

KRWG
Quarterly Program Topic Report

January, February, March

2010

INTRODUCTION

Through meetings with local community leaders, review of area newspapers and other publications, and production of a nightly newscast (Monday to Friday), the staff of KRWG-TV have determined that the following issues are of primary importance to the citizens within our coverage area:

Health/Welfare/Safety – Petty crimes and drive-by shootings are an on-going problem in this area. While the over-all crime rate is no higher than the national average, low-income families and a higher than average teenage population contribute to the gang and crime problem. The chronic low-income family problem also results in health and welfare issues including an above average social services caseload and a high number of welfare cases handled by the local hospital.

Culture – The mix of Hispanic/Native American/ and Anglo cultures provide many positive attributes to life in southern New Mexico. However, this same mix results in an on-going undercurrent of conflict among the cultures. Cultural and historical understanding is of on-going importance in this area.

Business - With an above-average unemployment rate and a below-average income level, the status of the business/agricultural community in southern New Mexico is an important and on-going issue. Concern over the constant issue of defense spending at the federal level is ongoing in this area due to the presence of several military and NASA installations. Dona Ana county is also actively seeking new businesses and a strong infrastructure exists near the Santa Teresa Border Crossing, which is also a source of news and related issues.

Politics/Local Public Affairs – Southern New Mexico has very intensive and on-going political issues that are of constant interest to the citizens of the involved communities.

Education – With a constantly growing population of children, many of whom use Spanish as their primary language, the school systems in the KRWG-TV viewing area are constantly trying to provide facilities and teachers to meet this growing school age population with limited funds. New Mexico is one of the poorest per-capita states in the nation, which results in a chronic shortage of funds for local education.

Water/Environment – Located in a desert with two major sources of water, the Rio Grande River and an acquirer that supplies drinking water to Las Cruces and surrounding areas in the Mesilla Valley. Water is the lifeblood of the region and conflicts are escalating over the requirements of a growing urban population and the on-going needs of agriculture.

Children – As noted above, families in this area have an above-average number of children. At the same time, many of these families must survive on a below-average income and have an additional handicap because English is most often their second language. Southern New Mexico agencies must provide a broad range of social services to many of these children while at the same time having to deal with a limited economic base.

National & World Affairs - To provide citizens in this area with information about the issues listed above, KRWG-TV provides a wide range of local, regional, and national programming that relates to these issues.

Children's Programming

KRWG Airdate and Time: M-F at 4pm 7(30min)

Title: **ARTHUR** – This series is based on Marc Brown's books. It shows how Arthur and his friends use effective, age-appropriate, problem-solving skills. Each episode consists of two independent stories focusing on themes and events central to children's lives.

KRWG Airdate and Time: M-F at 7am, (30min)

Title: **BARNEY AND FRIENDS** - This series invites young viewers to join in the fun as they interact with the series' characters. Each episode is built around individual themes. Ages 2-5.

KRWG Airdate and Time: M-F at 12:30pm (30min)

Title: **CLIFFORD – CLIFFORD THE BIG RED DOG** emphasizes good citizenship and the importance of community. Through the character of Clifford, whose heart is as big as he is, children learn gentle lessons about acceptance and inclusion. Each episode concludes with a component of "Clifford's Big Ideas" 10 different attributes children learn to embrace □ which leaves them with something to think about and practice in their lives. Different characters introduce the ideas through varied stories, exploring each concept from different points of view.

KRWG Airdate and Time: M-F at 8am (30min)

Title: **CURIOUS GEORGE** - is an animated series based on the popular books by Margret and H.A. Rey. It airs daily on PBS KIDS Aimed at preschool viewers (ages three to five), the goal of the series is to inspire children to explore science, engineering, and math in the world around them. And what better guide is there for this kind of exploration than the world's most curious monkey? George lives to find new things to discover, touch, spill, and chew. Everything is new to George and worth investigating. Of course, in George's hands — all four of them — investigation often leads to unintended consequences! Throughout George's adventures, he encounters and models basic concepts in each of the three content areas. (To learn more, read about the educational philosophy that drives the series.) While remaining true to the look and feel of the beloved books, the daily series expands George's world to include a host of colorful new characters and locales. Each episode features two animated stories followed by short live-action segments in which real kids investigate the ideas that George introduces in the stories. The series is narrated by Emmy award-winning actor William H. Macy. The CURIOUS GEORGE series also aims to show parents and caregivers how to foster the development of science and math literacy in children. In addition to programming, the series is supported by a substantial educational outreach campaign that develops relevant materials and distributes them to librarians, teachers, community centers, and families. These materials offer activities designed to support and extend the learning objectives of the series. Most of these resources are available right here on the CURIOUS GEORGE Web site in the Activities & More section.

KRWG Airdate and Time: M-F at 7:30am (30min)

Title: **DRAGON TALES** - This series is an animated, fantasy adventure series for preschool-aged children that helps them learn new skills such as how to make friends or overcome a fear of the dark. Ages 2-5.

KRWG Airdate and Time: M-F at 9:30am, Sundays at 0700 except 3/7,14 and 21 (30min)

Title: **DINOSAUR TRAIN** - "Dinosaur Train" is an animated series for 3-to-6 year olds. The series features a curious young T-rex named Buddy who, together with his adopted Pteranodon family, takes the Dinosaur Train to meet, explore, and have adventures with all kinds of dinosaurs and prehistoric creatures.

