

March 2020 — KVIE2 Programs Alpha Order All Broadcasts Page 1 of 8

Created 3/01/20. Occasionally, KVIE makes changes to its schedule that would cause some of the below information to change.

Please visit kvie.org/schedule for the most up-to-date information.

10 Buildings That Changed America 3/27 7PM

10 Day Belly Slimdown with Dr. Kellyann 3/15 6AM, 3/26 2AM

10 Monuments That Changed America 3/20 7PM, 3/21 1AM

10 Parks That Changed America 3/6 7PM, 3/9 1AM

10 Streets That Changed America 3/13 7PM, 3/16 1AM

50 Years with Peter, Paul and Mary 3/8 3PM, 3/14 8:30PM

ADD and Loving It?! 3/27 Mid

A Few Good Pie Places 3/25 8PM

Aging Backwards 3 with Miranda Esmonde-White 3/25 1:30AM, 3/31 1:30AM

Amanpour and Company #2176 3/3 4AM #2177 3/4 4AM #2178 3/5 4AM #2179 3/6 4AM #2181 3/10 4AM #2182 3/11 4AM #2183 3/12 4AM #2184 3/13 4AM #2186 3/17 4AM #2187 3/18 4AM #2188 3/19 4AM #2189 3/20 4AM #2190 3/21 4AM, 3/22 6:30AM #2191 3/24 4AM #2192 3/25 4AM #2193 3/26 4AM #2194 3/27 4AM #2195 3/28 4AM, 3/29 6:30AM #2196 3/31 4AM

American Woodshop Tri-Leg Triangular Seat with Turned Tapered Legs #2703 3/6 3PM Elegant Jewelry Chest / Make Your Gifts #2704 3/13 3PM Sculpting Furniture / Maloof-Inspired Hard Line #2705 3/20 3PM Faceplate Turning for Everyone! #2706 3/27 3PM

America's Heartland #902 3/2 9AM #903 3/3 9AM #904 3/4 9AM #905 3/5 9AM #906 3/9 9AM #907 3/10 9AM #908 3/11 9AM #909 3/12 9AM #910 3/16 9AM #911 3/17 9AM #912 3/18 9AM #913 3/19 9AM #1306 3/22 12:30PM #914 3/23 9AM #915 3/24 9AM #916 3/25 9AM #917 3/26 9AM #1307 3/29 12:30PM #918 3/30 9AM #919 3/31 9AM

America's Test Kitchen from Cook's Illustrated Pork Chops and Oven Fries #1901 3/2 11:30AM Chocolate Delights #1902 3/3 11:30AM Roast Chicken and Sprouts #1903 3/4 11:30AM Hearty Mediterranean at Home #2008 3/4 7PM, 3/5 1AM The Perfect Cake #1904 3/5 11:30AM Chinese Favorites #1905 3/6 11:30AM The Perfect Cookie #1906 3/9 11:30AM Elegant Dinner Party #1907 3/10 11:30AM Sous Vide for Everybody #1908 3/11 11:30AM #2009 3/11 7PM, 3/12 1AM Chicken and Biscuits #1909 3/12 11:30AM Cooking at Home with Bridget and Julia #1910 3/13 11:30AM Mexican Fare #1911 3/16 11:30AM Weeknight Italian #1912 3/17 11:30AM Brunch Favorites #1913 3/18 11:30AM #2010 3/18 7PM, 3/19 1AM Spring Dinner for Company #1914 3/19 11:30AM How to Braise Everything #1915 3/20 11:30AM A Taste of Brazil #1916 3/23 11:30AM Classic Chinese at Home #1917 3/24 11:30AM Middle Eastern Dinner #1918 3/25 11:30AM #2011 3/25 7PM Better Breakfast #1919 3/26 11:30AM Updated Italian #1920 3/27 11:30AM Italian Classics #1921 3/30 11:30AM New Flavors on the Grill #1922 3/31 11:30AM

Annabel Langbein: The Free Range Cook *Lunch on the Grill* #101 3/3 4PM *Italian Inspiration* #104 3/4 7:30PM, 3/5 1:30AM, 3/24 4PM *A Decadent Dinner* #102 3/10 4PM *Cooking for a Crowd* #105 3/11 7:30PM, 3/12 1:30AM, 3/31 4PM *Paella Party* #103 3/17 4PM *The Perfect Roast* #106 3/18 7:30PM, 3/19 1:30AM *A Taste of Asia* #107 3/25 7:30PM

Antiques Roadshow Crocker Art Museum Hour 2 #2408 3/2 4AM Finders Keepers #1720 3/7 2AM, 3/8 6:30PM, 3/15 2:30PM Portland, Hour One #2210 3/9 4AM Portland, Hour Three #2212 3/16 4AM Desert Botanical Garden Hour 1 #2410 3/22 7PM, 3/30 4AM Desert Botanical Garden Hour 2 #2411 3/29 7PM

Articulate with Jim Cotter What Matters Most #514 3/2 12:30PM Self, Aside #515 3/9 12:30PM Through The Fire #516 3/16 12:30PM The Incomparable #517 3/23 12:30PM The Headliners #518 3/30 12:30PM

Ask This Old House Ceiling Light, Tool Storage #1812 3/22 2PM #1817 3/29 2PM

Bare Feet In NYC with Mickela Mallozzi Brazil In Nyc #209 3/5 6PM, 3/6 Mid Little Haiti #210 3/12 6PM, 3/13 Mid Bolivian Pride #211 3/19 6PM, 3/20 Mid Manhattan's Chinatown #201 3/26 2PM Nuyorican Barrios #212 3/26 6PM

Bare Feet with Mickela Mallozzi Seville, Spain #310 3/5 2PM Utrera, Spain #311 3/12 2PM Uzbekistan #312 3/19 2PM

