



**October 2020 — KVIE2
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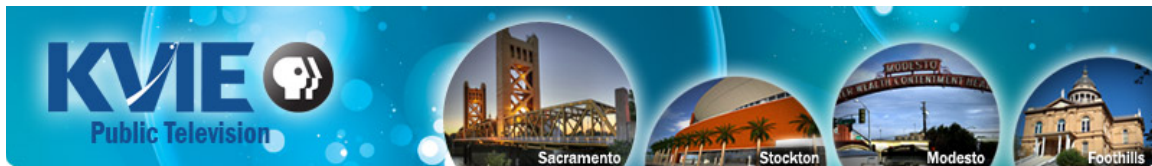
10 Day Belly Slimdown with Dr. Kellyann 10/22 Mid
Age Fix with Anthony Youn, MD 10/20 Mid
Age of Nature *Awakening* #101 10/17 8AM, 10/19 9PM *Understanding* #102 10/24 8AM, 10/26 9PM *Changing* #103 10/31 8AM
Aging Backwards 3 with Miranda Esmonde-White 10/28 3AM
Alan Jackson Precious Memories 10/25 Mid, 10/28 1:30AM
Amanpour and Company #3065 10/1 4AM #3066 10/2 4AM #3067 10/3 4AM #3068 10/4 6:30AM, 10/6 4AM #3069 10/7 4AM #3070 10/8 4AM #3071 10/9 4AM #3072 10/10 4AM #3073 10/11 6:30AM, 10/13 4AM #3074 10/14 4AM #3075 10/15 4AM #3076 10/16 4AM #3077 10/17 4AM #3078 10/18 6:30AM, 10/20 4AM #3079 10/21 4AM #3080 10/22 4AM #3081 10/23 4AM #3082 10/24 4AM #3083 10/25 6:30AM, 10/27 4AM #3084 10/28 4AM #3085 10/29 4AM #3086 10/30 4AM #3087 10/31 4AM
American Experience *The Murder of Emmett Till* #1506 10/3 8PM, 10/4 3AM *Freedom Riders* #2311 10/10 8PM
American Masters *Raul Julia: The World's A Stage* #3208 10/3 5PM, 10/4 Mid
American Woodshop *Pallet Works* #2606 10/1 8:30AM *The Folk Art Rooster* #2607 10/2 8:30AM *Resin and Wood Turned Table Lamp* #2608 10/5 8:30AM *Segmented Salad Bowls and Laminated Tablewares* #2609 10/6 8:30AM *Wright-Inspired Art Glass Freestanding Cabinet* #2610 10/7 8:30AM *Floating Hall Table* #2611 10/8 8:30AM *Malooof Inspired Chair Part One* #2612 10/9 8:30AM *Malooof Inspired Chair Part Two* #2613 10/12 8:30AM *The Barn Shop / Building on a Budget! / Scrolled Signs* #2701 10/13 8:30AM *Shaker Inspired Tall Case Maple Clock* #2702 10/14 8:30AM *Tri-Leg Triangular Seat with Turned Tapered Legs* #2703 10/15 8:30AM *Elegant Jewelry Chest / Make Your Gifts* #2704 10/16 8:30AM *Sculpting Furniture / Malooof-Inspired Hard Line* #2705 10/19 8:30AM *Faceplate Turning for Everyone!* #2706 10/20 8:30AM *Carving American Folk Art / Sharpening Tips* #2707 10/21 8:30AM *Storage Ottoman with Dominoes* #2708 10/22 8:30AM *Building A Better Bookcase* #2709 10/23 8:30AM *Mid-Century Modern Nightstand with Jaida!* #2710 10/26 8:30AM *Custom Kitchen Cutlery and Block Keep* #2711 10/27 8:30AM *American Flag with Inlays with Scott Grove* #2712 10/28 8:30AM *Woodworking Ways / The Four Shop Tour* #2713 10/29 8:30AM *The Harvest Table* #2501 10/30 8:30AM
America's Heartland #1408 10/4 12:30PM #1409 10/11 12:30PM #1410 10/18 12:30PM #1411 10/25 12:30PM
America's Test Kitchen 20th Anniversary Special 10/24 Mid
America's Test Kitchen from Cook's Illustrated *Pork and Potatoes* #2003 10/1 1AM, 10/15 5PM *Rustic French Fare* #2019 10/1 5PM *Grill-Roasted Chicken and Green Beans* #2020 10/2 5PM *New Ways with Ribs & Mushrooms* #2021 10/5 5PM *Plum and Pear Desserts* #2022 10/6 5PM *Mexican Comfort Food* #2023 10/7 5PM *Spiced and Sweet* #2004 10/7 7PM, 10/8 1AM, 10/16 5PM *The Chicken Or The Egg?* #2024 10/8 5PM *Summertime Staples* #2025 10/9 5PM *Pork and Greens* #2026 10/12 5PM *Eggs for the Holidays* #2001 10/13 5PM *A Trip to Rome* #2002 10/14 5PM *Two Classic Pastas* #2005 10/14 7PM, 10/15 1AM, 10/19 5PM *Chicken and Biscuits* #2006 10/20 5PM, 10/21 7PM *The Very Best Paris-Brest* #2007 10/21 5PM, 10/28 7PM *Hearty Mediterranean at Home* #2008 10/22 5PM *Flavorful Chinese Favorite* #2009 10/23 5PM *Nutritious and Delicious* #2010 10/26 5PM *Springtime Feast* #2011 10/27 5PM *Savory and Sweet Italian* #2012 10/28 5PM *Sous Vide for Company* #2013 10/29 5PM *Childhood Favorites, Grown Up* #2014 10/30 5PM
Antiques Roadshow *Fort Worth, Hour Three* #2103 10/3 5AM, 10/4 7PM, 10/5 1AM *Indianapolis, Hour Two* #2105 10/10 5AM, 10/11 7PM, 10/12 Mid *Indianapolis, Hour Three* #2106 10/17 5AM, 10/18 7PM, 10/19 Mid *Our 50 States 1* #2128 10/24 5AM, 10/25 7PM *Kooky & Spooky* #2227 10/31 5AM
Ask This Old House *All Hands On Deck* #1901 10/4 2PM *Preventing Plumbing Disasters* #1902 10/11 2PM *Transforming Stock Shelving/Installing A New Washing Machine Valve* #1101 10/13 8AM *Installing Bluestone Patio/Hanging Bikes in a Garage* #1102 10/14 8AM *Building A Custom Fireplace Mantel/Repairing A Leaking Kitchen Faucet* #1103 10/15 8AM *Laying Sod in the Backyard/Installing A Wireless Thermostat* #1104 10/16 8AM *All About Walkways* #1903 10/18 2PM *Planting Palm Trees/Replacing an Old Heating System With One That's More Efficient* #1105 10/19 8AM *Special New York Episode* #1106 10/20 8AM *Installing a New Kitchen Sink and Faucet/Installing Insulated Sidelights on a Front Door* #1107 10/21 8AM *Installing a Privacy Fence/Replacing a Clogged Shower Valve* #1108 10/22 8AM *Installing Interior Window Trim/Heating A Swimming Pool* #1109 10/23 8AM *Landscapes Across America* #1904 10/25 2PM *Properly Mulching Garden Beds/Installing A Natural Gas Line* #1110 10/26 8AM *Using Hand Planes/Repairing A Cracked Stone Walkway* #1111 10/27 8AM *Installing A Ceiling Fan/Installing A Water Softener* #1112 10/28 8AM *Transplanting a Mature Rose Bush/Replacing Old*



