KBTC recognizes Black History Month with special programming that highlights the African American experience. See page 3.
Friends,

Every day we bring you programs with diverse perspectives and voices, inviting you experience things from a different point of view. You can explore your world through culture, science, drama, music, travel and so much more when you turn on KBTC!

And each February, we honor African-American History Month by airing programs that shine a light on our past, take a close and honest look at the events that shaped our country, and celebrate the accomplishments and, too often untold, stories of Black Americans. I encourage you to make time to watch these important specials (along with so many more!) on KBTC this month:

2/4 at 6pm  Africa’s Great Civilizations
In this six-hour series, Henry Louis Gates, Jr. takes a new look at the history of Africa, from the birth of humankind to the dawn of the 20th century.

2/11 at 6pm  Boss: The Black Experience in Business
Learn the untold story of African American entrepreneurship, where skill, industriousness, ingenuity and sheer courage in the face of overwhelming odds provide the backbone of this nation’s economic and social growth.

2/11 at 9pm  Amen! Music of the Black Church
Discover how the Black Church has shaped the music and culture of America from plantation spirituals to civil rights anthems to contemporary gospel hymns, with performances from the Indiana University African American Choral Ensemble.

2/18 at 11pm  The Anisfield-Wolf Book Awards
For 85 years, recognizing books that have made important contributions to our understanding of racism and human diversity.

Remember, this is just a sample of what’s in store for you on KBTC this month. Be sure to look for more shows that tell educational stories the way that only PBS can.

DeAnne Hamilton
Peace Queen tells the story of the Greater Tacoma Peace Laureate Melannie Denise Cunningham. Viewers see how she received the accolade and follow her journey as she and her production crew attend the Nobel Peace Prize Ceremony in Oslo in 2018.

Follow Muhammad Ali’s path from a gym in Louisville to boxing successes, conversion to Islam, exile from the ring, comeback fights, Parkinson’s disease and his inspirational re-emergence at the Atlanta Olympics.

Retrace the 400-year-old-story of the Black church in America with Henry Louis Gates, Jr., exploring its role as the site of African American organizing, resilience, autonomy, freedom and solidarity.
KIDS SCHEDULE

11:00am  Hero Elementary
11:30am  Daniel Tiger’s Neighborhood
12:00pm  Sesame Street
12:30pm  Pinkalicious and Peterific
1:00pm   Xavier Riddle and the Secret Museum
1:30pm   Molly of Denali
2:00pm   Elinor Wonders Why
2:30pm   Let’s Go Luna!
3:00pm   Clifford the Big Red Dog
3:30pm   Curious George
4:00pm   Wild Kratts
4:30pm   Arthur
5:00pm   Nature Cat
5:30pm   Odd Squad

LEARN MORE AT WWW.KBTCKIDS.ORG
### FEBRUARY SCHEDULE

#### 1 MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Show</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Rick Steves’ Heart of Italy</td>
</tr>
<tr>
<td>7:00am</td>
<td>American Experience: Poison Squad</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>Lidia’s Kitchen</td>
</tr>
<tr>
<td>10:00am</td>
<td>America’s Test Kitchen</td>
</tr>
<tr>
<td>10:30am</td>
<td>Cook’s Country</td>
</tr>
<tr>
<td>11:00am – 6:00pm KBTC KIDS</td>
<td></td>
</tr>
<tr>
<td>6:00pm</td>
<td>Queen Elizabeth’s Secret Agents (Pt. 1/3)</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Masterpiece Mystery!</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Death in Paradise</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Masterpiece: All Creatures Great and Small (S1, Ep. 3/7)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Sanditon (S1, Ep. 3/8)</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Sanditon (S1, Ep. 4/8)</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
</tbody>
</table>

#### 2 TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Show</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Northwest Now</td>
</tr>
<tr>
<td>6:30am</td>
<td>Asia Insight</td>
</tr>
<tr>
<td>7:00am</td>
<td>Masterpiece: All Creatures Great and Small (S1, Ep. 3/7)</td>
</tr>
</tbody>
</table>

