the world: Golden Gate National Recreation Area. The park, which includes Alcatraz, the Marin Headlands, and the original military fortifications surrounding San Francisco, was conceived as part of a trend to make national park resources more accessible to urban populations. Interviews include Frank Heaney, Alcatraz prison guard, Heather Booth, park interpretive ranger, and Stephen Haller, civil war historian. Baumann completes his journey by painting the high dunes of Fort Funston and Ocean Beach.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop James Abbott McNeill Whistler's Venetian Etchings	NETA	(S)	(CC)	DVI	#204H
	David travels to beautiful Venetian locations that inspired provocative, iconoclastic artist James Abbott McNeill Whistler (1834-1903) during his transformative trip in 1879-1880. Whistler's fame from the etchings that he created in the backstreets of Venice helped rehabilitate his artistic reputation after a disastrous libel trial with noted art critic John Ruskin. David demonstrates a dry point on a copper plate alongside a canal, the Rio de San Barnaba, located near Whistler's first studio at the Ca' Rezzonico, demonstrating Whistler's brilliance in graphic design.					
09:30:00	Classical Stretch: By Essentrics Shoulder Pain Workout	APTEX	(S)	(CC)	DVI	#1123H
	In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.					
10:00:00	Sit and Be Fit Reaction Time	NETA	(S)	(CC)	N/A	#1205H
	Mary Ann shows how to use a ball to test your reaction time.					
10:30:00	Wai Lana Yoga Duck Walking	APTEX	(S)	(CC)	N/A	#515
	Waddling like a duck increases circulation in your legs. This and other exercises loosen your knees and hips to prepare you for the meditative sitting poses.					
11:00:00	Delicious TV's Vegan Mashup Street Food Evolution	NETA	(S)	(CC)	DVI	#301H
	From around the world food on the street is rich in flavor and history today the chefs create a dish based on their best street food memories. Miyoko Schinner is making created her very own Spicy Miso Ramen. Toni visits a torte shop in Italy and cracks the code to make Torta di Ceci. . And Terry Hope Romero whips up a personal favorite, Mexican Roasted Corn Salad with Avocado.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Off The Beaten Path In Playa Del Carmen	APTEX	(S)	(CC)	N/A	#1103H
	Rick brings you out of the plush resorts and into the streets of Playa del Carmen, where street vendors and roadside stands serve real-deal Mexican food. Rick heads to Antojitos Yucateco for cochinita pibil tortas, then to nearby Las Karnitas for tacos of golden, crispy carnitas with spicy salsa. Then Rick follows the smoke to a little roadside cart, where crowds gather for cecina estilo Yecapixtla, thin-cut seared beef with grilled onions and nopales. At Le Chique, a modern dining room between Cancun and Puerto Morales, Chef Jonatan Gomez Luna dazzles Rick with feats of Mexican molecular gastronomy. Back in Chicago, Rick shows how to execute the perfect taco party of your own, complete with slow cooker carnitas, summer squash and guero chile, and grilled achiote catfish with spicy habanero mayo.					
12:00:00	Lidia's Kitchen Roasting and Baking	APTEX	(S)	(CC)	N/A	#313H
	The oven is on in Lidia's kitchen, and she is using it for sweet and savory dishes. To start, she makes a springtime crunchy, cheese roasted asparagus dish. Next is a family favorite, baked eggplant with tomatoes, created with cheese, herbs and topped with a baked egg. Then it's time for sweets as she prepares an almond torte with chocolate chips served with a mound of whipped cream.					
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#404H
13:00:00	Expeditions with Patrick Mcmillan West Texas - The Trans Pecos	APTEX	(S)	(CC)	N/A	#303H
	When I first visited this corner of the US, I was astounded by the beauty and biodiversity that grace this part of Texas, from prairie dogs and antelopes to tarantulas and horned lizards. The Trans Pecos is big, roughly the same size as Maine and stuck right on the border with Mexico. Join Patrick as he explores the strange and exotic life of the Chihuahuan Desert.					
13:30:00	In The Americas with David Yetman	APTEX	(S)	(CC)	N/A	#507H
14:00:00	Rick Steves' Europe Western Turkey	APTEX	(S)	(CC)	N/A	#801H
	From the port of Kusadasi, we wander the streets of ancient Ephesus, soak in a natural spa at Pamukkale, learn why the dervishes whirl at Konya, munch lunch in a Turkish pizzeria, and cruise the Mediterranean on a traditional Turkish gulet from Antalya. Turkey is a mighty nation whose ancient heritage, Muslim faith, and western ways are coming together...and we'll see how.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Journeys In Africa Johannesburg - City of Many Faces	NETA	(S)	(CC)	N/A	#210H
	From the streets of Soweto to the colonial Union Building, the metro area of Joburg is a mix of architecture, people and traditions. This area is more than big city-it also has one of the best safari parks nearby that was literally manmade.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4401H
	Weather plays an important role in the care and maintenance of our plants. Tune in as GardenSMART visits with an outstanding gardener who discusses some hard earned lessons in plant care. We enjoyed filming this show, think you'll enjoy it too.					
15:30:00	Chefs A' Field King of Alaska	APTEX	(S)	(CC)	N/A	#202H
	Meet the "King" of King Salmon on Alaska's Mighty Yukon River Chef Rick Moonen: RM Seafood - Las Vegas, NV The mighty Yukon River in Alaska holds the most legendary salmon in the world: the Yukon River king salmon. When master seafood chef Rick Moonen ventures to this remote region, his passion for fish and the environment is quickly embraced by the native Yup'ik, who take him fishing on their sacred river. He and his Eskimo fishing companion, Billy Charles, discuss the Yup'ik culture, the future of our waterways, and why the salmon is the center of the Alaskan universe. Recipes: Poached Wild King Salmon with Turnip-Mashed Yukon Potatoes; Grilled Wild King Salmon with Raspberry-Merlot Redux.					
16:00:00	Maria Hinojosa: One-On-One Bobby Sanabria	APTEX	(S)	(CC)	N/A	#402Z
	Musician, conductor, and composer Bobby Sanabria has performed with Mario Bauza, Dizzy Gillespie and Tito Puente, and is one of the most celebrated percussionists in Latin Jazz today.					
16:30:00	Overheard with Evan Smith Anthony Foxx, U.S. Transportation Secretary	NETA	(S)	(CC)	N/A	#613H
	Anthony Foxx is the 17th U.S. Secretary of Transportation. Prior to joining the U.S. Department of Transportation Secretary Foxx was Mayor of Charlotte, North Carolina from 2009-2013. He also served as Charlotte City Council Member At-Large for two terms. While he was mayor, Charlotte extended the city's light rail system, expanded the airport, made highway improvements, and started a streetcar project.					
17:00:00	The Kamla Show Special Punit Soni	KAMLA	(S)	(CC)	N/A	#115H
	Host Kamla interviews Punit Soni, Investor and Advisor					
17:30:00	Craftsman's Legacy The Chocolatiers	APTEX	(S)	(CC)	N/A	#306H
	In this episode, host Eric Gorges meets Dan and Jael Rattigan at their chocolate factory in Asheville, NC. The Rattigan's truly craft from bean to bar, letting Eric live out his lifetime dream of working with chocolate.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3440
18:30:00	The Open Mind Profile of An Embed	NETA		(CC)	N/A	#3708H
	GUEST: Ahmed Shihab-Eldin. Ahmed Shihab-Eldin, HBO VICE Correspondent, talks about reporting from the Middle East amid the threat of terrorism.					
19:00:00	Closer to Truth Time at Sea	EPS	(S)	(CC)	N/A	#1101H
	Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?					
19:30:00	Piano Guy	NETA	(S)	(CC)	N/A	#1301H
	Host Scott Houston and guests show viewers how to play Elton John's "Your Song" and the signature lick from Herbie Hancock's "Cantaloupe Island." Featured guests are five-time Grammy nominee David Benoit, Andy LaVerne and Bobby Floyd.					

## Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Infinity Hall Live Robben Ford	APTEx	(S)	(CC)	N/A	#407H
	Grammy winning guitar virtuoso Robben Ford brings his signature style of blues and stunning guitar licks to Infinity Hall. Playing songs from his new album Into The Sun as well as other Ford favorites from his extensive catalogue of blues and rock, it's easy for audiences to see why this master of the six string became a go to musician for the likes of Miles Davis, Joni Mitchell, George Harrison and other legends. In this dynamic performance fans have a unique opportunity to experience the depths of Ford's vision which equally incorporates his jazz, pop and rock chops. Robben Ford is confident and relaxed not only in his style of playing but with the progression of his musical journey in this lifetime. Hear how this self-taught, spirited musician continues to hone in his craft and find inspiration with each new project.					
21:00:00	Front and Center Train	APTEx	(S)	(CC)	N/A	#506H
	The Grammy Award-winning rock band, led by Pat Monahan, performs their Billboard Top 5 album California 37 from front to back. Highlights include the certified platinum and Top 10 single "Drive By" and the certified Gold single "50 Ways to Say Goodbye." The band also performs their seminal hit "Hey, Soul Sister," one of the biggest-selling singles by a rock band since 2003. Recorded at The Iridium in New York City.					
22:00:00	Globe Trekker Art Trails of the French Riviera	APTEx	(S)	(CC)	N/A	#1527H
	Kate Comer searches out the refuges and favorite playgrounds of great artists like Cezanne, Renoir, Picasso and Chagall along the extraordinary art trail of the French Riviera. Exploring the towns of Arles, Aix, Cagnes-sur-Mer, Antibes, Vence, Biot and Nice, Kate takes in the sun and peerless blue skies, the rugged mountains and sublime coastline that attracted these iconoclasts to the Riviera.					
23:00:00	Arts In Context Sacred Hearts	NETA		(CC)	N/A	#701H
	With a child on the way, Americana chart-topper Carrie Rodriguez reaches back into her familial heritage to her great-aunt Eva Garza, the Chicana singing sensation from the 40s. Her latest album, Lola, embodies both her past and future.					
23:30:00	This American Land	NETA	(S)	(CC)	N/A	#605H
	In northern California, residents in five counties work to protect and restore wild public lands and rivers that provide enormous economic benefits for the region. A summary report recaps how conservationists in 25 states are working together to restore grassland habitat for the bobwhite quail, an iconic game bird that has declined dramatically in recent decades. In Idaho, a wide coalition of local groups support federal wilderness designation for the remote Scotchman Peaks roadless area, one of the last and the largest wild landscape in the region. Scientists face the engineering challenge of harnessing the energy of ocean waves to generate electric power.					



Sun, Oct 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Time at Sea  Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?	EPS	(S)	(CC)	N/A	#1101H
00:30:00	Piano Guy  Host Scott Houston and guests show viewers how to play Elton John's "Your Song" and the signature lick from Herbie Hancock's "Cantaloupe Island." Featured guests are five-time Grammy nominee David Benoit, Andy LaVerne and Bobby Floyd.	NETA	(S)	(CC)	N/A	#1301H
01:00:00	Infinity Hall Live Robben Ford  Grammy winning guitar virtuoso Robben Ford brings his signature style of blues and stunning guitar licks to Infinity Hall. Playing songs from his new album Into The Sun as well as other Ford favorites from his extensive catalogue of blues and rock, it's easy for audiences to see why this master of the six string became a go to musician for the likes of Miles Davis, Joni Mitchell, George Harrison and other legends. In this dynamic performance fans have a unique opportunity to experience the depths of Ford's vision which equally incorporates his jazz, pop and rock chops. Robben Ford is confident and relaxed not only in his style of playing but with the progression of his musical journey in this lifetime. Hear how this self-taught, spirited musician continues to hone in his craft and find inspiration with each new project.	APTEX	(S)	(CC)	N/A	#407H
02:00:00	Front and Center Train  The Grammy Award-winning rock band, led by Pat Monahan, performs their Billboard Top 5 album California 37 from front to back. Highlights include the certified platinum and Top 10 single "Drive By" and the certified Gold single "50 Ways to Say Goodbye." The band also performs their seminal hit "Hey, Soul Sister," one of the biggest-selling singles by a rock band since 2003. Recorded at The Iridium in New York City.	APTEX	(S)	(CC)	N/A	#506H
03:00:00	Globe Trekker Art Trails of the French Riviera  Kate Comer searches out the refuges and favorite playgrounds of great artists like Cezanne, Renoir, Picasso and Chagall along the extraordinary art trail of the French Riviera. Exploring the towns of Arles, Aix, Cagnes-sur-Mer, Antibes, Vence, Biot and Nice, Kate takes in the sun and peerless blue skies, the rugged mountains and sublime coastline that attracted these iconoclasts to the Riviera.	APTEX	(S)	(CC)	N/A	#1527H
04:00:00	Arts In Context Sacred Hearts  With a child on the way, Americana chart-topper Carrie Rodriguez reaches back into her familial heritage to her great-aunt Eva Garza, the Chicana singing sensation from the 40s. Her latest album, Lola, embodies both her past and future.	NETA		(CC)	N/A	#701H
04:30:00	This American Land  In northern California, residents in five counties work to protect and restore wild public lands and rivers that provide enormous economic benefits for the region. A summary report recaps how conservationists in 25 states are working together to restore grassland habitat for the bobwhite quail, an iconic game bird that has declined dramatically in recent decades. In Idaho, a wide coalition of local groups support federal wilderness designation for the remote Scotchman Peaks roadless area, one of the last and the largest wild landscape in the region. Scientists face the engineering challenge of harnessing the energy of ocean waves to generate electric power.	NETA	(S)	(CC)	N/A	#605H
05:00:00	California's Golden Parks Eugene O'Neill House  America's only Nobel Prize winning playwright, Eugene O'Neill, chose to live in the hills above Danville, California at the height of his writing career. Isolated from the world and within the walls of his home called Tao (dow) House, O'Neill wrote his final and most memorable plays; The Iceman Cometh, A Moon for the Misbegotten and Long Day's Journey Into Night. Today the home and grounds are a National Park and Huell gets the tour of this lovely and isolated park.	KCET		(CC)	N/A	#164
05:30:00	Moneywise with Kelvin Boston Buying A Foreclosed Home  Do the millions of foreclosed home on the market represent good investment opportunities? Host Kelvin Boston, Marcia Griffin, president of Home Free USA and Victor Ogun of Home Buyers Realty detail the steps to buying a foreclosed home. This episode also features small business development tips from Marie Johns, deputy administrator of the U.S. Small Business Administration.	APTEX	(S)	(CC)	DVI	#805H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1924
08:00:00	Painting and Travel with Roger & Sarah Bansemer Fort Mose  Sarah visits an important National Historical landmark on the Florida Black Heritage Trail in St. Augustine. A Florida living history expert describes the foods of the day and the reason that Fort Mose was built in 1738 for freed slaves. Roger sketches on location and then using oils on canvas, paints a woman in period costume cooking an autumn feast over an open fire.	NETA	(S)	(CC)	N/A	#813H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Rearing Horse Part I	NETA	(S)	(CC)	N/A	#1607H
09:00:00	Wyland's Art Studio	APTEX	(S)	(CC)	N/A	#313H
09:30:00	Classical Stretch: By Essentrics Knee Strengthening Workout	APTEX	(S)	(CC)	DVI	#1124H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.					
10:00:00	Sit and Be Fit Balance	NETA	(S)	(CC)	N/A	#1206H
	Improving balance through weight training, stretching and leg strengthening is the theme of this episode.					
10:30:00	Power Yoga: Mind and Body Breath	APTEX	(S)	(CC)	N/A	#128
	With cat rolls, Laura's Series, Jathara Parivartanasana, Moon rise and others.					
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#228H
11:30:00	New Orleans Cooking with Kevin Belton Oysters	APTEX	(S)	(CC)	N/A	#119H
	Oysters Rockefeller, fried oysters with spinach salad, oyster patties.					
12:00:00	Ciao Italia Cookie Favorites/Biscotti Favoriti	NETA	(S)	(CC)	N/A	#2606H
	Peter Scognamiglio is one great baker and he's just a kid! When Mary Ann invites him to stop by nella cucina to make cookies, Peter brings his recipe for Maddalena Raspberry Cookies; two buttery, crisp wafers filled with raspberry jam. Then it's Mary Ann's turn, and she shows Peter how to make Almond Crisps. Open up that cookie jar!					
12:30:00	Martin Yan's Taste of Vietnam Imperial Hue	APTEX	(S)	(CC)	N/A	#125H
	For a hundred and fifty years, Hue served as the imperial capital of Vietnam. Much of its historical splendors are being restored. Martin visits the palaces and receives a lesson on royal cuisine by a local chef whose family served in the imperial kitchen. He visits a nearby temple where the royal cuisine takes on a religious twist. Recipes: Mini Banana Cakes, Lotus Steamed Fried Rice, Vietnamese Savory Crepes.					
13:00:00	Bare Feet with Mickela Mallozzi Montreal Then & Now (Montreal, Canada)	APTEX	(S)	(CC)	DVI	#107H
	Montreal's European history translates to its traditional dances from France, England, Scotland, and Ireland - Mickela gets a taste of this Old World feel at La Grande Rencontre Festival, while also experiencing the artistic modernity of this city. She also gets a first-hand lesson on dance for people with disabilities.					
13:30:00	Travel Detective with Peter Greenberg Constructing A Mega Resort	NETA	(S)	(CC)	DVI	#207H
	Modern resorts are getting bigger and even more impressive. But did you ever think of how difficult it is to build one of them? CBS News Travel Editor Peter Greenberg goes behind the scenes and shows us the construction of one of the biggest resorts of all-time: the much-delayed Baha Mar, in the Bahamas. Plus, a lot of hotels will claim they are historic, simply because they're old. And then there's the case of the legendary Raffles Hotel in Singapore. Peter reveals its rich and colorful history. And, correspondent Tracy Gallagher takes us to Hilton Head Island in South Carolina, which is one of the most important beaches in the world for loggerhead turtle nesting.					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#226H
14:30:00	Burt Wolf: Travels & Traditions The Girl with the Book	APTEX	(S)	(CC)	N/A	#1505H
	For centuries, women were discouraged from going to school. It was OK if a woman could read and write, but anything more advanced was considered "dangerous". These days, for the first time in U.S. history, more women graduate from American universities than men. It's an amazing change in the relationship between men and women. In this program, Burt travels around trying to find out what had been going on for hundreds of years and why things are changing.					

Sun, Oct 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	American Woodshop Recycled Trestle Table Through pegged mortise and tenon joints. Miller Sawmill tour.	NETA	(S)	(CC)	N/A	#2213H
15:30:00	Rough Cut - Woodworking with Tommy Mac China Cabinet Guest: AL D'ATTANASIO. On this episode of Rough Cut Woodworking with Tommy Mac, host Tommy MacDonald brings you closer than ever into his home! In the shop, Tommy works with friend Al D'Attanasio to build a china cabinet perfect for any home. Then together the dynamic duo installs the massive piece into Tommy's house.	APTEX	(S)	(CC)	N/A	#513H
16:00:00	Happy Yoga with Sarah Starr Golden Sunset Bask in the golden light of sunset with a rejuvenating modified yoga practice using a chair for balance and support. Includes seated and standing postures focusing on opening the hips and elongating the spine, while increasing circulation.	NETA	(S)	(CC)	N/A	#302H
16:30:00	Second Opinion Measles/Vaccines Patient Story: With some parents deciding not to vaccinate their children, measles cases in the United States have reached a 20-year high. Our patient Emmi Herman relates the devastating impact this highly contagious childhood illness had on her own family. Myth or Medicine: Can you get the measles vaccine if you have a cold? Second Opinion 5: Five misconceptions about vaccines.	APTEX	(S)	(CC)	N/A	#1206H
17:00:00	Natural Health Breakthroughs with Brenda Watson Brain Health The key to a healthy brain and the gut-brain connection.	EPS	(S)	(CC)	N/A	#102H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#602H
18:00:00	California's Gold Crookedest Street Huell goes in search of the crookedest street in the world. A small section of Vermont Street in the Potrero Hill section of San Francisco is just miles away from the more famous Lombard Street. Which street is crookeder? Huell grabs a gang of experts and finally solves this mystery.	KCET		(CC)	N/A	#13011Z
18:30:00	Curious Traveler Curious About - Montreal Why did the French settle here? And why is French still the official language here (as well as English)? Why is there a Paris Metro Stop in the middle of the city? Why is Notre-Dame Basilica bathed in blue? And why does it slope downwards towards the altar? Why does the Hotel de Ville look like DC's Eisenhower Building and why does the Bank of Montreal look like the Pantheon? And is there really an ongoing archaeological dig going on under your feet at Place Royal?	APTEX	(S)	(CC)	N/A	#104H
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#133H
19:30:00	The Kamla Show Special Cascada De Flores Host Kamla Bhatt interviews vocalist, musician and dancer Arwen Lawrence of musical group Cascada de Flores who perform traditional Mexican music in the studio.	KAMLA	(S)	(CC)	N/A	#103H
20:00:00	Ka Hana Kapa Ka Hana Kapa documents the history of kapa in Hawai'i and follows the complex process of Hawaiian kapa making from start to finish. Hawaiian kapa is one of the most beautiful art forms in the Pacific. In ancient Hawai'i, kapa, or bark cloth made from the wauke plant ( <i>Broussonetia papyrifera</i> ), was used for clothing, bedding, the wrapping of precious iwi (ancestor's bones), important ceremonies, and a myriad of other purposes, making it an integral part of everyday life in Hawaiian society. Ka Hana Kapa is the story of kapa making in Hawai'i, as told by these dedicated kapa practitioners and their students, who have given new life to this intricate cultural practice. The film features interviews with kapa practitioners Marie McDonald, Roen Hufford, Dalani Tanahy, Moana Eisele, Dennis Kana'e Keawe, Ka'iulani de Silva, and Eric Enos. Ka Hana Kapa also showcases the thrilling appearance of Halau O Kekuhi led by kumu hula Nalani Kanaka'ole attired in original kapa made specifically for the Halau at the opening of the 2011 Merrie Monarch Festival.	NETA	(S)	(CC)	N/A	#0H

Sun, Oct 09, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	West of the West: Tales from California's Channel Island Settlers	KNME	(S)	(CC)	DVI	#102H
	<p>"The Last Roundup" is the story of the Vail and Vickers cattle ranch 26 miles at sea on Santa Rosa Island and, after a 100-year run, its transition to a National Park in the 1990's. "Graveyard of Ships" tells about the 500 shipwrecks on the Channel Islands and the lessons learned from understanding the history of some of them and diving to view others. "Magic Isle" is about Santa Catalina Island. It's the only one of the eight ever developed. The Chicago Cubs held spring training there for 31 years, one evening 10,000 people danced in the Casino ballroom, and today it struggles to preserve the buildings left by its prime owner William Wrigley, Jr. "The Legendary King of San Miguel Island" is the Tale of Herbert Lester and his family. They lived on the island in the 1930's and early 1940's, with the two Lester children being schooled there until ages 9 and 12. Betsy Lester recounts her childhood and the remarkable life her parents built 30 miles at sea on a rugged, windswept island.</p>					
22:00:00	NHK WWII Specials Nurses On Battlefield: Hidden Tragedy of WWII	APTEX	(S)	(CC)	N/A	#101H
	<p>In NURSES ON THE BATTLEFIELD: HIDDEN TRAGEDY OF WWII, more than 50, 000 Japanese nurses went to the frontlines in WWII to aid their country. But they were unprepared for the horrible reality that awaited them. As they worked to protect the soldiers, they faced threats to their own well-being. Wartime documents that had long been confidential, along with the testimony of former nurses, shed light on how they have struggled to come to terms with their wartime experiences.</p>					
23:00:00	NHK WWII Specials Beneath The Mushroom Cloud	APTEX	(S)	(CC)	N/A	#102H
	<p>The program explores the reality people faced beneath the mushroom cloud in Hiroshima Prefecture on August 6, 1945. Digital technology restores and enhances scenes captured in the two extant photographs taken near the epicenter of the atomic explosion while the mushroom cloud remained in the sky over Hiroshima. The still images are brought to life with sound and motion, based on the testimony of survivors who appeared in the photographs, to reveal the nature of that experience 70 years after the bomb was dropped. New light is shed on how the victims behaved after the blast and about the small intense thermal radiation that caused excruciating flash burns.</p>					

Mon, Oct 10, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#133H
00:30:00	The Kamla Show Special Cascada De Flores	KAMLA	(S)	(CC)	N/A	#103H
	Host Kamla Bhatt interviews vocalist, musician and dancer Arwen Lawrence of musical group Cascada de Flores who perform traditional Mexican music in the studio.					
01:00:00	Ka Hana Kapa	NETA	(S)	(CC)	N/A	#0H
	Ka Hana Kapa documents the history of kapa in Hawai'i and follows the complex process of Hawaiian kapa making from start to finish. Hawaiian kapa is one of the most beautiful art forms in the Pacific. In ancient Hawai'i, kapa, or bark cloth made from the wauke plant ( <i>Broussonetia papyrifera</i> ), was used for clothing, bedding, the wrapping of precious iwi (ancestor's bones), important ceremonies, and a myriad of other purposes, making it an integral part of everyday life in Hawaiian society. Ka Hana Kapa is the story of kapa making in Hawai'i, as told by these dedicated kapa practitioners and their students, who have given new life to this intricate cultural practice. The film features interviews with kapa practitioners Marie McDonald, Roen Hufford, Dalani Tanahy, Moana Eisele, Dennis Kana'e Keawe, Ka'iulani de Silva, and Eric Enos. Ka Hana Kapa also showcases the thrilling appearance of Halau O Kekuhi led by kumu hula Nalani Kanaka'ole attired in original kapa made specifically for the Halau at the opening of the 2011 Merrie Monarch Festival.					
02:00:00	West of the West: Tales from California's Channel Island Settlers	KNME	(S)	(CC)	DVI	#102H
	"The Last Roundup" is the story of the Vail and Vickers cattle ranch 26 miles at sea on Santa Rosa Island and, after a 100-year run, its transition to a National Park in the 1990's. "Graveyard of Ships" tells about the 500 shipwrecks on the Channel Islands and the lessons learned from understanding the history of some of them and diving to view others. "Magic Isle" is about Santa Catalina Island. It's the only one of the eight ever developed. The Chicago Cubs held spring training there for 31 years, one evening 10,000 people danced in the Casino ballroom, and today it struggles to preserve the buildings left by its prime owner William Wrigley, Jr. "The Legendary King of San Miguel Island" is the Tale of Herbert Lester and his family. They lived on the island in the 1930's and early 1940's, with the two Lester children being schooled there until ages 9 and 12. Betsy Lester recounts her childhood and the remarkable life her parents built 30 miles at sea on a rugged, windswept island.					
03:00:00	NHK WWII Specials Nurses On Battlefield: Hidden Tragedy of WWII	APTEX	(S)	(CC)	N/A	#101H
	In NURSES ON THE BATTLEFIELD: HIDDEN TRAGEDY OF WWII, more than 50,000 Japanese nurses went to the frontlines in WWII to aid their country. But they were unprepared for the horrible reality that awaited them. As they worked to protect the soldiers, they faced threats to their own well-being. Wartime documents that had long been confidential, along with the testimony of former nurses, shed light on how they have struggled to come to terms with their wartime experiences.					
04:00:00	NHK WWII Specials Beneath The Mushroom Cloud	APTEX	(S)	(CC)	N/A	#102H
	The program explores the reality people faced beneath the mushroom cloud in Hiroshima Prefecture on August 6, 1945. Digital technology restores and enhances scenes captured in the two extant photographs taken near the epicenter of the atomic explosion while the mushroom cloud remained in the sky over Hiroshima. The still images are brought to life with sound and motion, based on the testimony of survivors who appeared in the photographs, to reveal the nature of that experience 70 years after the bomb was dropped. New light is shed on how the victims behaved after the blast and about the small intense thermal radiation that caused excruciating flash burns.					
05:00:00	Great Conversations Great Conversations: E. J. Dionne and James Fallows	NETA		(CC)	N/A	#702H
	Journalist and political commentator E.J. Dionne, a long-time op-ed columnist for The Washington Post, talks about his book <i>Why The Right Went Wrong: Conservatism - from Goldwater to the Tea Party and Beyond</i> . He is interviewed by James Fallows, a National correspondent for The Atlantic. The program was recorded in February 2016 at the University of Louisville Kentucky Author Forum.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1925
08:00:00	Bug Bites Buggysitters Club	APTEX	(S)	(CC)	DVI	#110H
	At the premiere of Piscatso's art show, Adam and Gilbert learn that Piscatso is a new father to 100 daughters. In order to make some extra money, Adam and Gilbert start an insect daycare and soon find themselves ankle deep in thousands of bug babies. With their reputations on the line, the duo must learn what it takes to be bug parents and how each species requires special care. Children and parents alike will learn that raising insect young is sometimes a work of art!					
08:30:00	1001 Nights Sinbad and the Valley of the Serpents/Manjab's Just Desserts	NETA	(S)	(CC)	DVI	#102H
	"Sinbad and the Valley of the Serpents" - Sinbad and his trusty sidekick, Dina, enjoy a wacky adventure as they pursue wealth and riches in the fearsome Valley of the Serpents. "Manjab's Just Desserts" - A young boy works in a bakery and begins to steal the merchandise. It's the perfect crime until he can no longer hide the evidence.					

Mon, Oct 10, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Anti Aging	ACCES		(CC)	N/A	#106H
09:30:00	Classical Stretch: By Essentrics Spine Strengthening & Pain-Relief Workout	APTEX	(S)	(CC)	DVI	#1125H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.					
10:00:00	Sit and Be Fit	NETA	(S)	(CC)	N/A	#1106H
10:30:00	It's Sew Easy Distinctive Style	NETA	(S)	(CC)	DVI	#1003H
	Sometimes a photo in a magazine can lead the way toward sewing custom fashions and accessories. Couturier Angela Wolf sews a fashionable fleece jacket and then fringes wool to create a flirty handbag. Designer Kay Whitt creates a colorful custom bag with a handy concealed zippered pocket.					
11:00:00	Knit and Crochet Now! Springtime Tees	APTEX	(S)	(CC)	DVI	#713H
	Just because the weather is warm doesn't mean you have to put down your needles and hooks! Deborah is joined by Ellen Gormley who will show how to crochet up the Whole Latte Love Tee with an easy openwork yoke and textured stripes. Lena will then show how to stitch up the Knit Lace Sampler T-shirt. Ellen is in the stitch corner with the Fishbone stitch.					
11:30:00	Fons & Porter's Love of Quilting Cottage Home Mini-Quilt	NETA	(S)	(CC)	N/A	#2612H
	The charm of a cottage will entice to you want to create one of your very own. Mary and her guest Lindsay Wilkes will show you how to piece the various sections of the cottage block and give you tips for embellishment.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6056H
13:00:00	America's Test Kitchen from Cook's Illustrated Chocolate-Caramel Layer Cake	APTEX	(S)	(CC)	N/A	#1607H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make the perfect chocolate-caramel layer cake. Then, equipment expert Adam Ried reviews ice cream scoops in the Equipment Corner. Finally, gadget guru Lisa McManus uncovers the best large ice cream makers and thermometers.					
13:30:00	Pati's Mexican Table Backyard Picnic	APTEX	(S)	(CC)	N/A	#413H
	Pati is throwing a picnic for family and friends in her backyard. She'll make some of her favorite "picnic foods" and serve everyone outside picnic-style. It also happens to be her husband Dany's birthday, so a big surprise is in store! Recipe 1: Crazy Sandwich with Chicken, Refried Beans, Plantain and Avocado; Recipe 2: Potato and Poblano Rajas Salad; Recipe 3: Mango Puff; Recipe 4: Grapefruit and Guava Spritzer with Agave.					
14:00:00	Kevin Dundon's Back to Basics Pastry	APTEX	(S)	(CC)	N/A	#102H
	Kevin explores the history of pastries and modern updates to sweet and savory versions; we explore the history of Dunbrody Country House and its kitchen garden. Recipes include: Shortcrust Pastry; Garden Vegetable Flan; Suet Pastry; Steak and Kidney Pie; Choux Pastry; and Chocolate Eclairs.					
14:30:00	Steven Raichlen's Project Smoke Bird Meets Smoke	APTEX	(S)	(CC)	N/A	#202H
	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.					
15:00:00	Beads, Baubles and Jewels Leatherworking	NETA	(S)	(CC)	N/A	#2101H
	Leatherworking has deep roots in the Old West. Author Melissa Cable shows how to create a rippled bracelet from a leather strip and embellish with beads. In her second segment, she creates a studded leather bracelet. In Katie's Beading Lesson, learn to wrap wire around stones to create a ring or bracelet.					

## Daily Program Listing II

43.1

Date: 08/31/2016

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Mon, Oct 10, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Kitchen Confidential: The Nuts and Bolts of a Kitchen Renovation	APTEX	(S)	(CC)	N/A	#608H
	The second episode in the three-part home makeover features a walk-through of the kitchen in Katie's Connecticut home with experts. Before-and-after photos document the progress.					
16:00:00	Biz Kid\$ Have A Plan, Stan!	APTEX	(S)	(CC)	DVI	#201H
	Explore the different elements of a business plan and see why it's crucial to develop a plan before you start your business. Meet a teen who opened a snow-cone shack, another who makes and sells candles, and a group who markets self-defense kits.					
16:30:00	Hands On Crafts for Kids Just for Fun	NETA	(S)	(CC)	DVI	#1712H
	It's important to have fun and today's projects are fun to make and to use. Katie creates a fuzzy mustache board will tickle you. Franz and his son, Axel play with paints, pencils, crayons, colors and techniques to find new ways of expression. Jenny and Katie let their imaginations go to create colorful pencil toppers. From the Family Craft Box, add empty paper rolls and colored paper to create a reversible playscape mat.					
17:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4406H
	When thinking about what we want in our landscape the sky's the limit. But what is practical, what really works with our yard, and importantly, our budget? Good questions. GardenSMART visits with an expert who has some great ideas. Be sure to tune in, a great show.					
17:30:00	Growing A Greener World Fan Favorites from 5 Years (All Over The Us)	APTEX	(S)	(CC)	N/A	#606H
	With over 100 episodes broadcast so far and countless emails and comments from our viewers about each one, the GGW team has gotten a strong sense of which ones have left the most lasting impressions. In this episode, we look back on our most popular segments, share the best stories about the most incredible people we've met and the most dynamic places we've visited... and we uncover more about why these episodes resonated so deeply with fans.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13202
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#102H
	In this episode of Asian American Life, we feature some of the nation's greatest Asian American influencers in the arts, fashion and modeling world. Host Ernabel Demillo reports from the Metropolitan Museum of Art Costume Institute exhibit "China Through A Looking Glass," which took 2 years to produce. This exhibit highlight's China's art, fashion and cinema / film influence in the Western world. It spans three floors, and is the largest costume exhibit ever featured at the museum. Guests in the special include: Fashion Designer Anna Sui, runway and fashion model Geena Rocero, and Eva Chen, Editor in Chief of Lucky Magazine.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7137
19:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1240H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#302H
21:00:00	Backstage Pass Mardra and Reggie Thomas	NETA	(S)	(CC)	N/A	#502H
	Billie Holiday-inspired jazz vocals from Mardra Thomas, with the soulful, hard-swinging piano of Reggie Thomas and the Rodney Whitaker Quartet.					
22:00:00	Sight: The Story of Vision	NETA	(S)	(CC)	DVI	#0H
	SIGHT is arguably our most important sense, an extremely complex process, which requires light that can start with photons, generated in distant stars and ending in the visual cortex of our brains. In the middle of this process are our eyes. This hour-long documentary looks at the science, medicine and technology of vision and the individuals who are battling the darkness of blindness.					
23:00:00	Beautiful Remedy	NETA	(S)	(CC)	N/A	#0H
	A BEAUTIFUL REMEDY profiles the Arts in Medicine Program at the University of Texas MD Anderson Children's Cancer Hospital. Directed by Artist in Residence Ian Cion, Arts in Medicine provides art programming to pediatric, adolescent and young adult patients and their families. How can the making and viewing of art help participants transform their social and physical realities? How do artful encounters enlarge the scope of traditional medical practices? What are the goals of creative programming in healthcare contexts? A Beautiful Remedy is inspired by these questions and illustrates the power of art to foster human resiliency amidst suffering.					

