

# OPEN AIR

MEMBER  
MAGAZINE  
JAN 2022



p. 3

MASTERPIECE

## AROUND THE WORLD IN 80 DAYS

p. 3

★ **NORTHERN  
CALIFORNIA**

**PUBLIC MEDIA** SM



## Blind Trust: Leaders & Followers in Times of Crisis

*Monday, January 3 at 8 pm on KPJK TV*

What emotions connect a political leader to his followers? For more than four decades, renowned psychiatrist Vamik Volkan, a five-time Nobel Peace Prize nominee, has worked in traumatized areas around the globe. Vamik's work is key to helping us understand national, ethnic, religious and cultural identity, and has shaped the leading model of conflict resolution used around the world today.



## The Reunited States

*Thursday, January 6 at 9 pm on KRCB TV*

A moving and timely documentary that profiles the everyday heroes on a journey to bridge our cultural, political, and racial divides. The liberal mother of a slain activist, a conservative family uncovering the roots of our divisions – these brave citizens have realized that while our divisions run deeper than they ever could have imagined, so does the love and hope to bring our country back together. Based on the book of the same name.

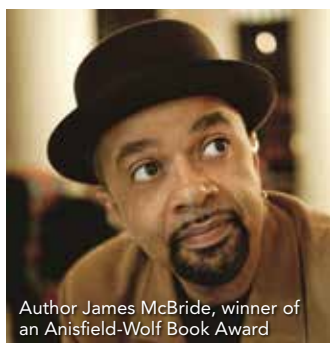


## Trust Me

*Monday, January 10 at 8 pm on KPJK TV*

*Monday, January 10 at 9 pm on KRCB TV*

A documentary exploring human nature, information technology, and the need for media literacy to help people trust one another, bring them together, and create a more resilient population. The film shows how an avalanche of negative news and mis-information is making us all terrified of the world. This has led to mistrust of others, which further leads to racism, polarization, mental health disorders, and even crime.



## The 86th Annual Anisfield-Wolf Book Awards

*Sunday, January 16 at 8 pm on KPJK TV*

*Monday, January 17 at 9 pm on KRCB TV*

This hour-long documentary highlights the 2021 winners of the Anisfield-Wolf Book Awards and their important work. The Anisfield-Wolf Book Awards is the only national juried prize recognizing literature that has made important contributions to our understanding of racism and human diversity.

# From the President

Dear Friends and Supporters,

A new year brings us a new KRCB season of television's most compelling drama series. Starting this month, *Masterpiece* presents a slate of don't-miss programs that return us to favorite characters and familiar places, and also introduces us to new characters.



*Darren LaShelle*  
President and CEO

On Wednesday, January 19 at 8 pm, we begin a new season of *All Creatures Great and Small* with an episode called "Where the Heart Is." We return to the story of James Herriot and his veterinary adventures in the Dales of the United Kingdom. We follow up with more new series episodes "Semper Progreiens" on Wednesday, January 26 at 8 pm and "We Can But Hope" on Wednesday, February 2 at 8 pm.

*Masterpiece* presents a new series based on the classic Jules Verne adventure novel *Around the World in 80 Days*. David Tennant stars as the great explorer Philieas Fogg, and is joined on his journey by French actor Ibrahim Koma as Jean Passepartout, his irrepressible valet. German actor Leonie Benesch plays Abigail Fortescue, a determined and headstrong journalist. The KRCB premiere of this series is on Wednesday, January 19 at 9 pm, followed by weekly episodes on Wednesdays at 9 pm.

Finally, catch the KRCB premiere of the *Downton Abbey* feature film on Wednesday, January 12 at 8 pm and on more dates throughout the month.



**104.9 FM**  
Sonoma County **N.P.M.**

Broadcasting on 104.9 FM,  
91.1 and 90.9

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at [norcalpublicmedia.org](http://norcalpublicmedia.org)  
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Welle), 60.5 (FNX), 60.6 (KCSM  
FM Jazz TV)

**Write Us:** 5850 Labath Avenue, Rohnert Park, CA 94928 **Email:** [viewer@norcalpublicmedia.org](mailto:viewer@norcalpublicmedia.org)

**Call or Fax:** Voice – 707.584.2000 or 800.287.2722 Fax – 707.585.1363

**Stay Connected Online:** [norcalpublicmedia.org](http://norcalpublicmedia.org) **Social Media:**    

*NorCal board meetings are held on the third Wednesday of most months at the station*

*Call for details: 707.584.2000*

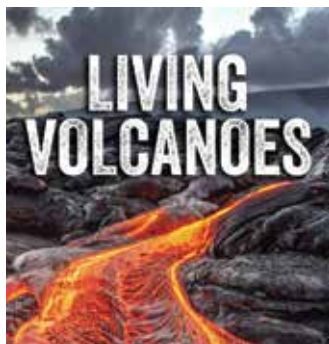


NOVA: Edible Insects

## NOVA: Edible Insects

*Monday, January 10 at 8 pm on KRCB TV*

*Edible Insects* leaps across cultural and culinary boundaries to explore the insect food industry and how it could benefit our health and our warming planet. From Thailand to Texas, cricket farmers are showing how the tiny critters stack up as an environmentally friendly alternative to beef protein. In fact, insects make animal protein vastly more efficiently than cows and, pound for pound, deliver far better nutritional value than the finest steak.



## Nature: Living Volcanoes

*Tuesday, January 18 at 8 pm on KRCB TV*

Our planet is bursting at the seams. Around the world, up to 30 volcanoes erupt every day – and hundreds more could explode at any moment. Meet the people and wildlife that live alongside these volcanoes, from Kilauea to Mount Etna. Discover how volcanoes cause destruction but also create and nurture life. At the “burning heart” of this documentary is a daring expedition of scientists and adventurers to one of the world’s most dangerous volcanoes.



## California Coast

*Tuesday, January 18 at 9 pm on KRCB TV*

One of the Golden State’s best kept secrets, the 1100-mile California Coastal Trail follows the coastline in its entirety, a magnificent once-in-a-century planning and construction effort. This brand new special compiles new interviews and the cinematic highlights from 15 counties to explore the questions and most pressing topics currently dominating the national conversation: sea level rise, coastal access, diversity, cultural barriers, and ocean preservation.