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Outdoor Lighting #1113 10/29 8AM *Restoring Terrazzo Floors/Repairing a Cracked Floor Joist* #1114 10/30 8AM
Austin City Limits *Brandi Carlile* #4404 10/4 10PM
Baking with Julia #311 10/1 12:30AM *Michel Richard* #103 10/1 11AM *Lora Brody* #104 10/2 11AM *Craig Kominiak* #101 10/3 11AM, 10/21 6:30PM *Marcel Desaulniers* #105 10/5 11AM *Gale Gand* #106 10/6 11AM, 10/10 11AM *Norman Love* #107 10/7 11AM #312 10/7 6:30PM, 10/8 12:30AM #108 10/8 11AM #109 10/9 11AM *Program 10* #110 10/12 11AM *Program 11* #111 10/13 11AM, 10/17 11AM *Program 12* #112 10/14 11AM #313 10/14 6:30PM, 10/15 12:30AM *Program 13* #113 10/15 11AM #201 10/16 11AM #202 10/19 11AM #203 10/20 11AM #204 10/21 11AM #205 10/22 11AM #206 10/23 11AM #207 10/26 11AM #208 10/27 11AM #209 10/28 11AM *Alice Medrich* #102 10/28 6:30PM #210 10/29 11AM #211 10/30 11AM
Bare Feet with Mickela Mallozzi *Morocco* #306 10/1 11PM *County Clare, Ireland* #307 10/2 1PM *Cyprus* #304 10/3 1PM *The Wild Atlantic Way, Ireland* #308 10/5 1PM *The French Basque Country* #309 10/6 1PM, 10/10 1PM *Seville, Spain* #310 10/7 1PM *Utrera, Spain* #311 10/8 1PM *Uzbekistan* #312 10/9 1PM *Dancing In My Italy (Minturno, Italy)* #101 10/12 1PM *It Takes Two to Tango (Buenos Aires, Argentina)* #102 10/13 1PM, 10/17 1PM *Jeju Fire Festival (Seoul & Jeju, South Korea)* #103 10/14 1PM *Croatia's Dalmatian Coast (Dubrovnik, Croatia)* #104 10/15 1PM *The Lumbee Dance of the Spring Moon (Robeson County, North Carolina - USA)* #105 10/16 1PM *Hogmanay In Scotland (Edinburgh, Scotland)* #106 10/19 1PM *Montreal Then & Now (Montreal, Canada)* #107 10/20 1PM *Waltzing In Vienna (Vienna, Austria)* #108 10/21 1PM *Malaysia, Part 1 (Western Malaysia)* #109 10/22 1PM *Malaysia, Part 2 (Eastern Malaysia)* #110 10/23 1PM *Music City (Nashville, Tennessee - USA)* #111 10/26 1PM *Dancer of the Year (The Cook Islands)* #112 10/27 1PM *Where Asia Meets Europe (Turkey)* #113 10/28 1PM *Puglia, Italy* #301 10/29 1PM *The Republic of Georgia* #302 10/30 1PM
Basquiat: American Masters #3106 10/10 5PM, 10/11 Mid
BBC World News #2178 10/1 11PM #2180 10/2 11PM #2182 10/5 11PM #2184 10/6 11PM #2186 10/7 11PM #2188 10/8 11PM #2190 10/9 11PM #2192 10/12 11PM #2194 10/13 11PM #2196 10/14 11PM #2198 10/15 11PM #2200 10/16 11PM #2202 10/19 11PM #2204 10/20 11PM #2206 10/21 11PM #2208 10/22 11PM #2210 10/23 11PM #2212 10/26 11PM #2214 10/27 11PM #2216 10/28 11PM #2218 10/29 11PM #2220 10/30 11PM
Beyond The Canvas #104 10/3 4PM
Born to Explore with Richard Wiese *Cayman Islands: The Deep Blue* #212 10/6 6PM, 10/7 Mid *Connecticut: A Touch of Africa* #301 10/13 6PM, 10/14 Mid *Canada: The Cowboy Life* #302 10/20 6PM *South Africa: Land of the Penguins* #303 10/27 6PM
California's Gold *Spam* #15007 10/2 7PM, 10/3 1AM *Hot Dog on a Stick Update* #15008 10/2 7:30PM, 10/3 1:30AM *Quartzite* #112 10/9 7PM, 10/10 1AM *Tejon Ranch* #129 10/16 7PM, 10/17 1AM *Aircraft Carriers* #134 10/23 7PM *Classic Arts Showcase* #15010 10/30 7PM *Santa Cruz* #205 10/30 7:30PM
California's Golden Parks *Big Basin* #101 10/4 5PM, 10/4 11PM *Citrus State Historic Park* #102 10/4 5:30PM, 10/4 11:30PM *Joss House* #103 10/11 5PM, 10/11 10PM *Shasta* #104 10/11 5:30PM, 10/11 10:30PM *Lassen Volcanic National Park* #105 10/18 5PM, 10/18 10PM *Montana De Oro* #106 10/18 5:30PM, 10/18 10:30PM *The California State Railroad Museum* #147 10/25 5PM, 10/25 10PM *Camarillo Ranch* #148 10/25 5:30PM, 10/25 10:30PM
Change Your Brain, Heal Your Mind with Daniel Amen, MD 10/31 Mid
Christopher Kimball's Milk Street Television *Milk Street Italian Classics* #308 10/1 1:30AM *Weeknight Italian* #401 10/7 7:30PM, 10/8 1:30AM *Enchiladas and Molletes* #309 10/14 7:30PM, 10/15 1:30AM *On The Road: Portland, Maine* #310 10/21 7:30PM *Milk Street Sweets* #311 10/28 7:30PM
Classical Stretch: By Essentrics *Weight Loss and Calorie Burn* #1204 10/1 5:30AM *Waist Slenderizing* #1219 10/1 7:30AM, 10/22 5:30AM *Back Pain Relief* #1205 10/2 5:30AM *Feet Strengthening* #1220 10/2 7:30AM, 10/23 5:30AM *Full Body Strengthening* #1206 10/5 5:30AM *Connective Tissue* #1221 10/5 7:30AM, 10/26 5:30AM *Posture* #1207 10/6 5:30AM *Hip & Glute Flexibility* #1222 10/6 7:30AM, 10/27 5:30AM *Long Adductor* #1208 10/7 5:30AM *Stretch Your Spine* #1223 10/7 7:30AM, 10/28 5:30AM *Back Pain Relief* #1209 10/8 5:30AM *Upper Body Pain Relief* #1224 10/8 7:30AM, 10/29 5:30AM *Endurance and Power* #1210 10/9 5:30AM *Balance* #1225 10/9 7:30AM, 10/30 5:30AM *Arthritis Workout* #1211 10/12 5:30AM *Stomach Flattening* #1226 10/12 7:30AM *Hamstring Flexibility* #1212 10/13 5:30AM *Shoulder Strengthening* #1227 10/13 7:30AM *Toning The Waist* #1213 10/14 5:30AM *Full Leg Toning* #1228 10/14 7:30AM *Spine Strengthening* #1214 10/15 5:30AM *Body Shaping* #1229 10/15 7:30AM *Shoulder Pain Relief* #1215 10/16 5:30AM *Quad Flexibility* #1230 10/16 7:30AM *Relieve Neck Pain* #1216 10/19 5:30AM #1301 10/19 7:30AM *Full Body Toning* #1217 10/20 5:30AM #1302 10/20 7:30AM



