So what is ThinkBright?

**A Community Asset.** ThinkBright Lifelong Learning is a family of digital learning services. The service targets students, educators, families, and learners of all ages. The ThinkBright suite of services includes:

- **ThinkBright TV**
- **ThinkBright Online**
- **Special TV and Outreach Initiatives**
- **Professional Development for Teachers**

**ThinkBright TV.** This digital channel redefines learning for people of all ages. It offers a wide variety of programming to educate, enlighten, and enrich our community and beyond. Whether you’re looking for children’s programs, programs to use in your classroom, GED related content, or enriching entertainment - ThinkBright TV is for you. Plus, each evening on ThinkBright features a dedicated theme so that busy viewers know just when to tune in to find compelling programs that suit their interests!

**THEME NIGHTS**
- Sundays / Family & Education
- Mondays / Health & Wellness
- Tuesdays / Arts & Performance
- Wednesdays / History & Biography
- Thursdays / Heritage & Diversity
- Fridays / Think Globally
- Saturdays / Science & Nature

**ThinkBright Online.** Curious television viewers can find a treasure trove of enrichment resources for school, home, and community use. Check out ThinkBright’s TV schedule, in-depth information on select programs, interactive activities and games, standards-based lesson plans, EdVideo Online, PBS TeacherLine NY, great information links, and more!

**ThinkBright Brings Learning to Light!** Learn more at www.ThinkBright.org

For additional copies of this guide, please contact Betsy Halvorsen at 716.845.7000 ext. 345.

ThinkBright is made possible through the support of our partners:

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**Classical Stretch**

*Every Sunday, Tuesday, Thursday and Saturday morning at 6:00 am*

An effective total body workout of graceful movements which unlocks uncomfortably rigid muscles for a more flexible, relaxed and strengthened body. The exercises reach deeply into muscles and ligaments not normally worked in the average fitness program. [www.classicalstretch.com](http://www.classicalstretch.com/)

**Priscilla’s Yoga Stretches**

*Every Monday, Wednesday and Friday morning at 6:00 am*

This non-mystical, energizing, non-impact hatha yoga exercise series increases flexibility, balance and circulation, leaving the participant feeling relaxed, refreshed, well toned, more flexible, calmer and stronger.


**Wai Lana Yoga**

*Every Sunday, Tuesday, Thursday and Saturday morning at 6:30 am*

Features serenity- and strength-inducing poses while introducing an emphasis on yoga for stress relief, which can be achieved through a combination of cleansing asanas (exercises), breathing techniques, relaxation and meditation sessions. [www.wailana.com](http://www.wailana.com)

**Power Yoga: Mind & Body**

*Every Monday, Wednesday, and Friday morning at 6:30 am*

An intense, challenging, head-to-toe workout created specifically for people who like to ‘feel the burn’. This innovative, easy-to-follow yoga exercise will improve your strength, stamina, flexibility and balance – mentally and physically. Each series of yoga poses transition together and focus on a specific muscle or muscle group.

[www.wusf.usf.edu/wusf-tv/Power_Yoga_TV/Series.cfm](http://www.wusf.usf.edu/wusf-tv/Power_Yoga_TV/Series.cfm)

**Sit and Be Fit**

*Every morning at 7:00 am*

This unique series, developed by a team of medical and fitness professionals, has earned a loyal following for its effectiveness in profoundly improving the health and wellness of viewers who are most comfortable exercising in a seated position or standing while using a chair for balance. These gentle workouts improve strength, flexibility, eye tracking, balance, posture, and breathing.

[www.sitandbefit.com/](http://www.sitandbefit.com/)

**Exercise for Kids**

**Boohbah**

*Monday through Friday at 7:30 am*

Boohbah makes movement so much fun, it’s hard for young children to resist joining in -- and that’s the idea! Each show begins with a single movement that is easy to copy, then several movements are put together to create a dance. Young children also create different kinds of movements in the “Look What I Can Do!” segment. All the movements in the program were inspired by children, and physical activity experts have approved all the exercises and dances used on the show. [www.boohbah.com/zone.html](http://www.boohbah.com/zone.html)
January 2
5:30-6:00 am
Health Link  Sleep Apnea and Restless Leg Syndrome
Find out more about two conditions that keep many from getting a good night’s sleep. Sleep apnea, characterized by temporary breathing interruptions during sleep, may occur repeatedly, resulting in a poor night’s sleep and daytime drowsiness. Restless Leg Syndrome includes a feeling of restlessness, creeping, crawling, and tingling in the legs or feet that keeps the rest of the body from settling down at night.