#### 3 WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Show</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Journeys in Japan</td>
</tr>
<tr>
<td>6:30am</td>
<td>Consuelo Mack</td>
</tr>
<tr>
<td>7:00am</td>
<td>Great Scenic Railway Journeys</td>
</tr>
<tr>
<td>7:30am</td>
<td>Great Scenic Railway Journeys</td>
</tr>
</tbody>
</table>

---

**Meet the unforgettable people who are turning the job of shoe shiner into an art form. From La Paz to Toronto to New York, these proud craftsmen are transforming an all-but-ignored job into a fulfilling life of freedom and personal connection.**

**Independent Lens: The Art of the Shine | 11pm Tuesday February 2**

Meet the unforgettable people who are turning the job of shoe shiner into an art form. From La Paz to Toronto to New York, these proud craftsmen are transforming an all-but-ignored job into a fulfilling life of freedom and personal connection.

---

**CALL 1.800.325.5877 TO MAKE A DONATION**
<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Legacy List with Matt Paxton: Viva la Downsizing (Pt. 4/8)</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>P. Allen Smith’s Garden Home</td>
</tr>
<tr>
<td>10:00am</td>
<td>To Dine For with Kate Sullivan</td>
</tr>
<tr>
<td>10:30am</td>
<td>Joanne Weir’s Plates and Places</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
</tr>
<tr>
<td>11:00am</td>
<td>Secrets of the Dead: Hannibal in the Alps</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Secrets of the Dead: Benjamin Franklin’s Bones</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Finding Your Roots: Against All Odds</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Thou Shalt Not Kill (Pt. 9/12)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Thou Shalt Not Kill (Pt. 10/12)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Queen Elizabeth’s Secret Agents (Pt. 1/3)</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
<tr>
<td>6:00am</td>
<td>Focus on Europe</td>
</tr>
<tr>
<td>6:30am</td>
<td>Journeys in Japan</td>
</tr>
<tr>
<td>7:00am</td>
<td>Nature: The Alps: Winter’s Fortress (Pt. 2/2)</td>
</tr>
<tr>
<td>8:00am</td>
<td>NOVA: Japan’s Killer Quake</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>Ask This Old House</td>
</tr>
<tr>
<td>10:00am</td>
<td>Christopher Kimball’s Milk Street Television</td>
</tr>
<tr>
<td>10:30am</td>
<td>Dining with the Chef</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
</tr>
<tr>
<td>11:00am</td>
<td>Africa’s Great Civilizations: Origins (Pt. 1/6)</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Africa’s Great Civilizations: The Cross and the Crescent (Pt. 2/6)</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Africa’s Great Civilizations: Empires of Gold (Pt. 3/6)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Africa’s Great Civilizations: Cities (Pt. 4/6)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Africa’s Great Civilizations: The Atlantic Age (Pt. 5/6)</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Africa’s Great Civilizations: Commerce and the Clash of Civilizations (Pt. 6/6)</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
</tbody>
</table>

**To Dine For with Kate Sullivan | New Season Premieres 10am Wednesday February 3**

Join four-time Emmy Award-winning journalist Kate Sullivan as she accompanies 10 different guests to their favorite restaurants. They experience the atmosphere, the location, the ambience, and eat what they love.
FRIDAY

5:00am  Rick Steves’ Holy Land: Israelis and Palestinians Today
7:00am  Secrets of the Dead: Hannibal in the Alps
8:00am  Secrets of the Dead: Benjamin Franklin’s Bones
9:00am  Sit and Be Fit
9:30am  This Old House
10:00am Kitchen Queens: New Orleans
10:30am Lucky Chow

11:00am – 6:00pm KBTC KIDS

6:00pm  Finding Your Roots: Against All Odds
7:00pm  Rick Steves’ Europe
7:30pm  Northwest Now
8:00pm  Foyle’s War: A Lesson in Murder (Pt. 1/2)
9:00pm  New Tricks (S7, Ep. 3/10)
10:00pm Death in Paradise (S7, Ep. 3/8)
11:00pm Masterpiece Mystery! Miss Scarlet and the Duke (S1, Ep. 2/6)
12:00am Amanpour & Company