KRWG Airdate and Time:, M-F at 4:30

Title: The Electric Company

Title: THE ELECTRIC COMPANY Over thirty years ago, an educational television show dared to speak to youth in the voice of their generation. *The Electric Company* turned on the power of possibility for kids by showing them that learning to read can be fun. In 2009, the power is surging back with the all-new *The Electric Company*, produced by Sesame Workshop. With a cool cast of characters, amazing literacy superpowers, side-splitting cartoons, and songs that you can't help dancing along with, this reincarnation of a television classic is sure to make an impact on the newest generation. *The Electric Company* aims to entertain children between the ages of 6 and 9 while simultaneously teaching four crucial areas of literacy that are challenging for struggling readers:

- **Decoding:** Children will increase their ability to manipulate sounds in spoken words and map those words to print.
- **Vocabulary:** Children will expand the amount of words (vocabulary) that they use and understand.
- **Comprehension of Connected Text:** Children will learn strategies that good readers use to understand connected text (phrases and sentences).
- **Motivation:** Children will be motivated to read connected text and express themselves using text.

Like the original series, the new show filters these educational goals through pop culture — music, comedy, technology, and celebrities — to create a playful, hip, multimedia experience. Unlike the original series, each new episode of *The Electric Company* includes a narrative with regular characters. This narrative portion of each show teaches 4 or 5 domain-based vocabulary words within a compelling context that children can understand. In addition, the show also includes three "curriculum commercial breaks" that convey the curriculum's phonics and connected text, and motivation goals. These "curriculum commercial breaks" consist of a variety of short-form segments: sketches, animations and songs.

KRWG Airdate and Time: M-TH at 3:30pm, M-F at 3:30pm 11 (30min)

Title: Fetch! With Ruff Ruffman

Part game show, part reality TV, and part spoof, FETCH! features real kids, real challenges, real science, and an unreal host named Ruff Ruffman (yes, he's an animated dog!) Featuring 20 half-hour episodes, FETCH! mixes live-action with animation and breaks the mold with its educational and comical take on America's newest television genre. Targeting six- to ten-year olds, it is spontaneous, unscripted, and full of twists.

KRWG Airdate and Time: Monday-Friday at 11am,

Title: MARTHA SPEAKS

MARTHA SPEAKS is an animated series on PBS KIDS. Aimed at viewers between the ages of four and seven, MARTHA's educational goal is to teach kids new words Based on the children's book series by Susan Meddaugh and published by Houghton Mifflin Harcourt, the series stars Martha, a beloved family dog. She is accidentally fed alphabet soup — this gives her the power of speech and the chance to speak her mind to anyone that will listen. With two stories in each episode, kids will get to know Martha as an outspoken, honest, smart, confident dog who loves to eat (and talk!). They will also meet the rest of Martha's family and friends. Ten-year-old Helen is Martha's best friend. Martha encourages the shy, artistic Helen to be more outgoing and brave. Helen acts as the voice of reason for Martha. It's a relationship any dog, or pet-lover, can appreciate.

The series is supported by an educational outreach campaign that includes a cross-age reading buddy program. The show is Closed Captioned and described for the visually impaired. It's produced by WGBH Boston and Vancouver's Studio B Productions.

Learning Goals

The goal of MARTHA SPEAKS is to increase oral vocabulary, the words we use when we talk. The shows are not trying to teach kids how to read. They are designed to help kids understand what words mean when they hear them; words like *retrieve*, *sprout*, and *crave*. Vocabulary is one thing that predicts if children will

be good readers. Once they are in school and they see these words, children will need to know what they mean. If children have heard the words before, that familiarity will help them as they learn to read. MARTHA SPEAKS is designed to teach up to 20 words in each show. And how better to get kids excited about learning and trying out new words than with a talking dog, who just can't stop talking?!

KRWG Airdate and Time: Monday-Friday at 3pm

Title: MAYA AND MIGUEL

"Maya & Miguel" chronicles the adventures of 10-year-old Latino twins, Maya and Miguel Santos, as they figure out how to leave their stamp on the world around them, and features their relatives and diverse neighborhood friends. The comedy revolves around Maya's well-intended meddling in her family's and friends' lives, ultimately leading her to create new quandaries to fix -- all the while doing good for the family and community.

KRWG Airdate and Time: Sundays at 7:30am except 3/7,14 and 21 (30min)

Title: MISTER ROGER'S NEIGHBORHOOD – The soothing voice of Mr. Rogers continues to comfort children telling them that there will always be someone to take care of them and helping them feel good about themselves. Ages 2-5.

KRWG Airdate and Time: M-F at 10am (60min)

Title: SESAME STREET – An education series for preschool children. Sesame Street continues its literacy campaign that introduces kids to the wonder of books, the excitement of writing and the thrill of decoding the mysteries of letters and words. Ages 2-5.

