

centerPIECE

7/2025

The Real Wild West // Wild Kratts // People of the North



THE GREAT AMERICAN RECIPE

BON APPÉTIT!

Meet eight talented home cooks, including Durham native Fran Wescott, in a new season of **The Great American Recipe**.

PREMIERES FRIDAY, JULY 11, 9 PM, ON PBS NC

Watch Live. Stream Anytime.

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Wilmington	WUNJ-TV
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Our four digital channels offer unique programming:

PBS NC
North Carolina Channel
Rootle 24/7 PBS KIDS Channel
Explorer Channel

Cable or satellite users, check with your service provider for channel numbers for your area.

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Sincerely,

David Crabtree,
CEO & General Manager,
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WATCH!

Adventures with Animals

Join Chris and Martin Kratt as they encounter animals in their natural habitats on the PBS KIDS series **Wild Kratts**. Watch every weekend this month, 7–10 AM and 1–4 PM, on Rootle, or stream anytime on the PBS KIDS Video app.



Explore Nature

Time outside can boost our mental health. Here are ways to encourage your child to explore nature:

- Make it a habit to go outside.
- Ask and encourage questions.
- Draw in a nature journal.

Find more family activities at pbs.org/parents.



EXPLORE!



Who's Your Rootle Ambassador?

Rootle Ambassadors are community members who support families across NC by connecting them to PBS KIDS and early learning resources. Visit pbsnc.org/rootle-ambassadors to meet your county's Rootle Ambassador.



SHARE!

For schedules of our four channels, visit pbsnc.org/schedule.

DAILY SCHEDULE

- 6 AM Clifford the Big Red Dog** DV
Weekends:
The Cat in the Hat Knows a Lot About That!
- 6:30 Sesame Street** DV
Weekends:
Dinosaur Train DV
- 7:00 Pinkalicious & Peterrific** DV
Weekends until 10 AM:
Read-a-roo's Block Party: Wild Kratts DV
- 7:30 Curious George**
- 8:00 Sesame Street** DV
- 8:30 Milo**
- 9:00 Work It Out Wombats!** DV
- 10:00 Daniel Tiger's Neighborhood** DV
- 11:00 Carl the Collector**
Weekends at 11:30 AM:
Curious George DV
- Noon Donkey Hodie** DV
- 1:00 Elinor Wonders Why** DV
Weekends until 4 PM:
Read-a-roo's Block Party: Wild Kratts DV
- 1:30 Rosie's Rules** DV
- 2:30 Xavier Riddle** DV
- 3:00 Alma's Way** DV
- 4:00 Lyla in the Loop** DV
- 4:30 Arthur** DV
- 5:00 Odd Squad** DV
- 5:30 Skillsville** DV
- 6 PM Wild Kratts**
Weekends at 6:30 PM:
Ready Jet Go! DV
- 7:00 Lyla in the Loop** DV
Weekends until 10 PM:
PBS Family Fun Night
- 7:30 Nature Cat**
- 8:00 Molly of Denali** DV
- 8:30 Hero Elementary** DV
- 9:00 Cyberchase** DV
- 9:30 Let's Go Luna!** DV
- 10:00 Rosie's Rules** DV
- 10:30 Xavier Riddle** DV
- 11:00 Alma's Way**
Weekends at 11:30 PM:
Molly of Denali DV

For the most up-to-date info, visit pbsnc.org/schedule.

Evening & Weekend Listings



In the season finale of **My Home, NC**, adventurer Bernie Harberts journeys through eastern NC's flatlands in a mule-drawn wagon, Thursday, July 3, 8 PM, on PBS NC.

1 TUESDAY

- 6 PM** **PBS** **PBS News Hour**
NC **ncIMPACT**
Rising Community Violence L
EX **America's Test Kitchen**
Breakfast for a Crowd
- 6:30** **NC** **Black Issues Forum**
 A platform for Black voices in NC. L
EX **Cook's Country**
Southwestern Vegetarian Fare
- 7:00** **PBS** **Side by Side with Nido Qubein**
 Dr. Gary Chapman. L
NC **PBS News Hour**
EX **Highclere: Behind the Scenes**
Easter
- 7:30** **PBS** **NC Weekend**
Summertime Fun in the Mountains L
- 8:00** **PBS** **Finding Your Roots**
Fathers & Sons DV
NC **The Key Ingredient with Sheri Castle**
Muscadine Mood L
EX **Highclere: Behind the Scenes**
Making Movies
- 8:30** **NC** **A Chef's Life**
A Food Truck & a Pear Tree L
- 9:00** **PBS** **Iconic America: Our Symbols & Stories with David Rubenstein**
The Statue of Liberty DV
NC **How She Rolls**
The Feast
EX **Travels with Darley**
Québec Eco-Adventures

- 9:30** **NC** **Cook's Country**
Southwestern Vegetarian Fare
EX **Rick Steves' Europe**
Iran: Tehran & Side Trips
- 10:00** **PBS** **Frontline**
NC **America's Test Kitchen**
Breakfast for a Crowd
EX **Samantha Brown's Places to Love**
Vancouver, Canada
- 10:30** **NC** **Travels with Darley**
Québec Eco-Adventures
EX **My Home, NC**
The Hands That Feed Us L
- 11:00** **PBS** **Amanpour & Co.**
NC **The Great American Recipe**
A Celebration of Flavors DV
EX **Joseph Rosendo's Steppin' Out**
Tanzania: Majestic Wildlife & Cultural Gems
- 11:30** **EX** **In the Americas with David Yetman**
Popolocas & Their Heritage in Mexico

2 WEDNESDAY

- 6 PM** **PBS** **PBS News Hour**
NC **In Good Shape: The Health Show**
EX **ncIMPACT**
Rising Community Violence L
- 6:30** **NC** **The School of Greatness with Lewis Howes**
 Wendy Suzuki.
EX **Sci NC**
Repairing Ecosystems L
- 7:00** **PBS** **MotorWeek**

- NC** **PBS News Hour**
EX **Rick Steves' Europe**
Italy's Amalfi Coast
- 7:30** **PBS** **Sci NC**
Repairing Ecosystems L
EX **America's Test Kitchen**
Breakfast for a Crowd
- 8:00** **PBS** **Walking with Dinosaurs**
The River Dragon
NC **My Home, NC**
The Hands That Feed Us L
EX **Cook's Country**
Southwestern Vegetarian Fare
- 8:30** **NC** **Hometowns**
Carroll County, VA
EX **Pati's Mexican Table**
A Day in Sinaloa's Countryside
- 9:00** **PBS** **Human Footprint**
The Enemy of My Enemy
NC **Antiques Roadshow**
New York City, Hour 1
EX **The Key Ingredient with Sheri Castle**
Muscadine Mood L
- 9:30** **EX** **Fresh Glass**
A Thirst for Giving
- 10:00** **PBS** **Nova**
Iceman Reborn
NC **Deception: World War II**
The Inception of Deception
EX **Milk Street Television**
The Sichuan Kitchen
- 10:30** **EX** **To Dine For with Kate Sullivan**
 Cesar Millan.
- 11:00** **PBS** **Amanpour & Co.**
NC **Come Hell or High Water: Remembering the Great Flood of 1916**
EX **Walking with Dinosaurs**
The Orphan

3 THURSDAY

- 6 PM** **PBS** **PBS News Hour**
NC **Side by Side with Nido Qubein**
 Michael Fox. L
EX **Lidia's Kitchen**
Dinner & a Song

PLEASE NOTE: For the latest scheduling info, visit pbsnc.org/schedule. Program times may vary; add at least five minutes when recording.



Photo: Andre Binguette

Maestro Jack Everly conducts the National Symphony Orchestra on A Capitol Fourth, Friday, July 4, 8 PM, on PBS NC.

- 6:30 **NC** **Carolina Business Review**
Business highlights. L
- EX** **Pati's Mexican Table**
A Day in Sinaloa's Countryside
- 7:00 **PBS** **America the Bountiful**
Wheat in Kansas
- NC** **PBS News Hour**
- EX** **Rick Steves' Europe**
Milan & Lake Como
- 7:30 **PBS** **The Key Ingredient with Sheri Castle**
The Apples of My Eye L
- EX** **Samantha Brown's Places to Love**
Vancouver, Canada
- 8:00 **PBS** **My Home, NC**
Swan Song: The Legacy of Lake Mattamuskeet L
- NC** **Sci NC**
Science in the Forest L

- EX** **Iconic America: Our Symbols & Stories with David Rubenstein**
Fenway Park DV
- 8:30 **NC** **Exploring NC**
Fire in the Land of the Longleaf Pine L
- 9:00 **PBS** **NC Weekend**
Mountain Recovery L
- NC** **Life in Virginia's Appalachia**
Logging
- EX** **Iconic America: Our Symbols & Stories with David Rubenstein**
The Statue of Liberty DV
- 9:30 **PBS** **Shaped by Sound**
Shirlette Ammons L
- NC** **Changing Seas**
At the Water's Edge: The Salt Marsh
- 10:00 **PBS** **Shadow of a Wheel**
Once in a Lifetime L



The Swedish drama **Miss Friman's War** kicks off a new season, Friday, July 4, 9 PM, on the Explorer Channel.

- NC** **Human Footprint**
The Replacements DV
- EX** **Iconic America: Our Symbols & Stories with David Rubenstein**
The Golden Gate Bridge DV
- 11:00 **PBS** **Amanpour & Co.**
- NC** **H2O: The Molecule That Made Us**
Civilizations
- EX** **Joseph Rosendo's Travelscope**
Mekong River Adventure: Part 2
- 11:30 **EX** **In the Americas with David Yetman**
Ancient Peoples of the Colorado Plateau

4 FRIDAY

- 6 PM **PBS** **PBS News Hour**
- NC** **NC Bookwatch**
Dan Ariely. L
- EX** **Sara's Weeknight Meals**
Golden State Grub
- 6:30 **NC** **Comic Culture**
HeroesCon, Part 1 L
- EX** **America's Test Kitchen**
Easy Chicken Dinners
- 7:00 **PBS** **State Lines**
Top NC legislative stories. L
- NC** **PBS News Hour**
- EX** **Rick Steves' Europe**
Tuscany's Dolce Vita
- 7:30 **PBS** **ncIMPACT**
Enhancing NC's Workforce Through Education L
- EX** **The Key Ingredient with Sheri Castle**
The Apples of My Eye L
- 8:00 **PBS** **A Capitol Fourth**
Music and fireworks in Washington, D.C.
- NC** **NC Weekend**
Mountain Recovery L
- EX** **Turn: Washington's Spies**
Who by Fire
- 8:30 **NC** **The Key Ingredient with Sheri Castle**
The Apples of My Eye L
- 9:00 **NC** **State Lines** L
- EX** **Miss Friman's War**
SEASON PREMIERE!
The women of Swedish Homes are divided.
- 9:30 **PBS** **A Capitol Fourth**
- NC** **Black Issues Forum** L