SATURDAY

6:00am  Growing a Greener World
6:30am  Washington Grown
7:00am  Garden Smart
7:30am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch
10:00am Best of Sewing with Nancy
10:30am Quilting Arts
11:00am Fresh Quilting
11:30am Fons & Porter’s Love of Quilting
12:00pm Quilt in a Day
12:30pm Motorweek
1:00pm  Rick Steves’ Europe
1:30pm  American Woodshop
2:00pm  Ask This Old House
2:30pm This Old House
3:00pm Washington Grown
3:30pm Pati’s Mexican Table
4:00pm Christopher Kimball’s Milk Street Television
4:30pm Cook’s Country
5:00pm America’s Test Kitchen
5:30pm Moveable Feast with Relish

Fresh Quilting | New Season Premieres 11am Saturday February 6

Innovative modern quilters reinterpret traditional techniques with a fresh, modern aesthetic, and today’s designers give a fresh twist to traditional designs sharing quilting techniques to create high-impact quilts.

CALL 1.800.325.5877 TO MAKE A DONATION
Scotland's Scenic Railways | 9pm Tuesday February 9

Travel the length and breadth of Scotland's dramatic landscapes and meet the train crews, the engineers and the volunteers who keep the modern and classic steam railways running.

SATURDAY CONTINUED

6:00pm  Masterpiece:
9:00am  Sit and Be Fit
9:30am  Lidia's Kitchen
10:00am  Last of the Summer Wine
10:30am  Cook's Country
11:00am  Doctor Who
11:30am  The Brain Fitness Program
12:00am  Austin City Limits: Texas Icons: Jerry Jeff Walker and Billy Joe Shaver

7:00pm  Keeping Up Appearances
7:30pm  Keeping Up Appearances
8:00pm  As Time Goes By
8:30pm  As Time Goes By
9:00pm  Last of the Summer Wine
9:30pm  Last of the Summer Wine
10:00pm  Last of the Summer Wine
10:30pm  Ri ck Steves' Great German Cities
11:00pm  Suze Orman's Ultimate Retirement Guide
11:30pm  The Brain Fitness Program
12:00am  Austin City Limits: Texas Icons: Jerry Jeff Walker and Billy Joe Shaver

8 MONDAY

5:00am  Change Your Brain, Heal Your Mind with Daniel Amen, MD
7:00am  BOSS: The Black Experience in Business
9:00am  Sit and Be Fit
9:30am  Lidia's Kitchen
10:00am  America's Test Kitchen
10:30am  Cook's Country
11:00am – 6:00pm KBTC KIDS
6:00pm  Queen Elizabeth’s Secret Agents (Pt. 2/3)

7 SUNDAY

6:00am  Ask This Old House
6:30am  This Old House
7:00am  Paint This with Jerry Yarnell
7:30am  The Best of Joy of Painting
8:00am  Born to Explore with Richard Wiese
8:30am  Born to Explore with Richard Wiese
9:00am  Master Your Future with Rajiv Nagaich
Set during the final days of slavery in 19th century Jamaica, this three-part miniseries follows the trials, tribulations and survival of a plantation slave, July. Told from July’s perspective as she reflects upon her life, The Long Song is a tale of love, hope and defiance in the face of injustice.
Marching Forward | 8pm Thursday February 11

*Marching Forward* shares the story of two high school band directors – one Black, one white – whose friendship and professional cooperation resulted in the experience of a lifetime for two Orlando-area bands at the 1964 New York World’s Fair.

