

KRWG
Quarterly Program Topic Report

April, May, June

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 TimeM-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 , ending 4/25, Saturdays at 0630 beginning 5/1, except 6/5 and 6/12 (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-Fat 3:30pm, (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 ending 4/25, Saturdays at 0730 beginning 5/1, except 6/5 and 6/12 (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 ending 4/25, Saturdays(

Friday repeat) at 6am except 6/5 and 6/12 (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: Sundays at 7am beginning 5/130min)

Title: THOMAS AND FRIENDS: Set on the imaginary island of Sodor, the series follows the adventures of Thomas, a cheeky little Tank Engine, and his friends, Edward, James, Gordon, Percy, Henry and Toby, plus Emily, the first female steam engine -- all under the watchful eye of Sir Topham Hatt, the manager of the Sodor Railway.

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.

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.

SECOND OPINION

Sundays at 1:30pm ends May 30(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.

HEALING QUEST

Sundays at 1:30pm beginning 6/20(30min)

HEALING QUEST: Healing Quest is a weekly half-hour series that focuses on the leading edge of complementary and alternative medicine. Healing Quest gives viewers science-based information about new ways of achieving holistic wellness, that is, health that is much more than the mere absence of physical illness, but is instead the optimal wellness of mind, body, and spirit. Joining Healing Quest hosts and creators, Judy Brooks and Roy Walkenhorst this season will be Dr. Deepak Chopra, world-renowned pioneer in mind-body medicine, in his own weekly segment. Dr Chopra is, of course, well known to pvt audiences from his pledge specials on PBS.

A WIDER WORLD

Sundays at 1pm except 6/6, 6/13 (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 6/6, 6/13 (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.

B ORGANIC WITH MICHELE BESCHEN

Saturdays at 10am, beginning 4/10, except 6/5 and 6/12

b organic with michele beschen is an educational how-to television program that embraces all things creative while keeping a conscious mind. Host Michele Beschen invigorates a renewed 'back to basics' lifestyle that embraces nature, simplicity and an eco-friendly approach to doing it yourself. B. Organic covers an expansive range of content that creatively celebrates the many shades of green for every aspect of your life - at home, at work, and at play. Expect fresh ideas for your garden, for your home, for your office, for your kids, for your pets and for your overall health and well-being.

DR. CHRISTIANE NORTHRUP: WOMEN'S BODIES, WOMEN'S WISDOM

Sunday 6/6 at 11am, Thursday 6/10 at 7pm, Saturday 6/12 at 7am, 120min

With that proclamation at the end of Act One, Dr. Christiane Northrup sums up what her goal is for viewers of her seventh public broadcasting special: she is taking them on a journey to discover a completely new and inspiring lens through which to envision and achieve their best health. WOMEN'S BODIES, WOMEN'S WISDOM is for any woman, of any age, who wants to change her relationship with her body, inside and out. The content of the show is based on the updated and revised fourth edition of the book of the same title (release date by Random House: May, 2010) - the same book that shot to the top of the NY Times best-seller list back in 1994, and remains THE reference book for women's health which incorporates Northrup's original mind/body approach to the female body.

TACKLING DIABETES WITH DR. NEAL BARNARD

Saturday 6/5 at 11:30am, Sunday 6/13 at 7am, Sunday 6/6 at 6:30am, (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. Neil 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

Sunday 6/6 at 6am (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.

HEART HEALTHY: YOGA FOR THE REST OF US

Saturday 6/12 at 6am, (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!

Saturday 6/5 at 7am., Sunday 6/13 at 8:30am (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.