January 5
5:30-5:30 am
Keeping Kids Healthy: Childhood-Onset Schizophrenia: A Life Interrupted
Of course you’ve heard of schizophrenia, but do you know exactly what it is (it’s not split personality!), or how to recognize it, or even when it’s most likely to show its first signs? The fact is, schizophrenia usually strikes first in young people, rather than adults - but it doesn’t usually appear in children before they reach their teens. But when it does strike that early, it’s even more devastating than in an older child, and you need to get expert help immediately. In this episode of Keeping Kids Healthy, you’ll see what happened when one nine-year-old son began hearing voices and having hallucinations - the classic signs of childhood-onset schizophrenia and you’ll learn where to go for help.

8:00-8:30 pm
The Fitness Show: Fitness As A Lifestyle
Host Colin Hoobler chats with Lester Baskin, MD about embracing choices in life that make us healthier and fit for life. He has a patient demonstrate the flat dumbbell press and introduces motion capture technology to show exactly what the body is doing during the exercise. Making wise food choices when dining out and blasting the “spot reduction” myth are also discussed.

8:30-9:00 pm
Healthy Body Healthy Mind: Treating and Preventing Osteoporosis
The word osteoporosis literally means “porous bones.” It occurs when bones lose an excessive amount of protein and mineral content, particularly calcium. In this episode, we’ll learn about medical therapies and lifestyle changes which can help prevent osteoporosis from progressing to the point of a fracture. For patients who have experienced a fracture, a new minimally invasive surgery could get them back on their feet in no time. (Repeated on January 6 at 5:30 am)

9:00-9:30 pm
Delicious TV: Totally Vegetarian: Gonzo Garbanzo
Toni touts the delicious benefits of eating chickpeas (a.k.a. garbanzo beans). These three recipes display the virtuosity of this tasty legume as she takes you from crepes to nuts!

9:30-10:00 pm
Healing Quest
Olivia Newton-John’s Great Wall Walk; Secrets of Soy; Deepak Chopra on The Third Jesus.

10:00-10:30 pm
Keeping Kids Healthy: ADHD/Divorce
ADHD: What’s the difference between a rambunctious kid with lots of energy and a kid with ADHD? Host Dr. Winnie King takes us into the home of a family with an ADHD teenager, showing us what ADHD behaviors are and how they affect the family. Then, find out from the experts what the symptoms are, how it’s diagnosed, and what parents can do to advocate for their children who do have ADHD. DIVORCE: With half of all marriages ending in divorce, parents concentrate so much on the trauma they’re experiencing that they forget to worry about the kids. The result can be
terribly damaging to the children - but if you’re willing to work on protecting them, there are ways to do it. Visit with a mother and daughter who have endured the trauma, and two divorce experts, for an intimate look at the damage that can be done to children of divorce, and the steps parents can take to minimize it.

(Repeated on January 26 at 5:30 am)

10:30-11:00 pm
Second Opinion: Taking Charge of Your Healthcare: Macular Degeneration
Many Americans think loss of vision is a normal part of aging. Think again. The number one cause of vision loss is actually a disease called macular degeneration. This episode describes the disease and how you may be able to prevent it from compromising your vision

January 7
5:30-6:00 am
Healing Quest
Amazon Herbal Medicine Hunter; The Tasty Truth About Sea Veggies; Deepak on Healing the Planet.
(Repeated on January 26 at 9:30 pm)

January 8
1:30-2:00 am
Health Link

5:30-6:00 am
Healthy Minds: Adolescents and Antidepressants
Dr. Jeffry Borenstein explores the diagnosis and treatment of mental health issues in adolescents, with a spotlight on medication. Guests include Dr. Kelly Posner from the New York State Psychiatric Institute’s Department of Child Psychiatry, and parents who share their stories about raising a clinically depressed child.

January 9
5:30-6:00 am
Health Link: Human Papillomavirus (HPV)
Find out what women and men need to know about HPV, from risk factors and prevention to diagnosis and treatment.

January 12
5:30-6:00 am
Keeping Kids Healthy: Adolescent-Onset Schizophrenia: 1 in Every 100 Young People
Schizophrenia is astoundingly common - the experts say it strikes one out of every one hundred people, and the most common time for it to strike is when a child has just reached his mid to late teens, or sometimes his early 20’s. Just when a child’s future is opening up to him, this devastating illness can rob him of his ability to think clearly, and subject him to a future of hallucinations, delusions, and an inability even to organize his daily life. But the good news is that - unlike schizophrenia that strikes in very early childhood - the adolescent-onset variety is frequently highly treatable, and young people have a greater likelihood of fully regaining their lives. But it’s up to their families to act quickly and decisively - to recognize the symptoms, and be relentless in getting and maintaining the expert treatment their children need. Learn how that’s done, on this memorable episode of Keeping Kids Healthy.