BBC World News #492 3/2 11PM #494 3/3 11PM #496 3/4 11PM #498 3/5 11PM #500 3/6 11PM #502 3/9 11PM #504 3/10 11PM #506 3/11 11PM #508 3/12 11PM #510 3/13 11PM #512 3/16 11PM #514 3/17 11PM #516 3/18 11PM #518 3/19 11PM #520 3/20 11PM #522 3/23 11PM #524 3/24 11PM #526 3/25 11PM #528 3/26 11PM #530 3/27 11PM #532 3/30 11PM #534 3/31 11PM

Beads Baubles and Jewels Metal Elements #2806 3/5 10AM Tools #2807 3/12 10AM Quick and Easy #2808



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3/19 10AM Unexpected #2809 3/26 10AM

Bee Gees One Night Only 3/7 8PM, 3/14 2AM

Best of Sewing with Nancy *Quilt with Carefree Curves, Part 2* #202 3/6 10AM *Fearless Quilting Finishes, Part 1* #203 3/13 10AM *Fearless Quilting Finishes, Part 2* #204 3/20 10AM *Fearless Quilting Finishes, Part 3* #205 3/27 10AM

Best of the Joy of Painting *Lake at the Ridge* #3550 3/4 12:30PM *In The Midst of Winter* #3551 3/11 12:30PM *Wilderness Way* #3552 3/18 12:30PM #3601 3/25 12:30PM

Beyond Your Backyard Key West, FL #103 3/3 7:30PM, 3/4 1:30AM PA's Great Outdoors Region #104 3/10 7:30PM, 3/11 1:30AM Colonial Williamsburg, VA #105 3/17 7:30PM, 3/18 1:30AM The Bahamas #106 3/24 7:30PM Washington, DC #107 3/31 7:30PM

Bluegrass Now! 3/8 10PM

Born to Explore with Richard Wiese *North Dakota: Where Legends Are Born* #208 3/2 4:30PM *North Carolina: Bears, Gators and Wolves* #209 3/9 4:30PM *Nashville: Beyond The Music* #210 3/16 4:30PM *Qatar: A Desert Welcome* #211 3/23 4:30PM *Cayman Islands: The Deep Blue* #212 3/30 4:30PM

Brain Secrets with Dr. Michael Merzenich 3/15 2AM, 3/15 11AM

Brain Wash with David Perlmutter, Md 3/7 3PM, 3/8 8AM

Bringing It Home with Laura McIntosh Sweet Potatoes #202 3/4 6PM, 3/5 Mid Brussels Sprouts #203 3/11 6PM, 3/12 Mid Garlic #204 3/18 6PM, 3/19 Mid Full of Fresh #205 3/25 6PM

Brit Floyd: The World's Greatest Pink Floyd Show Live! 3/8 8PM, 3/15 11PM

California's Gold Mono Lake #311 3/2 1PM Buried Treasures #401 3/3 1PM Historic Horses #402 3/4 1PM Islands #403 3/5 1PM Joshua Tree #404 3/6 1PM Our State's Front Yard #405 3/9 1PM Golden Gate Bridge #407 3/10 1PM Angel Island #408 3/11 1PM World War II #409 3/12 1PM Amboy #410 3/13 1PM Hard to Get To #411 3/16 1PM Terra Cotta #412 3/17 1PM Water Under Pressure #501 3/18 1PM Jack London #502 3/19 1PM California Companies #503 3/20 1PM Wings Over California #504 3/23 1PM California's State Parks #505 3/24 1PM California Flowers #506 3/25 1PM Santa Barbara Island #508 3/26 1PM Under California #509 3/27 1PM Kelp #510 3/30 1PM On Stage #511 3/31 1PM

California's Golden Parks *Big Basin* #101 3/2 2PM *Citrus State Historic Park* #102 3/2 2:30PM *Joss House* #103 3/9 2PM *Shasta* #104 3/9 2:30PM *Lassen Volcanic National Park* #105 3/16 2PM *Montana De Oro* #106 3/16 2:30PM *Nike Missile Site* #159 3/22 5PM, 3/23 2PM *Zzyzx* #160 3/22 5:30PM, 3/23 2:30PM *Parks In Progress* #161 3/29 5PM, 3/30 2PM *Trona Pinnacles* #162 3/29 5:30PM, 3/30 2:30PM

Celtic Thunder Ireland 3/15 5:30PM, 3/23 Mid, 3/30 2AM

Celtic Woman: Ancient Land $\,3/7\,\,5\text{AM}$

Change Your Brain, Heal Your Mind with Daniel Amen, MD 3/7 9:30AM, 3/8 2AM, 3/14 6:30AM Chef's Life If You Can't Beet Em.... #306 3/3 3PM A Casserole Says Plenty #307 3/10 3PM Honey, I'm Home! #308 3/17 3PM They Call 'em 'bagas #309 3/24 3PM Gone Clamming, Part I #310 3/31 3PM

Ciao Italia Spaetzle #2809 3/2 6PM, 3/3 Mid Vegetable Pies / Torte Di Verdure #2810 3/9 6PM, 3/10 Mid Modica's Cookie Secret / Biscotto Al Segreto #2811 3/16 6PM, 3/17 Mid Cooking of Liguria / Cucina Ligure #2812 3/23 6PM Art of the Artichoke / L'arte Del Carciofo #2813 3/30 6PM

Classical Rewind (Mv Music) 3/8 1PM, 3/14 1:30PM

Classical Stretch: By Essentrics Quad Lengthening & Strengthening #1120 3/2 5:30AM Arm Toning Workout #1121 3/3 5:30AM Spine Strengthening Workout #1122 3/4 5:30AM Shoulder Pain Workout #1123 3/5 5:30AM Knee Strengthening Workout #1124 3/6 5:30AM Spine Strengthening & Pain-Relief Workout #1125 3/9 5:30AM Hips & Hamstring Workout #1126 3/10 5:30AM Bone Strength Workout #1127 3/11 5:30AM Weight Loss Workout #1128 3/12 5:30AM Ab & Core Strength Workout #1129 3/13 5:30AM Increase Balance Workout #1130 3/16 5:30AM Plantar Fasciitis Release #1201 3/17 5:30AM Hip Pain Relief and Stretch #1202 3/18 5:30AM Quad Strengthening #1203 3/19 5:30AM Weight Loss and Calorie Burn #1204 3/20 5:30AM Back Pain Relief #1205 3/23 5:30AM Full Body Strengthening #1206 3/24 5:30AM Posture #1207 3/25 5:30AM Long Adductor #1208 3/26 5:30AM Back Pain Relief #1209 3/27 5:30AM Endurance and Power #1210 3/30 5:30AM Arthritis Workout #1211 3/31 5:30AM

