

Sun, Jul 01, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth Is Consciousness Ultimate Reality? Some say that consciousness is the only true reality-that everything else, including the universe, comes from consciousness. If so, how would consciousness relate to the world?	EPS	(S)	(CC)	N/A	#1513H
00:30:00	The Whole Truth with David Eisenhower President Obama's Legacy In World Affairs: Change, for Certain, But What About Guests: Zack Beauchamp, World Correspondent, Vox.com; Trudy Rubin, "Worldview" columnist, The Philadelphia Inquirer; Thomas Wright, Fellow and project director, Brookings Institution; Phyllis Bennis, Fellow, Institute for Policy Studies.	APTEX	(S)	(CC)	N/A	#201H
01:00:00	Speakeasy Steve Earle and David Simon Three-time Grammy Award-winning singer and songwriter Steve Earle is joined by Emmy Award- winning producer David Simon for an intimate conversation in this episode of Speakeasy. Earle began his career as a songwriter in 1982 before having his breakthrough 1986's Guitar Town. His 16th studio album, So You Wanna Be an Outlaw, was released in June 2017. Simon is the Emmy Award winning producer behind HBO's The Wire. His latest project The Deuce is coming to HBO in the fall. The pair discuss storytelling through song, politics, and working with Townes Van Zandt. Earle treats the audience to a special performance of songs from his new album including "Goodbye Michelangelo," "The Firebreak Line," and "So You Wannabe an Outlaw."	APTEX	(S)	(CC)	N/A	#302H
02:00:00	Front and Center Kaleo All the way from Iceland, indie rock band Kaleo comes to New York City to perform songs from their debut album A/B. Highlights include a performance of "Vor i Vaglaskogi," a traditional Icelandic Love song sung in the band's native language, as well as their top 10 singles "All the Pretty Girls" and "Way Down We Go." Formed in 2012, the band music is mostly influenced by folk and blues and prominently features a distinctive resonator sound.	APTEX	(S)	(CC)	N/A	#707H
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	#1604H
04:00:00	Arts In Context Home 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.	NETA		(CC)	N/A	#702H
04:30:00	Articulate with Jim Cotter The multifaceted, multi-talented Shara Nova, in concert and conversation.	APTEX	(S)	(CC)	N/A	#308H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#646
08:00:00	Painting and Travel with Roger & Sarah Bansemer The Shrimp Boat Roger and Sarah Bansemer visit the port of Tarpon Springs, the sponge diving capital of the world. Roger paints a shrimp boat and Sarah explores the rich heritage of the unique Florida Gulf Coast town.	NETA	(S)	(CC)	N/A	#106H
08:30:00	Painting with Paulson The Piano Player Part II	NETA	(S)	(CC)	N/A	#1606H
09:00:00	Wyland's Art Studio Na Pali Coast Landscapes offer artists excellent opportunities to refine and hone their ability to create a visual sense of depth through brushstrokes, colors, and composition. Mastering this skill, however, takes extensive practice and patience. Wyland showcases this technique by painting Hawaii's famed Na Pali Coast. Depth can be established by overlapping elements to force some elements forward or backward in the scene. Other techniques include using fewer details, texture and definition when painting objects in the mid-ground and background of the landscape. As elements recede in the distance, artists may paint them at a much smaller scale than objects in the foreground. Another hint is to use warmer, darker colors to bring elements forward in the foreground, with cooler colors farther into the background. Artist's tip: It should be noted that a full range of colors might be unneeded. Using three or even only two colors can make a coherent image with an exceptional sense of depth.	APTEX		(CC)	N/A	#507H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: By Essentrics Weight Loss Workout	APTEX	(S)	(CC)	DVI	#1128H
	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.					
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	APTEX	(S)	(CC)	N/A	#213
11:00:00	Yan Can Cook: Spice Kingdom Small Bites	APTEX	(S)	(CC)	N/A	#109H
	In Chengdu, a snack is called a small bite, or 'xiao chi'. But a 'xiao chi' is really a lot more than just a simple snack. It can be an appetizer, a street food, but it can also be a cleansing of the palate between courses, or when you assemble many on them on a table, they can make a fabulous banquet. On this show Martin takes small bites but tells a big story.					
11:30:00	New Orleans Cooking with Kevin Belton Soul Food	APTEX	(S)	(CC)	N/A	#105H
	Fried chicken, stuffed green bell peppers, sweet potato pie.					
12:00:00	Ciao Italia Eat Beans! - Mangare Fagioli!	NETA	(S)	(CC)	N/A	#2511H
	Mary Ann travels to Florence, Italy to cook classic Tuscan bean dishes with good friend, Iris Lodovici. After creating a hearty pasta and bean dish plus Beans in a Pot, Mary Ann goes nella cucina for two more recipes featuring creamy-white cannellini beans; one a crostini topping made with escarole, the other a hearty Soup of the Lombards to replace winter's chill with warming memories of Florence.					
12:30:00	Mike Colameco's Real Food Battersby/Dover	NETA	(S)	(CC)	N/A	#1410H
	A couple of young talented chefs with great resumes wanted to do their own thing so they took over a narrow tiny bar space with a small open kitchen out back on Smith St, in Carroll Gardens Brooklyn and named it Battersby. A few years later they opened second larger spot a few blocks away called Dover. French inspired they are easily two of the best restaurants in all of Brooklyn.					
13:00:00	Travels with Darley Northern England and Wales	NETA	(S)	(CC)	N/A	#203H
	Visit stately castles and stunning landscapes in Northern England and Wales, including a famous film location from Harry Potter. Darley meets the real life Calendar Girls to hear their inspiring story and walks the landscapes that inspired the Bronte Sisters to write famous works, including Wuthering Heights. She also takes viewers to stunning and historic UNESCO World Heritage Sites, including Saltaire and the Pontcysyllte Aqueduct.					
13:30:00	Travel Detective with Peter Greenberg Hidden Gems of Jordan	NETA	(S)	(CC)	N/A	#405H
	CBS News Travel Editor Peter Greenberg takes you to the Middle East, to a country full of ancient archaeological and religious ruins. However, Jordan is more modern and westernized than you might imagine. And despite what you might think, now is the perfect time to visit. Plus, it's the capital of Wales, a port city filled with Medieval history. Greenberg shows you how to live like a local, in Cardiff. And, The Buccaneer Hotel on the island of St. Croix has its own compelling history, dating back to the Colonial era. Find out why it's a true hotel with a past.					
14:00:00	Wild Photo Adventures Spring Wildlife of North Carolina's Outer Banks	NETA	(S)	(CC)	DVI	#202H
	Host and professional wildlife photographer Doug Gardner discovers nesting woodpeckers and a fox den to photograph along the remote beaches on the Outer Banks of North Carolina with nature photographer Jared Lloyd.					
14:30:00	In The Americas with David Yetman Cuba's Far East	APTEX	(S)	(CC)	N/A	#609H
	Santiago de Cuba, a thousand kilometers southeast of Havana, was once Cuba's most important city. Ravaged by hurricanes and impoverished by the U.S. blockade, it has endured and still celebrates its African roots and an ancient religious shrine. Residents of African descent celebrate an old French custom.					

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15:00:00	Woodsmith Shop Craftsmanship On Display In Details of Craftsmanship, the editors of Woodsmith magazine provide the shop-tested techniques for building a rock-solid drawer using the table saw.	NETA	(S)	(CC)	N/A	#909H
15:30:00	American Woodshop Lost and Found Mission Case The Western Ohio Woodworking Club builds a scholarship to support student woodworkers at Rio Grande University.	NETA	(S)	(CC)	N/A	#2305H
16:00:00	Happy Yoga with Sarah Starr Autumn Glory Behold the changing leaves and bursts of fall color as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.	NETA	(S)	(CC)	N/A	#209H
16:30:00	Second Opinion Advances In Alzheimer's Disease Patient Story: Recent medical studies raise the possibility of blood tests capable of predicting who is at risk for developing Alzheimer's disease. Joanne Mee DeHond shares her mother's struggles with Alzheimer's and the questions that linger regarding her mother's care and her own health. Myth or Medicine: Can getting the flu vaccine increase the chances of developing Alzheimer's disease? Second Opinion 5: Five warning signs of dementia.	APTEX	(S)	(CC)	N/A	#1105H
17:00:00	Natural Health Breakthroughs with Brenda Watson Brain Health The key to a healthy brain is a healthy gut - David Perlmutter, MD: neurologist and prominent author of numerous books about brain health. Treating depression by changing what you eat - Kelly Brogan, MD: maverick NYC-based psychiatrist who prescribes dietary and lifestyle changes instead of pharmaceuticals to treat depression. Using probiotics to prove the gut-brain connection - Emeran Mayer, MD: Director of UCLA Center for Neurovisceral Sciences and Women's Health; conducted study that demonstrated probiotics' ability to change brain. responses to certain stimuli Mapping the brain - John Mazziotta, MD: Director, UCLA Brain Mapping Center; better knowledge of the brain's workings will mean more effective treatments for numerous diseases. Why Omega-3s are so important for brain health - Dr. Fernando Gomez-Pinilla: Principal Investigator, the Neurolife Lab, UCLA. Personal story - Bonnie Rosen: describes how Dr. Brogan's food-based treatment helped her stop using the antidepressants she'd been taking for more than ten years.	EPS	(S)	(CC)	N/A	#102H
17:30:00	Well Read Gerda Saunders / Memory's Last Breath Gerda Saunders joins us with her very personal book - Memory's Last Breath - based on the "field notes" she keeps in her journal about her life distorted by dementia. Coping with the complications of losing short-term memory, Saunders takes the reader and our viewers on a personal investigation of the brain and its mysteries, examining science and literature, and immersing herself in vivid memories of her childhood in South Africa.	APTEX	(S)	(CC)	N/A	#625H
18:00:00	California's Gold Bicycles A look at L.A.'s bike history with stops at the Pasadena Museum of History, a Sunday Morning ride back in time as Huell uncovers other important stops in LA's Bike history.	KCET		(CC)	N/A	#6010
18:30:00	Joseph Rosendo's Travelscope Taiwan Naturally From its serpentine coastline and towering mountains to its verdant forests and remote offshore islands, Taiwan's natural beauty is surprising. Yet, while it may be far from what the casual visitors expects, Taiwan's nine national parks and 13 national scenic areas have much to attract and mesmerize the nature lover. In this Taiwan adventure Joseph climbs into the mountains to explore the country's forested sanctuaries replete with soothing hot springs, he harvests the riches of the seas with a local chef and joins Taiwanese and foreigners alike at a great bird watching contest. While traversing a country that is working to strike a balance between the preservation of natural and cultural resources and the needs of tourism, Joseph discovers still one more story to tell in a country rich with tales.	APTEX	(S)	(CC)	N/A	#1006H
19:00:00	Blackademics Television Straubhaar / Delgado / King An Educational Anthropologist on Afro-Brazilian's Education Activism; An Obama White House staffer talks about career advancement with Allies, Advocates and Investors; A Curriculum Expert on Rethinking the role of Black History in American Schools. Talks by Rolf Straubhaar, Tequia Hicks Delgado and LaGarrett King.	KNME	(S)	(CC)	N/A	#505H

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19:30:00	Kamla Show from Silicon Valley Dr. Gini Deshpande	KNME	(S)	(CC)	N/A	#204H
	Dr. Gini Deshpande is founder and CEO of NuMedii, a funded startup in Silicon Valley. NuMedii uses Artificial Intelligence (AI) and Big Data for drug discovery. Dr. Deshpande shares how her team is harnessing AI and Big Data to find new uses for existing molecules. Being an entrepreneur was one of her dreams.					
20:00:00	Black America Expanding The Eye for Art History with Kellie Jones	EPS	(S)	(CC)	N/A	#138H
	Art Historian Kellie Jones says she was surprised when she received the call that she was selected as a winner of the prestigious MacArthur Fellowship for 2016. As an art curator and a professor of art history and archeology at Columbia University, she simply found a way to fulfill her love for art while giving artists of color a platform. Jones joins Carol Jenkins to discuss her award, her work, and being a part of the prestigious Baraka/Jones family.					
20:30:00	Asian American Life	EPS	(S)	(CC)	N/A	#213H
	"Fresh Off The Boat" is a historic sitcom on ABC prime time television. Ernabel Demillo sits down with lead actor, Hudson Yang. Imagine an opera based on the "Silence of the Lamb" serial killer Hannibal Lecter. Correspondent Paul Lin meets the composer of One World Symphony who turns pop culture into performing arts. Correspondent Minnie Roh teams up with writers Greg Pak (Incredible Hulk) and Amy Chu (Wonder Woman) to talk about the rise of Asian American writers and illustrators in the comic book and superhero industry.					
21:00:00	Animal R & R	NETA	(S)	(CC)	N/A	#202H
	In this episode, rehabbers at The Fund for Animals Wildlife Center take in two starving, orphaned baby bears from the drought-stricken Central Valley. Dealing with such a potentially dangerous species is a first for these rehabbers, who soon discover that though they're very cute, the growing cubs can pack a punch. Also in this episode, the unsung heroes of the urban environment, bats, get some TLC in the hands of the dedicated animal rehabilitators at Project Wildlife. An osprey rescued from Lake Murray after falling from the nest gets a job in education.					
22:00:00	Pacific Heartbeat Mele Murals	APTEX	(S)	(CC)	DVI	#601H
	Mele Murals is a documentary about the transformative power of art through the unlikely union of graffiti and ancient Hawaiian culture. At the center of the story are two renowned street artists - Estria Miyashiro (aka Estria) and John Hina (aka Prime) - a group of Native Hawaiian youth, and the rural community of Waimea. Through their stories Mele Murals shows how public art and Native Hawaiian traditions transforms the artists, students and community.					
23:00:00	The Best of the Boston Pops	APTEX	(S)	(CC)	N/A	#0H
	THE BEST OF THE BOSTON POPS features some of the greatest moments from the world-renowned orchestra's 129-year history. Hosted by Pops conductor Keith Lockhart, the documentary tells the orchestra's story-from its beginning as summertime entertainment for Bostonians to its current role as a national icon and beloved institution. Showcasing the extraordinary variety of artists and performances from the leadership eras of Arthur Fiedler (1930-79), John Williams (1980-1993), and Keith Lockhart (1995 to present), this special program includes interviews and/or performances by Audra McDonald, Kristin Chenoweth, Josh Groban, James Taylor, Vanessa Williams, Yo-Yo Ma, Wynton Marsalis and Roberta Flack, among others. The program also features rare footage of legendary singers and musicians, including Ella Fitzgerald, Sarah Vaughan, Johnny Cash, Benny Goodman and Sammy Davis, Jr., along with performances by Broadway stars Ethel Merman, Bernadette Peters, Nathan Lane and Jerry Herman.					

Mon, Jul 02, 2018

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00:30:00	Kamla Show from Silicon Valley Dr. Gini Deshpande Dr. Gini Deshpande is founder and CEO of NuMedii, a funded startup in Silicon Valley. NuMedii uses Artificial Intelligence (AI) and Big Data for drug discovery. Dr. Deshpande shares how her team is harnessing AI and Big Data to find new uses for existing molecules. Being an entrepreneur was one of her dreams.	KNME	(S)	(CC)	N/A	#204H
01:00:00	Black America Expanding The Eye for Art History with Kellie Jones Art Historian Kellie Jones says she was surprised when she received the call that she was selected as a winner of the prestigious MacArthur Fellowship for 2016. As an art curator and a professor of art history and archeology at Columbia University, she simply found a way to fulfill her love for art while giving artists of color a platform. Jones joins Carol Jenkins to discuss her award, her work, and being a part of the prestigious Baraka/Jones family.	EPS	(S)	(CC)	N/A	#138H
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02:00:00	Animal R & R In this episode, rehabbers at The Fund for Animals Wildlife Center take in two starving, orphaned baby bears from the drought-stricken Central Valley. Dealing with such a potentially dangerous species is a first for these rehabbers, who soon discover that though they're very cute, the growing cubs can pack a punch. Also in this episode, the unsung heroes of the urban environment, bats, get some TLC in the hands of the dedicated animal rehabilitators at Project Wildlife. An osprey rescued from Lake Murray after falling from the nest gets a job in education.	NETA	(S)	(CC)	N/A	#202H
03:00:00	Pacific Heartbeat Mele Murals Mele Murals is a documentary about the transformative power of art through the unlikely union of graffiti and ancient Hawaiian culture. At the center of the story are two renowned street artists - Estria Miyashiro (aka Estria) and John Hina (aka Prime) - a group of Native Hawaiian youth, and the rural community of Waimea. Through their stories Mele Murals shows how public art and Native Hawaiian traditions transforms the artists, students and community.	APTEX	(S)	(CC)	DVI	#601H
04:00:00	The Best of the Boston Pops THE BEST OF THE BOSTON POPS features some of the greatest moments from the world-renowned orchestra's 129-year history. Hosted by Pops conductor Keith Lockhart, the documentary tells the orchestra's story-from its beginning as summertime entertainment for Bostonians to its current role as a national icon and beloved institution. Showcasing the extraordinary variety of artists and performances from the leadership eras of Arthur Fiedler (1930-79), John Williams (1980-1993), and Keith Lockhart (1995 to present), this special program includes interviews and/or performances by Audra McDonald, Kristin Chenoweth, Josh Groban, James Taylor, Vanessa Williams, Yo-Yo Ma, Wynton Marsalis and Roberta Flack, among others. The program also features rare footage of legendary singers and musicians, including Ella Fitzgerald, Sarah Vaughan, Johnny Cash, Benny Goodman and Sammy Davis, Jr., along with performances by Broadway stars Ethel Merman, Bernadette Peters, Nathan Lane and Jerry Herman.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#647
08:00:00	Wunderkind Little Amadeus Magic In Salzburg A great magician impresses Amadeus by making a poodle play the piano. Amadeus wonders if Pumperl is up to the task. Devilius figures out the trick and makes the poodle disappear. The magician asks for Amadeus' help when his second partner, a piano-playing dwarf, also disappears. With the aid of the young prodigy, the musician's performance at the Bishop's palace is a success - and Pumperl gives a piano concert after all! The Music: "Piano Concerto No. 27 in B Major" K. 595; "Piano Sonata in C Minor" K. 459; et al. Additional Content: Monti reveals that no schools existed in the 18th century. Amadeus and his sister Nannerl were lucky to have their father Leopold, who taught them reading, writing, math and the natural sciences.	APTEX	(S)	(CC)	DVI	#123
08:30:00	Thomas Edison's Secret Lab It Takes One to Know One/Smells Like Teen Stink Takes One: JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him! Stink: When Kent's super B.O. makes him reluctant to appear on a prized comic con panel, the Secret Lab kids have to find a way to Stop the Stink.	APTEX	(S)	(CC)	N/A	#107H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Younger Muscles In 30 Days	ACCES		(CC)	N/A	#116H
09:30:00	Classical Stretch: By Essentrics Ab & Core Strength Workout 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.	APTEX	(S)	(CC)	DVI	#1129H
10:00:00	Sit and Be Fit Fundamental Moves: In this episode Mary Ann mixes the good old standards with new moves for a fun and effective full body workout.	NETA	(S)	(CC)	N/A	#1220H
10:30:00	It's Sew Easy When The Wind Blows When the wind blows and the rain falls, stay warm and dry. Sewing educator Joanne Banko uses cozy polar fleece to sew a fashionable ruana with embroidered details, inspired by those worn in the mountains of South America. Designer and blogger Alex Woodbury shows how to sew and finish specially-coated fabric to make a super-cute raincoat to keep you dry and on-trend.	NETA	(S)	(CC)	N/A	#1311H
11:00:00	Knit and Crochet Now Top Down Sweaters Let's take it from the top down. Lena Skvagerson knits a comfy tunic sweater with a saucy split at the neckline. Melissa Leapman knits mitered squares in the technique corner. Then, Ellen Gormley crochets a lacy, casual, pullover with a Bruges lace neckline and no seams.	NETA	(S)	(CC)	N/A	#807H
11:30:00	Fons & Porter's Love of Quilting Kin Coterie When you find a block pattern you love, does it also have a "sister" block? We will define the term and show you how to creatively design a quilt using that as your inspiration. Patrick and AnneMarie Chany discuss color choices, techniques and arrangement of patchwork-all decisions we address in this episode.	NETA	(S)	(CC)	N/A	#2802H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7241H
13:00:00	America's Test Kitchen from Cook's Illustrated Vibrant Mediterranean Cooking Test cook Dan Souza makes Bridget foolproof swordfish skewers with tomato-scallion caponata on the grill. Tasting expert Jack Bishop challenges Julia to a tasting of feta, and then test cook Becky Hays makes Julia a vibrant Mediterranean favorite: Egyptian barley salad.	APTEX	(S)	(CC)	N/A	#1818H
13:30:00	Pati's Mexican Table Alan Goes to College Pati's oldest son, Alan is graduating from high school soon and heading off to college. Pati wants to make sure he goes to school with some basic cooking techniques and knowledge since he will not be able to rely on mom's cooking anymore. In this episode, she makes a few simple, inexpensive recipes that any college kid can do and she gives a series of simple cooking tips.	APTEX	(S)	(CC)	N/A	#512H
14:00:00	Steven Raichlen's Project Smoke Smokehouse Cocktail Party You've sourced and seasoned your meat. You awoke early to fire up your smoker. What better way to celebrate than with a smokehouse cocktail party? We've got a big- flavored international menu for you, including grilled sangria, Danish smoked shrimp, Australian lemon-sesame chicken wings, and an eye-popping Project Smoke cheesesteak. **Lemon-sesame chicken wings; Danish smoked shrimp; Grilled sangria; The Project Smoke "cheesesteak".	APTEX	(S)	(CC)	N/A	#211H
14:30:00	George Hirsch Lifestyle Food Is Art An inspired George creates a traditional Italian menu of herb frittata, pasta with quick marinara, a time-honored meatballs recipe, and biscotti. An artist shares how art and food go hand-in-hand, and a local chef chats with George about finding new sources for inspiration for creating art in his kitchen. Recipes: - Fresh Herb Frittata - Nana's Meatballs - Marinara Sauce & Penne Pasta - George's Biscotti.	APTEX	(S)	(CC)	N/A	#108H
15:00:00	Beads, Baubles and Jewels The Artistic Process Making art is a process that requires start to finish instructions. Tamara Honaman is up first with the basics of bead embroidery - what you need, the tools, and various finishes and shapes. Then meet Katie Baum as she takes you through a sterling ring from start to finish - learn about kilns and working in sterling.	NETA	(S)	(CC)	N/A	#2611H

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15:30:00	Katie Brown Workshop Thanksgiving Guest chefs from Frankie's restaurant put a new twist to the traditional Thanksgiving dinner with salad, stuffing and apple tart. Join the Katie Brown Workshop crew to create a stylish feather wreath and a burlap feather centerpiece.	APTEX	(S)	(CC)	DVI	#418H
16:00:00	Biz Kid\$ Introducing Entrepreneurs You'll discover an entrepreneur is someone who sees a financial opportunity and acts upon it. Learn the stories behind the Frisbee, the Slinky, and blue jeans. Meet an entrepreneur who started a lemonade stand to raise money for playground equipment, then grew so successful she was able to make over an entire park.	APTEX	(S)	(CC)	DVI	#112H
16:30:00	Hands On Crafts for Kids Dress Up 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.	NETA	(S)	(CC)	DVI	#1802H
17:00:00	P. Allen Smith's Garden Home Designing Gardens Nobody knows garden design like P. Allen Smith, so dive on in as we explore tips and tricks of the trade that you can apply in your own garden.	APTEX	(S)	(CC)	N/A	#1713H
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm, Part I (Atlanta, Ga) This season premiere episode documents the first of a two-part series covering an entire year in the working garden set for the television series. Host Joe Lamp'l and gardener-in-residence takes you behind the scenes for the reality of the spring and summer seasons like you've never seen before.	APTEX	(S)	(CC)	N/A	#801H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15131H
18:30:00	Americas Now Cuba - HIV Children. The World Health Organization calls it one of the greatest feats in medicine today. Doctors in Cuba have discovered a way to prevent pregnant women with HIV from transmitting the virus to their children. Antarctica - Blind birdwatchers. A blind birdwatcher from Uruguay proves you don't need sight to see. Through the sounds of nature he is able to envision the world that surrounds him. He explores the sounds of nature in Uruguay and Brazil and he goes as far as the Antarctic. Americas Now follows him.	NETA	(S)	(CC)	N/A	#111H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9066
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3626H
20:00:00	The Kate Nancy and Beth Megan Mullally (Will & Grace) is as musical as she is funny. Mullally fronts this band with singer/actor Stephanie Hunt, and they perform songs including Joni Mitchell's "Blue," "Please Mr. Jailer," and "Fine Brown Frame." Nancy And Beth's sassy banter and exacting choreography deliver a clever and hip performance that demonstrates their dry humor and pure love of music.	APTEX	(S)	(CC)	N/A	#301H
21:00:00	Backstage Pass Mustard Plug Ska-punk dance party music. Recorded live in performance at Albert White Auditorium in East Lansing.	NETA	(S)	(CC)	N/A	#504H
22:00:00	Legends of Airpower Brigadier General Charles Elwood Yeager World War II ace and the man who broke the sound barrier as depicted in screen classic "The Right Stuff." Chuck Yeager has had a bigger than life career, always poised on the edge of the envelope. He broke the sound barrier flying "G- Chuck Yeager -Iamorous Glennis," has won nearly every aviation award, was awarded a peacetime Medal of Honor and was the youngest man enshrined in the Aviation Hall of Fame. An aviator with "the Right Stuff," Chuck Yeager is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#101H

Mon, Jul 02, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Crisis of Faith	APTEX	(S)	(CC)	N/A	#0H
<p>Narrated by Grammy-winning singer-songwriter Amy Grant, CRISIS OF FAITH examines how slavery and biblical interpretations on its morality divided religious denominations and ultimately, the nation, in the Civil War era. Most Southerners deemed slavery integral to their way of life, and the Bible seemingly reinforced this belief. Christian figures in both the Old Testament and the New Testament never object to, nor do they condemn, the practice. Abolitionists, meanwhile, viewed slavery as an evil inconsistent with values of Christianity. In interviews, prominent religious scholars and historians discuss the evolution of arguments over slavery - from the rhetoric of freedom and equality stoked by the American Revolution; to the divisions of the Methodist, Baptist and Presbyterian churches into northern and southern factions; to the dividing of the nation and the eruption of Civil War.</p>						
23:00:00	Ripple of Hope	APTEX	(S)	(CC)	N/A	#0H
<p>A RIPPLE OF HOPE captures an extraordinary and uplifting event against the backdrop of one of the most volatile and memorable Presidential campaigns in U.S. history. On April 4, 1968, Robert F. Kennedy - a contender for the Democratic nomination for President - was en route to Indianapolis to make a campaign stop in a predominantly African-American neighborhood. In Memphis, Tenn. that same night, gunman James Earl Ray shot and mortally wounded the leader of the civil rights movement, Dr. Martin Luther King, Jr. Upon hearing the tragic news, Kennedy made a crucial decision: risking his own life and defying city officials, he ventured into the inner city and addressed the grief-stricken crowd gathered in a park. He stood atop a shaky, flat-bed truck and delivered one of the great political speeches of the 20th century: a moving, extemporaneous plea for peace and reconciliation. By keeping his promise to speak, Kennedy helped Indianapolis avert the violence that swept the rest of the country. Within weeks of this speech, on June 6, 1968, Kennedy also would fall victim to an assassin's bullet. A RIPPLE OF HOPE tells the dramatic story of that historic night through archival film, photos and dramatic reenactments, and by drawing on interviews with Kennedy aides and associates, including Kennedy press secretary Frank Mankiewicz,</p>						

Tue, Jul 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Cuba - HIV Children. The World Health Organization calls it one of the greatest feats in medicine today. Doctors in Cuba have discovered a way to prevent pregnant women with HIV from transmitting the virus to their children. Antarctica - Blind birdwatchers. A blind birdwatcher from Uruguay proves you don't need sight to see. Through the sounds of nature he is able to envision the world that surrounds him. He explores the sounds of nature in Uruguay and Brazil and he goes as far as the Antarctic. Americas Now follows him.	NETA	(S)	(CC)	N/A	#111H
00:30:00	The Open Mind Our Galaxy and Beyond Guest: Alan Stern and David Grinspoon. Scientists Alan Stern and David Grinspoon talk about their new book "Chasing New Horizons: Inside the Epic First Mission to Pluto."	NETA		(CC)	N/A	#3848H
01:00:00	The Kate Nancy and Beth Megan Mullally (Will & Grace) is as musical as she is funny. Mullally fronts this band with singer/actor Stephanie Hunt, and they perform songs including Joni Mitchell's "Blue," "Please Mr. Jailer," and "Fine Brown Frame." Nancy And Beth's sassy banter and exacting choreography deliver a clever and hip performance that demonstrates their dry humor and pure love of music.	APTEX	(S)	(CC)	N/A	#301H
02:00:00	Backstage Pass Mustard Plug Ska-punk dance party music. Recorded live in performance at Albert White Auditorium in East Lansing.	NETA	(S)	(CC)	N/A	#504H
03:00:00	Legends of Airpower Brigadier General Charles Elwood Yeager World War II ace and the man who broke the sound barrier as depicted in screen classic "The Right Stuff." Chuck Yeager has had a bigger than life career, always poised on the edge of the envelope. He broke the sound barrier flying "G- Chuck Yeager -lamorous Glennis," has won nearly every aviation award, was awarded a peacetime Medal of Honor and was the youngest man enshrined in the Aviation Hall of Fame. An aviator with "the Right Stuff," Chuck Yeager is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#101H
03:30:00	Crisis of Faith Narrated by Grammy-winning singer-songwriter Amy Grant, CRISIS OF FAITH examines how slavery and biblical interpretations on its morality divided religious denominations and ultimately, the nation, in the Civil War era. Most Southerners deemed slavery integral to their way of life, and the Bible seemingly reinforced this belief. Christian figures in both the Old Testament and the New Testament never object to, nor do they condemn, the practice. Abolitionists, meanwhile, viewed slavery as an evil inconsistent with values of Christianity. In interviews, prominent religious scholars and historians discuss the evolution of arguments over slavery - from the rhetoric of freedom and equality stoked by the American Revolution; to the divisions of the Methodist, Baptist and Presbyterian churches into northern and southern factions; to the dividing of the nation and the eruption of Civil War.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Ripple of Hope A RIPPLE OF HOPE captures an extraordinary and uplifting event against the backdrop of one of the most volatile and memorable Presidential campaigns in U.S. history. On April 4, 1968, Robert F. Kennedy - a contender for the Democratic nomination for President - was en route to Indianapolis to make a campaign stop in a predominantly African-American neighborhood. In Memphis, Tenn. that same night, gunman James Earl Ray shot and mortally wounded the leader of the civil rights movement, Dr. Martin Luther King, Jr. Upon hearing the tragic news, Kennedy made a crucial decision: risking his own life and defying city officials, he ventured into the inner city and addressed the grief-stricken crowd gathered in a park. He stood atop a shaky, flat-bed truck and delivered one of the great political speeches of the 20th century: a moving, extemporaneous plea for peace and reconciliation. By keeping his promise to speak, Kennedy helped Indianapolis avert the violence that swept the rest of the country. Within weeks of this speech, on June 6, 1968, Kennedy also would fall victim to an assassin's bullet. A RIPPLE OF HOPE tells the dramatic story of that historic night through archival film, photos and dramatic reenactments, and by drawing on interviews with Kennedy aides and associates, including Kennedy press secretary Frank Mankiewicz,	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#648
08:00:00	Wunderkind Little Amadeus The Muted Trumpet Amadeus can't stand loud trumpet music and wants to prevent a joint concert maliciously arranged by Devilius with the famous trumpeter Schachtner. He and his friend Kajetan try to hide Schachtner's trumpet, but Devilius keeps finding other trumpets for Schachtner to play. Finally, Amadeus devises a solution for the joint concert with Schachtner, so he doesn't have to suffer the sounds of the trumpet. The Music: "Oboe Concerto in C" K. 314; et al. Additional Content: A trumpet serves as the focus of this episode's storyline. Monti illustrates the many different kinds of brass instruments.	APTEX	(S)	(CC)	DVI	#124

Tue, Jul 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Monster Smash/A Monster of a Mystery	APTEX	(S)	(CC)	N/A	#108H
	Smash: When JD and Kent's battle bot, Monster Smash, escapes from the lab, the Secret Lab Kids must navigate a maze to find it. Mystery: When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.					
09:00:00	Functional Fitness with Suzanne Andrews Younger Joints In 30 Days	ACCES		(CC)	N/A	#117H
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 Pelvic Floor	NETA	(S)	(CC)	N/A	#1208H
	Muscles of pelvic floor are often ignored but this workout shows some easy movements to keep those important muscles strong.					
10:30:00	It's Sew Easy Inspired By Art	NETA	(S)	(CC)	N/A	#1312H
	Shapes, colors and designs by art masters can fuel your creative energy. Upcycling designer Michelle Paganini adds a touch of modern art to a refashioned shirt using three-ply reverse applique. Couture designer Angela Wolf creates her own embellished denim fabric with free-motion embroidery using a fabric frame.					
11:00:00	Knit and Crochet Now Fanciful Shawls	NETA	(S)	(CC)	N/A	#808H
	Make a simple shawl fancy. Starting with a garter stitch, Kristen Mangus knits a cable lace edging to create an elegant shawl. In the technique corner, Lena Skvagerson shows how to work in the ends as you go. Jenny King crochets a peacock-colored shawl starting from the center out and adds a picot border.					
11:30:00	Fons & Porter's Love of Quilting Dressed-Up Patchwork: Piecing with Alternative Fabrics	NETA	(S)	(CC)	N/A	#2803H
	Creating an original quilt, sometimes takes in a different direction. As quilters we work with cotton fabrics a majority of the time. Have you been curious about all the other fabrics available, denim, velvet, taffeta, and knits just to name a few. Can they be used in quilts? If so, what type of quilts and how do we approach them successfully. Patrick is joined by Jerry Granata an award winning quilter who teaches us the methods for working with alternative fabrics.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7242H
13:00:00	Nigella: at My Table	APTEX	(S)	(CC)	N/A	#103H
	Treats are in store as Nigella rustles up some of her favorite dishes to share around the table. For a lunch with friends, Nigella's herbed leg of lamb is relaxingly simple to prepare, served with garlicky roast potatoes with oregano and feta. That's followed by her voluptuously soft and rich chocolate olive oil mousse. For a delicious snack that's unbelievably moreish, there's Nigella's coconut shrimp with turmeric yogurt - hot crisp prawns with a cool smooth dipping sauce. And her ginger and walnut carrot cake never fails to win over friends and family.					
13:30:00	Taste of Louisiana with Chef John Folse & Company: Hooks, Lies & Alibis Garfish/Caviar - Bayou Dularge, La	APTEX	(S)	(CC)	N/A	#1310H
	In this episode, John travel to south Louisiana and visits the Houma Native American Nation, and learns about the Houma's fishing culture and techniques for making alligator gar tasso. John is then joined by Rick Tramanto from Cafe Revolution and cooks coushatta garfish stew. John Burke from Cajun Caviar tells John how caviar is farmed using local fish, and Rick Tramanto creates a caviar staircase to show off this tasty treat. And everyone salutes the end of the day with the perfect salty dog.					
14:00:00	Taste of History Jamaica's Spectacular South Coast	NETA	(S)	(CC)	N/A	#903H
	Chef Staib travels along the south coast of Jamaica and delights in adventure off the beaten track, relishing a local's delicious pepper shrimp dish and a fisherman's hangout in the middle of the sea.					

Tue, Jul 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Christopher Kimball's Milk Street Television Tahini Rules!	APTEX	(S)	(CC)	N/A	#104H
	Meatballs get a makeover as Milk Street Cook Rayna Jhaveri shows host Christopher Kimball how to make Turkish meatballs with lime-yogurt sauce. The recipe borrows a French concept: panade, a bread-based paste that helps keep the meat moist. Chris follows up by explaining the chemistry of the crumbs. Next, Milk Street Cook Catherine Smart shows Chris how to make Israeli hummus, while Rayna demonstrates a dressing that can perk up any vegetable: sweet-and-sour mint dressing. Rounding out the show, Milk Street Cook Erika Bruce show how versatile tahini, the sesame paste that is key to savory dishes like hummus, shines equally bright in their ultimate tahini swirl brownies.					
15:00:00	Beads, Baubles and Jewels Time for Art	NETA	(S)	(CC)	N/A	#2612H
	When you talk about art, we often imagine a painstaking process that takes a lot of time, but today's artists are here to show speedy techniques that still create beautiful works of art! Wyatt White starts us out with 4 projects. They are super-fast and introduce a new technique. Then Eva Sherman has tips for soldering jump rings, make a lot to start and then get creative. Tamara Honaman finishes up with ways to bring mixed media into your jewelry with resin. The process is super-fast minus the drying time.					
15:30:00	Katie Brown Workshop Polka Dot Party	APTEX	(S)	(CC)	DVI	#419H
	Inspired by the polka-dot, Katie cooks some dotted goodies: honey carrot muffins, polka dotted pizza and a watermelon stack. Projects: a colorful birthday banner and zany Willy Wonka-inspired flowers.					
16:00:00	Biz Kid\$ The Biz Kids Challenge	APTEX	(S)	(CC)	DVI	#113H
	The Biz Kids learn the world of marketing through the "Project Lemonade Challenge." Two teams, two identical lemonade stands. It's up to the kids to decide the price and promotion strategy to sell the most product. The proceeds go to their favorite charities. You'll see the preparation and the results when they are critiqued by marketing guru Scott Bedbury, the force behind Nike's slogan "Just do it."					
16:30:00	Hands On Crafts for Kids Superheroes	NETA	(S)	(CC)	DVI	#1803H
	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.					
17:00:00	P. Allen Smith's Garden Home Homesteaders USA	APTEX	(S)	(CC)	N/A	#1501H
	Allen Smith breaks down the basics of homesteading for beginners. From kitchen to bath, the experts have you covered for your journey to being self-sufficient.					
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm, Part II (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#802H
	Part II of this series picks up with the tomato season waning and a brand-new season of cool season edibles ready to plant. Host, Joe Lamp'1 takes you on his gardening journey in the GGW garden set through the fall and into winter, complete with challenges and takeaways anyone can apply.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15132H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1214H
	On this special edition, host Jason Shultz explores the many uses for soybeans. It's a fun and informative journey from rural Iowa to the city streets of San Francisco.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9067
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1427H
20:00:00	Sun Studio Sessions Delta Music Experience, Part 1	NETA	(S)	(CC)	N/A	#904H
	Delta Music Experience Part 1: In this episode, Delta blues musicians; including Bobby Rush, James "Super Chikan" Johnson and Cedric Burnside perform blues classics and originals while sharing stories about their songs, the stories behind them and the historical importance of blues music.					

Daily Program Listing II

43.1

Date: 06/11/2018

07/01/2018 - 07/31/2018

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Tue, Jul 03, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Jammin at Hippie Jack's Ashley Cleveland	NETA	(S)	(CC)	N/A	#1007H
	Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.					
21:00:00	Infinity Hall Live Dave Mason	APTEX	(S)	(CC)	N/A	#606H
	Dave Mason, a Rock and Roll Hall of Famer as a founding member of Traffic, and a hit solo artist in the 1970s, performs a rousing concert of his hits "Dear Mr. Fantasy," "Rock and Roll Stew," "Feelin' Alright," "Only You Know and I Know" and "We Just Disagree." The English singer songwriter and guitarist is joined by his own band on the Infinity Hall stage.					
22:00:00	New Environmentalists - The Series Unfair Game	NETA	(S)	(CC)	N/A	#101H
	Through the inspiring stories of two African environmental activists -Thuli Makama, and Hammer Simwinga-the film explores conservation and sustainable development as a viable method for safeguarding wildlife. The program also bears witness to the human rights violations inflicted on indigenous peoples whose traditional homelands are bordering wildlife conservancies.					
22:30:00	Yellowstone In Four Seasons	NETA	(S)	(CC)	N/A	#0H
	Yellowstone National Park has four seasons that can change at any time. Summer is for eating, Fall is for mating, Winter is for surviving and Spring is for re-birth. Mother Nature has worked millions of years to sculpt this grand treasure, and her finest work is on display for us all to appreciate and enjoy. Yellowstone's splendor lies in it's solitude, it's grandness, it's complexity and it's simplicity. And for thousands of years this real life drama has performed the same 4 act play over and over again...Yellowstone in Four Seasons.					
23:00:00	Inventing America: Liberty for All	NETA	(S)	(CC)	N/A	#0H
	Inventing America brings our Founding Fathers back to life in a TV talk show before a live audience. In Episode 3, "Liberty for All," James Madison (John Douglas Hall), Thomas Jefferson (Bill Barker), Alexander Hamilton (Hal Bidlack) and Patrick Henry (Richard Schumann) reveal the conflicts and infighting behind the new U.S. Constitution and how that led to the Bill of Rights. The program features a Q&A with college students in which the Founders apply the Bill of Rights to our own time. It concludes with Henry's famous "Give me liberty, or give me death" speech that inspired the idea of America in the first place.					

Wed, Jul 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland On this special edition, host Jason Shultz explores the many uses for soybeans. It's a fun and informative journey from rural Iowa to the city streets of San Francisco.	APTEX	(S)	(CC)	N/A	#1214H
00:30:00	Overheard with Evan Smith Lyle Lovett, Singer/Actor Lyle Lovett is a singer, composer and actor. Since his self-titled debut in 1986, Lovett has released 14 albums that fuse elements of country, swing, jazz, folk, gospel and blues. He has won four Grammy Awards, including Best Male Country Vocal Performance and Best Country Album. Lovett was also named Texas State Musician.	NETA	(S)	(CC)	N/A	#801H
01:00:00	Sun Studio Sessions Delta Music Experience, Part 1 Delta Music Experience Part 1: In this episode, Delta blues musicians; including Bobby Rush, James "Super Chikan" Johnson and Cedric Burnside perform blues classics and originals while sharing stories about their songs, the stories behind them and the historical importance of blues music.	NETA	(S)	(CC)	N/A	#904H
01:30:00	Jammin at Hippy Jack's Ashley Cleveland Ashley Cleveland is a three-time Grammy and two-time Dove award winner who has released eight critically acclaimed albums. Few artist have achieved such a compelling fusion of gospel, blues, and rock. Cleveland resides in Nashville with her husband Kenny Greenberg.	NETA	(S)	(CC)	N/A	#1007H
02:00:00	Infinity Hall Live Dave Mason Dave Mason, a Rock and Roll Hall of Famer as a founding member of Traffic, and a hit solo artist in the 1970s, performs a rousing concert of his hits "Dear Mr. Fantasy," "Rock and Roll Stew," "Feelin' Alright," "Only You Know and I Know" and "We Just Disagree." The English singer songwriter and guitarist is joined by his own band on the Infinity Hall stage.	APTEX	(S)	(CC)	N/A	#606H
03:00:00	New Environmentalists - The Series Unfair Game Through the inspiring stories of two African environmental activists -Thuli Makama, and Hammer Simwinga-the film explores conservation and sustainable development as a viable method for safeguarding wildlife. The program also bears witness to the human rights violations inflicted on indigenous peoples whose traditional homelands are bordering wildlife conservancies.	NETA	(S)	(CC)	N/A	#101H
03:30:00	Yellowstone In Four Seasons Yellowstone National Park has four seasons that can change at any time. Summer is for eating, Fall is for mating, Winter is for surviving and Spring is for re-birth. Mother Nature has worked millions of years to sculpt this grand treasure, and her finest work is on display for us all to appreciate and enjoy. Yellowstone's splendor lies in it's solitude, it's grandness, it's complexity and it's simplicity. And for thousands of years this real life drama has performed the same 4 act play over and over again...Yellowstone in Four Seasons.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Inventing America: Liberty for All Inventing America brings our Founding Fathers back to life in a TV talk show before a live audience. In Episode 3, "Liberty for All," James Madison (John Douglas Hall), Thomas Jefferson (Bill Barker), Alexander Hamilton (Hal Bidlack) and Patrick Henry (Richard Schumann) reveal the conflicts and infighting behind the new U.S. Constitution and how that led to the Bill of Rights. The program features a Q&A with college students in which the Founders apply the Bill of Rights to our own time. It concludes with Henry's famous "Give me liberty, or give me death" speech that inspired the idea of America in the first place.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#649
08:00:00	Wunderkind Little Amadeus The Glockenspiel An international company of actors wants to perform in Salzburg - and Devilius wants to stop them. Amadeus knows the actors and prepares a musical number with them, using music he composed on the spur of the moment. Devilius takes drastic measures to prevent the performance. In the end, all of Salzburg cheers and Devilius plays an unexpected leading role on-stage. The Music: Opera "Bastien and Bastienne" K. 50; "Petit Marche Funebre in C" K. 453a; et al. Additional Content: Monti explains how children can research the composition of a real orchestra to the music of "A Little Serenade" on the Web site. There, children can experience the impact of shifting single members of the orchestra on the music and the relation of single instruments to the whole composition.	APTEX	(S)	(CC)	DVI	#125
08:30:00	Thomas Edison's Secret Lab Slime Time/It's Always Sharkest Slime: When JD uses Angie's 'oil slick dissolver' formula for a slime fight, a wrong ingredient creates a gelatinous Blob monster that threatens to devour the city. Sharkest: While visiting one of Kent's relatives, the kids come up with a great idea for attracting more tourists to his restaurant - the only catch is that it also attracts a very big shark with very big teeth!	APTEX	(S)	(CC)	N/A	#109H

Wed, Jul 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Younger Heart In 30 Days	ACCES		(CC)	N/A	#118H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderizing Your Core	APTEX	(S)	(CC)	DVI	#901H
10:00:00	Sit and Be Fit Posture and Breathing Posture is essential to any good workout. In this program Mary Ann demonstrates how to maintain good posture while exercising.	NETA	(S)	(CC)	N/A	#1209H
10:30:00	It's Sew Easy Ski Trip Hit the slopes in style. Designer and fabric expert Linda Lee uses a specialty fabric normally used for envelopes and home insulation to make a warm, stylish ski vest. Then, put your feet up and relax. Sewing educator Rebecca Kemp Brent captures vacation memories in a charming tuffet, embellished with top-stitching.	NETA	(S)	(CC)	N/A	#1313H
11:00:00	Knit and Crochet Now Outfits in the Round Let's work in the round. Melissa Leapman knits the moss stitch to add a flounce border to a cardigan. It has a wide collar and soft, flowing folds. Ellen Gormley has tips on double-ended crochet in the technique corner. Vanessa Wilson crochets a colorful vest with shades of color radiating out from the center back.	NETA	(S)	(CC)	N/A	#809H
11:30:00	Fons & Porter's Love of Quilting Anna's Starflake Striking designs are created through a variety of methods. In this episode Patrick and Nancy McNally will examine the fun of working with batiks, the steps taken in paper foundation piecing and the way to create a secondary design with sashing choices. Techniques and tips for quilters at all levels of experience.	NETA	(S)	(CC)	N/A	#2804H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7243H
13:00:00	Lidia's Kitchen Poached Egg The egg is a staple ingredient in any kitchen and should not be overlooked or overcooked. In this episode, Lidia shows the classic technique of poaching an egg and making a warm mushroom salad: a bed of frisee with a warm medley of mixed wild mushrooms, pancetta and a poached egg; eggs poached in tomato sauce: a simple and delicious tomato sauce poached egg served with slices of grilled country bread and brutti ma buoni, a classic Italian hazelnut cookie made with meringue.	APTEX	(S)	(CC)	N/A	#402H
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 Joanne Chang Chef Joanne Chang, mastermind behind Boston's Flour franchises and restaurant Myers & Chang, joins Ming in the kitchen this week. Joanne flexes her pastry prowess by preparing delicious Vietnamese espresso ice cream-filled profiteroles with spicy ganache. Ming counters with a pate a choux two ways-tea smoked salmon with cream cheese, chives and lemon, and devil's balls. It's sweet and savory this week on Simply Ming.	APTEX	(S)	(CC)	N/A	#1513H
14:30:00	Cook's Country Bbq Thighs and Fried Peach Pies Julia Collin Davison shows Bridget Lancaster how to make the ultimate barbeque chicken thighs. Tasting expert Jack Bishop challenges Bridget to a tasting of bagged popcorn. Test cook Bryan Roof shows Julia how to make fried peach pies at home.	APTEX	(S)	(CC)	N/A	#1005H
15:00:00	Beads, Baubles and Jewels Making Art Accessible A key to making art accessible is to introduce it to our daily life. We begin with cast metal beads and pendants in our final bead inspiration. Then Jackie Truty introduces us to the technique of scraffito, using it to make plates to adorn our home. We end with Candie Cooper and a geometric bohemian necklace with a simple design easy enough for beginners.	NETA	(S)	(CC)	N/A	#2613H

Wed, Jul 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Gifts	APTEX	(S)	(CC)	DVI	#420H
	Katie finds the perfect gift to give. In the kitchen, she makes edible presents: granola, matzo ball soup, and tomato sauce and croutons. Projects: custom gift-wrap tags and a unique idea from the herb garden.					
16:00:00	Biz Kid\$ How to Be A Smart Consumer	APTEX	(S)	(CC)	DVI	#114H
	Get the most for your money. Join the Biz Kids and you'll explore smart shopping strategies. Learn how to avoid common pitfalls and traps set by savvy marketers and high-pressure salesmen. Meet some smart consumers and successful entrepreneurs.					
16:30:00	Hands On Crafts for Kids 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 Charming Charleston	APTEX	(S)	(CC)	N/A	#1502H
	P. Allen Smith explores the food and fellowship of one of America's oldest cities, Charleston, South Carolina; a true Southern gem.					
17:30:00	Growing A Greener World Epic Tomatoes (Raleigh, Nc)	APTEX	(S)	(CC)	N/A	#803H
	This episode shadows expert tomato grower, Craig LeHoullier from planting to harvest to get practical tips from one of the most respected experts while learning unique and innovative growing methods for dealing with a variety of challenging conditions.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15133H
18:30:00	The Whole Truth with David Eisenhower Healthcare: Beyond The Insurance Coverage Debate	APTEX	(S)	(CC)	N/A	#304H
	HEALTHCARE: BEYOND THE INSURANCE COVERAGE DEBATE: Even without providing health insurance to all of our citizens, why does the American healthcare system still manage to spend so much more, two to three times more per person, than so many other advanced nations? And, even given all that spending, why are our health outcomes not better than these lesser spending nations? And, in some regards, why are they actually worse? Our panel explores issues including why healthcare in the United States costs so much more per capita than in other advanced countries, without achieving better outcomes (including discussing quality of care, and spending on super-consumers and end of life), and whether the coming digital/mobile advances in healthcare delivery can improve quality and reduce costs. Guests: Jonathan Rothwell, Senior Economist at Gallup; Dr. Thaddeus Pope, Director of the Health Law Institute at the Mitchell Hamline School of Law; Dr. Bon Ku, Assistant Dean for Health & Design and Director of JeffDESIGN at Thomas Jefferson University Hospital.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9068
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#526H
20:00:00	The Lowertown Line. The Lowertown Line: Nicholas David	APTEX	(S)	(CC)	N/A	#114H
	A top three finalist on season 3 of NBC's hit television show "The Voice," Nicholas David is a vibrant, soulful and prolific singer-songwriter who incorporates multiple genres, instruments and influences into his music. The artist performs in front a live audience at The Parkway Theater in Minneapolis, and talks about family, life on the road, and lessons he learned on national TV. Songs performed: Monsters Sleep, Lonely, At the Table with passion, Easter and Keeko.					