**WEDNESDAY CONTINUED**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00pm</td>
<td>Finding Your Roots: No Irish Need Apply</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Thou Shalt Not Kill (Pt. 11/12)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Masterpiece: The Long Song (Pt. 1/3)</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Queen Elizabeth’s Secret Agents (Pt. 2/3)</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Easy Yoga for Arthritis with Peggy Cappy</td>
</tr>
<tr>
<td>6:00am</td>
<td>Easy Yoga: The Secret to Strength and Balance with Peggy Cappy</td>
</tr>
<tr>
<td>7:00am</td>
<td>Secrets of the Dead: The Nero Files</td>
</tr>
<tr>
<td>8:00am</td>
<td>Secrets of the Dead: Nero’s Sunken City</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>This Old House</td>
</tr>
<tr>
<td>10:00am</td>
<td>Kitchen Queens: New Orleans</td>
</tr>
<tr>
<td>10:30am</td>
<td>Lucky Chow</td>
</tr>
<tr>
<td>11:00am – 6:00pm KBTC KIDS</td>
<td></td>
</tr>
<tr>
<td>6:00pm</td>
<td>Finding Your Roots: No Irish Need Apply</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Rick Steves’ Europe</td>
</tr>
<tr>
<td>7:30pm</td>
<td>Northwest Now</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Foyle’s War: A Lesson in Murder (Pt. 2/2)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>New Tricks (S7, Ep. 4/10)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Death in Paradise (S7, Ep. 4/10)</td>
</tr>
</tbody>
</table>
A modern day Indiana Jones, host Richard Wiese takes viewers around the world in search of adventure, wildlife, and cultures untouched by modern civilization.

11:00pm  Masterpiece Mystery! Miss Scarlet and the Duke (S1, Ep. 3/6)
12:00am  Amanpour & Company

**SATURDAY**

6:00am  Growing a Greener World
6:30am  Washington Grown
7:00am  Garden Smart
7:30am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch
10:00am  Best of Sewing with Nancy
10:30am  Quilting Arts
11:00am  Fresh Quilting
11:30am  Fons & Porter’s Love of Quilting
12:00pm  Quilt in a Day
12:30pm  Motorweek
1:00pm  Rick Steves’ Europe
1:30pm  American Woodshop
2:00pm  Ask This Old House
2:30pm  This Old House
3:00pm  Washington Grown
3:30pm  Pati’s Mexican Table
4:00pm  Christopher Kimball’s Milk Street Television
4:30pm  Cook’s Country
5:00pm  America’s Test Kitchen
5:30pm  Moveable Feast with Relish
6:00pm  Masterpiece: All Creatures Great and Small (S1, Ep. 4/7)
7:00pm  Keeping Up Appearances
7:30pm  Keeping Up Appearances
8:00pm  As Time Goes By
8:30pm  As Time Goes By
9:00pm  Last of the Summer Wine
9:30pm  Last of the Summer Wine
10:00pm  Last of the Summer Wine
10:30pm  Last of the Summer Wine
11:00pm  Doctor Who
11:30pm  Doctor Who
12:00am  Austin City Limits: Sturgill Simpson

**FEBRUARY SCHEDULE**

**SUNDAY**

11:00pm  Doctor Who
11:30pm  Doctor Who
12:00am  Austin City Limits: Sturgill Simpson

**MONDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**TUESDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**WEDNESDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**THURSDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**FRIDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**SATURDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**SUNDAY**

11:00pm  Call 1.800.325.5877 To Make a Donation

**BORN TO EXPLORE WITH RICHARD WIESE | 8AM & 8:30AM SUNDAYS**

Richard Wiese takes viewers around the world in search of adventure, wildlife, and cultures untouched by modern civilization.
14 SUNDAY

6:00am  Ask This Old House
6:30am  This Old House
7:00am  Paint This with Jerry Yarnell
7:30am  The Best of Joy of Painting
8:00am  Born to Explore with Richard Wiese
8:30am  Born to Explore with Richard Wiese
9:00am  Suze Orman's Ultimate Retirement Guide
11:00am The Brain Fitness Program
12:30pm The Longevity Paradox with Steven Gundry, MD

15 MONDAY

5:00am  Dr. Fuhrman's Food as Medicine
7:00am  Queen of Swing
8:00am  Secrets of the Dead: The Woman in the Iron Coffin
9:00am  Sit and Be Fit
9:30am  Lidia's Kitchen
10:00am America's Test Kitchen
10:30am Cook's Country
11:00am – 6:00pm KBTC KIDS

16 TUESDAY

6:00am  Northwest Now
6:30am  Asia Insight
The Anisfield-Wolf Book Awards 2020 | 11pm Thursday February 18

The Anisfield-Wolf Book Awards chronicles the only juried American book prize focusing on works that address racism and diversity. Hosted by Dr. Henry Louis Gates, Jr.