Classical Stretch: The Esmonde Technique #1023 3/2 6AM #1024 3/9 6AM #1025 3/16 6AM #1026 3/23 6AM #1027 3/30 6AM



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Cohousing - The Best of Both Worlds: ViewFinder #2613 3/19 8:30AM, 3/19 7:30PM, 3/20 1:30AM, 3/20 9PM, 3/21 3AM, 3/22 3:30PM, 3/25 2PM

Confucius Was A Foodie Noodles: Long for Life, Food of Legends #104 3/4 9PM, 3/5 3AM The Big Picture #105 3/11 9PM, 3/12 3AM Cantonese #106 3/18 9PM, 3/19 3AM #205 3/21 2PM Sichuan #107 3/25 9PM #206 3/28 2PM

Cook's Country The Perfect Cake #1208 3/2 11AM Roast Beef and Potatoes #1209 3/3 11AM Pork and Pie #1210 3/4 11AM Holiday Feast #1211 3/5 11AM A Trip to the Big Easy #1212 3/6 11AM Comfort Food Done Right #1213 3/9 11AM Ultimate Comfort Foods #1101 3/10 11AM Ballpark Classics #1102 3/11 11AM A Trip to Tarheel Country #1103 3/12 11AM New Recipes for the Grill #1104 3/13 11AM Spaghetti House Classics #1105 3/16 11AM Tex-Mex Favorites #1106 3/17 11AM Pacific Northwest Supper #1107 3/18 11AM Summer Steak and Salad #1108 3/19 11AM Reimagining Italian-American Classics #1109 3/20 11AM Southern Specialties #1110 3/23 11AM Tri-State Treats #1111 3/24 11AM Holiday Roast and Potatoes #1112 3/25 11AM Pub-Style Seafood #1113 3/26 11AM Bbq Brisket and Fritters #1201 3/27 11AM Italian Comfort Food Classics #1202 3/30 11AM Tacos Two Ways #1203 3/31 11AM Craftsman's Legacy The Stone Carver #104 3/6 4:30PM, 3/27 4:30PM The Goldsmith #105 3/13 4:30PM The Potter #106 3/20 4:30PM

Crimson Field Episode 5 #105 3/21 7PM, 3/22 2AM Episode 6 #106 3/21 8PM, 3/22 3AM

Curious Traveler Curious Edinburgh #306 3/5 3PM Curious Guanajuato City #307 3/12 3PM Curious Austrian Christmas Markets #308 3/19 3PM Curious London Shops #309 3/26 3PM

Dark Angel On Masterpiece #4719 3/28 7PM

Daryl Hall & John Oates Live In Dublin 3/8 12:30AM, 3/8 9PM, 3/15 12:30AM, 3/31 2:30AM

Deepak Chopra: The Spiritual Laws of Success 3/14 10 AM, 3/26 Mid

Doobie Brothers Live from the Beacon Theatre $\,3/7\,11PM$

Doo Wop to Pop Rock: My Music Celebrates 20 Years 3/8 4AM

Dream of Italy *Tuscany* #101 3/2 8:30AM *Rome* #102 3/9 8:30AM *Umbria* #103 3/16 8:30AM *Naples/Amalfi Coast* #104 3/23 8:30AM *Piedmont/Lake Iseo* #105 3/30 8:30AM

Dr. Fuhrman's Food As Medicine 3/15 9:30AM, 3/24 Mid, 3/30 Mid

Durrells In Corfu Season 3 On Masterpiece Season 3, Episode 5 #4832 3/21 9PM, 3/22 4AM Season 3, Episode 6 #4833 3/28 9PM, 3/29 4AM

DW Focus On Europe #3812 3/22 7:30AM #3813 3/29 7:30AM

DW Global 3000 #1209 3/3 6:30AM #1210 3/10 6:30AM #1211 3/17 6:30AM #1212 3/24 6:30AM #1213 3/31 6:30AM

DW In Good Shape - The Health Show Blood #709 3/5 6AM Living with a Disability #710 3/12 6AM Climate and Health #711 3/19 6AM #712 3/26 6AM

Earth's Sacred Wonders House of the Divine #101 3/28 8AM

East Lake Meadows: A Public Housing Story 3/29 8PM

Ellie's Real Good Food *Big Flavor, Less Salt* #204 3/3 3:30PM *Raw Vs. Cooked* #205 3/10 3:30PM *Better Brunch* #206 3/17 3:30PM *Snack Attack* #207 3/24 3:30PM *How to Fish* #208 3/31 3:30PM

Elvis: Aloha from Hawaii 3/7 3:30AM, 3/7 5PM

E.O. Wilson - of Ants and Men 3/28 Noon

Expeditions with Patrick McMillan Sound - The Fullness of Nature, Part 2 #404 3/2 7AM The New River Valley - Ancient landscapes, Ancient Connections #405 3/3 7AM Jocassee - The Jewel of the Escarpment #406 3/4 7AM Can We Save The Florida Scrub? #211 3/4 4:30PM Gardening for Life - Transforming Your Landscape for Life #407 3/5 7AM Catalina Island - Jewel of the Pacific #302 3/5 4PM, 3/12 7AM Mountain Bogs - Threatened Heritage #408 3/6 7AM Rediscovering Catesby's Carolina, Part 1 #409 3/9 7AM Rediscovering Catesby's Carolina, Part 2 #410 3/10 7AM Catalina Island - A Natural History Fairytale #301 3/11 7AM, 3/25 4:30PM The Hidden Side of Table Rock #212 3/11 4:30PM West Texas - The Trans Pecos #303 3/12 4PM, 3/13 7AM The Trans-Pecos - A Changing Landscape #304 3/16 7AM, 3/19 4PM Colorado's Rocky Mountains - the rooftop of America #305 3/17 7AM, 3/26 4PM Colorado's Rocky Mountains - Challenges and Changes #306 3/18 7AM Hummingbirds - Life In Fast-Forward #213 3/18 4:30PM South Texas - A Hint of the Tropics #307 3/19 7AM South Texas - The Border #308 3/20 7AM Frogs - Spring's Symphony In Peril #309 3/23 7AM The Clemson Forest - A Backyard Bounty of Life #310 3/24 7AM The Clemson Forest - from Tragedy to Triumph #311 3/25



