Today, natural disasters threaten the planet with increasing ferocity. They strike without warning, tearing apart infrastructure and destroying lives. How should the world respond, and how can vulnerable populations be better prepared in the future? WHEN DISASTER STRIKES, a three-part documentary series, explores what happens after natural disasters occur in three countries: a cyclone that brings biblical floods in Mozambique, a deadly drought that destroys lives and livelihoods in Somalia, and an historic hurricane that ravages the Bahamas. Each episode charts the on-the-ground response over months as frontline workers race to save lives, restore order from chaos, and turn despair into hope. All three episodes are now available in Passport.

The Hollywood Bowl roster always features a broad variety of artists and genres, showcasing world-class artists ranging from classical and pop to jazz, rock and world music. While this season’s program was officially cancelled for the first time in its 98-year history due to COVID-19, you can still experience iconic moments from the LA Phil archives at the Hollywood Bowl with six “best of” episodes featuring live performances from the past 10 years. Enjoy unforgettable performances from Kristin Chenoweth, Audra McDonald, Sutton Foster, Herbie Hancock, Carlos Santana, Misty Copeland, John Williams and others. All six episodes of IN CONCERT AT THE HOLLYWOOD BOWL are available in Passport.

ENJOY THE MAGIC OF MUSIC AND MAJESTY OF MOTHER NATURE THIS MONTH ON PASSPORT

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WOMEN’S HISTORY MONTH RADIO SPECIALS

Enjoy special programming from American Public Media, BBC, and WFMT celebrating the role of women throughout history.

WITNESS: WOMEN’S HISTORY MONTH | Tue, Mar. 9 at 7pm

This hour-long edition of Witness History from the BBC World Service features the remarkable stories of women’s history, told by the women who were there. Hear moving, inspiring and even outrageous stories about a few of the most important women in living memory. Segments include: Fighting for the pill in Japan, The Jane Fonda Workout, The Guerrilla Girls: The women who launched an anonymous poster campaign against sexism and racism in the 1980s art world, Our Bodies, Ourselves: The story of a radical book about women’s health and sexuality, and Iraq’s pioneering feminists.

A MORE PERFECT UNION: A MUSICAL TRIBUTE TO RUTH BADER GINSBURG | Mon, Mar. 15 at 8pm

Supreme Court Justice Ruth Bader Ginsburg spent a lifetime championing her two passions: equal rights and classical music, often referencing the similarities between the courtroom and the concert hall. Ginsburg was a frequent opera-goer, classical music aficionado, and champion of equal rights that extended into the fine arts sector. From trailblazing jurist, cultural and feminist icon, and passionate classical music admirer, hear stories and memories of the Notorious RBG and her reverence in the legal and opera worlds as told by family and friends.

IRISH INSPIRATIONS: WOMEN IN IRISH CLASSICAL MUSIC

Wed, Mar. 17 at 8pm

This new, one-hour special is perfect for Women’s History Month and St. Patrick’s Day, as it celebrates the lives and achievements of Irish female musicians, and music inspired by Irish women.

Host Andrea Blain presents a musical exploration of the Emerald Isle, with a focus on women composers and performers, and music with female themes. Irish Inspirations: Women in Irish Classical Music features pianist, author and broadcaster Una Hunt. Audiences will also hear works by Joan Trimble, Amy Hunt. Audiences will also hear works by Joan Trimble, Amy Beach, Percy Grainger and Shaun Davey, as well as works that celebrate the Irish Colleen and several lassies called Molly.

Tune in Wed, March 17 at 8pm on WSIU 90.9FM Carbondale, WUSI 90.3FM Olney, and WVSI 88.9FM Mt. Vernon. Note: Inside Classical Guitar will be preempted for this special and has been moved to 9pm on 3/17/21.

ST. PATRICK’S DAY SPECIALS

Improving broadcast signal quality for our audience through strategic equipment and technology upgrades is of primary importance for the station in 2021. Here’s an update on what we’ve been working on:

DirectTV, Satellite and AT&T U-verse Viewers

There is an issue with a fiber line routed through Decatur that provides service for DirectTV and AT&T customers in the Springfield-Decatur Champaign-area. We are working with a new vendor to ensure better quality of service and we hope to have this issue resolved by the end of spring 2021. Please note: the fiber line issue does NOT impact viewers in the southern portions of the viewing area (Carbondale-Cape-Paducah) or DISH customers.

How Do I Listen To WSIU Radio on My TV

All viewers in the southern portions of our viewing area have the ability to listen to WSIU Radio via their television set. WSIU Radio can be accessed on channels 8.5/16.5 – but via antenna only. WSIU Radio is not available in the northern service region or for cable viewers located anywhere within our broadcast area. NPR Illinois provides radio service for the northern service region.
ENJOY NEW EPISODES OF MOLLY OF DENALI AND ARTHUR!

Beginning March 3rd, Molly fans can follow along with eight new episodes! You can get a sneak peek at Molly’s newest adventures in the Molly of Denali podcast.

In Season 3 of the Molly of Denali podcast, The Arctic Wolf Junior Relay has come to Qyah and junior mushers from all over Alaska, including Molly’s best friend, Toeye, will be participating in the epic sled race! But when Toeye catches a cold, Molly steps in to take over the sled. If she hopes to finish her first relay she’ll need to get advice from world-famous musher Eugene Pike, brave the elements and a herd of caribou, and help out her fellow racers. Good thing Suki’s come along for the ride!

Hear what happens in this new audio adventure coming March 3rd! Subscribe now at Apple Podcasts, Spotify, or wherever you get your podcasts!

STREAM AWARD-WINNING DOCUMENTARIES ON PBS.ORG

Enjoy content featured at Sundance & SXSW

Celebrate the Sundance Film Festival and SXSW on PBS Video with a collection of award-winning and nominated documentaries. Films streaming in March include:

People’s Republic of Desire (SXSW) | March 11 – 25
People’s Republic of Desire exposes the baffling reality of how virtual relationships are replacing real-life human connections through China’s video-based social network YY - a hugely popular gathering place for over 300 million people in China. From the super-rich, who lavish virtual gifts on their favorite live-streamers to the very poor, many of them migrant workers in urban areas searching for cheap entertainment and a way to feel connected.

TOWER | (SXSW) | March 1 – 30
TOWER, a documentary mixing animation and live-action, is the story of America’s first mass school shooting, at the University of Texas, Austin, 1966. *Viewer discretion is advised.

For Once in My Life (SXSW) | March 1 - 30
Meet the Spirit of Goodwill band — a unique assembly of singers and musicians who live with varying degrees of physical and mental disability. They bond over their mutual love of music, and their fierce drive to improve and play to ever-larger audiences.

NEIGHBOR PROFILE: NANCY MAXWELL

CARBONDALE, IL
Nominated by: The Women’s Center, Carbondale, IL

WSIU is pleased to announce Nancy Maxwell as a recipient of the ‘Neighborhood’ award in the individual category. WSIU received four separate nominations for Nancy from The Women’s Center.

Nancy has been fighting for social justice and spearheading the anti-rape movement in southern Illinois for over a decade. She has been both a rape crisis medical/legal advocate and rape crisis counselor at The Women’s Center for almost 10 years. She also ran the women’s empowerment group at the Euroma C. Hayes Center in Carbondale for many years.

Nancy wears many hats to improve the community of Carbondale and Southern Illinois. She has worked in a variety of different occupations, including medical and law enforcement. She was the first Black female officer in Mounds, IL. She is the criminal justice chair for the Carbondale NAACP Branch and is a founding member and director for Carbondale United as well as a founding member of Southern Illinois Unity Coalition.

“I’ve always been involved in the community even when I was very young, so was my mother,” Nancy says. “It’s in my blood.”

Learn more about Nancy Maxwell and how she is making a difference at wsiu.org/neighbor.

Thank you to everyone who participated in WSIU’s One Region All Neighbors campaign which highlighted individuals, businesses, and organizations working to improve the quality of life in their community via acts of kindness and compassion. WSIU is proud to recognize these people and groups who make a difference in our world! While we have stopped accepting nominations for this initiative in 2021, we will continue to highlight the inspirational stories of our nominees. May they inspire you to make a difference in 2021.
AMELIA EARHART: AMERICAN EXPERIENCE
3/18 AT 7PM ON WSIU/WUSI TV
3/27 AT 8PM ON WSEC/WMEC/WQEC TV
The first woman to fly solo across the Atlantic, Amelia Earhart was one of America’s earliest celebrities. After only a few years as a pilot she became the best-known female flier in America, not only for her daring and determination, but also for her striking looks and outspoken personality. Amelia even had an uncanny resemblance to Charles Lindbergh — the most famous man in America at the time — earning her the nickname “Lady Lindy.” Three weeks short of her 40th birthday, Earhart disappeared over the Pacific Ocean, and her story became legend.

SERVED LIKE A GIRL • STREAM AT PBS.ORG
Enjoy this powerful and poignant look at a group of diverse female veterans as they transition from active duty to civilian life after serving tours of duty in Iraq and Afghanistan. These inspiring women find ways to adapt to the challenges they face through participation in the “Ms. Veteran America” competition.

DOLORES • STREAM AT PBS.ORG
Meet the indomitable Dolores Huerta, who tirelessly led the fight for racial and labor justice alongside Cesar Chavez, becoming one of the most defiant — and unheralded — feminist activists of the 20th century.

LORETTA LYNN: MY STORY IN MY WORDS
THU, MAR. 4 AT 9PM (REPEATS 3/11 AT 9PM)
2021 marks the 50th anniversary of “Coal Miner’s Daughter,” the Loretta Lynn song that became a book, a feature film, and an indelible part of popular culture. Like so many other songs written by Lynn, the lyrics told the story of her life and spoke to women who struggled to make ends meet. Lynn’s simple, straightforward song stories gave legitimacy to the joys, heartaches, struggles and triumphs of daily life. Using archival audio interviews and classic performances, the program allows Lynn be the storyteller of her own remarkable life.

STEVEN NICKS: 24 KARAT GOLD TOUR
SAT, MAR. 6 AT 10:30PM
Grab a front-row seat for the Grammy Award-winning artist’s epic concert, captured at two sold-out arenas. Featuring smash hits from her Fleetwood Mac and solo careers, with introspective stories about her personal and professional lives.

TINA TURNER: ONE LAST TIME
TUE, MAR. 2 AT 9PM
Join one of the best-selling recording artists of all time for her unforgettable concert filmed at London’s Wembley Stadium in 2000. The powerhouse performer blasts out hit after hit from her four-decade career.

ICONS WOMEN OF COUNTRY MUSIC
MON, MAR. 8 AT 10:30PM
Join Kathy Mattea, Trisha Yearwood, Wynonna Judd and more as they pay tribute to the legends who inspired them. From Dolly to Tammy to Patsy to Loretta, this is an intimate look at iconic female artists and their timeless music.

DOLLY PARTON & FRIENDS: 50 YEARS AT THE OPRY
SUN, MAR. 7 AT 6PM
A celebration of the country music legend’s 50 years as a member of the Grand Ole Opry, this special captures Dolly Parton delivering some of her biggest hits on one of the most iconic stages in the world. Featuring new interviews with Parton and guest appearances by some of her superstar friends, including Dierks Bentley, Emmylou Harris, Chris Janson, Toby Keith, Margo Price, Hank Williams, Jr., and more.

COMING SOON: HEMINGWAY
KEN BURNS AND LYNN NOVICK’S HEMINGWAY
TO PREMIERE APRIL 5
Hemingway, a three-part, six-hour documentary film by Ken Burns and Lynn Novick, examines the visionary work and the turbulent life of Ernest Hemingway, one of the greatest and most influential writers America has ever produced.

Interweaving his eventful biography — a life lived at the ultimately treacherous nexus of art, fame, and celebrity — with carefully selected excerpts from his iconic short stories, novels, and non-fiction, the series reveals the brilliant, ambitious, charismatic, and complicated man behind the myth, and the art he created. Directed by Ken Burns and Lynn Novick, written by Geoffrey C. Ward and produced by Sarah Botstein, Novick and Burns.

Tune in for the broadcast Monday, April 5 – 7 at 7pm on WSIU/WUSI TV and WSEC/WMEC/WQEC TV. All three episodes of the series will be available to stream on Passport beginning April 5th.
KITCHEN QUEENS | 3/5 - 3/7
Create turns the spotlight on the female chefs changing the culinary landscape of New Orleans, while highlighting the food and stories from chefs with roots in Creole New Orleans, Louisiana Cajun country, Italy, Vietnam, and Latin America.

IRELAND: COUNTY BY COUNTY | 3/12 - 3/14
Part travelogue and part historical culinary tour, join us county by county to reveal the best of Ireland - from the broad golden shores of Sligo and the rolling green hills of Antrim to the misty mountaintops of Kerry and the bustling excitement of Dublin.

IN STITCHES | 3/19 - 3/21
Attention, needle artists! Watch Nancy Zieman and the pros of It’s Sew Easy, Knit and Crochet Now, Quilting Arts, and Fons & Porter’s Love of Quilting share their top tips, techniques, and projects for the avid crafter.

THIS OLD HOUSE: THE ROXBURY HOUSE | 3/26 - 3/28
This Old House teams up with a Boston-area non-profit to renovate a foreclosed 1870s Second Empire home in the city’s Roxbury neighborhood for two deserving families. Watch the stunning start-to-finish transformation on this special Create showcase!

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LETS GO, MINNESOTA!
BEGINS 3/1
Hiking, biking, climbing, and paddling are just a few ways we enjoy the outdoors. Join host Brenda Piekarzki as she leads a team of adventurers down rivers, up cliffs, and across prairies. And because we include an artist on every adventure, you will get to look at nature through a creative lens as well. Presented by KSMQ.

WOODSMITH SHOP
SEASON 14 BEGINS 3/11
The Woodsmith Shop inspires and teaches woodworkers, home-improvement enthusiasts, and those who value fine craftsmanship. Each episode shines the spotlight on a high-quality project from Woodsmith magazine. Hosts Phil Huber, Chris Fitch, and Logan Witter demonstrate everything from building heirloom masterpieces, to unique weekend projects, to shop-built tools & jigs. Along the way, woodworkers learn about the techniques that go into becoming a better woodworker, how to get the best results from their tools, and clever, time-saving tips.

March is Women’s History Month, and WORLD will feature a collection that examines the struggles, triumphs and variety of experiences of women in America. Films from these themes include:

America ReFramed: Bring It Home
Tue, Mar. 30 at 7pm
The story of five Ohioan families at a crossroads after the sudden closing of the GM Lordstown auto plant. The decision by GM forces thousands of families in the Mahoning Valley to decide between taking a transfer to an out-of-state plant, or staying put. If they stay, they risk losing their employment, health and retirement benefits. As they wrestle these tough choices, they are left wondering why a company recording billions in profits is shuttering factories.

America ReFramed: The Place that Makes Us
America. Films from these themes include:

* BROADCASTS ON WSEC, WSEC & WQEC ONLY
** WSIU/WUSI ONLY
1 Monday

5:30      Classical Stretch: The Esmonde Technique.CC
          Pain Relief: Calf & Knee Strengthening.

