



**November 2020 — KVIE2**  
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**10 Day Belly Slimdown with Dr. Kellyann** 11/29 Mid  
**3 Steps to Pain-Free Living** 11/28 9:30AM, 11/29 9AM  
**Across The Pacific Airborne** #101 11/18 9PM, 11/19 3AM *Latin Laboratory* #102 11/25 9PM, 11/26 3AM  
**Age of Nature Changing** #103 11/2 9PM, 11/3 3AM  
**Amanpour and Company** #3088 11/1 6:30AM, 11/3 4AM #3089 11/4 4AM #3090 11/5 4AM #3091 11/6 4AM  
#3092 11/7 4AM #3093 11/8 6:30AM, 11/10 4AM #3094 11/11 4AM #3095 11/12 4AM #3096 11/13 4AM #3097  
11/14 4AM #3098 11/15 6:30AM, 11/17 4AM #3099 11/18 4AM #3101 11/19 4AM #3102 11/20 4AM #3103 11/21  
4AM, 11/22 6:30AM #3104 11/24 4AM #3105 11/25 4AM #3106 11/26 4AM #3107 11/27 4AM  
**American Masters Keith Haring: Street Art Boy** #3306 11/28 4PM  
**American Woodshop Apothecary 9 Drawer Wall Keep** #2502 11/2 8:30AM *Gentleman's Organizer and Gallery*  
#2503 11/3 8:30AM *Turned Urns and Pepper Mills* #2504 11/4 8:30AM *Scrolled Kitchen Trenchers and Trivets*  
#2505 11/5 8:30AM *Decorative Turnings* #2506 11/6 8:30AM *Stanton Tools* #2507 11/9 8:30AM *Arts and Crafts*  
*Luminaries* #2508 11/10 8:30AM *Making Custom Knives* #2509 11/11 8:30AM *Wooden Bicycles* #2510 11/12  
8:30AM *Custom Wood Keeps* #2511 11/13 8:30AM *Curvy Wall Shelf* #2512 11/16 8:30AM *Arts and Crafts End*  
*Table* #2513 11/17 8:30AM *Beginning Turnings* #2601 11/18 8:30AM *Live Edge Tall Case Wall Cabinet* #2602 11/19  
8:30AM *Carved and Scroll Sawn Crests* #2603 11/20 8:30AM *The River Stone/ Mirrorcast Walnut and Mahogany*  
*Nightstand* #2604 11/23 8:30AM *Wooden Puzzles* #2605 11/24 8:30AM *Pallet Works* #2606 11/25 8:30AM *The*  
*Folk Art Rooster* #2607 11/26 8:30AM *Resin and Wood Turned Table Lamp* #2608 11/27 8:30AM *Segmented*  
*Salad Bowls and Laminated Tablewares* #2609 11/30 8:30AM  
**America's Heartland** #1412 11/1 12:30PM #1413 11/8 12:30PM #1414 11/15 12:30PM #1415 11/22 12:30PM  
**America's Test Kitchen 20th Anniversary Special** 11/28 12:30PM, 11/29 11AM  
**America's Test Kitchen from Cook's Illustrated Tasty Thai** #2015 11/2 5PM *The Most Important Meal* #2016  
11/3 5PM *Something Hearty, Something Light* #2017 11/4 5PM *Hearty Mediterranean at Home* #2008 11/4 7PM,  
11/5 1AM, 11/27 5PM *Thanksgiving for a Crowd* #2018 11/5 5PM *Rustic French Fare* #2019 11/6 5PM *Grill-Roasted*  
*Chicken and Green Beans* #2020 11/9 5PM *New Ways with Ribs & Mushrooms* #2021 11/10 5PM *Plum and Pear*  
*Desserts* #2022 11/11 5PM *Flavorful Chinese Favorite* #2009 11/11 7PM, 11/12 1AM, 11/30 5PM *Mexican Comfort*  
*Food* #2023 11/12 5PM *The Chicken Or The Egg?* #2024 11/13 5PM *Summertime Staples* #2025 11/16 5PM *Pork*  
*and Greens* #2026 11/17 5PM *Eggs for the Holidays* #2001 11/18 5PM *Nutritious and Delicious* #2010 11/18 7PM,  
11/19 1AM *A Trip to Rome* #2002 11/19 5PM *Pork and Potatoes* #2003 11/20 5PM *Spiced and Sweet* #2004 11/23  
5PM *Two Classic Pastas* #2005 11/24 5PM *Chicken and Biscuits* #2006 11/25 5PM *Springtime Feast* #2011 11/25  
7PM, 11/26 1AM *The Very Best Paris-Brest* #2007 11/26 5PM  
**Ancient Skies Gods and Monsters** #101 11/1 8PM, 11/2 1AM, 11/30 Mid *Finding The Center* #102 11/8 8PM, 11/9 1AM,  
11/30 1AM *Our Place in the Universe* #103 11/15 8PM, 11/16 1AM, 11/30 2AM  
**Antiques Roadshow Kooky & Spooky** #2227 11/1 7PM, 11/2 Mid *Election Collection* #2423 11/7 5AM, 11/8 7PM,  
11/9 Mid *Junk in the Trunk 10* #2425 11/14 5AM, 11/15 7PM, 11/16 Mid *Palm Springs, Hour Two* #2108 11/21 5AM,  
11/22 7PM, 11/23 Mid *Palm Springs, Hour Three* #2109 11/30 3AM  
**Arctic Daughter: A Lifetime of Wilderness** 11/7 5PM  
**Articulate with Jim Cotter The Mirror of Time** #601 11/21 4:30PM  
**Art of Home: A Wind River Story** 11/24 9PM, 11/25 3AM  
**Ask This Old House All About Windows** #1905 11/1 2PM *Installing A Toilet/Patching A Lawn with Grass Seed*  
#1115 11/2 8AM *Hanging a Flat Panel TV/Controlling Insects Without Pesticides* #1116 11/3 8AM *Maintaining*  
*Kitchen Appliances/Installing A Rain Gutter* #1117 11/4 8AM *Building A Storage Bench/Making Watertight*  
*Connections* #1118 11/5 8AM *Caring for Orchids as Houseplants/Purchasing a Kitchen Wall Cabinet* #1119 11/6 8AM  
*Installing Water Features* #1906 11/8 2PM *Insulating Ductwork/Maintaining Clothes Washers And Dryers* #1120  
11/9 8AM *Installing A Ductless Heat Pump/Led Lighting* #1121 11/10 8AM *Solving a Melted Mystery/Performing a*  
*Whole-House Energy Audit* #1122 11/11 8AM *Using Ladders Safely/Replacing A Shower Valve* #1123 11/12 8AM  
*Installing Surge Protection/Hardscaping Projects* #1124 11/13 8AM *All About Fireplaces* #1907 11/15 2PM *Making*  
*Custom Concrete Countertops/Cordless Landscape Tools* #1125 11/16 8AM *Painting Kitchen Cabinets/Installing a*  
*Smart Thermostat to Reduce Energy Use* #1126 11/17 8AM *Transforming Stock Shelving/Installing A New Washing*  
*Machine Valve* #1101 11/18 8AM *Installing Bluestone Patio/Hanging Bikes in a Garage* #1102 11/19 8AM *Building A*  
*Custom Fireplace Mantel/Repairing A Leaking Kitchen Faucet* #1103 11/20 8AM *Happy Holidays from AskTOH!*