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7AM The Longleaf Empire - Apalachicola National Forest #312 3/26 7AM The Longleaf Empire - Francis Marion National Forest #313 3/27 7AM California Superbloom - A World of Dramatic Change #401 3/30 7AM Butterflies - Bringing Butterflies Home! #402 3/31 7AM

Expedition with Steve Backshall Greenland - Ice Mountain #107 3/7 8AM

Family Pictures USA Southwest Florida #103 3/2 Mid

Family Travel with Colleen Kelly Mendocino County, California - Skunk Trains, Goats and Drive-thru Trees #504 3/2 1:30PM Grand Canyon, Arizona - Beauty in the Canyons #505 3/3 1:30PM Scotland - Loch Ness Monster, Highland Dancing & Games, and Achnagairn Castle #404 3/4 8AM Orange County, California - Buena Park #506 3/4 1:30PM Orange County, California - Irvine & Dana Point #507 3/5 1:30PM Best Food - Coast to Coast Cuisine #508 3/6 1:30PM Clearwater, Florida - City by the Sea #509 3/9 1:30PM Best of - Another Year of Travel #510 3/10 1:30PM Shenandoah Valley, Virginia - Luray Caverns, Water Parks, and Lavender Farms #405 3/11 8AM Life Is A Journey - A Caribbean Cruise #601 3/11 1:30PM Family Travel on the Emerald Isle - Ireland as a Family Getaway #602 3/12 1:30PM Exploring the Wild Atlantic Way - A Girls Getaway in Ireland #603 3/13 1:30PM, 3/19 1:30PM Marine Life in the Bahamas #604 3/16 1:30PM ATV Rides, Snorkeling, and Taco Tours in Puerto Vallarta #605 3/17 1:30PM Tampa Bay, Florida - Cuban Cuisine and Swimming with Sharks #406 3/18 8AM Cannery Row In Monterey, California #606 3/18 1:30PM Tucson, Arizona - Life on the Ranch #503 3/20 1:30PM Chattanooga, Tennessee - Moonpies, Incline Railway, and the View of Seven States #407 3/25 8AM

Farmer and the Foodie Foxhollow Farm; Growing the Next Generation of Farmers #102 3/3 7PM, 3/4 1AM The State of Hunger In Louisville #103 3/10 7PM, 3/11 1AM Farming Well #104 3/17 7PM, 3/18 1AM Coming Around One Table with Common Earth Gardens #105 3/24 7PM Tackling Carp In Western Kentucky #106 3/31 7PM Feel Better with Pressure Point Therapy 3/7 7AM

Field Trip with Curtis Stone Central Coast #103 3/22 11:30AM Umbria #104 3/29 11:30AM

Finding Your Roots Criminal Kind #610 3/2 1AM Hollywood Royalty #601 3/22 1PM Off The Farm #602 3/29 1PM

Firing Line with Margaret Hoover #335 3/2 2AM, 3/5 6:30AM #336 3/6 8PM, 3/9 2AM, 3/12 6:30AM #337 3/13 8PM, 3/16 2AM, 3/19 6:30AM #338 3/20 8PM, 3/21 2AM, 3/22 8:30AM, 3/26 6:30AM #339 3/27 8PM, 3/29 8:30AM

Fit 2 Stitch Accessories #709 3/2 10AM *The Pant* #710 3/9 10AM *The Jean* #711 3/16 10AM *Skirts and Knit Cardigan* #712 3/23 10AM *The Coat/Dress* #713 3/30 10AM

Fons & Porter's Love of Quilting Cynthiana #3502 3/3 10AM Coast to Coast #3503 3/10 10AM Baby's First Wedding #3504 3/17 10AM Snowy Spring #3505 3/24 10AM Pickled Pink #3506 3/31 10AM

Food - Delicious Science Food on the Brain #101 3/21 10 AM A Matter of Taste #102 3/21 11 AM We Are What We Eat #103 3/21 Noon

Food: What The Heck Should I Eat? With Mark Hyman, MD 3/7 1PM

Fresh Quilting Mix It Up #203 3/5 9:30AM Design As You Go #204 3/12 9:30AM Finding Precision #205 3/19 9:30AM Transparency and Big Stitch #206 3/26 9:30AM

FRONTLINE Fire In Paradise #3807 3/217AM

Great Scenic Railway Journeys: 150 Years on the Right Track 3/14 Mid, 3/14 3PM, 3/23 2AM, 3/29 2AM Great Yellowstone Thaw #101 3/28 9AM #102 3/28 10AM #103 3/28 11AM

Growing A Greener World #1007 3/22 Noon #1008 3/29 Noon

Guardians of the Past: Viewfinder *The Sacramento Pioneer Association* #2517 3/2 3AM, 3/4 2PM **Happy Yoga with Sarah Starr** *Boulder Valley* #309 3/2 5AM *Ocean Spray* #310 3/3 5AM *Sunny Brook* #401 3/4 5AM *Bloom* #506 3/6 6AM *Golden Shoreline* #507 3/13 6AM *Sunflower Inspiration* #508 3/20 6AM *Waterfall Glen* #509 3/27 6AM