8:00-8:30 pm
The Fitness Show: Healthy Heart
Ivan Rado shares his story of survival from a massive heart attack and Colin talks with Linn Goldbert, MD about all the simple things we can do to have a healthy and happy heart and how exercise is more powerful than medication. We also meet Karen, whose fitness routine has helped her live an active life for more than 20 years with a heart transplant.
8:30-9:00 pm

**Healthy Body Healthy Mind: Pediatric GERD**

In infants less than 12 months of age, the occasional upset stomach is common and usually no cause for alarm. But when babies and school-aged children have ongoing symptoms of persistent regurgitation, frequent overnight coughing and abdominal pain, they may be experiencing gastroesophageal reflux disease, or GERD. In this program, we will discover that pediatric GERD often presents differently than adult GERD, and can go unrecognized by parents and pediatricians. In addition, some children may not outgrow their problems with GERD. Most children however, are able to decrease these reflux problems with lifestyle modifications, diet alterations, and medical treatment. (Repeated January 20 at 5:30 am)

9:00-9:30 pm

**Delicious TV: Totally Vegetarian: A Sandwich Affair**

Toni loves sandwiches and in this episode, she cooks up Mock Maryland Crab Cakes and a luscious Mushroom Black-eyed Pea Pattie.

9:30-10:00 pm

**Healing Quest**

Moms Battle School Junk Food; The Surprising Facts About Family Meals; Deepak on the Power of Ancestors.

10:00-10:30 pm

**Keeping Kids Healthy: Hidden Dangers of Sports**

Sports are a great way for your kids to exercise and keep healthy, but taken to the extreme; the idea of winning at any cost can actually cost your child his or her life! Would you know if your daughter was so obsessed with exercise that she's actually destroying her bones, instead of making them stronger? Could you tell if your son has secretly used steroids? Today, participation in sports can actually lead to serious and hidden dangers that parents need to watch for. In girls, excessive athletic exercise and dieting can set them up for eating disorders and irreparable damage to their bones. In boys, the drive to be strong leads many young men to steroid addiction, with disastrous side effects ranging from personality disorders to liver and kidney failure. Join host Dr. Winnie King, three of the country's leading sports medicine experts - meet the young men and women who learned these lessons the hard way and meet a mother and father whose son lost his life for his sport.

10:30-11:00 pm

**Second Opinion: Taking Charge of Your Healthcare: Gastroesophageal Reflux Disease (GERD)**

Heartburn is nothing to take lightly. For many people, heartburn can interrupt daily life and be the precursor to serious illnesses. The panel of experts on gastroesophageal reflux disease (GERD) discusses the diagnosis and treatment of GERD, as well as the symptoms you should not ignore.

**January 14**

5:30-6:00 am

**Healing Quest**

Candace Pert and the Science of Happiness; Natural Relief for Sinus Woes; Deepak on Teaching the Body to be Healthy.

**January 15**

1:30-2:00 am

**Health Link**

5:30-6:00 am

**Healthy Minds: Attention Deficit Hyperactivity Disorder (ADHD)**

Dr. Jeffrey Borenstein explores the latest in symptoms, causes and treatments of ADHD, while parents and teachers talk about ways of coping and getting help. Guests include Dr. Gabriel Carlson, Director of Child and Adolescent Psychiatry at Stony Brook University School of Medicine, and Oyster Bay High School teacher Arlene Northcote, M.A., Bilingual Multicultural Studies.
January 16
5:30-6:00 am
Health Link: Addiction & The Family
What happens to the family when addiction becomes part of it, how recovery is possible and what a family can do after trust is broken by an addiction.

January 19
5:30-6:00 am
Keeping Kids Healthy: Youth Violence: Breaking The Cycle
Every day we hear gruesome stories of violent acts committed by young people: school shootings, gang wars, bullying. But why are so many kids turning to violence, and how do we stop it? Experts have begun to figure out some of the answers; other answers come from the kids who live with the violence every day. This program brings you the insights of both these groups. Visit a young man in his neighborhood in Newark, New Jersey - one of the toughest cities in the country - and see how he has managed to stay clear of the violence around him. Meet his mother, and discover the role she has played in his success. See first-hand how one innovative program reaches out to four year olds, showing them effective ways to resolve problems without resorting to violence. Join host Dr. Winnie King as she devotes a special half-hour to teaching all of us how to break the cycle of violence.

8:00-8:30 pm
The Fitness Show: Joint Replacement
Colin discusses recovery from joint replacement surgery with Frederick Bueschel, Jr. MD. Exercise is crucial to recovery following surgery. We also meet Mary, who at age 88 has had both hips replaced and is still leading an active lifestyle. The optimal position for stretching the hamstrings in order to minimize knee and spine joint forces is also presented.

