Sesame Street
50 Years and Still Sunny!

Join host Gloria Estefan for a 50th Anniversary celebration of the iconic children's series. Monday March 1, at 1 and 7 p.m. See page 5.
Dear Friends,

This month at KBTC, we’re very excited to bring you a show that goes straight to everyone’s heart, Sesame Street: 50 Years and Still Sunny! hosted by Gloria Estefan. This celebration of Sesame Street is an absolute joy and might be especially fun if you haven’t kept up with the show recently (we won’t tell Big Bird). It’s remarkable to think that what started in 1969 as a pretty good idea, using “jingles” and puppets to teach literacy, now reaches 150 million kids in over 180 countries on six continents. Daily.

Like Sesame Street itself, this special is packed with celebrities galore from the past five decades – Bruno Mars, Robin Williams, Ken Burns, Jodie Foster, and Itzhak Perlman to name-drop a few - but were you also aware that Sesame Street broke ground with a recurring cast member with Down syndrome and a Muppet character with a spectrum disorder? What an amazing commitment to representation and inclusion that supports the PBS mission. Sesame Street: 50 Years and Still Sunny! is a warm and welcome reminder of how the series has been imparting invaluable lessons and touching the lives of viewers of all ages for decades.

DeAnne Hamilton
CELEBRATING WOMEN’S HISTORY

Pushout: The Criminalization of Black Girls in School | Thursday, March 19, 9 p.m.

A documentary which takes a close look at the educational, judicial and societal disparities facing black girls. Inspired by the groundbreaking book of the same name by renowned scholar, Monique W. Morris, Ed.D.

Justice Ruth Bader Ginsburg in Conversation
Thursday, March 19, 7 p.m.

Justice Ruth Bader Ginsburg sits down with NPR legal correspondent Nina Totenberg to discuss her quarter century on the nation’s highest bench & her continuing commitment to principled dissent.

Revolution of the Heart: The Dorothy Day Story | Thursday, March 26, 9 p.m.

Writer, editor and social reformer Dorothy Day was a co-founder of the Catholic Worker newspaper and the first “houses of hospitality,” which sheltered homeless during the Great Depression.
**KIDS SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
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</thead>
<tbody>
<tr>
<td>11:00am</td>
<td>Ready Jet Go!</td>
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<tr>
<td>11:30am</td>
<td>Daniel Tiger’s Neighborhood</td>
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<td>12:00pm</td>
<td>Sesame Street</td>
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<tr>
<td>12:30pm</td>
<td>Pinkalicious and Peteriffic</td>
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<tr>
<td>1:00pm</td>
<td>Xavier Riddle and the Secret Museum</td>
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<td>1:30pm</td>
<td>Molly of Denali</td>
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<td>2:00pm</td>
<td>The Cat in the Hat Knows A Lot About That</td>
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<td>2:30pm</td>
<td>Let’s Go Luna!</td>
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<td>3:00pm</td>
<td>Clifford the Big Red Dog</td>
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<td>3:30pm</td>
<td>Curious George</td>
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<td>4:00pm</td>
<td>Wild Kratts</td>
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<td>4:30pm</td>
<td>Arthur</td>
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<td>5:00pm</td>
<td>Nature Cat</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Odd Squad</td>
</tr>
</tbody>
</table>

**Parents:**

Girl Power Resources on PBSDKIDSFORPARENTS.ORG

**Educators:**

SciGirls on PBSLEARNINGMEDIA.ORG

SciGirls classroom resources provide gender-equitable teaching strategies and hands-on inquiry.

**Kids:**

Pinkalicious & Peterrific; March 21 - April 3

Catch a week of all-new episodes.

Xavier Riddle and The Secret Museum: I am Madam President | all-new special! Starting Monday, March 16, 1 p.m.

Yadina goes on a journey to meet some of history’s boldest women.
Sesame Street: 50 Years and Still Sunny! | Sunday March 1, at 1 p.m and 7 p.m.

Join host Gloria Estefan for a 50th anniversary celebration of the iconic children's series. This new documentary includes celebrity appearances, interviews with puppeteers and video clips of Sesame Street’s most unforgetable moments.

1 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  Samantha Brown’s Places to Love
8:30am  Samantha Brown’s Places to Love
9:00am  The Brain Fitness Program
10:30am Aging Backwards 3 with Miranda Esmonde-White
11:30am The Collagen Diet Dr. Josh Axe
12:00am Sesame Street: 50 Years and Still Sunny!