6am      PBS KIDS Morning Schedule.CC

12pm     Les Stroud’s Wild Harvest.CC
          Milkweed & Cattail Flour. The milkweed plant is the natural
          life-sustaining domain of the monarch butterfly larvae that choose
          this wildflower as the only species to develop and grow upon. Sustainably
          harvested it also represents a wonderful broccoli like vegetable for Chef Paul
          Rogalski to experiment with. A short walk from expert forager Les Stroud’s own
          cottage, on the edge of the local gravel pit a prolific bounty awaits
          our wild harvesters.

12:30    Christina Cooks: Back to the Cutting Board.CC
          Age Like a Movie Star. Creamy white bean soup
          with escarole; tomato tarte tatin; sweet fruit
          pizza; seasoning a cast iron skillet; taking
          care of skin naturally; sunscreen and body scrub.

1pm      PBS KIDS Afternoon Schedule.CC

5pm      BBC World News America.CC

5:30     BBC World News Outside Source.CC

6pm      PBS NewsHour.CC

7pm      Dolly Parton & Friends: 50 Years at the
          Opry.CC Join the country music superstar to
          celebrate her 50 years at the Grand Ole Opry.
          Bringing together five decades of hits into
          one unforgettable evening, Dolly is joined by
          special guests including Emmylou Harris, Toby
          Keith and more.

9pm      Il Divo: Timeless - Live In Japan.CC Celebrate
          the 15th anniversary of the classical crossover
          group with a magical concert filmed at Tokyo’s
          Budokan Stadium. Il Divo delights fans with
          their signature takes on pop favorites and
          traditional standards in four languages.

10:30    Rick Steves Fascism In Europe.CC In this
          one-hour special, Rick Steves travels back a
          century to learn how fascism rose and then
          fell in Europe - taking millions of people with
          it. He traces fascism’s history from its roots in
          the turbulent aftermath of World War I, when
          masses of angry people rose up, to the rise
          of charismatic leaders who manipulated that
          anger, and the totalitarian societies they built.
          In addition, Rick chronicles the brutal measures
          the leaders used to enforce their ideologies,
          and discusses the horrific consequences of
          genocide and total war. And yet despite all
          this, inspiration can be found by those who
          resisted. Along the way, Rick visits poignant
          sights throughout Europe relating to fascism,
          and talks with Europeans whose families lived
          through those times.

2 Tuesday

5:30      Classical Stretch: The Esmonde Technique.CC
          Weight Loss: for Legs & Arms.

6am      PBS KIDS Morning Schedule.CC

1pm      PBS KIDS Afternoon Schedule.CC

5pm      BBC World News America.CC

5:30     BBC World News Outside Source.CC

6pm      PBS NewsHour.CC

7pm      Magic Moments: The Best of 50s Pop.CC
          Celebrate 1950s pop music recording
          legends with a mix of new performances
          and archival footage.

9pm      Tina Turner: One Last Time.CC Join one of
          the best-selling recording artists of all time for
          her unforgettable concert filmed at London’s
          Wembley Stadium in 2000. The powerhouse
          performer blasts out hit after hit from her four-
          decade career.

10:30    Urban Forge: Ozark Artistry.CC Sparks are
          flying in “Urban Forge: Ozark Artistry” as the
          first-hand process of taking raw materials from
          conception to completion comes to life on-
          screen. The film highlights tools and techniques
          dating back centuries, and the craftsmanship
          it takes to produce functional works of art.
          Experience the pride of craftsmanship and
          realize the importance of keeping the tradition
          alive.

11:30    DW The Day.CC

3 Wednesday

5:30      Classical Stretch: The Esmonde Technique.CC
          Pain Relief: Focusing On Hips.

6am      PBS KIDS Morning Schedule.CC

12pm     Moveable Feast with Relish.CC

12:30    Lidia’s Kitchen.CC Wheat Harvest and Pasta.
          In this episode, Lidia talks about the harvest of wheat
          and the hard word involved with making flour and eventually
          bread and pasta.

1pm      PBS KIDS Afternoon Schedule.CC

5pm      BBC World News America.CC

5:30     BBC World News Outside Source.CC

6pm      PBS NewsHour.CC

7pm      Andy Williams: Greatest Love Songs (My
          Music).CC Enjoy the romantic crooner’s biggest
          hits and best-loved ballads including “Moon
          River,” “Love Story,” “Dear Heart” and “Born
          Free.” His hugely successful career bridged
          the generations, with repertoire ranging from
          classic standards to modern pop songs.

8:30     NOVA.CC The Truth About Fat. Do we control
          our fat, or does it control us? For generations,
          overweight individuals have been stigmatized
          and cast as lazy. But scientists are coming to
          understand fat as a fascinating and dynamic
          organ—one whose size has more to do with
          biological processes than personal choices.
          Through real-life stories of hunter-gatherers,
          sumo wrestlers, and supermodels, NOVA
          explores the complex functions of fat and the
          role it plays in controlling hunger, hormones,
          and even reproduction.

10pm     The Brain Revolution.CC Explore
          neuroplasticity - the untapped power to
          improve our lives as we age - to learn how the
          brain works and how we can make it work for
          us.

11:30    DW The Day.CC

4 Thursday

5:30      Classical Stretch: The Esmonde Technique.CC
          Weight Loss: Increase Your Range of Motion.

6am      PBS KIDS Morning Schedule.CC

12pm     Quilting Arts.CC Stitch By Hand and Machine.
          This episode features some new stitch
          variations to try – Sashiko.

12:30    It’s Sew Easy.CC Decorative Details. It’s those
          little decorative details that make or break
          your design especially if you want it to look
          professional.

1pm      PBS KIDS Afternoon Schedule.CC

5pm      BBC World News America.CC

5:30     BBC World News Outside Source.CC

6pm      PBS NewsHour.CC

7pm      Loretta Lynn: My Story In My Words.CC
          Celebrate the country music legend and her
          classic songs with this biographical portrait
          that lets Lynn tell her own life story. Includes
          classic performances of her record-breaking
          feisty female anthems, which rose to the top of
          the charts.

8:30     This Land Is Your Land (My Music).CC Take
          a musical journey through the evolution of
          modern American folk music, from its roots
          in bluegrass to San Francisco coffee houses
          to clubs in Greenwich Village. The Smothers
          Brothers and Judy Collins host.

10pm     Retire Safe & Secure with Ed Slott for 2021.CC
          Ed Slott presents detailed and easy-to-follow
          guidance for protecting savings to ensure a
          comfortable retirement.

11:30    DW The Day.CC

5 Friday

5:30      Classical Stretch: The Esmonde Technique.CC
          Weight Loss: Hip Strengthening.

6am      PBS KIDS Morning Schedule.CC

12pm     Make It Artsy.CC Your Environment. Shake up
          your art by finding ideas around your house.

12:30    Best of the Joy of Painting.CC Pastel Seascape.
          Bob Ross composes a fantastic seashore-in-an-
          oval that literally glows with delightful color.

1pm      PBS KIDS Afternoon Schedule.CC

5pm      BBC World News America.CC

5:30     BBC World News Today.CC

6pm      PBS NewsHour.CC

7pm      Washington Week.CC

7:30     CapitolView.CC

8pm      Carpenters: Close to You (My Music Presents).
          CC The program presents the fascinating
          history of the top American music act of
          the 1970s, with rare performances and
          remembrances from Richard Carpenter and
          friends.

9:30      Dutch Hop.CC Little known by folks outside the
          community, Dutch Hop dancers add a bounce
to their steps and sometimes an extra hop or a
          stomp to the smoother traditional polka dance.

11pm     Rick Steves Island Hopping Europe.CC Join Rick
          on a tour of four of Europe’s most intriguing
          and surprising islands: Malta, Capri, Orkney,
          and Skye. This untraditional island-hopping
          adventure skips the hot sun and tiki drinks, but
          comes with remote beaches, Crusader castles,
          pre-historic wonders, windswapt slopes, and
          salty traditional island lifestyles.

11:30    DW The Day.CC

6 Saturday

5am      PBS KIDS Saturday Schedule.CC
9am Nancy Zieman: Extraordinary Grace.CC The last person expecting to seek the spotlight, finds herself in the homes of millions of television viewers. She was the girl with the unconventional smile, destined to become an unlikely icon. Nancy Zieman host of Sewing With Nancy, humble and quiet by nature, provided creative inspiration to her dedicated viewers for decades. An educator, author, television producer, entrepreneur and innovator, Nancy inspired sewing and quilting enthusiasts throughout her long career. Nancy’s life was also marked by several personal and physical challenges, some of which she bravely shared with her fans. When she passed away in 2017, the outpouring of gratitude proved her to be a public television icon, who earned an immense and loyal following because of her steady and inspired work on Public Television.

10:30 Christopher Kimball’s Milk Street Television.CC Everyday Middle Eastern Cooking. Christopher Kimball travels to the Galilee Valley to visit with author of “The Palestinian Table,” Reem Kassis, who cooks maqlubah, a multilayered chicken and rice dish worthy of a feast. Then, Chris heads to Tel Aviv to taste the classic semolina cake, hareesa. Back in the kitchen, Milk Street Cook Bianca Borges shows Chris a streamlined version of Palestinian Upside-Down Chicken and Rice. Finally, Milk Street Cook Josh Mamanclay makes Semolina-Sesame Cake with a crunchy sesame seed topping and sweet citrus syrup.

11am How to Cook Well with Rory O’Connell.CC Ballycotton Prawns served in their Shells with Watercress and Home-made Mayonnaise; Prawn or Lobster Bisque; Roast Duck with Orange; Brussels Sprouts with Toasted Hazelnuts and Candied Bacon; Traditional Irish Sherry Trifle.

11:30 America’s Test Kitchen from Cook’s Illustrated.CC Sous Vide for Company. Test cook Dan Souza teaches host Julia Collin Davison the secret to a foolproof Sous Vide Rosemary-Mustard Seed Crusted Roast Beef. Equipment expert Adam Ried shares his pick for the best handheld vacuum sealers. Gadget critic Lisa McManus reviews funnels. Finally, Julia shows host Bridget Lancaster an easy recipe for Sous Vide Creme Brulee.

12pm The Brain Revolution.CC (R) See 3/3 at 10pm.

1:30 Easy Yoga for Arthritis with Peggy Cappy.CC Join yoga teacher Peggy Cappy as she demonstrates movements to use at home to strengthen muscles and help increase mobility for people who are challenged by arthritis or the stiffness.

2:30 Easy Yoga for Diabetes with Peggy Cappy.CC Learn how yoga and diet can improve health and have a positive impact on life with diabetes.

3:30 Il Divo: Timeless - Live In Japan.CC (R) See 3/ at 9pm.

5pm John Fogerty: My 50 Year Trip.CC Travel on a musical journey through Fogerty’s hit parade with Creedence Clearwater Revival and selections from his iconic songbook. Inspired by the 50th anniversary of Woodstock, the concert recreates the sounds and spirit of 1969.

7pm It’s What’s Happening Baby (My Music Presents).CC Enjoy an all-star rock and soul concerts at the historic Brooklyn Fox theatre. The concert features Ray Charles, Dionne Warwick, The Righteous Brothers, Diana Ross & The Supremes, Smokey Robinson & The Miracles, Marvin Gaye, and others.

9pm Tower of Power: 50 Years of Funk and Soul.CC Groove to the signature sounds of the iconic soul-funk R&B band, still playing to “Souled Out” crowds as they tour the world.

7 Sunday

5am PBS KIDS Sunday Schedule.CC

10am Rick Steves Island Hopping Europe.CC (R) See 3/2 at 3:30.

10:30 John Fogerty: My 50 Year Trip.CC (R) See 3/6 at 5pm.

12:30 Market to Market.CC

1pm Firing Line with Margaret Hoover.CC

2:30 CapitolView.CC

3pm NOVA.CC The Truth About Fat. (R) See 3/3 at 8:30.


6pm Dolly Parton & Friends: 50 Years at the Opry.CC (R) See 1/37 at 1pm.

8pm Downton Abbey Returns.CC Join host Jim Carter (Mr. Carson) for a celebration of the beloved hit series and a sneak peek at the upcoming movie. Features new interviews with the cast and creators and never-before-seen video clips.

10pm Overcoming Anxiety, Depression, Trauma, and Grief with Daniel Amen MD and Tana A.CC Dr. Daniel Amen and his wife Tana Amen show you how to tame the hidden dragons that cause these problems to help you feel happier, more positive, and more in control of your own emotions.

8 Monday


6am PBS KIDS Morning Schedule.CC

12pm Les Stroud’s Wild Harvest.CC Rock Triple & Reindeer Moss. Expert forager Les Stroud finds himself with a plethora of wild edibles all in season as he paddles out and explores the swamps and forests around his cabin in the woods in Temagami, Ontario. Chef Paul Rogalski is energized by having so much to play with in the kitchen, all there to compliment the bounty of a small mouth bass.

12:30 Christina Cooks: Back to the Cutting Board.CC Breakfast of Champions. What’s a true breakfast of champions? Can I assure you it doesn’t come in a box.

1pm PBS KIDS Afternoon Schedule.CC

5pm BBC World News America.CC

5:30 BBC World News Outside Source.CC

6pm PBS NewsHour.CC

7pm It’s What’s Happening Baby (My Music Presents).CC (R) See 3/6 at 7pm.

9pm Carpenters: Close to You (My Music Presents).CC (R) See 3/3 at 1:30.

10:30 The Transformational Power of Yoga.CC Desirée Rumbaugh shares how simple yoga and meditation practices can strengthen, protect and heal.

11:30 DW The Day.CC

9 Tuesday


6am PBS KIDS Morning Schedule.CC

12pm No Passport Required.CC Detroit. Join Chef Marcus Samuelsson to explore the culture and flavor of Detroit’s Middle Eastern community.

1pm PBS KIDS Afternoon Schedule.CC

5pm BBC World News America.CC

5:30 BBC World News Outside Source.CC

6pm PBS NewsHour.CC

7pm Doo Wop to Pop Rock: My Music Celebrates 20 Years.CC Celebrate 20 years of greatest hit songs from the 50s to the 70s featuring legendary performers The Kingston Trio, Glen Campbell, Aretha Franklin, Engelbert Humperdinck, Judy Collins, Davy Jones, Mel Carter, Patti Page and more.

9:30 Classical Rewind (My Music).CC Experience the beauty, romance and dramatic power of musical masterpieces in this visual and auditory joyride through the world of classical hits.

11pm BBC World News.CC

11:30 DW The Day.CC

10 Wednesday

5:30 Classical Stretch: The Esmonde Technique.CC Pain Relief: Spine Strength & Flexibility (All Standing).

6am PBS KIDS Morning Schedule.CC

12pm Moveable Feast with Lalish.CC

12:30 Lidia’s Kitchen.CC Cooking with the Nuns. Inspired by the soups she had for school lunches, she prepares a Cannellini Bean and Lentil Soup, as well as a one pot meal of Sausages and Apples that can feed a hungry family.

1pm PBS KIDS Afternoon Schedule.CC

5pm BBC World News America.CC

5:30 BBC World News Outside Source.CC

6pm PBS NewsHour.CC

7pm Nature.CC Equus: Story of the Horse: Chasing The Wind. Travel around the world to uncover the history of mankind’s relationship with the horse.

8:30 Suzie Orman’s Ultimate Retirement Guide.CC Join the acclaimed personal finance expert for essential advice on planning for and thriving in retirement.