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#1908 11/22 2PM *Laying Sod in the Backyard/Installing A Wireless Thermostat* #1104 11/23 8AM *Planting Palm Trees/Replacing an Old Heating System With One That's More Efficient* #1105 11/24 8AM *Special New York Episode* #1106 11/25 8AM *Installing a New Kitchen Sink and Faucet/Installing Insulated Sidelights on a Front Door* #1107 11/26 8AM *Installing a Privacy Fence/Replacing a Clogged Shower Valve* #1108 11/27 8AM *Installing Interior Window Trim/Heating A Swimming Pool* #1109 11/30 8AM

**Baking with Julia** #212 11/2 11AM #213 11/3 11AM, 11/7 11AM #301 11/4 11AM *Michel Richard* #103 11/4 6:30PM, 11/5 12:30AM, 11/25 11AM #302 11/5 11AM #303 11/6 11AM #304 11/9 11AM #305 11/10 11AM, 11/14 11AM #306 11/11 11AM *Lora Brody* #104 11/11 6:30PM, 11/12 12:30AM, 11/26 11AM #307 11/12 11AM #308 11/13 11AM #309 11/16 11AM #310 11/17 11AM, 11/21 11AM #311 11/18 11AM *Marcel Desaulniers* #105 11/18 6:30PM, 11/19 12:30AM, 11/27 11AM #312 11/19 11AM #313 11/20 11AM *Craig Kominiak* #101 11/23 11AM *Alice Medrich* #102 11/24 11AM *Gale Gand* #106 11/25 6:30PM, 11/26 12:30AM, 11/30 11AM

**Bare Feet with Mickela Mallozzi** *Girona, Catalonia* #303 11/2 1PM *Cyprus* #304 11/3 1PM, 11/7 1PM *Romania* #305 11/4 1PM *Morocco* #306 11/5 1PM *County Clare, Ireland* #307 11/6 1PM *The Wild Atlantic Way, Ireland* #308 11/9 1PM *The French Basque Country* #309 11/10 1PM, 11/14 1PM *Seville, Spain* #310 11/11 1PM *Utrera, Spain* #311 11/12 1PM *Uzbekistan* #312 11/13 1PM *Dancing In My Italy (Minturno, Italy)* #101 11/16 1PM *It Takes Two to Tango (Buenos Aires, Argentina)* #102 11/17 1PM, 11/21 1PM *Jeju Fire Festival (Seoul & Jeju, South Korea)* #103 11/18 1PM *Croatia's Dalmatian Coast (Dubrovnik, Croatia)* #104 11/19 1PM *The Lumbee Dance of the Spring Moon (Robeson County, North Carolina - USA)* #105 11/20 1PM *Hogmanay In Scotland (Edinburgh, Scotland)* #106 11/23 1PM *Montreal Then & Now (Montreal, Canada)* #107 11/24 1PM *Waltzing In Vienna (Vienna, Austria)* #108 11/25 1PM *Malaysia, Part 1 (Western Malaysia)* #109 11/26 1PM *Malaysia, Part 2 (Eastern Malaysia)* #110 11/27 1PM *Music City (Nashville, Tennessee - USA)* #111 11/30 1PM

**BBC World News** #2222 11/2 11PM #2224 11/3 11PM #2226 11/4 11PM #2228 11/5 11PM #2230 11/6 11PM #2232 11/9 11PM #2234 11/10 11PM #2236 11/11 11PM #2238 11/12 11PM #2240 11/13 11PM #2242 11/16 11PM #2244 11/17 11PM #2246 11/18 11PM #2248 11/19 11PM #2250 11/20 11PM #2252 11/23 11PM #2254 11/24 11PM #2256 11/25 11PM #2258 11/26 11PM #2260 11/27 11PM #2262 11/30 11PM

**Born to Explore with Richard Wiese** *New York: Fossil Hunter* #304 11/3 6PM, 11/4 Mid *Arizona: The Grandest Canyon* #305 11/10 6PM, 11/11 Mid *South Dakota: Spirits of the Caves* #306 11/17 6PM, 11/18 Mid *Labrador: Remote Canada* #307 11/24 6PM, 11/25 Mid

**California's Gold** *Preserving The Past* #207 11/6 7PM, 11/7 1AM *Ships* #210 11/6 7:30PM, 11/7 1:30AM *Joshua Tree* #404 11/13 7PM, 11/14 1AM *Devils Jaw* #303 11/13 7:30PM, 11/14 1:30AM *Yosemite Indian History* #115 11/20 7PM, 11/21 1AM *Lost Sierra* #212 11/20 7:30PM, 11/21 1:30AM *Farallon Islands* #144 11/27 7PM

**California's Golden Parks** *Whiskeytown* #150 11/1 5PM *Salmon Festival* #151 11/1 5:30PM *Doheny State Beach* #152 11/8 5PM *William S. Hart Park and Museum* #153 11/8 5:30PM *Hidden Treasures of Sutter's Fort* #154 11/15 5PM *California Coastal National Monument* #155 11/15 5:30PM *Leo Carrillo Ranch* #156 11/22 5PM *San Onofre State Beach* #157 11/22 5:30PM

**Celtic Woman, The Best Of** 11/28 7PM

**Change Your Brain, Heal Your Mind with Daniel Amen, MD** 11/29 2PM

**Christopher Kimball's Milk Street Television** *Beirut Fast Food* #312 11/4 7:30PM, 11/5 1:30AM *Tuesday Night Italian* #313 11/11 7:30PM, 11/12 1:30AM *The New Paris* #315 11/18 7:30PM, 11/19 1:30AM *Amazing One-Layer Cakes* #316 11/25 7:30PM, 11/26 1:30AM