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Psoas & Hip Strengthening #1218 10/21 5:30AM #1303 10/21 7:30AM #1304 10/22 7:30AM #1305 10/23 7:30AM #1306 10/26 7:30AM #1307 10/27 7:30AM #1308 10/28 7:30AM #1309 10/29 7:30AM #1310 10/30 7:30AM

Classic Woodworking *Live Edge Coffee Table* #106 10/1 8AM *Shaker Blanket Chest* #107 10/2 8AM *Shaker Box* #108 10/5 8AM *Craftsman Style Dining Chair* #109 10/6 8AM *End Table with David Lamb* #110 10/7 8AM *Tilt Top Table* #111 10/8 8AM *Table Lamp* #112 10/9 8AM *Hanging Tool Cabinet* #113 10/12 8AM

Climate Change - The Facts 10/12 9PM, 10/13 3AM

Collagen Diet with Dr. Josh Axe 10/27 2AM

Cook's Country *Aloha State Favorites* #1206 10/1 5:30PM, 10/28 5:30PM *Chicken and Cornbread* #1207 10/2 5:30PM, 10/29 5:30PM *The Perfect Cake* #1208 10/5 5:30PM, 10/30 5:30PM *Roast Beef and Potatoes* #1209 10/6 5:30PM *Pork and Pie* #1210 10/7 5:30PM *Holiday Feast* #1211 10/8 5:30PM *A Trip to the Big Easy* #1212 10/9 5:30PM *Comfort Food Done Right* #1213 10/12 5:30PM #1301 10/13 5:30PM #1302 10/14 5:30PM #1303 10/15 5:30PM #1304 10/16 5:30PM #1305 10/19 5:30PM #1306 10/20 5:30PM *Bbq Brisket and Fritters* #1201 10/21 5:30PM *Italian Comfort Food Classics* #1202 10/22 5:30PM *Tacos Two Ways* #1203 10/23 5:30PM *Beef, Dressed Up* #1204 10/26 5:30PM *Regional Italian American Favorites* #1205 10/27 5:30PM

Country Music *Don't Get Above Your Raisin (1984 -1996)* #108 10/4 8PM, 10/5 2AM

Curious Traveler *Curious Yorkshire* #303 10/1 6PM, 10/2 Mid *Curious Salzburg* #304 10/8 6PM, 10/9 Mid *Curious San Miguel De Allende* #305 10/15 6PM, 10/16 Mid *Curious Edinburgh* #306 10/22 6PM *Curious Guanajuato City* #307 10/29 6PM

Dark Angel On Masterpiece #4719 10/29 8PM

Death In Paradise *In The Footsteps of a Killer* #147 10/1 9PM, 10/2 3AM *Murder in the Polls* #148 10/8 9PM, 10/9 3AM #149 10/15 9PM, 10/16 3AM

Deepak Chopra: Becoming Metahuman 10/20 1:30AM, 10/28 Mid

Doctor Blake Mysteries *First Dance* #142 10/1 8PM, 10/2 2AM *A Good Drop* #143 10/8 8PM, 10/9 2AM *Hear The Angels Sing* #144 10/15 8PM, 10/16 2AM *Family Portrait* #145 10/22 8PM

Dr. Fuhrman's Food As Medicine 10/21 2AM

Driving While Black: Race, Space and Mobility in America #001 10/17 8PM

Duran Duran: A Diamond in the Mind 10/22 2AM

DW Focus On Europe #3840 10/4 7:30AM #3841 10/11 7:30AM #3842 10/18 7:30AM #3843 10/25 7:30AM

East Lake Meadows: A Public Housing Story 10/28 8PM

Edgar Allan Poe: American Masters #3103 10/31 5PM

Exhumed: A History of Zombies 10/31 11PM

Finding Your Roots *Southern Roots* #409 10/3 7PM, 10/4 2AM, 10/5 4AM *Funny Business* #410 10/10 7PM, 10/11 2AM, 10/12 4AM *Grandparents and Other Strangers* #501 10/17 7PM, 10/18 2AM, 10/19 4AM *Mystery Men* #502 10/24 7PM, 10/26 4AM *Reporting on the Reporters* #503 10/31 7PM

Firing Line with Margaret Hoover #414 10/2 8PM, 10/3 2AM, 10/3 3:30PM, 10/4 8:30AM #415 10/9 8PM, 10/10 2AM, 10/10 3:30PM, 10/11 8:30AM #416 10/16 8PM, 10/17 2AM, 10/17 3:30PM, 10/18 8:30AM #417 10/23 8PM, 10/24 3:30PM, 10/25 8:30AM #418 10/30 8PM, 10/31 3:30PM

Fit 2 Stitch #806 10/1 10AM #807 10/2 10AM #804 10/3 10AM #808 10/5 10AM #809 10/6 10AM, 10/10 10AM #810 10/7 10AM #811 10/8 10AM #812 10/9 10AM #813 10/12 10AM *The Base Concept* #701 10/13 10AM, 10/17 10AM *The T-Shirt for Everyone* #702 10/14 10AM *Image Consultant and Closet Organization* #703 10/15 10AM *The Blouse* #704 10/16 10AM *The Jean Jacket* #705 10/19 10AM *Seam Finishes* #706 10/20 10AM *The Jacket* #707 10/21 10AM *Sewing, Lining, and Fusing The Jacket* #708 10/22 10AM *Accessories* #709 10/23 10AM *The Pant* #710 10/26 10AM *The Jean* #711 10/27 10AM *Skirts and Knit Cardigan* #712 10/28 10AM *The Coat/Dress* #713 10/29 10AM #801 10/30 10AM