10:30 Safe Money In Tough Times with Jonathan Pond.CC Jonathan Pond provides guidance to help members cope with the personal financial changes and challenges ahead.
11 Thursday

5:30 Classical Stretch: The Esmonde Technique.CC
Weight Loss: Slenderize The Saddle Bags.
6am PBS KIDS Morning Schedule.CC
12pm Quilting Arts.CC Paint It. The new season of Quilting Arts opens as host Vivika Hansen DeNegre introduces painting techniques.
12:30 It's Sew Easy.CC Step By Step Garments. It’s all about taking your time and paying attention to the fine points as you create great garments start to finish.
1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC
7pm Moments to Remember: My Music.CC Patti Page and Nick Clooney co-host performances and archival classics from the late 50s and early 60s pop era with fellow co-hosts Peter Marshall, Wink Martindale and Mary Lou Metzger.
9:30 Energy Paradox with Steven Gundry, MD.CC Dr. Steven Gundry reveals the shocking source of our exhaustion and the simple steps we can take to reclaim our youthful energy.
11pm BBC World News.CC
11:30 DW The Day.CC

12 Friday

5:30 Classical Stretch: The Esmonde Technique.CC
Weight Loss: Leg Slenderizers.
6am PBS KIDS Morning Schedule.CC
12pm Make It Artsy.CC Your Outdoor Space. There is no better place to find inspiration than outdoors - a walk outside can change your whole outlook.
12:30 Best of the Joy of Painting.CC Born in Snow Oval. Big ol’ country barn snuggled in the snow, here’s a Bob Ross oval scene with fun checkerboard background.
1pm PBS KIDS Afternoon Schedule.CC
5:30 BBC World News Today.CC
6pm PBS NewsHour.CC
7pm Washington Week.CC
7:30 CapitolView.CC
8pm Red, White & Rock (My Music).CC Join Frankie Valli, The Righteous Brothers, Connie Francis and more for a 2002 patriotic celebration of America and pop oldies music. Featuring a dream lineup of artists from the rock, pop and doo-wop days of the late 50s and early to mid-60s.
10:30 Rick Steves’ Heart of Italy.CC Rick delves deep into the Italian heartland - the place where la dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: the venerable ancient and fragrant wine cellars. Then he tours its delicate Giotto masterpieces, and its awe-inspiring Assisi, with its inspirational story of St. Francis, the patron saint of animals and the environment.
11:30 DW The Day.CC

13 Saturday

8:30 DownTown Abbey Returns.CC (R) See 3/7 at 8pm.
10pm Urban Forge: Ozark Artistry.CC (R) See 3/2 at 10:30.
11pm Eat Your Medicine: The Pegan Diet with Mark Hyman, MD.CC Dr. Mark Hyman is a practicing medical doctor who has been studying nutrition and treating patients for over 30 years. He practices a style of medicine called Functional Medicine which uncovers and addresses the root cause of disease-the only way to actually cure and reverse chronic conditions. One of the most common conditions he treats is FLC syndrome—that’s Feel Like Crap syndrome. Unfortunately, FLC syndrome is commonplace among so many of us. But, the good news is, by the end of this 60-minute show, you’ll learn all about reversing FLC syndrome, along with many other chronic diseases, using the most powerful drug on the planet. This medicine is available to everyone, and it works faster, better, and is cheaper than any other drug on the market—and all the side effects are good ones.

14 Sunday

5am PBS KIDS Sunday Schedule.CC
10am The Transformational Power of Yoga.CC (R) See 3/8 at 10:30.
11am Rick Steves Hunger and Hope: Lessons from Ethiopia and Guatemala.CC In the op-ed style documentary Rick Steves’ concern with world hunger relief leads him on a rare journey outside of Europe. Rick meets struggling farmers in Ethiopia and Guatemala, and discovers what life is like for the 700 million people living on under $2 per day. Then, the optimistic travel host learns from locals and experts about innovative solutions which have decreased hunger rates by half in the last generation, and promise to make further improvements in the developing world.
12:30 Market to Market.CC
1pm Firing Line with Margaret Hoover.CC
1:30 Suze Orman’s Ultimate Retirement Guide.CC (R) See 3/10 at 2am.
3:30 Josh Groban: An Evening of Harmony.CC Join the global superstar for a concert of timeless songs and new music from his upcoming album Harmony. Songs include “Bring Him Home,” “Over the Rainbow,” “The Impossible Dream” and “The First Time Ever I Saw Your Face.”
5pm Red, White & Rock (My Music).CC (R) See 3/12 at 8pm.
7:30 Nature.CC Equeus: Story of the Horse: Chasing The Wind. (R) See 3/10 at 7pm.

15 Monday

5:30 Classical Stretch: The Esmonde Technique.CC
Weight Loss: Full Body Workout (All Standing).
6am PBS KIDS Morning Schedule.CC
12pm Les Stroud’s Wild Harvest.CC Ruffed Grouse and Labrador Tea. Just ahead of the winter snows, Les and Paul find themselves enjoying the fresh cool winds and grey skies over the Athabasca River. Expert forager Les Stroud challenges Master Chef Paul Rogalski to his delight with the harvest of a ruffed grouse, rose hips, sweet clover and willow branches.
12:30 Christina Cooks: Back to the Cutting Board.CC What a Gutsy Move. You're either tough or you're not. And by tough I don't mean...mean.
I mean resilient tough. Come from deep in your gut tough. Your gut. Remember that? Taking care of digestion will have you taking care of business.

1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC
7pm Antiques Roadshow.CC Vintage Spokane Hour 2. Journey back to the Pacific Northwest to discover antique and vintage finds like a Jon Stefansson landscape oil, a Lonny Frey pro baseball collection and a Rolex Bubbleback watch. Have their values held strong or headed south since 2007?
8pm Antiques Roadshow.CC Newport, Hour Three. Celebrate as Roadshow wraps up its visit to Rosecliff mansion with more treasures, including a Tiffany & Co. sapphire and diamond ring, a Boston bureau table made around 1770, and M.C. Escher lithographs. Find out which is appraised for $100,000!
9pm Independent Lens.CC My Country No More. The human cost of the oil boom is explored through the intimate lens of one family fighting for their agricultural way of life.
10pm Amanpour and Company.CC
11pm BBC World News.CC
11:30 DW The Day.CC

16 Tuesday
5:30 Classical Stretch: The Esmonde Technique.CC
6am PBS KIDS Morning Schedule.CC
12pm No Passport Required.CC New Orleans. Chef Marcus Samuelsson discovers how Vietnamese cuisine and culture have influenced the city in delicious ways.
1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC
7pm Finding Your Roots.CC The Vanguard. Author Ta-Nehisi Coates, filmmaker Ava DuVernay, and author and activist Janet Mock see their basic assumptions about their families challenged, placing their ancestors - of all colors - into the greater context of black history.
8pm Finding Your Roots.CC Reporting on the Reporters. Host Henry Louis Gates, Jr. shows journalists Christiane Amanpour, Ann Curry and Lisa Ling that the stories within their own family trees are every bit as compelling as the news stories they have been covering for the world.
9pm Frontline.CC Trump's American Carnage. From his first days as president to his last, how Trump stoked division, violence, and insurrection.
10pm Amanpour and Company.CC
11pm BBC World News.CC
11:30 DW The Day.CC

17 Wednesday
5:30 Classical Stretch: The Esmonde Technique.CC
6am PBS KIDS Morning Schedule.CC
12pm Moveable Feast with Relish.CC
12:30 Lidia's Kitchen.CC The Winter Vegetable Punch. Winter always proved to be a tough time for the garden, but this only made cold weather crops more valuable on Lidia's family table. Recipes in this episode include a delicious Orecchiette with Breadcrumbs, Pancetta, and Cauliflower, and a unique and flavorful Cabbage Salad topped with a warm dressing.
1pm PBS KIDS Afternoon Schedule.CC

18 Thursday
6am PBS KIDS Morning Schedule.CC
12pm Quilting Arts.CC Get Inspired. Fan the flames of creativity with inspiration on this episode of Quilting Arts. Susan Brubaker Knap and Lauretta Crites create joy flags. Then, Lyric Montgomery Kinard shows how to begin your own art exercises with color.
12:30 It's Sew Easy.CC Quilt Along. Most of this episode is devoted to quilt techniques - at home in a quilt but also used in many sewing projects.
1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC

19 Friday
6am PBS KIDS Morning Schedule.CC
12pm Make It Art.CC Your Workspace. Host Julie Fei Fan Balzer, known for her colorful aprons, shares how to make your own to reflect your mood and art style.
12:30 Best of the Joy of Painting.CC Falls in the Glen. Visit this deep wooded valley with Bob Ross and get a double surprise - two beautiful waterfalls!
1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Today.CC
6pm PBS NewsHour.CC
7pm Washington Week.CC
7:30 CapitolView.CC
8pm Great Performances at the Met.CC Renee Fleming In Concert. Experience the beloved American soprano perform arias by Puccini and Massenet to selections by Handel and Kerngold from the intimate music saloon of Dumbarton Oaks in Washington, D.C.
9pm Live From Lincoln Center.CC Andrew Rannells In Concert. Known for his Tony-nominated, Grammy-winning performance as Elder Price in The Book of Mormon and as Elijah in HBO’s Girls, Andrew Rannells brings his signature blend of superb vocal prowess and wry wit to a sparkling set of songs.
10pm Amanpour and Company.CC
11pm BBC World News.CC
11:30 DW The Day.CC

20 Saturday
5am PBS KIDS Saturday Schedule.CC
9am Best of Sewing with Nancy.CC Solving The Pattern Fitting Puzzle, Part 1. Nancy Zieman teaches pattern fitting using her time-tested pivot and slide techniques. Choose the right pattern size, and custom-fit patterns without cutting the original pattern pieces apart. Practice along using free mini-patterns that you can download online. This first episode centers on easily fitting tops, dresses, and skirts.
9:30 Fit 2 Stitch.CC Updating those Skirts! An important part of our garment and ways to help us look our best.
10am Joanne Weir’s Plates and Places.CC Chef Popi’s Moussaka Lesson. Joanne and her students take a class with Chef Popi who shares her secrets on making her specialty, classic moussaka, on the Greek island of Syros.
10:30 Christopher Kimball’s Milk Street Television.CC Milk Street Bakels!. In this episode, we make classic baked goods the Milk Street way. Milk Street Cook Bianca Borges shows Christopher
Kimball how to make mile-high Deep-Dish Quiche with Mushrooms, Bacon and Gruyere inspired by Seattle's Le Pichet bistro. Then, Chris bakes Cranberry and Candied Ginger Buckle, a fruit-studded crumb cake perfect for any time of day. Finally, Milk Street Cook Erika Bruce makes Sweet French Onion Pissaladière, a southern soufflé that comes from Vivian Howard's North Carolina kitchen.

11am How to Cook Well with Rory O'Connell.CC Whiskey punch and Christmas Fruit Punch Spicy Indian Meatballs with pomegranate and cucumber raita; Salsify in Fino; Beetroot Puree with Toasted Cumin seeds on Poppadoms; Medjool Dates with black sesame; Quail Eggs with Roasted Cumin; Cheese and Sesame Sablees.

11:30 America's Test Kitchen from Cook's Illustrated. CC Tasty Thai. Test cook Becky Hays shows host Julia Collin Davison how to make Thai Hot and Sour Noodle Soup with Shrimp. Gadget critic Lisa McManus reviews the Frywall. Finally, test cook Dan Souza makes host Bridget Lancaster perfect Crispy Thai Eggplant Salad.

12pm Pat's Mexican Table CC El Chepe, Railway to the Past. Pat will tour the train's kitchen and sit down with chef Daniel De Los Santos to taste the gourmet offerings from the train’s restaurant, Urike. Later, Pat will have a drink with her friend Rosalva Analy in the train's stunning terrace. Back home, inspired by the early morning train ride through countryside of Sinaloa, Pat cooks up a delicious breakfast based on Sinaloan classics.

12:30 This Old House.CC Tommy’s in the Kitchen. The end of the project is quickly approaching and there is still much to be done. Tommy helps hang the pantry door. Tiling and backsplash work continue as the crew creates a custom surround for the gas fireplace. Appliances arrive.

1pm Ask This Old House.CC Automated Landscape, Modern Bench. Ross explores ways that landscaping could be done automatically; Mark goes over different walkway and driveway deicers and how they might impact masonry products; Tom and Kevin build a modern bench.

1:30 Start Up.CC Ann Arbor T-Shirt Company. Jerry Kozak and Ricky Winowiecki began printing and selling t-shirts out of their college dorm with little success. After graduation, they borrowed $16,000 from friends and family to buy their first commercial t-shirt printer. After a couple more years of dismal sales, business started to pick up. The company got its first significant contracts and moved into a warehouse. With over 50 employees and two dogs, Ann Arbor t-shirt company prints and embroiders over 500,000 shirts per year for clients all over the world. This is a story about resilience and absolutely refusing to give up.

2pm American Woodshop.CC Tripod Occasional Table for Living Rooms.

2:30 MotorWeek.CC

3pm Legacy List With Matt Paxton.CC A Whole of a Time / East Hampton, Ny. (R) See 3/2 at 12pm. Finding Your Roots.CC The Vanguard. (R) See 3/3 at 17pm.

4pm PBS NewsHour Weekend.CC

5pm PBS NewsHour Weekend.CC

5pm PBS NewsHour Weekend.CC

5:30 Breaking Through The Clouds: The First Women's National Air Derby.CC In August of 1929 twenty women pulled on britches, snapped on goggles and climbed into their cockpits to race across the country. It was the first women's national air derby.

7:30 Charlotte Mansfield: A Woman Photographer Goes To War.CC This half-hour program tells the remarkable story of the pioneering military career of Charlotte Dee Mansfield, a photographer and photo analyst in the Women's Army Corps.

8pm Jazz.CC Risk (1945-1955). Jazz becomes the official symbol of American democracy abroad. At home, the music splinters into different camps: white and black, cool and hot, East and West, traditional and modern. Television supplants radio, but offers fewer opportunities for jazz to be heard. Most big bands are forced to dismantle. The rhythm and blues phenomenon further erodes the audience for jazz. Charlie Parker dies of pneumonia and cirrhosis of the liver at age 34; Dizzy Gillespie carries on the innovations of bebop as a teacher and leader, forms a big band and blends modern jazz with Latin rhythms. Inspired by the emergent civil rights movement, promoter Norman Granz holds racially integrated jazz concerts; Louis Armstrong challenges the color barrier by touring in the South with an integrated band. Viewers meet Bud Powell, Erroll Garner and Thelonious Monk, who finally attains recognition for his unique approach and sound. Some California-based musicians create a quieter sound that comes to be known as “cool” jazz; these include baritone saxophonist Gerry Mulligan and piano player Dave Brubeck, whose quartet becomes the most popular jazz group in America. A young trumpeter from East St. Louis, Miles Davis, discards his recordings with innovative composer Gil Evans and becomes the most influential musician of his generation.

10pm Austin City Limits.CC Maggie Rogers.

11pm Thou Shalt Not Kill.CC Episode Eleven. Arianna Lancise finds her 4-year-old daughter dead in the car, where she had left her for several minutes. The lack of clues leads the police and public opinion to blame Arianna, but Valeria is convinced that she is completely innocent.