KRWG Airdate and Time: M-F at 8:30am Fridays episode repeats Sundays at 8am except 3/7,14 and 21 (30min)

Title: SID THE SCIENCE KID – SID THE SCIENCE KID is a new educational animated television series using comedy to promote exploration, discovery and science readiness among preschoolers. This landmark production of 40 half-hour episodes, co-produced by The Jim Henson Company and KCET/Los Angeles for PBS KIDS®, debuts on September 1, 2008, as part of the popular PBS KIDS preschool destination, the hosted two-hour morning block and online destination. SID THE SCIENCE KID, The Jim Henson Company's first series for PBS KIDS that features a practical in-school science curriculum, uses music and humor to celebrate children's natural curiosity about science in everyday life. The energetic and inquisitive Sid starts each episode with a new question ("Why are my shoes shrinking?" "Why do bananas get mushy?") and embarks on a fun-filled day of finding answers with the help of family and friends.

KRWG Airdat and Time: M-F at 9am 7 (30min)

Title: SuperWHY! –

SUPER WHY, a breakthrough preschool series designed to help kids ages 3 to 6 with the critical skills that they need to learn to read (and love to read!) as recommended by the National Reading Panel (alphabet skills, word families, spelling, comprehension and vocabulary). **SUPER WHY** is the first original program from **Out of the Blue Enterprises**, an innovator in interactive children's entertainment led by Angela C. Santomero, an Emmy-nominated co-creator of *Blue's Clues*, and Samantha Freeman Alpert, a veteran in children's entertainment. **SUPER WHY** makes reading an empowering adventure by using interactive literacy games that need YOU to play. In **SUPER WHY** reading is power!

SUPER WHY is an interactive reading adventure!

We begin each 24-minute reading adventure in Storybrook Village, a magical 3-D world hidden behind the bookshelves in a children's library. The Storybrook Village is the home of your child's favorite fairytale characters. Immediately, you'll meet the four best friends who anchor each episode: Red, from Little Red Riding Hood; Pig from The Three Little Pigs, Princess from The Princess and The Pea, and Wyatt, the curious younger brother of Jack from Jack and The Beanstalk who discovers he has the power to fly inside

books to find answers to his questions. Each of these characters is re-imagined as an everyday kid, not unlike your child's own friends: Red rides roller blades; Pig drives a trike; Princess loves tea parties and dress-up; and Wyatt is the group's natural leader.

Each episode starts with a preschool relatable problem.

In every episode, one of the friends encounters a problem with another Storybrook Village character (For instance, Jill from the Jack and Jill rhyme is not being nice). As in real life, the problems require preschool social skills to resolve. And that's when **SUPER WHY** gets super-powered! Wyatt calls his fairy tale friends to their secret clubhouse, named "The Book Club," where they transform themselves from mere mortals into literacy-powered super heroes: Alpha Pig with "Alphabet Power," Wonder Red with "Word Power," Princess Presto with "Spelling Power," Super Why with the "Power to Read," and your child-Super You, with the "Power to Help." Using their super powers, these Super Readers literally fly inside books. The adventure begins as the Super Readers find out how famous fictional characters handled similar situations (Why is the big bad wolf so big and bad?). This adventure inside a book helps the Super Readers figure out the answers to their own problems. Be prepared to hear: Super Why and the Super Readers to the rescue!

The Super Readers can solve any obstacle with their literacy powers!

"Inside" each book the Super Readers lead the viewer on an engaging reading adventure. They talk to fictional characters from the story, play reading games and activities to overcome obstacles, search for Super Letters, and practice such key skills as letter identification, word decoding, spelling, vocabulary and comprehension. Super Why, who has the Power to Read can even change a story ending and save the day! (For example: He can change the big bad wolf to a small good wolf!) What's unique about this approach is that while kids are learning and practicing the ABC's of reading, they're also thinking about what they're reading, applying reasoning skills to see the story in a real-life context and experiencing books in a powerful new way.

Hip Hip Hurray! The Super Readers save the day!

As soon as the Super Readers solve the fictional problem and gather all the Super Letters they need, they fly back in their Why Flyers to the Book Club. There, they decode the Super Story Answer, or theme, on the Super Duper Computer and reveal how to realistically resolve their own problem. (The big bad wolf is acting bad because he was so sad. He has no friends.) The episode ends with the characters modeling the behavior so kids can actually see the problem being fixed. Finally, with a song you'll find yourself singing, a dance you'll quickly pick up, and a hip, hip, hooray! The Super Readers—and Super You—save the day!

KRWG Airdate and Time: M-F at 12pm (30min)

Title: WORDGIRL: is an animated series that follows the every day life and superhero adventures of "WordGirl" as she fights crime and enriches vocabulary usage, all in a day's work. Disguised as mild-mannered 5th grader, Becky Botsford, WordGirl arrived on planet Earth when she and her monkey sidekick, Captain Huggy Face, crashed their spaceship. In classic superhero form, WordGirl possesses superhero strength with the added benefit of a colossal vocabulary. WordGirl has a family and friends who have no idea of her secret identity. As WordGirl, she battles and prevails over evil (albeit ridiculous and comical) villains. Each episode introduces four new vocabulary words and will reinforce their meaning in a variety of contexts throughout the episode. The vocabulary itself is not necessarily a plot point. The show teaches new vocabulary words to children in a variety of fun and interesting contexts. WordGirl is a superhero spoof, so storylines are funny takes of familiar stories from that genre. WordGirl enriches young audiences' vocabulary, closes the gap for those who don't grow up in language-rich environments, instills a love of language, and fosters better reading comprehension. Only a superhero like WordGirl, endowed with power punches and dictionary strength, can put the word-wrenching scoundrels back in their place proving once again that crime doesn't pay...but knowing the right word for the right moment is priceless.