Healthy Minds with Dr. Jeffrey Borenstein Chemical Dependency and the Opioid Epidemic #606 3/4 6AM Crisis Text Line #607 3/11 6AM Youth and the Criminal Justice System #608 3/18 6AM Minority Issues In Mental Health Care #609 3/25 6AM

History Detectives #1003 3/2 5PM #1004 3/3 5PM #1005 3/4 5PM #1006 3/5 5PM #1007 3/6 5PM #1008 3/9 5PM #1009 3/10 5PM #601 3/11 5PM #602 3/12 5PM #603 3/13 5PM #604 3/16 5PM #605 3/17 5PM #606 3/18 5PM #607 3/19 5PM #608 3/20 5PM #609 3/23 5PM #610 3/24 5PM #611 3/25 5PM #701 3/26 5PM #702 3/27 5PM #703 3/30 5PM #704 3/31 5PM



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How to Be A Breadhead A Beginner's Guide to Baking 3/8 11:30AM, 3/14 3:30AM, 3/15 1PM, 3/25 Mid How to Cook Well with Rory O'connell #125 3/3 2:30PM #126 3/10 2:30PM #127 3/17 2:30PM #128 3/24 2:30PM #129 3/31 2:30PM

Inside California Education Saving The Yurok Language #212 3/5 7PM, 3/6 1AM Digital Media in the Classroom #213 3/12 7PM, 3/13 1AM Flying High #201 3/19 7PM, 3/20 1AM, 3/22 9AM Hospital School #202 3/26 7PM, 3/29 9AM

In The Americas with David Yetman Pernambuco: Brazil's Other Carnival #308 3/2 7:30AM Cuetzalan: The Celebration of San Francisco #309 3/3 7:30AM Alaska: The Wilderness of the Volcanoes #310 3/4 7:30AM Reefs, Ruins, and Revivals: Belize's Melting Pot #401 3/5 7:30AM Yakima: The Quest for Hops #402 3/6 7:30AM Hawaii's Big Island: The Volcanos' Gifts #107 3/6 8AM Panama's Wild West #403 3/9 7:30AM Argentina's Route 40: from the Steppes to the Lake #404 3/10 7:30AM Heart of the Wilderness: Wyoming's Wind River Rang #405 3/11 7:30AM From Vaquejada to Jangada: Into Rural Ceara, Brazil #406 3/12 7:30AM Bogota to the Amazaon: A Trip Across Columbia #407 3/13 7:30AM Chiloe and Chilotes: Proud Islanders of Chile #108 3/13 8AM Gift of the Andes: Mendoza, Argentina, and Its Wines #408 3/16 7:30AM Coffee and Culture In Oaxaca #409 3/17 7:30AM Favelas & Samba: Brazil #410 3/18 7:30AM #501 3/19 7:30AM #502 3/20 7:30AM The Cry for Mexican Independence #109 3/20 8AM #503 3/23 7:30AM #504 3/24 7:30AM #505 3/25 7:30AM #506 3/26 7:30AM #507 3/27 7:30AM Peru: People of the Altiplano #110 3/27 8AM #508 3/30 7:30AM #509 3/31 7:30AM

It's Sew Easy Beach Babies #1803 3/4 10AM Seasonal Transformations #1804 3/11 10AM Warm Up #1805 3/18 10AM Embroidery #1806 3/25 10AM

Jackie Robinson Part One #101 3/5 8PM, 3/6 2AM Part Two #102 3/12 8PM, 3/13 2AM
Jamie's Ultimate Veg Bean Burger, Charred Salad, Spicy Curry #103 3/2 6:30PM, 3/3 12:30AM Veggie Pad Thai & Cauliflower Cheese Pizza Pie #104 3/9 6:30PM, 3/10 12:30AM Asparagus, Sweet Leek Carbonara, Roasted Cauliflower #105 3/16 6:30PM, 3/17 12:30AM Delicious Chili & Pasties #106 3/23 6:30PM Onion Tart, Pumpkin Rice & Butter Bean Stew #107 3/30 6:30PM

JFK: The Lost Inaugural Gala 3/14 5AM

Joanne Weir's Plates and Places Sunset Dinner in the Wine Country #307 3/22 10:30AM Washington Wine Country #308 3/29 10:30AM

Joseph Rosendo's Travelscope Cruising Canada: Ottawa and the Rideau Canal #1105 3/2 Noon Uncovering South Korea #803 3/3 8AM, 3/19 4:30PM Zambia - Bush & River Safari #1106 3/3 Noon South Korea - A Winter Journey #901 3/4 Noon Mekong River Adventure - Part 1 #1001 3/4 3:30PM, 3/19 Noon Hungary, Austria and Germany - Sampling the Danube's Delights #902 3/5 Noon Land without Limits - The Cariboo-Chilcotin-Coast Region of British Columbia, Canada #606 3/5 2:30PM Taiwan - Iron Pathways to Adventure - Part 1 #801 3/5 4:30PM The Cook Islands - Cultural Paradise #903 3/6 Noon Peru - The Amazon and Beyond #904 3/9 Noon San Francisco's Changing Neighborhoods #804 3/10 8AM, 3/26 4:30PM Armenia - Ancient History and Modern Traditions, Part 1 #905 3/10 Noon Armenia - Ancient History and Modern Traditions, Part 2 #906 3/11 Noon Mekong River Adventure - Part 2 #1002 3/11 3:30PM, 3/20 Noon France - Following The Rhone #907 3/12 Noon Sechselauten - Switzerland's Spring Festival #607 3/12 2:30PM Taiwan - Iron Pathways to Adventure - Part 2 #802 3/12 4:30PM Ireland - Coast to Coast #908 3/13 Noon France - Bordeaux #909 3/16 Noon Adventures In California's Tri-Valley #805 3/17 8AM Taiwan's Penghu Islands #910 3/17 Noon Portugal - from Porto to Salamanca #911 3/18 Noon Taiwan Matsu Festival & Islands #1003 3/18 3:30PM, 3/23 Noon Dreamin' California's Coast - Malibu to Big #608 3/19 2:30PM Surprising Toronto #806 3/24 8AM Myanmar Irrawaddy River Adventure #1004 3/24 Noon, 3/25 3:30PM Christmas Celebrations Around The Globe #1005 3/25 Noon Taiwan Naturally #1006 3/26 Noon San Miguel De Allende, Celebrating in the Heart Of Mexico #609 3/26 2:30PM Taiwan - Mountain Beauty, Villages & Cultures - Part 1 #1101 3/27 Noon Taiwan - Mountain Beauty, Villages & Cultures - Part 2 #1102 3/30 Noon Ontario's Central Counties - Multi-Cultural Adventures #807 3/31 8AM Maine - Town & Country #1103 3/31 Noon