- 10:00 **NC** **Side by Side**
with Nido Qubein
Dr. Gary Chapman. **L**
EX **Miss Friman's War**
Jon struggles to look
after his daughter.
- 10:30 **NC** **ncIMPACT**
*Enhancing NC's Workforce
Through Education* **L**
- 11:00 **PBS** **Amanpour & Co.**
NC **American Veteran**
The Crossing
EX **My Home, NC**
Just Down the Road **L**
- 11:30 **EX** **Shaped by Sound**
Shirlette Ammons **L**

5 SATURDAY

- 6 AM **PBS** **Mister Rogers' Neighborhood** **DV**
EX **Carolina**
Outdoor Journal
Offshore Bite **L**
- 6:30 **PBS** **Daniel Tiger's Neighborhood** **DV**
NC **Sit & Be Fit**
New Challenges
EX **Bare Feet with Mickela Mallozzi**
Wild Atlantic Way North, Ireland
- 7:00 **PBS** **Sesame Street** **DV**
NC **Classical Stretch: By Essentrics**
Posture **DV**
EX **Travels with Darley**
Chicago Architecture & the Magnificent Mile
- 7:30 **PBS** **Acoustic Rooster & His Barnyard Band** **DV**
NC **Wai Lana Yoga**
Loose Legs, Loose Hips
EX **Rick Steves' Europe**
Florence: Heart of the Renaissance
- 8:00 **NC** **NC Weekend**
Mountain Recovery **L**
EX **Walking with Dinosaurs**
The Orphan
- 8:30 **PBS** **Molly of Denali** **DV**
NC **The Key Ingredient with Sheri Castle**
The Apples of My Eye **L**
- 9:00 **PBS** **Elinor Wonders Why** **DV**
NC **State Lines** **L**
EX **Human Footprint**
Shelf Life
- 9:30 **PBS** **Nature Cat**
NC **Black Issues Forum** **L**
- 10:00 **PBS** **NC Weekend**
Mountain Recovery **L**



Explore honey-themed flower arrangements on **J Schwanke's Life in Bloom**, Saturday, July 5, 11:30 AM, on PBS NC.

- NC** **Side by Side**
with Nido Qubein
Dr. Gary Chapman. **L**
EX **Lidia's Kitchen**
Dinner & a Song
- 10:30 **PBS** **My Home, NC**
Swan Song: The Legacy of Lake Mattamuskeet **L**
NC **ncIMPACT**
Enhancing NC's Workforce Through Education **L**
EX **America the Bountiful**
Salmon in Washington State
- 11:00 **NC** **Craft in America**
Forge
EX **Milk Street Television**
The Sichuan Kitchen
- 11:30 **PBS** **J Schwanke's Life in Bloom**
Honeycomb Blooms
EX **Christina Cooks: Back to the Cutting Board**
Oh, Spicy!
- Noon **PBS** **Burt Wolf: Travels & Traditions**
What's Cooking in Guatemala
NC **NC Weekend**
Mountain Recovery **L**
EX **Sara's Weeknight Meals**
The World in a Meatball
- 12:30 **PBS** **View Finders**
Flaming Gorge
NC **Sci NC**
Science in the Forest **L**
EX **To Dine For with Kate Sullivan**
Sarah Jessica Parker.
- 1:00 **PBS** **Antiques Roadshow**
New York City, Hour 1
NC **My Home, NC**
Swan Song: The Legacy of Lake Mattamuskeet **L**

- EX** **NC Weekend**
Mountain Recovery **L**
- 1:30 **EX** **Fresh Glass**
A Thirst for Giving
- 2:00 **PBS** **Rick Steves' Europe**
The Heart of England
NC **Jazzy Vegetarian**
Festive Plant-Based Meal
EX **Highclere: Behind the Scenes**
Easter
- 2:30 **PBS** **Samantha Brown's Places to Love**
Route 66: Oklahoma City to Texas
NC **Quilting Arts**
Contemporary Appliqué
- 3:00 **PBS** **Travels with Darley**
New Jersey's Silk City & Baseball
NC **Lap Quilting with Georgia Bonesteel**
Machine Quilting Revisited **L**
EX **Highclere: Behind the Scenes**
Making Movies
- 3:30 **PBS** **Woodsmith Shop**
Two Clever Router Jigs
NC **The Woodwright's Shop with Roy Underhill**
The Roubo Bookstand **L**
- 4:00 **PBS** **This Old House**
Nashville/Sustainable Siding
NC **American Woodshop**
Tall Case Cabinet
EX **Bare Feet with Mickela Mallozzi**
Wild Atlantic Way North, Ireland
- 4:30 **PBS** **Ask This Old House**
Medicine Cabinet, Chimney Crown
NC **America's Heartland**
NC Goat Ranchers' Award-Winning Cheese **L**
EX **Rick Steves' Europe**
France's Dordogne
- 5:00 **PBS** **Carolina**
Outdoor Journal
Offshore Bite **L**
NC **Untamed**
Bird Migration
EX **Walking with Dinosaurs**
The Orphan
- 5:30 **PBS** **PBS News Weekend**
NC **Carolina**
Outdoor Journal
Bluefish on a Fly **L**
- 6 PM **PBS** **Doc Martin**
Fly Me to the Moon

NC Classic Gospel
The Gospel Music of Johnny Cash
EX Human Footprint
Shelf Life

7:00 **PBS** Miss Fisher's Murder Mysteries
Marked for Murder
NC Song of the Mountains
The Wizards of Winter, Part 2
EX Nova
Great Mammoth Mystery DV

8:00 **PBS** Midsomer Murders
Ghosts of Christmas Past, Part 1
NC Shaped by Sound
Shirlette Ammons L
EX American Masters
Hannah Arendt: Facing Tyranny DV

8:30 **NC** Sonark Sessions: Live from the Barn
Rissi Palmer L

9:00 **PBS** Midsomer Murders
Ghosts of Christmas Past, Part 2
NC Austin City Limits
Jason Isbell & the 400 Unit

9:30 **EX** American Masters
Groucho & Cavett DV

10:00 **PBS** Turn:
 Washington's Spies
Of Cabbages & Kings
NC Have Guitar Will Travel World
Sheffield, Steel & the People's Republic of South Yorkshire

10:30 **NC** Echo Sessions
Spafford L

11:00 **PBS** Shaped by Sound
Shirlette Ammons L
NC The Songpoet
 Musician Eric Andersen.
EX American Masters
Hopper: An American Love Story DV

11:30 **PBS** My Music with Rhiannon Giddens
Loah

6 SUNDAY

6 AM **PBS** Donkey Hodie DV
EX Finding Your Roots
Fathers & Sons DV

6:30 **PBS** Lyla in the Loop DV
NC Sit & Be Fit
Coordination & Reaction Time

7:00 **PBS** Work It Out
 Wombats! DV
NC Classical Stretch:
 By Essentrics
Toning & Slenderizing DV
EX Antiques Roadshow
New York City, Hour 1

7:30 **PBS** Daniel Tiger's Neighborhood DV
NC Wai Lana Yoga
Chakra Breathing

8:00 **PBS** Carl the Collector
NC Classic Gospel
The Gospel Music of Johnny Cash
EX Highclere:
 Behind the Scenes
Easter

8:30 **PBS** Wild Kratts

9:00 **PBS** This Old House
Nashville|Sustainable Siding
NC The Woodwright's Shop with Roy Underhill
The Roubo Bookstand L
EX Highclere:
 Behind the Scenes
Making Movies

9:30 **PBS** Ask This Old House
Medicine Cabinet, Chimney Crown
NC For Your Home
Taking Green Uptown DV

10:00 **PBS** nclMPACT
Enhancing NC's Workforce Through Education L
NC NC Weekend
Mountain Recovery L
EX Grantchester
 Elliot plans to force Geordie to resign. DV

10:30 **PBS** State Lines L
NC Sci NC
Science in the Forest L

11:00 **PBS** The Farmer & the Foodie
Mutton: Palmer Farms, Old Hickory BBQ
NC My Home, NC
Swan Song: The Legacy of Lake Mattamuskeet L
EX Grantchester
 Will disappears. DV

11:30 **PBS** America the Bountiful
Beef in Texas

Noon **PBS** Louisiana Coastal Cooking
A Deep Dive into Louisiana Blue Crabs
NC State Lines L
EX Grantchester
 The new vicar arrives. DV

12:30 **PBS** The Key Ingredient with Sheri Castle
The Apples of My Eye L
NC Black Issues Forum L

1:00 **PBS** Milk Street Television
The Weekend Baker
NC Side by Side with Nido Qubein
 Dr. Gary Chapman. L
EX Grantchester
 An abandoned baby. DV

1:30 **PBS** Pati's Mexican Table
Los Mochis, Street Taco Favorites
NC nclMPACT
Enhancing NC's Workforce Through Education L

2:00 **PBS** America's Test Kitchen
Summer Picnic Party
NC NC Bookwatch
 Dan Ariely. L
EX Grantchester
 Geordie and Alphy team up. DV

2:30 **PBS** Cook's Country
Never Enough Citrus
NC Carolina Outdoor Journal
Bluefish on a Fly L

3:00 **PBS** Fresh Glass
Cassandra Goes South, Part 2
NC NC Weekend
Mountain Recovery L
EX Grantchester
 A manor fundraiser. DV

3:30 **PBS** Side by Side with Nido Qubein
 Dr. Gary Chapman. L
NC Sci NC
Science in the Forest L

4:00 **PBS** Black Issues Forum L
NC My Home, NC
Swan Song: The Legacy of Lake Mattamuskeet L
EX Patience
The Missing Link

4:30 **PBS** State Lines L

5:00 **PBS** Washington Week with The Atlantic
NC Fresh Glass
Neighborhood Brewing
EX Grantchester
 An unexpected visit. DV

5:30 **PBS** PBS News Weekend
NC Cook's Country
Spiced Chicken Dinners



When Sisi is kidnapped, Countess Esterházy is her only hope on **Sisi: Austrian Empress**, Sunday, July 6, 11 PM, on PBS NC.



The new series **The Last Independent Automaker** offers an unvarnished look at the inner workings of a car company, Monday, July 7, 10:30 PM, on the North Carolina Channel.

6 PM **PBS** Midsomer Murders

Ghosts of Christmas Past, Part 1

NC State Lines L

EX Atlantic Crossing

Crossing the Atlantic

6:30 **NC** Firing Line with Margaret Hoover

7:00 **PBS** Midsomer Murders

Ghosts of Christmas Past, Part 2

NC PBS News Weekend

EX Walking with Dinosaurs

The River Dragon

7:30 **NC** Black Issues Forum L

8:00 **PBS** Patience

The Locked Room DV

NC Finding Your Roots

Fathers & Sons DV

EX Human Footprint

The Enemy of My Enemy

9:00 **PBS** Grantchester

Witchcraft. DV

NC The Roosevelts: An Intimate History

The Common Cause (1939–1944) DV

EX Nova

Iceman Reborn

10:00 **PBS** Atlantic Crossing

Fires Spread

EX nciMPACT

Enhancing NC's Workforce Through Education L

10:30 **EX** Sci NC

Science in the Forest L

11:00 **PBS** Sisi: Austrian Empress

Sisi is kidnapped.