Wed, Jul 04, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#401H
	Artists: Multiple Grammy Award winner Carl Jackson, Larry Cordle, Jerry Salley, and hosted by songwriter Eric Gnezda. CARL JACKSON was born in the small town of Louisville, Mississippi. By the time he was eight years old, thanks to his father's influence and a burning desire inside, he was already well on his way to being an accomplished musician. Glen Campbell, with whom he played 12 years, called him "The greatest banjo player in the world." As a vocalist, he has recorded with EmmyLou Harris, Dwight Yoakam, Vince Gill, Ricky Skaggs, Steve Wariner, Garth Brooks, Janie Fricke, Dolly Parton, and other top names. His songs have been recorded by Vince Gill, Glen Campbell, Trisha Yearwood, and many, many others. LARRY CORDLE, a native of eastern Kentucky, was a childhood friend and neighbor of fellow musical prodigy, Ricky Skaggs. Upon hearing Cordle's new song, "Highway 40 Blues," Ricky promised that he would one day record it. In the summer of 1983, it was the number one song in the nation, helping to launch Larry's songwriting career and skyrocketing Skaggs' already solid country music career. At last count, Larry's songs had appeared on projects that have sold a combined total of more than 55 million records, by artists such as Garth Brooks, George Strait, Trisha Yearwood, Reba McEntire, Diamond Rio, Alan Jackson, Trace Adkins and many others. JERRY SALLEY has been referred to by Billboard Magazine as "One of Music Row's greatest veteran tunesmiths." The 2003 SESAC Country Music Songwriter of the Year, Jerry has had over 450 songs recorded in his multi-award winning career. Jerry's songs have sold in excess of 15.5 million records worldwide. His songs have been recorded by some of today's biggest country stars, including Chris Stapleton, Reba McEntire and Brad Paisley. As an artist himself, Jerry has performed many times on the Grand Ole Opry, Late Night with David Letterman, and NBC'S Today Show.					
21:00:00	Live from the Artists Den Marina and the Diamonds	APTEX	(S)	(CC)	N/A	#1003H
	Marina And The Diamonds, fronted by Welsh native Marina Diamandis, gives an eclectic performance of 11 songs in the famous Great Hall at the New York Hall of Science in Corona, NY. She performs her hit song "Primadonna," and includes performances from her most recent album Froot.					
22:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#802H
	Michael B. Jordan (Fahrenheit 451) with Issa Rae (Insecure); Debra Messing (Will & Grace) with Sharon Stone (Mosaic); Jeff Daniels (The Looming Tower) with Laura Linney (Ozark); Tiffany Haddish (The Last O. G.) with John Legend (Jesus Christ Superstar Live in Concert); Edie Falco (Law & Order: True Crime) with J.K. Simmons (Counterpart).					
23:00:00	World on the Brink Rising Threats	EPS	(S)	(CC)	DVI	#104H
	Episode Four looks at the changing nature of nuclear, cyber, and biological warfare - focusing on how different threats intersect and reinforce each other, becoming more complex and menacing in the process.					

Thu, Jul 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	The Whole Truth with David Eisenhower Healthcare: Beyond The Insurance Coverage Debate	APTEX	(S)	(CC)	N/A	#304H
	HEALTHCARE: BEYOND THE INSURANCE COVERAGE DEBATE: Even without providing health insurance to all of our citizens, why does the American healthcare system still manage to spend so much more, two to three times more per person, than so many other advanced nations? And, even given all that spending, why are our health outcomes not better than these lesser spending nations? And, in some regards, why are they actually worse? Our panel explores issues including why healthcare in the United States costs so much more per capita than in other advanced countries, without achieving better outcomes (including discussing quality of care, and spending on super-consumers and end of life), and whether the coming digital/mobile advances in healthcare delivery can improve quality and reduce costs. Guests: Jonathan Rothwell, Senior Economist at Gallup; Dr. Thaddeus Pope, Director of the Health Law Institute at the Mitchell Hamline School of Law; Dr. Bon Ku, Assistant Dean for Health & Design and Director of JeffDESIGN at Thomas Jefferson University Hospital.					
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#526H
01:00:00	The Lowertown Line. The Lowertown Line: Nicholas David	APTEX	(S)	(CC)	N/A	#114H
	A top three finalist on season 3 of NBC's hit television show "The Voice," Nicholas David is a vibrant, soulful and prolific singer-songwriter who incorporates multiple genres, instruments and influences into his music. The artist performs in front a live audience at The Parkway Theater in Minneapolis, and talks about family, life on the road, and lessons he learned on national TV. Songs performed: Monsters Sleep, Lonely, At the Table with passion, Easter and Keeko.					
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02:00:00	Live from the Artists Den Marina and the Diamonds	APTEX	(S)	(CC)	N/A	#1003H
	Marina And The Diamonds, fronted by Welsh native Marina Diamandis, gives an eclectic performance of 11 songs in the famous Great Hall at the New York Hall of Science in Corona, NY. She performs her hit song "Primadonna," and includes performances from her most recent album Froot.					
03:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#802H
	Michael B. Jordan (Fahrenheit 451) with Issa Rae (Insecure); Debra Messing (Will & Grace) with Sharon Stone (Mosaic); Jeff Daniels (The Looming Tower) with Laura Linney (Ozark); Tiffany Haddish (The Last O. G.) with John Legend (Jesus Christ Superstar Live in Concert); Edie Falco (Law & Order: True Crime) with J.K. Simmons (Counterpart).					
04:00:00	World on the Brink Rising Threats	EPS	(S)	(CC)	DVI	#104H
	Episode Four looks at the changing nature of nuclear, cyber, and biological warfare - focusing on how different threats intersect and reinforce each other, becoming more complex and menacing in the process.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#650
08:00:00	Wunderkind Little Amadeus Into The World	APTEX	(S)	(CC)	DVI	#126
	The Mozarts must give an evening concert at the Bishop's palace. Amadeus' father Leopold hopes this will convince the remaining skeptics to let them play music for the English court, with Joseph Haydn's invitation. The scheming Devilius deletes the planned concert from the Bishop's calendar but Amadeus finds a way to inform the Bishop about the Mozarts' travel plans. The Music: "Piano Trio in G" K. 564; "Horn Conerto in E Flat Major" K. 417; et al. Additional Content: Monti explains chamber music, played by Leopold, Nannerl and Amadeus in this episode.					

Thu, Jul 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab Dunkin' Zombie	APTEX	(S)	(CC)	N/A	#110H
	When a virus turns JD into a donut-craving zombie, Angie has to come up with not only a cure, but an inoculation against the virus. Fortunately, Jonas Salk can help.					
09:00:00	Functional Fitness with Suzanne Andrews Cancer Prevention	ACCES		(CC)	N/A	#119H
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 Facial Exercises	NETA	(S)	(CC)	N/A	#1210H
	Facial exercises are important because they increase sensory awareness in mouth and encourage facial expression. These exercises are essential for anyone experiencing neurological challenges.					
10:30:00	Sewing with Nancy Nancy's Favorite Handbag Sewing Techniques, Part 1	NETA	(S)	(CC)	N/A	#2901H
	Create fashion forward handbags by making easy changes to your bag pattern. Learn easy functional handbag changes, add ribbon inspiration accents, create a recessed zipper closure or clutch handles, and more. Nancy's favorite handbag techniques make personalized bags with designer appeal.					
11:00:00	Knit and Crochet Now Hunky Dory Hats	NETA	(S)	(CC)	N/A	#810H
	Top things off with a hunky dory hat. Knit a colorful beret with Meredith Crawford using a feather and fan stitch pattern. Melissa Leapman shows a double knitting technique and interesting color work in the technique corner. Jenny King crochets a stylish beret with a charming flower.					
11:30:00	Fons & Porter's Love of Quilting Freshly Pieced Vegetables	NETA	(S)	(CC)	N/A	#2805H
	Quilters love to find ways to surround themselves with art. The kitchen, being a place we spend a large portion of our time, is the perfect place to show off a "little" pieced project. Mary and Kelly Bowser will teach you techniques for paper foundation piecing that can be used for fanciful, garden-inspired kitchen accessories.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7244H
13:00:00	The Jazzy Vegetarian Bountiful Brunch Buffet	NETA	(S)	(CC)	DVI	#102H
	Host Laura Theodore prepares her healthy, delicious, and budget friendly brunch. "Blueberry Mini Biscuits," are served along side authentic tasting "No Egg Scramble." Crispy "Cashew French Toast" served with warmed organic maple syrup is next up on the menu. Simple side dishes include "Tomato Basil Pinwheel" and "Fancy Fruit Salad." Perfect to serve as a mid-day family meal or festive get-together. When it's not breakfast and it's not lunch...it's brunch!					
13:30:00	Sara's Weeknight Meals Between The Bread	APTEX	(S)	(CC)	N/A	#606H
	A sandwich might be the ultimate weeknight meal - hearty, portable and easy enough for anyone to make. Sara's got two great ones: her picadillo sloppy Joe with the terrific counterpoint of prunes and green olives. Surprisingly, she shows how to grind your own meat. Roasted vegetable and fresh ricotta sandwiches are another winning combo and Sara even shows how to make the ricotta. She also visits a worth bakery for bread lovers - Hot Bread Kitchen. This non-profit food incubator helps struggling women get a leg up by teaching them baking skills so they may move on to jobs at other bakeries. They sample some of their delicious bread. Recipes: Picadillo sloppy Joes; Roasted vegetable and fresh ricotta sandwiches 4.					
14:00:00	Joanne Weir Gets Fresh Fresh Dairy	APTEX	(S)	(CC)	N/A	#102H
	Joanne takes us to a classic Italian trattoria called Poggio, where Chef Ben will show us how to make fresh mozzarella. To complement the freshly made cheese, Joanne will visit an amazing fig orchard in Yountville, and then incorporate cheese and figs in her cooking lesson, making Prosciutto-Wrapped Figs with Goat Cheese, amongst other dishes. Recipes: Grilled Prosciutto di Parma Wrapped Figs stuffed with Goat Cheese, Arugula Salad with Balsamic Vinaigrette, Green Caprese Salad. Student: Reggie Wooden.					

Daily Program Listing II

43.1

Date: 06/11/2018

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Thu, Jul 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	New Scandinavian Cooking The Sweetest Cheese	APTEX	(S)	(CC)	N/A	#402H
	Andreas visits the valley of Gudbrandsdalen, home to the Norwegian delicacy known as brown cheese. Andreas combines this versatile ingredient with roasted goat and a sweet caramel ice cream.					
15:00:00	Beads, Baubles and Jewels Creating Texture	NETA	(S)	(CC)	N/A	#2401H
	Add texture to a simple design to create extra style. Jewelry-maker Samantha Skelton enamels a pendant, then uses a pencil to add motifs and texture to the design. In Katie's Beading Lesson, designer Candie Cooper joins Katie Hacker to macrame a colorful rainbow bracelet for teens and tweens.					
15:30:00	Katie Brown Workshop Christmas	APTEX	(S)	(CC)	DVI	#421H
	Katie prepares a no-stress holiday meal with the help of the Workshop crew. Chef Chris Paulk whips up red pepper risotto, pork tenderloin and Kentucky eggnog. Then, Katie decks the halls with an advent calendar and a dressed-up Styrofoam Christmas tree.					
16:00:00	Biz Kid\$ Using Your Credit-Crazy Or Compelling?	APTEX	(S)	(CC)	DVI	#115H
	Don't live on borrowed time. Join the Biz Kids and you'll see the true cost of purchasing with credit. You'll also have an unsettling look at credit scores and the increasing number of people and places (employers, insurers, colleges, etc.) who are using these scores to make major decisions that could affect your future. Meet entrepreneurs who have successfully navigated credit pitfalls.					
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 Oils All Around	APTEX	(S)	(CC)	N/A	#1503H
	P. Allen Smith explores the many uses of oils - from the basic to the exotic.					
17:30:00	Growing A Greener World Gardening for Butterflies & Other Beneficial Insects (Atlanta, Ga, Phoenix, Az)	APTEX	(S)	(CC)	N/A	#804H
	Many Butterflies and pollinators are losing vital habitats to urban sprawl and widespread use of herbicides. In this episode, national experts show ways we can all attract and help restore populations of these threatened insects while increasing the beauty of our landscapes.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15134H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1502H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9069
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1306H
20:00:00	Backstage Pass Grupo Aye - Encore	NETA	(S)	(CC)	N/A	#718H
	Back for an encore, Grand Rapids-based Grupo Aye brings even more high energy salsa influence to the 2015 Lansing JazzFest stage. Their infectious sound features brass, vocals, piano, bongos, drums, and more. Songs include: "Mama Guela," "Cuarto de Tula," and more. Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.					
20:30:00	Music Voyager Morocco: Gateway to Africa - The North	APTEX	(S)	(CC)	N/A	#706H
	Three friends-Nouamane Lahlou, a rock star and producer of Morocco; Hassan Hakmoun, a master Gnawa musician and Laurent Le Gall, a film director and producer, meet in Casablanca to travel the length of Morocco in search of experiencing it first-hand. Starting in the metropolis of Casablanca the team travels north to Tangier, which is located at the tip of Africa and across from Spain. The music of the Amazir people draws them to the painted city of Chefchaouen, the jewel of the Rif Mountains.					

Daily Program Listing II

43.1

Date: 06/11/2018

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Thu, Jul 05, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live at the Charleston Music Hall Jake Shimabukuro	NETA	(S)	(CC)	N/A	#107H
	Ukulele virtuoso, Jake Shimabukuro, first played the instrument in his native land, Hawaii, at the age of four. In 2005, Jake became the most watched ukulele player ... ever, when millions tuned in to YouTube to watch his rendition of George Harrison's "While My Guitar Gently Weeps". In this episode, Jake's phenomenal talent and true Aloha Spirit shine brightly.					
21:30:00	Live at the Charleston Music Hall Parker Millsap	NETA	(S)	(CC)	N/A	#108H
	Twenty-four year old Oklahoma native, Parker Millsap has had a banner year including his network TV debut on CONAN. Sir Elton John said of Parker, "...I saw one of the best concerts I have ever seen...It restored my faith in music." Parker does not disappoint in this episode with his sultry vocal and Elvis moves.					
22:00:00	Heart of the World: Colorado's National Parks	APTEX	(S)	(CC)	N/A	#101H
	Wonder, unlocks the mysteries of the geological forces that created the amazing landscapes of Rocky Mountain National Park, Great Sand Dunes National Park and Preserve, Colorado National Monument, Black Canyon of the Gunnison National Park, and Mesa Verde National Park.					
23:00:00	Maritime Silk Road: Birth of the Global Economy Europeans Arrive (16th-18th Century C.E.)	KNME	(S)	(CC)	N/A	#105H
	Court power struggles bring the Ming Voyages to an end and forces China's retreat from the sea at the same time as they build a Great Wall sealing China off from the rest of the world, a power grab by the landed gentry. Europeans step into fill the void and China's humiliating downfall is set into motion.					
23:30:00	Stories of the Mind Ways to Wellness	NETA	(S)	(CC)	N/A	#104H
	Five ways for every viewer to achieve optimum mental fitness, told through the personal experiences of fascinating, diverse characters.					

Fri, Jul 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Well Read Gerda Saunders / Memory's Last Breath Gerda Saunders joins us with her very personal book - Memory's Last Breath - based on the "field notes" she keeps in her journal about her life distorted by dementia. Coping with the complications of losing short-term memory, Saunders takes the reader and our viewers on a personal investigation of the brain and its mysteries, examining science and literature, and immersing herself in vivid memories of her childhood in South Africa.	APTEX	(S)	(CC)	N/A	#625H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1306H
01:00:00	Backstage Pass Grupo Aye - Encore Back for an encore, Grand Rapids-based Grupo Aye brings even more high energy salsa influence to the 2015 Lansing JazzFest stage. Their infectious sound features brass, vocals, piano, bongos, drums, and more. Songs include: "Mama Guela," "Cuarto de Tula," and more. Recorded at Lansing JazzFest 2015 in the capital city's historic Old Town district.	NETA	(S)	(CC)	N/A	#718H
01:30:00	Music Voyager Morocco: Gateway to Africa - The North Three friends-Nouamane Lahlou, a rock star and producer of Morocco; Hassan Hakmoun, a master Gnawa musician and Laurent Le Gall, a film director and producer, meet in Casablanca to travel the length of Morocco in search of experiencing it first-hand. Starting in the metropolis of Casablanca the team travels north to Tangier, which is located at the tip of Africa and across from Spain. The music of the Amazir people draws them to the painted city of Chefchaouen, the jewel of the Rif Mountains.	APTEX	(S)	(CC)	N/A	#706H
02:00:00	Live at the Charleston Music Hall Jake Shimabukuro Ukulele virtuoso, Jake Shimabukuro, first played the instrument in his native land, Hawaii, at the age of four. In 2005, Jake became the most watched ukulele player ... ever, when millions tuned in to YouTube to watch his rendition of George Harrison's "While My Guitar Gently Weeps". In this episode, Jake's phenomenal talent and true Aloha Spirit shine brightly.	NETA	(S)	(CC)	N/A	#107H
02:30:00	Live at the Charleston Music Hall Parker Millsap Twenty-four year old Oklahoma native, Parker Millsap has had a banner year including his network TV debut on CONAN. Sir Elton John said of Parker, "...I saw one of the best concerts I have ever seen...It restored my faith in music." Parker does not disappoint in this episode with his sultry vocal and Elvis moves.	NETA	(S)	(CC)	N/A	#108H
03:00:00	Heart of the World: Colorado's National Parks Wonder, unlocks the mysteries of the geological forces that created the amazing landscapes of Rocky Mountain National Park, Great Sand Dunes National Park and Preserve, Colorado National Monument, Black Canyon of the Gunnison National Park, and Mesa Verde National Park.	APTEX	(S)	(CC)	N/A	#101H
04:00:00	Maritime Silk Road: Birth of the Global Economy Europeans Arrive (16th-18th Century C.E.) Court power struggles bring the Ming Voyages to an end and forces China's retreat from the sea at the same time as they build a Great Wall sealing China off from the rest of the world, a power grab by the landed gentry. Europeans step into fill the void and China's humiliating downfall is set into motion.	KNME	(S)	(CC)	N/A	#105H
04:30:00	Stories of the Mind Ways to Wellness Five ways for every viewer to achieve optimum mental fitness, told through the personal experiences of fascinating, diverse characters.	NETA	(S)	(CC)	N/A	#104H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#651
08:00:00	Zula Patrol A Comet's Tale/This Looks Like A Job for the Zula Dudes A COMET'S TALE: When a comet passes near Zula, Zeeter decides she wants to race it. But when Zeeter, Wizzy and Wigg get too close, their Space Ship starts to freeze and they are forced to land on the comet. Bula, Multo, and Gorga's mission is to assist their Team in returning safely home to Zula. THIS LOOKS LIKE A JOB FOR THE ZULA DUDES: In his latest attempt to take over the Universe, Dark Truder empties out the Asteroid Belt, sending all the asteroids in the direction of Planet Zula. The ZP uses Multo's latest invention "The Multo-Grabber" to grab all the Asteroids and return them to their proper home.	APTEX	(S)	(CC)	DVI	#101

Fri, Jul 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab A Monster of a Mystery When JD and Kent believe that the dreaded Whomper is lurking outside the lab, Kent is terrified. JD hopes to become famous for discovering an unknown creature. The team must use science to determine if it's really a monster or if they can correctly classify it as some other animal.	APTEX	(S)	(CC)	N/A	#111H
09:00:00	Functional Fitness with Suzanne Andrews Fat Blaster 1	ACCES		(CC)	N/A	#120H
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 We've Gone Country Country music sets the tone and pace for this fun full body workout.	NETA	(S)	(CC)	N/A	#1211H
10:30:00	Sewing with Nancy Nancy's Favorite Handbag Sewing Techniques, Part Learn Nancy's secrets for making a designer handbag with panache. Add grommets and piping to a cinched tote, embroider monograms on faux leather, or create a continuous strap to hold a yoga mat or baby blanket. Nancy's easy handbag techniques can be adapted for your favorite bag pattern.	NETA	(S)	(CC)	N/A	#2902H
11:00:00	Knit and Crochet Now Snug-Bug Baby Blankets Join the arm knitting craze. Vanessa Wilson uses only her hands to knit a quick baby blanket with chunky yarn and adds a border. Ellen Gormley shows how to get and maintain gauge. Then, Meredith Crawford crochets sideways to make a sunset-striped baby blanket.	NETA	(S)	(CC)	N/A	#811H
11:30:00	Fons & Porter's Love of Quilting Picnic In Provence Classics are always eye catching and Picnic in Provence is definitely a classic. Patrick and his guests Joanie Holton and Melanie Greseth will discuss the construction of this diagonal set quilt, demonstrate their applique method and provide tips for finishing your quilt like a pro.	NETA	(S)	(CC)	N/A	#2806H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7245H
13:00:00	Mike Colameco's Real Food M Wells Back in 2011 the husband and wife team Hugue Dufour and Sarah Obraitis owner the wildly popular but short lived M Well Dinette In Long Island City. Now they're back with the new M Wells Steakhouse and M Wells Dinette as PS1 again in Long Island City. We'll spend the day touring both and getting their story for this episode.	NETA	(S)	(CC)	N/A	#1514H
13:30:00	Cooking with Nick Stellino The Ultimate Bread Pudding Pasta Matriciana; Clams with Sausage & "Fettunta"; Bread Pudding with Two Chocolates.	APTEX	(S)	(CC)	N/A	#205H
14:00:00	Chef Paul Prudhomme's Always Cooking! Lagniappe - A Little Something Extra Chicken and Andouille Sausage Gumbo, Seafood Jambalaya, Banana's Bliss.	APTEX	(S)	(CC)	DVI	#110
14:30:00	Jacques Pepin: Heart & Soul Gloria's Favorites Jacques dedicates today's dishes to his wife Gloria and their many years spent together in the kitchen. He kicks off with an extravagant, yet easy and elegant PRESSED CAVIAR CANAPE. Jacques then pops the top from a bottle of beer to make a simple batter for his CORN FRITTERS topped with SMOKED SALMON. And while the oil is still hot, he browns FRIED EGGPLANT FANS to a perfect crispy crunch using a tempura batter. Next comes a quick bowl of Vietnamese HANOI CHICKEN SOUP served with zesty accoutrements. Finally, he utilizes often-overlooked ofal for Gloria's memorable PORK KIDNEYS WITH MUSHROOM AND VERMOUTH SAUCE.	APTEX	(S)	(CC)	N/A	#114H
15:00:00	Beads, Baubles and Jewels Customize Your Components Take your style to the next dimension. Designer Erin Prais-Hintz uses glittery clay and beads to make her style statement in 3-D. Katie Hacker adds an unexpected style twist with simple rhinestone settings in her Beading Lesson.	NETA	(S)	(CC)	N/A	#2402H

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Fri, Jul 06, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop New Year's	APTEX	(S)	(CC)	DVI	#422H
	Start the countdown with Katie and the Workshop crew. Recipes: steak with crab sauce, brussels sprouts salad and simple croquembouche (a French dessert). Projects: butterfly lanterns and a sophisticated cinnamon candy centerpiece for a New Year's table.					
16:00:00	Biz Kid\$ Budgeting Basics	APTEX	(S)	(CC)	DVI	#116H
	The Biz Kids learn the first rule of money management: you can't manage what you don't know. Join the kids and you'll look at spending and expenses and examine several proven methods on how to gain control of both. You'll also meet several successful entrepreneurs.					
16:30:00	Hands On Crafts for Kids 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 When Kids Takeover	APTEX	(S)	(CC)	N/A	#1504H
	P. Allen Smith asks, how many kids does it take to host a show? Find out as Allen lets the little ones take over for the day.					
17:30:00	Growing A Greener World Redeeming Your Ground (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#805H
	See how the Scott family's efforts to redeem their own ground in their suburban backyard opened a whole new world of life in the great outdoors, and how many of the simple changes they made will inspire you in your own backyard.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15135H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1427H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9070
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1027H
20:00:00	Song of the Mountains Wilson Banjo Co. / Clay Bank	NETA	(S)	(CC)	N/A	#1301H
21:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2106H
22:00:00	Film School Shorts Blood & Water	NETA	(S)	(CC)	N/A	#502H
	Traverse the North American West with three stories that explore the struggles between man and nature: La Graduacion by Rafael Gomez, Rituals by Isabelle Aspin, and Bloodlines by Christopher Nataanii Cegielski.					
22:30:00	On Story A Conversation with Gale Anne Hurd	NETA	(S)	(CC)	N/A	#806H
	Award-winning producer Gale Anne Hurd has spent decades navigating high-tension, high-stakes, and high-conflict situations - both on and off the page. In this episode, she takes audiences through her career, beginning as an assistant for the legendary Roger Corman to working with James Cameron to producing the sci-fi classics The Terminator, The Walking Dead, Aliens, and many others.					
23:00:00	Science Goes to the Movies Ice Age/ for the Love of Spock	EPS	(S)	(CC)	N/A	#301H
	Can science prevent another asteroid from hitting the Earth? Neil deGrasse Tyson stops by to explain some of the real possibilities and the many international considerations protecting our planet. Dr. Tyson also talks about his role in the film Ice Age: Collision Course.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1132H

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Sat, Jul 07, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Second Opinion Advances In Alzheimer's Disease Patient Story: Recent medical studies raise the possibility of blood tests capable of predicting who is at risk for developing Alzheimer's disease. Joanne Mee DeHond shares her mother's struggles with Alzheimer's and the questions that linger regarding her mother's care and her own health. Myth or Medicine: Can getting the flu vaccine increase the chances of developing Alzheimer's disease? Second Opinion 5: Five warning signs of dementia.	APTEX	(S)	(CC)	N/A	#1105H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1027H
01:00:00	Song of the Mountains Wilson Banjo Co. / Clay Bank	NETA	(S)	(CC)	N/A	#1301H
02:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2106H
03:00:00	Film School Shorts Blood & Water Traverse the North American West with three stories that explore the struggles between man and nature: La Graduacion by Rafael Gomez, Rituals by Isabelle Aspin, and Bloodlines by Christopher Nataanii Cegielski.	NETA	(S)	(CC)	N/A	#502H
03:30:00	On Story A Conversation with Gale Anne Hurd Award-winning producer Gale Anne Hurd has spent decades navigating high-tension, high-stakes, and high-conflict situations - both on and off the page. In this episode, she takes audiences through her career, beginning as an assistant for the legendary Roger Corman to working with James Cameron to producing the sci-fi classics The Terminator, The Walking Dead, Aliens, and many others.	NETA	(S)	(CC)	N/A	#806H
04:00:00	Science Goes to the Movies Ice Age/ for the Love of Spock Can science prevent another asteroid from hitting the Earth? Neil deGrasse Tyson stops by to explain some of the real possibilities and the many international considerations protecting our planet. Dr. Tyson also talks about his role in the film Ice Age: Collision Course.	EPS	(S)	(CC)	N/A	#301H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1132H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#652
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Roberto Rooster Returns Gary had a rooster running around in his garden. He named it Roberto. He has painted Roberto many times in various positions. This time Roberto is depicted as a bust, with a deliberately impressionistic background. The earthy colors of the background are a nice contrast with the bright red color of Roberto's comb.	APTEX	(S)	(CC)	N/A	#514H
08:30:00	Painting with Wilson Bickford Canada Goose, Part 2 A Canada Goose sits serenely on the water on a calm Fall day. In Part 2, Wilson finishes the background and shows how to detail bird feathers as he discovers what's good for the goose is good for the gander!	NETA	(S)	(CC)	N/A	#206H
09:00:00	Landscapes Through Time with David Dunlop Cezanne at Mont Sainte Victoire Travel with David to the locations of Paul Cezanne's (1839-1906) natural inspiration near Aix-en-Provence & Mont Saint Victoire. David considers Cezanne's ambitious struggle with the contradiction: how to present stability and form with change and movement. David demonstrates Cezanne's strategies; from sketch to watercolor to oil, and discusses Cezanne's insights into acts of visual perception. He discusses Cezanne's difficulties, frustrations, and his ultimate success - as the father of Modernism.	NETA	(S)	(CC)	DVI	#103H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Quad & Hips	APTEX	(S)	(CC)	DVI	#908H
10:00:00	Sit and Be Fit Don't Forget Your Fingers Paying special attention to the finger joints is important in our quest to stay independent and keep our hands functioning well.	NETA	(S)	(CC)	N/A	#1212H

Sat, Jul 07, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Functional Fitness with Suzanne Andrews Help Me Sleep: Yoga for Insomnia	ACCES	(S)	(CC)	N/A	#306H
11:00:00	Neven Maguire: Home Chef Neven travels to Luxembourg to reconnect with Lea Linster, the only woman ever to win the Bocuse D'Or, the most prestigious award a professional chef can receive. Linster prepares the rack of lamb dish that won her the award. Later, Neven makes a family favorite - curried chicken spring rolls with pineapple salsa - and tops off the episode by making his signature trio of chocolate dessert.	APTEx	(S)	(CC)	N/A	#108H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless The Splendor of Yucatan's Enchanting Markets Revered by his Mexican peers, Federico Lopez is one of Mexico's most affable and talented chefs. He joins Rick at the enchanting Mercado Municipal in Valladolid to extol the virtues of unique Yucatecan produce. After that, the pair head to Temozon, to a decades-old meat market where they smoke pork in rustic ovens behind the store. With a basket full of market produce and smoked meats, the chefs return to Federico's sleek catering kitchen in Cancun, where Federico artfully recreates the market in a salad of local beans, squash, heirloom tomato and chile dulce. Federico also makes pork tenderloin with longaniza sausage and beans. Back in Chicago, Rick makes lima bean soup with ham hock, plus pork lomitotes.	APTEx	(S)	(CC)	N/A	#1108H
12:00:00	Lidia's Kitchen Herbs and Spices Fresh herbs are simply a must in Lidia's kitchen and today she makes three dishes that highlight herbs and spices. She begins the menu with pickled carrots: a quick pickle of tiny carrots packed with the flavors of parsley, garlic and mint; braised beef in guazzetto: rich, braised beef filled with enticing aromas and skillet cauliflower with lemon and mint: cauliflower florettes showered with lemon juice and a sprinkle of fresh mint.	APTEx	(S)	(CC)	N/A	#414H
12:30:00	Food Over 50 The Power of Protein The series is not just an average 'How To' cooking program. Instead, it's more a 'Why To' series emphasizing the importance of a nutritious and health-sustaining diet as we age. This episode advances this philosophy, while balancing good nutrition with abundant flavor, thanks to three disparate but delectable recipes. First, host David Jackson creates a trio of "devilish" eggs in the kitchen. Instead of traditionally deviled yolks, David stuffs the high protein egg whites with enticing and surprising low fat fillings like zesty guacamole and curried squash. Ounce for ounce, lobster has as much protein as beefsteak, but a fraction of the saturated fat. So, David travels to his seaside hideaway in Scotland to catch and cook a luscious 'lobbie' right on the beach. Then it's back to his desert kitchen for Spanish arroz and frijoles pintos picantes. In other words, good old rice and beans, which together provide a super low fat protein, source, but masses of flavor thanks to garlic, chili and a decadent culinary twist. The episode finishes with the dietary pros and cons of protein in the "Second Helpings" segment. Then another visit to Scotland has David showing that hauling a heavy lobster creel from the depths, with a slippery line, is a very taxing way to "Earn What You Eat!"	APTEx	(S)	(CC)	N/A	#106H
13:00:00	Expeditions with Patrick Mcmillan California, An Ecological Island In this incredibly biodiverse state with a rich geologic history, McMillan examines the coasts, shrublands, deserts and mountains of San Diego county.	APTEx	(S)	(CC)	N/A	#101H
13:30:00	Weekends with Yankee Yankee Ingenuity "Yankee ingenuity" evokes the best of the New England character-its practicality and know-how. On this episode of Weekends with Yankee, we visit Shelburne Farms, 1,400 acres of stunning farmland and historic buildings on the shores of Lake Champlain, to learn how they make award-winning cheeses with their herd of Brown Swiss cows. We also experience the world's first mountain-climbing cog railway in a hair-raising ride up Mount Washington, and we take a look around to Strawberry Banke, where history comes alive along the Piscataqua River in Portsmouth, New Hampshire.	APTEx	(S)	(CC)	N/A	#108H
14:00:00	Rick Steves' Europe Andalucia, Gibraltar and Tangier Exploring Andalucia, we experience the quintessence of Spanish culture. Starting up high, in Spain's whitewashed hill towns, we roll down to the coast to enjoy the windsurfing mecca of Tarifa. Then we catch a bit of Britain on the Rock of Gibraltar, and sail to Africa for a Moroccan finale in Tangier.	APTEx	(S)	(CC)	N/A	#606H
14:30:00	Born to Explore with Richard Wiese India: Incredible Land Join Richard Wiese as he discovers India by rickshaw, samples savory cuisine and learns why yoga nourishes body and soul. With a family of dancers, he experiences the rhythms of a rural Indian village. Richard then takes to the streets for a game of gully cricket, one of India's most popular sports. And in Kanchipuram, the City of a Thousand Temples, he receives the Hindu "archana" blessing.	APTEx	(S)	(CC)	N/A	#117H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart GardenSMART visits a plant expert who travels the world looking for unique plants. As you would expect, his garden is outstanding. A lot to learn in a beautiful garden. Join us as we GardenSMART.	NETA	(S)	(CC)	N/A	#5007H
15:30:00	For Your Home What's Cooking Tony's Michigan backyard project is completed. The finished project includes a new deck, hot tub, fire pit and outdoor kitchen. Discover how to recycle existing deck foundations, build a fire pit and select appliances, countertops and cabinets for outdoor kitchens.	APTEX	(S)	(CC)	N/A	#3110H
16:00:00	Drexel Interview Wendell Pierce, Part 1 This is the first part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. He is the author of a post-Hurricane Katrina memoir and tribute to his hometown of New Orleans, The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken. In this episode, Pierce discusses his formative journey as an actor, the social impact of The Wire, and his role as Clarence Thomas in the HBO feature Confirmation.	NETA		(CC)	N/A	#501H
16:30:00	Overheard with Evan Smith Richard Linklater, Director/Writer Richard Linklater is a director and writer. He is best known for his films Dazed and Confused, Boyhood, Slacker and Everybody Wants Some. Linklater is the Artistic Director and founder of the Austin Film Society. He has won a Golden Globe, Critics' Choice Movie Awards and BAFTAs for Best Director and Best Picture. Linklater currently lives and works in Austin, Texas.	NETA	(S)	(CC)	N/A	#812H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Quilter Theadra Fleming hands over the needle and thread to host Eric Gorges as this quilter explains the African American tradition of quilting with a focus on colors, symbolism and the history of African textiles.	APTEX	(S)	(CC)	N/A	#210H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3627H
18:30:00	The Open Mind The Future Caucus Guest: Steven Olikara. Steven Olikara, founder of the Millennial Action Project, talks about activating the next generation of citizens to overcome gridlock.	NETA		(CC)	N/A	#3901H
19:00:00	Closer to Truth When Brains Go Bad? What does brain damage do to people? By observing strange behaviors in brain impaired patients, scientists discern how normal brains works For example, what happens to "the self"?	EPS	(S)	(CC)	N/A	#1601H
19:30:00	The Whole Truth with David Eisenhower Ending Modern Slavery Modern day sex trafficking and other forms of coerced labor not only persist in this country, and around the world, but are continuing to grow into one of the world's largest and most lucrative businesses. The best chroniclers of this phenomenon conclude that there are more slaves today than at time in human history. What can be done? Guests: Lisa Cohen, Senior Supervising Producer of CNN's Freedom Project; Bradley Myles, CEO of Polaris, a nonprofit, non-governmental organization that works to combat and prevent modern-day slavery and human trafficking; Julie Cordua, CEO of Thorn; Digital Defenders of Children, actor/producer Ashton Kutcher's international anti-human trafficking organization that works to address the sexual exploitation of children.	APTEX	(S)	(CC)	N/A	#301H
20:00:00	Speakeasy Nick Mason and David Fricke Nick Mason is best known as the drummer of legendary rock band Pink Floyd. He is the only member of Pink Floyd to be featured on every one of their albums and is the only constant member of the band since its formation in 1965. Mason takes the stage opposite David Fricke, senior editor of Rolling Stonemagazine. The pair discuss the early days of Pink Floyd, groupies, space, and the legacy of Pink Floyd.	APTEX	(S)	(CC)	N/A	#303H

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Sat, Jul 07, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Dawes	APTEX	(S)	(CC)	N/A	#708H
	Folk-rock band Dawes take the stage for a performance of both old and new material. The band, comprised of brothers Taylor and Griffin Goldsmith, Wylie Gelber, and Lee Pardini, formed in 2009 from the band Simon Dawes after the departure of their co-songwriter. Their last two albums All Your Favorite Bands (2015) and self-released We're All Gonna Die (2016) have reached No. 1 on the Billboard Folk Chart. Dawes performs new songs "Tequila," "One of Us," and "Roll with the Punches," as well as hits such as "Little Bit" and "When My Time Comes."					
22:00:00	Globe Trekker Food Hour: Provence, France	APTEX	(S)	(CC)	N/A	#1605H
	Culinary writer Rosie Lovell explores the South of France's famous Cote D'Azur and encounters a typically rustic cuisine far removed from the haughtiness of renowned French cooking - the ubiquitous (and largely unaffordable) foie gras and truffles noir! Instead, Rosie discovers that the colloquial cuisine is shaped not just by the seasons but also by a wide-ranging climate, soil and geology. This is a remarkable region blessed with sun, sea, mountains, flowing rivers and lush plateau - offering up the most eclectic and fantastic produce served fresh on the plate. Bon appetit!					
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	Articulate with Jim Cotter	APTEX	(S)	(CC)	N/A	#309H
	No frontiers limit Shannon Hale, Wu Han, or Banda Magda.					

Sun, Jul 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth When Brains Go Bad? What does brain damage do to people? By observing strange behaviors in brain impaired patients, scientists discern how normal brains works For example, what happens to "the self"?	EPS	(S)	(CC)	N/A	#1601H
00:30:00	The Whole Truth with David Eisenhower Ending Modern Slavery Modern day sex trafficking and other forms of coerced labor not only persist in this country, and around the world, but are continuing to grow into one of the world's largest and most lucrative businesses. The best chroniclers of this phenomenon conclude that there are more slaves today than at time in human history. What can be done? Guests: Lisa Cohen, Senior Supervising Producer of CNN's Freedom Project; Bradley Myles, CEO of Polaris, a nonprofit, non-governmental organization that works to combat and prevent modern-day slavery and human trafficking; Julie Cordua, CEO of Thorn: Digital Defenders of Children, actor/producer Ashton Kutcher's international anti-human trafficking organization that works to address the sexual exploitation of children.	APTEX	(S)	(CC)	N/A	#301H
01:00:00	Speakeasy Nick Mason and David Fricke Nick Mason is best known as the drummer of legendary rock band Pink Floyd. He is the only member of Pink Floyd to be featured on every one of their albums and is the only constant member of the band since its formation in 1965. Mason takes the stage opposite David Fricke, senior editor of Rolling Stonemagazine. The pair discuss the early days of Pink Floyd, groupies, space, and the legacy of Pink Floyd.	APTEX	(S)	(CC)	N/A	#303H
02:00:00	Front and Center Dawes Folk-rock band Dawes take the stage for a performance of both old and new material. The band, comprised of brothers Taylor and Griffin Goldsmith, Wylie Gelber, and Lee Pardini, formed in 2009 from the band Simon Dawes after the departure of their co-songwriter. Their last two albums All Your Favorite Bands (2015) and self-released We're All Gonna Die (2016) have reached No. 1 on the Billboard Folk Chart. Dawes performs new songs "Tequila," "One of Us," and "Roll with the Punches," as well as hits such as "Little Bit" and "When My Time Comes."	APTEX	(S)	(CC)	N/A	#708H
03:00:00	Globe Trekker Food Hour: Provence, France Culinary writer Rosie Lovell explores the South of France's famous Cote D'Azur and encounters a typically rustic cuisine far removed from the haughtiness of renowned French cooking - the ubiquitous (and largely unaffordable) foie gras and truffles noir! Instead, Rosie discovers that the colloquial cuisine is shaped not just by the seasons but also by a wide-ranging climate, soil and geology. This is a remarkable region blessed with sun, sea, mountains, flowing rivers and lush plateau - offering up the most eclectic and fantastic produce served fresh on the plate. Bon appetit!	APTEX	(S)	(CC)	N/A	#1605H
04:00:00	Arts In Context Home 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.	NETA		(CC)	N/A	#702H
04:30:00	Articulate with Jim Cotter No frontiers limit Shannon Hale, Wu Han, or Banda Magda.	APTEX	(S)	(CC)	N/A	#309H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#653
08:00:00	Painting and Travel with Roger & Sarah Bansemmer Burning Man Roger and Sarah Bansemmer travel to the remote desert near Gerlach, Nevada where they participate in one of the most unusual and unique events ever held called Burning Man. Roger sets up his easel and paints the Burning Man sculpture.	NETA	(S)	(CC)	N/A	#107H
08:30:00	Painting with Paulson Rearing Horse Part I	NETA	(S)	(CC)	N/A	#1607H
09:00:00	Wyland's Art Studio Rocky Mountain River Color may be the foundation of all art, but it is light, shade, and tone that bring a painting to life. Tone may have a variety of interpretations in art. How we perceive the tone of an object depends on its actual surface lightness or darkness, color and texture, the background and lighting. Generally, however, artists consider tone as the way a light source varies through shades of gray to the deepest black shadows. Wyland uses tone for dramatic effect as he follows the subtle changes of light along a pristine river hidden within the Rocky Mountains.	APTEX		(CC)	N/A	#508H

Sun, Jul 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Posture Workout	APTEX	(S)	(CC)	DVI	#909H
10:00:00	Sit and Be Fit Vestibular System Mary Ann challenges your vestibular system with a fun ball routine and other functional movements set to jazz music.	NETA	(S)	(CC)	N/A	#1213H
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#214
11:00:00	Yan Can Cook: Spice Kingdom Rising Stars There are 230 million children under the age of 15 in China. On this show Martin meets up with many talented ones from Chengdu. They are future opera divas, poets, pop singers, sculptors and of course, chefs! Chengdu, the next generation, is front and center on this episode.	APTEX	(S)	(CC)	N/A	#110H
11:30:00	New Orleans Cooking with Kevin Belton Mom's Saturday Staple Buttermilk pancakes with praline bacon sprinkles, New Orleans glazed ham po-boys, southern style butter beans.	APTEX	(S)	(CC)	N/A	#106H
12:00:00	Ciao Italia Homemade Pasta- Cucinando Con Graziella E Gaetana Too many cooks don't spoil the broth - providing all three are Italian and happen to be cooking up a storm in a farm kitchen in Tuscany, which is what happens when Mary Ann, Graziella and Gaetana create Wild Boar Stew and Tagliatelle with Ragu Sauce. hen Mary Ann goes nella cucina to finish off the homemade pasta party by preparing Pappardelle with Mushrooms. Mangia Tutti!	NETA	(S)	(CC)	N/A	#2512H
12:30:00	Mike Colameco's Real Food Tao Set in the heart of uber popular Meatpacking district of Manhattan sits this ambitious sprawling space with a pan-Asian fusion menu. The folks that run this location and the two others are total pros running restaurants with the highest gross revenues in the USA. We'll spend a day with grizzled NY Native chef Ralph Scamardella and his vast team to how this pull off this kind of volume with great quality night after night.	NETA	(S)	(CC)	N/A	#1411H
13:00:00	Travels with Darley Little Rock, Arkansas Explore the best of Little Rock, the capital of the state of Arkansas. Darley joins locals to enjoy top BBQ, tasty, artisanal ice cream and baked sweets in various neighborhoods foodies will love. She explores the River Trail by Segway, marveling at public art in the Vogel Schwartz Sculpture Garden. For another active urban adventure, Darley joins a local guide to enjoy Little Rock by bicycle, riding through the SoMa neighborhood and by historic homes in the Quapaw District. Walking through history, viewers go inside the Clinton Presidential Center and Historic Arkansas Museum, before the family-friendly Museum of Discovery. Good food and drink are highlighted with a Michelin star chef and at a local brewery and distillery.	NETA	(S)	(CC)	N/A	#204H
13:30:00	Travel Detective with Peter Greenberg Crossing Border for Cheaper Airfare CBS News Travel Editor Peter Greenberg tells us about a new bridge at the U.S. Mexican border allowing Americans to travel to Tijuana's airport for cheaper airfare. Plus, with new rules in effect, we tell you what you need to know before you travel to Cuba. And, some believe a specific hotel in Hungary was the inspiration for the Oscar-nominated film "The Grand Budapest Hotel." No matter what you think, correspondent Tracy Gallagher tells us why it's a true hotel with a past.	NETA	(S)	(CC)	N/A	#406H
14:00:00	Wild Photo Adventures Wildlife Scavenger Hunt Host and professional wildlife photographer Doug Gardner explores Lake Marion, South Carolina in search of as many wild subjects to photograph in one day.	NETA	(S)	(CC)	DVI	#203H
14:30:00	In The Americas with David Yetman Chiapas Highlands: Mexico's Indian Empire In the highlands of Chiapas, Mexico's southernmost state, David finds nations apart from mainstream Mexico. Populated for centuries by peoples speaking Mayan languages, they retain their customs and dress--while struggling to protect their homelands. Their towns and villages retain traditional pre- Columbian governments. They invite David to one of their annual ceremonies.	APTEX	(S)	(CC)	N/A	#610H
15:00:00	Woodsmith Shop Working Small Follow along with the Woodsmith editors as they go into the details of creating elegant drawer pulls for a hall table.	NETA	(S)	(CC)	N/A	#910H

Sun, Jul 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	American Woodshop Band Sawn Box The world's easiest and fastest wooden gift ideas. Band saw tune-up tips.	NETA	(S)	(CC)	N/A	#2306H
16:00:00	Happy Yoga with Sarah Starr Pastel Beach Bask in the early morning pastel colors of the serene beach setting as we enjoy a modified yoga practice designed to create more space in the upper body, including a sequence of standing poses to open the hips and lengthen the hamstrings while using a chair for support.	NETA	(S)	(CC)	N/A	#210H
16:30:00	Second Opinion Medical Marijuana Patient Story: As more states make the use of medical marijuana legal, doctors and lay people alike question its use, its efficacy and the amount of research being done to help prove it is safe to treat certain conditions. Meet Beverly McClain who uses medical marijuana to help with her symptoms caused by the treatment she is receiving for Stage IV breast cancer. Myth or Medicine: Do the therapeutic benefits of smoking marijuana outweigh the health risks to your lungs? Second Opinion 5: Five things you may not know about medical marijuana.	APTEX	(S)	(CC)	N/A	#1106H
17:00:00	Natural Health Breakthroughs with Brenda Watson Fermentation What is it, and why is it making a comeback? - Sandor Katz: Fermentation Revivalist and author, The Art of Fermentation. Fermentation's place in a healthy, natural-foods diet - Sally Fallon Morrell: Founder, The Weston A. Price Foundation and author of Wise Traditions in Food, Farming and the Healing Arts. Medical uses of fermented foods - David Berger, MD: Tampa pediatrician who recommends fermented foods for kids with GI problems. Spreading the fermented-foods gospel in the heartland - Donna Schwenk: Kansas resident who's regional director of the Weston A. Price Foundation; her family's health greatly improved thanks to fermented foods. Personal story - Jolene Taranto: how her son's desperate situation turned around after she began feeding him fermented foods.	EPS	(S)	(CC)	N/A	#103H
17:30:00	Well Read Sherman Alexie / You Don't Have to Say You Love Alexie shares raw, angry, funny, profane, tender memories of a childhood few can imagine-growing up dirt-poor on an Indian reservation, one of four children raised by alcoholic parents. Throughout, a portrait emerges of his mother as a beautiful, mercurial, abusive, intelligent, complicated woman. You Don't Have To Say You Love Me is a powerful account of a complicated relationship, an unflinching and unforgettable remembrance from the critically acclaimed, bestselling National Book Award winner.	APTEX	(S)	(CC)	N/A	#626H
18:00:00	California's Gold Special Olympics For a quarter of a century the California Special Olympics have brought together thousands of children and adults with mental retardation for sports training and competition. Huell joins Olympic gold Medalist Rafer Johnson, the long time director of these games, at this very moving Silver Anniversary Special Olympics at UCLA.	KCET		(CC)	N/A	#6011
18:30:00	Joseph Rosendo's Travelscope The Many Faces of Los Cabos, Mexico Los Cabos is actually two resorts: Cabo San Lucas, at the tip of the Baja California peninsula, and San Jose del Cabo, 23 miles north along the coast. Joseph covers both and the sea that binds them - the Sea of Cortez - on his Los Cabos, Mexico adventure. Activities include whale watching and seaside dining, hiking through the desert to hidden waterfalls and swimming with dolphins. Besides taking part in the fun-and-sun experiences like fishing and snorkeling, he also heads out to the Baja Peninsula's outback and meets ex-pat farmers and artists living off the grid. During this episode Joseph proves that there's more to Los Cabos than just a place "Where the Land Ends and the Party Begins."	APTEX	(S)	(CC)	DVI	#701H
19:00:00	Blackademics Television Venson / Foster A young musician explores her musical journey from classical piano to blues guitar, and how passion and purpose are synonymous. An educational anthropologist discusses the concepts of Blackness and Whiteness. Talks by Jackie Venson and Kevin Michael Foster.	KNME	(S)	(CC)	N/A	#506H
19:30:00	Kamla Show from Silicon Valley Hannah Kuchler Hannah Kuchler is Tech Reporter from Silicon Valley for the Financial Times. She landed 2 days before Twitter's IPO and hit the ground running in covering that story. Kuchler also talks about the cultural aspects of covering tech companies in San Francisco Bay area. She got to interview Sheryl Sandberg of Facebook for the Lunch with FT series.	KNME	(S)	(CC)	N/A	#205H
20:00:00	Black America The First Transgendered Model with Tracey Norman Carol Jenkins sits down with Tracey Norman, widely considered to be the first transgendered model of color, who returns to the spotlight as the face of Clairol. She discusses the rise and abrupt end to her career as well as her resurgent career.	EPS	(S)	(CC)	N/A	#139H