Ken Burns: Country Music 3/14 5PM

Knit and Crochet Now Hygge Feet #1012 3/2 9:30AM Holiday Stockings #1013 3/9 9:30AM Avant-Garde Afghans #901 3/16 9:30AM Teeny Circular Cardis #902 3/23 9:30AM Seasonal Wreaths #903 3/30 9:30AM KVIE Arts Showcase #701 3/4 8:30AM #607 3/11 8:30AM #515 3/18 8:30AM #704 3/25 8:30AM



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Longevity Paradox with Steven Gundry, MD 3/25 2:30AM

Lorraine Hansberry: American Masters #3005 3/26 8PM, 3/28 5PM

Make It Artsy Fresh (Or Wet) Paint #805 3/3 9:30AM Kid Friendly #211 3/3 12:30PM Fresh Jewelry #806 3/10 9:30AM Express Yourself/Personal Style #212 3/10 12:30PM Fresh Colors #807 3/17 9:30AM Inspired By Fashion #213 3/17 12:30PM Fresh Twist #808 3/24 9:30AM Blueprints #301 3/24 12:30PM Fresh Shapes #809 3/31 9:30AM Building Blocks #302 3/31 12:30PM

Martha Bakes Fanciful Tarts #1007 3/4 6:30PM, 3/5 12:30AM Impressive Chocolate Desserts #1008 3/11 6:30PM, 3/12 12:30AM Decorated Cupcakes #1009 3/18 6:30PM, 3/19 12:30AM Perfect Puff Pastry #1010 3/25 6:30PM

Michael Kaeshammer: Boogie on the Blues Highway 3/8 5PM

Miles Davis: American Masters #3109 3/19 8PM, 3/20 2AM, 3/21 5PM, 3/22 Mid

Moveable Feast with Fine Cooking Northern Spain #706 3/3 6:30PM, 3/4 12:30AM Co-Hosts In Portugal #707 3/10 6:30PM, 3/11 12:30AM Basque Country #708 3/17 6:30PM, 3/18 12:30AM Authentic Lisbon #709 3/24 6:30PM On The Road In Wisconsin, Michigan #710 3/31 6:30PM

Mumford & Sons - Live from South Africa: Dust And Thunder 3/7 9:30PM

Nature Arctic Wolf Pack #3507 3/2 7PM, 3/3 1AM Attenborough and the Sea Dragon #3607 3/9 7PM, 3/10 1AM India's Wandering Lions #3314 3/16 7PM, 3/17 1AM Yosemite #3407 3/21 5AM, 3/23 7PM The World's Most Wanted Animal #3513 3/28 6AM, 3/30 7PM

Neil Diamond: Hot August Night III 3/14 7PM, 3/29 Mid

NHK Newsline #10241 3/2 11:30PM #10242 3/3 11:30PM #10243 3/4 11:30PM #10244 3/5 11:30PM #10245 3/6 11:30PM #10246 3/9 11:30PM #10247 3/10 11:30PM #10248 3/11 11:30PM #10249 3/12 11:30PM #10250 3/13 11:30PM #10251 3/16 11:30PM #10252 3/17 11:30PM #10253 3/18 11:30PM #10254 3/19 11:30PM #10255 3/20 11:30PM #10256 3/23 11:30PM #10257 3/24 11:30PM #10258 3/25 11:30PM #10259 3/26 11:30PM #10260 3/27 11:30PM #10261 3/30 11:30PM

Niall Ferguson's Networld Disruption #101 3/22 8PM Winner Takes All #102 3/22 9PM, 3/23 4AM Networld War #103 3/22 10PM

No Passport Required Boston #206 3/21 3PM

NOVA Polar Extremes #4701 3/2 8PM, 3/3 2AM, 3/21 8AM Secrets of the Forbidden City #4415 3/9 9PM, 3/10 3AM Chinese Chariot Revealed #4409 3/16 9PM, 3/17 3AM Japan's Killer Quake #3810 3/21 6AM, 3/23 9PM Transplanting Hope #4509 3/28 7AM, 3/30 9PM

Outside with Greg Aiello Molokai #201 3/23 1:30PM Torrey Pines #202 3/24 1:30PM Baja California Road Trip #203 3/25 1:30PM California Grasslands #204 3/26 1:30PM Exploring New Mexico #205 3/27 1:30PM Boundary Peak #206 3/30 1:30PM Alaska Marine Highway #207 3/31 1:30PM

Painting with Wilson Bickford June Afternoon Part 1 #404 3/6 12:30PM June Afternoon Part 2 #405 3/13 12:30PM Canada Honkers #406 3/20 12:30PM New England Light Part 1 #407 3/27 12:30PM

Paint This with Jerry Yarnell *Ageless Beauty, Part* 5 #2909 3/5 12:30PM *Bison Valley, Part* 1 #2910 3/12 12:30PM *Bison Valley, Part* 2 #2911 3/19 12:30PM *Bison Valley, Part* 3 #2912 3/26 12:30PM

P. Allen Smith's Garden Home *Your Happy Place* #1405 3/6 9:30AM *First Things First* #1406 3/13 9:30AM *Down and Dirty* #1407 3/20 9:30AM *Drink Your Yard* #1408 3/27 9:30AM

