



**January 2021 — KVIE2**  
**Programs Alpha Order All Broadcasts**  
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**100 Days, Drinks, Dishes, Destinations** #201 1/1 12:30PM *Calistoga, California* #104 1/2 12:30PM #202 1/4 12:30PM #203 1/5 12:30PM, 1/9 12:30PM #204 1/6 12:30PM #205 1/7 12:30PM #206 1/8 12:30PM #207 1/11 12:30PM

**ADD and Loving It?! 1/27 Mid**

**Amanpour and Company** #3132 1/1 4AM #3133 1/2 4AM, 1/3 6:30AM #3134 1/5 4AM #3135 1/6 4AM #3136 1/7 4AM #3137 1/8 4AM #3138 1/9 4AM, 1/10 6:30AM #3139 1/12 4AM #3140 1/13 4AM #3141 1/14 4AM #3142 1/15 4AM #3143 1/16 4AM, 1/17 6:30AM #3144 1/19 4AM #3145 1/20 4AM #3146 1/21 4AM #3147 1/22 4AM #3148 1/23 4AM, 1/24 6:30AM #3149 1/26 4AM #3150 1/27 4AM #3151 1/28 4AM #3152 1/29 4AM #3153 1/30 4AM, 1/31 6:30AM

**Amazon: Rivers of Life** *The Amazon* #102 1/6 8PM, 1/7 2AM

**American Masters** *How It Feels to Be Free* #3307 1/23 8PM, 1/24 8PM

**American Woodshop** #2407 1/1 8:30AM #2408 1/4 8:30AM #2409 1/5 8:30AM #2410 1/6 8:30AM #2411 1/7 8:30AM #2412 1/8 8:30AM #2413 1/11 8:30AM *The Harvest Table* #2501 1/12 8:30AM *Apothecary 9 Drawer Wall Keep* #2502 1/13 8:30AM *Gentleman's Organizer and Gallery* #2503 1/14 8:30AM *Turned Urns and Pepper Mills* #2504 1/15 8:30AM *Scrolled Kitchen Trenchers and Trivets* #2505 1/18 8:30AM *Decorative Turnings* #2506 1/19 8:30AM *Stanton Tools* #2507 1/20 8:30AM *Arts and Crafts Luminaries* #2508 1/21 8:30AM *Making Custom Knives* #2509 1/22 8:30AM *Wooden Bicycles* #2510 1/25 8:30AM *Custom Wood Keeps* #2511 1/26 8:30AM *Curvy Wall Shelf* #2512 1/27 8:30AM *Arts and Crafts End Table* #2513 1/28 8:30AM *Beginning Turnings* #2601 1/29 8:30AM

**America's Heartland** #1418 1/3 12:30PM #1419 1/10 12:30PM #1420 1/17 12:30PM #1501 1/24 12:30PM #1502 1/31 12:30PM

**America's Test Kitchen from Cook's Illustrated** *The Very Best Paris-Brest* #2007 1/1 5PM *Hearty Mediterranean at Home* #2008 1/4 5PM *Flavorful Chinese Favorite* #2009 1/5 5PM *Nutritious and Delicious* #2010 1/6 5PM *Something Hearty, Something Light* #2017 1/6 7PM, 1/7 1AM, 1/15 5PM *Springtime Feast* #2011 1/7 5PM *Savory and Sweet Italian* #2012 1/8 5PM *Sous Vide for Company* #2013 1/11 5PM *Childhood Favorites, Grown Up* #2014 1/12 5PM *Tasty Thai* #2015 1/13 5PM *A Taste of Mexico* #2101 1/13 7PM, 1/14 1AM *The Most Important Meal* #2016 1/14 5PM *Thanksgiving for a Crowd* #2018 1/18 5PM *Rustic French Fare* #2019 1/19 5PM *Grill-Roasted Chicken and Green Beans* #2020 1/20 5PM #2102 1/20 7PM, 1/21 1AM *New Ways with Ribs & Mushrooms* #2021 1/21 5PM *Plum and Pear Desserts* #2022 1/22 5PM *Mexican Comfort Food* #2023 1/25 5PM *The Chicken Or The Egg?* #2024 1/26 5PM *Summertime Staples* #2025 1/27 5PM #2103 1/27 7PM *Pork and Greens* #2026 1/28 5PM *Eggs for the Holidays* #2001 1/29 5PM

**Antiques Roadshow** *Orlando, Hour Three* #2118 1/2 5AM, 1/3 7PM, 1/4 Mid *American Stories* #2501 1/9 5AM, 1/10 3AM, 1/10 7PM, 1/11 Mid *Vintage Baltimore 2021 Hour 1* #2502 1/16 5AM, 1/17 3AM, 1/17 7PM, 1/18 Mid *Vintage Baltimore 2021 Hour 2* #2503 1/23 5AM, 1/24 7PM *Vintage Tucson 2021 Hour 1* #2504 1/30 5AM, 1/31 7PM

**Articulate with Jim Cotter** *Daniel Hope's Lands of Glory* #604 1/2 4:30PM *Their Way* #605 1/9 4:30PM *From The Mouths of Poets* #606 1/16 4:30PM *Drawing Meaning from Life* #607 1/23 4:30PM *From Isolation to Ovation* #608 1/30 4:30PM

**Asia Insight** #820 1/1 11:30PM

**Asian Americans** *Breaking Ground* #101 1/20 8PM, 1/21 2AM *A Question of Loyalty* #102 1/20 9PM, 1/21 3AM *Good Americans* #103 1/27 8PM *Generation Rising* #104 1/27 9PM

**Ask This Old House** *Reclaim Beam Mantel, Geothermal* #1909 1/3 2PM *Landscape Lights, Brick Walkway* #1910 1/10 2PM *Garden Upgrade, Adirondack Chair* #1911 1/17 2PM *Radiator Paint, Load Bearing Wall* #1912 1/24 2PM *Mini Split, Butcher Block* #1913 1/31 2PM