## Bay Area Bountiful: Winter Wild

*Tuesday, January 25 at 9 pm on KRCB TV*

*Wednesday, January 26 at 7 pm on KPJK TV*

Discover how the changing season impacts the natural patterns of wild creatures from the sky to the soil. We’ll see why the Bay Area plays an important role for many bird species at this time of year, check in on the winter travel plans of the iconic monarch butterfly, and dig deep into the earthy and rain-loving inhabitants of the forest floor – fungi!



## Independent Lens Documentary Screenings at the Rialto

NorCal Public Media is pleased to host *Independent Lens* documentaries with special screenings at the Rialto Cinema in Sebastopol! Join us for great discussions and great films from the series.

### Screening dates at the Rialto:



#### Missing in Brooks County

Tuesday, January 11 at 7 pm

Migrants go missing in rural South Texas more than anywhere else in the US. For many families whose loved ones have disappeared after crossing the Mexico border, activist detective Eddie Canales is their last hope. Unlock the mysteries and confront the agonizing facts of life and death in Brooks County, 80 miles north of the border.

#### Apart

Tuesday, February 8

US prisons and jails lead the world in incarcerating women—what happens when they return to their families?

#### Writing With Fire

Tuesday, March 15

In the midst of a patriarchal news landscape, the reporters with Khabar Lahariya – India's only all-female news network – are taking it upon themselves to redefine power.

#### Try Harder

Tuesday, April 19

At a prestigious San Francisco public high school with a majority Asian American student body, fiercely competitive seniors share the dream – and the stress – of getting into a top university.



# KRCB 104.9 Weekly Schedule

Plus 91.1 FM & [krcb.org](http://krcb.org)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

5:00  
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**DEMOCRACY NOW! WITH AMY GOODMAN** Amy Goodman & Juan Gonzalez

**MORNING EDITION - NPR NEWS**  
Local Sonoma County news four times per hour with Mark Prell

**MORNING MUSIC**  
with Brian Griffith

**NEW RELEASE HOUR**  
with Brian Griffith & Doug Jayne

**SONOMA COUNTY NEWS**  
with Doug Jayne

**KRCB MIDDAY MUSIC**  
**AMERICANA, FOLK, BLUES, AND WORLD MUSIC**  
with Doug Jayne

**FRESH AIR** with Terry Gross

**ALL THINGS CONSIDERED - NPR NEWS**  
Local Sonoma County news four times per hour with Greta Mart

**THE DAILY** Hosted by Michael Barbaro, powered by *The New York Times*

**YOUR AVERAGE ABALONE**  
Johnny Bazzano

**BRIAN ELIE'S WORLD**  
Brian Elie

**LADY SPINS THE BLUES**  
Mary Carroll

**NEW RELEASE HOUR**  
Doug Jayne and Brian Griffith

**RHYTHM & ROOTS** Mark Nicholas  
**BEYOND AND BACK** Hillary Culhane

**CONNIE MICHELLE**

**MUSIC 101**  
Margot Chobanian

**WAY BACK IN THE ALLEY BLUES**  
Big Daddy Cain

**THE HUMAN VOICE**  
Phil DeBar

**AMERICAN ROUTES**  
Nick Spitzer

**HEAVY ROTATION**  
Ric

**ART OF T**  
John Dillon

**UNDERCURRENTS**  
Gregg McVicar



Podcast available

THURSDAY		FRIDAY		SATURDAY		SUNDAY			
Jazz				UNDERCURRENTS Gregg McVicar		SNAP JUDGMENT Glynn Washington			
				WEEKEND EDITION NPR NEWS Scott Simon		WEEKEND EDITION NPR NEWS Lulu Garcia Navarro			
				THIS AMERICAN LIFE Ira Glass		CLIMATE ONE FORUMS			
				REVEAL Ctr for Investigative Reporting		A NOVEL IDEA (1ST & 5TH), ALTERNATIVE RADIO 📻			
				THISTLE & SHAMROCK Fiona Ritchie					
JAZZ MUSIC HOUR				FOLKALLEY Elena See		SUNDAYS WITH MICHAEL O'BRIEN Michael O'Brien			
						CROSSING BORDERS Amy Contardi Will Woods			
				OUR ROOTS ARE SHOWING Steve DeLap Kevin Russell					
						AFROPOP WORLDWIDE Georges Collinet from Cameroon			
						ALT.LATINO			
						ALL SONGS CONSIDERED			
				ALL THINGS CONSIDERED - NPR NEWS					
				LATINO USA		MOUTHFUL 📻 Michele Anna Jordan			
CONNECTIONS Stewart		DINO'S GARAGE Dino Poortaste		JAZZ CONNECTIONS Chuck Sher Larry Slater  LE JAZZ HOT Linda Seabright  JAZZ NIGHT IN AMERICA RETURN TO THE SOURCE		TED RADIO HOUR			
						OUTBEAT LGBT Radio			
ION WITH RIC Rox		RED SHOES RODEO Michele Anna Jordan				BEALE STREET CARAVAN Pat Mitchell-Worley & Kevin Cubbins			
		FLASHBACK Bruce Robinson				SPACE/TIME (1ST & 3RD) Paul E.			
THE SONG & Viv Nesbit		ETOWN Nick & Helen Forster		NOTES FROM THE JAZZ UNDERGROUND Paul Abella		DEEP THREES JJ Berglund			
				BLUES BEFORE SUNRISE Steve Cushing		UNDERCURRENTS Gregg McVicar			

Front Office: 707-584-2000 Radio Studio: 707-584-2020

## MONDAY

4am Newsroom Tokyo \*  
 5am Democracy Now! \*  
 6am ♦ Classical Stretch: By Essentrics  
 6:30 Odd Squad  
 7am Arthur  
 7:30 Xavier Riddle and the Secret Museum  
 8am Daniel Tiger's Neighborhood  
 8:30 Curious George  
 9am Alma's Way  
 9:30 Elinor Wonders Why  
 10am Knit & Crochet Now; Fit 2 Stitch begins 1/10  
 10:30 Cycle Around Japan Highlights  
 11am Jazzy Vegetarian  
 11:30 Yan Can Cook: Spice Kingdom; Lucky Chow begins 1/17  
 12pm Hidden Poland 1/3; Rick Steves Hunger and Hope: Lessons from Ethiopia and Guatemala 1/10; Shaw Rising 1/17; The Revolutionist: Eugene V. Debs 1/24; Hollywood's Architect: The Paul R. Williams Story 1/31  
 1pm Donkey Hodie  
 1:30 Sesame Street  
 2pm Hero Elementary  
 2:30 Let's Go Luna!  
 3pm Nature Cat  
 3:30 Wild Kratts  
 4pm Molly of Denali  
 4:30 BBC World News America  
 5pm NHK Newsline  
 5:30 PBS NewsHour  
 6:30 DW The Day