## Daily Program Listing II

43.1

Date: 08/31/2016

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Tue, Oct 11, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7137
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1240H
01:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#302H
02:00:00	Backstage Pass Mardra and Reggie Thomas Billie Holiday-inspired jazz vocals from Mardra Thomas, with the soulful, hard-swinging piano of Reggie Thomas and the Rodney Whitaker Quartet.	NETA	(S)	(CC)	N/A	#502H
03:00:00	Sight: The Story of Vision SIGHT is arguably our most important sense, an extremely complex process, which requires light that can start with photons, generated in distant stars and ending in the visual cortex of our brains. In the middle of this process are our eyes. This hour-long documentary looks at the science, medicine and technology of vision and the individuals who are battling the darkness of blindness.	NETA	(S)	(CC)	DVI	#0H
04:00:00	Beautiful Remedy A BEAUTIFUL REMEDY profiles the Arts in Medicine Program at the University of Texas MD Anderson Children's Cancer Hospital. Directed by Artist in Residence Ian Cion, Arts in Medicine provides art programming to pediatric, adolescent and young adult patients and their families. How can the making and viewing of art help participants transform their social and physical realities? How do artful encounters enlarge the scope of traditional medical practices? What are the goals of creative programming in healthcare contexts? A Beautiful Remedy is inspired by these questions and illustrates the power of art to foster human resiliency amidst suffering.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Great Conversations Great Conversations: Diane Rehm and Ann Patchett Public radio talk show host Diane Rehm talks about her life and career, from growing up in Washington, D.C. as the sheltered daughter of Arab immigrants to her new memoir, On My Own, which recounts how her husband's death influenced her own ideas on mortality and the right to die. Rehm is interviewed by award-winning writer Ann Patchett, author of the novels Bel Canto and State of Wonder, along with many other essays and works of fiction. The program was recorded in March 2016 at the University of Louisville Kentucky Author Forum.	NETA		(CC)	N/A	#703H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1926
08:00:00	Bug Bites The Littlest Vampire It's Halloween at Bug Bites! When Molly mosquito gets scared by a vampire during Mystery Insect Theater, she vows to never drink blood again. It isn't long before other blood-sucking insects join her cause, and look for alternatives to their traditional diet. Can Adam and Gilbert convince these bugs that their place in the ecosystem is important, regardless of their sanguine habits?	APTEX	(S)	(CC)	DVI	#111H
08:30:00	1001 Nights Princess Rou/What's Yours Is Mine "Princess Rou" - A not-so-attractive princess must choose between suitors who want to marry her for her money, so she demands they defeat her in the wrestling ring first. "What's Yours is Mine" - A fisherman refuses to sell a pearl given to him by a mermaid. Unfortunately, the emperor is determined to have it.	NETA	(S)	(CC)	DVI	#103H
09:00:00	Functional Fitness with Suzanne Andrews COPD/Asthma	ACCES		(CC)	N/A	#107H
09:30:00	Classical Stretch: By Essentrics Hips & Hamstring Workout In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.	APTEX	(S)	(CC)	DVI	#1126H
10:00:00	Sit and Be Fit Pelvic Floor Muscles of pelvic floor are often ignored but this workout shows some easy movements to keep those important muscles strong.	NETA	(S)	(CC)	N/A	#1208H



Tue, Oct 11, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	It's Sew Easy Costume Fun	NETA	(S)	(CC)	DVI	#1004H
	Once you gain sewing confidence, you can explore new possibilities. Cosplay enthusiast Cheryl Sieboda fearlessly sews with unusual fabrics to create today's trendiest costumes. Angela Wolf embroiders on leather and embroidery educator Rebecca Kemp Brent creates changeable body art with faux tattoos for fun and fashion.					
11:00:00	Knitting Daily Playing with Shapes	NETA	(S)	(CC)	N/A	#1202H
	We're going to play with shapes, from creating graphic shapes with intarsia to using decreases to shape a garment. The first segment features editor Lisa Shroyer combining fashion and knitting with the use of color blocking. Then, we spend some virtual Space to Space time with Allyson Dykhuizen. Next, designer, author, and yarn company owner Barry Klein has a lesson on garment shaping. Then, get your knitting in shape with Tanis. Finally, Vickie shows how to crochet a chic chevron pattern.					
11:30:00	Fons & Porter's Love of Quilting Prussian Blue	NETA	(S)	(CC)	N/A	#2613H
	In the quilting world, it's all about the angles. Combine the units in Prussian Blue and a beautiful design is the result. Mary and Marianne will present the techniques used to create those perfect angles that come together in a harmonious patchwork design.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6057H
13:00:00	Hubert Keller: Secrets of a Chef Seafood Extravaganza	NETA	(S)	(CC)	N/A	#502H
	Chef Keller demystifies the secrets of cooking octopus to get tender, delicious results. Then it's healthy all around with poached salt cod and an egg-free mayonnaise made with oysters. Grilled Octopus in Oregano Vinaigrette with Orecchiette Pasta and Nudja, Poached Salt Cod with Oyster Mayonnaise and Roasted Cauliflower & Instant Raspberry Sorbet.					
13:30:00	Sara's Weeknight Meals Take Out Chinese at Home	APTEX	(S)	(CC)	N/A	#506H
	Are you a fan of takeout? Then this is your episode! Sara will demonstrate how to make traditional Chinese takeout dishes at home faster than driving to pick them up. First, stir-fry queen Grace Young shows us how to season a wok, and then cooks up her fast and easy Chinese Burmese chicken. Then, Sara makes homemade baby egg rolls with soy dipping sauce. Her goal? Have it on the table before her two staff members can pick up the same dish at a Chinese restaurant. Its beat the clock - Sara style.					
14:00:00	Taste of History Winning The War with Bread	NETA	(S)	(CC)	N/A	#602H
	Chef Walter Staib bakes some of America's favorites, inspired by the Baker General, Christopher Ludwig. A native German, he brought the art of gingerbread making to Philadelphia. Chef Staib roasts a turkey to demonstrate how to make a classic turkey pot pie from scratch, then finishes the meal with gingerbread and poached pears.					
14:30:00	George Hirsch Lifestyle Wine and Dine	APTEX	(S)	(CC)	N/A	#110H
	In the kitchen, George shares tips on clams, then prepares steamers in white wine, pan-roasted fluke white wine sauce and strawberry mascarpone crrepes. Just in time for the harvest, George joins up with an award-winning winemaker who shares the 40-year history of Long Island wines. Later, a French-trained wine expert offers his insights on choosing wines. Recipes: - Steamers White Wine, Baguette Crostini - Pan Roasted Fluke, Capers Lemon Butter - Steamed White & Green Beans - Strawberry Mascarpone Crepes.					
15:00:00	Beads, Baubles and Jewels Heirloom Cabochons	NETA	(S)	(CC)	N/A	#2102H
	Using colorful fabric, blogger Mandi Ainsworth fashions cabochons to create heirlooms using a new twist on traditional techniques. Mandi makes a bezel with seed beads to create timeless pendants, bracelets and necklaces. Katie shows how to tie knots in leather strips to create a fashion-forward necklace.					
15:30:00	Katie Brown Workshop How to Blend The Old with the New When Remodeling	APTEX	(S)	(CC)	N/A	#609H
	The final episode in the three-part home makeover features a walk-through of the living spaces in Katie's home in Connecticut. Before-and-after photos document the progress.					
16:00:00	Biz Kid\$ Money Math - Who Needs It?	APTEX	(S)	(CC)	DVI	#202H
	Math is a true building block in the business of your life. Whether you are calculating the tip on the restaurant bill, making change at your lemonade stand, or figuring out how to quickly grow your savings, it's all about the math in money. Visit with a handbag designer and meet students who are helping to save the environment.					

Tue, Oct 11, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Use It Use what you make and get double fun from your crafts. Weave hip survival bracelets with some tips from Katie. Franz uses everyday objects to make a robot storage container. Blogger Rachel Howard and her kids make a miniature construction site for toy earth-moving equipment! Use items from the Family Craft Box and recycle old road maps to craft a travel case full of learning games and activities - and treats, too!	NETA	(S)	(CC)	DVI	#1713H
17:00:00	Garden Smart Growing our own vegetables is increasing in popularity. But gauging from our mail, a lot of folks are having problems. GardenSMART visits an expert who is growing vegetables very successfully. A lot to learn, be sure to tune in.	NETA	(S)	(CC)	N/A	#4407H
17:30:00	Growing A Greener World Oh, Deer! Dealing with Garden Pests (Athens, Ga; Mount Airy, Nc) Trying to live in harmony with nature can test anyone's patience, especially when uninvited critters and pests use our gardens and landscapes as one giant dinner buffet. In this important episode, we explore a low-cost and simple (but highly effective) deer barrier that absolutely anyone can make. But deer aren't the only nuisance; we explore natural, safe, and humane ways to repel other common furry garden and landscape pests for good, too.	APTEX	(S)	(CC)	N/A	#607H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13203
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1240H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7138
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#840H
20:00:00	Sun Studio Sessions Hope Clayburn's Soul Scrimmage Memphis-based Hope Clayburn fuzes jazz, funk, rock, world beat and soul to create a unique and upbeat Memphis sound. Hope's saxophone and flute chops have allowed her to perform with an eclectic mix of artists, including James Brown, The Allman Brothers Band and The Temptations. In this episode, Hope and her band, Soul Scrimmage, show their tremendous range performing songs like "Snake", "Don't Wanna Think About It" and "Nobody."	NETA	(S)	(CC)	N/A	#705H
20:30:00	Jammin at Hippie Jack's Sam Lewis W/Kenny Vaughan Trio Sam Lewis is connecting the dots whether crossing genres or state lines, he has pieced together a story people need to hear. His self-titled debut album pulls together some of Nashville's most seasoned musicians, who have helped put the breath into a body of songs that are as straight-forward and captivating as the man who sings them.	NETA	(S)	(CC)	N/A	#915H
21:00:00	Infinity Hall Live Great Performances Vol. 1 Infinity Hall Live celebrates five seasons as a showcase for established and emerging artists with performances by Los Lonely Boys ("Don't Walk Away"), Tori Amos ("Hey Jupiter"), Brett Dennen, Rubblebucket ("Came Out of a Lady"), Deer Tick ("These Old Shoes"), Tedeschi Trucks Band ("Midnight in Harlem"), Joss Stone ("Super Duper Love"), Galactic ("Dollar Diva"), Dawes ("When My Time Comes"), and Ani DiFranco ("Shameless").	APTEX	(S)	(CC)	N/A	#505H
22:00:00	World Dancesport Grand Slam Series Part 1 Standard Series - The Showdown In Shanghai The hierarchy seems firmly established in the standings of the regular legs of the GrandSlam Standard Series. Germans Simone Segatori and Annette Sudol won every time they entered a competition, from the first leg in Helsinki, Finland, to conquering the biggest field of the season in Stuttgart, Germany. Russians Dmitry Zharkov and Olga Kulikova are destined to be the perennial runners-up, even if they claimed their second places by narrowing the point margins separating them from the winners. The one time the Germans didn't dance, in the Moscow leg, Dmitry and Olga won the final with their highest total ever for the five Standard dances. Lithuanians Evaldas Sodeika and Ieva Zukauskaitė are similarly cast to be the other runners-up of the Series, coming in third more often than not. Fortunately for the GrandSlam Series Final, more than a few experts predict that the established order could get reversed. If the runners-up should plan an overthrow, there is no better time to do that than in the "Showdown in Shanghai." Reserved for the top 12 couples in the GrandSlam rankings, and with points accrued in four of the regular legs, the Final is the most important competition of all.	APTEX	(S)	(CC)	N/A	#105H
23:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H

Wed, Oct 12, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7138
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#840H
01:00:00	Sun Studio Sessions Hope Clayburn's Soul Scrimmage	NETA	(S)	(CC)	N/A	#705H
	Memphis-based Hope Clayburn fuzes jazz, funk, rock, world beat and soul to create a unique and upbeat Memphis sound. Hope's saxophone and flute chops have allowed her to perform with an eclectic mix of artists, including James Brown, The Allman Brothers Band and The Temptations. In this episode, Hope and her band, Soul Scrimmage, show their tremendous range performing songs like "Snake", "Don't Wanna Think About It" and "Nobody."					
01:30:00	Jammin at Hippie Jack's Sam Lewis W/Kenny Vaughan Trio	NETA	(S)	(CC)	N/A	#915H
	Sam Lewis is connecting the dots whether crossing genres or state lines, he has pieced together a story people need to hear. His self-titled debut album pulls together some of Nashville's most seasoned musicians, who have helped put the breath into a body of songs that are as straight-forward and captivating as the man who sings them.					
02:00:00	Infinity Hall Live Great Performances Vol. 1	APTEX	(S)	(CC)	N/A	#505H
	Infinity Hall Live celebrates five seasons as a showcase for established and emerging artists with performances by Los Lonely Boys ("Don't Walk Away"), Tori Amos ("Hey Jupiter"), Brett Dennen, Rubblebucket ("Came Out of a Lady"), Deer Tick ("These Old Shoes"), Tedeschi Trucks Band ("Midnight in Harlem"), Joss Stone ("Super Duper Love"), Galactic ("Dollar Diva"), Dawes ("When My Time Comes"), and Ani DiFranco ("Shameless").					
03:00:00	World Dancesport Grand Slam Series Part 1 Standard Series - The Showdown In Shanghai	APTEX	(S)	(CC)	N/A	#105H
	The hierarchy seems firmly established in the standings of the regular legs of the GrandSlam Standard Series. Germans Simone Segatori and Annette Sudol won every time they entered a competition, from the first leg in Helsinki, Finland, to conquering the biggest field of the season in Stuttgart, Germany. Russians Dmitry Zharkov and Olga Kulikova are destined to be the perennial runners-up, even if they claimed their second places by narrowing the point margins separating them from the winners. The one time the Germans didn't dance, in the Moscow leg, Dmitry and Olga won the final with their highest total ever for the five Standard dances. Lithuanians Evaldas Sodeika and Ieva Zukauskaitė are similarly cast to be the other runners-up of the Series, coming in third more often than not. Fortunately for the GrandSlam Series Final, more than a few experts predict that the established order could get reversed. If the runners-up should plan an overthrow, there is no better time to do that than in the "Showdown in Shanghai." Reserved for the top 12 couples in the GrandSlam rankings, and with points accrued in four of the regular legs, the Final is the most important competition of all.					
04:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H
05:00:00	Great Conversations Great Conversations: Joe Nocera and Buzz Bissinger	NETA		(CC)	N/A	#704H
	Joe Nocera, long-time writer for the New York Times, discusses his book Indentured: The Inside Story of the Rebellions Against the NCAA. The book was sparked by a Times story he wrote in 2011, "Let's Start Paying the Players." Nocera talks with Buzz Bissinger, a Pulitzer Prize-winning journalist and author of Friday Night Lights and contributing editor at Vanity Fair. The program was recorded in April 2016 at the University of Louisville Kentucky Author Forum.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1927
08:00:00	Bug Bites Working Nine to Hive	APTEX	(S)	(CC)	DVI	#112H
	After receiving an exorbitant bill for late movie returns, Gilbert applies for a part-time office job. Before long, the repetitive culture of a (supposedly) hive-minded office starts to drive Gilbert mad. To make matters worse, Bill Lumbug, the stubborn office manager, seems to oppose any form of personal expression! With the help of ant pheromones, Adam infiltrates the office and teaches everyone how a real hive society capitalizes on differences as well as common traits to achieve its full potential.					
08:30:00	1001 Nights True Treasure/Sinbad and the Cyclops	NETA	(S)	(CC)	DVI	#104H
	"True Treasure" - A man has a dream that riches wait for him inside a palace. He follows his dream only to find that his true treasure was something entirely different. "Sinbad and the Cyclops" - Sinbad and Dina are once again off on a wild adventure that takes them to the far off island of the Cyclops.					

## Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Better Balance with the Ball	ACCES		(CC)	N/A	#108H
09:30:00	Classical Stretch: By Essentrics Bone Strength Workout	APTEX	(S)	(CC)	DVI	#1127H
	In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.					
10:00:00	Sit and Be Fit Posture and Breathing	NETA	(S)	(CC)	N/A	#1209H
	Posture is essential to any good workout. In this program Mary Ann demonstrates how to maintain good posture while exercising.					
10:30:00	It's Sew Easy Wedding Bells	NETA	(S)	(CC)	DVI	#1005H
	The pathway to sewing may lead right down the aisle. Fashion expert Angela Wolf shows how to embroider on tulle to create a stunning one-of-a-kind wedding gown. Quilt designer Kim Montagnese creates a keepsake ring-bearer pillow with computer design software and creative embellisher Clare Rowley tops it off with custom-made bridal veils.					
11:00:00	Knitting Daily Charity Knitting	NETA	(S)	(CC)	N/A	#1203H
	Give new meaning to your knitting with projects that are perfect for charity. First, Laura Zander creates a cozy, hat that's great for giving. Then, meet Mary Colucci from Warm Up America! and learn how you can get involved in charity knitting and crochet. Next, Tanis shares the love with some tools of the trade that have heart. We finish with designer Julia Madill and how to crochet a versatile square motif that can be used for so many charity projects.					
11:30:00	Fons & Porter's Love of Quilting Just Beachy	NETA	(S)	(CC)	N/A	#2701H
	Would you like to add a touch of whimsy to your next pool side gathering? This beach ball placemat and mini mat project would be the perfect addition. Patrick and Marianne will walk you through the basics of raw edge applique with tips on machine quilting like a pro.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6058H
13:00:00	Ellie's Real Good Food The Goods On Gluten-Free	APTEX	(S)	(CC)	N/A	#107H
	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.					
13:30:00	Annabel Langbein: The Free Range Cook The Perfect Roast	APTEX	(S)	(CC)	N/A	#106H
	Annabel Langbein visits and gathers culinary lavender and merino lamb from local farms to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine maple and apple tarte tatin. Recipes from this episode: cookie sampler, chevre-stuffed zucchini flowers, roast lamb with herb crust, vegetable tian, green beans with olives and garlic, maple and apple tarte tatin, and lavender syrup.					
14:00:00	Simply Ming	APTEX	(S)	(CC)	N/A	#1401H
14:30:00	Cook's Country A Taste of Tennessee	APTEX	(S)	(CC)	N/A	#906H
	Test cook Bridget Lancaster shows host Christopher Kimball how to make Tennessee pulled pork sandwiches on hoecakes. Next, tasting expert Jack Bishop challenges Chris to a tasting of shredded coconut. And finally, test cook Julia Collin Davison uncovers the secrets to making the ultimate French coconut pie at home.					
15:00:00	Beads, Baubles and Jewels Bead Weaving	NETA	(S)	(CC)	N/A	#2103H
	Sleepless Beader Leslie Rogalski shows her contemporary take on the traditional method of bead weaving on a loom. Using a variety of threads, cords and large beads, Leslie creates unconventional, trendy jewelry using traditional stitching. Katie shares tips for storing and organizing beading supplies.					

Wed, Oct 12, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Scrapbook Soup Shine It Up	NETA	(S)	(CC)	N/A	#501H
	Polish it and make it shine. Amy Tan makes pages gleam with foil and shares her favorite tape storage tip. Christine Drumheller adds bling and banners to her memory pages. Joe Rotella creates a shimmering lantern that lights up the nighttime.					
16:00:00	Biz Kid\$ Building Your Business Online	APTEX	(S)	(CC)	DVI	#203H
	In today's world, great tools are available for you to build a business online. The Biz Kids investigate the advantages and potential pitfalls in Internet businesses. See the success of a young graphic designer, a nine-year-old who sells bath salts, and two teens who built a social networking site.					
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	Garden Smart	NETA	(S)	(CC)	N/A	#4408H
	With yards getting smaller, container gardening is becoming more popular. What should we consider when planting containers? GardenSMART visits with an expert who has lots of great ideas. We learned a lot, think you will too.					
17:30:00	Growing A Greener World The Business of Urban Backyard Food Gardens (Seattle, Wa; Brooklyn, Ny)	APTEX	(S)	(CC)	N/A	#608H
	Eating local and seasonal is more than just a foodie trend. Some people have the time and land to grow their own food. Some have the expertise to do it. But few have both. These challenges have given birth to a new cottage industry that creates win-win partnerships and reaches far beyond the garden plots themselves. We meet some young urban professionals who have started successful businesses that reap the rewards of these symbiotic relationships.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13204
18:30:00	Asia Insight By Its Members, for Its Members	APTEX	(S)	(CC)	N/A	#409H
	This week's episode examines the development of the Sungmeisan community in Seoul South Korea.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7139
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#338
20:00:00	Fall In Love with Music How Listening Affects Us	APTEX	(S)	(CC)	DVI	#105H
	What happens to us, psychologically-emotionally, when we listen to classical music? Open-mindedness and flexible thinking as prerequisites are explored using visual puzzles and musical examples. Handel's fugue from his Concerto Grosso, Op.6, No. 7 reinforces flexible listening. Effective surprise in music is presented using Bela Bartok's For Children Vol. II, No. 12 for piano. The 3rd movement of Rachmaninoff's Symphony No. 2 is used to demonstrate tension and release.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#201H
21:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1102H
22:00:00	Speakeasy David Crosby and Wynton Marsalis	APTEX	(S)	(CC)	N/A	#202H
	David Crosby is best known as the founding member of The Byrds and Crosby, Stills & Nash. He is a two-time inductee of the Rock and Roll Hall of Fame who has five albums to which he's contributed, included in Rolling Stone's 500 Greatest Albums of all time. Crosby takes the stage opposite Wynton Marsalis; the nine-time Grammy award winning jazz trumpet virtuoso who's "Blood on the Fields" was the first jazz composition to win the Pulitzer Prize for Music. In 1983 and 1984, he became the only artist to win Grammy Awards for both jazz and classical records and is only one of two artists to win Grammy Awards for five consecutive years. This unique pairing of musical legends features an intimate discussion of their lives as musicians, the history and development of American Roots music and the impact that music has had on the social and political landscapes.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Our American Family: The Clarks	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. For generations, the Clark family of Frankford, DE has shown tremendous support of one another as members faced hard times with tender loyalty. "Our American Family: The Clarks" traces the lives of this African-American family with seven children as they employed humor, resourcefulness and respect for all through the Depression, WWII, and racial tension.					
23:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#106H
	So much is passed down from generation to generation - but it sometimes takes time for the next generation to recognize how the past affects their own lives. Hearing their family history shows three generations of the Abercia family how values are passed down from their forebears. Chef Ali El Sayed's son Esmaeel is just beginning to understand how his father's Egyptian heritage fits in with his own identity as a native-born American living in ethnically diverse Queens, and the family recipes Kamal Al-Faqih learned from his mother led him to his calling as a chef and cookbook author.					

Thu, Oct 13, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7139
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#338
01:00:00	Fall In Love with Music How Listening Affects Us	APTEX	(S)	(CC)	DVI	#105H
	<p>What happens to us, psychologically-emotionally, when we listen to classical music? Open-mindedness and flexible thinking as prerequisites are explored using visual puzzles and musical examples. Handel's fugue from his Concerto Grosso, Op.6, No. 7 reinforces flexible listening. Effective surprise in music is presented using Bela Bartok's For Children Vol. II, No. 12 for piano. The 3rd movement of Rachmaninoff's Symphony No. 2 is used to demonstrate tension and release.</p>					
01:30:00	Fall In Love with Music How Listening Affects Us	APTEX	(S)	(CC)	DVI	#105H
	<p>What happens to us, psychologically-emotionally, when we listen to classical music? Open-mindedness and flexible thinking as prerequisites are explored using visual puzzles and musical examples. Handel's fugue from his Concerto Grosso, Op.6, No. 7 reinforces flexible listening. Effective surprise in music is presented using Bela Bartok's For Children Vol. II, No. 12 for piano. The 3rd movement of Rachmaninoff's Symphony No. 2 is used to demonstrate tension and release.</p>					
02:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1102H
03:00:00	Speakeasy David Crosby and Wynton Marsalis	APTEX	(S)	(CC)	N/A	#202H
	<p>David Crosby is best known as the founding member of The Byrds and Crosby, Stills &amp; Nash. He is a two-time inductee of the Rock and Roll Hall of Fame who has five albums to which he's contributed, included in Rolling Stone's 500 Greatest Albums of all time. Crosby takes the stage opposite Wynton Marsalis; the nine-time Grammy award winning jazz trumpet virtuoso who's "Blood on the Fields" was the first jazz composition to win the Pulitzer Prize for Music. In 1983 and 1984, he became the only artist to win Grammy Awards for both jazz and classical records and is only one of two artists to win Grammy Awards for five consecutive years. This unique pairing of musical legends features an intimate discussion of their lives as musicians, the history and development of American Roots music and the impact that music has had on the social and political landscapes.</p>					
04:00:00	Our American Family: The Clarks	NETA	(S)	(CC)	N/A	#0H
	<p>The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. For generations, the Clark family of Frankford, DE has shown tremendous support of one another as members faced hard times with tender loyalty. "Our American Family: The Clarks" traces the lives of this African-American family with seven children as they employed humor, resourcefulness and respect for all through the Depression, WWII, and racial tension.</p>					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#106H
	<p>So much is passed down from generation to generation - but it sometimes takes time for the next generation to recognize how the past affects their own lives. Hearing their family history shows three generations of the Abercia family how values are passed down from their forebears. Chef Ali El Sayed's son Esmaeel is just beginning to understand how his father's Egyptian heritage fits in with his own identity as a native-born American living in ethnically diverse Queens, and the family recipes Kamal Al-Faqih learned from his mother led him to his calling as a chef and cookbook author.</p>					
05:00:00	Closer to Truth Time at Sea	EPS	(S)	(CC)	N/A	#1101H
	<p>Is time the ultimate stage on which all events play? Some physicists and philosophers say No-time is an Illusion; time is not real. How can that be?</p>					
05:30:00	Innerviews with Ernie Manouse Thomas Haden Church	NETA	(S)	(CC)	N/A	#1313H
	<p>Actor Thomas Haden Church looks back at his years on "Wings," his Academy Award nominated turn in "Sideways," and the time he spent with Marlon Brando.</p>					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1928
08:00:00	Bug Bites A Louse in the House	APTEX	(S)	(CC)	DVI	#113H
	<p>Andrew Lice Clay shows up one day in class. Gilbert is immediately taken by the guest, and invites him to stay. But Adam suspects Andrew may be looking for a new home, on the scalp of a child. Upon getting to know the louse, we explore what these insects look for in potential homes, and what can be done to limit an outbreak. In addition to learning about the countless applications for treating lice, we are reminded that everyone is susceptible to these insects, and should not feel ashamed when they appear.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Hunchback's Tale/Agrabroka "Hunchback's Tale" - Everyone thinks they were responsible for the death of a poor hunchback. The truth is far stranger than they imagined. "Agrabroka" - A bag of gold makes its way through an entire town and changes the lives of everyone there.	NETA	(S)	(CC)	DVI	#105H
09:00:00	Functional Fitness with Suzanne Andrews Better Balance	ACCES		(CC)	N/A	#109H
09:30:00	Classical Stretch: By Essentrics Weight Loss Workout In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.	APTEX	(S)	(CC)	DVI	#1128H
10:00:00	Sit and Be Fit Facial Exercises Facial exercises are important because they increase sensory awareness in mouth and encourage facial expression. These exercises are essential for anyone experiencing neurological challenges.	NETA	(S)	(CC)	N/A	#1210H
10:30:00	It's Sew Easy Cosplay Many people who never sewed before are sewing spectacular costumes for cosplay events. Rebecca Kemp Brent, sewing educator, shows how to make a Renaissance-inspired suit of armor from a sweatshirt and designer Angela Wolf adds top-stitching for fashion effects. Cheryl Sleboda, costume enthusiast, lights it all up by adding lights to garments, costumes and accessories.	NETA	(S)	(CC)	DVI	#1006H
11:00:00	Knitting Daily What A Heel! Learn a couple of new heel tricks, plus a cool way to stitch toes together on today's show. First, step into sock knitting with author Kate Atherley, who demonstrates different types of heel turns. Then, meet Anne Merrow, editor of Sockupied, in her home studio. Next, its sock maven Andi Smith with easy "after-thought" heels and why they're the perfect solution to seamless sock knitting. Then, Tanis has the tools to step help you into sock knitting with ease. Vickie closes with at tip for putting your toes together with the Kitchener stitch.	NETA	(S)	(CC)	N/A	#1204H
11:30:00	Fons & Porter's Love of Quilting Core Connection Some quilt patterns just speak to us. Someday you know you will have to make one. The Apple Core template makes Core Connection a "snap" to cut, now to polish the curve piecing skill. Patrick Lose and Colleen Tauke will present how to use a template to cut and then piece with accuracy this beautiful quilt.	NETA	(S)	(CC)	N/A	#2702H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6059H
13:00:00	Eat! Drink! Italy! with Vic Rallo Simple Is Key Vic is in San Danielle to visit a prosciutto maker. Vic and Tony Verdoni interview five young women who are helping to redefine the Piemonte area's Barolo wines. Vic makes the classic Mozzarella sandwich.	APTEX	(S)	(CC)	N/A	#301H
13:30:00	Cooking with Nick Stellino Pork Chop & Pineapple Upside-Down Cake Nick visits the butcher shop and the chicken coop and prepares Pork Chops with Apple & Whiskey Sauce and a Pineapple Upside-Down Cake that will rekindle your memory and seduce your palate.	APTEX	(S)	(CC)	N/A	#102H
14:00:00	The Jazzy Vegetarian Portable Picnic Host Laura Theodore prepares a portable picnic lunch. Special guest: Chef Del Sroufe. Menu features "Chickpea and Quinoa Salad in Sweet Pepper Boats." "Marinated Asparagus Salad" adds zing to this traveling menu. For dessert, festive "Date-Nut Lollipops" add a pop of fun and flavor, while homemade 'Ginger Iced Tea' rounds out the meal with frosty freshness.	NETA	(S)	(CC)	DVI	#411H



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14:30:00	New Scandinavian Cooking Northern Sea Passage	APTEX	(S)	(CC)	N/A	#606H
	In this episode, Andreas investigates what the sea and land can offer while travelling north on the Norwegian Coastal Express. Andreas uses food produce he finds along the way, an apple-stuffed roast of lamb in the lush fjords of western Norway, and in the bacalao capital of the north he makes a dish with the dry and salted cod. When everybody is asleep Andreas serves arctic char, a late bite to the crew onboard the ship. On the fields of Troms the day after, he makes a plain potato dish with the taste of autumn and as main dish before arriving in Kirkenes. Andreas makes luxurious dumplings with reindeer meat inspired by the Sami people and the Russian influences of the north east of the country.					
15:00:00	Beads, Baubles and Jewels Metal Stamping and Spiral Wire Wrapping	NETA	(S)	(CC)	N/A	#2104H
	As she crafts a cuff bracelet from metal, author and instructor Lisa Niven Kelly shows how to size, stamp and shape a bracelet for fit and fashion. Inspired by the Spirograph and string art popular in days-gone-by, she creates a beautiful wire-wrapped pendant. In Katie's Beading Lesson, learn to make a leather wrap bracelet.					
15:30:00	Scrapbook Soup Pocket Scrapbooking	NETA	(S)	(CC)	N/A	#502H
	Save special treasures in pockets. Julie Fei-Fan Balzer brushes up page pockets with patterns. May Flaum mixes pockets into traditional pages. Joe Rotella has a stamping tip and Christine Drumheller goes way outside the pockets with embellishments.					
16:00:00	Biz Kid\$ Financial Institutions - All The Same?	APTEX	(S)	(CC)	DVI	#204H
	You can have a savings account in one place, a checking account in another, and you can even bank online. Learn about the services offered by different institutions, including investment houses, stock exchanges, payday loan companies, and more. Visit New York City to see how fashion and finance mix.					
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 Cozy Settings	APTEX	(S)	(CC)	DVI	#1201H
	P. Allen Smith visits Natchez, Mississippi and tours the newly restored Twin Oaks Bed & Breakfast and historic Ravenna House. Allen shares tips on how he decorated his basement to make it cozy, and roasts smores indoors in a fun and safe way. There is also a sneak preview of the Garden Home Challenge!					
17:30:00	Growing A Greener World Rooftop Farming In Nyc (New York City, Ny)	APTEX	(S)	(CC)	N/A	#609H
	Amidst the hustle and bustle, few would guess that sitting high above rush hour traffic are full-production organic farms growing food in only eight to twelve inches of soil on the rooftops of New York City buildings. We visit two such one-acre farms to learn how they are creating a whole new model for locally-grown urban food. But their sky-high gardening techniques aren't exclusive to the Big Apple; they share secrets for duplicating their results anywhere in the world.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13205
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1316H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7140
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#913H
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.					

Thu, Oct 13, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Music Voyager The Bahamas: Raking and Scraping Across The Islands	APTEX	(S)	(CC)	N/A	#607H
	This archipelago of beautiful tropical islands has long appealed to musical explorers in search of sonic treasures. In this episode, they travel to Cat Island in search of the roots of rake and scrape, the local music style Bahamians call their own. After a beach-side performance by traditionalists Bo Hog and the Rooters we head to Grand Bahama in search of Stileet, a new generation rake and scrape singer who is bringing urban attitude to the style. Then they explore the roots of spiritual music in The Bahamas with a fireside performance by multigenerational acapella group The Region Bells. From there, Shabak, the most popular contemporary gospel group in The Bahamas, gives them an uplifting performance in a beautiful 17th century cathedral. Along the way they learn how to carve up a conch, attempt to fish for their supper, and sample the intoxicating drink known as The Gully Wash.					
21:00:00	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.					
22:00:00	Racing to Zero: In Pursuit of Zero Waste	NETA	(S)	(CC)	N/A	#0H
	RACING TO ZERO presents a new way of looking at garbage. Instead of tossing waste into a landfill, what happens when a city treats garbage as a resource? This award-winning, film festival favorite answers this question by taking an upbeat, often humorous inside look at San Francisco's effort to eliminate all garbage going to landfill by the year 2020. As the people of San Francisco approach the last twenty percent of the city's goal, RACING TO ZERO follows the trail of trash behind-the-scenes to determine if zero waste can actually be achieved.					
23:00:00	Leopards Among Us	NETA	(S)	(CC)	N/A	#0H
	This ground-breaking project covers the issues surrounding the survival of the Common Leopard in the Ayubia National Park in Pakistan, where it has come into conflict with the rapidly increasing human population.					
23:30:00	Deosai - The Last Sanctuary	NETA	(S)	(CC)	N/A	#0H
	The Deosai Plateau in Gilgit Baltistan, in northernmost Pakistan, is home to the endangered Himalayan Brown Bear. It is the only sanctuary in the whole of South Asia where the populations are being sustained and are in fact increasing. The Deosai National Park was created to protect the survival of this magnificent species. This film looks at the Park and the hope for the Bears' survival there, but also at the impoverished communities that live nearby and rely on the Parks resources for their own survival. How will man and the Bear reconcile their competing needs so that both can thrive here?					

Fri, Oct 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7140
00:30:00	Native Report	WDSE	(S)	(CC)	DVI	#913H
01:00:00	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.					
01:30:00	Music Voyager The Bahamas: Raking and Scraping Across The Islands	APTEX	(S)	(CC)	N/A	#607H
	This archipelago of beautiful tropical islands has long appealed to musical explorers in search of sonic treasures. In this episode, they travel to Cat Island in search of the roots of rake and scrape, the local music style Bahamians call their own. After a beach-side performance by traditionalists Bo Hog and the Rooters we head to Grand Bahama in search of Stileet, a new generation rake and scrape singer who is bringing urban attitude to the style. Then they explore the roots of spiritual music in The Bahamas with a fireside performance by multigenerational acapella group The Region Bells. From there, Shabak, the most popular contemporary gospel group in The Bahamas, gives them an uplifting performance in a beautiful 17th century cathedral. Along the way they learn how to carve up a conch, attempt to fish for their supper, and sample the intoxicating drink known as The Gully Wash.					
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	Racing to Zero: In Pursuit of Zero Waste	NETA	(S)	(CC)	N/A	#0H
	RACING TO ZERO presents a new way of looking at garbage. Instead of tossing waste into a landfill, what happens when a city treats garbage as a resource? This award-winning, film festival favorite answers this question by taking an upbeat, often humorous inside look at San Francisco's effort to eliminate all garbage going to landfill by the year 2020. As the people of San Francisco approach the last twenty percent of the city's goal, RACING TO ZERO follows the trail of trash behind-the-scenes to determine if zero waste can actually be achieved.					
04:00:00	Leopards Among Us	NETA	(S)	(CC)	N/A	#0H
	This ground-breaking project covers the issues surrounding the survival of the Common Leopard in the Ayubia National Park in Pakistan, where it has come into conflict with the rapidly increasing human population.					
04:30:00	Deosai - The Last Sanctuary	NETA	(S)	(CC)	N/A	#0H
	The Deosai Plateau in Gilgit Baltistan, in northernmost Pakistan, is home to the endangered Himalayan Brown Bear. It is the only sanctuary in the whole of South Asia where the populations are being sustained and are in fact increasing. The Deosai National Park was created to protect the survival of this magnificent species. This film looks at the Park and the hope for the Bears' survival there, but also at the impoverished communities that live nearby and rely on the Parks resources for their own survival. How will man and the Bear reconcile their competing needs so that both can thrive here?					
05:00:00	Closer to Truth What Is Time?	EPS	(S)	(CC)	N/A	#1102H
	To appreciate Time is to touch the texture of reality. Does Time differ from our common perceptions of it? Is Time fixed or flexible?					
05:30:00	Innerviews with Ernie Manouse Martin Sheen and Emilio Estevez	NETA	(S)	(CC)	N/A	#1010H
	After working together in the critically acclaimed films "The War at Home" and "Bobby", Martin Sheen once again acts under his son Emilio Estevez's direction in the movie "The Way". Entertainment is the family business, with Sheen appearing in iconic films like "Apocalypse Now", "The American President", and "The Departed", as well as the Emmy award-winning TV Series "The West Wing." Carving out his own niche, Estevez was an original member of the '80's group of actors known as "The Brat Pack" - starring in such films as "The Outsiders", "St. Elmo's Fire", and "The Breakfast Club" - before evolving into a producer and director of his own projects, such as "Men at Work", "Rated X" and "Culture Clash in AmeriCCa." On this episode of InnerVIEWS, Ernie sits down with Father and Son Hollywood royalty Martin Sheen & Emilio Estevez.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1929
08:00:00	Bug Bites	APTEX	(S)	(CC)	DVI	#114H

Fri, Oct 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights Give Until It Hurts/Ali Baba & The 40 Thieves	NETA	(S)	(CC)	DVI	#106H
	"Give Until It Hurts" - A poor man inherits a large sum of money and is surprised to see all the new friends he suddenly has. In the end, he learns what true friendship means. "Ali Baba & The 40 Thieves" - Ali Baba's town is robbed by the famed forty thieves. When he follows their trail, Ali finds their hidden cave filled with stolen treasure. He takes it back, but he incurs the wrath of their leader, Tabnak the Terrible.					
09:00:00	Functional Fitness with Suzanne Andrews Diabetes	ACCES		(CC)	N/A	#110H
09:30:00	Classical Stretch: By Essentrics Ab & Core Strength Workout	APTEX	(S)	(CC)	DVI	#1129H
	In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.					
10:00:00	Sit and Be Fit We've Gone Country	NETA	(S)	(CC)	N/A	#1211H
	Country music sets the tone and pace for this fun full body workout.					
10:30:00	It's Sew Easy Sewing for People with All Abilities	NETA	(S)	(CC)	DVI	#1007H
	Sometimes we sew to adapt clothing for people with special abilities or sew to help others. Fitting expert Peggy Sagers shares simple techniques to make contemporary fashion comfortable and functional for anyone. Designer Angela Wolf changes the angle of a pocket to update the look. Sewing educator June Mellinger presents easy, meaningful and useful sewing projects to benefit important causes in your community.					
11:00:00	Knitting Daily Stranded Colorwork	NETA	(S)	(CC)	N/A	#1205H
	Today's show highlights stranded color knitting techniques. Learn how to work Fair Isle patterns seamlessly with designer Simona Merchant-Dest. We travel virtually to Iceland to meet Ragga Eriksdotter and spend some Space to Space time from her studio. Then, Kate Gagnon Osborn and Courtney Kelley demonstrate the Swedish technique of Bohus knitting. Next up is products perfect for colorwork with Tanis. And finally, learn how a palette change can make a traditional Fair Isle pattern fashion forward with Vickie.					
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 1	NETA	(S)	(CC)	N/A	#2703H
	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.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6060H
13:00:00	P. Allen Smith's Garden to Table The Rite of Spring	APTEX	(S)	(CC)	DVI	#301H
	Allen is preparing for a fun-filled Spring celebration at the farm. He shows us how to take elements from the garden and the spice rack to make natural Easter egg dyes. He also offers advice on preparing for the celebration days in advance. Plus, we learn how to make mint ice cubes and a delicious Mint Tea Punch. Recipes include a Spring Salad and Walnut Sherry Dressing recipe and a great way to use extra mustard in your fridge to make a lamb rub.					
13:30:00	Mike Colameco's Real Food Fung Tu/Contra	NETA	(S)	(CC)	N/A	#1420H
	We feature 2 new Lower East Side restaurants. At Fung Tu, chef Jonathan Wu is doing a sort of modern Chinese fusion putting out brilliant dishes paired with a well-curated wine courtesy of Jason Wagner. A few blocks north, opened in 2014 Contra was a trailblazer with set \$55 dollar five course tasting menu from chefs Jeremiah Stone and Fabian von Hauske and in 2015 they opened their new wine bar Wildair next door offering small plates and all natural wines by the glass.					
14:00:00	Kitchen Wisdom of Cecilia Chiang Mother Knows Best	APTEX	(S)	(CC)	DVI	#104H
	"In most families in China, father was the boss" Cecilia tells viewers, "but in our family my mother was the boss." Cecilia's mother was very short and plump, loved to eat and was a very good cook. But with 12 children and a husband to feed, she left the cooking to her two chefs who turned out different elaborate lunches and dinners each day-food that can no longer be found, even in China. At the table the mother would go into detail about each dish. Cecilia called upon this knowledge when she opened the first Mandarin restaurant. In this episode, Cecilia cooks with Gary Danko who also learned about food from his mom. In the kitchens of Restaurant Gary Danko, where reservations are coveted like winning lottery tickets, Cecilia and Gary recreate the Mandarin's crispy Szechuan duck and then Gary shows Cecilia his lemon pepper duck breast with confit duck hash.					