**Baking with Julia** #304 1/1 11AM #301 1/2 11AM #305 1/4 11AM #306 1/5 11AM, 1/9 11AM #307 1/6 11AM *Program 12* #112 1/6 6:30PM, 1/7 12:30AM #308 1/7 11AM #309 1/8 11AM #310 1/11 11AM #311 1/12 11AM, 1/16 11AM #312 1/13 11AM *Program 13* #113 1/13 6:30PM, 1/14 12:30AM #313 1/14 11AM *Craig Kominiak* #101 1/15 11AM *Alice Medrich* #102 1/18 11AM *Michel Richard* #103 1/19 11AM, 1/23 11AM *Lora Brody* #104 1/20 11AM #201 1/20 6:30PM, 1/21 12:30AM *Marcel Desaulniers* #105 1/21 11AM *Gale Gand* #106 1/22 11AM *Norman Love* #107 1/25 11AM #108 1/26 11AM, 1/30 11AM #109 1/27 11AM #202 1/27 6:30PM *Program 10* #110 1/28 11AM *Program 11* #111 1/29 11AM

**BBC World News** #2310 1/1 11PM #2312 1/4 11PM #2314 1/5 11PM #2316 1/6 11PM #2318 1/7 11PM #2320 1/8



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11PM #2322 1/11 11PM #2324 1/12 11PM #2326 1/13 11PM #2328 1/14 11PM #2330 1/15 11PM #2332 1/18 11PM  
 #2334 1/19 11PM #2336 1/20 11PM #2338 1/21 11PM #2340 1/22 11PM #2342 1/25 11PM #2344 1/26 11PM  
 #2346 1/27 11PM #2348 1/28 11PM #2350 1/29 11PM  
**Big Pacific Behind The Scenes** #105 1/6 9PM, 1/7 3AM  
**Born to Explore with Richard Wiese** *Horse Power* #313 1/5 6PM, 1/6 Mid *Connecticut: A Touch of Africa* #301  
 1/12 6PM, 1/13 Mid *Canada: The Cowboy Life* #302 1/19 6PM, 1/20 Mid *South Africa: Land of the Penguins* #303  
 1/26 6PM  
**Brain Fitness Program** 1/31 Mid  
**Brain Secrets with Dr. Michael Merzenich** 1/24 2AM  
**California's Gold** *In-N-Out Burger* #146 1/1 7PM, 1/2 1AM *Folsom Prison* #611 1/8 7PM, 1/9 1AM *McCloud* #612 1/8  
 7:30PM, 1/9 1:30AM *Hollywood Sign* #132 1/15 7PM, 1/16 1AM *Green Chiles* #14001 1/22 7PM *Animal Acres*  
 #14003 1/22 7:30PM *Watch Convention* #14005 1/29 7PM *Pen Collectors* #14004 1/29 7:30PM  
**California's Golden Parks** *South Yuba River State Park* #149 1/3 5PM *Whiskeytown* #150 1/3 5:30PM *Trona*  
*Pinnacles* #162 1/10 5PM *Red Rock Canyon* #163 1/10 5:30PM *Eugene O'neill House* #164 1/17 5PM *Movie Beach*  
 #165 1/17 5:30PM *Paramount Ranch* #166 1/24 5PM *Big Basin* #101 1/24 5:30PM *Citrus State Historic Park* #102  
 1/31 5PM *Joss House* #103 1/31 5:30PM  
**California's Watershed: ViewFinder** #2611 1/14 7:30PM, 1/15 1:30AM, 1/15 9PM, 1/16 3AM, 1/17 9:30AM, 1/17  
 3:30PM  
**Carol Burnett: A Celebration** 1/29 Mid  
**Change Your Brain, Heal Your Mind with Daniel Amen, MD** 1/26 2AM  
**Christopher Kimball's Milk Street Television** *From Morocco to Egypt* #322 1/6 7:30PM, 1/7 1:30AM *The New*  
*Australia* #323 1/13 7:30PM, 1/14 1:30AM *The Oaxacan Kitchen* #301 1/20 7:30PM, 1/21 1:30AM *The Joy of*  
*Cooking Lebanon* #302 1/27 7:30PM  
**Classical Stretch: By Essentrics** *Spine Strengthening Workout* #1122 1/1 5:30AM #1307 1/1 7:30AM *Shoulder*  
*Pain Workout* #1123 1/4 5:30AM #1308 1/4 7:30AM *Knee Strengthening Workout* #1124 1/5 5:30AM #1309 1/5  
 7:30AM *Spine Strengthening & Pain-Relief Workout* #1125 1/6 5:30AM #1310 1/6 7:30AM *Hips & Hamstring*  
*Workout* #1126 1/7 5:30AM #1311 1/7 7:30AM *Bone Strength Workout* #1127 1/8 5:30AM #1312 1/8 7:30AM  
*Weight Loss Workout* #1128 1/11 5:30AM #1313 1/11 7:30AM *Ab & Core Strength Workout* #1129 1/12 5:30AM  
 #1314 1/12 7:30AM *Increase Balance Workout* #1130 1/13 5:30AM #1315 1/13 7:30AM *Plantar Fasciitis Release*  
 #1201 1/14 5:30AM, 1/19 7:30AM #1316 1/14 7:30AM *Hip Pain Relief and Stretch* #1202 1/15 5:30AM, 1/20 7:30AM  
 #1317 1/15 7:30AM *Quad Strengthening* #1203 1/18 5:30AM, 1/21 7:30AM #1318 1/18 7:30AM *Weight Loss and*  
*Calorie Burn* #1204 1/19 5:30AM, 1/22 7:30AM *Back Pain Relief* #1205 1/20 5:30AM, 1/25 7:30AM *Full Body*  
*Strengthening* #1206 1/21 5:30AM, 1/26 7:30AM *Posture* #1207 1/22 5:30AM, 1/27 7:30AM *Long Adductor* #1208  
 1/25 5:30AM, 1/28 7:30AM *Back Pain Relief* #1209 1/26 5:30AM, 1/29 7:30AM *Endurance and Power* #1210 1/27  
 5:30AM *Arthritis Workout* #1211 1/28 5:30AM *Hamstring Flexibility* #1212 1/29 5:30AM  
**Confucius Was A Foodie** *Sweet* #108 1/4 6PM, 1/5 Mid #201 1/11 6PM, 1/12 Mid #202 1/18 6PM, 1/19 Mid #203  
 1/25 6PM  
**Cook's Country** *Regional Seafood Specialties* #1301 1/1 5:30PM *Taste of Summer* #1302 1/4 5:30PM *Beef*  
*Keabs and Cheese Bread* #1303 1/5 5:30PM *Grilled Chicken, Two Ways* #1304 1/6 5:30PM *Tacos Two Ways*  
 #1305 1/7 5:30PM *Bread, Cheese and Meat Can't Be Beat* #1306 1/8 5:30PM *Herbaceous Chicken and Potatoes*  
 #1307 1/11 5:30PM *Italian Comfort Food* #1308 1/12 5:30PM *Chicken and Biscuits* #1309 1/13 5:30PM  
*Pennsylvania Dutch Country* #1310 1/14 5:30PM *Motor City Favorites* #1311 1/15 5:30PM *Never Enough Chocolate*  
 #1312 1/18 5:30PM *Spring Feast* #1313 1/19 5:30PM *Bbq Brisket and Fritters* #1201 1/20 5:30PM *Italian Comfort*  
*Food Classics* #1202 1/21 5:30PM *Tacos Two Ways* #1203 1/22 5:30PM *Beef, Dressed Up* #1204 1/25 5:30PM  
*Regional Italian American Favorites* #1205 1/26 5:30PM *Aloha State Favorites* #1206 1/27 5:30PM *Chicken and*  
*Cornbread* #1207 1/28 5:30PM *The Perfect Cake* #1208 1/29 5:30PM  
**Curious Traveler** *Curious Manchester* #404 1/1 Mid, 1/17 11:30PM, 1/18 4:30AM *Curious Brussels* #402 1/3  
 11:30PM, 1/4 4:30AM *Curious Hong Kong: Culture & Traditions* #405 1/7 6PM, 1/8 Mid, 1/24 11:30PM, 1/25 4:30AM  
*Curious Cardiff* #403 1/10 11:30PM, 1/11 4:30AM *Curious Southern Wales* #406 1/14 6PM, 1/15 Mid, 1/31 11:30PM  
*Curious Bruges* #407 1/21 6PM, 1/22 Mid *Curious Dublin Pubs* #408 1/28 6PM  
**Dishing with Julia Child** *The Whole Fish Story* #101 1/13 6PM, 1/14 Mid *The Good Loaf* #102 1/20 6PM, 1/21 Mid