2 MONDAY
5:00am  The Brain Fitness Program
7:00am  Keto Diet with Dr. Josh Axe
8:30am  Rick Steves’ Festive Europe
9:00am  Sit and Be Fit
9:30am  Sesame Street: 50 Years and Still Sunny!
11:00am – 6:00pm KBTC KIDS
6:00pm  Rick Steves’ Tasty Europe
6:30pm  Downton Abby Returns!
8:00pm  Masterpiece: Sandition Pt. 8 of 8
9:00pm  Il Volo: 10 Years
10:00pm  Food Fix with Mark Hyman, MD
12:00am  Amanpour and Company

3 TUESDAY
5:00am  3 Steps to Pain-Free Living
7:00am  3 Steps to Pain-Free Living
TUESDAY CONTINUED

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  Aging Backwards 3
        with Miranda Esmonde-White
7:00pm  Sesame Street: 50 Years and Still Sunny!
8:30pm  Ken Burns: Country Music
10:00pm Change Your Brain
        Heal Your Mind with Daniel Amen, MD
12:00am Amanpour and Company

4 WEDNESDAY

5:00am  The Collagen Diet
        with Josh Axe
7:00am  Sesame Street: 50 Years and Still Sunny!
8:30am  Rick Steves’
        Tasty Europe
9:00am  Sit and Be Fit
9:30am  The Brain Fitness
        Program
11:00am – 6:00pm KBTC KIDS
6:00pm  The Collagen Diet with
Dr. Josh Axe
7:30pm  The Brain Fitness
        Program
9:30pm  Aretha Franklin
        Remembered - My Music
11:00pm Aging Backwards 3
        with Miranda Esmonde-White
12:00am Amanpour and
        Company

5 THURSDAY

5:00am  The Brain Fitness
        Program
7:00am  Food Fix with Mark Hyman, MD
9:00am  Sit and Be Fit
9:30am  The Longevity Paradox
        with Steven Gundry, MD
11:00am – 6:00pm KBTC KIDS
6:00pm  The Brain Fitness
        Program
8:00pm  Sesame Street: 50 Years and Still Sunny!
9:30pm  Ken Burns:
        The National Parks
11:00pm Wings Over
        Grand Canyon
12:00am Amanpour and
        Company

6 FRIDAY

Looking for kids shows? Check out page 4
Dr. Steven Gundry sets out to figure out why some people live such long, active lives, while so many of us struggle as we get older.

5:00am | Change Your Brain
Heal Your Mind
Daniel Amen, MD

7:00am | The Collagen Diet with
Dr. Josh Axe

9:00am | Sit and Be Fit

9:30am | Sesame Street: 50 Years
and Still Sunny!

11:00am – 6:00pm KBTC KIDS

6:00pm | Sesame Street: 50 Years
and Still Sunny!

7:30pm | Northwest Now

8:00pm | Aretha Franklin
Remembered - My Music

9:30pm | 3 Steps to
Pain-Free Living

11:30pm | Rick Steves' Festive Europe

12:00am | Amanpour and Company

7 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 | The Brain Fitness Program

2:30pm | The Longevity Paradox with Steven Gundry, MD

4:00pm | Ken Burns: Country Music

6:00pm | Sesame Street: 50 Years
and Still Sunny!

7:30pm | Il Volo: 10 Years

9:00pm | Celtic Woman
Ancient Land

11:00pm | Doctor Who

11:30pm | Doctor Who

12:00am | The Brain Fitness Program

8 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 | Samantha Brown’s Places to Love

CALL 1.800.325.5877 TO MAKE A DONATION
Discover the inner workings of the brain and how we can harness the power of its neuroplasticity to make positive changes in our lives.

SUNDAY CONTINUED
8:30am Samantha Brown’s Places to Love
9:00am The Longevity Paradox with Steven Gundry, MD
10:30am The Collagen Diet Dr. Josh Axe
12:00pm Retire Safe and Secure with Ed Slott
2:00pm Change Your Brain Heal Your Mind with Daniel Amen, MD
4:00pm Jonathan Antoine: Going the Distance
5:30pm Sesame Street: 50 Years and Still Sunny!
7:00pm The Brain Fitness Program
9:00pm Rick Steves’ Fascism in Europe
10:30pm Food Fix with Mark Hyman, MD
12:30am Change Your Brain Heal Your Mind with Daniel Amen, MD

MONDAY
5:00am Change Your Brain Heal Your Mind with Daniel Amen, MD
7:00am Food: What the Heck Should I Eat? with Mark Hyman, MD