CULTURE

NEWSMAKERS

Thursdays at 7pm 6/10 Saturdays at 5pm except: 6/5 and 6/12 and Sundays at 11am except 6/6 and 6/13 (30min)

NEWSMAKERS: the region's in-depth source for news from New Mexico and Texas. Every week, Newsmakers features the people, issues, and events that shape our community. Shows in September will focus on our region's role in the future of energy; the new Las Cruces Convention Center; and how New Mexico State University is engaging the scientists of the future by reaching out to area students. E-mail your ideas for interviews and field reports to feedback@nmsu.edu

April 1 Tom Burton of NMSU talks about the aerospace education program
April 8 NMSU experts talk about the economy in the Chamber Economic Forum
April 15 Filmmaker Rod McCall talks about making movies in New Mexico
April 22 Former NM Governor Toney Anaya talks about New Mexico's federal stimulus program benefits
April 29 NMSU Football Coach DeWayne Walker
May 6 Lt Gov. Candidate Brian Colon
May 13 NMSU Truman Scholar Eric Layer
May 20 Community Foundation of SNM Director Luan Wagner-Burn
May 27 NMSU College Republicans President Jordan Banegas
June 3 Terry Schleder, Director of NM Alliance For Retired Americans
June 17 NMSU Govt. Professor Jose Garcia discusses Election 2010
June 24 Senior Olympics discussion with Ceci Acosta and Jack Welch

NEW MEXICO IN FOCUS

Sundays at 11:30am, except 6/5 and 6/12(60min) beginning 5/2

The one-hour show *NEW MEXICO IN FOCUS* concentrates on bringing viewers the important topics of our time, and all the opinions and insight they are used to

5/2: NEW MEXICO IN FOCUS –New Mexico in Focus Host:

Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guests: Janice Arnold-Jones, Republican Gubernatorial Hopeful

Pete Domenici Jr., Republican Gubernatorial Hopeful

Panelists:

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Episode 341

New Mexico in Focus Host:

Gene Grant

Guests: Jim Lehrer, Executive Editor & Anchor, PBS NewsHour

Panelists:

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Laura Sanchez, Former Executive Director, New Mexico Democratic Party

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Guest panelist:

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Gene Grant

Guests: Doug Turner, Republican Gubernatorial Candidate

Allen Weh, Republican Gubernatorial Candidate

Richard Berry, Albuquerque Mayor

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Panelists:

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Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guests: Susana Martinez, Republican Gubernatorial Candidate

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Panelists:

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Jerry Ortiz Y Pino, Democratic Candidate for Lt. Gov.

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Panelists:

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Gene Grant

NMiF Correspondent: Alicia Lueras Maldonado, President & CEO, Atlixco Productions LLC

Guests:

Heather Balas, President & Executive Director, New Mexico First

Jami Grindatto, Chair, Innovate-Educate

Panelists:

Laura E. Sanchez, Former Executive Director, New Mexico Democratic Party

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Guest panelists:

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Guest:

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Panelists:

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Guest panelist:

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NEW MEXICO WILDLIFE

Thursdays at 7:30pm, except 6/10, Saturdays at noon beginning 5/22, except 6/5 and 6/1(30min)

NEW MEXICO WILDLIFE emphasizes the state's flexible system of management to provide the state's citizens with wildlife for recreation and food; striving to illustrate the great outdoor opportunities available in the state.

NEW MEXICO SOUTHWEST SOUNDS

Saturdays at 11pm, except 6/5 and 6/12(30min)

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

NEWS 22

Tuesday thru Thursdays at 6:30pm (30min) (April Only)

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

BUSINESS

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Thursdays at 7pm 6/10 Saturdays at 5pm except: 6/5 and 6/12 and Sundays at 11am except 6/6 and 6/13 (30min)

NEWSMAKERS: the region's in-depth source for news from New Mexico and Texas. Every week, Newsmakers features the people, issues, and events that shape our community. Shows in September will focus on our region's role in the future of energy; the new Las Cruces Convention Center; and how New Mexico State University is engaging the scientists of the future by reaching out to area students. E-mail your ideas for interviews and field reports to feedback@nmsu.edu

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April 8	NMSU experts talk about the economy in the Chamber Economic Forum
April 15	Filmmaker Rod McCall talks about making movies in New Mexico
April 22	Former NM Governor Toney Anaya talks about New Mexico's federal stimulus program benefits
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May 6	Lt Gov. Candidate Brian Colon
May 13	NMSU Truman Scholar Eric Layer
May 20	Community Foundation of SNM Director Luan Wagner-Burn
May 27	NMSU College Republicans President Jordan Banegas
June 3	Terry Schleder, Director of NM Alliance For Retired Americans
June 17	NMSU Govt. Professor Jose Garcia discusses Election 2010