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*Your Own French Onion Soup* #103 1/27 6PM  
**Doo Wop to Pop Rock: My Music Celebrates 20 Years** 1/25 Mid, 1/30 1:30AM  
**Dr. Fuhrman's Food As Medicine** 1/23 1:30AM, 1/31 2AM  
**DW Focus On Europe** #3901 1/3 7:30AM #3902 1/10 7:30AM #3903 1/17 7:30AM #3904 1/24 7:30AM #3905 1/31 7:30AM  
**Expedition with Steve Backshall** *Bhutan - White Water* #106 1/3 10PM, 1/4 3AM *Greenland - Ice Mountain* #107 1/10 10PM, 1/11 3AM *Mexico - Maya Underworld* #108 1/17 10PM, 1/18 3AM *Suriname - Ghost River* #109 1/24 10PM *Oman - Desert Fortress* #110 1/31 10PM  
**Feel Better with Pressure Point Therapy** 1/29 3AM  
**Fever: The Music of Peggy Lee** 1/23 Mid, 1/29 1:30AM  
**Finding Your Roots** *Grandparents and Other Strangers* #501 1/2 7PM, 1/3 Mid *Breaking The Silences* #615 1/9 7PM, 1/10 Mid *Coming to America* #616 1/16 7PM, 1/17 Mid *To The Manor Born* #701 1/23 7PM *Against All Odds* #702 1/30 7PM  
**Firing Line with Margaret Hoover** #427 1/1 8PM, 1/2 2AM, 1/2 3:30PM, 1/3 8:30AM #428 1/8 8PM, 1/9 2AM, 1/9 3:30PM, 1/10 8:30AM #429 1/15 8PM, 1/16 2AM, 1/16 3:30PM, 1/17 8:30AM #430 1/22 8PM, 1/23 3:30PM, 1/24 8:30AM #431 1/29 8PM, 1/30 3:30PM, 1/31 8:30AM  
**Fit 2 Stitch** *Seam Finishes* #706 1/1 10AM *Image Consultant and Closet Organization* #703 1/2 10AM *The Jacket* #707 1/4 10AM *Sewing, Lining, and Fusing The Jacket* #708 1/5 10AM, 1/9 10AM *Accessories* #709 1/6 10AM *The Pant* #710 1/7 10AM *The Jean* #711 1/8 10AM *Skirts and Knit Cardigan* #712 1/11 10AM *The Coat/Dress* #713 1/12 10AM, 1/16 10AM #801 1/13 10AM #802 1/14 10AM #803 1/15 10AM #804 1/18 10AM #805 1/19 10AM, 1/23 10AM #806 1/20 10AM #807 1/21 10AM #808 1/22 10AM #809 1/25 10AM #810 1/26 10AM, 1/30 10AM #811 1/27 10AM #812 1/28 10AM #813 1/29 10AM  
**Food Fix with Mark Hyman, Md** 1/24 Mid  
**Garden SMART** #5801 1/5 9AM, 1/9 9AM #5802 1/6 9AM #5803 1/7 9AM #5804 1/8 9AM #5805 1/11 9AM #5806 1/12 9AM, 1/16 9AM #5807 1/13 9AM #5808 1/14 9AM #5809 1/15 9AM #5810 1/18 9AM #5811 1/19 9AM, 1/23 9AM #5812 1/20 9AM #5813 1/21 9AM #5901 1/22 9AM #5902 1/25 9AM #5903 1/26 9AM, 1/30 9AM #5904 1/27 9AM #5905 1/28 9AM #5906 1/29 9AM  
**Generation Nation: A PBS American Portrait Story** 1/1 3:30AM, 1/3 4:30AM  
**Grand View** *Grand Canyon National Park - North Rim* #201 1/31 11PM  
**Growing A Greener World** *Creating Paradise Through a Shared Passion for Gardening* #1111 1/3 Noon *Making More Plants By Propagating Your Garden* #1112 1/10 Noon *Gardening to Feed Our Souls and Nourish Our Neighbors* #1113 1/17 Noon *A Day in the Life at the Gardenfarm* #1101 1/24 Noon *The Foodscape Revolution* #1102 1/31 Noon  
**Happy Yoga with Sarah Starr** *Beautiful Bluffs* #211 1/1 7AM *Waterfall* #212 1/4 7AM *Rainbow Sunrise* #213 1/5 7AM *Sunflowers at Dusk* #501 1/6 7AM *Cascading River* #502 1/7 7AM *Lace Meadow* #503 1/8 7AM *Sunflower Glo* #504 1/11 7AM *Waves* #505 1/12 7AM *Bloom* #506 1/13 7AM *Golden Shoreline* #507 1/14 7AM *Sunflower Inspiration* #508 1/15 7AM *Waterfall Glen* #509 1/18 7AM *Sunflower Sunset* #510 1/19 7AM *Panoramic Wilderness* #601 1/20 7AM *Fiery Ocean Sunset* #602 1/21 7AM *Red Rock Sunset* #603 1/22 7AM *Autumn Leaves* #604 1/25 7AM *Spectacular Sunflower* #605 1/26 7AM *Ocean Sundown* #606 1/27 7AM *Red Rock Panoramic* #607 1/28 7AM *Glowing Sunflower Sunset* #608 1/29 7AM  
**Highpointers with the Bargo Brothers** *Colorado* #105 1/1 2PM, 1/24 11PM, 1/25 4AM *Texas* #102 1/2 2PM, 1/3 11PM, 1/4 4AM *New Hampshire* #103 1/10 11PM, 1/11 4AM *Louisiana* #104 1/17 11PM, 1/18 4AM  
**History Detectives** *Cromwell Dixon, Bartlett Sketchbook, & Duke Ellington Plates* #805 1/3 5AM *Korean War Letter, Diana, Lookout Mt. Painting* #806 1/10 5AM *St. Valentine's Day Massacre, George Washington Miniature, Stalag 17* #807 1/17 5AM *Hot Town Poster, Face Jug, Lost City of Gold* #808 1/24 5AM *Jackie Robinson All-Stars, Modoc Basket, Special Agent Five* #809 1/31 5AM  
**Inside California Education** *Flying High* #201 1/11AM, 1/3 9AM *Hospital School* #202 1/7 7PM, 1/8 1AM  
**It's Sew Easy** *Size* #1707 1/1 10:30AM *Step Up* #1704 1/2 10:30AM *The Eyes Have It!* #1708 1/4 10:30AM *Decorative Details* #1709 1/5 10:30AM, 1/9 10:30AM *Step By Step Garments* #1710 1/6 10:30AM *Quilt Along* #1711 1/7 10:30AM *More Quilting* #1712 1/8 10:30AM *Lace Details* #1713 1/11 10:30AM *It's Cold Outside* #1801 1/12 10:30AM, 1/16 10:30AM *Spring Is in the Air* #1802 1/13 10:30AM *Beach Babies* #1803 1/14 10:30AM *Seasonal*