KRWG Airdate and Time: M-F at 11:30am (30min)

Title: WORD WORLD: WordWorld, the first preschool series where words are truly the stars of the show! Come along for an adventurous romp into a colorful, vibrant world of words with the lovable, legible WordFriends™—animals whose bodies are made up of the letters that spell the word they are. But the WordFriends are characters first and words second. Sheep is painfully shy but loves to pretend. She will take on the role of detective, princess, super hero—anything to help her friends! Then there's Frog, the cautious brainiac and word "expert," whose crazy inventions sometimes don't work exactly as planned.

Frog's neighbor and good friend is silly, impetuous Duck. Just like a preschooler, Duck is still learning his letters—and social skills—and often needs Frog to help him out of trouble. Pig, a marvelous chef and a bit of a ham, lives life moment by glorious moment; his best buddy, Ant, is a hard working bundle of energy who manages to keep Pig in check, run a radio station out of his ant hill, and lead a family of hundreds of ant cousins. Dog is a WordFriend's best friend and is always ready to play, play, play (and build a word)! The WordFriends go on comic adventures and face challenges that can only be resolved with the right word. That word is built letter by letter, sound by sound, during the funky "Build a Word" song at the end of every episode. Once the word is built, it "morphs"—comes alive—into the thing it is! Word building reinforces the pre-reading concept that letters (and their sounds) make words, and that words have real meaning...and power. The series also introduces literacy concepts that preschoolers will encounter as they become readers, such as sounding out letters and rhyming. But most of all, WordWorld helps children get excited about reading and see words as their friends.

HEALTH / WELFARE / SAFETY

BODY ELECTRIC

Monday–Friday at 6:30am (30min)

Margaret Richard is PBS-TV's fitness guru to the baby boomer generation. Her "Body Electric" exercise program has appeared on PBS regularly for more than 20 years. Richard has appeared before the U.S. Senate's Special Committee on Aging and was recently inducted into the National Fitness Hall of Fame.

CLASSICAL STRETCH: THE ESMONDE TECHNIQUE

Mondays, Wednesdays, and Fridays at 6am (30min)

An original combination of scientific formulas and graceful movements that unlock uncomfortably rigid muscles leaving the participant with a more flexible, relaxed and strengthened body. The exercises reach deeply into muscles and ligaments not normally worked in the average fitness program and are set in routines that release tight muscles one by one. The results come quickly - not over years, but in a matter of minutes. Increased flexibility is enjoyed instantly. This unlocking of the muscles creates the leaner look, giving the participant back the body they were meant to have before locking it up in the sedentary and stressful lifestyle of the 21st Century.

Core Principles:

- It is a combination of scientific stretching, PNF, tai chi, yoga, ballet, physiotherapy and chiropractic movements, plus Esmonde-White's research and knowledge of specific exercises that will give you a longer and leaner body.
- It takes the PNF concept to another level - gently freeing the body to a level of flexibility that most people never imagined they could achieve.
- It plays with the concepts of agonist / antagonist and joint rotation to speed the rate of elongation and strengthening which results in a leaner looking body.
- It focuses on spinal rotation and joint alignment, liberating the back from pain and improving posture.

SECOND OPINION

Sundays at 1:30pm except 2/7, 3/7, 3/14, and 3/21 (30min)

SECOND OPINION focuses on health literacy in an engaging, entertaining and accessible way. The long-running series engages a panel of medical professionals and lay people in honest, in-depth discussions about life-changing medical decisions. SECOND OPINION seeks to improve doctor-patient communication, empower patients to take charge of their healthcare and, in turn, help them navigate the medical system for better health outcomes. Host Dr. Peter Salgo presents intriguing, real-life cases to experts representing every medical specialty, who then grapple with the diagnosis and treatment options. Season six topics include: stroke, COPD (chronic obstructive pulmonary disease), heart disease, cancer, longevity, anxiety disorder, fibromyalgia and hip fracture.

A WIDER WORLD

Sundays at 1pm except 2/7, 3/7, 3/14, and 3/21 (30min)

Disabilities Today is a positive, informative, resource for persons with disabilities, by providing current information regarding rehabilitation trends, technological advances, travel, recreation, and community based opportunities for persons or families with disabilities. It is estimated that 80% of American families will acquire some type of disability at some point in their lifetime.

HEALTHY BODY HEALTHY MIND

Sundays at 2pm Except 3/7-3/21, beginning 2/28 (30min)

The powerful and informative health and wellness series, Healthy Body, Healthy Mind continues with a strong line-up of topics for its 7th season. Uplifting and energizing, this award-winning series explores the personal side of health breakthroughs in treatment, prevention and research with well-told real stories of doctors, scientists and patients.