8:30-9:00 pm
Healthy Body Healthy Mind: Weighing In On Diabetes
It’s no surprise that we have an obesity epidemic in America. Temptation to over-eat bombards us everywhere. This, combined with our sedentary lifestyles, has helped us pack on the pounds. Obesity also increases the risk of type II diabetes. Nearly two of three adult Americans are overweight or obese. Experts say patient education, along with advances in research about genetics, human physiology, plus effective medications and surgeries are making a huge difference in shrinking this growing epidemic.
(Repeated on January 27, 5:30 am)

9:00-9:30 pm
Delicious TV: Totally Vegetarian: Slow Food Made Easy!
Guest chef Cathi DiCocco prepares oven-dried tomatoes and garlic confit, then she and Toni make pasta with two Pesto, Mint Cilantro and Oven-dried Tomato with Roadster Garlic Oil. A mouth-watering, culinary four-star lineup of dishes!

9:30-10:00 pm
Healing Quest
Healing Touch Hospital Programs; Avocado Chocolate Dessert Splurge; Deepak on Yoga and Health.

10:00-10:30 pm
Keeping Kids Healthy: SIDS/Boys & Girls
Part I: A parent’s worst nightmare: a healthy baby goes safely to sleep in his crib, and never wakes up. More than 3000 infants die each year of SIDS, and what they have in common is that no one detected anything wrong with them before they died, and no one can explain what happened. But doctors have finally identified the steps you can take to cut the risk of SIDS in half! Join host Dr. Winnie King and two inspiring families who lost children to SIDS, and hear how they use the wisdom they gained from their tragedies to help others. And learn from an experienced pediatrician what you and others around your infant can do to reduce the risk of SIDS for every child.
Keeping Kids Healthy: SIDS/Boys & Girls
Part II: Are boys and girls really different? And if they are, then why? Are their brains structured differently? Are they raised differently? Should they be?! The bottom line question hasn’t changed for years: are any differences we see based on nature or nurture, and what should we do about it? But the answers are changing day by day. Tune in as top experts in the field tell us the latest answers to the puzzle, and give us practical tips on how parents can best rear their boys & girls.

10:30-11:00 pm
Second Opinion: Taking Charge of Your Healthcare: Memory Enhancement
Crossword puzzles, vitamins and classical music have all been promoted as tools for improving memory. Panelists discuss the recent theories and research surrounding memory enhancement and help viewers separate fact from fiction.

January 21
5:30-6:00 am
Healing Quest
Unstuck: Non-Drug Options for Overcoming Depression; Ayurvedic Ways to Activate Your Inner Pharmacy; Deepak on How to Meditate.

January 22
5:30-6:00 am
Healthy Minds: Insomnia
Dr. Jeffrey Borenstein visits the New York University School of Medicine Sleep Disorders Center to find out what researchers are doing to uncover the mysteries surrounding sleep disorders. The center is a four-bed unit outfitted with state of the art recording equipment to monitor sleep. Expert researchers, including John P. Docherty, M.D. of Cornell University Medical College, also speak about insomnia diagnosis and treatment.

January 23
5:30-6:00 am
Health Link: Autism Spectrum Disorders
Autism spectrum disorders affect one in 150 kids from all walks of life - that’s a tenfold jump in the past decade.

January 26
8:00-8:30 pm
The Fitness Show: Healthy Weight
Colin shows off one of his star pupils, LaVerna, who at age 63 lost 85 pounds and has kept it off by following an effective exercise and nutrition plan. She now says that she feels and looks better than she has in 25 years. Colin also discusses with Linn Goldberg, MD the many benefits of keeping body composition at a healthy level and the cost implications for health care.

8:30-9:00 pm
Healthy Body Healthy Mind: Dealing with Degenerative Disc Disease
Each year, over sixty million Americans suffer from lower back pain and by the age of fifty, eighty-five percent exhibit some disc deterioration of the spine. With age, those little shock absorbers between each vertebra simply wear out from Degenerative Disc Disease. In this episode we’ll learn about new physical therapy techniques and surgical breakthroughs, similar to artificial knee technology, that often reduce or eliminate the pain.

9:00-9:30 pm
Delicious TV: Totally Vegetarian: One Dish Wonders
What could be easier? Toni puts an Italian spin on the one-dish mean and creates a “meaty” Roasted Eggplant Cannelloni another classic dinner with a delicious twist, especially when you finish with Toni’s very special Tofu Cannoli!
10:00-10:30 pm
**Keeping Kids Healthy: Cystic Fibrosis Show: A Day in the Life**
For a young person living with Cystic Fibrosis (CF), each day is a struggle just to breathe. The lungs are clogged with thick mucus requiring constant medication and intrusive therapies, even someone to pound on the back to beat the congestion out. There is no cure and, without a lung transplant, the disease can become a death sentence. This is the day-to-day struggle faced by parents and their children with CF. Join host, Dr. Winnie King as we follow one young woman’s story. Then meet a young man whose life was saved by having a lung transplant, and learn why some CF patients do not choose this option.