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*Transformations* #1804 1/15 10:30AM *Warm Up* #1805 1/18 10:30AM *Embroidery* #1806 1/19 10:30AM, 1/23 10:30AM *Resort Wear* #1807 1/20 10:30AM *Here Comes The Sun* #1808 1/21 10:30AM *Cuddle Up* #1809 1/22 10:30AM *Season Transitions* #1810 1/25 10:30AM *Spring Spruce Up* #1811 1/26 10:30AM, 1/30 10:30AM *Seasonal Upcycle* #1812 1/27 10:30AM *Travel* #1813 1/28 10:30AM *Be Your Own Designer* #1501 1/29 10:30AM

**Jazz Gumbo (Beginnings to 1917)** #101 1/9 5PM, 1/9 10PM *The Gift (1917-1924)* #102 1/16 5PM, 1/16 10PM *Our Language (1924-1928)* #103 1/23 5PM, 1/23 10PM *The True Welcome (1929-1935)* #104 1/30 5PM, 1/30 10PM

**Joanne Weir's Plates and Places** *Let Them Eat Cake* #301 1/12 12:30PM, 1/16 12:30PM *Spit-Roasted Lamb* #302 1/13 12:30PM *Salty Salzburg* #303 1/14 12:30PM *Rise and Shine* #304 1/15 12:30PM *The Secret Ingredients of Greece* #305 1/18 12:30PM *Spaghetti* #306 1/19 12:30PM, 1/23 12:30PM *Sunset Dinner in the Wine Country* #307 1/20 12:30PM *Washington Wine Country* #308 1/21 12:30PM *Take Me to Spain* #309 1/22 12:30PM *Tomatoes Two-Ways* #310 1/25 12:30PM *October Fest* #311 1/26 12:30PM, 1/30 12:30PM *Wine Cellar and Prosciutto* #312 1/27 12:30PM *You Say Potato* #313 1/28 12:30PM #401 1/29 12:30PM

**Joe Bonamassa: Royal Tea Live** 1/23 3AM

**Joseph Rosendo's Travelscope** *Mekong River Adventure - Part 1* #1001 1/26 2PM, 1/30 2PM *Mekong River Adventure - Part 2* #1002 1/27 2PM *Taiwan Matsu Festival & Islands* #1003 1/28 2PM *Myanmar Irrawaddy River Adventure* #1004 1/29 2PM

**J Schwanke's Life In Bloom** *Succulents: The Not Quite Flowers* #105 1/1 9:30AM *Protea: Long-Term Beauty* #102 1/2 9:30AM *Tulips: Year-Round Spring* #106 1/4 9:30AM *Out on a Limb with Fruit and Flowers* #107 1/5 9:30AM, 1/9 9:30AM *Flower Power* #108 1/6 9:30AM *All Foliage: Living Green* #109 1/7 9:30AM *A Flower Arranger's Best Friend* #110 1/8 9:30AM *The Art of Flowers* #111 1/11 9:30AM *Terrariums: Life Under Glass* #112 1/12 9:30AM, 1/16 9:30AM *Demystifying Orchids* #113 1/13 9:30AM *Arrangements from the Garden* #201 1/14 9:30AM *From Farm to Plate & Vase* #202 1/15 9:30AM *Beauty from the Flower Farm* #203 1/18 9:30AM *The Gift of the Forest* #204 1/19 9:30AM, 1/23 9:30AM *Traditional Japanese Flower Arts* #205 1/20 9:30AM *The Garden, Contained* #206 1/21 9:30AM *Thinking Outside The Vase* #207 1/22 9:30AM *All About Lavender* #208 1/25 9:30AM *Pets and Flowers* #209 1/26 9:30AM, 1/30 9:30AM *Everything's Coming Up Roses* #210 1/27 9:30AM *Flowers: Nature's Rainbow* #211 1/28 9:30AM *Flowers to Wear & Share* #212 1/29 9:30AM