BE WELL NOW! WITH NANCY SNYDERMAN

Friday 1/1 at 11:30am(60min)

Americans are confused and overwhelmed by too much misinformation about health and wellness - the so-called "cures," theories and latest health guru. Dr. Nancy Snyderman, Chief Medical Editor of NBC News, explains the life-extending, health-improving medical truths and debunks the myths in her new 60-minute special, Be Well Now! Dr. Snyderman uses anecdotes, personal life stories and clinical science to help discover the simple, everyday things that affect well-being and provide the information people need to revitalize their bodies, maintain their longevity, manage their care, and possibly even save their lives. This program is based upon Dr. Snyderman's national bestseller, Medical Myths That Can Kill You: And the 101 Truths that Will Save, Extend, and Improve Your Life. Dr. Snyderman has been a passionate advocate for consumer health information for more than 20 years.

DR. CHRISTIANE NORTHRUP: MENOPAUSE AND BEYOND- NEW WISDOM FOR WOMEN

Sunday 2/7 at 1pm Sunday 3/7 at 7am, Sunday 3/7 at 10:30am(120min)

"It is estimated that by the year 2008 women between the ages of fifty and sixty-five will be the largest demographic group in the United States. And for the first time in human history, the money we will be using will be money we have earned ourselves...As we flex our economic, mental, and physical muscles and put our money and energy where our ideals are, the world will change in ways that reflect our inherent women's wisdom, wisdom that has the potential to benefit every woman, man, child and living being on the planet." - Dr. Christiane Northrup Dr. Christiane Northrup, a leading pioneer in mind/body health, and one of the most sought-after women's health visionaries in the country, returns to PBS with a new special based on the material that is her signature area of expertise - menopause. "Menopause and Beyond - New Wisdom for Women" is based on the recent updates she made for the newly released version of her classic book, The Wisdom of Menopause. When this book originally came out in 1999, it shot to the top of the New York Times Best-Seller list. It has been read by millions of women all over the world, and is considered a gold standard of mid-life health information for women. The newly updated version was

released in October, 2006 by Random House. In her new special, taped in front of a sell-out crowd of 900 women and men, Dr. Northrup presents her latest thinking and the most up-to-date information on four areas of health and wellness that are uppermost in the minds of women 40+: nutrition and exercise, hormone therapy, heart health, and sexuality. Dr. Northrup's provides her distinctive perspective on menopause in which she refutes the stereotypic definition of this transition as a frenzy of hot flashes and hormonal mood swings, and instead proves that it's an illuminating time of rebirth--which has the power to completely transform a woman's life and health for the better! The program is divided into four acts. In Act One, Dr. Northrup invites the audience to consider menopause in a new light, as an opportunity for women to heal all the "unhealed" parts of themselves. She gives the good news which is greeted by thunderous applause: "One-size-fits-all medicine...where you take this pill and you'll be fine, ma'am, is over." She explains why the menopausal transition sets the stage for the rest of woman's life, a period that now can encompass thirty or forty years. She explains the mid-life change in the context of a woman's complete life cycle of ovulation. And then she offers her program to help the midlife heart wake-up, applicable to women and men, which includes information on cholesterol, as well as a lessening of self-sacrifice. In Act Two, Dr. Northrup helps the audience tackle midlife weight gain, and explains that "most menopausal symptoms, including midlife weight gain and all chronic diseases, can be managed with diet and exercise alone. Really!" She enlightens viewers about insulin abuse and glycemic stress, which affect men as well as women, and results in Syndrome X. She offers some easy-to-remember tips for weight management, as well as five guaranteed steps to lose weight. Act Three concentrates on hormone replacement. Dr. Northrup offers a crisp summary of the recent history of hormone replacement therapy, explaining the latest concerns with HRT, but also presents a concise set of alternatives to conventional HRT. "Trust your inner wisdom," she counsels women. "You can't make a mistake." In the final Act Four, Dr. Northrup talks frankly about women's need to understand, and connect. with, their mid-life sensuality. With quotes from Sophia Loren, sex researcher Dr. Gina Ogden, and her own affirmations, she encourages mature women to have the courage to enjoy pleasure, understand the give-and-take in relationships, and celebrate their sexuality. She ends the program with an uplifting quote from Martha Graham. Throughout the program, Dr. Northrup's humor, personal stories, and warm style, combined with carefully researched medical information and factual guidance, create a viewing event that truly educates and inspires.

DR. WAYNE DYER: THE POWER OF INTENTION

Sunday 2/7 at 3pm (180min)

Now, Dr. Dyer brings back his enormously popular PBS special, *The Power of Intention*, which is based on his New York Times best-selling book of the same title. In this "must see" program, he challenges the conventional view of "intention." Most of us think of intention as a self-achievement orientation, ego-based, which propels us to "get" what we want. This program and his book turn that thinking upside down. Dr. Dyer brings a fresh interpretation of scientific and metaphysical philosophies to his exploration of intention. Intention, he explains, is better understood as a field of energy to which every person is connected, and from which everyone of us is able to harness its infinite potential. It's not a question of whether or not we are connected to this field of intention, because the connection already exists! The question he poses to the audience is: how capable are you of keeping your link to this field open? The program posits a very inspirational view of intention, as Dr. Dyer powerfully convinces us that we each have the potential to create absolutely everything and anything we want - when we "clean the connecting link" to our field of intention by practicing love, kindness, creativity, self-respect, abundance, receptivity, and beauty - what he calls *The Seven Faces of Intention*.