## TUESDAY

4am Newsroom Tokyo \*  
 5am Democracy Now! \*  
 6am ♦ Happy Yoga with Sarah Starr

6:30 Odd Squad  
 7am Arthur  
 7:30 Xavier Riddle and the Secret Museum  
 8am Daniel Tiger's Neighborhood  
 8:30 Curious George  
 9am Alma's Way  
 9:30 Elinor Wonders Why  
 10am Best of the Joy of Painting  
 10:30 Journeys in Japan  
 11am Cook's Country  
 11:30 Christopher Kimball's Milk Street Television  
 12pm NOVA (Repeat of Monday at 8 pm)  
 1pm Donkey Hodie  
 1:30 Sesame Street  
 2pm Hero Elementary  
 2:30 Let's Go Luna!  
 3pm Nature Cat  
 3:30 Wild Kratts  
 4pm Molly of Denali  
 4:30 BBC World News America  
 5pm NHK Newsline  
 5:30 PBS NewsHour  
 6:30 DW The Day

## WEDNESDAY

4am Newsroom Tokyo \*  
 5am Democracy Now! \*  
 6am ♦ Classical Stretch: By Essentrics  
 6:30 Odd Squad  
 7am Arthur  
 7:30 Xavier Riddle and the Secret Museum  
 8am Daniel Tiger's Neighborhood  
 8:30 Curious George  
 9am Alma's Way  
 9:30 Elinor Wonders Why  
 10am This Old House  
 10:30 Tokyo Eye 2020  
 11am America's Test Kitchen from *Cook's Illustrated*  
 11:30 Steven Raichlen's Project Fire  
 12pm Nature (Repeat of

Tuesday at 8 pm)

1pm Donkey Hodie  
 1:30 Sesame Street  
 2pm Hero Elementary  
 2:30 Let's Go Luna!  
 3pm Nature Cat  
 3:30 Wild Kratts  
 4pm Molly of Denali  
 4:30 BBC World News America  
 5pm NHK Newsline  
 5:30 PBS NewsHour  
 6:30 DW The Day

## THURSDAY

4am Newsroom Tokyo \*  
 5am Democracy Now! \*  
 6am ♦ Happy Yoga with Sarah Starr  
 6:30 Odd Squad  
 7am Arthur  
 7:30 Xavier Riddle and the Secret Museum  
 8am Daniel Tiger's Neighborhood  
 8:30 Curious George  
 9am Alma's Way  
 9:30 Elinor Wonders Why  
 10am Ask This Old House  
 10:30 Core Kyoto  
 11am Pati's Mexican Table  
 11:30 Ellie's Real Good Food  
 12pm Big Dreams in Umatilla 1/6; Trust Me 1/13 (See p. 2) ; The 86th Annual Anisfield-Wolf Book Awards 1/20 (See p. 2); Fauci: The Virus Hunter 1/27  
 1pm Donkey Hodie  
 1:30 Sesame Street  
 2pm Hero Elementary  
 2:30 Let's Go Luna!  
 3pm Nature Cat  
 3:30 Wild Kratts  
 4pm Molly of Denali  
 4:30 BBC World News America  
 5pm NHK Newsline  
 5:30 PBS NewsHour  
 6:30 DW The Day



## FRIDAY

4am Newsroom Tokyo \*

5am Democracy Now! \*

6am ♦ Classical Stretch: By Essentrics

6:30 Odd Squad

7am Arthur

7:30 Xavier Riddle and the Secret Museum

8am Daniel Tiger's Neighborhood

8:30 Curious George

9am Alma's Way

9:30 Elinor Wonders Why

10am Growing Bolder

10:30 Dining with the Chef

11am Trails to Oishii Tokyo

11:30 Lidia's Kitchen

12pm Variety Studio: Actors on Actors 1/7; Great Ride 1/14; California Coast 1/21; Bay Area Bountiful: Winter Wild 1/28

12:30 Variety Studio: Actors on Actors 1/7; Bay Area Bountiful: Baby Animals 1/28

1pm Donkey Hodie

1:30 Sesame Street

2pm Hero Elementary

2:30 Let's Go Luna!

3pm Nature Cat

3:30 Wild Kratts

4pm Molly of Denali

4:30 BBC World News America

5pm Asia Insight

5:30 PBS NewsHour

6:30 DW The Day

## SATURDAY

*Regular programming will be preempted by pledge 1/1 (All Creatures Great & Small marathon from 10 am - 7 pm)*

6am ♦ Sit & Be Fit \*

6:30 ♦ Step It Up with Steph; Yoga in Practice begins 1/29 \*

7am Mister Rogers' Neighborhood

7:30 Elinor Wonders Why; London's New Year's Day Parade 2022 1/1

8am Pinkalicious & Peterrific

8:30 Alma's Way

9am Curious George

9:30 Molly of Denali

10am At One with Nature: National Parks of Japan; Fly Brother with Ernest White II begins 1/15

10:30 Samantha Brown's Places to Love

11am Lidia's Kitchen

11:30 America's Test Kitchen from *Cook's Illustrated*

12pm Cook's Country

12:30 Pati's Mexican Table

1pm Chaperone on Masterpiece 1/8; Downton Abbey 1/15; Hillary begins 1/22

2pm Hillary begins 1/22

2:30 Variety Studio: Actors on Actors

3pm 100 Days, Drinks, Dishes and Destinations

3:30 Kevin Belton's Cookin' Louisiana

4pm David Holt's State of Music

4:30 David Holt's State of Music

5pm As Time Goes By

5:30 Keeping Up Appearances

6pm Gzero World with Ian Bremmer

6:30 PBS NewsHour Weekend

## SUNDAY

*Regular programming will be preempted by pledge 1/2*

6am ♦ Wai Lana Yoga \*

6:30 ♦ Yoga in Practice \*

7am Untamed; Climate One Commonwealth Club 1/30

7:30 Global 3000 \*

8am Garden Smart

8:30 Growing a Greener World; P. Allen Smith Garden Home begins 1/9

9am J Schwanke's Life in Bloom

9:30 Euromaxx

10am How She Rolls

10:30 American Grown: My Job Depends on Ag; Start Up begins 1/9

11am Nature

12pm NOVA

1pm Frontline: The Power of the Fed 1/9; Independent Lens: 9to5 - The Story of a Movement 1/16; Frontline: Pandora Papers 1/23; Downton Abbey 1/30