21 Sunday

5am PBS KIDS Sunday Schedule.CC


12pm Whitney Reynolds Show.CC Watched, taken by knife, sexually assaulted and left in a parking garage by a man on parole for murder.

12:30 Market to Market.CC

1pm Firing Line with Mar. 17.CC (R) See 3/21 at 4:30.

1:30 Rick Steves' Europe.CC The Best of Slovenia. From its prosperous capital of Ljubljana, we enjoy the mountain resort of Lake Bled, venture into the Julian Alps for naturalthrills mixed with World War I history, go spelunking in a gigantic cave, and swim with Slavs in a charming Adriatic port.

2pm Samantha Brown’s Places to Love.CC Brooklyn, New York. From visiting the historic Brooklyn Navy Yard to sampling whiskey at New York City’s oldest distillery to tasting unique foods at the largest wholesale market in the USA, Samantha takes the opportunity to understand Brooklyn through the voice of the people behind such local staples.

3pm Antiques Roadshow.CC Vintage Spokane Hour 2. (R) See 3/15 at 7pm.

4pm We’ll Meet Again.CC The Fight for Women’s Rights. Join Ann Curry as two women search for friends and colleagues who fought for equal rights. One of the first female commercial pilots wants to thank her mentor, and an advocate hopes to find the woman who inspired her to join a movement.

5pm Art & Design In Chicago.CC ...You Build it. MCA curator and host Naomi Beckwith introduces stories of the 1893 World’s Columbian Exposition and sculptor Lorado Taft, told by artist Dessa Kirk and DePaul University’s Mark Pohlad; the School of the Art Institute (SAIC) through bios of six artists; the Institute of Design (ID); Exhibition Momentum, an annual exhibition organized by SAIC and ID students; the Southside Community Arts Center; and the Hyde Park Art Center.

5:30 Illinois Stories.CC

6pm Nature.CC Fox Tales. (R) See 3/17 at 7pm.

7pm Amelia Earhart: American Experience.CC Amelia Earhart. (R) See 3/18 at 7pm.

8pm Howards End On Masterpiece.CC Episode One. A passionate misunderstanding, a surprise visit and a stolen umbrella set into motion a series of events that unexpectedly intertwine the lives of the Schlegels, the Wilcoxes and the Basts.

9pm Howards End On Masterpiece.CC Episode Two. Mrs. Wilcox surprises her family with a final request regarding Howards End. The Schlegels face eviction from their house. The Schlegel sisters take up the cause of Jacky Bast’s husband.

10pm I Am Ireland.CC Enjoy a wonderful new “pandemic version” of the musical program featuring songs and stories with the traditional Irish Tenor, Paddy Homan and Orchestra.

11pm Evening with Delta Reese.CC Enjoy a must see one-on-one interview that gives a closer look at the life of the celebrated actress, singer, and minister.

22 Monday


6am PBS KIDS Morning Schedule.CC

12pm Les Stroud’s Wild Harvest.CC Matsutake & Wild Turkey. After a lucky find of a wild turkey in pristine condition, expert forager Les Stroud heads out with a local mycologist to gather one of the world's most sought after mushrooms; Matsutake aka "Pine Mushrooms". Returning with an armload of mushrooms Les sits back while master chef Paul Rogalski blows his culinary mind with a simple dish of mushrooms on toast followed by the best turkey Stroud has ever tasted.

12:30 Christina Cooks: Back to the Cutting Board.CC The 3 C's of Health-Carrots, Cauliflower and Cabbage. There are three veggies that create wellness like no others. Lucky for us, they’re delicious, familiar and so easy to add to our diet. No special shops; no fancy ingredients... just
food as Mother Nature intended.

1pm PBS KIDS Afternoon Schedule.CC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC
7pm Antiques Roadshow.CC Meadow Brook Hall, Hour One. Visit the grounds of the historic Meadow Brook Hall in Rochester, Michigan, and learn the story behind beloved family heirlooms, thrill store finds and more — including a $77,500 appraisal!

8pm Independent Lens.CC Coded Bias. Join the fight to expose threats to civil liberties posed by our Independent Lens.CC

9pm Antiques Roadshow.CC Meadow Brook Hall in Rochester, Michigan, and Hour One.

10:30 Amanpour and Company.CC
11:30 DW The Day.CC

23 Tuesday

6am PBS KIDS Morning Schedule.CC
12pm No Passport Required.CC Chicago. Chef Marcus Samuelsson visits the city’s longstanding Mexican community - the second-largest in the U.S. - to learn about its heritage and cuisine.
1pm PBS KIDS Afternoon Schedule.CCC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC
6pm PBS NewsHour.CC
7pm American Masters.CC Flannery. Explore the life of Flannery O’Connor whose provocative fiction was unlike anything published before. Featuring never-before-seen archival footage, newly discovered journals and interviews with Mary Karr, Tommy Lee Jones, Hilton Als and more.

8:30 Beyond The Canvas.CC The Writers World. Finding one’s voice as a writer takes dedication, courage and a willingness to reimagine the world through words on a page. Novelist Margaret Atwood, playwright Danai Gurira and others talk about finding meaning in the writing life.

9pm Frontline.CC Death is Our Business/Love, Life & the Virus. At Black-owned funeral homes in New Orleans, COVID-19 reshapes the grieving process.

10pm Amanpour and Company.CC
11pm BBC World News.CC
11:30 DW The Day.CC

24 Wednesday

6am PBS KIDS Morning Schedule.CC
12pm Moveable Feast with Fine Cooking.CC Jeremiah Tower. In this episode host Michelle Bernstein travels to Merrida, Mexico, the cultural heart of the Yucatan peninsula, to meet legend chef Jeremiah Tower.

12:30 Lidia’s Kitchen.CC The Flavors of Northern Italy. Lidia takes us through a layered Casserole with Beef, Cabbage, and Potatoes then shares her Herbed Frittata Rollup with Prosciutto Cotto followed by a family classic- Cavatappi with Beef Guazzetto.

1pm PBS KIDS Afternoon Schedule.CCC
5pm BBC World News America.CC
5:30 BBC World News Outside Source.CC

25 Thursday

6am PBS KIDS Morning Schedule.CC
12pm Quilting Arts.CC Machine Stitching. Discover new ways to spark creativity using a sewing machine. Beth Schillig demonstrates how to use a ruler to make perfect curves and lines while free-motion stitching. Then, Sarah Ann Smith shows how to master metallic threads. From thread types, to the direction they come off the spool, to tension, you’ll learn all her tips and tricks.

12:30 It’s Sew Easy.CC More Quilting. First Joanne Banko uses her serger for a quilt as you go technique that’s fast and easy. Next Emily Thompson shows paper piecing the easy way for beginners. We finish with Caroline Critchfield and a binding technique for any size quilt and great for other home dec projects too.

26 Friday

6am PBS KIDS Morning Schedule.CCC
12pm Make It Artsy.CC Your Techniques. Add a different tool, a new surface, or just make a subtle change to shape up your techniques.

12:30 Best of the Joy of Painting.CC Golden Mist Oval. Bob Ross creates an oval scene with warm brown and gold tones that captures a lonely forest river.

1pm PBS KIDS Afternoon Schedule.CCC
5pm BBC World News America.CC
5:30 BBC World News Today.CC
6pm PBS NewsHour.CC
7pm Washington Week.CC
7:30 CapitolView.CC

8pm American Masters.CC Twyla Moves. Explore legendary choreographer Twyla Tharp’s career and famously rigorous creative process, with original interviews, first-hand glimpses of her at work and rare archival footage of select performances from her more than 160 choreographed works.

9:30 Beyond The Canvas.CC The Writers World. (R) See 3/23 at 8:30.

10pm Amanpour and Company.CC
11pm BBC World News.CC
11:30 Alt. News 26:46.CC

27 Saturday

5am PBS KIDS Saturday Schedule.CCC
9am Best of Sewing with Nancy.CC Solving The Pattern Fitting Puzzle, Part 2. Gain sewing confidence when you learn Nancy Zieman’s easy pattern fitting techniques. Traditional techniques are set aside and a no-nonsense approach called Pivot and Slide is taught. Once you know the basics as seen in episode one, Nancy shows how to apply these steps to patterns that have multiple pattern pieces.

9:30 Fit 2 Stitch.CC The Final Ensemble. Bringing the capsule wardrobe together is the best for all women who love to look their best. The details in doing this are explained and simple steps that we can all do for ourselves.
10am Joanne Weir’s Plates and Places.CC Hungry for Hungary. Today Joanne makes a b-line to visit the incomparable Budapest Central Market in search of paprika, the spice Budapest is most famous for. She’ll also take you on a little tour of this beautiful city and then it’s back in her San Francisco kitchen to cook some traditional, and not so traditional, Hungarian-inspired dishes.

10:30 Christopher Kimball’s Milk Street Television.CC Entertaining Favorites. Milk Street Cook Bianca Borges teaches Christopher Kimball how to make Baked Salted Salmon with Dill, a Norwegian inspired dish served with quick-pickled cucumbers. Then, Chris cooks Roasted Acorn Squash with Browned Butter-Orange Vinaigrette, and Milk Street Cook Catherine Smart makes crispy Smashed Potatoes with Chili-Lemon Vinaigrette. Finally, Milk Street Editorial Director J.M. Hirsch shows us the technique behind a Vieux Carre, an herbal cocktail from New Orleans.

11am How to Cook Well with Rory O’Connell.CC Mincemeat Filos and Ballymalooce; Nougat; Blackcurrant pastilles; Pickled pears and Kumquat Compote; Chocolate Christmas Tree.

11:30 America’s Test Kitchen from Cook’s Illustrated. CC French-Inspired Comfort Food. Host Bridget Lancaster cooks a showstopping Beef en Cocotte with Mushroom Sauce, ingredient expert Jack Bishop gives a primer on vinegars, and test cook Keith Dresser prepares a hearty Swiss Chard and Kale Gratin.

12pm Pati’s Mexican Table.CC Mocorito, The Land of Chilario. Founded in 1594, Mocorito is a quiet, colorful colonial town known for one of Sinaloa’s most beloved recipes: a slow-simmered pork dish called chilario. Pati visits the home of Victoria Gonzalez, a cook known for having one of the best chilario recipes in town. Then Pati goes with Victoria to visit her sister, Fabiola, who specializes in another Sinaloan classic, jamoncillo - a soft, sweet candy that is made only of sugar and milk. Back in her kitchen, Pati perfects her own version of chilario and dresses up a classic local cookie with sugar crystals and dulce de leche.

12:30 This Old House.CC A Queen Anne Revival. The once roasting Seaside Victorian Cottage is restored to its original beauty under the guidelines of the Historic Commission. A new addition matches the existing architectural details. New hardscape and landscape anchor it to the corner lot.

1pm Ask This Old House.CC Garbage Disposal, Concrete Wall. Tom travels to Nashville to turn an original, exterior door into a Dutch door; Richard explains how to install a garbage disposal; Mark and Jenn reface a concrete wall with thin stone veneer.

1:30 Start Up.CC Michigan Fields. Since 2017, Drew Patrick has been developing a concept that would connect people with locally sourced and grown produce products. So, when the pandemic hit, he knew it was time to fasttrack the concept and launch his business, Michigan Fields, as quickly as possible. Essentially an online grocery store, you shop just like you would going instacart or the other services, but the products are exclusively from the source. This is a story about quickly adapting to your environment and bringing businesses together to provide a valuable service.

2pm American Woodshop.CC Tall Turned Table/ Woodturning. Woodturning is magical and so much fun! Learn the keys to doing both kinds - spindle turning and faceplate turning - as we cover the key skill-building techniques.

3:30 MotorWeek.CC 10 Modern Marvels That Changed America.CCC A whirlwind tour of 10 engineering feats that made our civilization possible: from the Erie Canal and Eads Bridge, to the Holland Tunnel and Hoover Dam. Find out which 10 modern marvels made the list!

4pm Finding Your Roots.CC Puritans and Pioneers. Actors Ted Danson and Mary Steenburgen and William H. Macy trace their nonconformist ancestors through American conflicts - the Civil War and the American Revolution, all the way back to the Puritan establishment.

5pm PBS NewsHour Weekend.CC Illinois Stories.CC

6pm American Masters.CC Flannery. (R) See 3/23 at 7pm.

7:30 POV Shorts.CC Joe’s Violin. In the Oscar-nominated Joe’s Violin, a donated musical instrument forgives an improbable friendship. 91-year-old Holocaust survivor Joe Feingold and 12-year-old Bronx school girl Brianna Perez show how the power of music can bring light in the darkest of times, and how a small act can have a significant impact.

8pm Jazz.CC The Adventure (1955-1969). As rhythm and blues and rock ’n’ roll erode jazz’ audience still further, the music nonetheless enjoys a time of tremendous creativity. Saxophonist Sonny Rollins makes his mark on the scene, Duke Ellington reemerges as a star after a triumphant performance at the Newport Jazz Festival and Miles Davis makes several now-legendary albums. Young trumpeter Clifford Brown achieves great artistry, but his life is cut short in a car accident. Vocalist Sarah Vaughan forever sets a standard for jazz singing. Amidst the school integration crisis in Little Rock, Arkansas, Louis Armstrong risks his career by speaking out forcefully against segregation. Drummer Art Blakey, pianist Horace Silver and other “hard bop” musicians play a soulful brand of jazz in an attempt to bring the music back to the black audience it has lost to R&B. In 1957, Billie Holiday reunits with Lester Young on a live television program, "The Sound of Jazz"; two years later, both Holiday and Young are dead. John Coltrane, after playing on Miles Davis’ Kind of Blue album, forms his own quartet, scores a hit with his version of the show tune "My Favorite Things" and creates some of the most intense music in jazz history. The episode concludes with the arrival on the scene of the free-jazz pioneer, Ornette Coleman, whose music challenges all of the conventions of jazz, signals the arrival of the avant garde and provokes a debate about the definition of jazz that continues to this day.

10pm Austin City Limits.CC St. Vincent.

11pm Thou Shalt Not Kill.CC Episode Twelve. While Valeria attempts to prove Arianna’s innocence, Monica confesses that Lucia has always been innocent as well – she wasn’t the one who killed her husband, Valeria’s father, Mario. But who did?

28 Sunday

5am PBS Kids Sunday Schedule.CC


12pm Whitney Reynolds Show.CC We visit Equestrian Connection getting a first-hand look at the change equine therapy is bringing to families and Veterans.

12:30 Market to Market.CC

1pm Firing Line with Margaret Hoover.CC (R) See 3/28 at 4:30.

1:30 Rick Steves’ Europe.CC Granada, Cordoba, and Spain’s Costa Del Sol. Andalucia’s Moorish heritage sparkles in the historic capitals of Granada and Cordoba. And the pride of the Reconquista and the power of Queen Isabel and King Ferdinand enliven the region’s great sights. Tasting the smooth sherry and marveling at prancing stallions, we find the passion in Andalucian culture. And we top it off with fun in the Spanish sun on the Costa del Sol.

2pm Samantha Brown’s Places to Love.CC Shanghai, China. There is a certain mystique about the Far East, as Samantha soon discovers when she travels to Shanghai, China.

2:30 CapitolView.CC

3pm Antiques Roadshow.CC Vintage Louisville 2021 Hour 1. (R) See 3/22 at 7pm.