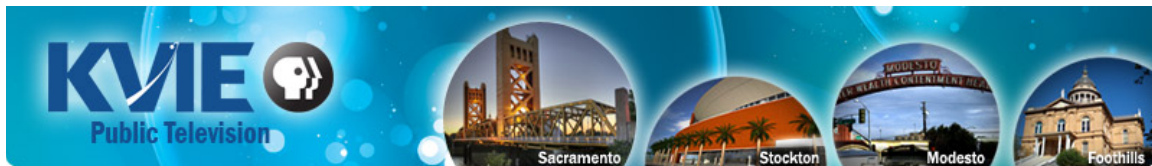
Food Fix with Mark Hyman, Md 10/30 2AM

Freedom Summer: American Experience 10/24 8PM

FRONTLINE *America's Medical Supply Crisis* #3906 10/10 11PM *Policing The Police 2020* #3904 10/17 11PM *Growing Up Poor In America* #3903 10/24 11PM

Great Performances *Grammy Salute to Music Legends* #4508 10/24 5PM

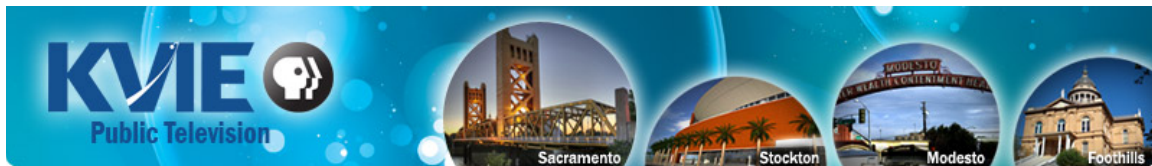
Growing A Greener World *A Day in the Life at the Gardenfarm* #1101 10/4 Noon *The Foodscape Revolution* #1102



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10/11 Noon *More Than Just a Seed: Protecting its Past, and Preserving its Future* #1103 10/18 Noon *Growing to Give - The Story of First Fruits Farm and Wise Farmer Brown* #1104 10/25 Noon
Hacking Your Mind *The Wings of Angels* #104 10/3 8AM, 10/5 9PM, 10/6 3AM
Hawaii: Islands of Wonder #103 10/3 6AM, 10/5 7PM, 10/6 1AM
History Detectives #1004 10/4 5AM #1005 10/11 5AM, 10/12 3AM #1006 10/18 5AM, 10/19 3AM #1007 10/25 5AM
History with David Rubenstein *Ron Chernow* #104 10/3 4:30PM *Drew Gilpin Faust* #105 10/10 4:30PM *Andrew Roberts* #106 10/17 4:30PM *Jill Lepore* #107 10/24 4:30PM *Robert A. Caro* #108 10/31 4:30PM
How Not to Die with Michael Greger, MD 10/24 2:30AM
How to Be A Breadhead *A Beginner's Guide to Baking* 10/26 1:30AM
I'll Have What Phil's Having *Tokyo* #101 10/5 6PM, 10/6 Mid *Italy* #102 10/12 6PM, 10/13 Mid *Paris* #103 10/19 6PM *Hong Kong* #104 10/26 6PM
Incredible Aging: Adding Life to Your Years 10/29 Mid
Independent Lens *I Am Not Your Negro* #1906 10/3 9PM *Harvest Season* #2017 10/6 8PM, 10/7 2AM *Dolores* #1912 10/13 8PM, 10/14 2AM
Inside California Education *Teacher Shortage* #101 10/8 7PM, 10/9 1AM, 10/11 9AM *Parents Make A Difference* #102 10/15 7PM, 10/16 1AM, 10/18 9AM *Summer Matters* #103 10/22 7PM, 10/25 9AM *On The Right Note* #104 10/29 7PM
Inside California Education: Community Colleges *Learning and Helping During The Pandemic* #104 10/1 7PM, 10/2 1AM, 10/4 9AM
In The Americas with David Yetman *Winter in the Caldera: January in the Yellowstone Hotspot* #209 10/1 2PM *Whistles in the Mist: Whistled Speech In Oaxaca* #210 10/2 2PM *Panama: A City and a Canal* #207 10/3 2PM *Abc Islands: The Dutch Legacy in the Caribbean* #301 10/5 2PM *Bahian Reconcavo of Brazil: Quilombos, Candomble, and the Mata Atlantica* #302 10/6 2PM, 10/10 2PM *Colombia: Capital & Coffee* #303 10/7 2PM *Sierra Nevada and the Making of California* #304 10/8 2PM *Brazil's Land of Sand* #305 10/9 2PM *Lake Superior: Circling The Sweet Water Ocean* #306 10/12 2PM *Nicaragua: Land of the Shaking Earth Emerges* #307 10/13 2PM, 10/17 2PM *Pernambuco: Brazil's Other Carnival* #308 10/14 2PM *Cuetzalan: The Celebration of San Francisco* #309 10/15 2PM *Alaska: The Wilderness of the Volcanoes* #310 10/16 2PM *Reefs, Ruins, and Revivals: Belize's Melting Pot* #401 10/19 2PM *Yakima: The Quest for Hops* #402 10/20 2PM *Panama's Wild West* #403 10/21 2PM *Argentina's Route 40: from the Steppes to the Lake* #404 10/22 2PM *Heart of the Wilderness: Wyoming's Wind River Rang* #405 10/23 2PM *From Vaquejada to Jangada: Into Rural Ceara, Brazil* #406 10/26 2PM *Bogota to the Amazon: A Trip Across Columbia* #407 10/27 2PM *Gift of the Andes: Mendoza, Argentina, and Its Wines* #408 10/28 2PM *Coffee and Culture In Oaxaca* #409 10/29 2PM *Favelas & Samba: Brazil* #410 10/30 2PM
Into The Amazon: American Experience #2908 10/27 8PM
It's Sew Easy *Embroidery Superstars* #1506 10/1 10:30AM *Knit Techniques to Make You A Hero* #1507 10/2 10:30AM *What's A Super Hero Without A Cape?* #1504 10/3 10:30AM *Sewing Gifts Save The Day* #1508 10/5 10:30AM *Sewing Transformers* #1509 10/6 10:30AM, 10/10 10:30AM *Super Hero Projects* #1510 10/7 10:30AM *Be A Superhero - Literally, with Cosplay* #1511 10/8 10:30AM *Fabric Heroes* #1512 10/9 10:30AM *Growing Up A Star* #1513 10/12 10:30AM *Style Star* #1601 10/13 10:30AM, 10/17 10:30AM *Expert Alterations* #1602 10/14 10:30AM *Applique - Stars and More* #1603 10/15 10:30AM *Star Studded T-Shirts* #1604 10/16 10:30AM *Night Time Glamour* #1605 10/19 10:30AM *Accessories with Star Quality* #1606 10/20 10:30AM *Movie Stars* #1607 10/21 10:30AM *Superstar Tips and Tricks* #1608 10/22 10:30AM *It's All in the Details* #1609 10/23 10:30AM *Table Top Glamour* #1610 10/26 10:30AM *Poolside Glamour* #1611 10/27 10:30AM *Home Dec Standouts* #1612 10/28 10:30AM *Sport Stars* #1613 10/29 10:30AM *Trends* #1701 10/30 10:30AM
Joanne Weir's Plates and Places *Spaghetti* #306 10/1 12:30PM *Sunset Dinner in the Wine Country* #307 10/2 12:30PM *Rise and Shine* #304 10/3 12:30PM *Washington Wine Country* #308 10/5 12:30PM *Take Me to Spain* #309 10/6 12:30PM, 10/10 12:30PM *Tomatoes Two-Ways* #310 10/7 12:30PM *October Fest* #311 10/8 12:30PM *Wine Cellar and Prosciutto* #312 10/9 12:30PM *You Say Potato* #313 10/12 12:30PM *Flavors of the Rhine* #201 10/13 12:30PM, 10/17 12:30PM *Tagines* #202 10/14 12:30PM *Beef and Cabernet* #203 10/15 12:30PM *The Flavors of Venice* #204 10/16 12:30PM *Caviar* #205 10/19 12:30PM *Moroccan Spice* #206 10/20 12:30PM *The Seafood of Greece* #207 10/21 12:30PM *Pickling Amsterdam Style* #208 10/22 12:30PM *The Wonders of Warka* #209