**Classical Stretch: By Essentrics** *Stomach Flattening* #1226 11/2 5:30AM #1311 11/2 7:30AM, 11/23 5:30AM *Shoulder Strengthening* #1227 11/3 5:30AM #1312 11/3 7:30AM, 11/24 5:30AM *Full Leg Toning* #1228 11/4 5:30AM #1313 11/4 7:30AM, 11/25 5:30AM *Body Shaping* #1229 11/5 5:30AM #1314 11/5 7:30AM, 11/26 5:30AM *Quad Flexibility* #1230 11/6 5:30AM #1315 11/6 7:30AM, 11/27 5:30AM #1301 11/9 5:30AM #1316 11/9 7:30AM, 11/30 5:30AM #1302 11/10 5:30AM #1317 11/10 7:30AM #1303 11/11 5:30AM #1318 11/11 7:30AM #1304 11/12 5:30AM *Plantar Fasciitis Release* #1201 11/12 7:30AM #1305 11/13 5:30AM *Hip Pain Relief and Stretch* #1202 11/13 7:30AM #1306 11/16 5:30AM *Quad Strengthening* #1203 11/16 7:30AM #1307 11/17 5:30AM *Weight Loss and Calorie Burn* #1204 11/17 7:30AM #1308 11/18 5:30AM *Back Pain Relief* #1205 11/18 7:30AM #1309 11/19 5:30AM *Full Body Strengthening* #1206 11/19 7:30AM #1310 11/20 5:30AM *Posture* #1207 11/20 7:30AM *Long Adductor* #1208 11/23 7:30AM *Back Pain Relief* #1209 11/24 7:30AM *Endurance and Power* #1210 11/25 7:30AM *Arthritis Workout* #1211 11/26 7:30AM *Hamstring Flexibility* #1212 11/27 7:30AM *Toning The Waist* #1213 11/30 7:30AM



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**Classic Christmas (My Music)** 11/28 8:30PM, 11/29 4AM  
**Confucius Was A Foodie** *Origins of the Beginnings* #101 11/16 6PM, 11/17 Mid *Confucius and the Origin of Food Philosophy* #102 11/23 6PM, 11/24 Mid *Celebrations, Ceremonies and the Dumpling* #103 11/30 6PM  
**Cook's Country** *Roast Beef and Potatoes* #1209 11/2 5:30PM, 11/19 5:30PM *Pork and Pie* #1210 11/3 5:30PM, 11/20 5:30PM *Holiday Feast* #1211 11/4 5:30PM, 11/23 5:30PM *A Trip to the Big Easy* #1212 11/5 5:30PM, 11/24 5:30PM *Comfort Food Done Right* #1213 11/6 5:30PM, 11/25 5:30PM *Bbq Brisket and Fritters* #1201 11/9 5:30PM *Italian Comfort Food Classics* #1202 11/10 5:30PM *Tacos Two Ways* #1203 11/11 5:30PM *Beef, Dressed Up* #1204 11/12 5:30PM *Regional Italian American Favorites* #1205 11/13 5:30PM *Aloha State Favorites* #1206 11/16 5:30PM *Chicken and Cornbread* #1207 11/17 5:30PM *The Perfect Cake* #1208 11/18 5:30PM #1301 11/26 5:30PM #1302 11/27 5:30PM #1303 11/30 5:30PM  
**Curious Traveler** *Curious Austrian Christmas Markets* #308 11/5 6PM, 11/6 Mid *Curious London Shops* #309 11/12 6PM, 11/13 Mid *Curious Glasgow* #310 11/19 6PM, 11/20 Mid *Curious Williamsburg* #311 11/26 6PM, 11/27 Mid  
**Deepak Chopra: Becoming Metahuman** 11/29 6AM  
**Devoted Dogs: ViewFinder** #2618 11/19 7:30PM, 11/20 1:30AM, 11/22 9:30AM, 11/22 3:30PM  
**DW Focus On Europe** #3844 11/1 7:30AM #3845 11/8 7:30AM #3846 11/15 7:30AM #3847 11/22 7:30AM  
**Engelbert Humperdinck: The King of Romance (My Music)** 11/29 4PM  
**Expedition with Steve Backshall** *Oman - Desert Canyon* #101 11/1 10PM, 11/2 3AM *Greenland - Frozen Frontier* #102 11/8 10PM, 11/9 3AM *Suriname - Lost World* #103 11/15 10PM, 11/16 3AM *Mexico - Flooded Caves* #104 11/22 10PM, 11/23 3AM  
**Finding Your Roots** *Reporting on the Reporters* #503 11/1 Mid, 11/2 4AM *Dreaming of a New Land* #504 11/7 7PM, 11/8 Mid, 11/9 4AM *War Stories* #613 11/14 7PM, 11/15 Mid *Flight* #614 11/21 7PM, 11/22 Mid, 11/23 4AM *The Impression* #401 11/30 4AM  
**Firing Line with Margaret Hoover** #418 11/1 8:30AM #419 11/6 8PM, 11/7 2AM, 11/7 3:30PM, 11/8 8:30AM #420 11/13 8PM, 11/14 2AM, 11/14 3:30PM, 11/15 8:30AM #421 11/20 8PM, 11/21 2AM, 11/21 3:30PM, 11/22 8:30AM #422 11/27 8PM  
**Fit 2 Stitch** #802 11/2 10AM #803 11/3 10AM, 11/7 10AM #804 11/4 10AM #805 11/5 10AM #806 11/6 10AM #807 11/9 10AM #808 11/10 10AM, 11/14 10AM #809 11/11 10AM #810 11/12 10AM #811 11/13 10AM #812 11/16 10AM #813 11/17 10AM, 11/21 10AM *The Base Concept* #701 11/18 10AM *The T-Shirt for Everyone* #702 11/19 10AM *Image Consultant and Closet Organization* #703 11/20 10AM *The Blouse* #704 11/23 10AM *The Jean Jacket* #705 11/24 10AM *Seam Finishes* #706 11/25 10AM *The Jacket* #707 11/26 10AM *Sewing, Lining, and Fusing The Jacket* #708 11/27 10AM *Accessories* #709 11/30 10AM  
**FRONTLINE** *The Choice 2020: Trump Vs. Biden* #3905 11/1 2AM *Amazon Empire: The Rise of Jeff Bezos* #3812 11/4 8PM, 11/5 2AM  
**Grandpa's War Story Goes Viral** 11/11 8PM, 11/12 2AM  
**Great Performances** *The Moody Blues: Days of Future Passed Live* #4110 11/28 1AM *Lea Salonga In Concert* #4512 11/29 5:30PM  
**Growing A Greener World** *Growing The Next Generation of Gardeners* #1105 11/1 Noon *Urban Victory Gardens Project* #1106 11/8 Noon *Learning to Prune Like a Pro, In Your Own Home Landscape* #1107 11/15 Noon *Urban and Community Gardening Heroes* #1108 11/22 Noon  
**Guardians of the Past** 11/14 6:30PM  
**Hawking** 11/22 8PM, 11/23 1AM  
**History Detectives** #1008 11/1 5AM #1009 11/8 5AM #701 11/15 5AM *Iwo Jima Map, Copperhead Cane, Theremin* #802 11/22 5AM  
**History Detectives Special Investigations** *Who Killed Jimmy Hoffa?* #104 11/7 11PM  
**History with David Rubenstein** *Walter Isaacson* #109 11/7 4:30PM *Marie Arana* #110 11/14 4:30PM  
**Horse Relative** 11/24 8PM, 11/25 2AM  
**I'll Have What Phil's Having** *Barcelona* #105 11/2 6PM, 11/3 Mid *Los Angeles* #106 11/9 6PM, 11/10 Mid  
**Inside California Education** *On The Right Note* #104 11/1 9AM *Taking Flight* #105 11/5 7PM, 11/6 1AM, 11/8 9AM *Dual Immersion* #106 11/12 7PM, 11/13 1AM, 11/15 9AM *Career Pathways* #107 11/19 7PM, 11/20 1AM, 11/22 9AM *Educating At-Risk Youth* #108 11/26 7PM, 11/27 1AM  
**In The Americas with David Yetman** #501 11/2 2PM #502 11/3 2PM, 11/7 2PM #503 11/4 2PM #504 11/5 2PM