Pati's Mexican Table Jinetes, Adventure in the Mountains #807 3/3 4:30PM El Chepe, Railway to the Past #808 3/10 4:30PM Mocorito, The Land of Chilorio #809 3/17 4:30PM Home Cooking Sinaloa Style #812 3/22 10AM Surfside Eats #810 3/24 4:30PM How Do You Say Tucson? #813 3/29 10AM A Day In Sinaloa's Countryside #811 3/31 4:30PM

PBS NewsHour #12776 3/2 10PM #12777 3/3 10PM #12778 3/4 10PM #12779 3/5 10PM #12780 3/6 10PM #12781 3/9 10PM #12782 3/10 10PM #12783 3/11 10PM #12784 3/12 10PM #12785 3/13 10PM #12786 3/16 10PM #12787 3/17 10PM #12788 3/18 10PM #12789 3/19 10PM #12790 3/20 10PM #12791 3/23 10PM #12792 3/24 10PM #12793 3/25 10PM #12794 3/26 10PM #12795 3/27 10PM #12796 3/30 10PM #12797 3/31 10PM

Pebble Beach at 100: Viewfinder #2609 3/12 8:30AM, 3/12 7:30PM, 3/13 1:30AM, 3/13 9PM, 3/16 3AM, 3/18 2PM **Quilting Arts** *Nature* #2501 3/4 9:30AM *Unconventional* #2502 3/11 9:30AM *Paint* #2503 3/18 9:30AM *Mixed Media* #2504 3/25 9:30AM



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Relieving Stress with Yoga with Peggy Cappy 3/27 1:30AM

Resistance #101 3/21 10PM, 3/22 5AM #102 3/28 10PM, 3/29 5AM

Retire Safe & Secure with Ed Slott #2020 3/24 2AM

Richard Pryor: Icon 3/22 11PM

Rick Steves' Europe The Netherlands Beyond Amsterdam #810 3/2 8AM Travel Skills: Cruising #1004 3/4 2:30PM Prague #811 3/9 8AM Greek Islands: Santorini, Mykonos, and Rhodes #1005 3/11 2:30PM Berlin #812 3/16 8AM European Festivals I #1006 3/18 2:30PM Germany's Hamburg and the Luther Trail #901 3/23 8AM European Festivals II #1007 3/25 2:30PM Germany's Dresden and Leipzig #902 3/30 8AM

Rick Steves European Easter 3/7 11:30AM, 3/8 6:30AM, 3/31 Mid

Rick Steves Fascism In Europe 3/15 4PM

Rick Steves' Festive Europe 3/8 1:30AM, 3/15 1:30AM, 3/31 3:30AM

Rick Steves Holy Land: Israelis and Palestinians Today 3/14 11:30AM, 3/28 Mid

Rick Steves' Tasty Europe 3/8 11:30PM, 3/29 1:30AM

Road Trip Liquid Art #114 3/2 3PM Central Coast #115 3/9 3PM Cotati #116 3/16 3PM, 3/22 4PM Bodega #117 3/23 3PM, 3/29 4PM Placerville #118 3/30 3PM

Rob on the Road Sacramento Valley Station #901 3/2 3:30AM Exploring California #707 3/6 9:30PM, 3/9 3:30AM Gladding, McBean #702 3/20 9:30PM, 3/21 3:30AM Lake Natoma #803 3/27 9:30PM

Samantha Brown's Places to Love Charleston, South Carolina #212 3/4 3PM, 3/12 6:30PM, 3/13 12:30AM Food Around The World #211 3/5 6:30PM, 3/6 12:30AM Oregon Rv Trip #113 3/11 3PM, 3/19 6:30PM, 3/20 12:30AM Budapest, Hungary #301 3/18 3PM, 3/26 6:30PM The Florida Keys & Key West #302 3/25 3PM

Sandwiches That You Will Like 3/211PM

Searching for Hope - Homeless In Sac: Viewfinder *Homeless In Sacramento* #2607 3/5 8:30AM, 3/5 7:30PM, 3/6 1:30AM, 3/6 9PM, 3/9 3AM, 3/11 2PM

Sesame Street: 50 Years & Still Sunny! 3/7 6:30PM

Sex in the Wild *Elephants* #101 3/9 8PM, 3/10 2AM *Orangutans* #102 3/16 8PM, 3/17 2AM *Kangaroos* #103 3/23 8PM *Dolphins* #104 3/30 8PM

Simply Ming Ming Tsai with Guest Karen Akunowicz #1716 3/22 11AM Ming Tsai with Guest Avi Shemtov #1717 3/29 11AM

Sit and Be Fit Lymphatic System #1415 3/2 10:30AM Warm Up, Circulate, Strengthen & Stretch #1805 3/3 6AM Mobility and Balance #1416 3/3 10:30AM Your Feet, Your Foundation #1417 3/4 10:30AM Flabby Arms #1418 3/5 10:30AM Brain and Balance #1708 3/6 6:30AM The Power of Small Movements #1419 3/6 10:30AM Flexibility and Range of Motion #1420 3/9 10:30AM Functional Feel-Good Exercises #1806 3/10 6AM Brain Booster #1501 3/10 10:30AM Practice Perfect Posture #1502 3/11 10:30AM Variety: The Spice of Life #1503 3/12 10:30AM Tone and Stretch #1709 3/13 6:30AM Functional and Fun Exercises for the Feet #1504 3/13 10:30AM Yardsticks and Bands #1505 3/16 10:30AM Breathing, Posture and Balance #1807 3/17 6AM Shoulder and Back Strength #1506 3/17 10:30AM Postural Alignment and Shoulder Stability #1507 3/18 10:30AM Circulation #1508 3/19 10:30AM Balance Your Body #1710 3/20 6:30AM Core Strengthening #1509 3/20 10:30AM Hip Mobility #1510 3/23 10:30AM Exercise Potpourri #1808 3/24 6AM Music and Novelty #1601 3/24 10:30AM Imagining Resistance #1602 3/25 10:30AM A Treat for Your Feet #1603 3/26 10:30AM Neglected Areas of Body #1605 3/30 10:30AM Core Strength and Yoga Inspired Exercises #1809 3/31 6AM Diabetes and Peripheral Neuropathy #1606 3/31 10:30AM