NC American Experience

The Vote: Part 1 DV

EX Antiques Roadshow
New York City, Hour 1

7 MONDAY

6 PM **PBS** PBS News Hour

NC Laura Flanders & Friends

EX Weekends with Yankee

Off the Beaten Path

6:30 **NC** State Lines L

EX Samantha Brown's Places to Love

Hill Country, Texas

7:00 **PBS** The Key Ingredient with Sheri Castle

The Apples of My Eye L

NC PBS News Hour

EX Rick Steves' Europe

Italy's Great Hill Towns

7:30 **PBS** My Home, NC

Just Down the Road L

EX Joseph Rosendo's Steppin' Out

A Southern Christmas

8:00 **PBS** Antiques Roadshow

New York City, Hour 3

NC Shadow of a Wheel

Once in a Lifetime L

EX Patience

The Locked Room

9:00 **PBS** Antiques Roadshow

Fort Worth, Hour 1

NC NC Weekend

Mountain Recovery L

EX Grantchester

Witchcraft. DV

9:30 **NC** My Home, NC

Swan Song: The Legacy of Lake Mattamuskeet L

10:00 **PBS** POV

Igalada: Refusing to Know Your Place

EX Atlantic Crossing

Fires Spread

10:30 **NC** The Last Independent Automaker

SERIES PREMIERE!

The Missionary

11:00 **NC** Reel South

Justice Is a Beginning L

EX Finding Your Roots

Fathers & Sons DV

11:30 **PBS** Amanpour & Co.

8 TUESDAY

6 PM **PBS** PBS News Hour

NC nciMPACT

Enhancing NC's Workforce Through Education L

EX America's Test Kitchen

Easy Chicken Dinners

6:30 **NC** Black Issues Forum L

EX Cook's Country

Spiced Chicken Dinners

7:00 **PBS** Side by Side with Nido Qubein

Monique Rollins. L

NC PBS News Hour

EX Highclere:

Behind the Scenes

The Gala

7:30 **PBS** NC Weekend

Mountain Recovery L

8:00 **PBS** Finding Your Roots

Buried Secrets DV

NC The Key Ingredient

with Sheri Castle

The Apples of My Eye L

EX Highclere:

Behind the Scenes

The Centenary

8:30 **NC** A Chef's Life

Wanted: Broccoli L



Renaissance: The Blood & the Beauty explores the lives of three of the greatest artists in history as they craft beauty from chaos, Tuesday, July 8, 9 PM, on PBS NC.

- 9:00** **PBS** **Renaissance: The Blood & the Beauty** SERIES PREMIERE! **Rise NC** **How She Rolls** *Take a Bite Out of Charleston*
EX **Travels with Darley** *Québec*
- 9:30** **NC** **Cook's Country** *Spiced Chicken Dinners*
EX **Rick Steves' Europe** *Iran's Historic Capitals*
- 10:00** **PBS** **Secrets of the Dead** *Leonardo, the Man Who Saved Science* **DV**
NC **America's Test Kitchen** *Easy Chicken Dinners*
EX **Samantha Brown's Places to Love** *Hill Country, Texas*
- 10:30** **NC** **Travels with Darley** *Québec*
EX **My Home, NC** *Swan Song: The Legacy of Lake Mattamuskeet* **L**
- 11:00** **PBS** **Amanpour & Co.**
NC **The Great American Recipe** *Outside the Comfort of Your Kitchen* **DV**
- 11:30** **EX** **In the Americas with David Yetman** *African & Indigenous Heritage in Oaxaca's Coast*

9 WEDNESDAY

- 6 PM** **PBS** **PBS News Hour**
NC **In Good Shape: The Health Show**
EX **ncIMPACT** *Enhancing NC's Workforce Through Education* **L**

- 6:30** **NC** **The School of Greatness with Lewis Howes** *Georges St-Pierre.*
EX **Sci NC** *Science in the Forest* **L**
- 7:00** **PBS** **MotorWeek**
NC **PBS News Hour**
EX **Rick Steves' Europe** *Vienna*
- 7:30** **PBS** **Sci NC** *Science in the Forest* **L**
EX **America's Test Kitchen** *Easy Chicken Dinners*
- 8:00** **PBS** **Walking with Dinosaurs** *Band of Brothers*
NC **My Home, NC** *Swan Song: The Legacy of Lake Mattamuskeet* **L**
EX **Cook's Country** *Spiced Chicken Dinners*
- 8:30** **EX** **Pati's Mexican Table** *Home Cooking Sinaloa Style*
- 9:00** **PBS** **Human Footprint** *Dressed to Kill*
NC **Antiques Roadshow** *New York City, Hour 3*
EX **The Key Ingredient with Sheri Castle** *The Apples of My Eye* **L**
- 9:30** **EX** **Fresh Glass** *Who's the Winemaker?*
- 10:00** **PBS** **Nova** *Dino Birds* **DV**
NC **Deception: World War II** *Spinning Webs*
EX **Milk Street Television** *Basque Cheesecake*
- 10:30** **EX** **To Dine For with Kate Sullivan** *Sarah Jessica Parker.*
- 11:00** **PBS** **Amanpour & Co.**

- NC** **Shadow of a Wheel** *Once in a Lifetime* **L**
EX **Walking with Dinosaurs** *The River Dragon*

10 THURSDAY

- 6 PM** **PBS** **PBS News Hour**
NC **Side by Side with Nido Qubein** *Dr. Gary Chapman.* **L**
EX **Lidia's Kitchen** *Cook Everyday*
- 6:30** **NC** **Carolina Business Review** **L**
EX **Pati's Mexican Table** *Home Cooking Sinaloa Style*
- 7:00** **PBS** **America the Bountiful** *Honey in North Dakota*
NC **PBS News Hour**
EX **Rick Steves' Europe** *Salzburg & Surroundings*
- 7:30** **PBS** **The Key Ingredient with Sheri Castle** *Buttermilk Magic* **L**
EX **Samantha Brown's Places to Love** *Hill Country, Texas*
- 8:00** **PBS** **My Home, NC** *Creative Spirit* **L**
NC **Sci NC** *Watery Habitats* **L**
EX **Leonardo da Vinci** *The Disciple of Experience* **DV**
- 8:30** **PBS** **Sci NC** *Watery Habitats* **L**
NC **Exploring NC** *Colors of the Earth* **L**
- 9:00** **PBS** **NC Weekend** *Here Comes Spring* **L**
NC **Life in Virginia's Appalachia** *Quilting*
- 9:30** **PBS** **Shaped by Sound** *Town Mountain* **L**
NC **Changing Seas** *Alvin: Pioneer of the Deep*
- 10:00** **PBS** **Shadow of a Wheel** *Kids in America* **L**
NC **Human Footprint** *The Urban Jungle* **DV**
EX **Renaissance: The Blood & the Beauty** *Rise*
- 11:00** **PBS** **Amanpour & Co.**
NC **H2O: The Molecule That Made Us** *Crisis*
EX **Joseph Rosendo's Travelscope** *Taiwan Matsu Festival & Islands*

11:30 **EX** **In the Americas with David Yetman**
The Wild & Explosive Past of Northwest New Mexico

11 FRIDAY

6 PM **PBS** **PBS News Hour**
NC **NC Bookwatch**
Howard Lee. **L**
EX **Sara's Weeknight Meals**
Taco, Taco, Nacho

6:30 **NC** **Comic Culture**
Matt Bors, Editorial Cartoonist **L**
EX **America's Test Kitchen**
Savory Pies

7:00 **PBS** **Black Issues Forum** **L**
NC **PBS News Hour**
EX **Rick Steves' Europe**
The Making Of

7:30 **PBS** **nclMPACT**
Increasing Food Access **L**
EX **The Key Ingredient with Sheri Castle**
Buttermilk Magic **L**

8:00 **PBS** **Washington Week with The Atlantic**
NC **NC Weekend**
Here Comes Spring **L**
EX **Turn: Washington's Spies**
Of Cabbages & Kings

8:30 **PBS** **State Lines** **L**
NC **The Key Ingredient with Sheri Castle**
Buttermilk Magic **L**

9:00 **PBS** **The Great American Recipe**
SEASON PREMIERE!
First Impressions
NC **State Lines** **L**
EX **Miss Friman's War**
Britta faces prison time.

9:30 **NC** **Black Issues Forum** **L**

10:00 **PBS** **American Masters**
Marcella **DV**
NC **Side by Side with Nido Qubein**
Monique Rollins. **L**
EX **Miss Friman's War**
The labor movement.

10:30 **NC** **nclMPACT**
Increasing Food Access **L**

11:00 **NC** **American Veteran**
The Mission
EX **My Home, NC**
Creative Spirit **L**

11:30 **PBS** **Amanpour & Co.**
EX **Shaped by Sound**
Town Mountain **L**



Discover how food writer Marcella Hazan shaped Italian cuisine in the U.S. on **American Masters**, Friday, July 11, 10 PM, on PBS NC.

12 SATURDAY

6 AM **PBS** **Mister Rogers' Neighborhood** **DV**
EX **Carolina Outdoor Journal**
Bluefish on a Fly **L**

6:30 **PBS** **Daniel Tiger's Neighborhood** **DV**
NC **Sit & Be Fit**
Flexibility & Range of Motion
EX **Bare Feet with Mickela Mallozzi**
Lafayette, Louisiana

7:00 **PBS** **Sesame Street** **DV**
NC **Classical Stretch: By Essentrics**
Shoulder Pain Workout **DV**
EX **Travels with Darley**
Québec Eco-Adventures

7:30 **PBS** **Donkey Hodie** **DV**
NC **Wai Lana Yoga**
Special: Pregnancy, Part 3
EX **Rick Steves' Europe**
Florentine Delights & Tuscan Side Trips

8:00 **PBS** **Pinkalicious & Peterrific** **DV**
NC **NC Weekend**
Here Comes Spring **L**
EX **Walking with Dinosaurs**
The River Dragon

8:30 **PBS** **Molly of Denali** **DV**
NC **The Key Ingredient with Sheri Castle**
Buttermilk Magic **L**

9:00 **PBS** **Elinor Wonders Why** **DV**
NC **State Lines** **L**
EX **Human Footprint**
The Enemy of My Enemy

9:30 **PBS** **Alma's Way** **DV**
NC **Black Issues Forum** **L**

10:00 **PBS** **NC Weekend**
Here Comes Spring **L**
NC **Side by Side with Nido Qubein**
Monique Rollins. **L**
EX **Lidia's Kitchen**
Cook Everyday

10:30 **PBS** **My Home, NC**
Creative Spirit **L**
NC **nclMPACT**
Increasing Food Access **L**
EX **America the Bountiful**
Pumpkin in Illinois

11:00 **PBS** **Garden Smart**
Following Up on a New Garden After Three Years
NC **Craft in America**
Holiday
EX **Milk Street Television**
Basque Cheesecake

11:30 **PBS** **J Schwanke's Life in Bloom**
Flower Ingenuity
EX **Christina Cooks: Back to the Cutting Board**
How the Past Informs the Future

Noon **PBS** **Burt Wolf: Travels & Traditions**
What's Cooking in Miami



Grammy winner Dan Tyminski and his band perform on the season premiere of **WoodSongs**, Saturday, July 12, 7 PM, on the North Carolina Channel.