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10/23 12:30PM *Chocolate* #210 10/26 12:30PM *Moroccan Flatbread* #211 10/27 12:30PM *Greek Classics* #212
 10/28 12:30PM *Mustard* #213 10/29 12:30PM *Let Them Eat Cake* #301 10/30 12:30PM

John Lewis - Get in the Way 10/31 8PM

Joni Mitchell Live at the Isle of Wight Festival 1970 10/24 1:30AM

J Schwanke's Life In Bloom *The Garden, Contained* #206 10/1 9:30AM *Thinking Outside The Vase* #207 10/2
 9:30AM *The Gift of the Forest* #204 10/3 9:30AM *All About Lavender* #208 10/5 9:30AM *Pets and Flowers*
 #209 10/6 9:30AM, 10/10 9:30AM *Everything's Coming Up Roses* #210 10/7 9:30AM *Flowers: Nature's Rainbow*
 #211 10/8 9:30AM *Flowers to Wear & Share* #212 10/9 9:30AM *Vegetables and Flowers* #213 10/12 9:30AM *Life*
In Bloom #101 10/13 9:30AM, 10/17 9:30AM *Protea: Long-Term Beauty* #102 10/14 9:30AM, 10/30 9:30AM *The*
Romance of Flowers #103 10/15 9:30AM *Carnations, Family & Flowers* #104 10/16 9:30AM *Succulents: The Not*
Quite Flowers #105 10/19 9:30AM *Tulips: Year-Round Spring* #106 10/20 9:30AM *Out on a Limb with Fruit and*
Flowers #107 10/21 9:30AM *Flower Power* #108 10/22 9:30AM *All Foliage: Living Green* #109 10/23 9:30AM *A*
Flower Arranger's Best Friend #110 10/26 9:30AM *The Art of Flowers* #111 10/27 9:30AM *Terrariums: Life Under*
Glass #112 10/28 9:30AM *Demystifying Orchids* #113 10/29 9:30AM

Julia Child - Cooking with Master Chefs *Michel Richard* #102 10/1 Mid *Patrick Clark* #103 10/7 6PM, 10/8 Mid
Lidia Bastianich #104 10/14 6PM, 10/15 Mid *Charles Palmer* #105 10/21 6PM *Amy Ferguson-Ota* #106 10/28 6PM

Ken Burns: Country Music 10/29 2AM

Ken Burns: The National Parks 10/21 Mid, 10/31 2AM

Keto Diet with Dr Josh Axe 10/25 1:30AM

Kitchen Queens: New Orleans #105 10/4 10:30AM #106 10/11 10:30AM #107 10/18 10:30AM #108 10/25
 10:30AM

KVIE Arts Showcase #810 10/10 4PM #608 10/17 4PM #705 10/24 4PM #904 10/31 4PM

Latino Vote: Dispatches From The Battleground 10/31 9PM

Life After Sight: ViewFinder #2614 10/22 7:30PM, 10/23 9PM, 10/25 9:30AM, 10/25 3:30PM

Longevity Paradox with Steven Gundry, MD 10/26 Mid

Marian Anderson: Once in a Hundred Years 10/20 3AM

McCarthy: American Experience #3107 10/25 8PM

Michael Kaeshammer: Boogie on the Blues Highway 10/27 Mid

Miles Davis: American Masters #3109 10/17 5PM, 10/18 Mid

Mine Wars: American Experience #2802 10/18 8PM, 10/19 1AM

More Knowledge Takes Flight - Viewfinder #2706 10/1 7:30PM, 10/2 1:30AM, 10/2 9PM, 10/3 3AM, 10/4
 9:30AM, 10/4 3:30PM

My Greek Table with Diane Kochilas *Taste the Music: The Aromatic Cuisine of the Asian Minor Greeks* #206
 10/1 11:30AM *Kalimera! Breakfast and Brunch* #207 10/2 11:30AM *Ancient Greece for Modern Cooks* #204 10/3
 11:30AM *Chewing The Sea* #208 10/5 11:30AM *Lemon, Oregano & Smoke - The Greek Grill* #209 10/6 11:30AM,
 10/10 11:30AM *Greek Comforts* #210 10/7 11:30AM *Tears of Joy! - Retsina* #211 10/8 11:30AM *The Athens Vibe*
 #212 10/9 11:30AM *Hercules Table* #213 10/12 11:30AM *Food Secrets of Mykonos* #301 10/13 11:30AM, 10/17
 11:30AM *The Athenian Riviera* #302 10/14 11:30AM *Tinos: Ancient Marble, Timeless Flavors* #303 10/15 11:30AM
The Navarino Challenge #304 10/16 11:30AM *Tasty Teardrops and Tomatoes: Chios* #305 10/19 11:30AM *Naxos:*
Meat & Potatoes Like You Never Had'em #306 10/20 11:30AM *A Meal In Messinia* #307 10/21 11:30AM *Evia - An*
Island Hiding In Plain Sight #308 10/22 11:30AM *The Culinary Tapestry of Corfu* #309 10/23 11:30AM *Saving The*
Earth On Paros #310 10/26 11:30AM *Figs in a Glass* #311 10/27 11:30AM *An Ionian Odyssey* #312 10/28 11:30AM
The Dodecanese for Dinner #313 10/29 11:30AM *The World's Most Famous Olive* #101 10/30 11:30AM