4pm We’ll Meet Again.CC Rescued from Mount St. Helens. Join Ann Curry for the reunions of people whose lives crossed during the deadly eruption. Mindy searches for a scientist’s family to tell them how he saved her life, and Sue wants to find the helicopter pilot who rescued her from near-certain death.

5pm Art & Design In Chicago.CC The Black Metropolis of Art. Hosted by artist Faheem Majeed, subjects include: painter Archibald Motley, Jr.; sculptor Marion Perkins; The Wall of Respect, a 1967 mural created by the Organization of Black American Culture featuring Ernest Dawkins and his band; women in the Black Mural Movement; and ceramicist Marva Lee Pitchford-Jolly of the women’s artist collective Sapphire & Crystals. work has since been forgotten, and an unrecognized genius, painter Charles White.

5:30 Illinois Stories.CC

6pm Nature.CC Hippos: Africa’s River Giants. (R) See 3/24 at 7pm.

7pm Great Performances.CC Movies for Grownups Awards with AARP The Magazine. Honor the best films and performances of 2020 that resonate with older viewers including Career Achievement Award winner George Clooney. Celebrating movies that matter, the Awards champion movies for grownups, by grownups.

8pm Howards End On Masterpiece.CC Episode Three. Margaret receives an unexpected offer from Henry. Helen is incensed by the unfair fate of the Basts. The three families collide at a wedding. Henry’s past is revealed.

9pm Howards End On Masterpiece.CC Episode Four, Series Finale. Margaret is undaunted by Henry’s past misdeeds. Helen leaves abruptly for Europe. Margaret and Tibby get Henry to help resolve issues at Howards End, where the three families have a showdown.

10pm InFocus.CC COVID in Illinois – One Year Later. (R) See 3/25 at 7pm.
10:30  Illinois Stories.CC
11pm Evening with Denyce Graves.CC Enjoy a rare and unique look inside the life and career of legendary mezzo-soprano.

29 Monday

5:30  Classical Stretch: The Esmonde Technique.CC Slenderize and Strengthen Your Legs.
6am  PBS KIDS Morning Schedule.CC
12pm  Les Stroud’s Wild Harvest.CC Oak & Madrone.
In this episode of Wild Harvest expert forager Les Stroud decides to challenge master chef Paul Rogalski with a harvest based solely on two trees; Oak and Madrone. With bark, berries, nuts, flour and even infused bourbon Les leaves Paul and guest chef Joy Cyr with a tough culinary challenge.

12:30  Christina Cooks: Back to the Cutting Board.CC Rules of the Kitchen. I love structure. My home is orderly and my kitchen is immaculate. I think of it as a sacred space. There are rules of the kitchen that you must abide by if you want to nourish with love and serenity.
1pm  PBS KIDS Afternoon Schedule.CC
5pm  BBC World News America.CC
5:30  BBC World News Outside Source.CC
6pm  PBS NewsHour.CC
7pm  Antiques Roadshow.CC Vintage Louisville 2021 Hour 2. Look back at Louisville treasures from 2007 including a Kentucky cherry corner cupboard made around 1815, a Qing period nephrite jade basin and a 1911 Julian Onderdonk landscape oil. Which has skyrocketed in value and is appraised for $125,000?
8pm  Antiques Roadshow.CC Meadow Brook Hall, Hour Two. Discover Detroit-area treasures as they are appraised at the historic estate of Matilda Dodge Wilson. Meadow Brook Hall finds include a Kirth Haring archive, Harry Bertoia brooches and an 1835 “City of Detroit” map. Which is $40,000-$60,000?
9pm  Independent Lens.CC ’Til Kingdom Come. Pastors encourage an impoverished community to donate to Israel in anticipation of Jesus’s return.
10:30  Amanpour and Company.CC
11:30  DW The Day.CC

30 Tuesday

6am  PBS KIDS Morning Schedule.CC
12pm  No Passport Required.CC Queens, N.YC. Chef Marcus Samuelsson goes inside the Indo-Guyanese community to explore its roots and cuisine.
1pm  PBS KIDS Afternoon Schedule.CC
5pm  BBC World News America.CC
5:30  BBC World News Outside Source.CC
6pm  PBS NewsHour.CC
8pm  American Experience.CC The Blinding of Isaac Woodard. Discover the 1946 incident of racial violence by police that led to the racial awakening of President Harry Truman and set the stage for the landmark 1954 Supreme Court Brown v. Board of Education decision, jump-starting the civil rights movement.

31 Wednesday

5:30  Classical Stretch: The Esmonde Technique. Anti Aging Workout. In this episode of Classical Stretch, join Miranda Esmonde-White for an all-standing full-body workout designed to keep you feeling young! This zero impact cardio workout will help you burn calories while strengthening your full body.
6am  PBS KIDS Morning Schedule.CC
12pm  Moveable Feast with Fine Cooking.CC French Flavors from San Francisco. Host Pete Evans join Michelin star chef Dominique Crenn and Traci Des Jardins for a feast featuring the West Coast’s freshest local produce and seafood - bass with artichokes barigoule, salmon with a classic beurre blanc and tarte tatin.
12:30  Lidia’s Kitchen.CC Here I Come New York! As a young girl, from a small, rural setting, the majestic skyscrapers of Manhattan were quite the sight for Lidia. As a young teenager, Lidia was in charge of most dinners since her parents were returning home late in the evening, and soups were a popular choice to feed the family. In this episode, Lidia prepares a filling meal of Potato and Pasta Soup followed by Polenta with Honey and Berries, an easy way to use leftover polenta.
1pm  PBS KIDS Afternoon Schedule.CC
5pm  BBC World News America.CC
5:30  BBC World News Outside Source.CC
6pm  PBS NewsHour.CC
7pm  Extinction: The Facts.CC With 1 million species at threat, David Attenborough explores extinction and how this crisis has consequences for us all, even putting us at greater risk of pandemic diseases.
8pm  Climate Change - The Facts.CC Scientists explore the impact of climate change and what could happen if global warming exceeds 1.5 degrees. Discover how the latest innovations and technology are posing potential solutions and what individuals can do to prevent further damage.
9pm  NOVA.CC Mystery Beneath The Ice. Almost three miles of ice buries most of Antarctica, cloaking a continent half again as large as the United States. But when an Antarctic ice shelf the size of Manhattan collapsed in less than a month in 2002, it shocked scientists and raised the alarming possibility that Antarctica may be headed for a meltdown. Even a 10 percent loss of Antarctica’s ice would cause catastrophic flooding of coastal cities unlike any seen before in human history. What are the chances of a widespread melt? “Secrets Beneath the Ice” explores whether Antarctica’s climate past can offer clues to what may happen. NOVA follows a state-of-the-art expedition that is drilling three-quarters of a mile into the Antarctic seafloor. The drill is recovering rock cores that reveal intimate details of climate and fauna from a time in the distant past when the Earth was just a few degrees warmer than it is today. As researchers grapple with the harshest conditions on the planet, they discover astonishing new clues about Antarctica’s past—clues that carry ominous implications for coastal cities around the globe.
10pm  Amanpour and Company.CC
11pm  BBC World News.CC
11:30  DW The Day.CC
1 Monday


Happy Yoga with Sarah Starr.CC Ocean Sunset. Savor the peaceful ocean sunset as we focus on upper body stretches for the hands, wrists, shoulders and chest, as well as gentle seated stretches designed to create more flexibility in the lower body.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm BBC World News America.CC
12pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm Illinois Stories.CC.CC
11pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm Illinois Stories.CC

10am The Brain Revolution.CC Explore neuroplasticity - the untapped power to improve our lives as we age - to learn how the brain works and how we can make it work for us. Features the latest scientific research and an easy-to-follow plan for maximizing and protecting the brain.

2 Tuesday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Upper Body Pain Relief. To relieve upper body pain you must stretch and strengthen every muscle in your body. This Classical Stretch workout set in Montego Bay, Jamaica liberates your entire body while focusing on your shoulders, back, and neck - leaving you completely pain-free.

Sit and Be Fit.CC Perceptual Motor Fitness. This workout combines a variety of exercises that will encourage perceptual motor fitness for the purpose of strengthening communication between body and brain.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm BBC World News America.CC
12pm PBS KIDS Morning Schedule.CC
5pm PBS NewsHour.CC
6pm Illinois Stories.CC.CC

3 Wednesday

5am PBS KIDS Morning Schedule.CC

Happy Yoga with Sarah Starr.CC Desert Rock. Create more ease in your body amid the desert grandeur valley to inspire your practice as we focus on a modified flow sequence, linking breath and the sounds and spirit of 1969.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm Illinois Stories.CC.CC

3 Thursday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Stomach Flattening. Today's episode is set in one of the most beautiful locations we've ever seen. Join Miranda Esmonde-White in paradise for a stomach flattening workout that stretches and strengthens every muscle needed to smooth out your tummy.

Sit and Be Fit.CC Balance For Body and Brain. Mary Ann incorporates body patting and other exercises that help strengthen balance and stimulate the body and mind.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm BBC World News America.CC
11pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC

4 Thursday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Appetite: My 50 Year Trip. This half-hour program tells the remarkable story of the pioneering military career of Charlotte Dee Mansfield, a photographer and photo analyst in the Women's Army Corps. The film draws from her personal writings, archival film resources, historian interviews, and a conversation with Charlotte's lifelong companion, Chief Master Sgt. Lorraine Caddy, to add context to Charlotte's career and the legacy of women's military service during WWII. The program not only provides a look at how women navigated new roles in the military, but also offers an opportunity to expand the popular conversation around women's contributions during the war.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm Illinois Stories.CC.CC
7pm Illinois Stories.CC
9pm Loretta Lynn: My Story In My Words.CC Celebrate the country music legend and her classic songs with this biographical portrait.

5 Friday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Shoulder Strengthening. This full-body episode of Classical Stretch strengthens every muscle in your body while targeting your shoulders. Join Miranda-Esmonde white for a full-body workout in front of the beautiful Caribbean sea.

Happy Yoga with Sarah Starr.CC Boulder Valley. Allow the energizing gales on top the rugged grandeur valley to inspire your practice as you focus on a modified flow sequence, linking breath and the sounds and spirit of 1969.
with movement, and strengthening moves for the lower body designed to open the hips while using a chair for support.

7am CBS Kids Morning Schedule.CC
12pm Amanpour and Company.CC
1pm CBS Kids Afternoon Schedule.CC
5pm CBS NewsHour.CC
6pm BBC World News America.CC
6:30 Illinois Stories.CC (R) See 3/1 at 6:30.
7pm Washington Week.CC
7:30 CapitolView.CC
7:40 Pbs Kids Sunday Schedule.CC
8pm Carpenters: Close to You (My Music Presents).CC
The program presents the fascinating history of the top American music act of the 1970s, with rare performances and remembrances from Richard Carpenter and friends.
9:30 Dutch Hop.CC Little known by folks outside the community, Dutch Hop dancers add a bounce to their steps and sometimes an extra hop or a stomp to the smoother traditional polka dance.
11pm Relieving Stress with Yoga with Peggy Cappy.CC
Discover how to relieve stress with yoga and special breathing techniques. Using simple strategies that can be added to a daily routine, Peggy shows how to calm the nervous system and ease symptoms of anxiety, including tensions, tightness and pain.

6 Saturday
5am CBS Kids Saturday Schedule.CC
10:30 P. Allen Smith’s Garden Home.CC When Kids Takeover. P. Allen Smith asks, how many kids does it take to host a show? Find out as Allen lets the little ones take over for the day.
11am Growing A Greener World.CC A Year in the Life of the Garden Farm, Part I (Atlanta, GA). This season premiere episode documents the first of a two-part series covering an entire year in the working garden set for the television series. Host Joe Lamp’l and gardener-in-residence takes you behind the scenes for the reality of the spring and summer seasons like you’ve never seen before.
11:30 Garden SMART.CC There is a lot of innovation in hedge-growing today. Different plant material and faster growing methods make planting a hedge a new and different experience. We enjoyed producing the show, think you will enjoy watching. Be sure to tune in as we GardenSMART.
12pm The Brain Revolution.CC (R) See 3/3 at 10pm.
2pm Nancy Zieman: Extraordinary Grace.CC The last person expecting to seek the spotlight, finds herself in the homes of millions of television viewers. She was the girl with the unconventional smile, destined to become an unlikely icon. Nancy Zieman host of Sewing With Nancy, humble and quiet by nature, provided creative inspiration to her dedicated viewers for decades. An educator, author, television producer, entrepreneur and innovator, Nancy inspired sewing and quilting enthusiasts throughout her long career. Nancy’s life was also marked by several personal and physical challenges, some of which she bravely shared with her fans. When she passed away in 2017, the outpouring of gratitude proved her to be a public television icon, who earned an immense and loyal following because of her steady and inspired work on Public Television.
3:30 II Divo: Timeless Live in Japan.CC (R) See 3/1 at 9pm.
5pm John Fogerty: My 50 Year Trip.CC (R) See 3/4 at 10:30.
7pm It’s What’s Happening Baby (My Music Presents).CC In addition to presenting all-star rock and soul concerts at the historic Brooklyn Fox theatre, Murray The K hosted a legendary TV special, “It’s What’s Happening Baby,” which will be seen for the first time in over 50 years on Public Television. The concert features over a dozen iconic artists singing some of the greatest hits of all time, including Ray Charles, Dionne Warwick, The Righteous Brothers, Diana Ross & The Supremes, Smokey Robinson & The Miracles, Marvin Gaye, Herman’s Hermits, The Temptations, Four Tops, Little Anthony & The Imperials, The Ronettes and Patti Labelle & The Bluebelles.
9pm Tower of Power: 50 Years of Funk and Soul.CC Groove to the signature sounds of the iconic soul-funk R&B band, still playing to “Souled Out” crowds as they tour the world. From their 1970 record East Bay Grease to today, five decades later, the band has provided the soundtrack for generations.
10:30 Stevie Nicks: 24 Karat Gold Tour.CC Grab a front-row seat for the Grammy Award-winning artist’s epic concert, captured at two sold-out arenas. Featuring smash hits from her Fleetwood Mac and solo careers, with introspective stories about her personal and professional lives.

7 Sunday
5am PBS Kids Sunday Schedule.CC
10:30 MotorWeek.CC
11am America’s Heartland.CC We follow a California cattle rancher as he leads his last cattle drive before handing the family ranch over to the next generation. As the family faces an uncertain future, so does their small town of Likely, California.
11:30 Market to Market.CC
12pm CapitolView.CC (R) See 3/5 at 7:30.
12:30 Retire Safe & Secure with Ed Slott for 2021.CC America needs Ed Slott now more than ever! Greedy Wall Street bankers and Congress have just upended 30+ years of the tax code - what does it all mean for you and your family? And more importantly, how can you protect your hard-earned savings?! Retire Safe & Secure with Ed Slott is a dynamic program shot on location in a theater in front of an enthusiastic audience of 700. As he’s done in all of his hit pledge specials, Ed combines a vast in-depth knowledge of retirement tax rules with his legendary humor.
2pm Aging Backwards 3 with Miranda Esmonde-White.CC Did you know that you actually have a little one take over for the day.