11:00am – 6:00pm KBTC KIDS

TUESDAY
5:00am Keto Diet with Dr. Josh Axe
6:30am Rick Steves’ Festive Europe
7:00am Food Fix with Mark Hyman, MD
9:00am Sit and Be Fit
9:30am Il Volo: 10 Years
10:30am The Longevity Paradox Steven Gundry, MD
11:00am – 6:00pm KBTC KIDS
6:00pm Wings Over Grand Canyon
7:00pm Ken Burns: The National Parks
Three rising stars on the world’s Jewish music scene. Backed by a 33-piece orchestra and male choir, the Cantors perform at Amsterdam’s revered 17th-century Portuguese synagogue.

9:00pm  The Longevity Paradox
         Steven Gundry, MD
10:30pm  The Collagen Diet with
         Dr. Josh Axe
12:00am Amanpour and
         Company

11 WEDNESDAY

5:00am  3 Steps to
         Pain-Free Living
7:00am  Change Your Brain
         Heal Your Mind with
         Daniel Amen, MD
9:00am  Sit and Be Fit
9:30am  The Collagen Diet with
         Dr. Josh Axe
11:00am – 6:00pm KBTC KIDS

6:00pm  Rick Steves’ Holy Land: Israelis and Palestinians
         Today
8:00pm  Rick Steves’
         Fascism in Europe
9:30pm  Rick Steves’
         Heart of Italy
11:30pm Rick Steves’
         Festive Europe
12:00am Amanpour and
         Company

12 THURSDAY

5:00am  Food Fix with

10:30am  Rick Steves’
         Festive Europe
9:30pm  3 Steps to
         Pain-Free Living
11:30pm Rick Steves’
         Remote Sacred Wild
12:00am Amanpour and
         Company

13 FRIDAY

5:00am  The Collagen Diet with
         Dr. Josh Axe
7:00am  The Longevity Paradox
         with Steven Gundry, MD
8:30am  Rick Steves’
         Remote Sacred Wild
9:00am  Sit and Be Fit
9:30pm  The Brain Fitness
         Program
11:00am – 6:00pm KBTC KIDS

6:00pm  The Longevity Paradox
         with Steven Gundry, MD
Leftover Women follows three successful Chinese women who, despite thriving careers, are still labeled “leftover women,” a derogatory term used in China to describe educated, professional women who are not married.

FRIDAY CONTINUED

7:30pm Northwest Now
8:00pm Ken Burns: Country Music
9:30pm John Fogerty: My 50 Year Trip
11:30pm Rick Steves’ Tasty Europe
12:00am Amanpour and Company

2:30pm Aging Backwards 3 with Miranda Esmonde-White
3:30pm The Collagen Diet with Dr. Josh Axe
5:00pm Celtic Woman Ancient Land
7:30pm Downton Abbey Returns!
9:00pm Deepak Chopra: The Spiritual Laws of Success

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 Change Your Brain Heal Your Mind with Daniel Amen, MD

15 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 Samantha Brown’s Places to Love
8:30am Samantha Brown’s Places to Love
9:00am The Brain Fitness Program
11:00am Food Fix with Mark Hyman, MD
MARCH SCHEDULE

CALL THE MIDWIFE: Season 8 | Monday, March 16, 8 p.m.

Call the Midwife follows the nurses, midwives and nuns from Nonnatus House, who visit the expectant mothers of Poplar, providing the poorest women with the best possible care.

1:00pm  Rick Steves’ Holy Land: Israelis and Palestinians Today
3:00pm  Rick Steves’ Fascism in Europe
4:30pm  Rick Steves’ Heart of Italy
6:30pm  Rick Steves’ Tasty Europe
7:00pm  Retire Safe and Secure with Ed Slott
9:00pm  The Brain Fitness Program
10:30pm Ken Burns: The National Parks
12:30am Deepak Chopra: The Spiritual Laws of Success

16 MONDAY

5:00am  Deepak Chopra: The Spiritual Laws of Success
7:00am  Rick Steves’ Europe: Dublin
7:30am  Rick Steves’ Europe: Best of Ireland
8:00am  Samantha Brown’s Places to Love: Ireland
8:30am  Smart Travels with Rudy Maxa: Dublin
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

17 TUESDAY

6:00am  Northwest Now
6:30am  Asia Insight
7:00am  No Passport Required: Seattle
8:00am  Finding Your Roots: Hollywood Royalty
9:00am  Sit and Be Fit
9:30am  Creative Living
10:00am Flavor of Poland
10:30am Tastemakers
11:00am – 6:00pm KBTC KIDS

CALL 1.800.325.5877 TO MAKE A DONATION
Researchers reveal how humans tamed fearsome canines over tens of thousands of years, and made them indispensable companions.