Nature *The Story of Cats: Asia to Africa* #3404 10/10 6AM, 10/12 7PM, 10/13 1AM *The Story of Cats: Into The*
Americas #3405 10/17 6AM, 10/19 7PM *Pandas: Born to Be Wild* #3801 10/24 6AM, 10/26 7PM *Australian*
Bushfire Rescue #3802 10/31 6AM

Neven's Spanish Food Trails *The Coast* #106 10/6 6:30PM, 10/7 12:30AM *Wild Country* #107 10/13 6:30PM,
 10/14 12:30AM *Malaga* #108 10/20 6:30PM *Granada* #109 10/27 6:30PM

Newsline #11133 10/1 11:30PM #11134 10/2 11:30PM #11135 10/5 11:30PM #11136 10/6 11:30PM #11137 10/7
 11:30PM #11138 10/8 11:30PM #11139 10/9 11:30PM #11140 10/12 11:30PM #11141 10/13 11:30PM #11142 10/14
 11:30PM #11143 10/15 11:30PM #11144 10/16 11:30PM #11145 10/19 11:30PM #11146 10/20 11:30PM #11147 10/21



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11:30PM #11148 10/22 11:30PM #11149 10/23 11:30PM #11150 10/26 11:30PM #11151 10/27 11:30PM #11152 10/28
 11:30PM #11153 10/29 11:30PM #11154 10/30 11:30PM

NOVA *A to Z: How Writing Changed The World* #4714 10/3 7AM, 10/5 8PM, 10/6 2AM *Polar Extremes* #4701
 10/10 7AM *Cuba's Cancer Hope* #4705 10/12 8PM, 10/13 2AM *Nature's Fear Factor* #4709 10/17 7AM, 10/19 8PM
Touching The Asteroid #4715 10/24 7AM, 10/26 8PM *Can We Cool The Planet?* #4716 10/31 7AM

P. Allen Smith's Garden Home *The Local Life* #1604 10/1 9AM *Melting Potluck* #1605 10/2 9AM *Thank You for
 Sharing* #1602 10/3 9AM *No Passport Necessary* #1606 10/5 9AM *Super Foods; Super Recipes* #1607 10/6 9AM,
 10/10 9AM *Leaders in the Field* #1608 10/7 9AM *Facts of Life* #1609 10/8 9AM *Handcrafted* #1610 10/9 9AM
Farm School #1611 10/12 9AM *Living Poultry Museum* #1612 10/13 9AM, 10/17 9AM *Deck The Halls* #1613 10/14
 9AM *Best of Travel* #1614 10/15 9AM *Best of Cooking* #1615 10/16 9AM *Food from the Farm* #1701 10/19 9AM
Lessons from the Past #1702 10/20 9AM *Why Buy?* #1703 10/21 9AM *Wedding Season* #1704 10/22 9AM
Cotton All Around #1705 10/23 9AM *Keep It Simple* #1706 10/26 9AM *Add A Little Color* #1707 10/27 9AM *Chef
 Vs Chef* #1708 10/28 9AM *Sensory Experiences* #1709 10/29 9AM *For The Pets* #1710 10/30 9AM

Pati's Mexican Table *El Fuerte, Magic Town* #806 10/1 Noon, 10/20 Noon *Jinetes, Adventure in the Mountains*
 #807 10/2 Noon, 10/21 Noon *Los Mochis, Street Taco Favorites* #804 10/3 Noon, 10/16 Noon *Mocorito, The Land
 of Chilorio* #809 10/4 10AM, 10/6 Noon, 10/10 Noon, 10/23 Noon *El Chepe, Railway to the Past* #808 10/5 Noon,
 10/22 Noon *Surfside Eats* #810 10/7 Noon, 10/11 10AM, 10/26 Noon *A Day In Sinaloa's Countryside* #811 10/8
 Noon, 10/27 Noon *Home Cooking Sinaloa Style* #812 10/9 Noon, 10/28 Noon *How Do You Say Tucson?* #813
 10/12 Noon, 10/29 Noon *A Local's Tour of Culiacan* #801 10/13 Noon, 10/17 Noon *Altata, Hidden Gem by the Sea
 of Cortez* #802 10/14 Noon *South By South of the Border with Vivian Howard* #803 10/15 Noon #901 10/18
 10AM, 10/30 Noon *A Taste of Mazatlan* #805 10/19 Noon #902 10/25 10AM

PBS NewsHour #13067 10/1 3PM, 10/1 10PM #13068 10/2 3PM, 10/2 10PM #13069 10/5 3PM, 10/5 10PM
 #13070 10/6 3PM, 10/6 10PM #13071 10/7 3PM, 10/7 10PM #13072 10/8 3PM, 10/8 10PM #13073 10/9 3PM,
 10/9 10PM #13074 10/12 3PM, 10/12 10PM #13075 10/13 3PM, 10/13 10PM #13076 10/14 3PM, 10/14 10PM
 #13077 10/15 3PM, 10/15 10PM #13078 10/16 3PM, 10/16 10PM #13079 10/19 3PM, 10/19 10PM #13080 10/20
 3PM, 10/20 10PM #13081 10/21 3PM, 10/21 10PM #13082 10/22 3PM, 10/22 10PM #13083 10/23 3PM, 10/23
 10PM #13084 10/26 3PM, 10/26 10PM #13085 10/27 3PM, 10/27 10PM #13086 10/28 3PM, 10/28 10PM
 #13087 10/29 3PM, 10/29 10PM #13088 10/30 3PM, 10/30 10PM

PBS NewsHour Weekend #1427 10/3 3PM #1429 10/10 3PM #1431 10/17 3PM

POV *And She Could Be Next, Part 1: Building The Movement* #3301 10/20 8PM *And She Could Be Next, Part 2:
 Claiming Power* #3302 10/21 8PM