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#505 11/6 2PM #506 11/9 2PM #507 11/10 2PM, 11/14 2PM #508 11/11 2PM #509 11/12 2PM #510 11/13 2PM  
*Havana: Inside The City* #601 11/16 2PM *Ecuador: Native Peoples Meet The Oilmen* #602 11/17 2PM, 11/21 2PM  
*Mexico City: 600 Years of Urban Glory* #603 11/18 2PM *Our Warming Oceans: Biosphere to Bahamas* #604 11/19  
 2PM *Mexico's Sierra Pinacate* #605 11/20 2PM *Costa Rica: Laboratory of the Biosphere* #606 11/23 2PM  
*Dominican Republic: Of Baseball, Whales, and Limping Devils* #607 11/24 2PM *Oregon: Violent Past and Verdant  
 Present* #608 11/25 2PM *Cuba's Far East* #609 11/26 2PM *Chiapas Highlands: Mexico's Indian Empire* #610 11/27  
 2PM *Father Kino and the Southwest* #701 11/30 2PM  
**It's Sew Easy** *Material Girls* #1702 11/2 10:30AM *Dress Up* #1703 11/3 10:30AM, 11/7 10:30AM *Step Up* #1704 11/4  
 10:30AM *Top Details* #1705 11/5 10:30AM *Shape Up* #1706 11/6 10:30AM *Size* #1707 11/9 10:30AM *The Eyes  
 Have It!* #1708 11/10 10:30AM, 11/14 10:30AM *Decorative Details* #1709 11/11 10:30AM *Step By Step Garments*  
 #1710 11/12 10:30AM *Quilt Along* #1711 11/13 10:30AM *More Quilting* #1712 11/16 10:30AM *Lace Details* #1713 11/17  
 10:30AM, 11/21 10:30AM *Be Your Own Designer* #1501 11/18 10:30AM *Sewing to the Rescue* #1502 11/19 10:30AM  
*Heroes Come In All Shapes and Sizes* #1503 11/20 10:30AM *What's A Super Hero Without A Cape?* #1504 11/23  
 10:30AM *Machine Wizardry* #1505 11/24 10:30AM *Embroidery Superstars* #1506 11/25 10:30AM *Knit Techniques  
 to Make You A Hero* #1507 11/26 10:30AM *Sewing Gifts Save The Day* #1508 11/27 10:30AM *Sewing  
 Transformers* #1509 11/30 10:30AM  
**Joanne Weir's Plates and Places** *Spit-Roasted Lamb* #302 11/2 12:30PM *Salty Salzburg* #303 11/3 12:30PM, 11/7  
 12:30PM *Rise and Shine* #304 11/4 12:30PM *The Secret Ingredients of Greece* #305 11/5 12:30PM *Spaghetti*  
 #306 11/6 12:30PM *Sunset Dinner in the Wine Country* #307 11/9 12:30PM *Washington Wine Country* #308 11/10  
 12:30PM, 11/14 12:30PM *Take Me to Spain* #309 11/11 12:30PM *Tomatoes Two-Ways* #310 11/12 12:30PM *October  
 Fest* #311 11/13 12:30PM *Wine Cellar and Prosciutto* #312 11/16 12:30PM *You Say Potato* #313 11/17 12:30PM, 11/21  
 12:30PM *Flavors of the Rhine* #201 11/18 12:30PM *Tagines* #202 11/19 12:30PM *Beef and Cabernet* #203 11/20  
 12:30PM *The Flavors of Venice* #204 11/23 12:30PM *Caviar* #205 11/24 12:30PM *Moroccan Spice* #206 11/25  
 12:30PM *The Seafood of Greece* #207 11/26 12:30PM *Pickling Amsterdam Style* #208 11/27 12:30PM *The  
 Wonders of Warka* #209 11/30 12:30PM  
**John Lewis - Get in the Way** 11/1 1AM  
**J Schwanke's Life In Bloom** *Arrangements from the Garden* #201 11/2 9:30AM *From Farm to Plate & Vase*  
 #202 11/3 9:30AM, 11/7 9:30AM *Beauty from the Flower Farm* #203 11/4 9:30AM *The Gift of the Forest* #204  
 11/5 9:30AM *Traditional Japanese Flower Arts* #205 11/6 9:30AM *The Garden, Contained* #206 11/9 9:30AM  
*Thinking Outside The Vase* #207 11/10 9:30AM, 11/14 9:30AM *All About Lavender* #208 11/11 9:30AM *Pets and  
 Flowers* #209 11/12 9:30AM *Everything's Coming Up Roses* #210 11/13 9:30AM *Flowers: Nature's Rainbow* #211  
 11/16 9:30AM *Flowers to Wear & Share* #212 11/17 9:30AM, 11/21 9:30AM *Vegetables and Flowers* #213 11/18  
 9:30AM *Life In Bloom* #101 11/19 9:30AM *Protea: Long-Term Beauty* #102 11/20 9:30AM *The Romance of  
 Flowers* #103 11/23 9:30AM *Carnations, Family & Flowers* #104 11/24 9:30AM *Succulents: The Not Quite Flowers*  
 #105 11/25 9:30AM *Tulips: Year-Round Spring* #106 11/26 9:30AM *Out on a Limb with Fruit and Flowers* #107  
 11/27 9:30AM *Flower Power* #108 11/30 9:30AM  
**Julia Child - Cooking with Master Chefs** *Robert Del Grande* #107 11/4 6PM, 11/5 Mid *Jean-Louis Palladin* #108  
 11/11 6PM, 11/12 Mid *Susan Feniger and Mary Sue Milliken* #109 11/18 6PM, 11/19 Mid *Jacques Pepin and Julia Child*  
 #110 11/25 6PM, 11/26 Mid  
**Keep Talking** 11/14 10PM, 11/15 3AM, 11/22 1PM  
**Ken Burns: The National Parks** 11/29 2AM  
**Kitchen Queens: New Orleans** #109 11/1 10:30AM #110 11/8 10:30AM #111 11/15 10:30AM #112 11/22 10:30AM  
**KVIE Arts Showcase** #804 11/7 4PM #806 11/14 4PM #812 11/21 4PM  
**Latino Vote: Dispatches From The Battleground** 11/1 3AM  
**Les Miserables 25th Anniversary Concert at the O2** 11/29 7PM  
**Les Stroud's Wild Harvest** *Mussels & Wild Radish* #101 11/15 11:30AM *Miner's Lettuce & Wild Ginger* #102 11/22  
 11:30AM  
**Life from Above** *Moving Planet* #101 11/1 9PM, 11/2 2AM *Colorful Planet* #102 11/8 9PM, 11/9 2AM *Patterned  
 Planet* #103 11/15 9PM, 11/16 2AM *Changing Planet* #104 11/22 9PM, 11/23 2AM  
**Longevity Paradox with Steven Gundry, MD** 11/28 10:30PM  
**Magic Moments - The Best of 50's Pop** 11/28 2PM