Fri, Oct 14, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#225H
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	Scrapbook Soup Titles Titles start the story. Calligrapher Joanne Fink creates luscious lettering and Julie Fei-Fan Balzer shares her favorite title ideas. Christine Drumheller has a tip for making mini-albums and Ashley Horton lets loose with foils and colors to create attention-grabbing titles.	NETA	(S)	(CC)	N/A	#503H
16:00:00	Biz Kid\$ How Credit Affects Your Life Did you know that your credit score could make the difference in whether or not you get into the college of your dreams? Your credit score could even impact whether or not you get the job you're applying for. Join the Biz Kids, and you'll learn about building good credit and how the credit laws affect your life.	APTEX	(S)	(CC)	DVI	#205H
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 Gardens & Art P. Allen Smith shares tips on decorating flower vases, adding garden ornaments to any landscape, and takes us along as he tours the fountains of Tower Grove Park in St. Louis, Missouri, the Monet Garden at the Garfield Park Conservatory in Chicago, and the unique sculptures at the Bernice Gardens in Little Rock, Arkansas. Allen shares the latest progress on the Garden Home Challenge.	APTEX	(S)	(CC)	DVI	#1202H
17:30:00	Growing A Greener World Bringing Bees Back (Skagit Valley, Wa) The humble honeybee plays a critical role in our global ecosystem, and its endangered status threatens the very food chain that humanity depends on for survival. While the plight of the honeybee is still a struggle, more people than ever are stepping up in ways both great and small. From major corporations to individual citizens across the country, see what some are doing to create safer habitats and environments and learn how we can make a difference at home.	APTEX	(S)	(CC)	N/A	#610H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13206
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2422Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7141
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#841H
20:00:00	Song of the Mountains Mayberry Deputy, David Browning/Dry Hill Dragger	NETA	(S)	(CC)	N/A	#1107H
21:00:00	Woodsongs Tom Paxton/Sam Gleaves Tom Paxton is a legendary singer/songwriter. Paxton headed to Greenwich Village in the early '60s, just in time to join Bob Dylan, Dave Van Ronk, Joan Baez and other troubadours who took over coffeehouse stages - and took on the world. Paxton has been raising his rich voice in song ever since, carrying on the folk tradition with passion, wit and grace. He is considered one of the great songwriters of the last century and will be reckoned as one of the greats in this new century, as well. He's celebrating the release of his 62nd (or so) album, Redemption Road. Sam Gleaves was raised in Wythe County in southwest Virginia, where he has sung his entire life. Sam's performances combine traditional ballads, dance tunes, original songs and the stories that surround the music. Sam earned a degree in Folklore from Berea College and has performed throughout the United States and internationally. He's released a debut album of contemporary Appalachian songs called Ain't We Brothers.	NETA	(S)	(CC)	N/A	#1803H

## Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Film School Shorts Aspirations	NETA	(S)	(CC)	N/A	#405H
	At a beach, in the snow, and underwater, stop-motion short Bottle details a transoceanic conversation between two characters via objects in a bottle. Directed by Kirsten Lepore. In Glory Days, Jack, a recovering alcoholic and divorced father of two, has to look after his kids on New Year's weekend. Directed by Benjamin Rutkowski. Then Lea chronicles the life of a delusional actress with an affinity for burning bridges as she struggles to connect with the role that could make her career. Directed by Connor Simpson.					
22:30:00	On Story Planet of the Apes: Reimagining A Sci-Fi Franchise	NETA	(S)	(CC)	N/A	#509H
	Rick Jaffa and Amanda Silver, co-writers of Rise of the Planet of the Apes, discuss reimagining the popular sci-fi franchise and their delicate approach to depicting the protagonist's journey.					
23:00:00	Science Goes to the Movies The Imitation Game and Into The Woods	NETA	(S)	(CC)	N/A	#102H
	The Imitation Game and Into the Woods. With special guest, cryptologist Rosario Genarro, we discuss pattern recognition in the work of both Alan Turing and Stephen Sondheim. Co-hosts: Faith Salie and Dr. Heather Berlin.					
23:30:00	Theater Talk Beautiful	EPS	(S)	(CC)	N/A	#727
	Theater Talk focuses on Broadway's Beautiful - The Carole King Musical. First up, Barry Mann and Cynthia Weil, the husband/wife songwriting team whose early careers in the Sixties are also portrayed in this new show, join co-hosts Michael Riedel and Susan Haskins at the piano to discuss how they came together to write some of the great standards of pop music, a few of which Mann then performs. Next, Tony Award winning lead actress Jessie Mueller discusses playing songwriter Carole King in one of the great performances of the season.					

Sat, Oct 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight	APTEX	(S)	(CC)	N/A	#415H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#841H
01:00:00	Song of the Mountains Mayberry Deputy, David Browning/Dry Hill Dragger	NETA	(S)	(CC)	N/A	#1107H
02:00:00	Woodsongs Tom Paxton/Sam Gleaves	NETA	(S)	(CC)	N/A	#1803H
	Tom Paxton is a legendary singer/songwriter. Paxton headed to Greenwich Village in the early '60s, just in time to join Bob Dylan, Dave Van Ronk, Joan Baez and other troubadours who took over coffeehouse stages - and took on the world. Paxton has been raising his rich voice in song ever since, carrying on the folk tradition with passion, wit and grace. He is considered one of the great songwriters of the last century and will be reckoned as one of the greats in this new century, as well. He's celebrating the release of his 62nd (or so) album, Redemption Road. Sam Gleaves was raised in Wythe County in southwest Virginia, where he has sung his entire life. Sam's performances combine traditional ballads, dance tunes, original songs and the stories that surround the music. Sam earned a degree in Folklore from Berea College and has performed throughout the United States and internationally. He's released a debut album of contemporary Appalachian songs called Ain't We Brothers.					
03:00:00	Film School Shorts Aspirations	NETA	(S)	(CC)	N/A	#405H
	At a beach, in the snow, and underwater, stop-motion short Bottle details a transoceanic conversation between two characters via objects in a bottle. Directed by Kirsten Lepore. In Glory Days, Jack, a recovering alcoholic and divorced father of two, has to look after his kids on New Year's weekend. Directed by Benjamin Rutkowski. Then Lea chronicles the life of a delusional actress with an affinity for burning bridges as she struggles to connect with the role that could make her career. Directed by Connor Simpson.					
03:30:00	On Story Planet of the Apes: Reimagining A Sci-Fi Franchise	NETA	(S)	(CC)	N/A	#509H
	Rick Jaffa and Amanda Silver, co-writers of Rise of the Planet of the Apes, discuss reimagining the popular sci-fi franchise and their delicate approach to depicting the protagonist's journey.					
04:00:00	Science Goes to the Movies The Imitation Game and Into The Woods	NETA	(S)	(CC)	N/A	#102H
	The Imitation Game and Into the Woods. With special guest, cryptologist Rosario Genarro, we discuss pattern recognition in the work of both Alan Turing and Stephen Sondheim. Co-hosts: Faith Salie and Dr. Heather Berlin.					
04:30:00	Theater Talk Beautiful	EPS	(S)	(CC)	N/A	#727
	Theater Talk focuses on Broadway's Beautiful - The Carole King Musical. First up, Barry Mann and Cynthia Weil, the husband/wife songwriting team whose early careers in the Sixties are also portrayed in this new show, join co-hosts Michael Riedel and Susan Haskins at the piano to discuss how they came together to write some of the great standards of pop music, a few of which Mann then performs. Next, Tony Award winning lead actress Jessie Mueller discusses playing songwriter Carole King in one of the great performances of the season.					
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#338
05:30:00	Innovations In Medicine Dangers of Being Overweight, Children & Teen Obesity, Why Diets Fail, Healthy Diets & Foods, Bariatric Surgery.	EPS	(S)	(CC)	N/A	#102H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1930
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Majestic Waterfall	APTEX	(S)	(CC)	N/A	#313H
	Gary paints a dramatic waterfall today. The bold, rich colors of the rocks with their bright accent color are beautiful when painted on the soft, neutral Grey background. The beautiful waterfall splashes down into the stream and is a fun and easy painting.					
08:30:00	Grand View Grand Canyon National Park - North Rim	APT		(CC)	N/A	#201H
	In this episode, Stefan Baumann journeys through one of the world's most famous National Parks and explores its lesser known North Rim. In contrast to it's southern half, this region offers the typical canyon beauty, but also a more lush environ of pine and aspen. Interviews include Chris Parish from The Peregrine/Condor Project, as he discusses the successful reintroduction of the California condor to the canyon; Becky Latanich discusses the region's unique geologic history; and Leigh Kuwanwisiwma, Hopi Native American, shares the history of her people before the region became a National Park. Baumann concludes with a painting of one of the canyon's most breathtaking vistas.					

Sat, Oct 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop James Abbott McNeill Whistler's Venice	NETA	(S)	(CC)	DVI	#205H
	David travels to two iconic Venetian locations that inspired provocative artist James Abbott McNeill Whistler (1834-1903) during his transformative trip in 1879-1880. Whistler's pastels, along with his etchings, brought him increased fame when he returned to London. David demonstrates a pastel drawing using Whistler's techniques and color palette while standing on the Giudecca overlooking the broad panorama of Venice. He then visits the famous Piazza San Marco and completes a quick oil sketch in the twilight, fading rapidly into night.					
09:30:00	Classical Stretch: By Essentrics Increase Balance Workout	APTEX	(S)	(CC)	DVI	#1130H
	In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.					
10:00:00	Sit and Be Fit Don't Forget Your Fingers	NETA	(S)	(CC)	N/A	#1212H
	Paying special attention to the finger joints is important in our quest to stay independent and keep our hands functioning well.					
10:30:00	Wai Lana Yoga Bellows Breath	APTEX	(S)	(CC)	N/A	#516
	Use your breath to achieve peace of mind after an invigorating exercise session that includes yoga splits.					
11:00:00	Delicious TV's Vegan Mashup Fast Food Magic	NETA	(S)	(CC)	DVI	#302H
	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.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Ceviches Gone Wild	APTEX	(S)	(CC)	N/A	#1104H
	The fertile waters of the Caribbean Sea provide exquisitely fresh fish, a bounty perhaps best translated on the plate through ceviche. Or sometimes you don't even need a plate, like when Rick and chef Juan Pablo Loza make a ceviche of freshly caught lobster on a boat in the Sian Ka'an nature reserve. At Catch, the Thompson Hotel's swanky rooftop restaurant in Playa del Carmen, chef Pedro Abascal teaches how to make a Peruvian-inspired mandarin, carrot, habanero and ginger ceviche with leche de tigre broth. Then, it's off to nearby Axiote with chef Xavier Perez Stone, who shows Rick how to make outrageously good coconut-shrimp ceviche. A delightful ferry ride brings Rick to picturesque Isla Mujeres, where young chef Diego Lopez builds an absolute stunner of a dish, a ceviche of pargo with an herby green "mojito" broth. At Rick's new Chicago restaurant, Lena Brava, he makes a deceptively simple aguachile in a cocktail shaker and teaches how to make a "Bloody Maria" coctel, complete with a spicy salt rim.					
12:00:00	Lidia's Kitchen	APTEX	(S)	(CC)	N/A	#401H
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#405H
13:00:00	Expeditions with Patrick Mcmillan The Trans-Pecos - A Changing Landscape	APTEX	(S)	(CC)	N/A	#304H
	Change is an integral part of the world and the world appears to be getting a little riskier. Climate is volatile and change in the past has led to the world we live in today. Join Patrick as he continues to explore the Mexican border region of the Trans Pecos a land marked with change.					
13:30:00	In The Americas with David Yetman	APTEX	(S)	(CC)	N/A	#508H
14:00:00	Rick Steves' Europe	APTEX	(S)	(CC)	N/A	#901H
14:30:00	Journeys In Africa Kruger - Hunt for the Cheetah	NETA	(S)	(CC)	N/A	#211H
	In all previous shows, only glimpses of this Big Twelve member was seen. Here at Kruger, we get up close to this shy cat before heading out of the park and visiting a special research and breeding center dedicated to the cheetah.					
15:00:00	Garden Smart	NETA	(S)	(CC)	N/A	#4402H
	Color and texture are important considerations when choosing plants. GardenSMART visits with a great plantsman, who discusses what he looks for when choosing plants. Great ideas, a great show, be sure to tune in.					



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Chefs A' Field Blueberry Bombshells	APTEX	(S)	(CC)	N/A	#203H
	Exploding Oregon Blueberries Blast the Taste Buds. Chef Vitaly Paley: Paley's Place - Portland, OR World-renowned Portland, Oregon, chef Vitaly Paley is a James Beard Foundation Award winner whose menu is inspired by the bounty of the Pacific Northwest. In search of the perfect berry, he lands in a blueberry patch where frolicking farm kids explain how to pick the prized fruit. With kids in tow, Chef Paley heads back to the kitchen to create dishes starring the blueberry. Recipes: Summer Blueberry Salad with Cascade Greens & Flowers; Blueberry Muffins a la Kuchen.					
16:00:00	Maria Hinojosa: One-On-One Enrique Caballero and Misty Anaya	APTEX	(S)	(CC)	N/A	#403Z
	The diagnosis of children and teens in the United States with type 2 diabetes has skyrocketed over the last 20 years, with Latinos, African Americans, and Native Americans especially at risk. Maria Hinojosa talks with Dr. Enrique Caballero, director of the Joslin Latino Diabetes Initiative at the Joslin Diabetes Center in Boston, and Misty Anaya, an 18- year-old diagnosed with type 2 diabetes at age 12.					
16:30:00	Overheard with Evan Smith	NETA	(S)	(CC)	N/A	#701H
17:00:00	Pen Voice David "T" Taufouu and Pitu Mahoni	PENTV	(S)	(N)	N/A	#240H
	Host Dani Gasparini talks with David "T" Taufouu, Foudler & Executive Director of LEMO Foundation, and Pitu Mahoni, Founder of Haka Bros. & LEMO Playmaker, Class of 2016.					
17:30:00	Craftsman's Legacy The Flute Maker	APTEX	(S)	(CC)	N/A	#307H
	Geri Littlejohn has been making Native American style flutes for more than 20 years. Host Eric Gorges and Geri start with a simple piece of bamboo and end with what she likes to call a "sacred musical gift of art."					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3441
18:30:00	The Open Mind Generation of Knowledge	NETA		(CC)	N/A	#3709H
	GUEST: Lila Tretikov. Lila Tretikov, former executive director of the Wikimedia Foundation, talks about learning in the digital age.					
19:00:00	Closer to Truth What Is Time?	EPS	(S)	(CC)	N/A	#1102H
	To appreciate Time is to touch the texture of reality. Does Time differ from our common perceptions of it? Is Time fixed or flexible?					
19:30:00	Piano Guy	NETA	(S)	(CC)	N/A	#1302H
	Host Scott Houston and guests show viewers how to play Hoagy Carmichael's "The Nearness of You" and the signature intro from Bruce Hornsby's "That's Just The Way It Is." Featured guests are Bradley Sowash, David Tolley and Dave Powers.					
20:00:00	Infinity Hall Live Jackie Greene	APTEX	(S)	(CC)	N/A	#408H
	Jackie Green weaves into his lyrics and guitar playing influences from blues, rock, soul and folk. He boasts music in the Oscar-winning Brokeback Mountain, has participated in multiple tours alongside Phil Lesh, Joan Osborne, and Steve Gorman. He spent some time as a member of The Black Crowes and played alongside Levon Helm at many of his famed Midnight Rambles. This singer, songwriter, bandleader and multi-instrumentalist shares music from his eighth album, Back To Birth, and other Jackie Green favorites like "Honey I Been Thinking About You" and "Gone Wanderin".					
21:00:00	Front and Center The Rides	APTEX	(S)	(CC)	N/A	#507H
	Made up of two-time Rock and Roll Hall of Famer Stephen Stills (Crosby, Stills & Nash), five-time Grammy-nominated singer, guitarist and songwriter Kenny Wayne Shepherd and famed Chicago rock/blues keyboardist Barry Goldberg (Electric Flag), The Rides performs songs from their Top 40 debut album Can't Get Enough. Recorded at The Iridium in New York City.					
22:00:00	Globe Trekker Caribbean Islands: St. Lucia, Martinique	APTEX	(S)	(CC)	N/A	#1528H
	Zoe Palmer visits the spectacularly beautiful islands of St Lucia, Martinique and Montserrat. Surrounded by stunning rainforests, mountains and volcanoes with a hybrid of English, African and French heritage, these islands deserve their reputation as one of the top vacation spots in the world.					

Daily Program Listing II

43.1

Date: 08/31/2016

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Sat, Oct 15, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Arts In Context Home	NETA		(CC)	N/A	#702H
	Exploring the profound impact of African diaspora around the world, photographers Hakeem Adewumi and Moyo Oyelola create connections with their highly personal art. Their exhibits take a global tale and make it feel like home.					
23:30:00	This American Land America's Wildest Secret, Sage Advice for Sage Lands, An Ill Wind, Protecting A	NETA	(S)	(CC)	N/A	#501H
	America's Wildest Secret - On a rafting adventure down the Etivluk River in Alaska's National Petroleum Reserve, a group of conservationists see first-hand why this immense landscape deserves protection as wilderness, despite its misleading name. Sage Advice for Sage Lands - Development, invasive species and fire are degrading Western sagebrush habitat that is critical for the greater sage-grouse and other wildlife. An Ill Wind - A coal-fired power plant Nevada produces coal ash that blows across the Moapa Indian Reservation, causing sickness and misery for the people who live there (co-produced with Earthjustice). Protecting A Secretive Cat (Science Nation) - To assist in conserving the vast range of California's mountain lions, researchers use biology and computer science to better understand the movements of the majestic cats, resulting in benefits for humans as well.					

Sun, Oct 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is Time?	EPS	(S)	(CC)	N/A	#1102H
	To appreciate Time is to touch the texture of reality. Does Time differ from our common perceptions of it? Is Time fixed or flexible?					
00:30:00	Piano Guy	NETA	(S)	(CC)	N/A	#1302H
	Host Scott Houston and guests show viewers how to play Hoagy Carmichael's "The Nearness of You" and the signature intro from Bruce Hornsby's "That's Just The Way It Is." Featured guests are Bradley Sowash, David Tolley and Dave Powers.					
01:00:00	Infinity Hall Live Jackie Greene	APTEX	(S)	(CC)	N/A	#408H
	Jackie Green weaves into his lyrics and guitar playing influences from blues, rock, soul and folk. He boasts music in the Oscar-winning Brokeback Mountain, has participated in multiple tours alongside Phil Lesh, Joan Osborne, and Steve Gorman. He spent some time as a member of The Black Crowes and played alongside Levon Helm at many of his famed Midnight Rambles. This singer, songwriter, bandleader and multi-instrumentalist shares music from his eighth album, Back To Birth, and other Jackie Green favorites like "Honey I Been Thinking About You" and "Gone Wanderin".					
02:00:00	Front and Center The Rides	APTEX	(S)	(CC)	N/A	#507H
	Made up of two-time Rock and Roll Hall of Famer Stephen Stills (Crosby, Stills & Nash), five-time Grammy-nominated singer, guitarist and songwriter Kenny Wayne Shepherd and famed Chicago rock/blues keyboardist Barry Goldberg (Electric Flag), The Rides performs songs from their Top 40 debut album Can't Get Enough. Recorded at The Iridium in New York City.					
03:00:00	Globe Trekker Caribbean Islands: St. Lucia, Martinique	APTEX	(S)	(CC)	N/A	#1528H
	Zoe Palmer visits the spectacularly beautiful islands of St Lucia, Martinique and Montserrat. Surrounded by stunning rainforests, mountains and volcanoes with a hybrid of English, African and French heritage, these islands deserve their reputation as one of the top vacation spots in the world.					
04:00:00	Arts In Context Home	NETA		(CC)	N/A	#702H
	Exploring the profound impact of African diaspora around the world, photographers Hakeem Adewumi and Moyo Oyelola create connections with their highly personal art. Their exhibits take a global tale and make it feel like home.					
04:30:00	This American Land America's Wildest Secret, Sage Advice for Sage Lands, An Ill Wind, Protecting A	NETA	(S)	(CC)	N/A	#501H
	America's Wildest Secret - On a rafting adventure down the Etivluk River in Alaska's National Petroleum Reserve, a group of conservationists see first-hand why this immense landscape deserves protection as wilderness, despite its misleading name. Sage Advice for Sage Lands - Development, invasive species and fire are degrading Western sagebrush habitat that is critical for the greater sage-grouse and other wildlife. An Ill Wind - A coal-fired power plant Nevada produces coal ash that blows across the Moapa Indian Reservation, causing sickness and misery for the people who live there (co-produced with Earthjustice). Protecting A Secretive Cat (Science Nation) - To assist in conserving the vast range of California's mountain lions, researchers use biology and computer science to better understand the movements of the majestic cats, resulting in benefits for humans as well.					
05:00:00	California's Golden Parks Alcatraz Gardens	KCET		(CC)	N/A	#158
	There have been gardens on the island of Alcatraz since the days of the Civil War. People have always found a way to coax things of beauty from this windswept and desolate place. Inmates of the "Rock" found it especially nice to get out in the fresh air and tend to the gardens. After many years for neglect, the Gardens Conservancy and the Golden Gate National Recreation Area have begun a multi million-dollar restoration of the gardens. Huell gets a special look at this almost forgotten part of our history.					
05:30:00	Moneywise with Kelvin Boston One-On-One Economic Special	APTEX	(S)	(CC)	DVI	#812H
	Host Kelvin Boston interviews two leaders from the U.S. Small Business Administration, including deputy director Marie Johns.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1931
08:00:00	Gary Spetz's Watercolor Quest Kenai Fjords to Denali	APTEX	(S)	(CC)	N/A	#110H
	Host-Artist, Gary Spetz, sails aboard an excursion boat and "rides the rails" of the Alaska Railway to explore, photograph and paint Alaska-from dramatic Kenai Fjords National Park to the towering giant of Denali National Park. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Rearing Horse Part II	NETA	(S)	(CC)	N/A	#1608H
09:00:00	Wyland's Art Studio Bengal Tiger	APTEX		(CC)	N/A	#501H
	The dramatic markings of wild animals offer a perfect study of contrast. Arranging different colors, shades and textures against each other appeals to our natural love of contrast and adds a heightened element of drama. Artists may use contrast of hue, which is simply a color that has not been diluted. Contrast of value is the range of lightness versus darkness of certain colors. Occasionally, in oil painting, artists will paint entirely in shades of grey. This is the oil equivalent of a tonal drawing. A strong tonal drawing almost always leads to a strong painting. Artists such as Degas understood the effectiveness of color contrast. Wyland explores contrasting shades in this painting of a Bengal Tiger.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderizing Your Core	APTEX	(S)	(CC)	DVI	#901H
10:00:00	Sit and Be Fit Vestibular System	NETA	(S)	(CC)	N/A	#1213H
	Mary Ann challenges your vestibular system with a fun ball routine and other functional movements set to jazz music.					
10:30:00	Power Yoga: Mind and Body Forward Folds - Version Two	APTEX	(S)	(CC)	N/A	#129
	With Paschimottanasana, Upavishta Konasana, Janu, Triang, cow face, Double pigeon.					
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#229H
11:30:00	New Orleans Cooking with Kevin Belton Thanksgiving	APTEX	(S)	(CC)	N/A	#120H
	Stuffed mirlitons, Cajun turkey and dirty rice.					
12:00:00	Ciao Italia Heavenly Sweets/Dolci Celesti	NETA	(S)	(CC)	N/A	#2607H
	Father Jonathan DeFelice is a college president who loves to cook. Mary Ann joins him in the St. Anselm College's monastery kitchen to prepare two childhood favorites. First it's Struffoli, deep-fried, honey-coated sweet dough balls, dusted with hundreds-of-thousands. Then Mary Ann prepares crispy, deep-fried, sugar dusted Cenci. Let us give thanks.					
12:30:00	Martin Yan's Taste of Vietnam The Fruit of Dragons	APTEX	(S)	(CC)	N/A	#126H
	Dragon fruit is a colorful and tasty treat that is prized all over Asia. Martin visits one of the largest dragon fruit farms in Vietnam to learn all about this exotic fruit. From a local chef he learns how versatile dragon fruit can be by staging an entire banquet using dragon fruit as a central ingredient. Recipes: Shrimp & Fruit Salad for the Dragons, Vietnamese-Inspired Duck Cassoulet.					
13:00:00	Bare Feet with Mickela Mallozzi Waltzing In Vienna (Vienna, Austria)	APTEX	(S)	(CC)	DVI	#108H
	The world-renowned ball season in Vienna, Austria emulates the ostentatious lifestyle of the 18th & 19th century imperial family, the House of Habsburg, with its traditional Viennese waltzes. Mickela dons a gown in celebration while also learning the knee-slapping traditions of Schuhplattler in the hills of Steiermark!					
13:30:00	Travel Detective with Peter Greenberg Egypt Tourism	NETA	(S)	(CC)	DVI	#208H
	In 2011, there was the Arab Spring, a revolution in Egypt that was quickly followed by the Arab Winter. Travel and tourism flatlined in the country. CBS News Travel Editor Peter Greenberg explains how this impacted Egypt and, more importantly, how does that impact you as travelers? Plus, Peter reveals his hidden gems of Baja California, with an insider's look at experiences in Mexico no one knows about, from wine, to cheese, to horseback riding. None of which is in the brochures! And, Travel Weekly Editor In Chief Arnie Weissman introduces us to some alternatives to staying in hotels. They include parked jumbo jets converted into overnight accommodations, abandoned missile silos, and a building crane suspended 500 feet in the air!					
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#227H

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Sun, Oct 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Burt Wolf: Travels & Traditions It's A Good Thing When Burt started traveling around the world, the hotels, restaurants, airlines, and just about every other business he encountered had been started by a man, today, half the businesses he deals with were put together by entrepreneurial women and as Martha Stewart would say, "That's a good thing". In this program Burt travels around looking at the tradition of women entrepreneurs.	APTEX	(S)	(CC)	N/A	#1506H
15:00:00	American Woodshop Victorian Hall Tree Recreating turned spindles and finials to build a 1910 heirloom. Turning tips for every skill level.	NETA	(S)	(CC)	N/A	#2301H
15:30:00	Rough Cut - Woodworking with Tommy Mac Master Showcase with David Marks This week on Rough Cut Woodworking with Tommy Mac, we head to beautiful Santa Rosa, California to meet up with master woodworker David Marks as part of our Master Showcase Series. Spending the entire episode in his shop, we learn how former television host and wood turner David Marks makes his spectacular turned hollow wooden vessels. This week's project is made from maple burl, poplar, and ebony and accented with gold leaf.	APTEX	(S)	(CC)	N/A	#601H
16:00:00	Happy Yoga with Sarah Starr Beach Cove Relax and rejuvenate amid the tranquil beach setting, drawing in calm, soothing energy from the ocean waves as we focus on seated postures to strengthen the legs while opening the hips, combined with upper body moves to stretch the shoulders and chest using a chair for support.	NETA	(S)	(CC)	N/A	#303H
16:30:00	Second Opinion Sudden Cardiac Arrest In Young Athletes Patient Story: Sudden cardiac arrest is usually caused by an electrical disturbance in the heart, and leads to a sudden loss of heart function, breathing and consciousness. Nine out of 10 people who experience sudden cardiac arrest, die from it. Fortunately, star basketball player Mike Papale survived because of the quick reaction of an EMT, who immediately initiated CPR and the chain of survival. Mike and his Mom, Joan, share their story of survival and living through the aftermath of sudden cardiac arrest in young athletes. Second Opinion 5: Five things to know about sudden cardiac arrest.	APTEX	(S)	(CC)	N/A	#1207H
17:00:00	Natural Health Breakthroughs with Brenda Watson Fermentation What is it, and why it is important to our overall health.	EPS	(S)	(CC)	N/A	#103H
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#603H
18:00:00	California's Gold Vincent Price Art Museum Huell tours the Vincent Price Art Museum, which opened in May 2011 at East Los Angeles College in Monterey Park. The museum contains 9,000 items, many of which were donated by the late actor. Victoria Price leads the tour of her father's vast collection of fine art and shows why this gallery is one of Los Angeles's best kept secrets. We also look back at Huell's original 1989 'Videolog' interview with Vincent Price himself.	KCET	(S)	(CC)	N/A	#13012Z
18:30:00	Curious Traveler Curious About - Asheville, North Carolina Why is there a French Loire Valley castle in the middle of the American Deep South? Did you know that the name "Biltmore" is completely made up? Why did the architects of the Statue of Liberty, the New York Subway and Central Park put their stamp on this small town? Why did Henry Ford, F. Scott Fitzgerald and Thomas Edison all stay in a hotel where it looks like the roof is melting? And how did Scots-Irish immigrants create American country music?	APTEX	(S)	(CC)	N/A	#105H
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#134H
19:30:00	The Kamla Show Special Amy Love Host Kamla interviews Amy Love, Chief Marketing Officer for Violin Memory (VMEM) and Founder of Real Sports Magazine.	KAMLA	(S)	(CC)	N/A	#116H

Sun, Oct 16, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	On Thin Ice: The People of the North	NETA	(S)	(CC)	N/A	#0H
	<p>The people of the Arctic are among the first on Earth to experience the direct impacts of global warming, and it was their compelling stories that prompted CCTV America to produce a new documentary about the repercussions of climate change on the people, land, and wildlife of the Arctic. Reporter Sean Callebs and photographer Andrew Smith spent three months in the Arctic, documenting the changes in the region for the original documentary. "About four million people live above the Arctic... which is a very small percentage of the Earth, but 30 percent of the world's natural resources could be above that imaginary line," Callebs said "People are going to go after those natural resources." "They worried about invasive species and the passage isn't charted at all. Now you have ships going out there and there is massive potential for collision." Callebs said. "If cruise ships now want to go there what will happen? You're talking about a huge potential for disaster." The documentary observes how ships are navigating the Northwest Passage, a new sea route known as "Panama Canal North" that connects the Atlantic and Pacific Oceans through the Arctic and was made possible through climate change, and how this could impact the people and wildlife that live there. Callebs and Smith also document the struggles that native communities face as they sit on the nexus of tradition and change. In visits to cites, towns and villages in Alaska and Canada, they interviewed residents who can no longer practice traditional hunting due to the rapid rate of sea ice melts and thinning ice.</p>					
21:00:00	West of the West: Tales from California's Channel Island Return	KNME	(S)	(CC)	DVI	#103H
	<p>"The Doctor and the Rock Star" documents the improbable friendship between Carey Stanton, owner of Santa Cruz Island (the largest of the eight) and musician Joe Walsh. Walsh, for over three decades, has quietly helped lead efforts to preserve the island. "Cache" reveals more information about The Lone Woman of San Nicolas Island. In this episode, the story is about discovery of a cave in which she lived and of two caches of items, buried in sand, believed to have been assembled by her while she lived alone on the island from 1835 to 1853. "Restoration" covers several aspects of efforts to restore the islands to their condition before settlers arrived in the 1800's. Recovery of the bald eagle and island fox are two examples, along with the creation of a National Park and National Marine Sanctuary. "Dark Water" is about today's descendants of Island Chumash (covered in program 101) relearning how to build ancient watercraft, which they use in their annual paddle across dangerous channel waters to a ceremony on Santa Cruz Island.</p>					
22:00:00	The Smartest Team: Making High School Football Safer	NETA	(S)	(CC)	N/A	#0H
	<p>The Smartest Team begins where other concussion documentaries leave off, not simply identifying the risks concussions pose in football, but offering high school programs across the country specific ways to minimize risks. The documentary shows how a team of experts, working with an Oklahoma high school football team, is able to reduce its concussion rate by 75% in just one season. Through candid interviews of parents, players, the high school athletic trainer and team doctor, and leading national concussion experts, The Smartest Team acknowledges the serious challenge concussions pose to the game but provides concrete steps high school football programs can take play safer by playing smarter.</p>					
23:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
	<p>CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.</p>					

Mon, Oct 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#134H
00:30:00	The Kamla Show Special Amy Love Host Kamla interviews Amy Love, Chief Marketing Officer for Violin Memory (VMEM) and Founder of Real Sports Magazine.	KAMLA	(S)	(CC)	N/A	#116H
01:00:00	On Thin Ice: The People of the North The people of the Arctic are among the first on Earth to experience the direct impacts of global warming, and it was their compelling stories that prompted CCTV America to produce a new documentary about the repercussions of climate change on the people, land, and wildlife of the Arctic. Reporter Sean Callebs and photographer Andrew Smith spent three months in the Arctic, documenting the changes in the region for the original documentary. "About four million people live above the Arctic... which is a very small percentage of the Earth, but 30 percent of the world's natural resources could be above that imaginary line," Callebs said "People are going to go after those natural resources." "They worried about invasive species and the passage isn't charted at all. Now you have ships going out there and there is massive potential for collision." Callebs said. "If cruise ships now want to go there what will happen? You're talking about a huge potential for disaster." The documentary observes how ships are navigating the Northwest Passage, a new sea route known as "Panama Canal North" that connects the Atlantic and Pacific Oceans through the Arctic and was made possible through climate change, and how this could impact the people and wildlife that live there. Callebs and Smith also document the struggles that native communities face as they sit on the nexus of tradition and change. In visits to cites, towns and villages in Alaska and Canada, they interviewed residents who can no longer practice traditional hunting due to the rapid rate of sea ice melts and thinning ice.	NETA	(S)	(CC)	N/A	#0H
02:00:00	West of the West: Tales from California's Channel Island Return "The Doctor and the Rock Star" documents the improbable friendship between Carey Stanton, owner of Santa Cruz Island (the largest of the eight) and musician Joe Walsh. Walsh, for over three decades, has quietly helped lead efforts to preserve the island. "Cache" reveals more information about The Lone Woman of San Nicolas Island. In this episode, the story is about discovery of a cave in which she lived and of two caches of items, buried in sand, believed to have been assembled by her while she lived alone on the island from 1835 to 1853. "Restoration" covers several aspects of efforts to restore the islands to their condition before settlers arrived in the 1800's. Recovery of the bald eagle and island fox are two examples, along with the creation of a National Park and National Marine Sanctuary. "Dark Water" is about today's descendants of Island Chumash (covered in program 101) relearning how to build ancient watercraft, which they use in their annual paddle across dangerous channel waters to a ceremony on Santa Cruz Island.	KNME	(S)	(CC)	DVI	#103H
03:00:00	The Smartest Team: Making High School Football Safer The Smartest Team begins where other concussion documentaries leave off, not simply identifying the risks concussions pose in football, but offering high school programs across the country specific ways to minimize risks. The documentary shows how a team of experts, working with an Oklahoma high school football team, is able to reduce its concussion rate by 75% in just one season. Through candid interviews of parents, players, the high school athletic trainer and team doctor, and leading national concussion experts, The Smartest Team acknowledges the serious challenge concussions pose to the game but provides concrete steps high school football programs can take play safer by playing smarter.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Concussion: Answers in the Blood? CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Closer to Truth Why Believe In God? This is personal. Why should I want to believe in God? Is belief a circular path of self-deception? Or the shortest route to bedrock reality?	EPS	(S)	(CC)	N/A	#1103H
05:30:00	Innerviews with Ernie Manouse Eva Marie Saint Saint began her career in early television and then found success on the Broadway stage, but it is her work in film that we best know her for today. From two classic films, North by Northwest and On the Waterfront, to the more recent Superman Returns, she continues to work as she nears her 90th birthday. On this episode of InnerVIEWS with Ernie Manouse, our conversation with Academy Award winning actress, Eva Maria Saint.	NETA	(S)	(CC)	N/A	#1106H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1932