**Julia Child - Cooking with Master Chefs** *Robert Del Grande* #107 1/1 11:30AM, 1/25 11:30AM *Lidia Bastianich* #104 1/2 11:30AM, 1/20 11:30AM *Jean-Louis Palladin* #108 1/4 11:30AM, 1/26 11:30AM, 1/30 11:30AM *Susan Feniger and Mary Sue Milliken* #109 1/5 11:30AM, 1/9 11:30AM, 1/27 11:30AM *Jacques Pepin and Julia Child* #110 1/6 11:30AM, 1/28 11:30AM *Alice Waters* #116 1/6 6PM, 1/7 Mid, 1/14 11:30AM *Jeremiah Tower* #111 1/7 11:30AM, 1/29 11:30AM *Jan Birnbaum and Lidia Bastianich* #112 1/8 11:30AM *Andre Soltner* #113 1/11 11:30AM *Nancy Silverton* #114 1/12 11:30AM, 1/16 11:30AM *Jacques Pepin* #115 1/13 11:30AM *Emeril Lagasse* #101 1/15 11:30AM *Michel Richard* #102 1/18 11:30AM *Patrick Clark* #103 1/19 11:30AM, 1/23 11:30AM *Charles Palmer* #105 1/21 11:30AM *Amy Ferguson-Ota* #106 1/22 11:30AM

**Ken Burns: The National Parks** 1/26 Mid

**Kitchen Queens: New Orleans** #115 1/3 10:30AM #116 1/10 10:30AM #117 1/17 10:30AM #118 1/24 10:30AM #119 1/31 10:30AM

**KVIE Arts Showcase** #906 1/2 4PM #609 1/9 4PM #801 1/16 4PM #803 1/23 4PM #907 1/30 4PM

**Les Stroud's Wild Harvest** *Rock Tripe & Reindeer Moss* #105 1/3 11:30AM *Ruffed Grouse and Labrador Tea* #106 1/5 7:30PM, 1/6 1:30AM, 1/10 11:30AM *Matsutake & Wild Turkey* #107 1/12 7:30PM, 1/13 1:30AM, 1/17 11:30AM *Oak & Madrone* #108 1/19 7:30PM, 1/20 1:30AM, 1/24 11:30AM *Tall Blue Lettuce & Daisy* #109 1/26 7:30PM, 1/31 11:30AM

**Lorraine Hansberry: American Masters** #3005 1/9 8PM, 1/10 1AM, 1/10 8PM, 1/11 1AM

**Lost Falls of Yosemite: ViewFinder** #2309 1/1 1:30AM, 1/1 9PM, 1/2 3AM, 1/3 9:30AM, 1/3 3:30PM

**Magic Moments - The Best of 50's Pop** 1/28 Mid

**Mexico -- One Plate at a Time with Rick Bayless** *A Tour of Tacos Al Pastor* #1201 1/11 Noon, 1/28 Noon *Chilaquiles, Comforting and Classic* #1202 1/12 Noon, 1/16 Noon, 1/29 Noon *Chocolate and Churros, Breakfast of Champions* #1203 1/13 Noon *Teaching Tortilla Soup* #1204 1/14 Noon *Picture-Perfect Pozole Party* #1205 1/15 Noon *Beautifully Balanced Ceviche* #1206 1/18 Noon *Tried & True Tamales* #1207 1/19 Noon, 1/23 Noon *Choosing Chiles Rellenos* #1208 1/20 Noon *You Don't Know The Whole Enchilada* #1209 1/21 Noon *Crispy Carnitas* #1210 1/22 Noon *Always Time for Tacos* #1211 1/25 Noon *All In for Albondingas* #1212 1/26 Noon, 1/30 Noon *Mole Is Mexico's Mother Sauce* #1213 1/27 Noon