Gene Hackman: Star of the Silver Screen explores the amazing career of a legendary actor, Saturday, July 12, 11 PM, on the North Carolina Channel.

- NC NC Weekend**
Here Comes Spring L
- EX Sara's**
Weeknight Meals
Hot Day, Cold Food
- 12:30 PBS View Finders**
New Hampshire
- NC Sci NC**
Watery Habitats L
- EX To Dine For**
with Kate Sullivan
Michael Flatley.
- 1:00 PBS Antiques Roadshow**
New York City, Hour 3
- NC My Home, NC**
Creative Spirit L
- EX NC Weekend**
Here Comes Spring L
- 1:30 NC The Key Ingredient**
with Sheri Castle
Buttermilk Magic L
- EX Fresh Glass**
Who's the Winemaker?
- 2:00 PBS Rick Steves' Europe**
Lisbon
- NC Jazzy Vegetarian**
A Taste of Italy DV
- EX Highclere:**
Behind the Scenes
The Gala
- 2:30 PBS Samantha Brown's**
Places to Love
Asheville, NC L
- NC Quilting Arts**
Paint & Dye
- 3:00 PBS Travels with Darley**
Ellijay, Georgia
- NC Lap Quilting with**
Georgia Bonesteel
The Remarkable
Mancuso's L

- EX Highclere:**
Behind the Scenes
The Centenary
- 3:30 PBS Woodsmith Shop**
The Ultimate Bookcase,
Part 1
- NC The Woodwright's**
Shop with Roy Underhill
As the Saw Turns L
- 4:00 PBS This Old House**
Nashville|Vince Gill's
Nashville
- NC American Woodshop**
Hearth Chair
- EX Bare Feet with**
Mickela Mallozzi
Lafayette, Louisiana
- 4:30 PBS Ask This Old House**
Gutter Runoff,
Replace Ceiling Fan
- NC America's Heartland**
Hot sauce in Louisiana.
- EX Rick Steves' Europe**
Barcelona & Catalunya
- 5:00 PBS Carolina**
Outdoor Journal
Bluefish on a Fly L
- NC Untamed**
After the Release
- EX Walking**
with Dinosaurs
The River Dragon
- 5:30 PBS PBS News**
Weekend
- NC Carolina**
Outdoor Journal
Lake Norman Spots L
- 6 PM PBS Doc Martin**
Return to Sender
- NC Classic Gospel**
GVB Reunion Live
- EX Human Footprint**
The Enemy of My Enemy
- 7:00 PBS Miss Fisher's**
Murder Mysteries
Blood at the Wheel
- NC WoodSongs**
SEASON PREMIERE!
Dan Tyminski Band
- EX Nova**
Iceman Reborn
- 8:00 PBS Midsomer Murders**
A Talent for Life, Part 1
- NC Shaped by Sound**
Town Mountain L
- EX No Passport Required**
Detroit
- 8:30 NC Sonark Sessions:**
Live from the Barn
Big Something L
- 9:00 PBS Midsomer Murders**
A Talent for Life, Part 2
- NC Austin City Limits**
Foo Fighters
- EX No Passport Required**
New Orleans
- 10:00 PBS Turn:**
Washington's Spies
Eternity How Long
- NC Have Guitar**
Will Travel World
Wales & the Soul
of the Red Dragon
- EX No Passport Required**
Chicago
- 10:30 NC Echo Sessions**
*Aaron Woody Wood/
The Sufi Brothers/
The King Zeros* L
- 11:00 PBS Shaped by Sound**
Town Mountain L
- NC Gene Hackman:**
Star of the Silver Screen
EX No Passport Required
Queens, NYC
- 11:30 PBS My Music with**
Rhiannon Giddens
Enda Scahill

13 SUNDAY

- 6 AM** **PBS** **Donkey Hodie** DV
EX **Finding Your Roots**
Buried Secrets DV
- 6:30** **PBS** **Lyla in the Loop** DV
NC **Sit & Be Fit**
Brain Booster
- 7:00** **PBS** **Work It Out**
Wombats! DV
NC **Classical Stretch:**
By Essentrics
Knee Strengthening
Workout DV
EX **Antiques Roadshow**
New York City, Hour 3
- 7:30** **PBS** **Daniel Tiger's**
Neighborhood DV
NC **Wai Lana Yoga**
Special: Recovery from
Childbirth, Part 1
- 8:00** **PBS** **Carl the Collector**
NC **Classic Gospel**
GVB Reunion Live
EX **Highclere:**
Behind the Scenes
The Gala
- 8:30** **PBS** **Wild Kratts**
- 9:00** **PBS** **This Old House**
Nashville | *Vince Gill's*
Nashville
NC **The Woodwright's**
Shop with Roy Underhill
As the Saw Turns L
EX **Highclere:**
Behind the Scenes
The Centenary
- 9:30** **PBS** **Ask This Old House**
Gutter Runoff,
Replace Ceiling Fan
NC **For Your Home**
Wine Room DV
- 10:00** **PBS** **ncIMPACT**
Increasing Food Access L
NC **NC Weekend**
Here Comes Spring L
EX **Grantchester**
Murder at Esme's office. DV
- 10:30** **PBS** **State Lines** L
NC **Sci NC**
Watery Habitats L
- 11:00** **PBS** **The Great**
American Recipe
First Impressions
NC **My Home, NC**
Creative Spirit L
EX **Grantchester**
Betrayal and deceit. DV
- 11:30** **NC** **The Key Ingredient**
with Sheri Castle
Buttermilk Magic L



A race against time begins when a body disappears from the morgue on **Patience**, Sunday, July 13, 8 PM, on PBS NC.

- Noon** **PBS** **Louisiana**
Coastal Cooking
Bounty of Southeast
Louisiana
NC **State Lines** L
EX **Grantchester**
A missing woman. DV
- 12:30** **PBS** **The Key Ingredient**
with Sheri Castle
Buttermilk Magic L
NC **Black Issues Forum** L
- 1:00** **PBS** **Milk Street**
Television
Thai Takeout
NC **Side by Side**
with Nido Qubein
Monique Rollins. L
EX **Grantchester**
A shocking discovery. DV
- 1:30** **PBS** **Pati's Mexican Table**
A Taste of Mazatlan
NC **ncIMPACT**
Increasing Food Access L
- 2:00** **PBS** **America's**
Test Kitchen
Summer Dinner for Two
NC **NC Bookwatch**
Howard Lee. L
EX **Margaret:**
The Rebel Princess
Part 1
- 2:30** **PBS** **Cook's Country**
Sisig & Wings
NC **Carolina**
Outdoor Journal
Lake Norman Spots L
- 3:00** **PBS** **Fresh Glass**
Cassandra Falls in Love
NC **NC Weekend**
Here Comes Spring L
EX **Margaret:**
The Rebel Princess
Part 2
- 3:30** **PBS** **Side by Side**
with Nido Qubein
Monique Rollins. L
- NC** **Sci NC**
Watery Habitats L
- 4:00** **PBS** **Black Issues Forum** L
NC **My Home, NC**
Creative Spirit L
EX **Patience**
The Locked Room
- 4:30** **PBS** **State Lines** L
NC **The Key Ingredient**
with Sheri Castle
Buttermilk Magic L
- 5:00** **PBS** **Washington Week**
with The Atlantic
NC **Fresh Glass**
The Future Generation of
Winemaking
EX **Grantchester**
Witchcraft. DV
- 5:30** **PBS** **PBS News**
Weekend
NC **Cook's Country**
A Bold Brunch
- 6 PM** **PBS** **Midsomer Murders**
A Talent for Life, Part 1
NC **State Lines** L
EX **Atlantic Crossing**
Fires Spread
- 6:30** **NC** **Firing Line with**
Margaret Hoover
- 7:00** **PBS** **Midsomer Murders**
A Talent for Life, Part 2
NC **PBS News Weekend**
EX **Walking**
with Dinosaurs
Band of Brothers
- 7:30** **NC** **Black Issues Forum** L
- 8:00** **PBS** **Patience**
My Brother's Keeper DV
EX **Finding Your Roots**
Buried Secrets DV
EX **Human Footprint**
Dressed to Kill
- 9:00** **PBS** **Grantchester**
Leonard in prison. DV

NC **The Roosevelts: An Intimate History**
A Strong & Active Faith (1944–1962) DV

EX **Nova**
Dino Birds DV

10:00 **PBS** **Atlantic Crossing**
Empty Promises
EX **ncIMPACT**
Increasing Food Access L

10:30 **EX** **Sci NC**
Watery Habitats L

11:00 **PBS** **Sisi: Austrian Empress**
Sisi tries to escape.
NC **American Experience**
The Vote: Part 2 DV
EX **Antiques Roadshow**
New York City, Hour 3

14 MONDAY

6 PM **PBS** **PBS News Hour**
NC **Laura Flanders & Friends**
EX **Weekends with Yankee**
Iconic New England

6:30 **NC** **State Lines** L
EX **Samantha Brown's Places to Love**
Big Sur & Monterey, California

7:00 **PBS** **Focus On** L
NC **PBS News Hour**
EX **Rick Steves' Europe**
Burgundy: Profound France

7:30 **PBS** **My Home, NC**
Creative Spirit L
EX **Joseph Rosendo's Steppin' Out**
Ecuador & the Galapagos: A Wildlife Extravaganza

8:00 **PBS** **Antiques Roadshow**
Fort Worth, Hour 2
NC **Shadow of a Wheel**
Kids in America L
EX **Patience**
My Brother's Keeper

9:00 **PBS** **Antiques Roadshow**
Fort Worth, Hour 3
NC **NC Weekend**
Here Comes Spring L
EX **Grantchester**
Leonard in prison. DV

9:30 **NC** **My Home, NC**
Creative Spirit L

10:00 **PBS** **POV**
Made in Ethiopia
NC **Best of Our State**
Grandfather Mountain, Atlantic Beach Pie & Flag Man L

EX **Atlantic Crossing**
Empty Promises

10:30 **NC** **The Last Independent Automaker**
The Now Cars

11:00 **NC** **Reel South**
South by South Korea L

EX **Finding Your Roots**
Buried Secrets DV

11:30 **PBS** **Focus On** L

15 TUESDAY

6 PM **PBS** **PBS News Hour**
NC **ncIMPACT**
Increasing Food Access L

EX **America's Test Kitchen**
Savory Pies

6:30 **NC** **Black Issues Forum** L
EX **Cook's Country**
A Bold Brunch

7:00 **PBS** **Side by Side with Nido Qubein**
Peter Hans. L

NC **PBS News Hour**
EX **Highclere: Behind the Scenes**
Christmas

7:30 **PBS** **NC Weekend**
Here Comes Spring L

8:00 **PBS** **Finding Your Roots**
Hold the Laughter DV
NC **The Key Ingredient with Sheri Castle**
Buttermilk Magic L

EX **In Their Own Words**
Princess Diana DV

8:30 **NC** **A Chef's Life**
Bourbon Country L

9:00 **PBS** **Renaissance: The Blood & the Beauty**
Rivalry
NC **How She Rolls**
Boxed In