8 Monday
5am PBS Kids Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Full Leg Toning. This episode of Classical Stretch strengthens and tones every muscle group in your legs, leaving them stronger, leaner, and more defined. Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.
6:30 Happy Yoga with Sarah Starr.CC Ocean Spray. Allow the dancing waves of the sapphire ocean to inspire your practice as we focus on gentle stretches for the shoulders, neck and upper back, including moves to more ease in the hips while using a chair for support.
7am PBS Kids Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS Kids Afternoon Schedule.CC
5pm CBS NewsHour.CC
6pm BBC World News America.CC
6:30 Illinois Stories.CC (R) See 3/1 at 6:30.
7pm It’s What’s Happening Baby (My Music Presents).CC (R) See 3/6 at 7pm.
9pm Carpenters: Close to You (My Music Presents).CC Join host Jim Carter (Mr. Carson) for a celebration of the beloved hit series and a sneak peek at the upcoming movie. Features new interviews with the cast and creators and never-before-seen video clips.
10pm CapitolView.CC
10:30 Overcoming Anxiety, Depression, Trauma, and Grief with Daniel Amen MD and Tana A.CC Join Dr. Daniel Amen and his wife Tana Amen as they show you how to tame the hidden dragons that cause these problems to help you feel happier, more positive and more in control of your own emotions.

9 Tuesday
5am PBS Kids Morning Schedule.CC
10:30 Rick Steves’ Heart of Italy.CC Rick delves deep into the Italian heartland - the place where la dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: sleeping at an agriturismo (a farm house), seeing how prosciutto and pecorino cheese are made (and eaten), and hiking down into ancient and fragrant wine cellars. Then he tours Assisi, with its inspirational story of St. Francis, its stop-and-smell-God’s-roses spirituality, its delicate Giotto masterpieces, and its awe-inspiring basilica. In Siena, Rick enjoys a front-row seat at its wild horse race - the venerable Palio - and marvels at cultural treasures from the city’s glory days, when it rivaled Florence for dominance in Tuscany. He finishes with the ultimate Riviera getaway: the Cinque Terre, where he gets to know each of the "five lands."

11:30 Rick Steves Island Hopping Europe.CC Join Rick on a tour of four of Europe's most intriguing and surprising islands: Malta, Capri, Orkney, and Skye. This untraditional island-hopping adventure skips the hot sun and tiki drinks, but comes with remote beaches, Crusader castles, pre-historic wonders, windswept slopes, and salty traditional island lifestyles.

13 Saturday

5am PBS KIDS Saturday Schedule.CC

10:30 P. Allen Smith's Garden Home.CC Upcycle Your Life. P. Allen Smith’s unique and clever take on turning trash into treasure. Plus, how to get the most out of your weekly grocery budget.

11am Growing A Greener World.CC A Year in the Life of the Garden Farm, Part II (Atlanta, GA). Part II of this series picks up with the tomato season waning and a brand-new season of cool season edibles ready to plant. Host, Joe Lamp’l takes you on his gardening journey in the GGW garden set through the fall and into winter, complete with challenges and takeaways anyone can apply.

11:30 Garden SMART.CC GardenSMART goes behind the scenes and takes a look at the plans and tools the pros use in designing beautiful gardens. Gardening lessons galore, be sure to tune in as we GardenSMART.

12pm Joyful Pain Free Living with Lee Albert.CC Learn how to operate your body optimally with minimal or no pain and maintain an active, fulfilling lifestyle as you age. Lee’s holistic approach combines the wisdom of neuromuscular therapy, stress management and yoga.

2pm Doo Wop to Pop Rock: My Music Celebrates 20 Years.CC (R) See 3/9 at 7pm.


6pm Moments to Remember: My Music.CC Patti Page and Nick Clooney co-host performances and archival classics from the late 50s and early 60s pop era with fellow co-hosts Peter Marshall, Wink Martindale and Mary Lou Metzger of "The Lawrence Welk Show."

8:30 Downton Abbey Returns!.CC (R) See 3/7 at 8pm.

9:30 Urban Forge: Ozark Artistry.CC A special documentary on the Ozark region of Arkansas. It features amazing scenery, impressive craftsmanship, and wonderful people. Host Kevin Larkin explores the county’s many hidden gems - bluegrass, quilting, folk art, and more.

10pm Urban Forge: Ozark Artistry.CC (R) See 3/2 at 10:30.

11 Thursday

5am PBS KIDS Morning Schedule.CC

6am Classical Stretch: By Essentrics.CC Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible.

6:30 Sit and Be Fit.CC Improve Reaction Time For Safe Driving. Mary Ann practices seated reaction time and peripheral vision exercises using a lemon! A variety of finger exercises are also demonstrated.

7am PBS KIDS Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Doo Wop to Pop Rock: My Music Celebrates 20 Years.CC Celebrate 20 years of greatest hit songs from the 50s to the 70s featuring legendary performers The Kingston Trio, Glen Campbell, Aretha Franklin, Engelbert Humperdinck, Judy Collins, Davy Jones, Mel Carter, Patti Page and more.

9:30 Classical Rewind (My Music).CC Experience the beauty, romance and dramatic power of musical masterpieces in this visual and auditory joyride through the world of classical hits.

11pm India - Nature’s Wonderland.CC Join a journey through India to discover its rich culture and rare wildlife. Experience a ritual tiger dance and see lions, elephants and India’s only ape – the hoolock gibbon. Then climb to the Himalayas where the Ganges River begins.

10 Wednesday

5am PBS KIDS Morning Schedule.CC

6am Classical Stretch: By Essentrics.CC Quad Flexibility. Your quad muscles in the front of your thighs are one of the largest muscles in your entire body - this is why keeping them strong and flexible is so important to full body health. Join Miranda Esmonde-White for a Classical Stretch workout that focuses on strengthening and stretching the quad muscles.

6:30 Happy Yoga with Sarah Starr.CC Sunny Brook. Enjoy the sunny woods and calming brook as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support. Including moves to ignite the core as well as activate the hip flexors and quadriceps.

7am PBS KIDS Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Nature.CC Equus: Story of the Horse: Chasing The Wind. The relationship between man and Nature.CC Together, humans and horses flourished side by side. At the speed of a horse, our extraordinary partnership, horses helped shape his noble steed is almost as old as civilization.

8:30 Suze Orman's Ultimate Retirement Guide.CC Join Suze Orman for a standing & floor workout in paradise. Today’s episode of Classical Stretch shows how humans have partnered with the horse throughout the centuries, creating more than 400 breeds, from the Yakutian Horse to the Arab Horse, found all around the world.

9:30 Sit and Be Fit.CC By Essentrics.CC Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible.

10:30 Nancy Zieman: Extraordinary Grace.CC (R) See 3/6 at 2pm.

11am Happy Yoga with Sarah Starr.CC Sunny Brook. Enjoy the sunny woods and calming brook as we reconnect you to your abdominal muscles with gentle seated exercises using a chair for support. Including moves to ignite the core as well as activate the hip flexors and quadriceps.

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Washington Week.CC

7:30 CapitolView.CC

8pm Red, White & Rock (My Music).CC Join Frankie Valli, The Righteous Brothers, Connie Francis and more for a 2002 patriotic celebration of America and pop oldies music. Featuring a dream lineup of artists from the rock, pop and doo-wop days of the late 50s and early to mid-60s.

10:30 Rick Steves’ Heart of Italy.CC Rick delves deep into the Italian heartland - the place where la dolce vita is a way of life. Starting in Umbria, he connects with rustic, traditional culture: sleeping at an agriturismo (a farm house), seeing how prosciutto and pecorino cheese are made (and eaten), and hiking down into ancient and fragrant wine cellars. Then he tours Assisi, with its inspirational story of St. Francis, its stop-and-smell-God’s-roses spirituality, its delicate Giotto masterpieces, and its awe-inspiring basilica. In Siena, Rick enjoys a front-row seat at its wild horse race - the venerable Palio - and marvels at cultural treasures from the city’s glory days, when it rivaled Florence for dominance in Tuscany. He finishes with the ultimate Riviera getaway: the Cinque Terre, where he gets to know each of the “five lands.”
11pm Eat Your Medicine: The Pegan Diet with Mark Hyman, MD.CC Dr. Mark Hyman is a practicing medical doctor who has been studying nutrition and treating patients for over 30 years. He practices a style of medicine called Functional Medicine which uncovers and addresses the root cause of disease-the only way to actually cure and reverse chronic conditions. One of the most common conditions he treats is FLC syndrome—that’s Feel Like Crap syndrome. Unfortunately, FLC syndrome is commonplace among so many of us. But, the good news is, by the end of this 60-minute show, you’ll learn all about reversing FLC syndrome, along with many other chronic diseases, using the most powerful drug on the planet.

14 Sunday
5am PBS Kids Sunday Schedule.CC
10:30 MotorWeek.CC
11am America’s Heartland.CC A program helps farmers with disabilities keep working their land. Folks visit a unique farm museum in New York City. Among immigrants find new agricultural opportunities in the U.S. Farm families preserve their community’s historic churches.

11:30 Market to Market.CC
12pm CapitolView.CC (R) See 3/12 at 7:30.
12:30 The Transformational Power of Yoga.CC Desiree Rumbaugh shares how simple yoga and meditation practices can strengthen, protect and heal. Similar to the “do-it-yourself” mentality of home improvement or automobile maintenance, yoga and meditation have been tested over time and are scientifically proven to help humans achieve better overall health and happiness.

1:30 Suze Orman’s Ultimate Retirement Guide.CC Join the acclaimed personal finance expert for essential advice on planning for and thriving in retirement. With empathy, straight talk and humor, Suze provides information about steps for anyone trying to achieve their “ultimate retirement.”

3:30 Josh Groban: An Evening of Harmony.CC Join the global superstar for a concert of timeless songs and new music from his upcoming album Harmony. Songs include “Bring Him Home,” “Over the Rainbow,” “The Impossible Dream” and “The First Time Ever I Saw Your Face.”

5pm Red, White & Rock (My Music).CC (R) See 3/12 at 8pm.
7:30 Nature.CC Equus: Story of the Horse: Chasing The Wind. (R) See 3/10 at 7pm.
10:30 Energy Paradox with Steven Gundry, MD.CC (R) See 3/11 at 10:30.

15 Monday
5am PBS Kids Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Strength your core and strengthen your full-body with Miranda Esmonde-White. This powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.

6:30 Happy Yoga with Sarah Starr.CC Waterfall Haven. Relax along the rejuvenating waterfall setting as we calm the body and mind with a gentle yoga practice using a chair for support, including stretches for the neck, shoulders and upper back combined with modified seated forward bends to stretch the hamstrings and hips.

8pm Finding Your Roots.CC Reporting on the Reporters. Host Henry Louis Gates, Jr. shows journalists Christiane Amanpour, Ann Curry and Lisa Ling that the stories within their own family trees are every bit as compelling as the news stories they have been covering for the world.

9pm Anne Morgan’s War.CC From 1917-1924, a team of approximately 350 American women, appalled by news of wartime destruction, left comfortable lives at home to volunteer in the devastated regions of France. Anne Morgan’s War chronicles how American heiress Anne Morgan poured both her own fortune and the fruits of intense fundraising into rebuilding Picardy, a region in northern France that had been devastated by the Great War. Utilizing film and photographs from Anne’s rich archive, and letters written by the volunteers, the program brings to life the adventures of these real-life heroines and provides an up-close and personal view of the post-WWI period. It also demonstrates one of the early instances of volunteer humanitarian aid in rebuilding after a disastrous war - in an effort completely managed by women.

10pm Amanpour and Company.CC
11pm Finding Your Roots.CC The Vanguard. (R) See 3/16 at 7pm.

17 Wednesday
5am PBS Kids Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!

6:30 Happy Yoga with Sarah Starr.CC Blooming Sunset. Relax in the beauty of a blooming sunset as we gently stretch and lengthen the spine in a full range of motion. Including stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.

7am PBS Kids Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS Kids Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm BBC World News America.CC
6:30 Illinois Stories.CC (R) See 3/1 at 6:30.
7pm Nature.CC Fox Tales. Intelligent, resilient and bold, the red fox can change its behavior to thrive in new environments, from urban locales to the Arctic tundra. New scientific research offers a fascinating look into the secret life of these foxes.

8pm NOVA.CC Dead Sea Scrolls. Detectives. What can new technology reveal about the ancient Dead Sea Scrolls? Join scientists as they investigate suspicious, newly surfaced fragments to see if they’re for real, and use imaging techniques to digitally unravel the charred remains of a scroll.

9pm Himalaya: Kingdoms of the Sky.CC Witness the extraordinary wildlife and remarkable people of Earth’s highest mountain range, where Tibetan monks perform ancient rituals, snow leopards prowl the mountainsides and bizarre snub-nosed monkeys survive in frozen forests.

10pm Amanpour and Company.CC
11pm Connected: A Search for Unity.CC The Sea. Port Clyde, Maine. Despite being often and thankless work, for over a century the residents of this idyllic fishing village have followed their ancestors footsteps, and answered the mysterious call of the sea. Fishing these waters is their first passion and love, but there are many pitfalls and challenges.
18 Thursday

5am  PBS KIDS Morning Schedule.CC
6am  Classical Stretch: By Essentrics.CC In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.  
6:30  Sit and Be Fit.CC Improving Coordination. Mary Ann integrates small and large balls into this workout encouraging viewers to develop their balance and coordination skills.  
7am  PBS KIDS Morning Schedule.CC
12pm  Amanpour and Company.CC
1pm  PBS KIDS Afternoon Schedule.CC
5pm  PBS NewsHour.CC
6pm  BBC World News America.CC
6:30  Illinois Stories.CC (R) See 3/1 at 6:30.
7pm  Illinois Stories.CC (R) See 3/1 at 6:30.
7:30  Illinois Stories.CC (R) See 3/1 at 6:30.
8pm  Baseball.CC Our Game. The first inning tells the story of baseball’s rise, in only one generation, from a gentleman’s hobby to a national sport played and watched by mill millions. Viewers meet the first baseball magnate, Albert Goodwill Spalding; explore the game’s first gambling scandal; see the first attempts by women to play the game in the 1860’s; witness the first attempt by ball players to unionize; and learn how the first black professionals were hounded out of the game in the “Jim Crow” 1880’s.  
10pm  Amanpour and Company.CC
11pm  African Americans: Many Rivers to Cross.CC (R) See 3/1 at 6:30.

19 Friday

5am  PBS KIDS Morning Schedule.CC
6am  Classical Stretch: By Essentrics.CC Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.  
6:30  Happy Yoga with Sarah Starr.CC Desert Gold. Back in the brilliant desert bloom as we enjoy easy to follow yoga moves for the whole body.  

Incredible, resilient and bold, the red fox can change its behavior to thrive in new environments, from urban locales to the Arctic tundra. New scientific research offers a fascinating look into the secret life of these foxes. Photo: Red Fox; Credit: RT-images, Getty Images.