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**Miles Davis: American Masters** #3109 1/2 5PM, 1/2 10PM, 1/31 8PM  
**Mississippi: Rivers of Life** #103 1/13 8PM, 1/14 2AM  
**Modern Pioneering with Georgia Pellegrini** *Entertaining at Home* #106 1/5 6:30PM, 1/6 12:30AM *Artisans of Charleston* #107 1/12 6:30PM, 1/13 12:30AM *Traditions In Tuscany* #108 1/19 6:30PM, 1/20 12:30AM *Heritage of the Lowcountry* #101 1/26 6:30PM  
**More Knowledge Takes Flight - ViewFinder** #2706 1/28 7:30PM, 1/29 9PM, 1/31 9:30AM, 1/31 3:30PM  
**Moveable Feast with Relish** #101 1/24 11AM #102 1/31 11AM  
**Nat King Cole's Greatest Songs (My Music)** 1/25 2:30AM, 1/27 1:30AM, 1/30 Mid  
**Nature** *Cold Warriors: Wolves and Buffalo* #3008 1/2 6AM, 1/4 7PM, 1/5 1AM *A Squirrel's Guide to Success* #3604 1/9 6AM, 1/11 7PM, 1/12 1AM *The Alps: The High Life* #3901 1/16 6AM, 1/18 7PM, 1/19 1AM *The Alps: Winter's Fortress* #3902 1/23 6AM, 1/25 7PM *Octopus: Making Contact* #3701 1/30 6AM  
**Newcastle, Gem of the Foothills: ViewFinder** #2704 1/21 7:30PM, 1/22 1:30AM, 1/22 9PM, 1/24 9:30AM, 1/24 3:30PM  
**Newsline** #11200 1/4 11:30PM #11201 1/5 11:30PM #11202 1/6 11:30PM #11203 1/7 11:30PM #11204 1/8 11:30PM #11205 1/11 11:30PM #11206 1/12 11:30PM #11207 1/13 11:30PM #11208 1/14 11:30PM #11209 1/15 11:30PM #11210 1/18 11:30PM #11211 1/19 11:30PM #11212 1/20 11:30PM #11213 1/21 11:30PM #11214 1/22 11:30PM #11215 1/25 11:30PM #11216 1/26 11:30PM #11217 1/27 11:30PM #11218 1/28 11:30PM #11219 1/29 11:30PM  
**NOVA** *The Impossible Flight* #4503 1/2 7AM, 1/4 8PM, 1/5 2AM *Prediction by the Numbers* #4506 1/9 7AM, 1/11 8PM, 1/12 2AM *Secrets In Our Dna* #4801 1/16 7AM, 1/18 8PM, 1/19 2AM *Decoding Da Vinci* #4621 1/23 7AM, 1/25 8PM *Forgotten Genius* #3403 1/30 7AM, 1/30 8PM  
**P. Allen Smith's Garden Home** *Young Farmers* #1712 1/1 9AM *Sensory Experiences* #1709 1/2 9AM *Designing Gardens* #1713 1/4 9AM  
**Pati's Mexican Table** #905 1/1 Noon #902 1/2 Noon #909 1/3 10AM, 1/7 Noon #906 1/4 Noon #907 1/5 Noon, 1/9 Noon #908 1/6 Noon #910 1/8 Noon, 1/10 10AM *A Local's Tour of Culiacan* #801 1/17 10AM *Altata, Hidden Gem by the Sea of Cortez* #802 1/24 10AM *South By South of the Border with Vivian Howard* #803 1/31 10AM  
**PBS NewsHour** #13133 1/1 3PM, 1/1 10PM #13134 1/4 3PM, 1/4 10PM #13135 1/5 3PM, 1/5 10PM #13136 1/6 3PM, 1/6 10PM #13137 1/7 3PM, 1/7 10PM #13138 1/8 3PM, 1/8 10PM #13139 1/11 3PM, 1/11 10PM #13140 1/12 3PM, 1/12 10PM #13141 1/13 3PM, 1/13 10PM #13142 1/14 3PM, 1/14 10PM #13143 1/15 3PM, 1/15 10PM #13144 1/18 3PM, 1/18 10PM #13145 1/19 3PM, 1/19 10PM #13146 1/20 3PM, 1/20 10PM #13147 1/21 3PM, 1/21 10PM #13148 1/22 3PM, 1/22 10PM #13149 1/25 3PM, 1/25 10PM #13150 1/26 3PM, 1/26 10PM #13151 1/27 3PM, 1/27 10PM #13152 1/28 3PM, 1/28 10PM #13153 1/29 3PM, 1/29 10PM  
**PBS NewsHour Weekend** #1453 1/2 3PM #1455 1/9 3PM #1457 1/16 3PM #1459 1/23 3PM #1461 1/30 3PM  
**POV** *American Promise* #2615 1/16 8PM, 1/17 1AM, 1/17 8PM, 1/18 1AM  
**Reconstruction: America After The Civil War** #102 1/3 8PM, 1/4 1AM  
**Richard Bangs' Adventures with Purpose** **Pearl River Delta: Hong Kong, Macau and Guangdong: Quest for Harmony** 1/13 9PM, 1/14 3AM  
**Rick Steves' Europe** *Egypt's Nile, Alexandria, and Luxor* #1106 1/1 2:30PM *French Alps and Lyon* #1103 1/2 2:30PM *Ethiopia: A Development Story* #1107 1/4 2:30PM *Why We Travel* #1108 1/5 2:30PM, 1/9 2:30PM *Rome: Ancient Glory* #701 1/6 2:30PM *Rome: Baroque Brilliance* #702 1/7 2:30PM *Rome: Back-Street Riches* #703 1/8 2:30PM *Florence: Heart of the Renaissance* #704 1/11 2:30PM *Florentine Delights and Tuscan Side Trips* #705 1/12 2:30PM, 1/16 2:30PM *Paris: Regal and Intimate* #706 1/13 2:30PM *Paris: Embracing Life and Art* #707 1/14 2:30PM *London: Historic and Dynamic* #708 1/15 2:30PM *North England's Lake District and Durham* #709 1/18 2:30PM *Venice: City of Dreams* #710 1/19 2:30PM, 1/23 2:30PM *Venice and Its Lagoon* #711 1/20 2:30PM *European Travel Skills, Part I* #712 1/21 2:30PM *European Travel Skills, Part II* #713 1/22 2:30PM *European Travel Skills, Part III* #714 1/25 2:30PM *Western Turkey* #801 1/26 2:30PM, 1/30 2:30PM *Central Turkey* #802 1/27 2:30PM *France's Loire: Chateau Country* #803 1/28 2:30PM *Paris Side-Trips* #804 1/29 2:30PM  
**Road Trip** *Confusion Hill* #150 1/3 4PM *Sanger* #151 1/10 4PM *Orchid Trail* #152 1/17 4PM *Mother Lode* #155 1/24 4PM *Las Vegas* #156 1/31 4PM  
**Rob on the Road** *Region Rising - Mercy Pedalers* #908 1/1 9:30PM, 1/2 3:30AM *Rob at Home* "Kindness and Crisis" #1001 1/8 9:30PM, 1/9 3:30AM *A Decade of Destinations* "Amazing Architecture" #1017 1/15 9:30PM, 1/16