Daily Program Listing II

43.1

Date: 06/11/2018

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Sun, Jul 08, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Asian American Life 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 Ernabel Demillo with reports from Paul Lin, Minnie Roh and Kyung Yoon.	EPS	(S)	(CC)	N/A	#101H
21:00:00	All-Star Orchestra Russian Treasures Mussorgsky/Ravel - Pictures at an Exhibition. The beloved orchestral showpiece: a series of unforgettable musical portraits, with a roof-raising finale "The Great Gate of Kiev." Prokofiev - Romeo and Juliet - excerpts from the ballet The dramatic selection will include: Capulets and Montagues, the Dance of the Knights, Portrait of Young Juliet, Scene at the Ball, the Fight, and The Death of Tybalt.	APTEX	(S)	(CC)	N/A	#301H
22:00:00	Pacific Heartbeat Visions in the Dark: The Life of Pinky Thompson Visions in the Dark: The Life of Pinky Thompson is a Hawaiian story of pain and promise, of challenge and triumph and a story of leadership. Sustaining a serious eye wound in Normandy during WWII that left him in the dark for two years, Myron "Pinky" Thompson emerged with a clear vision of his purpose in life. Thompson would go on to be a social worker, mentor and revered leader in the Native Hawaiian community who left a legacy of positive social change, pride in Pacific heritage and a strong sense of native identity among Hawaiians that flourishes today.	APTEX	(S)	(CC)	DVI	#602H
23:00:00	All ATX: Austin Gets Psychedelic	NETA	(S)	(CC)	N/A	#0H

Mon, Jul 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Venson / Foster	KNME	(S)	(CC)	N/A	#506H
	A young musician explores her musical journey from classical piano to blues guitar, and how passion and purpose are synonymous. An educational anthropologist discusses the concepts of Blackness and Whiteness. Talks by Jackie Venson and Kevin Michael Foster.					
00:30:00	Kamla Show from Silicon Valley Hannah Kuchler	KNME	(S)	(CC)	N/A	#205H
	Hannah Kuchler is Tech Reporter from Silicon Valley for the Financial Times. She landed 2 days before Twitter's IPO and hit the ground running in covering that story. Kuchler also talks about the cultural aspects of covering tech companies in San Francisco Bay area. She got to interview Sheryl Sandberg of Facebook for the Lunch with FT series.					
01:00:00	Black America The First Transgendered Model with Tracey Norman	EPS	(S)	(CC)	N/A	#139H
	Carol Jenkins sits down with Tracey Norman, widely considered to be the first transgendered model of color, who returns to the spotlight as the face of Clairol. She discusses the rise and abrupt end to her career as well as her resurgent career.					
01:30:00	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 Ernabel Demillo with reports from Paul Lin, Minnie Roh and Kyung Yoon.					
02:00:00	All-Star Orchestra Russian Treasures	APTEX	(S)	(CC)	N/A	#301H
	Mussorgsky/Ravel - Pictures at an Exhibition. The beloved orchestral showpiece: a series of unforgettable musical portraits, with a roof-raising finale "The Great Gate of Kiev." Prokofiev - Romeo and Juliet - excerpts from the ballet The dramatic selection will include: Capulets and Montagues, the Dance of the Knights, Portrait of Young Juliet, Scene at the Ball, the Fight, and The Death of Tybalt.					
03:00:00	Pacific Heartbeat Visions in the Dark: The Life of Pinky Thompson	APTEX	(S)	(CC)	DVI	#602H
	Visions in the Dark: The Life of Pinky Thompson is a Hawaiian story of pain and promise, of challenge and triumph and a story of leadership. Sustaining a serious eye wound in Normandy during WWII that left him in the dark for two years, Myron "Pinky" Thompson emerged with a clear vision of his purpose in life. Thompson would go on to be a social worker, mentor and revered leader in the Native Hawaiian community who left a legacy of positive social change, pride in Pacific heritage and a strong sense of native identity among Hawaiians that flourishes today.					
04:00:00	All ATX: Austin Gets Psychedelic	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#654
08:00:00	Zula Patrol Bula's Spin Party/Day for Night	APTEX	(S)	(CC)	DVI	#102
	BULA'S SPIN PARTY: The Zpers learn about rotation as they practice a dance routine to compete in Bula's Zula Spin Party dance contest. Meanwhile Dark Truder, who wasn't invited, crashes the party disguised as a mysterious dancing planet so he can ruin it for everyone else. DAY FOR NIGHT: Dark Truder has somehow stolen daytime from the planet Zula, and won't give it back till the Zuleans accept him as Master Of The Universe. The Zula Patrollers assume he has hijacked the Sun, and go looking for it. They discover that Truder hasn't made off with the sun, but has invented a Ray that has stopped Zula from turning.					
08:30:00	Thomas Edison's Secret Lab Electri-Kent!	APTEX	(S)	(CC)	N/A	#112H
	Kent discovers one of Edison's secret inventions - an exo-bodysuit: a steampunk Ironman device that turns him into a klutzy superhero.					
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: for the Back	APTEX	(S)	(CC)	DVI	#910H

Mon, Jul 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Sewing with Nancy Quick Stitch to Wear Again, Part 1 Nancy highlights a simple, yet unconventional, approach to clothing repairs. Learn the Fool'em Jeans Hem, the No-Bump Jeans Hem, a Snug-Up the Waist Fix, and a Cover-up Zipper Fix. You'll be surprised at these easy methods to do your own clothing repairs quickly.	NETA	(S)	(CC)	N/A	#2903H
11:00:00	Knit and Crochet Now Tunics A La Mode Catch the latest fashion trend with tunics. Knit a long summer top that is perfect for layering with Kristen Mangus. Lena Skvagerson shares great seaming techniques in the technique corner. From the bottom up, Ellen Gormley crochets an easy-fitting top with wide sleeves and a trendy hood.	NETA	(S)	(CC)	N/A	#812H
11:30:00	Fons & Porter's Love of Quilting New Hampshire Nights Quilters collect fabrics that "speak" to them. Marianne loves to collect reproduction prints and tiny shirting prints. When combined they create a soothing, classic quilt. Inspired by a house quest from New Hampshire the quilt was sashed with stars from the night sky.	NETA	(S)	(CC)	N/A	#2807H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7246H
13:00:00	America's Test Kitchen from Cook's Illustrated Grilled Steak and Fruit Tart Test cook Dan Souza makes Julia perfect grill-smoked and herb-rubbed flat iron steaks, and then tasting expert Jack Bishop challenges Bridget to a tasting of mascarpone. In the Equipment Corner, expert Adam Ried reveals his top pick for tart pans, science expert Dan Souza explains the science of salting, and then test cook Elle Simone makes Bridget the ultimate fresh fruit tart.	APTEX	(S)	(CC)	N/A	#1819H
13:30:00	Pati's Mexican Table Jose Andres Takes Over Pati invites her good friend and celebrity chef, Jose Andres over to cook with her in her kitchen. They'll join forces in her kitchen to cook a series of Spanish-influenced recipes that would be a hit on any family dinner table.	APTEX	(S)	(CC)	N/A	#513H
14:00:00	Steven Raichlen's Project Smoke The Big Smoke Good things come in small packages? Maybe for jewelry, but not when it comes to barbecue. This show is all about thinking big and smoking big- with brined monster-thick smoked pork chops; wood-roasted Cape Town lamb; and spectacular smoked whole suckling pig. Our grand finale? Chocolate bread pudding hot off the smoker. Because sometimes bigger really is better. Triple-thick pork chops; Cape Town lamb; Smoked chocolate bread pudding; Smoked suckling pig, vinegar slaw, and vinegar sauce.	APTEX	(S)	(CC)	N/A	#212H
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
15:00:00	Beads, Baubles and Jewels Inspired By Books and Movies Personalize your style with custom colors. Author and designer Cathy Jakicic weaves beaded components and makes them multifunctional. Teens and tweens will love to make the charm necklace that Candie Cooper creates as she joins Katie Hacker in Katie's Beading Lesson.	NETA	(S)	(CC)	N/A	#2403H
15:30:00	Katie Brown Workshop Best of What Women Love A special "Best of Katie Brown" episode celebrates women. In the kitchen, Katie whips up some light and tasty treats. Then, the Workshop crew makes a chic remnant tablecloth and an ornate teacup candelabra planter.	APTEX	(S)	(CC)	DVI	#423
16:00:00	Biz Kid\$ Understanding Business Ethics Do the right thing! You'll learn with the Biz Kids as they examine several aspects of ethics in business. You'll also see the downside of not following ethical business practices. In this episode you will discover what it means for management to lead by example, and how employees must take responsibility for their behavior. Meet several entrepreneurs who are successful on all levels.	APTEX	(S)	(CC)	DVI	#117H

Mon, Jul 09, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:30:00	Hands On Crafts for Kids Outer Limits Break the creative boundaries and travel to the outer limits. Blast off as Jenny Barnett-Rohrs makes a bottle rocket. Katie Hacker tracks the journey on a decorated bulletin board. Franz Spohn makes portraits with candy beads and we'll make a sparkly Easter decoration from blogger Jen Goode.	NETA	(S)	(CC)	DVI	#1807H
17:00:00	P. Allen Smith's Garden Home Upcycle Your Life P. Allen Smith's unique and clever take on turning trash into treasure. Plus, how to get the most out of your weekly grocery budget.	APTEX	(S)	(CC)	N/A	#1505H
17:30:00	Growing A Greener World Gardening in the Desert Southwest (Phoenix, Az) To garden successfully in the desert Southwest, it just takes a little local knowledge to master the nuances of growing a productive garden there. In this episode, we explore tips, tricks and unique challenges to mastering the art of gardening in this part of the country.	APTEX	(S)	(CC)	N/A	#806H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15136H
18:30:00	Americas Now Ecuador - Rainforest Chocolate. The Waorani tribe --deep in the rainforest in Ecuador- were well known in the 80	NETA	(S)	(CC)	N/A	#112H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9071
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3627H
20:00:00	The Kate Marc Broussard The blue-eyed soul Louisiana native wows with his R&B-inflected voice and guitar, and ace New Orleans-style band. He plays his hits including "Home" and, from his new album, "Baton Rouge" and the title track, "Easy to Love." Broussard gives an honest interview full of Bayou charm and family history.	APTEX	(S)	(CC)	N/A	#302H
21:00:00	Backstage Pass The Rodney Whitaker Quartet 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.	NETA	(S)	(CC)	N/A	#505H
22:00:00	Legends of Airpower General Benjamin Oliver Davis, Jr. Commander of the famed Tuskegee Airmen during World War II. Under his leadership the men of the 99th Fighter Squadron and the 332nd Fighter Group became renowned for never losing a bomber they escorted, a feat unmatched during the war. The son of a black Army officer, who was given the silent treatment during his four years at West Point, General Davis became the first black Air Force General and saw his dream of an integrated Air Force come true. General Davis, the commander of the Tuskegee Airmen, is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#102H
22:30:00	No Going Back: Women and the War North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.	APTEX	(S)	(CC)	N/A	#0H

Daily Program Listing II
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Mon, Jul 09, 2018

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

It is hard to imagine what was more memorable in Glacier Park a century ago: the breath taking scenery, or the adventure. Travel in time with us as we follow the adventures of our counterparts 100 years ago through rare, restored old film, museum pictures, and historical memorabilia. See how eastern city slickers were lured to north central Montana by a glitzy promotional campaign promoted by the Great Northern Railroad. The film makes use of the History Museum's Bovey family collection of old film and restored photographs as we follow the Couch and Ford families' journey by automobile, train and boat from Great Falls to Glacier National Park in 1914. Historical interviews with park rangers, Native Americans, historians and descendants of park concessionaires explain the Glacier Park adventure. "Glacier Park Remembered" was directed and produced by Emmy-winning filmmaker, Craig Wirth with Jim Meinert serving as Executive Producer. The film is presented by the History Museum in Great Falls, Montana.

Tue, Jul 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Ecuador - Rainforest Chocolate. The Waorani tribe --deep in the rainforest in Ecuador- were well known in the 80	NETA	(S)	(CC)	N/A	#112H
00:30:00	The Open Mind	NETA		(CC)	N/A	#3850H
01:00:00	The Kate Marc Broussard The blue-eyed soul Louisiana native wows with his R&B-inflected voice and guitar, and ace New Orleans-style band. He plays his hits including "Home" and, from his new album, "Baton Rouge" and the title track, "Easy to Love." Broussard gives an honest interview full of Bayou charm and family history.	APTEX	(S)	(CC)	N/A	#302H
02:00:00	Backstage Pass The Rodney Whitaker Quartet 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.	NETA	(S)	(CC)	N/A	#505H
03:00:00	Legends of Airpower General Benjamin Oliver Davis, Jr. Commander of the famed Tuskegee Airmen during World War II. Under his leadership the men of the 99th Fighter Squadron and the 332nd Fighter Group became renowned for never losing a bomber they escorted, a feat unmatched during the war. The son of a black Army officer, who was given the silent treatment during his four years at West Point, General Davis became the first black Air Force General and saw his dream of an integrated Air Force come true. General Davis, the commander of the Tuskegee Airmen, is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#102H
03:30:00	No Going Back: Women and the War North of the Mason-Dixon line, the Industrial Revolution of the mid-19th century drew increasing numbers of women out of the home and into the factories. In the agrarian, antebellum South, no such exodus occurred. Many Southerners perceived the forces of modernization - including the early rumblings of the women's suffrage movement - as a threat to their traditional way of life. However, as Fort Sumter fell in April of 1861, so too would many firmly held cultural and societal beliefs about "a woman's place." Hardships and hunger forced ill-prepared, isolated and often uneducated Southern women into the public sphere to demand relief from the government and advocate for policy changes. NO GOING BACK: WOMEN AND THE WAR explores how the lives of women, and their roles in society, changed during and after the Civil War. Grammy-winning singer-songwriter Mary Chapin Carpenter narrates. Interviews with well-known historians and academics, reenactments at Civil War-era landmarks, and dramatic readings from the letters and journals of women, both free and enslaved, illuminate this fascinating chapter in American history.	APTEX	(S)	(CC)	N/A	#0H
04:00:00	Glacier Park Remembered It is hard to imagine what was more memorable in Glacier Park a century ago: the breath taking scenery, or the adventure. Travel in time with us as we follow the adventures of our counterparts 100 years ago through rare, restored old film, museum pictures, and historical memorabilia. See how eastern city slickers were lured to north central Montana by a glitzy promotional campaign promoted by the Great Northern Railroad. The film makes use of the History Museum's Bovey family collection of old film and restored photographs as we follow the Couch and Ford families' journey by automobile, train and boat from Great Falls to Glacier National Park in 1914. Historical interviews with park rangers, Native Americans, historians and descendants of park concessionaires explain the Glacier Park adventure. "Glacier Park Remembered" was directed and produced by Emmy-winning filmmaker, Craig Wirth with Jim Meinert serving as Executive Producer. The film is presented by the History Museum in Great Falls, Montana.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#655
08:00:00	Zula Patrol Shadow Play/The Jealous Moon SHADOW PLAY: Gorga sees a large shadow and runs back to the ZP team. Bula notifies them that a Space Monster has landed on Zula, sent from none other than the nefarious Dark Truder. His plot: to have the monster eat the Zula Patrol ship, thus incapacitating the ZP. But the Patrollers use a shadow of their space ship from a distance to distract the monster from its original intention, thus foiling Truder's plan. THE JEALOUS MOON: An unscheduled Total Solar Eclipse threatens to shroud Zula in darkness forever. It's all due to Dark Truder, who's kindled the Moon's jealousy over the Patrol's celebration of the annual Sun Festival.	APTEX	(S)	(CC)	DVI	#103
08:30:00	Thomas Edison's Secret Lab It Take One to Grow One JD's ultimate fertilizer is slowly turning him into a plant and it's up to the team to get him back to the lab in time to cure him.	APTEX	(S)	(CC)	N/A	#113H
09:00:00	Functional Fitness with Suzanne Andrews Headache Prevention	ACCES		(CC)	N/A	#122H

Tue, Jul 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize Your Waist	APTEX	(S)	(CC)	DVI	#911H
10:00:00	Sit and Be Fit Stretching Strengthening should always be followed by stretching as an important component to any workout. This episode includes some great stretching exercises to improve flexibility.	NETA	(S)	(CC)	N/A	#1215H
10:30:00	Sewing with Nancy Quick Stitch to Wear Again, Part 2 Nancy takes an easy and lighter approach to clothing repairs. Replace broken zippers, mend jeans, sew on buttons, and more with this unconventional approach to repairs. Nancy breaks all the traditional sewing rules with these easy clothing repair techniques. Zipper Remedy, Holes to Art, Lumberjack Patches, Too Much Cake Fix, and more.	NETA	(S)	(CC)	N/A	#2904H
11:00:00	Knit and Crochet Now Wildlife Buddies Get a little wild. Knit a cute koala with a baby on her back. Lena Skvagerson knits all the pieces and adds fuzzy tufts to the ears. Melissa Leapman shows how to read and follow a chart. Then, Meredith Crawford crochets a loveable elephant with a colorful collar.	NETA	(S)	(CC)	N/A	#813H
11:30:00	Fons & Porter's Love of Quilting Autumn Starshine Our quilts reflect the experiences of our lives. The autumn season turns our attention quilting as the nights become cool and the leaves begin to take on the colors of fall. Autumn Starshine is a great example of capturing that fall palette. Patrick and Lynette Jensen will present techniques for making star blocks, piecing perfect borders and a beautiful binding.	NETA	(S)	(CC)	N/A	#2808H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7247H
13:00:00	Nigella: at My Table There's another serving of irresistible dishes, as Nigella shares some of her go to favorites. For the perfect start to the day, there's a breakfast inspired by her university days, fried bread and tomato hash. A speedy meal comes in the form of a simple and tasty pasta dish with anchovies, tomatoes and mascarpone. Nigella's friends are treated to a vegan feast, with a rambunctiously vibrant butternut and sweet potato curry served with her coriander and jalapeno salsa. That's followed by a moreish lemon tendercake served with blueberry compote, which was inspired by a trip to Kansas City.	APTEX	(S)	(CC)	N/A	#104H
13:30:00	Taste of Louisiana with Chef John Folse & Company: Hooks, Lies & Alibis Turtles - Lake Verret, La In this episode, John travels to Lake Verret, LA to hunt for the feisty alligator snapping turtle. John joins two LA Dept. Of Wildlife and Fisheries biologists to trap and catalogue these protected treasures. Then Wildlife and Fisheries Secretary, Robert Barham and John cook a turtle sauce picante. Later, the two state biologists Amity Bass and Kerry Landry cook with John and make a turtle stroganoff and a delicious turtle soup. John then thanks everyone with a drink aptly named "Alligator".	APTEX	(S)	(CC)	N/A	#1311H
14:00:00	Taste of History The Bounty of Penn's Pennsylvania William Penn was amazed to find vast numbers of wild game in the forests of the New World. Chef Walter Staib travels to Pennsbury Manor and prepares recipes such as elk stew that would have been enjoyed by the Pennsylvania colonists including Penn himself.	NETA	(S)	(CC)	N/A	#904H
14:30:00	Christopher Kimball's Milk Street Television Mexico Every Single Day Milk Street goes to Mexico to get an insider view on traditional classics. Milk Street Cook Lynn Clark puts that intelligence into practice as she makes shrimp in chipotle sauce (camarones enchipotlados). Then, Milk Street Cook Rayna Jhaveri teaches host Christopher Kimball about Central Mexican guacamole: no lime juice, no garlic. Chris demonstrates his foolproof recipe for chili-pineapple margarita. To end the show, Milk Street Cook CatherineSmart demonstrates how to make the pantry staple cilantro-jalapeno adobo sauce.	APTEX	(S)	(CC)	N/A	#105H
15:00:00	Beads, Baubles and Jewels Sparkle and Shine Make your style sparkle and shine. Designer and author Ashley Bunting expresses her upbeat style through leather, beading and wirework. In her Beading Lesson, Katie Hacker creates a layered birthstone necklace you can make for yourself or give as a gift.	NETA	(S)	(CC)	N/A	#2404H

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Tue, Jul 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Best of Simple Living As Katie always says, "Keep it Simple!" Join Katie on this best of episode to prepare some quick-fix simple meals for you and your family. With help from the Workshop crew, Katie will create easy, yet stunning crafts for your home and garden.	APTEX	(S)	(CC)	DVI	#424
16:00:00	Biz Kid\$ Saving and Investing for Your Future You'll learn along with the Biz Kids about the powerful potential of starting a savings plan early in life. You'll also discover various savings and investing options available to young people. As always, you'll meet individuals who are successful at saving and at their businesses.	APTEX	(S)	(CC)	DVI	#118H
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 It's Tulip Time P. Allen Smith gets down and Dutch at the annual Tulip Time Festival in scenic Holland, Michigan.	APTEX	(S)	(CC)	N/A	#1506H
17:30:00	Growing A Greener World Hope for Heroes: The Farmer Veteran Coalition (Davis, Ca) The Farmer Veteran Coalition's mission helps connect veterans with good jobs and new careers by cultivating a new generation of farmers. In this episode, we see the FVC's mission in action with moving stories of farmers whose lives have been changed thanks to the coalition connection.	APTEX	(S)	(CC)	N/A	#807H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15137H
18:30:00	America's Heartland We travel to Minnesota to get a first-hand look at the sugar beet industry in action. Learn how farmers in the region work together and around the clock to transform sugar beets fresh from the fields into sugar products.	APTEX	(S)	(CC)	N/A	#1215H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9072
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1428H
20:00:00	Sun Studio Sessions Delta Music Experience, Part 2 Delta Blues Experience Part 2: In this episode, Delta blues musicians; including Bobby Rush, James "Super Chikan" Johnson and Cedric Burnside perform blues classics and originals while sharing stories about their songs, the stories behind them and the historical importance of blues music.	NETA	(S)	(CC)	N/A	#905H
20:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H
21:00:00	Infinity Hall Live 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
22:00:00	New Environmentalists - The Series Sea Change This program follows the grassroots efforts of Ikal Angelei, a 36 year-old Kenyan native, as she struggles to protect half a million indigenous people from the impact of the Gibe III dam in Ethiopia. The dam could well put an end to this oldest known living culture.	NETA	(S)	(CC)	N/A	#102H

Daily Program Listing II

43.1

Date: 06/11/2018

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Tue, Jul 10, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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22:30:00	Alive! In America's Delta The Whooping Crane's Majestic Return	NETA	(S)	(CC)	N/A	#101H
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Trace the landmark effort to reintroduce the whooping crane into Louisiana's wetlands. Seventy years ago these 5-foot tall stately birds were on the brink of extinction, with only 16 left in the world. Trek along with biologists and their partners and witness their painstaking efforts to reintroduce the whooping crane into Louisiana's wetlands for the first time in half a century. Follow the birds from hatchlings at a national research facility in Maryland, through the delicate dance to adapt to their new Louisiana home in a carefully constructed pen, where people in crane suits -- worn to protect the birds from human contact - oversee their historic, but fragile homecoming.

23:00:00	Inventing America: Making A Government	NETA	(S)	(CC)	N/A	#0H
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A follow-up to Inventing America: Making a Nation, Inventing America: Making a Government brings our Founding Fathers back to life in a TV talk show filmed before a live audience. This program tells the story behind the Constitutional Convention of 1787 - four momentous months that changed the world. James Madison, Alexander Hamilton, Benjamin Franklin, Gouverneur Morris and George Washington discuss the conflicts and compromises that led to creating the world's most enduring republic. While imagined and presented as a retrospective, the conversation is based on fact, using the Founders' actual words. Created by Milton Nieuwsma and filmed by Philip A. Lane, two-time Emmy Award-winners from previous collaborations, the show was recorded at Hope College in Holland, Michigan. The host and moderator is Fred Johnson, associate professor of history at Hope College. The director is John K.V. Tammi, professor emeritus of theatre and founder of Hope College's acclaimed Summer Repertory Theatre.

Wed, Jul 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland We travel to Minnesota to get a first-hand look at the sugar beet industry in action. Learn how farmers in the region work together and around the clock to transform sugar beets fresh from the fields into sugar products.	APTEX	(S)	(CC)	N/A	#1215H
00:30:00	Overheard with Evan Smith Richard Linklater, Director/Writer Richard Linklater is a director and writer. He is best known for his films Dazed and Confused, Boyhood, Slacker and Everybody Wants Some. Linklater is the Artistic Director and founder of the Austin Film Society. He has won a Golden Globe, Critics' Choice Movie Awards and BAFTAs for Best Director and Best Picture. Linklater currently lives and works in Austin, Texas.	NETA	(S)	(CC)	N/A	#812H
01:00:00	Sun Studio Sessions Delta Music Experience, Part 2 Delta Blues Experience Part 2: In this episode, Delta blues musicians; including Bobby Rush, James "Super Chikan" Johnson and Cedric Burnside perform blues classics and originals while sharing stories about their songs, the stories behind them and the historical importance of blues music.	NETA	(S)	(CC)	N/A	#905H
01:30:00	Jammin at Hippie Jack's Josh Farrow Josh Farrow is an American singer/song writer who hails from the heart of music city. Farrow's rootsy songs and captivating performances draw remnants of styles past and present. He has shared the stage with legendary artists such as Leon Russell, Shawn Colvin, and Butch Walker.	NETA	(S)	(CC)	N/A	#1008H
02:00:00	Infinity Hall Live 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
03:00:00	New Environmentalists - The Series Sea Change This program follows the grassroots efforts of Ikal Angelei, a 36 year-old Kenyan native, as she struggles to protect half a million indigenous people from the impact of the Gibe III dam in Ethiopia. The dam could well put an end to this oldest known living culture.	NETA	(S)	(CC)	N/A	#102H
03:30:00	Alive! In America's Delta The Whooping Crane's Majestic Return Trace the landmark effort to reintroduce the whooping crane into Louisiana's wetlands. Seventy years ago these 5-foot tall stately birds were on the brink of extinction, with only 16 left in the world. Trek along with biologists and their partners and witness their painstaking efforts to reintroduce the whooping crane into Louisiana's wetlands for the first time in half a century. Follow the birds from hatchlings at a national research facility in Maryland, through the delicate dance to adapt to their new Louisiana home in a carefully constructed pen, where people in crane suits -- worn to protect the birds from human contact - oversee their historic, but fragile homecoming.	NETA	(S)	(CC)	N/A	#101H
04:00:00	Inventing America: Making A Government A follow-up to Inventing America: Making a Nation, Inventing America: Making a Government brings our Founding Fathers back to life in a TV talk show filmed before a live audience. This program tells the story behind the Constitutional Convention of 1787 - four momentous months that changed the world. James Madison, Alexander Hamilton, Benjamin Franklin, Gouverneur Morris and George Washington discuss the conflicts and compromises that led to creating the world's most enduring republic. While imagined and presented as a retrospective, the conversation is based on fact, using the Founders' actual words. Created by Milton Nieuwsma and filmed by Philip A. Lane, two-time Emmy Award-winners from previous collaborations, the show was recorded at Hope College in Holland, Michigan. The host and moderator is Fred Johnson, associate professor of history at Hope College. The director is John K.V. Tammi, professor emeritus of theatre and founder of Hope College's acclaimed Summer Repertory Theatre.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#656
08:00:00	Zula Patrol Sun Day/Time Out SUN DAY: Truder tries to get rid of the Sun by hijacking all her birthday cards and gifts. The Sun, depressed that no one appreciates her, decides to quit her job. The Zula Patrollers must recover the cards and gifts and rescue the solar system. TIME OUT: When Dark Truder knocks out all the clocks on Zula, Multo shows the Zula Patrollers how to tell time by using shadows cast by the Sun. Unfortunately, Truder blocks the Sun too, so the Patrollers have no idea if they're in time to save Zula from being demolished	APTEX	(S)	(CC)	DVI	#104

Wed, Jul 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#114H
09:00:00	Functional Fitness with Suzanne Andrews Interval Training	ACCES		(CC)	N/A	#123H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Arm Slenderizing (All Standing)	APTEX	(S)	(CC)	DVI	#912H
10:00:00	Sit and Be Fit Relaxation	NETA	(S)	(CC)	N/A	#1216H
	Mary Ann explores the healing touch of massage, demonstrating some effective ways to release tension and use movement to relax.					
10:30:00	Sewing with Nancy Sew The Perfect T-Shirt, Part 1	NETA	(S)	(CC)	N/A	#2905H
	Add a designer touch to an easy-to-make T-shirt-fast and fun! Designer Pamela Leggett joins Nancy to share fitting techniques that flatter "real" figures and to show simple knit sewing tips for T-shirts. Pamela's easy T-shirt pattern has a flattering style that gives options for the necklines that are featured.					
11:00:00	Knit and Crochet Now! Versatile Shawls	APTEX	(S)	(CC)	DVI	#701H
	We are pleased to have new host Deborah Norville join us and this week it's all about shawls. Once upon a time shawls were mostly for warmth, but today they are very much a fashion item. Joining Deborah are Kristin Nicholas, who shows us how to knit up the lovely lace Rafael Shawl, and Ellen Gormley demonstrating the unique Star Zag Shawl. Ellen also joins us in the "Stitch of the Week" corner, giving tips and tricks on how to crochet the Solomon's Knot.					
11:30:00	Fons & Porter's Love of Quilting Red, White and Gratitude	NETA	(S)	(CC)	N/A	#2809H
	Appreciation can be shown in a variety of ways. A quilt is a heartfelt way to show your thanks to the service men and women who have and are serving in the armed forces. Mary and Marianne will take you through the construction of patchwork that can be used in variety of setting, to honor our American veterans.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7248H
13:00:00	Lidia's Kitchen All About Chicken	APTEX	(S)	(CC)	N/A	#403H
	This episode features a "Best of Chicken" with some of Lidia's favorite dishes from the oven to the stovetop. Recipes include a succulent roasted chicken; a simple and earthy seared chicken breast with mushrooms; and finally a dish with a little kick - paprika drumsticks with peppers.					
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 Chris Hastings	APTEX	(S)	(CC)	N/A	#1514H
	This week on Simply Ming, Ming is joined by southern Chef Chris Hastings, who has three restaurants in Alabama including the hot & hot fish club and his newly opened Ovenbird. Chris prepares classic southern flavors with his creamy shrimp and grits. Then, Ming cooks Jook, a savory rice porridge, with a brown and white mixed house rice. Prepare your taste buds for east meets south.					
14:30:00	Cook's Country Ribs and Mashed Potatoes Revisited	APTEX	(S)	(CC)	N/A	#1006H
	Bridget Lancaster makes Julia Collin Davison the juiciest Memphis-style wet ribs in the slow cooker. Tasting expert Jack Bishop challenges Julia to an apple-cider vinegar tasting. Test cook Ashley Moore shows Bridget how to make the best mashed potato cakes.					
15:00:00	Beads, Baubles and Jewels Make These Tonight	NETA	(S)	(CC)	N/A	#2405H
	Stacking bracelets are today's hottest style statement. Jewelry designer Meredith Roddy creates three distinct styles of stacking bracelets to combine or to wear alone. Candie Cooper designs trendy earrings for teens and tweens in Katie's Beading Lesson.					

Daily Program Listing II

43.1

Date: 06/11/2018

07/01/2018 - 07/31/2018

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Wed, Jul 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Best of Kids	APTEX	(S)	(CC)	DVI	#425
	Katie showcases some of her favorite projects and recipes, made for some of her favorite people - kids! In the kitchen, Katie makes a one-pot sloppy Joe casserole and honey carrot muffins. Then, a few friends help her make kid-friendly projects.					
16:00:00	Biz Kid\$ A Closer Look at Financial Careers	APTEX	(S)	(CC)	DVI	#119H
	When is a job more than a job? The Biz Kids look at what it takes to find your true calling. You'll learn ways to start exploring careers. The kids talk to several celebrities and find out how they got their start and how they keep achieving their dreams.					
16:30:00	Hands On Crafts for Kids On The Road and Around The World	NETA	(S)	(CC)	DVI	#1809H
	Travel can really shake up your creativity. Inspired by their travels, Jenny Barnett-Rohrs and Katie Hacker capture cityscapes. Candie Cooper makes a necklace or bookmark with beads from around the world. Franz Spohn sketches vacation memories and Katie makes colorful candy ornaments from blogger Angie Holden.					
17:00:00	P. Allen Smith's Garden Home Super-Duper	APTEX	(S)	(CC)	N/A	#1507H
	P. Allen Smith highlights great performers in the garden and home that go above and beyond the call of duty.					
17:30:00	Growing A Greener World The Green Bronx Machine: The Power of a Classroom Farm (Bronx, Ny)	APTEX	(S)	(CC)	N/A	#808H
	Volunteer teacher, Stephen Ritz has committed his life's work to teaching kids to grow real food to build healthy minds and bodies in a one-of-a-kind learning environment he created in a Bronx, NY public school. His system is now being replicated worldwide with huge success.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15138H
18:30:00	The Whole Truth with David Eisenhower Alternative Energy Futures	APTEX	(S)	(CC)	N/A	#305H
	So far, the debate about the future of energy seems locked in the past - a political and economic struggle between the fossil fuel industry and the renewables sector, especially solar power and wind power, which have already been offered as alternatives for decades. But what else may be out there, on the technological horizon, to give the world truly, new energy alternatives? Guests: Howard Herzog, Senior Research Engineer at the MIT Energy Initiative; Dr. Balakrishnan Nair, co-founder and Chief Technology Officer of Oscilla Power; Dr. Jose Reyes, co-founder and Chief Technology Officers of NuScale Power; Dr. Chris Case, Chief Technology Officer of Oxford Photovoltaics.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9073
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#527H
20:00:00	The Lowertown Line. The Lowertown Line: Cloud Cult	APTEX	(S)	(CC)	N/A	#115H
	The eclectic indie pop group, Cloud Cult performs at Northern Spark festival in Minneapolis. The band discusses environmental awareness, digresses upon the wonders of humanity, and does the hokey pokey. After all, that's what it's all about, isn't it? Songs performed: No One Said it Would be Easy, Through the Ages, Complicated Creation, Everybody Here is a Cloud, You'll be Bright.					
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#402H
	Artists: RCA Recording Artist Christon Gray, Whetherman, Danika Holmes (with Jeb Hart), and hosted by songwriter Eric Gnezda. CHRISTON GRAY, an RCA recording artist, has composed music for ESPN, HBO, and Fox. Creating a wide range of music, from hip hop to inspirational, Christon rises above the attempts to "label" his songs, preferring to categorize them as "human songs." Also a visual artist, Christon is an insightful songwriter and captivating performer. WHETHERMAN, the moniker of independent singer-songwriter Nicholas Williams, artfully bridges American-made folk, blues, country, soul, and bluegrass with a timeless tinge. He has produced eight full-length albums, including the highly anticipated, This Land, released in June, 2017. His music aims at the heart center, with earnest and poetic lyrics. DANIKA HOLMES, an Iowa native now based in Nashville, has opened for Dierks Bentley, Phil Vassar, and, at last count, her songs have spun on more than 150 radio stations. Believing that music has the power to heal, Danika chooses to focus her music on overcoming challenges and emerging better for it. In 2010, Danika joined forces with guitarist Jeb Hart, whose sophisticated playing complements Danika's smooth, soulful vocals, creating their unique blend of acoustic pop.					

Wed, Jul 11, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live from the Artists Den Gary Clark Jr.	APTEX	(S)	(CC)	N/A	#1004H
	For Grammy winner Gary Clark Jr. it was an emotional homecoming in the club he legitimately calls "home" - Austin's legendary "Home Of The Blues," Antone's Nightclub. Clark first played Antone's as a fifteen-year-old obsessed with blues history and now he's both one of the most respected and revered artists in blues and R&B, and in a full-circle move, a part-owner of the club's latest iteration. His 20-song set for a crowd of 350 invited guests for the season finale of Live from the Artists Den featured songs from his 2012 breakthrough Blak and Blu and last year's genre-bending follow-up, The Story Of Sonny Boy Slim. Among the highlights of a night filled with fiery, jaw-dropping guitar heroism and bright flashes of a gorgeous falsetto, a loud, muscular take on "Bright Lights" and a supremely funky meditation on the impact of music, "The Healing."					
22:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#701H
	Jennifer Lawrence (Mother!) with Adam Sandler (The Meyerowitz Stories) , Gary Oldman (Darkest Hour) with Kate Winslet (Wonder Wheel), Jake Gyllenhaal (Stronger) with Margot Robbie (I, Tonya), Saoirse Ronan (Lady Bird) with Kristen Wiig (Downsizing and Mother!) and Timothee Chalamet (Call Me by Your Name) with Daniel Kaluuya (Get Out).					
23:00:00	West of the West: Tales from California's Channel Island First People	APTEX	(S)	(CC)	N/A	#101H
	1. Island Rotation - Tanya Atwater, geophysicist and marine geologist, explains her theory of how once upon a time the Channel Islands used to be located next to San Diego. Over the millennia plate tectonics 'rotated' them to where they are now off Santa Barbara. 2. Arlington Man - In 1959, while looking for pygmy mammoth bones on Santa Rosa Island, Santa Barbara Museum of Natural History archeologist Phil Orr discovered a human femur sticking out of the canyon wall at Arlington Springs. He knew it was old, but scientific dating technology couldn't tell him how old. Yet. So he put the bones away in the basement of the SBMNH where they were rediscovered by Don Morris and John Johnson in the 1990s. These two archeologists take us back to Arlington Springs while explaining how modern carbon dating confirmed the bones were over 13,000 years old... the oldest ever found in North America. And how this discovery completely altered the accepted theory of human migration on our continent. 3. First Contact - The Voyage of Cabrillo - This tale 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. 4. Sa Hi Pa Ca - (Once Upon a Time) - This tale follows Julie Tumamait, a Chumash tribal leader, as she describes her own reawakening to her Channel Islands native roots. She visits an archeological dig on Santa Cruz Island where she and UCSB archeologist Lynn Gamble discuss the role of archeology and anthropology in helping rediscover Chumash culture which was lost after the Spanish mission period in the mid 1800s. 5. The Lone Woman of San Nicolas Island - The story of the person known variously as Juana Maria, the Lone Woman, or Karana in the children's classic Island of the Blue Dolphins, is familiar to many people. While comparing her incredible real life adventure of surviving alone on San Nicolas for 18 years to the story in the book, we uncover new facts about her life as well as that of the book's writer Scott O'Dell.					

Thu, Jul 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	The Whole Truth with David Eisenhower Alternative Energy Futures	APTEX	(S)	(CC)	N/A	#305H
	So far, the debate about the future of energy seems locked in the past - a political and economic struggle between the fossil fuel industry and the renewables sector, especially solar power and wind power, which have already been offered as alternatives for decades. But what else may be out there, on the technological horizon, to give the world truly, new energy alternatives? Guests: Howard Herzog, Senior Research Engineer at the MIT Energy Initiative; Dr. Balakrishnan Nair, co-founder and Chief Technology Officer of Oscilla Power; Dr. Jose Reyes, co-founder and Chief Technology Officers of NuScale Power; Dr. Chris Case, Chief Technology Officer of Oxford Photovoltaics.					
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#527H
01:00:00	The Lowertown Line. The Lowertown Line: Cloud Cult	APTEX	(S)	(CC)	N/A	#115H
	The eclectic indie pop group, Cloud Cult performs at Northern Spark festival in Minneapolis. The band discusses environmental awareness, digresses upon the wonders of humanity, and does the hokey pokey. After all, that's what it's all about, isn't it? Songs performed: No One Said it Would be Easy, Through the Ages, Complicated Creation, Everybody Here is a Cloud, You'll be Bright.					
01:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#402H
	Artists: RCA Recording Artist Christon Gray, Whetherman, Danika Holmes (with Jeb Hart), and hosted by songwriter Eric Gnezda. CHRISTON GRAY, an RCA recording artist, has composed music for ESPN, HBO, and Fox. Creating a wide range of music, from hip hop to inspirational, Christon rises above the attempts to "label" his songs, preferring to categorize them as "human songs." Also a visual artist, Christon is an insightful songwriter and captivating performer. WHETHERMAN, the moniker of independent singer-songwriter Nicholas Williams, artfully bridges American-made folk, blues, country, soul, and bluegrass with a timeless tinge. He has produced eight full-length albums, including the highly anticipated, This Land, released in June, 2017. His music aims at the heart center, with earnest and poetic lyrics. DANIKA HOLMES, an Iowa native now based in Nashville, has opened for Dierks Bentley, Phil Vassar, and, at last count, her songs have spun on more than 150 radio stations. Believing that music has the power to heal, Danika chooses to focus her music on overcoming challenges and emerging better for it. In 2010, Danika joined forces with guitarist Jeb Hart, whose sophisticated playing complements Danika's smooth, soulful vocals, creating their unique blend of acoustic pop.					
02:00:00	Live from the Artists Den Gary Clark Jr.	APTEX	(S)	(CC)	N/A	#1004H
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03:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#701H
	Jennifer Lawrence (Mother!) with Adam Sandler (The Meyerowitz Stories) , Gary Oldman (Darkest Hour) with Kate Winslet (Wonder Wheel), Jake Gyllenhaal (Stronger) with Margot Robbie (I, Tonya), Saoirse Ronan (Lady Bird) with Kristen Wiig (Downsizing and Mother!) and Timothee Chalamet (Call Me by Your Name) with Daniel Kaluuya (Get Out).					
04:00:00	West of the West: Tales from California's Channel Island First People	APTEX	(S)	(CC)	N/A	#101H
	1. Island Rotation - Tanya Atwater, geophysicist and marine geologist, explains her theory of how once upon a time the Channel Islands used to be located next to San Diego. Over the millennia plate tectonics 'rotated' them to where they are now off Santa Barbara. 2. Arlington Man - In 1959, while looking for pygmy mammoth bones on Santa Rosa Island, Santa Barbara Museum of Natural History archeologist Phil Orr discovered a human femur sticking out of the canyon wall at Arlington Springs. He knew it was old, but scientific dating technology couldn't tell him how old. Yet. So he put the bones away in the basement of the SBMNH where they were rediscovered by Don Morris and John Johnson in the 1990s. These two archeologists take us back to Arlington Springs while explaining how modern carbon dating confirmed the bones were over 13,000 years old... the oldest ever found in North America. And how this discovery completely altered the accepted theory of human migration on our continent. 3. First Contact - The Voyage of Cabrillo - This tale 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. 4. Sa Hi Pa Ca - (Once Upon a Time) - This tale follows Julie Tumamait, a Chumash tribal leader, as she describes her own reawakening to her Channel Islands native roots. She visits an archeological dig on Santa Cruz Island where she and UCSB archeologist Lynn Gamble discuss the role of archeology and anthropology in helping rediscover Chumash culture which was lost after the Spanish mission period in the mid 1800s. 5. The Lone Woman of San Nicolas Island - The story of the person known variously as Juana Maria, the Lone Woman, or Karana in the children's classic Island of the Blue Dolphins, is familiar to many people. While comparing her incredible real life adventure of surviving alone on San Nicolas for 18 years to the story in the book, we uncover new facts about her life as well as that of the book's writer Scott O'Dell.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#657

Thu, Jul 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol The Probe Who Came to Dinner/Forget-Me-Naut	APTEX	(S)	(CC)	DVI	#105
	THE PROBE WHO CAME TO DINNER: When Multo discovers a far away planet, he sends a probe, Spaceus Exploerus, to safely investigate it and send back information. Much to the Zulean's surprise, at the same time, a probe from that planet arrives to investigate them. After jumping to a few wrong conclusions, they learn that while there are differences, the quest for information, pizza and friendship is universal. FORGET-ME-NAUT: When a fall seems to have given Bula amnesia, it turns out that Dark Truder has secretly abducted Bula and replaced him with a robot, in hopes of getting rid of The Zula Patrol forever. But when the Bula-bot goes through Astronaut re-training at The Zula Academy, he becomes a "rock solid" member of the team and single-handedly foils Truder's latest plan to rule the universe.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#115H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout with the Ball	ACCES		(CC)	N/A	#124H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Spine & Improve Posture	APTEX	(S)	(CC)	DVI	#913H
10:00:00	Sit and Be Fit Maintain Independence	NETA	(S)	(CC)	N/A	#1217H
	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.					
10:30:00	Sewing with Nancy Sew The Perfect T-Shirt, Part 2	NETA	(S)	(CC)	N/A	#2906H
	Sew a classic tee dress with easy fitting, sewing, and designing techniques. Nancy and designer Pamela Leggett show how to apply sewing and fitting techniques from a T-shirt pattern to a wardrobe classic-a comfortable tee dress. Also learn tips for several neckline variations and hemming options ideal for dresses.					
11:00:00	Knit and Crochet Now! Slip Into Slippers	APTEX	(S)	(CC)	DVI	#702H
	Everybody's got feet, and when it gets cold, those feet get chilly! Today Lena Skvagerson shows Deborah Norville how to stitch up the Walk of Fame textured unisex slippers with a wrap around cuff and Rohn Strong shows us how to crochet the Fireside Slippers, which are moccasin style slippers for both men and women. Lena's in the stitch corner with the Knit Blackberry Stitch.					
11:30:00	Fons & Porter's Love of Quilting Quilting with An Accent: Embellishment Techniques	NETA	(S)	(CC)	N/A	#2810H
	Quilt tops can be seen as a canvas. Our patchwork can be enhanced and accented, becoming a new creation. Mary and her guest Jerry discuss sewing machine needles, threads and techniques for generating a secondary layer - quilting that adds dimension and interest to our patchwork.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7249H
13:00:00	The Jazzy Vegetarian Lighter Deli Delights	NETA	(S)	(CC)	DVI	#103H
	Host Laura Theodore prepares scrumptious lighter versions of traditional deli favorites such as; "Eggless Egg Salad" and grilled "Reuben Sandwiches," paired with "Zesty Zucchini Oven Fries." Quick and easy, "Jazzy Vegetarian Not Liver" tastes just like the real thing. "Upside Down Apple Cake" is a rich and authentic tasting classic dessert that makes a delicious finish to a delightful, homemade, deli-style meal!					
13:30:00	Sara's Weeknight Meals Soul of the South	APTEX	(S)	(CC)	N/A	#607H
	Sara travels to Charleston, South Carolina to learn the secrets to the legendary fried chicken of Martha Lou Gadsden of Martha Lou's Kitchen. Then she travels to Boone Plantation to learn how African American cooks have shaped Southern cooking since the days of slavery. Back in Sara's kitchen, she makes her version of a Southern classic, red beans and rice soup. Recipes: Martha Lou's southern fried chicken; Red beans and rice soup.					
14:00:00	Joanne Weir Gets Fresh Spring Vegetables	APTEX	(S)	(CC)	N/A	#103H
	After a long cold winter, Joanne shares her excitement about green spring vegetables and herbs. She'll incorporate those incredibly fresh ingredients into her cooking lessons with her student, preparing a Spring Panzanella Salad and a Rosemary Skewered Skirt Steak. Recipes: Spring Panzanella, Rosemary Skewered Skirt Steak with Lemon-herb Gremolata, Jasmine Rice with Lemon Zest. Student: Ali Levesque.					

Daily Program Listing II

43.1

Date: 06/11/2018

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Thu, Jul 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	New Scandinavian Cooking Close to Home	APTEX	(S)	(CC)	N/A	#403H
	This episode finds Andreas at his farm in Southern Norway. There, he and Miles Irving, a British forager, look for wild herbs. Then, they cook a meal from ingredients they find in the fields, as well as beef from local farms. Dishes include: wild Norwegian carpaccio, grilled sirloin with forest salad, and Sunday roast with oxtail sauce.					
15:00:00	Beads, Baubles and Jewels Color Explorations	NETA	(S)	(CC)	N/A	#2406H
	Create custom colors and add a new twist to traditional techniques. Katie Hacker combines metals with stones and beads to make her style statement. Artist syndee holt blends polymer clay to create new colors and contemporary designs using the ancient art of mokume gane. Designer Jill MacKay shares a great die-cutting tip as she embellishes leather to make dangly earrings.					
15:30:00	Katie Brown Workshop Best of Holidays	APTEX	(S)	(CC)	DVI	#426
	Come home with Katie Brown for the holidays! In the kitchen, she makes delicious recipes destined to become family favorites. Katie decorates the house with advent balls and dresses up artificial trees with her easy faux-real tree project.					
16:00:00	Biz Kid\$ Money Moves (Global Economy)	APTEX	(S)	(CC)	DVI	#120H
	Around the world with the Biz Kids! Join us and you'll follow the flow of imports and exports that make up the interconnected world economy. You will discover who makes the many things we use every day that come from all over the world. You'll also see how several entrepreneurs have made a success of their businesses, despite the pressures of the world economy.					
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 The Best of Garden Home: Cooking	APTEX	(S)	(CC)	N/A	#1508H
	Join P. Allen Smith for a trip down memory lane as he revisits his favorite cooking segments from seasons past.					
17:30:00	Growing A Greener World In Susan's Garden: A Backyard Habitat In Harmony with Nature (Spokane, Wa)	APTEX	(S)	(CC)	N/A	#809H
	In this episode, we follow Master Gardener Susan Mulvihill, an avid gardener, birder, and nature lover who has created a bountiful and beautiful habitat for all creatures. We'll learn some of Susan's best tips for creating a productive garden in harmony with nature.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15139H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1503H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9074
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1307H
20:00:00	Backstage Pass Best of Jazz	NETA	(S)	(CC)	N/A	#719H
	Best of Jazz will feature a few of the most swinging jazz performances of 2015. Recorded live at Lansing JazzFest 2015 and in studio, Best of Jazz gives you a one-of-a-kind jam featuring The Paul Keller Orchestra, Tony Monaco & The Fareed Haque Trio featuring Randy Gelispie, and Grupo Aye.					