10:30-11:00 pm
**Second Opinion: Taking Charge of Your Healthcare: Suicide**
While youth suicides earn more news headlines, suicide rates in the United States actually increase with age. This powerful episode explores the devastating reality of suicide and what you should know about helping yourself or a loved one.

January 28
5:30-6:00 am
**Healing Quest**
Natural Help for Hot Flashes; Chi Running; Deepak on the Law of Least Effort.

January 29
1:30-2:00 am
**Health Link**
5:30-6:00 am
**Healthy Minds: Alzheimer’s Disease**
Cutting edge science brings us closer to unraveling the mystery of Alzheimer’s disease while we learn about ways to support the caregivers coping with their loved one’s illness. Dr. Jeffrey Borenstein hosts.

January 30
5:30-6:00 am
**Health Link: Epilepsy**
Examine what triggers epilepsy, the latest in treatment options and how to live a full life while managing the condition.

February 2
8:00-8:30 pm
**The Fitness Show: Beating Depression**
Think that anti-depressants are more effective than exercise? Think again! Colin talks with David Conant-Norville, MD about what the latest research shows about exercise as treatment for depression. The resistance training exercise for the episode is the leg press exercise, in which Colin explains why it’s safer and more effective to perform this exercise using one leg at a time.

8:30-9:00 pm
**Healthy Body Healthy Mind: Science and Sleep**
While the necessities of life are food, water, and shelter, many forget that sleep is just as important to survival. Humans spend one third of their lives sleeping, but when something disrupts the ability to sleep, quality of life suffers. It’s estimated that 50-70 million Americans don’t get enough sleep on a daily basis. Research has found that chronic sleep deprivation has been associated with a range of health related consequences. However, by understanding the brain and sleep correlation, researchers have been able to develop behavioral and medical treatment options that help people with sleep disorders live a more restful and healthy life. *(Repeated on February 10 at 5:30 am)*
9:00-9:30 pm  
**Delicious TV: Totally Vegetarian: Garden Fresh and Fabulous**
Author-chef Didi Emmons joins Toni in the kitchen to cook up a Delicious Beet Burger using garden-fresh ingredients and a hearty healthy Pumpkin Chili served with a "slaw" dressed in a creamy tofu-lime dressing.

9:30-10:00 pm  
**Healing Quest**
Candace Pert and the Science of Happiness; Natural Relief for Sinus Woes; Deepak on Teaching the Body to be Healthy.

10:00-10:30 pm  
**Keeping Kids Healthy: Teen Brain Chemistry/Lead Poisoning**
**Part I:** Does your teenager’s behavior sometimes leave you scratching your head in wonder? How many times have you asked, "What were they thinking?!" Well, we have the answer, and you may not believe it. It turns out there’s actually a physical reason for many of their strange antics! As you parents of teens have long suspected, teenage brains aren’t the same as adult brains, and those differences may lie behind much of their utterly astounding behavior. Join host Dr. Winnie King for a fascinating trip inside the teenage brain, as a renowned brain scientist, a science editor, and a teen explain why teenagers act the way they do, and what you may be able to do about it!

**Part II:** Could your child have lead poisoning? A million children in this country do, and whether your home is in the city, the country, or the suburbs, there’s no way to know if your child is one of them unless you get him or her tested. The consequences of lead poisoning are devastating, ranging from hyperactivity to severe brain damage, and once the damage is done, it’s irreversible. Meet the country’s foremost lead poisoning experts and their patients, and join us as we follow a team of lead hunters for a home inspection. What they find out will astound you, and what they can teach you may save your child’s health.

(Repeated on February 23 at 5:30 am)

10:30-11:00 pm  
**Second Opinion: Taking Charge of Your Healthcare: Cardiac Breakthroughs**
Heart disease is the number one killer in the U.S. With doctors and researchers racing to stop heart disease in its tracks, diagnostic technology and treatment options are breaking new ground at astounding speed. But are there dangers? Can technology tell us too much? The experts dive into the high-tech world of cardiac care.

February 3
5:30-5:30 am  
**Healthy Body Healthy Mind: Dealing with Degenerative Disc Disease**
Each year, over sixty million Americans suffer from lower back pain and by the age of fifty, eighty-five percent exhibit some disc deterioration of the spine. With age, those little shock absorbers between each vertebra simply wear out from Degenerative Disc Disease. In this episode we’ll learn about new physical therapy techniques and surgical breakthroughs, similar to artificial knee technology, that often reduce or eliminate the pain.

February 4
5:30-6:00 am  
**Healing Quest**
We begin by profiling the key role that natural approaches to wellness have played in the extraordinary life of Olivia Newton-John. Then we get the details on Mission Organic 2010, a national drive to foster a healthier diet for all Americans and for the planet as well. Next, Dr. Alan Greene, our nutrition expert, tells us about the Number One organic switch we should all make. Dr. Deepak Chopra gives us his prescription for having more joy in our live. And finally we debut a new kind of Healing Moment featuring the inspiring music of Olivia Newton-John.