Re-Evolution: Salud 10/7 9PM, 10/8 3AM
Re-Evolution: Suenos 10/14 9PM, 10/15 3AM
Re-Evolution: The Cuban Dream 10/7 9:30PM, 10/8 3:30AM
Re-Evolution: The Embargo 10/14 9:30PM, 10/15 3:30AM
Relieving Stress with Yoga with Peggy Cappy 10/26 3AM
Retire Safe & Secure with Ed Slott #2020 10/23 Mid

Retro Report On PBS *Episode Three* #103 10/3 10:30PM, 10/4 4AM, 10/11 3AM *Episode Four* #104 10/10 10PM,
 10/11 4AM *Episode Five* #105 10/17 10PM, 10/18 4AM *Episode Six* #106 10/24 10PM, 10/25 4AM *Episode Seven*
 #107 10/31 10PM

Rick Steves' Europe *Siena and Tuscany's Wine Country* #907 10/1 2:30PM *West England* #908 10/2 2:30PM
Romania #905 10/3 2:30PM *Southeast England* #909 10/5 2:30PM *England's Cornwall* #910 10/6 2:30PM, 10/10
 2:30PM *The Heart of England* #1001 10/7 2:30PM *Lisbon* #1002 10/8 2:30PM *Portugal's Heartland* #1003 10/9
 2:30PM *Travel Skills: Cruising* #1004 10/12 2:30PM *Greek Islands: Santorini, Mykonos, and Rhodes* #1005 10/13
 2:30PM, 10/17 2:30PM *European Festivals I* #1006 10/14 2:30PM *European Festivals II* #1007 10/15 2:30PM *The
 Best of Sicily* #1008 10/16 2:30PM *Sicilian Delights* #1009 10/19 2:30PM *Scotland's Highlands* #1010 10/20
 2:30PM *Scotland's Islands* #1011 10/21 2:30PM *Glasgow and Scottish Passions* #1012 10/22 2:30PM *Rome:
 Baroque Brilliance* #702 10/23 2:30PM *Rome: Back-Street Riches* #703 10/26 2:30PM *Florence: Heart of the
 Renaissance* #704 10/27 2:30PM *Florentine Delights and Tuscan Side Trips* #705 10/28 2:30PM *Paris: Regal
 and Intimate* #706 10/29 2:30PM *Paris: Embracing Life and Art* #707 10/30 2:30PM

Rick Steves' Festive Europe 10/29 1:30AM



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Rick Steves' Tasty Europe 10/27 1:30AM
Road Trip UC Davis #141 10/4 4PM Stockton #142 10/11 4PM State of Jefferson #143 10/18 4PM Lodi #144 10/25 4PM
Rob on the Road #1007 10/2 9:30PM, 10/3 3:30AM, 10/3 6:30PM, 10/3 11:30PM, 10/4 1:30AM #1008 10/6 9:30PM, 10/7 3:30AM, 10/9 9:30PM, 10/10 3:30AM, 10/10 6:30PM, 10/11 1:30AM #1009 10/16 9:30PM, 10/17 3:30AM, 10/17 1:30PM, 10/21 9:30PM, 10/23 9:30PM #1011 10/30 9:30PM, 10/31 6:30PM
Samantha Brown's Places to Love Lafayette and Cajun Country, La #206 10/1 1:30PM, 10/29 6:30PM Greater Palm Springs, Ca #202 10/1 6:30PM, 10/2 12:30AM Rhine River Cruise #207 10/2 1:30PM Santa Fe, Nm #204 10/3 1:30PM, 10/15 6:30PM, 10/16 12:30AM Naples and Paradise Coast of Florida #208 10/5 1:30PM Christchurch, New Zealand #209 10/6 1:30PM, 10/10 1:30PM Baltimore, Maryland #210 10/7 1:30PM Food Around The World #211 10/8 1:30PM Lake Geneva and the Valais, Switzerland #203 10/8 6:30PM, 10/9 12:30AM Charleston, South Carolina #212 10/9 1:30PM Central North Island, New Zealand #213 10/12 1:30PM Budapest, Hungary #301 10/13 1:30PM, 10/17 1:30PM The Florida Keys & Key West #302 10/14 1:30PM Top of the South Island, NZ #303 10/15 1:30PM Sonoma County, California #304 10/16 1:30PM Sailing The British Virgin Islands #305 10/19 1:30PM Dallas, Texas #306 10/20 1:30PM Lakes & Mountains of New Hampshire #307 10/21 1:30PM Phoenix, Arizona #308 10/22 1:30PM Seoul, South Korea #205 10/22 6:30PM Vienna, Austria #309 10/23 1:30PM The Southern Finger Lakes, Ny #310 10/26 1:30PM Auckland, New Zealand #311 10/27 1:30PM The Coastline of Maine #312 10/28 1:30PM Miami, Florida #313 10/29 1:30PM Hong Kong, China #201 10/30 1:30PM
Saving History: ViewFinder Hunting The Old Pioneer Trails #2516 10/29 7:30PM, 10/30 9PM
Simply Ming Ming Tsai with Guest Jamie Bissonnette #1714 10/4 11AM Ming Tsai with Guest Jonathan Waxman #1704 10/6 7PM, 10/7 1AM Ming Tsai with Guest Alex Crabb #1715 10/11 11AM Ming Tsai with Guest Rick Bayless #1705 10/13 7PM, 10/14 1AM Ming Tsai with Guest Karen Akunowicz #1716 10/18 11AM Ming Tsai with Guest Carla Hall #1706 10/20 7PM Ming Tsai with Guest Avi Shemtov #1717 10/25 11AM Ming Tsai with Guest Susur Lee #1707 10/27 7PM
Sit and Be Fit Core Strength and Yoga Inspired Exercises #1809 10/1 5AM #1019 10/1 6:30AM Fun Exercises for the Core and More #1810 10/2 5AM #1020 10/2 6:30AM All Systems Go! #1401 10/5 5AM #1101 10/5 6:30AM Fit from Head to Toe #1402 10/6 5AM #1102 10/6 6:30AM Sensory Awareness and Breathing #1403 10/7 5AM #1103 10/7 6:30AM Fun with the Large Ball #1404 10/8 5AM #1104 10/8 6:30AM Footwork and Core #1405 10/9 5AM #1105 10/9 6:30AM Controlled Breathing #1406 10/12 5AM #1106 10/12 6:30AM Vestibular and Core #1407 10/13 5AM #1107 10/13 6:30AM Posture #1408 10/14 5AM #1108 10/14 6:30AM Breathing #1409 10/15 5AM #1109 10/15 6:30AM Back Health #1410 10/16 5AM #1110 10/16 6:30AM Functional Fitness #1411 10/19 5AM Core Strengthening #1201 10/19 6:30AM Good Alignment #1412 10/20 5AM Healthy Aging #1202 10/20 6:30AM New Challenges #1413 10/21 5AM Exercise Is Fun #1203 10/21 6:30AM Coordination and Reaction Time #1414 10/22 5AM Strength Coordination #1204 10/22 6:30AM Lymphatic System #1415 10/23 5AM Reaction Time #1205 10/23 6:30AM Mobility and Balance #1416 10/26 5AM Balance #1206 10/26 6:30AM Your Feet, Your Foundation #1417 10/27 5AM March Your Way to Fitness #1207 10/27 6:30AM Flabby Arms #1418 10/28 5AM Pelvic Floor #1208 10/28 6:30AM The Power of Small Movements #1419 10/29 5AM Posture and Breathing #1209 10/29 6:30AM Flexibility and Range of Motion #1420 10/30 5AM Facial Exercises #1210 10/30 6:30AM
Studio Sacramento State of Stockton #1001 10/2 8:30PM, 10/3 2:30AM, 10/4 8AM #1011 10/9 8:30PM, 10/10 2:30AM, 10/11 8AM #1012 10/16 8:30PM, 10/17 2:30AM, 10/18 8AM #1013 10/23 8:30PM, 10/25 8AM #1014 10/30 8:30PM
Sunday Stories #113 10/4 6PM, 10/5 Mid #114 10/11 6PM, 10/11 11PM #115 10/25 6PM, 10/25 11PM
Suze Orman's Ultimate Retirement Guide 10/23 2AM, 10/30 Mid
Taste of Malaysia with Martin Yan Cradle of Malaysia #108 10/4 11:30AM East Coast Essence #109 10/11 11:30AM Life on the Pahang River #110 10/18 11:30AM Adventure on the Go #111 10/25 11:30AM
Tell Me More with Kelly Corrigan Bryan Stevenson #101 10/18 6PM, 10/18 11PM
The Empire of Agriculture: ViewFinder #2311 10/15 7:30PM, 10/16 1:30AM, 10/16 9PM, 10/17 3AM, 10/18 9:30AM, 10/18 3:30PM
The Great British Baking Show French Week #209 10/1 4PM The Final #210 10/2 4PM Cake #301 10/5 4PM Biscuits #302 10/6 4PM Bread #303 10/7 4PM Desserts #304 10/8 4PM Alternative Ingredients #305 10/9