Thu, Jul 12, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Music Voyager Morocco: The Heart of Morocco - The Middle	APTEX	(S)	(CC)	N/A	#707H
	The three friends, Nouamane Lahlou, Hassan Hakmoun and Laurent LeGall, begin their voyage in the western foothills of the southern Middle Atlas (Moyen Atlas) mountains and travel to Fes. The amazing old capital of Morocco lives in two worlds, the new modern Fes and medina (old town). From the ancient city-the medina in Fes-the friends learn that the history and music intertwine to bring out the richness and diversity of the culture. From Fes, the friends head to Khenifra and then on to Merzouga in the Sahara desert. Similar to the changes in topography, so do the people, the culture and the music change. Over the dunes the friends ride ATVs and jam under the amazing night sky by a desert fire. Nouamane, Hassan and Laurent then travel to the city of old-world charm and elegance, Marrakesh. The artist ambassador is the legendary Gnawa artists, Hassan Hakmoun and Fnaire. They show the different sides of this magical city and how it inspires them. The journey ends in the coastal city of Essaouira, where Hassan has asked other famous Moroccan music artists to participate in a traditional Gnawa ceremony.					
21:00:00	Live at the Charleston Music Hall Sarah Jarosz	NETA	(S)	(CC)	N/A	#109H
	Grammy award winning twenty-six year old Texan, Sarah Jarosz, has been praised by the press for her vocal carriage and musicianship alike. In this episode you'll experience those entrancing songs and vocals, and get a glimpse of who she is.					
21:30:00	Live at the Charleston Music Hall Patrick Davis & His Midnight Choir	NETA	(S)	(CC)	N/A	#110H
	South Carolina native, Patrick Davis is a singer, songwriter, storyteller & showman who has made a rather impressive musical mark in Nashville with songs recorded by Jimmy Buffet, Lady Antebellum, Darius Rucker, Jewel, Guy Clark and many more. Since 2016, he has been joined by his "Midnight Choir", an 11-piece band featuring horns & background singers. In this episode you'll see him sing with sis, play with pops, and command his audience.					
22:00:00	Heart of the World: Colorado's National Parks	APTEX	(S)	(CC)	N/A	#102H
	Water focuses on the distinct ways that water forms the landscapes, and the unique life it helps to create and sustain life in Rocky Mountain National Park, Great Sand Dunes National Park and Preserve, Colorado National Monument, Black Canyon of the Gunnison National Park, and Mesa Verde National Park.					
23:00:00	Maritime Silk Road: Birth of the Global Economy Opium Wars and Unequal Treaties (18th - 20th Century)	KNME	(S)	(CC)	N/A	#106H
	The Ming Dynasty collapses and the Manchu's take over China. Their success leads to over-population and a hundred years of peace to outdated and untrained military. Isolation also squanders China's technological advantage over the West. This brings China to its knees in a series of humiliating defeats by Europeans, who force opium on the population. Skipping forward 100+ years and in closing, China is shown ultimately coming out of its shell, embracing the outside world, and rising again.					
23:30:00	Stories of the Mind Facing Suicide	NETA	(S)	(CC)	N/A	#105H
	Highly personal stories exploring this difficult topic, from a family recovering from a son's suicide, to five women who choose to live.					

Fri, Jul 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Well Read Sherman Alexie / You Don't Have to Say You Love	APTEX	(S)	(CC)	N/A	#626H
	Alexie shares raw, angry, funny, profane, tender memories of a childhood few can imagine-growing up dirt-poor on an Indian reservation, one of four children raised by alcoholic parents. Throughout, a portrait emerges of his mother as a beautiful, mercurial, abusive, intelligent, complicated woman. You Don't Have To Say You Love Me is a powerful account of a complicated relationship, an unflinching and unforgettable remembrance from the critically acclaimed, bestselling National Book Award winner.					
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1307H
01:00:00	Backstage Pass Best of Jazz	NETA	(S)	(CC)	N/A	#719H
	Best of Jazz will feature a few of the most swinging jazz performances of 2015. Recorded live at Lansing JazzFest 2015 and in studio, Best of Jazz gives you a one-of-a-kind jam featuring The Paul Keller Orchestra, Tony Monaco & The Fareed Haque Trio featuring Randy Gelispie, and Grupo Aye.					
01:30:00	Music Voyager Morocco: The Heart of Morocco - The Middle	APTEX	(S)	(CC)	N/A	#707H
	The three friends, Nouamane Lahlou, Hassan Hakmoun and Laurent LeGall, begin their voyage in the western foothills of the southern Middle Atlas (Moyen Atlas) mountains and travel to Fes. The amazing old capital of Morocco lives in two worlds, the new modern Fes and medina (old town). From the ancient city-the medina in Fes-the friends learn that the history and music intertwine to bring out the richness and diversity of the culture. From Fes, the friends head to Khenifra and then on to Merzouga in the Sahara desert. Similar to the changes in topography, so do the people, the culture and the music change. Over the dunes the friends ride ATVs and jam under the amazing night sky by a desert fire. Nouamane, Hassan and Laurent then travel to the city of old-word charm and elegance, Marrakesh. The artist ambassador is the legendary Gnawa artists, Hassan Hakmoun and Fnaire. They show the different sides of this magical city and how it inspires them. The journey ends in the coastal city of Essaouira, where Hassan has asked other famous Moroccan music artists to participate in a traditional Gnawa ceremony.					
02:00:00	Live at the Charleston Music Hall Sarah Jarosz	NETA	(S)	(CC)	N/A	#109H
	Grammy award winning twenty-six year old Texan, Sarah Jarosz, has been praised by the press for her vocal carriage and musicianship alike. In this episode you'll experience those entrancing songs and vocals, and get a glimpse of who she is.					
02:30:00	Live at the Charleston Music Hall Patrick Davis & His Midnight Choir	NETA	(S)	(CC)	N/A	#110H
	South Carolina native, Patrick Davis is a singer, songwriter, storyteller & showman who has made a rather impressive musical mark in Nashville with songs recorded by Jimmy Buffet, Lady Antebellum, Darius Rucker, Jewel, Guy Clark and many more. Since 2016, he has been joined by his "Midnight Choir", an 11-piece band featuring horns & background singers. In this episode you'll see him sing with sis, play with pops, and command his audience.					
03:00:00	Heart of the World: Colorado's National Parks	APTEX	(S)	(CC)	N/A	#102H
	Water focuses on the distinct ways that water forms the landscapes, and the unique life it helps to create and sustain life in Rocky Mountain National Park, Great Sand Dunes National Park and Preserve, Colorado National Monument, Black Canyon of the Gunnison National Park, and Mesa Verde National Park.					
04:00:00	Maritime Silk Road: Birth of the Global Economy Opium Wars and Unequal Treaties (18th - 20th Century)	KNME	(S)	(CC)	N/A	#106H
	The Ming Dynasty collapses and the Manchu's take over China. Their success leads to over-population and a hundred years of peace to outdated and untrained military. Isolation also squanders China's technological advantage over the West. This brings China to its knees in a series of humiliating defeats by Europeans, who force opium on the population. Skipping forward 100+ years and in closing, China is shown ultimately coming out of its shell, embracing the outside world, and rising again.					
04:30:00	Stories of the Mind Facing Suicide	NETA	(S)	(CC)	N/A	#105H
	Highly personal stories exploring this difficult topic, from a family recovering from a son's suicide, to five women who choose to live.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#658

Fri, Jul 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Small Is Beautiful/Case of the Missing Rings	APTEX	(S)	(CC)	DVI	#106
	SMALL IS BEAUTIFUL: During the Super Planet Competition, Truder shrinks all nine planets. When Multo tries to come to the rescue, he is accidentally shrunk as well. Truder places the shrunken planets (and the miniature Multo) into a sack and rockets away, threatening not to return them until he is proclaimed Ruler of the Universe. The Zula Patrol races after Truder, but before they can come to the rescue, Multo gets the competing planets to cooperate in a "sack break." Once out of the sack, Multo is able to return the planets (and himself) to normal size. Everyone learns that being small doesn't mean you can't do big things. CASE OF THE MISSING RINGS: In a spoof of crime dramas, the rings around the planets are stolen, one by one. As Bula narrates, film noir style, the Zula Patrol looks for clues, questions suspects and goes on a stakeout to find the thief. Thanks to their determination and persistence, they get their man.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#116H
09:00:00	Functional Fitness with Suzanne Andrews Couples Workout	ACCES		(CC)	N/A	#125H
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 Resistance Exercises	NETA	(S)	(CC)	N/A	#1218H
	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	Sewing with Nancy Beginning Landscape Quilting, Part 1	NETA	(S)	(CC)	N/A	#2907H
	Learn landscape quilting using this simplistic approach and easy techniques. Nancy and her quilting mentor Natalie Sewell streamline the landscape quilting process using a beginner's perspective. Learn to use inspirational photos, choose fabric, and master messy and fussy cutting techniques. Create trees easily with raw-edge applique techniques and give them dimension with fabric markers or oil pastels.					
11:00:00	Knit and Crochet Now! Vested Interest	APTEX	(S)	(CC)	DVI	#703H
	Today we are feeling funky! Deborah Norville is joined by Robyn Chachula and Kristin Nicholas who are here with two Boho inspired long vests. First up is Robyn with a crochet fringed vest, the Boho Vest, and then Kristin will go over how to knit the Ashbury Vest, featuring a garter stitch stripe and fair isle. Then we'll take a trip to the stitch corner where Ellen will show how to do the Crochet Crocodile Stitch.					
11:30:00	Fons & Porter's Love of Quilting String Me Along	NETA	(S)	(CC)	N/A	#2811H
	Quilter's always have leftover fabric. Here is the perfect way to use up everything. Patrick and his quest Dodi Poulsen will teach you how to get organized and build blocks that "jump" off the design wall. By selecting a strong focus fabric your foundation pieces your blocks come to life, one strip at a time. This relaxing method, frees you from the exacting math of traditional patchwork.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7250H
13:00:00	Mike Colameco's Real Food Restaurant Gabriel Kreuther	NETA	(S)	(CC)	N/A	#1515H
	After cementing his reputation working as Chef de Cuisine at Jean George and then a long stint as the Chef at The Modern, Alsatian born Chef Gabriel Kreuther now runs his own eponymous place on 42nd st., right across from Bryant Park. It's the kind of kitchen I love employing loads of cooking technique and precision and utilizing the best ingredients possible.					
13:30:00	Cooking with Nick Stellino Seafood Feast	APTEX	(S)	(CC)	N/A	#206H
	Mussel Soup with Curry; Linguine with Red Clam Sauce; Halibut over Minted Zucchini with Garlic.					
14:00:00	Chef Paul Prudhomme's Always Cooking! How to Make A Turducken	APTEX	(S)	(CC)	DVI	#111
	Turducken -- a turkey, stuffed with a duck, stuffed with a chicken, with oyster dressing inside the chicken, Andouille dressing between the chicken and the duck, and cornbread dressing between the duck and the turkey. It's a lot of fun to let your guests think you're serving them a regular holiday turkey. When you start to carve the "turkey," they'll be quite surprised to see you cut through its "bones!"					

Fri, Jul 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Jacques Pepin: Heart & Soul Shorey's Petite Appetite	APTEX	(S)	(CC)	N/A	#115H
	Shorey, Jacques' granddaughter, joins him in the kitchen, bringing her petite yet progressive palate in tow! She follows along as Jacques prepares one of her favorites, escargots in baked potatoes. The two continue, creating stuffed tomatoes - a Pepin heirloom recipe passed down through several generations. Jacques then shares an afterschool favorite from his childhood, appropriately named pain de quatre heures or "the four o'clock bread," filled with hazelnuts and chocolate. A crunchy bite of chocolate-pistachio brittle brings the lesson to a close and a smile to their faces.					
15:00:00	Beads, Baubles and Jewels Switch It Up	NETA	(S)	(CC)	N/A	#2407H
	Change up your techniques and create new styles. Jewelry artist and inventor Jill MacKay changes up her style with interchangeable components embellished with crystals. Katie Hacker uses leather cord in a new way to create innovative designs in Katie's Beading Lesson.					
15:30:00	Katie Brown Workshop Family Favorites	APTEX	(S)	(CC)	DVI	#501H
	Katie shares a few of her family's favorite projects and recipes. In the Kitchen: Aunt Barb's Cole Slaw, Cousin Annie's Goulash and Mother Meg's Blueberry Muffins. Projects: A shadow box fashioned from your child's old shoes. Pottery-collecting.					
16:00:00	Biz Kid\$ Bulls, Bears, and Financial Markets	APTEX	(S)	(CC)	DVI	#121H
	Kids and bulls and bears, oh my! The Biz Kids examine stocks, bonds, commodities, and the markets where each of them are traded. You will discover various ways young people can get involved with the transactions, aim for profit, and avoid risk. Meet some successful entrepreneurs along the way.					
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 Crystal Bridges, American Dreams	APTEX	(S)	(CC)	N/A	#1509H
	P. Allen Smith explores a place unlike any other, the Crystal Bridges Museum of American Art and visits a unique restoration project involving a rare house designed by Frank Lloyd Wright.					
17:30:00	Growing A Greener World The Private Garden of a Public Gardener (Wayne, Pa and Wilmington, De)	APTEX	(S)	(CC)	N/A	#810H
	Professional horticulturalists Dan Benarcik and Peggy Anne Montgomery never mind bringing their work home. While always experimenting with varied and native plants to provide wildlife habitats, now Dan and Peggy share their wisdom and beautiful personal garden with us.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15140H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1428H
19:00:00	NHK Newslite	APTEX	(S)	(CC)	N/A	#9075
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1028H
20:00:00	Song of the Mountains Hankensaw Boys	NETA	(S)	(CC)	N/A	#1302H
21:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2107H
22:00:00	Film School Shorts Coming Home	NETA	(S)	(CC)	N/A	#503H
	Three young women experience difficult homecomings as they grapple with the pain and complexity of growing up: AWOL by Deb Shoal, When We Were Young by Gabrielle Capili, and Bookends by Dominic Villarrubia.					

Daily Program Listing II
43.1

Date: 06/11/2018

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Fri, Jul 13, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story Script to Screen: Pete's Dragon	NETA	(S)	(CC)	N/A	#807H
	In this episode, Pete's Dragon director and co-writer David Lowery and co-writer Toby Halbrooks take us behind the scenes of their reinvention of the classic story and discuss writing fairy tales, balancing tragedy with wonder, and the difference between making indie films, like Ain't Them Bodies Saints, and a big budget Disney movie.					
23:00:00	Science Goes to the Movies Ready Player One	EPS	(S)	(CC)	N/A	#302H
	What is real and what is in our mind? Is there a difference? Professors Ken Perlin and Matt O'Dowd discuss the idea of alternate and virtual realities. How close are we to these being commonplace in our society? And what is reality, after all? Watch and find out.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1133H

Sat, Jul 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Second Opinion Medical Marijuana Patient Story: As more states make the use of medical marijuana legal, doctors and lay people alike question its use, its efficacy and the amount of research being done to help prove it is safe to treat certain conditions. Meet Beverly McClain who uses medical marijuana to help with her symptoms caused by the treatment she is receiving for Stage IV breast cancer. Myth or Medicine: Do the therapeutic benefits of smoking marijuana outweigh the health risks to your lungs? Second Opinion 5: Five things you may not know about medical marijuana.	APTEX	(S)	(CC)	N/A	#1106H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1028H
01:00:00	Song of the Mountains Hankensaw Boys	NETA	(S)	(CC)	N/A	#1302H
02:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2107H
03:00:00	Film School Shorts Coming Home Three young women experience difficult homecomings as they grapple with the pain and complexity of growing up: AWOL by Deb Shoal, When We Were Young by Gabrielle Capili, and Bookends by Dominic Villarrubia.	NETA	(S)	(CC)	N/A	#503H
03:30:00	On Story Script to Screen: Pete's Dragon In this episode, Pete's Dragon director and co-writer David Lowery and co-writer Toby Halbrooks take us behind the scenes of their reinvention of the classic story and discuss writing fairy tales, balancing tragedy with wonder, and the difference between making indie films, like Ain't Them Bodies Saints, and a big budget Disney movie.	NETA	(S)	(CC)	N/A	#807H
04:00:00	Science Goes to the Movies Ready Player One What is real and what is in our mind? Is there a difference? Professors Ken Perlin and Matt O'Dowd discuss the idea of alternate and virtual realities. How close are we to these being commonplace in our society? And what is reality, after all? Watch and find out.	EPS	(S)	(CC)	N/A	#302H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1133H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#659
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Pretty As A Peacock Using his stuffed peacock Gary shows how you can create a beautiful composition with the use of a model. Blue dominates this painting and Gary suggests you can do well by using Prussian blue. Beware however, this color is very strong.	APTEX	(S)	(CC)	N/A	#515H
08:30:00	Painting with Wilson Bickford Farmland Sunset Silhouette scenes are very striking due their light and dark contrasts. Wilson demonstrates how to take strong, darker elements and place them against vibrant sky colors such as a sunset.	NETA	(S)	(CC)	N/A	#207H
09:00:00	Landscapes Through Time with David Dunlop Renoir's Olive Groves in the South of France At Pierre Auguste Renoir's (1841-1919) home and studio in Les Colettes in the South of France, David takes us through the ancient olive grove overlooking Nice and the Mediterranean. David Traces Renoir's difficult but ultimately successful quest for putting clean and strong color into soft and suggestive shapes. David sets his easel precisely where Renoir set his and demonstrates Renoir's methods, describing their effects and explaining his thoughts.	NETA	(S)	(CC)	DVI	#104H
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 Feel Your Best 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	#1219H

Sat, Jul 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Functional Fitness with Suzanne Andrews 30 Day Bladder Fix Pelvic Floor Strengthening	ACCES	(S)	(CC)	N/A	#307H
11:00:00	Neven Maguire: Home Chef Neven meets Derry Clarke, owner of Michelin-starred L'Ecrivain, for a masterclass in assiette of Irish beef. Afterwards, Neven cooks duck confit with crispy fried vegetables and prepares his famous raspberry plate.	APTEX	(S)	(CC)	N/A	#109H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless A Place of Deeply Rooted Innovation If you could define the singular challenge facing Yucatecan chefs, it's about honoring the past while pushing forward. Perhaps no one is more emblematic of the effort than Pedro Evia, co-owner of Ku'uk, a molecular fine dining palace housed in a restored Merida mansion. Rick and Pedro start their day talking tradition over tacos at Wayan'e, a busy family-run taco stand in Merida. Then, Pedro invites Rick to his home, where Pedro and his mother make traditional sopa de lentejas. At Ku'uk, Pedro shows us his ultra-modern take on the same dish. Back in Chicago, Rick makes recado negro to complement cured duck. At home, he makes tacos with eggs and burnt habanero salsa, avocado and red onion - the perfect chef's late-night snack.	APTEX	(S)	(CC)	N/A	#1109H
12:00:00	Lidia's Kitchen Layering Italian Flavors "Alla Parmigiana" is a technique applied in many southern Italian dishes that is all about layering simple bold flavors. In today's episode, Lidia shows the viewers her chicken parmigiana light: a version of chicken parmigiana, a breaded chicken thigh layered with tomato and mozzarella and nestled in a bed of tomato sauce; steamed broccoli and egg salad: a simple steamed broccoli dish dressed with red wine vinegar and hard boiled eggs; and limoncello tiramisu: a real "pick me up" made with lady fingers, mascarpone and limoncello zabaglione.	APTEX	(S)	(CC)	N/A	#401H
12:30:00	Food Over 50 Eating The Rainbow Chef/host David Jackson creates an impressive poulet jardin, which translates to chicken in the garden. It's eight tasty and well-presented recipes in one, most of them plant-based and colorful, and artfully arranged on a huge silver platter. David begins the show on location, shopping for a rainbow of vegetables at the Joshua Tree Certified Farmer's Market near his desert home. Then it's into the kitchen to prepare herb-roasted whole chicken, grilled zucchini and asparagus (green), roast cauliflower (winter white), sauteed red cabbage (blue/purple), roast butternut squash (orange/yellow), crumb crusted tomatoes (red) and glazed carrots (orange). Then he joins resident dietician Elizabeth Kelsey for a colorful "Second Helpings" segment to discuss why naturally occurring blue/purple foods help prevent heart disease, why green/yellow veggies combat macular degeneration, why the Lycopene in red foods, like ripe tomatoes, is such a powerful anti-oxidant and why orange fruits and vegetables help moderate blood sugar and improve immune function. And once the apron is off, David wraps up the episode with another outdoor "Earn What You Eat" message. This time it's some careful, age-appropriate rock climbing at Joshua Tree National Park, reminding viewers that we're never too old to explore and have fun while we keep fit and nimble... ish.	APTEX	(S)	(CC)	N/A	#107H
13:00:00	Expeditions with Patrick Mcmillan California - Hope, Survival and Resilience McMillan explores some of the most compelling stories of survival on the California coast.	APTEX	(S)	(CC)	N/A	#102H
13:30:00	Weekends with Yankee The Islands Off the coasts of Maine, New Hampshire, Massachusetts, Rhode Island, and Connecticut are some of the most beautiful islands in the country- and this week on Weekends with Yankee, we visit two of them. First stop is Martha's Vineyard in Massachusetts, where we check out the historic gingerbread cottages in Oak Bluffs. Next, we're off to Maine's Acadia National Park, a 47,000-acre park on Mount Desert Island, where photographer Jerry Monkman shows us his favorite hidden spots. Then it's back to Massachusetts, where two ambitious young farmers are staking their future on growing the most delicious shiitake mushrooms outside Japan.	APTEX	(S)	(CC)	N/A	#109H
14:00:00	Rick Steves' Europe Oslo The proud spirit of the Norwegian people shines in every dimension of their capital city-from its once-fearsome Viking ships to its sleek new Opera House, from tales of World War II heroism to the constant festival of its thriving harborfront. Connecting with the culture, we enjoy art-from Vigeland's statues to Monch's scream-and cap things off by joining local friends for a sail on their fjord.	APTEX	(S)	(CC)	N/A	#607H
14:30:00	Born to Explore with Richard Wiese Morocco: Secret Village Explorer Richard Wiese discovers the many mysteries of Morocco. In the remote Atlas Mountains, Richard journeys to a village that has never been visited by Westerners and where time seems to stand still. He's welcomed into a community of Berbers, who teach him the secrets for traditional tanjia cooking and making butter in a goat bladder. Richard takes part in a traditional wedding ceremony.	APTEX	(S)	(CC)	N/A	#118H

Sat, Jul 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Trees can often be an unknown. How do we select the best tree for our site, how should we care for it, and what about pest control? All good questions. GardenSMART visits a tree expert who has great ideas. We found it informative, think you will too. Be sure to tune in.	NETA	(S)	(CC)	N/A	#5008H
15:30:00	For Your Home Crafty Ideas Vicki has always been a crafter and loves to spend time in the kitchen. Join her for the day as she shares some of her favorite kitchen based crafting projects. She'll show how to use fresh herbs and citrus to create natural air fresheners, turn ordinary butter into flavorful hostess gifts, make your own infused olive oils and dipping spices and how to bleach pinecones.	APTEX	(S)	(CC)	N/A	#3111H
16:00:00	Drexel Interview Wendell Pierce, Part 2 This is the second part of a two-part interview focusing on the work and career of actor, author, and community activist Wendell Pierce. Pierce is best known for his recurring roles on the HBO series The Wire and Treme, but has appeared in a range of television series and feature films including Waiting to Exhale and Selma. In this episode, Pierce discusses his upbringing in New Orleans, the destruction and healing he experienced in the aftermath of Hurricane Katrina, and his devotion to family and community. He also addresses the universal message of Waiting for Godot, which he performed on his ravaged hometown streets in the wake of Katrina. This episode features a moving reading by Pierce, who is the author of the memoir and New Orleans tribute The Wind in the Reeds: A Storm, a Play, and the City That Would Not Be Broken.	NETA		(CC)	N/A	#502H
16:30:00	Overheard with Evan Smith Helen Thorpe, Journalist/Author Helen Thorpe is an author and journalist who has been a staff writer for the New York Observer, The New Yorker, and Texas Monthly. She has also been published in the New York Times Magazine, Slate and numerous other publications. Her radio stories have aired on This American Life and Sound Print. Her latest book, The Newcomers, hits shelves on November 14th.	NETA	(S)	(CC)	N/A	#810H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Ceramist Host Eric Gorges throws down. Master ceramist David MacDonald shares his magnificent talents with Eric as they work with clay and make a bowl.	APTEX	(S)	(CC)	N/A	#311H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3628H
18:30:00	The Open Mind Democracy in the Internet Age	NETA		(CC)	N/A	#3902H
19:00:00	Closer to Truth What Is The Doomsday Argument? Have we underestimated the risks of global catastrophe and human extinction? There is an odd argument that claims to justify end-of-the-world worries with raw statistics.	EPS	(S)	(CC)	N/A	#1602H
19:30:00	The Whole Truth with David Eisenhower American Workforce 2040 Since the Industrial Revolution the work of humanity has changed and changed again and it is clear that the 21st century will bring, is bringing already, another great wave of change, perhaps the greatest and fastest ever. What does our workforce look like today, what will it look like toward the middle of this century? What will work mean? Our panel explores issues including the proper target for workforce participation, potential ways to address decreases in workforce participation by non-college educated men, the potential costs and benefits on the workforce of the next wave of automation and artificial intelligence advancements and, more generally, the future of work in our country. Guests: Anurag Harsh, author and Senior Vice President at Ziff Davis; Alana Semuels, staff writer for The Atlantic; Stephen Moore, the Distinguished Visiting Fellow for Project for Economic Growth at The Heritage Foundation; Dr. Lane Kenworthy, Professor of Sociology and Yankelovich Chair in Social Thought, University of California San Diego.	APTEX	(S)	(CC)	N/A	#302H
20:00:00	Speakeasy Jack Johnson and G. Love Singer/songwriter Jack Johnson is joined by G. Love for an intimate conversation at New York City's McKittrick Hotel for this episode of "Speakeasy." Johnson is primarily recognized for his merging of soft rock and acoustic genres and has reached No. 1 on the Billboard Charts four albums in a row. He has been nominated for multiple Grammy, ESPN, Billboard, and Brit Awards. G. Love is best known as the front man for the alternative hip-hop band, G. Love & Special Sauce. The band is known for a unique, laid back blues sound that encompasses classic R&B. Together they discuss the early days of Jack's career, the new album, and Jack's commitment to environment.	APTEX	(S)	(CC)	N/A	#304H

Daily Program Listing II

43.1

Date: 06/11/2018

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Sat, Jul 14, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles	APTEX	(S)	(CC)	N/A	#709H
	Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, That Girl, hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, Playing with Fire, released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."					
22:00:00	Globe Trekker Tough Boats: The Nile, Egypt	APTEX	(S)	(CC)	N/A	#1606H
	Globe trekker Holly Morris travels down the iconic Nile River from Aswan to Cairo visiting some of the greatest sites of antiquity from the age of pharaohs, including the temples of Ramses the 2nd in Abu Simbel, the Valley of the Kings, and the Great Pyramids.					
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	Articulate with Jim Cotter Honest self-reflection is a virtue for Leslie Jamison, Josh Radnor, and Luciana Souza.	APTEX	(S)	(CC)	N/A	#310H

Sun, Jul 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth What Is The Doomsday Argument? Have we underestimated the risks of global catastrophe and human extinction? There is an odd argument that claims to justify end-of-the-world worries with raw statistics.	EPS	(S)	(CC)	N/A	#1602H
00:30:00	The Whole Truth with David Eisenhower American Workforce 2040 Since the Industrial Revolution the work of humanity has changed and changed again and it is clear that the 21st century will bring, is bringing already, another great wave of change, perhaps the greatest and fastest ever. What does our workforce look like today, what will it look like toward the middle of this century? What will work mean? Our panel explores issues including the proper target for workforce participation, potential ways to address decreases in workforce participation by non-college educated men, the potential costs and benefits on the workforce of the next wave of automation and artificial intelligence advancements and, more generally, the future of work in our country. Guests: Anurag Harsh, author and Senior Vice President at Ziff Davis; Alana Semuels, staff writer for The Atlantic; Stephen Moore, the Distinguished Visiting Fellow for Project for Economic Growth at The Heritage Foundation; Dr. Lane Kenworthy, Professor of Sociology and Yankelovich Chair in Social Thought, University of California San Diego.	APTEX	(S)	(CC)	N/A	#302H
01:00:00	Speakeasy Jack Johnson and G. Love Singer/songwriter Jack Johnson is joined by G. Love for an intimate conversation at New York City's McKittrick Hotel for this episode of "Speakeasy." Johnson is primarily recognized for his merging of soft rock and acoustic genres and has reached No. 1 on the Billboard Charts four albums in a row. He has been nominated for multiple Grammy, ESPN, Billboard, and Brit Awards. G. Love is best known as the front man for the alternative hip-hop band, G. Love & Special Sauce. The band is known for a unique, laid back blues sound that encompasses classic R&B. Together they discuss the early days of Jack's career, the new album, and Jack's commitment to environment.	APTEX	(S)	(CC)	N/A	#304H
02:00:00	Front and Center Cma Songwriter Series with Jennifer Nettles Three time Grammy Award winner and six time CMA Award winner Jennifer Nettles is known as one of country music's powerhouse vocalists. Her debut solo album, That Girl, hit #1 on the Billboard Country Chart and #5 on the Billboard Top 200. Her second album, Playing with Fire, released May 2016 reached #2 on the Billboard Country Chart and #10 on The Billboard Top 200. Grammy Award nominated singer/songwriter Brandy Clark and singer/songwriter Amos Lee join Jennifer Nettles on stage to sing some of their greatest hits including "Love Can Go to Hell," "Unlove You," and "Drunk in Heels."	APTEX	(S)	(CC)	N/A	#709H
03:00:00	Globe Trekker Tough Boats: The Nile, Egypt Globe trekker Holly Morris travels down the iconic Nile River from Aswan to Cairo visiting some of the greatest sites of antiquity from the age of pharaohs, including the temples of Ramses the 2nd in Abu Simbel, the Valley of the Kings, and the Great Pyramids.	APTEX	(S)	(CC)	N/A	#1606H
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	Articulate with Jim Cotter Honest self-reflection is a virtue for Leslie Jamison, Josh Radnor, and Luciana Souza.	APTEX	(S)	(CC)	N/A	#310H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#660
08:00:00	Painting and Travel with Roger & Sarah Bansemer Tavaras Boat Show Roger and Sarah Bansemer visit a colorful antique boat show in the small town of Tavares, Florida. Sarah takes a most unusual boat ride as Roger paints one of the antique boats.	NETA	(S)	(CC)	N/A	#108H
08:30:00	Painting with Paulson Rearing Horse Part II	NETA	(S)	(CC)	N/A	#1608H

Sun, Jul 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Whale Tail	APTEX		(CC)	N/A	#509H
	Many artists spend their lives working to understand the nature, structure, or essence of a thing. In Episode 9, Wyland's depiction of a fluking whale tail almost appears to be a separate object in and of itself. Wyland uses negative space -- the space around and between the subject -- to enhance this effect. Negative space may be most evident when the space around a subject, and not the subject itself, is used to artistic effect as the "real" subject of an image. Often, in a two-tone, black-and-white image, a subject is normally depicted in black and the space around it is left blank (white), thereby forming a silhouette of the subject. However, artists apply a multitude of techniques to achieve their intended effect. In this painting, Wyland applies his interest in form and negative space to give the viewer a unique perspective on this iconic image of the sea.					
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 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	APTEX	(S)	(CC)	N/A	#215
11:00:00	Yan Can Cook: Spice Kingdom Fine Art, Fine Food	APTEX	(S)	(CC)	N/A	#111H
	The art scene is thriving in Chengdu. Martin tours an artist community and sees first hand how local artists create ceramics and file paintings. To add his personal touch he added an encrusted chicken in the community kiln. For a taste of true culinary art he visits the home restaurant of Chef Lan, lauded as the best chef of Chengdu.					
11:30:00	New Orleans Cooking with Kevin Belton New Year's Traditions	APTEX	(S)	(CC)	N/A	#107H
	Cabbage casserole, black eyed peas and andouille, corned beef.					
12:00:00	Ciao Italia Tuscan Supper - La Cena Toscana	NETA	(S)	(CC)	N/A	#2513H
	In a restored farmhouse just outside Florence, Italy, world-renowned classical guitarist Edoardo Catemario provides background music while his wife Adalgesa and Mary Ann create extraordinary kitchen delights, starting with Steak Florentine-Style, then a hot and spicy Chicken Under a Brick, topped off with a vegetable medley called Everything Together. It's music, food, fun and friends - Together.					
12:30:00	Mike Colameco's Real Food Ny Southern	NETA	(S)	(CC)	N/A	#1412H
	In our first season back in 2000 we covered Well's Famous in Harlem the place where Chicken and Waffles was invented up north. Well chicken and waffles are back big time as we tour three places, all downtown putting out excellent versions of fried chicken, waffles, biscuits doughnuts, pies and other southern specialties.					
13:00:00	Travels with Darley Hong Kong Island Hopping	NETA	(S)	(CC)	N/A	#205H
	Hong Kong is a big city with lots of urban attractions, but with over 260 islands, Hong Kong is also a great destination for island hopping. We're exploring the greener side of Hong Kong by hiking, biking, boating and taking in beach views with the locals. We'll visit a doctor who specializes in traditional Chinese medicine, see what Hong Kong locals eat at bustling markets and make a trip to Lantau Island to visit the Big Buddha and Po Lin Monastery. We'll also hike the Hong Kong Trail at Victoria Peak and the Dragon's Back and learn about geology at the Hong Kong Global Geopark, a UNESCO site.					
13:30:00	Travel Detective with Peter Greenberg Overtourism	NETA	(S)	(CC)	N/A	#407H
	CBS News Travel Editor Peter Greenberg tells us about some places around the world in which there are too many tourists visiting each year. Plus, it's Australia's third largest city with 283 days of sunshine annually, featuring a thriving music, art, and culinary scene: Greenberg shows you his hidden gems of Brisbane. And, in Northern Italy, correspondent Arnie Weissmann introduces us to a cruise ship excursion that will tempt your taste buds!					
14:00:00	Wild Photo Adventures Southern Killer Whales	NETA	(S)	(CC)	DVI	#204H
	Host and professional wildlife photographer Doug Gardner and photographer Aaron Baggenstos brave the Pacific Northwest's Salish Sea to photograph killer whales.					

Sun, Jul 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	In The Americas with David Yetman Reefs, Ruins, and Revivals: Belize's Melting Pot Belize has a decidedly different history and culture from the rest of Central America. English is the first language of this small nation, reflecting its British ancestry, yet Belize retains deep historic connections among its many residents of Mayan ancestry, and is proud of its strong African roots among the Garifuna people. Belize also has world-class archaeological sites, vast tracts of intact rain forest, and some of the world's richest marine treasures.	APTEX	(S)	(CC)	N/A	#401H
15:00:00	Woodsmith Shop Panel Basics, Storage & More The challenges of storage are discussed by featuring tips and tricks for making the most of drawer interiors.	NETA	(S)	(CC)	N/A	#911H
15:30:00	American Woodshop Bent Wood Stands Wooden strips are laminated to form the ultimate clothing organizer.	NETA	(S)	(CC)	N/A	#2307H
16:00:00	Happy Yoga with Sarah Starr Beautiful Bluffs Bask and breathe on the edge of the awe-inspiring 100-foot limestone bluffs as we focus on a dynamic creative flow practice using a chair for support, designed to reignite your energy while opening to more space and ease in the shoulders, chest and upper back.	NETA	(S)	(CC)	N/A	#211H
16:30:00	Second Opinion Knee Replacement Patient Story: Knee pain is a common problem and can escalate into extreme consequences that compromise lifestyle. Steve Jasinski has been dealing with severe knee pain issues that have had a negative impact on him for many years. He shares his personal story and learns about new options that could restore his quality of life. Myth or Medicine: Should you take it easy and avoid exercise after joint replacement surgery? Second Opinion 5: Five things to think about when considering joint replacement.	APTEX	(S)	(CC)	N/A	#1107H
17:00:00	Natural Health Breakthroughs with Brenda Watson Microbiome The amazing world of microbes in our guts: what are they, what do they do, etc. - Rob Knight, PhD: Prof. of Chemistry and Biochemistry, Univ. of Colorado at Boulder; co-leader of The American Gut Project. When gut microbes go bad - Ellen Li, MD: Division Chief, Gastroenterology and Hepatology, Stony Brook Univ. School of Medicine; why C. diff happens, and why it's so hard to eradicate. Using fecal microbial transplants to cure C. diff - Lawrence Fiedler, MD: Boca Raton gastroenterologist who helped pioneer use of fecal microbial transplants in his regional hospital // Charles Posternack, MD, Prof. of Clinical Biomedical Science and Assoc. Dean for Academic Affairs at Boca Raton Regional Hosp. Providing safe FMT materials for doctors and their patients - James Burgess, Exec. Director, OpenBiome; how this non-profit established by MIT students and faculty has become the leading provider of safe fecal microbial materials for use in treating C. diff. Studying gut microbes will lead to many more health breakthroughs - Leonard Smith, MD: retired surgeon sums up recent findings that reinforce the gut microbiome's role in overall health. Personal story - Barbara Abel/Beverly Mabee: Barbara arranges for her desperately ill twin sister Beverly to have a fecal microbial transplant, a last-chance attempt to stop a chronic C. diff infection from taking her life.	EPS	(S)	(CC)	N/A	#104H
17:30:00	Well Read Todd Kessler, Discussion On Raising Readers Todd Kessler, co-creator and Executive Producer of one of the most successful series in the history of children's television - Blues Clues - is turning his attention to young readers. The author of Good Dog and Good Dog, Bad Cat discusses his goal to transform children's books, literacy and our concept of their understanding and learning abilities.	APTEX	(S)	(CC)	N/A	#601H
18:00:00	California's Gold Avocado Huell heads to Fallbrook in San Diego County to find out about the rich history of Avocados in our state.	KCET		(CC)	N/A	#6012
18:30:00	Joseph Rosendo's Travelscope Hong Kong - A City of Festivals Hong Kong may be Asia's World City, yet its people still cherish their tradition and the richness it brings their lives. In this new Hong Kong episode, Joseph returns for the annual Dragon Boat Festival. He discovers the festival is more than a race as it honors the integrity and devotion of poet, Qu Yuan, who sacrificed himself rather than live in a corrupt world. As part of the cultural celebration he makes traditional rice dumpling, learns the myths behind the dragon boat legend and design and speaks with participants in the local races on Lamma Island. On Cheung Chau, one of Hong Kong's 263 islands, he greets the early morning fishing boats, witnesses the islander's art of fish ball making, climbs through a UNESCO reserve and relaxes on the beach. During his Hong Kong stay, the 15th anniversary of the British handover of Hong Kong to China is also celebrated in a spectacular, unforgettable explosion of pyrotechnics.	APTEX	(S)	(CC)	DVI	#702H

Daily Program Listing II

43.1

Date: 06/11/2018

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Sun, Jul 15, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Blackademics Television Curry / Evans-Winters / Keith Dr. Curry challenges viewers by uncovering the history of sexual violence against black males from slavery to present. Dr. Evans-Winters discusses black kids' treatment in schools. Black Sovereign Nation founder presents a program for black autonomy.	KNME	(S)	(CC)	N/A	#601H
19:30:00	Kamla Show from Silicon Valley Celeste Ford Celeste Ford is a rocket scientist turned entrepreneur in Silicon Valley. Being a rocket scientist was rather an unusual choice for a woman in the 1970s and she had no idea what an engineer does or what aeronautical engineering was all about. Ford shares how she developed a winning mindset and how failure was not an option when she founded her company over 2 decades ago.	KNME	(S)	(CC)	N/A	#206H
20:00:00	Black America Eliminating Inequality In America with Darren Walker On this episode of Black America, we will discuss eliminating inequality in America with Ford Foundation President, Darren Walker. Join us and find out why Darren Walker has become the person to watch in solving America's problems.	EPS	(S)	(CC)	N/A	#101H
20:30:00	Asian American Life 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.	EPS	(S)	(CC)	N/A	#102H
21:00:00	All-Star Orchestra Northern Lights Sibelius - Symphony #2. A pinnacle of Nordic Romanticism - grand, expansive melodies and searing harmonies; fire and ice.	APTEX	(S)	(CC)	N/A	#302H
22:00:00	Pacific Heartbeat Ever The Land Ever The Land explores the sublime bond between people and their land. For the past 150 years, longstanding grievances over extreme colonization tactics have defined the Ngai (tribe) Tuhoe and New Zealand governments relationship. In 2014 history was made when the Tuhoe's ancestral homelands were returned, the New Zealand government gave a official apology and Tuhoe built the first ever "Living Building" in Aotearoa, New Zealand as a testament to their values and vision of self-governance.	APTEX	(S)	(CC)	DVI	#603H
23:00:00	David Bromberg Unsung Treasure DAVID BROMBERG UNSUNG TREASURE chronicles the life of enigmatic musical figure David Bromberg. In 1980, at the height of his career, Bromberg stopped performing - citing burnout from years of recording and touring - and turned to violin-making and collecting. The documentary takes an in-depth look at this groundbreaking, genre-bending guitarist, chronicling his rise to fame, his collaborations with Bob Dylan, George Harrison, Jerry Garcia and Neil Young, and his influence on a generation of musicians. This rich and largely untold story unfolds through intimate interviews with Bromberg, archival photographs and footage, music recordings (including never-before-released cuts), and recollections from his contemporaries and family. UNSUNG TREASURE also follows Bromberg as he works to revitalize an urban community in Delaware. His role as Wilmington's cultural ambassador ultimately serves as the catalyst for his musical comeback after a 22-year absence.	APTEX	(S)	(CC)	N/A	#0H

Mon, Jul 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Curry / Evans-Winters / Keith Dr. Curry challenges viewers by uncovering the history of sexual violence against black males from slavery to present. Dr. Evans-Winters discusses black kids' treatment in schools. Black Sovereign Nation founder presents a program for black autonomy.	KNME	(S)	(CC)	N/A	#601H
00:30:00	Kamla Show from Silicon Valley Celeste Ford Celeste Ford is a rocket scientist turned entrepreneur in Silicon Valley. Being a rocket scientist was rather an unusual choice for a woman in the 1970s and she had no idea what an engineer does or what aeronautical engineering was all about. Ford shares how she developed a winning mindset and how failure was not an option when she founded her company over 2 decades ago.	KNME	(S)	(CC)	N/A	#206H
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01:30:00	Asian American Life 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.	EPS	(S)	(CC)	N/A	#102H
02:00:00	All-Star Orchestra Northern Lights Sibelius - Symphony #2. A pinnacle of Nordic Romanticism - grand, expansive melodies and searing harmonies; fire and ice.	APTEX	(S)	(CC)	N/A	#302H
03:00:00	Pacific Heartbeat Ever The Land Ever The Land explores the sublime bond between people and their land. For the past 150 years, longstanding grievances over extreme colonization tactics have defined the Ngai (tribe) Tuhoe and New Zealand governments relationship. In 2014 history was made when the Tuhoe's ancestral homelands were returned, the New Zealand government gave a official apology and Tuhoe built the first ever "Living Building" in Aotearoa, New Zealand as a testament to their values and vision of self-governance.	APTEX	(S)	(CC)	DVI	#603H
04:00:00	David Bromberg Unsung Treasure DAVID BROMBERG UNSUNG TREASURE chronicles the life of enigmatic musical figure David Bromberg. In 1980, at the height of his career, Bromberg stopped performing - citing burnout from years of recording and touring - and turned to violin-making and collecting. The documentary takes an in-depth look at this groundbreaking, genre-bending guitarist, chronicling his rise to fame, his collaborations with Bob Dylan, George Harrison, Jerry Garcia and Neil Young, and his influence on a generation of musicians. This rich and largely untold story unfolds through intimate interviews with Bromberg, archival photographs and footage, music recordings (including never-before-released cuts), and recollections from his contemporaries and family. UNSUNG TREASURE also follows Bromberg as he works to revitalize an urban community in Delaware. His role as Wilmington's cultural ambassador ultimately serves as the catalyst for his musical comeback after a 22-year absence.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#661
08:00:00	Zula Patrol Blue Moon/Going Through A Phase BLUE MOON: Wizzy and Wigg journey to Earth's Moon to prove their separate theories: Wizzy believes the Moon is made out of cheese, and Wigg is certain the Man in the Moon inhabits it. During their adventure, they learn the truth about the Moon's surface, as well as how important it is not to take off without letting a team member know where you're going. GOING THROUGH A PHASE: Bula gets sprayed with Zulabane Plant pollen and is turned into a Zulean Were-Mouse. Bula is certain his days as a member of the Zula Patrol Team are over until he learns to make use of his condition rather than give up because of it. Bula takes advantage of his Were-mouse powers to save his friends from a Zula Cave Kitty. While Multo searches for a cure, the other Zula Patrollers study the phases of the Moon so they can help free Bula from his Were-Mouse curse.	APTEX	(S)	(CC)	DVI	#107
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#117H
09:00:00	Functional Fitness with Suzanne Andrews Energy	ACCES		(CC)	N/A	#101H

Mon, Jul 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Increase Your Range of Motion	APTEX	(S)	(CC)	DVI	#917H
10:00:00	Sit and Be Fit 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	Sewing with Nancy Beginning Landscape Quilting, Part 2 Learn to create a garden scene in fabric with this easy landscape quilting process. Natalie Sewell, landscape quilt artist, and Nancy create beautiful foliage, groundcover, and floral accents in their landscape quilt designs-learn the easy process in this program. Nancy and Natalie guide you in choosing fabric, cutting, clustering, highlighting, and adding dimension for beautiful detail in your quilt garden.	NETA	(S)	(CC)	N/A	#2908H
11:00:00	Knit and Crochet Now! Mosaic Stitch Scarves Everybody loves scarves and this week Host Deborah Norville joins Lena Skvagerson who will show you how to knit the Slip That Stich Scarf and magically make two colors appear in the same row without carrying the yarn. Ellen will show us her interpretation of a crochet mosaic scarf with the Nascha Crochet Scarf and then back to Lena in the stitch corner with her very own Knit Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#704H
11:30:00	Fons & Porter's Love of Quilting Shattered Dresden One of the most popular quilt designs of the 1920's and 30's-the Dresden Plate pattern takes on a modern flavor in this medallion-style quilt. Patrick is joined by Dodi Poulsen in this episode as they teach techniques for making the perfect Dresden block, the applique choices and design options for making this quilt.	NETA	(S)	(CC)	N/A	#2812H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7251H
13:00:00	America's Test Kitchen from Cook's Illustrated Spicing Up The Grill Hosts Julia Collin Davison and Bridget Lancaster uncover the secrets to perfecting a Thai delicacy at home: Thai grilled Cornish hens with chili dipping sauce. Tasting expert Jack Bishop challenges Julia to a tasting of tahini, gadget critic Lisa McManus reviews grill tongs, and test cook Dan Souza makes the ultimate grilled pita stuffed with lamb.	APTEX	(S)	(CC)	N/A	#1820H
13:30:00	Pati's Mexican Table One Day In Oaxaca Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, goes to the market for lunch, and gives viewers a taste of the vibrant restaurant scene in one of the top culinary destinations in all of Mexico. In her kitchen, she recreates some of the things she had at the market and gives them some new uses. Tasaajo torta with smoky guacamole; Nopalitos salad with pickled chipotle; Natilla with fresh berries.	APTEX	(S)	(CC)	N/A	#601H
14:00:00	Steven Raichlen's Project Smoke Behind The Smoke Come behind the smoke as Steven pushes the envelope with a refreshing lime and mint mezcalini, hay-smoked quail eggs, Danish smoked shrimp and, believe it or not, smoked ice cream! Mezcalini; Danish smoked shrimp; Hay-smoked quail eggs; Bacon sundaes; Smoked chocolate bread pudding; Smoked ice cream with rum raisin sauce.	APTEX	(S)	(CC)	N/A	#213H
14:30:00	George Hirsch Lifestyle Wine and Dine 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.	APTEX	(S)	(CC)	N/A	#110H
15:00:00	Beads, Baubles and Jewels Boho Chic Made Easy Tassels add movement, color and style. Blogger and designer Molly Schaller adds Boho style to her designs with tassels she makes from fibers and leather. In Katie's Beading Lesson, Candie Cooper creates chunky designs using marbled wood beads that teens and tweens love.	NETA	(S)	(CC)	N/A	#2408H

Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Sweet	APTEX	(S)	(CC)	DVI	#502H
	The recipes and projects Katie presents promise to satisfy even the sweetest tooth and awaken your sweet side. In the Kitchen: Colorful Birthday Cake, Heavenly Orange & Cherry Brownies and Kyle's Famous Sugar and Spice Cookies. Projects: Make-and-decorate lip balm. A whimsical butterfly bouquet.					
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 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 All About The Bugs	APTEX	(S)	(CC)	N/A	#1510H
	P. Allen Smith meets bugs where they live. Find out how to deal with the good, the bad and the ugly around your home and garden.					
17:30:00	Growing A Greener World The Compost Pedallers (Austin, Tx)	APTEX	(S)	(CC)	N/A	#811H
	Using the clean energy of pedal power, this small, eco-minded company, The Compost Pedallers, will bike to your door, pick up your weekly collection of compost ingredients, and haul it off to a nearby farm to do the dirty work for you. It's a winning recipe and a growing business model that's as green as it.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15141H
18:30:00	Americas Now Forced Sterilizations	NETA	(S)	(CC)	N/A	#113H
	"Forced Sterilizations" - Thousands of women in Peru in the 1990's were coerced into sterilization. Dan Collyns in Lima investigates the legacy of this controversial poverty alleviation and population program. Next: the Americas Now "Game Changer" report profiles - Saskia Nino de Rivera - an activist working among mothers and their children born in Mexican overcrowded and inadequate prisons. Finally: Our video essay looks at Urban gardening in Venezuela; a nation undergoing chronic food shortages.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9076
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3628H
20:00:00	The Kate Black Violin	APTEX	(S)	(CC)	N/A	#303H
	The gifted duo skillfully and daringly combines classical with hip-hop - and tantalizes fans of both genres. Think Bach's Brandenburg Concerto meets Biggie. Wil B and Kev Marcus play pieces by Aaron Copeland, J. S. Bach, Imagine Dragons and their own powerful compositions. In their interview, Wil and Kev speak about their mission to break stereotypes.					
21:00:00	Backstage Pass The Hard Lessons	NETA	(S)	(CC)	N/A	#506H
	The Detroit indie-rockers perform fan favorites spanning their ten-year career, plus tracks from their 2014 release, "Start What You Finished."					
22:00:00	Legends of Airpower Major General William Mitchell	NETA	(S)	(CC)	N/A	#103H
	Father of America's - Billy Mitchell -modern Air Force, Billy Mitchell predicted the First World War with Germany, the attack on Pearl Harbor by the Japanese, and predicted that planes would fly at a thousand miles per hour. As a private in Cuba, he taught himself the basics of aeronautics from a book, but later learned to fly from Orville Wright. His foresight and outspokenness won him both a general court-martial and a special Medal of Honor. Billy Mitchell is the first Legend of Airpower.					

Mon, Jul 16, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Shakespeare in the Shadows	NETA	(S)	(CC)	N/A	#0H
	Shakespeare in the Shadows shows the power, the purity and the simplicity of the master dramatist's work-from diminuendo to crescendo, whisper to roar-set against San Francisco backdrops of foreboding coastal promontories and stark noir cityscapes. Mark Cohen, who honed his craft at Royal Shakespeare Company affiliate Guildhall, performs a one man show of Shakespeare's most intriguing characters-from the storm tossed, supernatural world of "The Tempest" to the dark corridors of Macbeth's Dunsinane.					
23:00:00	Bard in the Backcountry	APTEX	(S)	(CC)	N/A	#0H
	BARD IN THE BACKCOUNTRY is a behind-the-scenes look at a summer of Montana Shakespeare in the Parks-from first read through to final performance. The documentary chronicles a summer season with a cast of 10 actors as they journey more than 6,500 miles to perform Shakespeare in the rural towns of this vast region. As these young actors travel hundreds of miles every day to set up their stage, don their costumes and perform their roles, they learn about the discipline of a traveling company, the generosity of spirit needed to become part of a team, and the sheer magnitude of the terrain found across Montana. The landscape itself is a primary force in the players' experience as they perform each night in a new location. The tour leads them into the lives of residents in these communities, some as small as 14 people. Many of the people encountered are loyal fans who have seen Shakespeare rendered every summer for 40 years. At the heart of the story is a sense of transformation for the players and for the residents of Montana whose lives have been touched by this beloved company. BARD IN THE BACKCOUNTRY reveals the mutual impact the traveling tour has on these young actors and the people who put in the effort to bring Shakespeare to town. This journey provides a glimpse of the relevance that classic Shakespearean theater still holds for the townspeople across the region.					