Soul Legends (My Music) 3/14 10:30PM

Start Up Foodmaven - Denver, Co #706 3/6 4PM Oswald Service and Repair - Idaho Falls, ID #707 3/13 4PM Stitch People - Salt Lake City, Ut #708 3/20 4PM Good Boy Clothing - Flint, Mi #709 3/27 4PM

Story of China *Ancestors/Silk Roads and China Ships* #101 3/24 8PM *Golden Age/The Ming* #102 3/31 8PM **Studio Sacramento** *Visit Sacramento* #915 3/2 2:30AM, 3/3 8:30AM *Behavioral Health Agencies* #908 3/6 8:30PM, 3/9 2:30AM, 3/10 8:30AM *Leadingage California* #909 3/13 8:30PM, 3/16 2:30AM, 3/17 8:30AM #916 3/20 8:30PM, 3/21 2:30AM, 3/22 8AM, 3/24 8:30AM #917 3/27 8:30PM, 3/29 8AM, 3/31 8:30AM

Sunday Stories #115 3/22 6PM #116 3/29 6PM

Suze Orman's Ultimate Retirement Guide 3/7 Mid, 3/8 9:30AM, 3/15 9PM



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The Age Fix with Anthony Youn, MD 3/14 8:30AM, 3/27 2:30AM

The Brain Mind Body Connection with Dr. Rudy Tanzi & Dr. Deepak Chopra 3/15 4AM, 3/28 2AM

The Desert Speaks Utah's Slick Rock Country #1907 3/2 4PM Into The Swell: Utah's High Desert #1908 3/9 4PM Dying Traditions in a Mexican Pueblo #1909 3/16 4PM Navajo Canyon Lands #1910 3/23 4PM The Driest Desert in the World #1401 3/30 4PM

The Great British Baking Show *Biscuits* #508 3/4 8PM, 3/5 2AM, 3/28 4PM *Patisserie* #509 3/11 8PM, 3/12 2AM *The Final* #510 3/18 8PM, 3/19 2AM *Sweet Dough* #507 3/21 4PM

The Great War: American Experience #2905 3/3 8PM, 3/4 2AM #2906 3/10 8PM, 3/11 2AM #2907 3/17 8PM, 3/18 2AM

The Highwaymen Live at Nassau Coliseum 3/157:30PM

The Inn at Little Washington: A Delicious Documentary 3/28 3PM

The Journey with Rob Stewart Susan Savage #101 3/13 9:30PM, 3/16 3:30AM

The Lawrence Welk Show *Top Songs from Broadway Musicals* #1728 3/6 8:30AM *Rhythm Is Our Business* #1729 3/13 8:30AM *Movie Songwriters* #1730 3/20 8:30AM *Songs of the 70's* #1731 3/27 8:30AM

The Legacy List with Matt Paxton Day Family / Llewellyn Park, NJ #104 3/6 6PM, 3/9 Mid Seidel Family / Norristown, PA #105 3/13 6PM, 3/16 Mid Shirley Macon / Aberdeen, NJ #106 3/20 6PM, 3/21 Mid

The Sound of Giving: Viewfinder #2608 3/26 8:30AM, 3/26 7:30PM, 3/27 9PM, 3/29 3:30PM

The This Old House Hour Paradise Strong; Dog Dish Stand, Gas Lantern #1816 3/6 2PM Westerly Pining for Old Pine; Beehive Oven, Jimmy DiResta #1810 3/13 2PM Westerly Save the Flagpole; Stoop Planters, Fireplace Insert #1811 3/20 2PM Westerly Seaside Transformation; Ceiling Light, Tool Storage #1812 3/27 2PM

The Woodwright's Shop Forging The Hold Fast #3710 3/6 3:30PM Brian Boggs, Chairmaker #3711 3/13 3:30PM Combination Planes #3712 3/20 3:30PM The Venerable Bead #3713 3/27 3:30PM

This Old House Westerly | Seaside Transformation #3912 3/22 2:30PM #3917 3/29 2:30PM

Thou Shalt Not Kill Episode Five #105 3/21 11PM Episode Six #106 3/28 11PM

To The Contrary with Bonnie Erbe #2852 3/4 6:30AM #2901 3/11 6:30AM #2902 3/18 6:30AM #2903 3/25 6:30AM

Travels with Darley Tahoe, Reno & Beyond #702 3/5 8AM Macao & Hong Kong #703 3/12 8AM Adirondacks #704 3/19 8AM Santa Fe Nature Escape #705 3/26 8AM

Two for the Road Costa Rica and Panama: Into The Canal #307 3/3 6PM, 3/4 Mid One Crazy Day In Hanoi #308 3/10 6PM, 3/11 Mid Adventure In Iceland #309 3/17 6PM, 3/18 Mid Galapagos #310 3/24 6PM Texas: Adventure In Austin and the Hill Country #311 3/31 6PM

ViewFinder: Sacramento Choral Society & Orchestra #1208 3/8 2:30PM

Waylon Jennings - The Outlaw Performance 3/15 8AM

Weekends with Yankee Farms and Foraging #308 3/4 4PM At The Shore #309 3/11 4PM Adventures In New England #310 3/18 4PM The Seacoast #311 3/25 4PM

When I'm 65 3/27 6PM

Wider World #2018 3/2 6:30AM #2019 3/9 6:30AM #2020 3/16 6:30AM, 3/22 6AM #2021 3/23 6:30AM, 3/29 6AM #2022 3/30 6:30AM

Wild Travels #201 3/5 3:30PM #202 3/12 3:30PM #203 3/19 3:30PM #204 3/26 3:30PM

Woodsmith Shop Setting Up Shop #1201 3/22 3PM Gentlemen's Dresser, Part 1 #1202 3/29 3PM

Yes! We're Open #112 3/3 2PM #113 3/10 2PM #101 3/17 2PM, 3/22 9:30AM #102 3/24 2PM, 3/29 9:30AM #103 3/31 2PM