June 24

Senior Olympics discussion with Ceci Acosta and Jack Welch

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The one-hour show *NEW MEXICO IN FOCUS* concentrates on bringing viewers the important topics of our time, and all the opinions and insight they are used to

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Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guests: Janice Arnold-Jones, Republican Gubernatorial Hopeful

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Panelists:

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Allen Weh, Republican Gubernatorial Candidate

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Tom Swisstack, Rio Rancho Mayor

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Panelists:

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MONEYTRACK:

Sundays at 12:30, beginning 5/2, except 6/6 and 6/12 (30min)

MONEYTRACK aims to educate and inspire investors and consumers to take greater control over their financial lives. The series features location stories about investing, personal finances and tips for avoiding common investment scams. Co-hosts Jack Gallagher and Pam Krueger suggest resources to learn more about a particular topic. Additionally, syndicated personal finance author and Newsweek columnist Jane Bryant Quinn, television personality Ben Stein and "Investing 101" reporter Rob Black provide tips for those seeking to make more educated investment decisions. The 13-part series also addresses the needs and concerns of underserved communities with regular in-depth features about first-time and minority homeowners, new technologies developed for the impaired, finding college scholarships, grants and other financial aid, and many other related topics.

STEPH OLSEN: THE POWER OF MONEY

Sunday 6/6 at 8am, Sunday 6/13 at 11:30am (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 6/6 and 6/13(30min)

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

4/4: In Memoriam of Stewart Udall show

4/11: Ralph Metzner -. Metzner is an American psychologist, writer and researcher, who participated in psychedelic research at Harvard.

4/18: Senator Jeff Bingaman.

4/25: New Mexico author Natalie Goldberg

5/2: Caroline Fraser, conservationist and author who is well know for her concept of "Rewilding the Universe."

5/9: Jane Goodall

5/16: James Cromwell

5/23: Andrew Bacevich

5/30: Gunter Pauli, autho

6/20: Dr. Dan H. Lopez, President of NM Tech

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6/27: New Mexico in Focus Host:

Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guest:

Glenn A. Walp, Author, "Implosion at Los Alamos: How Crime, Corruption, and Cover-ups

Jeopardize America's Nuclear Weapons Secrets"

Panelists:

Sophie Martin, Managing Editor, DukeCityFix.com

Laura E. Sanchez, Former Executive Director, New Mexico Democratic Party

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Guest panelist:

Stephanie Maez-Gibson, Communications Director, Center for Civic Policy

Show Description: Security at Los Alamos National Labs has always been a concern; and, apparently with good reason. This week on NEW MEXICO IN FOCUS, hear from Glenn Walp, a whistleblower once charged with investigating security breakdowns at the labs. His new book is entitled "Implosion at Los Alamos: How Crime, Corruption, and Cover-ups Jeopardize America's Nuclear Weapons Secrets." Plus, the latest on the state's jobs outlook and what's new about the latest strategy to bring a new sports arena to downtown Albuquerque. All this and more on a show that's involved, informed and in depth

NEWS 22

Tuesday thru Thursdays at 6:30pm (30min) (April Only)

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

NEW MEXICO WILDLIFE

Thursdays at 7:30pm, except 6/10, Saturdays at noon beginning 5/22, except 6/5 and 6/1(30min)

NEW MEXICO WILDLIFE emphasizes the state's flexible system of management to provide the state's citizens with wildlife for recreation and food; striving to illustrate the great outdoor opportunities available in the state

EDUCATION

A PLACE OF OUR OWN

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

KCET's *A Place of Our Own* (and *Los Niños en Su Casa* in Spanish) is a daily television series, a website, and an extensive outreach program devoted to the unique needs of people who care for children. Family, friends and neighbors – everyone who takes care of young children – are child care providers. Every interaction and every activity of these adults with their charges provide valuable opportunities to help children learn and grow. *A Place of Our Own* shares ways for us all to help children acquire cognitive, social, emotional and physical skills, as well as nurture language and literacy development. In *A Place of Our Own* we highlight local and state resources for child care providers and the children in their care. We understand the complexity of California's diverse population and represent a broad spectrum of ethnic communities and a wide range of children with special needs. The series also responds to the needs and workplace realities of people who spend their days caring for children by including topics such as building partnerships with families, reducing stress, and completing paperwork. *A Place of Our Own's* support for child care providers recognizes the importance of their roles in the way children learn and develop. By supporting these important people and providing them with the resources they need, we better help our children prepare for school. **In the Community**

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.