UNSTUCK WITH DR. JAMES GORDON

Saturday 3/6 at 7:30am, Saturday 3/20 at 9am(90min)

Unstuck with Dr. James Gordon will take viewers on a seven-step journey to a healthier and happier life -- targeting individuals who suffer from anxiety, stress, and low-grade dissatisfaction with their lives, as well as the millions of Americans who are diagnosed with clinical depression.

DIET FREE WITH ZONYA FOCO, RD

Saturday 3/13 at 2pm(90min)

In her first pledge special, registered dietician Zonya Foco delivers healthy eating and exercise advice with her trademark energy and humor, inspiring stories and audience participation. She tailored DIET FREE WITH ZONYA FOCO, RD for those who want to stop the weight-gain cycle, improve their energy, lower their cholesterol, blood sugar or blood pressure, or simply enjoy optimum health. Over the course of four acts, Zonya presents the principles and benefits behind each of her eight DIET FREE lifestyle habits. Adopting these lifestyle changes, Zonya believes, can save hundreds of extra calories each day and dozens of extra pounds each year.

TAKING CONTROL OF DIABETES WITH DR. NEAL BARNARD

Sunday 3/7 at 12pm, Saturday 3/13 at 9:30am(90min)

Leading clinical researcher, adjunct associate professor of medicine, author, and health advocate, Neal Barnard, MD shares his scientifically proven system to taking control of diabetes through nutrition, without drugs in Taking Control of Diabetes with Dr. Neal Barnard. The 3-segment, 60-minute program is targeted at diabetics and those at risk of becoming diabetic based on genes and current lifestyle habits. Dr. Barnard's new approach addresses diabetes, but it also helps with other ailments including high blood pressure, high cholesterol, heart disease and weight. In the program, Dr. Barnard explains the different types of diabetes and how each can be triggered by genetics, weight, poor diet and lack of physical activity or pregnancy. Dr. Barnard reveals in-depth scientific studies from leading national organizations, unveiling results that not only diminish diabetes, but increase energy and weight loss. Dr. Barnard explains the research and offers simple, step-by-step guidelines to apply the research into one's lifestyle. Not all bodies are wired the same. Many are predisposed to diabetes through genetics. However, the same simple guidelines can be used to protect the body from head to toe including the heart, eyes and bones. Through a series of studies, Dr. Barnard discovered that it is possible to repair insulin function and reverse Type 2 diabetes through nutrition. By following Dr. Barnard's life-changing approach, viewers will be able to control blood sugar three times more effectively than with the standard dietary regimen for people with diabetes. Dr. Barnard's program is a three-rule system to taking control of diabetes including a vegan diet, low in fat and low glycemic index. A vegan diet means avoiding all animal products and, instead, eating regular meals in the four food groups -- vegetables, fruits, whole grains and legumes. In Taking Control of Diabetes, Dr. Barnard presents the effects from fat, fiber and calories. Did you know adding 14 grams of fiber to your diet can cut your daily calorie intake by 10%? Or that 9 calories equate to one fat gram?; And that the percentage of fat in beef versus chicken only differs by 6%? In the special, Dr. Barnard teaches basic dietary guidelines to identifying fiber-rich foods, foods low in fat and low glycemic index foods, with no limits or calorie counting. Dr. Neal Barnard is the author of numerous scientific and medical publications and more than 15 books. He is frequently called on by news programs and international medical associations to speak on nutrition, research issues and areas in modern medicine. Dr. Barnard received his M.D. degree at the George Washington University School of Medicine in Washington, D.C. and is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences, a Life Member of the American Medical Association, and a member of the American Diabetes Association. In 1985, Dr. Barnard founded the Physicians Committee for Responsible Medicine (PCRM), a nationwide group of physicians and lay supporters promoting preventive medicine and addressing controversies in modern medicine.

STRONG BODY, AGELESS BODY WITH ERIN O'BRIEN

Saturday 3/6 at 7am, Sunday 3/14 at 7am, Saturday 3/20 at 7am (30min)

Hollywood trainer Erin O'Brien invites you into her home for an exercise routine that works your arms, legs, and core. STRONG BODY, AGELESS BODY is an efficient total body workout for a stronger, leaner, more flexible body. Regular strength training is essential to keep you looking and feeling young. The more muscle you have the more calories you burn, even at rest. Strong muscles protect your heart, your joints, your back, and your bones. Whether you're looking for a way to get started or looking for an efficient, effective way to kick your home workout up a notch, this program is for you.