Tue, Jul 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now Forced Sterilizations "Forced Sterilizations" - Thousands of women in Peru in the 1990's were coerced into sterilization. Dan Collyns in Lima investigates the legacy of this controversial poverty alleviation and population program. Next: the Americas Now "Game Changer" report profiles - Saskia Nino de Rivera - an activist working among mothers and their children born in Mexican overcrowded and inadequate prisons. Finally: Our video essay looks at Urban gardening in Venezuela; a nation undergoing chronic food shortages.	NETA	(S)	(CC)	N/A	#113H
00:30:00	The Open Mind Automating Inequality Guest: Virginia Eubanks. University of Albany political scientist Virginia Eubanks discusses her new book "Automating Inequality: How High Tech Tools Profile, Police, and Punish the Poor."	NETA		(CC)	N/A	#3827H
01:00:00	The Kate Black Violin The gifted duo skillfully and daringly combines classical with hip-hop - and tantalizes fans of both genres. Think Bach's Brandenburg Concerto meets Biggie. Wil B and Kev Marcus play pieces by Aaron Copeland, J. S. Bach, Imagine Dragons and their own powerful compositions. In their interview, Wil and Kev speak about their mission to break stereotypes.	APTEX	(S)	(CC)	N/A	#303H
02:00:00	Backstage Pass The Hard Lessons The Detroit indie-rockers perform fan favorites spanning their ten-year career, plus tracks from their 2014 release, "Start What You Finished."	NETA	(S)	(CC)	N/A	#506H
03:00:00	Legends of Airpower Major General William Mitchell Father of America's - Billy Mitchell -modern Air Force, Billy Mitchell predicted the First World War with Germany, the attack on Pearl Harbor by the Japanese, and predicted that planes would fly at a thousand miles per hour. As a private in Cuba, he taught himself the basics of aeronautics from a book, but later learned to fly from Orville Wright. His foresight and outspokenness won him both a general court-martial and a special Medal of Honor. Billy Mitchell is the first Legend of Airpower.	NETA	(S)	(CC)	N/A	#103H
03:30:00	Shakespeare in the Shadows Shakespeare in the Shadows shows the power, the purity and the simplicity of the master dramatist's work-from diminuendo to crescendo, whisper to roar-set against San Francisco backdrops of foreboding coastal promontories and stark noir cityscapes. Mark Cohen, who honed his craft at Royal Shakespeare Company affiliate Guildhall, performs a one man show of Shakespeare's most intriguing characters-from the storm tossed, supernatural world of "The Tempest" to the dark corridors of Macbeth's Dunsinane.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Bard in the Backcountry BARD IN THE BACKCOUNTRY is a behind-the-scenes look at a summer of Montana Shakespeare in the Parks-from first read through to final performance. The documentary chronicles a summer season with a cast of 10 actors as they journey more than 6,500 miles to perform Shakespeare in the rural towns of this vast region. As these young actors travel hundreds of miles every day to set up their stage, don their costumes and perform their roles, they learn about the discipline of a traveling company, the generosity of spirit needed to become part of a team, and the sheer magnitude of the terrain found across Montana. The landscape itself is a primary force in the players' experience as they perform each night in a new location. The tour leads them into the lives of residents in these communities, some as small as 14 people. Many of the people encountered are loyal fans who have seen Shakespeare rendered every summer for 40 years. At the heart of the story is a sense of transformation for the players and for the residents of Montana whose lives have been touched by this beloved company. BARD IN THE BACKCOUNTRY reveals the mutual impact the traveling tour has on these young actors and the people who put in the effort to bring Shakespeare to town. This journey provides a glimpse of the relevance that classic Shakespearean theater still holds for the townspeople across the region.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#662
08:00:00	Zula Patrol Giant Litterbugs from Space/Rv of the Giants GIANT LITTERBUGS FROM SPACE: The Zula Patrol learns about simple machines when a passing spaceship of giant Zlorgs (from the Zulean Panhandle) drop some huge litter on their headquarters -- including a massive paper cup that completely covers the building! They manage to remove the cup using two simple machines, the inclined plane and the lever, only to discover that the littering was no careless act, but a result of Dark Truder's latest plot! RV OF THE GIANTS: After running into their friends, the gigantic Zlorg family, who are camping in their huge R.V., the Zula Patrollers get accidentally trapped inside the R.V. They have to figure out how to get out, using two examples of simple machines, a wedge and a pulley, before Dark Truder steals their spaceship! Mistakenly thinking he's no longer wanted, Gorga leaves the Zula Patrol in search of a new home. In an effort to find him, the Zula Patrol searches The Solar System and all Nine Planets before ultimately rescuing him from the Intergalactic Pet Catcher.	APTEX	(S)	(CC)	DVI	#108

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#118H
09:00:00	Functional Fitness with Suzanne Andrews Bone Builder (Osteoporosis)	ACCES		(CC)	N/A	#102H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hip Strengthening	APTEX	(S)	(CC)	DVI	#918H
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	Sewing with Nancy Beginning Landscape Quilting, Part 3 Spontaneous landscape quilting techniques are the secret to creating picturesque scenes. Nancy and her quilting buddy Natalie Sewell have fine-tuned the process of landscape quilting. You'll learn to cut blooms, accents, and mountains creatively and enhance them easily with fabric, paint, or markers. Then, give life to your designs as you stipple, following the movement of the fabric with easy tips from Natalie and Nancy.	NETA	(S)	(CC)	N/A	#2909H
11:00:00	Knit and Crochet Now! Artsy Afghans Host Deborah Norville believes nothing says you're special like a handmade afghan, it's like a perpetual hug from the person who stitched it. Ellen is first up with the Geometric Crochet Afghan, which features a lace border, and then Kristin shows how to stitch up the Windowpane Afghan, which is knit in the round, then cutting it to make it flat! In the stitch corner Ellen teaches how to Crochet a Cable.	APTEX	(S)	(CC)	DVI	#705H
11:30:00	Fons & Porter's Love of Quilting Free Motion Designs with Patchwork Roots Decisions for free motion quilting can be daunting. Mary and Angela Huffman help us find inspiration within our traditional pieced quilt top. Isolating a block, designing a quilting motif and then modifying it for a smooth quilt path-all information you don't want to miss. Embellish your next "simple" patchwork, creating a "simply" fabulous quilt.	NETA	(S)	(CC)	N/A	#2813H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7252H
13:00:00	Nigella: at My Table Nigella shares ideas for feasts throughout the day. Nigella's savory take on French toast is an ideal choice for weekend brunch or a comforting and quick supper. With friends to entertain, Nigella rustles up an informal Mediterranean dish for dinner, juicy spiced lamb kofta with garlic sauce. For pudding her guests are treated to a delicately tasting rose and pepper Pavlova with strawberries, inspired by her grandfather's penchant for strawberries with a grinding of pepper. There's also an aromatic golden egg curry and a delicious white chocolate.	APTEX	(S)	(CC)	N/A	#105H
13:30:00	Taste of Louisiana with Chef John Folse & Company: Hooks, Lies & Alibis Oysters - Empire, La In this episode, John travels the mouth of the Mississippi River and meets the Lepetich family. Mato Lepetich came to Louisiana in the early 20th century and started farming oysters, and his son Matt teaches John all about the oyster industry and how Czechoslovakians came to settle in Louisiana and dominated the industry. Matt then helps John make oyster Rockefeller soup. John then meets Curtis Hendon, a Native American oysterman, and the two grill some fire roasted oysters right on the banks at Isle de Jean Charles. Back at the dock, Matt Lepetich's mother, Joyce, shows John how to make oyster spaghetti with a unique Czechoslovakian seasoning. And the drink of the day is of course, the oyster shooter.	APTEX	(S)	(CC)	N/A	#1312H
14:00:00	Taste of History A Tribute to Mrs. Goodfellow Mrs. Goodfellow was a successful baker and teacher who opened the first finishing school in America. Chef Walter Staib and Pastry Chef Diana recreate some of her most notable creations, including lemon meringue pie and much more.	NETA	(S)	(CC)	N/A	#905H
14:30:00	Christopher Kimball's Milk Street Television Milk Street Suppers Chicken soup goes global, as Milk Street Cook Catherine Smart shows host Christopher Kimball how to make Georgian chicken soup (chikhirtma). That's Georgia the republic just south of Russia, not the peach-growing, southern state. Milk Street Cook Lynn Clark reaches into the liquor cabinet to add interest to potatoes as she explains how to make cracked potatoes with vermouth, coriander and rennet. Butter takes a back seat as Milk Street Cook Matthew Card shows how to make fluffy olive oil scrambled eggs. And Chris tackles a sticky subject as he demonstrates how to season a carbon steel pan.	APTEX	(S)	(CC)	N/A	#106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Beads, Baubles and Jewels One of a Kind	NETA	(S)	(CC)	N/A	#2409H
	Express your unique designs by starting at the very beginning. Writer and artist Andrew Thornton begins styling colorful resin jewelry by creating his own silicone molds. Katie Hacker makes stylish bracelets for men in Katie's Beading Lesson.					
15:30:00	Katie Brown Workshop Easy Entertaining	APTEX	(S)	(CC)	DVI	#503H
	Katie's simple, creative and elegant ideas make hosting a party easy as pie. In the Kitchen: Quick Asparagus with Orange Vinaigrette, Refreshing Pear and Apple Wine Cooler and Savory Flank Steak Pinwheels. Projects: A stunning floral centerpiece. Plant seeds: the gift that keeps on giving.					
16:00:00	Biz Kid\$ Understanding Income and Expenses	APTEX	(S)	(CC)	DVI	#123H
	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!					
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 Pura Vida, Costa Rica	APTEX	(S)	(CC)	N/A	#1511H
	P. Allen Smith visits one of the five Blue Zones in the world, Costa Rica, to see if there really is a secret to living longer.					
17:30:00	Growing A Greener World Urban Farm, Country Town - The Spark In Sparta (Sparta and Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#812H
	The Currey's are changing many lives in Sparta, GA. Early success with a backyard vegetable garden took off. With every new season, they continue to expand their farm to create new opportunities for a town that's now growing in far more ways than just a garden.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15142H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1216H
	Traverse the golden plains and "purple mountains' majesty" as this special edition takes you to our favorite Heartland destinations. It's the scenic wonders that draw travelers back, and you'll discover people, places, and scenery we've found over the past twelve seasons.					
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9077
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1429H
20:00:00	Sun Studio Sessions Don Bryant	NETA	(S)	(CC)	N/A	#906H
	Don Bryant began his music career by singing in a Memphis church at age 5 and grew up to serve as a staff songwriter for the legendary Hi Records Don Bryant's biggest hit came when, in 1970, he was linked up with Hi Records artist Ann Peebles and the two penned the classic "I Can't Stand the Rain." In this episode, Don shows off his soulful pipes on several songs including, "Don't Give Up on Love" and "A Nickel and a Nail."					
20:30:00	Jammin at Hippie Jack's Sweetback Sisters	NETA	(S)	(CC)	N/A	#1009H
	The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.					

Daily Program Listing II

43.1

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Tue, Jul 17, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	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.					
22:00:00	New Environmentalists - The Series From Peru to Tanzania	NETA	(S)	(CC)	N/A	#103H
	This episode includes stories of environmental activism in Puerto Rico, Slovakia, Peru and here at home in Baltimore.					
22:30:00	Alive! In America's Delta Black Bear Comeback	NETA	(S)	(CC)	N/A	#102H
	By the early 1990s, there were estimated to be fewer than 300 Louisiana black bears left in the world. More than 80% of their bottomland forest habitat had been lost, converted to agriculture and destroyed for development. Habitat fragmentation, human disturbance and over hunting decimated populations once abundant throughout Louisiana, Southern Mississippi and Eastern Texas. One of sixteen subspecies of American black bear, these shy but curious creatures were immortalized as the inspiration for the "Teddy Bear" during an infamous bear hunt in the early 1900's. Today, thanks to an aggressive, broad-based effort to reestablish this endangered animal and restore its habitat through improved land management, high-tech monitoring and public education, the Louisiana black bear is on its way to being removed from protected status. Find out why this bear has captured America's imagination and adoration for more than a century, and the lengths some will go to save them.					
23:00:00	Inventing America: Making A Nation	NETA	(S)	(CC)	N/A	#0H
	Inventing America: Making a Nation brings our Founding Fathers back to life in a TV talk show filmed before a live audience. This program features three delegates to the Second Continental Congress -Thomas Jefferson (Bill Barker), Benjamin Franklin (John Hamant) and John Adams (Sam Goodyear) - discussing the lead-up to the Declaration of Independence. A fourth delegate, John Dickinson (Rodney TeSlaa), who refused to sign the document, reveals the conflict behind this historic event. Created by Milton Nieuwsma and filmed by Philip A. Lane, two-time Emmy Award-winners from previous collaborations, the show was recorded at Hope College in Holland, Michigan. The host and moderator is Marc Baer, professor of history at Hope. The director is John K.V. Tammi, professor emeritus of theatre and founder of Hope's acclaimed Summer Repertory Theatre.					

Wed, Jul 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Traverse the golden plains and "purple mountains' majesty" as this special edition takes you to our favorite Heartland destinations. It's the scenic wonders that draw travelers back, and you'll discover people, places, and scenery we've found over the past twelve seasons.	APTEX	(S)	(CC)	N/A	#1216H
00:30:00	Overheard with Evan Smith Helen Thorpe, Journalist/Author Helen Thorpe is an author and journalist who has been a staff writer for the New York Observer, The New Yorker, and Texas Monthly. She has also been published in the New York Times Magazine, Slate and numerous other publications. Her radio stories have aired on This American Life and Sound Print. Her latest book, The Newcomers, hits shelves on November 14th.	NETA	(S)	(CC)	N/A	#810H
01:00:00	Sun Studio Sessions Don Bryant Don Bryant began his music career by singing in a Memphis church at age 5 and grew up to serve as a staff songwriter for the legendary Hi Records Don Bryant's biggest hit came when, in 1970, he was linked up with Hi Records artist Ann Peebles and the two penned the classic "I Can't Stand the Rain." In this episode, Don shows off his soulful pipes on several songs including, "Don't Give Up on Love" and "A Nickel and a Nail."	NETA	(S)	(CC)	N/A	#906H
01:30:00	Jammin at Hippie Jack's Sweetback Sisters The Sweetback Sisters may not be blood relations, but their family-style harmonies recall the best of country music from the Everlys to the Judds, as well as the spirited rockabilly energy of Wanda Jackson. The rollicking country swing of the Sweetback Sisters is as infectious as it is heartbreaking.	NETA	(S)	(CC)	N/A	#1009H
02:00:00	Infinity Hall Live 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
03:00:00	New Environmentalists - The Series From Peru to Tanzania This episode includes stories of environmental activism in Puerto Rico, Slovakia, Peru and here at home in Baltimore.	NETA	(S)	(CC)	N/A	#103H
03:30:00	Alive! In America's Delta Black Bear Comeback By the early 1990s, there were estimated to be fewer than 300 Louisiana black bears left in the world. More than 80% of their bottomland forest habitat had been lost, converted to agriculture and destroyed for development. Habitat fragmentation, human disturbance and over hunting decimated populations once abundant throughout Louisiana, Southern Mississippi and Eastern Texas. One of sixteen subspecies of American black bear, these shy but curious creatures were immortalized as the inspiration for the "Teddy Bear" during an infamous bear hunt in the early 1900's. Today, thanks to an aggressive, broad-based effort to reestablish this endangered animal and restore its habitat through improved land management, high-tech monitoring and public education, the Louisiana black bear is on its way to being removed from protected status. Find out why this bear has captured America's imagination and adoration for more than a century, and the lengths some will go to save them.	NETA	(S)	(CC)	N/A	#102H
04:00:00	Inventing America: Making A Nation Inventing America: Making a Nation brings our Founding Fathers back to life in a TV talk show filmed before a live audience. This program features three delegates to the Second Continental Congress -Thomas Jefferson (Bill Barker), Benjamin Franklin (John Hamant) and John Adams (Sam Goodyear) - discussing the lead-up to the Declaration of Independence. A fourth delegate, John Dickinson (Rodney TeSlaa), who refused to sign the document, reveals the conflict behind this historic event. Created by Milton Nieuwsma and filmed by Philip A. Lane, two-time Emmy Award-winners from previous collaborations, the show was recorded at Hope College in Holland, Michigan. The host and moderator is Marc Baer, professor of history at Hope. The director is John K.V. Tammi, professor emeritus of theatre and founder of Hope's acclaimed Summer Repertory Theatre.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#663

Wed, Jul 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Chili Cook-Off/Treasure in the Clouds	APTEX	(S)	(CC)	DVI	#109
	CHILI COOK-OFF: Multo's cooking up a pot of "Galactic Goo" for lunch. But when Bula unwittingly puts Multo's Goo in the freezer, The Zula Patrol finds themselves face to face with a "whirlgoo" of gigantic proportions. TREASURE IN THE CLOUDS: After hearing Multo tell a story about a Golden Cloud, Wizzy and Wigg set out to find it to give to Multo as a surprise present. Dark Truder overhears them and, unaware it's just a story, plots to find the Golden Cloud himself so he will be rich. Our heroes hike up Mount Zula, meeting many types of clouds along the way. When they reach the top, they actually see a golden cloud that Truder attempts to grab, but it turns out to be the Zula Space Patrol ship hidden in a cloud of astro-smoke. Dark Truder is foiled by his own greed, but Wizzy and Wigg discover that sometimes the key to happiness is making others happy.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#119H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 1	ACCES		(CC)	N/A	#103H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Toning	APTEX	(S)	(CC)	DVI	#919H
10:00:00	Sit and Be Fit Pelvic & Ribcage Mobility	NETA	(S)	(CC)	N/A	#1303H
	Pelvic and ribcage mobility exercises take center stage in this fun full-body workout.					
10:30:00	Sewing with Nancy A Modern Quilting Bee	NETA	(S)	(CC)	N/A	#2910H
	Join Nancy at the Quilt Expo in Madison, WI, for a modern gathering of all things quilting The term "quilting bee" might bring to mind faded images of women gathered around a quilt stretched on a frame. Now, ponder the term "modern quilting bee," an image with thousands of quilt enthusiasts at a convention center.					
11:00:00	Knit and Crochet Now! Dolly Long Legs	APTEX	(S)	(CC)	DVI	#706H
	Lena Skvagerson and Robyn Chachula are going to show how to knit and crochet versions of our Dolly Long Legs...which we have named "Deborah Dolls" in honor of new host Deborah Norville. These are sure to be the special doll that gets dragged everywhere. Ellen is in the stitch corner showing how to crochet the Fishbone Stitch.					
11:30:00	Fons & Porter's Love of Quilting Folk Dance	NETA	(S)	(CC)	N/A	#2801H
	There are dozens of "traditional" quilt block designs. This episode features a quilt that uses one of those blocks - the Fons & Porter Pickle Dish Template Set makes the cutting and piecing of this block more enjoyable. Mary and Marianne Fons will guide you through the construction of the block, with tips that make your patchwork trouble-free.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7253H
13:00:00	Lidia's Kitchen Salt	APTEX	(S)	(CC)	N/A	#404H
	Salting your food is an important step in any kitchen, and the type of salt used can make a huge difference in your meal. Today's menu includes: salted cod fritters: crispy chunky cod fritters made for the perfect salty snack; penne rigate in vodka sauce: an iconic Italian pasta dish with penne rigate in a creamy pink vodka sauce; beef chuck and beer; a rick and flavorful braise that will beckon everyone to the table.					
13:30:00	Annabel Langbein: The Free Range Cook A Taste of Asia	APTEX	(S)	(CC)	N/A	#107H
	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.					
14:00:00	Simply Ming Jamie Bissonnette	APTEX	(S)	(CC)	N/A	#1515H
	James Beard Award-winning Chef Jamie Bissonnette, co-chef/partner of Ken Oringer, swings by Ming's loft to turn up the heat with eggplant. While Jamie prepares a spicy shrimp with Thai eggplant, Ming cooks up eggplant with an Asian twist - a tasty, spicy Sichuan eggplant dish called Yu Xiang Qie Zi. These are two spicy eggplant dishes you won't want to miss.					

Wed, Jul 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Cook's Country Bourbon and Broccoli Hit The Grill Julia Collin Davison shows Bridget Lancaster how to make the ultimate grilled bourbon steaks. Tasting expert Jack Bishop challenges Bridget to a tasting of dill pickle spears. Equipment expert Adam Ried reveals his top pick for instant-read thermometers for the budget conscious cook. Test cook Ashley Moore heads out to the grill to show Bridget a recipe for perfect grilled broccoli with lemon and parmesan.	APTEX	(S)	(CC)	N/A	#1007H
15:00:00	Beads, Baubles and Jewels Open and Shut Add style, movement and interest to your designs. Multi-media artist Mary Hettmansperger adds personality, function and style to her designs with hinges. Candie Cooper returns to Katie's Beading Lesson with cute stretchy beaded rings that are fast and easy to make for teens and tweens.	NETA	(S)	(CC)	N/A	#2410H
15:30:00	Katie Brown Workshop Vegetable Medley Learn to cook, grow, display and love vegetables with exciting projects and delicious recipes. In the Kitchen: Creamy Cauliflower Soup, Colorful Chopped Root Salad and Quick Vegetable Roll-Ups. Projects: Sculptural vegetable centerpiece. A stone wall vegetable garden.	APTEX	(S)	(CC)	DVI	#504H
16:00:00	Biz Kid\$ Building and Growing A Business 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.	APTEX	(S)	(CC)	DVI	#124H
16:30:00	Hands On Crafts for Kids Artist Artists look at the world from fresh perspectives. Host Jenny Barnett-Rohrs draws the geometric patterns she sees looking at the world from high above. Franz Spohn has ideas for all the things artists can do besides creating works for a museum. Candie Cooper introduces us to the art form of Yamamoto to create a collage and Jenny makes a 3-D color wheel.	NETA	(S)	(CC)	DVI	#1901H
17:00:00	P. Allen Smith's Garden Home Mighty Micros P. Allen Smith explores the little touches that make a big impact around the home and garden.	APTEX	(S)	(CC)	N/A	#1512H
17:30:00	Growing A Greener World New Ways of Growing America's Favorite Vegetable - Where Inspiration and Expert grower, Brie Arthur turns conventional tomato-growing wisdom upside down. In this episode, Brie charts new ground to find the latest methods and new opportunities to grow tomatoes in the most unconventional ways.	APTEX	(S)	(CC)	N/A	#813H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15143H
18:30:00	The Whole Truth with David Eisenhower Is American Criminal Justice Just? "The Talk" by African-American parents to their children, especially their young men, about dangerous interactions they may well experience with police is a rite of passage with which even the first African-American President of the United States, and the only currently serving African-American Republican United States senator, are personally familiar. Still, most Americans hold judges, prosecutors, and especially police, in high esteem for the great sacrifices they often make to protect and serve our communities. Can we find a path forward in which a broad majority of Americans, including Americans belonging to racial or ethnic minorities, can believe that American criminal justice is, in fact, just? Guests: Tara Setmayer, CNN Political Commentator, ABC News Political Contributor and former GOP communications director on Capitol Hill; Paul Butler, a professor at the Georgetown University Law Center and Harvard Law School, and author of Chokehold: Policing Black Men; Rick Jones, President of the National Association of Criminal Defense Lawyers and Executive Director, and founding member, of the Neighborhood Defender Service of Harlem.	APTEX	(S)	(CC)	N/A	#306H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9078
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#528H
20:00:00	The Lowertown Line. The Lowertown Line: John Mark Nelson John Mark Nelson performs his new album; I'm Not Afraid, in front of a live audience at the Twin Cities Public Television studios. The prolific singer songwriter discusses his work ethic and the benefits of failure in his young music career. Songs performed: Holes in Our Skin, Broken, Dream Last Night, Control, That's What You Do.	APTEX	(S)	(CC)	N/A	#116H

Wed, Jul 18, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#403H
<p>Artists: West Virginia Music Hall of Fame Inductee Bob Thompson, Todd Burge, Jessica Baldwin, and Eric Gnezda. BOB THOMPSON was inducted into the West Virginia Music Hall of Fame in Oct., 2015. Bob makes his home in Charleston, WV, and has enjoyed a long and active career as a performer, composer, arranger, and educator. TODD BURGE has emerged as one of West Virginia's most prolific singer/songwriters. Todd has performed at the Kennedy Center, and is a regular guest on NPR's Mountain Stage, having been called "West Virginia's premier songwriter" by its host, Larry Groce. JESSICA BALDWIN appeared on NPR's Mountain Stage in 2013 with The Fields of Gettysburg, was a quarterfinalist in the 2015 and 2017 American Traditions Competition, and won Best Cover Song in the 2015 and 2017 Ohio Music Awards, respectively. Her voice leans toward soulful styles with southern roots.</p>						
21:00:00	Live from the Artists Den Panic! at the Disco	APTEX	(S)	(CC)	N/A	#1101H
<p>Downtown Los Angeles' historic Mayan Theater provided a spectacular backdrop for Panic! At the Disco's taping of Live from the Artists Den. The LA-based band, led by frontman Brendon Urie, offered a boisterous performance highlighting material from their critically acclaimed new album Death of a Bachelor, which was released on January 15th via DCD2/Fueled By Ramen and debuted at No. 1 on the Billboard 200 Chart. Urie and crew revisited favorites like "Time To Dance" and "Nine In The Afternoon," as well as new tracks like "Victorious" and "Hallelujah." Five hundred of the band's fans filled the ornate theater, which was originally built in 1927, and lent their voices to the night's closing song and fan favorite, "I Write Sins Not Tragedies."</p>						
22:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#702H
<p>Gal Gadot (Wonder Woman) with Kumail Nanjiani (The Big Sick), Willem Dafoe (The Florida Project) with Hugh Jackman (Logan), Mary J. Blige (Mudbound) with Salma Hayek (Beatriz at Dinner) and Allison Janney (I, Tonya) with Sam Rockwell (Three Billboards Outside Ebbing, Missouri).</p>						
23:00:00	West of the West: Tales from California's Channel Island Settlers	APTEX	(S)	(CC)	N/A	#102H
<p>6. The Last Round-up - Tim Vail, 4th generation rancher on Santa Rosa Island, gives a personal history of his family's involvement there while lamenting the end of their cattle operation after a century. The parallel story is the birth of Channel Islands National Park as told by Bill Ehorn, the founding Park Supervisor and friend of the Vails. 7. Graveyard of Ships - The Channel Islands lie in one of the most hazardous shipping channels in the world. While telling the story of the crash of the paddle wheel steamer Winfield Scott into middle Anacapa Island in 1853, Bob Schwemmer of NOAA and others also describe some of the more than 500 other wrecks in Marine Sanctuary Waters. Many of which can be dived on today in this "underwater museum." 8. Magic Isle - Santa Catalina Island - Catalina is the most widely known of the Channel Islands, and the only one still privately owned. Its fame is the result of the vision of one man, William Wrigley Jr. who bought the island sight unseen in 1919. We chronicle its glory years of movie stars, the Chicago Cubs, and Big Band dancing in the Casino, as well as its struggles to stay relevant today. William Wrigley's great grand-daughter Alison Rusack and her family tell us about the challenges and joys of keeping his dream alive. 9. The Legendary King of San Miguel Island - Betsy Lester Roberti travels back to the windswept and desolate island where she grew up as a child. She describes her "Swiss Family Lester" upbringing and her larger than life father Herbie. And his untimely demise on the eve of World War 2.</p>						

Thu, Jul 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#528H
01:00:00	The Lowertown Line. The Lowertown Line: John Mark Nelson John Mark Nelson performs his new album; I'm Not Afraid, in front of a live audience at the Twin Cities Public Television studios. The prolific singer songwriter discusses his work ethic and the benefits of failure in his young music career. Songs performed: Holes in Our Skin, Broken, Dream Last Night, Control, That's What You Do.	APTEX	(S)	(CC)	N/A	#116H
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02:00:00	Live from the Artists Den Panic! at the Disco Downtown Los Angeles' historic Mayan Theater provided a spectacular backdrop for Panic! At the Disco's taping of Live from the Artists Den. The LA-based band, led by frontman Brendon Urie, offered a boisterous performance highlighting material from their critically acclaimed new album Death of a Bachelor, which was released on January 15th via DCD2/Fueled By Ramen and debuted at No. 1 on the Billboard 200 Chart. Urie and crew revisited favorites like "Time To Dance" and "Nine In The Afternoon," as well as new tracks like "Victorious" and "Hallelujah." Five hundred of the band's fans filled the ornate theater, which was originally built in 1927, and lent their voices to the night's closing song and fan favorite, "I Write Sins Not Tragedies."	APTEX	(S)	(CC)	N/A	#1101H
03:00:00	Variety Studio: Actors On Actors Gal Gadot (Wonder Woman) with Kumail Nanjiani (The Big Sick), Willem Dafoe (The Florida Project) with Hugh Jackman (Logan), Mary J. Blige (Mudbound) with Salma Hayek (Beatriz at Dinner) and Allison Janney (I, Tonya) with Sam Rockwell (Three Billboards Outside Ebbing, Missouri).	NETA	(S)	(CC)	N/A	#702H
04:00:00	West of the West: Tales from California's Channel Island Settlers 6. The Last Round-up - Tim Vail, 4th generation rancher on Santa Rosa Island, gives a personal history of his family's involvement there while lamenting the end of their cattle operation after a century. The parallel story is the birth of Channel Islands National Park as told by Bill Ehorn, the founding Park Supervisor and friend of the Vails. 7. Graveyard of Ships - The Channel Islands lie in one of the most hazardous shipping channels in the world. While telling the story of the crash of the paddle wheel steamer Winfield Scott into middle Anacapa Island in 1853, Bob Schwemmer of NOAA and others also describe some of the more than 500 other wrecks in Marine Sanctuary Waters. Many of which can be dived on today in this "underwater museum." 8. Magic Isle - Santa Catalina Island - Catalina is the most widely known of the Channel Islands, and the only one still privately owned. Its fame is the result of the vision of one man, William Wrigley Jr. who bought the island sight unseen in 1919. We chronicle its glory years of movie stars, the Chicago Cubs, and Big Band dancing in the Casino, as well as its struggles to stay relevant today. William Wrigley's great grand-daughter Alison Rusack and her family tell us about the challenges and joys of keeping his dream alive. 9. The Legendary King of San Miguel Island - Betsy Lester Roberti travels back to the windswept and desolate island where she grew up as a child. She describes her "Swiss Family Lester" upbringing and her larger than life father Herbie. And his untimely demise on the eve of World War 2.	APTEX	(S)	(CC)	N/A	#102H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#664

Thu, Jul 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Star Crossed/Night of the Fweebs	APTEx	(S)	(CC)	DVI	#110
	<p>STAR CROSSED: After luring the Zula Patrol into deep space, Dark Truder steals all the constellations in the sky. He corrals them in a caravan of cages so the ZPers won't be able to "steer by the stars" and chart a course home. The quarrelling, star-crossed constellations have to learn to work together before the Zula Patrol can set them free - and make Truder see stars. NIGHT OF THE FWEEBES: It's the Night of the Fweebs and the Zula Patrol gets a front row seat as these furry creatures migrate to the North Pole using Polaris, the North Star, as a guide. But chaos ensues when the Zula Patrol discover the North Star is missing, causing the Fweebs stumble around in confusion, utterly lost! Our heroes must find and return Polaris to its rightful spot in the night sky or the Fweebs are doomed!</p>					
08:30:00	Thomas Edison's Secret Lab	APTEx	(S)	(CC)	N/A	#120H
09:00:00	Functional Fitness with Suzanne Andrews Fat Burning 2	ACCES		(CC)	N/A	#104H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Back Strengthening (All Standing)	APTEx	(S)	(CC)	DVI	#920H
10:00:00	Sit and Be Fit Strong Back Strong Core	NETA	(S)	(CC)	N/A	#1304H
	<p>Mary Ann combines a variety of exercises to emphasize the importance of strong core muscles and their role in maintaining back health.</p>					
10:30:00	Sewing with Nancy Tried and True Sewing & Quilting Tips, Part 1	NETA	(S)	(CC)	N/A	#2911H
	<p>Learn tried and true sewing and quilting tips from the experts. Quilting and sewing experts took time from teaching at Nancy's Notions annual Sewing Weekend event in Beaver Dam, WI, to share their favorite tried and true tips. Learn from Nancy's friends during this program recorded on location.</p>					
11:00:00	Knit and Crochet Now! Downton Abbey-Inspired Gloves	APTEx	(S)	(CC)	DVI	#707H
	<p>This week designer Rohn Strong joins Deborah Norville with not one but two pairs of fingerless gloves...one knit and one crochet. The knit Unger Mitts feature a cable and the Riviera Crochet Mitts has an elegant filet cuff, both of which would be suitable for a dinner party at Downton Abbey! In the stitch corner Ellen is demonstrating a Crochet Motif.</p>					
11:30:00	Fons & Porter's Love of Quilting Kin Coterie	NETA	(S)	(CC)	N/A	#2802H
	<p>When you find a block pattern you love, does it also have a "sister" block? We will define the term and show you how to creatively design a quilt using that as your inspiration. Patrick and AnneMarie Chany discuss color choices, techniques and arrangement of patchwork-all decisions we address in this episode.</p>					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7254H
13:00:00	The Jazzy Vegetarian Southwestern Style Menu	NETA	(S)	(CC)	DVI	#104H
	<p>Host Laura Theodore prepares Southwestern style recipes that are bursting with festive flavor. First up, "Five-Ingredient Guacamole" whips up in 5-minutes. "Jazzy Black Bean Chili" makes a great party dish or mid-week meal, paired with hearty "Double-Corn Cornbread." Even the kids will love "Nutritious Nachos," fun fare that prepares in under twenty minutes. "Sweet and Spicy Chocolate Mousse" offers a rich and satisfying dessert with just a little bit of heat!</p>					
13:30:00	Sara's Weeknight Meals Girlpower: Hot Young Female Chefs	APTEx	(S)	(CC)	N/A	#608H
	<p>Sara is all about empowering women in the kitchen, whether it's at home or in a restaurant. In this show she visits two up and coming female chefs who are changing their worlds. First, Mashama Baily of Savannah's The Grey, a hot new restaurant in that city's former Greyhound Station. They cook together, and Mashama takes Sara on a cook's tour of Savannah. Back in Sara's kitchen, Amanda Cohen of New York's Dirt Candy stops by to cook her zucchini and Pasta noodles with garlicky yogurt sauce. On the side, her Kentucky lemonade spiked with a good dose of bourbon and beet juice for color. Recipes: Zucchini and pasta noodles with garlicky yogurt sauce; Kentucky lemonade.</p>					

Daily Program Listing II

43.1

Date: 06/11/2018

07/01/2018 - 07/31/2018

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Thu, Jul 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Joanne Weir Gets Fresh Potatoes	APTEX	(S)	(CC)	N/A	#104H
	One potato, two potatoes, three potatoes, four! In this episode dedicated to spuds, Joanne takes us to her restaurant Copita to show us how they make her favorite dish, and follows it up by teaching her student how to incorporate potatoes into recipes such as a Sweet Potato Vichyssoise and Spiced Papas Bravas with Avocado Crema. Recipes: Sweet Potato Vichyssoise with Chipotle Crema, Spiced Papas Bravas with Avocado Crema. Student: Kevin Blum.					
14:30:00	New Scandinavian Cooking Back to the Roots	APTEX	(S)	(CC)	N/A	#404H
	Stepping back in history, Andreas channels the Vikings as he travels west to Iceland - the Norse settlement in the middle of the Atlantic Ocean. He combines ingredients from both the sea and the land to create an elegant surf-and-turf dish of redfish and langoustines cooked in lamb stock. At the restaurant Dill, he discovers how ancient traditions and present-day innovations co-exist. Afterwards, he grills lamb over an open fire, Viking-style, and creates a delicious dessert made from Skyr, a special Icelandic dairy culture, served with local berries.					
15:00:00	Beads, Baubles and Jewels Metalworking In Style	NETA	(S)	(CC)	N/A	#2411H
	Express your style in metalwork and with lettering, too. Mary Hettmansperger adds a window in metal work to make a versatile bezel. She adds style by layering metals and putting a variety of motifs behind the window. Creative collaborator Brenda Schweder shares her favorite tips on soldering metalwork. Katie Hacker puts her style into words with lettering in Katie's Beading Lesson.					
15:30:00	Katie Brown Workshop South of the Border	APTEX	(S)	(CC)	DVI	#505H
	Capture the flavor and flair of what lies south of the border with festive food and fun projects. In the Kitchen: Speedster Chili, Zesty Turkey Enchiladas, Easy and Delicious Guacamole. Projects: A feather-adorned picture frame. Planting peppers.					
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 Old Is New	NETA	(S)	(CC)	DVI	#1902H
	Give a new twist to traditional art forms. Jenny Barnett-Rohrs makes a trinket box inspired by a popular video game. Then, she makes a friendly turtle using the ancient art of mosaic. Candie Cooper creates pop art with polka dots in the style of the artist Kusama, and Jenny coils a rag basket with a touch of denim.					
17:00:00	P. Allen Smith's Garden Home Road Trip	APTEX	(S)	(CC)	N/A	#1513H
	P. Allen Smith packs his bags hits the open road for a more local approach to travel in North Carolina, Rhode Island, Tennessee and Arkansas.					
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm, Part I (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#801H
	This season premiere episode documents the first of a two-part series covering an entire year in the working garden set for the television series. Host Joe Lamp'l and gardener-in-residence takes you behind the scenes for the reality of the spring and summer seasons like you've never seen before.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15144H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1504H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9079
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1308H
20:00:00	Backstage Pass Best of Blues	NETA	(S)	(CC)	N/A	#720H
	Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.					

Thu, Jul 19, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Music Voyager Morocco: The Spirit - The South	APTEX	(S)	(CC)	N/A	#708H
	<p>Friends Nouamane Lahlou, Hassan Hakmoun and Laurent LeGall travel across the Atlas Mountains to Marrakesh, one of the most exotic cities in the world. This is where artists and poets, painters and creatives sought their inspiration. Hassan was born and raised here, and this is the city where at the age of five years old he learned how to play Gnawa music. Hassan takes his friends to the house where he grew up, the bakery that he worked in, and the instrument maker that makes his sintir from scratch. The market is bustling with exotic foods, clothes, colors and entertainment. From Marrakesh the friends head to Essaouira, the old city of Mogador by the sea, where the blend of Arabic, Hebrew, and French languages can be heard floating through the seaside resort, home of the International Gnawa Festival. Hassan invites the original Gnawa group to perform on the old fort overlooking the ocean. From Essaouira, the three of them head to the southern desert of the Moroccan Sahara, the home of the Sahrawi people. There, they invite one of the foremost popular artists Fnaire to join them. Their journey brings them to Agadir, a major city in central coastal Morocco, and the home of the Timitar Music Festival. Venturing further into the Western Sahara as guests of Hassan Hakmoun, Fnaire and Nass El Ghiwane, the team travels by road to Dakhla. Through the artist ambassadors, they seek to understand Gadra music, its origins, how it is being preserved, and the modern interpretations of this style of music.</p>					
21:00:00	Live at the Charleston Music Hall Drivin N Cryin	NETA	(S)	(CC)	N/A	#111H
	<p>Georgia Rock n' Roll Hall of Famers, Drivin N Cryin, celebrate 32 years together. Their hit 'Straight To Hell' is given new life on Darius Rucker's latest release as a collaboration with Luke Bryan, Jason Aldean, and Charles Kelley. In this episode, these rockers deliver all the goods and keep the audience on their feet.</p>					
21:30:00	Live at the Charleston Music Hall Sam Bush	NETA	(S)	(CC)	N/A	#102H
	<p>Called "The Father of Newgrass" and "King of Telluride," Bush has long since established himself as roots royalty, revered for both his solo and sideman work, which includes time with Emmylou Harris, Lyle Lovett, and Bela Fleck. He's the recipient of an Americana Music Association Lifetime Achievement Award and suite of Grammys and International Bluegrass Music Association trophies. Sam talks instruments and takes us on a musical journey in this episode.</p>					
22:00:00	Heart of the World: Colorado's National Parks	APTEX	(S)	(CC)	N/A	#103H
	<p>Humans are an important part of the story of Colorado's National Parks. Some used the abundant natural resources to make it home. Others used ingenious methods to adapt to the harsh environments. Still others recognized the wonder of these places and sought to preserve them for future generations. The common denominator for humans across cultures - and through time - is the power the National Parks of Colorado have on the human spirit.</p>					
23:00:00	Canefield Songs: Holehole Bushi	NETA	(S)	(CC)	N/A	#0H
	<p>In this new film, Professor of Anthropology Christine Yano explains, "If we want to know something of what some of these women</p>					
23:30:00	Stories of the Mind Beating Anxiety	NETA	(S)	(CC)	N/A	#106H
	<p>Three characters in different times of their lives use different tactics to manage their anxiety, the most common type of mental health disorder for Americans.</p>					

Fri, Jul 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Well Read Todd Kessler, Discussion On Raising Readers Todd Kessler, co-creator and Executive Producer of one of the most successful series in the history of children's television - Blues Clues - is turning his attention to young readers. The author of Good Dog and Good Dog, Bad Cat discusses his goal to transform children's books, literacy and our concept of their understanding and learning abilities.	APTEX	(S)	(CC)	N/A	#601H
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1308H
01:00:00	Backstage Pass Best of Blues Best of Blues will feature the top soulful blues performances from 2015. Recorded live at Michigan BluesFest 2015 and in studio, Best of Blues will give you something to groove with featuring Chris Canas, Good Cookies, Donald Kinsey with the Dewaynes, Thornetta Davis, and Toronzo Cannon.	NETA	(S)	(CC)	N/A	#720H
01:30:00	Music Voyager Morocco: The Spirit - The South Friends Nouamane Lahlou, Hassan Hakmoun and Laurent LeGall travel across the Atlas Mountains to Marrakesh, one of the most exotic cities in the world. This is where artists and poets, painters and creatives sought their inspiration. Hassan was born and raised here, and this is the city where at the age of five years old he learned how to play Gnawa music. Hassan takes his friends to the house where he grew up, the bakery that he worked in, and the instrument maker that makes his sintir from scratch. The market is bustling with exotic foods, clothes, colors and entertainment. From Marrakesh the friends head to Essaouira, the old city of Mogador by the sea, where the blend of Arabic, Hebrew, and French languages can be heard floating through the seaside resort, home of the International Gnawa Festival. Hassan invites the original Gnawa group to perform on the old fort overlooking the ocean. From Essaouira, the three of them head to the southern desert of the Moroccan Sahara, the home of the Sahrawi people. There, they invite one of the foremost popular artists Fnaire to join them. Their journey brings them to Agadir, a major city in central coastal Morocco, and the home of the Timitar Music Festival. Venturing further into the Western Sahara as guests of Hassan Hakmoun, Fnaire and Nass El Ghiwane, the team travels by road to Dakhla. Through the artist ambassadors, they seek to understand Gadra music, its origins, how it is being preserved, and the modern interpretations of this style of music.	APTEX	(S)	(CC)	N/A	#708H
02:00:00	Live at the Charleston Music Hall Drivin N Cryin Georgia Rock n' Roll Hall of Famers, Drivin N Cryin, celebrate 32 years together. Their hit 'Straight To Hell' is given new life on Darius Rucker's latest release as a collaboration with Luke Bryan, Jason Aldean, and Charles Kelley. In this episode, these rockers deliver all the goods and keep the audience on their feet.	NETA	(S)	(CC)	N/A	#111H
02:30:00	Live at the Charleston Music Hall Sam Bush Called "The Father of Newgrass" and "King of Telluride," Bush has long since established himself as roots royalty, revered for both his solo and sideman work, which includes time with Emmylou Harris, Lyle Lovett, and Bela Fleck. He's the recipient of an Americana Music Association Lifetime Achievement Award and suite of Grammys and International Bluegrass Music Association trophies. Sam talks instruments and takes us on a musical journey in this episode.	NETA	(S)	(CC)	N/A	#102H
03:00:00	Heart of the World: Colorado's National Parks Humans are an important part of the story of Colorado's National Parks. Some used the abundant natural resources to make it home. Others used ingenious methods to adapt to the harsh environments. Still others recognized the wonder of these places and sought to preserve them for future generations. The common denominator for humans across cultures - and through time - is the power the National Parks of Colorado have on the human spirit.	APTEX	(S)	(CC)	N/A	#103H
04:00:00	Canefield Songs: Holehole Bushi In this new film, Professor of Anthropology Christine Yano explains, "If we want to know something of what some of these women	NETA	(S)	(CC)	N/A	#0H
04:30:00	Stories of the Mind Beating Anxiety Three characters in different times of their lives use different tactics to manage their anxiety, the most common type of mental health disorder for Americans.	NETA	(S)	(CC)	N/A	#106H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#665

Fri, Jul 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Zula Patrol Mutual Distraction/What Goes Up Must Come Down	APTEX	(S)	(CC)	DVI	#111
	MUTUAL DISTRACTION: Dark Truder hides a magnet in a cloud to magnetize the Zula Patrol, rendering them ineffective, but it's Wizzy and Wigg who end up magnetized. The Zula Patrollers learn all about magnetism as they try to save the siblings - and themselves, when their ship becomes a giant refrigerator magnet. WHAT GOES UP MUST COME DOWN: Explorers from the planet Polkadottia make an emergency landing on Zula and send cryptic visual messages for help to the Zula Patrol. Once our ZPers are able to decipher these messages and find the stranded Polkadottians, they are also able to figure out their problem: The visitors come from a smaller and less massive world than Zula, so they aren't used to the stronger gravitational pull and mass of the ZPers' planet. Our heroes tow the Polkadottians to Mercury - a planet that equals Polkadottia in mass and gravity. There, they help the visitors fix their ship so they can return home.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#121H
09:00:00	Functional Fitness with Suzanne Andrews Arthritis Relief	ACCES		(CC)	N/A	#105H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Spine Strength & Flexibility (All Standing)	APTEX	(S)	(CC)	DVI	#921H
10:00:00	Sit and Be Fit Neuromuscular Coordination	NETA	(S)	(CC)	N/A	#1305H
	In this episode, Mary Ann uses heel tapping, patting, clapping and changing of rhythm patterns which contribute to improving neuromuscular coordination.					
10:30:00	Sewing with Nancy Tried and True Sewing & Quilting Tips, Part 2	NETA	(S)	(CC)	N/A	#2912H
	Enjoy tried and true tips from a variety of sewing and quilting personalities. Sewing and quilting specialists took time from their busy teaching schedule, at Nancy's Notions Sewing Weekend in Beaver Dam, WI, to record some of their favorite sewing and quilting techniques. You'll love the plethora of tips!					
11:00:00	Knit and Crochet Now! Shaped Cardigans	APTEX	(S)	(CC)	DVI	#708H
	Today we are making cardigans, a versatile staple for any wardrobe. Deborah Norville is joined by Kristin Nicholas with the Cosima Cardigan, that features a lace panel front that also creates a cable. Then on to Robyn Chachula who is showing how to make the textured crochet Twyla Cardigan. The stitch of the week is a new take on Shetland Lace by Rohn Strong.					
11:30:00	Fons & Porter's Love of Quilting Dressed-Up Patchwork: Piecing with Alternative Fabrics	NETA	(S)	(CC)	N/A	#2803H
	Creating an original quilt, sometimes takes in a different direction. As quilters we work with cotton fabrics a majority of the time. Have you been curious about all the other fabrics available, denim, velvet, taffeta, and knits just to name a few. Can they be used in quilts? If so, what type of quilts and how do we approach them successfully. Patrick is joined by Jerry Granata an award winning quilter who teaches us the methods for working with alternative fabrics.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7255H
13:00:00	Mike Colameco's Real Food Lilia / Delaware & Hudson	NETA	(S)	(CC)	N/A	#1516H
	Missy Robbins after years running both A Voce locations in Manhattan finally has her own spot in Williamsburg Brooklyn, Lilia one of the best restaurant to open in 2016. After decades running some of Manhattans best kitchens chef Patty Jackson now has her own place too, Delaware & Hudson and not surprisingly it's also in Williamsburg.					
13:30:00	Cooking with Nick Stellino Nick's Favorites	APTEX	(S)	(CC)	N/A	#207H
	Pasta with Shrimp & Zucchini; Veal Saltimbocca; Cherry Almond Rice Pudding.					
14:00:00	Chef Paul Prudhomme's Always Cooking! Stewing	APTEX	(S)	(CC)	DVI	#112
	South Miami Cuban Stew, Shrimp & Potato Stew with Fresh Fennel, Greens Stew.					

Daily Program Listing II

43.1

Date: 06/11/2018

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Fri, Jul 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Jacques Pepin: Heart & Soul Cuisine De Ma Cherie	APTEX	(S)	(CC)	N/A	#116H
	In honor of their love, Jacques prepares a meal of his wife Gloria's favorites. First he creates a tasty herbed omelet with shrimp. He then goes on to combine cilantro with Gloria's favorite ingredient, rice, to make cilantro rice, which pairs perfectly with a stew of calamari with saffron and cucumber, onion and mint salad. The whole meal is followed with a Pepin spin on a classic dessert, rice pudding with dried cherries and blueberry sauce.					
15:00:00	Beads, Baubles and Jewels Connecting The Elements	NETA	(S)	(CC)	N/A	#2412H
	Bend and shape your style with wire. Author and designer Brenda Schweder uses a jig to wrangle wire into repeating shapes to create a cool necklace. In Katie's Beading Lesson, Candie Cooper uses sea glass and cool findings to create a hip bolo necklace. Teens and tweens will love mixing leather cord with chains for extra style.					
15:30:00	Katie Brown Workshop Under The Tuscan Sun	APTEX	(S)	(CC)	DVI	#506H
	Grab your passport because Katie and her workshop crew present sure-to-please Italian-inspired ideas. In the Kitchen: Tasty Polenta Bites, Italian-Style Focaccia Bread and Katie's Infamous Italian Chicken. Projects: Drying herbs with style. Building an herb garden.					
16:00:00	Biz Kid\$ 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 Stars	NETA	(S)	(CC)	DVI	#1903H
	Look beyond the sky. Jenny Barnett-Rohrs makes a glittery star catcher featuring the constellations. Candie Cooper creates a 3-D board illustrating moon phases. Artist Franz Spohn creates a landscape featuring clouds. Candie Cooper creates a sparkly space galaxy.					
17:00:00	P. Allen Smith's Garden Home Unique Eureka	APTEX	(S)	(CC)	N/A	#1514H
	P. Allen Smith visits the one-of-a kind mountain town of Eureka Springs, Arkansas. Art, food and natural scenery abound as we unwrap this hidden treasure.					
17:30:00	Growing A Greener World A Year in the Life of the Garden Farm, Part II (Atlanta, Ga)	APTEX	(S)	(CC)	N/A	#802H
	Part II of this series picks up with the tomato season waning and a brand-new season of cool season edibles ready to plant. Host, Joe Lamp'1 takes you on his gardening journey in the GGW garden set through the fall and into winter, complete with challenges and takeaways anyone can apply.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15145H
18:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1429H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9080
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1029H
20:00:00	Song of the Mountains Salt & Light / Dollywood's Smoky Mountain String Band	NETA	(S)	(CC)	N/A	#1303H
21:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2108H
22:00:00	Film School Shorts Pet Problems	NETA	(S)	(CC)	N/A	#504H
	Three wayward pets wreak havoc on the lives of their owners, neighbors and even distant acquaintances in these short films: Rosie, Oh by Andy Koeger and Apple Xenus, The Execution by Elise Ahrens, and Cupcake Bob by Olivia Accardo.					