(Repeated on February 23 at 9:30 pm)
February 5
5:30-6:00 am
Healthy Minds: Post Traumatic Stress Disorder (PTSD)
PTSD can develop following the experience or witnessing of life-threatening events. Guests share their stories and experts talk about diagnosis and the latest in treatment. Dr. Jeffrey Borenstein hosts.

February 6
5:30-6:00 am
Health Link: Stuttering
More than 3 million American adults stutter and approximately 1 out of every 30 children is affected. Despite the widespread nature, the general public remains very misinformed about this genetic and neurological condition. As a result, many people who stutter find themselves isolated or limited by their condition. Health Link examines what causes stuttering, how it is diagnosed and the latest in treatment options.

February 9
5:30-6:00 am
Keeping Kids Healthy: SIDS/Boys & Girls
SIDS: A parent’s worst nightmare: a healthy baby goes safely to sleep in his crib, and never wakes up. More than 3000 infants die each year of SIDS, and what they have in common is that no one detected anything wrong with them before they died, and no one can explain what happened. But doctors have finally identified the steps you can take to cut the risk of SIDS in half! Join host Dr. Winnie King and two inspiring families who lost children to SIDS, and hear how they use the wisdom they gained from their tragedies to help others. And learn from an experienced pediatrician what you and others around your infant can do to reduce the risk of SIDS for every child. BOYS & GIRLS: Are boys and girls really different? And if they are, then why? Are their brains structured differently? Are they raised differently? Should they be? The bottom line question hasn’t changed for years: are any differences we see based on nature or nurture, and what should we do about it? But the answers are changing day by day. Tune in as top experts in the field tell us the latest answers to the puzzle, and give us practical tips on how parents can best rear their boys & girls.

8:00-8:30 pm
The Fitness Show: Healthy Aging
Botox is only skin deep, while effective exercise goes to the bone! No matter your age, exercise and sound nutrition will not only make you look and feel better, but fight osteoporosis and other debilitating diseases as well. Colin as an informative discussion with Elizabeth Eckstorm, MD about how important exercise (especially resistance training) and effective nutrition are in leading a full life after 50.

8:30-9:00 pm
Healthy Body Healthy Mind: The Truth About Flu Vaccines
Most of us know what influenza is, and many of us have stood in line, or visited the doctor to get a flu shot. But what you may not know is how important getting the vaccine is to your friends, co-workers and loved ones. In this program we correct the myths and misconceptions surrounding flu vaccines. Plus we look into the science behind the flu shot and examine who is most at risk for serious complications about a bout with the flu.
(Repeated February 17 at 5:30 am)

9:00-9:30 pm
Delicious TV: Totally Vegetarian: Curry De-Mystified
Curry is a melange of flavors that compliments a variety of vegetables in two easy and exotic recipes. Toni prepares a dreamy Sweet Potato Stew with Swiss Chard, sweet Roasted Beets with Curry Dressing and a delightfully easy Herbed Quinoa Pilaf, a favorite from Vegetarian Times.

9:30-10:00 pm
Healing Quest
Unstuck: Non-Drug Options for Overcoming Depression; Ayurvedic Ways to Activate your Inner Pharmacy; Deepak on How to Meditate.
10:00-10:30 pm
*Keeping Kids Healthy: Child Abuse: Stop it Before it Starts!*
Have you ever hit your child? Have you ever felt that you were on the verge of losing control, or have you been pushed over the brink and been sorry later? Where is the line between discipline and child abuse? More than three million children are physically abused each year, and the bulk of that abuse comes from their parents. But there are things parents can do to recognize and prevent potential child abuse. Join host Dr. Winnie King for a compelling expose of child abuse in America and the steps that can be taken to prevent it. Rarely seen before on television, we talk with a former child abuser and learn what she did to stop the cycle of abuse in her life. Meet some of the nation’s leading experts in child abuse, and find out how to prevent child abuse before a parent loses control!

10:30-11:00 pm
*Second Opinion: Taking Charge of Your Healthcare: Ovarian Cancer*
One of the deadliest forms of cancer, ovarian cancer is also one of the few cancers through which genetic testing can determine a person’s susceptibility. This episode explores the challenges faced by a woman who is balancing the opportunity to know her genetic profile by way of limited diagnostic testing with the sometimes radical treatment options that are available.