Worshipped as a goddess, condemned as satanic, and spun into a stunning array of breeds, cats have long fascinated humans.

**TUESDAY CONTINUED**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
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<tbody>
<tr>
<td>6:00pm</td>
<td>The Nile: Rivers of Life Pt. 1 of 3</td>
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<td>7:00pm</td>
<td>Nature: Wild Florida</td>
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<td>8:00pm</td>
<td>Nova: Dog Tales</td>
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<tr>
<td>9:00pm</td>
<td>Rick Steves’ Europe: Dublin</td>
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<tr>
<td>9:30pm</td>
<td>Rick Steves’ Europe: Best of Ireland</td>
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<tr>
<td>10:00pm</td>
<td>The Restorers: Living History Pt. 1 of 5</td>
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<tr>
<td>11:00pm</td>
<td>Independent Lens: We Believe in Dinosaurs</td>
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<tr>
<td>12:00am</td>
<td>Amanpour and Company</td>
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**18 WEDNESDAY**

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<tr>
<th>Time</th>
<th>Program</th>
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<tr>
<td>6:00am</td>
<td>Journeys in Japan</td>
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<td>6:30am</td>
<td>Consuelo Mack</td>
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<td>7:00am</td>
<td>Rick Steves’ Europe: Dublin</td>
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<tr>
<td>7:30am</td>
<td>Rick Steves’ Europe: Best of Ireland</td>
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<td>8:00am</td>
<td>The Restorers: Living History Pt. 1 of 5</td>
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<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
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<td>9:30am</td>
<td>P. Allen Smith’s</td>
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**19 THURSDAY**

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<tr>
<th>Time</th>
<th>Program</th>
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<tr>
<td>6:00am</td>
<td>Focus on Europe</td>
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<tr>
<td>6:30am</td>
<td>Journeys in Japan</td>
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<td>7:00am</td>
<td>Nature: Wild Florida</td>
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<td>8:00am</td>
<td>Nova: Dog Tales</td>
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<td>9:00am</td>
<td>Sit and Be Fit</td>
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<tr>
<td>9:30am</td>
<td>Ask This Old House</td>
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### MARCH SCHEDULE

**Modus | Wednesday, March 18, 9 p.m.**

This new season of MODUS is set again in Stockholm and adds American characters. America’s first female president, President Helen Tyler (Kim Cattrall), makes an official state visit, and the American and Swedish security teams are on high alert.

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
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<tbody>
<tr>
<td>10:00am</td>
<td>Christopher Kimball's Milk Street Television</td>
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<tr>
<td>10:30am</td>
<td>Dining with the Chef</td>
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<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
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<tr>
<td>6:00pm</td>
<td>Orchard House: Home of Little Women</td>
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<td>6:30pm</td>
<td>Perfect 36: When Women Won the Vote</td>
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<tr>
<td>7:00pm</td>
<td>Justice Ruth Bader Ginsburg in Conversation</td>
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<td>8:00pm</td>
<td>Summoned: Francis Perkins and the General Welfare</td>
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<td>9:00pm</td>
<td>Pushouts: The Criminalization of Black Girls in School</td>
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<td>10:00pm</td>
<td>Singular</td>
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<td>11:00pm</td>
<td>The Queen of Swing</td>
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<td>12:00am</td>
<td>Amanpour and Company</td>
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**Friday**

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<th>Time</th>
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<tr>
<td>5:00am</td>
<td>Food Fix with Mark Hyman, MD</td>
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</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
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<tr>
<td>9:30am</td>
<td>This Old House</td>
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<td>10:00am</td>
<td>Jamie's Ultimate Veg</td>
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<td>10:30am</td>
<td>Simply Ming</td>
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<tr>
<td>11:00am – 6:00pm</td>
<td>KBTC KIDS</td>
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<tr>
<td>6:00pm</td>
<td>Finding Your Roots: Italian Roots</td>
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<tr>
<td>7:00pm</td>
<td>Rick Steves' Europe</td>
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<td>7:30pm</td>
<td>Northwest Now</td>
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<td>8:00pm</td>
<td>Foyles War: Fifty Ships (S2, Pt. 1 of 2)</td>
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<tr>
<td>9:00pm</td>
<td>New Tricks: (S7, Pt. 5 of 10)</td>
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<tr>
<td>10:00pm</td>
<td>Death in Paradise: (S7, Pt. 5 of 8)</td>
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<tr>
<td>11:00pm</td>
<td>Masterpiece: Endeavor (S5, Pt. 3 of 5)</td>
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<tr>
<td>12:00am</td>
<td>Amanpour and Company</td>
</tr>
</tbody>
</table>