Mon, Oct 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Bug Bites	APTEX	(S)	(CC)	DVI	#115H
08:30:00	1001 Nights Keeping Up with the Jinns/King for a Day "Keeping Up With The Jinns" - A man stumbles across a bottle and a lamp in the middle of the desert. When he opens them, two genies appear who hate each other. "King For a Day" - A man brags that he could run things better if he were in charge. He gets his chance.	NETA	(S)	(CC)	DVI	#107H
09:00:00	Functional Fitness with Suzanne Andrews Healthy Back	ACCES		(CC)	N/A	#111H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize The Saddle Bags	APTEX	(S)	(CC)	DVI	#922H
10:00:00	Sit and Be Fit Breathing By toning and stretching muscles around the ribcage and practicing good breathing technique viewers learn how to get the most out of each breath.	NETA	(S)	(CC)	N/A	#1214H
10:30:00	It's Sew Easy Stepping Out On your journey toward sewing, release your inner designer. Joanne Banko, sewing and embroidery educator, creates a sharp Western-inspired jacket. Angela Wolf shares couture tips for belts and embroidery expert Rebecca Kemp Brent customizes embroidery to make badges, patches and insignias for costumes or jackets and hats.	NETA	(S)	(CC)	DVI	#1008H
11:00:00	Knitting Daily Creature Cuteness Learn to knit and crochet in 3-D to make stuffed creatures that are full of personality. First, Rebecca Danger shows that getting a great looking monster or toy depends on good finishing. Then, we'll connect Space to Space with Allison Hoffman and learn why crafty is cool. Next, is Tanis with Tools of the Trade. Then, learn about toys that transform with creature-creator Susan B Anderson. And Vickie has a last tip to wrap up the show.	NETA	(S)	(CC)	N/A	#1206H
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 2 Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Farmer's Daughter Block made by Marianne and the Sun Rays Block made by Liz Porter.	NETA	(S)	(CC)	N/A	#2704H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6061H
13:00:00	America's Test Kitchen from Cook's Illustrated Why Not Add Wine? Test cook Bridget Lancaster reveals the secrets to making the best coq au riesling at home. Next, gadget guru Lisa McManus uncovers the best waiter's corkscrews. Finally, test cook Julia Collin Davison shows host Christopher Kimball how to make the ultimate Tuscan-style beef stew.	APTEX	(S)	(CC)	N/A	#1608H
13:30:00	Pati's Mexican Table Merida - Exploring with the Locals The Yucatan Peninsula is known for its vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food. With the help of local friends and chefs, Pedro Evia and David Cetina, Pati gets an inside look at Merida, the capital of Yucatan. Pati explores the forefronts of molecular gastronomy, botanas "bar snacks" like chaya empanadas filled with gooey Edam cheese at a cantina, family classics like mondongo stew at the market, and even foreign influences like Kibi. One thing is for sure, Merida is a food-lovers city.	APTEX	(S)	(CC)	N/A	#501H
14:00:00	Kevin Dundon's Back to Basics Sauces Getting the basic sauces right to transform any dish; a visit to the Anthenry Cattle Mart to learn the history of beef production in Ireland. Recipes include: Basic Roux; Chicken Blanquette; Mayonnaise/Coleslaw; Salad Vinaigrette; Courgette & Feta Pasta Salad; Tomato Sauce; and Beef Lasagne.	APTEX	(S)	(CC)	N/A	#103H



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14:30:00	Steven Raichlen's Project Smoke Asian Smoke	APTEX	(S)	(CC)	N/A	#203H
	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.					
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	Scrapbook Soup Family	NETA	(S)	(CC)	N/A	#504H
	Sweeten favorite family photos. Cheryl Boglioli goes beyond the frame by adding tags to framed photos and then shares a special tip. Ashley Horton creates a fun page for her sister. Amy Tan preserves special family memories with artistic techniques the whole family can enjoy together.					
16:00:00	Biz Kid\$ The Art of Negotiation	APTEX	(S)	(CC)	DVI	#206H
	Discover strategies for effective negotiations with your parents, teachers, friends, siblings, and bosses. Even if you are simply working out the shared schedule with your brother to walk the dog, you'll find out how to achieve your goals and arrive at a winning solution for everyone. Discover the success of teens who run "Grand Slam Garage Sales" and another young man who sells movie memorabilia online.					
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 Colorful Spaces	APTEX	(S)	(CC)	DVI	#1203H
	P. Allen Smith celebrates different seasons at Moss Mountain Farm with a lesson on growing tulips, using bold colors to make a huge impact on a garden room, and tips to harmonize color with summer flowering bulbs. On the road, Allen tours The Kauffman Memorial Gardens in Kansas City, Missouri. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Annie's Annuals: Preserving Horticultural Diversity (San Francisco, Ca)	APTEX	(S)	(CC)	N/A	#611H
	Annie's Annuals and Perennials is a small retail nursery specializing in growing plants that large commercial operations have long since passed over. Adding these rare and heirloom plants to our own garden adds beauty but also preserves the species for the future. Learn about green practices like biodegradable plant labels, recycling programs, and eco-friendly growing techniques, and then hit the kitchen with your favorite heirloom tomatoes for a spicy gazpacho.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13207
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#103H
	Ursula Chiang, Documentarian/Filmmaker discusses her film "Nine Man Volleyball" which looks at the history of a game traditionally played by immigrants; Reporter: Kyung Yoon covers the business of child models and interviews two sister models, Emilie and Alexandra Su, and Marlene Wallach, President of Wilhelmina. "Finding Samuel Lowe Book and Documentary" - Reporter: Mike Gilliam talks to Paula Madison, Author of "Finding Samuel Lowe" and Former NBC News Vice President. Together they trace her bi-racial roots from the Caribbean Islands to China. Paul Lin reports on Elena Moon Park, artist of "Rabbit Days & Dumplings," an Asian Kids Folk music and best-selling album.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7142
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1241H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#303H
21:00:00	Backstage Pass Sugar Ray and the Bluetones	NETA	(S)	(CC)	N/A	#503H
	Sizzling blues harp from the legendary Sugar Ray. Recorded live at Lansing BluesFest 2013 in historic Old Town Lansing.					

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Mon, Oct 17, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Austin Revealed: El Despertar	NETA	(S)	(CC)	N/A	#0H
	Explore the struggle of the Chicano movement as the Mexican-American community in Austin, TX unites to fight for quality education, equal representation, and respect for their diverse culture. Through first person interviews, hear how these individuals placed the goals of the community first and made a lasting impact through empowerment, sacrifices, accomplishments and failures.					
23:00:00	Count Me In	NETA	(S)	(CC)	N/A	#0H
	At a time when voter frustration is mounting, there's finally a good news story about money and voting: COUNT ME IN highlights an innovative experiment in direct democracy that gives ordinary Chicagoans direct say over local public projects and monies. Pioneered in Chicago, participatory budgeting is rapidly spreading across the country and even the White House recently made it one of its key recommendations for open government. The first in-depth documentary about this burgeoning national movement, COUNT ME IN tells the compelling character-based stories of regular Chicagoans who are rolling up their sleeves to make an impact in their neighborhoods. The film shows residents pitch ideas for street repairs, bike lanes, or community gardens. Projects get researched, proposals crafted, and at the end, the entire community is invited to vote. Among the participants featured are Shannon Dudley, a retired IRS agent and passionate gardener; Joann Williams, a feisty community leader; and Maria Hadden, who began as a volunteer, but now teaches people in other Chicago wards how to implement participatory budgeting. But COUNT ME IN doesn't paint an overly rosy picture: power-sharing happens slowly in Chicago -- city agencies are slow to warm to the process and only a handful of aldermen have been willing to try participatory budgeting, even though residents find it empowering and a great tool for community building.					

Tue, Oct 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7142
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1241H
01:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#303H
02:00:00	Backstage Pass Sugar Ray and the Bluetones	NETA	(S)	(CC)	N/A	#503H
	Sizzling blues harp from the legendary Sugar Ray. Recorded live at Lansing BluesFest 2013 in historic Old Town Lansing.					
03:00:00	Austin Revealed: El Despertar	NETA	(S)	(CC)	N/A	#0H
	Explore the struggle of the Chicano movement as the Mexican-American community in Austin, TX unites to fight for quality education, equal representation, and respect for their diverse culture. Through first person interviews, hear how these individuals placed the goals of the community first and made a lasting impact through empowerment, sacrifices, accomplishments and failures.					
04:00:00	Count Me In	NETA	(S)	(CC)	N/A	#0H
	At a time when voter frustration is mounting, there's finally a good news story about money and voting: COUNT ME IN highlights an innovative experiment in direct democracy that gives ordinary Chicagoans direct say over local public projects and monies. Pioneered in Chicago, participatory budgeting is rapidly spreading across the country and even the White House recently made it one of its key recommendations for open government. The first in-depth documentary about this burgeoning national movement, COUNT ME IN tells the compelling character-based stories of regular Chicagoans who are rolling up their sleeves to make an impact in their neighborhoods. The film shows residents pitch ideas for street repairs, bike lanes, or community gardens. Projects get researched, proposals crafted, and at the end, the entire community is invited to vote. Among the participants featured are Shannon Dudley, a retired IRS agent and passionate gardener; Joann Williams, a feisty community leader; and Maria Hadden, who began as a volunteer, but now teaches people in other Chicago wards how to implement participatory budgeting. But COUNT ME IN doesn't paint an overly rosy picture: power-sharing happens slowly in Chicago -- city agencies are slow to warm to the process and only a handful of aldermen have been willing to try participatory budgeting, even though residents find it empowering and a great tool for community building.					
05:00:00	Closer to Truth Alternative Concepts of God	EPS	(S)	(CC)	N/A	#1104H
	Philosophers explore novel ideas of what God may be like. They challenge classical theism-the personal creator of Judaism, Christianity, and Islam.					
05:30:00	Innerviews with Ernie Manouse Helen Reddy	NETA	(S)	(CC)	N/A	#1304H
	Ernie sits down with chart topping 70's singing icon Helen Reddy who shares tales of her career and hits, including the iconic "I Am Woman. "					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1933
08:00:00	Bug Bites	APTEX	(S)	(CC)	DVI	#116H
08:30:00	1001 Nights Abu Sabir/Bigger, Badder, Badr	NETA	(S)	(CC)	DVI	#108H
	"Abu Sabir" - When everyone in town goes running off to find treasure the ever patient Abu Sabir refuses to participate. "Bigger, Badder, Badr" - A lone man stands up to an evil tyrant and incurs his wrath.					
09:00:00	Functional Fitness with Suzanne Andrews Healthy Neck	ACCES		(CC)	N/A	#112H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Leg Slenderizers	APTEX	(S)	(CC)	DVI	#923H
10:00:00	Sit and Be Fit Stretching	NETA	(S)	(CC)	N/A	#1215H
	Strengthening should always be followed by stretching as an important component to any workout. This episode includes some great stretching exercises to improve flexibility.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	It's Sew Easy Sewing 101	NETA	(S)	(CC)	DVI	#1009H
	Let's go back to sewing basics. Sewing industry insider Janet Pray shows how to sew more efficiently and comfortably with good sewing ergonomics. Lynn Lunoe, sewing educator, explains how to use the feet and accessories that come with a sewing machine. Blogger and designer Heather Valentine quickly sews up a fun, fashionable and super-simple skirt.					
11:00:00	Knitting Daily Vintage Knitting	NETA	(S)	(CC)	N/A	#1207H
	Knit something straight out of a period drama, or add a pretty detail to lend a vintage touch. Andrea Jurgrau demonstrates a Downton Abbey inspired jabot and cuff. On our Space to Space segment, we gain a wealth of knowledge on fashion history from the 1920s and 30s with designer Annie Modesitt. Next, Andrea Jurgrau returns with a segment on vintage lace doilies. Then, Tanis shows that even yarn and notions can be stately and elegant. Last, Vickie shows how to add a lacy trim for a vintage feminine look.					
11:30:00	Fons & Porter's Love of Quilting Row Quilt, Part 3	NETA	(S)	(CC)	N/A	#2705H
	Quilts are designed in many formats. A very classic design is the row quilt. It can be created using a variety of patterns, it can have a theme or it can be created as a team project. The perfect duo teamed up to make blocks for this traditional quilt. Mary and Marianne will present the Wheels Block made by Marianne and the Dutchman's Puzzle Block made by Liz Porter.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6062H
13:00:00	Hubert Keller: Secrets of a Chef Gluten-Free Favorites	NETA	(S)	(CC)	N/A	#503H
	Chef Keller has the secret for keeping your gluten-free friends happy with three great recipes. He stuffs mini peppers with a delicious quinoa salad, followed by a chia seed wrap abundantly stuffed with vegetarian goodies. The finale is a kale and spinach smoothie that has unexpected benefits. Quinoa Stuffed Mini Peppers, Chia Veggie Wrap with Hummus, Zucchini, Tomatoes, Kale & Pepper, & Hangover Detox Smoothie.					
13:30:00	Sara's Weeknight Meals Meatless Mondays	APTEX	(S)	(CC)	N/A	#507H
	Were you bad over the weekend? Get back on track as you clean out and veg out with the hottest vegetarian chef around Amanda Cohen. Sara will answer viewer questions about mushrooms and vegetable storage on Ask Sara, and she cooks her own vegetarian dish, mu shu vegetables.					
14:00:00	Taste of History Artillery by the Book	NETA	(S)	(CC)	N/A	#603H
	Boston bookshop owner, Henry Knox, used his bookish interest in military manuals to become the chief artillery officer for General Washington. Chef Walter Staib visits Fort Mercer to learn how Knox and a rag-tag militia helped win America's independence. Chef Staib cooks "pease" soup with pork shanks and Sally Lunn toast, Hunter's stew with rabbit, beef, turkey and pork, skillet potatoes and lights cannonball punch on fire.					
14:30:00	George Hirsch Lifestyle Vintage Classics	APTEX	(S)	(CC)	N/A	#111H
	A home-style menu featuring America's favorite combination - a hearty tomato soup and grilled cheese sandwich - is topped off with George's classic brownie cookies. At the Mulford Farm Antiques Show in East Hampton, George learns tips on searching for antiques and later by a local antiques dealer in search of a vintage piece for his kitchen. Recipes: - Tomato Soup - Grilled Cheese Sandwich - George's Classic Brownie Cookies.					
15:00:00	Beads, Baubles and Jewels Wire Wrapping Variations	NETA	(S)	(CC)	N/A	#2107H
	Using new innovations and traditional techniques, inventor Wyatt White presents ideas for wrapping different types of wire to create a setting for a cameo cabochon. Using both vintage and new buttons, Wyatt shows how to shape wire to make rings and earrings. Katie shows how to stitch beads onto braided leather.					
15:30:00	Scrapbook Soup Time	NETA	(S)	(CC)	N/A	#505H
	Let's liven things up! Joe Rotella makes a delightful owl clock. Cheryl Boglioli saves time as she creates colorful backgrounds for journals and scrapbooks. May Flaum has a great tip for adding interest to her pages. Christine Drumheller stays on schedule with a daily planner personalized with stickers and laminated pages.					
16:00:00	Biz Kid\$ The World Is A Risky Place	APTEX	(S)	(CC)	DVI	#207H
	Taking risks in life is important, but you want to be smart about those risks. Learn the things you can do to protect your business, your assets, and yourself. Meet two young tennis coaches and the owner of "Small Town Skateshop."					

Tue, Oct 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Wings	NETA	(S)	(CC)	DVI	#1805H
	Our creativity takes to the air. Jenny Barnett-Rohrs and Katie Hacker make sparkly wings and Katie creates a funny spoon bird. Franz Spohn creates see-through bug wings and we'll make a very special chalkboard gift for Mom or Dad.					
17:00:00	P. Allen Smith's Garden Home Intriguing Interiors	APTEX	(S)	(CC)	DVI	#1204H
	P. Allen Smith is keeping us indoors to talk about interior design with the help of a few friends. Plus, we get a little history lesson from Allen on how the sleeping porch became so popular. On the road, Allen tours the award winning Garfield Park Conservatory in Chicago. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Practical Steps to a Weedless Garden (New Paltz Ny)	APTEX	(S)	(CC)	N/A	#612H
	Weeds: the bane of every gardener everywhere. Well, almost. In this episode, we meet Dr. Lee Reich. He's mastered the art of weedless gardening, and he's done it without chemicals. In addition to being a professor of horticulture, author and longtime avid gardener, Dr. Reich is a former plant and soil researcher for the USDA. So his hands-on advice for keeping our own landscapes growing strong with fewer weeds is gardening gold.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13208
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1241H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7143
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#841H
20:00:00	Sun Studio Sessions Margo Price	NETA	(S)	(CC)	N/A	#706H
	Rolling Stone named Margo Price & her band the Price Tags as artists to watch, describing the music as "deeply personal and painstakingly crafted" with Margo's voice her "hitting haunting high notes with weariness and reverence." Margo recently signed with Jack White's Third Man Records and her music evokes White's collaboration with Loretta Lynn. In his episode, Margo and her band perform fan favorites, including "I Put a Hurtin' on the Bottle."					
20:30:00	Jammin at Hippie Jack's Outlaw Gospel	NETA	(S)	(CC)	N/A	#916H
	The brain child of Hippie Jack, himself. Outlaw gospel is a collaboration of musicians filmed at the Spring and Fall Jammin at Hippie Jack Music festivals in Overton County. This is non rehearsed spontaneous evening of music that signals the end of another great season.					
21:00:00	Infinity Hall Live Ani DiFranco	APTEX	(S)	(CC)	N/A	#506H
	Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk-rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + Ruthy add dimension to "Overlap" and "Binary" among others in the set. This concert from DiFranco is a celebration of her fierce spirit that draws devoted fans to travel the country to see her perform and is a testament to her "righteous" position in folk history alongside Woody Guthrie and Bob Dylan. Interview with Ani DiFranco.					
22:00:00	World Dancesport GrandSlam Series Part 2 Latin Series - The Showdown In Shanghai	APTEX	(S)	(CC)	N/A	#106H
	It has been a tumultuous year in Latin dancing as the five GrandSlam Series competitions reflected perfectly. When the series began with the first leg in Helsinki, everybody was eager to see the three "new" couples formed after two high-profile partnerships were dissolved at the end of the previous year. Even the skeptics seemed to like what they saw. By winning Helsinki with his new partner Vera Bondareva, Nino Langella seemed all set to continue where he had left off five months earlier. It came all the more as a surprise when the two Italian dancers didn't make it to Wuhan, China, and later when Nino announced that he would leave the GrandSlam Series. But by then, three couples had started to position themselves as the heirs apparent to his dominance. Moldovans Gabriele Goffredo and Anna Matus had two back-to-back victories in Asia, but Armen Tsaturyan and Svetlana Gudyno of Russia came back fighting and took the next two legs in Moscow and Stuttgart. Nino's former partner Khrystyna Moshenska and Marius-Andrei Balan were runners-up twice but then surprisingly failed to qualify for the season-ending GrandSlam Final. The stage was set for the "Showdown in Shanghai" to determine which couple would succeed the long-time champions from Italy.					

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Tue, Oct 18, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Primary Concern	NETA	(S)	(CC)	N/A	#0H

Primary Concern is a film that provides a deeper understanding of the challenges impacting our nation's healthcare system due to the looming shortage of primary care physicians in the United States. Through an intimate look into the lives of physicians and their communities in rural Georgia, the issues surrounding this dire situation become personal, sparking concern and action to address this major national problem. As the film details the precarious health care precipice in America in all its complexities, it also shares the profound stories of doctors who are on the front lines serving their communities with compassion and perseverance against enormous odds.

Wed, Oct 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7143
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#841H
01:00:00	Sun Studio Sessions Margo Price	NETA	(S)	(CC)	N/A	#706H
	Rolling Stone named Margo Price & her band the Price Tags as artists to watch, describing the music as "deeply personal and painstakingly crafted" with Margo's voice her "hitting haunting high notes with weariness and reverence." Margo recently signed with Jack White's Third Man Records and her music evokes White's collaboration with Loretta Lynn. In his episode, Margo and her band perform fan favorites, including "I Put a Hurtin' on the Bottle."					
01:30:00	Jammin at Hippie Jack's Outlaw Gospel	NETA	(S)	(CC)	N/A	#916H
	The brain child of Hippie Jack, himself. Outlaw gospel is a collaboration of musicians filmed at the Spring and Fall Jammin at Hippie Jack Music festivals in Overton County. This is non rehearsed spontaneous evening of music that signals the end of another great season.					
02:00:00	Infinity Hall Live Ani DiFranco	APTEX	(S)	(CC)	N/A	#506H
	Ani DiFranco is as deserving of the name "Righteous Babe" as the label she founded back in 1990. This DIY folk- rock icon has been wowing audiences worldwide with her razor-sharp lyrical content, masterful percussive guitar playing and spirited vocals for more than 25 years and she brings it all on stage for her Infinity Hall Live performance. Fan favorites like "Shameless", "Both Hands" and "32 Flavors" are matched with the politically charged "Which Side Are You On" and "Crime For Crime". A guest appearance by folk duo Mike + Ruthy add dimension to "Overlap" and "Binary" among others in the set. This concert from DiFranco is a celebration of her fierce spirit that draws devoted fans to travel the country to see her perform and is a testament to her "righteous" position in folk history alongside Woody Guthrie and Bob Dylan. Interview with Ani DiFranco.					
03:00:00	World Dancesport Grandslam Series Part 2 Latin Series - The Showdown In Shanghai	APTEX	(S)	(CC)	N/A	#106H
	It has been a tumultuous year in Latin dancing as the five GrandSlam Series competitions reflected perfectly. When the series began with the first leg in Helsinki, everybody was eager to see the three "new" couples formed after two high-profile partnerships were dissolved at the end of the previous year. Even the skeptics seemed to like what they saw. By winning Helsinki with his new partner Vera Bondareva, Nino Langella seemed all set to continue where he had left off five months earlier. It came all the more as a surprise when the two Italian dancers didn't make it to Wuhan, China, and later when Nino announced that he would leave the GrandSlam Series. But by then, three couples had started to position themselves as the heirs apparent to his dominance. Moldovans Gabriele Goffredo and Anna Matus had two back-to-back victories in Asia, but Armen Tsaturyan and Svetlana Gudyno of Russia came back fighting and took the next two legs in Moscow and Stuttgart. Nino's former partner Khrystyna Moshenska and Marius-Andrei Balan were runners-up twice but then surprisingly failed to qualify for the season-ending GrandSlam Final. The stage was set for the "Showdown in Shanghai" to determine which couple would succeed the long-time champions from Italy.					
04:00:00	Primary Concern	NETA	(S)	(CC)	N/A	#0H
	Primary Concern is a film that provides a deeper understanding of the challenges impacting our nation's healthcare system due to the looming shortage of primary care physicians in the United States. Through an intimate look into the lives of physicians and their communities in rural Georgia, the issues surrounding this dire situation become personal, sparking concern and action to address this major national problem. As the film details the precarious health care precipice in America in all its complexities, it also shares the profound stories of doctors who are on the front lines serving their communities with compassion and perseverance against enormous odds.					
05:00:00	Closer to Truth Pantheism: Is The World God?	EPS	(S)	(CC)	N/A	#1105H
	Is our search for God too narrow? Why do some philosophers espouse Pantheism? Pantheism's claim is not shy-God is Everything and Everything is God.					
05:30:00	Innerviews with Ernie Manouse Carlisle Floyd	NETA	(S)	(CC)	N/A	#1305H
	American Treasure, Opera composer and co-founder of the Houston Grand Opera Studio Carlisle Floyd talks with Ernie about putting the American Southern sensibilities up on the opera stage.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1934
08:00:00	Bug Bites	APTEX	(S)	(CC)	DVI	#117H

Wed, Oct 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The Boy Who Cried Science/Prince Ahmad "The Boy Who Cried Science" - A young boy is forced to deal with ignorance and fear when superstition takes over his town. "Prince Ahmad" - A young prince is commanded to lead his country into battle and learns what it takes to be a great king.	NETA	(S)	(CC)	DVI	#109H
09:00:00	Functional Fitness with Suzanne Andrews Brain Aerobics	ACCES		(CC)	N/A	#113H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Workout (All Standing)	APTEX	(S)	(CC)	DVI	#924H
10:00:00	Sit and Be Fit Relaxation Mary Ann explores the healing touch of massage, demonstrating some effective ways to release tension and use movement to relax.	NETA	(S)	(CC)	N/A	#1216H
10:30:00	It's Sew Easy Decorating at Home When the pathway leads to a new house or apartment, make it feel like home by sewing decorator accents. Lisa Shepard Stewart, author, designer and fabric expert, makes designer-quality pillows with faux piping trim. Angela Wolf, custom fashion designer, has a tip for cutting buttonholes. Quilt designer and fiber artist Kim Montagnese adds color and texture to a contemporary wall-hanging with thread painting on a frame.	NETA	(S)	(CC)	DVI	#1010H
11:00:00	Knitting Daily Brioche Don't be intimidated by brioche. First, you'll meet Mercedes Tarasovich-Clark who has some basic brioche techniques. Then, Amy Singer is featured in a virtual interview right in her own home studio. Next, Mercedes Tarasovich-Clark returns with amazing brioche techniques for both flat and circular knitting. Then, Tanis shows some tools for beginning in brioche. Vickie has a final tip for brioche on big needles.	NETA	(S)	(CC)	N/A	#1208H
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	#6063H
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 A Taste of Asia In sunny Nelson at the top of New Zealand's South Island, Annabel Langbein goes foraging and harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake. She also shares her recipe for a super-simple lemon and ginger ice cream served with crunchy ginger biscotti. Recipes from this episode: pan-fried mushrooms with pine nuts, lahmacun flatbread, salted edamame, teriyaki sauce, teriyaki fish and mushroom bake, Japanese-style rice, gingered bok choy, lemon and ginger ice cream, ginger biscotti, fresh flower tea.	APTEX	(S)	(CC)	N/A	#107H
14:00:00	Simply Ming	APTEX	(S)	(CC)	N/A	#1402H
14:30:00	Cook's Country The Devil Made Me Do It Test cook Julia Collin Davison uncovers the secrets to perfect grilled chicken diavolo. Then, equipment expert Adam Ried reveals his top picks for water bottles. Next, tasting expert Jack Bishop challenges host Christopher Kimball to a tasting of hard cider. And finally, test cook Bridget Lancaster shows Chris how to make the ultimate deviled beef short ribs.	APTEX	(S)	(CC)	N/A	#907H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Leather and Chainmaille Jewelry	NETA	(S)	(CC)	N/A	#2108H
	Author Laura Poplin combines the ancient art of leatherwork and chainmaille to make beautiful contemporary jewelry. Learn to make colorful dyed and painted leather rectangles and finish them into jewelry using classic leatherworking techniques. Laura shows how to connect leather pieces with Byzantine chainmaille weave to make a cuff style bracelet. Katie demonstrates a quick and easy cup chain bracelet.					
15:30:00	Scrapbook Soup Diy Embellishments	NETA	(S)	(CC)	N/A	#506H
	Renovate the surface of your pages. Julie Fei-Fan Balzer adds depth to her designs with amazing shrinking embellishments. May Flaum creates dynamic designs with misty effects using scraps. Ashley Horton has a tip for storing tiny letters and embellishments. Cheryl Boglioli makes 3-D designs with fringed fabric and felt.					
16:00:00	Biz Kid\$ Economic Cycles (What Goes Up Must Come Down)	APTEX	(S)	(CC)	DVI	#208H
	Trends in the economy go up and down. Learn how trends can affect a business. Discover how you can protect yourself against negative effects and plan for the positive trends. Meet a young man who made paintball profitable and a family who mines for gold.					
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 The Great Outdoors	APTEX	(S)	(CC)	DVI	#1205H
	P. Allen Smith shows us an outdoor living space that serves as a sitting and dining area. Allen's gardening tips include how to plant hostas in the shade and how to identify poison ivy. Plus, we learn about raising goats in the city and get a peek at a creative chicken coop. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Aquaponics: Raising Fish and Plants Together (San Francisco, Ca; Chicago, Il)	APTEX	(S)	(CC)	N/A	#613H
	From small tabletop setups to huge commercial warehouse operations, we explore the practice of growing food and raising fish together... indoors. In Chicago, we spotlight a vacant factory where a farm now produces vegetables and fresh fish on the city's south side. Then meet two young California entrepreneurs whose aquaponics kits teach sustainability in one square foot of counter space, plus their desktop gardens that grow mushrooms in a carton of coffee grounds.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13209
18:30:00	Asia Insight	APTEX	(S)	(CC)	N/A	#416H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7144
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#339
20:00:00	Fall In Love with Music Paragraphs Without Words	APTEX	(S)	(CC)	DVI	#106H
	Listeners are encouraged to grasp larger chunks or "paragraphs" of musical information. Ruby My Dear by Thelonius Monk is played by the Dan Crisci Jazz Quartet. Robert Schumann's piano composition Wichtige Begebenheit from his Kinderszenen presents another opportunity to notice larger sections and introduces the concept of program music. Mozart's clever Variations on Ah! vous dirai-je Maman, K. 265/300e also for piano solo, reinforces the concept of open-minded listening.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#202H
21:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1103H

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Wed, Oct 19, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Speakeasy Cyndi Lauper and Billy Porter	APTEX	(S)	(CC)	N/A	#203H
	<p>Cyndi Lauper, the Grammy, Tony and Emmy Award winning singer and social activist, sits down with Tony and Emmy Award winner Billy Porter, star of the Broadway musical "Kinky Boots," to discuss how not only music, but how "Kinky Boots" has changed their lives and the importance of self-acceptance. The pair met when Lauper was writing the music and lyrics to the musical and formed a great friendship. In 2013 Kinky Boots was nominated for 13 Tony Awards and took home six, including the coveted Award for Best Musical. Lauper's win for Best Score makes her the first woman to win alone in that category and Porter took home the Tony Award for Best Actor in a Musical.</p>					
23:00:00	Our American Family: The Furutas	NETA	(S)	(CC)	N/A	#0H
	<p>The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. OUR AMERICAN FAMILY: THE FURUTAS Through hard work, the Furutas, a Japanese American family of Wintersburg, CA established a successful goldfish farm, only to have their business devastated and family separated in the wake of WWII. Following years in an Arizona relocation camp, their indomitable spirit prevails as they return home and band together to pursue the American dream a second time.</p>					
23:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#107H
	<p>Community is at the heart of American life. Social services provider and activist Linda Sarsour serves new immigrants and youth in Bay Ridge, Brooklyn. Imam Taha Tawil maintains spiritual vitality at the oldest mosque in America in Cedar Rapids, Iowa, and Dean Obeidallah performs across the country with a group of comedians who shatter popular myths and stereotypes.</p>					

Thu, Oct 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7144
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#339
01:00:00	Fall In Love with Music Paragraphs Without Words	APTEX	(S)	(CC)	DVI	#106H
	Listeners are encouraged to grasp larger chunks or "paragraphs" of musical information. Ruby My Dear by Thelonius Monk is played by the Dan Crisci Jazz Quartet. Robert Schumann's piano composition Wichtige Begebenheit from his Kinderszenen presents another opportunity to notice larger sections and introduces the concept of program music. Mozart's clever Variations on Ah! vous dirai-je Maman, K. 265/300e also for piano solo, reinforces the concept of open-minded listening.					
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02:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1103H
03:00:00	Speakeasy Cyndi Lauper and Billy Porter	APTEX	(S)	(CC)	N/A	#203H
	Cyndi Lauper, the Grammy, Tony and Emmy Award winning singer and social activist, sits down with Tony and Emmy Award winner Billy Porter, star of the Broadway musical "Kinky Boots," to discuss how not only music, but how "Kinky Boots" has changed their lives and the importance of self-acceptance. The pair met when Lauper was writing the music and lyrics to the musical and formed a great friendship. In 2013 Kinky Boots was nominated for 13 Tony Awards and took home six, including the coveted Award for Best Musical. Lauper's win for Best Score makes her the first woman to win alone in that category and Porter took home the Tony Award for Best Actor in a Musical.					
04:00:00	Our American Family: The Furutas	NETA	(S)	(CC)	N/A	#0H
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05:00:00	Closer to Truth How Do Brains Work?	EPS	(S)	(CC)	N/A	#1106H
	Everything we know, everything we think, comes from our brain. Are brains our "window to reality," seeing what truly exists? Or are we bound by brains, mental slaves of the meat in our heads?					
05:30:00	Innerviews with Ernie Manouse Justin Hayward	NETA	(S)	(CC)	N/A	#1306H
	Moody Blues lead Justin Hayward shares with Ernie his craft of song writing - including the inspiration for his biggest hit "Nights in White Satin."					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1935
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#101H
	FOLK ART - Folk art is a style that allows people to express themselves through their creations to reveal their personal and cultural values. Folk art shares the traditions and practices of closely connected groups and preserves cultural and community identity through artistic expressions such as music, dance, art, and craft. LANDSCAPE - Landscapes are works of art that feature scenes of nature: mountains, lakes, gardens, rivers, and especially art where the main subject is a wide view.					
08:30:00	1001 Nights It's A Steal/Which Way Is Up?	NETA	(S)	(CC)	DVI	#110H
	"It's a Steal" - A suspicious looking man is accused of stealing from his neighbors. The townspeople learn that things are not always what they seem. "Which Way Is Up?" - A family goes in search of a better life but they descend into bickering and hatred when they can't agree on the right path to take. In the end, they learn there is more than one way up the mountain.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Walk Your Way to a Healthy Heart 1	ACCES		(CC)	N/A	#114H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Your Hamstrings	APTEX	(S)	(CC)	DVI	#925H
10:00:00	Sit and Be Fit Maintain Independence  This episode is full of functional movements to help improve performance of the activities of daily life and help you maintain independence as you age.	NETA	(S)	(CC)	N/A	#1217H
10:30:00	It's Sew Easy What's Trending  Step off the traditional path and sew your own signature style. Designer Kay Whitt adds decorative hem bands to create colorful on-trend fashions. Pattern designer and custom clothier Angela Wolf shows how to create a perfect hem. Then, she redesigns vintage ready-to-wear to channel today's runway look.	NETA	(S)	(CC)	DVI	#1011H
11:00:00	Knitting Daily Winter Games  Get ready to keep warm this winter and be cool when it's cold outside. First, yarn shop owner Laura Zander demonstrates a gaiter and mittens inspired by X Games medalist Devin Logan. Then, we meet an Olympic medalist at his home - Jayson Hale has a great story to share. Next, Drew Emborsky shows how to design and crochet a cool hat using the yarn you have on hand and absolutely no math! Then, get in the game with Tanis and support your favorite team. Last, Vickie shares some finish line touches.	NETA	(S)	(CC)	N/A	#1209H
11:30:00	Fons & Porter's Love of Quilting Bountiful Stars  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.	NETA	(S)	(CC)	N/A	#2707H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6064H
13:00:00	Eat! Drink! Italy! with Vic Rallo You Get Out What You Put In  Paestum's Chef Matteo Sangiovanni teaches Vic his "reversed" ravioli. Vic visits Chef Massimo Camia in Piemonte as he prepares a locally inspired rabbit dish.	APTEX	(S)	(CC)	N/A	#302H
13:30:00	Cooking with Nick Stellino Black Cod & Sauteed Green Beans  Chef Stellino shares his sauce making secrets, to inspire the viewers with this elegant and sophisticated Mango and Ginger sauce that is easy to make and tastes delicious! He also visits a fish monger and shares some important facts about the uniqueness of the Black Cod.	APTEX	(S)	(CC)	N/A	#103H
14:00:00	The Jazzy Vegetarian What's for Breakfast?  Host Laura Theodore prepares festive top-o-the-morning recipes. Special guests: Ed Begley Jr. and Chef Del Sroufe. Menu features "Pear and Apple Breakfast Pizza," the perfect dish to wake up any breakfast menu. Crunchy and sweet "Magnificent Maple Granola with Banana Whipped Topping" adds decadent flair, while "Blueberry-Zucchini Surprise Mini-Muffins" make a great start to the day.	NETA	(S)	(CC)	DVI	#412H
14:30:00	New Scandinavian Cooking Food for a Polar Expedition  In today's episode, Andreas goes on a polar expedition onboard Hurtigruten and travels north along the beautiful and icy coastline of Norway. He visits the mountains of northern Norway, where he cooks king crab, fit for activities and fun in the snow. The journey continues to the north east of the country and ends in Kirkenes with a perfect hot chocolate at the Snow Hotel.	APTEX	(S)	(CC)	N/A	#607H
15:00:00	Beads, Baubles and Jewels Color Palette Inspiration  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.	NETA	(S)	(CC)	N/A	#2109H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Scrapbook Soup Celebrations	NETA	(S)	(CC)	N/A	#507H
	It's time to celebrate. May Flaum starts the party with a special birthday party invitations and a shout-out page. Joe Rotella makes charming thank-you gift sets for hostesses. May Flaum has a tip for great backgrounds. Julie Fei-Fan Balzer celebrates Girls' Night Out with a page made with stamp rollers and sticker tape.					
16:00:00	Biz Kid\$ The Green Economy & You	APTEX	(S)	(CC)	DVI	#209H
	Join the Biz Kids on a mission and discover your impact on the environment. Explore different ways to become part of the green economy and learn how there's green to be made in thinking green. Find out about "The Big Green Bus" and "Zoo Doo."					
16:30:00	Hands On Crafts for Kids Outer Limits	NETA	(S)	(CC)	DVI	#1807H
	Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.					
17:00:00	P. Allen Smith's Garden Home Stepping Back In Time	APTEX	(S)	(CC)	DVI	#1206H
	P. Allen Smith takes a step back in time on a whirlwind tour starting with Monticello, Thomas Jefferson's home in Charlottesville, Virginia, where we learn about the historic plants in the estate's gardens. Allen also visits Longwood Mansion, the largest octagonal house in the United States, a National Historic Landmark in Natchez, Mississippi; and the home of the famous architect, Frank Lloyd Wright in Oak Park, Illinois. Allen offers tips on how to make terra cotta look vintage. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Moss Is Boss (Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#614H
	Many of us look right past moss in the garden, or see it as a nuisance to be pressure-washed away. Here, we take a closer look at what is actually an incredible eco-friendly plant that thrives in places where grass won't. It needs very little water, no fertilizers, no clipping or mowing, and yet stays green all year long! Get ready for us to shed some light on this shade-loving ground cover; you may just learn enough that you'll want to establish it and grow it in your garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13210
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1317H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7145
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#914H
20:00:00	Backstage Pass Good Cookies	NETA	(S)	(CC)	N/A	#708H
	Bandleader and drummer Mike Daniels brings together some of Michigan's most talented veteran players for a set of swinging, rocking, soulful blues. Includes "Messin' with the Kid" and "Bacon Fat." With Steve Pinckney, guitar; Doc Yankee, keyboards; Dave Dudt, keyboards, trombone; Mike Smalley, bass; Gary Clavette, sax. Recorded at Michigan BluesFest 2015 in Lansing's historic Old Town district.					
20:30:00	Music Voyager The Bahamas: from the Islands to the World	APTEX	(S)	(CC)	N/A	#608H
	In this episode of Music Voyager, they explore the impact of music from The Bahamas on popular music around the world. Musician Fred Ferguson gives a tour of downtown Nassau while describing the enduring impact of Bahamian folk music and icons such as Joseph Spence on the world's sound (Did you know, for example, that The Beach Boy's "Sloop John B" is a Bahamian folk song and that The Grateful Dead always ended their set with a song from The Bahamas?). They discover the important role The Bahamas played during the Calypso era from the 1940s to the 1960s, as well as its essential role in the history of funk, soul and disco. They then meet up with The Baha Men, whose song "Who Let The Dogs Out" was a worldwide smash. Finally, they meet up for an impromptu dance party in front of a conch stand with D-Mac, thier pick for the next big international star to come out of The Bahamas.					
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.					