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**Marian Anderson: Once in a Hundred Years** 11/28 Mid, 11/28 11:30AM  
**Maya Angelou: American Masters** #3002 11/14 8PM, 11/15 1AM  
**Medicine Woman** 11/14 11PM, 11/15 4AM  
**Miles Davis: American Masters** #3109 11/21 8PM, 11/22 1AM  
**Mindfulness Goes Mainstream** 11/28 5AM, 11/29 11PM  
**My Greek Table with Diane Kochilas** *Flavors of Longevity - Ikaria* #102 11/2 11:30AM *Ancient Grains for Modern Cooks* #103 11/3 11:30AM, 11/7 11:30AM *Olive Oil Everything* #104 11/4 11:30AM *Meze Society* #105 11/5 11:30AM *A Bite of Greek Red Wine* #106 11/6 11:30AM *The Lesvos Spirit* #107 11/9 11:30AM *Greek Mountain Cheeses* #108 11/10 11:30AM, 11/14 11:30AM *Santorini: Flavors of a Volcano* #109 11/11 11:30AM *Life of Pie* #110 11/12 11:30AM *Crete: Mother of the Mediterranean* #111 11/13 11:30AM *The Centaur's Kitchen: Preserving Nature's Bounty* #112 11/16 11:30AM *Athens Rising* #113 11/17 11:30AM, 11/21 11:30AM *Aegean Cuisine* #201 11/18 11:30AM *You Say Tomato, I Say Domata* #202 11/19 11:30AM *Beans for Humanity* #203 11/20 11:30AM *Ancient Greece for Modern Cooks* #204 11/23 11:30AM *Greek Yogurt for Breakfast, Lunch and Dinner* #205 11/24 11:30AM *Taste the Music: The Aromatic Cuisine of the Asian Minor Greeks* #206 11/25 11:30AM *Kalimera! Breakfast and Brunch* #207 11/26 11:30AM *Chewing The Sea* #208 11/27 11:30AM *Lemon, Oregano & Smoke - The Greek Grill* #209 11/30 11:30AM  
**Native America** *From Caves to Cosmos* #101 11/3 8PM, 11/4 2AM *Nature to Nations* #102 11/3 9PM, 11/4 3AM *Cities of the Sky* #103 11/10 8PM, 11/11 2AM *New World Rising* #104 11/10 9PM, 11/11 3AM  
**Nature** *Australian Bushfire Rescue* #3802 11/2 7PM, 11/3 1AM *Primates: Secrets of Survival* #3803 11/7 6AM, 11/9 7PM, 11/10 1AM *Primates: Family Matters* #3804 11/14 6AM, 11/16 7PM, 11/17 1AM *Primates: Protecting Primates* #3805 11/21 6AM, 11/23 7PM, 11/24 1AM *Santa's Wild Home* #3806 11/28 6AM, 11/29 12:30PM, 11/30 7PM  
**Neven's Spanish Food Trails** *Cordoba* #110 11/3 6:30PM, 11/4 12:30AM *Seville* #111 11/10 6:30PM, 11/11 12:30AM *Huelva* #112 11/17 6:30PM, 11/18 12:30AM *Cadiz* #113 11/24 6:30PM, 11/25 12:30AM  
**Newsline** #11155 11/2 11:30PM #11156 11/3 11:30PM #11157 11/4 11:30PM #11158 11/5 11:30PM #11159 11/6 11:30PM #11160 11/9 11:30PM #11161 11/10 11:30PM #11162 11/11 11:30PM #11163 11/12 11:30PM #11164 11/13 11:30PM #11165 11/16 11:30PM #11166 11/17 11:30PM #11167 11/18 11:30PM #11168 11/19 11:30PM #11169 11/20 11:30PM #11170 11/23 11:30PM #11171 11/24 11:30PM #11172 11/25 11:30PM #11173 11/26 11:30PM #11174 11/27 11:30PM #11175 11/30 11:30PM  
**NOVA** *Can We Cool The Planet?* #4716 11/2 8PM, 11/3 2AM *Colosseum - Roman Death Trap* #4206 11/7 7AM, 11/9 8PM, 11/10 2AM *Petra - Lost City of Stone* #4205 11/14 7AM, 11/16 8PM, 11/17 2AM *Building Wonders: Hagia Sophia - Istanbul's Ancient Mystery* #4204 11/21 7AM, 11/23 8PM, 11/24 2AM *Saving Notre Dame* #4708 11/30 8PM  
**N. Scott Momaday: American Masters** #3303 11/21 10PM, 11/22 3AM  
**P. Allen Smith's Garden Home** *Native Plants* #1711 11/2 9AM *Young Farmers* #1712 11/3 9AM, 11/7 9AM *Designing Gardens* #1713 11/4 9AM *Homesteaders USA* #1501 11/5 9AM *Charming Charleston* #1502 11/6 9AM *Oils All Around* #1503 11/9 9AM *When Kids Takeover* #1504 11/10 9AM, 11/14 9AM *Upcycle Your Life* #1505 11/11 9AM *It's Tulip Time* #1506 11/12 9AM *Super-Duper* #1507 11/13 9AM *The Best of Garden Home: Cooking* #1508 11/16 9AM *Crystal Bridges, American Dreams* #1509 11/17 9AM, 11/21 9AM *All About The Bugs* #1510 11/18 9AM *Pura Vida, Costa Rica* #1511 11/19 9AM *Mighty Micros* #1512 11/20 9AM *Road Trip* #1513 11/23 9AM *Unique Eureka* #1514 11/24 9AM *The Best of Garden Home: Gardening* #1515 11/25 9AM *Embrace Your Space* #1601 11/26 9AM *Thank You for Sharing* #1602 11/27 9AM *Healthy for Generations* #1603 11/30 9AM  
**Pati's Mexican Table** #903 11/1 10AM, 11/3 Noon, 11/7 Noon, 11/27 Noon #902 11/2 Noon, 11/26 Noon #904 11/4 Noon, 11/8 10AM, 11/30 Noon #905 11/5 Noon, 11/15 10AM *A Local's Tour of Culiacan* #801 11/6 Noon *Altata, Hidden Gem by the Sea of Cortez* #802 11/9 Noon *South By South of the Border with Vivian Howard* #803 11/10 Noon, 11/14 Noon *Los Mochis, Street Taco Favorites* #804 11/11 Noon *A Taste of Mazatlan* #805 11/12 Noon *El Fuerte, Magic Town* #806 11/13 Noon *Jinetes, Adventure in the Mountains* #807 11/16 Noon *El Chepe, Railway to the Past* #808 11/17 Noon, 11/21 Noon *Mocorito, The Land of Chilorio* #809 11/18 Noon *Surfside Eats* #810 11/19 Noon *A Day In Sinaloa's Countryside* #811 11/20 Noon #906 11/22 10AM *Home Cooking Sinaloa Style* #812 11/23 Noon *How Do You Say Tucson?* #813 11/24 Noon #901 11/25 Noon  
**PBS NewsHour** #13089 11/2 3PM, 11/2 10PM #13091 11/4 3PM, 11/4 10PM #13092 11/5 3PM, 11/5 10PM #13093 11/6 3PM, 11/6 10PM #13094 11/9 3PM, 11/9 10PM #13095 11/10 3PM, 11/10 10PM #13096 11/11 3PM, 11/11 10PM #13097 11/12 3PM, 11/12 10PM #13098 11/13 3PM, 11/13 10PM #13099 11/16 3PM, 11/16 10PM #13100 11/17 3PM,