Daily Program Listing II

43.1

Date: 06/11/2018

07/01/2018 - 07/31/2018

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Fri, Jul 20, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	On Story A Conversation with Misha Green	NETA	(S)	(CC)	N/A	#808H
	Show creator Misha Green isn't afraid to push boundaries; the critically-acclaimed Underground, a historical period drama about the Underground Railroad that she co-created with Joe Pokaski, combined terror, modern music, romance, and thrills, breaking ground for the genre. In this episode, Misha talks about her experience as a first-time showrunner, having to say goodbye to a story before it's finished, and what she's working on next. Hint: it involves Get Out writer-director Jordan Peele.					
23:00:00	Science Goes to the Movies Star Trek/ Tony Stark's Lab	EPS	(S)	(CC)	N/A	#303H
	Princess Leia, Tupac Shakur and Michael Jackson have all been made into holograms - How was it done? And how close are we to having real Marvel Universe labs like Tony Stark's? Dr. Vinod Menon explains what exactly a hologram is, how they are created, and what the future might hold for this impressive technology.					
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1134H

Sat, Jul 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Second Opinion Knee Replacement Patient Story: Knee pain is a common problem and can escalate into extreme consequences that compromise lifestyle. Steve Jasinski has been dealing with severe knee pain issues that have had a negative impact on him for many years. He shares his personal story and learns about new options that could restore his quality of life. Myth or Medicine: Should you take it easy and avoid exercise after joint replacement surgery? Second Opinion 5: Five things to think about when considering joint replacement.	APTEX	(S)	(CC)	N/A	#1107H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1029H
01:00:00	Song of the Mountains Salt & Light / Dollywood's Smoky Mountain String Band	NETA	(S)	(CC)	N/A	#1303H
02:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2108H
03:00:00	Film School Shorts Pet Problems Three wayward pets wreak havoc on the lives of their owners, neighbors and even distant acquaintances in these short films: Rosie, Oh by Andy Koeger and Apple Xenus, The Execution by Elise Ahrens, and Cupcake Bob by Olivia Accardo.	NETA	(S)	(CC)	N/A	#504H
03:30:00	On Story A Conversation with Misha Green Show creator Misha Green isn't afraid to push boundaries; the critically-acclaimed Underground, a historical period drama about the Underground Railroad that she co-created with Joe Pokaski, combined terror, modern music, romance, and thrills, breaking ground for the genre. In this episode, Misha talks about her experience as a first-time showrunner, having to say goodbye to a story before it's finished, and what she's working on next. Hint: it involves Get Out writer-director Jordan Peele.	NETA	(S)	(CC)	N/A	#808H
04:00:00	Science Goes to the Movies Star Trek/ Tony Stark's Lab Princess Leia, Tupac Shakur and Michael Jackson have all been made into holograms - How was it done? And how close are we to having real Marvel Universe labs like Tony Stark's? Dr. Vinod Menon explains what exactly a hologram is, how they are created, and what the future might hold for this impressive technology.	EPS	(S)	(CC)	N/A	#303H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1134H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#666
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Hibiscus on a Painted Mat In this episode, Gary makes use of a mat and explains how you can do this. He paints a pink hibiscus amidst a beautiful fantasy of leaves and stalks. Note the complementary background of the painting that sets off the color of the hibiscus flower very nicely.	APTEX	(S)	(CC)	N/A	#518H
08:30:00	Painting with Wilson Bickford Out to Pasture, Part 1 Old cars and trucks have a lot of character - and make great painting subjects! In this piece, an old truck has been left to rust in a flowery pasture. In Part 1, Wilson masks out the truck and starts the background.	NETA	(S)	(CC)	N/A	#208H
09:00:00	Landscapes Through Time with David Dunlop American Impressionists In Giverny, France David follows in the footsteps of the American artists who formed an art colony in Giverny in the 1880-1920s, drawn by the creative magnetic influence of Claude Monet. In the last quarter of the 19th century, artists from Paris escaped the uncomfortable heat of the Parisian summers by train to the surrounding villages along the Seine to form art colonies. The American artists formed a well-integrated colony in Giverny and explored an American style of Impressionism that was then exported to the United States at the turn of the century. David will explore the similarities and differences between French Impressionism and American Impressionism as he paints on the hillside above Giverny, popular with Theodore Robinson and Willard Metcalf.	NETA	(S)	(CC)	DVI	#105H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Slenderize The Saddle Bags	APTEX	(S)	(CC)	DVI	#922H

Sat, Jul 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Functional Fitness with Suzanne Andrews Leg Strengthening Workout	ACCES	(S)	(CC)	N/A	#308H
11:00:00	Neven Maguire: Home Chef Neven returns to London, where Andy McFadden, head chef of the 1 Michelin star L'Autre Restaurant, prepares a delicious scallops ceviche. Later, Neven cooks local lamb with pea puree and rosemary jus, and a dessert called 'The Orchard,' which includes apple pannacotta with apple jelly, glazed apple tart, apple crumble and apple parfait.	APTEX	(S)	(CC)	N/A	#110H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Chocolate Dreams, Cacao Fantasies Belgian-born chocolatier Mathieu Brees brings Rick deep in the jungles of Ticul for a tour of cacao groves. The serene setting is the backdrop for a complete bean-to-bar chocolate education, with Mathieu, Rick and the plantation's caretaker tromping around the lovingly farmed cacao fields. Then, Rick and Mathieu head to the Ki' Xocolatl chocolate factory in Merida. Still daydreaming about all of that chocolate, Rick makes a trio of cacao-inspired dishes, including a chocolate cake with candied ancho chile, red mole with chocolate and a cocktail featuring macerated cacao and chile-infused tequila.	APTEX	(S)	(CC)	N/A	#1110H
12:00:00	Lidia's Kitchen Sweet and Savory It's all about the balance today as Lidia pairs some unexpected ingredients that result in the best of flavors. She starts the meal with her prosciutto and fig bruschetta: grilled bread topped with a salty sweet combination of prosciutto and fig jam; spaghetti with fennel and bitter greens: spaghetti tossed with fennel, escarole and a splash of balsamic; chocolate anise biscotti: the "twice cooked" Italian cookie made with chocolate and anise.	APTEX	(S)	(CC)	N/A	#416H
12:30:00	Food Over 50 Dietary Fat: The Good, The Bad & The Necessary Series host David Jackson prepares two exemplary recipes in the studio kitchen. First, a low fat open-face burger and then grilled ahi tuna steak with herbaceous olive oil sauce, both illustrating how easy it is to cut saturated fats, emphasize healthier mono-unsaturated fats and not lose a speck of flavor in the process. David visits Thom Curry, owner of Temecula Olive Oil Company. Thom is on the board of the California Olive Oil Council and a member of the C.O.O.C. Certification Tasting Panel. He explains the health benefits, flavor profiles, culinary attributes and even marketing stratagems of olive oil, while showing David how top quality olives are picked and pressed into green/gold elixir. David and Elizabeth also get together for another "Second Helpings" segment of nutritionally vital Q&A about dietary fats, after which he closes the episode on his bike with another "Earn What You Eat" fitness message.	APTEX	(S)	(CC)	N/A	#108H
13:00:00	Expeditions with Patrick Mcmillan Beringia, The Eternal Frontier	APTEX	(S)	(CC)	N/A	#103H
13:30:00	Weekends with Yankee Back to the Land New England's landscape is vast and varied-from small farms to sprawling forests, green valleys to rocky mountaintops. Today on Weekends with Yankee, we visit the Well at Jordan's Farm, where one small farm gives new meaning to "farm to table" dining by serving its own produce at an alfresco restaurant just steps from the fields. Then we travel south to Connecticut's Grace Farms, where we meet some incredible birds of prey. And we conclude with a lesson in fly-fishing from angler, artist, and author James Prosek.	APTEX	(S)	(CC)	N/A	#110H
14:00:00	Rick Steves' Europe Norway's West: Fjords, Mountains and Bergen For Scandinavia's most thrilling sightseeing, we sail under towering fjord cliffs, hike on powerful glaciers, and find surviving traditions in remote farm hamlets. Then we delve into the Hanseatic heritage and enjoy the salty hospitality of Norway's historic capitol, Bergen.	APTEX	(S)	(CC)	N/A	#608H
14:30:00	Born to Explore with Richard Wiese Uganda: Mountain Gorillas Deep in the heart of Uganda lies the Bwindi Impenetrable Forest, one of the world's last refuges for mountain gorillas. Richard Wiese joins a group of trackers as they come face to face with these extraordinary elusive creatures. He meets a tribe of Batwa Pygmies, who lived amidst the gorillas in the Bwindi Forest. He finds out how these people have adapted to a new life in the village after moving out of the forest to save their primate neighbors.	APTEX	(S)	(CC)	N/A	#119H

Sat, Jul 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart Did you know that daffodils have four different periods of bloom? Select the right varieties and you can have daffodils blooming for eight weeks. GardenSMART visits an expert who has the most impressive collection of daffodils we've encountered. And there is a lot to learn. Be sure to tune in as we GardenSMART.	NETA	(S)	(CC)	N/A	#5009H
15:30:00	For Your Home Garage Apartment Part I This FYH classic episode is the most requested project ever. Join Vicki and her FYH team as they transform an unused garage attic into a stunning two-bedroom garage apartment.	APTEX	(S)	(CC)	N/A	#3112H
16:00:00	Drexel Interview Garry Kasparov Chess Grandmaster, author, and human rights activist Garry Kasparov spent two decades as the world's number-one-ranked chess player, before eventually leading the pro-democracy opposition against Russian President Vladimir Putin. He went on to become Chairman of the Human Rights Foundation, and is the author of How Life Imitates Chess: Making the Right Moves, From the Board to the Boardroom and Winter Is Coming: Why Vladimir Putin and the Enemies of the Free World Must Be Stopped. In this interview, Host Paula Marantz Cohen moves through Kasparov's rise to iconic status as a chess champion, the cultural impact of chess as a mind sport, and symbolism and strategy employed both on the board and in the political arena. Kasparov discusses Winter Is Coming (which criticizes the tyranny of Putin's Russia), and calls on leaders of the free world to advocate for global human rights and social change.	NETA		(CC)	N/A	#503H
16:30:00	Overheard with Evan Smith Walter Isaacson, Author Walter Isaacson is an author, Professor of History at Tulane, and was formerly the CEO of the Aspen Institute, chairman of CNN, and editor of Time magazine. He has written many biographies including Einstein: His Life and Universe, Steve Jobs, Benjamin Franklin: An American Life and most recently, Leonardo da Vinci.	NETA	(S)	(CC)	N/A	#811H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Bicycle Maker Oh, the freedom of two wheels! Host Eric Gorges discovers how master bicycle maker, Stephen Bilenky, brazes bikes and has made a living for over 30 years doing exactly what he loves.	APTEX	(S)	(CC)	N/A	#212H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3629H
18:30:00	The Open Mind Building Bridges	NETA		(CC)	N/A	#3903H
19:00:00	Closer to Truth How Could God Make Miracles? Where do miracles fit in belief systems that center on God? If God exists, how could God make miracles happen, and what would miracles imply about the way God relates to the world?	EPS	(S)	(CC)	N/A	#1603H
19:30:00	The Whole Truth with David Eisenhower Overmedicated, Overdosed America: The Opioid Epidemic With opioid overdose deaths now surpassing deaths from car accidents in the United States, it's absolutely clear that this is a public health problem of great urgency. But what has caused the surge addiction and its consequences and what can be done about it? Our panel explores issues including the social, economic, and cultural context of the rapid increase in opioid abuse and related deaths, the medical aspects of substance abuse treatment and recovery, and public policy recommendations for a national response to these issues. Guests: Dr. David Herzberg, Associate Professor of History at the University at Buffalo; Dr. Michael Pantalon, Psychologist and Senior Research Scientist at the Yale School of Medicine; Dr. Bertha Madras, Professor of psychobiology at Harvard Medical School and member of the President's Commission on Combating Drug Addiction and the Opioid Crisis; Regina Marchetti, Certified Recovery Specialist at Crozer-Keystone Health System and a recovering addict.	APTEX	(S)	(CC)	N/A	#303H
20:00:00	Speakeasy Nick Lowe and Jim Nelson Nick Lowe has become a noted figure in UK pub rock, power pop, and new wave best known for his songs "Cruel to Be Kind" and "I Love the Sound of Breaking Glass." He is a singer-songwriter, musician, and producer and has worked with the likes of Elvis Costello, Graham Parker, and Johnny Cash. Covers of Lowe's songs "(What's So Funny 'Bout) Peace, Love, and Understanding" (Elvis Costello), "I Knew the Bride (When She Used to Rock 'n' Roll)" (Dave Edmunds), and "The Beast in Me" (Johnny Cash) went on to become hits. Lowe is joined by Jim Nelson, the editor for GQ magazine, for an intimate conversation filmed at the Montclair Film Festival for this episode of Speakeasy.	APTEX	(S)	(CC)	N/A	#305H

Daily Program Listing II

43.1

Date: 06/11/2018

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Sat, Jul 21, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Front and Center Liam Gallagher	APTEX	(S)	(CC)	N/A	#801H
	Liam Gallagher has been called an era-defining voice and the frontman of his generation for his work with Oasis. Gallagher takes the stage at New York City's McKittrick Hotel, treating the audience to a special performance of Oasis' hit, "Wonderwall" and material from his critically acclaimed debut solo album, As You Were, including "Wall of Glass" and "Universal Gleam."					
22:00:00	Globe Trekker Road Trip: Patagonia	APTEX	(S)	(CC)	N/A	#1607H
	Zay Harding takes a journey along Ruta 40 by climbing Volcan Lanin, the highest peak in the area. Traveling down the Seven Lakes Drive, he passes through the Lake District in San Carlos de Bariloche, heads next to the former hippie colony of El Bolson, boards the La Trochita steam train, searches for Butch Cassidy's hideout in Cholila and drives on to Trevelin, a town founded by Welsh immigrants that maintains that culture. Zay then makes the long trek to Cueva de las Manos to admire its incredible rock art, reaches El Chalten for the spectacular view of Mount Fitz Roy before the final leg that takes him to the Cabo Virgenes lighthouse, the last stop on Ruta 40.					
23:00:00	Arts In Context Passing It Forward	NETA		(CC)	N/A	#704H
	With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.					
23:30:00	Articulate with Jim Cotter	APTEX	(S)	(CC)	N/A	#311H
	The unconventional paths of Heidi Latsky, Gary Baseman, and Bang on a Can.					

Sun, Jul 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How Could God Make Miracles? Where do miracles fit in belief systems that center on God? If God exists, how could God make miracles happen, and what would miracles imply about the way God relates to the world?	EPS	(S)	(CC)	N/A	#1603H
00:30:00	The Whole Truth with David Eisenhower Overmedicated, Overdosed America: The Opioid Epidemic With opioid overdose deaths now surpassing deaths from car accidents in the United States, it's absolutely clear that this is a public health problem of great urgency. But what has caused the surge addiction and its consequences and what can be done about it? Our panel explores issues including the social, economic, and cultural context of the rapid increase in opioid abuse and related deaths, the medical aspects of substance abuse treatment and recovery, and public policy recommendations for a national response to these issues. Guests: Dr. David Herzberg, Associate Professor of History at the University at Buffalo; Dr. Michael Pantalon, Psychologist and Senior Research Scientist at the Yale School of Medicine; Dr. Bertha Madras, Professor of psychobiology at Harvard Medical School and member of the President's Commission on Combating Drug Addiction and the Opioid Crisis; Regina Marchetti, Certified Recovery Specialist at Crozer-Keystone Health System and a recovering addict.	APTEX	(S)	(CC)	N/A	#303H
01:00:00	Speakeasy Nick Lowe and Jim Nelson Nick Lowe has become a noted figure in UK pub rock, power pop, and new wave best known for his songs "Cruel to Be Kind" and "I Love the Sound of Breaking Glass." He is a singer-songwriter, musician, and producer and has worked with the likes of Elvis Costello, Graham Parker, and Johnny Cash. Covers of Lowe's songs "(What's So Funny 'Bout) Peace, Love, and Understanding" (Elvis Costello), "I Knew the Bride (When She Used to Rock 'n' Roll)" (Dave Edmunds), and "The Beast in Me" (Johnny Cash) went on to become hits. Lowe is joined by Jim Nelson, the editor for GQ magazine, for an intimate conversation filmed at the Montclair Film Festival for this episode of Speakeasy.	APTEX	(S)	(CC)	N/A	#305H
02:00:00	Front and Center Liam Gallagher Liam Gallagher has been called an era-defining voice and the frontman of his generation for his work with Oasis. Gallagher takes the stage at New York City's McKittrick Hotel, treating the audience to a special performance of Oasis' hit, "Wonderwall" and material from his critically acclaimed debut solo album, As You Were, including "Wall of Glass" and "Universal Gleam."	APTEX	(S)	(CC)	N/A	#801H
03:00:00	Globe Trekker Road Trip: Patagonia Zay Harding takes a journey along Ruta 40 by climbing Volcan Lanin, the highest peak in the area. Traveling down the Seven Lakes Drive, he passes through the Lake District in San Carlos de Bariloche, heads next to the former hippie colony of El Bolson, boards the La Trochita steam train, searches for Butch Cassidy's hideout in Chollila and drives on to Trevelin, a town founded by Welsh immigrants that maintains that culture. Zay then makes the long trek to Cueva de las Manos to admire its incredible rock art, reaches El Chalten for the spectacular view of Mount Fitz Roy before the final leg that takes him to the Cabo Virgenes lighthouse, the last stop on Ruta 40.	APTEX	(S)	(CC)	N/A	#1607H
04:00:00	Arts In Context Passing It Forward With their devotion to a one-of-a-kind art form, Tapestry Dance Company honors and advances the great tradition of tap dance. Through their outreach programs, the group passes on knowledge and skills to the next generation of dancers.	NETA		(CC)	N/A	#704H
04:30:00	Articulate with Jim Cotter The unconventional paths of Heidi Latsky, Gary Baseman, and Bang on a Can.	APTEX	(S)	(CC)	N/A	#311H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#667
08:00:00	Painting and Travel with Roger & Sarah Bansemer Alligator Creek Roger and Sarah Bansemer are right at home as they give viewers a glimpse of their unique Alligator Creek studio in Clearwater, Florida. Roger sets up his easel and paints in the creek.	NETA	(S)	(CC)	N/A	#109H
08:30:00	Painting with Paulson Two Different Worlds Part I	NETA	(S)	(CC)	N/A	#1609H

Sun, Jul 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Mermaid	APTEX		(CC)	N/A	#510H
	<p>Many artists focus heavily on color combinations early in their careers. However, an important aspect of color theory is contrast -- or using the difference between colors for a heightened effect. Color can contrast in hue, value, and saturation. For example, contrast of hue is what relates most directly to color wheel combinations. The further away two colors are from each other, the higher the contrast. A special case of contrast of hue is the contrast between warm and cold colors. 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 to create a vivid painting of a mermaid.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Leg Slenderizers	APTEX	(S)	(CC)	DVI	#923H
10:00:00	Sit and Be Fit Strengthening Muscles & Joints	NETA	(S)	(CC)	N/A	#1307H
	<p>This program is devoted to strengthening muscles to stabilize our joints and preserve muscle mass.</p>					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#216
11:00:00	Yan Can Cook: Spice Kingdom Back to Roots	APTEX	(S)	(CC)	N/A	#112H
	<p>Many small family farms around Chengdu have turned into chic bed and breakfast places. They are popular with many of Chengdu's residents who can trace their roots back to the country. Martin joins a farming family for dinner at their house. He rolls up his sleeves and learns about authentic farmers cooking.</p>					
11:30:00	New Orleans Cooking with Kevin Belton German Heritage	APTEX	(S)	(CC)	N/A	#108H
	<p>Red cabbage, beef rouladen, potato pancakes.</p>					
12:00:00	Ciao Italia Porchetta	NETA	(S)	(CC)	N/A	#2514H
	<p>When it comes to pork, come to Tuscany, where Mary Ann goes to Da Ventura restaurant in San Seppolcro, Italy where chef/owner, Marco Tofanelli creates a classic Tuscan Rolled Pork Roast, complete with pan-fried potatoes and a sprig of fennel. Mary Ann then goes nella cucina to continue cooking in the Tuscan tradition by making Sweet Pork Sausage with Grapes.</p>					
12:30:00	Mike Colameco's Real Food Philippines	NETA	(S)	(CC)	N/A	#1413H
	<p>With two NYC based Philippine-American chefs, King Phojanakong and Neil Patrick Syham in tow Mike tours Manila and a half dozen other islands sampling Lechon, scissor noodles in Manila's Chinatown, epic Mall food, does a stand-up dorian tasting in the jungle, visits a few markets and tries to figure out exactly what Philippine food is all about.</p>					
13:00:00	Travels with Darley Martinique Adventures	NETA	(S)	(CC)	N/A	#301H
	<p>Explore the French Caribbean on the island of Martinique, combining beautiful beaches with lush rainforests and quiet fishing villages with vibrant cultural sites. Host Darley Newman meets local guides to take a deeper dive into the top places to sun, sail, snorkel, eat, drink and enjoy eco-friendly nature and fascinating Creole culture.</p>					
13:30:00	Travel Detective with Peter Greenberg Hidden Gems of Memphis	NETA	(S)	(CC)	N/A	#408H
	<p>CBS News Travel Editor Peter Greenberg reveals his hidden gems of Memphis. Plus, large hotel chains seem to be running the hospitality game these days. But, family-run hotels still do exist, and are thriving in Hawaii. And, Greenberg goes behind the scenes and speaks with major players in the cruise industry, to hear about the challenges in constructing their ships.</p>					
14:00:00	Wild Photo Adventures Alaska's Fire & Ice	NETA	(S)	(CC)	DVI	#206H
	<p>Host and professional wildlife photographer Doug Gardner explores and photographs some of Alaska's most remote territories from a 1938 Stinson bush plane with pilot Glen Alsworth Jr.</p>					

Sun, Jul 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	In The Americas with David Yetman Yakima: The Quest for Hops The explosion of craft beer brewing across the United States has created a widespread interest in the process of beer making. A beer festival in Tucson, Arizona, leads to some local brewers and sends David on a quest to the origin of what makes beer different - hops. Nearly all of the hops in the U.S. are cultivated around Yakima, Washington where the team follows the annual harvest and sample as many products of hop production as possible.	APTEX	(S)	(CC)	N/A	#402H
15:00:00	Woodsmith Shop Details of Craftsmanship Watch the Woodsmith editors dress up a panel by adding breadboards ends and decorative plugs.	NETA	(S)	(CC)	N/A	#912H
15:30:00	American Woodshop The Console Artful curved walnut base raises this natural edge table top to perfection.	NETA	(S)	(CC)	N/A	#2308H
16:00:00	Happy Yoga with Sarah Starr Waterfall Allow the beauty of the inspiring waterfall energy to recharge your body as we focus on standing postures designed to improve balance while creating more flexibility in the legs and hips using a chair for support.	NETA	(S)	(CC)	N/A	#212H
16:30:00	Second Opinion Food As Medicine Patient Story: Eating for health may be more than counting calories. Cheryl Knutsen shares her journey to health - a journey which meant leaving behind the food traditions of her childhood. Myth or Medicine: Is slow and steady weight loss better than losing weight rapidly? Second Opinion 5: Five dietary changes you can make right now to improve your health.	APTEX	(S)	(CC)	N/A	#1108H
17:00:00	Natural Health Breakthroughs with Brenda Watson Toxicity How toxic chemicals are causing genetic changes that lead to obesity - Bruce Blumberg, PhD: Professor, Developmental & Cell Biology, UC Irvine. The total toxic load on our bodies is causing multiple chronic health problems - William Rea, MD: Founder and medical director, Environmental Health Center- Dallas. Environmental toxins, especially molds, are a huge source of misunderstood illnesses - Ritchie Shoemaker, MD: retired physician, author of Surviving Mold. Personal story - Torre Dean: how she went from being an active, healthy college student to being chronically ill, and how Dr. Rea's treatment protocols brought her back to good health.	EPS	(S)	(CC)	N/A	#105H
17:30:00	Well Read Robert Moor, On Trails From a new literary voice, Robert Moor comes a groundbreaking exploration of how trails help us understand the world in his new book On Trails: An Exploration. From ants to elephants to hiking paths that span continents, Moor discusses how the wisdom of trails link together all species.	APTEX	(S)	(CC)	N/A	#602H
18:00:00	California's Gold Mammoths Huell Howser visits two locations to learn about California's Ice Age history. At the George C. Page Museum in Los Angeles and at Sonoma Coast State Beach the Columbian Mammoths that once roamed our state come to life.	KCET		(CC)	N/A	#7001
18:30:00	Joseph Rosendo's Travelscope Nicaragua - Culturally Rich and Naturally Beautiful Joseph visits Nicaragua and discovers the untouched beauty of the land and a population ready to embrace travelers. In spite of a history of trials and tribulation, today Nicaraguans are a people filled with good cheer and gifted with open hearts. Long overlooked by tourists, the country has preserved what is a treasure chest full of surprising attractions. While Nicaragua owes its cultural vitality to its Spanish roots, its natural gems are ageless. From volcanic landscape to teeming rivers and untrammelled rainforests, the program reveals a country that is a traveler's dream. Grenada is a colonial gem, Masaya a city of artisans, the Rio San Juan an avenue to adventure and the 640,000 acre Rio Maiz National Park a world treasure. Joseph touches on Nicaragua's troubled past, celebrates its free spirit and marvels at its unspoiled nature and abundant wildlife.	APTEX	(S)	(CC)	DVI	#703H
19:00:00	Blackademics Television Riders / Adams / Kabui Husband/wife hip hop duo Riders against the Storm replace digital technology with practices to better connect us. Anthropologist Dr. Adams encourages thoughtful listening with a talk on the art of the cab ride. Chef Kabui encourages sustainable organic food use.	KNME	(S)	(CC)	N/A	#602H

Daily Program Listing II

43.1

Date: 06/11/2018

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Sun, Jul 22, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Kamla Show from Silicon Valley Hadiyah Mujhid	KNME	(S)	(CC)	N/A	#207H
	Hadiyah Mujhid is Founder and Director of Historical Black Colleges VC fund. She picked engineering as an option when she did not get into medical school. Mujhid shares how her grandmother, uncles and aunts influenced her to study and how she found the courage to give up her job and become an entrepreneur. Her current focus is to promote entrepreneurship in historically black colleges in the US.					
20:00:00	Black America Motherhood with Staceyann Chin	EPS	(S)	(CC)	N/A	#102H
	Spoken-word poet and activist Staceyann Chin sits down with host, Carol Jenkins and talks about her life of activism, art and motherhood.					
20:30:00	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 Carribean Islands to China. Paul Lin reports on Elena Moon Park, artist of "Rabbit Days & Dumplings," an Asian Kids Folk music and best-selling album.					
21:00:00	All-Star Orchestra British Enigmas	APTEX	(S)	(CC)	N/A	#303H
	Elgar - Enigma Variations. Secret, "enigmatic" portraits of the composer's friends, each with great individuality Britten - Young Person's Guide to the Orchestra The perennial family favorite that showcases - one by one - all the instruments in the orchestra. The perfect introduction to classical music.					
22:00:00	Pacific Heartbeat Next Goal Wins	APTEX	(S)	(CC)	DVI	#604H
	In 2001, the tiny Pacific island of American Samoa suffered a world record 31-0 defeat at the hands of Australia, garnering headlines across the world as the worst football team on the planet. Next Goal Wins is an inspirational story about the power of hope in the face of seemingly insurmountable odds, and an object lesson in what it really means to be a winner in life.					
23:30:00	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.					

Mon, Jul 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Riders / Adams / Kabui	KNME	(S)	(CC)	N/A	#602H
	Husband/wife hip hop duo Riders against the Storm replace digital technology with practices to better connect us. Anthropologist Dr. Adams encourages thoughtful listening with a talk on the art of the cab ride. Chef Kabui encourages sustainable organic food use.					
00:30:00	Kamla Show from Silicon Valley Hadiyah Mujhid	KNME	(S)	(CC)	N/A	#207H
	Hadiyah Mujhid is Founder and Director of Historical Black Colleges VC fund. She picked engineering as an option when she did not get into medical school. Mujhid shares how her grandmother, uncles and aunts influenced her to study and how she found the courage to give up her job and become an entrepreneur. Her current focus is to promote entrepreneurship in historically black colleges in the US.					
01:00:00	Black America Motherhood with Staceyann Chin	EPS	(S)	(CC)	N/A	#102H
	Spoken-word poet and activist Staceyann Chin sits down with host, Carol Jenkins and talks about her life of activism, art and motherhood.					
01:30:00	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.					
02:00:00	All-Star Orchestra British Enigmas	APTEX	(S)	(CC)	N/A	#303H
	Elgar - Enigma Variations. Secret, "enigmatic" portraits of the composer's friends, each with great individuality Britten - Young Person's Guide to the Orchestra The perennial family favorite that showcases - one by one - all the instruments in the orchestra. The perfect introduction to classical music.					
03:00:00	Pacific Heartbeat Next Goal Wins	APTEX	(S)	(CC)	DVI	#604H
	In 2001, the tiny Pacific island of American Samoa suffered a world record 31-0 defeat at the hands of Australia, garnering headlines across the world as the worst football team on the planet. Next Goal Wins is an inspirational story about the power of hope in the face of seemingly insurmountable odds, and an object lesson in what it really means to be a winner in life.					
04:30:00	Communities As Classrooms	NETA	(S)	(CC)	N/A	#0H
	Communities as Classrooms, follows producer Bob Gliner (Schools That Change Communities, Lessons From the Real World, Barefoot College) as he introduces a profound education initiative at four schools in El Salvador in the Fall of 2015. While schools in El Salvador largely resemble those in the United States, with test driven classes, fragmented curriculum and traditional lecture style teaching techniques, largely divorced from real world problems, Bob has K-12 students build an interdisciplinary curriculum around solving problems in their surrounding communities - motivated by the students themselves deciding what those problems are. Communities as Classrooms traces the process week to week over a two month period as students evolve from disinterested bystanders in their classroom experiences, to active members of a newly thriving democracy. From passive recipients of education mandates, the newly invigorated curriculum leads not only to a vibrant student driven educational experience, and the solving of real world problems, but transforms the way teachers, administrators, parents, and other community members look at the role students play in the larger society. As El Salvador makes efforts to build on this education success story, by potentially training all of its teachers to do community based education, Americans might want to consider this option as well as we look for more effective and creative ways to educate students and revitalize our democracy.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#668
08:00:00	Zula Patrol Dog Gone Gorga/The Milky Way Galaxy Games	APTEX	(S)	(CC)	DVI	#112
	DOG GONE GORGA: Mistakenly thinking he's no longer wanted, Gorga leaves the Zula Patrol in search of a new home. In an effort to find him, the Zula Patrol searches The Solar System and all Nine Planets before ultimately rescuing him from the Intergalactic Pet Catcher. THE MILKY WAY GALAXY GAMES: The Zula Patrol is entrusted with a mission to deliver the torch to the Milky Way Galaxy Games in time for the opening ceremony. They overcome various obstacles including getting lost, a Black Hole, and most importantly, Zeeter's doubt for Multo's silly inventions, which proves in the end to be not so silly after all.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#122H
09:00:00	Functional Fitness with Suzanne Andrews Anti Aging	ACCES		(CC)	N/A	#106H

Mon, Jul 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Workout (All Standing)	APTEX	(S)	(CC)	DVI	#924H
10:00:00	Sit and Be Fit A Healthy Back Mary Ann focuses on the importance of maintaining a healthy back with exercises that involve back flexibility, strengthening and stretching.	NETA	(S)	(CC)	N/A	#1308H
10:30:00	Sewing with Nancy Sew Gifts - Make Memories, Part 1 Be inspired to create memorable gifts for many different occasions. Mary Mulari, Sewing With Nancy's most frequent guest, joins Nancy to teach you to sew creative gifts for everyone. Nancy and Mary inspire you to use repurposed meaningful fabric for your heartfelt creations.	NETA	(S)	(CC)	N/A	#2913H
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 Anna's Starflake Striking designs are created through a variety of methods. In this episode Patrick and Nancy McNally will examine the fun of working with batiks, the steps taken in paper foundation piecing and the way to create a secondary design with sashing choices. Techniques and tips for quilters at all levels of experience.	NETA	(S)	(CC)	N/A	#2804H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7256H
13:00:00	America's Test Kitchen from Cook's Illustrated Pork Chops and Corn Fritters, Perfected Julia and Bridget uncover the secrets to making perfect pan-seared thick-cut boneless pork chops. Tasting expert Jack Bishop challenges Julia to a tasting of white wine vinegar, and then test cook Keith Dresser makes Bridget foolproof corn fritters.	APTEX	(S)	(CC)	N/A	#1821H
13:30:00	Pati's Mexican Table History of Oaxaca Cuisine Pati takes viewers on a deep dive into the history of Oaxaca cuisine from pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. She starts by tasting ancestral recipes at the local market. Then, she meets up with a friend and historian who takes her to a restaurant, where they eat traditional Oaxaca recipes with a modern twist. She's going on a culinary adventure through time all in one day. Back in her kitchen, inspired by the tastes from that day, she shares new dishes that happen to be vegetarian with her friend and food editor Joe Yonan. Sweet potato and black bean tamales; Avocado, watercress and pecan salad.	APTEX	(S)	(CC)	N/A	#602H
14:00:00	Steven Raichlen's Project Smoke Much at Steak A show devoted to the most awesome cut of meat to grill: steak. Unleash your inner carnivore and build your confidence whenever you step up to the grill to cook the perfect slab of meat. Up first, a magisterial wood-grilled beef tomahawk steak topped with Pt. Reyes blue cheese butter. Followed by a four-finger thick cherry-smoked New York strip steak, whose juices become part of an intensely flavorful sauce you build right on the cutting board. Then a plancha-seared "steak" from the sea: bacon-wrapped albacore tuna "filet mignons" sauced with peppercorn cream sauce. Wood-grilled beef tomahawk with blue cheese butter; Cherry-smoked strip steak with cutting board sauce; Bacon-wrapped albacore "filet mignons" with peppercorn cream sauce.	APTEX	(S)	(CC)	N/A	#301H
14:30:00	George Hirsch Lifestyle Vintage Classics 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.	APTEX	(S)	(CC)	N/A	#111H
15:00:00	Beads, Baubles and Jewels The Shape's The Thing Shape makes the style statement. Designer syndee holt builds style from the bottom up as she creates no-show bezels for polymer clay jewelry. Then, she uses clay to make a seamless custom bail. In her Beading Lesson, Katie Hacker combines suede, chain and beads for a trendy new look.	NETA	(S)	(CC)	N/A	#2413H

Mon, Jul 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Kids Day Satisfy the little ones with Katie's vibrant projects and tasty treats. In the Kitchen: Yummy Donut Sandwiches, Fruit Kebabs with Lemon-Lime Glaze and Butterscotch Hot Chocolate. Projects: Crafty paper-plate creatures. A garden emerges from old car tires.	APTEX	(S)	(CC)	DVI	#507H
16:00:00	Biz Kid\$ Have A Plan, Stan! Explore the different elements of a business plan and see why it's crucial to develop a plan before you start your business. Meet a teen who opened a snow-cone shack, another who makes and sells candles, and a group who markets self-defense kits.	APTEX	(S)	(CC)	DVI	#201H
16:30:00	Hands On Crafts for Kids Creatures The earth is full of wonderful creatures. Jenny Barnett-Rohrs crafts simple animals that are easily adaptable and molds a robot mouse. Artist Franz Spohn draws creatures that are just like us - or not. Jenny uses glow-in-the-dark clay to craft a spooky-sweet charm for your backpack.	NETA	(S)	(CC)	DVI	#1904H
17:00:00	P. Allen Smith's Garden Home The Best of Garden Home: Gardening P. Allen Smith highlights some of his favorite gardening segments in this blast from the past.	APTEX	(S)	(CC)	N/A	#1515H
17:30:00	Growing A Greener World Epic Tomatoes (Raleigh, Nc) This episode shadows expert tomato grower, Craig LeHoullier from planting to harvest to get practical tips from one of the most respected experts while learning unique and innovative growing methods for dealing with a variety of challenging conditions.	APTEX	(S)	(CC)	N/A	#803H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15146H
18:30:00	Americas Now A Special Tourism Edition of Americas Now First "Cuba Ecotourism" Correspondent Michael Voss (who has lived in Cuba for nearly ten years) guides viewers through the kind of tourism Cuba wants to promote as the nation targets its the most sought after customers: Americans. Next a look at luxury tourism in Brazil. High end style and what to shop for in Sao Paolo. Finally - Gerry Hadden explores the beaches of Tulum on the Yucatan Peninsula of Mexico. In a decade it has gone from hammock heaven...to the hottest spot in the sun...full of stylish, bungalow hotels. Business is booming...but some worry it could "end up" a victim of its own success.	NETA	(S)	(CC)	N/A	#114H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9081
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3629H
20:00:00	The Kate Jarrod Spector and Kelli Barrett The Broadway stars share a love story in song. Jarrod Spector (Jersey Boys, Beautiful) and his wife Kelli Barrett (Wicked, Doctor Zhivago) make audiences fall in love with them as they relay how they fell in love, with songs including the Eddy Arnold hit "You Don't Know Me," Billy Joel's "Tell Her About It," and Peter Gabriel's "In Your Eyes."	APTEX	(S)	(CC)	N/A	#304H
21:00:00	Backstage Pass The Maurice Davis Quartet Party blues from Flint, Michigan. The Maurice Davis Quartet performs favorites from the latest album, "'Play' Boy," and more.	NETA	(S)	(CC)	N/A	#507H
22:00:00	Legends of Airpower Commander Randall Cunningham Vietnam fighter ace and the pilot the movie "Top Gun" is based on. A Vietnam war volunteer, "Duke" Cunningham joined the Navy to do his part. He didn't know that he would make his first air kill in January of 1972 and would become the first ace of the war by May of the same year. The commander of the Navy's Top Gun School before he retired, "Duke" was then elected to the U.S. House of Representatives in 1990. Always an aviator, he flies each of the Navy's aircraft before approving funding. "Duke" Cunningham is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#104H
22:30:00	Finding Refuge The efforts of one dying woman to preserve her Native culture don't end when she passes, but prompts a renewal in finding pride in that culture. She confronts the violent event over two centuries ago that began the destruction of her people and the shame that colonialism created.	NETA	(S)	(CC)	N/A	#0H

Daily Program Listing II
43.1

Date: 06/11/2018

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Mon, Jul 23, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Stagestruck: Confessions from Summer Stock	APTEX	(S)	(CC)	DVI	#0Z

STAGESTRUCK: CONFESSIONS FROM SUMMER STOCK takes a nostalgic look back at the 26-year history of America's first summer stock theater, the Orleans Arena Theatre on Massachusetts' Cape Cod. The one-hour documentary uses dramatic re-enactments, historical photos and engaging interviews with past members to capture the day-to-day challenges and joys of the summer stock experience. Beginning in 1950 and lasting until 1976, temperamental young actors and actresses would live together, work for pennies and do odd jobs in pursuit of refining their craft and creating a professional theatrical production each week. Author Kurt Vonnegut, an Orleans Arena Theatre alumnus, interjects humor and insight as he reflects on his time at the distinguished American art colony and its founders, Betsy and Gordon Argo.

Tue, Jul 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now A Special Tourism Edition of Americas Now First "Cuba Ecotourism" Correspondent Michael Voss (who has lived in Cuba for nearly ten years) guides viewers through the kind of tourism Cuba wants to promote as the nation targets its the most sought after customers: Americans. Next a look at luxury tourism in Brazil. High end style and what to shop for in Sao Paolo. Finally - Gerry Hadden explores the beaches of Tulum on the Yucatan Peninsula of Mexico. In a decade it has gone from hammock heaven...to the hottest spot in the sun...full of stylish, bungalow hotels. Business is booming...but some worry it could "end up" a victim of its own success.	NETA	(S)	(CC)	N/A	#114H
00:30:00	The Open Mind Democrats Vs. Authoritarians Guest: Yascha Mounk. Harvard and New America scholar Yascha Mounk talks about his new book "The People vs. Democracy: Why Our Freedom is in Danger and How to Save It."	NETA		(CC)	N/A	#3836H
01:00:00	The Kate Jarrod Spector and Kelli Barrett The Broadway stars share a love story in song. Jarrod Spector (Jersey Boys, Beautiful) and his wife Kelli Barrett (Wicked, Doctor Zhivago) make audiences fall in love with them as they relay how they fell in love, with songs including the Eddy Arnold hit "You Don't Know Me," Billy Joel's "Tell Her About It," and Peter Gabriel's "In Your Eyes."	APTEX	(S)	(CC)	N/A	#304H
02:00:00	Backstage Pass The Maurice Davis Quartet Party blues from Flint, Michigan. The Maurice Davis Quartet performs favorites from the latest album, "'Play' Boy," and more.	NETA	(S)	(CC)	N/A	#507H
03:00:00	Legends of Airpower Commander Randall Cunningham Vietnam fighter ace and the pilot the movie "Top Gun" is based on. A Vietnam war volunteer, "Duke" Cunningham joined the Navy to do his part. He didn't know that he would make his first air kill in January of 1972 and would become the first ace of the war by May of the same year. The commander of the Navy's Top Gun School before he retired, "Duke" was then elected to the U.S. House of Representatives in 1990. Always an aviator, he flies each of the Navy's aircraft before approving funding. "Duke" Cunningham is a true Legend of Airpower.	NETA	(S)	(CC)	N/A	#104H
03:30:00	Finding Refuge The efforts of one dying woman to preserve her Native culture don't end when she passes, but prompts a renewal in finding pride in that culture. She confronts the violent event over two centuries ago that began the destruction of her people and the shame that colonialism created.	NETA	(S)	(CC)	N/A	#0H
04:00:00	Stagestruck: Confessions from Summer Stock STAGESTRUCK: CONFESSIONS FROM SUMMER STOCK takes a nostalgic look back at the 26-year history of America's first summer stock theater, the Orleans Arena Theatre on Massachusetts' Cape Cod. The one-hour documentary uses dramatic re-enactments, historical photos and engaging interviews with past members to capture the day-to-day challenges and joys of the summer stock experience. Beginning in 1950 and lasting until 1976, temperamental young actors and actresses would live together, work for pennies and do odd jobs in pursuit of refining their craft and creating a professional theatrical production each week. Author Kurt Vonnegut, an Orleans Arena Theatre alumnus, interjects humor and insight as he reflects on his time at the distinguished American art colony and its founders, Betsy and Gordon Argo.	APTEX	(S)	(CC)	DVI	#0Z
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#669
08:00:00	Zula Patrol Matter, Matter Everywhere/Family Feud MATTER, MATTER EVERYWHERE: Inside a hollow meteorite, the ZPer find the treasure map of Long John Jupiter, notorious rhyming Space Pirate. Following the clues, they learn all about matter, and find a surprising treasure. FAMILY FEUD: Earth's water has disappeared! Part one of the molecular mystery is soon solved when Multo discovers that all of Earth's water molecules have separated into their individual atoms of Hydrogen and Oxygen. When Bula and Zeeter shrink to atom-size they find the reason for the separation is a family feud. It's up to the Zula Patrol to get the feuding atoms together as molecules -- and get Earth back together -- before it's too late.	APTEX	(S)	(CC)	DVI	#113
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#123H
09:00:00	Functional Fitness with Suzanne Andrews Copd/Asthma	ACCES		(CC)	N/A	#107H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Strengthen Your Hamstrings	APTEX	(S)	(CC)	DVI	#925H

Tue, Jul 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:00:00	Sit and Be Fit Better Balance Good balance begins with proper spinal alignment, strong core muscles and bringing awareness to our center of gravity while weight shifting.	NETA	(S)	(CC)	N/A	#1309H
10:30:00	Sewing with Nancy Sew Gifts - Make Memories, Part 2 Learn to stitch a welcomed gift with lots of memories attached. Nancy and her friend Mary Mulari share clever gift ideas made from vintage hankies and doilies, ties, towels, and laminated bags. Learn to make useful gifts that create memories and are attractive conversation pieces.	NETA	(S)	(CC)	N/A	#2914H
11:00:00	Knit and Crochet Now! Itty Bitty Baby Projects Did you know that it's estimated there are four babies born every second...that means someone near you is probably having a baby! Deborah is joined by Kristin Nicholas and Robyn Chachula to show how to knit and crochet the perfect little pair of knit booties and fingerless mitts, Fingers and Toes Knit Booties and Fingerless Mitts and Little Hands & Feet Booties and Fingerless Mitts. In the stitch corner Lena with show how to do Twined Knitting.	APTEX	(S)	(CC)	DVI	#710H
11:30:00	Fons & Porter's Love of Quilting Freshly Pieced Vegetables Quilters love to find ways to surround themselves with art. The kitchen, being a place we spend a large portion of our time, is the perfect place to show off a "little" pieced project. Mary and Kelly Bowser will teach you techniques for paper foundation piecing that can be used for fanciful, garden-inspired kitchen accessories.	NETA	(S)	(CC)	N/A	#2805H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7257H
13:00:00	Nigella: at My Table Nigella cooks more warming, comforting and inspirational recipes. Perfect for winding down at the end of a long day, there's a cozy supper of chicken with red grapes and Marsala, followed by a deeply divine sunken chocolate amaretto cake, with crumbled amaretti cream dolloped alongside. For a dish that's as simple to make as it is rewarding to eat, there's Nigella's mussels with pasta, and just as delicious is her autumnal radicchio, chestnut and blue cheese salad. Her egg tortilla pie with a crisp crust, soft yoked eggs, salty ham and melted cheese is a pleasure to behold.	APTEX	(S)	(CC)	N/A	#106H
13:30:00	Taste of Louisiana with Chef John Folse & Company: Hooks, Lies & Alibis Shrimp - Timbalier Bay, La In this episode, John meets Bobby Collins and learns how to dry shrimp. John remembers how dried shrimp was like candy when he was growing up. Later John makes a shrimp file gumbo with Native American Zoe Verret. Then James Carville drops by John's deck and they make mirliton and shrimp casserole to go along with everyone's favorite barbeque shrimp. And bikini martinis cocktails provide the perfect ending of the day's festivities.	APTEX	(S)	(CC)	N/A	#1313H
14:00:00	Taste of History Recipes in the Rainforest The natural beauty and unique foods of St. Lucia are explored. Chef Walter Staib learns some native creole language and helps prepare unique and traditional St. Lucian fare in the tropical forest of this island nation.	NETA	(S)	(CC)	N/A	#906H
14:30:00	Christopher Kimball's Milk Street Television Milk Street Italian Italy provides inspiration as Milk Street Cook Matthew Card shows how to make a fast and fabulous Italian flatbread (piadina). Milk Street Cook Erika Bruce takes usually dense cheesecake to the lighter side as she shows host Christopher Kimball how to make ricotta-semolina cheesecake. Milk Street Cook Rayna Jhaveri makes a Tuesday Night favorite: gemelli pasta with chevre, arugula and walnuts. To end the show, Chris lets us in on a foolproof way to fry eggs.	APTEX	(S)	(CC)	N/A	#107H
15:00:00	Beads, Baubles and Jewels Vary Your Routine Mix up your jewelry-making routine. Designer Kate Richbourg warms up by mixing colors and shapes in her bead palettes. She works out her designs with beads of all sorts. Then, she cools things down with techniques for crimping and creatively finishing necklaces.	NETA	(S)	(CC)	N/A	#2501H
15:30:00	Katie Brown Workshop Seaside From the kitchen to the craft room to the garden, Katie celebrates the gifts of the sea. In the Kitchen: Delicious Breaded Bluegill, Flavorful Shrimp Pesto, and a simple but scrumptious Seafood Bouillabaisse. Projects: Transport the beauty of the sea into the home. Create enchanting Snorkle Candles. Make-your-own Fish and Shell Compost to nourish any garden.	APTEX	(S)	(CC)	DVI	#508H

Tue, Jul 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Biz Kid\$ Money Math - Who Needs It?	APTEX	(S)	(CC)	DVI	#202H
	Math is a true building block in the business of your life. Whether you are calculating the tip on the restaurant bill, making change at your lemonade stand, or figuring out how to quickly grow your savings, it's all about the math in money. Visit with a handbag designer and meet students who are helping to save the environment.					
16:30:00	Hands On Crafts for Kids Bloom	NETA	(S)	(CC)	DVI	#1905H
	Flowers make us happy. By mixing bright colors, Jenny Barnett-Rohrs makes a fun floral banner. Candie Cooper makes flowerpots that help you count and add. Artist Franz Spohn draws tulips and daisies in different perspectives. Jenny creates a nightlight inspired by coral that grows in the sea.					
17:00:00	P. Allen Smith's Garden Home Embrace Your Space	APTEX	(S)	(CC)	DVI	#1601H
	Making the most out of your space doesn't just apply to what's in your house. P. Allen Smith shows you how to take advantage of your great outdoors without breaking the bank.					
17:30:00	Growing A Greener World Gardening for Butterflies & Other Beneficial Insects (Atlanta, Ga, Phoenix, Az)	APTEX	(S)	(CC)	N/A	#804H
	Many Butterflies and pollinators are losing vital habitats to urban sprawl and widespread use of herbicides. In this episode, national experts show ways we can all attract and help restore populations of these threatened insects while increasing the beauty of our landscapes.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15147H
18:30:00	America's Heartland	APTEX	(S)	(CC)	N/A	#1217H
	Farmers respond to changes in getting eggs from the farm to your table. Oklahoma farmers take an unusual path to get crops to market. Hawaii farmers educate visitors about agriculture. A Wisconsin farmer has shows off his woodworking skills.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9082
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1430H
20:00:00	Sun Studio Sessions Marcella & Her Lovers	NETA	(S)	(CC)	N/A	#907H
	Memphis-based Marcella & Her Lovers is led by swamp soul songstress Marcella Rene Simien. Marcell and band are wowing audiences with heir sound and stage presence. In this episode, Marcella & band romp through several sizzling original songs, including "Where Are You" and "Leave My Fire."					
20:30:00	Jammin at Hippie Jack's Outlaw Gospel 2	NETA	(S)	(CC)	N/A	#1010H
	Watch the magic unfold as performers and family members take stage to share songs at Hippie Jack's. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.					
21:00:00	Infinity Hall Live Joss Stone	APTEX	(S)	(CC)	N/A	#503H
	The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.					
22:00:00	New Environmentalists - The Series From Myanmar to Scotland	NETA	(S)	(CC)	N/A	#104H
	This episode includes stories of environmental activism in Haiti, Honduras, Kenya, Canada, Scotland and Myanmar.					