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4PM *Pastry* #306 10/12 4PM *Victorian* #307 10/13 4PM *Patisserie* #308 10/14 4PM *Chocolate* #309 10/15 4PM
The Final #310 10/16 4PM *Cake* #401 10/19 4PM *Biscuits* #402 10/20 4PM *Bread* #403 10/21 4PM *Batter* #404
 10/22 4PM *Pastry* #405 10/23 4PM *Botanical* #406 10/26 4PM *Desserts* #407 10/27 4PM *Tudor Week* #408
 10/28 4PM *Patisserie* #409 10/29 4PM *The Final* #410 10/30 4PM
The Lawrence Welk Show *The French Show* #1706 10/2 6PM, 10/3 Mid *The Songs of Jimmy McHugh* #1707 10/9
 6PM, 10/10 Mid *Musical Memories* #1708 10/16 6PM, 10/17 Mid *Musical Tour of Europe* #1709 10/23 6PM
Halloween #1710 10/30 6PM
The Swamp: American Experience #3101 10/11 8PM, 10/12 1AM
The Vietnam War *The Weight of Memory* #110 10/1 2AM
This Old House *Designing Kitchens* #4201 10/4 2:30PM *Factory Made* #4202 10/11 2:30PM *Memorable Makers*
 #4203 10/18 2:30PM *Anatomy of a Kitchen* #4204 10/25 2:30PM
Two for the Road *Puerto Rico: Adventure In Puerto Rico Part 1* #312 10/6 7:30PM, 10/7 1:30AM *Puerto Rico:
 Adventure In Puerto Rico Part 2* #313 10/13 7:30PM, 10/14 1:30AM *Adventure In Namibia* #401 10/20 7:30PM
Sailing The Bahamas #402 10/27 7:30PM
Ultimate Restorations *The Schooner Coronet: Racing Into History* #108 10/4 1PM
ViewFinder: Valentia - Mexican Americans in WWII #603 10/8 7:30PM, 10/9 1:30AM, 10/9 9PM, 10/10 3AM, 10/11
 3:30PM
Voces On PBS *The Pushouts* #301 10/7 8PM, 10/8 2AM *Adios Amor - The Search for Maria Moreno* #302 10/14
 8PM, 10/15 2AM, 10/18 3AM
Wider World #2050 10/4 6AM #2051 10/11 6AM #2052 10/18 6AM
Woodsmith Shop *Adjustable Stool* #1311 10/4 3PM *Barnwood Entry Bench* #1312 10/11 3PM *Solving Problems,
 Woodworking Solutions* #1313 10/18 3PM *The Best Miter Saw Stand* #1401 10/25 3PM
Yellowstone Symphony 10/25 3AM
Yoga In Practice *Learning to Do Just Enough* #106 10/1 6AM, 10/20 7AM *Intention, Knowledge, and Action*
 #206 10/1 7AM, 10/20 6AM *Shining Brightly* #107 10/2 6AM, 10/21 7AM *Transforming Fear Into Joy* #207 10/2
 7AM, 10/21 6AM *Being Steady in the Unknown* #108 10/5 6AM, 10/22 7AM *The Dance of Confidence* #208 10/5
 7AM, 10/22 6AM *Learning to Slow Down* #109 10/6 6AM, 10/23 7AM *Cultivate Self-Respect* #209 10/6 7AM,
 10/23 6AM *Opening to Self-Love* #110 10/7 6AM, 10/26 7AM *Allow Yourself to Soar* #210 10/7 7AM, 10/26 6AM
The Art of Connection #111 10/8 6AM, 10/27 7AM *Become An Able Vessel* #211 10/8 7AM, 10/27 6AM *Where You
 Look Matters* #112 10/9 6AM, 10/28 7AM *The Inner Fire of Transformation* #212 10/9 7AM, 10/28 6AM
Remembrance #113 10/12 6AM, 10/29 7AM *Honor Your Inner Beauty* #213 10/12 7AM, 10/29 6AM *Our Breath Is
 Our Conversation with the World* #201 10/13 6AM, 10/30 7AM *Breathing Into Awareness* #101 10/13 7AM, 10/30
 6AM *Your Practice Is A Journey* #202 10/14 6AM *Stand In Your Light* #102 10/14 7AM *Nature and the Cycle of
 Creation* #203 10/15 6AM *Cultivating Confidence* #103 10/15 7AM *Find Balance to Find Peace* #204 10/16 6AM
Fearlessly Open Your Heart #104 10/16 7AM *Finding Your Center* #205 10/19 6AM *Steadiness and Freedom*
 #105 10/19 7AM