**February 11**

5:30-6:00 am
*Healing Quest*
Dr. Andrew Weil tells us how to get the most out of all the new choices offered by the expanding world of integrative medicine. Next we’ll explore some natural options for avoiding colds and flu. Dr. Alan Greene, our nutrition expert, explains why organic russet potatoes should be a powerful ingredient in our healthy living menu. Dr. Deepak Chopra helps us understand the secret of the healing power of Jesus. And our Healing Moment features the title song from co-host Olivia Newton-John’s “Grace and Gratitude” CD.

**February 12**

1:30-2:00 am
*Health Link*

5:30-6:00 am
*Healthy Minds: Jane Pauley On Bipolar Disorder*
Broadcast journalist Jane Pauley shares her personal struggle with bipolar disorder. Dr. Jeffrey Borenstein hosts.

**February 13**

5:30-6:00 am
*Health Link: Pain Management*

**February 16**

5:30-6:00 am
*Keeping Kids Healthy: Cystic Fibrosis Show: A Day in the Life*
For a young person living with Cystic Fibrosis (CF), each day is a struggle just to breathe. The lungs are clogged with thick mucus requiring constant medication and intrusive therapies, even someone to pound on the back to beat the congestion out. There is no cure and, without a lung transplant, the disease can become a death sentence. This is the day-to-day struggle faced by parents and their children with CF. Join host, Dr. Winnie King as we follow one young woman’s story. Then meet a young man whose life was saved by having a lung transplant, and learn why some CF patients do not choose this option.

8:00-8:30 pm
*The Fitness Show: Fat Loss/Muscle Strength*
No matter your current health status, you will benefit from this motivating and educational episode that shows why being lean and strong is critical to staying healthy and feeling your best. Colin has a discussion with Katherine Dahike, MD about the role of alternative medicine in healthcare and research support for its implementation. Strength training doesn’t mean big muscles; we talk about its role in controlling body composition. The lateral raise exercise is shown.
8:30-9:00 pm
**Healthy Body Healthy Mind: The Mysteries of Multiple Sclerosis**
Multiple sclerosis is a debilitating disease that often strikes its victims in the prime of life. Some MS patients have learned to manage the disease and live well with it. But for others multiple sclerosis can be devastating. In this program we meet several patients who cope with the different forms of MS and hear the stories of tragedy and triumph. *(Repeated February 24 at 5:30 am)*

9:00-9:30 pm
**Delicious TV: Totally Vegetarian: Better Than Classic Lasagna**
A new twist on a worldwide favorite, that’s much lower in saturated fat without any compromise of flavor. On the menu: a trip into the North End of Boston to savor the flavors of Olive oil, a Classic Vegetarian Beefy lasagna w/bechmel sauce, a deliciously simple tomato salad with a light Italian style garlic bread.

9:30-10:00 pm
**Healing Quest**
Natural Help for Hot Flashes; Chi Running; Deepak on the Law of Least Effort.

10:00-10:30 pm
**Keeping Kids Healthy: Better Bedtimes/Asperger Syndrome**
*Part I:* How can you help a rambunctious youngster get to sleep? Will “monster spray” get rid of the ones in his closet? How can you stop your kids from sleeping in your bed? Can a flashlight help take away her fear of the dark? Will sticking to a strict schedule every day make a difference? Join host, Dr. Winnie King, and find out the answers to these questions and many more. You’ll also meet a lively little boy and his mom and hear a sleep specialist’s advice about how to get him to bed - and his mother some rest!

*Part II:* Remember those kids in school who just couldn’t relate to the other kids? They were always very smart but somehow seemed lacking in social skills? They usually had trouble making friends? The reason might be a neurological disorder. Meet a 15-year-old boy who has it, and a specialist who can explain what the syndrome is and what can be done about it.

10:30-11:00 pm
**Second Opinion: Taking Charge of Your Healthcare: Addiction**
Major advancements in neurological science are changing the way experts understand and treat addictive behavior. Learn from some of the country’s leading experts what the latest medical research tells us about treating addictive behaviors in men and women.

February 18
5:30-6:00 am
**Healing Quest**
We’ll find out about what could be the most important pill you should be taking every day. Then, we’ll plug into the world of healing music. Next, our nutrition expert slices into the amazing healing powers of apples! Dr. Deepak Chopra helps us with our emotional fitness. And our Healing Moment features co-host Olivia Newton-John’s inspiring song “Pearls On A String.”

February 19
1:30-2:00 am
**Health Link**

5:30-6:00 am
**Healthy Minds: Bipolar Disorder**
Dr. Jeffrey Borenstein examines bipolar disorder - also known as manic-depressive illness. Guests share their experiences and talk about treatments that allow people to lead full and productive lives.
February 20
5:30-6:00 am
Health Link: Saving Your Sight (Eye Protection)

February 23
5:30-6:00 am
Keeping Kids Healthy: Teen Brain Chemistry/Lead Poisoning

Part I: Does your teenager’s behavior sometimes leave you scratching your head in wonder? How many times have you asked, “What were they thinking?!” Well, we have the answer, and you may not believe it. It turns out there’s actually a physical reason for many of their strange antics! As you parents of teens have long suspected, teenage brains aren’t the same as adult brains, and those differences may lie behind much of their utterly astounding behavior. Join host Dr. Winnie King for a fascinating trip inside the teenage brain, as a renowned brain scientist, a science editor, and a teen explain why teenagers act the way they do, and what you may be able to do about it!