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Thu, Oct 20, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Longleaf: The Heart of Pine	NETA	(S)	(CC)	N/A	#0H
	<p>Towering stands of old-growth longleaf pine (<i>pinus palustris</i>) once covered over 90 million acres while stretching from southern Virginia to eastern Texas. Today, the total acreage is about two million, with only about two thousand of that considered old growth. As the South was settled and Northern timber supplies were exhausted, this incredible natural resource was very nearly extirpated from the South's landscape and collective consciousness. LONGLEAF: THE HEART OF PINE is a cultural and natural history of the South's ancient primeval forest and how it might still be saved.</p>					
23:00:00	Telling Amy's Story	NETA	(S)	(CC)	N/A	#0H
	<p>Told by detective Deirdri Fishel, Telling Amy's Story follows the timeline of a domestic violence homicide that occurred in central Pennsylvania on November 8, 2001. Hosted by Mariska Hargitay of "Law and Order: Special Victims Unit."</p>					

Fri, Oct 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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00:30:00	Native Report	WDSE	(S)	(CC)	DVI	#914H
01:00:00	Backstage Pass Good Cookies	NETA	(S)	(CC)	N/A	#708H
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01:30:00	Music Voyager The Bahamas: from the Islands to the World	APTEX	(S)	(CC)	N/A	#608H
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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	Longleaf: The Heart of Pine	NETA	(S)	(CC)	N/A	#0H
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04:00:00	Telling Amy's Story	NETA	(S)	(CC)	N/A	#0H
	Told by detective Deirdri Fishel, Telling Amy's Story follows the timeline of a domestic violence homicide that occurred in central Pennsylvania on November 8, 2001. Hosted by Mariska Hargitay of "Law and Order: Special Victims Unit."					
05:00:00	Closer to Truth What Would An Infinite Cosmos Mean?	EPS	(S)	(CC)	N/A	#1107H
	Do stars and spaces go on forever? Do the numbers of galaxies, and even of universes, have no end? Here's how "infinity" enriches appreciation of reality.					
05:30:00	Innerviews with Ernie Manouse Mayor Annise Parker	NETA	(S)	(CC)	N/A	#1307H
	Houston Mayor Annise Parker, the first openly gay mayor of a major U. S. city, shares with Ernie a very personal view of her life and career in public service.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1936
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#102H
	LANDMARK PAINTING - A landmark is a recognizable natural or man-made feature that can include anything that is easily recognizable, such as a monument, building, or other structure. In American English it is the main term used to designate places that might be of interest to tourists due to notable physical features or historical significance. POP ART - Pop Art is modern art movement that often uses styles and themes from advertising, media and popular culture. Pop Art differs from the traditions of fine art by including imagery from popular culture and isolating the material in a fun and flashy way.					
08:30:00	1001 Nights To Hatch A Thief/The Gift of Norooz	NETA	(S)	(CC)	DVI	#111H
	"To Hatch a Thief" - When ordinary townspeople resort to stealing, they soon learn what it's like to have to live among thieves. "The Gift of Norooz" - A poor family learns the true spirit of giving during the Persian New Year.					

Fri, Oct 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Weight Loss: Focusing On Leg Work	APTEX	(S)	(CC)	DVI	#906H
10:00:00	Sit and Be Fit Resistance Exercises  Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.	NETA	(S)	(CC)	N/A	#1218H
10:30:00	It's Sew Easy Fashions and Fit  Achieving a perfect fit inspires many to start to sew. Using custom measurements, sewing educator Joanne Banko creates a well-fitting boho skirt on the serger. Angela Wolf, author and designer, shows how to sew flat-felled seams for a tailored look. Then, she shows how to make custom-fitted pants and jeans that flatter any figure.	NETA	(S)	(CC)	DVI	#1012H
11:00:00	Knitting Daily Creating Drape  Today's show is all about knitting garments that feel as good as they look. Host Vickie Howell and her guests work with yarns and gauge to create garments that have beautiful drape. First, designer Barry Klein shares ways to insure your fabric flows elegantly. He'll look at yarn and stitch choices and see the different ways to create drape. Then, we go Space to Space with Minneapolis shop owner Steven Be. Next, crochet Editor Marcy Smith shows how yarn, gauge, pattern and construction all work together to affect drape. Then, Tanis discusses yarns that do all the work for you. Vickie has a last quick tip showing how to change the drape of a fabric.	NETA	(S)	(CC)	N/A	#1210H
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	#6065H
13:00:00	P. Allen Smith's Garden to Table There's More Than Meets The Arc  Allen is in St. Louis, Missouri where he visits Schlayfly Bottleworks, a local brewery and restaurant that grows and serves fresh vegetables from their garden. Also in St. Louis, the chef at Five Bistro shares a special recipe and Allen makes the famous gooey butter cake, a little far-fetched from homegrown BUT, a true St. Louis experience.	APTEX	(S)	(CC)	DVI	#302H
13:30:00	Mike Colameco's Real Food Alsace  We spent a week exploring this northwestern region of France touring the vineyards and meeting with the winemakers while visiting restaurants along the way. Often confused with German wines, the wines of Alsace, especially it's bone dry Rieslings are some of the best value under appreciated wines available from anywhere on the planet.	NETA	(S)	(CC)	N/A	#1421H
14:00:00	Kitchen Wisdom of Cecilia Chiang Last Flight Out of Shanghai  Less than a decade after fleeing the Japanese, Cecilia now married and with a young family, caught the last flight out of Shanghai as the communist revolution swept over China. The family relocated to Tokyo where, at a dinner for an ambassador, Cecilia got her first taste of raw fish. Cecilia didn't love it and didn't love living as an ex-pat in the land of her former occupiers, so she sailed on the SS Woodrow Wilson into San Francisco to visit her number seven sister. Though she never learned how to cook, she ended up opening the Mandarin restaurant and never left. In this episode, Cecilia joins Chef Keiko Takahashi, the first Japanese woman in the world to win a Michelin star. She and her husband run Keiko on Nob Hill, a place that feels like a private club, and where the luxurious cooking has a distinct feminine style to it. Cecilia shows Keiko the simplicity of the Mandarin's whole steamed bass with ginger and scallions. Keiko reciprocates with an amazing 12 pound slab of Bluefin "Toro" tuna flown in from Japan. Keiko artfully butchers the Toro by fat content and turns it into a delicate and drop-dead tuna sashimi that Cecilia has no trouble devouring.	APTEX	(S)	(CC)	DVI	#105H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#226H



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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	Scrapbook Soup Travel Set off in new directions. Julie Fei-Fan Balzer creates a travel journal with painted images. Cheryl Boglioli makes a handy caddy for creating on the road. Joe Rotella has a tip for keeping track of unmounted rubber stamps. Ashley Horton saves the most delicious travel memories on stenciled pages.	NETA	(S)	(CC)	N/A	#508H
16:00:00	Biz Kid\$ Secrets to Success The secret to success is actually simple - it's all about staying in school and building the best toolbox for your future. Learn about the many ways to pay for your education and the importance of learning every day of your life.	APTEX	(S)	(CC)	DVI	#210H
16:30:00	Hands On Crafts for Kids Write It Down When creative ideas pop up, write them down. Make a colorful pocket journal with Jenny Barnett-Rohrs. Candie Cooper shares creative tips for handwriting and Franz Spohn writes with clay. Katie Hacker decorates for fall with a shining pumpkin luminary from blogger Carissa Bonham.	NETA	(S)	(CC)	DVI	#1808H
17:00:00	P. Allen Smith's Garden Home Garden Fun with Kids P. Allen Smith brings kids in the garden for some fun! They learn how to make flowers turn a different color, make mosaics with rocks and homemade salt dough, and assemble a birdbath for the garden. Allen takes us to the Children's Garden at the Garfield Park Conservatory in Chicago, and the turn-of-the-century Children's Farmstead in Kansas City, Kansas. Allen shares the latest progress on the Garden Home Challenge.	APTEX	(S)	(CC)	DVI	#1207H
17:30:00	Growing A Greener World The Rodale Institute, Champions of Organic Gardeni In this episode, Joe Lamp'l visits with the first family of modern organic gardening at the Rodale Institute. Maria and Maya Rodale share their unique (and sometimes surprising) perspective on organic gardening, which sheds new light on this time-tested and eco-friendly way of gardening and why it's vital for the health of the planet. If you've ever been unclear about what organic gardening is really all about, this episode is essential viewing.	APTEX	(S)	(CC)	N/A	#615H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13211
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2423Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7146
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#842H
20:00:00	Song of the Mountains Fiddlin' Carson Peters/Mark O'connor	NETA	(S)	(CC)	N/A	#1108H

Fri, Oct 21, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Woodsongs Celebrating The Legacy of the Carter Family	NETA	(S)	(CC)	N/A	#1804H
	<p>The Carter Family are considered the most influential group in country music history. Comprised of a gaunt, shy gospel quartet member named Alvin P. Carter and two reserved country girls -- his wife, Sara, and their sister-in-law, Maybelle -- the Carter Family sang a pure, simple harmony that influenced not only the numerous other family groups of the '30s and the '40s, but folk, bluegrass, and rock musicians like Woody Guthrie, Bill Monroe, the Kingston Trio, Doc Watson, Bob Dylan, and Emmylou Harris, to mention just a few. Among the more than 300 sides they recorded are "Worried Man Blues," "Wabash Cannonball," "Will the Circle Be Unbroken," "Wildwood Flower," and "Keep on the Sunny Side." This WoodSongs Special Event Broadcast will be celebrating the Legacy of the Carter Family and will feature: John Carter Cash has been involved in music all his life and is an accomplished and award winning record producer. However, his activities in the creative world reach far beyond just music production. He is also a singer-songwriter, and author. The grandson of Maybelle Carter and the only son to Johnny Cash and June Carter Cash, he preserves the family legacy and is a caretaker to the heritage of his musical ancestors. Dale Jett is a native of Southwest Virginia and is a third generation member of the legendary Carter Family. The son of Janette Carter, the grandson of A.P. and Sara Carter, his roots have been heavily steeped within the heart of his family's musical heritage. Their group, "Hello Stranger", features Dale as he carries on the Carter Family tradition. Al, Alice &amp; Ruth are a Berea-based Appalachian and bluegrass trio. They toured for years as part of the McLain Family Band, a world-renowned family bluegrass band and Kentucky musical treasure.</p>					
22:00:00	Film School Shorts Crossed Starts	NETA	(S)	(CC)	N/A	#406H
	<p>It's love at first sight in the midst of a dinosaur invasion in The Life and Death of Tommy Chaos and Stacey Danger. Together, they flee for a life of adventure and romance - only to discover that even the brightest flames don't burn forever. Directed by Michael Lukk Litwak. In Googly Eyes, Cooper Barnes stars as Gary, whose chronic earache stirs up memories of his childhood and unresolved baggage with his ex-girlfriend. Directed by Simon Savelyev. Dance across an old Victorian mansion filled with whimsical animated characters in Fool of People. Directed by Jose Rodriguez.</p>					
22:30:00	On Story Dead Poets Society: Deconstructing The Acclaimed Classic	NETA	(S)	(CC)	N/A	#510H
	<p>Tom Schulman, writer of Dead Poet's Society, deconstructs the story's journey from script to screen, along with his unique working relationships on set with Robin Williams and director Peter Weir.</p>					
23:00:00	Science Goes to the Movies The Lazarus Effect and Kingsman: The Secret Service	NETA	(S)	(CC)	N/A	#103H
	<p>Co-hosts Faith Salie and Dr. Heather Berlin are joined by renowned astrophysicist Neil deGrasse Tyson - Director of The American Museum of Natural History's Hayden Planetarium - to discuss how Hollywood depicts scientists, particularly in current movies The Lazarus Effect and Kingsman: The Secret Service.</p>					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1001

Sat, Oct 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7146
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#842H
01:00:00	Song of the Mountains Fiddlin' Carson Peters/Mark O'connor	NETA	(S)	(CC)	N/A	#1108H
02:00:00	Woodsongs Celebrating The Legacy of the Carter Family	NETA	(S)	(CC)	N/A	#1804H
	The Carter Family are considered the most influential group in country music history. Comprised of a gaunt, shy gospel quartet member named Alvin P. Carter and two reserved country girls -- his wife, Sara, and their sister-in-law, Maybelle -- the Carter Family sang a pure, simple harmony that influenced not only the numerous other family groups of the '30s and the '40s, but folk, bluegrass, and rock musicians like Woody Guthrie, Bill Monroe, the Kingston Trio, Doc Watson, Bob Dylan, and Emmylou Harris, to mention just a few. Among the more than 300 sides they recorded are "Worried Man Blues," "Wabash Cannonball," "Will the Circle Be Unbroken," "Wildwood Flower," and "Keep on the Sunny Side." This WoodSongs Special Event Broadcast will be celebrating the Legacy of the Carter Family and will feature: John Carter Cash has been involved in music all his life and is an accomplished and award winning record producer. However, his activities in the creative world reach far beyond just music production. He is also a singer-songwriter, and author. The grandson of Maybelle Carter and the only son to Johnny Cash and June Carter Cash, he preserves the family legacy and is a caretaker to the heritage of his musical ancestors. Dale Jett is a native of Southwest Virginia and is a third generation member of the legendary Carter Family. The son of Janette Carter, the grandson of A.P. and Sara Carter, his roots have been heavily steeped within the heart of his family's musical heritage. Their group, "Hello Stranger", features Dale as he carries on the Carter Family tradition. Al, Alice & Ruth are a Berea-based Appalachian and bluegrass trio. They toured for years as part of the McLain Family Band, a world-renowned family bluegrass band and Kentucky musical treasure.					
03:00:00	Film School Shorts Crossed Starts	NETA	(S)	(CC)	N/A	#406H
	It's love at first sight in the midst of a dinosaur invasion in The Life and Death of Tommy Chaos and Stacey Danger. Together, they flee for a life of adventure and romance - only to discover that even the brightest flames don't burn forever. Directed by Michael Lukk Litwak. In Googly Eyes, Cooper Barnes stars as Gary, whose chronic earache stirs up memories of his childhood and unresolved baggage with his ex-girlfriend. Directed by Simon Savelyev. Dance across an old Victorian mansion filled with whimsical animated characters in Fool of People. Directed by Jose Rodriguez.					
03:30:00	On Story Dead Poets Society: Deconstructing The Acclaimed Classic	NETA	(S)	(CC)	N/A	#510H
	Tom Schulman, writer of Dead Poet's Society, deconstructs the story's journey from script to screen, along with his unique working relationships on set with Robin Williams and director Peter Weir.					
04:00:00	Science Goes to the Movies The Lazarus Effect and Kingsman: The Secret Service	NETA	(S)	(CC)	N/A	#103H
	Co-hosts Faith Salie and Dr. Heather Berlin are joined by renowned astrophysicist Neil deGrasse Tyson - Director of The American Museum of Natural History's Hayden Planetarium - to discuss how Hollywood depicts scientists, particularly in current movies The Lazarus Effect and Kingsman: The Secret Service.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1001
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#339
05:30:00	Innovations In Medicine Air Purifier, Childhood Obesity, Peanut Allergy, Waterlase Dentistry Pediatrics, SIDS, Teen Suicide.	EPS	(S)	(CC)	N/A	#103H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1937
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Impressionistic Roses	APTEX	(S)	(CC)	N/A	#314H
	Today's painting is a different style for Gary to paint. It is loose and free and full of color. Nothing is too detailed with the Rose and Vase painting. You will have fun creating this painting with all its' impressionistic brush strokes.					

Sat, Oct 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Grand View Point Reyes National Seashore	APT		(CC)	N/A	#202H
	In this episode Baumann discovers the beach where it is theorized that English explorer Sir Francis Drake once landed. This beautiful episode proves to be one of the most diverse landscapes in America, featuring over 330 species of animals, and some of the most shocking manifestations of plate tectonics on the West Coast. As he journeys this National Seashore, he meets up with Kate McClain, kayaking tour guide; John Del'osso, National Park Ranger, and peniped biologist, Dr. Sarrah Allen. Baumann concludes by painting Sir Francis Drake's " White Cliffs of Dover", a tidal flat on the west side of the park.					
09:00:00	Landscapes Through Time with David Dunlop Winslow Homer's Seas at Prouts Neck, Maine	NETA	(S)	(CC)	DVI	#206H
	David travels on the rocky shores of Prouts Neck, Maine, where the famously enigmatic Winslow Homer (1836-1910) lived for the last 27 years of his life and painted some of his most recognizable, theatrical, and iconic seascapes. Battling the wind, David paints an evocative watercolor at the location of the famed Cannon Rock, and an oil sketch of the rocks and turbulent sea in front of Homer's studio.					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Ab & Waist Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#907H
10:00:00	Sit and Be Fit Feel Your Best	NETA	(S)	(CC)	N/A	#1219H
	Mary Ann introduces some unique ways to strengthen muscles with a resistance exercise band. Emphasis is placed on maintaining proper technique to avoid injury and get the most out of the movements.					
10:30:00	Wai Lana Yoga The Thigh Bone's Connected to the Hip Bone	APTEX	(S)	(CC)	N/A	#517
	Use your legs in different ways to loosen your hips and massage your spine. Then strengthen your thighs with Dynamic Squatting Pose.					
11:00:00	Delicious TV's Vegan Mashup It's Bean Wonderful	NETA	(S)	(CC)	DVI	#303H
	Fear not the bean. They're a power packed food with fiber protein and important minerals. We dish out three nutritious, delicious bean recipes that will get your taste buds singing. Toni Fiore is making Caramelized Onion and Cannellini Bean Flatbread and a Quick Vegan Parm. Miyoko Schinner is making Moroccan Lentil and Spinach Pancakes with Spiced Date Chutney. Special Guest Allison Carroll Duffy makes Refrigerator Pickles-Dillie Beans.					
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Cooking Like A Local	APTEX	(S)	(CC)	N/A	#1105H
	Hartwood, one of Mexico's most in-demand restaurants, sits nestled between the crystalline beaches and dense jungle in Tulum. Here, chef Eric Werner explains the fascinating farm-to-table supply chain that brings ingredients into Hartwood's unique live-fire kitchen. The rustic simplicity inspires Rick to shop for produce and chiles in Playa del Carmen's laid-back markets. Back in the funky kitchen of a Playa condo rental, Rick prepares poblanos rellenos with tatume squash and longaniza sausage, a beautiful grilled fish with avocado salsa and coconut bread pudding for dessert.					
12:00:00	Lidia's Kitchen	APTEX	(S)	(CC)	N/A	#402H
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#406H
13:00:00	Expeditions with Patrick Mcmillan Colorado's Rocky Mountains - The Rooftop of America	APTEX	(S)	(CC)	N/A	#305H
	Life in the alpine is existing on the fringe. It's hard to believe that life could persist here, let alone flourish. From beautiful alpine flowers to mountain goats and the shy pika, life is abundant. Join Patrick as he explores just how life thrives in the Colorado Rockies, the rooftop of America.					
13:30:00	In The Americas with David Yetman	APTEX	(S)	(CC)	N/A	#509H
14:00:00	Rick Steves' Europe	APTEX	(S)	(CC)	N/A	#902H
14:30:00	Journeys In Africa St. Lucia - Zulu Wilderness	NETA	(S)	(CC)	N/A	#212H
	St. Lucia is one of the few UNESCO World Heritage wetland sites in the world. An incredibly diversity of birds, mammals and reptiles makes this a one of a kind region. Bill goes by land and water to explore the land the Zulu people have called home for centuries.					

Sat, Oct 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart GardenSMART visits a garden that's a true Cinderella story. It was once beautiful, now rundown, but coming back. Beautifully. How and where did they start? A lot of lessons for our own home gardens.	NETA	(S)	(CC)	N/A	#4403H
15:30:00	Chefs A' Field Old Salts, Young Guns Chesapeake Bay Oysters Bubble Back from Virtual Extinction. Chef Jason Alley: Comfort Restaurant - Portsmouth and Richmond, VA Virginia chef Jason Alley and his children join Chesapeake Bay oyster farmers Ryan and Travis Croxton to harvest oysters and learn how the once-endangered bivalves are helping to clean up pollution in the bay. In the kitchen, Chef Alley and his children prepare dishes featuring their prized catch. Recipes: Angels on Horseback; Oysters on the Half Shell with Vanilla-Ginger Mignonette.	APTEX	(S)	(CC)	N/A	#204H
16:00:00	Maria Hinojosa: One-On-One Ben Fong-Torres A rock journalist, author, and broadcaster, Ben Fong-Torres is best known for his work with Rolling Stone magazine and the San Francisco Chronicle. In his interview with Maria Hinojosa, he discusses the highlights of his award-winning career; a career so unique that he was portrayed in the 2000 film Almost Famous by actor Terry Chen. Fong-Torres also discusses his father's immigration to the United States and growing up Chinese- American in the '50s and '60s.	APTEX	(S)	(CC)	N/A	#404Z
16:30:00	Overheard with Evan Smith	NETA	(S)	(CC)	N/A	#702H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Soap Maker Host Eric Gorges and master soap maker, Deb Kraemer, stir it up with essential oils and herbs. For a guy who likes to get his hands dirty, Eric cleans up nicely.	APTEX	(S)	(CC)	N/A	#308H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3442
18:30:00	The Open Mind Reforming The Press GUEST: Frank Bruni. New York Times journalist Frank Bruni talks about an alternative to political coverage by horserace.	NETA		(CC)	N/A	#3710H
19:00:00	Closer to Truth Why Believe In God? This is personal. Why should I want to believe in God? Is belief a circular path of self-deception? Or the shortest route to bedrock reality?	EPS	(S)	(CC)	N/A	#1103H
19:30:00	Piano Guy Host Scott Houston and guests show viewers how to play the memorable tune, "Tea for Two," and the signature lick from The Jackson Five hit "I Want You Back." Featured guests include Bobby Floyd, Dave Powers and Andy LaVerne.	NETA	(S)	(CC)	N/A	#1303H
20:00:00	Infinity Hall Live Rhiannon Giddens Rhiannon Giddens' triumphant performance is fiercely loyal to her roots. During this passionately intelligent performance her bare-footed elegance and fearless banjo and fiddle playing are surpassed only by her vocal prowess. For the IHL audience Giddens offer the fervor of a spiritual on "Waterboy", the yips of a field holler on "Duncan and Jimmy" and a Gaelic-style hootenanny on "Mouth Music". Folk duo Birds of Chicago add to the harmony on "Lost on the River" from The New Basement Tapes project. Interview with Giddens.	APTEX	(S)	(CC)	N/A	#501H
21:00:00	Front and Center Trey Anastasio Band Best known for his Grammy-nominated, genre-busting band Phish, Trey Anastasio's career has expanded to include everything from orchestral evenings with the Los Angeles Philharmonic to a Tony Award (Hands on a Hardbody). Anastasio debuts songs from his highly anticipated solo album, Paper Wheelswith his septet in this intimate performance at Brooklyn Bowl.	APTEX	(S)	(CC)	N/A	#508H

## Daily Program Listing II

43.1

Date: 08/31/2016

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Sat, Oct 22, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Globe Trekker Food Hour: The Story of Cheese	APTEX	(S)	(CC)	N/A	#1529H
	Rosie Lovell visits the Cheese Makers Market in Beaconsfield, England, a farm in the Cotswolds and the oldest cheese monger in London to observe British techniques. Justine Shapiro travels to northern France to unearth their secrets while Christina Chang heads to Roquefort in the south for a look at the aromatic caves where that eponymous cheese is aged. Megan McCormick takes us to Parma, Italy for a taste of Parmigiano Reggiano while Bobby Chinn tours Sicily and discovers what makes ricotta so special. Brianna Barnes visits Gruyere, Switzerland to enjoy their glorious cheese while Rosie explores Castilla La Mancha in Spain and samples Manchego. Other destinations include Athens, Lebanon and Istanbul.					
23:00:00	Arts In Context Considering Matthew Shepard	NETA		(CC)	N/A	#703H
	Matthew Shepard's death in 1998 sparked an LGBT civil rights movement. Nearly twenty years later, Grammy Award-winning choral group Conspirare's elegy for this American icon and symbol of hope is the group's greatest undertaking yet.					
23:30:00	This American Land Protecting Bristol Bay, A Billion Oysters, Dryden, Ny, Just The Facts On Fracking	NETA	(S)	(CC)	N/A	#502H
	Protecting Bristol Bay - A new decision by President Obama supports fishermen and local communities that oppose the prospect of offshore oil and gas drilling that would threaten the Southeast Bering Sea's incredibly rich seafood harvests. A Billion Oysters - In a project sponsored by the Captain Planet Foundation, high-school students in are restoring oyster beds in New York Harbor with a hatchery and artificial reefs that allow oysters to grow, reproduce and colonize new ground, leading eventually to the return of a self-sustaining oyster population. Dryden, NY - A Town That Stopped Fracking - The chronicle of Dryden's grassroots campaign to ban fracking inside the town's boundaries, a decision upheld by New York's highest court (produced with Earthjustice). Just The Facts On Fracking (Science Nation) - Making and enforcing policies about hydraulic fracturing are often steeped in politics, but scientists are studying the impact of this drilling process on air, water, and human health - without all the shouting.					

Sun, Oct 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Why Believe In God? This is personal. Why should I want to believe in God? Is belief a circular path of self-deception? Or the shortest route to bedrock reality?	EPS	(S)	(CC)	N/A	#1103H
00:30:00	Piano Guy Host Scott Houston and guests show viewers how to play the memorable tune, "Tea for Two," and the signature lick from The Jackson Five hit "I Want You Back." Featured guests include Bobby Floyd, Dave Powers and Andy LaVerne.	NETA	(S)	(CC)	N/A	#1303H
01:00:00	Infinity Hall Live Rhiannon Giddens Rhiannon Giddens' triumphant performance is fiercely loyal to her roots. During this passionately intelligent performance her bare-footed elegance and fearless banjo and fiddle playing are surpassed only by her vocal prowess. For the IHL audience Giddens offer the fervor of a spiritual on "Waterboy", the yips of a field holler on "Duncan and Jimmy" and a Gaelic-style hootenanny on "Mouth Music". Folk duo Birds of Chicago add to the harmony on "Lost on the River" from The New Basement Tapes project. Interview with Giddens.	APTEX	(S)	(CC)	N/A	#501H
02:00:00	Front and Center Trey Anastasio Band Best known for his Grammy-nominated, genre-busting band Phish, Trey Anastasio's career has expanded to include everything from orchestral evenings with the Los Angeles Philharmonic to a Tony Award (Hands on a Hardbody). Anastasio debuts songs from his highly anticipated solo album, Paper Wheel with his septet in this intimate performance at Brooklyn Bowl.	APTEX	(S)	(CC)	N/A	#508H
03:00:00	Globe Trekker Food Hour: The Story of Cheese Rosie Lovell visits the Cheese Makers Market in Beaconsfield, England, a farm in the Cotswolds and the oldest cheese monger in London to observe British techniques. Justine Shapiro travels to northern France to unearth their secrets while Christina Chang heads to Roquefort in the south for a look at the aromatic caves where that eponymous cheese is aged. Megan McCormick takes us to Parma, Italy for a taste of Parmigiano Reggiano while Bobby Chinn tours Sicily and discovers what makes ricotta so special. Brianna Barnes visits Gruyere, Switzerland to enjoy their glorious cheese while Rosie explores Castilla La Mancha in Spain and samples Manchego. Other destinations include Athens, Lebanon and Istanbul.	APTEX	(S)	(CC)	N/A	#1529H
04:00:00	Arts In Context Considering Matthew Shepard Matthew Shepard's death in 1998 sparked an LGBT civil rights movement. Nearly twenty years later, Grammy Award-winning choral group Conspirare's elegy for this American icon and symbol of hope is the group's greatest undertaking yet.	NETA		(CC)	N/A	#703H
04:30:00	This American Land Protecting Bristol Bay, A Billion Oysters, Dryden, Ny, Just The Facts On Fracking Protecting Bristol Bay - A new decision by President Obama supports fishermen and local communities that oppose the prospect of offshore oil and gas drilling that would threaten the Southeast Bering Sea's incredibly rich seafood harvests. A Billion Oysters - In a project sponsored by the Captain Planet Foundation, high-school students in are restoring oyster beds in New York Harbor with a hatchery and artificial reefs that allow oysters to grow, reproduce and colonize new ground, leading eventually to the return of a self-sustaining oyster population. Dryden, NY - A Town That Stopped Fracking - The chronicle of Dryden's grassroots campaign to ban fracking inside the town's boundaries, a decision upheld by New York's highest court (produced with Earthjustice). Just The Facts On Fracking (Science Nation) - Making and enforcing policies about hydraulic fracturing are often steeped in politics, but scientists are studying the impact of this drilling process on air, water, and human health - without all the shouting.	NETA	(S)	(CC)	N/A	#502H
05:00:00	California's Golden Parks Tarantula Huell's off to Henry W. Coe State Park located about 25 miles south of San Jose. It's their annual Tarantula Fest where there will be more than 20 varieties of tarantulas on display, nature walks to search for tarantulas, not to mention live music and Get-Your-Picture-Taken-With-A-Tarantula!	KCET		(CC)	N/A	#128
05:30:00	Moneywise with Kelvin Boston Safeguarding Your Retirement Host Kelvin Boston and guests explore the basic financial planning concepts needed to help viewers reach and protect their retirement. Guests: Eugene Profit, CEO of Profit Investment Management and Gregory Dyson, senior vice president, ICMA-Retirement Corporation. This episode also features small business development tips from Marie Johns, deputy administrator of the U.S. Small Business Administration.	APTEX	(S)	(CC)	DVI	#807H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1938

Sun, Oct 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Gary Spetz's Watercolor Quest Kauai	APTEX	(S)	(CC)	N/A	#111H
	Host-Artist, Gary Spetz, explores, photographs and paints Hawaii's spectacular "garden island"-explaining, along the way, what he looks for, in composing a scene and how he approaches various paintings.					
08:30:00	Painting with Paulson Two Different Worlds Part I	NETA	(S)	(CC)	N/A	#1609H
09:00:00	Wyland's Art Studio Mt. Hood	APTEX		(CC)	N/A	#502H
	Oregon's Mount Hood rises sharply in the distance, as a sprawling lake fills the foreground in this iconic painting of the Pacific Northwest. The artist uses the scene as a study of vanishing points, horizon lines, and linear perspective. Artists use linear perspective -- the illusion of space and distance on a flat surface -- first by picturing the canvas surface as an "open window" through which to see the painted world. Straight lines are then drawn on the canvas to represent the horizon and "visual rays" connecting the viewer's eye to a point in the distance. The horizon line runs across the canvas at the eye level of the viewer. The horizon line is where the sky appears to meet the ground. The vanishing point should be located near the center of the horizon line. The vanishing point is where all parallel lines (orthogonals) that run towards the horizon line appear to come together like train tracks in the distance. Orthogonal lines are "visual rays" helping the viewer's eye to connect points around the edges of the canvas to the vanishing point.					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Quad & Hips	APTEX	(S)	(CC)	DVI	#908H
10:00:00	Sit and Be Fit Fundamental Moves:	NETA	(S)	(CC)	N/A	#1220H
	In this episode Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.					
10:30:00	Power Yoga: Mind and Body Backbends - Version Two	APTEX	(S)	(CC)	N/A	#130
	With Partner camel, Wheel, Bow and others.					
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#230H
11:30:00	New Orleans Cooking with Kevin Belton Wash Day	APTEX	(S)	(CC)	N/A	#121H
	Red beans and rice, panned veal, bread pudding with whiskey sauce.					
12:00:00	Ciao Italia Eat Like A Neapolitan/Mangiare Come Un Napoletano	NETA	(S)	(CC)	N/A	#2608H
	Chef, cookbook author and radio talk show personality Arthur Schwartz, leaves his New York City microphone to travel to Mary Ann's kitchen where they prepare a bountiful Neapolitan meal together starting with Zucchini "Pyramids", then a Cod Fish and Potato Casserole to warm your soul and a finally a dessert called Baba to soothe your sweet tooth.					
12:30:00	Martin Yan's Taste of Vietnam The Chefs of Vietnam	APTEX	(S)	(CC)	N/A	#101H
	Behind every creative Vietnamese dish is a creative Vietnamese chef. Some are award-winning professionals with years of international experience, while others are young rising stars. Martin cooks with a few of these chefs and shares ideas on Vietnamese cuisine. Recipes: Duck with Tea Sauce, Orange-flavored Duck, My Long Noodle, Dungeness Crab with Tamarind Sauce.					
13:00:00	Bare Feet with Mickela Mallozzi Malaysia, Part 1 (Western Malaysia)	APTEX	(S)	(CC)	DVI	#109H
	Mickela discovers the diversity and multi-faceted cultural history in the metropolitan city of Kuala Lumpur, from its Chinese, Indian, and Malay dance influences.					
13:30:00	Travel Detective with Peter Greenberg Cruise Ship Ghosts	NETA	(S)	(CC)	DVI	#301H
	Think you're sailing on a brand new cruise ship? Think again! That ship may have sailed under different names, or different companies, for decades. CBS News Travel Editor Peter Greenberg looks at the notorious past lives of some cruise ships. Plus, discover the hidden gems of Beijing and explore how ancient China is evolving in modern times. And, when an airline switches your seat on you, we'll tell you how to fight back!					