Daily Program Listing II

43.1

Date: 06/11/2018

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Tue, Jul 24, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Alive! In America's Delta Alligator: King of the Bayou	NETA	(S)	(CC)	N/A	#103H
	The American alligator is the largest reptile in North America and Louisiana has millions of them - from the coastal parishes to the Arkansas state line. They are so plentiful that they're hunted for their meat and hides. But for a period of time, beginning in the early 1960s, Louisiana's alligator population was in steep decline. Since then, Louisiana has instituted one of the world's most successful wildlife conservation projects to help ensure the alligator's survival. Since 1985, some 300,000 gators have multiplied to nearly 3 million today. Witness first-hand how this keystone species - and cultural icon - was brought back to viability using a combination of biological science and marketplace economics.					
23:00:00	Great Museums: "Elevated Thinking" The High Line In New York City	APTEX	(S)	(CC)	N/A	#0H
	Narrated by actress Susan Sarandon, GREAT MUSEUMS: ELEVATED THINKING explores a uniquely captivating public space - High Line Park in New York City. Recycled from a defunct elevated railroad, High Line Park hovers 30 feet in the air and winds through 22 blocks of Manhattan. This "self-sown wilderness" of woodlands, thickets, prairies and meadows rises above busy streets and runs from the historic Meatpacking neighborhood through the Chelsea Art District to Hell's Kitchen.					

Wed, Jul 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	America's Heartland Farmers respond to changes in getting eggs from the farm to your table. Oklahoma farmers take an unusual path to get crops to market. Hawaii farmers educate visitors about agriculture. A Wisconsin farmer has shows off his woodworking skills.	APTEX	(S)	(CC)	N/A	#1217H
00:30:00	Overheard with Evan Smith Walter Isaacson, Author Walter Isaacson is an author, Professor of History at Tulane, and was formerly the CEO of the Aspen Institute, chairman of CNN, and editor of Time magazine. He has written many biographies including Einstein: His Life and Universe, Steve Jobs, Benjamin Franklin: An American Life and most recently, Leonardo da Vinci.	NETA	(S)	(CC)	N/A	#811H
01:00:00	Sun Studio Sessions Marcella & Her Lovers Memphis-based Marcella & Her Lovers is led by swamp soul songstress Marcella Rene Simien. Marcell and band are wowing audiences with heir sound and stage presence. In this episode, Marcella & band romp through several sizzling original songs, including "Where Are You" and "Leave My Fire."	NETA	(S)	(CC)	N/A	#907H
01:30:00	Jammin at Hippie Jack's Outlaw Gospel 2 Watch the magic unfold as performers and family members take stage to share songs at Hippie Jack's. With an ever changing line up, and a jam band mentality the result is a beautiful cross pollination of sound and energy. This is exactly what Jammin' at Hippie Jack's is all about.	NETA	(S)	(CC)	N/A	#1010H
02:00:00	Infinity Hall Live Joss Stone The English singer/songwriter/actress beloved by fans for her free spirit as much as her lustrous vocal prowess takes the stage--barefoot, as usual--for an energetic performance inspired by her recent world tour. The Grammy winner's set list is as far-reaching as her vocal range, from the White Stripes' reworked "Fell in Love with a Boy" to 1970s soul smash "Super Duper Love (Are You Diggin' on Me)" and her own chart topper "Right to Be Wrong". Interview with Joss Stone.	APTEX	(S)	(CC)	N/A	#503H
03:00:00	New Environmentalists - The Series From Myanmar to Scotland This episode includes stories of environmental activism in Haiti, Honduras, Kenya, Canada, Scotland and Myanmar.	NETA	(S)	(CC)	N/A	#104H
03:30:00	Alive! In America's Delta Alligator: King of the Bayou The American alligator is the largest reptile in North America and Louisiana has millions of them - from the coastal parishes to the Arkansas state line. They are so plentiful that they're hunted for their meat and hides. But for a period of time, beginning in the early 1960s, Louisiana's alligator population was in steep decline. Since then, Louisiana has instituted one of the world's most successful wildlife conservation projects to help ensure the alligator's survival. Since 1985, some 300,000 gators have multiplied to nearly 3 million today. Witness first-hand how this keystone species - and cultural icon - was brought back to viability using a combination of biological science and marketplace economics.	NETA	(S)	(CC)	N/A	#103H
04:00:00	Great Museums: "Elevated Thinking" The High Line In New York City Narrated by actress Susan Sarandon, GREAT MUSEUMS: ELEVATED THINKING explores a uniquely captivating public space - High Line Park in New York City. Recycled from a defunct elevated railroad, High Line Park hovers 30 feet in the air and winds through 22 blocks of Manhattan. This "self-sown wilderness" of woodlands, thickets, prairies and meadows rises above busy streets and runs from the historic Meatpacking neighborhood through the Chelsea Art District to Hell's Kitchen.	APTEX	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#670
08:00:00	Zula Patrol Round and Round We Go/The Go'er-Slower Motion ROUND AND ROUND WE GO: Dark Truder comes up with a scheme to trap the Zula Patrol on a huge inflatable planet he has placed in orbit around the Sun. It is up to Zeeter, who is off taking part in an orbital space race around the planets of our Solar System, to come to their rescue. THE GO'ER-SLOWER MOTION: Dark Truder builds a Go'er-Slower Motion Machine, which puts The Zula Patrol in super slow motion. With The ZPers too slow to stop him, Truder easily turns the entire galaxy into one huge tribute to himself. However The ZPers are slow, but not out. When they discover that the Go'er-Slower Motion Machine is on Earth, they use their knowledge of the planets' revolution and rotation to meet up with the fast moving (to them) Earth. Then Multo reverses the machine so The Zula Patrol can move at super fast speed to undo the changes Truder made to the galaxy. But they're not sure anything can undo the memory of Truder's tacky Chuckle-World.	APTEX	(S)	(CC)	DVI	#114
08:30:00	Thomas Edison's Secret Lab Stranger in a Strange Lab/Sturm Und Drang	APTEX	(S)	(CC)	N/A	#124H

Wed, Jul 25, 2018

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: The Esmonde Technique Pain Relief: Pain Prevention	APTEX	(S)	(CC)	DVI	#926H
10:00:00	Sit and Be Fit Improve Your Mood In this episode Mary Ann uses tactile stimulation to increase circulation and elicit a relaxed state of body and mind.	NETA	(S)	(CC)	N/A	#1310H
10:30:00	Sewing with Nancy Solving The Pattern Fitting Puzzle, Part 1 Nancy teaches pattern fitting using her time-tested pivot and slide techniques. Choose the right pattern size, and custom-fit patterns without cutting the original pattern pieces apart. Practice along using free mini-patterns that you can download online. This first episode centers on easily fitting tops, dresses, and skirts.	NETA	(S)	(CC)	N/A	#2915H
11:00:00	Knit and Crochet Now! Unique Accessories Deborah Norville is working with Rohn Strong this week on a couple of very unique projects. First up is the Linetta Hat using Tunisian crochet and then Rohn shows how to use a knitting loom to make the Les Bouquets Shawl. Ellen is over in the stitch corner and will show how to crochet the Crocodile Stitch.	APTEX	(S)	(CC)	DVI	#711H
11:30:00	Fons & Porter's Love of Quilting Picnic In Provence Classics are always eye catching and Picnic in Provence is definitely a classic. Patrick and his guests Joanie Holton and Melanie Greseth will discuss the construction of this diagonal set quilt, demonstrate their applique method and provide tips for finishing your quilt like a pro.	NETA	(S)	(CC)	N/A	#2806H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7258H
13:00:00	Lidia's Kitchen Gnocchi They have been called the "gnocchi family" and in this episode, Lidia shares two of her more unusual versions of this dish: her butternut squash gnocchi are light and slightly sweet as they showcase this welcome vegetable in the potato mix. Her next dish is plum gnocchi, which is typical of her homeland and even sweeter, sometimes eaten as a dessert. Made with toasted breadcrumbs, cinnamon and butter, it doesn't get any better than this.	APTEX	(S)	(CC)	N/A	#405H
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 Seamus Mullen Lamb is on the menu this week on Simply Ming. New York's Chef Seamus Mullen, owner of tapas restaurant Boqueria, shares his health - focused philosophy as he prepares a lamb meatball stew with quinoa, baby carrots, sugar snap peas, and herbs. Ming complements with a lamb and leek pilaf with lemon cucumber tzatziki.	APTEX	(S)	(CC)	N/A	#1516H
14:30:00	Cook's Country Straight from So-Cal Julia Collin Davison shows Bridget Lancaster how to make authentic citrus-braised pork tacos at home. Tasting expert Jack Bishop challenges Julia to a tasting of mild salsa. Next, equipment expert Adam Ried reviews piping bags. Test cook Christie Morrison shows Julia the secrets to making the best So Cal churros.	APTEX	(S)	(CC)	N/A	#1008H
15:00:00	Beads, Baubles and Jewels Clay Workout Stretch it out with clay. Polymer clay artist Syndee Holt creates a pendant with sparkle clay and adds an artistic touch with transfers and illustrations. To make a necklace, she recreates the Asian art of raku with clay and mica powders. Jewelry artist Anie Piliguian buffs clay elements to a sparkling finish.	NETA	(S)	(CC)	N/A	#2502H

Wed, Jul 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Store-Bought Surprise Katie puts a new twist on classic store-bought ingredients for surprisingly simple recipes and projects. In the Kitchen: Ham and Cheese Pockets, BBQ 'Fried' Cornflake Chicken and Butter Cream Pound Cake. Projects: Fresh flowers accessorize a standard lampshade and dress-up store bought votives.	APTEX	(S)	(CC)	DVI	#509H
16:00:00	Biz Kid\$ Building Your Business Online In today's world, great tools are available for you to build a business online. The Biz Kids investigate the advantages and potential pitfalls in Internet businesses. See the success of a young graphic designer, a nine-year-old who sells bath salts, and two teens who built a social networking site.	APTEX	(S)	(CC)	DVI	#203H
16:30:00	Hands On Crafts for Kids People People keep life exciting. Jenny Barnett-Rohrs shows how to tag you and your best friends with matching lanyard tags. Candie Cooper celebrates diversity with whimsical cone kids. She also crafts one-of-a-kind wooden kokeshi dolls. Jenny uses age-old symbols to monoprnt a family crest to frame or use for banners.	NETA	(S)	(CC)	DVI	#1906H
17:00:00	P. Allen Smith's Garden Home Thank You for Sharing Sharing is caring, so join P. Allen Smith as he visits with some of the movers and shakers making a real difference in their communities.	APTEX	(S)	(CC)	DVI	#1602H
17:30:00	Growing A Greener World Redeeming Your Ground (Atlanta, Ga) See how the Scott family's efforts to redeem their own ground in their suburban backyard opened a whole new world of life in the great outdoors, and how many of the simple changes they made will inspire you in your own backyard.	APTEX	(S)	(CC)	N/A	#805H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15148H
18:30:00	The Whole Truth with David Eisenhower Identity Politics: Embracing Diversity Or Creating A House Divided Against Itself? One of the longest standing mottos for the United States is E Pluribus Unum - from many, one. It's long been thought to mean much more than the formal and legalistic concept of a union of states - it's been thought to mean a uniting into a civil society of peoples of many kinds. And indeed, it's indisputable that the American people are of many kinds. But today many speak of a new age of American tribalism. On both the left and the right, in different ways, there is both the feeding of, and feeding on, differences and divisions among groups of Americans. Are politics highlighting differences among Americans a sign of progress - ferreting out historical wrongs and establishing protection for new expressions of rights - or are we becoming once more, as we were in the lead-up to the most terrible civil war experienced in modern times in a Western nation, what Lincoln called "a house divided against itself"? Guests: Michael Arceneaux, a Houston-bred, Howard University-educated writer and author who covers issues related to culture, religion and racial politics; Andrew Sullivan, an English-born American author, political commentator and former editor of the conservative publication The New Republic.	APTEX	(S)	(CC)	N/A	#307H
19:00:00	NHK Newslne	APTEX	(S)	(CC)	N/A	#9083
19:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#529H
20:00:00	The Lowertown Line. The Lowertown Line: Polica Electro-synth pop band Polica performs in front of a live audience at the Twin Cities Public Television studios. The band discusses their origin story, the fifth member of Polica, and the realities of the music business. Songs performed: Lime Habit, Wedding, Someway, Baby Sucks, Lately, Melting Block.	APTEX	(S)	(CC)	N/A	#117H

Wed, Jul 25, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Songs at the Center	APTEX	(S)	(CC)	N/A	#404H
	<p>Artists: Cheley Tackett, Micah Kesselring, Mandy Cook, and hosted by songwriter Eric Gnezda. CHELEY TACKETT grew up in Ohio. Her blend of lyrical intensity and melodic craftsmanship has earned her recognition and respect in Nashville, a town where being a stand-out is a rare achievement. American Country Magazine suggests Cheley's song "Play the One I Like" "...might be the best song that I've heard this year so far." Acclaimed as much for her songwriting as for her artistry, Cheley won the prestigious Kerrville Folk Festival's New Folk competition, among others. Also a much sought-after demo singer on Music Row, Cheley's sultry voice and velvety moments are uniquely her own. MICAH KESSELRING was raised in the Appalachia foothills of southeastern Ohio. Cutting his teeth on the Columbus blues scene, he soon made his way to Memphis, TN, for the International Blues Challenge, representing the Columbus Blues Alliance in the Youth Showcase category. Following a performance at the Blues City Cafe on Beale Street, he was awarded the inaugural Generation Blues scholarship at the age of 15. Micah later went on to perform as a special guest with the Otis Taylor Band at the Blues Music Awards in May of 2009 and was a finalist in the International Blues Challenge in 2016. MANDY COOK forged her musical niche by pulling classical vocal training, and the influential Jazz and R&B of her childhood together. She was raised listening to greats like Sade, Nat King Cole, and Peggy Lee. On her own, she discovered Joni Mitchell, Jeff Buckley, and Ani DiFranco. Discovering her own style on guitar produced a nuanced, bass-driven playing style that now ranges from beautifully minimalist, to swampy, to jazzy and complex. She can create a whole atmosphere to live and listen within, with simply her gut string guitar and her voice.</p>					
21:00:00	Live from the Artists Den Young The Giant	APTEX	(S)	(CC)	N/A	#1102H
	<p>The celebrated El Rey Theatre in the Miracle Mile neighborhood of Los Angeles hosted an intimate hometown show by alt-rockers Young the Giant. Five hundred and fifty of the band's lucky fans filled the former movie theater turned music venue originally built in 1936. The band opened their delightful 15-song set with their exhilarating new single "Something to Believe In," currently ascending to the Top 10 at Alternative radio. Fans were thrilled to hear older favorites such as "My Body," "Cough Syrup," and "Mind Over Matter." The crowd was also treated to two more songs, "Jungle Youth" and "Titus Was Born"- both being played for the first time live - from Young the Giant's new album Home of the Strange, which debuted at #6 on Billboard's Top Albums chart upon its release last month.</p>					
22:00:00	Variety Studio: Actors On Actors	NETA	(S)	(CC)	N/A	#703H
	<p>Jessica Chastain (Molly's Game) with Holly Hunter (The Big Sick), Gary Oldman (Darkest Hour) with Kate Winslet, (Wonder Wheel) Hong Chau (Downsizing) with Diane Kruger (In the Fade), Richard Jenkins (The Shape of Water) with Laurie Metcalf (Lady Bird) and Jamie Bell (Film Stars Don't Die in Liverpool) with Robert Pattinson (Good Time).</p>					
23:00:00	West of the West: Tales from California's Channel Island Return	APTEX	(S)	(CC)	N/A	#103H
	<p>12. The Doctor and the Rock Star - This is the story of an odd couple - Dr. Carey Stanton, who owned Santa Cruz Island, and rock star Joe Walsh. Meeting in the 1970s through Marla Daily, they struck up an unusual, and unusually strong, bond that led to Joe putting on an Eagle's concert to help raise the money for the Nature Conservancy's purchase of Santa Cruz Island... and ultimately its protection forever. 13. Cache - After a 20 year quest to find a cave reputed to have been used by the Lone Woman, archeologist Steve Schwartz finally discovers the cave. Only to have his excavation efforts shut down by the Navy. This tale chronicles the turf war over the cave between archeologists, the Navy and various Indian tribes. It also tells the story of an amazing discovery of the Lone Woman's 'cache' by Jon Erlandson and Rene Vellanoweth. And shows the over 200 artifacts they preserved. 14. Island Restoration - Novelist TC Boyle talks about his attraction to the Channel Islands that led him to write two books about them. One, When the Killing is Done, focuses on the showdown between environmentalists and Channel Islands National Park and Nature Conservancy naturalists who wanted to restore the islands to their native state. This is the spine of our tale and leads to discussion of 'who gets to play god' out there, what steps have been taken with various species like the island fox and the bald eagle, and what the results have been.</p>					

Thu, Jul 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	The Whole Truth with David Eisenhower Identity Politics: Embracing Diversity Or Creating A House Divided Against Itself? One of the longest standing mottos for the United States is E Pluribus Unum - from many, one. It's long been thought to mean much more than the formal and legalistic concept of a union of states - it's been thought to mean a uniting into a civil society of peoples of many kinds. And indeed, it's indisputable that the American people are of many kinds. But today many speak of a new age of American tribalism. On both the left and the right, in different ways, there is both the feeding of, and feeding on, differences and divisions among groups of Americans. Are politics highlighting differences among Americans a sign of progress - ferreting out historical wrongs and establishing protection for new expressions of rights - or are we becoming once more, as we were in the lead-up to the most terrible civil war experienced in modern times in a Western nation, what Lincoln called "a house divided against itself"? Guests: Michael Arceneaux, a Houston-bred, Howard University-educated writer and author who covers issues related to culture, religion and racial politics; Andrew Sullivan, an English-born American author, political commentator and former editor of the conservative publication The New Republic.	APTEX	(S)	(CC)	N/A	#307H
00:30:00	In Good Shape - The Health Show	WNVC	(S)	(CC)	N/A	#529H
01:00:00	The Lowertown Line. The Lowertown Line: Polica Electro-synth pop band Polica performs in front of a live audience at the Twin Cities Public Television studios. The band discusses their origin story, the fifth member of Polica, and the realities of the music business. Songs performed: Lime Habit, Wedding, Someway, Baby Sucks, Lately, Melting Block.	APTEX	(S)	(CC)	N/A	#117H
01:30:00	Songs at the Center Artists: Cheley Tackett, Micah Kesselring, Mandy Cook, and hosted by songwriter Eric Gnezda. CHELEY TACKETT grew up in Ohio. Her blend of lyrical intensity and melodic craftsmanship has earned her recognition and respect in Nashville, a town where being a stand-out is a rare achievement. American Country Magazine suggests Cheley's song "Play the One I Like" "...might be the best song that I've heard this year so far." Acclaimed as much for her songwriting as for her artistry, Cheley won the prestigious Kerrville Folk Festival's New Folk competition, among others. Also a much sought-after demo singer on Music Row, Cheley's sultry voice and velvety moments are uniquely her own. MICAH KESSELRING was raised in the Appalachia foothills of southeastern Ohio. Cutting his teeth on the Columbus blues scene, he soon made his way to Memphis, TN, for the International Blues Challenge, representing the Columbus Blues Alliance in the Youth Showcase category. Following a performance at the Blues City Cafe on Beale Street, he was awarded the inaugural Generation Blues scholarship at the age of 15. Micah later went on to perform as a special guest with the Otis Taylor Band at the Blues Music Awards in May of 2009 and was a finalist in the International Blues Challenge in 2016. MANDY COOK forged her musical niche by pulling classical vocal training, and the influential Jazz and R&B of her childhood together. She was raised listening to greats like Sade, Nat King Cole, and Peggy Lee. On her own, she discovered Joni Mitchell, Jeff Buckley, and Ani DiFranco. Discovering her own style on guitar produced a nuanced, bass-driven playing style that now ranges from beautifully minimalist, to swampy, to jazzy and complex. She can create a whole atmosphere to live and listen within, with simply her gut string guitar and her voice.	APTEX	(S)	(CC)	N/A	#404H
02:00:00	Live from the Artists Den Young The Giant The celebrated El Rey Theatre in the Miracle Mile neighborhood of Los Angeles hosted an intimate hometown show by alt-rockers Young the Giant. Five hundred and fifty of the band's lucky fans filled the former movie theater turned music venue originally built in 1936. The band opened their delightful 15-song set with their exhilarating new single "Something to Believe In," currently ascending to the Top 10 at Alternative radio. Fans were thrilled to hear older favorites such as "My Body," "Cough Syrup," and "Mind Over Matter." The crowd was also treated to two more songs, "Jungle Youth" and "Titus Was Born"- both being played for the first time live - from Young the Giant's new album Home of the Strange, which debuted at #6 on Billboard's Top Albums chart upon its release last month.	APTEX	(S)	(CC)	N/A	#1102H
03:00:00	Variety Studio: Actors On Actors Jessica Chastain (Molly's Game) with Holly Hunter (The Big Sick), Gary Oldman (Darkest Hour) with Kate Winslet, (Wonder Wheel) Hong Chau (Downsizing) with Diane Kruger (In the Fade), Richard Jenkins (The Shape of Water) with Laurie Metcalf (Lady Bird) and Jamie Bell (Film Stars Don't Die in Liverpool) with Robert Pattinson (Good Time).	NETA	(S)	(CC)	N/A	#703H
04:00:00	West of the West: Tales from California's Channel Island Return 12. The Doctor and the Rock Star - This is the story of an odd couple - Dr. Carey Stanton, who owned Santa Cruz Island, and rock star Joe Walsh. Meeting in the 1970s through Marla Daily, they struck up an unusual, and unusually strong, bond that led to Joe putting on an Eagle's concert to help raise the money for the Nature Conservancy's purchase of Santa Cruz Island... and ultimately its protection forever. 13. Cache - After a 20 year quest to find a cave reputed to have been used by the Lone Woman, archeologist Steve Schwartz finally discovers the cave. Only to have his excavation efforts shut down by the Navy. This tale chronicles the turf war over the cave between archeologists, the Navy and various Indian tribes. It also tells the story of an amazing discovery of the Lone Woman's 'cache' by Jon Erlandson and Rene Vellanoweth. And shows the over 200 artifacts they preserved. 14. Island Restoration - Novelist TC Boyle talks about his attraction to the Channel Islands that led him to write two books about them. One, When the Killing is Done, focuses on the showdown between environmentalists and Channel Islands National Park and Nature Conservancy naturalists who wanted to restore the islands to their native state. This is the spine of our tale and leads to discussion of 'who gets to play god' out there, what steps have been taken with various species like the island fox and the bald eagle, and what the results have been.	APTEX	(S)	(CC)	N/A	#103H

Thu, Jul 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#671
08:00:00	Zula Patrol Club Mars/The Outsider	APTEX	(S)	(CC)	DVI	#115
	CLUB MARS: Dark Truder must get the Zula Patrol off Zula so he can drill for Zulanium under their headquarters. He tricks them into going to Earth for a vacation. However, when there are no vacancies on Earth, Truder decides to pass Mars off as Earth. But it's hard work making two very different planets appear similar -- and Traxie's no help. THE OUTSIDER: The other Planets hurt Pluto's feelings and he refuses to orbit. It's up to The Zula Patrol to bolster his spirits and get him to resume his interplanetary duty.					
08:30:00	Thomas Edison's Secret Lab	APTEX	(S)	(CC)	N/A	#125H
09:00:00	Functional Fitness with Suzanne Andrews Better Balance	ACCES		(CC)	N/A	#109H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Full Body Strengthening (All Standing)	APTEX	(S)	(CC)	DVI	#927H
10:00:00	Sit and Be Fit Lighthearted Exercises	NETA	(S)	(CC)	N/A	#1311H
	Mary Ann introduces a variety of new exercises for fingers, gait and back strengthening in this fun, light-hearted episode.					
10:30:00	Sewing with Nancy Solving The Pattern Fitting Puzzle, Part 2	NETA	(S)	(CC)	N/A	#2916H
	Gain sewing confidence when you learn Nancy's easy pattern fitting techniques. Traditional techniques are set aside and a no-nonsense approach called Pivot and Slide is taught. Once you know the basics as seen in episode one, Nancy shows how to apply these steps to patterns that have multiple pattern pieces.					
11:00:00	Knit and Crochet Now! Dress Up The Pup	APTEX	(S)	(CC)	DVI	#712H
	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.					
11:30:00	Fons & Porter's Love of Quilting New Hampshire Nights	NETA	(S)	(CC)	N/A	#2807H
	Quilters collect fabrics that "speak" to them. Marianne loves to collect reproduction prints and tiny shirting prints. When combined they create a soothing, classic quilt. Inspired by a house quest from New Hampshire the quilt was sashed with stars from the night sky.					
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7259H
13:00:00	The Jazzy Vegetarian Summer Eco-Picnic	NETA	(S)	(CC)	DVI	#105H
	Host Laura Theodore shares tasty recipes and tips for serving earth-friendly outdoor summer meals. Highlights include "Cool Cucumber Soup" served in edible bread bowls and "Sunflower Avocado Rolls," make perfect portable sandwiches. Next up, no picnic would be complete without "Country Style Red Potato Salad." "Peanut Butter Fudge" makes a rich but refreshing picnic dessert. Eco-tips include; "How to Pack an Earth-Friendly Picnic Basket."					
13:30:00	Sara's Weeknight Meals Best of Summer	APTEX	(S)	(CC)	N/A	#609H
	There is nothing like the height of summer for delicious produce, simply prepared. Sara's friends stop by to celebrate the season starting with Top Chef winner Hung Huynh. His grilled shrimp in lettuce wraps is delicious, portable and light in calories. Then Sara's buddy Giuseppe Fanelli makes a gorgeous lamb dish dressed with fresh heirloom tomatoes - agnello scottadito. And on Ask Sara, she answers a viewer's question about avocados. Recipes: Grilled shrimp in lettuce wraps; Agnello scottadito with heirloom tomatoes.					

Thu, Jul 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Joanne Weir Gets Fresh Spice It Up	APTEX	(S)	(CC)	N/A	#105H
	In this episode, Joanne shows us that we don't need to go to Morocco to get a nice variety of spices. She'll take us on a trip to a spice shop and then teach her student how to make four different spice blends using different ingredients. She'll also show us how to make Garam Masala and Adobo Rubbed Chicken Skewers. You won't want to miss this spicy show! Recipes: 4 Spice Blends: Ras El Hanout, Quatre Epices, Za'atar, Adobo; 2 Spice Skewers: Garam Masala and Adobo rubbed Chicken Skewers with Garlic Yogurt Sauce, Roasted Carrots with Quatre Epices. Student: Lauren Eastman.					
14:30:00	New Scandinavian Cooking Mighty Volcanic Oven	APTEX	(S)	(CC)	N/A	#405H
	Andreas visits hot spots around Iceland, even trying his hand at grilling inside volcano. In addition to a lamb dish, he cooks salmon and vegetables in a secluded geyser. He learns to makes artisanal salt, and later uses it in a salt-baked, herb-infused trout dish.					
15:00:00	Beads, Baubles and Jewels Work Out Naturally	NETA	(S)	(CC)	N/A	#2503H
	Look to nature for design inspiration. Using quartz points, designer Molly Schaller creates stunning necklaces and other jewelry. To work out, she makes jewelry from pearls in all shapes, colors and sizes. Artist Jill MacKay cools down with designs in die-cut leather. Katie Hacker discusses how bead-making can benefit children facing health challenges.					
15:30:00	Katie Brown Workshop Worldly	APTEX	(S)	(CC)	DVI	#510H
	Katie travels the world of flavors and puts a modern spin on traditional crafts. In the Kitchen: Crisp Asian Steak Salad, Perfect Tuscan Olive Tapenade and Beautiful English bread Pudding. Projects: Fabulous faux Faberge eggs. Tuillery-inspired topiaries.					
16:00:00	Biz Kid\$ 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 Animals	NETA	(S)	(CC)	DVI	#1907H
	Animals come in endless varieties. Inspired by ocean creatures, Jenny Barnett-Rohrs creates a sea-life totem. Candy Cooper crafts a piggy bank that holds bills and coins. Artist Franz Spohn adds animation to his favorite animals. Jenny crafts loony llamas from pool noodles.					
17:00:00	P. Allen Smith's Garden Home Healthy for Generations	APTEX	(S)	(CC)	DVI	#1603H
	Getting your family to eat and live healthy may seem like an enormous challenge, but as P. Allen Smith demonstrates, it can be easy and fun when everyone is on board.					
17:30:00	Growing A Greener World Gardening in the Desert Southwest (Phoenix, Az)	APTEX	(S)	(CC)	N/A	#806H
	To garden successfully in the desert Southwest, it just takes a little local knowledge to master the nuances of growing a productive garden there. In this episode, we explore tips, tricks and unique challenges to mastering the art of gardening in this part of the country.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15149H
18:30:00	Consuelo Mack Wealthtrack	APTEX	(S)	(CC)	N/A	#1505H
19:00:00	NHK Newsline	APTEX	(S)	(CC)	N/A	#9084
19:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1309H
20:00:00	Backstage Pass Joshua Davis	NETA	(S)	(CC)	N/A	#801H
	Joshua Davis, Michigan-based singer/songwriter and 2016 finalist on NBC's The Voice, plays "Let Me In," "The Little Things," and more from his newest album, "The Way Back Home." Backing up Davis: Drew Howard, pedal steel guitar; Mike Lynch, keyboards; Dominic John Davis, bass; and Michael Shimmmin, drums and percussion. Recorded March 2017 at WKAR Studio A on the Michigan State campus.					

Thu, Jul 26, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Live at the Charleston Music Hall Edwin McCain	NETA	(S)	(CC)	N/A	#101H
	McCain has built an enviable career over the past 20 years by balancing his massive pop success with the year-round touring schedule of a tireless troubadour. His hit songs, authentic spirit and surprisingly affable sense of humor keep fans coming back time and time again for nights that feel more like parties with old friends than rock concerts. In this episode, Edwin talks about his hobbies, his start in music, and his mother-in-law.					
21:30:00	Live at the Charleston Music Hall Elise Testone	NETA	(S)	(CC)	N/A	#103H
	A powerhouse vocalist whose incredible stage presence and vocal maturity rank with the best, Testone is the perfect combination of soul, rock, attitude and restraint. Equally as impressive and at ease belting James Brown style vocals over a relentless funk groove as she is resting her voice gently over a ballad, Testone's range of influences and vocal capacity know few limits. In this episode, Elise shows that she's got game.					
22:00:00	On Life's Terms: Mothers In Recovery	NETA	(S)	(CC)	N/A	#0H
	Driven by the desire for custody of their children, five mothers struggle to overcome addiction in a gender responsive residential treatment program. Their intimate story reveals experiences with domestic violence, prostitution, incarceration and complex intergenerational relations. On Life's Terms: Mothers in Recovery interweaves the women's three year journey to transform their lives through self-sufficiency and new found pride with drug laws that impact mother and child, and will inspire hope for recovery. On Life's Terms: Mothers in Recovery addresses the larger issues of "Treatment Works" and "Family Preservation is Prevention" by breaking the cycle of addiction, abuse and poverty.					
23:00:00	Native Waters: A Chitimacha Recollection	APTEX	(S)	(CC)	N/A	#0H
	The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.					
23:30:00	Stories of the Mind Get Your Sleep	NETA	(S)	(CC)	N/A	#107H
	Sleep deprivation affects everything, from memory to mood to decision making. In our 36hour No Sleep Challenge, researchers track 4 participants to see just how vital sleep is to your mental health.					

Fri, Jul 27, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	Well Read Robert Moor, On Trails	APTEX	(S)	(CC)	N/A	#602H
	From a new literary voice, Robert Moor comes a groundbreaking exploration of how trails help us understand the world in his new book On Trails: An Exploration. From ants to elephants to hiking paths that span continents, Moor discusses how the wisdom of trails link together all species.					
00:30:00	Native Report	WDSE	(S)	(CC)	N/A	#1309H
01:00:00	Backstage Pass Joshua Davis	NETA	(S)	(CC)	N/A	#801H
	Joshua Davis, Michigan-based singer/songwriter and 2016 finalist on NBC's The Voice, plays "Let Me In," "The Little Things," and more from his newest album, "The Way Back Home." Backing up Davis: Drew Howard, pedal steel guitar; Mike Lynch, keyboards; Dominic John Davis, bass; and Michael Shimmin, drums and percussion. Recorded March 2017 at WKAR Studio A on the Michigan State campus.					
02:00:00	Live at the Charleston Music Hall Edwin McCain	NETA	(S)	(CC)	N/A	#101H
	McCain has built an enviable career over the past 20 years by balancing his massive pop success with the year-round touring schedule of a tireless troubadour. His hit songs, authentic spirit and surprisingly affable sense of humor keep fans coming back time and time again for nights that feel more like parties with old friends than rock concerts. In this episode, Edwin talks about his hobbies, his start in music, and his mother-in-law.					
02:30:00	Live at the Charleston Music Hall Elise Testone	NETA	(S)	(CC)	N/A	#103H
	A powerhouse vocalist whose incredible stage presence and vocal maturity rank with the best, Testone is the perfect combination of soul, rock, attitude and restraint. Equally as impressive and at ease belting James Brown style vocals over a relentless funk groove as she is resting her voice gently over a ballad, Testone's range of influences and vocal capacity know few limits. In this episode, Elise shows that she's got game.					
03:00:00	On Life's Terms: Mothers In Recovery	NETA	(S)	(CC)	N/A	#0H
	Driven by the desire for custody of their children, five mothers struggle to overcome addiction in a gender responsive residential treatment program. Their intimate story reveals experiences with domestic violence, prostitution, incarceration and complex intergenerational relations. On Life's Terms: Mothers in Recovery interweaves the women's three year journey to transform their lives through self-sufficiency and new found pride with drug laws that impact mother and child, and will inspire hope for recovery. On Life's Terms: Mothers in Recovery addresses the larger issues of "Treatment Works" and "Family Preservation is Prevention" by breaking the cycle of addiction, abuse and poverty.					
04:00:00	Native Waters: A Chitimacha Recollection	APTEX	(S)	(CC)	N/A	#0H
	The Chitimacha, the 1,000-member tribe known as "the People of Many Waters," are heirs to an unbroken 8,000-year past. Living off the bounty of Louisiana's Atchafalaya Basin, one of the richest inland estuaries on the continent, this indigenous nation persists and rejuvenates its culture despite gradually losing its ancestral territory to environmental and man-made forces. NATIVE WATERS: A CHITIMACHA RECOLLECTION journeys into sacred places of the Atchafalaya Basin with author Roger Stouff, the son of the last chief of the Chitimacha Indians and a keeper of his family's oral tradition. Stouff shares native stories, beliefs and perspectives about this often overlooked people. An avid fly-fisherman, Stouff laments the certain demise of the river basin, the depletion of its sacred fishing and hunting grounds and the painful "vanishings" of the time-honored Chitimacha way of life.					
04:30:00	Stories of the Mind Get Your Sleep	NETA	(S)	(CC)	N/A	#107H
	Sleep deprivation affects everything, from memory to mood to decision making. In our 36hour No Sleep Challenge, researchers track 4 participants to see just how vital sleep is to your mental health.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#672
08:00:00	Zula Patrol The In and Outs of Planets/Young at Heart	APTEX	(S)	(CC)	DVI	#116
	THE INS AND OUTS OF PLANETS: Bula sends the Zula Patrol on a teamwork-building treasure hunt through the Solar System. Truder gets wind of the plan and tries to steal the treasure, but his harebrained scheme is no match for the ZP team. YOUNG AT HEART: When Dark Truder's latest scheme turns Bula, Multo and Gorga into toddlers, the rest of the Zula Patrol does double-duty. They must resort to babysitting, while searching the different planets of the Solar System for an age-appropriate cure.					
08:30:00	Thomas Edison's Secret Lab Von Bolt Meets Santa/aAnd to All A Good Flight	APTEX	(S)	(CC)	N/A	#126H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Diabetes	ACCES		(CC)	N/A	#110H
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Hip Stretches	APTEX	(S)	(CC)	DVI	#928H
10:00:00	Sit and Be Fit Back and Abdominal Strengthening This episode focuses on stretching and strengthening the abdominal and back muscles to protect the spine and help avoid injury.	NETA	(S)	(CC)	N/A	#1312H
10:30:00	Sewing with Nancy Cabin Fever Quilts, Part 1 Easily make modern quilt blocks from the traditional Log Cabin quilt blocks. Just as architecture has changed from the original log cabin homes to our modern 21st century homes, quilting has made the same transition. Nancy and guest Natalia Bonner, a self-proclaimed quilting addict, take a fresh approach to quilting, using dramatic colors and sleek lines.	NETA	(S)	(CC)	N/A	#2917H
11:00:00	Knit and Crochet Now! Springtime Tees Just because the weather is warm doesn't mean you have to put down your needles and hooks! Deborah is joined by Ellen Gormley who will show how to crochet up the Whole Latte Love Tee with an easy openwork yoke and textured stripes. Lena will then show how to stitch up the Knit Lace Sampler T-shirt. Ellen is in the stitch corner with the Fishbone stitch.	APTEX	(S)	(CC)	DVI	#713H
11:30:00	Fons & Porter's Love of Quilting Autumn Starshine Our quilts reflect the experiences of our lives. The autumn season turns our attention quilting as the nights become cool and the leaves begin to take on the colors of fall. Autumn Starshine is a great example of capturing that fall palette. Patrick and Lynette Jensen will present techniques for making star blocks, piecing perfect borders and a beautiful binding.	NETA	(S)	(CC)	N/A	#2808H
12:00:00	Democracy Now!	KNME	(S)	(CC)	N/A	#7260H
13:00:00	Mike Colameco's Real Food Rouge Tomate / The Gander Separated by just a city block two spots on West 18th Street are today's feature. Chef Jesse Schenker runs The Gander a lovely modern American eatery showcasing his cooking. And Rouge Tomate 2.0 formerly uptown re-opens in an old carriage house in Chelsea with an amazing wine list put together by MS Pascaline Lepeltier, and a kitchen run by Andy Bennett turning out the most delicious healthy food imaginable.	NETA	(S)	(CC)	N/A	#1517H
13:30:00	Cooking with Nick Stellino Special Creations Parisa's Scallops; Risotto with Sausage, Butternut Squash & Peas; Peppered Tuna Sicilian-style.	APTEX	(S)	(CC)	N/A	#208H
14:00:00	Chef Paul Prudhomme's Always Cooking! Boiling Rice with Plantains, Turkey Boiled Dinner, Louisiana Seafood Boil.	APTEX	(S)	(CC)	DVI	#113
14:30:00	Jacques Pepin: Heart & Soul Sweet Endings with Shorey Jacques' granddaughter Shorey is back in the kitchen and she's all grown up but she's never too old for dessert! And it all starts with a little butter, freshly made for a quick tartine de confiture. Fresh fruit recipes follow with peaches marty and rhubarb-honey coupe with creamy yogurt sauce. Shorey's love of chocolate isn't forgotten with chocolate pistachio biscotti, which proves to be a perfect lesson in baking, as Jacques guides her measurements and mixtures. Finally, Shorey and Jacques shape mini chocolate truffles to round out their confectionary creations.	APTEX	(S)	(CC)	N/A	#117H
15:00:00	Beads, Baubles and Jewels Get In Shape with Leather Shape up with leather. Mixed media artist Candie Cooper transforms leather into contemporary jewelry designs with paint, tassels and found objects. Then, she works out by painting leather cuffs and adding druzy beads. She cools down with super-simple designs to make and wear anytime - anywhere.	NETA	(S)	(CC)	N/A	#2504H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop Gift Giving	APTEX	(S)	(CC)	DVI	#511H
	Katie proves it's better (and more fun) to give than to receive with easy and thoughtful gift ideas. In the Kitchen: Put-It-Together Pie, Tortellini and Turkey Meatball Soup, Strawberry Pesto, Apple Ginger Preserves and Orange Caramel Sauce. Projects: Make-your-own buttons. Gifting a tree.					
16:00:00	Biz Kid\$ How Credit Affects Your Life	APTEX	(S)	(CC)	DVI	#205H
	Did you know that your credit score could make the difference in whether or not you get into the college of your dreams? Your credit score could even impact whether or not you get the job you're applying for. Join the Biz Kids, and you'll learn about building good credit and how the credit laws affect your life.					
16:30:00	Hands On Crafts for Kids Stylish	NETA	(S)	(CC)	DVI	#1908H
	Freshen up your style statement. Jenny Barnett-Rohrs fashions a colorful ID bracelet from clay and makes a foxy felt animal pouch. Jenny weaves a trendy beaded bracelet of silver and gold. Then, using fabric and ribbon, Jenny creates a decorator-style memo board to stay organized.					
17:00:00	P. Allen Smith's Garden Home The Local Life	APTEX	(S)	(CC)	DVI	#1604H
	The concept of living local has become very popular in recent years, hearkening back to pre-industrial times. Let P. Allen Smith show you the power this movement has and where it may lead us.					
17:30:00	Growing A Greener World Hope for Heroes: The Farmer Veteran Coalition (Davis, Ca)	APTEX	(S)	(CC)	N/A	#807H
	The Farmer Veteran Coalition's mission helps connect veterans with good jobs and new careers by cultivating a new generation of farmers. In this episode, we see the FVC's mission in action with moving stories of farmers whose lives have been changed thanks to the coalition connection.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15150H
18:30:00	Euromaxx	WNVN	(S)	(CC)	N/A	#1430H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9085
19:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1030H
20:00:00	Song of the Mountains Don Flemons / Darrell Webb Band	NETA	(S)	(CC)	N/A	#1304H
21:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2109H
22:00:00	Film School Shorts Stranger Desires	NETA	(S)	(CC)	N/A	#505H
	Tom and Myrna are looking for love in all the wrong places in two stories of ill-advised affection: Tom by Michael Smigiel and Mr. Lamb by Jean Pesce.					
22:30:00	On Story A Conversation with Mark Frost	NETA	(S)	(CC)	N/A	#809H
	Twin Peaks co-creator Mark Frost talks about the impact of the original cult favorite show, collaborating with David Lynch, updating the series for a less innocent era, and exploring the human condition as a narrative story on screen. Frost is a novelist - with more than 10 books to his name - director, film producer, and screenwriter whose credits include the seminal police drama Hill Street Blues.					
23:00:00	Science Goes to the Movies Producing The Science Movie In Hollywood, Part 1	EPS	(S)	(CC)	N/A	#304H
	Movie Producer, Lynda Obst, talks about the importance of using real science in her movies, which include "Contact" and "Interstellar." Not only has science influenced cinema but movies have reciprocated its influence on science as well.					

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<u>Start</u>	<u>Title</u> <u>Subtitle</u>	<u>Distrib</u>	<u>Stereo</u>	<u>Cap</u>	<u>AS2</u>	<u>Episode</u>
23:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1135H

Sat, Jul 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Second Opinion Food As Medicine Patient Story: Eating for health may be more than counting calories. Cheryl Knutsen shares her journey to health - a journey which meant leaving behind the food traditions of her childhood. Myth or Medicine: Is slow and steady weight loss better than losing weight rapidly? Second Opinion 5: Five dietary changes you can make right now to improve your health.	APTEX	(S)	(CC)	N/A	#1108H
00:30:00	Global 3000	WNVC	(S)	(CC)	N/A	#1030H
01:00:00	Song of the Mountains Don Flemons / Darrell Webb Band	NETA	(S)	(CC)	N/A	#1304H
02:00:00	Woodsongs	NETA	(S)	(CC)	N/A	#2109H
03:00:00	Film School Shorts Stranger Desires Tom and Myrna are looking for love in all the wrong places in two stories of ill-advised affection: Tom by Michael Smigiel and Mr. Lamb by Jean Pesce.	NETA	(S)	(CC)	N/A	#505H
03:30:00	On Story A Conversation with Mark Frost Twin Peaks co-creator Mark Frost talks about the impact of the original cult favorite show, collaborating with David Lynch, updating the series for a less innocent era, and exploring the human condition as a narrative story on screen. Frost is a novelist - with more than 10 books to his name - director, film producer, and screenwriter whose credits include the seminal police drama Hill Street Blues.	NETA	(S)	(CC)	N/A	#809H
04:00:00	Science Goes to the Movies Producing The Science Movie In Hollywood, Part 1 Movie Producer, Lynda Obst, talks about the importance of using real science in her movies, which include "Contact" and "Interstellar." Not only has science influenced cinema but movies have reciprocated its influence on science as well.	EPS	(S)	(CC)	N/A	#304H
04:30:00	Theater Talk	EPS	(S)	(CC)	N/A	#1135H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#673
08:00:00	Beauty of Oil Painting with Gary and Kathwren Jenkins Tea Rose Fantasy Gary shows how important it is to start with a good background and explains how you can make a beautiful background using a simple paper doily. Next up is a whimsical tea rose painting on a fantasy background.	APTEX	(S)	(CC)	N/A	#519H
08:30:00	Painting with Wilson Bickford Out to Pasture, Part 2 Old cars and trucks have a lot of character - and make great painting subjects! In this piece, an old truck has been left to rust in a flowery pasture. In Part 2, Wilson finishes the summer scene and details the truck.	NETA	(S)	(CC)	N/A	#209H
09:00:00	Landscapes Through Time with David Dunlop Van Gogh's at Saint Remy De Provence David takes us through the tumultuous, penultimate year of van Gogh's life - 1889, spent in the asylum of St. Paul de Mausole at St. Remy. David demonstrates the personally expressive palette and brushwork of van Gogh while describing van Gogh's uniquely spiritual and impassioned intentions for painting. David demonstrates van Gogh's drawing techniques as a preparation for his paintings, reveals his connections to Dutch landscape painting and Impressionist color, and shows how he employs these ideas with expressive, moving gestures in the landscape of van Gogh.	NETA	(S)	(CC)	DVI	#101H
09:30:00	Classical Stretch: The Esmonde Technique Weight Loss: Hips, Knees & Foot Workout	APTEX	(S)	(CC)	DVI	#929H
10:00:00	Sit and Be Fit Exercising with Accessories Mary Ann introduces a variety of unique exercises incorporating a large ball during the warm up and a small ball for finger flexibility and strengthening.	NETA	(S)	(CC)	N/A	#1313H

Sat, Jul 28, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:30:00	Functional Fitness with Suzanne Andrews Lung Power Walking Workout	ACCES	(S)	(CC)	N/A	#309H
11:00:00	Neven Maguire: Home Chef In Dublin, Neven watches Guillaume Lebrun, head chef at the 2 Michelin-starred Restaurant Patrick Guilbaud, prepare lobster ravioli. Back in his own restaurant, Neven makes braised shoulder of lamb with Mediterranean couscous and a delicious dessert of passion fruit and orange jelly with vanilla yogurt and granita.	APTEX	(S)	(CC)	N/A	#111H
11:30:00	Mexico -- One Plate at a Time with Rick Bayless Dreaming of Sustainable Agriculture Chef Pedro Abascal is changing tourist's perceptions of the food in Riviera Maya, using local farms to supply his hip hotel restaurants. Rick and Pedro discuss his challenges and successes of his approach over a traditional Yucatecan meal at Faison y Venado. Rick pays a visit to a lamb farm in Tizimin for a conversation with a rancher, then heads to C-Grill, Pedro's hip restaurant on the shores of Playa del Carmen, where he makes a beautiful roasted lamb in adobo. In Chicago, Rick heads to the outdoor Green City Market to gather ingredients for his grilled leg of lamb with green garlic mojo and camote mash, accompanied by grilled asparagus with pasilla crema. Oh, and an incredibly delicious skillet cake.	APTEX	(S)	(CC)	N/A	#1111H
12:00:00	Lidia's Kitchen Vegetable Favorites Italy is a garden year round, and Lidia celebrates an array of beautiful vegetable dishes including: celery stalks stuffed with gorgonzola and apples; an elegant asparagus and scallion salad; a refreshing fava sesame dip, that pairs beautifully with flat breads and finally a linguine with swisschard made with walnuts and creamy fresh ricotta.	APTEX	(S)	(CC)	N/A	#417H
12:30:00	Food Over 50 Unloading Carbs: Reducing Dietary Starch Potatoes, pasta and rice are just a few examples of our daily intake of carbohydrates, and each is on the menu in this episode. But as we age, we should unload some of these excess starches and sugars in favor of better choices and more modest portions. That's why David and Elizabeth have chosen three excellent recipes to illustrate how unloading carbs doesn't mean eliminating them altogether. From the studio kitchen in Palm Springs, David prepares classic parsley potatoes with the skin-on, for added nutrition, and sauteed in healthful and flavorful olive oil. Then it's off to Scotland for an out-of-kitchen adventure to collect fresh cockles on Uig Sands before adding them to an extraordinary whole wheat fusilli vongole. The cockles boost the lean protein intake while the whole grain pasta equals complex carbs, which are better for us. And finally it's back to the studio kitchen for vegetable and brown rice pilaf, with added onion, carrot, zucchini, dates and walnuts, further reducing empty carbohydrates and enhancing flavor. Most importantly, registered dietician Elizabeth Kelsey educates viewers about the importance of unrefined carbohydrates in what we eat during her "Second Helpings" segment. Healthy, whole-food carbs are excellent brain food and important for gut health. She also emphasizes portion. Healthy meals should consist of a single carbohydrate, not two or three, and the portion should not exceed a quarter of our plate. Finally, David recaps the show with another inspiring "Earn What You Eat" segment, this time from a rowboat on Loch Morsgail, rather than a rowing machine in a sweaty gym.	APTEX	(S)	(CC)	N/A	#109H
13:00:00	Expeditions with Patrick Mcmillan Reshaping The Arctic	APTEX	(S)	(CC)	N/A	#104H
13:30:00	Weekends with Yankee Quintessential Villages New England is known for its postcard-perfect villages. This week on Weekends with Yankee, we pay a visit to Stockbridge, Massachusetts, home of the Norman Rockwell Museum, which houses the famed painter's best-known works. Our second stop is Woodstock, Vermont, where the ultimate general store, Gillingham & Sons, has been serving customers for 130 years. Lastly, it's off to Biddeford, Maine, for a taste of the Palace Diner, a classic New England eatery reimaged by two ambitious young chefs.	APTEX	(S)	(CC)	N/A	#111H
14:00:00	Rick Steves' Europe Stockholm Sweden's capital, confident and self-assured, glitters with souvenirs from the day when it ruled as a superpower. From pondering gilded royal staterooms to sampling gourmet reindeer and sipping vodka in an ice bar, we experience the city's cultural highlights. Then we sail the archipelago for the prettiest island-hopping in northern Europe.	APTEX	(S)	(CC)	N/A	#609H
14:30:00	Born to Explore with Richard Wiese South Africa: Turtles and Tsongas The tale of the turtle takes place on the beaches of South Africa's Rocktail Bay, on the edge of the Indian Ocean. Richard Wiese travels here to search for the extraordinary 300-pound loggerhead turtle, which swims thousands of miles each year to lay its eggs on the same beach where it was born. Richard joins a Tsonga tribesman to catch fish in unusual reed traps and visits a rural primary school to see how the next generation of South Africans is coming of age.	APTEX	(S)	(CC)	N/A	#120H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Garden Smart GardenSMART continues work on a landscape installation project that started last season. And there is still a lot to do. In this episode we review what's been accomplished, what needs to be done, and discuss with contractors the masonry and irrigation work they're doing. A great show, a lot of gardening information. Be sure to tune in.	NETA	(S)	(CC)	N/A	#5010H
15:30:00	For Your Home Garage Apartment Part II With the new garage apartment construction underway it's time to start adding the finishing touches. Vicki shows you how to add value to your project with versatile features such as a multi-purpose kitchen, full bathroom, living area, two great bedrooms, one of which doubles as an office. You're going to love the way this space turns out.	APTEX	(S)	(CC)	N/A	#3113H
16:00:00	Drexel Interview James Kaplan, Part 1 This is the first part of a two-part interview focusing on the life and career of cultural icon Frank Sinatra, as told by acclaimed biographer and character journalist James Kaplan. Kaplan is a writer and expert on all things Sinatra, as detailed in his two volumes: Frank: The Voice and Sinatra: The Chairman. In this episode, Kaplan highlights Frank: The Voice, discussing Sinatra's formative years, his tremendous early success, a career slump, and his comeback. Throughout this compelling conversation, the author shares rare anecdotes and insight into Sinatra's complex public persona and stardom.	NETA		(CC)	N/A	#504H
16:30:00	Overheard with Evan Smith Nikki Giovanni, Poet/Activist Nikki Giovanni is a poet, writer, activist and educator. Her works cover everything from race and social issues to children's literature. She has received the Langston Hughes Medal, the Rosa Parks Woman of Courage Award, the NAACP Image Award, more than 20 honorary degrees from national colleges and universities and a Grammy nomination. In 2005, Oprah Winfrey named her one of the top 25 Living Legends. Her latest collection of poems is titled A Good Cry.	NETA	(S)	(CC)	N/A	#818H
17:00:00	Pen TV Program TBA Place Holder for TBA Program		(S)	(N)	N/A	#0H
17:30:00	Craftsman's Legacy The Furnituremaker Host Eric Gorges visits Alan Kaniarz, an innovator in the world of furniture design. Together they discuss the love of making furniture, environmentally conscious approaches to the craft and award-winning workmanship.	APTEX	(S)	(CC)	N/A	#213H
18:00:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3630H
18:30:00	The Open Mind All The President's Twitter Blocks Guest: Katie Fallow. Knight First Amendment Institute Attorney Katie Fallow discusses violations of free speech by elected officials.	NETA		(CC)	N/A	#3829H
19:00:00	Closer to Truth How Do Consciousness and Language Relate? Why the tension between consciousness, my inner experience, and language, enabling thought and culture? Does consciousness cause language? Or language cause consciousness?	EPS	(S)	(CC)	N/A	#1604H
19:30:00	The Whole Truth with David Eisenhower Healthcare: Beyond The Insurance Coverage Debate HEALTHCARE: BEYOND THE INSURANCE COVERAGE DEBATE: Even without providing health insurance to all of our citizens, why does the American healthcare system still manage to spend so much more, two to three times more per person, than so many other advanced nations? And, even given all that spending, why are our health outcomes not better than these lesser spending nations? And, in some regards, why are they actually worse? Our panel explores issues including why healthcare in the United States costs so much more per capita than in other advanced countries, without achieving better outcomes (including discussing quality of care, and spending on super-consumers and end of life), and whether the coming digital/mobile advances in healthcare delivery can improve quality and reduce costs. Guests: Jonathan Rothwell, Senior Economist at Gallup; Dr. Thaddeus Pope, Director of the Health Law Institute at the Mitchell Hamline School of Law; Dr. Bon Ku, Assistant Dean for Health & Design and Director of JeffDESIGN at Thomas Jefferson University Hospital.	APTEX	(S)	(CC)	N/A	#304H

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20:00:00	Speakeasy Seal and Amy Thomson	APTEX	(S)	(CC)	N/A	#306H
	Three-time Brit Award and four-time Grammy Award winner Seal is joined by his manager, Amy Thomson, in the season finale of Speakeasy. Over the course of his career Seal has sold more than 30 million records worldwide and is known for his international hits including "Kiss from a Rose." As a songwriter Seal has received two consecutive Ivor Novello Awards from the British Academy for Best Song Musically and Lyrically for "Killer" and "Crazy." The pair have an intimate and frank discussion detailing Seal's early career and his experience recording his new album Standards.					
21:00:00	Front and Center Cma Songwriters Series Presents: Luke Combs and Kane Brow	APTEX	(S)	(CC)	N/A	#802H
	In this double episode, rising country star Kane Brown and newcomer Luke Combs perform in Nashville at the Franklin Theatre. Brown is joined by top tunesmiths Tom Douglas and Josh Hoge. Additionally, Combs is joined by hit songwriters Thomas Archer, Ray Fulcher, and Rob Williford, all of whom had a hand in writing on Combs' This One's For You.					
22:00:00	Globe Trekker Nigeria	APTEX	(S)	(CC)	N/A	#1608H
	Adela Ucar kicks off her visit in the capital of Lagos, an anarchic and electric city with a vital nightlife. Next she journeys to Yoruba Land in the southwest, thought to be the site of the Queen of Sheba's tomb. Adela later meets witch doctors in Oyo, travels to the historic walled cities in the north, hunts for bargains in the ancient Kurmi Market, visits the traditional Fulani village of Chafe and encounters a rare mountain gorilla in Nigeria's eastern highlands.					
23:00:00	Arts In Context The House of Songs	NETA		(CC)	N/A	#705H
	The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.					
23:30:00	Articulate with Jim Cotter	APTEX	(S)	(CC)	N/A	#312H
	The complex interior worlds of Jason Reynolds, Alisa Weilerstein, and Ibeyi, explored.					