2pm NHK Special 1/9 & 1/23

2:30 POV Shorts 1/16

3pm Focus on Europe

3:30 Consuelo Mack Wealthtrack

4pm To the Contrary with Bonnie Erbe

4:30 School of Greatness; History with David Rubenstein begins 1/9

5pm Scully/The World Show

5:30 The Laura Flanders Show

6pm The Whole Truth with David Eisenhower

6:30 PBS NewsHour Weekend

### ♦ Health Connections Programming

### Bay Area Bountiful/Environment/Ag Programming

\* Available on Cable and AT&T U-verse only

# KRCB Primetime Listings

## 1 SATURDAY

- 7pm Ancient Remedies with Dr. Josh Axe  
9pm 5 Steps to a Loving & Purposeful Life  
11pm Easy Yoga: The Secret to Strength and Balance with Peggy Cappy  
12am Best of KRCB Pledge Programming \*

## 2 SUNDAY

- 7pm Suze Orman's Ultimate Retirement Guide  
9pm Change Your Brain, Heal Your Mind with Daniel Amen, MD  
11pm Easy Yoga for Diabetes with Peggy Cappy  
12am Best of KRCB Pledge Programming \*

## 3 MONDAY

- 7pm Motorweek  
7:30 Ask This Old House  
8pm NOVA Universe Revealed: Big Bang. New research and theories offer clues about the Big Bang and what may have existed before the universe's birth.  
9pm Big Dreams in Umatilla. A story about a robotics team and how it united a town and taught its young residents they could reach for the stars.  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 4 TUESDAY

- 7pm As Time Goes By  
7:30 Keeping Up Appearances

- 8pm Nature: Attenborough and the Sea Dragon  
9pm Hearts of Glass  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 5 WEDNESDAY

- 7pm Poldark, Season 5 on Masterpiece, Episode 1  
8pm Sanditon on Masterpiece, Episode 7  
9pm Sanditon on Masterpiece, Episode 8 (Season Finale). On the night of the Midsummer Ball, romance, jealousy, and betrayal fill the air.  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 6 THURSDAY

- 7pm How She Rolls  
7:30 Kevin Belton's Cookin' Louisiana  
8pm Seaside Hotel, Season 2, Episode 2  
9pm The Reunited States (See p. 2)  
10:30 PBS NewsHour  
11:30 Amanpour and Company  
12:30 Democracy Now! with Amy Goodman \*  
1:30 Best of KRCB Programming \*

## 7 FRIDAY

- 7pm Samantha Brown's Places to Love  
7:30 100 Days, Drinks, Dishes and

## Destinations

- 8pm Rick Steves Hunger and Hope: Lessons from Ethiopia and Guatemala  
9pm Independent Lens: The People vs. Agent Orange. Follow a Vietnamese activist who, in a French court, is suing the American chemical industry for poisoning her and her family in Vietnam.  
10:30 PBS NewsHour  
11:30 Amanpour and Company  
12:30 Democracy Now! with Amy Goodman \*  
1:30 Best of KRCB Programming \*

## 8 SATURDAY

- 7pm Ask This Old House  
7:30 This Old House

- 8pm Austin City Limits 7th Annual Hall of Fame Honors. Celebrate the 2021 ACL Hall of Fame inductees as Alejandro Escovedo, Lucinda Williams, and Wilco are honored.



- 9pm Sound on Tap: Tale of Giants  
9:30 Sound on Tap: Brandon Word  
10pm The Kate: Marty Stuart & His Fabulous Superlatives  
11pm Before We Die  
12am Best of KRCB Programming \*

# Primetime Listings **KRCB**

## 9 SUNDAY

- 7pm The Legacy List with Matt Paxton  
8pm Great Performances: From Vienna: The New Year's Celebration 2022  
9:30 Arts in Context: Flamenco India  
10pm Life Transformed: Aftermath of a Traumatic Injury  
11pm Poetry in America  
11:30 Poetry in America  
12am Best of KRCB Programming \*

## 10 MONDAY

- 7pm Motorweek  
7:30 Ask This Old House  
8pm NOVA: Edible Insects (See p. 4)  
9pm Trust Me (See p. 2)  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 11 TUESDAY

- 7pm As Time Goes By  
7:30 Keeping Up Appearances  
8pm Nature: Sharks of Hawaii. Learn surprising facts about the sharks that call the warm waters near Hawaii's islands their home.  
9pm The Great Ride. Journeys more than 355 uninterrupted miles of bike trail spanning from Washington, DC to Pittsburgh, PA.  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 12 WEDNESDAY

- 7pm Poldark, Season 5 on Masterpiece, Episode 2  
8pm Downton Abbey. In this feature film, the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives.  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 13 THURSDAY

- 7pm How She Rolls  
7:30 Kevin Belton's Cookin' Louisiana  
8pm Seaside Hotel, Season 2, Episode 3  
9pm Frontline: Pandora Papers  
10pm PBS NewsHour  
11pm Amanpour and Company  
12am Democracy Now! with Amy Goodman \*  
1am Best of KRCB Programming \*

## 14 FRIDAY

- 7pm Samantha Brown's Places to Love  
7:30 100 Days, Drinks, Dishes and Destinations  
8pm Shaw Rising  
9pm Independent Lens: 9to5 – The Story of a Movement. Go inside the inspiring movement for women's workplace equality in the 1970s.  
10:30 PBS NewsHour  
11:30 Amanpour and Company  
12:30 Democracy Now! with Amy Goodman \*  
1:30 Best of KRCB Programming \*

## 15 SATURDAY

- 7pm Ask This Old House  
7:30 This Old House  
8pm Austin City Limits: St. Vincent/ Joy Olakokun  
9pm Sound on Tap: Mariachi Mexico Lindo  
9:30 Sound on Tap: Wamaygallo  
10pm The Kate: Delbert McClinton and the Self-Made Men + Dana

**11pm Resistance, Episode 1.** When a group of committed rebels produces a newspaper called *Resistance*, Lili and her friend The Kid accept the dangerous task of distributing copies and begin to fall in love.