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11/17 10PM #13101 11/18 3PM, 11/18 10PM #13102 11/19 3PM, 11/19 10PM #13103 11/20 3PM, 11/20 10PM #13104 11/23 3PM, 11/23 10PM #13105 11/24 3PM, 11/24 10PM #13106 11/25 3PM, 11/25 10PM #13107 11/26 3PM, 11/26 10PM #13108 11/27 3PM, 11/27 10PM #13109 11/30 3PM, 11/30 10PM

**PBS NewsHour Weekend** #1437 11/7 3PM #1439 11/14 3PM #1441 11/21 3PM

**Pilgrims: American Experience** #2710 11/21 5PM

**Retro Report On PBS** *Episode Seven* #107 11/1 4AM *Episode Eight* #108 11/7 10PM, 11/8 4AM

**Rewilding Kernwood** 11/14 5PM

**Rick Steves' Europe** *London: Historic and Dynamic* #708 11/2 2:30PM *North England's Lake District and Durham* #709 11/3 2:30PM, 11/7 2:30PM *Venice: City of Dreams* #710 11/4 2:30PM *Venice and Its Lagoon* #711 11/5 2:30PM *European Travel Skills, Part I* #712 11/6 2:30PM *Western Turkey* #801 11/9 2:30PM *Central Turkey* #802 11/10 2:30PM, 11/14 2:30PM *France's Loire: Chateau Country* #803 11/11 2:30PM *Paris Side-Trips* #804 11/12 2:30PM *The Best of Israel* #805 11/13 2:30PM *Palestine* #806 11/16 2:30PM *Italy's Riviera: Cinque Terre* #807 11/17 2:30PM, 11/21 2:30PM *Italy's Veneto: Verona, Padua, and Ravenna* #808 11/18 2:30PM *Amsterdam* #809 11/19 2:30PM *The Netherlands Beyond Amsterdam* #810 11/20 2:30PM *Prague* #811 11/23 2:30PM *Berlin* #812 11/24 2:30PM *Germany's Hamburg and the Luther Trail* #901 11/25 2:30PM *Germany's Dresden and Leipzig* #902 11/26 2:30PM *Germany's Frankfurt and Nurnberg* #903 11/27 2:30PM *Bulgaria* #904 11/30 2:30PM

**Rick Steves Special** *The Story of Fascism In Europe* #110 11/3 3PM

**Rise and Fall of the Brown Buffalo** 11/3 10PM

**Rise of the Nazis** *Politics* #101 11/18 8PM, 11/19 2AM *The First Six Months In Power* #102 11/25 8PM, 11/26 2AM

**Road Trip** *San Juan Capistrano* #145 11/1 4PM *Hanford* #146 11/8 4PM *Fort Hunter Liggett* #147 11/15 4PM *Anza Borrego* #148 11/22 4PM