EX **Travels with Darley**
Istanbul, Antalya & the Aegean Coast in Türkiye

9:30 **NC** **Cook's Country**
A Bold Brunch
EX **Rick Steves' Europe**
Croatia: Adriatic Delights

10:00 **PBS** **Frontline**
NC **America's Test Kitchen**
Savory Pies
EX **Samantha Brown's Places to Love**
Big Sur & Monterey, California

10:30 **NC** **Travels with Darley**
Istanbul, Antalya & the Aegean Coast in Türkiye

EX **My Home, NC**
Creative Spirit L

11:00 **PBS** **Amanpour & Co.**
NC **The Great American Recipe**
Defining Firsts & Family DV
EX **Joseph Rosendo's Steppin' Out**
A Southern Christmas

11:30 **EX** **In the Americas with David Yetman**
Turquoise in the Southwest

16 WEDNESDAY

6 PM **PBS** **PBS News Hour**
NC **In Good Shape: The Health Show**
EX **ncIMPACT**
Increasing Food Access L

6:30 **NC** **The School of Greatness with Lewis Howes**
Caroline Leaf.
EX **Sci NC**

Watery Habitats L

7:00 **PBS** **MotorWeek**
NC **PBS News Hour**
EX **Rick Steves' Europe**
France's Dordogne

7:30 **PBS** **Sci NC**
Watery Habitats L
EX **America's Test Kitchen**
Savory Pies

8:00 **PBS** **Walking with Dinosaurs**
The Pack
NC **My Home, NC**
Creative Spirit L

EX **The Great American Recipe**
First Impressions

8:30 **NC** **Best of Our State**
Grandfather Mountain, Atlantic Beach Pie & Flag Man L

9:00 **PBS** **Human Footprint**
The Honey Trap
NC **Antiques Roadshow**
Fort Worth, Hour 2

EX **The Key Ingredient with Sheri Castle**
Buttermilk Magic L
9:30 **EX** **Fresh Glass**
Neighborhood Brewing

10:00 **PBS** **Nova**
When Whales Could Walk DV
NC **Deception: World War II**
The Fog of War
EX **Milk Street Television**
Flatbreads 101

- 10:30 **EX** To Dine For
with Kate Sullivan
Michael Flatley.
- 11:00 **PBS** Amanpour & Co.
NC Shadow of a Wheel
Kids in America L
EX Walking
with Dinosaurs
Band of Brothers

17 THURSDAY

- 6 PM **PBS** PBS News Hour
NC Side by Side
with Nido Qubein
Monique Rollins. L
EX Lidia's Kitchen
Easygoing Recipes
- 6:30 **NC** Carolina
Business Review L
EX Pati's Mexican Table
How Do You Say Tucson?
- 7:00 **PBS** America
the Bountiful
Lobster in Maine
NC PBS News Hour
EX Rick Steves' Europe
Barcelona & Catalunya
- 7:30 **PBS** The Key Ingredient
with Sheri Castle
Cabbage Love L
EX Samantha Brown's
Places to Love
*Big Sur & Monterey,
California*
- 8:00 **PBS** My Home, NC
Leading the Way L
NC Sci NC
Science in the Sea L
EX Leonardo da Vinci
Painter-God DV
- 8:30 **PBS** Sci NC
Science in the Sea L
NC Exploring NC
*Maine to Florida
in One Day* L
- 9:00 **PBS** NC Weekend
Hands-On History L
NC Life in Virginia's
Appalachia
Canning
- 9:30 **PBS** Shaped by Sound
Blue Footed Boobies L
NC Changing Seas
*Habitats: The Key to
Florida's Fisheries*
- 10:00 **PBS** Shadow of a Wheel
Take the Long Way Home L
NC Human Footprint
The Ground Below DV
EX Renaissance:
The Blood & the Beauty
Rivalry
- 11:00 **PBS** Amanpour & Co.

- NC** Rivers of Life: Nile
The Nile DV
EX Joseph Rosendo's
Travelscope
*Myanmar Irrawaddy
River Adventure*
- 11:30 **EX** In the Americas
with David Yetman
*The Northern Jaguar
Preserve: Where the
Great Cats Roam Freely*

18 FRIDAY

- 6 PM **PBS** PBS News Hour
NC NC Bookwatch
Marianne Gingher. L
EX Sara's
Weeknight Meals
Essential Pastas of Rome
- 6:30 **NC** Comic Culture
Christopher Williams. L
EX America's
Test Kitchen
Everything But the Turkey
- 7:00 **PBS** Black Issues Forum L
NC PBS News Hour
EX Rick Steves' Europe
*Little Europe: San Marino,
Monaco, Vatican City,
Liechtenstein & Andorra*
- 7:30 **PBS** nclMPACT
*The Potential of Wind
Coast Development* L
EX The Key Ingredient
with Sheri Castle
Cabbage Love L
- 8:00 **PBS** Washington Week
with The Atlantic
NC NC Weekend
Hands-On History L
EX Turn:
Washington's Spies
Eternity How Long
- 8:30 **PBS** State Lines L
NC The Key Ingredient
with Sheri Castle
Cabbage Love L
- 9:00 **PBS** The Great
American Recipe
Passing the Dish
NC State Lines L
EX Unforgotten
DCI Jessica James'
first day at her job. DV
- 9:30 **NC** Black Issues Forum L
- 10:00 **PBS** Somewhere South
American as Hand Pie L
NC Side by Side
with Nido Qubein
Peter Hans. L
EX Miss Friman's War
The strike continues.

- 10:30 **NC** nclMPACT
*The Potential of Wind
Coast Development* L
- 11:00 **PBS** Amanpour & Co.
NC American Veteran
The Return
EX My Home, NC
Leading the Way L
- 11:30 **EX** Shaped by Sound
Blue Footed Boobies L

19 SATURDAY

- 6 AM **PBS** Mister Rogers'
Neighborhood
EX Carolina
Outdoor Journal
Lake Norman Spots L
- 6:30 **PBS** Daniel Tiger's
Neighborhood DV
NC Sit & Be Fit
*Postural Alignment &
Shoulder Stability*
EX Bare Feet with
Mickela Mallozzi
Accessibility in the Arts
- 7:00 **PBS** Sesame Street DV
NC Classical Stretch:
By Essentrics
*Increase Balance
Workout* DV
EX Travels with Darley
Québec
- 7:30 **PBS** Donkey Hodie DV
NC Wai Lana Yoga
Tension Spots
EX Rick Steves' Europe
Paris: Regal & Intimate
- 8:00 **PBS** Pinkalicious
& Peterrific DV
NC NC Weekend
Hands-On History L
EX Walking
with Dinosaurs
Band of Brothers
- 8:30 **PBS** Molly of Denali DV
NC The Key Ingredient
with Sheri Castle
Cabbage Love L
- 9:00 **PBS** Elinor
Wonders Why DV
NC State Lines L
EX Human Footprint
Dressed to Kill
- 9:30 **PBS** Alma's Way DV
NC Black Issues Forum L
- 10:00 **PBS** NC Weekend
Hands-On History L
NC Side by Side
with Nido Qubein
Peter Hans. L
EX Lidia's Kitchen
Easygoing Recipes



On **Turn**: **Washington's Spies**, Caleb and Ben follow mysterious orders as General Washington's Army crosses into enemy territory, Saturday, July 19, 10 PM, on PBS NC.

- 10:30 **PBS** **My Home, NC**
Leading the Way ^L
NC **ncIMPACT**
The Potential of Wind Coast Development ^L
EX **America the Bountiful**
Olives in California
- 11:00 **PBS** **Garden Smart**
Following Up on a New Garden After Three Years
NC **Craft in America**
Industry
EX **Milk Street Television**
Flatbreads 101
- 11:30 **PBS** **J Schwanke's Life in Bloom**
Listen to Nature
EX **Christina Cooks: Back to the Cutting Board**
More Than the Food on Your Plate
- Noon **PBS** **Burt Wolf: Travels & Traditions**
What's Cooking in the Palm Beaches
NC **NC Weekend**
Hands-On History ^L
EX **Sara's Weeknight Meals**
Golden State Grub
- 12:30 **PBS** **View Finders**
Golden Isles
NC **Sci NC**
Science in the Sea ^L
EX **To Dine For with Kate Sullivan**
Alli Webb.
- 1:00 **PBS** **Antiques Roadshow**
Fort Worth, Hour 2
NC **My Home, NC**
Leading the Way ^L
EX **NC Weekend**
Hands-On History ^L

- 1:30 **NC** **The Key Ingredient with Sheri Castle**
Cabbage Love ^L
EX **Fresh Glass**
Neighborhood Brewing
- 2:00 **PBS** **Rick Steves' Europe**
Portugal's Heartland
NC **Jazzy Vegetarian**
BBQ Bash ^{DV}
EX **Highclere: Behind the Scenes**
Christmas
- 2:30 **PBS** **Samantha Brown's Places to Love**
The Jersey Shore & More
NC **Quilting Arts**
Surface Design Sampler
- 3:00 **PBS** **Travels with Darley**
New Mexico: Albuquerque to Ruidoso
NC **Lap Quilting with Georgia Bonesteel**
Coastal Quilting West ^L
EX **In Their Own Words**
Princess Diana ^{DV}
- 3:30 **PBS** **Woodsmith Shop**
The Ultimate Bookcase, Part 2
NC **The Woodwright's Shop with Roy Underhill**
Hurray for Hickory! ^L
- 4:00 **PBS** **This Old House**
Nashville|Shelter from the Storm
NC **American Woodshop**
Green Bowl Turning
EX **Bare Feet with Mickela Mallozzi**
Accessibility in the Arts
- 4:30 **PBS** **Ask This Old House**
Wallpaper Installation, Sump Pump
NC **America's Heartland**
Animal Ag Helpers

- EX** **Rick Steves' Europe**
Little Europe: San Marino, Monaco, Vatican City, Liechtenstein & Andorra
- 5:00 **PBS** **Carolina**
Outdoor Journal
Lake Norman Spots ^L
NC **Untamed**
From Rescue to Release
EX **Walking with Dinosaurs**
Band of Brothers
- 5:30 **PBS** **PBS News Weekend**
NC **Carolina**
Outdoor Journal
Captain's Challenge ^L
- 6 PM **PBS** **Doc Martin**
Love Will Set You Free
NC **Classic Gospel**
Booth Brothers: Country Roads
EX **Human Footprint**
Dressed to Kill
- 7:00 **PBS** **Miss Fisher's Murder Mysteries**
The Blood of Juana the Mad
NC **WoodSongs**
Rhonda Vincent & the Rage/Leroy Troy & the Tennessee Mafia Jug Band
EX **Nova**
Dino Birds ^{DV}
- 8:00 **PBS** **Midsomer Murders**
Death & Dreams, Part 1
NC **Shaped by Sound**
Blue Footed Boobies ^L
EX **American Masters**
Marcella ^{DV}
- 8:30 **NC** **Sonark Sessions: Live from the Barn**
Yarn ^L
- 9:00 **PBS** **Midsomer Murders**
Death & Dreams, Part 2
NC **Austin City Limits**
Robert Glasper/Domi & JD Beck
- 9:30 **EX** **Julia Child: Cooking with Master Chefs**
Jacques Pépin & Julia Child
- 10:00 **PBS** **Turn: Washington's Spies**
Epiphany
NC **Have Guitar Will Travel World**
Ireland & the Sound of Independence
EX **No Passport Required**
Miami
- 10:30 **NC** **Echo Sessions**
Naughty Professor ^L

11:00 **PBS** **Shaped by Sound**
Blue Footed Boobies L
NC **Charley Pride:**
I'm Just Me
 Country music's first
 Black superstar.
EX **No Passport Required**
D.C.