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3:30AM #1018 1/22 9:30PM #1019 1/29 9:30PM  
**Samantha Brown's Places to Love** *The Florida Keys & Key West* #302 1/1 12:30AM, 1/7 6:30PM, 1/8 12:30AM  
*Top of the South Island, NZ* #303 1/14 6:30PM, 1/15 12:30AM *Sonoma County, California* #304 1/21 6:30PM, 1/22 12:30AM  
*Sailing The British Virgin Islands* #305 1/28 6:30PM  
**Sammy Davis, Jr.: American Masters** #2707 1/2 8PM, 1/3 1AM  
**Simply Ming** *On The Road In Hawaii: Ed Kenney* #1724 1/3 11AM *Ming Tsai with Guest Avi Shemtov* #1717 1/5 7PM, 1/6 1AM  
*On The Road In Hawaii: Ed Kenney* #1725 1/10 11AM *Ming Tsai with Guest William Kovel* #1718 1/12 7PM, 1/13 1AM  
*On The Road In Hawaii: Mom & Pops* #1726 1/17 11AM *On The Road In California: Northern California* #1719 1/19 7PM, 1/20 1AM  
*On The Road In California: Santa Cruz* #1720 1/26 7PM  
**Sit and Be Fit** *Footwork and Core* #1405 1/1 5AM *Lymphatic System* #1415 1/1 6:30AM, 1/15 5AM *Controlled Breathing* #1406 1/4 5AM  
*Mobility and Balance* #1416 1/4 6:30AM, 1/18 5AM *Vestibular and Core* #1407 1/5 5AM *Your Feet, Your Foundation* #1417 1/5 6:30AM, 1/19 5AM  
*Posture* #1408 1/6 5AM *Flabby Arms* #1418 1/6 6:30AM, 1/20 5AM  
*Breathing* #1409 1/7 5AM *The Power of Small Movements* #1419 1/7 6:30AM, 1/21 5AM  
*Back Health* #1410 1/8 5AM *Flexibility and Range of Motion* #1420 1/8 6:30AM, 1/22 5AM  
*Functional Fitness* #1411 1/11 5AM  
*Brain Booster* #1501 1/11 6:30AM, 1/25 5AM  
*Good Alignment* #1412 1/12 5AM  
*Practice Perfect Posture* #1502 1/12 6:30AM, 1/26 5AM  
*New Challenges* #1413 1/13 5AM  
*Variety: The Spice of Life* #1503 1/13 6:30AM, 1/27 5AM  
*Coordination and Reaction Time* #1414 1/14 5AM  
*Functional and Fun Exercises for the Feet* #1504 1/14 6:30AM, 1/28 5AM  
*Yardsticks and Bands* #1505 1/15 6:30AM, 1/29 5AM  
*Shoulder and Back Strength* #1506 1/18 6:30AM  
*Postural Alignment and Shoulder Stability* #1507 1/19 6:30AM  
*Circulation* #1508 1/20 6:30AM  
*Core Strengthening* #1509 1/21 6:30AM  
*Hip Mobility* #1510 1/22 6:30AM  
*Music and Novelty* #1601 1/25 6:30AM  
*Imagining Resistance* #1602 1/26 6:30AM  
*A Treat for Your Feet* #1603 1/27 6:30AM  
*Somatosensory and Lymphatic Systems* #1604 1/28 6:30AM  
*Neglected Areas of Body* #1605 1/29 6:30AM  
**Somewhere South** *Porridge for the Soul* #102 1/3 1PM  
*Dumpling Dilemma* #103 1/10 1PM  
*What A Pickle* #104 1/17 1PM  
*It's A Greens Thing* #105 1/24 1PM  
*How Do You Cue?* #106 1/31 1PM  
**Studio Sacramento** *Senior Care During The Pandemic* #1004 1/1 8:30PM, 1/2 2:30AM, 1/3 8AM #1019 1/8 8:30PM, 1/9 2:30AM, 1/10 8AM #1020 1/15 8:30PM, 1/16 2:30AM, 1/17 8AM #1021 1/22 8:30PM, 1/24 8AM  
*Caring for Caregivers* #1010 1/29 8:30PM, 1/31 8AM  
**Sunday Stories** #109 1/3 6PM #110 1/10 6PM #115 1/17 6PM #104 1/24 6PM #118 1/31 6PM  
**tasteMAKERS** *Out of the Box* #110 1/1 1PM  
*Extracted* #107 1/2 1PM  
*In The Wild* #111 1/4 1PM  
*Soy to the World* #112 1/5 1PM, 1/9 1PM  
*Grounded* #113 1/6 1PM  
*Atlantic Sea Farms // Portland, Maine* #201 1/7 1PM  
*Smoking Goose // Indianapolis, Indiana* #202 1/8 1PM  
*Barton Springs Mill // Dripping Springs, Texas* #203 1/11 1PM  
*Union Kitchen // Washington Dc* #204 1/12 1PM, 1/16 1PM  
*Den Sake Brewery // Oakland, California* #205 1/13 1PM  
*Marshallberg Farm // Lenoir, North Carolina* #206 1/14 1PM  
*Blom Meadows // Ann Arbor, Michigan* #207 1/15 1PM  
*Roots Kitchen & Cannery // Bozeman, Montana* #208 1/18 1PM  
*Ko Hana Rum // Kunia, Hawaii* #209 1/19 1PM, 1/23 1PM  
*Ramona Farms // Gila River Indian Community, Arizona* #210 1/20 1PM  
*Custom Foodscaping // St. Louis, Missouri* #211 1/21 1PM  
*Food Building // Minneapolis, Minnesota* #212 1/22 1PM  
*Jacobsen Salt Co. // Portland, Oregon* #213 1/25 1PM  
*Preserved* #101 1/26 1PM, 1/30 1PM  
*Sweet Stuff* #102 1/27 1PM  
*Not So Fast* #103 1/28 1PM  
*Fun Ferments* #104 1/29 1PM  
**Tending Nature** *Guarding Ancestral Grounds with the Wiyot* #301 1/14 7PM, 1/15 1AM  
*Preserving The Desert with Nalc* #302 1/21 7PM, 1/22 1AM  
*Reclaiming Agriculture with the Yocha Dehe Wintun Nation* #303 1/28 7PM  
**The Brain Revolution** 1/28 2AM  
**The Great British Baking Show** *Pastry* #405 1/1 4PM  
*Botanical* #406 1/4 4PM  
*Desserts* #407 1/5 4PM  
*Tudor Week* #408 1/6 4PM  
*Patisserie* #409 1/7 4PM  
*The Final* #410 1/8 4PM  
*Cakes* #501 1/11 4PM  
*Bread* #502 1/12 4PM  
*Tarts* #503 1/13 4PM  
*Desserts* #504 1/14 4PM  
*Pies* #505 1/15 4PM  
*Puddings* #506 1/18 4PM  
*Sweet Dough* #507 1/19 4PM  
*Biscuits* #508 1/20 4PM  
*Patisserie* #509 1/21 4PM  
*The Final* #510 1/22 4PM  
*Cake* #101 1/25 4PM  
*Biscuits* #102 1/26 4PM  
*Bread* #103 1/27 4PM  
*Desserts* #104 1/28 4PM  
*Pies & Tarts* #105 1/29 4PM  
**The Lawrence Welk Show** *New Years* #1719 1/1 6PM, 1/2 Mid  
*Transportation* #1720 1/8 6PM, 1/9 Mid  
*This Colorful World* #1721 1/15 6PM, 1/16 Mid  
*Indiana* #1722 1/22 6PM  
*Musical Masterpieces* #1723 1/29 6PM  
**The Legacy List with Matt Paxton** #201 1/10 4AM #202 1/17 4AM #203 1/24 4AM #204 1/31 4AM  
**The Roosevelts: An Intimate History** *The Storm (1920-1933)* #104 1/5 8PM, 1/6 2AM  
*The Rising Road (1933-1939)* #105 1/12 8PM, 1/13 2AM  
*The Common Cause (1939-1944)* #106 1/19 8PM, 1/20 2AM  
*A Strong and Active*





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*Faith (1944-1962)* #107 1/26 8PM

**This Old House** *Upgrading Old School* #4209 1/3 2:30PM *Outside Details* #4210 1/10 2:30PM *Design Elements* #4211 1/17 2:30PM *Pizza Time* #4212 1/24 2:30PM #4213 1/31 2:30PM