**Bates Technical College**

**ARE YOU A BATES ALUMNI?**

Sign up for news and updates! BatesTech.edu/Alumni

253.680.7000 | BatesTech.edu
The Restorers brings the stories of warbird and vintage planes to life, and showcases the passion and dedication of the veterans, technicians, historians and enthusiasts.

**Saturday, March 17**

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 | Samantha Brown’s Places to Love
1:30pm | The Woodsmith Shop
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 | Martha Stewart’s Cooking School
6:00pm | The Restorers: Living History Pt. 1 of 5
7:00pm | Keeping Up Appearances
7:30pm | Keeping Up Appearances
8:00pm | As Time Goes By Summer Wine
9:00pm | Last of the Summer Wine
10:00pm | Are You Being Served
10:30pm | Upstart Crow
11:00pm | Doctor Who
11:30pm | Doctor Who
12:00am | Nova: Dog Tales

**Sunday, March 18**

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 | Samantha Brown’s Places to Love
8:30am | Samantha Brown’s Places to Love
9:00am | Change Your Brain with Heal Your Mind Daniel Amen, MD
11:00am | The Collagen Diet with

**21** SATURDAY

**22** SUNDAY
**Rick Steves’ Heart of Italy**
2:30pm

**Ken Burns: The National Parks**
4:00pm

**Ken Burns: Country Music**
6:00pm

**A Salute to Vienna**
8:00pm

**The Collagen Diet with Dr. Josh Axe**
9:30pm

**Tim Janis: Celtic Heart**
11:00pm

**Deepak Chopra: The Spiritual Laws of Success**

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**Dr. Josh Axe**

**Rick Steves’ Heart of Italy**

**12:30pm**

**2:30pm**

**4:00pm**

**6:00pm**

**8:00pm**

**9:30pm**

**12:00am**

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**Rick Steves’ Hunger and Hope: Lessons from Ethiopia and Guatemala**

**5:00am**

**7:00am**

**8:00am**

**9:00am**

**9:30am**

**10:00am**

**10:30am**

**11:00am – 6:00pm** **KBTC KIDS**

**6:00pm**

**7:00pm**

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**Call the Midwife**

**(S8, Ep.5)**

**Call the Midwife**

**(S8, Ep.6)**

**Foyles War: 50 Ships Pt. 1 of 2**

**New Tricks**

**(S7 Ep. 5)**

**Amanpour and Company**

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**Northwest Now**

**Asia Insight**

**No Passport Required Boston**

**Finding Your Roots: Italian Roots**

**Sit and Be Fit**

**Creative Living**

**Flavor of Poland**

**Tastemakers**

**Foyles War: 50 Ships Pt. 2 of 2**

**New Tricks**

**(S7 Ep. 6)**

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**The Amazon: Rivers of Life Pt. 2 of 3**

**Nature:**

**The Mighty Weasel**

**NOVA: Cat Tales**

**Rick Steves’ Hunger and Hope: Lessons from Ethiopia and Guatemala**

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**A Salute to Vienna**

**Singular**

**Pushouts:**

**The Criminalization of Black Girls in School**

**Sit and Be Fit**

**Lidia’s Kitchen**

**America’s Test Kitchen**

**Cook’s Country**

**2013 NATIONAL TELEVISION SCHEDULE**

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**Deepak Chopra: The Spiritual Laws of Success**

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**Sit and Be Fit**

**Lidia’s Kitchen**

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**Rick Steves’ Hunger and Hope: Lessons from Ethiopia and Guatemala**

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**Rick Steves’ Hope and Hunger: Lessons from Ethiopia and Guatemala | Tuesday, March 24, 9 p.m.**

Rick Steves travels through Ethiopia and Guatemala to learn about extreme poverty and its solutions, including smart development aid, empowering women, child nutrition, and education.
KBTC VIEWER GUIDE

TUESDAY CONTINUED
10:00pm The Restorers: Aircraft Recovery Pt. 2 of 5
11:00pm Independent Lens: Always in Season
12:00am Amanpour and Company