Sun, Oct 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#228H
14:30:00	Mineral Explorers Peru: Mundo Nuevo	NETA	(S)	(CC)	N/A	#201H
	Thomas embarks on what some may call a fool's errand, in search of Pyrite-- more commonly known as fool's gold. From the busy mineral markets of Lima, to the ancient ruins of Chan Chan, Thomas is on a journey to the high altitude mine of Mundo Nuevo. At nearly 15,000 feet, the search for this shining treasure brings with it the beauty of the Andes and the history of lost civilizations.					
15:00:00	American Woodshop Mega Bowls	NETA	(S)	(CC)	N/A	#2302H
	Wood works! So does this wooden vessel with natural accents.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Kitchen Leaf Table with Tom McLaughlin	APTEX	(S)	(CC)	N/A	#602H
	This week on Rough Cut Woodworking with Tommy Mac, Tommy is joined by Master Woodworker Tom McLaughlin of Epic Woodworking and together they create a complicated Kitchen Leaf Table. With an Arts and Crafts inspired design, Tom and Tommy work together to make it more contemporary by adding a triangulated base, and a place to store the leaves under the book matched table top. Tom uses a high quality cherry wood for the entire project.					
16:00:00	Happy Yoga with Sarah Starr Mt. Grandeur	NETA	(S)	(CC)	N/A	#304H
	Enjoy the magnificent mountain setting as we gently stretch and lengthen the spine in a full range of motion, helping to move energy while creating more ease in the shoulders and upper back, using a chair for support.					
16:30:00	Second Opinion Type II Diabetes/Value-Based Care	APTEX	(S)	(CC)	N/A	#1208H
	Patient Story: Almost 30 million people in the U.S. have Type II Diabetes. It's a disease that can be greatly improved by lifestyle changes including a healthy diet and exercise, along with medication compliance and monitoring. But not many people do as well as Mark Lee, who completely turned his life around after his diagnosis. His story is an inspiration to those who struggle every day with controlling their diabetes. Myth or Medicine: Weight loss can improve Type II Diabetes, but can it be cured? Second Opinion 5: Five ways to control your diabetes.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Toxicity	EPS	(S)	(CC)	N/A	#104H
	Everyday toxins causing health problems.					
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#604H
18:00:00	California's Gold George Stanley	KCET	(S)	(CC)	N/A	#13013Z
	Huell goes in search of the history of one of the most iconic symbols in the world. The gleaming gold statuette that is handed out each year at the Oscars has become the pinnacle of Hollywood success. The sculptor George Stanley was handed a napkin with a rough drawing and given the job of creating the "Oscar". Another iconic Stanley statue is the "Muse", which graces the entrance of the world famous Hollywood Bowl. Huell pays tribute to this artist whose work is such an important part of our states history.					
18:30:00	Curious Traveler Curious About - Victoria, British Columbia	APTEX	(S)	(CC)	N/A	#106H
	Who was "A.B.C. Architect" and why did he design such a grand Parliament Building in Victoria? What is Fan Tan Alley, and what does it have to do with the 2nd oldest Chinatown in North America? How did an 11th and 12th century French, Spanish & Italian Romanesque-style castle, built for a Scottish self-made millionaire, become 'Canada's Castle'? Why isn't there a sign above the main entrance to The Empress Hotel? And finally, as we take High Tea here, is it pinkies up or down?					
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#135H
19:30:00	The Kamla Show Special Nachiketia Yakkundi - Engineer & Musician	KAMLA	(S)	(CC)	N/A	#119H

Sun, Oct 23, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Love Is A Verb	NETA	(S)	(CC)	N/A	#0H
	<p>LOVE IS A VERB is an examination of a social movement of Sufi inspired Sunni Muslims that began in Turkey in the 1960s and now reaches across the globe. The group is called Hizmet, the Turkish word for service or The Gulen Movement after its inspiration, leader and beloved teacher Fethullah Gulen, a man that Time Magazine named as one of the most influential leaders in the world in 2013. Through a co-operation with the people inspired by Gulen, we had an unprecedented access to the ideas and actions of the movement around the world. We met teachers who crawled through a tunnel to open a school in Sarajevo during the war and the students whose lives they changed. We met a Sufi conductor whose orchestra is composed of children whose parents were once at war. We got a glimpse of the interfaith work the movement provides in Turkey, including a visit to Rumi's exquisite shrine. We went to their schools in Turkey, in Somalia, in Iraq. We meet a Kurdish teacher in Iraq who credits everything she is to her former Turkish teachers who stayed during the bombings, and a Kurdish woman who had also gone to one of the Turkish schools in Iraq and is now working as an engineer to bring water to the desert. Finally, in Somalia we follow two Turkish doctors putting their lives at risk in a place where other relief organizations have deemed too dangerous, a place where they sleep under armed guard.</p>					
21:00:00	Jens Jensen The Living Green	APTEX	(S)	(CC)	N/A	#0H
	<p>Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.</p>					
22:00:00	Fleeced: Speaking Out Against Senior Financial Abuse	APTEX	(S)	(CC)	N/A	#0H
	<p>FLEECED: SPEAKING OUT AGAINST SENIOR FINANCIAL ABUSE examines the timely yet often under-reported topic of elder financial exploitation. Nearly 7.3 million older Americans - one of every five adults over the age of 65 - have fallen victim to various scams and predatory lending practices, including identity theft, reverse-mortgages, pyramid schemes, sweepstakes, "good-faith" payments and bank "advances." Financial losses resulting from the bilking of older adults total \$2.9 billion a year, often leaving depleted retirement funds and foreclosed homes in its wake. The hard-hitting and informative documentary illuminates both the legal and illegal businesses that prey upon vulnerable senior populations. The most common scams typically originate overseas and inundate seniors with information through the mail, computer or phone. They often target the victim's hard-earned home equity with the promise of a low-risk, high-reward return-on-investment.</p>					
22:30:00	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	<p>Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.</p>					
23:00:00	Good Cardiovascular & Diabetic Health	EPS	(S)	(CC)	N/A	#0H
	<p>This documentary explores Good Cardiovascular and Diabetic Health. Some of the topics covered in the film are: Peripheral Arterial Disease: Peripheral Arterial Disease, or PAD, is a buildup of fatty deposits known as plaque in the limbs - most commonly the legs - which causes reduced blood flow. It is often an indicator of a more widespread accumulation of plaque in arteries that supply blood to other parts of the body, including the heart and brain. PAD affects an estimated 8.5 million Americans. Endovascular Aortic Resection: The aorta is the large artery that carries blood to the abdomen and legs. An aortic aneurysm is when a portion of the aorta becomes enlarged, ballooning outward, risking a life-threatening rupture of the aortic wall. One of the procedures to address this is called endovascular aortic repair or EVAR. EVAR is a minimally-invasive procedure where a stent is guided into position to help direct blood flow and insure the aneurysm does not rupture. Cardiac Biomarkers: Cardiac biomarkers are substances that are released into the blood when the heart is damaged or stressed. Measurements of these biomarkers are used to help diagnose acute coronary syndrome (ACS) and cardiac ischemia, conditions associated with insufficient blood flow to the heart (atherosclerosis). Tests for cardiac biomarkers can also be used to help determine a person's risk of having these conditions or to help monitor and manage someone with these diseases. Diabetic Foot Ulcers: Lower leg and foot ulcers are a common and potentially serious health problem for millions of Americans with diabetes. Diabetic foot ulcers can form as a result of numerous factors such as poor blood circulation, friction or pressure and trauma. Patients who have had diabetes for many years can develop enough nerve damage that they are not become aware of foot sores that can develop into ulcers. Most anyone with diabetes can develop diabetic foot ulcers.</p>					

Mon, Oct 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#135H
00:30:00	The Kamla Show Special Nachiketka Yakkundi - Engineer & Musician	KAMLA	(S)	(CC)	N/A	#119H
01:00:00	Love Is A Verb LOVE IS A VERB is an examination of a social movement of Sufi inspired Sunni Muslims that began in Turkey in the 1960s and now reaches across the globe. The group is called Hizmet, the Turkish word for service or The Gulen Movement after its inspiration, leader and beloved teacher Fethullah Gulen, a man that Time Magazine named as one of the most influential leaders in the world in 2013. Through a co-operation with the people inspired by Gulen, we had an unprecedented access to the ideas and actions of the movement around the world. We met teachers who crawled through a tunnel to open a school in Sarajevo during the war and the students whose lives they changed. We met a Sufi conductor whose orchestra is composed of children whose parents were once at war. We got a glimpse of the interfaith work the movement provides in Turkey, including a visit to Rumi's exquisite shrine. We went to their schools in Turkey, in Somalia, in Iraq. We meet a Kurdish teacher in Iraq who credits everything she is to her former Turkish teachers who stayed during the bombings, and a Kurdish woman who had also gone to one of the Turkish schools in Iraq and is now working as an engineer to bring water to the desert. Finally, in Somalia we follow two Turkish doctors putting their lives at risk in a place where other relief organizations have deemed too dangerous, a place where they sleep under armed guard.	NETA	(S)	(CC)	N/A	#0H
02:00:00	Jens Jensen The Living Green Narrated by Jens Jensen's great-granddaughter, Jensen Wheeler Wolfe, the multi-award winning documentary JENS JENSEN THE LIVING GREEN profiles the unsung pioneering landscape architect who became one of America's most influential urban designers and early conservationists - shaping the Midwest's physical and cultural landscape in an enduring way. Danish-born Jensen rose from immigrant street sweeper in the 1880s to "dean of American landscape architects," as The New York Times called him upon his death in 1951. When Jensen arrived in Chicago in 1885, it was one of the fastest growing cities in human history, and one of the least livable, especially for the working poor. Inspired by the Midwest prairie and plains, Jens believed that urban dwellers needed the beauty of nature in their lives and "green space to survive," and he found creative ways to bring it to them. The hour-long documentary is illustrated with archival footage, photos and interviews, including with Jensen himself, which trace his remarkable career and lasting influence as a man ahead of his time. Half a century after his death, Jens Jensen is now hailed as a pioneer of sustainable design, an early champion of native species, and an unsung American hero.	APTEX	(S)	(CC)	N/A	#0H
03:00:00	Fleeced: Speaking Out Against Senior Financial Abuse FLEECED: SPEAKING OUT AGAINST SENIOR FINANCIAL ABUSE examines the timely yet often under-reported topic of elder financial exploitation. Nearly 7.3 million older Americans - one of every five adults over the age of 65 - have fallen victim to various scams and predatory lending practices, including identity theft, reverse-mortgages, pyramid schemes, sweepstakes, "good-faith" payments and bank "advances." Financial losses resulting from the bilking of older adults total \$2.9 billion a year, often leaving depleted retirement funds and foreclosed homes in its wake. The hard-hitting and informative documentary illuminates both the legal and illegal businesses that prey upon vulnerable senior populations. The most common scams typically originate overseas and inundate seniors with information through the mail, computer or phone. They often target the victim's hard-earned home equity with the promise of a low-risk, high-reward return-on-investment.	APTEX	(S)	(CC)	N/A	#0H
03:30:00	Communities As Classrooms Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.	NETA	(S)	(CC)	N/A	#0H

Mon, Oct 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
04:00:00	Good Cardiovascular & Diabetic Health This documentary explores Good Cardiovascular and Diabetic Health. Some of the topics covered in the film are: Peripheral Arterial Disease: Peripheral Arterial Disease, or PAD, is a buildup of fatty deposits known as plaque in the limbs - most commonly the legs - which causes reduced blood flow. It is often an indicator of a more widespread accumulation of plaque in arteries that supply blood to other parts of the body, including the heart and brain. PAD affects an estimated 8.5 million Americans. Endovascular Aortic Resection: The aorta is the large artery that carries blood to the abdomen and legs. An aortic aneurysm is when a portion of the aorta becomes enlarged, ballooning outward, risking a life-threatening rupture of the aortic wall. One of the procedures to address this is called endovascular aortic repair or EVAR. EVAR is a minimally-invasive procedure where a stent is guided into position to help direct blood flow and insure the aneurism does not rupture. Cardiac Biomarkers: Cardiac biomarkers are substances that are released into the blood when the heart is damaged or stressed. Measurements of these biomarkers are used to help diagnose acute coronary syndrome (ACS) and cardiac ischemia, conditions associated with insufficient blood flow to the heart (atherosclerosis). Tests for cardiac biomarkers can also be used to help determine a person's risk of having these conditions or to help monitor and manage someone with these diseases. Diabetic Foot Ulcers: Lower leg and foot ulcers are a common and potentially serious health problem for millions of Americans with diabetes. Diabetic foot ulcers can form as a result of numerous factors such as poor blood circulation, friction or pressure and trauma. Patients who have had diabetes for many years can develop enough nerve damage that they are not become aware of foot sores that can develop into ulcers. Most anyone with diabetes can develop diabetic foot ulcers.	EPS	(S)	(CC)	N/A	#0H
05:00:00	American Forum Gop Convention Special-Featuring Legendary Journalist Jim Lehrer Civil rights lawyer Bryan Stevenson, returns to discuss solutions for the crisis in criminal justice.	NETA	(S)	(CC)	N/A	#145H
05:30:00	Innerviews with Ernie Manouse Zack Braff Ernie sits down with actor and director Zack Braff to talk about "Scrubs," "Garden State," Woody Allen, and his fan funded film "Wish I Was There."	NETA	(S)	(CC)	N/A	#1308H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1939
08:00:00	Roey's Paintbox PHOTOREALISM - Photorealism is the genre of painting based on using cameras and photographs to gather visual information. It was an American Art movement that began in the late 1960s when artists first attempted to create paintings that resemble photographs. IMPRESSIONISM - Impressionism is a style of painting that originated in Paris in the mid-1800s. The paintings are mostly outdoors and portray natural subjects like trees, fields, and oceans. The style was called impressionism because the artists used many short brush strokes, applying paint thickly, to create the idea, or impression, of a subject.	APTEX	(S)	(CC)	N/A	#103H
08:30:00	1001 Nights Creature Karma/Just My Luck "Creature Karma" - A young girl befriends three animals who lead her on an interesting journey. "Just My Luck" - An unlucky man just can't get a break.	NETA	(S)	(CC)	DVI	#112H
09:00:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Posture Workout	APTEX	(S)	(CC)	DVI	#909H
10:00:00	Sit and Be Fit Kinesthetic Awareness This Sit and Be Fit episode focuses on the importance of kinesthetic awareness and weight shifting as they relate to balance.	NETA	(S)	(CC)	N/A	#1301H
10:30:00	It's Sew Easy Sewing As A Business Your pathway to sewing may lead to a career in design, sewing or embroidery. Commercial embroiderer Paulette Bell shows how to start your own custom embroidery business. Angela Wolf, designer and pattern creator, adds sparkle to table accessories and shares her experience as a successful entrepreneur developing a custom sewing and fashion design business.	NETA	(S)	(CC)	DVI	#1013H
11:00:00	Knitting Daily Tiny Details Today's show looks at knitting and fitting baby, kids, and doll clothes. First, designers Kate Gagnon Osborn and Courtney Kelley demonstrate shaping and construction techniques that are especially important when knitting for babies. Then, we'll spend some overseas Space to Space time in the home studio of Erika Knight in Brighton, England. Next, Brandy Fortune demonstrates a sweet skirt, for a doll or daughter. Then, Tanis is in the yarn spotlight. Vickie closes with a tip for turning a basic baby hat into an heirloom gift by adding a simple crochet flower.	NETA	(S)	(CC)	N/A	#1211H

Mon, Oct 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	#6066H
13:00:00	America's Test Kitchen from Cook's Illustrated Saucing Up Chicken and Roasting Mushrooms	APTEX	(S)	(CC)	N/A	#1609H
	Test cook Bryan Roof shows host Christopher Kimball how to make the best quick sauces for sauteed chicken. Then, equipment expert Adam Ried reviews serrated paring knives in the Equipment Corner. Next, gadget guru Lisa McManus reviews her favorite kitchen gadgets. Then, Chris answers cooking questions in Letters to the Editor and shares a quick tip about the best way to cook bacon. Finally, test cook Julia Collin Davison uncovers the secrets to the ultimate roasted mushrooms with parmesan and pine nuts.					
13:30:00	Pati's Mexican Table Merida En Domingo	APTEX	(S)	(CC)	N/A	#502H
	Sunday in Merida is a day not to miss. It's a joyous weekly celebration of food, dancing, and culture. Pati starts her day like most Meridians, at the market. After touring around and tasting the best lechon torta (slow cooked pork sandwich) in town, she takes in the sights of the Vaqueria dance in the main square. Merida en Domingo is incomplete without a family meal. Luckily, friend and chef Robert Solis of Nectar restaurant in Merida, invites Pati into his home for a traditional Sunday meal with the whole family.					
14:00:00	Kevin Dundon's Back to Basics Meat & Game	APTEX	(S)	(CC)	N/A	#104H
	The history of Ireland's cattle fairs - once a central part of rural and urban life - is modernized at the Cattle Mart, where Kevin explores the different types of lamb breeds; a visit to Kevin's garden and pigpen. Recipes include: Beef & Lamb Stock; Navarin of Lamb; Perfect Steak; Perfect Roast Potato; Roast Beef; Roast Potatoes and Gravy; and Fillet of Pork with a Black Olive Tapenade.					
14:30:00	Steven Raichlen's Project Smoke Raichlen On Ribs	APTEX	(S)	(CC)	N/A	#204H
	Ribs epitomize barbecue, combining well-marbled, rich-tasting meat with the primal pleasure of eating with your bare hands. In this show we embark on a rib world tour, from St. Louis ribs with a surprise ingredient to Chinatown spareribs and the Project Smoke version of the boneless rib sandwich. You'll also learn how to build an onion bomb that explodes with flavor in your mouth. St. Louis ribs with vanilla-brown sugar glaze; Chinatown ribs; Onion bombs; Rob's real BBQ baby back rib sandwich.					
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	Scrapbook Soup Me, Me, Me	NETA	(S)	(CC)	N/A	#509H
	It's fun to take and share selfie photos. Amy Tan gets selfies out of the camera and onto artful pages. Ashley Horton uses fancy frames to capture a bit of herself in her designs. Amy Tan has a tip for adding stitches to patterned paper. Julie Fei-Fan Balzer creates a fun photo series from everyday activities.					
16:00:00	Biz Kid\$ The Marketing Mix	APTEX	(S)	(CC)	DVI	#211H
	Now that you've decided on your business product or service, how will you promote it? Let the Biz Kids help you understand your target market and learn about the four P's of business success: product, price, promotion, and placement. Learn how "Exclusive Cuts" barber services, "Wow, Take a Bow" dog grooming, and other businesses market their services and products.					
16:30:00	Hands On Crafts for Kids On The Road and Around The Word	NETA	(S)	(CC)	DVI	#1809H
	Travel can really shake up your creativity. Inspired by their travels, Jenny Barnett-Rohrs and Katie Hacker capture cityscapes. Candie Cooper makes a necklace or bookmark with beads from around the world. Franz Spohn sketches vacation memories and Katie makes colorful candy ornaments from blogger Angie Holden.					

## Daily Program Listing II

43.1

Date: 08/31/2016

10/01/2016 - 10/31/2016

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Mon, Oct 24, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	P. Allen Smith's Garden Home Nature for the Soul	APTEX	(S)	(CC)	DVI	#1208H
	P. Allen Smith visits The Bell Garden Community Garden in St. Louis, Missouri, where a unique garden therapy program has made a difference in people's lives. Plus, Allen takes a bike ride to explore the beautiful colors of the autumn, and we visit the water garden at Powell Gardens in Kansas City, Missouri. Children from the Access School Kids program are welcomed to pick daffodils at Moss Mountain Farm, and Allen connects with the Adopt a Cat Program at the local Humane Society. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World A Primer On Pruning (Columbus, Oh; Mount Airy, Nc; Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#616H
	Pruning helps shape a plant or tree while promoting future growth. But if done correctly, it can do more harm than good. In this episode, GGW brings in best-selling garden author Tracy Desabato-Aust to demonstrate the science behind the practice. Host Joe Lamp' adds his expertise by showing you the five basic keys to pruning like a pro. Learn the benefits, common mistakes and step-by-step instruction on how to promote healthy plants with selective pruning.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13212
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#104H
	In an this episode of Asian American Life - Ernabel Demillo visits the Rubin Museum of Art, which houses the largest Himalayan and Indian art exhibit worldwide. Featured reports include: "Reviving Nepal Bhasa" - Minnie Roh reports on how the Nepalese in the U.S. are trying to save their culture and language; Reporter Paul Lin interviews Asian American Judges Denny Chin and Kathryn S. Paek. New York's Mayor Bill de Blasio appointed 28 new judges to family, civil and criminal courts - making it one of the most diverse courts nationwide; Facial Acupuncture - Kyung Yoon reports on this popular treatment and gets some medical advise on how to proceed with alternative beauty treatment; Latin Asians - Correspondent Tinabeth Pina looks at Latin Asians communities right here in NYC, and traces the history of how this population immigrated to America.					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7147
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1242H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#304H
21:00:00	Backstage Pass Mustard Plug	NETA	(S)	(CC)	N/A	#504H
	Ska-punk dance party music. Recorded live in performance at Albert White Auditorium in East Lansing.					
22:00:00	China's Great History As It Can Be Told By Two 18th Century Screens	ACCES	(S)	(CC)	N/A	#0H
	Explore China's past dynasties as it is revealed in two 18th century painted folding screens. Each was a major workshop commission, being painted with lacquer on lacquer, an extremely difficult artistic technique. As their stories are revealed in this premier viewing of an educational documentary, the hidden messages and ancient techniques used to create these beautiful works of art are revived. It has taken a team of collectors, expert researchers, translators and historians working together for several years to uncover some of their mysteries. Presented by lacquer specialist and documentarian, Carla Stansifer, formerly of the Denver Art Museum, and Cassandra Lohr of China Art Search, LLC.					
23:00:00	Bombs Away: LBJ, Goldwater and the 1964 Campaign That Changed It All	APTEX	(S)	(CC)	N/A	#0H
	Three-year-old Monique Corzilius counts to 10, pulling petals from a daisy. A voice from mission control then counts down as the camera zooms into Monique's dark pupil. An atomic blast and ensuing mushroom cloud consumes the TV screen as President Lyndon Johnson's voice proclaims "We must either love each other, or we must die." This political ad, "Peace Little Girl," aired only once or twice during the 1964 presidential campaign between Lyndon Johnson and Barry Goldwater, but it ushered in a new era of the television attack ad. The 1964 campaign also reshaped the American political landscape in other significant ways. Johnson's "Great Society" and civil rights agendas pushed southern states toward the Republican Party and brought the northeast in line with the Democrats, creating America's contemporary geopolitical map of red and blue states. Barry Goldwater's rift with "the liberal Republican establishment," or "Rockefeller Republicans," served as the basis for his landslide defeat in the general election, but also for the rise of an out-spoken and blossoming conservative movement. Barry Goldwater's presidential campaign also spawned the political career of Ronald Reagan, and inspired future conservative offshoots like social and Christian conservatives as well as the Tea Party. BOMBS AWAY: LBJ, GOLDWATER AND THE 1964 CAMPAIGN THAT CHANGED IT ALL includes interviews with historians and participants in the campaign, including Richard and Doris Kearns Goodwin, Barry Goldwater, Jr., Victor Gold, Joseph Califano, Larry J. Sabato, Professor Robert Mann and Monique Corzilius.					

Tue, Oct 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7147
00:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1242H
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02:00:00	Backstage Pass Mustard Plug	NETA	(S)	(CC)	N/A	#504H
	Ska-punk dance party music. Recorded live in performance at Albert White Auditorium in East Lansing.					
03:00:00	China's Great History As It Can Be Told By Two 18th Century Screens	ACCES	(S)	(CC)	N/A	#0H
	Explore China's past dynasties as it is revealed in two 18th century painted folding screens. Each was a major workshop commission, being painted with lacquer on lacquer, an extremely difficult artistic technique. As their stories are revealed in this premier viewing of an educational documentary, the hidden messages and ancient techniques used to create these beautiful works of art are revived. It has taken a team of collectors, expert researchers, translators and historians working together for several years to uncover some of their mysteries. Presented by lacquer specialist and documentarian, Carla Stansifer, formerly of the Denver Art Museum, and Cassandra Lohr of China Art Search, LLC.					
04:00:00	Bombs Away: LBJ, Goldwater and the 1964 Campaign That Changed It All	APTEX	(S)	(CC)	N/A	#0H
	Three-year-old Monique Corzilius counts to 10, pulling petals from a daisy. A voice from mission control then counts down as the camera zooms into Monique's dark pupil. An atomic blast and ensuing mushroom cloud consumes the TV screen as President Lyndon Johnson's voice proclaims "We must either love each other, or we must die." This political ad, "Peace Little Girl," aired only once or twice during the 1964 presidential campaign between Lyndon Johnson and Barry Goldwater, but it ushered in a new era of the television attack ad. The 1964 campaign also reshaped the American political landscape in other significant ways. Johnson's "Great Society" and civil rights agendas pushed southern states toward the Republican Party and brought the northeast in line with the Democrats, creating America's contemporary geopolitical map of red and blue states. Barry Goldwater's rift with "the liberal Republican establishment," or "Rockefeller Republicans," served as the basis for his landslide defeat in the general election, but also for the rise of an out-spoken and blossoming conservative movement. Barry Goldwater's presidential campaign also spawned the political career of Ronald Reagan, and inspired future conservative offshoots like social and Christian conservatives as well as the Tea Party. BOMBS AWAY: LBJ, GOLDWATER AND THE 1964 CAMPAIGN THAT CHANGED IT ALL includes interviews with historians and participants in the campaign, including Richard and Doris Kearns Goodwin, Barry Goldwater, Jr., Victor Gold, Joseph Califano, Larry J. Sabato, Professor Robert Mann and Monique Corzilius.					
05:00:00	American Forum	NETA	(S)	(CC)	N/A	#201H
05:30:00	Innerviews with Ernie Manouse Mary Wilson	NETA	(S)	(CC)	N/A	#1309H
	Supremes founding member Mary Wilson shares stories of her time in the Iconic Motown chart topping group; along with her personal stories of life, activism and her unique view of racism in America.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1940
08:00:00	Roey's Paintbox	APTEX	(S)	(CC)	N/A	#104H
	CUBISM - Cubism is an early 20th century avant-garde movement. In Cubist artwork, objects are analyzed, broken up and reassembled in an abstracted form - instead of depicting objects from one viewpoint, the artist depicts the subject from a multitude of viewpoints to represent the subject in a greater context. EXPRESSIONISM - Abstract expressionism is a post-World War II movement developed in New York City in the 1940s. The work's emphasis is on spontaneous, automatic or subconscious creation and the technique reflects a sea on colors and textures created with inventive brush strokes and drips.					
08:30:00	1001 Nights Details, Details...../Sinbad In Solitude	NETA	(S)	(CC)	DVI	#113H
	"Details, Details..." - A loose bolt on a wagon wheel sets in motion a chain of events that ends up destroying an entire town. "Sinbad in Solitude" - A shipwrecked Sinbad and Dina embark on an hilarious voyage that takes them to the exotic island of the Wok Wok women.					
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 Pain Relief: for the Back	APTEX	(S)	(CC)	DVI	#910H

Tue, Oct 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Static Balance  Weights are incorporated into the standing exercises to challenge static balance.	NETA	(S)	(CC)	N/A	#1302H
10:30:00	It's Sew Easy Style on the Edge  Start your style at the very edge. Garment sewing expert Rebecca Kemp Brent finishes seams in various ways for a couture look. In the style tip, sewing educator Joanne Banko brings lace in from the edge to create reverse applique motifs. Designer and sewing engineer Gretchen Hirsch uses border prints and scalloped edges to style her designs.	NETA	(S)	(CC)	DVI	#1101H
11:00:00	Knitting Daily Open Work  Open up to open work. First, is Toronto designer Julia Madill and her drop stitch top with unique T-construction. Then Vickie visits with Sarah White in the Space to Space segment. Next, Tanis Gray has fun new items that lend themselves to lace. Last is crochet editor Marcy Smith and a lesson on different open work crochet techniques.	NETA	(S)	(CC)	N/A	#1212H
11:30:00	Fons & Porter's Love of Quilting Goose Crossing  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.	NETA	(S)	(CC)	N/A	#2710H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6067H
13:00:00	Hubert Keller: Secrets of a Chef Fun in the Kitchen  Using fun and creative presentations, Chef Keller shows how to make recipes that will dazzle both the eyes and taste buds. He prepares Moroccan-spiced lamb lollipops served with a spicy homemade ketchup and tzatziki sauce. Then it's a delicate vol-au-vent or puff pastry shell filled with luscious escargots bathed in wine and garlic butter. Moroccan-Spiced Lamb Lollipops with Spicy Ketchup and Tzatziki Sauce, Escargot in Puff Pastry Shells, & Champagne Cocktail with Margarita Sorbet.	NETA	(S)	(CC)	N/A	#504H
13:30:00	Sara's Weeknight Meals Family Choice  Sara has two kids of her own, so she's always found ways to please finicky palates with food adults love too. Take her easy weeknight mini meatloaves baked in a muffin tin that kids love to make themselves. We have two kids helping Sarah in the kitchen to prove it. There's also Odd Lots mac and cheese, a homemade dish using leftovers from the fridge. Sara tops that off with a cool and refreshing creamsicle drink for dessert. Speaking of cheese, we also visit a Benedictine nun who is the world's foremost expert on raw cheeses.	APTEX	(S)	(CC)	N/A	#508H
14:00:00	Taste of History Fort Mifflin's River War  After the British invaded Philadelphia, Washington sent soldiers to Fort Mifflin to delay supply ships and give the Continental Army time to escape to Valley Forge. Chef Staib makes shrimp and rutabaga fricassee, corn fritters, okra fish stew and baked fennel.	NETA	(S)	(CC)	N/A	#604H
14:30:00	George Hirsch Lifestyle Old World Traditions  At his home kitchen, George whips up his sausage campagnola, herb flatbread pizza, and finishes off the meal with his chocolate torta. He visits the local Italian market to see made-from-scratch sausage preparation and fresh mozzarella being made. Recipes: - Flatbread Pizza - Fresh Mozzarella Sausage Campagnola - Chocolate Torta.	APTEX	(S)	(CC)	N/A	#112H
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	Scrapbook Soup Stamping  Make the most of your stamps or create new ones. Julie Fei-Fan Balzer carves her own stamps. May Flaum makes a stamped image pop off the page. Christine Drumheller has a handy gluing tip for clips and charms. Cheryl Boglioli stamps contemporary positive and negative images using gelatin plates.	NETA	(S)	(CC)	N/A	#510H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Hidden Careers	APTEX	(S)	(CC)	DVI	#212H
	You don't have to be perfect at your passion to build a career in it. If you love baseball, but don't have the skills of a super athlete, you will see there are many different roles you can play behind the scenes. Learn about "behind the scenes" careers in sports, music, entertainment, art, and even aviation.					
16:30:00	Hands On Crafts for Kids Creatures	NETA	(S)	(CC)	DVI	#1810H
	With some paper and a little creativity, we'll make a silly, slithery creature. Candie Cooper recreates impressionist art and Katie Hacker makes glittery slime. Jenny Barnett-Rohrs makes creepy eyeballs and silly spiders for Halloween fun from blogger Morena Hockley.					
17:00:00	P. Allen Smith's Garden Home Garden & Home Alternatives	APTEX	(S)	(CC)	DVI	#1209H
	P. Allen Smith shares tips on do-it-yourself projects at home and in the garden using broken terra cotta saucers, how to turn bulbs into party favors for guests, and using recycled Christmas lights and home fixtures to light a garden path. Allen showcases plants that make great screens for unwanted views and excellent ground covers at Moss Mountain, makes a trip to a special eco garden in Kansas City, Missouri, and shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Four Farmers & A Bus: Sol Food (Various Cities Across America)	APTEX	(S)	(CC)	N/A	#617H
	GGW takes an old-fashioned road trip to follow a group of four young gardeners traveling the country in a retro-fitted school bus that's powered on pure waste vegetable oil and their own enthusiasm. With their greenhouse on wheels, a mobile green roof, and lots of seeds, they're taking edible gardening to the streets- literally- and teaching sustainable practices in food deserts and blighted communities across America.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13213
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1242H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7148
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#842H
20:00:00	Sun Studio Sessions Reverend John Wilkins	NETA	(S)	(CC)	N/A	#707H
	Reverend John Wilkins blends the best of Memphis and North Mississippi Hill Country blues. Wilkins' father was also a venerated gospel and blues artist who influenced him, both musically and spiritually. When Wilkins was learning to play guitar, he picked up his father's gospel and country blues styles. He also followed his father's call to ministry and became pastor of Hunter's Chapel Church, where he has led a congregation that includes generations of North Mississippi musicians. In this episode, Reverend John and his band perform several songs including "You Got to Move" and "Sinner's Prayer."					
20:30:00	Jammin at Hippie Jack's New Country Rehab	NETA	(S)	(CC)	N/A	#1001H
	Even with the deep pool of technical talent, New Country Rehab's artistic vision and original writing has earned the respect of many critics. Combining sharp innovation and a deep respect and knowledge of timeless musical themes and motifs, the Toronto based collective creates music that is full of love, loss, longing and joy.					
21:00:00	Infinity Hall Live Covered	APTEX	(S)	(CC)	N/A	#507H
	Infinity Hall Live guests from the first five seasons cover their favorite artists including Joan Osborne's take on Al Green, Wilson Phillips covering the Mamas and Papas' "California Dreamin'," Tommy Emmanuel's cover of guitar classic "Classical Gas", the Bacon Brothers performing the Delbert McClinton classic "Givin' it Up for Your Love," Tedeschi Trucks Band's brilliant "Angel from Montgomery" and Jackie Greene's interpretation of the Grateful Dead's "Scarlet Begonias".					
22:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H

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Tue, Oct 25, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Reaching West: Dreams of China's New Generation	APTEX	(S)	(CC)	N/A	#0H

The documentary REACHING WEST: DREAMS OF CHINA'S NEW GENERATION follows several of these determined and engaging students through their senior year at one of the private high schools in Beijing that prepares students for study abroad. The program chronicles the rigors of the application process from interviews to writing their personal essays. It also provides a window into the students' daily lives and the challenges they face, from dating to the impact of American pop culture.