- 12am Best of KRCB Programming \*

## 16 SUNDAY

- 7pm The Legacy List with Matt Paxton  
8pm Great Performances: A John Williams Premiere at Tanglewood  
9:30 The Cheech  
10pm Work of Art: Reno Phil  
11pm Poetry in America  
11:30 Poetry in America  
12am Best of KRCB Programming \*

## 17 MONDAY

- 7pm Motorweek  
7:30 Ask This Old House

# KRCB Primetime Listings

8pm **NOVA: High-Risk High-Rise.** NOVA explores the science behind the risks of sky-high buildings.

9pm **The 86th Annual Anisfield-Wolf Book Awards** (See p. 2)

10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*

1am **Best of KRCB Programming \***

## 18 TUESDAY

7pm **As Time Goes By**

7:30 **Keeping Up Appearances**

8pm **Nature: The Alps – Living Volcanoes** (See p. 4)

9pm **California Coast** (See p. 4)

10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*

1am **Best of KRCB Programming \***

## 19 WEDNESDAY

7pm **Poldark, Season 5 on Masterpiece, Episode 3**

8pm **All Creatures Great and Small: Where the Heart Is.** James Herriot must choose between the people he loves when he is offered a position at his old mentor's forward-thinking practice.



9pm **Around the World in 80 Days on Masterpiece, Episode 1.** Phileas Fogg bets a fortune that he can circle the Earth in no more than 80 days.



10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*

1am **Best of KRCB Programming \***

## 20 THURSDAY

7pm **How She Rolls**

7:30 **Kevin Belton's Cookin' Louisiana**

8pm **Seaside Hotel, Season 2, Episode 4**

9pm **Frontline: Opioids, Inc.**

10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*

1am **Best of KRCB Programming \***

## 21 FRIDAY

7pm **Samantha Brown's Places to Love**

7:30 **100 Days, Drinks, Dishes and Destinations**

8pm **Downton Abbey**

10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*

1am **Best of KRCB Programming \***

## 22 SATURDAY

7pm **Ask This Old House**

7:30 **This Old House**

8pm **Austin City Limits: Duran Duran.** Revel in a performance from the pop superstars.

9pm **Sound on Tap: Caleb Jude Green**

9:30 **Sound on Tap: Coco Butter**

10pm **The Kate: Joseph**

11pm **Resistance, Episode 2**

12am **Best of KRCB Programming \***

## 23 SUNDAY

7pm **The Legacy List with Matt Paxton**

8pm **Great Performances: Romeo and Juliet**

10pm **First Avenue: Closer to the Stars**

11pm **Poetry in America**

11:30 **Poetry in America**

12am **Best of KRCB Programming \***

## 24 MONDAY

7pm **Motorweek**

7:30 **Ask This Old House**

8pm **NOVA: Butterfly Blueprints**

9pm **Fauci: The Virus Hunter**

10pm **PBS NewsHour**

11pm **Amanpour and Company**

12am **Democracy Now!** with Amy Goodman \*


1am **Best of KRCB Programming \***

## 25 TUESDAY


7pm **As Time Goes By**

7:30 **Keeping Up Appearances**

8pm **Nature: Octopus – Making Contact**

9pm  **Bay Area Bountiful: Winter Wild** (See p. 4)

# Primetime Listings **KRCB** **PBS**

**9:30**  **Bay Area Bountiful: Baby Animals**

**10pm** PBS NewsHour  
**11pm** Amanpour and Company

**12am** Democracy Now! with Amy Goodman \*

**1am** Best of KRCB Programming \*

**26 WEDNESDAY**

**7pm** Poldark, Season 5 on Masterpiece, Episode 4

**8pm** All Creatures Great and Small: Semper Progredivs

**9pm** Around the World in 80 Days on Masterpiece, Episode 2

**10pm** PBS NewsHour  
**11pm** Amanpour and Company

**12am** Democracy Now! with Amy Goodman \*

**1am** Best of KRCB Programming \*

**27 THURSDAY**

**7pm** How She Rolls  
**7:30** Kevin Belton's Cookin' Louisiana

**8pm** Seaside Hotel, Season 2, Episode 5

**9pm** Frontline: United States of Conspiracy

**10pm** PBS NewsHour  
**11pm** Amanpour and Company

**12am** Democracy Now! with Amy Goodman \*

**1am** Best of KRCB Programming \*

**28 FRIDAY**

**7pm** Samantha Brown's Places to Love

**7:30** 100 Days, Drinks, Dishes and Destinations

**8pm** WBCN and the American Revolution

**10pm** PBS NewsHour

**11pm** Amanpour and Company

**12am** Democracy Now! with Amy Goodman \*

**1am** Best of KRCB Programming \*

**29 SATURDAY**

**7pm** Ask This Old House  
**7:30** This Old House

**8pm** Austin City Limits: Terry Allen

**9pm** Sound on Tap: Scabaret

**9:30** Sound on Tap: Chuii

**10pm** The Kate: The Wood Brothers

**11pm** Resistance, Episode 3

**12am** Best of KRCB Programming \*

**30 SUNDAY**

**7pm** The Legacy List with Matt Paxton

**8pm** Great Performances: Yannick – An Artist's

Journey

**10pm** Actually, Iconic: Richard Estes

**11pm** Poetry in America

**11:30** Poetry in America

**12am** Best of KRCB Programming \*

**31 MONDAY**

**7pm** Motorweek

**7:30** Ask This Old House

**8pm** **NOVA: Alaskan Dinosaurs.** Wielding chainsaws to extract fossils frozen into the permafrost and flying drones to map thousands of footprints, intrepid paleontologists discover that dinosaurs thrived in the unlikely places.