Including gentle sun salutations along with stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.  
7am  PBS KIDS Morning Schedule.CC
12pm  Amanpour and Company.CC
1pm  PBS KIDS Afternoon Schedule.CC
5pm  PBS NewsHour.CC
6pm  BBC World News America.CC
6:30  Illinois Stories.CC (R) See 3/1 at 6:30.
7pm  Washington Week.CC
7:30  CapitolView.CC
8pm  Great Performances at the Met.CC Renee Fleming In Concert. Experience the beloved American soprano perform arias by Puccini and Massenet to selections by Handel and Korngold from the intimate music salon of Dumbarton Oaks in Washington, D.C.
9pm  Live From Lincoln Center.CC Andrew Rannells In Concert. Known for his Tony-nominated, Grammy-winning performance as Elder Price in The Book of Mormon and as Elijah in HBO’s Girls, Andrew Rannells brings his signature blend of superb vocal prowess and wry wit to a sparkling set of songs.
10pm  Amanpour and Company.CC
11pm  The Kate.CC Jarrod Spector and Kelli Barrett. The Broadway stars share a love story in song. Jarrod Spector (Jersey Boys, Beautiful) and his wife Kelli Barrett (Wicked, Doctor Zhivago) make audiences fall in love with them as they relay how they fell in love, with songs including the Eddy Arnold hit “You Don’t Know Me,” Billy Joel’s “Tell Her About It,” and Peter Gabriel’s “In Your Eyes.”

20 Saturday

5am  PBS KIDS Saturday Schedule.CC
10:30  P. Allen Smith’s Garden Home.CC It’s Tulip Time. P. Allen Smith gets down and Dutch at the annual Tulip Time Festival in scenic Holland, Michigan.
11am  Growing A Greener World.CC Epic Tomatoes (Raleigh, Nc.). This episode shadows expert tomato grower, Craig LeHoullier from planting to harvesting to eliminate stress? Nope. But you can cook to manage it, and come out the other side feeling calm and serene. I’ll show you as we go back to the cutting board today on Christina Cooks.
12pm  Antiques Roadshow.CC Vintage Spakoke Hour 2. (R) See 3/15 at 7pm.
1pm  It’s Sew Easy.CC Beach Babies. Our experts will show you how to be an original in a one of kind swimsuit. Emily Thompson begins with a great way to bind toddler swim suits. Next Joanne Banko shares unique swimsuit trim ideas to jazz up your swimwear. Then, cosplayer expert Cheryl Sieboda has a mermaid tail for dress up or just plain beach fun. Last is a quick Sew Along lesson from Angela Wolf and adding the princess seams to our raincoat.

1:30  Fons & Porter’s Love of Quilting.CC A Quilt for Chris. Sara Gallegos presents a quick-piecing quilt that’s easy to adapt to different color palettes which is spectacular when you need a fast quilt to give as a gift. Techniques featured on this episode include no-waste flying geese, quick-cut strip sets, and self-sashed blocks.

2pm  Christopher Kimball’s Milk Street Television.CC Quick Pasta. Christopher Kimball heads to Emilia-Romagna for pasta recipes that have few ingredients and take little time. Back in the kitchen, Milk Street Cook Lynn Clark shows us how to make dumpling-like Passatelli in Brodo, parmesan flavored dough that’s extruded through a potato ricer and cooked in broth. Chris then makes a quick Chicken Broth using chicken wings, and Milk Street Cook Lynn Clark prepares Pasta with Parmesan Cream.

2:30  Field Trip with Curtis Stone.CC Lombardy. At the base of the Italian Alps, Curtis travels to Lombardy to discover a local cheese and peasant dish before embarking on a helicopter tour of a prestigious vineyard to pick up wine which pairs beautifully with the decadent sturgeon caviar produced in that region which he serves at Maude.

3pm  The Great British Baking Show.CC Biscuits. Follow the 11 remaining bakers tasked with making 24 elaborately decorated biscuits; a biscuit that requires perfect piping; and a biscuit structure that demands precision baking—and reveals a little more about each of the contenders.

4pm  Christina Cooks: Back to the Cutting Board.CC You and Your Stress. Modern life... Work, family obligations, the news, climate change, and daily life stress has left us feeling completely frazzled and takes a big toll on our wellness. Can you cook to eliminate stress? Nope. But you can cook to manage it, and come out the other side feeling calm and serene. I’ll show you as we go back to the cutting board today on Christina Cooks.

4:30  America’s Test Kitchen from Cook’s Illustrated.CC Simple and Elegant Dinner. Host Bridget Lancaster makes a foolproof recipe for Pan-Seared Striped Steaks. Equipment expert Adam Ried shares his picks for nonstick-friendly tools, and gadget critic Lisa McManus shares her favorite tools to keep your kitchen clean. Finally, test cook Dan Souza prepares Beet Salad with Spiced Yogurt and Watercress.

5:30  This Old House.CC Tommy’s in the Kitchen. The end of the project is quickly approaching and there is still much to be done. Tommy helps hang the pantry door. Tiling and backsplash work continue as the crew creates a custom surround for the gas fireplace. Appliances arrive.

6pm  Ask This Old House.CC Automated Landscape, Modern Bench. Ross explores ways that landscaping could be done automatically; Mark goes over different walkway and driveway ideas and how they might impact masonry products; and Tom and Kevin build a modern bench.

6:30  PBS NewsHour Weekend.CC
7pm  The Lawrence Welk Show.CC The Southern Show.
8pm  Unforgettable Season 3 On Masterpiece.CC Episode Five. Cassie and Sunny finally get closer to some truth about the night Hayley disappeared, and the case takes a devastating turn for Cassie.
21 Sunday

5am PBS Kids Sunday Schedule.CC

10:30 MotorWeek.CC

11am America’s Heartland.CC A Montana family finds success with farming and fishing. An Arkansas family has a passion for exceptional produce. Meet a Wyoming family preserving their multigenerational ranch. A New England program delivers seafood direct to consumers.

11:30 Market to Market.CC

12pm CapitolView.CC (R) See 3/19 at 7:30.

12:30 Rick Steves Special.CC Rome, Eternally Engaging. In this hour-long travel special, Rick Steves explores the “Eternal City” of Rome, a grand and ancient metropolis rich with exquisite art, vibrant culture and centuries of history. Rick traces the rise and fall of classical Rome, meanders through the heart of Bernini’s Baroque Rome and makes a pilgrimage to the Vatican. Then, he uncovers the charms of hidden neighborhoods filled with character and energy, enjoys a Roman feast, and mixes and mingles with the locals during an early-evening stroll through the city’s romantic nightspots.

1:30 Family Travel with Colleen Kelly.CC The Best of Season 4 - A Year of Traveling. We take a look back at some of our best moments from season four of “Family Travel”, where we had the opportunities to explore amazing international destinations like Scotland and Quebec City, as well as some spectacular cities in our own American backyard, like Shenandoah Valley, Virginia, Sevierville, Tennessee, Tampa, Florida, Dallas, Texas, and more.

2pm Bare Feet with Mickela Mallozzi.CC Dancing In My Italy (Minturno, Italy). Mickela returns to where it all started, the small, sleepy, Southern Italian beach town of Minturno, where her parents immigrated from over 40 years ago. She reconnects with her roots during the town’s biggest celebration, the annual Sagra delle Regne (Wheat Harvest Festival). From rehearsing with the local troupe, I Giullari, to sightseeing along the coast, to then performing with the renowned group in the festival’s closing ceremonies, Mickela has an incredible journey of self-discovery.

2:30 Rick Steves’ Europe.CC Lisbon. Lisbon, built with the riches of Portugal’s New World discoveries, has a rustic charm. Great navigators are remembered. Rick eats lots of cod, enjoys pastries hot out of the oven, strolls the city’s back lanes and its reinvigorated waterfront, marvels at an exquisite church built with spice taxes, and listens to some soulful fado music. Then he takes a side-trip to Sintra to explore the fanciful castles of Portuguese royalty.

3pm Rudy Maxa’s World.CC Four Great Cities of Asia. Only three per cent of the world’s population lived in cities in 1800s, but that number will swell to 70% by 2050. Cities in Asia underwent rapid growth in the past century, and “Four Great Cities of Asia” examines the remarkable evolution of the mega-city. From the world’s largest city, Tokyo, to the colorful streets of Seoul and the modern miracle of Kuala Lumpur to the teeming streets of Bangkok, the program is a passport to the high-tech marvels and back-street secrets of four of the world’s most amazing cities.

3:30 Rudy Maxa’s World.CC Tokyo. Rudy Maxa’s World takes a second look at the vibrant city of Tokyo, this time with an emphasis on Tokyo’s cuisine. “There are more Michelin-starred restaurants in Tokyo than in Paris and New York combined,” notes Washington, D.C. chef and restaurant owner Daisuke Utagawa. “And it’s well known that Japanese chefs are highly regarded around the world. But it’s also the commitment, or the kodawari, of producers of many of the food products those chefs use that helps makes the cuisine what it is.” Utagawa joins show host Rudy Maxa to bring the concept of kodawari to the screen, visiting the producers of the food that’s made Japanese cuisine so famous.

4pm Illinois Stories.CC (R) See 3/1 at 6:30.

4:30 Illinois Stories.CC (R) See 3/1 at 6:30.

5pm Finding Your Roots.CC Against All Odds. Henry Louis Gates, Jr. introduces media personality Andy Cohen and radio journalist Nina Totenberg to ancestors who were determined to survive.

6pm Start Up.CC Divina Water - Idaho Falls, ID. In 2007, Steven and Remy Sedyalmay were enjoying the good life in Arizona, retired with two kids in college. When Steven decided to pursue building a water purification system and re-mortgaged the house, he had no idea that they’d soon lose everything. The story of Divina water is about family, overcoming hardship, and the quest to create the cleanest bottled water on the planet.

6:30 The Windermere Children.CC Child survivors of the Holocaust are brought to an estate near England’s Lake Windermere to recuperate with the help of volunteer therapists. Without their families, they find kinship in each other and form bonds that give them hope for the future.

8pm Howards End On Masterpiece.CC Episode One. A passionate misunderstanding, a surprise visit and a stolen umbrella set into motion a series of events that unexpectedly intertwine the lives of the Schlegels, the Wilcoxes and the Basts.

9pm Howards End On Masterpiece.CC Episode Two. Mrs. Wilcox surprises her family with a final request regarding Howards End. The Schlegels face eviction from their house. The Schlegels side sisters take up the cause of Lady Bast’s husband.

10pm CapitolView.CC (R) See 3/19 at 7:30.

10:30 Songs at the Center.CC Bruce Cockburn - Master Series Episode. Cockburn is one of the most influential singer-songwriters to emerge from Canada, with contemporaries Gordon Lightfoot, Alanis Morissette, Joni Mitchell, Neil Young, Sarah McLachlan, k.d. lang, Buffy Sainte-Marie, and Leonard Cohen. Among his charted songs in the U.S. are “If I Had A Rocket Launcher,” and “Wondering Where the Lions Are.” He also wrote “The Gift,” inspired by the seminal book of the same title on the creation of art, written by Lewis Hyde. Bruce has garnered more than a dozen JUNO Awards, nominated for another 20, and is an Officer of the Order of Canada. If that’s not enough, his face in on a Canadian postage stamp.

11pm Woodsongs.CC The Mammals and the Dustbowl Revival. The Mammals are a high-octane Americana quintet from New York’s storied Hudson Valley. They carry on the work of Pete Seeger & Woody Guthrie with a deep original repertoire and signature “trad is rad” sound. The Dustbowl Revival is what you could call an American roots orchestra with eight full-time members - and they play it all, mashing the sounds of traditional American music into a genre-hopping, time-bending dance party that coaxes new fire out of familiar coal. WoodSongs Kids: Eli Patrick & Dreyden Gordon are two young bluegrass musicians from Eastern Kentucky.

22 Monday

5am PBS Kids Morning Schedule.CC

6am Classic Stretch: By Essentrics.CC Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.

6:30 Happy Yoga with Sarah Starr.CC Luminous Sunset. Recharge along the luminous ocean sunset, gaining clarity and stability with a modified yoga practice using a chair for support including: dynamic seated stretches to open the hips and release tension in the spine and a standing sequence to build strength, balance and focus.

7am PBS Kids Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS Kids Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Antiques Roadshow.CC Vintage Louisville 2021 Hour 1. Giddy-up to Derby City for updated Season 12 appraisals including a Dirk Van Erp lamp from around 1910, a J. Falter “Listening to the Sea” illustration and a 1919 Cincinnati Reds championship baseball. One is now valued at $150,000-$200,000.

8pm Antiques Roadshow.CC Meadow Brook Hall, Hour One. Visit the grounds of the historic Meadow Brook Hall in Rochester, Michigan, and learn the story behind beloved family heirlooms, thrift store finds and more – including a $77,500 appraisal!

9pm Revolution of the Heart: The Dorothy Day Story. CC The program traces Dorothy Day’s journey from a young communist journalist, to a Catholic
convert, to the co-founder of The Catholic Worker newspaper and the first “houses of hospitality,” which sheltered New York City’s homeless during the Great Depression. The documentary uses extensive archival footage from Day’s own collection, and features interviews with actor Martin Sheen, public theologian Cornel West, Senator Tim Kaine, biographer Robert Ellisberg, and Day’s granddaughters.

10pm Amanpour and Company.CC
11pm Erma Bombeck: Legacy of Laughter.CC The program examines the extraordinary life and career of beloved American humorist Erma Bombeck (1927-1996), whose honest tales of domestic life have been read by millions of homemakers. Archival photographs, video clips and personal memorabilia trace Bombeck’s life, from her childhood during the Great Depression to her work as a women’s rights activist. The program is interspersed with uplifting and humorous interviews with Erma’s family, friends and colleagues, including a touching on-camera introduction and narration by her neighbor and friend, former talk-show host Phil Donahue. Legacy Of Laughter also features readings from some of Bombeck’s best columns, and documents her continuing impact on readers, parents and writers today.

11:30 Antiques Roadshow.CC Vintage Louisville 2021 Hour 1. (R) See 3/22 at 7pm.

23 Tuesday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all- standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strength, healthy hips.

6:30 Happy Yoga with Sarah Starr.CC Seashore Cove. Bask along the luminous seashore cove as we gently lengthen and stretch the whole body, all while seated in a chair. Relax from head to toe as we open the hips and hamstrings, release tension in the shoulders and neck, and find more length in the spine with this modified yoga practice.

7am PBS KIDS Morning Schedule.CC
12pm Amanpour and Company.CC
1pm PBS KIDS Afternoon Schedule.CC
5pm PBS NewsHour.CC
6pm BBC World News America.CC
6:30 Illinois Stories.CC (R) See 3/1 at 6:30.
7pm Nature.CC Hippos: Africa’s River Giants. Go beneath the surface and meet Africa’s river giants, the hippos. Discover an unexpected side of these aquatic mammals that can’t even swim as hippos protect their families, face their enemies and suffer in a drought. Narrated by David Attenborough.

8pm NOVA.CC Saving The Dead Sea. Since 1976, its level has declined by more than sixty-five feet. Its coastline is pocked with thousands of sinkholes. Can the Dead Sea be saved? After more than a decade of research and debate, scientists, engineers and political leaders have come up with a daring plan, one that could not only save the sea but help bring stability to a region rife with conflict. NOVA follows this unprecedented endeavor - perhaps the world’s largest water chemistry experiment ever - as scientists and engineers race to save the Dead Sea and help bring water to one of the driest regions on Earth.

9pm Fast Forward.CC Look into the Future. Follow four millennials and their parents as they travel through time wearing an MIT-produced “aging empathy suit” and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.

24 Wednesday

5am PBS KIDS Morning Schedule.CC
6am Classical Stretch: By Essentrics.CC Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strength, healthy hips.

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9pm Fast Forward.CC Look into the Future. Follow four millennials and their parents as they travel through time wearing an MIT-produced “aging empathy suit” and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.
Americans help redefine the United States in the years to come?