**Rob on the Road** *FDR's Northern CA. Legacy* #507 11/6 9:30PM, 11/7 3:30AM #1012 11/13 9:30PM, 11/14 3:30AM #1013 11/20 9:30PM, 11/21 3:30AM *A Decade of Destinations - Animal Adventures* #1014 11/27 9:30PM

**Samantha Brown's Places to Love** *Greater Palm Springs, Ca* #202 11/2 1:30PM *Lake Geneva and the Valais, Switzerland* #203 11/3 1:30PM, 11/7 1:30PM *Santa Fe, Nm* #204 11/4 1:30PM *Seoul, South Korea* #205 11/5 1:30PM *Rhine River Cruise* #207 11/5 6:30PM, 11/6 12:30AM, 11/9 1:30PM *Lafayette and Cajun Country, La* #206 11/6 1:30PM *Naples and Paradise Coast of Florida* #208 11/10 1:30PM, 11/12 6:30PM, 11/13 12:30AM, 11/14 1:30PM *Christchurch, New Zealand* #209 11/11 1:30PM, 11/19 6:30PM, 11/20 12:30AM *Baltimore, Maryland* #210 11/12 1:30PM, 11/26 6:30PM, 11/27 12:30AM *Food Around The World* #211 11/13 1:30PM *Charleston, South Carolina* #212 11/16 1:30PM *Central North Island, New Zealand* #213 11/17 1:30PM, 11/21 1:30PM *Budapest, Hungary* #301 11/18 1:30PM *The Florida Keys & Key West* #302 11/19 1:30PM *Top of the South Island, NZ* #303 11/20 1:30PM *Sonoma County, California* #304 11/23 1:30PM *Sailing The British Virgin Islands* #305 11/24 1:30PM *Dallas, Texas* #306 11/25 1:30PM *Lakes & Mountains of New Hampshire* #307 11/26 1:30PM *Phoenix, Arizona* #308 11/27 1:30PM *Vienna, Austria* #309 11/30 1:30PM

**Sammy Davis, Jr.: American Masters** #2707 11/7 8PM, 11/8 1AM

**Saving History: ViewFinder** *Hunting The Old Pioneer Trails* #2516 11/1 9:30AM, 11/1 3:30PM

**Saving Species Together: Viewfinder** #2709 11/26 7:30PM, 11/27 1:30AM, 11/27 9PM

**Saving The Sacred: Viewfinder** #2708 11/20 9PM, 11/21 3AM

**Secrets of the Dead** *Abandoning The Titanic* #1706 11/7 8AM, 11/9 9PM, 11/10 3AM *Nero's Sunken City* #1603 11/14 8AM, 11/16 9PM, 11/17 3AM *Gangster's Gold* #1805 11/21 8AM, 11/23 9PM, 11/24 3AM *Building Notre Dame* #1803 11/30 9PM

**Simply Ming** *Ming Tsai with Guest William Kovel* #1718 11/1 11AM *Ming Tsai with Guest Joanne Chang* #1708 11/3 7PM, 11/4 1AM *On The Road In California: Northern California* #1719 11/8 11AM *Ming Tsai with Guest Sara Moulton* #1709 11/10 7PM, 11/11 1AM *On The Road In California: Santa Cruz* #1720 11/15 11AM *Mingtsai with Guest Dr. William Li* #1710 11/17 7PM, 11/18 1AM *On The Road In California: Monterey* #1721 11/22 11AM *Ming Tsai with Guest Amanda Freitag* #1711 11/24 7PM, 11/25 1AM

**Sit and Be Fit** *Brain Booster* #1501 11/2 5AM *We've Gone Country* #1211 11/2 6:30AM *Practice Perfect Posture* #1502 11/3 5AM *Don't Forget Your Fingers* #1212 11/3 6:30AM *Variety: The Spice of Life* #1503 11/4 5AM *Vestibular System* #1213 11/4 6:30AM *Functional and Fun Exercises for the Feet* #1504 11/5 5AM *Breathing* #1214 11/5 6:30AM *Yardsticks and Bands* #1505 11/6 5AM *Stretching* #1215 11/6 6:30AM *Shoulder and Back Strength* #1506 11/9 5AM *Relaxation* #1216 11/9 6:30AM *Postural Alignment and Shoulder Stability* #1507 11/10 5AM