**9pm** The Real McCoy

**10pm** PBS NewsHour

**11pm** Amanpour and Company

**12am** Democracy Now! with Amy Goodman \*

**1am** Best of KRCB Programming \*

**MASTERPIECE**

**AROUND THE WORLD IN 80 DAYS**

Wednesdays, January 19 & 26 at 9 pm

**KRCB**  **PBS**



**MONDAY**

6am Indian Country Today  
 6:30 Fit First  
 7am Teepee Time  
 7:30 Waabiny Time  
 8am Tiga Talk  
 8:30 ♦ Step It Up with  
 Steph; Fit N Delicious  
 begins 1/24  
 9am ♦ Classical Stretch:  
 By Essentrics  
 9:30 ♦ Sit and Be Fit  
 10am Samantha Brown's  
 Places to Love  
 10:30 Crossing South  
 11am Making Regalia  
 11:30 Wild Archaeology  
 12pm Lidia's Kitchen  
 12:30 My Greek Table with  
 Diane Kochilas  
 1pm Flavor of Poland  
 1:30 American Woodshop  
 2pm Home Diagnosis  
 2:30 Classic Woodworking;  
 A Craftman's Legacy  
 begins 1/10  
 3pm Native Planet  
 4pm Justice Delayed is  
 Justice Denied 1/3;  
 Keetoowahs Come  
 Home 1/10; 20 Miles  
 a Glass 1/17; Tears of  
 Our Ancestors 1/24;  
 California's Watershed  
 1/31  
 4:30 Democracy Now!  
 5:30 DW The Day

**TUESDAY**

6am Indian Country Today  
 6:30 Fit First  
 7am Teepee Time  
 7:30 Waabiny Time  
 8am Tiga Talk  
 8:30 ♦ Happy Yoga w/  
 Sarah Starr  
 9am ♦ Classical Stretch:  
 By Essentrics  
 9:30 ♦ Sit and Be Fit  
 10am Daytripper  
 10:30 Rick Steves' Europe  
 11am The New Creative India  
 11:30 Aboriginal Adventures  
 12pm Sara's Weeknight Meals  
 12:30 Julie Taboulie's  
 Lebanese Kitchen  
 1pm Tasteable California  
 1:30 Quilting Arts  
 2pm Best of Sewing with  
 Nancy  
 2:30 Fons & Porter's Love of  
 Quilting  
 3pm Behind the Brush  
 3:30 Aboriginal Adventures  
 4pm Globe Scholars  
 4:30 Democracy Now!  
 5:30 DW The Day

**WEDNESDAY**

6am Indian Country Today  
 6:30 Fit First  
 7am Teepee Time  
 7:30 Waabiny Time

8am Tiga Talk  
 8:30 ♦ Wai Lana Yoga  
 9am ♦ Classical Stretch:  
 By Essentrics  
 9:30 ♦ Sit and Be Fit  
 10am Curious Traveler  
 10:30 In the Americas with  
 David Yetman  
 11am Making Regalia  
 11:30 The Medicine Line  
 12pm Christopher Kimball's  
 Milk Street Television  
 12:30 Cooking with Nick  
 Stellino; Nick Stellino:  
 Storyteller in the  
 Kitchen begins 1/19  
 1pm America's Test Kitchen  
 from *Cook's Illustrated*  
 1:30 Paint This with  
 Jerry Yarnell  
 2pm Best of the Joy of  
 Painting  
 2:30 Painting with  
 Wilson Bickford  
 3pm Future History  
 3:30 Common Ground  
 4pm California's Watershed  
 1/5; The Price of the  
 Prize 1/12; Managing  
 Risk in a Changing  
 Climate 1/19; Mr.  
 Tanimoto's Journey  
 1/26  
 4:30 Democracy Now!  
 5:30 DW The Day

**THURSDAY**

6am Indian Country Today



## Out in Rural America

Saturday, January 15 at 8 pm

**KPKJ**



6:30 Fit First  
 7am Teepee Time  
 7:30 Waabiny Time  
 8am Tiga Talk  
 8:30 ♦ Yoga in Practice  
 9am ♦ Classical Stretch:  
 By Essentrics  
 9:30 ♦ Sit and Be Fit  
 10am Roadtrip Nation  
 10:30 Seeing Canada  
 11am The New Creative India  
 11:30 Future History  
 12pm Trails to Oishii Tokyo  
 12:30 Simply Ming  
 1pm Kevin Belton's New  
 Orleans Celebrations  
 1:30 It's Sew Easy  
 2pm Knit and Crochet Now  
 2:30 Fit 2 Stitch  
 3pm The New Zealanders  
 4pm Ruth-Ann Thorn  
 Presents: Art of the  
 City  
 4:30 Democracy Now!  
 5:30 DW The Day

## FRIDAY

6am Indian Country Today  
 6:30 Fit First  
 7am Teepee Time  
 7:30 Waabiny Time  
 8am Tiga Talk  
 8:30 ♦ Happy Yoga w/  
 Sarah Starr  
 9am ♦ Classical Stretch:  
 By Essentrics  
 9:30 ♦ Sit and Be Fit  
 10am Cycle Around Japan  
 Highlights  
 10:30 Dinorah Desde  
 11am Making Regalia  
 11:30 Aboriginal Adventures  
 12pm Pati's Mexican Table  
 12:30 Jazzy Vegetarian  
 1pm Dining with the Chef  
 1:30 Beads, Baubles  
 and Jewels; Pocket  
 Sketching with Kath  
 Macaulay begins 1/28  
 2pm Make It Artsy  
 2:30 Articulate with Jim  
 Cotter

3pm Make Prayers to the  
 Raven  
 3:30 Aboriginal Adventures  
 4pm Native Report  
 4:30 Democracy Now!  
 5:30 DW The Day

## SATURDAY

*Regular programming will be  
 preempted by pledge 1/1*

6am FNX Now Block \*  
 6:30 Native Report \*  
 7am Teepee Time  
 7:30 Lakota Berenstain  
 Bears; London's New  
 Years Day Parade  
 2022 1/1  
 8am Little J and Big Cuz  
 8:30 Yamba's Playtime  
 9am J Schwanke's Life in  
 Bloom  
 9:30 Garden Smart  
 10am Growing Bolder  
 10:30 Walkin' California  
 11am Fit First  
 11:30 Maria's Portuguese  
 Table  
 12pm Kevin Belton's Cookin'  
 Louisiana  
 12:30 America's Test Kitchen  
 from *Cook's Illustrated*  
 1pm Christopher Kimball's  
 Milk Street Television  
 1:30 Lidia's Kitchen  
 2pm Home Diagnosis  
 2:30 American Woodshop  
 3pm 🌱 American Grown:  
 My Job Depends on  
 Ag  
 3:30 🌱 Conscious Living;  
 This American Land  
 begins 1/15  
 4pm The New Zealanders  
 5pm 🌱 Bay Area Bountiful  
 5:30 🌱 Bay Area Bountiful