11:30 **PBS** **My Music with**
Rhiannon Giddens
Emer Mayock

20 SUNDAY

6 AM **PBS** **Donkey Hodie** DV
EX **Finding Your Roots**

Hold the Laughter DV

6:30 **PBS** **Lyla in the Loop** DV
NC **Sit & Be Fit**
Circulation

7:00 **PBS** **Work It Out**
Wombats! DV
NC **Classical Stretch:**
By Essentrics
Plantar Fasciitis Release
EX **Antiques Roadshow**
Fort Worth, Hour 2

7:30 **PBS** **Daniel Tiger's**
Neighborhood DV
NC **Wai Lana Yoga**
Leg Work

8:00 **PBS** **Carl the Collector**
NC **Classic Gospel**
Booth Brothers:
Country Roads
EX **Highclere:**
Behind the Scenes
Christmas

8:30 **PBS** **Wild Kratts**

9:00 **PBS** **This Old House**
Nashville/Shelter from
the Storm
NC **The Woodwright's**
Shop with Roy Underhill
Hurray for Hickory! L
EX **In Their Own Words**
Princess Diana DV

9:30 **PBS** **Ask This Old House**
Wallpaper Installation,
Sump Pump

NC **For Your Home**
Gardening in the
Mountains DV

10:00 **PBS** **ncIMPACT**
The Potential of Wind
Coast Development L
NC **NC Weekend**
Hands-On History L
EX **Professor T**
Anatomy of a Memory

10:30 **PBS** **State Lines** L
NC **Sci NC**
Science in the Sea L



On **Grantchester**, Geordie and Alphy investigate the murder of a musician, Sunday, July 20, 9 PM, on PBS NC.

11:00 **PBS** **The Great**
American Recipe
Passing the Dish
NC **My Home, NC**
Leading the Way L
EX **Professor T**
A Fish Called Walter

11:30 **NC** **The Key Ingredient**
with Sheri Castle
Cabbage Love L

Noon **PBS** **Louisiana**
Coastal Cooking
Sourcing Seafood:
Chefs on Boats
NC **State Lines** L
EX **Professor T**
Tiger Tiger

12:30 **PBS** **The Key Ingredient**
with Sheri Castle
Cabbage Love L
NC **Black Issues Forum** L

1:00 **PBS** **Milk Street**
Television
Milk Street Holiday
NC **Side by Side**
with Nido Qubein
 Peter Hans. L
EX **Professor T**
Mother Love

1:30 **PBS** **Pati's Mexican Table**
El Fuerte, Magic Town
NC **ncIMPACT**
The Potential of Wind
Coast Development L

2:00 **PBS** **America's**
Test Kitchen
Tacos, Guacamole,
& Margaritas
NC **NC Bookwatch**
 Marianne Gingher. L
EX **Professor T**
Sophie Knows

2:30 **PBS** **Cook's Country**
Puerto Rican Classics

NC **Carolina**
Outdoor Journal
Captain's Challenge L

3:00 **PBS** **Fresh Glass**
Cassandra Goes Home
NC **NC Weekend**
Hands-On History L

EX **Professor T**
The Dutiful Child

3:30 **PBS** **Side by Side**
with Nido Qubein
 Peter Hans. L

NC **Sci NC**
Science in the Sea L

4:00 **PBS** **Black Issues Forum** L
NC **My Home, NC**
Leading the Way L
EX **Patience**
My Brother's Keeper

4:30 **PBS** **State Lines** L
NC **The Key Ingredient**
with Sheri Castle
Cabbage Love L

5:00 **PBS** **Washington Week**
with The Atlantic
NC **Fresh Glass**
The Legacy of a Trailblazer
EX **Grantchester**
 Leonard in prison. DV

5:30 **PBS** **PBS News**
Weekend
NC **Cook's Country**
From the Indigenous Pantry

6 PM **PBS** **Midsomer Murders**
Death & Dreams, Part 1
NC **State Lines** L
EX **Atlantic Crossing**
Empty Promises

6:30 **NC** **Firing Line**
 with Margaret Hoover

7:00 **PBS** **Midsomer Murders**
Death & Dreams, Part 2
NC **PBS News Weekend**
EX **Walking**
with Dinosaurs
The Pack



In the POV film *The Ride Ahead*, a group of disability activists help a young man follow his dreams, Monday, July 21, 10 PM, on PBS NC.

- 7:30 **NC** Black Issues Forum L
- 8:00 **PBS** Patience
Pandora's Box DV
- NC** Finding Your Roots
Hold the Laughter DV
- EX** Human Footprint
The Honey Trap
- 9:00 **PBS** Grantchester
A musician's murder. DV
- NC** Benjamin Franklin
Join or Die (1706-1774)
- EX** Nova
When Whales Could Walk DV
- 10:00 **PBS** Atlantic Crossing
The Giant Awakes
- EX** ncIMPACT
The Potential of Wind Coast Development L
- 10:30 **EX** Sci NC
Science in the Sea L
- 11:00 **PBS** Sisi: Austrian Empress
Sisi must prove herself.
- NC** American Experience
The Vote: Part 3 DV
- EX** Antiques Roadshow
Fort Worth, Hour 2

21 MONDAY

- 6 PM **PBS** PBS News Hour
- NC** Laura Flanders & Friends
- EX** Weekends with Yankee
Handmade in New England
- 6:30 **NC** State Lines L
- EX** Samantha Brown's Places to Love
Xi'an, China
- 7:00 **PBS** The Key Ingredient with Sheri Castle
Cabbage Love L
- NC** PBS News Hour

- EX** Rick Steves' Europe
Great Swiss Cities: Luzern, Bern, Zurich & Lausanne
- 7:30 **PBS** My Home, NC
Leading the Way L
- EX** Joseph Rosendo's Steppin' Out
Panama: The Heart of Nature & Heritage
- 8:00 **PBS** Antiques Roadshow
Indianapolis, Hour 1
- NC** Shadow of a Wheel
Take the Long Way Home L
- EX** Patience
Pandora's Box
- 9:00 **PBS** Antiques Roadshow
Indianapolis, Hour 2
- NC** NC Weekend
Hands-On History L
- EX** Grantchester
A musician's murder. DV
- 9:30 **NC** My Home, NC
Leading the Way L
- 10:00 **PBS** POV
The Ride Ahead DV
- NC** Best of Our State
The Sweetest Sound & Keeper of the Vine L
- EX** Atlantic Crossing
The Giant Awakes
- 10:30 **NC** The Last Independent Automaker
The Odd Couple
- 11:00 **NC** Reel South
A Culture Askance L
- EX** Finding Your Roots
Hold the Laughter DV
- 11:30 **PBS** Amanpour & Co.

22 TUESDAY

- 6 PM **PBS** PBS News Hour
- NC** ncIMPACT
The Potential of Wind Coast Development L

- EX** America's Test Kitchen
Everything But the Turkey
- 6:30 **NC** Black Issues Forum L
- EX** Cook's Country
From the Indigenous Pantry
- 7:00 **PBS** Side by Side with Nido Qubein
Megan Oglesby. L
- NC** PBS News Hour
- EX** Great Lighthouses of Ireland
Fastnet in County Cork.
- 7:30 **PBS** NC Weekend
Hands-On History L
- 8:00 **PBS** Finding Your Roots
Far & Away DV
- NC** The Key Ingredient with Sheri Castle
Cabbage Love L
- EX** Great Lighthouses of Ireland
Kish Bank.
- 8:30 **NC** A Chef's Life
Persimmon Style L
- 9:00 **PBS** Renaissance: The Blood & the Beauty
Redemption
- NC** How She Rolls
Beginnings & Endings
- EX** Travels with Darley
Cappadocia, Istanbul & Anatolia in Türkiye
- 9:30 **NC** Cook's Country
From the Indigenous Pantry
- EX** Rick Steves' Europe
Dubrovnik & Balkan Side-Trips
- 10:00 **PBS** POV
Maya Lin: A Strong Clear Vision
- NC** America's Test Kitchen
Everything but the Turkey
- EX** Samantha Brown's Places to Love
Xi'an, China
- 10:30 **NC** Travels with Darley
Cappadocia, Istanbul & Anatolia in Türkiye
- EX** My Home, NC
Leading the Way L
- 11:00 **NC** The Great American Recipe
The Grand Finale DV
- EX** Joseph Rosendo's Steppin' Out
Ecuador & the Galapagos: A Wildlife Extravaganza
- 11:30 **PBS** Amanpour & Co.
EX In the Americas with David Yetman
Puerto Rico: The Colony & Its Emergence

23 WEDNESDAY

- 6 PM **PBS** PBS News Hour
NC In Good Shape: The Health Show
EX nclMPACT
The Potential of Wind Coast Development L
- 6:30 **NC** The School of Greatness with Lewis Howes
 Michael Todd.
EX Sci NC
Science in the Sea L
- 7:00 **PBS** MotorWeek
NC PBS News Hour
EX Rick Steves' Europe
Vienna & the Danube
- 7:30 **PBS** Sci NC
Science in the Sea L
EX America's Test Kitchen
Everything But the Turkey
- 8:00 **PBS** Walking with Dinosaurs
The Journey North
NC My Home, NC
Leading the Way L
EX The Great American Recipe
Passing the Dish
- 8:30 **NC** Best of Our State
The Sweetest Sound & Keeper of the Vine L
- 9:00 **PBS** Human Footprint
Dammed If You Do
NC Antiques Roadshow
Indianapolis, Hour 1
EX The Key Ingredient with Sheri Castle
Cabbage Love L
- 9:30 **EX** Fresh Glass
The Future Generation of Winemaking
- 10:00 **PBS** Nova
Rise of the Mammals
NC Deception: World War II
The Final Days of the War
EX Milk Street Television
Dressing Up Chicken
- 10:30 **EX** To Dine For with Kate Sullivan
 Alli Webb.
- 11:00 **PBS** Amanpour & Co.
NC Shadow of a Wheel
Take the Long Way Home L
EX Walking with Dinosaurs
The Pack



Human Footprint's Shane Campbell-Staton travels from ancient aqueducts to modern mega-dams, following our age-old quest to tame water, Wednesday, July 23, 9 PM, on PBS NC.