Sun, Jul 29, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Closer to Truth How Do Consciousness and Language Relate? Why the tension between consciousness, my inner experience, and language, enabling thought and culture? Does consciousness cause language? Or language cause consciousness?	EPS	(S)	(CC)	N/A	#1604H
00:30:00	The Whole Truth with David Eisenhower Healthcare: Beyond The Insurance Coverage Debate HEALTHCARE: BEYOND THE INSURANCE COVERAGE DEBATE: Even without providing health insurance to all of our citizens, why does the American healthcare system still manage to spend so much more, two to three times more per person, than so many other advanced nations? And, even given all that spending, why are our health outcomes not better than these lesser spending nations? And, in some regards, why are they actually worse? Our panel explores issues including why healthcare in the United States costs so much more per capita than in other advanced countries, without achieving better outcomes (including discussing quality of care, and spending on super-consumers and end of life), and whether the coming digital/mobile advances in healthcare delivery can improve quality and reduce costs. Guests: Jonathan Rothwell, Senior Economist at Gallup; Dr. Thaddeus Pope, Director of the Health Law Institute at the Mitchell Hamline School of Law; Dr. Bon Ku, Assistant Dean for Health & Design and Director of JeffDESIGN at Thomas Jefferson University Hospital.	APTEX	(S)	(CC)	N/A	#304H
01:00:00	Speakeasy Seal and Amy Thomson Three-time Brit Award and four-time Grammy Award winner Seal is joined by his manager, Amy Thomson, in the season finale of Speakeasy. Over the course of his career Seal has sold more than 30 million records worldwide and is known for his international hits including "Kiss from a Rose." As a songwriter Seal has received two consecutive Ivor Novello Awards from the British Academy for Best Song Musically and Lyrically for "Killer" and "Crazy." The pair have an intimate and frank discussion detailing Seal's early career and his experience recording his new album Standards.	APTEX	(S)	(CC)	N/A	#306H
02:00:00	Front and Center Cma Songwriters Series Presents: Luke Combs and Kane Brow In this double episode, rising country star Kane Brown and newcomer Luke Combs perform in Nashville at the Franklin Theatre. Brown is joined by top tunesmiths Tom Douglas and Josh Hoge. Additionally, Combs is joined by hit songwriters Thomas Archer, Ray Fulcher, and Rob Williford, all of whom had a hand in writing on Combs' This One's For You.	APTEX	(S)	(CC)	N/A	#802H
03:00:00	Globe Trekker Nigeria Adela Ucar kicks off her visit in the capital of Lagos, an anarchic and electric city with a vital nightlife. Next she journeys to Yoruba Land in the southwest, thought to be the site of the Queen of Sheba's tomb. Adela later meets witch doctors in Oyo, travels to the historic walled cities in the north, hunts for bargains in the ancient Kurmi Market, visits the traditional Fulani village of Chafe and encounters a rare mountain gorilla in Nigeria's eastern highlands.	APTEX	(S)	(CC)	N/A	#1608H
04:00:00	Arts In Context The House of Songs The House of Songs brings together international songwriters with American songwriters not only to bridge cultures but also for the pure joy of collaboration. It was after going on a songwriting retreat in Denmark that American singer-songwriter Troy Campbell felt inspired to bring this idea of international, intercultural collaboration to his homeland. Campbell is a true believer in bridging the gaps in the global community in order to foster greater creative exploration.	NETA		(CC)	N/A	#705H
04:30:00	Articulate with Jim Cotter The complex interior worlds of Jason Reynolds, Alisa Weilerstein, and Ibeyi, explored.	APTEX	(S)	(CC)	N/A	#312H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#674
08:00:00	Painting and Travel with Roger & Sarah Bansemer Lake Michigan Roger and Sarah Bansemer visit the Great Lakes. Sarah visits the historic Michigan Maritime Museum while Roger sets up his easel and paints along the shoreline.	NETA	(S)	(CC)	N/A	#110H
08:30:00	Painting with Paulson Two Different Worlds Part II	NETA	(S)	(CC)	N/A	#1610H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Wyland's Art Studio Sea Turtle	APTEX		(CC)	N/A	#511H
	<p>In visual experiences, harmony is something is pleasing to the eye. It engages the viewer and creates a sense of order and balance in the visual experience. When something is not harmonious, it may be considered either boring or chaotic. This follows in the way people perceive things. For example, the human brain tends to reject what it cannot organize, therefore a logical structure is often called for. Harmony delivers a visual interest and sense of order. Interestingly, Wyland uses the seemingly discordant image of a sea turtle to create an image of harmony. Using proportion, composition, color, patterns, and movement, the artist achieves a pleasing harmonious visual work of art.</p>					
09:30:00	Classical Stretch: The Esmonde Technique Pain Relief: Frozen Shoulder (All Standing)	APTEX	(S)	(CC)	DVI	#930H
10:00:00	Sit and Be Fit Somatosensory Work	NETA	(S)	(CC)	N/A	#1314H
	<p>We rely on our somatosensory system for good balance and everyday functioning. Mary Ann helps viewers turn their awareness inward to work this system.</p>					
10:30:00	Power Yoga: Mind and Body	APTEX	(S)	(CC)	N/A	#217
11:00:00	Yan Can Cook: Spice Kingdom One Belt, One Road, One World	APTEX	(S)	(CC)	N/A	#113H
	<p>The New Silk Road Railway connects Chengdu to Western Europe by high speed train. This is the 21st century version of the historical silk road, which opened China to the west and vice versa a thousand years ago. Martin samples some of the new food imports from Spain and Denmark, and marvels at the tremendous scale of China's industrial projects.</p>					
11:30:00	New Orleans Cooking with Kevin Belton Shrimp Specialties	APTEX	(S)	(CC)	N/A	#109H
	<p>Shrimp remoulade, shrimp Creole, BBQ shrimp.</p>					
12:00:00	Ciao Italia Cooking with Wine - Cucinando Con Il Vino	NETA	(S)	(CC)	N/A	#2515H
	<p>Mary Ann travels to the heart of Tuscany to cook with Maria Gorelli at Banfi winery, near Montalcino, Italy. They begin by creating classic Tuscan Pici, a hand rolled, thick-spaghetti style pasta that's the perfect base for Poor Sauce, made from toasted breadcrumbs, olive oil, tomatoes and garlic. And to go with it, a hearty Venison Stew guaranteed to chase the winter blues away.</p>					
12:30:00	Mike Colameco's Real Food Aquavit	NETA	(S)	(CC)	N/A	#1414H
	<p>In 2014 Chef Emma Bengtsson talk over the helm as Chef at Aquavit. She had been the pastry chef and the owner thought she was ready for this next phase. A year later with three stars from the NY Times under her belt she became one of a handful of women worldwide to earn two Michelin Stars. She's a chef's chef who loves the craft and we spend a day with her and her staff to see what Emma is all about.</p>					
13:00:00	Travels with Darley Hong Kong Urban Adventures	NETA	(S)	(CC)	N/A	#302H
	<p>Explore art galleries, hip neighborhoods and top nightlife in Hong Kong, as host Darley Newman meets local experts enjoy the best urban adventures in this bustling Asian city. From authentic cuisine on a foodies' tour of Sham Shui Po to dim sum at the world's cheapest Michelin-star restaurant, food, markets, culture and temples take center state on this city tour.</p>					
13:30:00	Travel Detective with Peter Greenberg Hidden Gems of Sydney	NETA	(S)	(CC)	N/A	#401H
	<p>CBS News Travel Editor Peter Greenberg takes us down under to Australia's most populous city - beyond the Opera House and Bondi Beach - to show us places that only the locals know about. Plus, a rundown of the world's most traffic-congested cities. And, the World Happiness Report has a new country on top of that list, and we explain why it was chosen.</p>					
14:00:00	Wild Photo Adventures Kansas White-Tailed Deer	NETA	(S)	(CC)	DVI	#207H
	<p>Host and professional wildlife photographer Doug Gardner gets up close and personal to photograph the majestic white-tailed deer of Kansas.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	In The Americas with David Yetman Panama's Wild West	APTEX	(S)	(CC)	N/A	#403H
	An hour or so distant from Panama's burgeoning capital and its great canal, a broad peninsula juts into the Pacific Ocean. The Azuero Peninsula is home to traditions, landscapes, and people different from those of the capital and its suburbs. Residents of Azuero celebrate what sets them off from the rest of Panama. And they are huge fans of baseball.					
15:00:00	Woodsmith Shop Details of Craftsmanship: Finishing	NETA	(S)	(CC)	N/A	#913H
	The editors of Woodsmith magazine wrap up this season's Details of Craftsmanship by applying a finish to highlight the look of an elegant table.					
15:30:00	American Woodshop The Burkhardt Inspired Green Man Chair	NETA	(S)	(CC)	N/A	#2309H
	Inspired sculpted face chair with an historic story.					
16:00:00	Happy Yoga with Sarah Starr Rainbow Sunrise	NETA	(S)	(CC)	N/A	#213H
	Relax and recharge with a glowing morning sunrise as we focus on an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves and hip openers with a series of upper body stretches designed to release tension in the shoulders and upper back.					
16:30:00	Second Opinion Mystery Diagnosis III	APTEX	(S)	(CC)	N/A	#1109H
	Patient Story: Every day, doctors are faced with patients with symptoms that prove difficult to diagnose. When healthy and active Larry Luitjens shows up in his doctor's office with some peculiar and frightening symptoms, his doctor is put to the test to find the cause and get him the treatment he desperately needs. Myth or Medicine: Are more medical tests likely to lead to a more accurate diagnosis? Second Opinion 5: Five things you can do to help your doctor diagnose you.					
17:00:00	Natural Health Breakthroughs with Brenda Watson Stem Cells I	EPS	(S)	(CC)	N/A	#106H
	Research into using stem cells to repair damaged hearts - Joshua Hare, MD: Director of Interdisciplinary Stem Cell Institute at the Univ. of Miami Miller School of Medicine. Research into using stem cells to repair damaged spinal cords - Barth Green, MD: Chairman of Neurological Surgery at Univ. of Miami Health Miller School of Medicine, and co-founder of The Miami Project to Cure Paralysis. Using stem cells during orthopedic surgery to improve healing and recovery times - Wade McKenna, DO: orthopedic surgeon who routinely uses patients' enhanced stem cells during their operations; Neil Riordan, PhD: research scientist who pioneered the process that enhances patients' stem cells (he's also McKenna's business partner). The current state of stem cell research, and its promising future - Andrew McMahon, PhD: Director of the Broad Center for Regenerative Medicine and Stem Cell Research at USC. Personal story - Jim Morella: we follow this 60-something marathon runner who needs knee surgery (again!) and who's decided he wants Dr. McKenna to give him stem cell injections to help him heal better and faster.					
17:30:00	Well Read Kareem Abdul-Jabbar, Writings on the Wall	APTEX	(S)	(CC)	N/A	#603H
	A NBA Hall of Fame inductee, columnist for Time Magazine, author of young adult novels, Kareem Abdul-Jabbar joins Well Read to discuss his latest book, this time for an adult audience: Writings on the Wall: Searching for a New Equality Beyond Black and White.					
18:00:00	California's Gold Scotia	KCET		(CC)	N/A	#7002
	Huell learns about California's early logging industry during a visit to Scotia, located 30 miles south of Eureka on Highway 101 in Humboldt County. Scotia may be the last true company town in America. It was founded as a logging camp in 1883 and is still the home of the Pacific Lumber Company.					
18:30:00	Joseph Rosendo's Travelscope Berlin and Western Poland - Over The Borderline	APTEX	(S)	(CC)	DVI	#704H
	In a show that begins in Berlin and ends in Poznan, where the Polish state began, Joseph travels in the German-Polish border region and is captivated by the beautiful structures, historic traditions and respected customs. He is also aware of what time and events have stolen. In Berlin the story unfolds as Joseph takes a Trabi car tour of the city and pauses at Checkpoint Charlie. At the East Side Gallery, where the Wall still stands, he stops to honor the Wall's victims at the Wall Memorial. For a ride on the natural side he bikes to the nearby royal town of Potsdam, site of the famous conference, where in the Dutch Quarter he slows down to enjoy Gemutlichkeit, the good life. His journey across the borderline in Poland brings him to town after town, where the ever shifting Polish/German nationalities spotlight Polish national pride and epic perseverance. He enjoys the rural countryside in a mosaic of activities from river boating in Wroclaw, riding in a steam locomotive in Wolsztyn and celebrating ceramic making in Boleslawiec. As he tours through this resurrected and revitalized region, he is reminded of the resilience of human beings and their ability to, Phoenix-like, rise from their ashes again and again.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Blackademics Television Chang / Saenz	KNME	(S)	(CC)	N/A	#603H
	Dr. Chang encourages us to tell our stories as she charts her path from undocumented Guatemalan immigrant child to hyperdocumented and influential college professor. Dr. Saenz offers a successful program for mentoring Latino males.					
19:30:00	Kamla Show from Silicon Valley	KNME	(S)	(CC)	N/A	#208H
20:00:00	Black America Hollywood In Black America with Courtney B. Vance	EPS	(S)	(CC)	N/A	#103H
	Carol Jenkins talks with actor Courtney B. Vance about his career, his influences and his work as an actor in projects such as 'Scandal' and 'The People Vs. O.J. Simpson: An American Crime Story'.					
20:30:00	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.					
21:00:00	All-Star Orchestra Mysterious Mountain	APTEX	(S)	(CC)	N/A	#304H
	Hovhaness - Symphony # 2 "Mysterious Mountain". The most celebrated work by the iconic composer of the Pacific Northwest. A mystical mediation on the magnificence of nature. Sir Eugene Goossens et al - Jubilee Variations. This will be a world-premiere TV recording of this unpublished 1944 work created by ELEVEN great composers: Goossens, Aaron Copland, Deems Taylor, Howard Hanson, Walter Piston, William Schuman, Roy Harris, Anis Fuleihan, Bernard Rogers, Ernest Bloch, and Paul Creston.					
22:00:00	Pacific Heartbeat Na Mele: Jerry Santos	APTEX	(S)	(CC)	N/A	#402H
	Legendary musician Jerry Santos shares music and thoughts about his home in Hawai'i. Fellow musicians Kamuela Kimokeo and Hoku Zuttermeister accompany Jerry as they perform at his home and in front of backdrops depicting his hometown of Kahaluu, on Windward O'ahu.					
23:00:00	Hoot in the Hole - The Story of the Jackson Hole Hootenanny	NETA	(S)	(CC)	N/A	#0H
	Every Monday night since 1993 at Dorman's in Moose, WY, the Hootenanny has been playing acoustic music in a traditional gathering to standing-room-only listeners. With 48 toe-tapping songs, Hoot in the Hole includes an extensive archive of electrifying performances by Tom Rush, Ramblin' Jack Elliott, the Wilders, and Hot Club of Cowtown. Directed and produced by award-winning documentary filmmaker Juliet Sonnenberg, Hoot was filmed in HD in '06 and '07. The sounds of Gene Autry, Jimmie Rodgers, Bob Wills, and Bill Monroe can be heard through renditions by local musicians such as John Byrne Cooke, the singing cowboy Greg Keckler, and the dynamic duo of Anne and Pete Sibley, winners of the American Duet Sing-Off on NPR's A Prairie Home Companion with Garrison Keillor.					

Mon, Jul 30, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Blackademics Television Chang / Saenz Dr. Chang encourages us to tell our stories as she charts her path from undocumented Guatemalan immigrant child to hyperdocumented and influential college professor. Dr. Saenz offers a successful program for mentoring Latino males.	KNME	(S)	(CC)	N/A	#603H
00:30:00	Kamla Show from Silicon Valley	KNME	(S)	(CC)	N/A	#208H
01:00:00	Black America Hollywood In Black America with Courtney B. Vance Carol Jenkins talks with actor Courtney B. Vance about his career, his influences and his work as an actor in projects such as 'Scandal' and 'The People Vs. O.J. Simpson: An American Crime Story'.	EPS	(S)	(CC)	N/A	#103H
01:30:00	Asian American Life 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.	EPS	(S)	(CC)	N/A	#104H
02:00:00	All-Star Orchestra Mysterious Mountain Hovhaness - Symphony # 2 "Mysterious Mountain". The most celebrated work by the iconic composer of the Pacific Northwest. A mystical mediation on the magnificence of nature. Sir Eugene Goossens et al - Jubilee Variations. This will be a world-premiere TV recording of this unpublished 1944 work created by ELEVEN great composers: Goossens, Aaron Copland, Deems Taylor, Howard Hanson, Walter Piston, William Schuman, Roy Harris , Anis Fuleihan, Bernard Rogers, Ernest Bloch, and Paul Creston.	APTEX	(S)	(CC)	N/A	#304H
03:00:00	Pacific Heartbeat Na Mele: Jerry Santos Legendary musician Jerry Santos shares music and thoughts about his home in Hawai'i. Fellow musicians Kamuela Kimokeo and Hoku Zuttermeister accompany Jerry as they perform at his home and in front of backdrops depicting his hometown of Kahaluu, on Windward O'ahu.	APTEX	(S)	(CC)	N/A	#402H
04:00:00	Hoot in the Hole - The Story of the Jackson Hole Hootenanny Every Monday night since 1993 at Dorman's in Moose, WY, the Hootenanny has been playing acoustic music in a traditional gathering to standing-room-only listeners. With 48 toe-tapping songs, Hoot in the Hole includes an extensive archive of electrifying performances by Tom Rush, Ramblin' Jack Elliott, the Wilders, and Hot Club of Cowtown. Directed and produced by award-winning documentary filmmaker Juliet Sonnenberg, Hoot was filmed in HD in '06 and '07. The sounds of Gene Autry, Jimmie Rodgers, Bob Wills, and Bill Monroe can be heard through renditions by local musicians such as John Byrne Cooke, the singing cowboy Greg Keckler, and the dynamic duo of Anne and Pete Sibley, winners of the American Duet Sing-Off on NPR's A Prairie Home Companion with Garrison Keillor.	NETA	(S)	(CC)	N/A	#0H
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#675
08:00:00	Zula Patrol The Big Mess/Telescooped THE BIG MESSA sticky mess in Wizzy's & Wigg's room spawns a microscopic city. But when Wizzy's & Wigg's vacuuming threatens to destroy the micro-world, the other ZPers are ZAPPED into the tiny city by its resident microscopic Mad Scientist. TELESCOOPED: When all the telescopes on Zula begin disappearing, the Zula Patrol investigates and learns a lot about telescopes. They even shrink down to get inside one, just as it's stolen. The culprit: Dark Truder, who doesn't realize the tiny Zula Patrol are now trapped in his new 'asteroid headquarters.' They must escape to not only save themselves - but all the telescopes in the Solar System!	APTEX	(S)	(CC)	DVI	#117
08:30:00	Kid Stew The kids get inspired by William Shakespeare, Beethoven's Ninth Symphony, author Dave Barry, NFL running back Kenyan Drake, a ballerina, pinball art, a chalk artist, and Japanese culture. Plus bully blocking, right brain fun, music, and Kid Stew Ewws.	APTEX	(S)	(CC)	N/A	#101H
09:00:00	Functional Fitness with Suzanne Andrews Healthy Back	ACCES		(CC)	N/A	#111H
09:30:00	Classical Stretch: The Esmonde Technique Waist Slenderizing Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful Jamaica! Miranda will take you through an all-standing, full-body workout that focuses on slenderizing the waist.	APTEX	(S)	(CC)	DVI	#1001H

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10:00:00	Sit and Be Fit Releasing Muscle Tightness Mary Ann uses a small ball, a towel and large ball to release some of the restrictions that build up in the connective tissue that runs throughout the body.	NETA	(S)	(CC)	N/A	#1315H
10:30:00	Sewing with Nancy Cabin Fever Quilts, Part 2 Discover tricks of modern quilting inspired by the traditional Log Cabin block. You might think that Log Cabin quilt blocks are very predictable-red center block with dark fabric strips added to one side and light strips added to the other. Nancy and guest Natalia Bonner, a modern quilt designer help you discover that with an unconventional approach the expected turns imaginative!	NETA	(S)	(CC)	N/A	#2918H
11:00:00	Knit and Crochet Now Lacey Look Cardigans That lacey look is always in style. Knit along with Melissa Leapman as she makes a button-front cardigan with a lacey bodice that is knit in one piece. In the technique corner, learn to add a lifeline to lace knit projects. Then, crochet a short-sleeved cover-up with an all-over lace design with Jenny King.	NETA	(S)	(CC)	N/A	#801H
11:30:00	Fons & Porter's Love of Quilting Red, White and Gratitude Appreciation can be shown in a variety of ways. A quilt is a heartfelt way to show your thanks to the service men and women who have and are serving in the armed forces. Mary and Marianne will take you through the construction of patchwork that can be used in variety of setting, to honor our American veterans.	NETA	(S)	(CC)	N/A	#2809H
13:00:00	America's Test Kitchen from Cook's Illustrated Chinese Classics Bridget and Julia reveal the secrets to making the ultimate Chinese barbecued pork at home. In the Equipment Corner, expert Adam Ried reveals his top picks for wire racks and rimmed baking sheets, and then test cook Dan Souza makes a perfect recipe for Sichuan braised tofu with beef (mapo tofu).	APTEX	(S)	(CC)	N/A	#1822H
13:30:00	Pati's Mexican Table A Queen in the Land of the Gods Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza. Abigail is opening her home to show Pati her dedication to preserving the pre-Hispanic techniques and recipes of her Zapotec ancestors. Back in Pati's kitchen, her experience with Abigail inspires recipes that feature few ingredients used in rustic Oaxacan ways, including chicken with oregano and garlic, grilled corn salad, and burnt milk ice cream. Oaxacan chicken with oregano and garlic; Grilled corn salad; Burnt milk ice cream with animal crackers.	APTEX	(S)	(CC)	N/A	#603H
14:00:00	Steven Raichlen's Project Smoke Hot Stuff A show to stoke our insatiable appetite for fiery foods, starting with smoky Nashville hot wings. From rural Kentucky comes smoky grilled pork shoulder steaks dunked as often as you dare in an incendiary vinegar cayenne pepper sauce. For more pain, we present piri piri Prawns from South Africa grilled in the shell and ignited with a distinctive hot sauce introduced by Portuguese explorers, followed by spice-blasted Indian tandoori lamb served with Hell's Fury Hot Sauce and a cooling cucumber yogurt raita. Nashville hot wings; Monroe County pork steaks with spicy vinegar dip; Piri piri prawns; Tandoori lamb with Hell's Fury Hot Sauce and raita.	APTEX	(S)	(CC)	N/A	#302H
14:30:00	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 Wired Routines Wire up your jewelry-making routine. Designer Wyatt White coaches you as he uses braided wire to make a trendy bangle bracelet. In the workout, he adds energy and interest to a stylish cuff with beads. He winds down with a cool tool for weaving colorful wire bracelets.	NETA	(S)	(CC)	N/A	#2505H
15:30:00	Katie Brown Workshop Home for the Holidays Katie demonstrates how infuse a home with the spirit of the season. In the Kitchen: Mouth-Watering Roasted Turkey, Delicious Garlic Potatoes, and a Quick-and-Easy Apple Crumble. Projects: A wreath made from rope. A "gourdeous" fall centerpiece.	APTEX	(S)	(CC)	DVI	#512H

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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 Imagination	NETA	(S)	(CC)	DVI	#1909H
	Unleash your imagination. Using rolling pins, Jenny Barnett-Rohrs creates all kinds of textures. Candie Cooper creates little superheroes to showcase her creative writing. Franz Spohn draws a picture from a poem and Jenny makes an ever-lasting lunch from felt.					
17:00:00	P. Allen Smith's Garden Home Melting Potluck	APTEX	(S)	(CC)	DVI	#1605H
	Join P. Allen Smith as he joins a diverse group of families to share cultures, kitchen tips and of course, food. Take a culinary journey around the world without having to leave your couch.					
17:30:00	Growing A Greener World The Green Bronx Machine: The Power of a Classroom Farm (Bronx, Ny)	APTEX	(S)	(CC)	N/A	#808H
	Volunteer teacher, Stephen Ritz has committed his life's work to teaching kids to grow real food to build healthy minds and bodies in a one-of-a-kind learning environment he created in a Bronx, NY public school. His system is now being replicated worldwide with huge success.					
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15151H
18:30:00	Americas Now The Last Inca King	NETA	(S)	(CC)	N/A	#115H
	"The Last Inca King" - It was the largest empire in pre-Colombian America, extending from its center in modern-day Peru to Colombia in the north and parts of Chile and Argentina in the south. Dan Collins goes to Cuzco Peru to explore new archaeological research on the royalty and the fate of the advanced civilization of the Incas. Next In a "Game Changer" feature, Americas Now profiles a project in Guatemala providing new fashion opportunities to people with Down's Syndrome. Finally - a video portrait of photographer Annie Leibowitz and her work on global women.					
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9086
19:30:00	Focus On Europe	WNVC	(S)	(CC)	N/A	#3630H
20:00:00	The Kate Jimmy Webb with Ashley Campbell	APTEX	(S)	(CC)	N/A	#305H
	The legendary Grammy-winning songwriter ("Wichita Lineman," "MacArthur Park," "Up, Up, and Away," "Highwayman") shares his hits and humorous musical stories. In an emotional set, Webb introduces rising country star Ashley Campbell, daughter of his best friend, the late Glen Campbell. The elegant duo is accompanied by guitar and string quartet.					
21:00:00	Backstage Pass Simien The Whale	NETA	(S)	(CC)	N/A	#508H
	Break-beat rock and indie-pop from the Grand Rapids-based songwriting duo of Tory Peterson and Zach Guy. Featuring selections from their upcoming EP and favorites from their 2012 self-titled debut release.					
22:00:00	Legends of Airpower General James Harold Doolittle	NETA	(S)	(CC)	N/A	#105H
	World War II national - Jimmy Doolittle -hero as depicted in the movie, "30 Seconds Over Tokyo," Doolittle was the recipient of the Medal of Honor for the first bombing strike against mainland Japan, a holder of many early aircraft speed records, recipient of the first doctorate ever in aeronautical engineering, a corporate and military leader in aircraft development, and was instrumental in creating the U.S. Air Force as a separate service. The "master of the calculated risk," Jimmy Doolittle is a true Legend of Airpower					
22:30:00	Frankie Manning: Never Stop Swinging	NETA	(S)	(CC)	N/A	#0H
	Produced by Julie Cohen in Frankie's last year, and released shortly after his passing, on the eve of the Frankie95 festival, this documentary is a fitting tribute to a great man. The documentary features the last major interview of Frankie Manning before his death, as well as precious archival footage of his dancing from the 1930's to 2009 in New York, Hollywood, Sweden, France, Italy and Singapore. Footage highlights include scenes of Manning's birthday parties, where he danced with one woman for each year he'd been alive, the legendary dance scene choreographed and headlined by Manning for the film "Hellzapoppin," and the phenomenal duet with his 76-year-old son, Chazz, himself a professional dancer. Frankie was a born storyteller, with a huge smile and an even bigger laugh.					

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Mon, Jul 30, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Starboard Light	APTEX	(S)	(CC)	N/A	#0H

A love letter to a cherished family home, STARBOARD LIGHT is an inspiring and poignant documentary that asks: does a family make a house or does a house make a family? The film revolves around a middle-class family facing the disappearance of a century of memories when they decide to sell their 210-year-old Cape Cod summer home. Whether it's a small cabin deep in the woods, a primary residence that's been handed down generation after generation, or a waterfront summer getaway, many Americans have faced the decision to either keep or let go of their beloved family home. Through the filmmaker's own family experience, STARBOARD LIGHT shows viewers how to celebrate and preserve the memories ingrained in shared family homes for future generations to enjoy. Present day footage combined with old 16 mm family films and photographs help illustrate this powerful multi-generational family story.

Tue, Jul 31, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:01	Americas Now The Last Inca King	NETA	(S)	(CC)	N/A	#115H
	"The Last Inca King" - It was the largest empire in pre-Colombian America, extending from its center in modern-day Peru to Colombia in the north and parts of Chile and Argentina in the south. Dan Collyns goes to Cuzco Peru to explore new archaeological research on the royalty and the fate of the advanced civilization of the Incas. Next In a "Game Changer" feature, Americas Now profiles a project in Guatemala providing new fashion opportunities to people with Down's Syndrome. Finally - a video portrait of photographer Annie Leibowitz and her work on global women.					
00:30:00	The Open Mind Mother Internet	NETA		(CC)	N/A	#3837H
	Guest: Claire Evans. Technology writer Claire Evans talks about her new book "Broad Band: The Untold Story of Women Who Made the Internet."					
01:00:00	The Kate Jimmy Webb with Ashley Campbell	APTEX	(S)	(CC)	N/A	#305H
	The legendary Grammy-winning songwriter ("Wichita Lineman," "MacArthur Park," "Up, Up, and Away," "Highwayman") shares his hits and humorous musical stories. In an emotional set, Webb introduces rising country star Ashley Campbell, daughter of his best friend, the late Glen Campbell. The elegant duo is accompanied by guitar and string quartet.					
02:00:00	Backstage Pass Simien The Whale	NETA	(S)	(CC)	N/A	#508H
	Break-beat rock and indie-pop from the Grand Rapids-based songwriting duo of Tory Peterson and Zach Guy. Featuring selections from their upcoming EP and favorites from their 2012 self-titled debut release.					
03:00:00	Legends of Airpower General James Harold Doolittle	NETA	(S)	(CC)	N/A	#105H
	World War II national - Jimmy Doolittle -hero as depicted in the movie, "30 Seconds Over Tokyo," Doolittle was the recipient of the Medal of Honor for the first bombing strike against mainland Japan, a holder of many early aircraft speed records, recipient of the first doctorate ever in aeronautical engineering, a corporate and military leader in aircraft development, and was instrumental in creating the U.S. Air Force as a separate service. The "master of the calculated risk," Jimmy Doolittle is a true Legend of Airpower					
03:30:00	Frankie Manning: Never Stop Swinging	NETA	(S)	(CC)	N/A	#0H
	Produced by Julie Cohen in Frankie's last year, and released shortly after his passing, on the eve of the Frankie95 festival, this documentary is a fitting tribute to a great man. The documentary features the last major interview of Frankie Manning before his death, as well as precious archival footage of his dancing from the 1930's to 2009 in New York, Hollywood, Sweden, France, Italy and Singapore. Footage highlights include scenes of Manning's birthday parties, where he danced with one woman for each year he'd been alive, the legendary dance scene choreographed and headlined by Manning for the film "Hellzapoppin," and the phenomenal duet with his 76-year-old son, Chazz, himself a professional dancer. Frankie was a born storyteller, with a huge smile and an even bigger laugh.					
04:00:00	Starboard Light	APTEX	(S)	(CC)	N/A	#0H
	A love letter to a cherished family home, STARBOARD LIGHT is an inspiring and poignant documentary that ask: does a family make a house or does a house make a family? The film revolves around a middle-class family facing the disappearance of a century of memories when they decide to sell their 210-year-old Cape Cod summer home. Whether it's a small cabin deep in the woods, a primary residence that's been handed down generation after generation, or a waterfront summer getaway, many Americans have faced the decision to either keep or let go of their beloved family home. Through the filmmaker's own family experience, STARBOARD LIGHT shows viewers how to celebrate and preserve the memories ingrained in shared family homes for future generations to enjoy. Present day footage combined with old 16 mm family films and photographs help illustrate this powerful multi-generational family story.					
05:00:00	Morning Cup of Jazz	KCSM		(N)	N/A	#676
08:00:00	Zula Patrol Show of Force/Adventures In Pet Sitting	APTEX	(S)	(CC)	DVI	#118
	SHOW OF FORCE: The ZPers hold a race to see who can use clever variations of force to win. Hoping to buck astronomical villainous odds, Dark Truder also enters the race, intent on winning it on behalf of villains everywhere -- for as we've all seen, no bad guy ever wins a race - ever. Dark Truder, to his amazement, does win -- only to learn that the ZPers were more interested in having fun and learning about force, rather than achieving victory. Dark Truder is so angry he forfeits the race to our heroes -- setting a new record low for villains everywhere. ADVENTURES IN PET SITTING: While pet-sitting the Zlorgs' pet blob, Gloopy, the Zula Patrollers discover that Dark Truder is plotting to steal their entire Headquarters building and everything in it! With some help from Gloopy -- and two simple machines, the wheel-and-axle and the screw -- they manage to overcome the baddie and save their building. But first, Gorga must learn to deal with an attack of jealousy.					
08:30:00	Kid Stew	APTEX	(S)	(CC)	N/A	#102H
	The kids get inspired by Leonardo da Vinci, Franz Schubert, author Brad Meltzer, the art of Cosplay, voice actor Zach Callison, a violinist, sport stacking, and Italian culture. Plus breaking down a book, brain power, music, Kid Stew Ewvs and more.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Functional Fitness with Suzanne Andrews Healthy Neck	ACCES		(CC)	N/A	#112H
09:30:00	Classical Stretch: The Esmonde Technique Bone Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White in beautiful in Jamaica! This all-barre workout is designed to strengthen your bones and prevent Osteoporosis.	APTEx	(S)	(CC)	DVI	#1002H
10:00:00	Sit and Be Fit Myofacial Relief & Gait Mary Ann uses the large ball in this workout to loosen up the fascia around the scapula. Later in the program she focuses on exercises to improve gait.	NETA	(S)	(CC)	N/A	#1316H
10:30:00	Sewing with Nancy Change Up Patchwork, Part 1 Create different quilt designs from a 4-patch block by changing dimensions and color. Nancy starts this mini-series with a basic quilt block, the time-honored 4-patch design, and details the piecing techniques. Then watch as she changes it up, adjusting the sizes of the 4-patch design and working with modern color options. The results are dramatic, yet the sewing techniques are the same. This is an ideal series for beginner quilters.	NETA	(S)	(CC)	N/A	#2919H
11:00:00	Knit and Crochet Now Blooming Afghans Let stitch patterns bloom in beautiful afghans. Kristen Mangus knits an autumn-inspired afghan with a lush pattern of leaves and berries. Create cabling without a cable needle in the technique corner with Melissa Leapman. Ellen Gormley crochets 3-round squares to make an heirloom lace afghan with elegant tassel fringe.	NETA	(S)	(CC)	N/A	#802H
11:30:00	Fons & Porter's Love of Quilting Quilting with An Accent: Embellishment Techniques Quilt tops can be seen as a canvas. Our patchwork can be enhanced and accented, becoming a new creation. Mary and her guest Jerry discuss sewing machine needles, threads and techniques for generating a secondary layer - quilting that adds dimension and interest to our patchwork.	NETA	(S)	(CC)	N/A	#2810H
13:00:00	Ellie's Real Good Food Busy Mom Seeks.....Help Ellie takes Beth - a mom, a full-time labor and delivery nurse, and a grad student -- under her wing. Ellie helps Beth rein in her take-out habit with three easy make-ahead recipes that stock her fridge with a week of tasty meals. Recipes: Blueberry-chia overnight oats; Turkey-stuffed pizza pockets; Cajun shrimp in foil. 3 Ingredient Recipe: Red wine salad dressing.	APTEx	(S)	(CC)	N/A	#101H
13:30:00	Taste of Louisiana with Chef John Folse & Co. - After The Hunt Creole-Braised Wood Duck/Grand View Lodge Chef Folse kicks off his new series highlighting Teal and Wood Duck, two of the most highly prized game ducks for cooking in Louisiana. He prepares a mouthwatering favorite, smoked Teal and Andouille gumbo, and then travels to Grand View Lodge in Southwest Louisiana where prepares Creole-Braised Wood Duck. Other dishes include Grilled Honey and Chile-glazed Duck Breast, and Hip's Bread Pudding.	APTEx	(S)	(CC)	N/A	#1201H
14:00:00	Taste of History Pennsbury: The Working Estate Grand estates required an enormous amount of effort to maintain during the early days of America. Chef Staib discovers what it took at the manor of Pennsylvania's founder, William Penn. Recipes include catfish dumplings and cream of persimmon.	NETA	(S)	(CC)	N/A	#907H
14:30:00	Christopher Kimball's Milk Street Television Simply Spanish Host Christopher Kimball travels to Washington, D.C. to cook with Jose Andres. Back at Milk Street, Jose's love of great food made with simple ingredients and techniques is translated into everyday cooking as Milk Street Cook Matthew Card makes garlic soup (sopa de ajo). Milk Street Cook Rayna Jhaveri shows how to make Spanish spice-crust pork tenderloin bites (pinchos morunos). The show ends with Milk Street Cook Lynn Clark showing Chris how to make a vibrant kale salad. Massaging the leaves to keep them from being tough-a technique borrowed from Japanese cooking.	APTEx	(S)	(CC)	N/A	#108H
15:00:00	Beads, Baubles and Jewels Mix Up Your Daily Schedule Get out of the design rut and mix things up. Artist Anne Potter transforms recycled tea tins into fashionable earrings. Then, she gives tips on hosting a jewelry party so you can work out design ideas with friends. Cool down as clay sculptor Syndee Holt creates colorful seascapes on polymer clay pendants.	NETA	(S)	(CC)	N/A	#2506H

Daily Program Listing II

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	Katie Brown Workshop A Sparkling Holiday Shine in style this holiday season with Katie's simple ideas designed to spread holiday cheer. In the Kitchen: Beef Filet with Cranberry Tarragon Butter, Silky Potato Gratin and Orange and Olive Salad with Basil Vinaigrette. Projects: Glamorous name cards. Star-studded pinecone trees.	APTEX	(S)	(CC)	DVI	#513H
16:00:00	Biz Kid\$ The World Is A Risky Place Taking risks in life is important, but you want to be smart about those risks. Learn the things you can do to protect your business, your assets, and yourself. Meet two young tennis coaches and the owner of "Small Town Skateshop."	APTEX	(S)	(CC)	DVI	#207H
16:30:00	Hands On Crafts for Kids Sci-Fi Travel to the future for new adventures. Jenny Barnett-Rohrs builds a robot tray to hold coins and treasures. Then, she creates a mysterious sea creature. Franz Spohn launches aliens into outer space and Jenny makes futuristic sculptures from foam.	NETA	(S)	(CC)	DVI	#1910H
17:00:00	P. Allen Smith's Garden Home No Passport Necessary You don't have to leave home to relax and take a break from life. P. Allen Smith will show you how to incorporate the vacation style and mindset into your everyday.	APTEX	(S)	(CC)	DVI	#1606H
17:30:00	Growing A Greener World In Susan's Garden: A Backyard Habitat In Harmony with Nature (Spokane, Wa) In this episode, we follow Master Gardener Susan Mulvihill, an avid gardener, birder, and nature lover who has created a bountiful and beautiful habitat for all creatures. We'll learn some of Susan's best tips for creating a productive garden in harmony with nature.	APTEX	(S)	(CC)	N/A	#809H
18:00:00	DW News	WNVC	(S)	(CC)	N/A	#15152H
18:30:00	America's Heartland Chicago Hotel Restaurant sources food from local farmers. A businesswoman improves her farming community with a botanical garden. Researchers work to save the honeybee. Chef Sharon Profis makes some sweet dishes. We meet a Northern California urban farmer.	APTEX	(S)	(CC)	N/A	#1218H
19:00:00	NHK Newslines	APTEX	(S)	(CC)	N/A	#9087
19:30:00	Euromaxx	WNVT	(S)	(CC)	N/A	#1431H
20:00:00	Sun Studio Sessions Chuck Mead & His Grassy Knoll Boys Chuck Mead is a quintessential "Americana" artist. Many will remember Mead from his work with BR549, which garnered three Grammy Award nominations. Chuck also served as musical director for the smash Broadway hit "Million Dollar Quartet", inspired by the legendary jam session at Sun Studio in Memphis. In this episode, Chuck and his band dazzle through several numbers, including "I'm not the Man for the Job" and "Little Ivy."	NETA	(S)	(CC)	N/A	#908H
20:30:00	Jammin at Hippie Jack's Bar Stool Romeos The Bar Stool Romeos are a honky Tonk rock & roll band from Knoxville, Tennessee. They boast an array of classic country originals with an occasional cover that screams "old school". The palette of experience, mixed with the real-life, working-man personas of each band member creates a unique sound that truly speaks to fans and critics.	NETA	(S)	(CC)	N/A	#1011H
21:00:00	Infinity Hall Live Sister Sparrow & The Dirty Birds Rock and soul are the pillars that support the seven-piece collective known as Sister Sparrow and The Dirty Birds. Horn-fueled infectious grooves combined with the driving force of lead singer and songwriter Arleigh Kincheloe, make SS&TDB a force to be reckoned with. The Infinity Hall Live audience matches the energy summoned by the band during this joyful and sometimes gritty set. From their pop-infused single "Sugar" to the bluesy "Catch Me If You Can", to a surprising nod to Paul Simon during the spirited "Prison Cells", The Dirty Birds provide a boundless wall of sound backing the swagger and vocal tenacity that pours out of Kincheloe, from beginning to end this can't miss-show proves why this band is on the rise. Includes interview with band leader Arleigh Kincheloe.	APTEX	(S)	(CC)	N/A	#504H
22:00:00	New Environmentalists - The Series From Ithaca to the Amazon This episode includes stories of activism in South Africa, India, Russia, Peru, Indonesia and here at home in New York state.	NETA	(S)	(CC)	N/A	#105H

Tue, Jul 31, 2018

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Shooting in the Wild	NETA	(S)	(CC)	N/A	#0H
<p>Wildlife and nature films are a hugely popular entertainment genre: networks such as Animal Planet and Discovery are stars in the cable television universe, viewers flock to IMAX theaters to see jaw-dropping footage from the wild, and the venerable BBC still scores triumphs with series such as Planet Earth. As cinematic technology brings ever-more-breathtaking images to the screen, and as our direct contact with nature diminishes, an ever-expanding audience craves the indirect experience of wild nature that these films provide. But this success has a dark side, as veteran producer and film educator Chris Palmer reveals in the documentary Shooting in the Wild. Based on his authoritative and engrossing book of the same name, Shooting in the Wild presents an insider's look at the business of wildlife filmmaking, uncovering a more pervasive and troubling trend toward sensationalism, extreme risk-taking, and even abuse in wildlife films. Illustrated with film clips from the early days of the genre to the present, this program also profiles a new breed of skilled, ethical filmmakers whose work enlightens as well as entertains, and who represent the future that Palmer envisions for the industry he loves. The host of the program is Alexandra Cousteau, who is herself a filmmaker and National Geographic "Emerging Explorer," and the granddaughter of Jacques Cousteau, the underwater film pioneer.</p>						
23:00:00	Great Museums - Sound Tracks: The Rock & Roll Hall of Fame & Museum	APTEX	(S)	(CC)	N/A	#0H
<p>For 15 years, GREAT MUSEUMS has crisscrossed the country, showcasing the breadth and diversity of America's museum world. GREAT MUSEUMS' newest release takes viewers to the Rock and Roll Hall of Fame and Museum in Cleveland, Ohio. Opened in 1995, the museum, designed by architect I.M. Pei, is a spectacular glass pyramid, reflecting the idea that Rock and Roll is a "prism" through which we can more clearly see and understand our culture and ourselves. Why Cleveland? It was here that legendary disc jockey Alan Freed coined the phrase "Rock and Roll" to describe this new sound that was sprouting out of Blues, Gospel, R&B, Country, Folk and Bluegrass. Beginning in the 1950's, Rock and Roll swept the nation, helping break down racial barriers, change attitudes, promote peace, and empower the people. The one-hour film features the museums' fascinating collection of sights and sounds that skillfully recreate the story of Rock from its roots to its ubiquitous acceptance as the soundtrack of our lives. The film also explores the annual Hall of Fame Inductions and Concerts, which began in 1986, to recognize those who created and influenced Rock and Roll. The museum exhibits are designed to perpetuate understanding of Rock and Roll as a social phenomenon and the most significant art form to emerge in the 20th century. The number of iconic artifacts is dizzying: Muddy Water's primary guitar; John Lennon's Sgt. Pepper uniform; Michael Jackson's glove; Janis Joplin's porsche; Pink Floyd's The Wall; Mick Jagger's jumpsuits. The music itself is curated at the museum in a variety of ways, including interactive listening booths that connect influences from one artist to another across the decades. "So, it's not four skinny guys with long hair and guitars only," explains Greg Harris, President and CEO of the museum. It's also vocalists, folk singers, soul music, dance music, hip-hop, punk, heavy metal, grunge, and electronic dance music. All are branches of the tree of rock and roll.</p>						