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*Maintain Independence* #1217 11/10 6:30AM *Circulation* #1508 11/11 5AM *Resistance Exercises* #1218 11/11 6:30AM  
*Core Strengthening* #1509 11/12 5AM *Feel Your Best* #1219 11/12 6:30AM *Hip Mobility* #1510 11/13 5AM  
*Fundamental Moves:* #1220 11/13 6:30AM *Music and Novelty* #1601 11/16 5AM *Kinesthetic Awareness* #1301 11/16  
 6:30AM *Imagining Resistance* #1602 11/17 5AM *Static Balance* #1302 11/17 6:30AM *A Treat for Your Feet* #1603  
 11/18 5AM *Pelvic & Ribcage Mobility* #1303 11/18 6:30AM *Somatosensory and Lymphatic Systems* #1604 11/19  
 5AM *Strong Back Strong Core* #1304 11/19 6:30AM *Neglected Areas of Body* #1605 11/20 5AM *Neuromuscular  
 Coordination* #1305 11/20 6:30AM *Diabetes and Peripheral Neuropathy* #1606 11/23 5AM *Release Tension  
 Through Exercise* #1306 11/23 6:30AM *Full Body Workout* #1607 11/24 5AM *Strengthening Muscles & Joints*  
 #1307 11/24 6:30AM *Brain and Balance* #1608 11/25 5AM *A Healthy Back* #1308 11/25 6:30AM *Upbeat and Fun*  
 #1609 11/26 5AM *Better Balance* #1309 11/26 6:30AM *Be Happy* #1610 11/27 5AM *Improve Your Mood* #1310  
 11/27 6:30AM *Heel to Toe Functional Fitness* #1701 11/30 5AM *Lighthearted Exercises* #1311 11/30 6:30AM  
**Studio Sacramento** #1014 11/1 8AM #1008 11/6 8:30PM, 11/7 2:30AM, 11/8 8AM #1015 11/13 8:30PM, 11/14  
 2:30AM, 11/15 8AM #1016 11/20 8:30PM, 11/21 2:30AM, 11/22 8AM *Suicide Awareness During Covid-19* #925 11/27  
 8:30PM  
**Sunday Stories** #116 11/1 6PM, 11/1 11PM #106 11/8 6PM, 11/8 11PM #111 11/15 6PM, 11/15 11PM #108 11/22 6PM,  
 11/22 11PM  
**Suze Orman's Ultimate Retirement Guide** 11/28 3AM  
**Taste of Malaysia with Martin Yan** *The Royal Show (Martin Yan with Her Majesty the Queen of Malaysia)* #112  
 11/1 11:30AM *Below The Wind* #113 11/8 11:30AM  
**The Brain Revolution** 11/29 7:30AM  
**The Great British Baking Show** *Cakes* #501 11/2 4PM *Bread* #502 11/3 4PM *Tarts* #503 11/4 4PM *Desserts*  
 #504 11/5 4PM *Pies* #505 11/6 4PM *Puddings* #506 11/9 4PM *Sweet Dough* #507 11/10 4PM *Biscuits* #508 11/11  
 4PM *Patisserie* #509 11/12 4PM *The Final* #510 11/13 4PM *Cake* #101 11/16 4PM *Biscuits* #102 11/17 4PM *Bread*  
 #103 11/18 4PM *Desserts* #104 11/19 4PM *Pies & Tarts* #105 11/20 4PM *Continental Cakes* #106 11/23 4PM  
*Pastries* #107 11/24 4PM *Advanced Dough* #108 11/25 4PM *Patisserie* #109 11/26 4PM *The Final* #110 11/27 4PM  
*Cakes* #201 11/30 4PM  
**The Lawrence Welk Show** *The California Show* #1711 11/6 6PM, 11/7 Mid *Salute to Famous Musical Families* #1712  
 11/13 6PM, 11/14 Mid *U.S. Tour* #1713 11/20 6PM, 11/21 Mid *Thanksgiving America, The Melting Pot* #1714 11/27 6PM  
**The Legacy List with Matt Paxton** *Day Family / Llewellyn Park, NJ* #104 11/1 1PM *Seidel Family / Norristown,  
 PA* #105 11/8 1PM *Shirley Macon / Aberdeen, NJ* #106 11/15 1PM  
**The People's Protectors** 11/16 4AM, 11/17 9PM, 11/18 3AM  
**The Silent Soldier and the Portrait** 11/11 9PM, 11/12 3AM  
**This Old House** *Project Interrupted* #4205 11/1 2:30PM *New Light In Old Windows* #4206 11/8 2:30PM *Chimney  
 Straightener* #4207 11/15 2:30PM *Back to Narragansett* #4208 11/22 2:30PM  
**Two for the Road** *A Spiritual Journey Through Laos* #403 11/3 7:30PM, 11/4 1:30AM *Adventure Across South  
 Africa, Part One* #404 11/10 7:30PM, 11/11 1:30AM *Adventure Across South Africa, Part Two* #405 11/17 7:30PM,  
 11/18 1:30AM *Texas* #406 11/24 7:30PM, 11/25 1:30AM  
**Victoria On Masterpiece** *Doll 123* #4704 11/5 8PM, 11/6 2AM *Brocket Hall* #4705 11/12 8PM, 11/13 2AM *The  
 Clockwork Prince* #4706 11/12 9PM, 11/13 3AM *An Ordinary Woman* #4707 11/19 8PM, 11/20 2AM *The Queen's  
 Husband* #4708 11/19 9PM, 11/20 3AM *Engine of Change* #4709 11/26 8PM, 11/27 2AM *Young England* #4710  
 11/26 9PM, 11/27 3AM  
**ViewFinder** *The Impact of the Frolic* #2004 11/5 7:30PM, 11/6 1:30AM, 11/6 9PM, 11/7 3AM, 11/8 9:30AM, 11/8  
 3:30PM  
**ViewFinder: A Walk Through Time** #2208 11/12 7:30PM, 11/13 1:30AM, 11/15 9:30AM, 11/15 3:30PM  
**ViewFinder: Finding The Mother Lode** #2008 11/13 9PM, 11/14 3AM  
**Warrior Tradition** 11/17 8PM, 11/18 2AM  
**We Knew What We Had: The Greatest Jazz Story Never Told** 11/8 3AM  
**What to Eat When with Dr. Michael Roizen & Dr. Michael Roizen & Dr. Michael Crupain** 11/28 7:30AM  
**Wider World** #2102 11/1 6AM #2103 11/8 6AM #2104 11/15 6AM #2105 11/22 6AM  
**Without A Whisper: Konnon:Kwe** 11/7 6:30PM, 11/21 11:30PM, 11/22 4:30AM  
**Woodsmith Shop** *Laid Back Bookrack* #1402 11/1 3PM *Three Bright Candle Projects* #1403 11/8 3PM *Take Care*



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*of Your Tools* #1404 11/15 3PM *Shop Stool & Step Stool* #1405 11/22 3PM  
**Yoga In Practice** *Stand In Your Light* #102 11/2 6AM *Your Practice Is A Journey* #202 11/2 7AM, 11/19 6AM, 11/19 7AM *Cultivating Confidence* #103 11/3 6AM *Nature and the Cycle of Creation* #203 11/3 7AM, 11/20 6AM, 11/20 7AM *Fearlessly Open Your Heart* #104 11/4 6AM *Find Balance to Find Peace* #204 11/4 7AM, 11/23 6AM, 11/23 7AM *Steadiness and Freedom* #105 11/5 6AM *Finding Your Center* #205 11/5 7AM, 11/24 6AM, 11/24 7AM *Learning to Do Just Enough* #106 11/6 6AM *Intention, Knowledge, and Action* #206 11/6 7AM, 11/25 6AM, 11/25 7AM *Shining Brightly* #107 11/9 6AM *Transforming Fear Into Joy* #207 11/9 7AM, 11/26 6AM, 11/26 7AM *Being Steady in the Unknown* #108 11/10 6AM *The Dance of Confidence* #208 11/10 7AM, 11/27 6AM, 11/27 7AM *Learning to Slow Down* #109 11/11 6AM *Cultivate Self-Respect* #209 11/11 7AM, 11/30 6AM, 11/30 7AM *Opening to Self-Love* #110 11/12 6AM *Allow Yourself to Soar* #210 11/12 7AM *The Art of Connection* #111 11/13 6AM *Become An Able Vessel* #211 11/13 7AM *Where You Look Matters* #112 11/16 6AM *The Inner Fire of Transformation* #212 11/16 7AM *Remembrance* #113 11/17 6AM *Honor Your Inner Beauty* #213 11/17 7AM *Our Breath Is Our Conversation with the World* #201 11/18 6AM, 11/18 7AM