24 THURSDAY

- 6 PM **PBS** PBS News Hour
NC Side by Side with Nido Qubein
 Peter Hans. L
EX Lidia's Kitchen
Sit Down Together
- 6:30 **NC** Carolina Business Review L
EX Pati's Mexican Table
Tucson: Gateway to Sonora
- 7:00 **PBS** America the Bountiful
Cherries in Michigan
NC PBS News Hour
EX Rick Steves' Europe
The Czech Republic Off the Beaten Path
- 7:30 **PBS** The Key Ingredient with Sheri Castle
Hey Pumpkin L
EX Samantha Brown's Places to Love
Xi'an, China
- 8:00 **PBS** My Home, NC
Mountain Strong: Resilience After Hurricane Helene L
NC Sci NC
A Grab Bag of Science L
EX Rick Steves Art of the Middle Ages
 Explore medieval art.
- 8:30 **PBS** Sci NC
A Grab Bag of Science L
NC Exploring NC
Knowing Your Estate L
- 9:00 **PBS** NC Weekend
More to the Menu L
NC Life in Virginia's Appalachia
Fishing & Hunting
- EX** Rick Steves Art of the Renaissance
 Classical European art.
- 9:30 **PBS** Shaped by Sound
Fancy Gap L
NC Changing Seas
Vanishing Whales
- 10:00 **PBS** Shadow of a Wheel
Life Goes On L
NC America Outdoors with Baratunde Thurston
Death Valley: Life Blooms
EX Renaissance: The Blood & the Beauty
Redemption
- 11:00 **PBS** Amanpour & Co.
NC Rivers of Life: Amazon
The Amazon DV
EX Joseph Rosendo's Travelscope
Christmas Celebrations Around the Globe
- 11:30 **EX** In the Americas with David Yetman
The Salton Sea: Life & Death in an Inland Ocean

25 FRIDAY

- 6 PM **PBS** PBS News Hour
NC NC Bookwatch
 Dan Barefoot. L
EX Sara's Weeknight Meals
Vegetariano Italiano
- 6:30 **NC** Comic Culture
 Patrick McDonnell,
 "Mutts" Cartoonist L
EX America's Test Kitchen
New Thanksgiving Classics

- 7:00 **PBS** Black Issues Forum ^L
NC PBS News Hour
EX Rick Steves' Europe
 Athens & Side Trips
- 7:30 **PBS** nclIMPACT
 The Lack of Rural
 Health Care Options ^L
EX The Key Ingredient
 with Sheri Castle
 Hey Pumpkin ^L
- 8:00 **PBS** Washington Week
 with The Atlantic
NC NC Weekend
 More to the Menu ^L
EX Turn:
 Washington's Spies
 Epiphany
- 8:30 **PBS** State Lines ^L
NC The Key Ingredient
 with Sheri Castle
 Hey Pumpkin ^L
- 9:00 **PBS** The Great
 American Recipe
 The Bakes Are High
NC State Lines ^L
EX Unforgotten
 A body in a chimney. ^{DV}
- 9:30 **NC** Black Issues Forum ^L
- 10:00 **PBS** Somewhere South
 Porridge for the Soul ^L
NC Side by Side
 with Nido Qubein
 Megan Oglesby. ^L
EX Miss Friman's War
 Mrs. Blanck retaliates.
- 10:30 **NC** nclIMPACT
 The Lack of Rural
 Health Care Options ^L
- 11:00 **PBS** Amanpour & Co.
NC American Veteran
 The Reckoning
EX My Home, NC
 Mountain Strong:
 Resilience After
 Hurricane Helene ^L
- 11:30 **EX** Shaped by Sound
 Fancy Gap ^L

26 SATURDAY

- 6 AM **PBS** Mister Rogers'
 Neighborhood
EX Carolina
 Outdoor Journal
 Captain's Challenge ^L
- 6:30 **PBS** Daniel Tiger's
 Neighborhood ^{DV}
NC Sit & Be Fit
 Somatosensory &
 Lymphatic Systems
EX Bare Feet with
 Mickela Mallozzi
 Northern Ireland



State Lines' host Kelly McCullen moderates a vibrant panel discussion of NC's top political stories Friday nights, 8:30 PM, on PBS NC.

- 7:00 **PBS** Sesame Street ^{DV}
NC Classical Stretch:
 By Essentrics
 Posture
EX Travels with Darley
 Istanbul, Antalya & the
 Aegean Coast in Türkiye
- 7:30 **PBS** Donkey Hodie ^{DV}
NC Wai Lana Yoga
 Salute to the Sun Part 2
EX Rick Steves' Europe
 Paris: Embracing Life & Art
- 8:00 **PBS** Pinkalicious
 & Peterrific ^{DV}
NC NC Weekend
 More to the Menu ^L
EX Walking
 with Dinosaurs
 The Pack
- 8:30 **PBS** Molly of Denali ^{DV}
NC The Key Ingredient
 with Sheri Castle
 Hey Pumpkin ^L
- 9:00 **PBS** Elinor
 Wonders Why ^{DV}
NC State Lines ^L
EX Human Footprint
 The Honey Trap
- 9:30 **PBS** Alma's Way ^{DV}
NC Black Issues Forum ^L
- 10:00 **PBS** NC Weekend
 More to the Menu ^L
NC Side by Side
 with Nido Qubein
 Megan Oglesby. ^L
EX Lidia's Kitchen
 Sit Down Together
- 10:30 **PBS** My Home, NC
 Mountain Strong:
 Resilience After
 Hurricane Helene ^L

- NC** nclIMPACT
 The Lack of Rural
 Health Care Options ^L
EX America
 the Bountiful
 Beef in Texas
- 11:00 **PBS** Garden Smart
 Planting & Caring for Trees
NC Craft in America
 Service
EX Milk Street Television
 Dressing Up Chicken
- 11:30 **PBS** J Schwanke's
 Life in Bloom
 Life in Gloom
EX Christina Cooks:
 Back to the
 Cutting Board
 Simply Sweet
- Noon **PBS** Burt Wolf:
 Travels & Traditions
 Farming for the Future
NC NC Weekend
 More to the Menu ^L
EX Sara's
 Weeknight Meals
 Taco, Taco, Nacho
- 12:30 **PBS** View Finders
 Vermont
NC Sci NC
 A Grab Bag of Science ^L
EX To Dine For
 with Kate Sullivan
 Bobby Healy.
- 1:00 **PBS** Antiques Roadshow
 Indianapolis, Hour 1
NC My Home, NC
 Mountain Strong:
 Resilience After
 Hurricane Helene ^L
EX NC Weekend
 More to the Menu ^L
- 1:30 **NC** The Key Ingredient
 with Sheri Castle
 Hey Pumpkin ^L
EX Fresh Glass
 The Future Generation
 of Winemaking
- 2:00 **PBS** Rick Steves' Europe
 Travel Skills: Cruising
NC Jazzy Vegetarian
 Festive Family Meal ^{DV}
EX Great Lighthouses
 of Ireland
 Fastnet in County Cork.
- 2:30 **PBS** Samantha Brown's
 Places to Love
 Genesee River Valley, NY
NC Quilting Arts
 Artful Imagery

3:00 **PBS** **Travels with Darley**
Illinois Great River Road
NC **Lap Quilting with Georgia Bonesteel**
Material Memories L
EX **Great Lighthouses of Ireland**
Kish Bank.

3:30 **PBS** **Woodsmith Shop**
Stylish Storage Wall Cabinet
NC **The Woodwright's Shop with Roy Underhill**
Painless Panel Doors L

4:00 **PBS** **This Old House**
Nashville/Southern Hospitality
NC **American Woodshop**
Tool Tote
EX **Bare Feet with Mickela Mallozzi**
Northern Ireland

4:30 **PBS** **Ask This Old House**
Humidifier System, End Table
NC **America's Heartland**
Wines, Beers & Spirits
EX **Rick Steves' Europe**
Great Swiss Cities: Luzern, Bern, Zurich & Lausanne

5:00 **PBS** **Carolina Outdoor Journal**
Captain's Challenge L
NC **Untamed**
Habitat Islands & Wildlife Corridors
EX **Walking with Dinosaurs**
The Pack

5:30 **PBS** **PBS News Weekend**
NC **Carolina Outdoor Journal**
Autumn Rainbow Trout L

6 PM **PBS** **Doc Martin**
Our Last Summer
NC **Classic Gospel**
Jimmy Fortune: God & Country
EX **Human Footprint**
The Honey Trap

7:00 **PBS** **Miss Fisher's Murder Mysteries**
Framed for Murder
NC **WoodSongs**
Riders in the Sky
EX **Nova**
When Whales Could Walk DV

8:00 **PBS** **Midsomer Murders**
Painted in Blood, Part 1
NC **Shaped by Sound**
Fancy Gap L



The new series **Papa Ray's Vintage Vinyl Roadshow** visits record shops around the world, Saturday, July 26, 10 PM, on the North Carolina Channel.

EX **No Passport Required**
Seattle

8:30 **NC** **Sonark Sessions: Live from the Barn**
Jesse Fox L

9:00 **PBS** **Midsomer Murders**
Painted in Blood, Part 2
NC **Austin City Limits**
Pat Benatar & Neil Giraldo
EX **No Passport Required**
Los Angeles

10:00 **PBS** **Turn: Washington's Spies**
Mr. Culpeper
NC **Papa Ray's Vintage Vinyl Roadshow**
SERIES PREMIERE
In the Beginning, Part 1
EX **No Passport Required**
Houston

10:30 **NC** **Echo Sessions**
The Secret B-Sides/Lyric L

11:00 **PBS** **Shaped by Sound**
Fancy Gap L
NC **Singing Our Way to Freedom**
The life of Ramón "Chunky" Sánchez.
EX **No Passport Required**
Philadelphia

11:30 **PBS** **My Music with Rhiannon Giddens**
Niwel Tsumbu

27 SUNDAY

6 AM **PBS** **Donkey Hodie** DV
EX **Finding Your Roots**
Far & Away DV

6:30 **PBS** **Lyla in the Loop** DV
NC **Sit & Be Fit**
Neglected Areas of Body

7:00 **PBS** **Work It Out Wombats!** DV
NC **Classical Stretch: By Essentrics**
Long Adductor

EX **Antiques Roadshow**
Indianapolis, Hour 1

7:30 **PBS** **Daniel Tiger's Neighborhood** DV
NC **Wai Lana Yoga**
Salute to the Sun, Part 3

8:00 **PBS** **Carl the Collector**
NC **Classic Gospel**
Jimmy Fortune: God & Country
EX **Great Lighthouses of Ireland**
Fastnet in County Cork.

8:30 **PBS** **Wild Kratts**

9:00 **PBS** **This Old House**
Nashville/Southern Hospitality
NC **The Woodwright's Shop with Roy Underhill**
Painless Panel Doors L
EX **Great Lighthouses of Ireland**
Kish Bank.