## SUNDAY

*Regular programming will be  
 preempted by pledge 1/2*

6am Osiyo, Voices of the  
 Cherokee People \*  
 6:30 Wassaja

7am Teepee Time \*  
 7:30 Lakota Berenstain  
 Bears \*  
 8am Tiga Talk  
 8:30 Yamba's Roadshow  
 9am 🌱 Growing a Greener  
 World  
 9:30 Around the Farm Table  
 10am Ciao Italia  
 10:30 Simply Ming  
 11am Fit First  
 11:30 Trails to Oishii Tokyo  
 12pm Dining with the Chef  
 12:30 Steven Raichlen's  
 Project Fire  
 1pm Make48  
 1:30 Start Up  
 2pm Consuelo Mack  
 Wealthtrack  
 2:30 The Laura Flanders  
 Show  
 3pm The Whitney Reynolds  
 Show  
 3:30 Asia Insight  
 4pm Articulate with  
 Jim Cotter  
 4:30 Story in the Public  
 Square  
 5pm The Chavis Chronicles  
 5:30 Gzero's World with  
 Ian Bremmer

Program listings are  
 accurate at the time of  
 printing. For late pro-  
 gramming changes, call  
 (800) 287-2722.

\*Available on Cable and  
 AT&T U-verse only.

♦ Health Connections  
 Programming

🌱 Bay Area Bountiful/  
 Environmental/Ag  
 Programming

CC

The majority of  
 our primetime  
 programs are  
 closed captioned.

## 1 SATURDAY

- 6:30 Change Your Brain, Heal Your Mind with Daniel Amen, MD  
8:30 Bay Area Bountiful: Women in Wine  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 2 SUNDAY

- 6pm Memory Rescue with Daniel Amen, MD  
8pm Ancient Remedies with Dr. Josh Axe  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 3 MONDAY

- 6pm NHK Newsline  
6:30 France 24  
7pm Afro-Latino Travels with Kim Haas  
7:30 Rick Steves' Europe: Italy's Riviera – Cinque Terre  
8pm Blind Trust: Leaders & Followers In Times of Crisis (See p. 2)  
9pm Silent Witness: Two Spirits, Part 1  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 4 TUESDAY

- 6pm NHK Newsline  
6:30 France 24  
7pm Steven Raichlen's Project Fire  
7:30 Weekends with Yankee  
8pm Lewis: The Soul of Genius  
9:30 Breaking Loneliness. A documentary about people finding ways to escape loneliness and social isolation.  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 5 WEDNESDAY

- 6pm NHK Newsline

- 6:30 France 24  
7pm Garden Smart  
7:30 Ecosense for Living  
8pm Three Towns, Three Rivers: Natural Disasters and Resiliency in the Age of Climate Change  
9pm The Mallorca Files, Season 2, Episode 1  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 6 THURSDAY

- 6pm NHK Newsline  
6:30 France 24  
7pm Poetry in America  
7:30 Poetry in America

8pm **Gordon Getty: There Will Be Music.** A man born into extraordinary wealth chooses to concentrate largely on music rather than on the family business.



- 9pm Foyle's War: Plan of Attack, Part 1  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 7 FRIDAY

- 6pm Asia Insight  
6:30 France 24  
7pm Songs at the Center  
7:30 Songs at the Center  
8pm Sun Studio Sessions: Carson McHone  
8:30 Sun Studio Sessions: The Bo-Keys  
9pm Agatha Christie Partners in Crime: The Affair of the Pink Pearl  
10pm Deutsche Welle English

- 11pm NHK World Japan Live

## 8 SATURDAY

- 6pm NHK Special  
7pm Confucius Was a Foodie  
8pm Medicating Normal (See p. 19)  
9:30 Janet King, Season 3, Episode 5  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 9 SUNDAY

- 6pm Gordon Getty: There Will Be Music  
7pm Revolutionizing Dementia Care (See p. 19)  
7:30 Face of a Nation: What Happened to the World's Fair  
9pm Shakespeare & Hathaway – Private Investigators, Season 1, Episode 10  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 10 MONDAY

- 6pm NHK Newsline  
6:30 France 24  
7pm Afro-Latino Travels with Kim Haas  
7:30 Rick Steves' Europe: Italy's Veneto – Verona, Padua, and Ravenna  
8pm Trust Me (See p. 2)  
9pm Silent Witness: Two Spirits, Part 2  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 11 TUESDAY

- 6pm NHK Newsline  
6:30 France 24  
7pm Steven Raichlen's Project Fire  
7:30 Weekends with Yankee  
8pm Lewis: Generation of Vipers  
9:30 Blue Goes Green: Net Zero Police Station

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 12 WEDNESDAY

6pm NHK Newslines  
6:30 France 24  
7pm Garden Smart  
7:30 Home Diagnosis  
8pm Journeys Through the Finger Lakes  
9pm The Mallorca Files, Season 2, Episode 2  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 13 THURSDAY

6pm NHK Newslines  
6:30 France 24  
7pm Poetry in America  
7:30 Poetry in America  
8pm The Legacy List with Matt Paxton  
9pm Foyle's War: Plan of Attack, Part 2  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 14 FRIDAY

6pm Asia Insight  
6:30 France 24  
7pm Songs at the Center  
7:30 Songs at the Center  
8pm Backstage Pass: Mike Mains & The Branches  
9pm Agatha Christie Partners in Crime: The House of Lurking Death  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 15 SATURDAY

6pm NHK Documentary  
7pm Confucius Was a Foodie  
8pm Out in Rural America  
9:30 Janet King, Season 3, Episode 6  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 16 SUNDAY

6pm The Legacy List with Matt Paxton  
7pm The Last Chapter (See p. 19)  
8pm The 86th Annual Anisfield-Wolf Book Awards (See p. 2)  
9pm Shakespeare & Hathaway – Private Investigators, Season 1, Episode 11  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 17 MONDAY

6pm NHK Newslines  
6:30 France 24  
7pm Fly Brother with Ernest White II  
7:30 Rick Steves' Europe: Amsterdam

8pm Jim Crow of the North.  
Explores the origins of housing segregation.