YOU STEPS FOR EXTENDING YOUR WARRANTY WITH DR. MICHEAL ROIZEN

Friday 1/1 at 7am(90min)

Wouldn't you like to know how to prevent your body from aging badly? No one explains the mechanics of the body better than Dr. Michael Roizen. Most of us believe that with age comes a slow and steady decline of our minds, our eyes, our hearing, our joints, our arteries, our libido and our overall quality of life. Aging is inevitable, however the rate at which we age is not. If you are in reasonable health today you have a reasonable chance of living to 100 with the same vitality you have or had at age 45. In his new public television special, Dr. Michael Roizen provides an easy action plan to combat life's 'major agers,' those internal and external forces that cause the most wear and tear on your body. The 3-part, 60-minute special, YOU Steps for Extending Your Warranty with Dr. Michael Roizen will teach you how. Family genes are blamed for just about everything from stress, to illness, to the size of our waistlines. It's true, you can't change your genes, but you can control whether certain genes are turned on or off. Recent studies show that your body has the ability to repair any organ in the body. With the help of a male and female specimen from The Bodies Exhibition, Dr. Michael Roizen visually identifies and explains the body's organs, arteries and nerves affecting the aging process. The vagus nerve is the largest nerve in the body. Learn how to train this nerve with proper stress management and deep breathing techniques. When it comes to cell duplication and your P53 spellchecker gene, find out which vitamin reduces your risk of cancer. Surprisingly, over 90% of the cells in your body are foreign. You'll be shocked to discover your red eyes and itchy nose may be caused by mite poop in your pillow! Find out how to keep these toxins and other toxins out of your body. Should you take hormone therapy or shouldn't you? Dr. Roizen weighs in on the hot topic and provides his recommendations for women going through menopause. It's always women, women, women, when it comes to hormones. Finally, Dr. Roizen addresses men. Learn the discoveries made about the reversal of prostate cancer without surgery or radiation. The winning Nobel Prize gas, nitric oxide plays a major role in a man's erectile dysfunction. Nitric oxide also affects arteries in both men and women. Learn how you can naturally get more of this important gas! In the program you'll gain tips on how to increase your memory bank and decrease your risk of Alzheimer's disease. The genes causing diabetes can literally be turned off using Dr. Roizen's tips. You'll be wowed by the proven reversal effect of stronger bones and arteries simply from a change in vitamins, diet and exercise. The myth about carrots being the best food for your eyes is dispelled. Dr. Roizen reveals the food that truly benefits eyesight, as well as tips to protect your eyes. Hearing loss can add more than four years to your real age. Learn how to protect yourself against this 'major ager' and more!

BRAIN FITNESS FRONTIERS

Sunday 3/7 at 9am (90min)

In this program we look once again at the London cab drivers and what happens to their brains once they begin to learn "the Knowledge," the impact of virtual reality in changing memories and dealing with pain, the ability of the brain to interface with mechanical and electronic instruments in such a way that the brain can control them without any interface by the human body.

HEART HEALTHY: YOGA FOR THE REST OF US

Saturday 3/13 at 7am, Sunday 3/21 at 7am(90min)

Pioneering yoga instructor Peggy Cappy has set her own unique mark in the world of yoga by developing and teaching an approach that makes it accessible to people of all ages, abilities, and sizes. Peggy's first three yoga specials - Yoga for the Rest of Us, More Yoga for the Rest of Us, and Back Care Basics - proved that you don't have to bend like a pretzel to be an avid yoga practitioner. Continuing her mission to help Americans get healthier and to promote yoga to the population at large Peggy now offers the public television community her newest special, HEART HEALTHY YOGA: YOGA FOR THE REST OF US. This half-hour documentary special demonstrates the heart-healthy benefits of yoga and how the simplest stretches and exercises can be incorporated into anyone's daily routine. Filmed on location in scenic Peterborough, New Hampshire, and featuring Peggy's own students, viewers will see how the right exercises and yoga poses can dramatically protect your heart and improve your overall health and flexibility.

DR. WAYNE DYER: EXCUSES BEGONE!

Friday 1/1 at 8:30am, Saturday 3/13 at 11am, Sunday 3/21 at 12pm (180min)

On the 10th anniversary of his first public television pledge special, Dr. Wayne Dyer presents a new program, based on his newest book *Excuses BeGone!* In *Excuses BeGone!*, his goal is simple but not easy: to help viewers learn how to overcome lifetime thinking habits that keep us from maximizing our human potential. *Excuses BeGone!* addresses the powerfully transformative process of HOW to change habituated ways of thinking that limit our beliefs in who we can be in the world and what we can achieve. Through Dr. Dyer's process of identifying excuses which are self-defeating, he also teaches that we can choose our way of thinking. And, just because something has "always seemed to be the way it is" for most of us, there is a wealth of research that now points to a human being's ability to change these habits - which really translate into our excuses - and move into new realms of possibility.

WAI LANA YOGA

Tuesdays and Thursdays at 6am (30min)

It would be difficult, if not impossible, to find anyone as influential as Wai Lana in bringing yoga to the mainstream. Her internationally aired TV series continuously attracts a huge audience and plays a key role in yoga's skyrocketing popularity. Famous for making it easy and effective, Wai Lana excels at making the ancient art of yoga a life-enhancing experience for anyone who practices along with her.