**Travel Detective** *Hidden Gems of Mazatlan* #501 1/4 2PM *Puerto Rico Recovery* #502 1/5 2PM, 1/9 2PM *Hidden Gems of Baja California Sur* #503 1/6 2PM *Hidden Gems of Quintana Roo* #504 1/7 2PM *Hidden Gems of Mexico City* #505 1/8 2PM *Hidden Gems of Egypt* #506 1/11 2PM *Hidden Gems of North Lake Tahoe* #507 1/12 2PM, 1/16 2PM *Hidden Gems of Riviera Nayarit* #508 1/13 2PM *Qatar's State of the Art Airport* #601 1/14 2PM *Hidden Gems of St Helena* #602 1/15 2PM *Hidden Gems of Azores* #603 1/18 2PM *Saudi Arabia Special Report* #604 1/19 2PM, 1/23 2PM *Hidden Gems of Dominican Republic: Part 1* #605 1/20 2PM *Hidden Gems of Dominican Republic: Part 2* #606 1/21 2PM *World's Oldest Cruise Ship* #607 1/22 2PM *Hidden Gems of Anguilla* #608 1/25 2PM

**Travels with Darley** *France's Western Front Part I* #402 1/1 1:30PM *Illinois: Route 66 & Midewin* #304 1/2 1:30PM *France's Western Front Part II* #403 1/4 1:30PM *Missouri's Route 66 & St. Louis* #404 1/5 1:30PM, 1/9 1:30PM *Tokyo, Japan* #405 1/6 1:30PM *Martinique Caribbean Culture* #406 1/7 1:30PM *New York's Southern Finger Lakes* #501 1/8 1:30PM *New Mexico's Continental Divide Trail* #502 1/11 1:30PM *Santa Fe Arts & Culture* #503 1/12 1:30PM, 1/16 1:30PM *Finger Lakes & Monongahela Forests* #504 1/13 1:30PM *French Riviera* #505 1/14 1:30PM *Santa Fe Adventures* #506 1/15 1:30PM *California's Central Coast* #601 1/18 1:30PM *North Dakota* #602 1/19 1:30PM, 1/23 1:30PM *Culpeper, Virginia* #603 1/20 1:30PM *Brittany, France* #604 1/21 1:30PM *Alabama & Arkansas* #605 1/22 1:30PM *Darley's Global Food Guide* #606 1/25 1:30PM *Dubai* #701 1/26 1:30PM, 1/30 1:30PM *Tahoe, Reno & Beyond* #702 1/27 1:30PM *Macao & Hong Kong* #703 1/28 1:30PM *Adirondacks* #704 1/29 1:30PM

**United In Song: Celebrating The Resilience of America** 1/3 3AM

**Victoria Season 2 On Masterpiece** *Comfort and Joy* #4807 1/1 2AM

**Victoria Season 3 On Masterpiece** *Uneasy Lies The Head That Wears The Crown* #4901 1/7 8PM, 1/8 2AM *London Bridge Is Falling Down* #4902 1/7 9PM, 1/8 3AM *Et In Arcadia* #4903 1/14 8PM, 1/15 2AM *Foreign Bodies* #4904 1/14 9PM, 1/15 3AM *A Show of Unity* #4905 1/21 8PM, 1/22 2AM *A Coburg Quartet* #4906 1/21 9PM, 1/22 3AM *A Public Inconvenience* #4907 1/28 8PM *The White Elephant* #4908 1/28 9PM

**ViewFinder: Oh My Aching Back! Prevention and Treatment** #2206 1/7 7:30PM, 1/8 1:30AM, 1/8 9PM, 1/9 3AM, 1/9 6:30PM, 1/9 11:30PM, 1/10 9:30AM, 1/10 3:30PM

**When Disaster Strikes** *A Perfect Storm: Mozambique* #101 1/9 8AM, 1/11 9PM, 1/12 3AM *The Silent Killer: Somalia* #102 1/16 8AM, 1/18 9PM, 1/19 3AM *Paradise Lost: Bahamas* #103 1/23 8AM, 1/25 9PM

**Wider World** #2111 1/3 6AM #2112 1/10 6AM #2113 1/17 6AM #2114 1/24 6AM #2115 1/31 6AM

**Woodsmith Shop** *Smartphone Amp* #1301 1/1 8AM *Platform Bed* #1408 1/3 3PM, 1/29 8AM *Wall Cabinet* #1302 1/4 8AM *Simple Shop Storage* #1303 1/5 8AM *Bride's Chest* #1304 1/6 8AM *Miterless Picture Frames* #1305 1/7 8AM *Hardware Organizer Cart* #1306 1/8 8AM *Carpenter's Toolbox* #1409 1/10 3PM *Trestle Hall Table* #1307 1/11 8AM *Cutting Board* #1308 1/12 8AM *Step-Back Bookcase* #1309 1/13 8AM *Shop-Made Clamps* #1310 1/14 8AM *Adjustable Stool* #1311 1/15 8AM *Paneled Storage Chests* #1410 1/17 3PM *Barnwood Entry Bench* #1312 1/18 8AM *Solving Problems, Woodworking Solutions* #1313 1/19 8AM *The Best Miter Saw Stand* #1401 1/20 8AM *Laid Back Bookrack* #1402 1/21 8AM *Three Bright Candle Projects* #1403 1/22 8AM *Bird House & Feeder* #1411 1/24 3PM *Take Care of Your Tools* #1404 1/25 8AM *Shop Stool & Step Stool* #1405 1/26 8AM *A New Old Workbench* #1406 1/27 8AM *Playing Games in the Shop* #1407 1/28 8AM *Turned Tool Handles* #1412 1/31 3PM

**Yellowstone Symphony** 1/27 3AM

**Yoga In Practice** *Transforming Fear Into Joy* #207 1/1 6AM, 1/22 6AM *The Dance of Confidence* #208 1/4 6AM, 1/25 6AM *Cultivate Self-Respect* #209 1/5 6AM, 1/26 6AM *Allow Yourself to Soar* #210 1/6 6AM, 1/27 6AM *Become An Able Vessel* #211 1/7 6AM, 1/28 6AM *The Inner Fire of Transformation* #212 1/8 6AM, 1/29 6AM *Honor Your Inner Beauty* #213 1/11 6AM #301 1/12 6AM #302 1/13 6AM *Our Breath Is Our Conversation with the World* #201 1/14 6AM *Your Practice Is A Journey* #202 1/15 6AM *Nature and the Cycle of Creation* #203 1/18 6AM *Find Balance to Find Peace* #204 1/19 6AM *Finding Your Center* #205 1/20 6AM *Intention, Knowledge, and Action* #206 1/21 6AM