26 Friday

5am  PBS KIDS Morning Schedule.CC
6am  Classical Stretch: By Essentrics.CC The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping your torso corseted, back upright, and spine in good posture. This is why having a strong and flexible core is essential to looking and feeling young. This intermediate workout is designed to strengthen the core and open the chest and pectorals - leaving you with improved posture.

6:30 Happy Yoga with Sarah Starr.CC Desert Wildflowers. Enjoy the colorful burst of desert wildflowers as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.

7am  PBS KIDS Morning Schedule.CC
12pm  Amanpour and Company.CC
1pm  PBS KIDS Afternoon Schedule.CC
5pm  PBS NewsHour.CC
6pm  BBC World News America.CC
6:30 Illinois Stories.CC (R) See 3/1 at 6:30.
7pm  Washington Week.CC
7:30 CapitolView.CC
8pm  American Masters.CC Twyla Moves. Explore legendary choreographer Twyla Tharp’s career and famously rigorous creative process, with original interviews, first-hand glimpses of her at work and rare archival footage of select performances from her more than 160 choreographed works.

9:30 Beyond The Canvas.CC The Writers World. (R) See 3/23 at 8:30.

10pm  Amanpour and Company.CC
11pm  The Kate.CC Jimmy Webb with Ashley Campbell. The legendary Grammy-winning songwriter (“Wichita Lineman,” “MacArthur Park,” “Up, Up, and Away,” “Highwayman”) shares his hits and humorous musical stories. In an emotional set, Webb introduces rising country star Ashley Campbell, daughter of his best friend, the late Glen Campbell. The elegant duo is accompanied by guitar and string quartet.

27 Saturday

5am  PBS KIDS Saturday Schedule.CC
10:30 P. Allen Smith's Garden Home.CC Super-Duper. P. Allen Smith highlights great performers in the garden and home that go above and beyond the call of duty.

11am  Growing A Greener World.CC Gardening for Butterflies & Other Beneficial Insects (Atlanta, GA, Phoenix, AZ). Many Butterflies and pollinators are losing vital habitats to urban sprawl and widespread use of herbicides. In this episode, national experts show ways we can all attract and help restore populations of these threatened insects while increasing the beauty of our landscapes.

11:30 Garden SMART.CC Great plants for autumn along with designing fall containers makes for an interesting show. We enjoyed producing the show, think you’ll enjoy watching. Be sure to tune in as we GardenSMART.

12pm Antiques Roadshow.CC Vintage Louisville 2021 Hour 1. (R) See 3/22 at 7pm...

1pm  It's Sew Easy.CC Seasonal Transformations. Every wardrobe needs that versatile garment that can take you through the seasons with slight changes or additions. Lindsey Marsh starts with making a wardrobe to flatter and fit your unique shape by creating a muslin and how to choose the pattern and grade between sizes. Then Rebecca Kemp brent shows how to transform your wardrobe with embroidered pendants and fabric beads.

1:30 Fons & Porter's Love of Quilting.CC Snowy Stars. Snowy Stars, designed by Jo Mory, is a spectacular quilt with some challenging techniques. Veteran instructor Kate Colleran joins us in this episode to walk you through some of these techniques, including 45-degree diamonds and a fabulous ribbon border, as well as showing an alternate color palette.

2pm  Christopher Kimball's Milk Street Television.CC The New American Bakery. In this episode, we get inspiration from Briana Holt and the baked goods she serves at Portland, Maine’s Tandem Coffee and Bakery. First, Briana and Chris make Pineapple Upside-Down Cremele Cake with a fresh, caramelized fruit topping. Then, they bake Glazed Maple-Whole Wheat Muffins, a morning treat with nuttiness from the flour and acidity from the maple-lemon glaze.

2:30 Field Trip with Curtis Stone.CC Central Coast. Heading up the coast on Highway 1 to discover the jewels of the Pacific, Curtis visits with the only female uni diver in California, and to seaweed & abalone farms. The trip culminates in an impromptu vineyard cookout where Curtis creates a dish to bring back to Maudie.

3pm  The Great British Baking Show.CC Bread. See how the bakers tackle three of Paul’s toughest challenges ever: preparing a sweet dough with a twist; avoiding a burnt bottom and a soggy top; and using three different flours to create a huge standout centerpiece.

4pm  Christina Cooks: Back to the Cutting Board.CC Age Like a Movie Star. We have become youth-obsessed, with injections, surgery, potions and fillers to desperately hang onto our younger selves. We can end up looking like caricatures of our young faces. Truth is, beauty comes from the inside. It’s time to age gracefully...and naturally, as we go back to the cutting board today on Christina Cooks.

4:30 America's Test Kitchen from Cook's Illustrated.CC Breakfast Basics. Host Julia Collin Davison cooks up Perfect Fried Eggs, and equipment expert Adam Ried shares his favorite egg-cooking essentials. Test cook Erin McMurrer makes the best Cold-Brew Iced Coffee, and test cook Elle Simone Scott makes fluffy Yeasted Waffles.

5pm  Woodsmoke Shop.CC Craftsman Roaster. This classic oak roaster is sure to please - comfortable, well-made, and surprisingly easy to build. Follow along as the team shows you the way.

5:30 This Old House.CC A Queen Anne Revival. The once rotting Seaside Victorian Cottage is restored to its original beauty under the guidelines of the Historic Commission. A new addition matches the existing architectural details. New hardwood and landscape anchor it to the corner lot.

6pm  Ask This Old House.CC Garbage Disposal, Concrete Wall. Tom travels to Nashville to turn an original, exterior door into a Dutch door; Richard explains how to install a garbage disposal; Mark and Jenn reface a concrete wall with thin stone veneer.

6:30 PBS NewsHour Weekend.CC
7pm  The Lawrence Welk Show.CC Love Songs. Host: Mary Lou. This show is all about L-O-V-E! Bobby & Elaine dance to “Amor,” Ancanisi sings “Secret Love” and Kathie Sullivan asks “Why Do I Love You?”

8pm  Amelia Earhart: American Experience.CC Amelia Earhart. Explore the life of the trailblazing pilot who broke records but then mysteriously disappeared over the Pacific Ocean on a solo flight around the world. An enduring American hero, Earhart was the first woman to fly solo across the Atlantic.

9pm  Evening with Denyce Graves.CC An Evening With Denyce Graves provides a rare and unique look inside the life and career of legendary mezzo-soprano.

10pm  Austin City Limits.CC St. Vincent. Enjoy a visually and sonically stunning hour with Grammy-winning art-rock performer St. Vincent. The groundbreaking singer-songwriter-guitarist and her band perform songs from her acclaimed LP “Masseducation.”


28 Sunday

5am  PBS KIDS Sunday Schedule.CC
10am MotorWeek.CC
11am InFocus.CC COVID-19 – One Year Later. (R) See 3/25 at 8pm.

11am Market to Market.CC
12pm CapitolView.CC (R) See 3/26 at 7:30.

12:30 Rick Steves Special.CC A Symphonic Journey. Rick Steves, America’s leading authority on European travel, teams up with the Cascade Symphony Orchestra and maestro Michael Miropolsky for a musical journey that begins in the United States, and touches down in seven different European countries.

1:30 Family Travel with Colleen Kelly.CC Discovering Chickasaw Country, Oklahoma - Family Style. Colleen joins local families to explore the rich history and culture of Chickasaw Country in Oklahoma. They learn the significance of the traditional stomp dance, try their hand at a game of stickball, sample some authentic Chickasaw and local cuisine. One of the most delicious treats in the area? One-of-a-kind fried pies at Arbuckle Mountain. As Colleen submerges herself in the Chickasaw culture, she not only creates lasting, fun memories, but she also learns about the history of the Chickasaw people.

2pm Bare Feet with Mickela Mallozzi.CC It Takes Two to Tango (Buenos Aires, Argentina). Mickela gets up close and personal with the locals as she heads to Buenos Aires, Argentina, to learn the seductive dance of tango. From attending the world’s largest tango festival to dancing on the city’s main stage, Mickela sees it all.
2:30 Rick Steves’ Europe.CC Portugal’s Heartland. Portugal has an oversized history, fascinating culture, and boatloads of sardines. Saving the capital city of Lisbon for another episode, Rick dances on the beach at Nazare, marvels at a medieval abbey in Batalha, visits a royal library and revels with university students in Coimbra, savors port wine with the people who made it along the Douro River, and gets to know Portugal’s gritty and fascinating second city, Porto.

3pm Rudy Maxa’s World.CC Hokkaido. Host Rudy Maxa and Washington, D.C. chef Daisuke Utagawa explore the island that’s a world-class skiing venue-Sapporo, Hokkaido’s capital, which hosted the Winter Olympics in 1972. Along the way, they track down the multi-generational families that produce the ingredients of ramen and visit the island’s stunning lakes; one of the island’s premier ski resorts, as well as a whiskey distillery making Japan’s award-winning spirits.

3:30 Rudy Maxa’s World.CC Kyushu. Host Rudy Maxa and Washington, D.C. restaurateur and chef Daisuke Utagawa introduce many viewers to this lush island with luxurious resorts and a history of providing the world with Wagyu beef, black pork, and other delicacies that have made Japanese cuisine well known around the world.

4pm Illinois Stories.CC (R) See 3/1 at 6:30.

4:30 Illinois Stories.CC (R) See 3/1 at 6:30.

5pm Finding Your Roots.CC No Irish Need Apply. Henry Louis Gates, Jr. explores the roots of actor Jane Lynch and comedian Jim Gaffigan, revealing the Irish American experience through their families.

6pm Start Up.CC Rocky Mountain Archery - Fort Collins, Co. Stewart King has been actively involved in archery for over 32 years. As an accomplished tournament target archer, he’s practiced at several different facilities over the years. So, when he decided to switch careers and start Rocky Mountain Archery, he had a pretty clear vision of the archery destination that he wanted to create. This family business story is about perseverance and creating a life around what you love.

6:30 PBS NewsHour Weekend.CC

7pm Great Performances.CC Movies for Grownups Awards with AARP The Magazine. Honor the best films and performances of 2020 that resonate with older viewers including Career Achievement Award winner George Clooney. Celebrating movies that matter, the Awards champion movies for grownups, by grownups.

8pm Howards End On Masterpiece.CC Episode Three. Margaret receives an unexpected offer from Henry. Helen is incensed by the unfair fate of the Basts. The three families collide at a wedding, and Henry’s past is revealed.

9pm Howards End On Masterpiece.CC Episode Four. Series Finale. Margaret is undaunted by Henry’s past misdeeds. Helen leaves abruptly for Europe. Margaret and Tibby get Henry to help resolve issues at Howards End, where the three families have a showdown.

10pm CapitalView.CC (R) See 3/26 at 7:30.

10:30 InFocus CC (R) See 3/25 at 8pm.

11pm WoodSongs.CC John Gorka and the War and Treaty.

29 Monday

5am PBS Kids Morning Schedule.CC

6am Classical Stretch: By Essentrics.CC Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium-paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!

6:30 Happy Yoga with Sarah Starr.CC Sunlit Woods. Allow the peaceful sunlit woods to renew your energy as we focus on a modified yoga practice using a chair for support. Including stretches to increase mobility in the shoulders and gentle moves to lengthen the spine in a full range of motion; combined with standing poses to create more strength and flexibility in the lower body.

7am PBS KIDS Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Antiques Roadshow.CC Vintage Louisville 2021 Hour 2. Discover at Louisville treasures from 2007 including a Kentucky cherry corner cupboard made around 1815, a Qing period nephrite jade basin and a 1911 Jolanda Onderdonk landscape oil. Which has skyrocketed in value and is appraised for $125,000?

8pm Antiques Roadshow.CC Meadow Brook Hall, Hour Two. Discover Detroit-area treasures as they are appraised at the historic estate of Matilda Dodge Wilson. Meadow Brook Hall finds include a Keith Haring archive, Harry Bertoia brooches and an 1835 “City of Detroit” map. Which is $40,000-$60,000?

9pm Meet Carl Jackson.CC Grammy-winning producer. Hit songwriter. Celebrated musician and vocalist. Tireless mentor and trusted friend. Carl Jackson has been called all these over his 50-year career. Hear why his peers consider him one of the greats. Featuring Vince Gill, Tom T. Hall, Emmylou Harris, Dolly Parton, Linda Ronstadt, and more.

10pm Amanpour and Company.CC

11pm Antiques Roadshow.CC Vintage Louisville 2021 Hour 2. (R) See 3/29 at 7pm.

30 Tuesday

5am PBS Kids Morning Schedule.CC

6am Classical Stretch: By Essentrics.CC This advanced, body shaping workout will tone and strengthen your arms, abs, core, waist, and legs. Join Miranda Esmonde-White in the breathtaking Bermuda for this full-body standing workout that will liberate your joints and connective tissue while simultaneously strengthening your entire body.

6:30 Sit and Be Fit.CC Exercise Is Fun. Mary Ann focuses on fun and functional exercises set to some of her favorite music.

7am PBS KIDS Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.


8pm American Experience.CC The Blinding of Isaac Woodard. Discover the 1946 incident of racial violence by police that led to the racial awakening of President Harry Truman and set the stage for the landmark 1954 Supreme Court Brown v. Board of Education decision, jump-starting the civil rights movement.

10pm Amanpour and Company.CC

11pm Finding Your Roots.CC Freedom Tales. (R) See 3/30 at 7pm.

31 Wednesday

5am PBS Kids Morning Schedule.CC

6am Classical Stretch: By Essentrics.CC Your connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fiber which connects each and every part of your body. This is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and pain free body. By working your full body in this all-standing, beginner workout you will liberate each and every layer of connective tissue. Allowing you to move more freely and without pain.

6:30 Happy Yoga with Sarah Starr.CC Summer Sunflower Sunset. Bask in the beauty of a summer sunset amid a majestic field of sunflowers while enjoying a modified yoga session using a chair for support. Including; easy to follow exercises to stretch the neck, wrists, shoulders, spine, hips and legs.

7am PBS KIDS Morning Schedule.CC

12pm Amanpour and Company.CC

1pm PBS KIDS Afternoon Schedule.CC

5pm PBS NewsHour.CC

6pm BBC World News America.CC

6:30 Illinois Stories.CC (R) See 3/1 at 6:30.

7pm Extinction: The Facts.CC With 1 million species at threat, David Attenborough explores extinction and how this crisis has consequences for us all, even putting us at greater risk of pandemic diseases.

8pm Climate Change - The Facts.CC Scientists explore the impact of climate change and what could happen if global warming exceeds 1.5 degrees. Discover how the latest innovations and technology are posing potential solutions and what individuals can do to prevent further damage.

9pm NOVA.CC Mystery Beneath The Ice. Dive under the ice to explore Antarctica’s under-ice landscape with a team of scientists as they search for the mystery killer that’s decimating the population of delicate shrimp-like creatures at the foundation of the Antarctic food chain.

10pm Amanpour and Company.CC

11pm Extinction: The Facts.CC (R) See 3/31 at 7pm.
Donkey Hodie is a new puppet series for children ages 3-5 from Fred Rogers Productions and Spiffy Pictures. Inspired by Fred Rogers, this imaginative series follows the adventures of Donkey Hodie, the granddaughter of the original Donkey Hodie character from Mister Rogers’ Neighborhood.