9pm Silent Witness: Lift Up Your Hearts, Part 1  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 18 TUESDAY

6pm NHK Newslines  
6:30 France 24  
7pm Steven Raichlen's Project Fire  
7:30 Weekends with Yankee  
8pm Lewis: Fearful Symmetry  
9:30 Charlie's Place  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 19 WEDNESDAY

6pm NHK Newslines  
6:30 France 24  
7pm Garden Smart  
7:30 Home Diagnosis  
8pm Red Power Energy  
9pm The Mallorca Files, Season 2, Episode 3  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 20 THURSDAY

6pm NHK Newslines  
6:30 France 24  
7pm Poetry in America  
7:30 Poetry in America  
8pm The Legacy List with Matt Paxton  
9pm Foyle's War: Broken Souls, Part 1  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 21 FRIDAY

6pm Asia Insight  
6:30 France 24  
7pm Songs at the Center  
7:30 Songs at the Center  
8pm Backstage Pass: Paddlebots  
9pm Agatha Christie Partners in Crime: The Sunnydale Murder  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 22 SATURDAY

6pm Red Power Energy  
7pm Confucius Was a Foodie  
8pm Expect a Miracle: Finding Light in the Darkness of a Pandemic  
9pm Janet King, Season 3, Episode 7  
10pm Deutsche Welle English  
11pm NHK World Japan Live

## 23 SUNDAY

6pm The Legacy List with Matt Paxton

7pm **Aging Matters: Companionship & Intimacy** (See p. 19)

7:30 **Aging Matters: Loneliness & Isolation** (See p. 19)

8pm **I Go Home.**  
Chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America.

9pm **Shakespeare & Hathaway – Private Investigators, Season 1, Episode 12**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 24 MONDAY

6pm NHK Newslines

6:30 France 24

7pm **Fly Brother with Ernest White II**

7:30 **Rick Steves' Europe: The Netherlands Beyond Amsterdam**

8pm **Forgotten Fame: The Marion Miley Story**

9pm **Silent Witness: Lift Up Your Hearts, Part 2**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 25 TUESDAY

6pm NHK Newslines

6:30 France 24

7pm **Steven Raichlen's Project Fire**

7:30 **Weekends with Yankee**

8pm **Lewis: The Indelible Stain**

9:30 **Factory.** Focuses on the importance of factory work to 20th century small-town America.

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 26 WEDNESDAY

6pm NHK Newslines

6:30 France 24

7pm **Bay Area Bountiful: Winter Wild** (See p. 4)

7:30 **Bay Area Bountiful: Baby Animals**

8pm **Troubled Waters: A Turtle's Tale**

9pm **The Mallorca Files, Season 2, Episode 4**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 27 THURSDAY

6pm NHK Newslines

6:30 France 24

7pm **Poetry in America**

7:30 **Poetry in America**

8pm **The Legacy List with Matt Paxton**

9pm **Foyle's War: Broken Souls, Part 2**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 28 FRIDAY

6pm **Asia Insight**

6:30 France 24

7pm **Songs at the Center**

7:30 **Songs at the Center**

8pm **Backstage Pass: Tishmal**

9pm **Agatha Christie Partners in Crime: The Clergyman's Daughter.** A clergyman's daughter calls in Tommy and Tuppence to investigate some bizarre and frightening events at an English country house.



10pm Deutsche Welle English  
11pm NHK World Japan Live

## 29 SATURDAY

6pm **Forgotten Fame: The Marion Miley Story**

7pm **Jamie Oliver Together**

8pm **Wendell Castle: A Portrait**

9pm **Janet King, Season 3, Episode 8**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 30 SUNDAY

6pm **The Legacy List with Matt Paxton**

7pm **Stella & Co.: A Romantic Musical Comedy Documentary About Aging**

8pm **Marching Forward**

9pm **Shakespeare & Hathaway – Private Investigators, Season 1, Episode 13**

10pm Deutsche Welle English  
11pm NHK World Japan Live

## 31 MONDAY

6pm NHK Newslines

6:30 France 24

7pm **Fly Brother with Ernest White II**

7:30 **Rick Steves' Europe: Prague**

8pm **The First Angry Man**

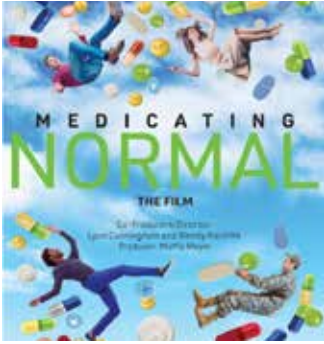
9pm **Silent Witness: To Brighton, to Brighton, Part 1**

10pm Deutsche Welle English  
11pm NHK World Japan Live

\*Available on Cable and AT&T U-verse only.

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The majority of our primetime programs are closed captioned.



## Medicating Normal

Saturday, January 8 at 8 pm on KPJK TV

One in five Americans are physically dependent on not heroin or cocaine, but commonly prescribed psychiatric drugs. *Medicating Normal* follows the stories of ordinary people whose doctors prescribed drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. It shows the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.



## Revolutionizing Dementia Care

Sunday, January 9 at 7 pm on KPJK TV

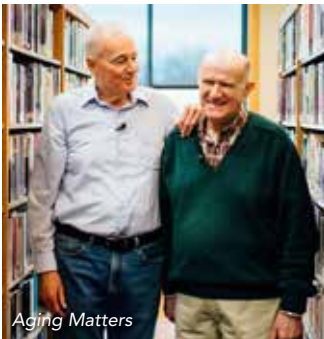
People living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. From equine and horticulture therapies to city-wide dementia-friendly education programs for area businesses, *Revolutionizing Dementia Care* captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.



## The Last Chapter

Sunday, January 16 at 7 pm on KPJK TV

This documentary examines the benefits of planning for end-of-life care through interviews with medical patients and doctors from several Pittsburgh-area hospitals who stress the importance of communication regarding end-of-life decision-making. These difficult but necessary conversations can help patients navigate – and even dictate – their end-of-life scenarios.



## Aging Matters

Sunday, January 23 at 7 pm & 7:30 pm on KPJK TV

**Companionship & Intimacy** (7 pm) explores the benefits and challenges of companionship and intimacy as we age.

**Loneliness & Isolation** (7:30 pm) explores how forming and keeping social connections can be difficult as we grow older, and clarifies the difference between being physically isolated and feeling lonely.

# THE BAY AREA TRAVEL AND WINE AUCTION

A benefit for Northern California Public Media

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