9:30 **PBS** **Ask This Old House**
Humidifier System, End Table
NC **For Your Home**
Sunny Guest Room. DV

10:00 **PBS** **ncIMPACT**
The Lack of Rural Health Care Options L
NC **NC Weekend**
More to the Menu L
EX **Professor T**
Ring of Fire DV

10:30 **PBS** **State Lines** L
NC **Sci NC**
A Grab Bag of Science L

11:00 **PBS** **The Great American Recipe**
The Bakes Are High
NC **My Home, NC**
Mountain Strong: Resilience After Hurricane Helene L
EX **Professor T**
The Mask Murders DV

11:30 **NC** **The Key Ingredient with Sheri Castle**
Hey Pumpkin L

Noon **PBS** **Louisiana Coastal Cooking**
Culinary Arts in the Heart of the Bayou Region
NC **State Lines** L
EX **Professor T**
The Family DV

12:30 **PBS** **The Key Ingredient with Sheri Castle**
Hey Pumpkin L
NC **Black Issues Forum** L

1:00 **PBS** **Milk Street Television**
The Sichuan Kitchen



People of the North heads to Norway to explore the rock formation Troll's Tongue, Monday, July 28, 7:30 PM, on the Explorer Channel.

- NC Side by Side with Nido Qubein**
Megan Oglesby. L
EX Professor T
DNA of a Murderer DV
- 1:30 PBS Pati's Mexican Table**
Jinetes, Adventure in the Mountains
NC nclMPACT
The Lack of Rural Health Care Options L
- 2:00 PBS America's Test Kitchen**
Spicing Up the Grill
NC NC Bookwatch
Dan Barefoot. L
EX Professor T
The Trial DV
- 2:30 PBS Cook's Country**
Fish Tacos & Fried Shrimp
NC Carolina Outdoor Journal
Autumn Rainbow Trout L
- 3:00 PBS Fresh Glass**
Cassandra Manifests Her Dreams
NC NC Weekend
More to the Menu L
EX Professor T
Swansong DV
- 3:30 PBS Side by Side with Nido Qubein**
Megan Oglesby. L
NC Sci NC
A Grab Bag of Science L
- 4:00 PBS Black Issues Forum** L
NC My Home, NC
Mountain Strong: Resilience After Hurricane Helene L
EX Patience
Pandora's Box
- 4:30 PBS State Lines** L
NC The Key Ingredient with Sheri Castle
Hey Pumpkin L

- 5:00 PBS Washington Week with The Atlantic**
NC Fresh Glass
Cassandra Embraces Sisterhood
EX Grantchester
A musician's murder. DV
- 5:30 PBS PBS News Weekend**
NC Cook's Country
Darn Good Desserts
- 6 PM PBS Midsomer Murders**
Painted in Blood, Part 1
NC State Lines L
EX Atlantic Crossing
The Giant Awakes
- 6:30 NC Firing Line with Margaret Hoover**
- 7:00 PBS Midsomer Murders**
Painted in Blood, Part 2
NC PBS News Weekend
EX Walking with Dinosaurs
The Journey North
- 7:30 NC Black Issues Forum** L
- 8:00 PBS Lucy Worsley Investigates**
Jack the Ripper
NC Finding Your Roots
Far & Away DV
EX Human Footprint
Dammed If You Do
- 9:00 PBS Grantchester**
Geordie intervenes in Alphy's personal life. DV

- NC Benjamin Franklin**
An American (1775-1790)
EX Nova
Rise of the Mammals
- 10:00 PBS Atlantic Crossing**
The Gift
EX nclMPACT
The Lack of Rural Health Care Options L
- 10:30 EX Sci NC**
A Grab Bag of Science L
- 11:00 PBS Sisi: Austrian Empress**
The Empire struggles.
NC American Experience
The Vote: Part 4 DV
EX Antiques Roadshow
Indianapolis, Hour 1

28 MONDAY

- 6 PM PBS PBS News Hour**
NC Laura Flanders & Friends
EX Weekends with Yankee
Preserving New England
- 6:30 NC State Lines** L
EX Samantha Brown's Places to Love
Ireland's Northwest Coast
- 7:00 PBS The Key Ingredient with Sheri Castle**
Hey Pumpkin L
NC PBS News Hour
EX Rick Steves' Europe
Greece's Peloponnese
- 7:30 PBS My Home, NC**
Mountain Strong: Resilience After Hurricane Helene L
EX People of the North
SEASON PREMIERE!
A Troll's Tongue
- 8:00 PBS Antiques Roadshow**
Indianapolis, Hour 3
NC Shadow of a Wheel
Life Goes On L
EX Lucy Worsley Investigates
Jack the Ripper
- 9:00 PBS Antiques Roadshow**
Palm Springs, Hour 1
NC NC Weekend
More to the Menu L
EX Grantchester
Geordie intervenes in Alphy's personal life. DV
- 9:30 NC My Home, NC**
Mountain Strong: Resilience After Hurricane Helene L

YOU'RE INVITED!

Learn about free screenings, discussions and other community offerings at pbsnc.org/events.

- 10:00 **PBS** **Voces**
Slumlord Millionaire
NC **Best of Our State**
Mule Rider & Carolina
Chocolate Drops L
EX **Atlantic Crossing**
The Gift
- 10:30 **NC** **The Last Independent**
Automaker
The Pacer
- 11:00 **NC** **Reel South**
A Run for More L
EX **Finding Your Roots**
Far & Away DV
- 11:30 **PBS** **Amanpour & Co.**

29 TUESDAY

- 6 PM **PBS** **PBS News Hour**
NC **nclMPACT**
The Lack of Rural
Health Care Options L
EX **America's**
Test Kitchen
New Thanksgiving Classics
- 6:30 **NC** **Black Issues Forum** L
EX **Cook's Country**
Darn Good Desserts
- 7:00 **PBS** **Side by Side**
with Nido Qubein
 Allen Joines. L
NC **PBS News Hour**
EX **Great Lighthouses**
of Ireland
Cromwell Point.
- 7:30 **PBS** **NC Weekend**
More to the Menu L
- 8:00 **PBS** **Finding Your Roots**
Mean Streets DV
NC **The Key Ingredient**
with Sheri Castle
Hey Pumpkin L
EX **Great Lighthouses**
of Ireland
Skelligs Lighthouse.
- 8:30 **NC** **A Chef's Life**
Chasing Trout L
- 9:00 **PBS** **American**
Experience
Ruthless: Monopoly's
Secret History DV
NC **How She Rolls**
A Very Carrie Christmas
EX **Travels with Darley**
Santa Fe Railroads
& Glamping
- 9:30 **NC** **Cook's Country**
Darn Good Desserts
EX **Rick Steves' Europe**
The Best of Slovenia
- 10:00 **PBS** **Frontline**
NC **America's**
Test Kitchen
New Thanksgiving Classics



The **Voces** doc *Slumlord Millionaire* shows how tenants in NY are fighting corrupt landlords for the fundamental human right to a home, Monday, July 28, 10 PM, on PBS NC.

- EX** **Samantha Brown's**
Places to Love
Ireland's Northwest Coast
- 10:30 **NC** **Travels with Darley**
Santa Fe Railroads
& Glamping
EX **My Home, NC**
Mountain Strong:
Resilience After
Hurricane Helene L
- 11:00 **PBS** **Amanpour & Co.**
NC **The Great**
American Recipe
First Impressions
EX **Joseph Rosendo's**
Steppin' Out
Panama: The Heart
of Nature & Heritage
- 11:30 **EX** **In the Americas**
with David Yetman
Brasília & Chapada
dos Veadeiros

30 WEDNESDAY

- 6 PM **PBS** **PBS News Hour**
NC **In Good Shape:**
The Health Show
EX **nclMPACT**
The Lack of Rural
Health Care Options L
- 6:30 **NC** **The School of**
Greatness with
Lewis Howes
 Lindsey Vonn.
EX **Sci NC**
A Grab Bag of Science L
- 7:00 **PBS** **MotorWeek**
NC **PBS News Hour**
EX **Rick Steves' Europe**
Copenhagen
- 7:30 **PBS** **Sci NC**
A Grab Bag of Science L
EX **America's**
Test Kitchen
New Thanksgiving Classics
- 8:00 **PBS** **Walking**
with Dinosaurs
Island of Giants
NC **My Home, NC**
Mountain Strong:
Resilience After
Hurricane Helene L
EX **The Great**
American Recipe
The Bakes Are High
- 8:30 **NC** **Best of Our State**
Mule Rider & Carolina
Chocolate Drops L
- 9:00 **PBS** **Human Footprint**
Vanishing Act
NC **Antiques Roadshow**
Indianapolis, Hour 3



Musician Dom Flemons narrates the new series **The Real Wild West**, Wednesday, July 30, 10 PM, on the North Carolina Channel.

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The PBS NC original film **A Sacred Thread** follows the Snowbird Cherokee of western North Carolina as they fight to preserve their language and customs, Thursday, July 31, 9:30 PM, on PBS NC.

EX **The Key Ingredient with Sheri Castle**

Hey Pumpkin L

9:30 **EX** **Fresh Glass**

The Legacy of a Trailblazer

10:00 **PBS** **Nova**

Ancient Maya Metropolis DV

NC **The Real Wild West** SERIES PREMIERE!

Into the Wild

EX **Milk Street Television**

Biryani & Curry

10:30 **EX** **To Dine For with Kate Sullivan**

Bobby Healy.

11:00 **PBS** **Amanpour & Co.**

NC **Shadow of a Wheel** *Life Goes On* L

EX **Walking with Dinosaurs**

The Journey North

31 THURSDAY

6 PM **PBS** **PBS News Hour**

NC **Side by Side with Nido Qubein**

Megan Oglesby. L

EX **Lidia's Kitchen**

Enjoy the Journey

6:30 **NC** **Carolina Business Review** L

EX **Pati's Mexican Table**

Hermosillo Food Crawl

7:00 **PBS** **America the Bountiful**

Grapes in New York

NC **PBS News Hour**

EX **Rick Steves' Europe**

Denmark: Beyond Copenhagen

7:30 **PBS** **The Key Ingredient with Sheri Castle**

Strawberry Fields Forever L

EX **Samantha Brown's Places to Love**

Ireland's Northwest Coast

8:00 **PBS** **My Home, NC**

Made by Hand L

NC **Sci NC**

Harvesting Science L

EX **10 Monuments That Changed America**

U.S. monuments. DV

8:30 **PBS** **Sci NC**

Harvesting Science L

NC **Exploring NC**

In Perfect Harmony: Fort Bragg L

9:00 **PBS** **NC Weekend**

Downtown Fun L

NC **Life in Virginia's Appalachia**

Moonshine

EX **10 Modern Marvels That Changed America**

Engineering feats.

9:30 **PBS** **A Sacred Thread** L

NC **Changing Seas**

Humpback Health

10:00 **NC** **America Outdoors with Baratunde Thurston**

Idaho: Tied to the Land

EX **10 Streets That Changed America**

Iconic U.S. roads. DV

10:30 **PBS** **Shaped by Sound**

Reuben Vincent L

11:00 **PBS** **Amanpour & Co.**

NC **Rivers of Life: Mississippi**

The Mississippi DV

EX **Joseph Rosendo's Travelscope**

Taiwan Naturally

11:30 **EX** **In the Americas with David Yetman**

Whales & Their Offspring in San Ignacio Lagoon

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Black Issues Forum returns for a landmark 40th season. Join host Kenia Thompson as she speaks with a dynamic roster of guests, including past hosts of the groundbreaking series. She'll explore how the show has evolved and stayed true to its mission by offering a platform for Black voices to share, connect and inspire.

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