Part II: Could your child have lead poisoning? A million children in this country do, and whether your home is in the city, the country, or the suburbs, there’s no way to know if your child is one of them unless you get him or her tested. The consequences of lead poisoning are devastating, ranging from hyperactivity to severe brain damage, and once the damage is done, it’s irreversible. Meet the country’s foremost lead poisoning experts and their patients, and join us as we follow a team of lead hunters for a home inspection. What they find out will astound you, and what they can teach you may save your child’s health.

8:00-8:30 pm
The Fitness Show: Healthy Back

Low back pain is the most common complaint in the US, and research clearly shows that it is best treated not by medication but exercise instead! As you age, there are simple things you can do to overcome low back pain, and one of the primary methods is resistance training, Colin also has a great discussion with Steve Andersen, MD on the direction of physical medicine to treat chronic low back pain. The quad stretch is show in a way that protects the low back.

8:30-9:00 pm
Healthy Body Healthy Mind: Patient Safety: Protecting Yourself in the Hospital

Hospitals should be places of help and healing but it doesn’t always work out that way. Health care providers and patients need to work together to make the hospital a safer place. In this program, we help people understand what could go wrong in the hospital, how they can reduce the risk of contracting a hospital acquired infection and what information they should get before they head home after a hospital stay.

9:00-9:30 pm
Delicious TV: Totally Vegetarian: No Stress Pasta

When “what’s for dinner?” is the last thing on your mind, turn to these no-stress, fast, and fabulous pasta dishes. Try Toni’s Mediterranean favorites, Linguini with Red Onion, Veggie Bacon, Radicchio and Edamame and Pasta with Cherry Tomato and Balsamic Red Onions. So don’t stress, think pasta!

10:00-10:30 pm
Keeping Kids Healthy: Diabetes: Never A Day Off

It sounds simple enough - your child has diabetes, you give her a few shots of insulin or some pills, and everything is fine. But that couldn’t be farther from the truth. The incidence of diabetes in this country has increased enormously, and the burden diabetes can place on a young family is beyond what most people could imagine. On this episode one extraordinary mother, using a home video camera, takes us through a day in her life and shows us “Through Her Eyes” what it’s really like. Her kids need constant blood tests and just the right amount of insulin - five, six, sometimes 10 shots a day - or they could die. The vigil continues all day. Every day. And there’s never a day off. Join host Dr. Winnie King as she introduces us to this remarkable family that lives with diabetes. Learn how the national epidemic of obese children means that your child may be at risk - and hear what you can do to recognize diabetes in your child, and in some cases, to prevent it!
Second Opinion: Taking Charge of Your Healthcare: Migraine

Often debilitating and misunderstood, migraine headaches and the options available to treat them are sources of much debate. Anger, frustration and desperation can plague both patients and physicians. The panel navigates a case of migraine and the often confusing information that surrounds pain management and prevention.

February 25
5:30-6:00 am
Healing Quest

We’ll peer into a new technique for keeping our eyes in tip-top shape. Then we’ll check into research on a form of yoga that’s proving to have healing results with cancer patients. Our nutrition expert uncorks some good news about a drink that’s been likened to a fountain of youth. Dr. Deepak Chopra gives us some guidance about breaking negative behavior patterns. And our Healing Moment features music from co-host Olivia Newton-John’s “Grace and Gratitude” CD.

February 26
1:30-2:00 am
Health Link

5:00-5:30 am
Health Minds: Suicide Prevention

A closer look at suicide - the likely causes, its warning signs, trends in suicide rates and recent treatment advances. Dr. Jeffrey Borenstein hosts.

February 27
1:30-2:00 am
Health Link
Western New York’s statistics for health and wellness tell a troubling story. Ours is a community in which many individuals and families struggle with obesity, diabetes, heart disease and stroke. What makes this issue even more troubling is that even with the wealth of health information available – many do not ask the vital questions when talking to a doctor or other health care professionals.

In order to address the problem head-on, the P² Collaborative of Western New York has joined forces with WNED and ThinkBright to design and launch a multi-year television and outreach campaign called “My Health Counts!”

Our goal is to use the power of public media to reach and influence people about the daily health choices they make and to improve their health and live well. Using a combination of high impact television awareness spots and programs teamed with interactive web content and educational outreach activity, our mission is to bring a life-saving set of messages and strategies to individuals and families.

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