Wed, Oct 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7148
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#842H
01:00:00	Sun Studio Sessions Reverend John Wilkins	NETA	(S)	(CC)	N/A	#707H
	Reverend John Wilkins blends the best of Memphis and North Mississippi Hill Country blues. Wilkins' father was also a venerated gospel and blues artist who influenced him, both musically and spiritually. When Wilkins was learning to play guitar, he picked up his father's gospel and country blues styles. He also followed his father's call to ministry and became pastor of Hunter's Chapel Church, where he has led a congregation that includes generations of North Mississippi musicians. In this episode, Reverend John and his band perform several songs including "You Got to Move" and "Sinner's Prayer."					
01:30:00	Jammin at Hippie Jack's New Country Rehab	NETA	(S)	(CC)	N/A	#1001H
	Even with the deep pool of technical talent, New Country Rehab's artistic vision and original writing has earned the respect of many critics. Combining sharp innovation and a deep respect and knowledge of timeless musical themes and motifs, the Toronto based collective creates music that is full of love, loss, longing and joy.					
02:00:00	Infinity Hall Live Covered	APTEX	(S)	(CC)	N/A	#507H
	Infinity Hall Live guests from the first five seasons cover their favorite artists including Joan Osborne's take on Al Green, Wilson Phillips covering the Mamas and Papas' "California Dreamin'", Tommy Emmanuel's cover of guitar classic "Classical Gas", the Bacon Brothers' performing the Delbert McClinton classic "Givin' it Up for Your Love," Tedeschi Trucks Band's brilliant "Angel from Montgomery" and Jackie Greene's interpretation of the Grateful Dead's "Scarlet Begonias".					
03:00:00	Pursuit 50 Years in the Fight for Lgbt Rights	NACC	(S)	(CC)	N/A	#0H
04:00:00	Reaching West: Dreams of China's New Generation	APTEX	(S)	(CC)	N/A	#0H
	The documentary REACHING WEST: DREAMS OF CHINA'S NEW GENERATION follows several of these determined and engaging students through their senior year at one of the private high schools in Beijing that prepares students for study abroad. The program chronicles the rigors of the application process from interviews to writing their personal essays. It also provides a window into the students' daily lives and the challenges they face, from dating to the impact of American pop culture.					
05:00:00	American Forum	NETA	(S)	(CC)	N/A	#202H
05:30:00	Innerviews with Ernie Manouse Wes Anderson	NETA	(S)	(CC)	N/A	#1310H
	Ernie talks with Oscar and Golden Globe darling, director and screen writer, Wes Anderson about how he creates the worlds his characters inhabit in such films as "The Royal Tenenbaums," "Moonrise Kingdom," & "The Grand Budapest Hotel."					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1941
08:00:00	Ruby's Studio The Feelings Show	APTEX	(S)	(CC)	N/A	#101H
	"Ruby's Studio: The Feelings Show" helps young children understand, appropriately express, and move through their big feelings. Featuring curriculum guided by child development expert Betsy Brown Braun.					
08:30:00	1001 Nights The Tale of Taymour and Tiny/The Boy and the Panther	NETA	(S)	(CC)	DVI	#114H
	"The Tale Of Taymour And Tiny" - Taymour accidentally knocks an egg out of a bird's nest and decides to care for it. When he does, he gets a big surprise. "The Boy and the Panther" - Nadeem witnesses a crime at the fair and sees that the wrong person gets blamed. Since he wasn't supposed to be there, he can't tell anyone or he'll get in trouble.					
09:00:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize Your Waist	APTEX	(S)	(CC)	DVI	#911H

Wed, Oct 26, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Pelvic & Ribcage Mobility Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.	NETA	(S)	(CC)	N/A	#1303H
10:30:00	It's Sew Easy Stylish Accessories Make your style statement from head to toe with accessories. Blogger and designer Cheryl Sleboda makes colorful espadrilles. In the style tip, sewing educator Joanne Banko adds texture and style to basic garments using decorative stitches. Fabric artist Kim Montagnese embellishes in free motion to create a go-everywhere tote bag.	NETA	(S)	(CC)	DVI	#1102H
11:00:00	Knitting Daily Shawls and Scarves Scarves and shawls are everyone's favorite all-season projects. First, author and designer Lisa Shroyer starts off with innovative edgings. On Space to Space, Vickie chats with podcaster Marly Bird. Then, yarn guy Barry Klein teaches how to knit and connect mitered boxes to create a scarf or shawl. Next, Tanis invites us to wrap up in luxury with shawl yarns and products. Last, Vickie shares a quick tip on inside out knitting to create an on-trend scarf.	NETA	(S)	(CC)	N/A	#1213H
11:30:00	Fons & Porter's Love of Quilting Lines By Design The quilt featured in this episode is named Clerestory, which refers to bringing light into a space. Patrick Lose and Debbie Grifka will discuss the use of negative space, applique and the selection of appropriate applique stitching to secure the roof pieces.	NETA	(S)	(CC)	N/A	#2711H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6068H
13:00:00	Ellie's Real Good Food Dueling Schedules Dinner Challenge It can be a challenge to put dinner together in a working household. And then what happens when you're working opposite shifts? Ellie helps a frazzled couple trying to get healthy weeknight dinners on the table when conflicting schedules and priorities intervene. Recipes: Shrimp with spinach, garlic and smoked paprika; Peach chicken with crispy bread crumbs. 3-Ingredient Recipe: Two-minute mango-coconut sorbet.	APTEX	(S)	(CC)	N/A	#109H
13:30:00	Annabel Langbein: The Free Range Cook Fiesta for Friends Annabel Langbein picks heritage apples from a family orchard dedicated to preserving rare varieties in sunny Nelson, New Zealand. Returning to her lakeside cabin, she cooks a Mexican-style feast of succulent slow-cooked pork with smoky chili beans and guacamole, followed by the easiest, most refreshing apple and raspberry sorbets ever. Recipes from this episode: cinnamon apple fritters, garden gazpacho, Mexican rub, Mexican pulled pork, smoky chili beans, chunky guacamole, fresh flour tortillas, apple and berry sorbets.	APTEX	(S)	(CC)	N/A	#108H
14:00:00	Simply Ming	APTEX	(S)	(CC)	N/A	#1403H
14:30:00	Cook's Country Latin Heat Test cook Julia Collin Davison shows host Christopher Kimball how to make a regional recipe, puffy tacos, at home. Then, tasting expert Jack Bishop challenges Chris to a tasting of tortilla chips. And finally, test cook Erin McMurrer reveals the secrets to perfect chicken chilaquiles.	APTEX	(S)	(CC)	N/A	#908H
15:00:00	Beads, Baubles and Jewels Meaningful Gifts and Talismans Artist Catherine Bickford presents ideas for meaningful gifts, including the symbolism of color and design motifs. Catherine discusses the meaning and symbolism behind various design motifs and materials. She shows how to combine themes, materials, techniques and motifs to create a talisman necklace that has significance and well-wishes for the recipient. Fair trade beaded bangles are featured on Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2113H
15:30:00	Scrapbook Soup Color Explosion Add new life to the simplest designs. Ashley Horton adds splashes of color to highlight a page Julie Fei-Fan Balzer explores the meaning of color with stamp rollers and watercolors. Ashley Horton has a tip for hand-stitching on scrapbook pages. Calligrapher Joanne Fink mixes it up with metallic inks.	NETA	(S)	(CC)	N/A	#511H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Learning from Failure	APTEX	(S)	(CC)	DVI	#213H
	Have you ever made a decision you regret? Let the Biz Kids show you how several well-known companies overcame failures. You'll also discover how mistakes can make you stronger by looking at the work of Albert Einstein, Steve Jobs, and the kid businesses of "You're on Deck" custom cards and "Big Quill Enterprises" oyster sales.					
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 Celebrating Summer	APTEX	(S)	(CC)	DVI	#1210H
	P. Allen Smith celebrates the summer season with a visit to the groundskeeper at Busch Stadium in St. Louis, Missouri, who shows us how to maintain a perfect lawn. Back home, Allen showcases the new summer foliage at Moss Mountain Farm, shares design tips using summer flowering bulbs, and how to grow beautiful dahlias. On the road again, Allen visits Grant Park in Chicago, where an urban beautification program is underway, where perfume is made from the oil of locally grown flowers. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World The Truth About Organic Gardening (St. Paul, Mn)	APTEX	(S)	(CC)	N/A	#618H
	Buyer beware: just because it's organic doesn't automatically make it a better option. Dr. Jeff Gillman, a popular gardening author and an associate professor of horticulture, helps us become more discerning gardeners as we explore specific examples of organics in a fun and illuminating way. We'll discover some enlightening examples of what works, what doesn't, and get to the bottom of some of the most popular claims.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13214
18:30:00	Asia Insight Asia's Biggest Disneyland to Open In Shanghai	APTEX	(S)	(CC)	N/A	#406H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7149
19:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#340
20:00:00	Fall In Love with Music Leave It to Beethoven!	APTEX	(S)	(CC)	DVI	#107H
	This episode provides an in-depth exploration of the 4th movement of Beethoven's String Quartet, Op. 18, No. 2. Concepts presented in the previous six episodes are revisited in this "new" context. The members of the Amphion String Quartet join Maestro Maull for this opportunity to experience an entire movement of classical music. Each episode contains a complete performance of the movement: one at the beginning of Episode 7, prior to the detailed investigation - the other at the conclusion of Episode 8.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#203H
21:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1104H
22:00:00	Speakeasy Graham Nash and Rita Coolidge	APTEX	(S)	(CC)	N/A	#204H
	Two time Rock and Roll Hall of Fame inductee Graham Nash sits down with two-time Grammy Award winner Rita Coolidge. Nash is best known as one of the founding member of the legendary quartet Crosby, Stills, Nash, & Young. The group is celebrated for their intricate vocal harmonies, political activism, and influence on U.S. music and culture. Coolidge got her start as a background singer for renowned musicians such as Leon Russell, Bob Dylan, Jimi Hendrix, Eric Clapton, and Nash himself. She has had great solo success and graced the pop charts from 1977-1978 with four consecutive top 25 hits.					
23:00:00	Our American Family: The Mays	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. Courage brought 17-year-old Jacob May to the US from Germany in 1879 in search of a better life. That same courage enabled his family to rescue 200 Jews from Nazi Germany. Moving from poverty to prosperity, the May Hosiery Mill grew through three generations to contribute commerce and compassion within the Nashville community and beyond. Deeply committed to one another, bolstered by good humor, theirs is a story of fearless hope and courage.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#108H

These Arab Americans all have a mission to help the wider community. Cardiologist Mahmoud Traina serves the working poor at a county hospital outside Los Angeles, but he also found time to take medical supplies to Libyans during the revolution. Sergeant Mike Abdeen and deputy Sherif Morsi run the ground-breaking Muslim Community Affairs unit for the Los Angeles County Sheriff's Department. Father George Shalhoub built St. Mary's Antiochian Orthodox Church into a positive force for the people of Livonia, Michigan.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7149
00:30:00	In Good Shape	WNVC	(S)	(CC)	N/A	#340
01:00:00	Fall In Love with Music Leave It to Beethoven!	APTEX	(S)	(CC)	DVI	#107H
	This episode provides an in-depth exploration of the 4th movement of Beethoven's String Quartet, Op. 18, No. 2. Concepts presented in the previous six episodes are revisited in this "new" context. The members of the Amphion String Quartet join Maestro Maul for this opportunity to experience an entire movement of classical music. Each episode contains a complete performance of the movement: one at the beginning of Episode 7, prior to the detailed investigation - the other at the conclusion of Episode 8.					
01:30:00	Fall In Love with Music Leave It to Beethoven!	APTEX	(S)	(CC)	DVI	#107H
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02:00:00	Live from the Artists Den	APTEX	(S)	(CC)	N/A	#1104H
03:00:00	Speakeasy Graham Nash and Rita Coolidge	APTEX	(S)	(CC)	N/A	#204H
	Two time Rock and Roll Hall of Fame inductee Graham Nash sits down with two-time Grammy Award winner Rita Coolidge. Nash is best known as one of the founding member of the legendary quartet Crosby, Stills, Nash, & Young. The group is celebrated for their intricate vocal harmonies, political activism, and influence on U.S. music and culture. Coolidge got her start as a background singer for renowned musicians such as Leon Russell, Bob Dylan, Jimi Hendrix, Eric Clapton, and Nash himself. She has had great solo success and graced the pop charts from 1977-1978 with four consecutive top 25 hits.					
04:00:00	Our American Family: The Mays	NETA	(S)	(CC)	N/A	#0H
	The first half of the 1900's represents the last era of American life that, for most families, began largely unchanged from the generations that came before. Courage brought 17-year-old Jacob May to the US from Germany in 1879 in search of a better life. That same courage enabled his family to rescue 200 Jews from Nazi Germany. Moving from poverty to prosperity, the May Hosierey Mill grew through three generations to contribute commerce and compassion within the Nashville community and beyond. Deeply committed to one another, bolstered by good humor, theirs is a story of fearless hope and courage.					
04:30:00	Arab American Stories	APTEX	(S)	(CC)	DVI	#108H
	These Arab Americans all have a mission to help the wider community. Cardiologist Mahmoud Traina serves the working poor at a county hospital outside Los Angeles, but he also found time to take medical supplies to Libyans during the revolution. Sergeant Mike Abdeen and deputy Sherif Morsi run the ground-breaking Muslim Community Affairs unit for the Los Angeles County Sheriff's Department. Father George Shalhoub built St. Mary's Antiochian Orthodox Church into a positive force for the people of Livonia, Michigan.					
05:00:00	American Forum	NETA	(S)	(CC)	N/A	#203H
05:30:00	Innerviews with Ernie Manouse Laurie Anderson	NETA	(S)	(CC)	N/A	#1311H
	Performance Artist Laurie Anderson, best known for her 1980's chart topping song "O Superman," shares her views on what is art, how she found her voice, and the pressures of success.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1942
08:00:00	Ruby's Studio The Friendship Show	APTEX	(S)	(CC)	N/A	#102H
	"Ruby's Studio: The Friendship Show" offers kids invaluable tools to help them make and nurture lasting friendships. With a curriculum guided by parenting expert and author, Dr. Robyn Silverman.					
08:30:00	1001 Nights Abu Hassim's Smelly Shoes/The Bandits of Basra	NETA	(S)	(CC)	DVI	#115H
	"Abu Hassim's Smelly Shoes" - A grouchy old man inherits a pair of smelly shoes. No matter how hard he tries, he is unable to get rid of them. "The Bandits of Basra" - Mujab and Sameer pretend to be lawmen in order to land jobs as sheriffs in a small town. What they don't realize is that they have to arrest the most vicious bandit in the territory.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Arm Slenderizing (All Standing)	APTEX	(S)	(CC)	DVI	#912H
10:00:00	Sit and Be Fit Strong Back Strong Core Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles and their role in maintaining back health.	NETA	(S)	(CC)	N/A	#1304H
10:30:00	It's Sew Easy Stylish Home Your home reflects who you are. Using an easy smocking technique, sewing enthusiast Cheryl Sleboda makes colorful, patterned pillows to showcase her style. Blogger Heather Valentine combines unusual materials to create a handy caddy for her studio. With hand-dyed wool and nubby fibers, author Lisa Shepard Stewart stitches a lush wall-hanging.	NETA	(S)	(CC)	DVI	#1103H
11:00:00	Knitting Daily Nature-Inspired Knits Today on Knitting Daily our inspiration comes from nature. Anne Hanson talks about natural wool and its rich palette, and shows how to bring out the best of yarn's natural texture. Then, we travel virtually around the world in our weekly Space-to-Space segment. Today host Vickie Howell visits the UK virtually, chatting with editor Lara Watson about the crafty trend of woodland creatures. Next, designer Heather Zoppetti shows how natural motifs like leaves can be captured in lace, and demonstrates a vine-inspired stitch pattern. From rustic wools to beautiful woods, Tools of the Trade, Tanis Gray looks at products made from nature's bounty. Vickie closes with her weekly Loose Ends segment. She teaches the magic loop technique that's used to start a crocheted Foxy Stash Basket.	NETA	(S)	(CC)	N/A	#1301H
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	#6069H
13:00:00	Eat! Drink! Italy! with Vic Rallo You Are What You Eat Vic is in Tuscany with Chef Lia Schiera to make her spinach filled crepes. Vic and Tony Verdoni talk about one of the best Chiantis. Chef Roberto Rossi teaches Vic his unique dessert Calzone.	APTEX	(S)	(CC)	N/A	#303H
13:30:00	Cooking with Nick Stellino It's All About Pasta! Chef Stellino makes traditional Italian pasta dishes with the elegance and panache. Nick visits the butcher and the cheese monger and prepares Pasta with Sausage & Butternut Squash and Pasta with Sweet Sausage Ragù.	APTEX	(S)	(CC)	N/A	#104H
14:00:00	The Jazzy Vegetarian Giving Thanks Host Laura Theodore prepares a meat-free, vegan celebratory dinner menu. Special guest: Jim Brickman. The star of this traditionally inspired fare is delectable "Holiday Stuffing Casserole" served with "Festive Kale Salad." "Maple Baked Acorn Squash" adds a touch of sweet to this festive meal and "Pumpkin Pie with Date-Nut Crust" is a classic dessert with a jazzy twist.	NETA	(S)	(CC)	DVI	#413H
14:30:00	New Scandinavian Cooking A Whole Salmon In this episode, Andreas takes us to the island of Skrova in northern Norway. The villages along the coast rely on fishing and today traditional fishing coexists with modern aquaculture. Andreas shows how to make his favorite salmon dish using a whole fish before he discloses his secret family waffle recipe.	APTEX	(S)	(CC)	N/A	#608H
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	Scrapbook Soup Turn on the Tools	NETA	(S)	(CC)	N/A	#512H
	Energize your creativity by adding power. Cheryl Boglioli gets into the groove with a cool stenciling tool. May Flaum adds texture with sewing machine stitches. Cheryl Boglioli shares a painting tip. Joe Rotella lights up lettering with twinkling lights.					
16:00:00	Biz Kid\$ Are You Financially Literate?	APTEX	(S)	(CC)	DVI	#301H
	Understanding how to manage your money before you get to high school will make you even more successful when you head to college or move out on your own. Explore the skills of goal setting, budgeting, saving, and money management that make you financially literate!					
16:30:00	Hands On Crafts for Kids 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 Autumns Allure	APTEX	(S)	(CC)	DVI	#1211H
	P. Allen Smith visits Arkansas' newest cultural addition, the Crystal Bridges Museum of American Art where he gets a tour of the beautiful landscape surrounding the museum. While in Northwest Arkansas, Allen also learns about innovative environmental efforts to maintain quality landscapes. At Monticello in Charlottesville, Virginia, the home of Thomas Jefferson, Allen talks to the Director of Landscaping about the massive orchard. Back at Moss Mountain Farm Allen shares tips about maintaining Keiffer Pear Trees and planting marigolds, and uses chicken wire to make Ghost Maiden Dresses for Halloween. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Design Tips for a Small Space Garden (San Francisco, Seattle, Raleigh)	APTEX	(S)	(CC)	N/A	#619H
	More people are moving into metropolitan cities, where yards are becoming smaller or even non-existent. From apartments to condos to in town homes on zero-lot lines, one thing persists: the desire to have a garden. It's actually easy to have a lush and beautiful garden on a balcony or terrace. We explore some of the latest techniques of small-space gardening and visit some very small gardens with big impact in the San Francisco area.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13215
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1318H
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7150
19:30:00	Native Report	WDSE	(S)	(CC)	DVI	#915H
20:00:00	Backstage Pass Tony Monaco & The Fareed Haque Trio Featuring Randy Gelispie	NETA	(S)	(CC)	N/A	#709H
	The Fareed Haque & Tony Monaco Trio featuring Randy Gelispie includes some of the most innovative musicians in jazz today. Haque showcases a unique twist on jazz guitar, while Monaco's organ playing takes each song for a ride. The trio is rounded out with drummer Gelispie. Songs featured include "Furry Slippers," and "My One and Only Love." Recorded at Lansing JazzFest 2015.					
20:30:00	Music Voyager Atlanta - A Music Voyager Special	APTEX	(S)	(CC)	N/A	#701H
	Through the intersecting worlds of five amazing artists, one experiences a city's creative soul. From music superstar Janelle Monae and alternative hip-hop group Arrested Development, to the creative culinary genius of the Gun Show restaurant and the colorful lantern parade, watch as they all come together in a creative collage to tell the story of Atlanta.					
21:00:00	Live from the Dennison Lodge Eliza Gilkyson	NETA	(S)	(CC)	N/A	#104H
	In a home coming of sorts, accomplished artist Eliza Gilkyson entertains a packed house at the Dennison; many of whom remember her days as a child during summers spent on the CM ranch outside Dubois, Wyoming with her dad, legendary singer songwriter Terry Gilkyson.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Climate Change: A Global Reality	NETA	(S)	(CC)	N/A	#0H
	<p>The headlines are ominous. "California Governor Proposes \$1 Billion In Drought Spending." "Researcher Says Rising Oceans Could Displace Millions By 2100." "NOAA, NASA Say 2014 Was Warmest Year on Record." "U.N. Warns World Could Have 40 Percent Water Shortfall By 2030." When it comes to climate change, the heat is on. In Climate Change: A Global Reality, moderator John King of CNN and expert panelists examine the relationship between climate change and the human activities that heighten and intensify its impacts. Topics include rising temperatures and sea levels, ongoing and future multi-year droughts and catastrophic weather events - with an eye toward reducing their impact through public policy initiatives.</p>					
23:00:00	The Pink Room	NETA	(S)	(CC)	N/A	#0H
	<p>THE PINK ROOM tells the story of Mien and other young girls who have been victimized in the unspeakably dark world of child sex slavery. Mien grew up in Svay Pak, Cambodia, a small village notorious for one thing: the trafficking of children. At a young age Mien entered life in a brothel, and her virginity was sold for a high price. Held hostage and raped daily by eager pedophiles, Mien's sense of self-worth is diminished with each customer. But this is not just a story about the problem. The Pink Room is an inspiring story of restoration as ordinary people become heroes, lives are mended, and Cambodians rise up to take back their country. In a world where it is estimated that over one million children are held captive and sexually abused, a flower blooms in the heart of Cambodia.</p>					

Fri, Oct 28, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Newsline	APTEX	(S)	(CC)	N/A	#7150
00:30:00	Native Report	WDSE	(S)	(CC)	DVI	#915H
01:00:00	Backstage Pass Tony Monaco & The Fareed Haque Trio Featuring Randy Gelispie	NETA	(S)	(CC)	N/A	#709H
	The Fareed Haque & Tony Monaco Trio featuring Randy Gelispie includes some of the most innovative musicians in jazz today. Haque showcases a unique twist on jazz guitar, while Monaco's organ playing takes each song for a ride. The trio is rounded out with drummer Gelispie. Songs featured include "Furry Slippers," and "My One and Only Love." Recorded at Lansing JazzFest 2015.					
01:30:00	Music Voyager Atlanta - A Music Voyager Special	APTEX	(S)	(CC)	N/A	#701H
	Through the intersecting worlds of five amazing artists, one experiences a city's creative soul. From music superstar Janelle Monae and alternative hip-hop group Arrested Development, to the creative culinary genius of the Gun Show restaurant and the colorful lantern parade, watch as they all come together in a creative collage to tell the story of Atlanta.					
02:00:00	Live from the Dennison Lodge Eliza Gilkyson	NETA	(S)	(CC)	N/A	#104H
	In a home coming of sorts, accomplished artist Eliza Gilkyson entertains a packed house at the Dennison; many of whom remember her days as a child during summers spent on the CM ranch outside Dubois, Wyoming with her dad, legendary singer songwriter Terry Gilkyson.					
03:00:00	Climate Change: A Global Reality	NETA	(S)	(CC)	N/A	#0H
	The headlines are ominous. "California Governor Proposes \$1 Billion In Drought Spending." "Researcher Says Rising Oceans Could Displace Millions By 2100." "NOAA, NASA Say 2014 Was Warmest Year on Record." "U.N. Warns World Could Have 40 Percent Water Shortfall By 2030." When it comes to climate change, the heat is on. In Climate Change: A Global Reality, moderator John King of CNN and expert panelists examine the relationship between climate change and the human activities that heighten and intensify its impacts. Topics include rising temperatures and sea levels, ongoing and future multi-year droughts and catastrophic weather events - with an eye toward reducing their impact through public policy initiatives.					
04:00:00	The Pink Room	NETA	(S)	(CC)	N/A	#0H
	THE PINK ROOM tells the story of Mien and other young girls who have been victimized in the unspeakably dark world of child sex slavery. Mien grew up in Svay Pak, Cambodia, a small village notorious for one thing: the trafficking of children. At a young age Mien entered life in a brothel, and her virginity was sold for a high price. Held hostage and raped daily by eager pedophiles, Mien's sense of self-worth is diminished with each customer. But this is not just a story about the problem. The Pink Room is an inspiring story of restoration as ordinary people become heroes, lives are mended, and Cambodians rise up to take back their country. In a world where it is estimated that over one million children are held captive and sexually abused, a flower blooms in the heart of Cambodia.					
05:00:00	Drexel Interview Wendell Pierce, Part 1	NETA		(CC)	N/A	#501H
	Wendell Edward Pierce is an American actor. He is best known for his roles in HBO dramas, such as Detective Bunk Moreland in The Wire and trombonist Antoine Batiste in Treme, and as Michael Davenport in Waiting to Exhale. Currently Pierce has a starring role as Teddy on the CBS sitcom The Odd Couple. Pierce has been in over 30 films, appeared in nearly 50 television shows and has performed in dozens of stage productions. He worked on the HBO dramas The Wire and Treme. He appeared in The Twilight Saga: Breaking Dawn - Part 2 as "J. Jenks". For his role in Treme, Pierce learned to play the trombone, though he relied on "sound double", Stafford Agee of the Rebirth Brass Band. Agee played off-camera for Pierce, syncing his trombone with Wendell's motions for authenticity. Pierce was nominated for an Independent Spirit Award for Best Male Lead for his portrayal of "Joe" in Four, playing a married, closeted gay man who steps out on his family with a young white man he met online.					
05:30:00	Innerviews with Ernie Manouse Roma Downey	NETA	(S)	(CC)	N/A	#1312H
	Actress ("Touched by an Angel") and producer ("The Bible," and "Son of God") Roma Downey tells Ernie tales of her life from Ireland to Hollywood, and how her faith has been with her every step of the way.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1943
08:00:00	Ruby's Studio The Safety Show	APTEX	(S)	(CC)	N/A	#103H
	"Ruby's Studio: The Safety Show," offers kids age-appropriate language and tools to keep themselves safe with an empowering, non-fearful approach. Curriculum developed and guided by Child Safety expert, Pattie Fitzgerald.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	1001 Nights The Genie, The Fish, The Wolf and the Witch/The Forbidden City of Shenzhen "The Genie, The Fish, The Wolf and The Witch" - When Shahryar can't sleep, Shahrzad tells a series of stories within stories that become fascinatingly intertwined. "The Forbidden City of Shenzhen" - Ahn-Ming climbs to the other side of the forbidden wall to learn that everything he's been taught about his evil neighbors is wrong.	NETA	(S)	(CC)	DVI	#116H
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 1	ACCES		(CC)	N/A	#120H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Spine & Improve Posture	APTEX	(S)	(CC)	DVI	#913H
10:00:00	Sit and Be Fit Neuromuscular Coordination In this episode, Mary Ann uses heel tapping, patting, clapping and changing of rhythm patterns which contribute to improving neuromuscular coordination.	NETA	(S)	(CC)	N/A	#1305H
10:30:00	It's Sew Easy Personalized Style Make a truly personal style statement. Embroidery expert Eileen Roche restyles a t-shirt with embroidery, then laces it up to create a boutique look. Designer Angela Wolf has a style tip for quickly updating a classic jacket. Educator Rebecca Kemp Brent uses basic computer fonts and a sewing machine to create beautiful monograms.	NETA	(S)	(CC)	DVI	#1104H
11:00:00	Knitting Daily Short Stuff Today's theme is short stuff. Myra Wood shows how to work short-rows in a colorful scarf pattern. Online editor Kathleen Cubley gives us the long and the short of her fun job of creating knitting content for a living. Lily Chin demonstrates the crochet version of short-rowing while we make a hat. On Tools of the Trade, Tanis looks at products that offer a few knitting short cuts. Last, Vickie ties up Loose Ends by demonstrating how garter stitch makes knitting short rows a cinch.	NETA	(S)	(CC)	N/A	#1302H
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	#6070H
13:00:00	P. Allen Smith's Garden to Table Follow The Pig Allen takes viewers on a true farm-to-table journey in this episode as he "follows the pig" in Kansas City by visiting a local farm that raises grain-fed pork and a local butcher shop that only selects locally raised and steroid- free meat. And you can't visit Kansas City without trying some of the best BBQ in the country. Allen visits with a long time employee at the famous Arthur Bryant's restaurant to get some tips on smoking meat.	APTEX	(S)	(CC)	DVI	#303H
13:30:00	Mike Colameco's Real Food Racines/Wine Disciples Two restaurants that are wine lovers paradise, both affiliated with wine shop. Racine's is linked to Chambers St Wines down the block, spot on French inspired menu and an amazing selection of wines by the glass or bottle. Wine Disciples is a store right next to a restaurant, here the cooking is American / Italian, ingredient driven and the wine list by glass and bottle is wonderful.	NETA	(S)	(CC)	N/A	#1422H
14:00:00	Kitchen Wisdom of Cecilia Chiang Passing on the Wisdom This episode is all about Cecilia as a mentor and passing on her kitchen wisdom. "Cecilia is a perfect mentor because she gives perfect advice," says legendary chef Jeremiah Tower. She gave Julia Child cooking lessons and was Alice Water's mentor in the years leading up to Chez Panisse. Well into her 90's, Cecilia is still mentoring a new generation of San Francisco's chefs. Corey Lee, a Korean American comes to her for professional advice and for personal as well. Tyler Florence asks Cecilia how to manage fame. And Belinda Leong, chef/co-owner and creator of b.patisserie is like a daughter to Cecilia and seeks out her counsel daily. In this episode, first they recreate a Mandarin classic dessert, gaceed bananas. Then Belinda does a b.patisserie signature favorite, her now famous chocolate banana almond croissant.	APTEX	(S)	(CC)	DVI	#106H
14:30:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#227H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels Make It Colorful	NETA	(S)	(CC)	N/A	#2210H
	Color adds an extra pop to any jewelry design. Designer and author Arnee Sweet-McNamara blends her love of colors and shapes with soutache braid and tiny beads to create high-impact jewelry. Katie colors charms and pendants using permanent markers and alcohol inks.					
15:30:00	Scrapbook Soup Details	NETA	(S)	(CC)	N/A	#513H
	Adding new details keeps things fresh. Christine Drumheller add textures as she designs with thread using the sewing machine. Amy Tan sprays and spatters paint for special effects. Julie Fei-Fan Balzer wraps it all up with a review of the fresh new techniques featured throughout the series.					
16:00:00	Biz Kid\$ Wheel of Misfortune	APTEX	(S)	(CC)	DVI	#302H
	Find out how to avoid common money mistakes and learn the importance of following a financial plan. Explore both short- and long-term goals.					
16:30:00	Hands On Crafts for Kids Make Believe	NETA	(S)	(CC)	DVI	#1813H
	Anything can happen in the world of make-believe. Jenny Barnett-Rohrs turns into a scary monster with a fun headband. Katie Hacker makes a fantasy tent and then whips up a never-ending cherry pie. Jenny shows how to create a show with puppets you make yourself from blogger Mom Carolina Moore.					
17:00:00	P. Allen Smith's Garden Home Getting Ready for Christmas	APTEX	(S)	(CC)	DVI	#1212H
	P. Allen Smith is gearing up for the Christmas Season with tons of fresh greenery and ways to use it inside the home, including fireplace mantles and a children's room. Plus, he shows us how to make simple cinnamon pinecones and other fun holiday luminaries. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World Bringing Nature Home: How You Can Sustain Wildlife with Native Plants	APTEX	(S)	(CC)	N/A	#620H
	In too many places of our country, there is no place left for wildlife, but in the landscapes and gardens we ourselves create. Noted author Doug Tallamy illustrates how the choices we make as gardeners can profoundly impact the diversity of life in our yards, towns and on our planet.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13216
18:30:00	Out of Ireland	WLIW	(S)	(CC)	N/A	#2424Z
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7151
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#843H
20:00:00	Song of the Mountains South Carolina Broadcasters/Bearwallow Bluegrass Band	NETA	(S)	(CC)	N/A	#1109H
21:00:00	Woodsongs United States Air Force Band Celtic Aire/Leroy Troy and the Tennessee Mafia Jug	NETA	(S)	(CC)	N/A	#1805H
	Celtic Aire is the premier Celtic and folk ensemble of the United States Air Force. Formed in 2007, the group is comprised of five Airmen musicians from The United States Air Force Band's Singing Sergeants, the official chorus of the U.S. Air Force. In addition to community relations concerts in Washington, D.C., and the surrounding area, this small ensemble regularly performs at official functions for military and civilian leaders. In 2009, Celtic Aire deployed to Kuwait, Iraq, Qatar and Kyrgyzstan in support of diplomatic and troop morale initiatives as a part of Operation Enduring Freedom. Their latest release is 'As I Roved Out'. Leroy Troy And The Tennessee Mafia Jug Band are a "blast from the past" band. They are five guys and a scrubboard, with roots like wisdom teeth anchored by Leroy Troy, "The Tennessee Slicker," who has performed his astounding old time banjo act since the 1980's and was a featured player on hit TV show Hee Haw. Their latest CD is Lester's Loafin' Lounge.					
22:00:00	Film School Shorts Somebody to Love	NETA	(S)	(CC)	N/A	#407H
	Kaori Momoi stars as a 55-year-old single office worker in Tokyo with nothing to look forward to but forced retirement and a lonely death in Oh Lucy! However, when her American English teacher gives her a blonde wig and a new identity, her perspective on life begins to change. Directed by Atsuko Hirayanagi. Then Tin takes us to the alleyways of Harlem, where a man mourns life and lost love in this jazz-age inspired stop-motion animation. Directed by Brandon Lake.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Tommy Lee Jones: Bringing The Three Burials of Melquiades Estrada to Life Tommy Lee Jones, writer, director, and protagonist of The Three Burials of Melquiades Estrada, reflects on the making of the film, accompanied by some of his cast and crew. Followed by Roy Rutngamlug's short film, Formosa, TX, about a first generation Asian-American's fleeting encounter with an out-of-towner who stumbles upon his family's diner.	NETA	(S)	(CC)	N/A	#511H
23:00:00	Science Goes to the Movies Kingsman: The Secret Service and Particle Fever Co-hosts Faith Salie and Dr. Heather Berlin continue a conversation with renowned astrophysicist Neil deGrasse Tyson - Director of The American Museum of Natural History's Hayden Planetarium - for Part II on how scientists, and science itself, are depicted in Kingsman: The Secret Service, the 2013 documentary Particle Fever, and our culture generally.	NETA	(S)	(CC)	N/A	#104H
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1002

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Sat, Oct 29, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Asia Insight	APTEX	(S)	(CC)	N/A	#416H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#843H
01:00:00	Song of the Mountains South Carolina Broadcasters/Bearwallow Bluegrass Band	NETA	(S)	(CC)	N/A	#1109H
02:00:00	Woodsongs United States Air Force Band Celtic Aire/Leroy Troy and the Tennessee Mafia Jug	NETA	(S)	(CC)	N/A	#1805H
	Celtic Aire is the premier Celtic and folk ensemble of the United States Air Force. Formed in 2007, the group is comprised of five Airmen musicians from The United States Air Force Band's Singing Sergeants, the official chorus of the U.S. Air Force. In addition to community relations concerts in Washington, D.C., and the surrounding area, this small ensemble regularly performs at official functions for military and civilian leaders. In 2009, Celtic Aire deployed to Kuwait, Iraq, Qatar and Kyrgyzstan in support of diplomatic and troop morale initiatives as a part of Operation Enduring Freedom. Their latest release is 'As I Roved Out'. Leroy Troy And The Tennessee Mafia Jug Band are a "blast from the past" band. They are five guys and a scrubboard, with roots like wisdom teeth anchored by Leroy Troy, "The Tennessee Slicker," who has performed his astounding old time banjo act since the 1980's and was a featured player on hit TV show Hee Haw. Their latest CD is Lester's Loafin' Lounge.					
03:00:00	Film School Shorts Somebody to Love	NETA	(S)	(CC)	N/A	#407H
	Kaori Momoi stars as a 55-year-old single office worker in Tokyo with nothing to look forward to but forced retirement and a lonely death in Oh Lucy! However, when her American English teacher gives her a blonde wig and a new identity, her perspective on life begins to change. Directed by Atsuko Hirayanagi. Then Tin takes us to the alleyways of Harlem, where a man mourns life and lost love in this jazz-age inspired stop-motion animation. Directed by Brandon Lake.					
03:30:00	On Story Tommy Lee Jones: Bringing The Three Burials of Melquiades Estrada to Life	NETA	(S)	(CC)	N/A	#511H
	Tommy Lee Jones, writer, director, and protagonist of The Three Burials of Melquiades Estrada, reflects on the making of the film, accompanied by some of his cast and crew. Followed by Roy Rutngamlug's short film, Formosa, TX, about a first generation Asian-American's fleeting encounter with an out-of-towner who stumbles upon his family's diner.					
04:00:00	Science Goes to the Movies Kingsman: The Secret Service and Particle Fever	NETA	(S)	(CC)	N/A	#104H
	Co-hosts Faith Salie and Dr. Heather Berlin continue a conversation with renowned astrophysicist Neil deGrasse Tyson - Director of The American Museum of Natural History's Hayden Planetarium - for Part II on how scientists, and science itself, are depicted in Kingsman: The Secret Service, the 2013 documentary Particle Fever, and our culture generally.					
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1002
05:00:00	In Good Shape	WNVC	(S)	(CC)	N/A	#340
05:30:00	Innovations In Medicine Stem Cell Therapy, Cancer Treatment, HCG Diet Plan, Clean CPAP, Fecal Transplantation, Pot Protects the Brain, Prostate Cancer.	EPS	(S)	(CC)	N/A	#104H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1944
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Roses and Geraniums	APTEX	(S)	(CC)	N/A	#315H
	Today Gary paints beautiful Red and White Roses, combined with bright Red Geraniums. The soft Grey background has pastel shades of Pink and Mauve. Tiny Red buds and complimentary Green leaves complete the composition. This is a quick and easy painting for the student that is just starting out, learning the Jenkins style Roses.					
08:30:00	Grand View Mount Rainier National Park	APT		(CC)	N/A	#203H
	At Mount Rainier National Park, Baumann takes his audience to Central Washington to witness one of the most geologically tenuous landscapes in America. The mountain and region have been shaped by volcanic activity and geologists anticipate its next blast. The mountain itself is an active volcano encased in over 35 square miles of snow and ice. The journey includes examples of old growth forests and sub- alpine meadows. On his journey, Baumann interviews several Native Americans from the region, including Lewis Squallysr; archaeologist Lee Taylor details the native and contemporary human history. Baumann concludes this episode with a riverside painting of Mount Rainier.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Landscapes Through Time with David Dunlop The Tide Pools at Winslow Homer Prouts Neck, Maine David visits another location on the rocky shores of Prouts Neck, Maine, where the famously enigmatic Winslow Homer (1836-1910) lived for the final 27 years of his life and painted some of his most recognizable, theatrical, and iconic seascapes. David explores the calm tide pools swirling around the rocky shores and discusses Homer's techniques and palette as he paints an oil painting of the shores of Maine from the rocks.	NETA	(S)	(CC)	DVI	#207H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Calf & Knee Strengthening	APTEX	(S)	(CC)	DVI	#914H
10:00:00	Sit and Be Fit Release Tension Through Exercise This fast-paced workout ends with a peaceful relaxation, leading viewers from a state of invigoration to a place of complete tranquility.	NETA	(S)	(CC)	N/A	#1306H
10:30:00	Wai Lana Yoga Special: Pregnancy - Part 1 Wai Lana shows you poses to keep you strong and flexible while pregnant-or anytime. The Blowing Breath will help you through labor and delivery.	APTEX	(S)	(CC)	N/A	#518
11:00:00	Delicious TV's Vegan Mashup Budget Friendly Bonanza Who knew budget-friendly vegan feasting would be easy, fun and scrumptious. Toni Fiore is making a delicious and dreamy Veggie One Pot utilizing frozen veggies over her Savory Roasted Potatoes. Miyoko Schinner creates a family style spread for roll your own sushi. And Toni joins Miyoko as a fan for the day.	NETA	(S)	(CC)	DVI	#304H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Love of Live Fire Cooking In Yucatan, cooking over fire is a way of life. Rick meets up with chef Juan Pablo Loza, who ignites the wood-fire grill for octopus with local pineapple. At Zama Beach Club in Isla Mujeres, Cancun chef Federico Lopez fires up his seaside grill to make tikin xic, a Yucatecan grilled fish dish smothered with achiote, the region's hallmark spice paste. And chef Eric Werner shows off his all wood-fire kitchen at Hartwood in Tulum. Forever obsessed with cooking over fire, Rick goes to Lena Brava, his new all wood-fire restaurant in Chicago, to make poc chuc, a traditional citrusy grilled spicy pork dish, then to his backyard for spatchcocked chicken al oregano worthy of a summertime fiesta.	APTEX	(S)	(CC)	N/A	#1106H
12:00:00	Lidia's Kitchen	APTEX	(S)	(CC)	N/A	#403H
12:30:00	Moveable Feast with Fine Cooking	APTEX	(S)	(CC)	N/A	#407H
13:00:00	Expeditions with Patrick Mcmillan Colorado's Rocky Mountains - Challenges and Changes When you think of the Rocky Mountains you probably picture a wilderness that is far removed from our influence. It turns out that may not be the case. Life is changing here from the alpine lakes to fragile tundra life to the mighty forests of the mountain slopes. Join Patrick as he explores the challenges and changes that are happening in the Colorado Rockies.	APTEX	(S)	(CC)	N/A	#306H
13:30:00	In The Americas with David Yetman	APTEX	(S)	(CC)	N/A	#510H
14:00:00	Rick Steves' Europe	APTEX	(S)	(CC)	N/A	#903H
14:30:00	Journeys In Africa Kilimanjaro - Roof of Africa Host Bill Ball begins the ascent of the highest mountain in Africa. Trouble almost immediately affects the team as the cameraman suffers from fatigue and altitude sickness. Just over half way, the trip is in serious doubt as altitude, cold and wind force the team to evaluate their fitness to continue and now face their biggest challenges of the climb-a near sheer wall of rock and the grueling 18 hour day that is required in the final ascent. Is success in the cards or is this a near miss?	NETA	(S)	(CC)	N/A	#213H
15:00:00	Garden Smart Gardeners are always attempting to make their yards and gardens better. But where to start and what can we do GardenSMART visits a very interesting gardener who tells us how they handle these challenges every year. We learned a lot, think you will too.	NETA	(S)	(CC)	N/A	#4404H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Chefs A' Field Sweet Nectar	APTEX	(S)	(CC)	N/A	#205H
	World's First Organic Fair-Trade Honey & Blue Agave Syrup from Mexico. Chef Richard Sandoval: Modern Mexican Restaurants - New York; Dubai; Las Vegas; Denver; Tysons Corner, VA; Washington, D.C.; Mexico City; Acapulco This episode accompanies Chef Richard Sandoval, world-famous for his modern Mexican cuisine, on a journey to the outer reaches of Mexico, from the dense jungles of Quintana Roo to the mountaintops of Jalisco to the Pacific cliffs outside Acapulco. We see how the world's first organic fair-trade honey is harvested by native Mayans, and Chef Sandoval shows how to tap the rare blue agave for its syrup. In the kitchen, a Mexican feast is prepared by three generations of Sandovals. Recipes: Salmon Terrine with Chile Guajillo a la Blue Agave; Camarones de la Vera Cruz (& a Touch of Honey).					
16:00:00	Maria Hinojosa: One-On-One Chris Eyre	APTEX	(S)	(CC)	N/A	#405Z
	Chris Eyre is an award-winning film director and producer, acclaimed for his intimate focus on the contemporary Native American experience. His debut film, Smoke Signals, caused a sensation at the 1998 Sundance Film Festival, where he received the Filmmaker's Trophy and the Audience Award. Since then he has made several films, as well as documentaries for American Experience.					
16:30:00	Overheard with Evan Smith	NETA	(S)	(CC)	N/A	#703H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Cooper	APTEX	(S)	(CC)	N/A	#309H
	Think handmade wooden buckets a thing of the past? Cooper Jim Gaster keeps the craft alive and well. His buckets were recently in The Revenant. Host Eric Gorges and Jim make a bucket - no leaks.					
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3443
18:30:00	The Open Mind Seinfeld As Americana	NETA		(CC)	N/A	#3711H
	GUEST: Jennifer Keishin Armstrong. Jennifer Keishin Armstrong talks about her new book Seinfeldia: How a Show About Nothing Changed Everything.					
19:00:00	Closer to Truth Alternative Concepts of God	EPS	(S)	(CC)	N/A	#1104H
	Philosophers explore novel ideas of what God may be like. They challenge classical theism-the personal creator of Judaism, Christianity, and Islam.					
19:30:00	Piano Guy	NETA	(S)	(CC)	N/A	#1304H
	Host Scott Houston and guests show viewers how to play the wonderful standard, "When I Fall In Love," and the signature lick from the James Bond theme song. Featured guests include David Tolley, Bradley Sowash and Lori Mechem.					
20:00:00	Infinity Hall Live Galactic	APTEX	(S)	(CC)	N/A	#502H
	The seminal New Orleans band draws inspiration from the cultural flavors of their city streets and their local orbit of southern soul, funk, blues, rock and brass band. From the band's traditional "second line" brass-infused show opener "Sugar Doosie" to the funky bass line and tumbling guitar on "Long Live the Borgne;" to the break in the funk for Paul Simon's "Fifty Ways" with guest Ryan Montbleau, the band showcases their 20-year musical evolution in an electrifying performance. Erica Falls is guest vocalist. With artist interviews.					
21:00:00	Front and Center For King & Country	APTEX	(S)	(CC)	N/A	#509H
	The 2015 two-time Grammy Award-winning pop-rock duo takes the stage at the McKittrick Hotel to perform songs from their sophomore album Run Wild. Live Free. Love Strong, including their current hit single "Fix My Eyes" and fan favorites from their 2012 debut album Crave.					
22:00:00	Globe Trekker Isolated Islands: St. Helena	APTEX	(S)	(CC)	N/A	#1530H
	Zay Harding voyages to the remote island of St. Helena, site of Napoleon's final years in exile after his defeat at Waterloo. He meets the friendly islanders known as "Saints," tours the historic settlement of Jamestown, and visits Longwood House where Napoleon was imprisoned as well as his tomb. Zay then encounters a 180-year-old giant tortoise, embarks on a boat trip off the spectacular coastline, speeds down the cliffside steps of Jacob's Ladder and climbs St. Helena's highest peak, which shelters numerous rare plant species.					