LOS NINOS EN SU CASA (Spanish version of A Place Of Our Own)

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

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NEWSMAKERS

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NEWSMAKERS: the region's in-depth source for news from New Mexico and Texas. Every week, Newsmakers features the people, issues, and events that shape our community. Shows in September will focus on our region's role in the future of energy; the new Las Cruces Convention

Center; and how New Mexico State University is engaging the scientists of the future by reaching out to area students. E-mail your ideas for interviews and field reports to feedback@nmsu.edu

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April 8 NMSU experts talk about the economy in the Chamber Economic Forum
April 15 Filmmaker Rod McCall talks about making movies in New Mexico
April 22 Former NM Governor Toney Anaya talks about New Mexico's federal stimulus program benefits
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May 27 NMSU College Republicans President Jordan Banegas
June 3 Terry Schleder, Director of NM Alliance For Retired Americans
June 17 NMSU Govt. Professor Jose Garcia discusses Election 2010
June 24 Senior Olympics discussion with Ceci Acosta and Jack Welch

NEW MEXICO IN FOCUS

Sundays at 11:30am, except 6/5 and 6/12(60min) beginning 5/2

The one-hour show *NEW MEXICO IN FOCUS* concentrates on bringing viewers the important topics of our time, and all the opinions and insight they are used to

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Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guests: Janice Arnold-Jones, Republican Gubernatorial Hopeful

Pete Domenici Jr., Republican Gubernatorial Hopeful

Panelists:

Sophie Martin, Managing Editor, DukeCityFix.com

Laura Sanchez, Former Executive Director, New Mexico Democratic Party

Jim Scarantino, Editor, New Mexico Watchdog

Guest panelist:

Stephen Spitz, Public Affairs Producer, KUNM radio

Show Description:

Election season is heating up in New Mexico. Early voting in the June primaries begins in just two weeks. *NEW MEXICO IN FOCUS* is putting the race for Governor in the spotlight, and we begin this week with our exclusive one-on-one interviews with republican hopefuls Janice Arnold-Jones and Pete Domenici Jr. Hear what the candidates have to say about everything from the economy to immigration reform. Then, *THE LINE* panelists weigh in with their thoughts and opinions on the fallout from Arizona's controversial new immigration law. Plus, insightful discussion on the Albuquerque budget battle, tying teacher pay to student performance, and much, much more on a show that's involved, informed and in depth, *NEW MEXICO IN FOCUS*,

5/9: NEW MEXICO IN FOCUS – weekend of Friday, May 7, 2010

Episode 341

New Mexico in Focus Host:

Gene Grant

Guests: Jim Lehrer, Executive Editor & Anchor, PBS NewsHour

Panelists:

Sophie Martin, Managing Editor, DukeCityFix.com

Laura Sanchez, Former Executive Director, New Mexico Democratic Party

Jim Scarantino, Editor, New Mexico Watchdog

Guest panelist:

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Show Description:

He is one of the most respected and beloved journalists of our time. Jim Lehrer has been a public affairs fixture on PBS for more than three decades. This week on NEW MEXICO IN FOCUS, Lehrer sits down with Gene Grant to talk about the changing face of broadcast news, and the NewsHour's attempts to adapt to those changes. Lehrer also talks about his latest side project, "Super", a novel set on the Super Chief train that used to run through Albuquerque. Then, THE LINE panelists weigh in on the impacts of Arizona's controversial immigration law on the city of Albuquerque's status as a "sanctuary city". Plus, should the Public Regulation Commission have more authority, and how can New Mexico do a better job participating in U.S. Census? Opinions on these questions and much more on a show that's involved, informed and in depth,

5/16: NEW MEXICO IN New Mexico in Focus Host:

Gene Grant

Guests: Doug Turner, Republican Gubernatorial Candidate

Allen Weh, Republican Gubernatorial Candidate

Richard Berry, Albuquerque Mayor

Tom Swisstack, Rio Rancho Mayor

Kate Noble, Santa Fe Economic Development Department

Panelists:

Sophie Martin, Managing Editor, DukeCityFix.com

Jim Scarantino, Editor, New Mexico Watchdog

Guest panelists:

Richard Romero, Former Senate President Pro Tem, Albuquerque

Arthur Alpert, ABQJournalWatch.com

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Gene Grant

NMiF Correspondent:

Gwyneth Doland, Editor, New Mexico Independent

Guests: Susana Martinez, Republican Gubernatorial Candidate

Diane Denish, Democratic Gubernatorial Candidate

Panelists:

Sophie Martin, Managing Editor, DukeCityFix.com

Jim Scarantino, Editor, New Mexico Watchdog

Laura E. Sanchez, Former Executive Director, New Mexico Democratic Party

Guest panelists:

Lonna Atkeson, UNM Political Science Professor

Show Description:

A new public opinion poll shows a tight race in the Republican gubernatorial primary. Susana Martinez and Allen Weh are running neck and neck headed into the home stretch. This week on

NEW MEXICO IN FOCUS, correspondent Gwyneth Doland sits down with Martinez to talk about her qualifications, and her top priorities for the state. Doland also talks one-on-one with the Democratic nominee, current Lt. Governor Diane Denish. Find out what she thinks of her potential Republican challengers, and how she plans to win come the general election in November. THE LINE panelists also weigh in with their thoughts and opinions on both candidates, plus the controversial new immigration policy set in place by Albuquerque Mayor Richard Berry. All this and much more on a show that's involved, informed and in depth,

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New Mexico in Focus Host:

Gene Grant

NMiF Correspondent: Sarah Gustavus, KUNM Radio Host

Guests: Linda Lopez, Democratic Candidate for Lt. Gov.

Jerry Ortiz Y Pino, Democratic Candidate for Lt. Gov.

José Campos, Democratic Candidate for Lt. Gov.

Brian Colón, Democratic Candidate for Lt. Gov.

Lawrence Rael, Democratic Candidate for Lt. Gov.

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Panelists:

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6/20:

NEW MEXICO IN FOCUS

New Mexico in Focus Host:

Gene Grant

NMiF Correspondent: Alicia Lueras Maldonado, President & CEO, Atlixco Productions LLC

Guests:

Heather Balas, President & Executive Director, New Mexico First

Jami Grindatto, Chair, Innovate-Educate

Panelists:

Laura E. Sanchez, Former Executive Director, New Mexico Democratic Party

Jim Scarantino, Editor, New Mexico Watchdog

Guest panelists:

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WATER / ENVIRONMENT

NEWS 22

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AMERICA'S HEARTLAND

Saturdays, at 5pm except 6/5 and 6/12 (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.

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Gene Grant

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GOGREENER

Saturday 6/5 at 10am (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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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.

LOS NINOS EN SU CASA (Spanish version of A Place Of Our Own)

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

KCET's *A Place of Our Own* (and *Los Niños en Su Casa* in Spanish) is a daily television series, a website, and an extensive outreach program devoted to the unique needs of people who care for children. Family, friends and neighbors – everyone who takes care of young children – are child care providers. Every interaction and every activity of these adults with their charges provide valuable opportunities to help children learn and grow. *A Place of Our Own* shares ways for us all to help children acquire cognitive, social, emotional and physical skills, as well as nurture language and literacy development. In *A Place of Our Own* we highlight local and state resources for child care providers and the children in their care. We understand the complexity of California's diverse population and represent a broad spectrum of ethnic communities and a wide range of children with special needs. The series also responds to the needs and workplace realities of people who spend their days caring for children by including topics such as building partnerships with families, reducing stress, and completing paperwork. *A Place of Our Own's* support for child care providers recognizes the importance of their roles in the way children learn and develop. By supporting these important people and providing them with the resources they need, we better help our children prepare for school. **In the Community**

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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