7:00am  Masterpiece: All Creatures Great and Small (S1, Ep. 5/7)
8:00am  Queen Elizabeth's Secret Agents (Pt. 3/3)
9:00am  Sit and Be Fit
9:30am  Creative Living
10:00am  Pati’s Mexican Table
10:30am  Moveable Feast with Relish

11:00am – 6:00pm KBTC KIDS

6:00pm  Nature: Raising the Dinosaur Giant
7:00pm  Nature: Pumas: Legends of the Ice Mountains
8:00pm  Beyond the Elements on NOVA: Reactions (Pt. 1/3)
9:00pm  Scotland’s Scenic Railways (Pt. 2/3)
10:00pm  Legacy List with Matt Paxton: We Are Family (Pt. 6/8)
11:00pm  Independent Lens: The Story of a Movement
12:00am  Amanpour & Company

17 WEDNESDAY

6:00am  Journeys in Japan
6:30am  Consuelo Mack
7:00am  Scotland’s Scenic Railways (Pt. 2/3)

8:00am  Legacy List with Matt Paxton: We Are Family (Pt. 6/8)
9:00am  Sit and Be Fit
9:30am  P. Allen Smith’s Garden Home
10:00am  To Dine For with Kate Sullivan
10:30am  JoAnne Weir’s Plates and Places

11:00am – 6:00pm KBTC KIDS

6:00pm  Queen of Swing
7:00pm  Secrets of the Dead: The Woman in the Iron Coffin
8:00pm  Finding Your Roots: The Shirt on Their Backs
9:00pm  Thou Shalt Not Kill (Pt. 12/12)
10:00pm  Masterpiece: The Long Song (Pt. 2/3)
11:00pm  Queen Elizabeth’s Secret Agents (Pt. 3/3)
12:00am  Amanpour & Company

18 THURSDAY

6:00am  Focus on Europe
6:30am  Journeys in Japan
7:00am  Nature: Pumas: Legends of the Ice Mountains
THURSDAY CONTINUED

8:00am  Beyond the Elements on NOVA: Reactions (Pt. 1/3)
9:00am  Sit and Be Fit
9:30am  Ask This Old House
10:00am Christopher Kimball’s Milk Street Television
10:30am Dining with The Chef

11:00am – 6:00pm KBTC KIDS

6:00pm  In Their Own Words: Muhammad Ali
7:00pm  American Experience: The Fight
8:00pm  Fat Boy: The Billy Stewart Story
9:00pm  An Opry Salute to Ray Charles
10:30pm Peace Queen
11:00pm The Anisfield-Wolf Book Awards
12:00am Amanpour & Company

10:00am Kitchen Queens: New Orleans
10:30am Lucky Chow
11:00am – 6:00pm KBTC KIDS
6:00pm Finding Your Roots: The Shirts on Their Backs
7:00pm Rick Steves’ Europe
7:30pm Northwest Now
8:00pm Foyle’s War: Eagle Day (Pt. 1/2)
9:00pm Foyle’s War: Eagle Day (Pt. 2/2)
10:00pm Death in Paradise (S7, Ep. 5/8)
11:00pm Masterpiece Mystery! Miss Scarlet and the Duke (S1, Ep. 4/6)
12:00am Amanpour & Company

19 FRIDAY

5:00am  Suze Orman’s Ultimate Retirement Guide
6:30am  Washington Grown
6:30am  Garden Smart
7:00am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch

20 SATURDAY

6:00am  Growing a Greener World
6:30am  Washington Grown
7:00am  Garden Smart
7:30am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch
<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Best of Sewing with Nancy</td>
</tr>
<tr>
<td>10:30am</td>
<td>Quilting Arts</td>
</tr>
<tr>
<td>11:00am</td>
<td>Fresh Quilting</td>
</tr>
<tr>
<td>11:30am</td>
<td>Fons &amp; Porter’s Love of Quilting</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Quilt in a Day</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Master Your Future with Rajiv Nagaich</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Suze Orman’s Ultimate Retirement Guide</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Ken Burns: The National Parks</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Masterpiece: All Creatures Great and Small (S1, Ep. 5/7)</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Magic Moments: Best of the 50s Pop</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Fleetwood Mac - The Dance</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Doctor Who</td>
</tr>
<tr>
<td>11:30pm</td>
<td>Doctor Who</td>
</tr>
<tr>
<td>12:00am</td>
<td>Riverdance 25th Anniversary Show</td>
</tr>
</tbody>
</table>

**21 Sunday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Ask This Old House</td>
</tr>
<tr>
<td>6:30am</td>
<td>This Old House</td>
</tr>
<tr>
<td>7:00am</td>
<td>Paint This with Jerry Yarnell</td>
</tr>
<tr>
<td>7:30am</td>
<td>The Best of Joy of Painting</td>
</tr>
</tbody>
</table>

**22 Monday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>3 Steps to Pain-Free Living</td>
</tr>
<tr>
<td>7:00am</td>
<td>Suze Orman’s Ultimate Retirement Guide</td>
</tr>
</tbody>
</table>

**CALL 1.800.325.5877 TO MAKE A DONATION**
Travel host Rick Steves' concern with world hunger relief leads him on a rare journey outside of Europe. Rick meets struggling farmers in Ethiopia and Guatemala, and discovers what life is like for the 700 million people living on under $2 per day.

**MONDAY CONTINUED**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>The Brain Fitness Program</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Easy Yoga for Arthritis with Peggy Cappy</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Masterpiece Mystery! Miss Scarlet and the Duke (S1, Ep. 5/6)</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Death in Paradise (S7, Ep. 6/8)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Masterpiece: All Creatures Great and Small (S1, Ep. 6/7)</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Riverdance 25th Anniversary Show</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
</tbody>
</table>

**23 TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Easy Yoga for Arthritis with Peggy Cappy</td>
</tr>
<tr>
<td>6:00am</td>
<td>Easy Yoga: The Secret to Strength and Balance with Peggy Cappy</td>
</tr>
<tr>
<td>7:00am</td>
<td>Deepak Chopra: The Spiritual Laws of Success</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>Master Your Future with Rajiv Nagaich</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Rick Steves’ Festive Europe</td>
</tr>
<tr>
<td>6:30pm</td>
<td>The Longevity Paradox with Steven Gundry, MD</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Suze Orman’s Ultimate Retirement Guide</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Magic Moments: Best of the 50s Pop</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour &amp; Company</td>
</tr>
</tbody>
</table>

**24 WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Rick Steves’ Festive Europe</td>
</tr>
<tr>
<td>5:30am</td>
<td>The Longevity Paradox with Steven Gundry, MD</td>
</tr>
<tr>
<td>7:00am</td>
<td>3 Steps to Pain-Free Living</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>The Longevity Paradox with Steven Gundry, MD</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Rick Steves’ Holy Land: Israelis and Palestinians Today</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Rick Steves’ Hunger and Hope: Lessons from Ethiopia and Guatemala</td>
</tr>
<tr>
<td>9:30pm</td>
<td>Rick Steves’ Festive Europe</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Masterpiece: The Long Song (Pt. 3/3)</td>
</tr>
</tbody>
</table>
Master Your Future presenter Rajiv Nagaich is on a mission. His goal is to change the way Americans think about, plan for, and navigate through retirement. He will offer solutions to help your story have a different—and better—ending.