25 WEDNESDAY
6:00am Journeys in Japan
6:30am Consuleo Mack
7:00am Rick Steves' Hunger and Hope: Lessons from Ethiopia and Guatemala
8:00am The Restorers: Aircraft Recovery Pt. 2 of 5
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 Al Capone: Icon
7:00pm Secrets of The Dead: The Alcatraz Escape
8:00pm Finding Your Roots Criminal Kind
9:00pm Modus (S2, Pt. 3 of 8)
9:30pm Modus (S2, Pt. 4 of 8)
11:00pm Masterpiece: Grantchester (S2, Pt. 2 of 6)
12:00am Amanpour and Company

27 FRIDAY
5:00am Ken Burns: Country Music
7:00am Margaret: The Rebel Princess
9:00am Sit and Be Fit
9:30am This Old House
10:00am Jamie's Ultimate Veg
10:30am Simply Ming
11:00am – 6:00pm KBTC KIDS
6:00pm Finding Your Roots: Criminal Kind
7:00pm Rick Steves' Europe
7:30pm Northwest Now
8:00pm Foyle's War: Fifty Ships Pt. 2 of 2
9:00pm New Tricks (S7, Ep. 6 of 10)
10:00pm Death in Paradise (S7, Ep. 6 of 8)
11:00pm Masterpiece: Endeavor (S5, Ep. 4 of 6)
12:00am Amanpour and Company

26 THURSDAY
6:00am Focus on Europe
6:30am Journeys in Japan
7:00am Nature: The Mighty Weasal
8:00am Nova: Cat Tales
9:00am Sit and Be Fit

28 SATURDAY
6:00am Growing a Greener World
Margaret: The Rebel Princess | Thursday March 26, 7 p.m.

A profile of Princess Margaret, whose life and loves reflected the social and sexual revolution in 20th century Britain, redefining the image of the modern princess.
SUNDAY CONTINUED

3:00pm  Rick Steves’ Holy Land: Israelis and Palestinians Today
5:00pm  3 Steps to Pain-Free Living
7:00pm  Ken Burns: Country Music
9:00pm  Food Fix with Mark Hyman, MD
11:00pm The Longevity Paradox Steven Gundry, MD
12:30am Change Your Brain, Heal Your Mind with Daniel Amen, MD

30 MONDAY

5:00am  Change Your Brain, Heal Your Mind with Daniel Amen, MD
7:00am  Revolution of the Heart: The Dorothy Day Story
8:00am  Closing the Gap: 50 Years of Seeking Equal Pay
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  Downton Abbey (S6, Ep. 4 of 9)
7:00pm  Downton Abbey (S6, Ep. 5 of 9)
8:00pm  Call the Midwife (S7 Pt. 7 of 8)
9:00pm  Call the Midwife (S7 Pt. 8 of 8)
10:00pm Foyles War: 50 Ships Pt. 2 of 2
11:00pm New Tricks (S7 Ep. 6 of 10)
12:00am Amanpour and Company

31 TUESDAY

6:00am  Northwest Now
6:30am  Asia Insight
7:00am  Secrets of the Dead: The Alcatraz Escape
8:00am  Finding Your Roots: Criminal Kind
9:00am  Sit and Be Fit
9:30am  Creative Living
10:00am Flavor of Poland
10:30am Tastemakers

11:00am – 6:00pm KBTC KIDS
6:00pm  The Mississippi: Rivers of Life Pt. 3 of 3
7:00pm  Nature: Nature’s Miniature Miracles
8:00pm  Nova: Mysteries of Sleep
9:00pm  Rick Steves’ European Easter
10:00pm The Restorers: The Aviatrix
11:00pm Independent Lens: Leftover Women
12:00am Amanpour and Company

From fruit flies to whales, virtually every animal sleeps. But why? Why do we need to spend nearly a third of our lives in such a defenseless state?

Nova: Mysteries of Sleep | Tuesday, March 31, 8 p.m.
Discover Narrows Glen.

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Discover the confidence of CARF® accredited assisted living & memory care services in a vibrant setting. From delicious restaurant-style dining to engaging activities and supportive services, you’ll find a perfect blend of comfort, convenience and an individualized approach to care.

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CALL 1.800.325.5877 TO MAKE A DONATION
Nature: The Mighty Weasel | Tuesday, March 24, 7 p.m.

Discover the truth about the infamous weasel family, often portrayed as villains and associated with unsavory behavior.