CULTURE

NEWSMAKERS

Thursdays at 7pm except: 3/11 and 3/18, Saturdays at 5pm except: 3/6, 3/13, 3/20, and Sundays at 11am except 3/7, 3/14, 3/21(30min)

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NEW MEXICO SOUTHWEST SOUNDS

Saturdays at 11pm(30min)

NEW MEXICO SOUTHWEST SOUNDS is presented by the New Mexico Music Commission-preserving and promoting the unique musical heritage of New Mexico

IN PLACE OUT OF TIME

Thursday 3/18 at 7pm(90min)

In Place Out of Time is a poetic portrait of a fourth generation New Mexican who sold his backhoe and picked up a camera in pursuit of a photographic quest. Eight years ago, at the age of 65, Embree "Sonny" Hale had a spark of inspiration and started a quixotic journey to take a picture of every petroglyph and pictograph in New Mexico. This film illustrates Hale's day-to-day triumphs, challenges and survival strategies as he pursues his passion to capture and preserve the memory of ancient inscriptions on rock. A true-life Western, In Place Out of Time is set in the stunning landscapes of New Mexico and captures the grit and gumption of a man who follows his heart and pursues his true life's work. Ultimately, this film takes a gentle and multi-layered look at an individual's eternal connection to community, landscape, and memory.

PAINTING TAOS

Friday 1/1 at 1pm(120min)

In the early 20th century, six relatively unknown painters -collectively known as the Taos Society of Artists - helped turn a small mountain village in New Mexico into the premier American art destination. PAINTING TAOS reveals how these young, ambitious artists captured the "vanishing" West for an America on the brink of modernity. At the heart of this documentary lies the artists' work and their own words. Their letters and diaries detail their struggle to build careers in a rough frontier town and chart their ongoing love affair with the Taos landscape.

NEWS 22

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Student produced nightly news show for Southern New Mexico and West Texas

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Tuesday, 1/19 at 12:30pm (90min)

Live from Santa Fe, KNME's coverage of Governor Richardson's Address and follow up by KNME

BLACK HISTORY CONVERSATIONS

Thursday 3/4 at 7:30pm (30min)

In honor of black history month; a celebratin at NMSU

BUSINESS

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YOUR LEGISLATORS 2010

Sundays at 9am beginning 1/17 to 2/21 (30min)

Hosted by Fred Martino, this interview program previewed the 2010 New Mexico State Legislative Session scheduled to begin on January 17th. Topics covered included the status of the state budget, state-wide health care coverage, ethic reform initiatives and agricultural developments.

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STEPH OLSEN: THE POWER OF MONEY

Sunday 3/7 at 10:30am, Sunday 3/14at 10:30am, Sunday 3/21 at 8am, (90min)

In her first public television special, financial planner Steph Olsen shares her message of financial freedom and good money habits. **STEPH OLSEN: THE POWER OF MONEY** unlocks the mystery behind the American dollar. In this three-part pledge event, Steph relays helpful information about the role money plays in everyday lives and suggests ways to harness its power.

POLITICS / LOCAL PUBLIC AFFAIRS

REPORT FROM SANTA FE

Sundays at 8:30am except 3/7, 3/14 and 3/21(30min)

A weekly wrap-up of happenings in Santa Fe at the Capitol Building. Produced by KENW

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EDUCATION

A PLACE OF OUR OWN

Fridays at 2pm(30min) week in review episodes

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A Place of Our Own is accompanied by comprehensive educational outreach and workforce development plans aimed at expanding the capacity and capabilities of child care providers. Print, web, video/DVDs and multilingual professional development training workshops are the tools of our outreach efforts. **An Investment in the Future**

Children are our future, and parents and child care providers are the first teachers they encounter. *A Place of Our Own* works with children and their families to support education at home and contribute to children's overall well-being. *A Place of Our Own* is produced in association with Sesame Workshop, the nonprofit educational organization behind Sesame Street and so much more. *A Place of Our Own* is also produced in association with 44 Blue Productions, Inc. one of America's top suppliers of reality, documentary, and "how-to" programming.

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WATER / ENVIRONMENT

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AMERICA'S HEARTLAND

Saturdays, at 5pm except 3/6, 3/13, and 3/20 (30min)

America's Heartland is a new weekly public television series, hosted by Paul Ryan, which will celebrate our nation's agriculture. Profiling the people, places, and processes of agriculture, the series will tap in to—and strengthen—the ties that bind us all together: the love of our land and the respect for the people who live on and from it, a national fascination with food, curiosity about unfamiliar places and ways of life, and the bedrock American values of family, hard work and the spirit of independence.

IN PLACE OUT OF TIME

Thursday 3/18 at 7pm(90min)

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GOGREENER

Saturday 3/6 at 10:30pm, Sunday 3/7 at 1:30pm, Sunday 3/14 at 3pm and 10pm, Sunday 3/20 at 7:30am, Sunday 3/21 at 9:30am (90min)

GoGreener is an upbeat hour-long, motivational special that provides simple, practical ways to become a more mindful consumer and save money. Viewers will discover that "Going Greener" is not taxing or difficult, nor does it require a huge investment or involve a major lifestyle change. This program will dispel those myths. Aimed at homeowners as well as apartment dwellers, GoGreener identifies little changes in everyday activities -- the "low-hanging fruit" -- showing that small adjustments result in significant savings, while strengthening the local economy and reducing dependence on imported energy and products. GoGreener solutions are universal to all socio-economic groups. The program encourages those already ecologically conscious, and will convert skeptics into active participants in more environmentally-sound practices. The program minimizes the sometimes polarizing "Save the Earth" messaging and appeals to a broad audience that is motivated by common, traditional American values of thrift, innovation and self-reliance.

CHILDREN

A PLACE OF OUR OWN

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NATIONAL & WORLD AFFAIRS