**25 THURSDAY**

- **11:00pm** Rick Steves’ Heart of Italy
- **12:00am** Amanpour & Company

**26 FRIDAY**

- **5:00am** Suze Orman’s Ultimate Retirement Guide
- **7:00am** Easy Yoga for Arthritis with Peggy Cappy
- **8:00am** Easy Yoga: The Secret to Strength and Balance with Peggy Cappy
- **9:00am** Sit and Be Fit
- **9:30am** Change Your Brain, Heal Your Mind with Daniel Amen, MD

**11:00am – 6:00pm KBTC KIDS**

- **6:00pm** The Black Church: This Is Our Story, This Is Our Song (Pt. 1/2)
- **8:00pm** Fleetwood Mac: The Dance
- **12:00am** Amanpour & Company

**27 SATURDAY**

- **6:00am** Deepak Chopra: The Spiritual Laws of Success
- **7:00am** Magic Moments: Best of the 50s Pop
- **9:00am** Sit and Be Fit

- **9:30am** Deepak Chopra: Becoming Metahuman
- **11:00am – 6:00pm KBTC KIDS**
- **7:00am** Magic Moments: Best of the 50s Pop
- **11:00am** Masterpiece Mystery! Miss Scarlet and the Duke (S1, Ep. 5/6)
- **12:00am** Amanpour & Company

**27 SATURDAY**

- **6:00am** Growing a Greener World
- **6:30am** Washington Grown
- **7:00am** Garden Smart
- **7:30am** P. Allen Smith’s Garden Home
- **8:00am** Make It Artsy
- **8:30am** Knit and Crochet Now!
- **9:00am** It’s Sew Easy
- **9:30am** Fit 2 Stitch
- **10:00am** Best of Sewing with Nancy
- **10:30am** Quilting Arts
- **11:00am** Fresh Quilting
Dolly Parton: I Will Always Love You | 7pm Saturday February 27

Celebrate the beloved singer-songwriter’s career from her early days to her success as a crossover pop superstar. Performances include Coat of Many Colors, Here You Come Again, Islands in the Stream (with Kenny Rogers) and 9 to 5.

SATURDAY CONTINUED

11:30am Fons & Porter’s Love of Quilting
12:00pm Quilt in a Day
12:30pm Overcoming Anxiety, Depression, Trauma and Grief with Daniel Amen, MD and Tana Amen
2:30pm Brain Revolution
4:00pm Magic Moments: Best of the 50s Pop
6:00pm Masterpiece: All Creatures Great and Small (S1, Ep. 6/7)
7:00pm Dolly Parton: I Will Always Love You
8:30pm Peter, Paul and Mommy, Too
10:30pm Rick Steves’ Island Hopping Europe
11:00pm Doctor Who
11:30pm Doctor Who
12:00am Suze Orman’s Ultimate Retirement Guide

7:30am The Best of Joy of Painting
8:00am Born to Explore with Richard Wiese
8:30am Born to Explore with Richard Wiese
9:00am Overcoming Anxiety, Depression, Trauma and Grief with Daniel Amen, MD and Tana Amen
11:00am Brain Revolution
1:00pm Deepak Chopra: Becoming MetaHuman
2:30pm The Longevity Paradox with Steven Gundry, MD
4:00pm Ken Burns: Here and There
5:30pm Andy Williams: Greatest Love Songs
7:00pm Overcoming Anxiety, Depression, Trauma and Grief with Daniel Amen, MD and Tana Amen
9:00pm Dolly Parton: I Will Always Love You
10:30pm Suze Orman’s Ultimate Retirement Guide
12:30am Brain Revolution

28 SUNDAY

6:00am Ask This Old House
6:30am This Old House
7:00am Paint This with Jerry Yarnell
Assisted living and memory care accredited for two reasons. You. And your family.

Because having the confidence and peace of mind of accreditation is important.

Call to schedule a personalized tour.

Don’t Trade it. Donate it!

Support quality Public Media when you donate a car, boat, or RV.

South Tacoma Antique Mall

More than 100 dealers – All in one location.

Wall art, lighting, furniture, sporting goods, appliances, toys, jewelry, games, clocks and much more.

Open 10am to 5:30pm
7 Days a Week

8219 South Tacoma Way, Lakewood, WA 98499
253-584-0500
www.southtacomaintiquemall.com

Proud supporters of KBTCPublic Television
Nature: Pumas: Legends of the Ice Mountains
7pm Tuesday February 16

Travel to the mountains of Chile to learn the secrets of the puma, the area’s most elusive predator.