## Daily Program Listing II

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Sat, Oct 29, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Arts In Context Passing It Forward	NETA		(CC)	N/A	#704H
	With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.					
23:30:00	This American Land Hogs on the Buffalo, Farming The Upstream, Reborn to Be Rewild	NETA	(S)	(CC)	N/A	#503H
	Hogs On The Buffalo - With waste from a new industrial hog farm threatening the purity of the nation's first national river, citizens raise the alarm and score a victory with a lawsuit. Farming The Upstream - Farmers in Iowa and Illinois adopt new practices to prevent runoff of chemicals and waste that would pollute the Mississippi River. Reborn To Be Rewild - Running out of space in Yellowstone National Park, bison are re-located to Indian reservations in Montana where they can build new populations of wild herds (produced with Earthjustice).					

Sun, Oct 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Alternative Concepts of God Philosophers explore novel ideas of what God may be like. They challenge classical theism-the personal creator of Judaism, Christianity, and Islam.	EPS	(S)	(CC)	N/A	#1104H
00:30:00	Piano Guy Host Scott Houston and guests show viewers how to play the wonderful standard, "When I Fall In Love," and the signature lick from the James Bond theme song. Featured guests include David Tolley, Bradley Sowash and Lori Mechem.	NETA	(S)	(CC)	N/A	#1304H
01:00:00	Infinity Hall Live Galactic The seminal New Orleans band draws inspiration from the cultural flavors of their city streets and their local orbit of southern soul, funk, blues, rock and brass band. From the band's traditional "second line" brass-infused show opener "Sugar Doosie" to the funky bass line and tumbling guitar on "Long Live the Borgne;" to the break in the funk for Paul Simon's "Fifty Ways" with guest Ryan Montbleau, the band showcases their 20-year musical evolution in an electrifying performance. Erica Falls is guest vocalist. With artist interviews.	APTEX	(S)	(CC)	N/A	#502H
02:00:00	Front and Center For King & Country The 2015 two-time Grammy Award-winning pop-rock duo takes the stage at the McKittrick Hotel to perform songs from their sophomore album Run Wild. Live Free. Love Strong, including their current hit single "Fix My Eyes" and fan favorites from their 2012 debut album Crave.	APTEX	(S)	(CC)	N/A	#509H
03:00:00	Globe Trekker Isolated Islands: St. Helena Zay Harding voyages to the remote island of St. Helena, site of Napoleon's final years in exile after his defeat at Waterloo. He meets the friendly islanders known as "Saints," tours the historic settlement of Jamestown, and visits Longwood House where Napoleon was imprisoned as well as his tomb. Zay then encounters a 180-year-old giant tortoise, embarks on a boat trip off the spectacular coastline, speeds down the cliffside steps of Jacob's Ladder and climbs St. Helena's highest peak, which shelters numerous rare plant species.	APTEX	(S)	(CC)	N/A	#1530H
04:00:00	Arts In Context Passing It Forward With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.	NETA		(CC)	N/A	#704H
04:30:00	This American Land Hogs on the Buffalo, Farming The Upstream, Reborn to Be Rewild Hogs On The Buffalo - With waste from a new industrial hog farm threatening the purity of the nation's first national river, citizens raise the alarm and score a victory with a lawsuit. Farming The Upstream - Farmers in Iowa and Illinois adopt new practices to prevent runoff of chemicals and waste that would pollute the Mississippi River. Reborn To Be Rewild - Running out of space in Yellowstone National Park, bison are re-located to Indian reservations in Montana where they can build new populations of wild herds (produced with Earthjustice).	NETA	(S)	(CC)	N/A	#503H
05:00:00	California's Golden Parks Asilomar Huell travels to the city of Pacific Grove located on the Monterey Peninsula to visit Asilomar. Meaning 'a refuge by the sea', Asilomar State Beach and Conference Grounds sits on 107 breathtaking acres.	KCET		(CC)	N/A	#119
05:30:00	Moneywise with Kelvin Boston Understanding Payday Loans While expensive and controversial, many Americans regularly use payday loans. Kelvin Boston and guests Aracely Panameno from the Center for Responsible Lending and Charles Lowery, Jr. Esq. from Military Saves discuss payday loans. This episode also features small business development tips from Marie Johns, deputy administrator of the U.S. Small Business Administration.	APTEX	(S)	(CC)	DVI	#808H
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1945
08:00:00	Gary Spetz's Watercolor Quest Mexican Riviera Host-Artist, Gary Spetz, sails aboard a cruise ship to explore, photograph and paint west-coast Mexico-from the quaint seaside village of Yelapa to the colorful "old town section" of Mazatlan. In this episode, he explains, along the way, what he looks for, in composing a scene and how he approaches various paintings.	APTEX	(S)	(CC)	N/A	#112H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Painting with Paulson Two Different Worlds Part II	NETA	(S)	(CC)	N/A	#1610H
09:00:00	Wyland's Art Studio Lion  For centuries, artists have employed light and shadow for a theatrical effect. The technique, known traditionally as chiaroscuro, refers to a strong juxtaposition of light and shade to enhance the dramatic aspects of a painting. The technique was pioneered and used to heightened effect by Leonardo da Vinci, Caravaggio, and Rembrandt. In this portrait of a regal lion, Wyland uses the interplay of shading to establish dramatic and dominant nature of these beautiful apex hunters. First, Wyland pays singular attention to his light sources and creates the painting from there, establishing lines, mid tones, then adding strong shadows. The light source is the single most important aspect of chiaroscuro painting. Highlights that have a bit of color from the light source may be added. If the light source is cool, highlights may include a variety of blue colors. If the source is warm, yellows, oranges or reds may be added.	APTEX		(CC)	N/A	#503H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: for Legs & Arms	APTEX	(S)	(CC)	DVI	#915H
10:00:00	Sit and Be Fit Strengthening Muscles & Joints  This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.	NETA	(S)	(CC)	N/A	#1307H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#201
11:00:00	Dining with the Chef	APTEX	(S)	(CC)	N/A	#231H
11:30:00	New Orleans Cooking with Kevin Belton Garden Harvest  Corn and sweet pepper relish, fried green tomatoes, Creole okra.	APTEX	(S)	(CC)	N/A	#122H
12:00:00	Ciao Italia The King of Cheese/Il Re Del Formaggio  The crowned king of cheese is featured when food educator Nancy Radke joins Mary Ann nella cucina to create a table filled with delicious antipasti featuring Parmigiano Reggiano cheese and Prosciutto di Parma ham, starting with Prosciutto di Parma Wrapped Fruit with Parmigiano Reggiano, Parmesan Cheese and Almond Wafers, and Spicy Fava Bean Spread.	NETA	(S)	(CC)	N/A	#2609H
12:30:00	Martin Yan's Taste of Vietnam Where Dragons Nest  Vietnamese legends tell of dragons descending from the heavens and nesting in Ha Long Bay. Martin sails these spectacular waters, exploring the many rugged caves inside the thousands of limestone islands. He drops by a floating village where children commute by boat to a schoolhouse on water. Recipes: Crispy Fried Shrimp, Steamed Whole Fish in Spicy Bean Sauce.	APTEX	(S)	(CC)	N/A	#102H
13:00:00	Bare Feet with Mickela Mallozzi Malaysia, Part 2 (Eastern Malaysia)  Mickela digs deeper into the Portuguese colonial influence and the indigenous tribal communities in the Eastern part of Malaysia as she celebrates Gawai, the Harvest Festival.e	APTEX	(S)	(CC)	DVI	#110H
13:30:00	Travel Detective with Peter Greenberg Alternatives to Commercial Jets  The price of commercial airfare keeps soaring, and in turn, so is the popularity of charter flights! CBS News Travel Editor Peter Greenberg tells us what it means to fly private, and how much it actually may not cost you. Plus, how do you know if your hotel is really green? Correspondent Tracy Gallagher shows us how to navigate through the brochures. And, when you're overseas, and you want to buy a souvenir, we'll explain how to find that hidden treasure. It's all about the fine art of shopping abroad.	NETA	(S)	(CC)	DVI	#302H
14:00:00	Journeys In Japan	APTEX	(S)	(CC)	N/A	#229H

Sun, Oct 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Mineral Explorers Peru: Pasto Bueno	NETA	(S)	(CC)	N/A	#202H
	The Incans thought Rhodochrosite was the blood of their kings and queens turned to stone. In this episode, Thomas returns to the Pasto Bueno Mine in the Peruvian Andes, a mine he had visited forty years earlier. Although this mine has always been known for its tungsten production, it also yields Peruvian Rhodochrosite, Quartz, and Tungsten crystals. During that first visit, he found these minerals both at the mine and in the homes of miners in a nearby village. Over the years, these minerals were taken to Lima helping establish Peruvian Rhodochrosite as a truly legendary mineral. To get to this high altitude mine, he must navigate dangerous roads, battle altitude sickness, and climb 200 feet into the mine to see a freshly exposed pocket of Quartz and Tungsten crystals.					
15:00:00	American Woodshop Furniture Bank of Central Ohio Chest	NETA	(S)	(CC)	N/A	#2303H
	Woodworkers of Central Ohio use unique reclaimed materials to build chests for families in need.					
15:30:00	Rough Cut - Woodworking with Tommy Mac Master Showcase with Paul Schurch	APTEX	(S)	(CC)	N/A	#603H
	This week on Rough Cut Woodworking with Tommy Mac, we travel out to sunny Santa Barbara, California to catch up with master marquetry man Paul Schurch of Schurch Woodwork. Together Tommy and Paul create a maple and mahogany table with some amazing marquetry inlaid on top. Their inspiration for the marquetry comes from the local California blue belly lizard, which Paul and Tommy catch during an expedition in Santa Barbara. It's all part of our Master Showcase series.					
16:00:00	Happy Yoga with Sarah Starr Serene Tide Pools	NETA	(S)	(CC)	N/A	#305H
	Enjoy the magical ocean tide pools as we focus on a revitalizing modified yoga practice, including seated stretches for the upper body and standing postures to stretch the hips, hamstrings and spine while using a chair for support.					
16:30:00	Second Opinion Preventive Cancer Screening	APTEX	(S)	(CC)	N/A	#1209H
	Patient Story: More than half a million people die of cancer each year in the U.S., so it's no wonder we want to do what we can to catch and treat cancer early. For some cancers, we have preventive cancer screenings that are readily available. But who should be screened? Rose Arp has no cancer history, but wants to know from the experts what screenings she should be getting as she turns 50 years old. Myth or Medicine: Will a yearly mammogram cause breast or thyroid cancer? Second Opinion 5: Five greatest risk factors for cancer.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Microbiome	EPS	(S)	(CC)	N/A	#105H
	Microbes in our gut, what are they and what they do.					
17:30:00	Well Read	APTEX	(S)	(CC)	N/A	#605H
18:00:00	California's Gold Green Chiles	KCET		(CC)	N/A	#14001Z
	Huell meets up with green chile aficionados at an annual event where hundreds of people line up for fresh, roasted New Mexico green chiles.					
18:30:00	Islands Without Cars with Kira Hesser Italy's Aeolian Islands	APTEX	(S)	(CC)	N/A	#101H
	Just north of Sicily's eastern coast lies a volcanic archipelago renowned for perfect weather, beautiful scenery, deep caverns, blue grottos, steep cliffs, ancient ruins, thermal healing resorts and volcanos ... including one of the most active on the planet ... erupting almost continuously for the last 2,000 years! While we went looking for islands out of time, what we found on "Italy's Aeolian Islands" was a series of unique experiences for all of the senses. From islands so isolated that there was no radio to the extremely upscale tourist destinations, we treated all of our senses to the wonders of these volcanic dots ... smelling citrus, jasmine and salt, listening to the call of fishmongers and then to the silence of the night sky, tasting incomparable Aeolian tomatoes and their beloved capers, felt mineral baths and sunshine on our skin ... and met people who welcomed us into their unique lives with generosity and care.					
19:00:00	Potus 2016	EPS	(S)	(CC)	N/A	#136H
19:30:00	The Kamla Show Special Guglielmo Winery	KAMLA	(S)	(CC)	N/A	#120H

Sun, Oct 30, 2016

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	To Begin The World Over Again: The Life of Thomas Paine	NETA	(S)	(CC)	DVI	#0H
	All the triumphs and tragedies of Thomas Paine's life are here in this film of the acclaimed one-man play To Begin the World Over Again: the Life of Thomas Paine, shot in front of a live audience at the Lillian Theatre, Hollywood. Thomas Paine, a man largely forgotten and greatly misunderstood, is ironically quoted by all and every political faction in America today. Yet his ideas about democracy, equality, slavery, pensions, healthcare, education and morality would have created a very different kind of nation if they had been acted on. He was a man who changed the world, only to have the world he changed turn its back on him. The man who ignited revolutions would die largely ignored and distained, yet he was at the epicenter of world events when he wrote his books, literally transforming nations through the power of his words. Thomas Paine was one of the world's most provocative writers and worst politicians, a very nearly deadly combination. He lived by the creed that "one must always speak the truth as one sees it, no matter the consequences" and what an extraordinary life it was. It is time to hear and discuss and debate Thomas Paine again, since, as he said, "we have it in our power to begin the world over again".					
21:00:00	Will Rogers and American Politics	NETA	(S)	(CC)	N/A	#0H
	In the 1930's, with the United States mired in the Great Depression and teetering on the brink of a second World War, millions of Americans turned to a rope-twirling, plain-talking Cherokee cowboy for clarity, comfort and common sense. His plain-spoken musings, always delivered with a shy, sly smile, influenced the political landscape then and still resonate today. WILL ROGERS AND AMERICAN POLITICS reveals how Oklahoma native Will Rogers emerged as one of the most powerful political voices in the United States. The Emmy-winning documentary charts Rogers' impact on American politics through rare archival film footage, photos and documents, and interviews with Supreme Court Justice Sandra Day O'Connor, actor Mickey Rooney, Cherokee Chief Chad Smith, comedian Lewis Black, former Oklahoma Gov. George Nigh, Rogers' grandniece and scholars. Bill Kurtis, former CBS news anchor and host of A&E's American Justice and Cold Case Files, narrates.					
22:00:00	Real Adam Smith Morality and Markets	NETA	(S)	(CC)	N/A	#101H
	Morality and Markets, first in the two-part series, The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a close look at Adam Smith, who lived in an 18th century world of sailing ships and horse-drawn carriages. Trade in his day was limited and riddled with corruption, yet Smith imagined and wrote about a lively global trade among ethical businesses that would revolutionize the world's marketplaces. Smith was a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. He recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Today's markets have grown to a massive scope of international trade that would have been unimaginable even a few decades ago. In this seemingly ruthless competitive environment, where the stakes are high, can ethical and honest businesses still prosper? How does globalization benefit anyone and how are Smith's ideas about markets and morality nearly 240 years ago relevant today? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg takes a closer look at the man who would upend the notion of how societies and economics work, and make way for the modern age. Highlights of Norberg's travels throughout Europe, exploring Smith's life, times and revolutionary ideas, include: Visits to Kirkcaldy, Edinburgh and Glasgow, Scotland, where Smith was born, educated and spent his life teaching, writing and advocating his revolutionary ideas on markets and human morality. To London and Paris, where Smith's ideas influenced other important thinkers and statesmen of his time. At the National Maritime Museum in Greenwich, England, Smith's loathing for the corruption and cronyism that was the East India Company is explored. Morality and Markets explores Adam Smith's 18th century worldview of ethics and honesty in business.					
23:00:00	Real Adam Smith Ideas That Changed The World	NETA	(S)	(CC)	N/A	#102H
	Ideas That Changed The World, second in the two-part series of The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a closer look at the "father of modern economics," who lived in the 18th century among horse-drawn carriages, sailing ships and trade that was greatly limited and riddled with corruption. Yet, Adam Smith envisioned a world of free trade among ethical, honest businesses and recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Smith was a Scotsman, a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. His ideas about global free markets set the stage for the great 19th century era of free trade and even today's economic expansion. But in today's seemingly ruthless competitive environment, where the stakes are high and winning is the name of the game, can ethical and honest businesses still prosper? How does globalization benefit anyone? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg talks with some of the most distinguished Adam Smith scholars, as well as leaders of eBay and Whole Foods to discover how Smith's ideas continue to be relevant and drive the world's economy today. Aboard the Maersk Mc-Kinney Moller, the largest container ship in the world, Norberg witnesses the incredible scale of world trade first hand. Norberg visits Toulouse, France for the final assembly of a new Airbus A380 illustrating Smith's insights on the division of labor's ability to generate wealth. At the University of Chicago, Chinese students study Smith's ideas to better understand how China became capitalist, and in Washington, DC, Norberg shows what happens as cronyism triumphs over the free market, a condition that troubled Smith in his day. Ideas That Changed The World examines 21st century businesses benefiting from Adam Smith's 18th century ideas.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Potus 2016	EPS	(S)	(CC)	N/A	#136H
00:30:00	The Kamla Show Special Guglielmo Winery	KAMLA	(S)	(CC)	N/A	#120H
01:00:00	To Begin The World Over Again: The Life of Thomas Paine	NETA	(S)	(CC)	DVI	#0H
	All the triumphs and tragedies of Thomas Paine's life are here in this film of the acclaimed one-man play To Begin the World Over Again: the Life of Thomas Paine, shot in front of a live audience at the Lillian Theatre, Hollywood. Thomas Paine, a man largely forgotten and greatly misunderstood, is ironically quoted by all and every political faction in America today. Yet his ideas about democracy, equality, slavery, pensions, healthcare, education and morality would have created a very different kind of nation if they had been acted on. He was a man who changed the world, only to have the world he changed turn its back on him. The man who ignited revolutions would die largely ignored and distained, yet he was at the epicenter of world events when he wrote his books, literally transforming nations through the power of his words. Thomas Paine was one of the world's most provocative writers and worst politicians, a very nearly deadly combination. He lived by the creed that "one must always speak the truth as one sees it, no matter the consequences" and what an extraordinary life it was. It is time to hear and discuss and debate Thomas Paine again, since, as he said, "we have it in our power to begin the world over again".					
02:00:00	Will Rogers and American Politics	NETA	(S)	(CC)	N/A	#0H
	In the 1930's, with the United States mired in the Great Depression and teetering on the brink of a second World War, millions of Americans turned to a rope-twirling, plain-talking Cherokee cowboy for clarity, comfort and common sense. His plain-spoken musings, always delivered with a shy, sly smile, influenced the political landscape then and still resonate today. WILL ROGERS AND AMERICAN POLITICS reveals how Oklahoma native Will Rogers emerged as one of the most powerful political voices in the United States. The Emmy-winning documentary charts Rogers' impact on American politics through rare archival film footage, photos and documents, and interviews with Supreme Court Justice Sandra Day O'Connor, actor Mickey Rooney, Cherokee Chief Chad Smith, comedian Lewis Black, former Oklahoma Gov. George Nigh, Rogers' grandniece and scholars. Bill Kurtis, former CBS news anchor and host of A&E's American Justice and Cold Case Files, narrates.					
03:00:00	Real Adam Smith Morality and Markets	NETA	(S)	(CC)	N/A	#101H
	Morality and Markets, first in the two-part series, The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a close look at Adam Smith, who lived in an 18th century world of sailing ships and horse-drawn carriages. Trade in his day was limited and riddled with corruption, yet Smith imagined and wrote about a lively global trade among ethical businesses that would revolutionize the world's marketplaces. Smith was a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. He recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Today's markets have grown to a massive scope of international trade that would have been unimaginable even a few decades ago. In this seemingly ruthless competitive environment, where the stakes are high, can ethical and honest businesses still prosper? How does globalization benefit anyone and how are Smith's ideas about markets and morality nearly 240 years ago relevant today? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg takes a closer look at the man who would upend the notion of how societies and economics work, and make way for the modern age. Highlights of Norberg's travels throughout Europe, exploring Smith's life, times and revolutionary ideas, include: Visits to Kirkcaldy, Edinburgh and Glasgow, Scotland, where Smith was born, educated and spent his life teaching, writing and advocating his revolutionary ideas on markets and human morality. To London and Paris, where Smith's ideas influenced other important thinkers and statesmen of his time. At the National Maritime Museum in Greenwich, England, Smith's loathing for the corruption and cronyism that was the East India Company is explored. Morality and Markets explores Adam Smith's 18th century worldview of ethics and honesty in business.					
04:00:00	Real Adam Smith Ideas That Changed The World	NETA	(S)	(CC)	N/A	#102H
	Ideas That Changed The World, second in the two-part series of The Real Adam Smith: A Personal Exploration by Johan Norberg, takes a closer look at the "father of modern economics," who lived in the 18th century among horse-drawn carriages, sailing ships and trade that was greatly limited and riddled with corruption. Yet, Adam Smith envisioned a world of free trade among ethical, honest businesses and recorded his revolutionary ideas in two remarkable books: The Theory of Moral Sentiments and The Wealth of Nations. Those ideas changed the world. Smith was a Scotsman, a moral philosopher, a bold voice of the Scottish Enlightenment and the world's first economist. His ideas about global free markets set the stage for the great 19th century era of free trade and even today's economic expansion. But in today's seemingly ruthless competitive environment, where the stakes are high and winning is the name of the game, can ethical and honest businesses still prosper? How does globalization benefit anyone? Noted author, economic analyst, and Cato Institute Senior Fellow Johan Norberg talks with some of the most distinguished Adam Smith scholars, as well as leaders of eBay and Whole Foods to discover how Smith's ideas continue to be relevant and drive the world's economy today. Aboard the Maersk Mc-Kinney Moller, the largest container ship in the world, Norberg witnesses the incredible scale of world trade first hand. Norberg visits Toulouse, France for the final assembly of a new Airbus A380 illustrating Smith's insights on the division of labor's ability to generate wealth. At the University of Chicago, Chinese students study Smith's ideas to better understand how China became capitalist, and in Washington, DC, Norberg shows what happens as cronyism triumphs over the free market, a condition that troubled Smith in his day. Ideas That Changed The World examines 21st century businesses benefiting from Adam Smith's 18th century ideas.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:00:00	Drexel Interview Wendell Pierce, Part 2	NETA		(CC)	N/A	#502H
	Wendell Edward Pierce is an American actor. He is best known for his roles in HBO dramas, such as Detective Bunk Moreland in <i>The Wire</i> and trombonist Antoine Batiste in <i>Treme</i> , and as Michael Davenport in <i>Waiting to Exhale</i> . Currently Pierce has a starring role as Teddy on the CBS sitcom <i>The Odd Couple</i> . Pierce has been in over 30 films, appeared in nearly 50 television shows and has performed in dozens of stage productions. He worked on the HBO dramas <i>The Wire</i> and <i>Treme</i> . He appeared in <i>The Twilight Saga: Breaking Dawn - Part 2</i> as "J. Jenks". For his role in <i>Treme</i> , Pierce learned to play the trombone, though he relied on "sound double", Stafford Agee of the Rebirth Brass Band. Agee played off-camera for Pierce, syncing his trombone with Wendell's motions for authenticity. Pierce was nominated for an Independent Spirit Award for Best Male Lead for his portrayal of "Joe" in <i>Four</i> , playing a married, closeted gay man who steps out on his family with a young white man he met online.					
05:30:00	Innerviews with Ernie Manouse Thomas Haden Church	NETA	(S)	(CC)	N/A	#1313H
	Actor Thomas Haden Church looks back at his years on "Wings," his Academy Award nominated turn in "Sideways," and the time he spent with Marlon Brando.					
06:00:00	Morning Cup O Jazz	KCSM		(N)	N/A	#1946
08:00:00	Ruby's Studio The Siblings Show	APTEX	(S)	(CC)	N/A	#104H
	"Ruby's Studio: The Siblings Show" is an engaging way to help young siblings reduce rivalry, boost harmony, and celebrate family. Curriculum written in consultation with child development experts, Dr. Joshua Sparrow and Dr. Laura Markham.					
08:30:00	1001 Nights The Broken Jewel/The Boy Who Became A Genie	NETA	(S)	(CC)	DVI	#117H
	"The Broken Jewel" - Two servants accidentally break a jewel from the king's crown. In order to avoid getting caught, they must find another one at the top of Asir Mountain. "The Boy Who Became a Genie" - Dissatisfied with his life, Harif trades places with a genie, only to discover that his boring life wasn't so bad after all.					
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 2	ACCES		(CC)	N/A	#121H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Focusing On Hips	APTEX	(S)	(CC)	DVI	#916H
10:00:00	Sit and Be Fit A Healthy Back	NETA	(S)	(CC)	N/A	#1308H
	Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.					
10:30:00	It's Sew Easy The Stylish Girl	NETA	(S)	(CC)	DVI	#1105H
	Kids like to create their own style. Designer Carla Macklin sews a super-cute, versatile vest for boys or girls. In the style tip, sewing educator Deb Barcello shows an easy way to make a narrow hem. Fashion designer Angela Wolf gives a professional finish to knit hems and Deb Barcello returns to make a fun and sassy circle skirt.					
11:00:00	Knitting Daily Literary Knits	NETA	(S)	(CC)	N/A	#1303H
	Visit the knitting library as former costume designer Annie Modesitt talks about knitting's place in literature. Then, Nikol Lohr shares some of her amazing literature-inspired knits virtually, from the old schoolhouse she calls home. Next, author and designer Joanna Johnson's love for <i>Anne of Green Gables</i> inspired her to create a book of her own. On <i>Tools of the Trade</i> , Tanis reviews books for readers (and knitters) of all ages in which knitting plays a prominent role. Last is Vickie tying up <i>Loose Ends</i> with a crocheted bookmark tutorial.					
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.					



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#6071H
13:00:00	America's Test Kitchen from Cook's Illustrated Sweet and Spicy Asian Specialties	APTEX	(S)	(CC)	N/A	#1610H
	Man on the street Doc Willoughby visits Joanne Chang at Myers + Chang to learn about shell-on shrimp. Then, test cook Becky Hays shows host Christopher Kimball how to make the best crispy salt and pepper shrimp at home. Next, tasting expert Jack Bishop challenges Chris to a tasting of Sichuan peppercorns. Finally, test cook Julia Collin Davison reveals the secrets to making Vietnamese-style caramel chicken with broccoli.					
13:30:00	Pati's Mexican Table Celestun - Flamingos & Seaside Specialties	APTEX	(S)	(CC)	N/A	#503H
	Pati's favorite way to experience a new place is on the arm of a local. Her good friend Pedro Evia, chef behind K'u'uk restaurant in Merida, accompanies Pati on one of his favorite day trips-to the coastal town of Celestun. Their adventure begins with a delicious breakfast complete with freshest seafood caught that morning. Then they take a boat ride to see the main attraction, the flamingos, hundreds of them. After that it's time to get to work. Pati and Pedro have a cookout right on the beach making a fresh ceviche and grilled fish with ingredients from the local market.					
14:00:00	Kevin Dundon's Back to Basics Poultry	APTEX	(S)	(CC)	N/A	#105H
	Kevin demonstrates how to joint a chicken; a visit to a local chicken farm with a unique rearing style; Kevin cooks a big family barbecue. Recipes include: Coq au Vin; Chicken Stock; Chicken Risotto; Marie Rose Sauce; and Chilli Salted Chicken Wings.					
14:30:00	Steven Raichlen's Project Smoke Seafood Gets Smoked	APTEX	(S)	(CC)	N/A	#205H
	It's a simple formula-seafood plus salt plus wood smoke-but the results are richly flavorful and complex. In this show, you'll learn essential seafood smoking techniques, from brining and curing to cold- and hot-smoking. Smoked shrimp and corn chowder, New Orleans barbecued shrimp, whisky-cured salmon, and salmon candy-all get the smoke treatment. Teach a man to smoke and he'll feast on glorious seafood the rest of his days. Smoked shrimp and corn chowder; Whisky-cured cold-smoked salmon; NOLA barbecued shrimp; Salmon candy.					
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	Scrapbook Soup Cards	NETA	(S)	(CC)	N/A	#401H
	Make your own special occasion with a unique card. First, Jenn Mason creates a photo card. Next, May Flaum uses a stamped image for her card design. Host Julie Fei-Fan Balzer interviews Kazan Clark. Then, Julie shows how to create a card background using photo corners. Last, Julie creates a card with a house shaped cut out.					
16:00:00	Biz Kid\$ More Bang for Your Buck	APTEX	(S)	(CC)	DVI	#303H
	Whether you're facing good times or tough times, it's important to know how to get the best value for your money. Discover tips for stretching your dollars.					
16:30:00	Hands On Crafts for Kids Texture	NETA	(S)	(CC)	DVI	#1601H
	Today's show is all about texture - texture is the feel or shape of a surface or thing. It's the smoothness or roughness, or maybe how soft or hard. We will learn about texture with a Paleolithic cave painting, a fun pony corral, and a friendly but prickly hedgehog. Learn how to add texture to your drawings with ordinary things from around the house in the Art Journal segment. Last, make a furry friend with giant chenille stems.					
17:00:00	P. Allen Smith's Garden Home Seasonal Change	APTEX	(S)	(CC)	DVI	#1213H
	P. Allen Smith shows us ways to change out the seasonal decor in our homes from fall to winter, force bulbs indoors, recycle Christmas Trees, and attract birds to your yard in the winter. Plus, Allen shares some valuable tips on things you can do in your garden when it's cold, to gear up for spring. Allen shares the latest progress on the Garden Home Challenge.					
17:30:00	Growing A Greener World The New Generation of Farmers: Thinking Big While Staying Small (Various Cities)	APTEX	(S)	(CC)	N/A	#621H
	A new breed of farmer is emerging in America. These farmers are young, hardworking, and mission-driven toward environmental stewardship and ethical farming. These young people are turning to small-scale farming because they strive to make a real difference in the way our food is produced. In this episode, we meet several young farmers working to grow food sustainably and we learn the benefits of applying their best farming techniques to our own backyards.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#13217
18:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#105H
	<p>In honor of October's National "People's History Month," Asian American Life reports from Ellis Island's Peopling of America Center. This major expansion of the museum reopened in May 2015, and it traces the immigrant experience to the U.S.A, from 1892 to present day. Asian American Life takes a close look at our immigration history and its influence on American culture. Reporter Kyung Yoon looks at the "Peopling of America" exhibit and how people can trace their ancestry. Ernabel Demillo reports on the little known history of Filipinos who arrived in the early 1900's where many were sponsored students. Paul Lin reports on how undocumented students face a greater hurdle to obtain a college education. Minnie Roh interviews Dr. Leroy Chiao who achieved the American dream and became only a handful of Asian American astronauts in the history of NASA.</p>					
19:00:00	Newsline	APTEX	(S)	(CC)	N/A	#7152
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1243H
20:00:00	Music City Roots Live from the Factory	APTEX	(S)	(CC)	N/A	#305H
21:00:00	Backstage Pass The Rodney Whitaker Quartet	NETA	(S)	(CC)	N/A	#505H
	<p>Jazz from a true master of the double bass, with some of the best players in the land and featured guests Rockelle Fortin and Terrell Stafford.</p>					
22:00:00	Edgar Allan Poe's Mystery Theatre	APTEX	(S)	(CC)	N/A	#0H
	<p>Winner of a 2015 Telly Award and nominated for a 2015 Southeast Emmy for Best Writer, EDGAR ALLAN POE'S MYSTERY THEATRE is a fictional account fusing the biography of America's first great mystery writer with his most bizarre tales. In the one-hour dramatization, Poe enjoys his emerging notoriety in the New York literary clubs, where he squanders his celebrity status on a strange poker bet. Scoundrel? Genius? Madman? Poe suddenly uproots his family and returns to his childhood home in Richmond, Virginia on a desperate quest to revive the crumbling theatre where his mother once performed. His bitterest rival and former friend, the reverend Rufus W. Griswold, follows Poe on a mission to destroy his fragile legacy. In Richmond, Griswold allies himself with Poe's estranged foster-father John Allan, to try to take control of his literary work. Seemingly oblivious to the plot against him, Poe enlists the help of his family and friends, and even his rivals, to bring his works to the stage. His own struggle with alcohol and poverty, which causes deep tension with his loyal wife Virginia, forms the back-story to his tour-de-force The Cask of Amontillado, leaving the audience in shock. The finale is capped off by Poe's dark comedy Hop-Frog: A Tale of Revenge, which delivers poetic justice upon his enemies.</p>					
23:00:00	For The Rights of All: Ending Jim Crow In Alaska	APTEX	(S)	(CC)	DVI	#0H
	<p>Narrated by Peter Coyote, FOR THE RIGHTS OF ALL: ENDING JIM CROW IN ALASKA traces the Native Alaskan civil-rights movement. The film profiles the remarkable people behind the victories for citizenship, voting rights and school desegregation, including Alberta Schenck Adams ("Alaska's Rosa Parks") and Elizabeth Peratrovich, a unassuming young woman whose compelling testimony helped sway the Alaska State Senate to pass the first civil-rights bill since the Civil War. Blending re-enactments, rare and newly discovered historic footage and photographs, and interviews with tribal elders, FOR THE RIGHTS OF ALL chronicles Alaska Natives' efforts to honor their heritage and leverage their future.</p>					